

#### **Art Classes**

Art classes are open to high school students through senior citizens. Students purchase their own supplies. Email marbuco@ccsd.edu for list.

#### **Drawing**

Quick drawing lessons each day covering techniques of measuring, shading, materials, or requests followed by time to work on whatever you want to draw.

Course SP2401A Gwynn Guerriero

Starts: 4/15 5 Monday mornings 11:00 – 12:30

Fee: \$85 Resident \$95 Non-resident

#### **Open Studio**

Artists of all levels get together to paint individual projects in any medium. Instructor is available to supply help or source material.

Course SP2402M Gwynn Guerriero

Starts: 3/27 10 Wed. afternoons 1:45 – 4:45

Fee: \$160 Resident \$170 Non-resident

Course SP2403A Gwynn Guerriero

Starts: 4/14 6 Sunday mornings 10:30 – 1:30

Fee: \$100 Resident \$110 Non-resident

#### **Portrait Drawing in Pencil**

Learn to draw realistic portraits in pencil by recognizing proper placement of the features. Step by step demos will explain proportions, shapes, angles, and values.

Course SP2404A Janice Baragwanath

Starts: 4/19 5 Friday afternoons 1:00 - 3:00

Fee: \$85 Resident \$95 Non-resident

#### Seascape Painting

Learn to paint light on the surface of water. Instructor and video demos to follow. Choose which canvas size you want.

Oil or acrylic paint. Beginners welcome!

Course SP2405M Gwynn Guerriero

Starts: 3/27 5 Wed. mornings 10:30 – 1:30

Fee: \$90 Resident \$100 Non-resident

#### **Floral Painting**

Paint a loose impressionistic floral with demonstrations. Oil or acrylic paint. Bring a 16 x 20 canvas. Beginners welcome!

Course SP2406X Gwynn Guerriero

Starts: 5/1 5 Wed. mornings 10:30 – 1:30

Fee: \$90 Resident \$100 Non-resident

#### Stained Glass Workshop Beginner & Intermediate

Beginners learn the copperfoil method. Basic skills of designing, cutting, foiling, and soldering will be covered. Work at your pace. First class: demonstration and orientation of tools and safety procedures. Basic kit can be purchased from the instructor at the second class for \$145. Kit includes tools and materials for dozens of projects and glass for the first project. Intermediates: learn 3D construction of stained glass such as lamps and boxes. Bring your tools to the first class. Glass and lamp bases are approximately \$100.

Course SP2407M Ronnee Peters

Starts: 3/27 10 Wed. evenings 6:00—9:00

Fee: \$220 Resident \$240 Non-resident

The Community Learning Center will be closed: 3/29 through 4/1, 4/22 & 4/23 and 5/24 through 5/27

#### **Pastel Painting**

Artists of all levels welcome. Students may work on their own projects or work along with the instructor on a suggested painting. Class includes individual instruction and demonstration in basic pastel techniques.

Course SP2408A Joyce Byrnes

Starts: 4/2 7 Tuesday evenings 6:00 - 8:30

Fee: \$115 Resident \$125 Non-resident

Course SP2409A Joyce Byrnes

Starts: 4/5 7 Friday mornings 10:00 - 12:30

Fee: \$115 Resident \$125 Non-resident

#### **Painting from the Masters**

We will be painting American Gothic. You can edit the faces to one of your own-your kids, your dogs, etc. You will need a 16 x 20 canvas and a 16 x 20 line drawing.

Course SP2410A Gwynn Guerriero

Starts: 4/15 6 Monday afternoons 12:45 – 3:45

Fee: \$100 Resident \$125 Non-resident

#### The Renaissance

Explore the Renaissance era through late Renaissance art and then to the artists of Venice. This lecture-based class will travel you back to the 1400s to look at works from the areas outside of Italy. Optional trip to the Metropolitan Museum of Art at the end.

Course SP2411A Joan Quinn

Starts: 4/3 5 Wed. evenings 5:30-7:30

Fee: \$110 Resident \$120 Non-resident

#### Color Mixtures in Watercolor

Learn the characteristics of watercolor paints and how to achieve realistic skin tones, luminous shadows, rich darks, and natural greens. Bring your own paints, brush, palette, water containers and paper for testing colors.

Course SP2412A Janice Baragwanath

Starts: 4/5 2 Friday afternoons 1:00-3:00

Fee: \$50 Resident \$60 Non-resident

#### Wading through Watercolor (Non-beginner)

For those with watercolor experience. Each week the instructor will break down new and exciting techniques of watercolors in a relaxing environment with hands-on instruction. Each week delve into a new painting with Jayne demonstrating while the class follows suit or students can work on personal pieces.

Note: time change for Tuesday classes.

