

## KIDS “KORNER”

### A BABYSITTING PREP COURSE\*

Fee: \$35  
E101 Mondays, 10/17 - 10/24 (Two Sessions) 6:30 - 8:30 PM HS Room:180  
E102 Mondays, 11/7 - 11/14 (Two sessions) 6:30 - 8:30 PM HS Room:180

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

### LITTLE STARS TENNIS – AGES 3 to 6 (Five Sessions) BEGINNERS\* Fee: \$140

E103 Wednesdays 4:15 - 5:00 PM

E104 Thursdays 4:15 - 5:00 PM

E105 Saturdays, 10:00 - 10:45 AM

E106 Saturdays, 10:45 AM - 11:30 AM

5 weeks of lessons – 45 minutes per week. Lessons begin following registration. Classes run for 5 consecutive weeks. There will be no makeups or refunds for any reason for missed classes.

Location: Match Point Tennis Club, 39 Ramland Road, Orangeburg NY (only 15 minutes from Emerson)

Contact: 845-359-0031 | matchpointny@gmail.com

Reach for the stars; come join our Little Stars Tennis program! Your child will discover their love for tennis in these exclusive small group tennis lessons. Our patient, fun loving instructors use lower nets and lighter tennis balls which make it easier to hit and develop eye-hand coordination. Register your child today for a one-of-a-kind experience that's guaranteed to send them home smiling!

The club will call you to set your dates following registration. PLEASE INDICATE CHILD'S DATE OF BIRTH ON REGISTRATION FORM.

### JUNIOR TENNIS ACADEMY AGES 7 to 18 (Five Sessions) ALL LEVELS\*

E107 5 weeks of lessons - 60 minutes per week Fee: \$155

E108 5 weeks of lessons - 90 minutes per week Fee: \$220

5 weeks of lessons – weekday and weekend times available. Lessons begin following registration. Classes run for 5 consecutive weeks. There will be no makeups or refunds for any reason for missed classes.

Location: Match Point Tennis Club, 39 Ramland Road, Orangeburg NY (only 15 minutes from Emerson)

Contact: 845-359-0031 | matchpointny@gmail.com

The Junior Development Program offers group lessons for beginner, intermediate, and advanced players. Our experienced tennis professionals offer players the personal attention and expert instruction necessary to enhance the student's game. These lessons put players in game situations while establishing proper strokes, and demonstrating correct footwork.

The club will call you to set your dates following registration. PLEASE INDICATE CHILD'S DATE OF BIRTH ON REGISTRATION FORM.

### E 109 (K-2nd) ROBOTMAKERS: ROBOTS IN MOTION\* Fee: \$210

Tuesdays, 10/11-12/6 (Seven Sessions) 3:30 - 4:40 PM HS Room:131

Your child will put real fun into action as they advance their STEM skills building & coding a range of moving, spinning robotic devices...bringing motors to life. . . setting wheels & gears into action while they become familiar with both the programming language & engineering know-how they'll need to complete each project. NO CLASS on 11/8 or 11/22. This class is for children in grades K-2nd.

INSTRUCTOR: certified instructors from Little Ivy Academy

### E110 (3rd-5th) ROBOTMAKERS: START MAKING MOVES!\* Fee: \$210

Tuesdays, 10/11-12/6 (Seven Sessions) 3:30 - 4:40 PM HS Room: 132

Moves! Your child and their lab mates can make motors move and gears whir when they take control of building & programming their own moving, sensing robots! Utilizing the LEGO EV3 robotics system and Scratch coding language, lab teams will discover some of the basic engineering & programming concepts, (how gears work together, how to program a sensor, etc) they'll need to turn their own ideas into moving robotic creations! NO CLASS on 11/8 or 11/22. This class is for children in grades 3rd-5th.

INSTRUCTOR: certified instructors from Little Ivy Academy

### E111 (K-2nd) GAMEMAKERS: FIRST ENCOUNTERS\* Fee: \$210

Tuesdays, 10/11-12/6 (Seven Sessions) 3:30 - 4:40 PM HS Room: 109

Now your child can move from passive user to active creator of their own interactive, animated stories & video games. They'll be using the age-appropriate Scratch, Jr. coding language as they explore the essential elements of story & game design. NO CLASS on 11/8 or 11/22. This class is for children in grades K-2nd.

