

Derry Center for Adult Studies

Derry Cooperative School District
18 South Main Street
Derry, NH 03038

**NON-PROFIT ORG
U.S. POSTAGE
PAID
SALEM, NH
PERMIT NO. 151**

FALL 2017 Schedule -- REGISTER BY SEPT 8TH – TAKE \$10 OFF

Registrations accepted **NOW** and up to beginning of class. Beyond if availability allows – **Classes fill fast!**

Open House Registration - Thursday September 21st at Hood Middle School 5:30-8:30 PM – Main Lobby

GENERAL INFO & REGISTRATION PROCEDURES

Barrie-jane Corey, Coordinator
432-1245 derryadulted@sau10.org
All students must be at least 16 years of age.

HOW AND WHEN TO REGISTER

BY MAIL: Complete the form, clip and mail with tuition & fees to:
Derry Center for Adult Studies, 18 South Main Street, Derry, NH 03038

IN PERSON: Registration forms are available for pickup & drop off at the Superintendent’s Office, 18 South Main Street, Mon – Fri 8 AM – 4 PM – **IF PAYING CASH, PLEASE BRING EXACT. CHANGE NOT AVAILABLE.**

WHEN? NOW! Accepted anytime by mail or in person. **Early** registration is encouraged as classes fill quickly. **Open to Residents & Non-Residents. Registration confirmation WILL NOT be sent**

PAYMENT: MC, VISA, DIS (\$2.50 CC fee) cash, money order, check payable to: **Derry Center for Adult Studies** A \$20 fee is charged for checks returned due to insufficient funds. **Please bring exact amount when paying cash.**

TUITION, MATERIALS AND FEES: Tuition and material fees are listed with each course and are due at time of registration unless otherwise noted.

EARLY REGISTRATION DISCOUNT: Register by 9/8 & deduct \$10 from the cost of each course. If by mail, postmark **must be 9/8 or earlier.**

REFUND POLICY: NO REFUNDS unless a course is cancelled. If you need to cancel your registration, a refund minus a \$15 admin fee will be issued if a student withdraws at least 7 business days prior to the first class. **NO REFUNDS WILL BE ISSUED UNLESS WITHDRAWAL IS SEVEN (7) BUSINESS DAYS PRIOR TO START DATE. NO EXCEPTIONS TO POLICY.**

WEATHER & CANCELLATIONS: If Derry schools are closed or have early dismissal, all Adult Ed classes are cancelled, regardless if conditions improve. Cancellations are broadcast on WZID radio 95.7 FM and CH 6 TV. For on-line cancellations, go to www.WZID.com click on closings under news & weather. If in doubt, call the center at 432-1245. Cancelled classes made up at end of term.

Registration Form	Name:	Town:	Total Enclosed
	Address	Zip:	
	Home Ph:	Cell Ph:	
	Email:		
Course (s)	Night/Date	Time	Cost
VISA/MC/DIS #			
EXP:	Less:	Early reg. disc.	
NAME AS IT APPEARS ON CARD	Plus if appl:	Credit Card fee:	+ 2.50
SIGNATURE:	Plus:	Book/Material Fee:	
Please DO NOT staple payment to form.			

Adult Basic Ed & HiSet Prep (High School Equivalency)*

FREE adult (18 and over) remedial classes in reading, math and English
Tuesday & Thursday 6:30 – 8:30 PM at Gilbert H Hood Middle School
Tuesday & Thursday 9:30AM – 12 PM at Marion Gerrish Community Center

ESOL* – FREE adult classes (18 and over)

Tuesday & Thursday 9:30 AM – 12:00 PM at Marion Gerrish Community Ctr
Tuesday & Thursday 6:30 PM – 8:30 PM at Gilbert H Hood Middle School
Please call 432-1907 to register* Admission is ongoing

Classes begin September 12th - admission is ongoing

Adult Learner Services of Greater Derry – FREE adult (18+) tutoring in reading, writing, math, ESOL, & HiSET prep. Volunteer tutors welcome as are tax deductible donations. For info & to register call Jenn Hodgdon at 432-1907.

