

EMERSON COMMUNITY SCHOOL



Spring 2025 BROCHURE

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COMMUNITY SCHOOL INFORMATION

201-262-5502
email: ecscool@emersonschools.org

BACK BY POPULAR DEMAND!

In-Person Registration

Monday, February 17, 7:00 - 8:00 PM
at Emerson High School
131 Main Street

Don't feel comfortable registering online?

Have questions you need answered?

**Meet the directors and sign up
in person for your classes!**

REGISTRATION/CANCELLATION INFORMATION

1. **All adults and students, including those living in other communities, may register.** This program is sponsored by the Emerson Board of Education.
2. **No acknowledgements are sent.** You should report to your class unless notified to the contrary.
3. **Registration fee (\$15 per person per course) is included in the tuition fee.** This fee is not refundable for any reason, unless the course is canceled by ECS.
4. Registrations are processed in the order they are received. Sign up early to avoid disappointment!
5. **Refunds and Withdrawals:**
 - If ECS cancels your course, you will receive a full refund.
 - If you want to withdraw from a class before it begins, you must submit your request in writing to ECS **three full business days prior to the first class meeting.** You will receive a refund (less the \$15 registration fee).
 - If you withdraw from the class **after the first session**, no refund or credit will be given. If you want to withdraw or miss a class due to personal reasons, illness, injury, or an oversight of your own, **no refund or credit will be given.**
6. Any class is subject to cancellation if registration is not sufficient. Students will be notified as soon as possible. Register early to avoid disappointment!
7. **Book and Supply Fees:** Some classes have books and additional costs. These payments are noted in the class description and are due at the first class.
8. Please check your calendar prior to registering. **Refunds will not be given for personal scheduling conflicts or double-booked classes.**

3 EASY WAYS TO SIGN UP!

1. ON-LINE

- ★ Go to our website, www.emersonschools.org
- ★ Click on DEPARTMENTS tab
- ★ Click on EMERSON COMMUNITY SCHOOL

This is a complete and secure online registration for all classes.

2. MAIL IT NOW! DON'T WAIT!

Fill in the registration form (found on the last page of this brochure) and mail it with a check or money order to:

Emerson Community School
Emerson Jr-Sr High School
131 Main Street
Emerson, NJ 07630

3. IN-PERSON

Monday, February 17th from 7:00-8:00pm at Emerson High School, 131 Main Street

KIDS “KORNER”

A BABYSITTING PREP COURSE

Fee: \$50

E 101 Tuesdays, 3/11 & 3/18 (Two Sessions) 6:30 - 8:30 PM HS Room: 185

E 102 Tuesdays, 4/22 & 4/29 (Two Sessions) 6:30 - 8:30 PM HS Room: 185

This class is open to anyone, eleven years of age or older who wants to know more about babysitting safely. Areas such as being home alone, preparing for babysitting, growth and development of children, and activities for each age will be discussed. Recognizing emergencies, calling 911 and hands on CPR training will also be covered in this course.

Participants will receive AHA Pediatric “Friends & Family CPR Training” within this class. These tuition fees do not represent income to AHA or any of its components. **Students are asked to bring a baby doll or teddy bear to the first class.**

INSTRUCTOR: Mr. Bob Ehlers, local EMT, experienced instructor

E 103 ARTS & CRAFTS

Fee: \$110

Tuesdays, 3/11, 3/18, 3/25 (EARLIER TIME), 4/1, 4/8 (Five Sessions) 3:15 - 4:15 PM

Location: Memorial School, 1 Haines Avenue, Emerson, NJ Room: 24

This Arts & Craft Club is perfect for your 1st or 2nd grader! This club is intended for children to have some fun and spark their creativity through arts & crafts projects. Different materials which will be provided for these crafts. The students' artwork will be shared amongst their peers. Come get crafty!

Instructor: Mrs. Festa - Mrs. Festa has been part of the Emerson School District for 19 years and has taught at Memorial School for 13 of those years. She enjoys being engaged with the students and looks forward to getting creative with your child.

E 104 BASKETBALL

Fee: \$100

Tuesdays, 4/22 - 5/27 (Six Sessions) 3:30 - 4:30 PM Room: Gym

Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ

Class will focus on the fundamental skills of basketball, including ball handling, passing, shooting, and defense. Students should wear basketball attire & sneakers, bring extra water, and do not need to bring their own basketball. **This class is for students in grades K-3.**

INSTRUCTOR: Emerson Head Coach Colleen Malzahn. Colleen is in her 12th year as Head Coach of the Cavos, with over 180 wins and numerous Coach of the Year selections. As an alumni of Emerson, she is the all-time leading scorer at the high school with 1,710 career points. Colleen is also the Health & Wellness teacher at Memorial & Villano Schools.

E 105 BASKETBALL

Fee: \$100

Thursdays, 4/24 - 5/29 (Six Sessions) 3:45 - 4:45 PM

Room: Gym

Location: Villano Elementary School, 175 Linwood Avenue, Emerson, NJ

Class will focus on the fundamental skills of basketball, including ball handling, passing, shooting, and defense. Students should wear basketball attire & sneakers, bring extra water, and do not need to bring their own basketball. **This class is for students in grades 4-8.**

INSTRUCTOR: Emerson Head Coach Colleen Malzahn. Colleen is in her 12th year as Head Coach of the Cavos, with over 180 wins and numerous Coach of the Year selections. As an alumni of Emerson, she is the all-time leading scorer at the high school with 1,710 career points. Colleen is also the Health & Wellness teacher at Memorial & Villano Schools.