Course SP2413M Jayne Conte

Starts: 3/26 10 Tuesday mornings 10:30 – 1:00

Fee: \$150 Resident \$160 Non-resident

Course SP2414M Jayne Conte

Starts: 3/26 10 Tuesday afternoons 1:30 – 4:00

Fee: \$150 Resident \$160 Non-resident

Course SP2415M Jayne Conte

Starts: 3/28 10 Thursday mornings 10:00 - 12:30

Fee: \$150 Resident \$160 Non-resident

Course SP2416M Jayne Conte

Starts: 3/28 10 Thursday afternoons 1:00 - 3:30

Fee: \$150 Resident \$160 Non-resident

#### Watercolor Painting—Beyond the Basics

For those students who understand the basics of watercolor and are ready to take their painting to the next level. Experience with watercolor paints and brushes, as well as the fundamental techniques are needed. Students can follow along with the instructor on a new subject each week or receive guidance on their personal projects.

Course: SP2417M Jamey Jackson

Starts: 3/28 10 Thursday evenings 6:30—9:00

Fee: \$150 Resident \$160 Non-resident

#### **Tour of the Cloisters (Back by Popular Demand)**

Join us for a guided tour of the Cloisters, a museum dedicated to medieval European art and architecture. We will see Romanesque and Gothic areas, the Unicorn Tapestries, and the Cloister Gardens. The Cloisters is not handicap accessible and participants must be able to walk up stairs. Transportation provided by CCSD school bus. Participants will meet at the Community Learning Center in Congers at noon for bus departure. The tour will last approximately 90 minutes and then participants will have one hour to explore on their own or get something to eat at the café. Arrival back at the CLC is estimated to be at 5:30 pm. Group admission is \$28 for adults/\$22 for senior citizens payable in cash upon arrival. Space is limited.

Course SP2418A Joan Quinn

Date: 4/23 One Tuesday afternoon 12:00 - 5:30

Fee: \$60 Resident \$70 non-resident

Thank you to Robin Laufer for allowing us to use her pastel painting of the hummingbird on the cover of our brochure. Robin has taken many of our art classes.

#### Games to Learn and Play

#### Canasta

Learn to play this fun & challenging card game. Played with two decks of cards and a partner gives you hours of fun!

Course SP2419A Lisa Friedman

Starts: 4/5 6 Friday mornings 9:30 - 11:30

Fee: \$100 Resident \$110 Non-resident

#### Canasta Advanced Strategies and Play NEW!!!

If you already know the basics of Canasta but want to improve your game, this class is for you! Take your game to the next level with walk around assistance from Lisa!

Course SP2420A Lisa Friedman

Starts: 4/5 4 Friday mornings 11:30 - 1:30

Fee: \$70 Resident \$80 Non-resident

#### **Advanced Beginner Mah Jongg**

You have learned the basics of the game but still need a little fine tuning before you can play with the pros. Enroll in this class and watch your game soar to new heights! **2024 Mah Jongg card required**. Order using this link:

https://mahjonggmaven.com/product/2023-pre-order-national-mahjongg-league-card/ Game supplied.

Course SP2421A Stacy Budkofsky

Starts 4/5 5 Friday mornings 11:00 - 1:00

Fee: \$120 Resident \$130 Non-resident

#### **Music Lessons**

#### Introduction to the Guitar, Beginner

Music has often been called the universal language that we can all relate to, and the guitar is an excellent way to experience this. Learn in simple, easy to understand language, the skills used for holding the guitar, strumming chords, and playing melodies. Class is fun and interactive and will have you playing familiar songs in no time.

Course SP2422M Burr Johnson

Starts 3/27 10 Wed. evenings 6:15 - 7:00

Fee: \$150 Resident \$160 Non-resident

#### Introduction to the Guitar - Advanced Beginner

This class builds on the kind of skills acquired in Introduction to the Guitar, Beginner. You will work on refining the basics of guitar playing and continue learning new melodies and chord progressions of fun and familiar songs. Students are given individual attention as we all move towards the goal of personal improvement.

Course SP2423M Burr Johnson

Starts 3/27 10 Wed. evenings 7:00 - 7:45

Fee: \$150 Resident \$160 Non-resident

#### **Intermediate Guitar**

This level of guitar class is designed to help those who have experience in guitar to improve their playing. If you are someone who plays the guitar a bit and are ready to learn some new things that will help you play better, this class is for you! We work on familiar songs and build on our guitar skills in the process. It is super fun to improve your playing.

Course SP2424M Burr Johnson

Starts 3/27 10 Wed. evenings 7:45 - 8:30

Fee: \$150 Resident \$160 Non-resident

#### Piano for Children (Grades 1-5)

A great way for your child to begin to learn the piano and the art of music. Students will be introduced to note reading by playing familiar children's songs. Sessions are progressive; your child can continue to take the class and pick up where they left off. Keyboards are available to use—no rentals are needed. A one-time book fee of \$10 will be collected at the first class (cash or check). Fee: \$200

Course SP2425M

Bob Goetz

Starts 3/28

10 Thursday afternoons

4:00-4:45

#### **Chorus for Adults**

If you enjoy singing, why not sing with friends? Each week work on different vocal warm-ups and techniques. Sing songs from different genres and have fun putting together our own touches to each song.

