

ONE DAY TRIP

NEW YORK CITY GETAWAY!

Enjoy a day in exciting New York City! You'll have ample time to catch a matinee, shop, visit world class museums, or maybe explore Chinatown, the Botanical gardens or even the Zoo. NYC has something for everyone to enjoy! We provide transportation ONLY, through Brown Bus Company, on a charter coach.

Fee: \$55.00 Date: Saturday May 1st.

Depart Shaker High School 8AM

Depart NYC 7PM

Minimum of 30 people required

Fee applies to all participants.

Fee non refundable after April 2nd.

Minimum age 16; Anyone under 18 must be accompanied by an adult.

ARTS & CRAFTS

WRAP AND TWIST WIRE**BRACELET**

Kathleen from Diva Beads & Jewels
This bracelet is one the most addicting wire bracelets to make. You can't stop at just one! Each bead has twisted wire between them as you build the length. You will also learn how to make a hook and eye clasp. Wire and beads provided with assorted bead color choices. Please bring wire cutters, round nose and chain nose pliers if you have them. There will be tools available for use and for sale. There will be a \$10.00 materials fee charged at class.

Fee: \$16.00 Room: G-210

Length: 1 Class

Day/Date(s): Mon. 2/22 Time: 7:00 – 9:00 p.m.

HERRINGBONE WIRE**WEAVE PENDANT**

Kathleen from Diva Beads & Jewels
This is a fabulous way to frame a large bead with wire on the outer edges to jazz up the bead for a pendant. As you weave your way around the outer edges of the bead, you will build a woven criss-cross design on the upper and lower portion of the bead. Pendant bead and wire will be provided. Please bring wire cutters, round nose and chain nose pliers. There will be tools available for use and for sale. There will be a \$10.00 materials fee charged at class.

Fee: \$16.00 Room: G-210

Length: 1 Class Day/Date(s): Mon. 3/1

Time: 7:00 – 9:00 p.m.

FREE FROM WIRE WRAP

Kathleen from Diva Beads & Jewels
This is a terrific way to make a pendant out of an odd ball piece, such as sea glass, a stone, a shell, etc, into a pendant. Bring pieces of your own if you like. Focal pieces and a spool of wire will be provided. Please bring wire cutters, round nose and chain nose pliers if you have them. There will be tools available for use and for sale. There will be a \$10.00 materials fee charged at class.

Fee: \$16.00 Room: G-210

Length: 1 Class Day/Date(s): Mon. 3/8

Time: 7:00 – 9:00 p.m.

**STACKED AND WRAPPED
DANGLE EARRINGS**

Kathleen from Diva Beads & Jewels

These earrings are so beautiful! You will want to make hundreds of them! These earrings are stacked three beads high in two different sizes, accented with very small beads on the outer sides on the wire that wraps from top to bottom on the outer sides. Beads and wire will be provided. Please bring wire cutters, round nose and chain nose pliers if you have them. There will be tools available for use and for sale. There will be a \$10.00 materials fee charged at class.

Fee: \$16.00 Room: G-210

Length: 1 Class Day/Date(s): Mon. 3/15

Time: 7:00 – 9:00 p.m.

**WIRE WRAPPED BLING
RING**

Kathleen from Diva Beads & Jewels

Find out how easy and inexpensive it is to make a "bling" ring out of those "single" unpaired stone set post earring pieces you keep hoping to find the match for "someday." All ring stones and sterling silver wire will be provided. You'll learn how to work with a ring mandrel and chasing hammer. Please bring wire cutters, round nose and chain nose pliers if you have them. There will be tools available for use and for sale. There will be a \$12.00 materials fee charged at class.

Fee: \$16.00 Room: G-210

Length: 1 Class Day/Date(s): Mon. 3/22

Time: 7:00 – 9:00 p.m.

KNITTING

Kim Jackson

This spring we're knitting a great tote bag in your choice of intarsia, slips stitch, or knit appliqué flowers on a felted background. We'll also knit a very luxurious scarf embellished with beads. These projects require prior knitting experience. You can bring your own bag pattern or choose one of the three pre-selected ones. You will get a list of supplies needed in the first session. Please bring an in progress project to the first class so you have something to work on that night.

Fee: \$60.00 Room: C-202

Length: 10 Classes Time: 6:30 - 8:30 p.m.