E 106 HAND SEWING

Fee: \$ 125

Tuesdays, 3/11 - 4/22 (Six Sessions) NO CLASS 4/15 4:00 - 5:00 PM

HS Room: 29

This class is suitable for those between **the ages of 6 and 8 years old**. Students will learn to hand sew by creating fun, usable projects each week. Projects will be a pillow, journal, wallet, tic-tac-toe game, pencil case and ball. Each student will receive a sewing kit to keep. By the end of this class students will have learned how to thread and knot their needles and perform basic hand sewing stitches. All materials are included in the cost of the program. INSTRUCTOR:

Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, soyoustudio.com

E 107 BEGINNER SEWING

Fee: \$125

Tuesdays, 3/11 - 4/22 (Six Sessions) NO CLASS 4/15 5:15 - 6:45 PM

HS Room: 29

In this class students will learn the foundations of machine sewing by making a large patch pillow. Students will learn how to cut fabric, pin, and sew on a sewing machine. Following successful completion of their pillow, students will make a tote bag and pj bottoms. All materials are supplied and sewing machines are provided for use.

Suitable for those ages 8-12.

INSTRUCTOR: Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, soyoustudio.com

E 115 CREATIVE MOVEMENT

Fee: \$150

Mondays, starting 3/10 (6 sessions)

3:45 - 4:30 PM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

The Creative Movement class is for children ages 3-4 years. Children discover movement qualities and dynamics through imagination and music. Students learn basic class etiquette, learning to take turns and group participation.

E 116 TAP FOR KIDS**Thursdays, starting 3/13 (6 sessions)****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. Focus is on the fundamental technique, vocabulary, and rhythm in a fun and inclusive atmosphere. For students aged 6-9 years.

**Fee: \$150
5:30 - 6:30 PM**

WELLNESS

E 117 INTRO TO MEDITATION & STRESS RELIEF**Tuesdays, March 11, 18, 25 (Three Sessions)****7:00 - 8:30 PM****HS Room: 186****Fee: \$65**

According to doctors and health practitioners, meditation can help save your life. Regular meditation can lower your blood pressure and can help you deal successfully with life. The world can be a stressful & chaotic place. The interaction between people can be challenging without the right coping skills. In this class you will learn various techniques for meditation. Learn about your chakras and practice clearing them for healthy living. We will be using imagery, crystal bowls & Tingsha Tibetan chimes. You will learn how to manage your stress easily in between the moments of meditation and how to cope with situations which you have no control over. Learn how to be anywhere with anyone at any time remaining in control of you! Join us for three interesting and relaxing evenings! No meditation knowledge or experience required. Even the most active minds are welcome!

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author, Experienced Teacher of Meditation

E 118 REHEARSING THE FUTURE: CREATE YOUR VISION BOARD**Tuesday, April 8 (One Session)****7:00 - 8:30 PM****HS Room: 186****Fee: \$30**

Ready to manifest your dreams and goals in a powerful, creative way? Join us for *Rehearsing the Future*, a transformative vision board class designed to connect your dreams to every area of your life. This isn't just about cutting out pretty pictures – it's about intentionally crafting a visual roadmap that speaks directly to your desires and aspirations. In this class, you'll learn a unique method to align your vision board with key areas of your life: career, relationships, health, personal growth, and more. Through guided exercises, you'll tap into your inner vision, focus on what truly matters, and bring it all together on your board. Bring your own collection of photos, colors, words, and ideas that resonate with your future to create your vision. Start Collecting Now! Whether you're new to vision boards or looking for a fresh approach, *Rehearsing the Future* is an opportunity to actively engage with your goals and start creating the future you've always dreamed of. Let's make it happen together!

Boards, Scissors & Glue Provided – Some magazines will be available for use. \$5.00
Cash Material Fee Payable to Instructor at first class.

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author, Experienced Teacher of Meditation

E 119 AWAKEN YOUR TRUE NATURE: DISCOVER THE POWER OF THE 5 ELEMENT ARCHETYPES
Tuesday, April 22 (One Session) 7:00 - 8:30 PM Fee: \$30 HS Room: 186

Learn how the essence of the 5 Elements: Water, Tree, Fire, Metal and Earth are expressed in our nature, our clothing, our surroundings, and find out how they support our desires, our life path. Do you ever wonder why some people prefer staying up late to getting up early in the morning? Or why some people prefer to read, do yoga on the floor or create art, while others are outside riding, hiking or jumping out of planes?

There are clues in their behavior, their style, and birthdate.

Begin to understand not only your own true nature but understand those around you.

Enhance every relationship immediately.

“Be yourself, everyone else is taken” Oscar Wilde

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author, Experienced Teacher of Meditation

E 120 Say HELLO AND KNOW! Introduction to Face Reading Techniques Fee: \$30
Tuesday April 29 (One Session) 7:00 - 8:30 PM HS Room: 185

Learn your unique elemental style based on your archetype: **Are you a Thinker, Groundbreaker, Transformer, Supporter or Diplomat?**

Begin operating with your natural strengths through understanding and knowledge.

Face Reading Techniques teach us how to communicate by understanding not only our own inherent style but how to recognize that in others - **in an instant!**

What would you say if I told you that you could understand how to communicate with anyone on their terms by just looking at their face!

Learn significance of ears, nose and mouth, size and shape.

What do the eyebrows reveal? How about the ears?

The shape of a hairline & lines on the face also tell a story.

Learn these Face Reading principles, you will never look at faces the same again!

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author, Experienced Teacher of Meditation

E 121 GETTING RID OF INFLAMMATION**Fee: \$30****Tuesday, 3/25 (One Session) 7:00 - 8:30 PM****HS Room: 186**

A seminar to discuss what steps to take for optimal health and reducing inflammation. This class discusses how to reduce inflammation which is the basis for all diseases. Empowers you to take charge of your life and understand how to reduce inflammation through nutrition, Supplements and lifestyle changes. Helps to prevent and manage adult onset diseases through nutrition with a special section on Cardiac health.

INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

E 122 LOSING WEIGHT AS WE AGE**Fee: \$30****Wednesday, 4/23 (One Session) 7:00 - 8:30 PM****HS Room: 179**

Are you frustrated with losing weight after 40 or older? Do you wonder why it is so hard? Do you have cravings? Is it stopping you from reaching your health and weight loss goals? Have trouble losing weight? Blame yourself when diets don't work? This class helps you lose weight. Learn how to lose weight and have more energy, balance blood sugar, and learn what foods are best for weight loss and health.

INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

E123 UNLEASHING YOUR POTENTIAL - CRAFTING YOUR VISION**Fee: \$30****Thursday, March 20th (One Session) 7 - 8:30 pm****HS Room 179**

An interactive workshop starting with setting your goals and action steps to help you move forward and figure out what your future, possible self will look like. We will create this with a vision map. We will wrap up the workshop by seeing your future life on your vision board.

INSTRUCTOR: Diane Lang, M.A., counseling educator & experienced instructor

E 124 LIVING FOR TODAY - AGING WITH INTENTION (VIRTUAL)**Fee: \$30****Wednesday, April 23rd (One Session) 7pm- 8:30pm**

Aging with intention can be defined as a concept to help maintain someone's quality of life by staying active and engaged as they age by having healthy habits and routines. It's about asking important questions. It's about being preventive in your selfcare. It will look different for everyone, but the practice of intentional aging should include the following:

- Physical activity
- Socializing
- Mental health care
- Active participation in the community
- Optimizing cognitive health

INSTRUCTOR: Diane Lang, M.A., counseling educator & experienced instructor

E 125 DISCOVER THE POWER OF ESSENTIAL OILS - Take Home Your Own Custom Blends!

Tuesday, 3/18 (One session) 7:00 - 9:00 PM **Fee: \$35 HS Room: 184**

Materials fee of \$12 payable to the instructor - includes all supplies for your personalized essential oil creations.

Join us for an engaging, hands-on workshop where you'll not only learn about essential oils but also create your own personalized remedies to take home! This **interactive "Make & Take" class** is perfect for anyone curious about natural wellness solutions.

 **What You'll Learn & Create:**

- ✓ The basics of essential oils – what they are and how to use them effectively
- ✓ Practical tips for incorporating essential oils into your daily routine
- ✓ How to support your body and mind naturally for common concerns like stress, sleep, pain, immunity, and energy
- ✓ **A custom rollerball remedy & essential oil spray** tailored to your needs

You'll select a recipe that suits your wellness goals and craft your own roller bottle and spray to take home! Plus, you'll receive **educational handouts** and have the opportunity to ask questions during our Q&A session.

 **Meet Your Instructor:**

Lorinda Walker brings **29 years of experience as a Licensed Massage Therapist** and **18 years as an essential oil expert**. As a **Certified AromaTouch Practitioner & Instructor**, she's passionate about helping others discover the benefits of essential oils in a fun and practical way!

E 126 WEIGHT LOSS WITH HYPNOTISM

Fee: \$30

Wednesday, 4/9 (One Session) 6:45 - 8:15 PM **HS Media Center**

If you constantly eat between meals, consume excessive amounts of foods, must have something to eat immediately upon arriving home from work, or are compelled to eat before bedtime, then this hypnotism seminar may be just the ticket for you. Following a 30 minute question and answer period, you'll close your eyes for sixty minutes and while the group is in a subconscious state (hypnotized), you will be given suggestions through imagery and fantasy on how to defeat all of the above negatives. It is strongly suggested that you bring a pillow and a mat.

INSTRUCTOR: Marc Sky, hypnotist, experienced adult school instructor

E 127 CHOCOLATE HEALING WITH HYPNOSIS

Fee: \$30

Wednesday, 4/9 (One Session) 8:30 - 10:00 PM **HS Media Center**

The power of hypnosis has been used to help millions of people overcome their problems. Any part of your life that is controlled by your mind can be improved by it. Dark (not milk) chocolate contains a natural chemical called phenylethylamine, or PEA. It increases serotonin levels in the brain, which creates a trance-like state. Using the soothing power of hypnosis and the help of dark chocolate, the instructor can help you to remove your problem (weight, smoking, stress,

bad habits, guilt, jealousy, fears, phobias, headaches, anger, or chronic pain). Bring a pillow, mat, and a bar of dark chocolate (50-70% cocoa). A Dove dark chocolate bar is okay.

INSTRUCTOR: Marc Sky, hypnotist, experienced adult school instructor

HEALTH AND RECREATION

E 128 PICKLEBALL

Fee: \$155

Mondays, 3/10 - 4/21 (Five Sessions - no class 4/7 & 4/21)

6:00 - 7:30 PM

Location: Villano School Gym

Come learn the fastest growing sport in America! All classes include one hour of instruction and 30 minutes of guided play to get you on the court having fun. Classes include the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

E 129 PICKLEBALL

Fee: \$155

Mondays, 3/10 - 4/7 (Five Sessions - no class 4/7 & 4/21)

7:30 - 9:00

PM

Location: Villano School Gym

Come learn the fastest growing sport in America! All classes include one hour of instruction and 30 minutes of guided play to get you on the court having fun. Classes include the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

E 130 PICKLEBALL

Fee: \$155

Tuesdays, 3/11 - 4/8 (Five Sessions - no class 4/8 & 4/15)

6:00 - 7:30 PM

Location: Villano School Gym

Come learn the fastest growing sport in America! All classes include one hour of instruction and 30 minutes of guided play to get you on the court having fun. Classes include the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

E 131 PICKLEBALL

Fee: \$155

Tuesdays, 3/11 - 4/8 (Five Sessions - no class 4/8 & 4/15)

7:30 - 9:00 PM

Location: Villano School Gym

Come learn the fastest growing sport in America! All classes include one hour of instruction and 30 minutes of guided play to get you on the court having fun. Classes include the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

E 132 PICKLEBALL - ROAD TO OPEN PLAY*

Fee: \$155

Thursdays, 3/13 - 4/10 (Five Sessions - no class 4/10 & 4/17)

6:00 - 7:30 PM

Location: Villano School Gym

For students that have taken a community school class or have taken a 5 week beginner series but are not at a 3.25 (low intermediate) level. The completion of this class should elevate the students rating from 3.0 to 3.25. This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

E 133 PICKLEBALL - ROAD TO OPEN PLAY*

Fee: \$155

Thursdays, 3/13 - 4/10 (Five Sessions - no class 4/10 & 4/17)

7:30 - 9:00 PM

Location: Villano School Gym

For students that have taken a community school class or have taken a 5 week beginner series but are not at a 3.25 (low intermediate) level. The completion of this class should elevate the students rating from 3.0 to 3.25. This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

E 134 ZUMBA

Fee: \$120

Wednesdays, 3/19 - 4/30 (Six Sessions; NO CLASS ON 4/16)

7:00 - 8:00 PM

Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ

Zumba is a Latin and international dance and fitness program. It is an interval and total body workout. The class moves between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. It is easy to follow and anyone can do it. Come join the party!