HiSET Testing (formerly GED)

Gilbert Hood Middle School Library

\$20 per subtest and/or retest.

Exact Cash or MO (Derry Ctr Adult Studies) only payable at check in.
\$40 fee for no show on appointment date or without cancellation within 24 hours of test.

Call 432-1245 to schedule. Must 1st create account at hiset.ets.org

Check in at 5:00. Testing 5:15-9 PM each night.

**Sept 13 & 14
Jan 23 & 25
May 9 & 10**

**Oct 18 & 19
March 7 & 8
June 6 & 7**

**Nov 15 & 16
April 11 & 12**

Pinkerton Academy Diploma and HiSet Certificates

PA offers evening courses for students who have withdrawn from HS and looking to earn high school credits. They also offer a HiSET prep program with on-going admission. Lynne Loneragan at 437-5200 x 1111 or loneragan@pinkertonacademy.org

COMPUTERS

**One text used for ALL MS Office 13 classes – Purchase ONE only
All classes are held at Gilbert Hood Middle School– Room 226**

Intro to PC’s/Windows 2007

Nancy Hoffman

This course for beginner computer users covers terminology and basic skills such as printing, creating folders, saving documents, using email and sending/receiving attachments.

6 weeks, Thus, begins 9/28 \$140 7-8:30 PM GHHMS

Intro to PC’s - Continuing Skills

Nancy Hoffman

Internet research skills, sending/receiving attachments, manipulating between multiple open apps such as the internet and MS Word are some topics covered.

3 weeks, Thus, begins 11/9 \$70 7-8:30 PM GHHMS

Microsoft Excel - MS Office 13

Sushmita Krovi

In this 6 week course you will learn to create, save, edit, format, & navigate spreadsheets, create simple formulas, use help features, proofing tools, and print options. Learn to sort and filter data, insert tables, charts, & graphics, create advanced formulas, protect worksheets and use data validation.

6 weeks, Wed, begins 9/27 \$195 +\$65 book fee 6-8 PM GHHMS

Microsoft Word - MS Office 13

Sushmita Krovi

Learn to create, edit and save documents, format characters and paragraphs, create headers and footers, move and copy text and to use help feature, proofing tools and printing options.

3 weeks, Wed, begins 11/8 \$110 +\$65 book fee 6-8 PM GHHMS

Intro to PowerPoint - MS Office 13

Nancy Hoffman

Learn the basics of creating, formatting and proofing presentations. We will also work on inserting graphics, photos & animation.

3 weeks, Tues, begins 12/6 \$110+ \$65 book fee 7-9 PM GHHMS

SPECIAL INTEREST

Intro to Adobe Photoshop Elements 13

Nancy Hoffman

Come learn the basics of this powerful photo editing software. Students will learn to import photos, edit, crop, resize, sharpen and add text as well as fix flaws, remove red eye, manipulate colors and work with layers.

6 weeks, Mon, begins 10/30 \$95 7-9 PM GHHMS

* Instructors are certified in their areas of expertise

Landscape Design

Paul Lynch

Examine the nature of visual experience; principles of design & their direct - application to landscaping; planting beds, plants, trees, shrubs, perennials, groundcovers, decks/patios; walls/walkways. Design attractive, comfortable outdoor areas for recreation, relaxation that add function, beauty & real value to your home. Please bring pencil, notebook & photos of property to 1st class.
8 weeks, Wed, begins 9/27 \$115 7-9:15 PM GHHMS

The Financial Industry – An Overview

Walter Jezak*

How is the Financial Industry evolving to meet the needs of its clients? How do you know if you are getting the correct advice? In addition to discussing the Financial Planning process, we will also have a CPA and Attorney in attendance to discuss the importance of working with all three professionals.

1 night, Tues, 9/26 \$10 (no discount) 6-8 PM WRBMS

Advanced Financial Planning Techniques

Walter Jezak*

What is involved in creating a true Financial Plan and the monitoring of a Plan over time? How much should a Financial Plan cost and do you really need one?