Course SP2426M

Leonora Breen

Starts: 3/25

8 Monday afternoons

4:30—5:30

Senior Fee:

\$85 Resident

\$95 Non-Resident

#### **Private Piano Lessons for Seniors**

It's never too late to learn how to play the piano! A fun way for beginners to learn the basics in a private lesson setting. Lessons start with basic music, reading and playing. Play simple songs in no time! These are individual lessons; progress at your own rate. A piano and keyboard are provided for lesson time. A one-time book fee of \$27 will be collected at the first class payable by cash or check. Students in previous sessions will continue their studies. Timeslot scheduled after registration is complete. Each private lesson is thirty minutes.

Course SP2427M

**Bob Goetz** 

Starts 3/27

10 Wed. afternoons

10:00 - 3:00

Course SP2428M

**Bob Goetz** 

Starts 3/28 10 Thursday afternoons 10:00 - 3:30

Senior Fee: \$170 Resident

\$180 Non-resident

#### Language and Writing Classes

#### Beginner German for Adults NEW!!!

German is the second most spoken language on the continent of Europe. 134 million people speak German. It has many similarities to English and is easy to learn. Class is for adults seeking to learn German for personal growth, travel, or business. Have fun while learning some basics through games, music, role plays and more!

Course SP2429M

Mini Abraham

**Starts: 3/26** 

10 Tuesday afternoons 4:00 - 5:00

Fee:

\$120 Resident

\$130 Non-resident

#### **Creative Writing**

Get your creative juices flowing and free up the would-be-writer in you from inhibitions you may have. Designed to function as the workshop that takes your pet project from conception through to fruition. We accomplish this by ruthlessly revising and editing within a supportive atmosphere of concerned colleagues and participating in vigorous discussion of the work.

Course SP2430M

Bill Hohlfeld

Starts: 3/27 8 Wednesday afternoons 4:00-6:00

Fee:

\$130 Resident

\$140 Non-resident

#### **Diabetes Class**

#### **Living Well with Diabetes**

Free program offered by the Rockland County Department of Health. Learn how to prevent complications, keep track of your blood sugar, eat healthier, be more physically active, and learn to cope with stress and take charge of your health.

To register call 845-364-2500. Space is limited so register early!

Starts: 4/11 6 Thursday afternoons

1:30 - 4:00

#### **CPR Classes (No discounts apply)**

#### To register for CPR classes please contact Stefanie Rosenthal at

Prepared for Life at <a href="www.preparedforlifecpr.com">www.preparedforlifecpr.com</a> or call 845-428-9496.

#### BLS for Healthcare Providers (Basic Life Support)

#### 2 Year Certification

BLS course is intended for all Healthcare Providers with clinical responsibilities including dentists, nurses, hygienists, pharmacists, physicians, paramedics, respiratory therapists, physician's assistants, or nursing students. This course trains participants to promptly recognize cardiac arrest with a focus on High-quality CPR for infant/adult/child, deliver appropriate ventilations and provide early use of an AED.

#### Fee: \$95 Choose one date:

Thursday evening	6:00 - 9:00	3/28, 4/18, 5/23
Wednesday morning	10:00 - 1:00	3/27, 4/17, 5/22

#### AHA Heartsaver Family & Friends CPR (Tweens through Adults)

This course is ideal for parents, grandparents, babysitters, and others interested in learning CPR but do <u>not</u> need a CPR course completion card. It teaches lifesaving skills for adults, children and infants of CPR, AED use, and how to relieve choking.

#### Fee: \$55 Choose one date:

Sunday morning	10:00 - 12:00	4/7 or 5/19
Tuesday evening	6:00 - 8:00	4/2 or 5/14

#### AHA Heartsaver Adult/Child/Infant CPR AED

#### 2 Year Certification

This video-based, instructor-led certification course teaches CPR and AED use and how to relieve choking in adults, children & infants. The course will also teach you how to recognize cardiac arrest, get emergency care on the way quickly and help a person until more advanced care arrives to take over.

#### Fee: \$80 Choose one date:

Tuesday evening 6:00 - 8:30 3/26, 4/16, 5/21Thursday morning 11:30 - 2:00 3/28, 4/18, 5/23

Photography Classes (No discounts apply)
To register for Digital Photography classes,
call (646)854-5367 or register online at
www.dengrovestudios.com/classes. All classes require a fully
charged camera with an instruction manual. Open to High
school students through senior citizens.

#### **Intermediate Digital Photography NEW!!!**

Take your photos to the next level through classroom lectures, demonstrations, and instructor led photo shoots. Topics covered include advanced exposure control, histogram, focus point selection, custom white balance, shooting in RAW, compelling composition techniques, storytelling, dynamic natural lighting, and light modifiers. Pre-requisites: students must have taken Intro to Digital Photography or equivalent. A digital single lens reflex camera or mirrorless camera with interchangeable lenses and manual settings is required. Fee: \$185

Starts: 4/3 6 Wednesday evenings 6:00 - 8:30

#### **Craft Classes**

#### Let's make More Jewelry

Take your introductory beaded jewelry skills to the next level! Using wire, cords, beads and wire, students will explore various techniques such as wirewrapping, knotting, macrame and beadweaving.

Previous experience recommended. Supplies included.