INSTRUCTOR: Lisa Salerno is licensed to teach Zumba, Zumba Gold, Zumba toning and Zumba kids. She has been teaching Zumba since 2007.

E135 PILATES FOR BEGINNERS**Fee: \$96****Tuesdays, 3/11 - 4/29 (6 Sessions) NO CLASS 3/25 or 4/15 6:30 - 7:30PM HS Media Center**

Pilates is a system of exercise and movement that is designed to increase strength, flexibility, and balance. Pilates integrates breath and movement with proper body mechanics to increase greater physical and mental awareness of how the body moves and feels. Most Pilates exercises focus on the pelvis and trunk, using both stability and mobility to train the body. You can practice Pilates on a Mat using your own body and sometimes with small props. All you need is a mat! (Props will be included by the instructor as needed)

INSTRUCTOR: Eilish Bresnan has completed her Pilates training through EYT Pilates teacher training. She is a certified EYT-200 yoga teacher through Yoga Alliance. She is a certified antigravity yoga, Pilates and fundamentals antigravity instructor.

E 136 YOGA FOR ALL LEVELS**Fee: \$130****Wednesdays, 3/12 - 4/30 (7 Sessions; NO CLASS 4/16) 6:45 - 7:45PM Villano School Gym**

Come and learn YOGA - which means union; the union of the body, mind and spirit. We will practice a series of gentle poses, stretches and breathing exercises that will help you feel calmer, more relaxed, centered, and focused. Yoga can help you achieve peace of mind, increase your energy, and strengthen your bones! Positive health benefits may include lowered stress levels, increased flexibility, fewer aches and pains, better sleep, and an overall sense of well-being. Come for the exercise, stay for the Savasana! This class will be geared for beginner to moderate level students, with modifications of the poses to help you feel comfortable as you deepen your practice. Wear loose, comfortable clothing and please bring a yoga mat and two yoga blocks.

INSTRUCTOR: Eilish Bresnan, holds certified 200 hour certifications from Fireshaper and Yoga Farm; Antigravity Yoga instructor through Antigravity fitness in NYC. She also holds additional yoga certifications in Restorative yoga from Yoga Synthesis; Burn from Fireshaper and SUP (standup paddleboard) from Power Yoga

E 137 LINE DANCING FOR BEGINNERS**Fee: \$100****Tuesdays, April 22 - May 20 (Five Sessions) 7-8 PM****Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ** (12 people minimum)

A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps. Each line dance is usually associated with, and named for, a specific song. Line dancing is a fun form of exercise, perfect for improving coordination and balance, increasing cardio health and brain memory. Escape the stress of your life for a bit. During this hour you will laugh, sweat and have a great time meeting new people. You'll learn line dances to country and pop hits to prepare you for a night out at a local line dancing venue or simply for your personal fun and benefits. Get ready...it is fun and addicting!

INSTRUCTOR: Diana Daniel has been teaching Ballroom, Latin and Line Dancing for over 30 years. She successfully owned Anchor Dance Studio located in Oradell, NJ from 2001-2018.

Diana has been retired for 5 years and now has a fresh new LOVE for what she does! Line dancing was her first genre of dances she taught and is going back to her roots.

E138 LINE DANCING II

Fee: \$100

Tuesdays, April 22 - May 20 (Five Sessions) 8-9 PM

Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ (12 people minimum)

Yeeeeee Hawwww! Saddle up and get ready for our FIRST Beginner II Line Dancing Program. These classes are one level up from our beginner Line Dancing classes, but not as challenging as Intermediate level. During these Line Dance classes, you will be taught fun popular Beginner II line dances. These line dances are a bit more challenging than our beginner classes and will be taught at a faster pace. Basics steps like "Grapevine" & "Rocking Chair" will be used, but not necessarily taught at a beginner level. You will also learn what a "Tag" and "Restart" is while incorporating this knowledge into the new line dances you will learn! We look forward to seeing you in class! Feel free to sign-up for both Beginner & Beginner II classes for a night of fun exercise and education!

INSTRUCTOR: Diana Daniel has been teaching Ballroom, Latin and Line Dancing for over 30 years. She successfully owned Anchor Dance Studio located in Oradell, NJ from 2001-2018. Diana has been retired for 5 years and now has a fresh new LOVE for what she does! Line dancing was her first genre of dances she taught and is going back to her roots.

E 141 HIKING - LEVEL 1

Fee: \$90

Orientation Class - Wednesday, 4/9

7:00 - 8:00 PM

HS Room: 184

Hikes: Sundays, 4/13, 4/27 and 5/4; possibly 5/18 as well

This is an introductory class to hiking in the woods and is ideal for those who would like to learn more about hiking and/or experienced hikers who want a shorter, less vigorous hike. The hike selection is intended to provide some aspect of history, scenic views and/or the beauty of nature unspoiled. Hikes will last approximately 3-4 hours at an easy to moderate pace, and cover a distance of approximately four miles. Ascents and descents will be easy to moderate, although there may be some short steep and rocky sections. There are three planned hikes, with a potential fourth "bonus" hike.

Orientation Class: Wednesday, 4/9 will cover essential aspects of hiking (e.g. trail etiquette, what to wear and bring, description of a typical hike, etc.) This will also provide an opportunity to meet other hikers and learn about the planned hikes. Attendance is strongly encouraged.

Hikes: A hike is planned for each of the following **Sundays, 4/13, 4/27 and 5/4. If a make-up date is need due to weather or unforeseen circumstances, a hike will be held 5/18. All hikes begin promptly at 9:00am.** Additionally, if no make-up is necessary, a "bonus" fourth hike will be held on 5/18, weather dependent. Directions to each hike location will be provided in advance.

