SPECIAL INTEREST CLASSES: WINTER SESSION 2009

Don't miss your opportunity to register for Special Interest Classes, which will be held in the new Library Recreation Annex, at the northwest corner of Ellsworth and Ocotillo roads! These classes will be an opportunity for residents to create memorable experiences by participating in a variety of activities. Parents – we offer many programs for the social, recreational and physical development of your children. Adults and seniors – come relieve stress and engage your mind & body through our art, music, fitness, career and writing classes. Keep a look out online for updated class information. Registration begins Nov. 17.

Registration Methods

- Registrations are accepted via options listed below:
 - o Walk-In (cash, check, credit card, money order, travelers check)

Bring registration form and full payment to the Parks and Recreation office, located at 22350 S. Ellsworth Road, Queen Creek, AZ 85242, during regular business hours of 7 a.m. – 6 p.m., Monday through Thursday. We are closed on Fridays.

Mail (checks only, payable to Town of Queen Creek)

Send completed form and full payment to:

Queen Creek Parks and Recreation

22350 S. Ellsworth Road

Queen Creek, AZ 85242

- The Town of Queen Creek Parks and Recreation Department is not responsible for postal delays.
- Class fees must be submitted in full at time of registration.
- Faxed registration forms are not accepted.
- Registrations will not be accepted by telephone.
- Registration must be completed prior to the first class meeting; Registration is not accepted at class.

Enrollment Policy

- All registrations will be accepted on a first-come, first-served basis.
- Early registration is encouraged; so we can notify you of any changes in program or; if you require special accommodations.
- Every class has a minimum and maximum enrollment to ensure a quality experience. If a class you registered for is full, you will be contacted to discuss alternate classes.
- If a class is full, participants may elect to have their name placed on a waiting list.

Residency Requirements

- Recreation program registration fees are based on Town of Queen Creek residency.
- Proof of residency is required by providing any two of the following five documents: utility bill, water bill, property tax statement, IRS federal income tax filing statement, and bank check with current address.

Refund Policy

- Refunds will be given to cancellations received before the end of the registration period. Please expect 4-6 weeks to receive your refund .
- Failure to attend a program or 'no shows' will not be granted a refund.
- Requests for refunds must be given in writing.

Class Cancellation Policy

- Town of Queen Creek reserves the right to cancel, combine, or divide classes; to change time, date, or place of meeting; to change the instructor assignments and to make other revisions that my become necessary.
- If class is cancelled by the department, participant will be notified and a full refund or credit will be processed.

Americans with Disabilities Act

In compliance with the ADA, the Town of Queen Creek Parks and Recreation Department encourages those with disabilities to participate in our programs. If you have special needs, please call us at 480-358-3700.

Preschool

ABC/123

3-4 yrs.

ABC/123 program offers activities that children enjoy most: art, crafts, games, songs, storytelling, and more. This program will give your child the opportunity to grow and develop, both socially and educationally, in a structured classroom environment. Each week a different letter and number will be taught. Child must be potty trained. Child must be able to leave Mom and Dad. (8-wks) Instructor: Jody Bell

0001.400 Tu/W/Th 9-11am 1/6-2/26 Class Fee: \$195-Resident; \$292-Non-resident

Supply Fee: \$20

ABC/123 4-5 yrs.

ABC/123 program offers activities that children enjoy most: art, crafts, games, songs, storytelling, and more. This program will give your child the opportunity to grow and develop, both socially and educationally, in a structured classroom environment. Each week a different letter and number will be taught. Child must be potty trained. Child must be able to leave Mom and Dad. (8-wks) Instructor: Jody Bell

0002.400 Tu/W/Th 11:30am-1:30pm 1/6-2/26 Class Fee: \$195-Resident; \$292-Non-resident

Supply Fee: \$20

BEGINNING COMBO 3-5 yrs.

Young dancers learn great coordination skills through basic tap and ballet technique and dance combinations. This class is 20 minutes of tap, 20 minutes of ballet and 10 minutes of tumbling. Students must be potty trained and able to follow verbal directions from the instructor. Small class recital will be held the last week. Tap shoes and soft soled shoes are recommended. (7-wks) Instructor: Ashlie Hedlund.

0003.400 Tu 4-4:50pm 1/6-2/17 0004.400 Sa 8-8:50am 1/3-2/14 Class Fee: \$28-Resident; \$42-Non-resident

Supply Fee: \$2.

COOL CREATURES 2½ -4 yrs.

