

Derry Center for Adult Studies

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

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SPRING 2018 Schedule -- REGISTER BY JAN 8TH – TAKE \$10 OFF

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

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

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

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 432-1245 for information and to register* 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

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

Jan 23 & 25
May 9 & 10

March 7 & 8
June 6 & 7

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PA offers evening courses for students who have withdrawn from HS and looking to earn high school credits.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 Lonergan at 437-5200 x 1111 or llonergan@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 Computers/Windows

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, Tues, begins 1/30 \$120 7-8:30 PM GHHMS

Intro to Computers – 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, Tues, begins 3/27 \$60 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 1/31 \$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 3/28 \$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, Thus, begins 2/1 \$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 3/12 \$95 7-9 PM GHHMS

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 1/31 \$115 7-9:15 PM GHHMS

NEW! Social Security Options

Walter Jezak*

We will review payout options – should you take your payout now or wait.
1 night, Tues, 2/6 \$10 (no discount) 6-8 PM WRBMS

NEW! Maximizing Retirement Options

Walter Jezak*

We will discuss all retirement savings options at this informative workshop.
1 night, Tues, 3/6 \$10 (no discount) 6-8 PM WRBMS

NEW! Insurance

Walter Jezak*

Join us at this Question and Answer workshop on Life insurance, Long Term Care insurance and Disability insurance.

1 night, Tues, 3/27 \$10 (no discount) 6-8 PM WRBMS

NEW! Financial Plan

Walter Jezak*

Come learn what is essential in building a solid financial plan – what data is needed and what tools should be used.

1 night, Tues, 4/10 \$10 (no discount) 6-8 PM WRBMS

NEW! Discover How Money is Mapped in Your Mind

Denise Simpson*

Everyone thinks about money, whether there’s enough or not. Learn how 5 kinds of money are programmed from childhood creating limits or up/down cycles that you can’t seem to control. Take away a powerful tool to reduce stress and change your beliefs. You can change your relationship to money!!

4 weeks, Monday 1/29 \$75 6:30-8:30PM WRBMS

NEW! A New and Successful YOU!!

Sharon Jensen*

Your physical appearance can impact the way you feel about yourself and how others perceive you. This class will help you develop a personalized skin care and makeup routine, create outfits that are figure flattering, receive tips to declutter your closet and experience a group shopping event in the final week to incorporate each element learned in the first four weeks.

5 weeks, Mon, begins 1/29 \$75 6-8 PM GHHMS

MUSIC

NEW! How to Play a Guitar 2

Mel Epstein

This course is a continuance from Guitar 1 and will introduce students to new notes, a new style of picking, more sophisticated melodies, more chords and accompaniment and duet playing. By the end of the course you will know your way well among the initial set of notes and chords. Bring guitar. Books to purchase ahead: Hal Leonard’s “Guitar Method Book” and “Easy Pop Melodies” (book-only) available at Amazon.

6 weeks, Wed, begins 1/31 \$80 6-7 PM WRBMS

NEW! How to Play a Ukulele 1

Mel Epstein

This course will introduce you to the popular (soprano) ukulele. It will familiarize you with its layout, strings, notes and chords. Further, you will learn basic single note playing and strumming techniques. By the end of the course, you will be comfortable with handling and playing a soprano uke. Bring a ukulele with you. Book to purchase ahead of class: Hal Leonard “Ukulele Method Book 1” Lil’ Rev (book-only) available at Amazon.

6 weeks, Wed, begins 1/31 \$80 7:10-8:10 PM WRBMS

How to Play Music on a Keyboard

Mel Epstein

This course will begin you playing music on a keyboard or piano. For those that have taken the How to Play a Keyboard course, this is the follow-up class. It is designed for those of you with some, little or even no musical training. You will learn how music is presented and immediately begin playing from it on the keyboard. By the end of this course, you will be able to read and play a variety of notes, hands together on any keyboard instrument. Bring a keyboard with you. Book to purchase ahead: Faber & Faber Adult Piano Adventures All-in-One Piano Course Book 1: book with Online Media Spiral Bound. Available at Amazon.

