

●●● ADULT SPECIAL INTEREST CLASSES ●●●

- No refunds will be given on any class after the first session has begun.
- Supplies are not included in course fees. • Babysitting is available during daytime classes and at night by reservation only. • Children are not permitted in any of the classrooms
- No Evening Classes Chanukah December 16-24

●●● ART PALETTE ●●●

ART WORKSHOP I

CHAVA ROTH

BASIC DRAWING WATERCOLORS

Introduction to drawing in black and white. Line volume, composition and perspective taught through still life. Basic principles of Watercolor and techniques.

- 5TD1** Tuesday 10:00-12:30 pm • October 21 - December 23
5WE1 Wednesday 7:00-9:30 pm • October 22 - December 31
 Fee: M-\$165/NM-\$185 (10 Sessions)

ART WORKSHOP II

CHAVA ROTH

Basic drawing pre-requisite. Painting from a representational viewpoint. Still Life, landscapes, portraits, etc. Color mixing, paint application and composition strategies emphasized.

- 5TD2** Tuesday 12:45 -3:15pm • October 121 - December 24
5WD1 Wednesday 10:00-12:30 pm • October 22 - December 24
5WD2 Wednesday 12:45 - 3:15pm • October 22- December 24
 Fee: M-\$165/NM-\$185 (10 Sessions)

●●● BASIC COMPUTER EDUCATION ●●●

WORD FOR WINDOWS I

JOSEPH ROSENTHAL

Basic Course for computers. Work with file, applications, Notepad. Create and format documents in Word.

- 5CC1** Monday & Wednesday 10:00 - 11:30 am
5CC2 Monday & Wednesday 7:00 - 8:30 pm (12 Sessions)
 October 27 - December 3 Fee: M-\$145/NM-\$165

EXCEL

JOSEPH ROSENTHAL

Create spreadsheets, graphics & calculating formulas.

- 5CC5** Monday & Wednesday 7:00 - 8:30pm (5 Sessions)
 December 8 - December 31 • Fee:M-\$85/NM-\$115

QUICKBOOKS

JOSEPH ROSENTHAL

Pre Requisite - Word for Windows. Learn to set up books for a business payroll, vendors, pay taxes or for personal use.

- 5CC4** Tuesday & Thursday 7:00 - 8:30 pm (6 Sessions)
 October 28 - November 13 Fee: M-\$100/NM\$125

MICROSOFT ACCESS

JOSEPH ROSENTHAL

User friendly database system to design tables, forms, reports & queries.

- 5CC6** Tuesday & Thursday 10:00 - 11:30am (10 Sessions)
 October 28 - November 27 Fee:M-\$120/NM-\$145

WOMEN'S FITNESS CLASSES

We encourage you to develop a set routine to keep fit. The exercise schedule may change by time or instructor as needed.

INTERVELOCITY

Sun. 10:00 - 10:45 am

CARDIO CHALLENGE

Mon. & Wed. 10:00 - 10:45 am

High impact aerobics followed by intense abdominal exercises

ARMS & ABS

Mon. & Wed. 10:50 - 11:30 am

Toning Class

STEPTASTIC

Mon. & Wed. 11:45 - 12:15 pm

Variation of popular basic moves, off cadence stepping, tap free stepping, creating more complex patterns, while working with one or two steps

CARDIO DANCE FUSION

Tues. 7:55 - 8:55 pm

Fun cardio combinations followed by weights & mat work

BOOT CAMP TRAINING

Thurs. 7:55 - 8:55 pm

Cardio kick boxing with emphasis on the core & lower body

H.S. GIRLS FITNESS CLASSES

CORE-DINATION

Tues. & Thurs. 8:00 - 8:45 pm

Aerobics Training - fun work - Hard Play stretching, calisthenics and step included in total workout

ADULT EXERCISE CLASSES

Open to Members & Non Members!

ZUMBA WITH TAMARA

Energetic aerobics workout combining latin and international dance steps

FRIDAY 10-10:45PM

OCT. 24-DEC. 26:

10 SESSIONS

5ZU1 FEE: M-\$100/NM-\$125

DROP IN ONE CLASS \$15