

# ADULTS & SENIORS

## STICKY FINGERS

### 18 Month - 3 Years With Adult

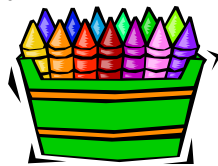
*Instructor: Elaine Hajjar*

Playdough, shaving cream, paints and glitter, all the mess without the clean up at home. You and your child can explore, create and learn by experimenting in this class. Come share the fun of these discoveries with your child. Unfortunately, space does not allow for siblings. We are now offering 3 class time choices.

**What:** Session 1: 5 – 45 minute classes  
Session 2: 6 – 45 minute classes  
**When:** Monday: 9:30 – 10:15 AM or 10:30 – 11:15 or  
11:30 – 12:15 PM  
**Where:** Old Town Hall  
**Winter Sess. 1** 1/8, 1/22, 1/29, 2/5, 2/12  
**Code:** *StickyW1*(your time choice) – Fee: \$34  
**Winter Sess. 2** 2/26, 3/5, 3/12, 3/19, 3/26, 4/2  
**Code:** *SFF2*( your time choice) – Fee: \$40  
**Maximum Participants:** 10

## 1,2,3 GET READY FOR PRESCHOOL

### 2 – 3 Years, With Adult



*Instructor: Elaine Hajjar*

Does your 2 or 3 year old want to go to school like the big kids? Here's their chance. This is a mini preschool day (adjusted appropriately for the age) just for you and them to share.

**What:** Session 1: 5 – 45 minute classes  
Session 2: 6 – 45 minute classes  
**When:** Friday, 9:30 – 10:15 AM  
**Where:** Emanuel Baptist Church  
**Winter Sess. 1** 1/12, 1/19, 1/26, 2/2, 2/9.  
**Code:** *123W1* - Fee: \$34  
**Winter Sess. 2** 3/2, 3/9, 3/16, 3/23, 3/30, 4/6.  
**Code:** *123W2* - Fee: \$40  
**Maximum Participants:** 10

## KIDS' DAY OUT

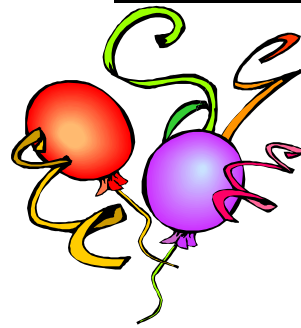
### 3 - 4 Years, Drop-off

*Instructor: Elaine Hajjar*

Kids only for this fun-filled hour and a half class. Sorry Mom and Dad, but kids need time to be on their own. We provide the snack, stories, games, arts and crafts; you simply supply the child.

**What:** Session 1: 5 – 90 minute classes  
Session 2: 6 – 90 minute classes  
**When:** Friday, 10:30 – 12 noon  
**Winter Sess. 1** 1/12, 1/19, 1/26, 2/2, 2/9.  
**Code:** *KidsW1* - Fee: \$45  
**Winter Sess. 2** 3/2, 3/9, 3/16, 3/23, 3/30, 4/6.  
**Code:** *KidsW2* - Fee: \$50  
**Where:** Emanuel Baptist Church  
**Maximum Participants:** 10

## PARTY PACK!



Have a great party at your home with our activity filled party pack. Appropriate for ages 2 – 6 years.

**Includes:** One 12' Parachute  
Two Playground Balls  
Twelve Sacks  
One Caterpillar Tunnel  
One Sturdy Tunnel  
Twelve Hoops  
**Deposit Required:** \$50 (separate check)  
**Fee:** \$20

You pick it up at the Recreation Office at a pre-arranged time. Please take special care to return it on the designated day and time and in good order. If items are returned damaged, broken or late all or part of the deposit will be used to cover the costs. Thank you.

## SPANISH FOR PRESCHOOLERS

### 3 – 5 Years, Pre-K, Drop-off

*Instructor: Adelaida Gibson*

Children will learn numbers, colors, shapes as well as the days of the week and family members. They will have fun singing Spanish songs and playing games too! Material changes each session therefore classes are suitable for new and returning students.

**What:** Session 1: 5 – 45 minute classes  
Session 2: 6 – 45 minute classes  
**When:** Thursday 10 – 11 AM  
**Winter Sess. 1** 1/11, 1/18, 1/25, 2/1, 2/8.  
**Code:** *SpanishW1* - Fee: \$50  
**Winter Sess. 2** 3/1, 3/8, 3/15, 3/22, 3/29, 4/5.  
**Code:** *SpanishW2* - Fee: \$60  
**Where:** Old Town Hall  
**Maximum Participants:** 10

# ADULTS & SENIORS

## **ANNUAL EASTER EGG HUNT**

**2 – 10 Years, with Adult**



The Annual Egg Hunt will be held on **Saturday, April 22<sup>nd</sup> at 10:15 AM.** The egg hunt does start promptly at 10:15 for all age groups. The egg hunt is held at the Freeman-Centennial School near the tennis courts and is open to all children aged 2 – 10. This event is free and does not require pre-registration. **Bring your basket!! Shine - outside, rain – inside Washburn Hall! (Lower gym in F/C)**

## **PARENT & TOT GYMNASTICS**

**18 months - 3 Years, With Adult**

*Instructor: Kris Welik*

This class is perfect for your active child! Children will be hopping, skipping and tumbling to their favorite music. Throw in some balls, hoops and a parachute and they all have a great time. Mom or Dad too!

**What:** Session 1: 5 – 45 minute classes  
Session 2: 6 – 45 minute classes  
**When:** Tues., 9:15– 10:00 AM or 10:45–11:30 PM  
**Winter Sess. 1** 1/9, 1/16, 1/23, 1/30, 2/6.  
*Code:P&TotW1(your time choice) - Fee: \$34*  
**Winter Sess. 2** 2/27, 3/6, 3/13, 3/20, 3/27, 4/3.  
*Code:P&TotW2(your time choice) – Fee: \$40*  
**Where:** Multipurpose Room, New Town Hall

**It is important to register early. Many classes fill up quickly. You have a better chance of getting into a class if you register early. And, on the other hand, we need a minimum enrollment to run a program since our classes are self supporting. If an enrollment number is not met we have no choice but to cancel the class. Thank you.**

## **JUMPING GYM**

**3 - 5 Years, Drop-off**

*Instructor: Kris Welik*

Basic gymnastic skills improve coordination, balance, strength and flexibility. Add music, balls, hoops and parachutes and it's jumping gymnastics at its best.

