

# Brockton Community Schools

Adult Enrichment Calendar

Weekly Programs

Spring 2015

SAVE \$10 ONLINE [www.brocktoncommunityschools.com](http://www.brocktoncommunityschools.com) Choose Adult Enrichment then Spring Catalog

Classes with insufficient enrollment are subject to cancellation.

\$10 savings online with classes that meet four or more times per session.



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 BHS	20	21
22	23	24	25	26	27	28
29	30	31	<b>MARCH 2015</b>			

- 16, 23, & 30 - Paper Crafting @ BHS Fine Arts 6:30PM - 8:30PM (5 wks)
- 17, 24, & 31 - Auto Repair @ BHS, 6PM - 9PM (8 wks)
- 17, 24, & 31 - Jewelry 101 @ BHS, 6:30PM - 8:30PM (8 wks)
- 18 & 25 - Ceramics @ BHS Fine Arts, 2:30PM - 4:30PM (8 wks)
- 18 & 25 - Cooking for Fun @ BHS Fine Arts, 6:30PM - 8:30PM (8 wks)
- 18 & 25 - Woodworking @ BHS Fine Arts, 6PM - 9PM (8 wks)
- 19 - In Service BHS only NO CLASS
- 19 - Kripalu Yoga @ Plouffe, 3:30PM - 4:45PM (6 wks)
- 19, 24, 26 & 31- TBC Bootcamp @ Hancock, Tues/Thurs 6PM - 7PM (8 wks)
- 25 - Traditional Line Dancing @ Kennedy, 7:30PM - 8:30PM (6 wks)
- 26 - R&B/Soul/Hip-hop Line Dance Class @ Angelo, 7PM-8PM (6 wks)
- 26 - Spring Crafting @ BHS, Thur. 6:30PM - 8:30PM (8 wks)
- 31 - Yoga @ Plouffe, 5PM - 6PM (8 wks)
- 31 - Awaken Your Self-Esteem with Creativity @ BHS, 6PM - 8PM (6 wks)

SUN	MON	TUE	WED	THU	FRI	SAT
<b>APRIL 2015</b>			1	2	3	4
5	6	7	8 BHS	9	10	11
12	13	14	15	16 PreK-5	17 PreK-5	18
19	20	21	22	23	24	25
26	27	28	29	30		

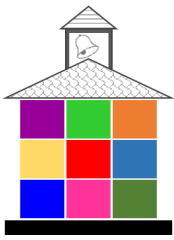
- 1, 15, & 29 - Ceramics @ BHS Fine Arts, 2:30PM - 4:30PM
- 1, 15, & 29 - Cooking for Fun @ BHS Fine Arts, 6:30PM - 8:30PM
- 1, 15, & 29 - Woodworking @ BHS Fine Arts, 6PM - 9PM
- 1, 8, 15, & 29 - Traditional Line Dancing @ Kennedy, 7:30PM - 8:30PM
- 2, 9, 30 & 7, 14, 28 - TBC Bootcamp @ Hancock, Tues/Thurs 6PM - 7PM
- 2, 9, & 30 - Kripalu Yoga @ Plouffe, 3:30PM - 4:45PM
- 2, 9, & 30 - R&B/Soul/Hip-hop Line Dance Class @ Angelo, 7PM - 8PM
- 2, 9, & 30 - Spring Crafting @ BHS, Thur. 6:30PM - 8:30PM
- 6 & \*13 - Paper Crafting @ BHS Fine Arts 6:30PM - 8:30PM
- 7, 14, & 28 - Auto Repair @ BHS, 6PM - 9PM
- 7, 14, & 28 - Yoga @ Plouffe, 5PM - 6PM
- 7, 14, & 28 - Jewelry 101 @ BHS, 6:30PM - 8:30PM
- 7, 14, & 28 - Awaken Your Self-Esteem with Creativity @ BHS, 6PM - 8PM
- 8 - In Service BHS only NO CLASS
- 16 & 17 - PreK-5 only schools NO CLASS