INSTRUCTOR: certified instructors from Little Ivy Academy

### E 112 (3rd-5th) GAMEMAKERS: CLASSIC ADVENTURE\* Fee: \$210

Tuesdays, 10/11-12/6 (Seven Sessions) 3:30 - 4:40 PM HS Room: 112

Adventure-Your child will be engaged in designing & coding a range of basic adventure-style video games, including inventing their own customized characters, new worlds of mazes and awesome challenges for their avatars. NO CLASS on 11/8 or 11/22. This class is for children in grades 3rd-5th.

INSTRUCTOR: certified instructors from Little Ivy Academy

### E 113 CREATIVE HAND SEWING\* Fee: \$125

Tuesdays, 10/11-11/29 (Six Sessions) 3:30 - 4:30 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. NO CLASS on 11/8 & 11/22. This class has a maximum capacity of 10 students.

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

## KIDS “KORNER”

### E 114 FASHION SEWING\*

Fee: \$125  
Tuesdays, 10/11-11/29 (Six Sessions) 5:00 - 6:30 PM HS Room: 29

This class is suitable for those between the ages of 8 and 12 and suitable for those with no machine sewing experience as well as those with some experience and want to improve their skills. Students will learn how to pin and cut a sewing pattern as well as sew on a real sewing machine. Students will sew a tote bag and pajama bottoms. All material is included in the cost of the class and sewing machines are provided for use. NO CLASS on 11/8 & 11/22. This class has a maximum capacity of 12 students.

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 READY, SET, BAKE!\* Fee: \$60

Tuesdays, 10/11-11/1 (Four Sessions) 3:30 - 4:30 PM HS Room: 102

Does your child enjoy preparing food and helping out in the kitchen? This class will focus on the basics of baking and provide hands-on experience in following a recipe from measuring and combining ingredients to tasting the finished product. Students will also bring home a small sample of their cooperatively baked goods each week. There will be an additional \$10 materials fee per child paid to the instructor to cover ingredients and take-home containers. This class is for children in 2nd, 3rd, or 4th grade.

INSTRUCTOR: Cynthia Doran, certified elementary school teacher who has been teaching in the Emerson School District for 25 years. She enjoys baking as a hobby and looks forward to sharing her baking skills in a small classroom setting.

### E 116 ARTISTIC STORY ADVENTURES\* Fee: \$75

Tuesdays, 10/11-11/15 (Five Sessions) 3:30 - 4:30 PM HS Room: 31

Join Miss Morreale for storytime and art! Come listen to your favorite children's stories and create a beautiful art project to go with it. We will learn how to create the settings and characters of different stories using many different artistic mediums. NO CLASS on 11/8 This class is for children in grades K-3.

INSTRUCTOR: Lilia Morreale, PreK teacher at Memorial School, certified in Elementary Education and Art with an early childhood specialization

## WELLNESS

### E117 GETTING RID OF INFLAMMATION Fee: \$30

Wednesday, 10/12 (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. It will empower you to take charge of your life and understand how to reduce inflammation through nutrition, supplements and lifestyle changes. Help yourself 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

### E118 DECONSTRUCTING CRAVINGS\* Fee: \$30

Wednesday, 10/19 (One Session) 7:00 - 8:30 PM HS Room: 186

Do you have cravings? Is it stopping you from reaching your health and weight loss goals? Do you have trouble losing weight? Do you blame yourself when diets don't work? This class helps you deconstruct cravings. Learn how to lose weight and have more energy, balance blood sugar and learn what foods are best for weight loss and health. There will also be a discussion on the benefits of intermittent fasting.

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

### E119 WEIGHT CONTROL BY HYPNOTISM\* Fee: \$30

Wednesday 11/9 (One Session) 6:45 - 8:15 PM HS Media Center

If you constantly eat between meals, if you consume excessive amounts of food, must have something to eat immediately upon arriving home from work, or compelled to eat before bedtime, then this hypnosis 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 mat.

INSTRUCTOR: Marc Sky, hypnotist, experienced adult school instructor.