Day/Date(s): Tue. 3/1 – 5/11

Class Limit of 15

WIRE EAR CUFF

Kathleen from Diva Beads & Jewels

A great accessory for the pierced or non-pierced ear. Designed to fit over the cartilage area of the ear. You can adjust the fit according to desired area of the ear you want to wear it on. You'll shape wire on a multi sized mandrel and shape the wire off the mandrel with wire making tools. Add beads to decorate and viola..... instant ear jewelry without adding more holes in your ears! Wire and beads will be provided. Please bring wire cutters, round nose and chain nose pliers if you have them. There will be tools available for use and for sale. There will be a \$10.00 materials fee charged at class.

Fee: \$16.00 Room: G-210

Length: 1 Class Day/Date(s): Mon. 4/12

Time: 7:00 – 9:00 p.m.

BUSINESS

**NOW IS THE TIME TO BUY A
HOME!**

Mary Jo Cosco

Take advantage of low rates, tax breaks and low prices! Whether you are a 1st time home buyer or looking for an investment, you'll learn about shopping for a mortgage, understand contracts & closing costs, tax advantages & how to protect your interests

Fee: \$33.00 Room: B-201

Length: 6 Classes Time: 7:00 - 9:00 p.m.

Day/Date(s): Tue. 3/16 – 4/27

**THE GOOD...THE BAD...THE
ANNUITY**

Frank T. Guiffre - Halliday Financial Group
The Annuity or "personalized pension" as it is commonly referred to has been an investment vehicle long since insurance companies have been around. Years ago, the word "annuity" made people cringe. To this day the stereotype of high fees, illiquidity, and bad investments still linger. BUT THERE'S HOPE!! The more recent annuities are now more revised, highly regulated, lower fees, and offer income guarantees.

Learn about these new annuities compared to their ancestors and how the revisions of today can be carried forward with your older annuities. Topics discussed (but not limited to) will be: how an annuity works, fees of an annuity, the guarantee of income, the most updated revisions, the tax advantages of this investment, and how you can pass this legacy along to your loved ones.

Fee: \$10.00 Room: A-205

Length: 1 Class Time: 6:30 - 8:00 p.m.

Day/Date(s): Tues. 3/2

**WOMEN & INVESTING;
TURNING OBSTACLES INTO
OPPORTUNITIES**

Ms. Logan A. Hibbs

Did you know that women control more than half of the financial assets in the U.S.? Let's face it, men and women think differently. Women make decisions about money differently too, as they should! Men and women have different financial needs based solely on their difference in gender. This seminar is designed to help women identify these needs and overcome the unique obstacles we face when planning for our financial futures. The class is taught by a woman in the business of helping secure the financial dreams of fellow women. Please e-mail Lhibbs@hallidayfinancial.com for more information on course topics.

Fee: \$10.00 Room: A-205

Length: 1 Class Time: 6:30 – 8:00 p.m.

Day/Date(s): Tue. 3/16

**MINIMIZE YOUR TAXES,
MAXIMIZE YOUR MONEY**

Matthew A. Sherman

Tax laws and regulations change as often as the seasons. It's important to stay up to date on these changes so you can minimize your taxes. There is an array of questions and concerns individuals have when it comes to taxes. What can I deduct? Why am I paying so much in taxes? How do my investments impact my taxes? This course is designed as an informational course to answer these questions and many more. We can show you ways to minimize your tax liability and maximize your money.

Fee: \$10.00 **Room:** A-205**Length:** 1 Class **Time:** 6:30 – 8:00 p.m.**Day/Date(s):** Mon. 4/26**UNDERSTANDING STOCKS,
BONDS AND MUTUAL
FUNDS**

Frank Guiffre-Halliday Financial Group
Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. Discover how to use the internet and daily newspapers to track your investments. This course will help you understand the differences and the similarities of various types of investments. It will also show you how proper asset allocation will lower your overall risk. Understand the benefits of using mutual funds to build a balanced portfolio and help plan for a successful retirement. This course is strictly educational and there will be no attempt to promote any specific investments. Please email fguiffre@hallidayfinancial.com for more course information.