SUN	MON	TUE	WED	THU	FRI	SAT
<b>MAY 2015</b>					1	2
3	4	5	6	7	8	9
10	11	12	13	14 PreK-5	15	16
17	18	19	20	21	22	23
24/31	25 Holiday	26	27	28	29	30

- 5 & \*12 - Auto Repair @ BHS, 6PM - 9PM \*Last class
- 5 & \*12 - Jewelry 101 @ BHS, 6:30PM - 8:30PM
- 5 & \*12 - Awaken Your Self-Esteem with Creativity @ BHS, 6PM - 8PM
- 5, 12, \*19 - TBC Bootcamp @ Hancock, Tues. 6PM - 7PM
- 5, 12, 19, & \*26 - Yoga @ Plouffe, 5PM - 6PM
- \*6 - Traditional Line Dancing @ Kennedy, 7:30PM - 8:30PM
- 6, 13, & \*20 - Ceramics @ BHS Fine Arts, 2:30PM - 4:30PM
- 6, 13, & \*20 - Cooking for Fun @ BHS, 6:30PM - 8:30PM
- 6, 13, & \*20 - Woodworking @ BHS Fine Arts, 6PM - 9PM
- 7 & \*21 - Kripalu Yoga @ Plouffe, 3:30PM - 4:45PM
- 7 & \*21 - R&B/Soul/Hip-hop Line Dance Class @ Angelo, 7PM - 8PM
- 7, 14, & \*21 - Spring Crafting @ BHS, Thur. 6:30PM - 8:30PM
- 7, 21, & \*28 - TBC Bootcamp @ Hancock, Thurs. 6PM - 7PM
- 14 - PreK - 5 only schools NO CLASS

NO CLASS \*LAST CLASS

Visit our website for updated information and course/class cancellations.



# Brockton Community Schools

## Adult Enrichment Calendar

### Quick Fix Classes (1 to 3 nights)

Spring 2015

Classes with insufficient enrollment are subject to cancellation.

REGISTER ONLINE AT [www.brocktoncommunityschools.com](http://www.brocktoncommunityschools.com) Choose Adult Enrichment then Spring Catalog



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 BHS	20	21
22	23	24	25	26	27	28
29	30	31	<b>MARCH 2015</b>			

- 12 - Getting Paid to Talk @ BHS, 6:30PM - 9:00PM (1 night)
- 9 - Intro to Modern Day Computing @ BHS, 6PM - 9PM (1 night)
- 18 - Bow Making @ BHS Fine Arts, 6:30PM - 8:30PM (1 night)
- 19 - In Service BHS only **NO CLASS**
- 30 - Intro to Modern Day Computing @ BHS, 6PM - 9PM (1 night)

SUN	MON	TUE	WED	THU	FRI	SAT
<b>APRIL 2015</b>			1	2	3	4
5	6	7	8 BHS	9	10	11
12	13	14	15	16 PreK-5	17 PreK-5	18
19	20	21	22	23	24	25
26	27	28	29	30		

- 8 - In Service **BHS only NO CLASS**
- 10 & 17 - Indian Cuisine @ BHS Fine Arts, 6PM - 9PM (2 nights)
- 13 - Paint Night @ Freda's, 6PM- 8PM (1 night only)
- 15 - Bow Making @ BHS Fine Arts, 6:30PM - 8:30PM (1 night)
- 16 - How to Select an Investment Advisor @ BHS, 7PM- 9PM (1 night)
- 16 & 17 - PreK-5 only schools **NO CLASS**
- 27 - Just Clay @ BHS Fine Arts, 6:30PM - 8:30PM (3 nights)
- 29 - Bow Making @ BHS Fine Arts, 6:30PM - 8:30PM (1 night)
- 30 - Investment Strategies @ BHS, 7PM-9PM (1 night)

SUN	MON	TUE	WED	THU	FRI	SAT
<b>MAY 2015</b>					1	2
3	4	5	6	7	8	9
10	11	12	13	14 PreK-5	15	16
17	18	19	20	21	22	23
24/31	25 Holiday	26	27	28	29	30

- 4 & \*11 - Just Clay @ BHS Fine Arts, 6:30PM - 8:30PM
- 5 - Extreme Coupon @ BHS Yellow, 6:30PM - 9:00PM (1 night only)
- 14 - PreK - 5 only schools **NO CLASS**
- 18 - Bow Making @ BHS Fine Arts, 6:30PM - 8:30PM (1 night)
- 26 - Bow Making @ BHS Fine Arts, 6:30PM - 8:30PM (1 night)

NO CLASS \*LAST CLASS

Visit our website for updated information and course/class cancellations.