### E120 CHOCOLATE HYPNOSIS HEALING\* Fee: \$30

Wednesday 11/9 (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 the 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.

COME OUT FOR  
SOME FUN  
AND LEARN  
SOMETHING NEW!

## WELLNESS

### E121 JOYOLGY 101 Fee: \$40

Mondays, 10/10 - 11/7 (Five Sessions & field trip) 7:00 - 8:30 PM HS Room: 90

Joyology is a wellness program providing mindfulness as well as other forms of healing arts, not limited to meditation, guided imagery, and vibrational sound therapy. The program will benefit those who desire to find a purposeful and joyful way of living. The instructor will use the four principle teachings of Don Miguel Ruiz, author of “The Four Agreements”, through both discussion and guided reading. An additional \$20 fee payable to the instructor will cover the book and other supplies. This class will include five classroom discussions and one field trip.

INSTRUCTOR: Serena Skye, experienced instructor of fitness and wellness, Reiki practitioner

### E 122 HEAL THE PAST, EMBRACE THE PRESENT WITH

PAST LIFE REGRESSION\* Fee: \$30

Tuesday, 10/11 (One Session) 7:00 - 8:30 PM HS Room: 179

Have you ever sensed something familiar when visiting a place for the first time or when meeting someone new, you felt an instant connection? You may have found yourself repeating the same pattern over and over again without any rhyme or reason. Maybe you have recurring dreams that feel so real. Karma – what part does it play in your life today, tomorrow or the past?

Join Lois for an experiential evening exploring the way to uncover, unravel or release.

Trained & Certified by the Master, Brian L. Weiss MD., Lois guides you easily where it is important for you to know. Understanding the past opens your ability to embrace your present.

There is nothing to prepare, just relax and enjoy your easy safe journey. Is this your first time? Beginners are welcomed.

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

### E123 NATURAL WAYS TO CARE FOR YOUR HEALTH

USING ESSENTIAL OILS\* Fee \$35

Tuesday, 10/25 (One session) 7:00 - 9:00 PM HS Room: 179

This is an interactive lecture with a “Make & Take” component, where participants will select a recipe to make a roller ball remedy and an essential oil spray to take home with them. Topics covered will include: what essential oils are, how to use them and practical usage tips for the most popular oils. We will also go over common ailments and how to use essential oils to support the body and mind. Included in the materials fee, each participant will select a recipe to help with a particular health concern, such as pain/inflammation, immune support, stress, sleep or increased energy, and make a roller bottle and spray to take home for personal use. Educational handouts will be given and there will be time for Q&A. Materials fee of \$12 payable to the instructor.

INSTRUCTOR: Lorinda Walker, Licensed Massage Therapist for 27 years, Certified AromaTouch Practitioner, Certified AromaTouch Instructor, Essential Oil Expert for 16 years and Emerson resident.

### E124 BOUNDARIES AND BALANCE\* Fee: \$30

Tuesday, 10/25 (One Session) 7:00 - 8:30 PM HS Room: 184

We all want a balanced life but what does that look like? What does that feel like? To have a balanced life, we need to have good routines, boundaries, and self-care. In this workshop, we will dive into creating balance by setting up healthy boundaries, being self-aware of what types of healthy boundaries exist, creating good routines and making selfcare realistic and attainable.

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

## GENERAL INFORMATION

Welcome to the Emerson Community School!

- All adults and students, including those living in other communities, may register. This program is sponsored by the Emerson Board of Education.
- Online registration begins as soon as brochures are mailed. To pay by credit card, visit Emerson Community School under Departments at www.emersonschools.org. For assistance call 201 262-5502, if needed.
- You are enrolled in your class unless otherwise notified. You will receive a receipt when your registration is completed online
- Tuition is indicated under each course title and is payable at registration. Each tuition charge ALREADY INCLUDES a \$10.00 non-refundable registration fee.
- No tuition refunds will be made if there is a student cancellation within seven (7) days prior to the scheduled first class meeting. To receive a refund, students MUST submit a signed request to the coordinator.
- If classes are cancelled, a full refund will be made as soon as possible.
- \*There is no tuition fee for senior citizens, 65 years of age or older, who reside in Emerson; however, they must pay a \$10.00 non-refundable - registration fee. Courses having an asterisk next to the title ARE NOT included as part of the senior citizen discount due to fee structure of course and/or space limitations.
- Physical examinations are recommended for gymnasium or other courses requiring physical exertion. We count on you to exercise good judgment as to your physical condition when enrolling in dancing, CPR, athletics, hiking or aerobic classes. Consult your physician BEFORE starting an exercise program.
- Financial courses are offered as a service to the community and do not imply any endorsement of products described in the classes.
- There is no smoking on school grounds.
- All Covid guidelines will be followed.
- In the event of inclement weather, the Community School may be closed. Your instructor will make every attempt to notify you, or you may call 201-262-5502 after 5:30 PM for a recorded message.