Course SP2431A Marianne Olberman

Starts: 4/8 6 Monday mornings 9:30 – 11:30

Fee: \$120 Resident \$130 Non-resident

#### **Italic Calligraphy NEW!!!**

The italic hand is a Renaissance development that combines grace and versatility. From invitations to signage, envelopes to love letters, Italic can be plain or dressed up with flourishes and be elegant. We will study and copy the letter forms slowly and carefully but have fun too!

Course SP2432M Elinor Holland

Starts: 3/26 8 Tuesday evenings 6:00 - 8:00

Fee: \$130 Resident \$140 Non-resident

#### **Unlock Your Creativity with Cricut ® NEW!!!**

Are you ready to embark on a creative journey like no other? Cricut® Design Class for beginners is the perfect opportunity to unleash your artistic potential and transform ordinary materials into extraordinary works of art! Whether you're a crafting novice or looking to enhance your skills, this class is designed just for you. Bring your laptop or tablet with the app downloaded to first class.

Course SP2433M No class 4/4 Sydney Rachlin

Starts: 3/25 5 Monday evenings 6:00-7:00

Fee: \$70 Resident \$80 Non-resident

#### **Gardening Classes**

#### In cooperation with Rockland Cornell Cooperative Extension Facilitated by Master Gardeners.

#### Each course \$25 Resident/\$30 Non-resident

Visit our website at <a href="https://www.ccsd.edu/clc">www.ccsd.edu/clc</a> for course descriptions.

**Improving an Existing Lawn** 

Course SP2434M Jeff Schwartz

Date: 3/25 One Monday evening 6:30 - 8:00

Ticks: How to Keep Yourself and Your Property Tick Free

Course SP2435M Kristen Ossmann

Date: 3/28 One Thursday evening 6:30 - 8:00

**Dealing With Wildlife in your Backyard** 

Course SP2436A Ann Barry

Date: 4/2 One Tuesday evening 6:30 - 8:00

**Native Plants for Your Garden** 

Course SP2437A Donna DeSousa

Date: 4/9 One Tuesday evening 6:30 - 8:00

**Gardening in the Shade** 

Course SP2438A Ann Ellis

Date: 4/16 One Tuesday evening 6:30 - 8:00

**Edible Landscaping** 

Course SP2439A Donna DeSousa

Date: 4/30 One Tuesday evening 6:30 - 8:00

Crops in Pots-Growing Fruits and Vegetables in Containers

Course SP2440X Vivienne Dieckmann

Date: 5/7 One Tuesday evening 6:30 - 8:00

**Managing Invasive Plants In Home Gardens** 

Course SP2441X Ann Barry

Date: 5/14 One Tuesday evening 6:30 - 8:00

#### **Health & Well Being Classes**

#### T'ai Chi Chih®

Joy thru Movement is a moving meditation based on the Far East principles of serenity, wisdom, wellness, and longevity. This easy to learn discipline consists of 19 movements and 1 pose, all of which are gentle, soft, and flowing. Can be done by people of all ages while seated or standing regardless of physical abilities. When practiced, the vital force energy (chi) is activated, circulated, and balanced to bring calmness and inner peace to the mind and body. The practice of T'ai Chi Chih provides many physical and emotional benefits.

Wear comfortable clothing, flexible shoes, or stocking feet.

Course SP2442M Intermediate Oreann Kempadoo, RN

12:00 - 1:008 Monday afternoons Starts: 3/25

\$90 Resident \$100 Non-resident Fee:

Course SP2443M Beg./Interm. Oreann Kempadoo, RN

8 Tuesday afternoons 12:00 – 1:00 Starts: 3/26

\$90 Resident Fee: \$100 Non-resident

Oreann Kempadoo, RN Course SP2444A Beg./Interm.

8 Sunday mornings 10:00 - 11:00Starts: 4/7

\$90 Resident Fee: \$100 Non-resident

#### Yoga for Flexibility and Balance

Learn classic yoga postures to increase flexibility, balance, strength, and range of motion. No experience necessary. Bring a yoga mat and a block.

Course SP2445A Devin DaCosta

Starts: 4/5 8 Friday mornings 10:30 - 11:30

\$90 Resident \$100 Non-resident Fee:

#### Chair Yoga

Yoga builds strength & increases flexibility. While listening to relaxing music seated on a chair, learn breathing techniques, gentle hip openers, side stretches, and more to increase flexibility. Bring a yoga strap and a foam block.

Course SP2446M Siobhan O'Shea

Starts: 3/25 10 Monday afternoons 12:00 - 1:00

Fee: \$110 Resident \$120 Non-resident

Course SP2447M Siobhan O'Shea

Starts: 3/27 10 Wed. afternoons 12:00 - 1:00

Fee: \$110 Resident \$120 Non-resident

#### Gentle Yoga

This class is appropriate for all students seeking the benefits of a very relaxing, gentle, and restorative practice. Deep restorative work improves range of motion and joint mobility, reduces pain and the effects of stress. Students with injuries, arthritis or other chronic conditions, limitations related to age or size as well as students with a more vigorous yoga practice will benefit from this practice. You will need a mat, a yoga strap and a block and water.

