

••• 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 13

••• ART PALETTE •••



ART WORKSHOP I

BASIC DRAWING AND WATERCOLORS

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

5TD1 Tues. 10:00-12:30 pm • October 24 - December 27
Fee: M-\$185/NM-\$200 (10 Sessions)

CHAVA ROTH

ART WORKSHOP II

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

5TD2 Tuesday 12:45 - 3:15pm • October 24 - December 26
5WD1 Wednesday 10:00-12:30 pm • October 25 - December 27
5WD2 Wednesday 12:45 - 3:15pm • October 25 - December 27
5WE1 Wed. 7:00-9:30 pm • October 25 - December 27
Fee: M-\$185/NM-\$200 (10 Sessions)

CHAVA ROTH

••• BASIC COMPUTER EDUCATION •••



WORD FOR WINDOWS I

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 30 - December 6 Fee: M-\$145/NM-\$165

JOSEPH ROSENTHAL

QUICKBOOKS

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)
November 6 - November 22 Fee: M-\$100/NM-\$125

JOSEPH ROSENTHAL

EXCEL

Create spreadsheets, graphics & calculating formulas.

5CC5 Monday & Wednesday 7:00 - 8:30pm (5 Sessions)
December 27 - January 10 • Fee: M-\$85/NM-\$115
5CC3 Tuesday & Thursday 5:00 - 6:30pm (5 Sessions)
November 6 - November 22 • Fee: M-\$85/NM-\$115

JOSEPH ROSENTHAL

MICROSOFT ACCESS

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

5CC6 Tuesday & Thursday 10:00 - 11:30am (10 Sessions)
November 17 - December 23 Fee: M-\$120/NM-\$145

JOSEPH ROSENTHAL

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. 11:30 - 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. 20-DEC. 22:

10 SESSIONS

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

DROP IN ONE CLASS \$15