### CLASS LOCATIONS

Emerson Junior-Senior High School 131 Main Street  
Patrick M. Villano School 175 Linwood Avenue

(All room numbers denote high school (HS) unless noted otherwise.)

## WELLNESS

### E125 EMOTIONAL DETOX- DEALING WITH NEGATIVE PEOPLE\* Fee: \$30

Monday, 11/14 (One Session) 7:00 - 8:30 PM HS Room: 184

We all have people who push our buttons, drain our energy and take us off track. From co-workers to neighbors to friends and family members. Difficult people can be found anywhere. These types of people can create situations that cause us to feel frustrated, drained, fatigued and unhappy. In this workshop you will learn:

- Tips to deal with difficult people
- Different communication techniques that you can use to effectively handle negative/difficult people
- What is a toxic relationship and how to emotionally detox
- Why people are so negative.

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

### E126 PLAYING WITH PENDULUMS -

INTRO. TO CLEARING TECHNIQUES\* Fee: \$30

Tuesday, 11/15 (One Session) 7:00 - 8:30 PM HS Room: 179

Are you curious about pendulums? Pendulums have been used for “dowsing” and “accessing intuition” for hundreds of years. You may have seen people hold a ring on a string over a pregnant woman's belly to see if she is having a boy or a girl. Pendulums have become a very popular tool today. Learn the basics about pendulums and how to set your pendulum to access information. Find out what to do when you do not have your favorite pendulum on hand.

In this class, practice using the pendulum to receive information and learn how to begin using your pendulum to clear your space, clear yourself and clear others. Have fun in this experiential class learning a valuable tool for accessing information. **No Pendulum Experience Required.**

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

### E127 DEALING WITH HOLIDAY STRESS\* Fee: \$30

Monday, 12/12 (One Session) 7:00 - 8:30 PM HS Room: 184

Stress is a normal part of life, but too much of it can wear us down both physically and emotionally. Family, finances and too many commitments during the holiday season are all common triggers. We can also feel the physical stress from the shopping, decorating and cooking. All of this can cause the holiday blues. In this workshop we will discuss different ways to manage stress including relaxation techniques.

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

## HEALTH AND RECREATION

### E128 YOGA FOR HEALTH\* (Seven Sessions) Fee: \$130

Wednesdays 10/12 - 12/7 6:45 - 7:45 PM 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. NO CLASSES on 11/23 & 11/30. INSTRUCTOR: Eilish Bresnan, certified 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

### E129 MEDITATION\* Fee: \$65

Tuesdays, 10/18 - 11/1 (Three Sessions) 7:00 - 8:30 PM HS Room: 84

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. 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.

### TAI CHI FOR BALANCE AND BONE STRENGTHENING\* Fee: \$100

E130 Mondays, 10/10 - 12/5 9:30 - 10:30 AM

E131 Mondays, 10/10 - 12/5 7:00 - 8:00 PM

E132 Wednesdays, 10/12 - 12/7 9:30 - 10:30 AM

E133 Thursdays, 10/13 - 12/8 9:30 - 10:30 AM

E134 Thursdays, 10/13 - 12/8 7:00 - 8:00 PM

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

REGISTER EARLY  
AVOID DISAPPOINTMENT!

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Emerson Board of Education proudly presents:  
EMERSON COMMUNITY SCHOOL  
Emerson Jr. -Sr. High School  
131 Main Street  
Emerson, NJ 07630

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REGISTER EARLY - Don't miss out!