Course SP2448M Siobhan O'Shea

Starts: 3/26 10 Tuesday mornings 10:45 – 11:45

Fee: \$110 Resident \$120 Non-resident

Course SP2449M Siobhan O'Shea

Starts: 3/28 10 Thursday afternoons 12:00 - 1:00

Fee: \$110 Resident \$120 Non-resident

The Community Learning Center will be closed: 3/29 through 4/1, 4/22 & 4/23 and 5/24 through 5/27

#### Restorative Yoga

A reset for the body and mind! Restorative yoga is a slow, soothing, meditative style of yoga that focuses on deep stretching by holding the postures for several minutes on the floor. During the posturing, one-to-two-minute meditations are practiced to increase relaxation, reduce stress, & deepen breath techniques. Bring a yoga mat, towel, strap, and block.

Course SP2450M Devin DaCosta

Starts: 3/27 10 Wed. mornings 10:30 – 11:30

Fee: \$110 Resident \$120 Non-resident

#### Hatha Yoga

Hatha yoga includes mediation breath work, stretching, & strengthening of the muscles and the proper sequencing of yoga poses. Leave each session with a renewed sense of well-being, a stretched and strengthened body and a calm, clear mind. Bring a mat, yoga strap and blocks.

Course SP2451M Donna Leavy

Starts: 3/26 10 Tuesday mornings 9:00 – 10:00

Fee: \$110 Resident \$120 Non-resident

Course SP2452M Donna Leavy

Starts: 3/27 10 Wed. evenings 6:00 - 7:00

Fee: \$110 Resident \$120 Non-resident

Course SP2453M Donna Leavy

Starts: 3/28 10 Thursday mornings 9:30 - 10:30

Fee: \$110 Resident \$120 Non-resident

#### Basic Yoga

This traditional yoga class integrates posture (asanas), breathing techniques (pranayama), energy work, and deep relaxation for the whole being. Relieve tension without strain. Enjoy increased flexibility and range of motion. Wear loose clothing and bring a mat, towel, and water. **No classes 4/2 & 4/4.** 

Course SP2454M Marie Gartshore, E-RYT200

Starts: 3/25 10 Monday evenings 7:00 - 8:00

Fee: \$110 Resident \$120 Non-resident

Course SP2355M Marie Gartshore, E-RYT200

Starts: 3/26 10 Tuesday evenings 7:15 - 8:15

Fee: \$110 Resident \$120 Non-resident

Course SP2456M Marie Gartshore, E-RYT200

Starts: 3/28 10 Thursday evenings 7:00 - 8:00

Fee: \$110 Resident \$120 Non-resident

Course SP2457A Marie Gartshore, E-RYT200

Starts: 4/13 7 Saturday mornings 10:45 – 11:45

Fee: \$80 Resident \$90 Non-resident

#### Past Life Regression NEW!!!

This is a therapeutic technique that aims to access & explore an individual's past memories & experiences which are believed to be from a previous life. Donna will guide you into a relaxed state through a guided imagery & into a deep state of relaxation to gain insight from assumed past lives that can facilitate healing, self-discovery, and understanding of present-day challenges. Will be done seated or lying down. Bring a mat and pillow if lying down.

Course SP2458A Donna Lorence

Date: 4/20 One Saturday morning 9:15 - 10:30

Fee: \$30 Resident \$40 non-resident

#### Melt Method Series for Whole-Body Wellness

Using MELT soft foam rollers and therapy balls we'll discover a path to holistic wellness fostering pain relief, stress relief, anti-aging, relaxation, increased mobility, a renewed sense of well-being, and a healthier, happier you. These targeted, clinically proven, and gentle self-treatment techniques are for all ages and fitness levels. Bring an exercise mat, done barefoot or with socks, and must be able to get up and down from the floor and work independently.

Course SP2459A Donna Lorence

Date: 4/21 One Sunday morning 10:00 - 11:30

Fee: \$40 Resident \$50 Non-resident

#### **Meditation and the Art of Stillness**

A regular meditation practice enables more restful sleep, stress and anxiety reduction and management, a quiet mind and body, increased mental clarity, heightened perception, creative inspiration, and self-healing. Establish regular meditation practice and achieve a state of tranquility that pervades your everyday life. Wear loose clothing. No class 4/2 & 4/4.

Course SP2460M Marie Gartshore, E-RYT200

Starts 3/26 10 Tuesday evenings 5:45 - 6:45

Fee: \$110 Resident \$120 Non-resident

Course SP2461M Marie Gartshore, E-RYT200

Starts 3/28 10 Thursday evenings 5:45 - 6:45

Fee: \$110 Resident \$120 Non-resident

Course SP2462A Marie Gartshore, E-RYT200

Starts 4/13 7 Saturday afternoons 12:00 – 1:00

Fee: \$80 Resident \$90 Non-resident

#### Reiki - Energy for Mind, Body, Spirit

This ancient Japanese energy healing technique harmonizes and balances the whole person physically, mentally, and emotionally while stimulating the body's natural healing process. Donna will clear the Chakra energy centers & provide both group and one-on-one healing in a non-invasive manner utilizing crystals, Tibetan sound bowls and guided meditation. Bring a mat or sit in a chair.