**What:** Session 1: 5 – 45 minute classes  
Session 2: 6 – 45 minute classes  
**When:** Tues., 10:00 – 10:45 AM  
**Winter Sess. 1** 1/19, 1/16, 1/23, 1/30, 2/6.  
*Code:JumpW1(your time choice) - Fee: \$34*  
**Winter Sess. 2** 2/27, 3/6, 3/13, 3/20, 3/27, 4/3.  
*Code:JumpW2(your time choice) – Fee: \$40*  
**Where:** Multipurpose Room, New Town Hall

## **TIDDLYWINKS**

**2 - 3 Years, With Adult**

*Instructor: Jenifer Miller*

While having fun with songs, nursery rhymes, finger plays and musical movements we will develop coordination, rhythm, imagination and creativity. Please wear comfortable clothing so you can fully participate with your child.

**What:** Session 1: 5 – 45 minute classes  
Session 2: 6 – 45 minute classes  
**When:** Friday, 9:15 – 10:00 AM or  
10:00 – 10:45 AM  
**Where:** Multipurpose Room, New Town Hall  
**Winter Sess. 1** 1/12, 1/19, 1/26, 2/2, 2/9.  
*Code:TiddlyW1(your time choice) Fee: \$34*  
**Winter Sess. 2** 3/2, 3/9, 3/16, 3/23, 3/30, 4/6.  
*Code:TiddlyW1(your time choice) Fee: \$40*  
**Maximum Participants:** 10

## **PLAYFUL PEOPLE**

**3 – 5 Years, Drop-off**

*Instructor: Elaine Mason*

From an obstacle course to dancing, a tennis game to a musical parade and more. This class will help improve your child's gross-motor and socialization skills while having fun.

**What:** Session 1: 5 - 45 minute classes  
Session 2: 6 – 45 minute classes  
**When:** Friday, 9:30 – 10:15 AM or  
Friday, 1:00 – 1:45 PM  
**Winter Sess 1.** 1/12, 1/19, 1/26, 2/2, 2/9 **Fee: \$34**  
*Code:PlayfulW1(your time choice)*  
**Winter Sess. 2** 3/2, 3/9, 3/16, 3/23, 3/30, 4/6 **Fee: \$40**  
*Code:PlayfulW2(your time choice)*  
**Where:** Emmanuel Baptist Church  
**Maximum Participants:** 10

# ADULTS & SENIORS

## MUSIKGARTEN

**Birth - 16 Months & 16 Months – 3 Years,  
With Adult**

*Instructor: Tina Ghiz*

Play to learn, learn to play. Through a combination of songs, playing movement games and rhythm instruments, listening and learning, you and your child are exposed to a wonderful musical experience. You will receive an interactive family music pack providing the resources to bring the joy of music making into your home, laying the foundation for learning and lifelong love of music. Parent participation is required.

New Students: The pack for newborns to 16 months includes a CD and songbook and a baby instrument kit: rhythm sticks, rattle, and scarf, all in its own cloth bag. The pack for 16 months to 3 years of age includes a CD and songbook, and a sheer scarf.

**What:** 12 - 30 min. classes. 1 X/week  
**When:** Thursday, 9:15 – 9:45 AM  
(0 months-16 months) **Code: Music 0-16**  
Thursday, 10:00 -10:35 AM  
(16 months – 3 years) **Code: Music 16-3**  
**Where:** Multipurpose Room, New Town Hall  
**Dates:** 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 3/1,  
3/8, 3/15, 3/22, 3/29, 4/5.  
**Fee:** \$90 plus **Materials Fee:** Infant Kit : \$32,  
Toddler Kit: \$27. Payable to  
Instructor on first day of class.  
Returning students – new CD and  
songbook: \$27



## MUSIKGARTEN

**3 - 5 Years, With Adult**

*Instructor: Tina Ghiz*

Parents and children will experience music based on themes built on nature. Classes include songs, movement activities, and an exciting exploration of instruments and stories for the children to act out and embellish. This course runs for 12 weeks. The instrument pack includes a CD, songbook and a sheer scarf. Parent participation is required.

**What:** 12 – 45 minute classes  
1 class per week for 12 weeks  
**When:** Thursday, 10:45 AM – 11:30 AM  
**Dates:** 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 3/1,  
3/8, 3/15, 3/22, 3/29, 4/5. **Code: Music2.5**  
**Where:** Multipurpose Room, New Town Hall  
**Fee:** \$102 plus **Materials Fee:** \$27  
Payable to Instructor on the first day of class

## PRE-BALLET LEVEL 1

**3 - 5 Years, Drop-off**

*Instructor: Jenifer Miller*

While using their imagination, children will learn the basic steps of musical movement and listening to directions. Ballet shoes or socks.

**What:** Session 1: 5 – 45 minute classes  
Session 2: 6 – 45 minute classes  
**When:** Tues., 1:00 – 1:45 PM or  
Tues. 1:45 – 2:30 PM  
**Winter Sess. 1** 1/9, 1/16, 1/23, 1/30, 2/6.  
**Code: BalletW1(your time choice) - Fee: \$34**  
**Winter Sess. 2** 2/27, 3/6, 3/13, 3/20, 3/27, 4/3.  
**Code: BalletW2(your time choice) – Fee : \$40**  
**Where:** Multipurpose Room, New Town Hall  
**Maximum Participants: 12**



## PRE-BALLET LEVEL 2

**4 - 5 Years (pre-k), Drop-off**

*Instructor: Jenifer Miller*

This class is for children who have had at least one session of Pre-Ballet Level 1 and will be entering Kindergarten the following school year. We will build on the steps the children have already learned previously, and continue to have fun with a range of musical movement. Ballet shoes or socks.

**What:** Session 1: 5 – 45 minute classes  
Session 2: 6 – 45 minute classes  
**When:** Tues., 12:15 – 1:00 PM  
**Winter Sess. 1** 1/9, 1/16, 1/23, 1/30, 2/6.  
**Code: BalletW1 PreK - Fee: \$34**  
**Winter Sess. 2** 2/27, 3/6, 3/13., 3/20, 3/27, 4/3.  
**Code: BalletW2 PreK - Fee: \$40**  
**Where:** Multipurpose Room, New Town Hall  
**Maximum Participants: 12**

## **RETURNED CHECKS!**

**There is an additional fee of \$25 for any  
check that is returned.**

# ADULTS & SENIORS

## FREE OPEN FAMILY GYM NIGHTS

Pre-school – Grade 6 with parent

Recreation Representative: *Craig Sonsire*

No need to sign up! Bring the family down to the H.O. Day School Gym on the first and third Friday nights listed below between 7:00 – 8:30 PM for open gym time. Organized games or just have fun.

It is a great time for the family to get together.

Equipment will be available for use.

### Open Gym Dates:

1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 4/6, 4/27



## JUST DRAWING!

Grades K – 2

Instructor: *Sandra Myatt*

**NEW**

Do you love to draw, draw and draw some more? Then this is the class for you! Join other artists after school and learn some new techniques and produce some pencil masterpieces of your own! Students should bring their own drawing pad and drawing medium each week such as crayons (24 or more colors), colored pencils or washable markers. Please label materials with artist's name.

