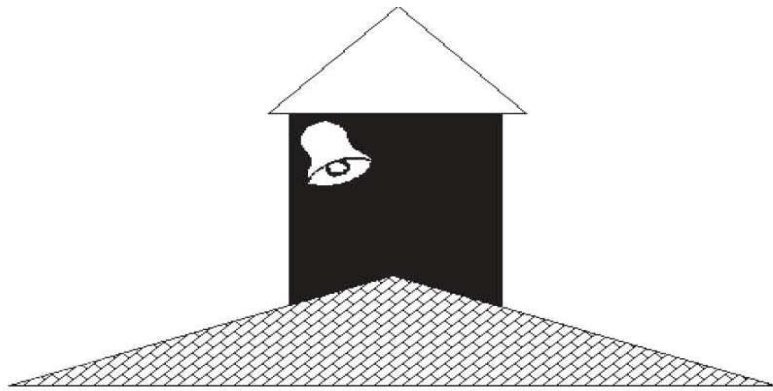


BROCKTON COMMUNITY SCHOOLS

Academic, Enrichment & Recreation Programs



**BROCKTON
COMMUNITY SCHOOLS**

Spring 2014

Classes begin
the week of **March 10, 2014**
unless otherwise noted



**Register online and save \$10
on courses that meet 4 weeks or more!**

www.brocktoncommunityschools.com

**REGISTER ONLINE AND
SAVE \$10
ON COURSES THAT MEET 4
WEEKS OR MORE!**

~MONDAY~

AQUA EXERCISE COMBO Are you looking for a FUN & FIT way to get moving? This is the class for you! Join this energy boosting, core conditioning, fat burning, cardiovascular, strength training, TOTAL BODY workout. Each class will combine a deep water and shallow water workout, excellent for men and women of every level of fitness, with or without limitations. Very low impact makes this ideal for those with arthritis or joint conditions. You will have a FUN evening and leave feeling challenged and refreshed. 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. You will not be going under water but may get splashed.

New ADA approved entry and exit stairs.
This class is held on Monday & Wednesday.

Cynthia Glynn

16 classes, begins, **April 14, 2014**

Mondays: 7:00 pm - 8:30 pm
\$115.00



SELF DEFENSE ANYWHERE FOR ANYONE!
Gain powerful, effective and easy to learn self defense techniques while having lots of fun and getting back into shape. In this course you will learn how to control your attacker. You will also learn very effective self defense techniques that do not require years of practice to achieve. You will practice and learn body vulnerable spots, pressure points and joint control techniques as well as how to deliver power to the right spots quickly.

Thomas Haskins

10 weeks, begins **March 10, 2014**

Mondays: 5:30 pm - 6:30 pm
(Plouffe Middle School) **\$60.00**

Students under the age of 18 may not enroll in any continuing education course.

* Materials and supplies are not included in the class fee.

INTRODUCTION TO SOCIAL MEDIA Are you new to Social Media, Facebook, Twitter, Linked In? Are you a business owner who would like to learn how to specifically expose your business for maximum results? Are you an individual who would just like to keep connected with people you know? This is just the class you need! Join us for 3 nights of Social Networking 101.

Dr. Nate Daniels

3 weeks, begins **March 10, 2014**

Mondays: 6:00 pm - 9:00 pm

Discounts do not apply to this class. \$72.00

CARDIO KICKBOXING FOR EVERYONE

Lots of fun while we all get in shape together! This class is for beginners or intermediate. You will also learn some powerful self defense techniques to complement the martial arts techniques and the workout you get during the rest of the class.

Thomas Haskins

10 weeks, begins **March 10, 2014**

Mondays: 6:30 pm - 7:30 pm

(Plouffe Middle School) **\$60.00**

WIRE WORKING FOR JEWELRY* This class takes you from the beginning of basic wire working to more advanced designs of creating your own clasp ends, wrapped stones, rings, and free form designs. You will receive a list of tools and materials prior to class. Supplies are not included in the cost of the class.