Fee: \$10.00 **Room:** A-205**Length:** 1 Class **Time:** 6:30 – 8:30 p.m.**Day/Date(s):** Thurs. 3/25**UNDERSTANDING YOUR
FINANCIAL LIFE**

Frank Guiffre-Halliday Financial Group
This series is a MUST for those who want a snapshot of their full financial picture. This four part series covers the basics of investing. The initial class, "Understanding Your Investments" will lay the foundation for you to understand key terminology and help set expectations for your portfolio and your investments. The remaining three classes will build on the core knowledge from the introductory class. Join us to learn more about accumulation and distribution strategies for retirement, goal savings, and college costs. Discover how to avoid unnecessary taxation or unwarranted risks. Course booklet included. Enrollment is limited! For more course information please email fguiffre@hallidayfinancial.com

Fee: \$25.00 **Room:** A-205**Length:** 4 Classes **Time:** 6:30 – 8:30 p.m.**Day/Date(s):** Thur. 4/15 – 5/13

No Class 4/29.

**TAKING THE MYSTERY OUT
OF PERSONAL ESTATE
PLANNING**

Richard A. Fuerst, Esq.

Want to take the mystery out of wills, health care proxies, powers of attorney and trusts? If you have an interest in carefully planning for your future and for the future of your loved ones, we promise to explain the ins and outs of these important estate planning strategies in simple, non-legal terms. For instance, regardless of your health, you can learn the advantage of having a health care proxy and/or living will. You'll also learn why thoughtful planning will benefit you and your family as we discuss – based on the latest legal and government changes – nursing home and Medicaid considerations, as well as avenues open in order to reduce wealth transfer taxation.

Fee: \$10.00 **Room:** A-205**Length:** 1 Class **Time:** 6:30 – 8:30 p.m.**Day/Date(s):** Wed. 3/10**GENERAL INTEREST****AN ALTERNATIVE METHOD
OF COMMUNITY HEALING.**

Hugh Vaughan

I. Fountain International "an experiment in community healing" began in England in 1981.
II. Art of Dousing- It's methods, uses, and the part it played in the start of the fountain movement.

Fee: \$12.00 **Room:** B-201**Length:** 1 Class **Time:** 7:00–9:00 p.m.**Day/Date(s):** Wed. 3/2

**In Person registration will
be February 8th & 9th
6:30pm-7:30pm. Shaker
High School Main Lobby**

**ELMINATING YOUR FEARS
AND PHOBIAS WITH EFT**

Clay LaPorte

Why live with your fears and phobias when you don't have to? Fears and phobias can totally disrupt your daily life and create all kinds of stress, including anxiety and panic attacks. It doesn't matter what fear or phobia you have, this technique can work for you as it has for thousands of others. You will learn a simple and powerful energy technique called EFT (Emotional Freedom Techniques). By the end of this class, you will have learned the basic information on how to use the EFT process on yourself.

Fee: \$12.00 **Room:** B203**Length:** 1 Class**Time:** 7:00 – 9:00 p.m.**Day/Date:** Tue. 3/16**INTRODUCTION TO
GENERAL AVIATION**

Richard Thimble & Ralph Young

This course will give you an introduction to Aviation. An overview of Aerodynamics, Aircraft, Navigation and weather will be covered. The high point of the course is an introductory flight from the Saratoga County Airport supervised by an FAA Certified Flight Instructor. This flight can be logged as actual flight instruction. Classroom supplies will be purchased by the students the first night of class (approx. \$35.00). A special fee for actual in-flight training is collected at the airport for students wishing to participate (approx. \$75.00).

Fee: \$42.00 **Room:** B-202**Length:** 5 Classes **Time:** 7:00 - 9:30 p.m.**Day/Date(s):** Tue. 4/13 – 5/11**"SAT REVIEW"**

This class is offered in preparation for the May 1st SAT I exam. The class will address both the verbal and math sections of the Scholastic Assessment Test I (SAT I) and will review vocabulary, analogies, reading comprehension, and math. Students will be exposed to test-taking strategies and will work on practice questions. Each session will consist of one hour each of English and math preparation. In order to maximize the benefits of these classes, students are expected to attend all sessions and complete weekly assignments. Class size is limited, so please enroll as early as possible. No refunds will be given after 2/22/10. After 2/12/10, a \$20.00 late fee will be assessed.