Join the wild adventure in our Bright Beginners series where we explore Cool Creatures using music, movement and our imagination. Throughout this fun and exciting class, children will use original upbeat songs, arts & crafts, and creative lessons to discover interesting and age appropriate facts about animals. (8-wks) Instructor: Lynette Speroni

0014.400 F 10-10:50am 1/2-2/27 0015.400 F 11-11:50am 1/2-2/27 Class Fee: \$71-Resident; \$107-Non-resident

Supply Fee: \$15.

FAIRY PRINCESS BALLET 4-6 yrs.

This class is great for children who love to dress up and dance! Each week a new piece of costume will be added as well as learning a ballet dance. Ballet & creative movement will be explored in class. A performance the last day of class will allow parents to see what they have learned. Ballet shoes, leotard & tights are recommended. (8-wks)

*No class 1/19, 2/16, 3/16. Instructor: Andrea Polyak

0016.400 M 1:30-2:20 pm 1/12-3/23 Class Fee: \$42-Resident; \$63-Non-resident Supply Fee: \$32 for take-home costume.

FAIRY PRINCESS BALLET 4-6 yrs.

This class is great for children who love to dress up and dance! Each week a new piece of costume will be added as well as learning a ballet

dance. Ballet & creative movement will be explored in class. A performance the last day of class will allow parents to see what they have learned. Ballet shoes, leotard & tights are recommended. (10-wks)

*No class 3/17. Instructor: Andrea Polyak 0017.400 Tu 12:30-1:20 pm 1/13-3/24 Class Fee: \$52-Resident; \$78-Non-resident Supply Fee: \$32 for take-home costume.

LITTLE STARZ PARENT/TOT 18 months-2 ½ yrs.

This class is great for younger dancers who have never been away from their parents and not ready to be on their own yet! The class is 30 minutes long with tap, jazz, ballet and creative movement, and props will be explored and used. Socks on tot's feet required. (8-wks) *No class

1/19, 2/16, 3/16. Instructor: Andrea Polyak 0021.400 M 2:30-3pm 1/12-3/23 Class Fee: \$40-Resident; \$60-Non-resident

Supply Fee: \$4

LITTLE STARZ PARENT/TOT 18 months-2 ½ yrs.

This class is great for younger dancers who have never been away from their parents and not ready to be on their own yet! The class is 30 minutes long where tap, jazz, ballet, creative movement and props will be explored and used. Socks on tot's feet required. (10-wks) *No class

3/17. Instructor: Andrea Polyak 0022.400 Tu 2:30-3 pm 1/13-3/24 Class Fee: \$47-Resident; \$71-Non-resident

Supply Fee: \$4

EARLY SPANISH ADVENTURES 2 1/2-4 yrs.

Music, Movement & Magination Inc.

Learning early Spanish comes alive with this fun and exciting way to learn basic Spanish words and phrases. Throughout this fun and exciting class, children will use original upbeat songs, arts & crafts, and creative lessons to discover interesting and age appropriate greetings, ABC's, numbers, shapes, colors, and manners. (8-wks) Instructor: Lynette Speroni

0023.400 W 2-2:50pm 1/7-2/25 0024.400 W 3-3:50pm 1/7-2/25

Class Fee: \$71-Resident; \$107-Non-resident

Supply Fee: \$15

PARENT/TOT DANCE FUN 3-4 yrs.

This class is great for children who have never been away from their parents and not ready to be on their own yet! The class is 50 minutes long where tap, jazz, ballet and creative movement will be explored. Tap and Ballet Shoes recommended for your tot. (8-wks) *No class 1/19, 2/16, 3/16. Instructor: Andrea Polyak

0026.400 M 12:30-1:20 pm 1/12-3/23 Class Fee: \$52-Resident; \$78-Non-resident

Supply Fee: \$4

TAP/JAZZ COMBO 1 3-5 yrs.

This class is great for children who like to learn tap and jazz. This is a beginning class. A performance the last day of class will allow parents to see what they have learned. Tap and Ballet shoes, leotard & tights are recommended. (10-wks) *No class 3/17. Instructor: Andrea Polyak

0028.400 Tu 1:30-2:20 pm 1/13-3/24 Class Fee: \$62-Resident; \$93-Non-resident

Supply Fee: \$4

Youth

BEGINNING POM & CHEER 6-8 yrs.