**What:** Session 1: 5 – 60 minute classes  
Session 2: 6 – 60 minute classes  
**When:** Tuesdays, 3:15 – 4:15 PM  
**Where:** H.O.D. Cafeteria  
**Winter Sess. 1** 1/9, 1/16, 1/23, 1/30, 2/6.  
**Code: Just DrawW1 -Fee:** \$34  
**Winter Sess. 2** 2/27, 3/6, 3/13, 3/20, 3/27, 4/3.  
**Code: Just DrawW2 – Fee:** \$40  
**Maximum Participants:** 10

## VACATION DAY OPEN GYM

Grades K – 6

Recreation Representative: *Craig Sonsire*

No need to sign up! Bring the family down and have fun! Gym equipment supplied. Adult accompaniment required, this is not a drop off program.

**When:** Wednesday, Feb. 21, 1:00 – 3:00 PM  
**And** Wednesday, April 18, 1:00 – 3:00 PM  
**Where:** HOD Gym

**FREE! FREE! FREE! FREE! FREE! FREE! FREE!**

## SCIENCE QUEST – Science Awareness at its best!

4.5 - 6.5 Years, Drop-off

Instructor: *Trish Havrin*

Science Quest encourages the child's natural curiosity while exposing children to science in a participatory, exploratory and entertaining way. During each class a new theme will be introduced, with related hands-on activities, experiments and science games. It is not necessary for a student to take session one before they take session two. A Junior Science Quest Certificate will be presented at completion of each session.

Session One may include activities and experimentation with: paleontology, aviation excursions, balancing, super bodies-senses, change and exploring the solar system as an astronaut.

Session Two may include activities and experimentation with: A look at matter, Sounds, a closer look at water and flotation, earth care, the magic of science with magnets, electromagnets, and body dynamics/body systems, forces of motion.

**What:** 5 – 45 minute classes  
**When:** Wednesdays, 1:15 – 2:00 PM  
**Winter Sess. 1** 1/24, 1/31, 2/7, 2/14, 2/28 **Code: ScienceW1**  
**Winter Sess. 2** 3/7, 3/14, 3/21, 3/28, 4/4. **Code: ScienceW2**  
**Where:** Old Town Hall  
**Fee:** \$34 **Materials Fee:** \$10 payable to Instructor at first class.  
**Maximum Participants:** 10

## PIANO BASICS

7 – 11 Years



Instructor: *Kate Pettit*

This class is designed to give children the opportunity to learn basic principles of reading music and playing music on the piano/keyboard. This is an opportunity to experience piano instruction without the long term commitment. It's a group lesson and you bring your own keyboard. Classes 1 and 2 are for beginners. **For Classes 3 and 4 you need to have had at least one session of Classes 1 or 2.**

**What:** Session 1: 5 – 30 minute classes **Fee:** \$50  
Session 2: 6 – 30 minute classes **Fee:** \$55  
**When:** Wednesdays  
**Winter Sess. 1** 1/10, 1/17, 1/24, 1/31, 2/7.  
Class 1 5:00 – 5:30 PM **Code: PianoKids1W1**  
Class 3 5:40 – 6:10 PM **Code: PianoKids3W1**  
**Winter Sess. 2** 2/28, 3/7, 3/14, 3/21, 3/28, 4/4.  
Class 2 5:00 – 5:30 PM **Code: PianoKids2W2**  
Class 4 5:40 – 6:10 PM **Code: PianoKids4W2**  
**Where:** Old Town Hall  
**Maximum Participants:** 10

# ADULTS & SENIORS

## ART CLUB

Grades 2 – 6

*Instructor: Donna Gearty*

With an emphasis on pastels and watercolor this Art Club will introduce your child to the versatile world of pastels and the colorful world of watercolor. **Students need:** 12-24 pack of chalk pastels, pad of pastel or charcoal paper, pencil and eraser., watercolor pencils (pack of 12-24), pad of 9 x 12 watercolor paper, small cup and 1 medium size brush.

**What:** Sess. 1: 5 - 60 minute classes  
Sess. 2: 6 – 60 minute classes  
**When:** Monday. 4:15 – 5:15 pm  
**Winter Sess. 1** 1/8, 1/22, 1/29, 2/5, 2/12  
**Code: ARTW1 - Fee:** \$34  
**Winter Sess. 2** 2/26, 3/5, 3/12, 3/19, 3/26, 4/2  
**Code: ARTW2 - Fee:** \$40  
**Where:** MacBride Aud., Freeman Centennial School  
**Maximum participants:** 12

**Registration may be done by mail or in person. We are on the 2<sup>nd</sup> floor of the Town Hall. Our address is P.O. Box 282, Norfolk, MA 02056**



## CHESS CLUB

Grades 3 - 6

*Instructor: John Olivieri*

Come have fun learning the great game of chess! Each student will be given their own chess set. Learn the basics and have the opportunity to practice. New and returning students welcome. Chess set supplied if needed.

**What:** Session 1: 5 – 1 hour classes  
Session 2: 6 – 1 hour classes  
**When:** Mondays 3:15 – 4:15 PM  
**Winter Sess. 1** 1/8, 1/22, 1/29, 2/5, 2/12  
**Code ChessW1 - Fee:** \$33  
**Winter Sess. 2** 2/26, 3/5, 3/12, 3/19, 3/26, 4/2  
**Code: ChessW2 - Fee:** \$38  
**Where:** Freeman Centennial Library  
**Maximum Participants:** 12

## NEW POLICY!

**There will be no after school classes on early release days or No School Days unless noted. All pre-school/Adult classes will take place on these days unless other arrangements are made by the teacher prior to the class.**

## SCRAP BOOK CLUB

Grade 2 – 6

*Instructor: Sarah McKinney*

Start or continue on with your scrap book. This is a lovely way to safely and creatively save memories. Sarah, a Creative Memories consultant, will teach you how to protect your photo memories with unique tools and applications. **Bring your favorite photos to your first class,** have some fun and create forever lasting memento.

**What:** 4 – 90 minutes classes  
**When:** Fridays, 3:15 – 4:45 PM  
1/19, 1/26. 2/2, 2/9 **Code: KidsScrap**  
**Where:** Freeman Centennial Teachers Lounge  
**Fee:** **\$28 plus Materials Fee:** Payable to instructor the first day of class. Your choice of album size:  
**Package A:** 5 x 7 Album/10 sheets(20 pgs), stickers; page protectors \$28.85  
**Package B:** 8 x 10 Album/15 sheets (30 pgs), page protectors, stickers, \$41.30  
**Package C:** 12 x 12 Album/15 sheets (30 pgs), page protectors, Stickers, \$52 ( a size large enough for school work)



## GYMNASTICS

Grade K - 6

*Instructor: Kris Welik*

Cartwheels, handstands, bridges, handsprings, if you spend half your time upside down, this class was made for you! Learn proper form and techniques. Wear comfortable clothing or a leotard. Level 1 is for beginners; level 2 if you have taken this class for more than a year; level 3 advanced.