Patricia Jensen

4 weeks, begins **April 28 - May 19, 2014**

Mondays: 6:00 pm - 8:00 pm

\$48.00

~TUESDAY~

BOOT CAMP Get Ready for Summer! Cardiodrills, strength training, toning, and stretching combined to give you a total body workout. Several different workouts will be used throughout the course to keep those muscles guessing. Bring a mat for floorwork and a light set of weights (3-5lbs). Exercises can be modified to all fitness levels.

Diane Sullivan

10 weeks, begins **March 11, 2014**

Tuesdays: 6:00 pm - 7:00 pm

(Hancock School) **\$90.00**



Classes begin the week of
March 10, 2014
unless otherwise noted

AUTO REPAIR - BEGINNER/ADVANCED

Get 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. *James Hathaway*

10 weeks, begins **March 11, 2014**

Tuesdays: 6:00 pm - 9:00 pm

\$180.00

WEAVING SEATS & BASKETS*

Discover the satisfaction of replacing your own hand-woven chair seats. Hand-caning, pressed- cane webbing, fiber rush and seagrass cording, rattan split and binder cane weaving methods will be offered. Bring your antique and modern chair in need of re-weaving or purchase a "learner chair" prior to class. Material costs (payable to the instructor) will be determined during the first class (expect \$10-\$20 per chair). Tools are provided for use, as well as hands-on instruction to remove existing materials. Basketry lesson available if time permits (\$10-\$15 per basket.)

Susan Anderson

Homestead Seatweaving & Basketry

8 weeks, begins **March 11, 2014**

Tuesdays: 5:30 pm - 8:30 pm

\$144.00

ADULT LEARN & SWIM Has lack of confidence & skill kept you out of the water? Do you watch the pool party instead of joining it? Have you ever wished you could swim across the pool? Are your children swimming past you? If you answered YES to any of these questions, if you want to learn basic swim strokes or overcome the fear of putting your face in the water, this is the class for you! Working with our trained, caring & patient instructors, you can become more comfortable while gaining confidence to achieve your personal goals. This class is multi-level so you can progress at your own pace. Space is limited to allow for unique individual attention.

New ADA approved entry and exit stairs.

This class is held on Tuesday & Thursday.

Cynthia Glynn

16 classes, begins Tuesday, **April 15, 2014**

7:00 pm - 8:30 pm

\$115.00

YOGA FOR HAPPINESS & HEALTH

Indulge yourself - good health and fitness for the rest of your life! We'll focus on the basics; postures (asanas), breathing techniques, and simple meditation practices. Learn the freedom it gives you through movement, meditation & mindfulness. Please wear comfortable clothing and bring your own yoga mat.

Lees Yunits

10 weeks, begins **March 11, 2014**

Tuesdays: 5:00 pm - 6:00 pm

(Plouffe Middle School) **\$90.00**

~WEDNESDAY~

AQUA EXERCISE COMBO (See Monday)
This class is held on Monday & Wednesday.

Cynthia Glynn

16 classes, begins Monday, **April 14, 2014**

7:00 pm - 8:30 pm

\$115.00

LINE DANCING Join us for this choreographed dance with a repeated sequence of steps at the same time!

Margaret Wilson

6 weeks, begins **March 12, 2014**

Wednesdays: 6:00 pm - 7:00 pm

(Kennedy Elementary School) \$41.00

EXPLORING WOODWORKING*

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.

Dave Gault

10 weeks, begins **March 12, 2014**

Wednesdays: 6:00 pm - 9:00 pm

\$180.00



~THURSDAY~

ADULT LEARN & SWIM (See Tuesday)
This class is held on Tuesday & Thursday.

Cynthia Glynn

16 classes, begins Tuesday, **April 15, 2014**

7:00 pm - 8:30 pm

\$115.00

BOOT CAMP Get Ready for Summer! Cardio drills, strength training, toning, and stretching. Modified to all fitness levels. Nothing to lose but inches! Bring a light set of weights (3-5 lbs) and an exercise mat for floor work.