1 night, Tues, 10/24 \$10 (no discount) 6-8 PM WRBMS

Medicare

Walter Jezak*

Medicare options and how does it affect your Financial Plan?

1 night, Tues, 11/14 \$10 (no discount) 6-8 PM WRBMS

Financial Accounts

Walter Jezak*

How should a Financial Account be Titled, and why does it matter?

1 night, Tues, 12/5 \$10 (no discount) 6-8 PM WRBMS

Discover Your Money Map to Create Abundance

Denise Simpson*

Everyone thinks about money: earning enough, having enough, saving enough or losing it! Learn how 5 kinds of Money are mapped to your nervous system and a powerful tool to change your beliefs. Stop struggling with money by discovering your personal blueprint for Money Flow so that money becomes abundant.

2 weeks, Monday, 9/25 \$40 7-8:30PM WRBMS

Polish Your Image – All New You!!

Sharon Jensen*

Are you tired of looking in your closet and not knowing what to wear? This class will guide you in your clothing, makeup and hairstyle choices based on your body type, face shape and complexion. You will project a professional image, look and feel more confident while incorporating your personal style into your wardrobe.

5 weeks, Thur, begins 9/28 \$75 6-8 PM GHHMS

Intro to WordPress.com

Nancy Hoffman

Create your own blog or website for free! WordPress.com makes it easy & fun to build your own online presence. Students will learn to create a website and blog, add text, photos & links. Ability to access your email from class required.

4 weeks, Mon, begins 9/25 \$65 7-9 PM GHHMS

LANGUAGES

Conversational Spanish I

Juana Moriarty

This class is for students with no previous knowledge of the Spanish language. Individual conversational needs are addressed. Bring notebook, binder & pen.

10 weeks, Thurs, begins 9/28 \$115 + \$35 book fee 6-7:30 PM WRBMS

Conversational Spanish, Continuing Skills

Juana Moriarty

This course is for students who have some conversational Spanish skills and want to increase their proficiency. Bring notebook, 3 ring binder & pen.

10 weeks, Thurs, begins 9/28 \$115 7:45-9:15 PM WRBMS

Basic American Sign Language Level 1

Amy Nelson

Learn basic sign language and grammar rules and incorporate skills into simple conversation. Some deaf culture will also be introduced.

10 weeks, Wed, begins 9/27 \$115+\$20 book fee 6-8 PM GHHMS

Basic American Sign Language Level 2

Amy Nelson

This class is a continuation of ASL skills from ASL Level 1 course introducing basic sentences, questions and commands through classroom activities. Deaf culture will also be discussed. *Book fee only if student does not have text used in Level 1.*

10 weeks, Tues, begins 9/26 \$115+\$20 book fee 6-8 PM GHHMS

**EARLY REGISTRATION DISCOUNT
THROUGH SEPT 8TH ONLY – SIGN UP
NOW!!**

MUSIC

How to Play a Guitar Mel Epstein
 You will be introduced to the 6 string acoustic guitar & familiarize you with its layout, strings, frets, notes, chords and basic playing techniques. By the end of the course, you will be familiar with, and able to play the early notes & beginning chords.
 8 weeks, Wed, begins 9/27 \$105 +\$22 for 3 manuals 6-7 PM WRBMS

How to Read Music Mel Epstein
 Learn how to read written music including musical notation, tablature, notes, rests, musical time, beats, sub-beats and rhythm.
 4 weeks, Wed, begins 9/27 \$60 +\$27 for 2 manuals 7:10-8:10 PM WRBMS

How to Read Music 2 Mel Epstein
 This course will expand on your ability to read and comprehend written music. You will learn many of the common markings used in written music. These markings address navigation, tempo, loudness, technique and expression. Further, you will understand how notes go together, what major and minor mean and a variety of important musical scales.
 4 weeks, Wed, begins 10/25 \$60 +\$12 for 2 manuals 7:10-8:10 PM WRBMS