Course SP2463A Donna Lorence

Starts: 4/28 One Sunday morning 10:15-11:30

Fee: \$30 Resident \$40 Non-resident

#### **Vision Board Manifesting Workshop NEW!!!**

This fun and empowering workshop combines creativity and self-reflection to create a personal collage of goals for personal growth, manifestation, and aspirations in different areas of life such as finances, relationships, health, career, family, etc. With a short visualization meditation and a brief intro to the concept of vision boards, create one with the supplied materials that serve as creative and tangible expressions of these goals and desires. Participants are encouraged to bring their own magazines, clippings, photos, etc.

Course SP2464X Donna Lorence

Date: 5/5 One Sunday morning 10:00 - 1:00

Fee: \$50 Resident \$60 Non-resident

#### **Makeup Application Classes**

#### How to Apply Your own makeup and Skin Care

Learn to apply your own makeup with confidence! Learn how to find the right makeup colors and the proper techniques to use to bring out your best features. Learn how to keep your skin looking flawless and youthful, along with tips and tricks with makeup and skincare. Must be 18 years of age. Supply list provided at first class.

Course SP2465X Carrie DeVito

Starts: 5/7 4 Tuesday evenings 7:00 - 9:00

Fee: \$75 Resident \$85 Non-resident

#### **Dance and Exercise Classes**

Please consult your physician prior to starting an exercise class.

#### **Line Dancing – Beginner**

Line dancing is a great form of exercise! Beginner class is for those just starting out. Learn basic steps and how to put them together to do easy, popular line dances to various music genres. No partner needed. No sneakers.

Course SP2466M Keriann Marshall

Starts: 3/25 10 Monday evenings 7:00 - 8:00

Fee: \$110 Resident \$120 Non-resident

#### Line Dancing-Advanced Beginner/Intermediate

If you know the basics of line dancing and are ready to move on to more advanced steps and dances, then this class is for you! No partner needed. No sneakers.

Course SP2467M Keriann Marshall

Starts: 3/25 10 Monday evenings 8:00 - 9:00

Fee: \$110 Resident \$120 Non-resident

#### Strengthen and Stretch NEW!!!

Thirty minutes of strength training followed by thirty minutes of stretching to give your muscles the challenge and recovery needed for optimal health and fitness. Bring a pair of dumbbells, a mat and water. **No class 4/9.** 

Course SP2468M Devin DaCosta

Starts: 3/26 8 Tuesday mornings 10:30 – 11:30

Fee: \$90 Resident \$100 Non-resident

#### **Pilates**

Course focuses on the core postural muscles which keep the body balanced and are essential to providing support to the spine. Teaches awareness of breath and alignment of the spine and aims to strengthen the deep abdominal muscles. Bring a mat.

Course SP2469M Siobhan O'Shea

Starts: 3/25 10 Monday mornings 9:30 - 10:30

Fee: \$110 Resident \$120 Non-resident

Course SP2470M Barb Casper

Starts: 3/26 10 Tuesday evenings 6:00 - 7:00

Fee: \$110 Resident \$120 Non-resident

Course SP2471M Barb Casper

Starts: 3/28 10 Thursday evenings 6:00 - 7:00

Fee: \$110 Resident \$120 Non-resident

Course SP2472A Barb Casper

Starts: 4/7 8 Sunday mornings 10:00 – 11:00

Fee: \$80 Resident \$90 Non-resident

#### **Pop Pilates**

POP Pilates is a mix of modern, upbeat, and classical Pilates exercises all set to a heart-pumping playlist. Each song track focuses on a different muscle group leaving no muscle untouched. Bring a mat. **No class 4/9.** 

Course SP2473M Devin DaCosta

Starts: 3/26 8 Tuesday mornings 9:15 – 10:15

Fee: \$90 Resident \$100 Non-resident

#### **Sweating to the Oldies**

A fun way to get in shape! Easy to follow dance routines to your favorite oldies music (1950's and on) No experience necessary. Wear sneakers or dance shoes. Bring water.

Course SP2474M Laura Trent

Starts: 3/26 9 Tuesday mornings 11:00 – 11:45

Fee: \$100 Resident \$110 Non-resident

#### **Sweating to the Oldies with Weights**

Dance routines to your favorite oldies music combined with some weight work to improve muscle strength! Wear sneakers or dance shoes. Bring 1-3pound weights.

Course SP2475M Laura Trent

Starts: 3/28 10 Thursday mornings 10:40 – 11:25

Fee: \$110 Resident \$120 Non-resident

#### **Total Body Conditioning**

Exercises to strengthen and tone all muscles plus improve balance and stamina. Bring lightweight dumbbells and a mat. We will provide fitness ball and Xrtubes.

Course SP2476M Barb Casper

Starts: 3/27 10 Wed. evenings 7:00 - 8:00

Fee: \$110 Resident \$120 Non-resident

Course SP2477A Barb Casper

Starts: 4/6 8 Saturday mornings 10:30 – 11:30

Fee: \$90 Resident \$100 Non-resident

Those 60 years of age receive a 20% discount unless otherwise noted.