**What:** Session 1: 5 – 45 minute classes  
Session 2: 6 – 45 minute classes  
**When:** Wednesday: Lv.1, 3:15–4:00 PM  
Lv.2, 4:00–4:45 PM  
Lv.3, 4:45–5:30 PM  
**Winter Sess. 1** 1/10, 1/17, 1/24, 1/31, 2/7. **Fee:** \$34  
**Code: GymW1(your level choice)**  
**Winter Sess. 2** 2/28, 3/7, 3/14, 3/21, 3/28, 4/4. **Fee:** \$40  
**Code: GymW2(your level choice)**  
**Where:** HOD Gym  
**Maximum Participants Depending On Level:** 10-12

# ADULTS & SENIORS

## ARTS & CRAFTS, CERAMICS CLASSES FOR CHILDREN 5 years and older

*Instructor: Harriet Cummysky*

Take home a work of art! Easy to do and lots of fun. A different topic each time, all paints and glazing included.

### **Winter Workshop – No School Day!**

Choose a ceramic snowman, many different ones to choose from

**When:** Monday, January 15<sup>th</sup> 10:00 – 11:00 AM  
**Where:** Old Town Hall  
**Fee:** \$12.00 *Code: Snowman*

### **Valentine Workshop**

Make several decorations for Valentine's Day from felt, fabric, beads, etc.

**When:** Monday January 22<sup>nd</sup>, 3:30 – 4:30 PM  
**Where:** Old Town Hall  
**Fee:** \$12.00 *Code: Valentine*

### **Wood Workshop**

Paint and decorate one of many different wooden shapes, everything from teddy bears, to ships, from animals to cars. You choose!

**When:** Monday, February 6<sup>th</sup>, 3:30 – 4:30 PM  
**Where:** Old Town Hall  
**Fee:** \$12.00 *Code: Wood*

### **Ceramic Planter Workshop – No School Day!**

Choose a planter paint it and glaze it, and we will plant something in it on that day?? Fee includes planter, paints, soil and all supplies.

**When:** Monday, February 19<sup>th</sup>, 10:00 – 11:00 AM  
**Where:** Old Town hall  
**Fee:** \$12.00 *Code: Planter*

### **Mythical Workshop – Early Release Day**

Make a wizard, a dragon, a gargoyle. Many items to choose from. Paint it and glaze it and spook someone with it!

**When:** Tuesday, March 13<sup>th</sup>, 1:00 – 2:00 PM  
**Where:** Old Town Hall  
**Fee:** \$12.00 *Code: Mythical*

### **Sports Noggins – Early Release Day**

Create a ceramic sports body, for example a football, soccer ball, hockey puck etc.) with hands and feet, with pipe cleaners for arms and legs!!

**When:** Thursday, March 15<sup>th</sup>, 1:00 – 2:00 PM  
**Where:** Old Town Hall  
**Fee:** \$12:00 *Code: Sports*

## KARATE/STRANGER DANGER

Grades K - 6

*Instructor: Designed Defense*

This class teaches the art of American Kenpo Karate. Karate is much more than just the kicks and moves. Karate is self awareness, discipline, self control and a great way to build confidence. Students will also learn stranger danger, what to look out for and how to avoid bad situations. Spectators are always welcome!

**Register at class**

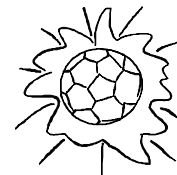
**What:** 1 hour, twice weekly  
**When:** Monday & Wednesday:  
Beginners: 3:20 – 4:20 Advanced: 4:30– 5:30  
**Where:** HOD Cafeteria  
**Sessions:** January through June  
**Fee:** \$50 the first month, which includes gee  
\$40 thereafter, payable at the first class (All fees paid directly to Designed Defense at class)

## NEW POLICY:

**There will be no after school classes on early release days or No School Days unless noted. All pre-school/Adult classes will take place on these days unless other arrangements are made with teacher prior to the class.**

## AFTER SCHOOL INDOOR SOCCER

Grades K – 5



*Instructor: Skyhawks*

Skyhawks Sports Academy's mini indoor soccer clinic for boys and girls grades K – 5. The program promotes a philosophy of having fun while learning basic indoor soccer skills. This 5 week clinic will focus on a new skill each day. Participants will receive a t-shirt and athlete evaluation at the end of the program.

**What:** 5 – 1 hour classes  
**When:** **K** – Mondays 3:15 – 4:15 PM (HOD Gym)  
1/8, 1/22, 1/29, 2/5, 2/12 *Code: SoccerK*

**Gr. 1** – Tues. 3:15-4:15 PM (HOD Gym)  
1/9, 1/16, 1/23, 1/30, 2/6. *Code: Soccer1*

**Gr. 2** – Thurs. 3:15 – 4:15 PM (HOD Gym)  
1/11, 1/18, 1/25, 2/1, 2/8. *Code: Soccer2*

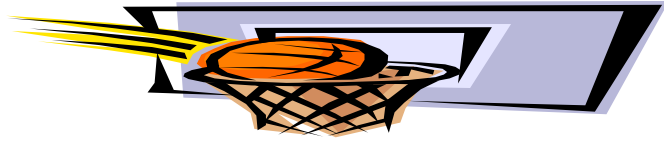
**Gr. 3-5** - Fridays 3:15 – 4:15 PM (FC Gym)  
1/12, 1/19, 1/26, 2/2, 2/9. *Code: Soccer3-5*

**Fee:** \$40 **Maximum Participants:** 20

# ADULTS & SENIORS

## AFTER SCHOOL BASKETBALL

Grades K – 5



*Instructor: Skyhawks*

Skyhawks Sports Academy's mini basketball clinic for boys and girls grades K – 5. The program promotes a philosophy of having fun while learning basic basketball skills. This six week clinic will focus on a new skill each day and end with an exciting NCAA Tournament. Participants will receive a t-shirt and athlete evaluation.

**What:** 6 - 1 hour classes

**When** K – Mon. 3:15 – 4:15 PM (HOD Gym)  
2/26, 3/5, 3/12, 3/19, 3/26, 4/2 **Code: BasketballK**

**Gr. 1** – Tues. 3:15-4:15 PM (HOD Gym)  
2/27, 3/6, 3/20, 3/27, 4/3, 4/10. **Code: Basketball1**

**Gr. 2** – Thurs. 3:15 – 4:15 PM (HOD Gym)  
3/1, 3/8, 3/22, 3/29, 4/5, 4/12. **Code: Basketball2**

**Gr. 3 –5** – Fri. 3:15 – 4:15 PM (FC Gym)  
3/2, 3/9, 3/16, 3/23, 3/30, 4/6 **Code Basketball3-5**

**Fee:** \$45 **Maximum Participants:** 20

## THEATRE WORKS WITH MRS. PIZZI

Grades 4 – 6

**NEW**

*Instructor: Mrs. Pizzi*



Lights, Camera, Action! Have fun while exploring creative dramatic techniques through pantomime, monologue presentations, improvisations, and play writing. Readers' Theatre, which integrates the language arts of listening, oral expression, and reading will also be a focus of this workshop. Participants may attend the five week workshop, the six week workshop or both.