Students learn basic moves, chants and dance routines. Tennis shoes are recommended. (7-wks) Instructor: Ashlie Hedlund

0005.400 W 4-4:50pm 1/7-2/18

Class Fee: \$28-Resident; \$42-Non-resident

Supply Fee: \$15

CARDZ FOR KIDZ WORKSHOP 8-12 yrs.

In this fun two-hour class we will learn "kid-friendly" techniques in paper crafting and stamping as we create three handmade cards in a variety of

themes each month. Instructor: Gayle Moore 0006.400 Sa 9-11am 1/17 "Thanks to You" 0007.400 Sa 9-11am 2/21 "Birthday Bash" 0008.400 Sa 9-11am 3/21 "Spring Fling" Class Fee: \$35-Resident; \$53-Non-resident

Supply Fee: \$10

COMBO I 6-8 yrs.

Dancers learn basic tap, ballet and jazz technique and dance combinations. This class is 20 minutes of tap, 20 minutes of ballet or jazz and 10 minutes of tumbling. Small class recital will be held the last week. Tap shoes and soft soled shoes are recommended. (7-wks) Instructor: Ashlie Hedlund

0009.400 Tu 5-5:50pm 1/6-2/17 0012.400 Sa 9-9:50am 1/3-2/14

Class Fee: \$28-Resident; \$42-Non-resident

Supply Fee: \$2.

COMBO II 9-12 yrs.

Class introduces dancers to tap, ballet, and jazz technique and dance combinations. This class is 20 minutes of tap, 20 minutes of ballet or jazz and 10 minutes of tumbling. Small class recital will be held the last week. Tap shoes and soft soled shoes are recommended. (7-wks) Instructor: Ashlie Hedlund

0013.400 Sa 10-10:50am 1/3-2/14 Class Fee: \$28-Resident; \$42-Non-resident

Supply Fee: \$2.

FIT & WELL KIDS 8-12 yrs.

A fun, action packed class designed to be an introduction to healthy living and making healthy choices to enhance health and overall physical fitness. Each week involves learning about a new area of health and fitness followed by 30 minutes of exercise or interactive games. Requirements: Comfortable clothing, athletic shoes, towel, mat & water.

(10-wks) *No class 2/16. Instructor: Paola Ball 0018.400 M 5-6pm 1/5-3/16

Class Fee: \$60-Resident; \$90-Non-resident

Supply Fee: None.

FUN WITH ARTISTS 7-10 yrs.

Students will look at, discuss and create artwork in the style of many famous artists. We will work like Picasso, Van Gogh, Monet, etc. (8-wks)

Instructor: Maureen MacDonald 0019.400 Tu 1/6-2/24 4-5pm

Class Fee: \$104-Resident; \$156-Non-resident

Supplies Fee: \$15

JR JAZZ 8-11 yrs.

Dancers learn the basic techniques in jazz. Students will learn better flexibility, technique, across the floor exercises and short routines. Soft soled shoes are recommended. (7-wks) Instructor: Ashlie Hedlund.

0020.400 W 5-5:50pm 1/7-2/18 Class Fee: \$28-Resident; \$42-Non-resident

Supply Fee: None.

PAINTING FOR FUN 5-13 yrs.

Kids! There are no wrong answers in art! Whether you like space ships, cars, horses or designs, we will explore many ways to draw and paint them. Come with your favorite ideas! (10-wks) Instructor: Miri Weible

0025.400 W 4-5pm 1/7-3/11

Class Fee: \$150-Resident; \$200-Non-resident

Supply Fee: \$25

SPRING ART 7-10 yrs.

"Art Expression with Mixed Media." Students will explore the creative process, developing their artistic skills and experiment with a variety of art materials. In a relaxed environment, students will learn the fundamentals of art exploring line, shape, color and form while developing their own ideas and creativity. (1 wk) Instructor: Maureen MacDonald

0027.400 M-F 3/9-3/13 9-11am

Class Fee: \$156-Resident; \$234-Non-resident

Supply Fee: \$15

WOMENS FASTPITCH 8-11 vrs.

A program for beginners or intermediates, who wish to learn Fastpitch and learn how to locate pitches. Plus, learn to throw low & keep the ball low, two different kinds of fastballs, and various pre-pitch & pitching motions. Also, learn the proper grip, two kinds of changeups, screwball, riser and a curveball. All of this will be taught in 5 weeks. PLEASE NO SPIKES, GYM SHOES ONLY. There will be a \$5.00 fee for a ball, which the athlete will keep and bring with her to lessons. Parents are encouraged to watch and learn too! (5-wks) Instructor: Coach Wesley

0029.400 Tu/Th 5-6 pm 1/13-2/12 Class Fee: \$75-Resident; \$113-Non-resident

Supply Fee: \$5

WOMEN'S SOFTBALL: HITTING 8-11 yrs.

