

TUESDAY CLASSES BEGIN SEPTEMBER 13, 2011

- 1. Auto Body /Fiberglass Repair** \$55
(Rm. 129, 7:30 - 10 p.m.) Learn how to repair rust, dents, scratches, rubber bumpers, fiberglass, etc. Also learn how to do touchups, welding, buffing, detailing & painting. A \$15 fee is payable to the instructor. **This is an (8) week course beginning 9/13.**
- 2. Ballroom Dancing** \$45
(Caf. A. 7 - 8 p.m.) This intro course includes basic movements of the Fox Trot, Waltz, and Tango. Learn to dance today and add more fun to your life. Partners recommended but not required. **This is a (5) week course beginning 9/13.**
- 3. Chocolate Decadent Dessert** \$25
(Rm. 107, 7-9 pm.) Learn to make decadent desserts that are easy and so tasty. We will make three different kinds of recipes. This is a hands-on class, **please bring an apron and containers** to class for leftovers to take home. **A \$12.00 food fee is payable to the instructor. This is a one night class held on 11/1.**
- 4. Cooking With Chef Chris** \$50
(Rm. 107, 7-9 p.m.) Class includes: soup and bread, Chinese, chicken and appetizers, and holiday side dishes. **Supply fee \$40 paid to the instructor.** Each group makes a different recipe and will sit down to sample them at the end of the evening. This is a hands on class, please bring an apron and containers for leftovers to take home. **This is a (6) week course beginning 9/13.**
- 5. Crocheting - BEGINNERS** \$50
(Rm. 104, 7 - 9:00 p.m. Learn the basic stitches of crochet and how to read directions to make small projects **\$12 material fee to instructor for initial supplies.** Additional supplies may be required. (9) weeks
- 6. Driver Ed Theory - Sec. (1) - afternoon** (resident) \$70
(non-resident) \$80
(Rm. 220, 2:50 - 5:20 p.m.) **Teens only!** Thirty hours of classroom instruction. You must complete the course and take in-car instruction (**NOT AVAILABLE THROUGH EVENING SCHOOL**) to get discounted insurance. Students do not need a permit or license to begin this theory class. **These classes will run on Tuesday and Thursday afternoons.** (6) weeks
- 7. Driver Ed Theory - Sec. (2) - evening**
(Rm. 220, 6:00 - 9:00 p.m.)
Description and Cost - same as above. (9) weeks
- 8. Holiday Pies** \$25
(Rm. 107, 7 - 9:00 pm) Learn to make fabulous holiday pies to bring to the family table. Join us for a fun filled evening of Pie making and baking. This is a hands-on class, **please bring an apron and containers** to class for leftovers to take home. **A \$12.00 food fee is payable to the instructor. This is a (1) night class held on 11/8.**
- 9. Mambo/Salsa Dancing** \$45
(Caf. A, 8 - 9 p.m.) Have you noticed the growing popularity of Latin music? The Salsa grew out of the Mambo; therefore, both dances will be introduced. Partners are recommended but not required. **This is a (5) week course beginning 9/13.**
- 10. Medical Assisting** \$50
(Rm. 122, 7 - 8:30 p.m.) Learn the administration of a medical office. Medical terminology, professional liability, insurance forms, etc. will be discussed. A \$5 fee is payable to the instructor. (9) weeks
- 11. Medical Records Coding** \$50
(Rm. 122, 8:30 - 10 p.m.) This course will cover the areas of filing, medical terms and abbreviations index to major diseases: (CD-9CM and CPT04 codes. A \$5 fee is payable to the instructor. (9) weeks
- 12. Mortgage/Foreclosure Relief - NEW** \$25
(Rm. 119, 6 - 8 p.m.) Learn about the programs and options available to homeowners who are behind in their mortgage, facing foreclosure, or owe more than their home is worth. There are alternatives to "just walking away" or having a foreclosure ruin your credit. The Federal Government wants to reduce the number of foreclosures and has implemented programs to help homeowners. **This is a (1) night course held on 9/13.**
- 13. Mat Pilates -NEW** \$55
(Caf. C 6:30 - 7:30 p.m.) Slim your waist, stomach and hips; strengthen/tone your muscles; relieve back, wrist, neck and shoulder pain and melt away stress. Non-jarring exercises are tailored to fit each student's body and posture. Perfect for men/women for all fitness levels. Wear comfortable exercise attire. Bring an exercise mat, large towel and medium or regular strength Pilates band. For more information call 856-751-0095 or www.vivapilates.net. (9) wks