Note: 1) Consult your physician with any health concerns before embarking on a program of physical activity, such as hiking. 2) A sign off on a Release of Liability form (provided prior to each hike) is required to participate. 3) Please include your email address and cell number on the registration form, so you may be contacted in the event of any late changes to the schedule.

HIKE LEADER: Nate Bellmay has over 30 years hiking experience in various terrains and locations, and is accustomed to the type of trail features and landscapes associated with these hikes.

E 142 KUNG FU FOR SELF DEFENSE **Fee: \$125**

Mondays 3/10 - 4/28 (8 Sessions) 5:30 - 6:30 PM

**Location: Peter Kwok's Kung Fu Academy, at The Masonic Temple Lodge,
275 Kinderkamack Rd., Westwood NJ**

Get in shape by learning how to defend yourself with Kung Fu. Learn special techniques that can overcome any attack. These skills were taught by the famous Shao Lin Monks from China, known for their amazing fighting skill and strategies. This is an 8-week course: Week 1 (blocking); Week 2 (kicking); Week 3 (punching and pressure points); Week 4 (joint locks, part 1 - lock and submission holds); Week 5 (joint locks, part 2 - dissolve and counter); Week 6 (practice joint locks); Week 7 (practical street applications); Week 8 (crash course strategies plus certificate of completion*).

*Must attend all 8 weeks to obtain a certificate of completion.

INSTRUCTOR: Randy Elia, owner of Peter Kwok's Kung Fu Academy

TAI CHI FOR BALANCE AND BONE STRENGTHENING **Fee: \$120**

E 143 Mondays, beginning 3/10 6:30 - 7:30 PM
E 144 Thursdays, beginning 3/13 6:30 - 7:30 PM
E 145 Thursdays, beginning 3/13 9:30 - 10:30 AM
E 146 Saturdays, beginning 3/15 10:00 - 11:00 AM

**Location: Peter Kwok's Kung Fu Academy, at The Masonic Temple Lodge,
275 Kinderkamack Rd., Westwood NJ**

Learn and follow the ancient, grateful movements of Tai Chi, a gentle, low-impact workout perfected in China over 2,500 years ago. We begin with gentle stretching to increase bio-energy and support the functioning of your major organs. Then complete the 12 Classical Tendon Exchange exercises to develop and strengthen your tendons and bones. This specially designed class incorporates both mind and body, thereby increasing balance, energy, and your immune system while decreasing stress. The **eight session class** is suitable for people of all ages.

INSTRUCTOR: Randy Elia, owner of Peter Kwok's Kung Fu Academy

INTRODUCTION TO GOLF (Four Sessions)

E 147 Mondays, 3/10 - 3/31

7:00 - 8:15 PM

Fee: \$120

E 148 Tuesdays, 3/11 - 4/1

7:00 - 8:15 PM

Fee: \$120

Get in on this dynamic sport! This comprehensive instructional golf program is designed for all players - beginners to advanced. The course stresses the importance of developing sound fundamental swing mechanics that will allow you to enjoy the game for years to come. Enjoy four nights at the CLOSTER DRIVING RANGE. Driving range ball fee is separate. Bring a driver, wedge, and iron to the first class. This class is for ages 15 and up.

INSTRUCTOR: Thomas P. McGuinness, PGA teaching professional at PGATSS in Paramus, NJ

E149 BALLET WORKOUT

Fee: \$150

Mondays, starting 3/10 (6 sessions)

7:00 - 8:00 PM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

By combining elements of a balletic regimen with practical strength-building exercises, this fitness program will help you begin to develop lean abs, firm buttocks, a contoured waist, sculpted legs, strong arms, great posture, and flexibility you never thought possible. The Ballet Workout can help people achieve a strong, graceful, and flexible body - one that displays the impeccable poise that is the benchmark of dancers. All levels of fitness are welcome.

E 150 BARRE CLASS

Fee: \$150

Mondays, starting 3/10 (6 sessions)

7:00 - 8:00 PM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

Ballet Arts' Barre class is a total body workout designed to strengthen and sculpt muscles. It concentrates on universal challenging areas: hips, thighs, seat, abdominals and arms. BA Barre is low-impact, protecting your joints; uses a ballet barre for balance; incorporates your own body weight for resistance; combines strength segments with stretching to create long, lean, toned muscles without bulk. The benefits of the BA Barre workout are accessible to individuals of varying body types, ages and fitness levels, and can complement your other fitness or sports regimens. Wear comfortable clothes to move and bring a mat. Prior barre or dance experience required for this class.

E 151 MAT PILATES

Fee: \$150

Tuesdays, starting 3/11 (6 sessions)

9:00 - 10:00 AM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

Pilates is a form of exercise that strengthens and tones the core muscles of your body - providing balance, strength, flexibility and better posture. You will learn mat exercises using your own body weight as resistance. Students will learn proper technique to build a strong foundation of fitness. Beginners welcome. Modifications will be made based upon individual need. Please bring your own mat.

E 152 BEGINNING TAP **Fee: \$150**
Mondays, starting 3/10 (6 sessions) **8:00 - 9:00 PM**
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

Tap dancing is a fun style of dance that anyone can learn, regardless of previous dance experience. The benefits of tap dance include cardiovascular conditioning, strength, flexibility, and coordination. Cognitive abilities are also enhanced, as tap dancers must develop both mental and muscle memory to become proficient at tapping. Tap dancing develops a great sense of rhythm and timing and best of all, is lots of fun! Wear comfortable clothes and tap shoes.

E 153 YOGA **Fee: \$150**
Thursdays, starting 3/13 (6 sessions) **6:30 – 7:30 PM**
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

Whether you're a beginner or an advanced yogi, we welcome you to any of the yoga classes. Class is based on classical yoga teachings and presented as relevant to one's life, on and off the mat. Class includes breath awareness, proper alignment, flowing vinyasa sequences, hands-on assistance offered, relaxation, and meditation.