How to Play Harmonica 1 Mel Epstein
 This course will introduce you to the common 10 hole harmonica. You will learn its layout, design and how to play one through the exercises & songs included. Bring 10 hole harmonica in the key of C. Hohner Marine brand is ideal, but any will do.
 4 weeks, Wed, begins 9/27 \$60 +\$10 for Guide 8:15-9:15 PM WRBMS

How to Play Harmonica 2 Mel Epstein
 This course will take you further in playing a 10 hole diatonic harmonica. You will become more adept at single hole blows and draws and at bending notes. Further, you will develop an ear for note patterns. By the end of the course, you will be noticeably more skilled in moving skilled in moving around on the instrument. Bring 10 hole harmonica in the key of C. Honer Marine brand ideal; but any will do.
 4 weeks, Wed, begins 10/25 \$60 +\$10 for Guide 8:15-9:15 PM WRBMS

COMMUNICATION

From Writer to Author: The Path to Publication Jenna Brooks
 Taught by an award winning novelist, students have given this lively interactive seminar the nickname: “The Author Boot Camp” (and many of them are now also published). So pull your manuscript out of the desk drawer and let’s make your dream of being an author, a REALITY! See more at: theseminars.weebly.com
 6 weeks, Mon, 9/25 \$80 6-8 PM WRBMS

After Awareness: The Domestic Violence Seminar Jenna Brooks
 The Domestic Violence Awareness campaigns were successful .. everyone is now aware of these situations. So, what now? Presented by the author of the book, After Awareness, this discussion-based interactive seminar takes the next vital steps: teaching our children/teens how to reject abuse, helping the victims & addressing the root causes of DV in our culture. More at:theseminars.weebly.com
 6 weeks, Tues, 9/26 \$80 6-8 PM WRBMS

Voice Overs – Now is Your Time! Wendy Shaper*
 You’ve heard Wendy on TV! Now hear Wendy LIVE as she illustrates how YOU could begin using your speaking voice for commercials, films and videos. Wendy will show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! And you can make it happen on your own time, terms and turf and with practically no overhead! Wendy has been heard on Robot Chicken (with Seth Green), other Cartoon Network shows and more!
 1 night, Tues, 10/10 \$45 7-9 PM GHHMS

ARTS...

NEW! Press, Splatter and Roll Debbie Curtin
 A fun class where we will use an assortment of everyday items in a new way. By using paint and these items, your creativity will soar as you press, spatter and roll. You’ll be amazed in the end what you have created.
 1 night, Tues, 9/26 \$20 (no discount) 6-8 PM GHHMS

NEW! The Art of Drawing Debbie Curtin
 Everyone can draw if you start with the five basic elements of shape. This class will challenge you to look at objects with a different view. Each week we will use permanent marker or graphite to learn how the brain can sometimes get in the way and how we can turn “I can’t draw!” into “I CAN DRAW!!!”
 4 weeks, Mon, begins 9/25 \$60 6:30-8 PM GHHMS

Examples of Debbie’s work @ www.debbiecurtin.com & at Fisher Cat Stadium

NEW! Abstract Drawing Debbie Curtin
 This class will demonstrate abstract art through doodling and scribbling. We’ll add some music to add a different layer to your creations. If Jackson Pollock and Wassily Kandinsky could master this – SO CAN YOU!
 4 weeks, Thus, begins 9/28 \$60 6:30-8 PM GHHMS

NEW! Creative Combination – Mixed Media Art Brad Archambault
 Come and join the mixed media class and explore the many different ways to create an image using a variety of images. Each class will include an assignment that will begin and end with a finished project that will tie together the concept of design and composition. Using everyday objects and traditional materials, each student will have the freedom to create their own work of art. Some materials will be included to explore a variety of materials, but students are encouraged to bring their own items to create their works of art. A list of materials will be provided at first class.
 6 weeks, Tues, begins 9/26 \$90 6:30-9 PM WRBMS

