

## MONDAY

**Adult Instruction - Beginner Swimming** Beginner swim lessons for adults with little or no water experience. Advanced beginner with some experience focusing on rhythmic breathing with crawl stroke and becoming proficient in other strokes. **K Duchaney**  
Mon: 6:00 - 7:30 PM and/or Thu: 7:15 - 8:45 PM \$70.00 1 night/\$95.00 2 nights

**Adult Lap Swimming** Get into shape with the perfect exercise: lap swimming. Informal instruction is available on stroke techniques & introduction to flip turns. **K Duchaney**  
Mon: 6:00 - 7:30 PM and/or Thu: 7:15 - 8:45 PM \$70.00 1 night/\$95.00 2 nights

**Aqua Exercise** A low impact cardiovascular & strength, total body workout using buoyancy belts, balls, noodles, kickboards, and aqua weights. This class is excellent for men and women of all ages and abilities, with or without limitations. You will have FUN while feeling challenged and refreshed. **K Duchaney**  
Mon and/or Wed: 7:30 - 9:00 PM \$70.00 1 night/\$95.00 2 nights

**Beginner Crocheting\*** Learn the very basic stitches and be able to make a blanket and/or scarf by the end of this 10 week course. **J Brandt**  
Mon: 6:00 PM - 8:00 PM \$114.00

**Candy Making plus Decorating Cupcakes and Brownies\*** You will make a pound of fancy chocolates. Leaves and flowers are just some of the decorations that will be piped into cupcakes and brownies. We'll make frosting for both techniques. Get out your measuring cups and mixers. Some home preparation is necessary for this course. This class is fun for everyone! E-mail me for a supply list to bring to your first class. **D Dragonetti, Wilton Method Instructor**  
Mon: 7:00 PM - 8:45 PM 4 weeks (Begins Nov 29, 2010) \$42.00

**Getting Paid to Talk** Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice acting work for television, film, radio, books on tape, documentaries, and the internet. We will cover the basics, including how to prepare the all important demo and how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and hear examples of demos recorded by professional voice actors. You will have the chance to record a commercial script under the direction of our voicecoaches.com producers. This class is informative, lots of fun, and a great first step for everyone interested in voice acting professionally. **Creative Voice Development Group**  
Mon: Nov 8, 2010: 6:30 PM - 9:00 PM 1 night \$46.00

**Portuguese for Beginners** This course focuses on the fundamentals of the language including speech recognition, comprehension, reading, writing, vocabulary and conversation. The instructor is a native-fluent Portuguese speaker and will focus on the practical grammar and vocabulary you will use in real-life situations. **E Navarro**  
Mon: 7:00 PM - 9:00 PM \$114.00

**Writing Your Memoir with Author Lees Yunits** Do you have stories that are just bursting to be told? Have you experienced something extraordinary? Do you have crazy relatives or is there an episode from your past you wish to preserve for all time? Bring your thoughts, your pen, and your notebook. I will help you discover and write your heart's desire! **L Yunits**  
Mon: 5:00 PM - 6:00 PM \$96.00

## TUESDAY

**Auto Repair - Beginner/Advanced** Gets hands-on experience learning the basics of auto maintenance on your own car under the supervision of an ASE Certified Master Automotive Technician. **M Orthman**  
Tue: 6:00 PM - 9:00 PM \$160.00

**Bags, Boxes and Baubles\*** An Arts and Crafts Program geared to an integrated life skills population. We'll be creating simple crafts that are both decorative and useful from a variety of materials including recycled paper, baskets and beads. **R Edwards**  
Tue: 6:00 PM - 8:00 PM \$114.00

**Ballroom Dancing for Adults with Special Needs** This class is for those with little or no experience in social dance. Dances such as the Fox Trot, Waltz, Swing, Latin, and other Party Dances will be taught. Bring water; wear loose clothes and comfortable shoes. No partner necessary. **D Hursey**  
Tue: 6:00 PM - 7:15 PM \$107.00

**Beginning Ballroom Dancing** This class is for those with little or no experience in social dance. Dances such as the Fox Trot, Waltz, Swing, Latin, and Party Dances will be taught. Bring water; wear loose clothing and comfortable shoes. No partner necessary. **D Hursey**  
Tue: 7:15 PM - 8:30 PM \$107.00

\*Supplies and materials are not included in the class fee.