Proper hitting stance, grip, swing and follow through will be taught and used in this program. Our emphasis will be working with a batting tee and using various drills to assist in swing mechanics. Batters will be taught how to hit to the opposite fields even at this early age! Various Wiffleballs will be used, but helmets are necessary! All athletes must provide their own helmet and bat (aluminum only). We will normally get 50+ swings estimated per lesson. PLEASE NO SPIKES, GYM SHOES ONLY.

(5-wks) Instructor: Coach Wesley 0030.400 Tu/Th 6-7 pm 1/13-2/12 Class Fee: \$75-Resident; \$113-Non-resident

Supply Fee: None.

Teen

3D ART & SCULPTURE 10-13 yrs.

Students will work on a variety of projects to develop their understanding of 3-D space and form. This class will include clay and papier-mâché. (8-wks) Instructor: Maureen MacDonald

1001.400 Th 1/8-2/26 4-5pm

Class Fee: \$156-Resident; \$234-Non-resident

Supply Fee: \$15

ATHLETIC SCHOLARSHIP RECRUITMENT WORKSHOP

14-19 yrs.

Learn how to get an athletic scholarship for your son and or daughter. This PowerPoint presentation will include a worksheet to take notes and inform you about NCAA, NAIA, NJCAA recruitment rules and regulations. Plus, you will learn how to make an Athletic Resume Folder that will get you noticed right away! NOTE: Please inform the Queen Creek Parks and Recreation Department about the number of people in your family that will be attending so we will have enough worksheets available.

Instructor: Scott Wesley
1002.400 W 7-9 pm 1/21

Class Fee (includes: mom, dad, and two athlete(s) from same family):

\$25-Residents; \$38-Non-residents

Supply Fee: None.

EARLY RELEASE ART CAMP 10-13 yrs.

Students will explore the creative process, developing their artistic skills and experiment with a variety of art materials. In a relaxed environment, students will learn the fundamentals of art exploring line, shape, color and form while developing their own ideas and creativity. Instructor:

Maureen MacDonald

 1003.400
 W
 2:45-4pm
 1/14

 1004.400
 W
 2:45-4pm
 1/28

 1005.400
 W
 2:45-4pm
 2/11

 1006.400
 W
 2:45-4pm
 2/25

 1007.400
 W
 2:45-4pm
 3/4

Class Fee: \$26-Resident; \$39-Non-resident

Supply Fee: None.

KENPO KARATE 9-13 yrs.

Kenpo Karate provides physical activity, builds strength, coordination and confidence while providing the groundwork for a healthy lifestyle. Kenpo also builds on life skills and gives the student a greater respect for themselves and others. Learn Kenpo in a fun, low-stress learning environment that puts a premium on technical mastery and improvement. (11-wks) *No class 1/19, 2/16. Instructor: Pete Rodriguez 1008.400 M/W 6:15-7 pm 1/5-3/30

Class Fee: \$65-Resident; \$98-Non-resident (family will pay \$35 for each

additional student)

Supply Fee: Uniforms are not mandatory, but available for purchase

through instructor for \$25.

TEEN HIP HOP 12 yrs. & up

This class is fun, exciting and full of energy! Students will learn great coordination skills, and short dance routines. Tennis shoes are recommended. (7-wks) Instructor: Ashlie Hedlund.

1009.400 W 6-6:50PM 1/7-2/18

Class Fee: \$28-Resident; \$42-Non-resident

Supply Fee: None.

TEEN LYRICAL/JAZZ 12 yrs. & up

Come learn jazz and lyrical technique, across the floor exercises and short dance combinations. Soft soled shoes are recommended. (7-wks) Instructor: Ashlie Hedlund.

1010.400 Tu 6-6:50pm 1/6-2/17 Class Fee: \$28-Resident; \$42-Non-resident

Supply Fee: None.

WOMENS FASTPITCH 12-18 yrs.