**MONDAY**

**AQUA EXERCISE COMBO** \$115  
Cynthia Glynn/ Gina Polisen, BHS Pool  
7PM - 8:30PM *separate calendar*  
16 classes, begins: **April 27, 2015**

*Also held on Wednesday.*

**New ADA approved entry and exit stairs.**

Are you looking for a FUN and FIT way to get moving? This is the class for you! This class will boost your energy, strengthen your core and burn fat with this low-mid impact TOTAL BODY WORKOUT! Great for those with arthritis and joint conditions.

Bring drinking water. Aqua sneakers are recommended. Resistance gloves are welcome but not necessary. Use of buoyancy belts and other equipment will be provided.

Swimming skills are not required but you should be comfortable in the water.

**PAPER CRAFTING** \$60  
Patricia Jensen, BHS Fine Arts E135  
6:30PM - 8:30PM  
5 weeks, begins: **March 16, 2015**

Stamping, masking, embossing (wet & dry), inking, layering, embellishment and composition are all used to create beautiful cards, stationary, and scrapbook pages. Some supplies will be provided by instructor.

**TUESDAY**

**ADULT LEARN & SWIM** \$115  
Cynthia Glynn/ Gina Polisen, BHS Pool  
7:00PM - 8:30PM *separate calendar*  
16 classes, begins: **April 28, 2014**

*Also held on Thursday.*

Has lack of confidence and skills kept you out of the water? Working with our trained and patient instructors you will gain confidence and be able to achieve your goals. This class is also for those who are comfortable in water but would like to learn basic skills and learn to "swim" on their own, the 3rd element of this class is for those who are able to swim and would like to develop their skills in a non-competitive environment. We will give you the space to swim, and provide workouts that meet and challenge your level, with an occasional coaching tip to help you further develop those skills.

**AWAKEN YOUR SELF-ESTEEM WITH CREATIVITY \*** \$72  
Jo-Ann Silvia, BHS, Fine Arts E222  
6PM - 8PM  
6 classes, begins: **March 31, 2015**

Learn different techniques to add more joy and confidence to your life through poetry and arts.

**TUESDAY**

**TBC BOOTCAMP** \$48  
Diane Sullivan, Hancock Gym  
6PM - 7PM  
8 weeks, begins: **March 19, 2015**

Join us for a Total Body Conditioning Bootcamp workout to dynamic tunes in a fun and safe environment. You will burn stubborn body fat, become stronger, build more lean muscle mass to improve your personal fitness level. This class utilizes lots of props and techniques (i.e. free weights, resistance bands, steps, kickboxing, cardio drills, etc.) to keep your muscles guessing while strengthening your core and more at your own level.

**YOGA FOR EVERYONE** \$48  
Wendy LaFrance, Plouffe RM223  
5PM - 6PM  
8 weeks, begins: **March 31, 2015**

Maybe you know the basics of yoga, maybe not. That's okay! This program will ease your muscles and bones into a rejuvenating and delightful physical experience. Plus, every class will wind down with deep relaxation. What's not to love? Bring a mat, water, and dress comfortably!

**AUTO REPAIR** \$144  
James Hathaway, BHS Fine Arts E105  
6PM - 9PM  
8 weeks, begins: **March 17, 2015**

Whether you're a beginner or advanced receive hands-on experience learning about the basics of auto maintenance on your own car under the supervision of an ASE Certified Master Automotive Technician. Information you auto know.

**Jewelry 101\*** \$96  
Patricia Jensen, BHS, Fine Arts E135  
6:30PM - 8:30PM  
8 classes, begins: **March 17, 2015**

Learn stringing, crimping, wiring and how to design your own jewelry. There will be 2 weeks of stringing, 2 weeks of wire working, 1 week of each; chainmaille, seed bead, and clay. The final week will be an open forum to explore and create your own unique design. Supplies are not included. A list of supplies/tools will be provided by the instructor.