E 154 BEGINNING BALLET **Fee: \$150**
Tuesdays, starting 3/11 (6 sessions) **7:00 – 8:00 PM**
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

When it comes to building strength, grace, flexibility and tone - ballet is one of the best physical and mental workouts around! Ballet improves your posture and alignment, creates a general ease of movement, and improves your balance, which are all vital in staying healthy! Learn the fundamentals of proper technique. Wear comfortable clothes to move in and ballet slippers.

E 155 INTERMEDIATE BALLET **Fee: \$150**
Thursdays, starting 3/13 (6 sessions) **7:00 – 8:30 PM**
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

This adult ballet class is for those with previous experience, either as a child or more recently. Take the opportunity to reduce stress levels, work your mind, get a great workout, move with beautiful music, and express yourself in an artistic manner in a supportive environment. Learn proper technique and brush up your skills. Wear comfortable clothes to move in and ballet slippers.

E 156 STRETCH & RELEASE **Fee: \$175**
Fridays, starting 3/14 (8 sessions) **10:00 – 11:00 AM**
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

Ballet Arts' "Stretch and Release" class is designed to increase range of motion and overall flexibility, reduce muscle and joint pain, improve posture, and decrease stress. This class combines basic principles of professional dance training and yoga to create accessible movements and postures suitable for beginners through advanced movers. No experience necessary. Wear comfortable, warm clothing.

LANGUAGES

E 157 SPANISH - BEGINNERS **Fee: \$80**

Tuesdays, 3/18 - 5/6 (Seven Sessions) NO CLASS 4/15 7:00 - 8:00 PM HS Room: 180

Have fun learning the essential grammar and vocabulary to communicate in everyday situations. Whether for travel, work, or just to learn a second language, the instructor will guide you through the steps. It is a no pressure, fun approach that will get you going and increase your confidence. **There will be an additional \$25 fee paid on the first day for the textbook that will be used in class.**

INSTRUCTOR: Nora Aanonsen, experienced instructor from grammar school to college level

E 158 SPANISH - BEYOND BEGINNERS **Fee: \$80**

Tuesdays, 3/18 - 5/6 (Seven Sessions) NO CLASS 4/15 8:00 - 9:00 PM HS Room: 180

If you have a grasp on vocabulary and a basic grasp of grammar, this class will provide further learning with the support of the instructor. Come review the fundamentals, progress with grammar, and build vocabulary through practice in class. **There will be an additional \$25 fee paid on the first day for the textbook that will be used in class.**

INSTRUCTOR: Nora Aanonsen, experienced instructor from grammar school to college level

E 159 AMERICAN SIGN LANGUAGE - Level One **Fee: \$80**

Tuesdays, 3/11 - May 6 (7 Sessions) NO CLASS 4/15 6:30 - 8:00 PM HS Room: 91

Learn the fundamentals of American Sign Language (ASL). Students will be introduced to spelling, grammar, exchanging personal information, as well as talking about family, friends, and activities. This course is designed for those who have little or no knowledge of ASL.

INSTRUCTOR: Carl Andreasen, experienced instructor

E 160 AMERICAN SIGN LANGUAGE - Level Two **Fee: \$80**

Tuesdays, 3/11 - May 6 (7 Sessions) NO CLASS 4/15 8:00 - 9:30 PM HS Room: 91

For students ready to go beyond the fundamentals of American Sign Language (ASL). Students will practice spelling, grammar, exchanging personal information, as well as talking about family, friends, and activities. This course is designed for those who have some prior knowledge of or training in ASL.

INSTRUCTOR: Carl Andreasen, experienced instructor

MONEY MATTERS

E 161 IRA PLANNING AND STRATEGIES

Fee: \$25

Wednesday, March 12 (One session)

7:00 - 8:30 PM

HS Room: 185

IRA planning is a complex process, and the decisions you make today can tremendously impact your overall retirement plan. Attend, and you will learn about the following:

- Strategies for IRA planning
- Rollover options for your retirement plan funds
- Common required minimum distribution mistakes
- The difference between indirect and direct rollovers
- How to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security, and financial plans
- Various options for spousal IRA beneficiaries
- And much more!

INSTRUCTOR: Paul Muller, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a CERTIFIED FINANCIAL PLANNER™ professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E 162 INVESTING IN TODAY'S MARKETS

Fee: \$25

Wednesday, March 26 (One session)

7:00 - 8:30 PM

HS Room: 185

Have you ever wondered if your portfolio was properly invested?

With all the uncertainty today and the volatility of the markets, most people are concerned about investing risk. Unlike generations prior, we are solely responsible for providing ourselves with an income stream that will be needed for decades— a daunting task! Attend and you'll learn the following:

- Basics of investing
- Different types of investments available today
- How proper asset allocation can help reduce risk in your portfolio
- Types of strategies to reduce market timing
- Tax strategies to help increase investment returns
- Types of retirement accounts
- Rebalancing and Risk
- And much more!

INSTRUCTOR: Paul Muller, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a CERTIFIED FINANCIAL PLANNER™ professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E 163 RETIREMENT PLANNING BOOT CAMP**Fee: \$40****Module 1: Wednesday, April 2 (One session) 7:00 - 8:30 PM HS Room: 185****Module 2: Wednesday, April 9 (One session) 7:00 - 8:30 PM HS Room: 185****Module 3: Wednesday, April 23 (One session) 7:00 - 8:30 PM HS Room: 185**

Did you know that most people spend more time planning a week-long vacation than they do their retirement? This boot camp series aims to change that and better position you for your golden years. Upon completion of our 3-class series, you'll have a good understanding of some of the most common challenges pre-retirees (and even many retirees) encounter. Our series will cover five key areas;

- investing (including how to provide an income stream that outlives you)
- IRA strategies (rollover options and common RMD mistakes)
- tax planning (knowing the actions you should be taking throughout each stage of retirement)
- healthcare (managing expenses, transitioning to Medicare, and long-term care)
- estate planning (how to prepare for a smooth transition of your assets).

We encourage everyone to attend all three sessions to get the most out of boot camp.

However, you can participate in individual classes if your schedule doesn't permit.