**What:** Session 1: 5 – 90 minute classes  
Session 2: 6 – 90 minute classes

**When:** Mondays 3:15 – 4:45 PM

**Winter Sess. 1** 1/8, 1/22, 1/29, 2/5, 2/12

**Code TheatreW1 - Fee:** \$50

**Winter Sess. 2** 2/26, 3/5, 3/12, 3/19, 3/26, 4/2

**Code: TheatreW2 - Fee :** \$60

**Where:** Mrs. Pizzi's Room

**Maximum Participants:** 12

## A – Z's OF ART

Grades 3 – 6

*Instructor: Gail Eckberg-Ferguson*

We will start with a warm up exercise and learn to draw from real life, then a myriad of topics will be covered from Art 'forgery', painting to music, observing nature and painting in an impressionistic style, monoprinting, and collage painting! The students will work independently at their own pace, and will be encouraged to explore and develop their own talents.

**What:** Session 1: 5 – 60 minute classes  
Session 2: 6 – 60 minute classes

**When:** Thursdays, 3:15 – 4:15 PM

**Winter Sess. 1** 1/11, 1/18, 1/25, 2/1, 2/8.

**Code: A-ZW1 Fee: \$35**

**Winter Sess. 2** 3/1, 3/8, 3/22, 3/29, 4/5, 4/12.

**Code: A-ZW2 Fee: \$40**

**Where:** HOD Cafeteria (Freeman Bus will drop at HOD)

**Maximum Participants:** 12

## PARTY PAINTS AND POTTERY – Vacation Days

Grades 1 – 6

*Instructor: Diane Clancy*

**NEW**

Choose your piece, paint it and pick it up a week later – all fired. Dishwasher safe, choose from several pieces and have lots of fun. Be amazed how beautiful and professional your pieces can be looking. Sign up for one or both classes.

**When:** February 20<sup>th</sup> 9:30 – 11:00 AM **Code: PaintsFeb20**  
or February 22, 1:00 – 2:30 PM **Code: PaintsFeb22**

**Where:** Old Town Hall

**Fee:** \$14 per class, you can do one or both.

## 4-H BABYSITTING COURSE

Grades 5 & 6

*Instructor: Maureen Howard*

Both boys and girls are welcome to learn how to become responsible, caring, trustworthy, respectful and competent babysitters.

**What:** 3 – 2 hour classes

**When:** 3:15 – 5:15 PM

Sess. 1 - February 8<sup>th</sup>, 13<sup>th</sup> & 15<sup>th</sup> **Code: BabyFeb.**

Sess. 2 - March 20<sup>th</sup>, 22<sup>nd</sup>, & 27<sup>th</sup> **Code: BabyMar.**

**Where:** Miss Ezepik's Room, Freeman Centennial

**Fee:** \$33 including booklet

**Maximum Participants:** 12

**We have lists of babysitters! If you would like a list, call us at 520-1315!**

# ADULTS & SENIORS

## SPORTS CARD SWAPPING!

4 – 6 GRADES

**NEW**

*Sponsored by: Norfolk Recreation*

Calling all Sports Fans ..... Swap til you drop! Come to the Old Town Hall and swap your favorite sports cards. A good way to spend an hour on a school free afternoon!

**What:** 1 – 1 hour session

**When:** Half Day!

Tuesday, 1:00 – 2:00 PM, March 13<sup>th</sup>, 2001

**Where:** Old Town Hall **Fee:** FREE **Code:** Card

**REGISTRATION PRIOR TO CLASS IS REQUIRED!**

## SONGWRITING SEMINAR

Ages 14 and up

**NEW**

*Instructor: Christopher Carr*

Did you ever wonder how musicians actually write songs? Whatever instrument you play, whether it is the guitar or the saxophone, music is universal. This seminar will unlock the mysteries behind music by providing you with a basic understanding of the major and minor chords in a key, chord progression theory, and commonly used chord progressions. Contemporary and classic rock songs are used as examples. A packet of handouts is provided.

**What:** 1 – 1 hour class

**When:** Saturday, January 27, 2001, 9:30 – 10:30 AM

**Where:** Old Town Hall

**Fee:** \$20 **Code:** Song

**Maximum Participants:** 6 **Minimum Participants:** 2

## BLUES GUITAR WORKSHOP

Age 14 and up

**NEW**

*Instructor: Christopher Carter, BA Of Music Performance, Guitar teacher.*

Topics covered: The 12 bar blues, common blues rhythms, turnarounds, the blues and major pentatonic scales, improvising and common blues licks. Sheet music is provided. A minimum of ones years guitar experience necessary.

**What:** 1 – 2 hour class

**When:** Saturday, January 27, 2001, 10:30 – 12:30

**Where:** Old Town Hall

**Maximum Participants:** 6 **Minimum Participants:** 2

**Fee:** \$25 **Code:** Blues

## GUITAR BASICS FOR BEGINNERS

Ages 14 and up

**NEW**

*Instructor: Christopher Carter, BA Of Music Performance, Guitar teacher.*

Rock, blues, jazz, folk and bluegrass. Learn all about rhythm, chords, tuning, strumming, chord progressions, bass lines, arpeggios, scales, improvising, music reading and much more! Learn how to play your favorite songs! Sheet music is provided, (bring a folder).

**What:** 1 – 2 hour class

**When:** Saturday, January 20, 2001, 10:00 – 12:00

**Where:** Old Town Hall **Fee:** \$25 **Code:** Guitar

**Maximum Participants:** 6 **Minimum Participants:** 2



## FAMILY SKI TRIPS

*Sponsored by Norfolk Recreation*

**Hi ho, hi ho it's off to the slopes we go! A family ski trip to Gunstock on February 4 and another on March 11. Gunstock was chosen for its skiing, snowboarding and tubing facilities-a great place for the whole family. Two hours up, two hours down, no driving and a quick stop at McDonalds on the way home makes for an easy & fun day.**

Join us, pre-registration is required. If the trip is cancelled (2 days in advance) due to weather a full refund will be made.