**WEDNESDAY**

**AQUA EXERCISE COMBO** \$115  
Cynthia Glynn/ Gina Polisen, BHS Pool  
*(See Monday Class Description)*  
16 classes, begins: **April 29, 2015**

**WEDNESDAY**

**CERAMICS** \$96  
Melanie Blood, BHS Fine Arts E213  
2:30PM - 4:30PM  
8 weeks, begins: **March 18, 2015**

This course will focus on basic hand building as well as wheel working techniques to create functional and sculptural works of art with clay and glazes.

**EXPLORING WOODWORKING\*** \$144  
Dave Gault, BHS Fine Arts E151  
6PM - 9PM  
8 weeks, begins: **March 18, 2015**

Beginners will learn the fundamentals of woodworking and become familiar with a wide array of hand and power tools. For those with knowledge using hand and power tools, you will have an instructor available for questions and pointers. This is a loosely structured class where you can work at your own pace and on your own project.

**TRADITIONAL LINE DANCE** \$41  
Margaret Wilson, Kennedy Gym  
7:30PM - 8:30PM  
6 weeks, begins: **March 25, 2015**

Line dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines. Great exercise for body & mind.

**INTEGRATED LIFE SKILLS CLASS**

**COOKING FOR FUN!\*** \$96  
Catherine Todd, BHS Fine Arts E113  
6:30PM - 8:30PM  
8 weeks, begins: **March 18, 2015**

This course is geared to an integrated life skills group to plan and prepare a variety of meals, snacks, and desserts.



Students will enjoy their accomplishments at the end of each class. A \$30 material fee is paid to the instructor on the first night of class.

**THURSDAY**

**ADULT LEARN & SWIM** \$115  
*(See Tuesday Class Description)*  
Cynthia Glynn/Gina Polisen, BHS Pool  
16 classes, begins: **April 30, 2015**

*\*Materials/supplies are not included in class fee.*

**THURSDAY**

**QUICK FIX CLASSES** *online discounts do not apply*

**R&B/SOUL/HIP-HOP LINE DANCE** \$41  
 Vonda G., Angelo School Cafeteria  
 7PM - 8PM  
 6 weeks, begins: **March 26, 2015**

R&B/Soul/Hip-hop dancing beginner to intermediate line dances the dances you see at parties and weddings. Learn popular dances such as: *Best of Me, Blurred Lines, Temptation Cha-Cha, Uncle Darrow, Wobble, etc.*

**KRIPALU YOGA** \$41  
 Lisa Cohen, Plouffe Academy 223  
 3:30PM - 4:45PM  
 6 weeks, begins: **March 19, 2015**

Kripalu Yoga is a conscious practice of physical yoga postures, breathing exercises and relaxation techniques for integrating body, mind and spirit. Each class is 75 minutes to allow a full 10 minutes at the end for meditation and integration.

**TBC BOOTCAMP** \$48  
*(See Tuesday Class Description)*  
 Diane Sullivan, Hancock Gym  
 8 weeks, begins: **March 24, 2015**

**INTEGRATED LIFE SKILLS CLASS**

**SPRING CRAFTING\*** \$96  
 Patricia Jensen, BHS Fine Arts E135  
 6:30PM - 8:30PM  
 8 weeks, begins: **March 26, 2015**

An Arts and Crafts Program geared to an integrated life skills population. Basic craft designs and projects geared to an integrated life skills population. We will be creating birdhouses, wreaths, home decor and more. **\$5 supplies fee due at first class.**

**QUICK FIX CLASSES**

*online discounts do not apply*

**PAINT NIGHT** \$25  
 Kendra Bourne, Freda's Restaurant  
 6PM - 8PM  
**Monday, April 13, 2015**

No Experience Necessary! This is an opportunity to try painting for the very first time or to show off your talent! You will be taught step by step by our experienced instructor to create your very own master piece. This is not a class based on technique, but rather a fun social experience to jump into the world of painting. Bring a friend or colleague!