Painting with Oils & Acrylics Brad Archambault
 This is an introductory course that covers basic oil & acrylic painting techniques for the beginner. Course is designed for students to have a basic, fundamental understanding of how to use materials, see color and implement techniques. Over the 10 weeks, students will be working from simplistic to more complex subject matter ranging from one class day painting to more involved classroom assignments. Materials list will be covered at first class.
 8 weeks, Thus, begins 9/28 \$110 6:30 – 9 PM WRBMS

NEW! Painting with Watercolor & Egg Tempera Brad Archambault
 Watercolor? Tempera? What’s the difference? Come learn about 2 different types of paints and how to paint with either watercolor or egg tempera. Preference is up to the student to use either medium but there will be the opportunity to learn how to make your own paint from an egg and paint with it. List of materials will be provided at first class and materials to make paint will be provided. Each class will cover a new topic and project.
 8 weeks, Wed, begins 9/27 \$110 6:30- 9 PM WRBMS

Examples of Brad’s work @ www.sau10.org under Adult Education

& CRAFTS

Pottery - Beginners/Intermediate Bruce Tonnesen
 We will cover the 4 basic methods of creating pottery...pinch pots, coil building, slab building & finally to the potter’s wheel. Bring an old shirt or smock, plastic bags from the cleaners & newspaper.
 10 weeks, Mon, begins 9/25 \$110 + \$50 clay fee 7-9 PM GHHMS

Knitting for All!- New or Experienced Joanne Masiello
 This semester will include the first few weeks of Corrections and Knitting terminology. This part is geared towards the current experienced knitters... you will learn Laddering, Picking Up Dropped Stitches, Gauge, Seamless sewing, TINKING (unknitting)...For our new knitters come learn the basics! Students will need to bring a multiple of swatches, needle and yarn. New knitters bring #9 straight needles, a skein of light SOLID colored yarn in worsted weight #4. Questions? email instructor at jmlm157@msn.com and for an added nominal fee paid at 1st class to her, she will supply appropriate yarn and needles.
 10 weeks, Mon, begins 9/25 \$110 6-8 PM GHHMS

Beaded Jewelry Katie Chase
 Class is designed for the beginner as well as those looking to expand their skills. Learn a variety of techniques for creating beautiful jewelry including basic stringing, wire work, glass shag, right angle weave, & many others. Materials for each night vary and are extra. Most projects completed for about \$20. Kits are available in class.
First class: \$12 to instructor for 1st Beginner project: \$20 to 1st class for Intermediate/Adv 1st project.
 10 weeks, Tues, begins 9/26 \$110 7-9 PM WRBMS

Stained Glass 101 – Copper Foil Methods Freeda Ostis
 Stained glass isn’t just for professionals. While it does entail using a soldering iron, glass cutter and grinder, don’t let the tools and techniques deter you from the unique pleasure of creating your own masterpiece. This class shares the basic stained glass techniques from choosing how to cut a pattern to efficient soldering practices. You will learn the basic skills to eventually being able to build beautiful windows, lamp shades and more with your new found skills.
 7 weeks, Mon, begins 9/25 \$110 + \$50 mat fee 6-8:30 PM GHHMS

Intro to Silver Metal Clay Michaela Verani*
 In this 3 week class students will be shown how mold, stamp or cut the clay to make pendants/earrings. Create your own jewelry masterpieces – limited only by your imagination. Materials include 20g of silver clay, stone and misc. mats. See pictures of sample projects at www.sau10.org under Adult Education
 3 weeks, Tues, begins 9/26 \$75 + \$60 material fee 6-9 PM GHHMS

Earrings, Earrings, Earrings! Michaela Verani*
 In this 3 week beginner to intermediate level class, students will learn the tools and techniques for working with silver metal clay and make post, dangle and attached ear wire earrings in a pattern and design of their choice! Styles limited only by your own imagination! Material fee includes silver clay, wires, and posts. See pictures of sample projects at www.sau10.org under Adult Education
 3 weeks, Tues, begins 10/17 \$75 + \$60 material fee 6-9 PM GHHMS

DANCE, EXERCISE & WELLNESS

Exercise & dance classes require moderate to increased levels of physical activity. Participants should be in good health without physical restrictions.