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

Emerson Community School

class choice(s) to:

phone number, email address and

Mail your check, name & address,

3. Mail-in Registration:

for your classes.

Meet the new directors and sign up in person

Don't feel comfortable registering online?

Emerson High School, 131 Main Street -

Monday 9/19 from 7:00-8:00pm at

2. In-person Registration:

c. Click on Emerson Community School

b. Click on Department Tab

www.emersonschools.org

a. Go to our website:

1. Online Registration:

WAYS TO REGISTER:

FALL 2022



EMERSON  
COMMUNITY  
SCHOOL



## HEALTH AND RECREATION

**E135 BARRE CLASS\*** **Fee: \$175**  
Mondays, starting 10/10 (8 Sessions) 8:00 - 9:00 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. No prior experience needed - Beginners welcome!

**E136 MAT PILATES\*** **Fee: \$175**  
Choose either Tuesdays (starting 10/11) 9-10am or Thursdays (starting 10/13) 6-7 pm (8 sessions)  
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.

**E137 MELT Method Basics\*** **Fee: \$200**  
Tuesdays starting 10/11 6:30-7:30 pm (8 sessions)  
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson  
The MELT Method® (MELT®) is a gentle self-treatment technique that enhances mobility, stability, and performance and is clinically proven to reduce persistent pain while easing the mind and restoring overall wellbeing. This full-body method of self-care can improve physical performance, decrease the risk of repetitive stress injuries, and eliminate chronic pain. MELT is an education system that simplifies neurofascial science into an adaptable technique for laypersons in a manner that is fun and engaging to encourage lifelong self-care.

**E138 BEGINNING TAP\*** **Fee: \$175**  
Tuesdays starting 10/11 7:45 - 8:45pm (8 sessions)  
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.

**E139 SR. BARRE, STRETCH & STRENGTH\*** **Fee: \$175**  
Wednesdays starting 10/12 10:00 - 11:00am (8 sessions)  
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson  
This class is a total body workout designed to increase range of motion and strengthen muscles of **senior aged students**, or students looking for a gentler barre workout class. It concentrates on universal challenging areas: hips, thighs, seat, abdominals/core and arms. BA Barre, Stretch & Strengthen is low-impact, protecting your joints; uses a ballet barre and/or chair for balance and comfort; and incorporates breathing exercises for relaxation. The benefits of the BA Barre, Stretch & Strengthen are accessible to individuals of varying body types and fitness levels, but class is designed for needs of older populations. Wear comfortable clothes to move. No prior experience needed - Beginners welcome! Please note that the studio is a 1 flight walk-up.

**E140 PLIÉ & PLAY\*** **Fee: \$175**  
Wednesdays starting 10/12 11:00am - 12:00pm (8 sessions)  
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson  
A bonding program for caregiver and 1-3 year-olds, this class introduces the child to the love and appreciation of dance through the use of movement, music, props and imagination. In addition to gross motor skills and developmental movement patterns, emphasis is placed on socialization, peer to peer relationships, and child/caregiver bonding in a fun environment.

**E141 PRENATAL YOGA\*** **Fee: \$175**  
Thursdays starting 10/13 10:00 - 11:00am (8 sessions)  
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson  
Through yoga, a woman can prepare physically, mentally and emotionally for giving birth and becoming a mother. Moms-to-be are led through a wide range of poses adapted to the ever-changing pregnant body, preparing her for labor and motherhood, as well as helping to alleviate some of the discomforts of pregnancy. Yoga helps a woman tap into her inner wisdom, which is her best guide through pregnancy, birth and motherhood.

**E142 BABY & ME YOGA\*** **Fee: \$175**  
Thursdays starting 10/13 11:00am - 12:00pm (8 sessions)  
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson  
This is a yoga class for mothers and their non-mobile babies (6 weeks – 1 year), which is both challenging and relaxing. It addresses postpartum conditions such as back strain, weak abdominal wall and pelvic floor, tight shoulders, sleeplessness and stress. It helps women regain strength, as well as adapt and grow in their new role as mother. It is an opportunity to nourish that profound bond with baby.