Diane Sullivan

10 weeks, begins **March 13, 2014**

Thursdays: 6:00 pm - 7:00 pm

(Hancock School) \$90.00

1 AND 2 NIGHT CLASSES

HOW TO GET DEBT FREE...BY INVESTING IN YOUR DEBT* Make no mistake: "Paying off the balance on a credit card is just about the best investment you can ever make!" says Andrew Tobias, a financial planner. Paying off a 15% credit card is equivalent to getting a 15% return on an investment. See how to achieve true financial freedom by first investing in your debt. This class is not just for those with a debt problem. It's for anyone who wants to build real wealth and achieve true financial freedom. If you have debt payments of any kind - mortgage, credit cards, car loans, etc. - you should attend. You can pay off your credit cards in one to four years and eliminate your 30-year mortgage in another three to six years. You will also understand why the mortgage tax deduction is a fraud. Learn a simple, guaranteed system to eliminate all of your debts so that you can operate on 100% cash. You can do this with your current income without sacrificing your lifestyle or credit score. Bring your list of debts and a calculator to class. You will develop your own debt elimination plan that you can implement immediately into your lifestyle. Course fee includes a 16-page workbook, an \$8.00 value. Optional text is available for \$44.00.

Blanchard Warren, CFISL

1 night, **April 29, 2014**

Tuesday: 6:30 pm - 9:30 pm

Discounts do not apply to this class. \$26.00

LEARN TO EXTREME COUPON AND SAVE\$\$\$

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 Lahens is an Extreme Couponing pioneer from Webster, MA. and owner of www.extremecouponingtoday.com. She has an Associates and Bachelors Degree in Paralegal Studies from Johnson and Wales University and is in the process of writing a couponing book. Elizabeth has taken a \$604 grocery bill down to \$4.31 with coupons and YOU can do it too!!!

Elizabeth Lahens, Extreme Couponing

1 night, **April 14, 2014**

Monday: 6:30 pm - 9:00 pm

Discounts do not apply to this class. \$25.00

INTRODUCTION TO TABLETS, iPADS & MORE Have you been considering upgrading an iPad, Android Tablet, iPhone or more? Get your questions answered in this class and learn the benefits of what is possible.

Dr. Nate Daniels

Monday, **March 31, 2014**

Offered 2 nights:

OR

Thursday, **April 17, 2014**

6:00 pm - 9:00 pm

Discounts do not apply to this class. \$24.00

BASIC JEWELRY* Learn how to create your own necklaces, bracelets, and earrings in just 2, two hour sessions. You will have all the skills needed to create beautiful jewelry when you finish this class. You will receive a list of tools and materials prior to class. Supplies are not included in the cost of the class.

Patricia Jensen

2 weeks, **April 7 & 14, 2014**

Mondays: 6:00 pm - 8:00 pm

Discounts do not apply to this class. \$24.00

INTEGRATED LIFE SKILLS CLASSES

COOKING FOR FUN* This course is geared to an integrated life skills group to plan and prepare a variety of meals, snacks, and desserts. Participants do enjoy their accomplishments at the end of each class. A \$30 material fee is paid to the instructor on the first night of class.

Catherine Todd

10 weeks, begins **March 12, 2014**

Wednesdays: 6:30 pm - 8:30 pm

\$120.00

CRAFTING FOR FUN* An Arts and Crafts Program geared to an integrated life skills population. We will be creating simple crafts that are both decorative and useful. A \$5.00 material and supplies fee is payable to the instructor on the first night of class.

Patricia Jensen

4 weeks, begins **March 27, 2014**

Thursdays: 6:00 pm - 8:30 pm

\$60.00

SPRING CRAFTS* Basic craft designs and projects geared to an integrated life skills population. We will be creating birdhouses, wreaths, home decor, and more. A \$5.00 material and supplies fee is payable to the instructor on the first night of class.