NEW! Evolutionary Meditation: From Chatter to Calm Denise Simpson*
 Do you want more calm in your mind and life instead of the chatter and chaos? Take this class if you are ready for meditation to be easy to learn, powerful and bring you an experience of enlightenment without years of practice.
 6 weeks, Thurs, begins 9/28 \$75 7-8:30 PM WRBMS

Ballroom Dancing/Swing/Latin** Betty Ashooh*
DANCE LIKE THE STARS!!!

Join the fun & learn the Foxtrot, Swing, Waltz, Rumba, & Cha-Cha. Wear comfortable shoes (no sneakers), bring a notebook.

Ballroom Classes are **\$165/couple** for 10 weeks at Gilbert Hood MS Dining Hall
 Bring along a New Couple to Ballroom & each couple can take extra \$10 off at registration.

Beginner	Thur, begins 9/28	7:30-8:30 PM	
Intermediate 1	Wed, begins 9/27	7:30-8:30 PM	
Intermediate 2	Thur, begins 9/28	6:30-7:30 PM	
Intermediate 3	Tues, begins 9/26	7:30-8:30 PM	
Intermediate 4	Tues, begins 9/26	6:30-7:30 PM	
Advanced	Wed, begins 9/27	6:30-7:30 PM	

ZUMBA!® Jackie Penrod*
 Discover the latest dance exercise craze! Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic fitness class. Every class is like a party! Guaranteed to have a blast while burning calories. Bring lots of water!! Wear comfy clothing and shoes and sweat towel, if desired.
 10 weeks, Mon, begins 9/25 \$110 6:30 - 7:30 PM Barka ES
 10 weeks, Wed, begins 9/27 \$110 6:30 - 7:30 PM Barka ES

Basically Yoga Barbara Scott, RYT*
 Use yoga postures to stretch muscles, reduce tension, increase circulation, and improve balance and strength. Wear loose and comfortable clothing. Bring yoga mat, yoga strap & block and water. Great for beginners
 10 weeks, Wed, begins 9/27 \$110 6:30-7:45 PM DVS
 10 weeks, Thur, begins 9/28 \$110 6:30-7:45 PM DVS

Strength, Core and More! Jackie Penrod*
 A head to toe workout designed to strengthen the cardiovascular system, tone muscles and boost balance, flexibility, endurance and core strength. With the use of free weights (bring 3-5 lbs) & body resistance we will focus on all major muscle groups. Good for all fitness levels and easily modified! Bring mat, water & towel.
 10 weeks, Thur, begins 9/28 \$110 6:30-7:30PM Barka ES

Certified Reiki – Level 1 Beth Johnson-Crawford*
 Reiki is an easy to learn relaxation technique promoting healing. Learn to apply Reiki ideals in your life through guided meditation, instruction and practice. Students will be certified to practice basic Reiki. **This is a savings of \$75 from Beth’s website www.bethcrawford.com – Southern NH Reiki Center.** \$20 for manual to instructor at 1st class!!
 6 weeks, Tues, begins 9/26 \$150 6:30-9 PM GHHMS

Sign up for 2 Yoga or Zumba classes & take \$25 off the 2nd class – Early Registration Discount does not apply.