#### Muscle Strength and Endurance for Seniors (Beginner)

Move to music through exercises designed to increase muscular strength, range of motion, and help with everyday functions. A chair is available for seated or standing support. The chair will also be used to incorporate some of the exercises. Course designed for men and women. Improve your agility, balance, muscle strength, cardiovascular endurance, and flexibility. No floor exercises. You will need 1-to-3-pound weights.

Course SP2478M Siobhan O'Shea

Starts: 3/25 10 Monday mornings 10:45 – 11:45

Senior Fee: \$85 Resident \$95 Non-resident

Course SP2479M Siobhan O'Shea

Starts: 3/27 10 Wed. mornings 10:45 – 11:45

Senior Fee: \$85 Resident \$95 Non-resident

#### **Muscle Strength & Endurance for Seniors** (Intermediate)

Intended for those who have taken Muscle Strength and Endurance for Beginners or are not a beginner. No floor exercises. You will need 1-to-3-pound weights.

Course SP2480M Siobhan O'Shea

Starts: 3/26 10 Tuesday mornings 9:30 – 10:30

Senior Fee: \$85 Resident \$95 Non-resident

Course SP2481M Siobhan O'Shea

Starts: 3/28 10 Thursday mornings 9:30 – 10:30

Senior Fee: \$85 Resident \$95 Non-resident

All classes are held at the Clarkstown Learning Center 9 Lake Road, Congers, NY 10920

#### **WalkFit**

Energize your outdoor routine indoors! Fitness walking varying in pace & directional changes with balance and coordination drills combined with weight exercises to strengthen all major muscle groups for an effective workout! Bring handheld dumbbells.

Course SP2482M Barb Casper Starts: 3/25 10 Monday evenings 6:00 – 7:00

Fee: \$110 Resident \$120 Non-resident

Course SP2483M Barb Casper

Starts: 3/26 10 Tuesday evenings 7:00 - 8:00

Fee: \$110 Resident \$120 Non-resident

Course SP2484M Barb Casper

Starts: 3/27 10 Wed. evenings 6:00 - 7:00

Fee: \$110 Resident \$120 Non-resident

#### Barre

Sculpt lean, strong muscles while increasing your flexibility and balance with high repetition, low impact ballet inspired exercises. Bring a pair of 2- or 3-pound weights and a mat. All levels welcome!

Course SP2485M Devin DaCosta

Starts: 3/27 10 Wed. mornings 9:15 – 10:15

Fee: \$110 Resident \$120 Non-resident

Course SP2486A Siobhan O'Shea

Starts: 4/5 9 Friday mornings 9:15 – 10:15

Fee: \$100 Resident \$100 Non-resident

#### **Bodyweight Strength Training NEW!!!**

Increase your strength and flexibility through bodyweight exercises. We will cover the basics of strength training focusing on exercises that can be performed anywhere and without equipment. Proper form, variations and sequencing will be emphasized. Bring a mat and water.

Course SP2487A Devin DaCosta

Starts: 4/5 8 Friday mornings 9:15-10:15

Fee: \$90 Resident \$110 Non-resident

#### **Better Abs and Booty**

Create a better body with a stronger leaner core and firmer butt and thighs. A total hour of glute and tummy power! Alternate dumbbell and bodyweight exercises while standing, seated or on the mat to effectively work abs and back and lower body. Bring a mat and handheld dumbbells.

Course SP2488M Barb Casper

Starts: 3/25 10 Monday evenings 7:00 - 8:00

Fee: \$110 Resident \$120 Non-resident

#### **Chair Fitness NEW!!!**

Enjoy this new class designed for individuals with stability and mobility issues. This class is full movement using light weights and tubing bands strictly in the chair. Great for flexibility and mental awareness.

Course SP2489M Siobhan O'Shea

Fee: \$100 Resident \$110 Non-resident

#### **Cardio Dance**

Class is set to the best upbeat music to get your heart rate up and get you in better shape. Learn cardio and dance moves followed by a lightweight workout. End with a full stretch for quick recovery. Bring lightweights, a towel and mat.

Course SP2490M Siobhan O'Shea

Starts: 3/27 10 Wed. mornings 9:30 – 10:15

Fee: \$100 Resident \$110 Non-resident

#### **Basic Body Sculpting**

Get fit from head to toe with basic resistance exercises! Use handheld dumbbells to gain strength, muscle tone and range of motion. A total workout to challenge abs, lower & upper body. Learn core conditioning and improve balance & posture. Bring a mat and 3-to-5-pound weights.

Course SP2491M Siobhan O'Shea

Starts: 3/28 10 Thursday mornings 10:45 – 11:45

Fee: \$110 Resident \$120 Non-resident

Course SP2492M Barb Casper

Starts: 3/28 10 Thursday evenings 7:00 - 8:00

Fee: \$110 Resident \$120 Non-resident

#### **Dog Training Classes—Paws With Manners**

In Cooperation With 'Paws With Manners' Dog Training.

To register for dog training classes, please register online at

www.pawswithmanners.com/register. For questions, call Samantha at 845-476-3033. Requirement for all dog training classes: Dogs must NOT be aggressive to other dogs or humans and be up to date on vaccinations and chemical flea prevention. Class size is limited so register early! Classes taught by an experienced dog trainer. No discounts apply.