Fee: \$99.00 (includes text)**Room:** D-Wing**Length:** 12 Classes **Time:** 6:30 - 8:30 p.m.**Day/Date(s):** 3/9, 3/11, 3/16, 3/18, 3/23, 3/25, 3/30, 4/13, 4/15, 4/20, 4/22, 4/27**ABOUT BOATING SAFELY**

Thomas Venezio

About boating Safely is an 8-hour, boating safety course for adults. It is approved by New York State to meet the Personal Watercraft licensing requirement. Many insurance companies will offer discounts on boat insurance to individuals who successfully complete this course. Topics include: Introduction to Boating, Boating Laws, Safe Boat Handling, Boating Problems, and more. This course is offered by the U.S. Coast Guard Auxiliary. (A \$20.00 materials fee for the textbook will be collected at the first class.)

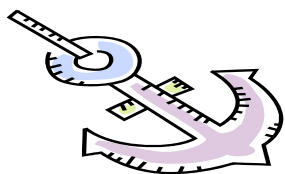
Fee: \$28.00 **Room:** C-109**Length:** 4 Classes **Time:** 7:00 - 9:00 p.m.**Day/Date(s):** Tue. 3/2 – 3/23

**You will only be notified
if your class is canceled!**

NEW YORK SAFE BOATING

Thomas Venezio

New York Safe Boating is a course for 10-18 year old students who would like to obtain a New York State Boating Safety Certificate. This 8-hour course covers all the important aspects of safe boating and meets the state Personal Watercraft licensing requirements. **By state regulation, students must be in attendance for the full 8 hours and pass an exam at the end of the course in order to receive the State Certificate. No make-up classes will be available.** This course is not open to adults. (Limited to 25 students).

Fee: \$28.00 **Room:** C-101**Length:** 4 Classes **Time:** 7:00 - 9:00 p.m.**Day/Date(s):** Tue. 3/2 – 3/23**DEFENSIVE DRIVING**

This course is a six-hour accident prevention program taught within the classroom. Any principal operator of a vehicle or vehicles completing the course will receive a 10% reduction in his/her liability and collision insurance for a three-year period. A maximum of four points will also be reduced from the license of those who currently are carrying points on their license. NENY Safety and Health Council is a member of the National Safety Council. They will supply the instructor, student workbooks, and certificates. A \$32.00 fee will be collected at class for the certificate.

Fee: \$20.00 **Room:** B-203**Length:** 1 Class**Time:** 9:00 a.m. - 3:30 p.m.**Day/Date(s):** Sat. 3/27**LONG TERM CARE ADVISOR**

Charles Peterson-Long Term Care Specialist Eliminate the myth and learn the facts about Medicare, Medicaid, Transfer of Funds, Trusts, and Look Back Periods. Find out about the latest Medicaid changes and how they will affect your family. Review issues such as how to protect your assets for your spouse or a legacy and the cost of long-term care while in a nursing home. Understand the fundamental benefits of long-term care insurance. NY State and federal tax incentives and the qualifications for this type of protection and more. Discover how some policies provide estate recovery of all your paid premiums if you die and never make a claim.

Fee: \$10.00 **Room:** B-201**Length:** 1 Class **Time:** 7:00 - 9:00 p.m.**Day/Date(s):** Tue. 3/2**BIRDING 101: AN INTRO TO FEEDING AND IDENTIFYING BIRDS**

Scott Stoner

Birding is a fun and popular hobby, whether enjoyed in your own back yard or farther afield. In this course, we will learn how to identify some basic groups of birds, and an approach that can be used to identify common as well as less common birds. We will discuss how to attract birds to your yard, and places to go birding in the Greater capital region. Along the way we'll talk about resources including binoculars, field guides and other tools of the trade.

Fee: \$24.00**Room:** B-203**Length:** 3 Classes**Time:** 6:30 - 8:30 pm**Day/Date(s):** Tue. 2/23-3/9**JUMP STARTING YOUR GARDENS IN SPRING**

Kerry from Perennially Yours

Powerhouse perennials and time-saving tools for beautiful, lower-maintenance gardens, this talk will introduce you to some sensational perennials and other beauties that generate rave reviews with little help on your part. You'll also discover some nifty tools for saving time on tedious lawn and garden tasks so you can enjoy more leisurely pursuits...perhaps even reading an uplifting book in that underused hammock.