Classes in red are new to the  
Adult Enrichment and Recreation Fall 2010 program.

**Boot Camp** Get ready to sweat! Cardio drills, kickboxing, strength training, toning and stretching exercises. Lots of variety! Every class is different to keep those muscles guessing. Come boost your metabolism and get into shape. You are worth it! Bring a light set of weights (3-5 lbs) and a mat for floor work. Exercises can be modified to all fitness levels. **D Sullivan**  
Tue and/or Thu: 6:00 - 7:00 PM (Hancock) \$96.00 1 night/\$126.00 2 nights

**Chocolate Making\*** Easy chocolate making using lollipop or special occasion molds. Some molds will be provided by the instructor. **J Brandt**  
Tue: 6:00 PM - 8:00 PM \$114.00

**Deep Water Walking & Core Conditioning Combo** This class is ideal for anyone looking for an energy-boosting, core-conditioning, fat burning, NO-IMPACT workout. This class has all the benefits of cardio, strength training, and core conditioning without the impact. Ideal for men and women of all abilities, ages and for those with arthritis and joint conditions. Participants will wear a buoyancy belt and use a variety of equipment during their workout. **C Glynn**  
Tue: 7:15 PM - 8:45 PM \$70.00

**Introduction to Kettle Bell Training** Developed in Russia to strength train special forces of the Army, kettle bell training in the U.S.A. is now one of the most preferred workouts. Navy Seals, Army Rangers, pro-athletics, movie stars, and people who want to change or challenge their workout use this training. This class will teach basic moves and techniques. Students will learn to incorporate kettle bells into their gym or home routines with the emphasis on safely gaining strength, agility and increased range of motion, while having fun learning new cross-training methods. A 15 lb or 20 lb kettle bell in required. (Hancock) **J Cashin**  
Tue and/or Thu: 7:00 PM - 8:00 PM \$96.00 1 night/\$126.00 2 nights

**The Intuitive Mind with Lois** If you have wanted to take a class on intuition and gut "feelings," this is for you. Gain knowledge of self-awareness, past lives, and healing. Learn the doorway to connecting with your spiritual energy. **L Berman**  
Tue: 7:00 PM - 9:00 PM 8 weeks \$107.00

**Traditional Rug Braiding\*** During this seven week program, students will learn the skills necessary to complete an oval, 2 x 3, braided rug. Students don't need prior rug braiding experience to participate in the classes. If you can thread a needle, sew on a button, and braid your hair you can create your own heirloom rug. **M Stenson**  
Tue: 6:00 PM - 7:30 PM 7 weeks \$96.00

**Traditional Rug Hooking\*** During this seven week program, students will learn the skills necessary to start and complete a small to medium size hooked rug. Students will learn the folk art style of traditional rug hooking. This class will focus on beginner skills. Prior rug hooking experience is not necessary to participate. **M Stenson**  
Tue: 7:30 PM - 9:00 PM 7 weeks \$96.00

**Yoga Level 1** For new practitioners, this class will open up a world you've been wondering about but haven't yet discovered. Come learn the art of controlled breathing, stretching and gentle meditation. Uncover a whole new you! Bring a yoga mat and wear comfortable clothing. **L Yunits**  
Tue: 5:00 PM - 6:00 PM (Plouffe) \$96.00

## WEDNESDAY

**Aqua Exercise** See Monday **C Glynn**  
Mon and/or Wed: 7:30 PM - 9:00 PM \$70.00 1 night/\$95.00 2 nights

**Badminton - Recreational & Competitive** Fundamentals, rules and equipment will be taught. This course will encourage a physically active lifestyle offering both beginners and advanced instruction. Two hour format will include: 30 min for warm up and instruction, 3 - 30 minute sessions of leveled and mixed games. Guest instructors and experts will be brought in from time to time. **E Brunelle**  
Wed: 6:00 PM - 8:00 PM \$114.00