This program will encompass 12-18 year old female athletes that wish to perfect their pitches or learn new ones. Participants will be taught and reinforced how to locate the ball, and how to keep the pitch low! Spinning pitches, such as the curve, the riser, the screwball, and the drop will also be shown and worked on. Pitchers will throw more than one hundred pitches in most of the workouts. Plus, all pitchers will be given game situations in which to throw certain pitches. PLEASE NO SPIKES, GYM SHOES ONLY. There will be a \$5.00 ball fee, which the athlete will keep and bring with her to lessons. Parents will be encouraged to watch and learn too. (5-wks) Instructor: Coach Wesley

1011.400 Tu/Th 7-8 pm 1/13-2/12 Class Fee: \$75-Resident; \$113-Non-resident

Supply Fee: \$5

WOMEN'S SOFTBALL: HITTING 12-18 yrs.

Proper hitting stance, swing, follow through and hitting to opposite fields will be emphasized. Batters will be taught how to turn on an inside pitch without fouling it off, how to hit an outside pitch and take it to the opposite field. Bunting will be taught, slap hitting will be shown or demonstrated. Many different drills, a lot of work with a batting tee! PLEASE NO SPIKES, GYM SHOES ONLY. Please bring your own helmet and bat. 75-100 swings estimated per lesson. (5-wks) Instructor: Coach

1012.400 Tu/Th 8-9 pm 1/13-2/12 Class Fee: \$75-Resident; \$113-Non-resident

Supply Fee: None.

Adult

ADVANCED MANDARIN 18 yrs. & up

Advanced Mandarin introduces and reviews fluency skills of spoken (Mandarin) and written (Chinese) to learners who have core knowledge and practice with the Mandarin language. Course focuses on spoken Mandarin for fluent uses as well as introduces and reviews over 500 Chinese characters. Some Chinese cultural and historical concepts introduced and reviewed as well. (8-wks) Instructor: Huilin Kao 3001.400 W 6:30-8:30pm 1/7-2/25

Class Fee: \$100-Resident; \$150-Non-resident

Supply Fee: \$20

BEGINNING MANDARIN 18 yrs. & up

Beginning Mandarin introduces basic spoken (Mandarin) and written (Chinese) to beginning learners, or those with little to no Mandarin background. Course focuses on spoken Mandarin for common conversational use as well as introduces and reviews approximately 100 basic Chinese characters. Some Chinese cultural and historical concepts introduced and reviewed as well. (8-wks) Instructor: Huilin Kao

3002.400 Tu/Th 6:30-7:30pm 1/6-2/26 Class Fee: \$70-Resident; \$105-Non-resident

Supply Fee: \$10

FLOWERS IN WATERCOLOR 18 yrs. & up

Overcoming your fears about painting in watercolor can really happen! All levels, but especially beginners are welcome. You will learn to use watercolor tubes and how to mix colors in a large flat pan with special brushed that will bring you flowers to life! We will explore how shapes, values, and design work together to create a beautiful painting. You will be amazed at how easy it is to learn to paint in watercolor! List of needed supplies given upon registration. (10-wks) Instructor: Miri Weible

3003.400 W 9-11am 1/7-3/11

Class Fee: \$165-Resident; \$248-Non-resident

Supply Fee: None.

INTERMEDIATE MANDARIN 18 yrs. & up

Intermediate Mandarin introduces core skills of spoken (Mandarin) and written (Chinese) to learners who have some knowledge and practice with the Mandarin language. Course focuses on spoken Mandarin for everyday use as well as introduces and reviews 200 Chinese characters. Some Chinese cultural and historical concepts introduced and reviewed

as well. (8-wks) Instructor: Huilin Kao 3004.400 Tu/Th 7:40-8:40pm 1/6-2/26 Class Fee: \$80-Resident; \$120-Non-resident

Supply Fee: \$20

OIL PAINTING 18 yrs. & up

Want to paint, but unsure how to begin?

This class is fun, imaginative and stimulating for people who are seeking a creative outlet in a relaxed social environment. Our focus will be on color mixing, harmony, values, perspective, temperature, depth, composition and design, brush handling, and attention given to making a more successful start; giving each student an understanding of their own ability of creativity. List of needed supplies given upon registration. (6-

wks) Instructor: Liz Guy

3005.400 M 9:30-noon 1/5-2/9 3006.400 M 9:30-noon 2/23-3/30

Class Fee: \$143-Resident; \$217-Non-resident

Supply Fee: None.