*Class fee does not include food and beverage.*

**GET PAID TO TALK!** \$15  
 Jenny Marcotte, BHS Red R205  
**Thursday, March 12, 2015, 6:30PM - 8:30PM**

Have you ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more. This class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare, and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script.

**INTRO TO MODERN DAY COMPUTING** \$24  
 Dr. Nate Daniels, BHS Core B315  
 6:30PM - 8:30PM  
**Monday, March 9, 2015 OR Monday, March 30, 2015**

Do you feel like you've been left behind by technology? Are you struggling with Social Media? Do smartphones make you feel dumb? Well, the good news is, you're not alone. There are thousands of people just like you who just don't quite understand it. In this course, you will have the chance to work with a technology professional, an entrepreneur who can give you advice on how to integrate the technology into your careers and personal lives and will give you a great overview.

**JUST CLAY\*** \$40 (3 nights)  
 Patricia Jensen, BHS Fine Arts E135  
 6:30PM - 8:30PM  
**Monday, April 27, May 4 & 11, 2015**

Create cute sculptures, pendants, and charms out of clay. Supplies are bake clay about 5 colors, air dry clay, and some clay tools.

**BOW MAKING\*** \$25 per night  
 Patricia Jensen, BHS Fine Arts E135  
 6:30PM - 8:30PM  
**March 18, April 15, 29, May 18, 26, 2015**

In one two hour class with only three spools of wired ribbon and pipe cleaners (chenille stems) you will learn the basics of bow making.

**INDIAN CUISINE\*** \$36 (2 nights)  
 Pallavi Mehta, BHS Fine Arts E113  
**Friday, April 10 & 17, 2015**  
 6PM - 9PM

Indian food has gained tremendous popularity in recent years. To food, flavor is everything. There is nothing more exotic than the natural flavors of Indian spices. Come experience the joy of Indian cooking. You will reap the benefits of this class each night. **\$30 food fee due at first class.**

**HOW TO SELECT AN INVESTMENT ADVISOR**  
 \$25 per person per night *or*  
 \$30 per couple per night  
 Kate Hurley, BHS Red R225  
**April 16, 2015, 7PM - 9PM (1 night)**

Many people are offering financial advice these days. How do you choose the investment advisor that is right for you? This seminar will examine the many types of advisors, how to determine the appropriate advisor for your needs and how investment advisors are compensated. Additionally, we will discuss the questions you should ask when interviewing potential advisors and describe the steps you should take to avoid scams.

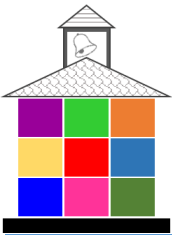
**INVESTMENT STRATEGY FOR MID-LARGE PORTFOLIOS**  
 \$25 per person per night *or*  
 \$30 per couple per night  
 Kate Hurley, BHS Red R225  
**April 30, 2015, 7PM - 9PM (1 night)**

In this course you will learn the same methods and techniques institutions and pension funds use to manage long-term portfolios. This approach can be applied to the management of a mid-to-large 401k, 403b, IRA, mutual fund or brokerage account or to a family's portfolio made up of several of these accounts. You will learn a step-by-step process to determine your goals, determine the investments needed to meet those goals and a system to monitor and manage your account or portfolio over time. Both experienced and novice investors will come away from this course with the ability to immediately employ this practical, common-sense investment method.

**EXTREME COUPONING** \$25 (1 night)  
 Elizabeth Lahens, BHS Yellow Y205  
**Tuesday, May 5, 2015, 6:30PM - 9:30PM**

Do you watch Extreme Couponing and ask how they do it? Well now YOU can!! In this fun 2.5 hour class, you will be taught how to drastically save on groceries, back to school items, meals out, airfare and MORE! Come and learn the tricks of the trade and start saving money today!!! Elizabeth has taken a \$604 grocery bill down to \$4.31 with coupons and YOU can do it too!!!

*\*Materials/supplies are not included in class fee.*



# Brockton Community Schools

## ADULT AQUATICS

Cynthia Glynn/Gina Poliseno

Spring 2015

**SAVE \$10 ONLINE** [www.brocktoncommunityschools.com](http://www.brocktoncommunityschools.com) Choose Adult Enrichment then Spring Catalog

\$10 savings online with classes that meet four or more times per session.