**E143 BALLET\*** **Fee: \$175**  
Thursdays starting 10/13 7:00 - 8:30pm (8 sessions)  
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! Ballet class gives you the opportunity to reduce stress levels, work your mind, move with beautiful music, express yourself in an artistic manner and gain confidence. Learn the basic fundamentals of proper technique, or brush up your skills if you have prior experience. Wear comfortable clothes to move in and ballet slippers. All levels welcome!

**E144 PICKLEBALL\*** **Fee: \$140**  
Tuesdays, 10/11-11/15 (Five Sessions) 6:30 - 8:00 PM  
Location: Villano School Gymnasium  
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! NO CLASS on 11/8.  
INSTRUCTORS: Premier Pickleball Certified Instructors

**E145 PICKLEBALL\*** **Fee: \$140**  
Tuesdays, 10/11-11/15 (Five Sessions) 8:00 - 9:30 PM  
Location: Villano School Gymnasium  
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! NO CLASS on 11/8.  
INSTRUCTORS: Premier Pickleball Certified Instructors

**INSTRUCTIONAL TENNIS FOR ADULTS (Five Sessions)**  
**All Levels\***  
E146 5 Weeks of Lessons - 60 minutes per Week **Fee: \$155**  
E147 5 Weeks of Lessons - 90 minutes per Week **Fee: \$220**  
5 weeks of lessons - weekday and weekend times available. Lessons begin following registration. Classes run for 5 consecutive weeks. There will be no makeups or refunds for any reason for missed classes.  
Location: Match Point Tennis Club, 39 Ramland Road, Orangeburg NY (only 15 minutes from Emerson)  
Contact: 845-359-0031 | matchpointny@gmail.com  
The Adult Tennis Program offers group lessons for adults of all levels. Our clinics will give the beginner player the fundamentals, the intermediate player the more technical aspects with emphasis on drills, and the advanced player drill repetition and strategy. We emphasize proper strokes and footwork, and put players in game situations. The club will call you to set your dates following registration. **PLEASE INDICATE SKILL LEVEL ON REGISTRATION FORM.**

## HEALTH AND RECREATION

**INTRODUCTION TO GOLF\* (Four Sessions)**  
E148 Mondays, 10/10 - 10/31 7:00 - 8:15 PM **Fee: \$120**  
E148B Tuesdays, 10/11 - 11/1 7:00 - 8:15 PM **Fee: \$120**  
Location: Closter Driving Range  
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 approximately \$10 per night. Bring a driver, wedge, and iron to the first class. This class is for ages 15 and up.  
INSTRUCTOR: Thomas P. McGuinness, PGA golf pro at Emerson Country Club

**E149 HIKING - LEVEL I\*** **Fee: \$85**  
Orientation Class - Wednesday, 10/12 7:00 - 8:00 PM **Room 184**  
Class will provide an opportunity to meet other hikers and learn about the three planned hikes plus an optional fourth bonus hike - see writeup below. There will be a short slide presentation relating to various aspects of hiking, e.g., trail etiquette, what to wear, and what a typical hike is like, among other things along with some handouts. Attendance is strongly encouraged.

**NOTE: ALL NEW INTERESTING HIKES EVERY SEMESTER - there will be three hikes, each progressively more difficult in design**  
**Hike Dates: Sundays, 10/16, 10/23, 11/6 (three hikes) - Make-up Date 11/13 (if necessary):** 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 begin promptly at 10:00 AM and will last approximately 3 hours at an easy 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. Hike locations and detailed directions will be distributed prior to the first hike. Please include your **email address** and **cell number** on the registration form, so you may be contacted in the event of late changes to the schedule. **Consult your physician with any health concerns before embarking on a program of physical activity.**  
**Note: Hikers must agree to follow Covid-19 official health guidelines that may be in affect at the time (e.g., social distancing, mask wearing while on the trails, etc.) and sign off on "Release of Liability" form prior to the hike.**

HIKE LEADER: Mario Medici (Mario Medici Lectures, LLC) and Co-Leader, Karen Rose, both experienced hike leaders with over 20 years experience. They are members of the Adirondack Mountain Club (ADK), and are certified NY/NJ Trail Conference trail maintainers.