Fee: \$10.00**Room:** Taft-Cafeteria**Length:** 1 Class**Time:** 6:00 - 8:00 p.m.**Day/Date(s):** Thur. 3/11**WEDDING IN A PINCH!**

Barbara Guyette

Want to do your own wedding to cut down on cost, but haven't a clue where to begin? Start here with a class full of necessary and helpful information to answer many of your questions on planning the menu, the set up, the food and more. This class will include discussions on the elements of a perfect table, menu, a wedding checklist, cake facts, planning the floor plan, recipes, invitations and more!

Fee: \$16.00 **Room:** B 203**Length:** 1 Class **Time:** 6:00 – 8:00 p.m.**Day/Date(s):** Mon. 5/18**INTRODUCTION TO SCREEN WRITING**

Barbara Guyette

Are you an aspiring writer with a story that you know would make a great movie and would like to try your hand at writing a screenplay for a TV or movie submission but don't know how? Come channel your inner creativity with a series of six, 2-hour classes designed to give you the nuts and bolts needed to craft a professional screenplay. The classes will cover writing a pitch, a paradigm, recognizing and forming structure, characterization and more. You will translate your idea into a working form.

Fee: \$32.00 **Room:** B 203**Length:** 6 Classes **Time:** 6:30 – 8:30 p.m.**Day/Date(s):** Mon. 3/1 – 4/12**FOREIGN LANGUAGE****CHINESE FOR BEGINNERS**

Maria Chou

Knowing this language can give you more opportunities in today's world. In this fun, easy to understand class you will quickly learn conversation. We'll cover basic sounds, words, and phrases using tools and visual aids with focus on conversation. Students will need to purchase a workbook. Details will be given out at the first class.

Fee: \$32.00 **Room:** B-207**Length:** 10 Classes **Time:** 6:00 – 7:00 p.m.**Day/Date(s):** Mon. 3/1 – 5/10**CHINESE FOR INTERMEDIATES**

Maria Chou

Here we will expand on what we learned in the beginner class, focusing more on sentences and conversation so you can speak Chinese fluently. This class will increase your confidence in speaking and listening to the Chinese language. Students will need to purchase a workbook. Details will be given out at the first class.

Fee: \$32.00**Room:** B-207**Length:** 10 Classes**Time:** 7:10 – 8:10 p.m.**Day/Date(s):** Mon. 3/1 – 5/10**CONVERSATIONAL GERMAN II**

Ursula W. MacAffer

This class taught by a native speaker of the language from the former East Germany, is designed to emphasize conversational German. You can use the language to communicate whether in the reading of old family memorabilia or speaking the language with family or friends.

Fee: \$36.00 **Room:** B-207**Length:** 6 Classes **Time:** 6:30 - 8:00 p.m.**Day/Date(s):** Tue. 2/23 – 3/30

DANCE

BALLROOM/LATIN DANCE

Cristy Kim
Are you embarrassed to dance at weddings and at special dances? Let's learn to dance the Waltz, Fox Trot, Tango, Swing, Rumba and more. Learn to feel confident, relaxed and enjoy dancing. We will work on the popular basic steps of Fox Trot, Waltz, Rumba, Swing and Samba. You will also learn the "techniques and partnership" skills and double your fun by learning to dance with good techniques and styles. If you are a beginner with no or little experience, this is the right class for you!

Fee: \$ 37.00 **Time:** 7:00 – 8:30 p.m.
Place: Southgate School, Cafeteria
Length: 7 Classes
Day/Date(s): Mon. 3/8–4/26
Minimum of Twenty (20) Students

LEARN TO DANCE

Betty Film
A basic course to learn how to dance to almost any music: slow, fast, Latin, country dance, swing, Fox Trot, Rumba, Polka, Cha Cha, or waltz. Don't ever be embarrassed on the dance floor again; learn how and feel comfortable. Great exercise! Couples and singles welcome. **No Class 4/6**
Fee: \$43.00 **Room:** Taft Dining Room
Length: 8 Classes **Time:** 7:00 - 8:30 p.m.
Day/Date(s): Tue. 3/2 – 4/27

SWIMMING & WATER EXERCISE

STROKE IMPROVEMENT

Janis Spilker
This is a course to teach the fundamental swimming strokes. Students must supply suit and towel. Water temperature will be approximately 79-81 F.
LIMIT 15 STUDENTS
Fee: \$40.00
Room: SHS Pool
Length: 10 Classes
Time: 8:00-9:30 p.m.
Day/Date(s): Wed. 2/24- 5/5



AQUA RHYTHMICS

Phyllis Fox, Janis Spilker & Marcia Partlow
This course utilizes slimnastic pool exercises to help you shape up and tone your body. Water temperature will be approximately 79-81 F.