6 weeks, Wed, begins 1/31 \$80 8:10-9:10 PM WRBMS

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

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, or 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 1/8 & deduct \$10 from the cost of each course. If by mail, postmark **must be 1/8 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 #	Less:	Early reg. disc.	
EXP:			
	Plus if appl:	Credit Card fee:	+ 2.50
NAME AS IT APPEARS ON CARD	Plus:	Book/Material Fee:	
SIGNATURE:	Please DO NOT staple payment to form.		

COMMUNICATION

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 1/29 \$65 7-9 PM GHHMS

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, 1/29 \$80 6-8 PM WRBMS

NEW! A Muse Your Self Writing™ Denise Simpson*
Have fun writing in a safe environment even if you think “I can’t write” or want to jump start your writing after you’ve been blocked. Discover your natural voice and learn a mind/body tool to combat the Inner Critic. All levels welcome. Discussions, exercises, and creative writing prompts will allow anyone to write in any genre. Bring a pen/notebook or laptop.
6 weeks, Wed, 1/31 \$70 7-8:30 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 @ theseminars.weebly.com
6 weeks, Tues, 1/30 \$80 6-8 PM WRBMS

Voice Overs – Now is Your Time! Bridget Renshaw*
You’ve heard Bridget’s voice in Samsung, Audible and Mazda commercials! Now hear Bridget LIVE as she illustrates how YOU could begin using your speaking voice for commercials, films and videos. Bridget 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! This is a business you can handle on your own terms, in your own time and with practically no overhead. This could be the game changer you’ve been looking for!
1 night, Wed, 3/7 \$45 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, Thus, begins 2/1 \$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, Thus, begins 2/1 \$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, Tues, begins 1/30 \$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, Wed, begins 1/31 \$115+\$20 book fee 6-8 PM GHHMS

ARTS...

NEW! Splatter, Drip and Roll: Monoprints Brad Archambault
A fun class where we will explore various approaches toward creating 2D images using a simple paint application and printing technique. This course encourages the use of various ways to apply paint. The objective is to explore and create images through a more surprising and less controlled manner!
1 night, Wed, 1/31 (snow date 2/7) \$20 (no discount) 6:30-8:30 PM WRBMS

NEW! Watercolor Painting Brad Archambault
A perfect class for beginners , this 6 week course will cover basic techniques and approaches to watercolor. Students will be helped to meet the final goal of a finished watercolor assignment. Subject matter will vary along with materials, which will be covered at first class.
6 weeks, Thus, begins 2/1 \$110 6:30-8:30 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.
6 weeks, Tues, begins 1/30 \$110 6:30-8:30 PM WRBMS

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

NEW! Pastel Painting Sandy Sereno
This fun, creative Art Workshop is in Pastel medium. Students will learn how to interpret the landscape scenery in bold, bright and colorful light filled artwork on paper. Students will learn the effects of color on the scenery and how to see lost and found edges, perspective and design layout. Students may bring their own landscape photos or use the instructor’s images. List of supplies will be emailed to students. See samples of Sandy’s work at
6 weeks, Wed, begins 1/31 \$110 6:30–8:30 PM GHHMS
More info on Sandy @ www.sandyserenofineart.com; www.sandy-sereno.pixels.com; www.facebook.com/serenitywithsereno

& 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 1/29 \$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 1/29 \$110 6-8 PM GHHMS

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 1/29 \$110 + \$50 mat fee 6-8:30 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! Jackie Sorenson’s Aerobic Dancing Arline Descheneau
Jackie’s Aerobic Dancing is a medically approved, progressive, aerobic course that is choreographed for the non-dancer. The program firms your body and strengthens your cardiovascular system. Monitor your heart rate and participate at a level that is *comfortable for you!* Instructor is certified and CPR/ AED trained. Wear comfortable sneakers, clothing and bring exercise mat and water. Have FUN, Get FIT!! Class meets 2 nights per week.
10 weeks, Mon & Wed, begins 1/29 \$200 6:30–8PM Grinnell Cafe