NEW! Country Line Dancing Ginger Stubbs and Kim Carpentino
 Do you like country music? Are you looking for a new way to exercise? Or just a way to get out and meet a few new undiscovered friends? You can’t beat moving to the beat of country music. Have you ever seen a group of line dancers and wish you could do those steps? Seeing the camaraderie and laugh the way the dancers do when they nail the spin or mess it up? Join the fun learning some beginner line dances. We will learn 2/3 new dances and review previously learned ones each week.
 6 weeks, Tues, begins 9/26 \$85 or \$15 drop in 7-8:30 PM East Derry Mem ES

Yoga for Beginners – Hatha style Cindy Maloof*
 Hatha yoga refers to a set of physical exercises, designed to align your skin, muscles, and bones. Postures are designed to open the many channels of the body – especially the main channel, the spine, so that energy can flow freely. It is a path toward creating and developing a balance of strength & flexibility. Bring attention to your breath & still your mind to be more present in each unfolding moment. Bring towel, mat/blanket, tie or strap, and water to class. Wear comfy clothes.
 10 weeks, Mon, begins 9/25 \$110 6:15-7:30 PM DVS
 10 weeks, Mon, begins 9/25 \$110 7:45-9:00 PM DVS

NEW! An Intro to Essential Oils 101 Beth Johnson-Crawford*
 What would a king keep in their cabinet? According to ancient documentation, you would have found essential oils. Today our cabinets are full of synthetic chemicals and pills that are not only often ineffective, but come with side effects. There’s no need to rely exclusively on these substances when there are plant based essential oils that are even more powerful. This class will empower and educate you to take control of your home and health with essential oils. You will leave with a beautiful gift bag containing essential oils and DIY products and a packet of valuable information.
 1 night, Wed, 9/27 \$20 + \$20 material fee (no Discounts) 6-8:30 PM GHHMS

Easy Tai Chi & Chi Gong Deborah Roy*
 Have fun and relax with this graceful exercise and moving meditation for all abilities and body types. In Tai Chi Easy, the traditional moves have been simplified to make them easier to learn and more enjoyable. Chi Gong (Qigong) consists of gentle movement, massage, breath work and meditation. These forms promote self-healing, and serve as a great introduction to these ancient healing arts. No special skills, training or equipment are needed.
 8 weeks, Wed, begins 9/27 \$85 6-7 PM GHHMS

Journey Into Calm Marie Portner*
 Learn a variety of meditation techniques to calm the mind & basic qigong stretches to energize the body in this class. We will discuss ways to rewire our brains for focus and stillness.
 6 weeks, Wed, begins 9/27 \$70 6:30-7:45PM DVS

Bowenwork™ Cindy Litch*
 This gentle non-invasive touch therapy developed in Australia, stimulates the body’s ability to heal itself, resulting in deep relaxation, better sleep, pain relief and recover from injuries. This class will be “hands on” learning that applies to different areas of the body to alleviate tension, joint pain, ease acid reflux and address overall health. Ltd. to 12 students. \$25 at 1st class for manual paid to instructor – don’t include in tuition.
 2 weeks, Wed, begins 10/18 \$80 6:30-9 PM GHHMS

NEW! Fusion Workout Brenda Caldwell*
 Strengthen, lengthen and increase flexibility with this complete workout. The combination mat class fuses together the technique of Pilates for back and core strengthening, leg toning Barre exercises and the physical and mental relaxation from Yoga stretches and poses. Ten weeks of variety resulting in a more energized fit body. The perfect way to unwind after a busy day. Modifications will be offered to suit individual needs. Please wear proper workout attire. Bring exercise mat and water.
 10 weeks, Tues, begins 9/26 \$110 6:30-7:30 PM GHHMS

Latin Style Dancing Juana Moriarty
 Looking to spice up your life? Come join us as we learn basic steps and fundamentals of Latin styled dancing in a friendly and fun environment! While the steps may look fast, it will be slowed down in this class so you can feel confident learning each step. So, check your inhibitions! Come exercise while you learn the basics of solo Latin dancing – no partner needed. Wear comfortable shoes.
 8 weeks, Tues, begins 9/26 \$110 6:30-8 PM Barka ES

Course Location Key:	GHHMS = Gilbert H. Hood Middle School WRBMS = West Running Brook Middle School DVS = Derry Village Elementary School BARKA Elementary School
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EARLY REGISTRATION DISCOUNT ONLY GOOD UNTIL SEPT 8