INSTRUCTOR: Paul Muller, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a CERTIFIED FINANCIAL PLANNER™ professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E164 TAX PLANNING THROUGH THE FOUR STAGES OF RETIREMENT**FEE: \$25****Wednesday, March 19 (One session) 7:00 - 8:30 HS Room 185**

In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for your living expenses. You want to apply the tax code in an organized and efficient way. Attend and you'll learn the following:

- Address how taxes impact Social Security and Medicare
- The surprises that often make retirement more expensive
- What the Social Security "tax trap" is and how you can avoid it
- Why tapping assets in the wrong order can trigger higher Medicare premiums
- Why you need to manage taxes even before you retire
- Mistakes to avoid when it comes to your investment portfolio, health care, and estate

INSTRUCTOR: Paul Muller, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a CERTIFIED FINANCIAL PLANNER™ professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E 165 ESTATE PLANNING BASICS & BEYOND

Fee: \$25 or \$35 per couple

Wednesday, April 23 (One Session) 7:00 - 9:00 PM

HS Room: 180

Every responsible adult should have a will, living will, and durable powers of attorney. This class will help you to understand how living wills can help with decisions regarding life sustaining treatment, how durable powers of attorney can avoid the need for the appointment of guardian, and will provide an overview of the important reasons for executing a will, from appointing an executor and guardian to avoiding inheritance and estate taxes.

INSTRUCTOR: Gregory C. Hart, Esq., Estate Planning Attorney, Franklin Lakes, NJ

E 166 BASICS OF ESTATE ADMINISTRATION & PROBATE

Fee: \$25 or \$35 per couple

Wednesday, April 30 (One Session) 7:00 - 9:00 PM

HS Room: 180

This class will explain the process for probating a will and administering an estate. If you are named as an executor in a will or want to better understand what might be involved in administering your estate or the estate of a loved one, this class will provide a step-by-step guide on what is involved and why. Learn answers to questions such as: What is a probate asset? How does a probate estate differ from the taxable estate? How are jointly held assets valued and administered? When do estate and inheritance tax returns need to be filed? Who should be named as an executor or trustee?

INSTRUCTOR: Gregory C. Hart, Esq., Estate Planning Attorney, Franklin Lakes, NJ

SPECIAL INTERESTS

E 167 MAH JONGG - Beginner **Fee: \$130**

Wednesdays, 3/19 - 4/23 (Five Sessions) NO CLASS 4/16 6:30 - 8:30 PM HS Room: 29

Learn the Modern American version of this ancient Chinese game in a no pressure, fun environment. You will learn the basics of playing the game as well as basic strategies. Each player will need to have a 2024 National Mah Jongg League card. You can purchase one at nationalmahjonggleague.org/store.aspx# A Large Print card (\$15) is recommended.

INSTRUCTOR: Stacy Budkofsky has been playing Mah Jongg since 2003 and teaching students of all ages, from 2nd graders to senior citizens, for many years. Her patience and love for the game shines through in her careful explanations of the rules and strategies.

E 168 HAVE FUN WITH A PSYCHIC READING **Fee: \$30**

Wednesday, 4/2 (One session) 6:45 - 8:15 PM HS Auditorium

Have you ever had a psychic reading? Here's a fun and exciting opportunity to find out about yourself, your relationship and your future. Renown psychic Marc Sky will do group readings in this enlightening and entertaining class. Find out about your future and learn how to be your own psychic. You will have your palm read and find out all about love, business, relationships and more. You will also receive an 8 page detailed Numerology chart prepared specifically for YOU. Based on your name and birthday, this chart will analyze what motivates you in life, the impression you give others, the way you express yourself, the lessons you must learn, your destiny, best activities for the year, cycles & turning points in your life, the challenges you must meet and your personal horoscope every day for a year. Also included for the ladies is a Romance Astro-numerology chart revealing your romantic, fun-loving self! **NOTE: Your numerology chart is prepared in advance. When you sign up for the class, please provide your birthday.**

INSTRUCTOR: Marc Sky, psychic & experienced instructor

E 169 SUPERPOWER MEMORY **Fee: \$30**

Wednesday, 4/2 (One session) 8:30 - 9:45 PM HS Room: 181

Do you have trouble remembering names or forget where you put your car keys? In this no-holds barred workshop, you will learn the secrets of developing a near-photographic memory with very little effort. You'll discover easy, sure-fire ways to instantly recall names, faces, lists, instructions, or school work & vocabulary. Workbook is included in the fee. All ages are welcome!

INSTRUCTOR: Marc Sky, experienced adult school instructor

E 170 ADULT CPR/AED**Fee: \$80****Wednesday, 3/19 (One Session) 6:00 - 8:15 PM****HS Room: 186**

The Adult CPR/AED course equips students to recognize and care for a variety of breathing, and cardiac emergencies involving adults. It is designed for students who need a certification that satisfies OSHA, workplace or other regulatory requirements.

INSTRUCTOR: Marc Drapkin has over 10 years experience as a fireman and was employed by the State of NJ as a Probation Officer for 30 years. Marc is a Certified Red Cross Instructor Trainer.

ARTS AND CRAFTS

E 173 LEARN TO SEW FOR ADULTS**Fee: \$160****Tuesdays, 3/11 - 5/6 (Eight Sessions) NO CLASS 4/15 7:00 - 8:30 PM HS Room: 29**

This class is for anyone above the age of 14 who wants to learn to sew or wants to improve their skill set. Students will be required to bring in their own garment sewing pattern from Simplicity brand as well as their own fabric suitable for their choice of garment. All details for choosing their pattern and fabric will be given during the first class so it is NOT necessary to bring materials for the first class. Students will be taught the techniques suitable for the successful completion of their garment of choice. Sewing machines will be provided for use.

INSTRUCTOR: Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, Soyostudio.com.