PAINTING: STUDIO-OIL 18 yrs. & up

Creating art is amazingly therapeutic, inspiring and, above all, fun! All levels always welcome. Bring in your unfinished "obstacles!" Artists work on independent works while instructor gives one-on-one attention to each. Learn all aspects of painting; from the artist's palette of paint, application of paint, technique and composition, to painting solid forms, people and nature. List of needed supplies given upon registration. (6-wks) Instructor: Liz Guy

3007.400 M 1-3:30pm 1/5-2/9

3008.400 M 1-3:30pm 2/23-3/30 Class Fee: \$143-Resident; \$217-Non-resident

Supply Fee: None.

PHOTO MANAGEMENT BASICS WORKSHOP 18 yrs. & up

This 1 % hour class teaches the basics of why and how to preserve your photos as well as explores the latest options in photo management and photo preservation such as organization, classic photo albums,

traditional "paper" scrapbooking, and digital solutions. Instructor: Gayle Moore

3009.400 Th 6-7:30pm 1/22 3010.400 F 10-11:30am 2/13

Class Fee: \$35-Resident; \$53-Non-resident

Supply Fee: None.

TRAVEL/BUSINESS MANDARIN 18 yrs. & up

Travel/Business Mandarin introduces spoken (Mandarin) and written (Chinese) to learners who have an interest to travel and/or conduct business in a Mandarin speaking country. Course focuses on common phrase and characters for travel/business needs. Some Chinese cultural and historical concepts introduced and reviewed as well. (8-wks)

Instructor: Huilin Gao

3011.400 S 2-4pm 1/10-2/28

Class Fee: \$100-Resident; \$150-Non-resident

Supply Fee: \$20

Family

ADVANCED LYRICAL/JAZZ 15 yrs. & up

This class is for dancers who have had previous dance training in jazz, ballet and lyrical. Students will work on their technique, flexibility, across the floor exercises, and many different dance routines. Requirements: Dance experience in jazz, lyrical or ballet. Gores, bear claws, or toe thongs are recommended. (7-wks) Instructor: Ashlie Hedlund.

4001.400 W 7-8:15pm 1/7-2/18 Class Fee: \$32-Resident; \$48-Non-resident

Supply Fee: None.

BODY SCULPT 13 yrs. & up

A total body workout that incorporates cardio, resistance bands, hand weights and other equipment designed to chisel a new you!

Requirements: Comfortable clothing, athletic shoes, towel, mat, water, hand weights and resistance band. (10-wks) Instructor: Paola Ball

4002.400 Tu/Th 8-9am 1/6-3/12 Class Fee: \$65-Resident; \$98-Non-resident

Supply Fee: None.

BOOK OF MEMORIES WORKSHOP 16 yrs. & up

Time for yourself! Come and create a 20 page 6X6 album ready to take home and apply pictures. Different designs to choose to match your scrapbooking taste. Requirements: Paper cutter, scissors & adhesive.

Instructor: Kresta Huston 4003.400 Sa 10am-2pm 1/17 4004.400 Sa 10am-2pm 2/28 4005.400 Sa 10am-2pm 3/14

Class Fee: \$30-Resident; \$45-Non-resident

Supply Fee: \$40

BUTTS & GUTS 13 yrs. & up

This class is fully devoted to flex and firm your lower half. Rejuvenate your body and come prepared to tighten and shape those trouble spots! Requirements: Comfortable clothing, athletic shoes, towel, mat, water, hand weights and resistance band. (10-wks) Instructor: Paola Ball

4006.400 F 8-9am 1/9-3/13

Class Fee: \$52-Resident; \$78-Non-resident

Supply Fee: None.

CARD MAKING BASICS WORKSHOP 12 yrs. & up

During this two-hour class we will learn techniques in paper crafting and stamping as we create three handmade cards in a variety of themes each month. Instructor: Gayle Moore

4007.400 Sa noon-2pm 1/17 "Thanks to You" 4008.400 Sa noon-2pm 2/21 "Birthday Bash" 4009.400 Sa noon-2pm 3/21 "Spring Fling" Class Fee: \$35-Resident; \$53-Non-resident

Supply Fee: \$10

CONQUERING WRITING ANXIETY/BLOCK WORKSHOP 14 yrs. & up

Don't let writing anxiety or block keep you from pursuing your dreams! Learn how to get rid of it once and for all. In this two-hour session, you will find out exactly what writing anxiety and writer's block are, identify the cause(s) of your anxiety or block, and discover the most effective tools and strategies to use to eliminate them! For writers of all kinds, including students and business professionals. Instructor: Diane Clark

4010.400 S 10:30am-12:30pm 3/7

Class Fee: \$30-Residnet; \$45-Non-resident

Supply Fee: None.