<b>Fee:</b>	Children 5 – 12	\$36	<b>Code:</b> <i>SkiJr.(date)</i>
	Children 13 – 19	\$44	<b>Code:</b> <i>SkiTeen (date)</i>
	Adult:	\$49	<b>Code:</b> <i>SkiAdult (date)</i>
	Bus only:	\$20	<b>Code:</b> <i>SkiBus (date)</i>

Learn to ski packages and rentals are available - additional forms must be filled out prior to the trip. **Everyone under 18 must travel with an adult that will take responsibility in case of an emergency.**

## WINTER BASEBALL - INSTRUCTIONAL

Ages 9 – 12 Years

**NEW**

*Instructor: Frozen Ropes*

Here is an opportunity for children ages 9 – 12 to receive instruction in baseball so they can improve their individual and team skills while playing baseball.

**What:** 5 – 1 hour and 45 minute classes

**When:** Thursdays, 4:30 – 6:00 PM

**Winter Sess. 1** 1/11, 1/25, 2/2, 2/8, 2/15 **Code:** *FrozenW1*

**Winter Sess. 2** 2/29, 3/8, 3/22, 3/29, 4/5 **Code:** *FrozenW2*

**Where:** HOD Gym **Fee:** \$75

## NORFOLK COMMUNITY LEAGUE NEARLY NEW CONSIGNMENT SALE!



Start saving all your kids' and maternity clothes and large toys to sell them at NCL's 2<sup>nd</sup> annual Nearly New Consignment Sale scheduled for the first Saturday in April, 2001. For Information Call Erin Hughes at 541-6986

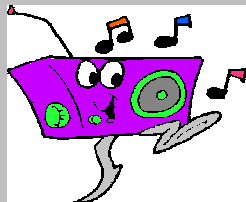


# ADULTS & SENIORS



**REMEMBER:** There is no smoking allowed at any of our courses – especially at the schools or on their grounds!

## FRIDAY NIGHT FEVER Grades 5 & 6 Activity Night



*Sponsored by Norfolk Recreation*

Attention all 5<sup>th</sup> & 6<sup>th</sup> graders – Come and spend a Friday evening with your friends from school. Something for everyone: ping-pong, DJ for Karaoke and line dancing, basketball and pizza too!

**When:** 7:00 – 9:00 PM, March 23<sup>rd</sup>, 2001  
**Where:** Freeman Centennial School  
**Fee:** \$5 *Code: Fever*

Tickets will be sold for this dance during lunch and at the Recreation Office on March 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup>.

## IRISH SQUARE DANCING

Teens , Adults, anyone over 10 is welcome!

*Instructor: Annie Hennessey*

**NEW**



Learn traditional Irish set dancing in time for St. Patrick's Day! Irish set dancing is similar to American Square dancing and is the current rage in Ireland. The dances date back to the 1800's but are danced with as much enthusiasm today. Participants will learn to dance to toe tapping music such as reels, jigs, hornpipes, and polkas. Wear comfortable shoes, not sneakers. Beginners are welcome, you can come on your own or with a partner.

**What:** Session 1: 5 – 90 minute classes  
Session 2: 6 – 90 minute classes  
**When:** Thursday, 7:30 – 9:00 PM  
**Where:** HOD Gym  
**Winter Sess. 1** 1/11, 1/18, 1/25, 2/1, 2/8.  
*Code:IrishWI* **Fee:** \$30  
**Winter Sess. 2** 3/1, 3/8, 3/15, 3/22, 3/29, 4/5.  
*Code:IrishWI* **Fee:** \$35  
**Minimum Participants:** 8

## TEEN BABYSITTING COURSE

Grades 7 & 8

*Instructor: Maureen Howard*

Both boys and girls are welcome to learn how to become responsible, caring, trustworthy, respectful and competent babysitters through this 4-H program.

**What:** 3 – 2 hour classes  
**When:** 2:30 – 3:30 PM  
January 23, 25 & 30 *Code: Baby7&8*  
**Where:** KP North - Library  
**Fee:** \$33 including booklet  
**Maximum Participants:** 12



## AUTO ABC's 13 Years and up

*Instructor: Keith and Darren Daley*

A one time class that is a general introduction to safety and maintenance of an automobile. Learn the correct way to jump start a car, change a flat tire, check air pressure, fluid levels as well as hoses and belts.

**What:** 1 – 75 minute class  
**When:** 6:00 – 7:15 pm  
Thursday, March 29th, 2001  
**Where:** Daley's Service Station  
**Fee:** \$3 *Code: Auto*

**NEW**

## FRIDAY NIGHT LIVE

Grades 7 & 8

*Sponsored by Norfolk Recreation*

The DJ will be there playing all your favorite tunes and taking special requests, open gym, pizza and soda. Ticket Sales are limited, so get your tickets early. Tickets will be sold at the Junior High on the dates listed below **and** at the Recreation Office at the Town Hall. **Please buy your ticket early. Once we are sold out no additional tickets will be available. Do not drop children off without tickets.**

**When:** 7:00 – 9:30 PM  
**Where:** Freeman Centennial School  
**Fee:** \$5 per person  
**Dates:** **January 12<sup>th</sup>, 2001 – Code: FNLJan**  
Tickets will be sold for this dance during lunch at KP North and at the Recreation Office on the 9, 10 and 11 January, or until they are sold out.

**February 9<sup>th</sup>, 2001 – Code: FNLFeb**  
Tickets will be sold for this dance during lunch at KP North and at the Recreation Office on the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> February, or until they are sold out.

**April 27<sup>th</sup>, 2001 – Code: FNLApril**  
Tickets will be sold for this dance during lunch at KP North and at the Recreation Office on 24<sup>th</sup>, 25<sup>th</sup> & 26<sup>th</sup> April, or until they are sold out.

# ADULTS & SENIORS

## SCRAP BOOK CLUB FOR ADULTS

### Adults

**NEW**

*Instructor: Sarah McKinney/Creative Memories*

Create a lasting scrapbook of those special moments with your family or friends. Learn how to crop your photos, journal and add some accents to enhance the scrapbook. The workshop focuses on how to make pages quickly, easily and creatively. Bring your photos and memorabilia. It's fun, easy and a keepsake.