Patricia Jensen

4 weeks, begins **May 1, 2014**

Thursdays: 6:00 pm - 8:30 pm

\$60.00

Check out other programs from Brockton Community Schools:

- UGotClass
- Driver Education
- Summer Programs
- Adult Diploma Classes

- Conservatory of Music
- Expressways to English
- Youth Swimming & Diving
- Smart Start Extended Day

AND MORE!!!

Visit us at:

www.brocktoncommunityschools.com



ONLINE LEARNING...

Learn around your busy schedule! Anytime....Anywhere!
Brockton Community Schools has teamed up with UGOTCLASS
to offer exceptional online educational opportunities.

(<http://www.brocktoncommunityschools.com>)

COURSE TOPICS INCLUDE:



Management

- Accounting & Finance for Non Financial Managers
- Certificate in Non Profit Administration
- Interview Skills
- Management Certificate
- Stress Management
- Supervisory & Leadership Certificate

New Media Marketing

- eMarketing Essentials Certificate
- Google Analytics
- Inbound Marketing Certificate
- Mobile Marketing Certificate
- Video Marketing Certificate

Courses for K12 Teachers

*Group Discount for K12 Teacher Courses

- Gender in the Classroom
- Generational Learning Styles for K12 Teachers
- Social Media & Online Tools for K12 Teachers
- Students with ASD (Autism Spectrum Disorder)
- Substitute Teacher Prep
- Using Cell Phones in the Classroom

Leadership

- Certificate in Leadership Development

Business & Career Skills

- Business Research Certificate
- Certificate in Customer Research
- Certificate in Data Analysis
- Cyber Security for Managers
- Entrepreneurship Certificate
- Media Buying Strategies
- Practical Math for the Workplace

Business Communication

- Advanced Neuro Linguistic Programming
- Certificate in Customer Service
- Certificate in Presentation Media
- Certificate in Workplace Communication
- Neuro Linguistic Programming (NLP) Fundamentals
- Self Publishing eBooks

LEED Green Workplace

- LEED AP + BDC
- LEED for Existing Buildings: Operations + Maintenance Exam Prep
- LEED Green Associate Exam Prep

Professional Development

- Powerful Presentations & Effective Speaking Techniques
- Workplace Ethics & Etiquette

Human Resources

- Business Coaching Certificate

Social Media for Business

- Evernote
- Google +
- Managing Social Media Platforms Certificate
- Marketing with Images
- Social Media for Business Certificate

Training & Education

- Best Practices in Event Management
- Certificate in Designing Webinars
- Certificate in Online Teaching
- Certificate in Teaching Adults
- Certificate in Teaching Adults * Group Discount
- Certified Online Instructor (COI)
- Developing Hybrid Courses
- Fostering Online Discussion

Health

- Dementia Care
- Dementia Care for Family Caregivers
- Key Elements of Elder Care
- Spanish for Medical Professionals
- Spanish for Medical Professionals II

REGISTER ONLINE AND SAVE \$10 ON COURSES THAT MEET FOUR OR MORE WEEKS.
www.brocktoncommunityschools.com

Browse our site to see all of the programs that we offer.

When you are ready to register go to the top right hand corner of the page, above the picture, there will be options for you to choose.

Please choose Login: Adults or Kids (Choose Adults for Adult Programs, Choose Kids if you enrolling your child)

First time users must create an account or login to your account with your existing e-mail and password

Select Course or Program of Interest then Follow the prompts until the checkout is complete

If you need assistance or have questions about the process, please call the
Community Schools office at 508-580-7595.

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.

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 2nd class meeting: Course voucher for 75% of course fee minus a \$10 processing fee.
- 3.) Withdrawal after 2nd class has met but before 3rd 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 3rd class.

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

SPRING classes for Adult Education begin the week of **March 10, 2014** at Brockton High School unless otherwise noted: Plouffe Middle School, Hancock Elementary School or Kennedy Elementary School.

The Brockton Public Schools does not discriminate on the basis of race, color, religion, 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.