- 14. Quilting** \$55
(Rm. 109, 7 - 9:30 p.m.) Learn to quilt by making a small quilt or wall hanging. No experience necessary - all skill levels welcome. Supplies for the first class will be provided. A \$15 fee is payable to the instructor. Additional supplies will be needed.
This is an (8) week course beginning 9/13.
- 15. Separation and Divorce: Your Legal Rights** \$25
(Rm. 126, 7 - 9 p.m.) Confusion, fear, anger, depression, anxiety; these are all normal emotions for someone who is considering separation/divorce. During this time, couples must make some of the most important decisions in their lifetime. An alpha Ctr Attorney-Mediator will discuss and offer clarity on many of the legal, financial and practical matters that must be considered by both individuals. This informational class will also discuss divorce mediation as an alternative to litigation. **This is a (1) night course held on 11/08.**
- 16. Spanish for Beginners** \$55
(Rm. 124, 7 - 9:00 p.m.) Conversational Spanish for beginners with little or no previous experience. Learn how to express yourself using little grammar. **\$15.00 fee for book and materials payable to the instructor. This is an (8) course beginning 9/13.**
- 17. Stained Glass - ADVANCED AND BEGINNERS** \$55
(Rm. 140, 7 - 9:30 p.m.) This course is open to advanced and beginner students. It teaches the basic and advanced skills to make decorative items for your home and unique gifts for your family and friends. **A \$50 tool kit will be purchased by the beginner student the first night, payable to the instructor.** Additional supplies will be needed. The student will do all soldering. **This is an (8) week course beginning 9/13.**
- 18. Stop Smoking** \$35
(Rm. 120, 7 - 9 p.m.) quit smoking through hypnosis in 1 three week session.
Session 1 - held on 9/20, 9/27, 10/04
Session 2 - held on 10/11, 10/18, 10/25
\$35 per session.
- 19. Swing Dance** \$45
(Caf. A, 9 - 10 p.m.) Dances inspired by the big band sound of the Swing era are still growing in popularity today. Partners are encouraged but not essential. **(5) week course beginning 9/13.**
- 20. Volleyball - Begin. & Intern.** \$45
(Gym 1, 7 - 8:30 p.m.) Beginners will learn rules and correct skills for today's co-ed sport. Intermediate players will work on improving all aspects of the game. Instructor has the option of advancing students to second class. (9) weeks
- 21. Volleyball - Advanced** \$45
(Gym 1, 8:30 - 10 p.m.) Each week players will be placed on teams of mixed skill levels for game play. Players must be skilled in correct aspects (serve, set, bump, dig, spike) of the game. Instructor has the option of requesting students to take the Begin/Intern class. (9) weeks
- 22. Weight Training** (1) night \$45
(2) nights \$70
(Wt. Rm., Gym 2 - So. Wing 7 - 8:30 p.m.) This course is designed to tone and develop multiple muscle groups for both men and women. General knowledge will be gained in machine weights, free weight and dumbbells. (9) weeks
- 23. Yoga I** \$45
(Library, 6:30-7:30 p.m.) This course will teach the classical yoga system of physical and emotional well being through training in posture, breathing and relaxation techniques. Students should bring a towel or blanket to lie on. (9) weeks
- 24. Yoga - Introductory - GENTLE** \$45
(Library, 7:45 - 8:45 p.m.) This course is designed to start more slowly than Yoga I. It is especially designed for mature people who haven't been exercising. Students should bring a towel or blanket to lie on. (9) weeks
- 25. Zumba-NEW** \$55
(Caf C 7:45 - 8:45 p.m.) Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Fast and slow rhythms, plus resistance training are combined to tone/sculpt your body while burning fat! Zumba® students achieve long term health benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! For all fitness levels. Wear comfortable exercise attire and sneakers. For information 856-751-0095 or www.vivapilates.net. (9) weeks

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