Go to www.pawswithmanners.com for full course descriptions.

#### Raising Your Pup! Virtual Class

Everything you ever wanted to know about raising your puppy! This one-time, 90-minute course for humans only will arm you with TONS of advice, knowledge, and tips about raising a puppy.

Fee: \$70

Date: 4/3 One Wednesday evening 7:00 - 8:30

#### Basic Obedience & Manners (Puppies through seniors welcome!)

Small group course for dogs without much (or any) prior training, or those who need to learn how to use their prior training around the distractions of a group class. The AKC S.T.A.R. puppy test (Socialization, Training, Activity, Responsibility) will be given in the last class to any dog under 1 year old.

#### Fee: \$295 Choose one:

Starts: 3/25	6 Monday evenings	6:00 - 6:45
Starts: 3/25	6 Monday evenings	6:55 - 7:40
Starts: 3/26	3 Tues. & 3 Thurs. mornings	11:00 - 11:45
Starts: 3/27	6 Wednesday evenings	6:00 - 6:45
Starts: 3/27	6 Wednesday evenings	6:55 - 7:40
Starts: 4/7	6 Sunday mornings	9:30-10:15
Starts: 5/11	3 Sat. & 3 Sun. mornings	10:30 - 11:15
Starts: 5/14	3 Tues. & 3 Thurs. mornings	11:00 - 11:45

#### **Intermediate Obedience/Canine Good Citizen**

This course will continue to improve your dog's manners by teaching more advanced skills such as calmly allowing greeting and petting, walking on a loose lead, behaving politely when meeting other dogs, Leave It while walking on loose lead, waiting for food bowl & more. Fee: \$295 Choose one:

Starts: 5/11 3 Sat. & 3 Sun. mornings 11:20 – 12:05 Starts: 5/14 3 Tues. and 3 Thurs. mornings 11:50 – 12:35

#### **Agility For Fun and Focus (5 months and older)**

Agility involves teamwork between dog & handler as the dog is lead through, over, under, and across obstacles and around the course where these obstacles are set up. Agility is a great way to improve communication with your dog, have fun, and exercise his body and mind! Fee: \$255

Starts: 5/11 3 Sat. & 3 Sun. afternoons 12:10 – 12:50

#### **Therapy Dog Training**

This course will help to prepare you and your dog to be a certified therapy dog team. We will cover greeting, therapy dog commands, practice around differently-abled people, as well as sights and sounds dogs may not be used to, and education of typical policies and procedures for the handler/dog team. Student/dog teams will take the therapy dog certification test on last day of class and will be certified Therapy Dog Team if they pass. Fee: \$295

Starts: 3/26 3 Tues. & 3 Thurs. afternoons 11:50 - 12:35

#### **Private Lessons NEW!!!**

Learn exactly what you would like and at your own pace, one-on-one with the trainer. You will have all of the trainer's attention and can fully customize what you would like to concentrate on! This is a great choice if you have a dog who isn't comfortable with other dogs, or if you want to make the time truly your own. Please note: This package will not cover any aggression work (either toward dogs or people). Lesson takes place at the Community Learning Center.

Fee: \$150

Date: 4/6 One Saturday morning 11:00 - 11:45

The Community Learning Center will be closed: 3/29 through 4/1, 4/22 & 4/23 and 5/24 through 5/27

#### **Registration Information**

Registration opens Monday, March 4, 2024.

There are **three** ways to register:

- 1. **Register by mail**. Send registration form, payment, proof of age (if applicable) to the Community Learning Center, 9 Lake Road, Congers, NY 10920.
  - 2. Register online. See instructions on our website.
  - 3. Register by phone.

Call our office at 845-639-5628 Monday through Thursday between 10 am and 2 pm. Register with a Visa, Mastercard, Discover or American Express.

#### **Discounts:**

Senior citizens 60 years of age or older receive a 20% discount. Does not apply to courses that already have a senior fee noted or otherwise state no discount (Dog training, CPR, Photography or Children's programs). Clarkstown Central School District employees receive a 10% discount except for Dog Training, CPR, Photography and Children's programs. Discounts cannot be combined.

**Refunds:** only available if requested in writing prior to the first day of class. Email Marion Arbuco at <a href="marbuco@ccsd.edu">marbuco@ccsd.edu</a>.

#### **Registration Form**

Name:				
Address:				
Phone Numb	er:			
	S:			
Please print y	our email clearly	All commun	ication is through ema	til.
Course #	Start	Date:		
Course Name	à• 			
Course Fee:				
			CCSD Employee caphy or SAT Prep.	
Check #	Cash	Total		

Community Learning Center
At the Clarkstown Learning Center
9 Lake Road, Congers, NY 10920
Marion Arbuco, Director
marbuco@ccsd.edu

845-639-5628

Follow us on Instagram - @Clarkstown CLC

Clarkstown Central School District At the Clarkstown Learning Center marbuco@ccsd.edu 845-639-5628 Mrs. Marion Arbuco, Director Community Learning Center Congers, NY 10920 9 Lake Road

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Registration opens 3/4/24