- What:** 4 – 2 hour sessions  
**When:** 7:00 - 9:00 PM *Code: AdultScrap*  
 Mondays, 1/22, 1/29, 2/5, 2/12  
**Where:** Freeman Centennial Teachers Lounge  
**Fee:** \$28 plus **Materials Fee:** Payable to instructor the first day of class. Your choice of album size:  
**Package A:** 5 x 7 Album/10 sheets(20 pgs), stickers; page protectors \$28.85  
**Package B:** 8 x 10 Album/15 sheets (30 pgs), page protectors, stickers, \$41.30  
**Package C:** 12 x 12 Album/15 sheets (30 pgs), page protectors, Stickers, \$52 ( a size large enough for school work)

## WOMENS' BASKETBALL

### Adult Pick-up Games

- What:** 6 – 2 hours court time  
**When:** Wednesdays, 7:00 – 9:00 PM  
**Winter Sess. 1** 1/10, 1/17, 1/24, 1/31, 2/7, 2/14.  
**Winter Sess. 2** 2/28, 3/7, 3/14, 3/21, 3/28, 4/4.  
**Where:** Freeman-Centennial Gym  
**Fee:** \$18 per session *Code: WBasketball*

## PIANO BASICS FOR ADULTS

### Ages 18 and Older

**NEW**

*Instructor: Kate Pettit*

This class is designed to give adults the opportunity to learn basic principles of reading and playing music on the piano/keyboard. This is an opportunity to experience piano instructions without the long term commitment. It's a group lesson and you bring your own keyboard. The LESS you know the BETTER! (Book is included in the fee)

- What:** Session 1: 5 – 30 minute classes **Fee:** \$60  
 Session 2: 6 – 30 minute classes **Fee:** \$65  
**When:** Wednesdays  
**Winter Sess. 1** 1/10, 1/17, 1/24, 1/31, 2/7.  
 Class 1 6:15 – 6:45 PM *Code:PianoAdultsW1*  
**Winter Sess. 2** 2/28, 3/7, 3/14, 3/21, 3/28, 4/4.  
 Class 2 6:15 – 6:45 PM *Code:PianoAdultsW2*  
**Where:** Old Town Hall  
**Maximum Participants:** 10

## SAT PREPARATION

### Anyone preparing for the SAT's

*Instructor: Ann Proto*

**SCORE MORE** with SAT Preparation! Being prepared is half the battle....

This course is a practical interactive class for students of all levels. The course will emphasize test taking strategies for both the verbal and math sections. A review of math basics will also be presented. Class 6 is a full length SAT that will be scored and analyzed.

- Where:** Old Town Hall  
**Fee:** \$150.00 payable at registration to Norfolk Recreation.  
**Materials Fee:** \$25.00 payable to Instructor on the first day of class.  
**Maximum Participants:** 12

### WINTER SESSION 1: (will prepare you for May 5<sup>th</sup> SAT)

March 31	Saturday	9:30 AM – 12:00 PM
April 4	Wednesday	6:45 – 9:00 PM
April 7	Saturday	9:30 AM – 12:00 PM
April 11	Wednesday	6:45 – 9:00 PM
April 25	Wednesday	6:45 – 9:00 PM
April 28	Saturday	9:30 AM – 12:30 PM <b>TEST</b>
May 2	Wednesday	6:45 – 9:00 PM

*Code: SATW1*

### WINTER SESSION 2: (will prepare you for June 2 SAT)

May 9	Wednesday	6:45 – 9:00 PM
May 12	Saturday	9:30 AM – 12:30 PM
May 16	Wednesday	6:45 – 9:00 PM
May 19	Saturday	9:30 AM – 12:30 PM
May 23	Wednesday	6:45 – 9:00 PM
May 26	Saturday	9:30AM – 12:30 PM <b>TEST</b>
May 30	Wednesday	6:45 – 9:00 PM

*Code: SATW2*

## SPANISH FOR ADULTS

### Adults

**NEW**

*Instructor: Elizabeth Quiroz*

This is your chance to keep up with your children! Learn Spanish while they are in school, a fun class to broaden your horizons as well as to enable you to have a conversation with your child in Spanish. (It might help on the homework front as well).

- What:** Session 1: 5 – 1 hour classes  
 Session 2: 6 – 1 hour classes  
**When:** **Wednesdays, 10:00 – 11:00 AM**  
**Winter Sess. 1** 1/10, 1/17, 1/24, 1/31, 2/7.  
*Code: Adult-SpanishW1* **Fee:** \$45  
**Winter Sess. 2** 2/28, 3/7, 3/14, 3/21, 3/28, 4/4.  
*Code: Adult-SpanishW2* **Fee:** \$55  
**Where:** Old Town Hall  
**Maximum Participants:** 12

# ADULTS & SENIORS

## WATERCOLOR PAINTING FOR BEGINNERS AND INTERMEDIATE

### Adults and Seniors



*Instructor: Donna Gearty*

Learn all the basics to becoming a watercolorist! Students will be drawing a sketch and practicing composition, perspective, and value. Dry brush and wet-on-wet techniques will be taught. Projects will include floral, barn, landscapes and still life. Come explore the exciting, colorful world of watercolor.

Intermediate students will have more opportunity to work on their own projects and learn more advanced techniques.

Materials needed: Water bowl, small watercolor palette, 140 lb cold press watercolor paper, masking tape, size 4, 8 and 12 watercolor brushes, and Cotman or Grumbacher brand watercolor paint – Cadmium Yellow, Burnt Sienna, Alizarin Crimson, Ultramarine Blue, Cerulean Blue and Yellow Ochre.

**What:** Session 1: 5 – 2 hour classes  
Session 2: 6 – 2 hour classes

**When:** Tuesdays, 7:00 – 9:00 PM

**Winter Sess. 1** 1/9, 1/16, 1/23, 1/30, 2/6. **Code: WaterW1**

**Fee:** \$55, Seniors - \$45 per session

**Winter Sess. 2** 2/27, 3/6, 3/13., 3/20, 3/27, 4/3.  
**Code: WaterW2**

**Fee:** \$60, (Seniors - \$45 per session)

**Where:** Old Town Hall

**Maximum Participants:** 12



## YOGA Adults and Seniors

*Instructor: Elaine Loiacono*

Bring a sense of balance to your busy schedule. This is an introduction to Hatha Yoga in the Iyengar Style. Basic stretching and strengthening postures will be taught emphasizing body alignment and relaxation techniques. If you have had prior Yoga experience take level 2, beginners take level 1.

**What:** Session 1: 5 – 1 hour classes  
Session 2: 6 – 1 hour classes

**When:** Mondays, 1:30 – 2:30 PM - Level Two  
2:30 – 3:30 PM – Level One

**Winter Sess. 1** 1/8, 1/22, 1/29, 2/5, 2/12  
**Code: YogaW1(Level)** **Fee:** \$40

**Winter Sess. 2** 2/26, 3/5, 3/12, 3/19, 3/26, 4/2  
**Code: YogaW2(Level)** **Fee:** \$48

**Where:** Multipurpose Room, New Town Hall

## CREATIVITY WORKSHOP 101

### Adults & Seniors

*Instructor: Diana Traylor*

**NEW**

Stretch your mind and let the creativity flow! This facilitated workshop will present and explore techniques for identifying and helping master unique creative potential. This group will work as a team to brainstorm and provide feedback to help each of you realize your creative goal – whether it be to reach a place that will help your children tap into their creativity or to help you find an alternative way to accomplish goals.