CORE CONTROL & FLEXIBILITY 13 yrs. & up

The first half of this class combines various exercise disciplines to improve your overall core strength, stability, balance and tone. The second half of this class focuses on lengthening your muscles to improve your everall flowibility. Come proposed to salesce and unwindly

your overall flexibility. Come prepared to release and unwind!

Requirements: Comfortable clothing, athletic shoes, towel, mat & water.

(10-wks) *No class 2/16. Instructor: Paola Ball 4011.400 M 6:10-7:10pm 1/5-3/16 Class Fee: \$52-Resident; \$78-Non-resident

Supply Fee: None.

CREATE A 2009 CALENDAR WORKSHOP 16 yrs. & up

Get yourself organized and ready for 2009. Join me to create a 2009 Calendar. Class is very popular, so sign up soon! Instructor: Kresta

Huston

4012.400 Sa 10am-noon 1/10 4013.400 Sa 1-3pm 1/10

Class Fee: \$45-Resident; \$68-Non-resident

Supply Fee: None.

5 SECRETS TO WRITING A WINNING RÉSUMÉ WORKSHOP 16 yrs. & up

Learn the five secrets to writing a winning résumé in a fun, relaxed environment! This two-session class, taught by a college writing professor, will show you exactly what kind of résumé you need to get the job interview you want. You'll find out what employers really want to see on your résumé, learn how to put your skills and experience on paper in a way that makes employers take notice, and create your own winning résumé to send out as soon as class is done! Space is limited, so take the next step toward getting that perfect job and register today.

Instructor: Diane Clark

4014.400 Sa 10:30am-12:00pm 1/24 4015.400 Sa 10:30am-12:00pm 1/31 Class Fee: \$55-Resident; \$83-Non-resident

Supply Fee: None.

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE WORKSHOP 13 yrs. & up

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In this one day workshop you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Requirements: Acoustic guitar. Class limited to 15 students.

Instructor: Craig Coffman 4016.400 Tu 4-6:30pm 3/31

Class Fee: \$25-Resident; \$38-Non-resident Supply Fee: \$28 for workbook & practice DVD

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE WORKSHOP 13 yrs. & up

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In this one day workshop you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know

enough to enroll in this workshop. Own piano not needed for workshop.

Instructor: Craig Coffman 4017.400 Tu 6:40-9:40 3/31

Class Fee: \$30-Resident; \$45-Non-resident Supply Fee: \$28 for workbook & practice CD.

JOB SEARCH 101 WORKSHOP 16 yrs. & up

Are you looking for a new job or considering transition to a new career? Job Search 101 will teach participants how to use various tools to set them apart as candidates. The course will cover how to write an effective resume and cover letter, that sells the candidate and is more likely to get read and noticed. It will provide some tips on the research that needs to be done at companies of interest, to identify appropriate contacts and target jobs. It will cover the "how to" and importance of networking and provide interview guidelines and tips, as well as salary negotiation. Instructor: Bea Trembath

4018.400 Th 6:30-7:30pm 1/8 4019.400 Th 6:30-7:30pm 2/12 4020.400 Th 6:30-7:30pm 3/12

Class Fee: \$30-Resident; \$45-Non-resident

Supply Fee: None

MEMORY CUBE WORKSHOP 16 yrs. & up

Relax and have fun! Come and create a memory cube to showcase your favorite pictures. Pick from several designs. Great for gifts or to display your favorite memories. Requirements: Paper cutter, scissors &

adhesive. Instructor: Kresta Huston

4021.400 F 6-8pm 1/9 4022.400 F 6-8pm 2/27 4023.400 F 6-8pm 3/13

Class Fee: \$35-Resident; \$53-Non-resident

Supply Fee: None.

PHOTO MANAGEMENT/SCRAPBOOKING WORKSHOP 10 yrs. & up

Life is busy and full of distractions. If you need time set aside each month where you can work on your photo project then this is for you! During this three hour workshop, bring your own photo projects to work on as well as your own supplies, a smile and good conversation. You will have instructor assistance available as needed as well as, access to a variety of tools to use and experiment with. A "make and take" border or other embellishment project will also be available at each workshop.