## SPECIAL INTERESTS

**E150 APPLYING TO COLLEGE 101\* - Level One** **Fee: \$50 per family**  
Tuesday, 10/18 (One Session) 7:00 - 9:00 PM **HS Room: 184**  
This course is designed to prepare parents and their children for the college admissions process. It presents an overview of significant topics needed to gain admission to a college or university. Topics include:  
• College Admission Criteria: Courses, GPAs, SATs, Recommendations, Essay  
• Your High School Transcript: what it is now and how it is used in the process  
• College Search: how to utilize resources to search for the right college for you  
• College Selection: how to choose the right college for you!  
• College Admission Paths: how to choose the best path for you!  
• College Applications: the sections, types, formats, deadlines, fees  
Parents and Students are encouraged to attend together  
INSTRUCTOR: Barbara A. Fallon, PhD, Counselor, NBCC, NCSC, CEP

**E151 AMERICAN SIGN LANGUAGE - Level One\*** **Fee: \$55**  
Tuesdays, 10/11 - 11/29 (Seven Sessions) 7:00 - 8:30 PM **HS Room: 91**  
Learn the fundamentals of American Sign Language (ASL). Students will be introduced to spelling, grammar, exchanging personal information, and talking about family, friends, and activities. This course is designed for those who have no or little knowledge of ASL. No class on 11/22.

**E152 MASTERING SUDOKU PUZZLES** **Fee: \$25**  
Wednesday, 10/12 (One Session) 7:00 - 8:00 PM **HS Room: 179**  
Are you addicted to Sudoku puzzles or are you wondering how to play those number-filled games? If so, this class is for you! Seminar provider Mike Lewis is a fellow Sudoku nut himself and his self-taught method will make you a more successful player. By the end of the session, new players will learn how to get started the right way, and grizzled players will learn some new tips on narrowing down choices and successfully completing even the most challenging games. Bring a pen and get ready to play to win!  
INSTRUCTOR: Michael Lewis, experienced instructor

**E153 HOW TO GET A BOOK PUBLISHED** **Fee: \$30**  
Wednesday, 10/19 (One Session) 7:00 - 8:30 PM **HS Room: 179**  
For those with ideas of becoming a professional writer, this course will be of great benefit. Learn the business behind books and put together a winning proposal for a publisher. Learn how to follow up your proposal and handle rejections. Finally, learn how to seal the deal and build a marketing and social media platform. Proposals will be evaluated in class for those who wish to bring their written work along.  
INSTRUCTOR: Michael Lewis, author of 14 books; editing over 20 years

**E154 KEEP TALKING:**  
**AN INTRO TO PROFESSIONAL VOICE-ACTING\*** **Fee: \$40**  
Monday, 10/24 (One Session) 6:30 - 9:00 PM **HS Room:186**  
*Have you ever been told that you have a great voice?* This exciting class will explore numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the internet! We will cover how to prepare the all-important demo, how to be successful and earn great income in the exciting field. We will even have the chance to record a commercial script under the direction of our producer! This class is informative and a great first step for anyone interested in voice-acting professionally.  
INSTRUCTOR: Creative Voice Development Group, Albany, NY

**E155 HAVE FUN WITH A PSYCHIC READING\*** **Fee: \$30**  
Wednesday, 11/2 (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 relationships and your future. Renown psychic Marc Sky will do group readings in this enlightening and entertaining class. Find out about your future and also show you 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, best careers, the lessons you must learn, your destiny, best activities for the year, cycles in your life, 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 first and last name and your birthday. Do NOT forget!**  
INSTRUCTOR: Marc Sky, Psychic & experienced instructor.

**E156 SUPERPOWER MEMORY\*** **Fee: \$30**  
Wednesday, 11/2 (One Session) 8:30 - 9:45 PM **HS Room 181**  
Do you have trouble remembering names? Forget where you put your car keys? In this no-holds barred workshop you'll 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 and vocabulary. Workbook is included in fee. All ages welcome!  
INSTRUCTOR: Marc Sky, experienced adult school instructor.