**Continuing Education for Adults with Developmental Delays** This 10-week course will allow students to build on their current language arts and mathematics skills. Other subject areas will also be incorporated throughout the semester (including science, health and current events). Students will be encouraged to participate in classroom discussions and to complete homework assignments that are geared toward increasing their current knowledge. The main goal is to continue helping students develop and refine skills that will help them throughout their lives and support a love of learning that will give them the confidence to keep growing in all areas of their lives. **K Moran**  
Wed: 6:00 PM - 7:30 PM \$96.00

**Cooking for Fun\*** This course is geared for 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 \$30.00 material fee is paid to the instructor. **C Todd**  
Wed: 6:30 PM - 8:30 PM \$114.00

**Digital Photography** Learn how to use your digital camera! This beginner's course will teach you all of the skills to use all the functions of your digital camera. Students will also learn how to upload photos online, photo taking styles, and other useful skills.

**M Khorshidianzadeh**  
\$114.00

**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 work at your own pace and on your own project.

**D Gault**  
\$160.00

**How to Get Debt Free...By Investing in Your Debt** Pay off all your debts, credit cards, car payments, and other consumer debts in as little as 1-4 years and your 30-year mortgage in another 4-6 years. You will complete your own debt elimination plan in class. Bring your list of debts and a calculator to class.

**B Warren, CFISL**  
\$46.00

**Introduction to Crocheting\*** The holidays will soon be here. There is no better gift than one that is "homemade". Learn the proper way from needle size, type of yarn to several stitches. Create a scarf that is unique from you to that "special someone".

**M Keane**  
\$114.00

**Introduction to Windows & Computers** This is a great way to become familiar with a computer. This 12-hour introductory course is designed for the first time user and users who wish to increase their computer skills. You will learn how to navigate through the Windows operating system and any basic skills that are needed to run a computer. Using the power of the internet you will learn how to send e-mail and attachments and use search engines to find information. You will learn how to get recipes, plan a vacation, check stock prices, travel and more.

**N Daniels**  
\$90.00

**Microsoft Word and Excel** This is a perfect course for beginners. Are you looking to advance your career? Many jobs today require the use of these two unique programs. In this course you will learn the basic knowledge in order to use both programs. Three sessions will be on Microsoft Word and the three on Excel.

**N Daniels**  
\$86.00

**Pool Pilates** All the strength and stretching benefits of land Pilates performed in the water. This class will focus on strengthening the core abdominals using correct posture and balance with controlled muscle movements in shallow and deep water. This is a NO impact workout, suitable for men and women of all ages & abilities. Bathing caps are recommended for long hair participants.

**C Glynn**  
\$70.00

**Yoga Level 2** For experienced yoga practitioners, learn to move forward with advanced postures, breathing techniques, and meditations. This practice will help overcome fears and doubts as we experiment with inversions and other interesting asanas. Be all you want to be! And remember your mat!

**L Yunits**  
\$96.00

**Voice Class One** This class is for those who wish to improve their singing skills. Class instruction will concentrate on good singing technique which will enable the student to achieve extrinsic muscle relaxation, good understanding of breath support, increased vocal range, projection, flexibility and vocal stamina. Students will also learn basic knowledge of melody, rhythm, proper diction and interpretation. You will learn several songs from memory and one in a foreign language to present in a recital at the end of the semester. Most of the class time will be spent with students singing for the class and receiving instruction on how to improve the tone, articulation and projection.

**M Bizinkauskas**  
\$114.00

### THURSDAY

**Adult Instruction - Beginner Swimming** See Monday  
**K Duchaney**  
Mon: 6:00 - 7:30 PM and/or Thu: 7:15 - 8:45 PM \$70.00 1 night/\$95.00 2 nights

**Adult Lap Swimming** See Monday  
**K Duchaney**  
Mon: 6:00 - 7:30 PM and/or Thu: 7:15 - 8:45 PM \$70.00 1 night/\$95.00 2 nights

**Basic Crocheting\*** Learn to crochet! Bring some yarn and a size H or J crochet hook. You will learn several stitches and make a scarf and with enough time, a hat to match.