E 174 FAST & FABULOUS CARDBAKING- Spring Greetings Created by you! Fee: \$40**Wednesday, April 2, 2025 (One Session) 7:00 pm to 9:30 pm****HS Room: 180****Materials fee of \$15 payable to the instructor at the beginning of class.**

From Spring Holidays to thanking your loved ones, we have you covered this Spring! Spend a relaxing and enjoyable evening simply and very quickly creating 8 beautiful handmade Spring themed all-occasion greeting cards while being introduced to various Rubber Stamping products and classic techniques that can be used for many occasions. All levels of talent are welcome!

INSTRUCTOR: Angela Stevenson, a Rubberstamp and Paper Art enthusiast, Independent Stampin Up demonstrator and Certified Universal (Copic) Marker Designer has spent 25 years instructing in community school and paper art studio settings sharing what she loves to do!

E 175 FAST & FABULOUS CARDMAKING - Birthday Greetings Created by you Fee: \$40
Wednesday, April 9 (One Session) 7:00 pm to 9:30 pm HS Room: 180
Materials fee of \$15 payable to the instructor at the beginning of class.

Join the fun and simply and very quickly create special greetings that are sure to wow your birthday card recipients! Complete 8 beautiful handmade birthday greetings for Spring while learning the latest techniques using the newest and finest tools and materials in the industry. All levels of talent are welcome!

INSTRUCTOR: Angela Stevenson, a Rubberstamp and Paper Art enthusiast, Independent Stampin Up demonstrator and Certified Universal (Copic) Marker Designer has spent 25 years instructing in community school and paper art studio settings sharing what she loves to do!

E 176 CHUNKY BLANKETS - ADULTS* Fee: \$50
Tuesdays, 3/18 & 3/25 (Two Sessions) 7:00 - 9:00 PM HS Room: 31

Do you want to learn how to make one of those beautiful chunky knit throw blankets you see in popular homestyle stores? Did you know that you don't need to be an experienced knitter or even use knitting needles to make one? Come join an accomplished crafter on how to learn the skill of mastering the chunky blanket. In this class, you will learn how to start the blanket, how to join new skeins, and how to finish the blanket. You will also learn how to hide any mistakes with this forgiving chunky yarn. After creating your first blanket you will master the skills to make additional blankets for anyone who admires yours. **There will be a \$70 payment made to the instructor on the first class for the specific yarn needed.** This class has a maximum capacity of 10 students.

INSTRUCTOR: Monica Ivankovic is a middle school teacher who has introduced her students as well as adults to Wellness Classes by doing hand knitting and slow stitching as a form of relaxation.

KITCHEN SPECIALTIES

E 177 HEALTHY SNACKS FOR ENERGY & FOCUS: Fueling Busy Days Fee: \$30
Thursday, 5/1 (One Session) 7:00 - 8:30 PM HS Room: 102

Have you been trying to eat right while having a hectic schedule? This cooking class will help you learn how to make snacks that are good for maintaining healthy weight and energy levels using healthy protein, fats and good carbs to fuel you throughout the day. Recipes are easy and amazingly delicious.

There is a \$10 food tasting fee payable in class to the instructor.

INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

MUSIC

E 178 INTRO TO GUITAR*

Fee: \$100

Tuesdays, 3/11 - 4/22 (Six Sessions) NO CLASS 4/15 7:00 - 8:00 PM HS Room: 85

This course is designed to introduce the basics of guitar playing. No prior experience is necessary. Our goal is to have fun while learning the simple chords, strums, and techniques needed to get you playing some favorite popular songs by Lennon, McCartney, Dylan, and others. Bring an acoustic guitar, guitar pick and your enthusiasm and we will explore this very popular instrument, one that changed the course of music in the 20th century.

INSTRUCTOR: Leo Jordan, instructor with 30 years experience, played with greats from Jazz, Blues, Rock and Country at area clubs

E 179 GUITAR LEVEL 2

Fee: \$100

Tuesdays, 3/11 - 4/22 (Six Sessions) NO CLASS 4/15 8:00 - 9:00 PM HS Room: 85

This course is designed for the guitarist who has some experience playing and is familiar with the basic open position chords, strums, and can play some simple songs. We will build upon that knowledge, progressing to power chords, barre chords and scales, all the while concentrating on applying these techniques to songs. We will learn basic blues licks, alternating bass/chord patterns, how to throw in runs, and various other techniques to make our playing more interesting. The student should bring an acoustic guitar or an electric with a small amplifier, guitar pick and your enthusiasm for this great instrument.

INSTRUCTOR: Leo Jordan, instructor with 30 years experience, played with greats from Jazz, Blues, Rock and Country at area clubs

E 180 PRIVATE PIANO LESSONS (ALL AGES)

Fee: \$400

8 weeks of lessons - 1 hour per week

Location: 11 Irving Street, Old Tappan, NJ

It's never too late to learn! Mastery of enjoyable pieces will foster an understanding of how music is organized and applied to the piano. This course welcomes learners of all levels as it provides an affordable, fun journey into a true musical experience. Following registration, the instructor will call students to set up lesson times. A \$25 book fee will be collected at the first lesson. Only prerequisite: access to a piano/keyboard. Join any time throughout the year!

INSTRUCTOR: Anita Dadaian, certified music teacher, B. Mus. Ed., M. Ed.

E 181 JOY OF SINGING

Tuesdays, 4/22 - 5/27 (Six Sessions) 7:00 - 8:30 PM

**Fee: \$130
HS: Music Room**

Open to ages 14 and up.

Have a song in your heart? Want to impress your friends at karaoke night? Well, come on down and experience the JOY OF SINGING. Join this fun, lighthearted, and welcoming ensemble to not only explore your vocal ability but also to foster new connections with others. This class will focus on technique, warm-ups, breathing, and fun exercises. We will sing a myriad of different pieces ranging from choral standards, Broadway, to pop! Be prepared to learn a lot, and express yourself in a warm and open environment. Practice tracks and music will be provided.

INSTRUCTOR: Joey Gibbs is in his third year teaching in the Emerson Public Schools. He has taught private instrumental and voice lessons to college students, co-directed the Villano musical, and loves to guide others in the joy of music-making.

Make check or money order payable to: **Emerson Community School**

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Town _____ Zip _____

Phone Number _____

Course Title _____

Date(s) _____ Fee _____

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