Fee: \$29.00 **Room:** SHS Pool
Length of Each Session: 10 Classes
Session A - Janis Spilker
Time: 7:00 - 8:00 p.m.
Day/Date(s): Mon. 2/22 – 5/3

Session B - Marcia Partlow
Time: 7:10-8:10 p.m.
Day/Date(s): Tue. 2/23 – 5/4

Session C - Janis Spilker
Day/Date(s): Wed. 2/24 – 5/5
Time: 7:00 – 8:00 p.m.

Session D - Phyllis Fox
Day/Date(s): Thur. 2/25 – 5/6
Time: 7:00 – 8:00 p.m.

EARLY BIRD SWIM

Start your day with an early morning swim! This course is open to students who know how to swim and would like to practice or exercise. There will be a water safety instructor on duty, but the course **does not** include swimming instruction. Water temperature will be approximately 79-81 F.

Fee: \$29.00 **Room:** SHS Pool
Length of Each Session: 10 Classes
Time: 6:30 - 7:30 a.m.

Session A
Day/Date(s): Mon. 2/22 – 5/3

Session B
Day/Date(s): Wed. 2/24 – 5/5

Session C
Day/Date(s): Fri. 2/26 – 5/21
No Class 3/26, 4/2

OPEN SWIM

Phyllis Fox
This course is open to students who know how to swim and would like time to practice, improve, or exercise. There will be a water safety instructor on duty, but the course **does not** include swimming instruction. Water temperature will be approximately 79-81F.

Fee: \$29.00 **Room:** SHS Pool
Length: 10 Classes
Day/Date(s): Thur. 2/25 – 5/6
Time: 8:00 - 9:00 p.m

**WATER TEMPERATURE
WILL BE MAINTAINED
BETWEEN 79/ 81 F. ****
EZ ACCESS STEPS WILL
BE AVAILABLE. *****

FITNESS & RECREATION

AEROBIC DANCE

Terri Jardine
This class is designed with both women and men in mind. Each hour-long class provides a total body cardiovascular and strength training workout. Class consists of a floor segment to tone both the upper and lower body, stretching, and aerobics. Anyone can take this class. It is led by a professionally trained instructor who demonstrates the routines at low, moderate, and high impact levels. Participants should wear comfortable clothing, sneakers, bring a container of water to stay hydrated, and a mat/towel for the floor work.

Fee: \$35.00 **Time:** 6:30 - 7:30 p.m.
Place: Southgate School-Gymnasium
Length: 10 Classes
Day/Date(s): Thur. 2/25 – 5/20
No Class 3/18 & 4/29

BASKETBALL

Kim Burns
This is a coed course which provides students with the opportunity to participate in a non-competitive basketball program.

Fee: \$48.00 **Time:** 8:00 - 10:00 p.m.
Length of Each Session: 10 Classes

Session A
Place: Shaker Junior High School-New Gym
Day/Date(s): Mon. 2/22 – 5/3

Session B
Place: Shaker Junior High School-Old Gym
Day/Date(s): Wed. 2/24 – 5/5



BODY TONING

Judy Mnich
This course features slimnastic and floor exercises to shape-up and tone-up your body. Students should wear comfortable clothing and please bring mats and water bottles.

Fee: \$29.00 **Time:** 7:00 - 8:00 p.m.
Place: Shaker Junior High School-Gym
Length: 10 Classes
Day/Date(s): Mon. 2/22 – 5/3

BEGINNING T'AI CHI FOR HEALTH

Master Jianye Jiang/Sandra Balint
This ancient Chinese art combines meditation and motion performed to promote balance, flexibility, muscle control and relaxation, with emphasis on improving mental, physical and emotional health benefits. Suitable for all ages and physical abilities.