**R Edwards**  
\$114.00

**Boot Camp** See Tuesday  
**D Sullivan**  
Tue and/or Thu: 6:00 - 7:00 PM (Hancock) \$96.00 1 night/\$126.00 2 nights

**Cake Decorating Basics\*** Learn a new skill. Who doesn't like cake, delicious fillings and icing? You will be excited after completing your confections. E-mail me for a supply list to bring to your first class. DeniseDragonetti@verizon.net

**D Dragonetti, Wilton Method Instructor**  
Thu: 7:00 PM - 8:45 PM 4 weeks (Begins Oct 21, 2010) \$45.00

**Gum Paste and Fondant\*** Have you ever covered a cake in Fondant? Ok, you've seen how easy they make it look on the TV Shows. Now come and learn to do it yourself. Purchase the Wilton Gum Paste, Fondant Kit, one 5 lb box of white Wilton Fondant and one bag of Wilton Gum Paste. E-mail me for the additional supplies you'll bring from home. Bring \$5 for you workbook. DeniseDragonetti@verizon.net

**D Dragonetti, Wilton Method Instructor**  
Thu: 7:00 PM - 8:45 PM 4 weeks (Begins Dec 2, 2010) \$45.00

**Introduction to Kettle Bell Training** See Tuesday  
**J Cashin**  
Tue and/or Thu: 7:00 - 8:00 PM (Hancock) \$96.00 1 night/\$126 2 nights

**Master Training - Adult Swim Team** This coed adult competitive swim team is for those who would like to learn or refine the four competitive strokes with their respective starts and turns (flip). Practices will consist of interval sprint and endurance training while sometimes using drills, kickboards, hand paddles, and fins. This class is appropriate for competitive swimmers, triathletes and those looking for a challenging workout.

**K Duchaney**  
\$70.00

**Microsoft Office 2007\*** This course will cover the most basic to the advanced features of Word, Excel, PowerPoint, Outlook and Access. You will learn how to create professional documents, spreadsheets, presentations, and other useful office skills for your workplace. A list of optional supplies will be provided by the instructor.

**M Khorshidianzadeh**  
Thu: 7:00 PM - 9:00 PM \$114.00

**Three S's Yoga** A mixed-level class which focuses on the integration of postures (asanas), with breath (pranayama). All postures are adapted to address specific physical needs of individual students. Those new to yoga will learn to integrate breath and movement while developing more body awareness. Those students with more experience will deepen their practice in familiar postures while building strength and flexibility. The goal is to develop core strength in order to enhance stability and flexibility, and cultivate a quiet mind as a means of reducing stress.

**J Delaney**  
\$96.00

**Vote with Your Feet** Get Involved! As a private citizen in MA, you can file your own bill. Learn how to begin the process. Get sponsors on your bill, track it, lobby it, and follow the process through to enacted legislation. Make your voice heard! We are one of the last states to have this "right". Hear local representatives explain how the committees are working and hear insight into citizens "bill filing".

**M Keane**  
\$36.00

**Zumba** This is a Latin inspired dance-fitness class that incorporates Latin and International music and dance movements, which creates a dynamic, exciting and effective fitness system. This class format combines rhythms that tone and sculpt the body in an aerobic fashion to achieve a unique blended balance of cardio and muscle toning benefits.

**M Prevet**  
\$96.00

### SUNDAY

**Family Swim** Enjoy a family swim in our indoor heated pool. Cool down, exercise, or practice swimming techniques. This is an activity the whole family will look forward to participating in this fall.

Sun: 2:00 PM - 4:00 PM 4 weeks \$60.00  
Each additional week \$15.00

\*Supplies and materials are not included in the class fee.

Classes in red are new to the  
Adult Enrichment and Recreation Fall 2010 program.

NEW

Register online at  
[www.brocktoncommunityschools.com](http://www.brocktoncommunityschools.com)

Classes begin the week of October 18, 2010 unless otherwise noted