Instructor: Gayle Moore 4024.400 Th 6-9pm 1/15 4025.400 Th 6-9pm 2/12 4026.400 Th 6-9pm 3/12

Class Fee: \$35-Resident; \$53-Non-resident

Supply Fee: \$5

SPRING FLING WORKSHOP 16 yrs. & up

From an "exploding" mini album to adorable items to keep you organized, this all-day event is sure to inspire and delight you. Bring your lunch and your creativity to complete 6 projects. Includes 1hr. lunch break. Requirements: Paper cutter, scissors, wet & dry adhesive, &

pencil. Instructor: Kresta Huston 4027.400 Sa 10am-4pm 3/21

Class Fee: \$30-Resident; \$45-Non-resident

Supply Fee: \$45

TAI CHI 14 yrs.-54 yrs.

The ancient Chinese art of Tai Chi is practiced by millions of people worldwide. Its gentle motions and relaxed pace are wonderful for improving one's health, finding balance in life, and expressing one's inner tranquility. Tai Chi is ideal for anybody who seeks to exercise in a soft and easy way. Breathing techniques, sensitivity drills, slow footwork and range of motion movements will be covered. (4-wks) Instructor: Kevin Huang

4028.400 M/Th 10-11am 1/5-1/29 4029.400 M/Th 10-11am 2/2-2/26 4030.400 M/Th 10-11am 3/2-3/26 Class Fee: \$50-Resident; \$75-Non-resident

Supply Fee: None

WELLNESS & HEALTHY LIVING 13 yrs. & up

This class is designed to help you achieve a holistic approach toward improving your overall health and fitness. You will learn about various wellness topics, perform group activities that involve interactive learning and engage in physical exercise based on the designated topic for the week. Topics will include: The seven dimensions of wellness, stress management, breathing and relaxation, physical fitness and the mind body connection, nutrition and weight management and other health related topics. Come prepared to lift your mind, body and spirit to a new level! Requirements: Comfortable clothing, athletic shoes, towel, mat, water, hand weights and resistance band. (10-wks) Instructor: Paola Ball 4031.400 W 6-7:30pm 1/7-3/11

Class Fee: \$85-Resident; \$128-Non-resident

Supply Fee: None.

YOGA 15 yrs. & up

Move yourself toward balance physically, mentally and spiritually through the healing poses and stretches of hatha yoga. The class is for beginners as well as continuing students. You will discover increased balance, centeredness, strength and flexibility, while releasing tension that causes pain. Requirements: Sticky mat, 4" foam block, strap or necktie, & firm blanket. (9-wks) *No class 2/16. Instructor: Laura Jasper 4032.400 M 9:45-11am 1/26-3/23

4033.400 W 9:45-11am 1/21-3/18

Class Fee: \$81-Resident; \$122-Non-resident

Supply Fee: None.

Senior

SENIOR FITNESS

55 & up

Work at your own level. This class combines low-impact exercise with light resistance exercises designed to improve coordination, strength, stability and balance and focuses on fall prevention. Requirements: Comfortable clothing, athletic shoes, towel, mat, water, hand weights and resistance band. (10-wks) Instructor: Paola Ball 5001.400 Tu/Th 9:10-10:10am 1/6-3/12

5001.400 Tu/Th 9:10-10:10am 1/6-3/12 Class Fee: \$65-Resident; \$98-Non-resident

Supply Fee: None.

TAI CHI FOR SENIORS 55 yrs. & up

The ancient Chinese art of Tai Chi is practiced by millions of people worldwide. Its gentle motions and relaxed pace are wonderful for improving one's health, finding balance in life, and expressing one's inner tranquility. Tai Chi is ideal for anybody who seeks to exercise in a soft and easy way. Breathing techniques, sensitivity drills, slow footwork

and range of motion movements will be covered. (4-wks) Instructor:

Kevin Huang

 5002.400
 M/Th
 11:10am-12:10pm
 1/5-1/29

 5003.400
 M/Th
 11:10am-12:10pm
 2/2-2/26

 5004.400
 M/Th
 11:10am-12:10pm
 3/2-3/26

 Class Fee: \$50-Resident; \$75-Non-resident

Supply Fee: None

WRITING YOUR LIFE STORY 40 yrs. & up

The story of your life is unique and important. Your children and grandchildren will cherish this bit of history, written by you. Your teacher will guide you along, giving you plenty of suggestions and encouragement, helping you to organize your thoughts, and produce a finished product. This is an individual effort for each person, and the teacher will give you all the individual attention you need.

Requirements: Pen or pencil & paper. (4-wks) Instructor: Jane McClure

5005.400 M 1/5-1/26 10-11am 5006.400 M 2/23-3/16 7-8pm

Class Fee: \$33-Resident; \$50-Non-resident

Supply Fee: \$2 for copies.