### AQUA EXERCISE COMBO - ALL LEVELS

Mon. & Wed., 7PM - 8:30PM

A combination of deep/shallow water workouts. This is a low-mid impact class, great for those with arthritis/joint conditions.

### LEARN & SWIM - BEGINNER AND INTERMEDIATE LEVELS

Tues. & Thurs., 7PM - 8:30PM

You will learn basic swim strokes to become more comfortable and increase your confidence in the water.

SUN	MON	TUE	WED	THU	FRI	SAT
<b>APRIL 2015</b>			1	2	3	4
5	6	7	8 BHS	9	10	11
12	13	14	15	16 PreK-5	17 PreK-5	18
19	20	21	22	23	24	25
26	27	28	29	30		

SUN	MON	TUE	WED	THU	FRI	SAT
<b>MAY 2015</b>					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25 Holiday	26	27	28	29	30

SUN	MON	TUE	WED	THU	FRI	SAT
<b>JUNE</b>	1	2	3	4	5	6 BHS Graduation
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

**NO CLASS**

**\*LAST CLASS**

Classes with insufficient enrollment are subject to cancellation.

Visit our website for updated information and course/class cancellations.



# BROCKTON COMMUNITY SCHOOLS

## ADDITIONAL INFORMATION

**No Confirmations** The Brockton Community Schools does not send a confirmation of your enrollment. If the course you register for is full, we will notify you with your options.

**Registration Fee** A \$10 registration fee (**included**) is due once per term. This fee is refundable *ONLY* if the course you enroll in is cancelled due to insufficient enrollment.

**Senior Citizen Discount** A 20% discount is available to qualifying seniors 60 and over.

**Tuition** must be paid in full at time of registration. Payment may be made by money order, MasterCard, Visa, Discover, or by cash in person.

**The Brockton Community Schools reserves the right to cancel classes with insufficient enrollment and to make changes in instructor's class schedules due to unforeseen circumstances.**

**Withdrawals/Refunds Policy** If you withdraw from a course at least one week before the start date, you will receive a full tuition refund minus a \$10 processing fee. If we cancel a course or if a course is filled when we receive your payment, you will be given a full refund. If you withdraw less than one week in advance you will be given a course voucher based on the prorated schedule below. Note: The course voucher schedule applies only to courses that meet four or more times.

**Pro-rated Course Voucher:**

- 1.) Withdrawal within one-week before class starts: Full course voucher minus a \$10 processing fee.
- 2.) Withdrawal after class has started, but before 2<sup>nd</sup> class meeting: Course voucher for 75% of course fee minus a \$10 processing fee.
- 3.) Withdrawal after 2<sup>nd</sup> class has met but before 3<sup>rd</sup> class meeting: Course voucher for 50% of course fee minus a \$10 processing fee.
- 4.) No course voucher will be given for withdrawal after the 3<sup>rd</sup> class.

**PLEASE NOTE: Students under the age of 18 may not enroll in any continuing education course.**

The Brockton Public Schools does not discriminate on the basis of race, religion, color, national origin, age, sex, veteran's status, sexual orientation, gender identity or disability in admission to, access to, treatment in or employment in its programs and activities.

Procedures to ensure statutory provisions are delineated in the Brockton Public Schools Procedures Manual.

### Adult Enrichment Programs PLEASE PRINT

Date: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell/Emergency Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Check here to receive periodic updates at the email address provided above

Course Title	Location	Day	Time	Fee
				\$
				\$
				\$
SUBTOTAL				\$
20% Senior Discount (if applicable) -				\$
TOTAL				

FOR OFFICE USE ONLY

Payment:  Cash  Credit/Debit Card  Money Order # \_\_\_\_\_  
payable to Brockton Community Schools



**BROCKTON**  
COMMUNITY SCHOOLS



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[www.brocktoncommunityschools.com](http://www.brocktoncommunityschools.com)  
 Choose Adult Enrichment then the seasonal catalog.