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 1/29 \$110 6:30 - 7:30 PM Barka ES
10 weeks, Wed, begins 1/31 \$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 & 2 blocks and water. Great for beginners
10 weeks, Wed, begins 1/31 \$110 6:30-7:45 PM DVS
10 weeks, Thus, begins 2/1 \$110 6:30-7:45 PM DVS

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 Wed, begins 1/31 7:30-8:30 PM
Intermediate 1 Thus, begins 2/1 7:30-8:30 PM
Intermediate 2 Thus, begins 2/1 6:30-7:30 PM
Intermediate 3 Tues, begins 1/30 7:30-8:30 PM
Intermediate 4 Tues, begins 1/30 6:30-7:30 PM
Advanced Wed, begins 1/31 6:30-7:30 PM

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, Thus, begins 2/1 \$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. \$20 for manual to instructor at 1st class!! **Beth’s website www.bethcrawford.com – Southern NH Reiki Center.**
6 weeks, Tues, begins 1/30 \$110 6:30-9 PM GHHMS

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, Thus, begins 2/1 \$75 7-8:30 PM WRBMS

NEW! Country Line Dancing 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 & review previously learned ones each week.
8 weeks, Tues, begins 1/30 \$85 or \$10 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 1/29 \$110 6:15-7:30 PM DVS
10 weeks, Mon, begins 1/29 \$110 7:45-9:00 PM DVS

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

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.
7 weeks, Wed, begins 1/31 \$80 6:30-7:45PM DVS

NEW! Essential Oils Workshops Beth Johnson-Crawford*
Essential Oils.... You see them mentioned everywhere ..maybe you even dabble with them yourself. But... did you know that all oils are NOT created equal? Come join us at one or all of the workshops. No discount on single workshops. Price for all 4: \$70.00 plus \$20.00 for materials.

Oil-Ability – This “beyond basic” class will help you to know what the various oils can be used for to enhance your health and well-being. You’ll receive some basic information and recipes for DIY products as well as access to online support. This class will be highly interactive and encouraging for you to ask those questions!
1 night, Thus, 2/15 \$20 (no discount) plus \$5 materials 6:30-9PM GHHMS

Essential Oils 101 – Have you always wanted to learn about essential oils? Well NOW is your chance! Join us to smell, test, and even taste thee 100% pure, therapeutic grade oils. Essential oils can help you create more wellness in your home.
1 night, Thus, 3/15 \$20 (no discount) plus \$5 materials 6:30-9PM GHHMS

Oil-Ability –Toxic Home- We all want the best for ourselves, children and loved ones and a clean, healthy home is at the top of most lists. No one would purposefully poison their family, yet most of us are—every single day with all of the cleaning products in our homes! In this informative, interactive class I will share my knowledge and introduce you to some natural alternative products to help you ditch and switch to healthier options without sacrificing cleaning power!
1 night, Thus, 4/12 \$20 (no discount) plus \$5 materials 6:30-9PM GHHMS

Essential Oils and the Great Outdoors- It is time to get prepared for all the outdoor activities! Learn the different ways you can use your essential oils for outdoor living and all those fun adventures! You’ll leave with some great information and a fantastic, easy bug repellent that is all natural and effective!!!
1 night, Thus, 5/10 \$20 (no discount) plus \$5 materials 6:30-9PM 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, Mon, begins 1/29 \$85 6-7 PM GHHMS

Bowenwork Wellness™ 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 – please don’t include in tuition.
2 weeks, Wed, begins 1/31 \$70 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 1/30 \$110 6:30-7:30 PM Barka Elementary

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 1/30 \$110 6:30-8 PM GHHMS
* Instructors are certified in their areas of expertise

<p>Course Location Key: GHHMS = Gilbert H. Hood Middle School WRBMS = West Running Brook Middle School DVS = Derry Village Elementary School BARKA Elementary School</p>