Fee: \$29.00

Place: Goodrich School, Cafetorium

Length: 10 Classes **Time:** 6:00 – 7:00 p.m

Day/Date(s): Thurs. 2/25 – 5/6

INTERMEDIATE T'AI CHI & QI GONG FOR HEALTH

Master Jianye Jiang/Sandra Balint
Combine T'ai Chi with Qi Gong, the art of healing to regulate natural body energy. Through meditation and movement, relaxation and breathing learn how to gather healing energy from the universe to promote health and well being mentally, physically, and emotionally.

Fee: \$29.00

Place: Goodrich School, Cafetorium

Length: 10 Classes

Time: 7:00 – 8:00 p.m

Day/Date(s): Thurs. 2/25 – 5/6

KICK FIT

Eileen Franko

This is a total intense low impact fitness workout. The course includes basic Tai-Bo and Cardio Kick Boxing moves to strengthen and tone the body. It combines these moves with high energy aerobic intervals to raise the heart rate. Together they produce both cardio fitness, free-weight work, floor work, and a cool down stretch.

Fee: \$29.00

Time: 6:15 - 7:15 p.m.

Place: Southgate School-Gymnasium

Length of Each Session: 10 Classes

Session A

Day/Date(s): Mon. 3/1 -5/10

Session B

Day/Date(s): Wed. 2/24 – 5/5



**You will only be notified if your class is canceled.
Enjoy The Classes!**

VOLLEYBALL I

Timothy Stone

This is a coed course which provides students with the opportunity to participate in an informal volleyball program. Volleyball rules at the recreational level apply.

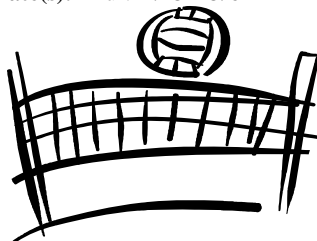
Fee: \$48.00

Room: SHS- F - Gym

Length: 10 Classes

Time: 7:30 – 10:00 p.m.

Day/Date(s): Thur. 2/25 – 5/6



FITNESS CENTER TRAINING

Mike Donnelly

Get individualized guidance to help achieve and maintain body toning, shaping and strength training. Ideal for weight reduction, increasing flexibility, building muscle, conditioning and overall improving your health. Great for start up fitness and/or maintenance program.

Instructor available from 6:30 – 8:30 p.m.

Fee: \$29.00

Room: SHS-Weight Room

Length of Each Session: 10 Classes

Time: 6:30 - 8:30 p.m.

Session A

Day/Date(s): Mon. 2/22 – 5/3

Session B

Day/Date(s): Tue. 2/23 – 5/4

Session C

Day/Date(s): Wed. 2/24 – 5/5

Session D

Day/Date(s): Thur. 2/25 – 5/6



YOGA

Alka Gupta

This yoga class is for beginner to intermediate level participants. Yoga strengthens your body, provides flexibility and balance, increases blood circulation, improves glandular functionality and assists in stress reduction. Yoga will be bare foot on the floor. Participants should bring a yoga mat or a big towel, two small towels to support knees, and sitting bones.

Fee: \$45.00

Time: 6:00 - 7:30 p.m.

Place: Goodrich Cafetorium

Length of Each Session: 10 Classes

Session A

Day/Date(s): Tues. 3/2 – 5/11

ZUMBA

Carla Schlist

Ditch the workout, join the party! Zumba has been taking the fitness industry by storm all over the world as the hottest way to get into shape. The good news is you don't need any dance experience and the class is suitable for adults of all ages and fitness levels. It's a total body workout incorporating Latin and international dance rhythms of meringue, salsa, belly dance, flamenco, tango and much more.

Fee: \$30.00

Room: Goodrich Cafetorium

Length: 8 Classes

Time: 6:00 – 7:00 p.m.

Day/Date(s): Fri. 2/26 – 4/30



PILATES

Dorothy Russell

Pilates is a dynamic workout program designed to improve 4 major areas, the ABC's of a fitness program: Alignment, Breath Control, Core Musculature Strength and Stability. Focus on these four areas now will improve quality of life for many years to come. The rest of the class will be done on mats on the floor. Be sure to wear comfortable clothing and bring your own mat or towel.

Limit 30 Students

Fee: \$29.00 **Time:** 6:00 - 7:00 p.m.

Place: Goodrich School-Cafetorium

Length of Each Session: 10 Classes

Session A

Day/Date(s): Mon. 2/22 – 5/3

Session B

Day/Date(s): Wed. 2/24 – 5/5