**What:** 4 – 90 minute workshops

**When:** Thursdays, 7:00 – 8:30 PM,  
1/25, 2/1, 2/8, 2/15

**Where:** Freeman Centennial Library

**Fee:** Introductory Price \$50 **Code: Creativity**

**Maximum Participants:** 10

## GREAT BEGINNINGS!

### Adults and Seniors



**NEW**

*Instructor: Alison Light*

Are you tired of chips and salsa? This class will teach you how to make a variety of appetizers that are both easy and delicious! Wouldn't it be nice to have a few new ideas up your sleeve as to what to serve your guests?

**What:** 1 – 2 hour class

**When:** Wednesday, March 7, 7:00 – 9:00 PM

**Where:** Main Entrance, KP Junior High, King St.

**Fee:** \$15, materials included. **Code: Appetizers**

## CARDIO KICKBOXING

### Adults

*Instructor: Jan Maguire, A.C.E. Certified, Advanced Pilates Instructor Graduate*

Learn the correct and safe kickboxing technique in this introductory course. This is a powerful and energy demanding workout but participants will be rewarded with greater confidence in their physical abilities and increased mental focus.

**What:** Session 1: 5 – 1 hour class  
Session 2: 6 – 1 hour class

**When:** Tuesdays, 7:00 – 8:00 PM

**Winter Sess. 1** 1/9, 1/16, 1/23, 1/31, 2/6.  
**Code: KickW1** **Fee:** \$50

**Winter Sess. 2** 2/27, 3/6, 3/13, 3/20, 3/27, 4/3.  
**Code: KickW2** **Fee:** \$60

**Where:** HOD Gym

**Maximum Participants:** 10

# ADULTS & SENIORS

## CIRCUIT TRAINING

### Adults

*Instructor: Nanci Cahalane*

*AFFA/FRA certified personal trainer/fitness counselor*

In a fast paced circuit format individuals will move from station to station alternating strength training with cardiovascular training for a full body workout. This builds strength while burning lots of calories. A great class for busy people who don't have numerous hours to spend working out. A medium level of fitness required for this class.

**What:** Session 1: 5 – 1 hour classes  
Session 2: 6 – 1 hour classes  
**When:** Friday, 11:00 – 11:45 AM  
**Winter Sess. 1** 1/12, 1/19, 1/26, 2/2, 2/9.  
**Code: CircuitW1 Fee:** \$25  
**Winter Sess. 2** 3/2, 3/9, 3/16, 3/23, 3/30, 4/6.  
**Code: CircuitW2 Fee:** \$30  
**Where:** Multipurpose Room, New Town Hall

## FITNESS WALKING

### Adults & Seniors

*Instructor: Nanci Cahalane*

*AFFA/FRA certified personal trainer/fitness counselor*

This class is designed for those who would like to improve their overall health while enjoying the company of others in a relaxed social group. The class will consist of a warm-up, brisk walking approximately 2-3 miles, a cool down and stretching.

**What:** 6 – 1 hour classes  
**When:** Wednesday, 9:30 – 10:30 AM  
**Winter Sess.. 2** 2/28, 3/7, 3/14, 3/21, 3/28, 4/4  
**Code: FitnessW2 Fee:** \$30  
**Where:** Multipurpose Room, New Town Hall  
**Maximum Participants:** 10

## C.O.R.E. TOTAL BODY WORKOUT

### Adults

*Instructor: Jan Maguire, A.C.E. Certified, Advanced Pilates Instructor Graduate*

Developed by A.C.E. Certified Personal Trainer Jan Maguire, The C.O.R.E. (Complete Original Refinement Exercises) Workout, draws from several powerful exercise disciplines, Pilates, kickboxing, yoga, and strength training. This workout will challenge your muscles and stimulate your mind.

**What:** Session 1: 5 – 1 hour class  
Session 2: 6 – 1 hour class  
**When:** Fridays, 1:00 – 2:00 PM  
**Where:** Multipurpose Room, New Town Hall  
**Winter Sess. 1** 1/12, 1/19, 1/26, 2/2, 2/9.  
**Code: COREW1 Fee:** \$50  
**Winter Sess. 2** 3/2, 3/9, 3/16, 3/23, 3/30, 4/6  
**Code: COREW2 Fee:** \$60  
**Maximum Participants:** 10

## AEROBIC PATTERNS

### Adults

*Instructor: Diane McElwee*

We take the work out of the workout! This dance/exercise program is choreographed for non-dancers. Its noncompetitive nature and follow-the-leader format easily adapts to all levels of fitness. This fun hour of popular music includes warm up, strengthening/toning and stretching. Wear comfortable clothes, good sneakers and bring a mat or a towel.

**What:** 24 one-hour sessions (12 weeks)  
**When:** Tuesday and Thursday, 7:30 to 8:30 PM  
January 9<sup>th</sup> – March 29<sup>th</sup>. (No Class on 1/23 & 1/30)  
**Where:** Washburn Hall, Freeman Centennial  
**Fee:** \$95 (Register at class. Make check payable to Aerobic Patterns)

## STRENGTH TRAINING/BODY SCULPTING

### Adults & Seniors

*Instructor: Nanci Cahalane, AFFA/FRA certified personal trainer/fitness counselor AFAA Resistance Training/Weight Room certified*

A muscle conditioning class using dumbbells. This class was designed to be used in conjunction with the fitness walking class for a total body workout, but can be taken separately. You may take one class, or come twice a week combining two classes.

**What:** Session 1: 5 - 45 minute classes  
Session 2: 5 – 45 minute classes  
**When:** Mon. 7:30 – 8:15 PM **Code: Strength W1 or W2**  
Mon. 10:30–11:15 AM **Code: Strength W1 or W2**  
Wed. 10:30- 11:15 AM **Code Strength W1 or W2**  
**Where:** Multipurpose Room, New Town Hall  
**Mondays:** **Winter Sess. 1:** 1/8, 1/22, 1/29, 2/5, 2/12  
**Winter Sess. 2:** 3/5, 3/12, 3/26, 4/2, 4/9  
**Wednesdays:** **Winter Sess. 1** 1/10, 1/17, 1/24, 1/31, 2/7  
**Winter Sess. 2** 2/28, 3/7, 3/14, 3/21, 3/28, 4/4  
**Fee:** \$35 per session (one class per week) and \$25 for each additional class taken in same session.

**Please state time of class on Registration Form**

## ADULT SELF DEFENSE

### Teens, Adults & Seniors

*Instructor: Designed Defense*

Learn self defense and get a great aerobic workout too! American Kenpo Karate teaches self-awareness, self-control and how to avoid dangerous situations and how to get out of them.

**What:** 1 hour, twice weekly  
**When:** Monday & Wednesday, 6:30 – 7:30 PM  
**Where:** HOD Cafeteria **Sessions:** September through June  
**Fee:** \$50 the first month which includes gear \$40 thereafter, payable at the first class (All fees paid directly to Designed Defense at class)

**Register At Class**