## MONEY MATTERS

**E157 HOW TO BUY A CAR IN THE SELLER'S MARKET\*** **Fee: \$35**  
Monday, 10/17 (One Session) 7:00 - 9:00 PM **HS Room: 185**  
Microchip shortage, low inventory, seller's market....The era of dealer lots loaded with inventory is over, announced Ford Motor Company. Savvy consumers can still get a good deal with the right preparation. Learn about hidden incentives such as factory-to-dealer rebates and holdbacks that enable dealers to sell their vehicles for less. We will discuss how to find sources of FREE info. on dealer invoice costs; how to make an offer; and controlling the negotiations.  
INSTRUCTOR: Rick Feingold, consumer advocate, 35 years experience.

**E158 UNDERSTANDING INSURANCE - HOME\*** **Fee: \$25**  
Monday, 10/10 (One Session) 7:00 - 8:00 PM **HS Room: 181**  
**E159 UNDERSTANDING INSURANCE - AUTO\*** **Fee: \$25**  
Monday, 10/17 (One Session) 7:00 - 8:00 PM **HS Room: 181**  
**E160 UNDERSTANDING INSURANCE - LIFE\*** **Fee: \$25**  
Monday, 10/24 (One Session) 7:00 - 8:00 PM **HS Room: 181**  
**E161 UNDERSTANDING INSURANCE - DISABILITY\*** **Fee: \$25**  
Monday, 10/31 (One Session) 7:00 - 8:00 PM **HS Room: 181**  
**E162 UNDERSTANDING INSURANCE - ANNUITIES\*** **Fee: \$25**  
Monday, 11/7 (One Session) 7:00 - 8:00 PM **HS Room: 181**  
**E163 SPECIALTY PRODUCTS & CAREERS IN INSURANCE\*** **Fee: \$25**  
Monday, 11/14 (One Session) 7:00 - 8:00 PM **HS Room: 181**

Come out and gain insights of the insurance world. Our instructor will present details for all insurances over six classes. Sign up for the one or all of the insurance classes you are interested in learning more about. You should feel comfortable bringing your own questions...all will be answered.  
INSTRUCTOR: Bob Fortsch, Financial Professional Emeritus, 43 years experience.

**E164 REAL ESTATE WORKSHOP FOR FIRST TIME HOME BUYERS\*** **Fee: \$30**  
Tuesday, 10/18 (One Session) 7:00 - 9:00 PM **HS Room: 186**  
This class is beneficial for people looking to buy during this difficult time. In class, we will discuss and follow the process of initiating a search for a home, review real live listings, talk about tips and pitfalls plus time saving advantages to best navigate the current market as a buyer. The class will also dive into financing information for First Time Home Buyers, where we will follow the process of a purchase, show and dissect the details of a contract and follow the steps of a closing.  
INSTRUCTOR: Sergio I. Pineda Licensed NJ Realtor, member of NAR

**E165 ESTATE PLANNING BASICS & BEYOND** **Fee: \$25 or \$35 per couple**  
Wednesday, 10/12 (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 a 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.

**E166 BASICS OF ESTATE ADMINISTRATION & PROBATE** **Fee: \$25 or \$35 per couple**  
Wednesday, 10/19 (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., (see above).

## FOREIGN LANGUAGES

**E167 ITALIAN (LEVEL 2)\*** **Fee: \$60**  
Tuesday, 10/11 - 11/15 (Six Sessions) 7:00 - 8:00 PM **HS Room: 185**  
This course will allow you to continue your background of the basics and increase your ability to converse by using additional tenses and vocabulary through conversation and short readings. Text to be decided approx. \$20.  
INSTRUCTOR: Annie Pacciani, experienced instructor and certified teacher

**E168 SPANISH - BEGINNERS\*** **Fee: \$60**  
Tuesdays, 10/11 - 11/29 (Seven Sessions) 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 \$20 fee paid on the first day for the textbook that will be used in class. NO CLASS on 11/8.  
INSTRUCTOR: Nora Aanonson, experienced instructor from grammar school to college level

**E169 SPANISH (BEYOND BEGINNERS)\*** **Fee: \$60**  
Tuesdays, 10/11 - 11/29 (Seven Sessions) 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 \$20 fee paid on the first day for the textbook that will be used in class. NO CLASS on 11/8.  
INSTRUCTOR: Nora Aanonson, experienced instructor from grammar school to college level

## ARTS AND CRAFTS

**E170 ACRYLIC PAINTING\*** **Fee: \$80**  
Wednesdays, 10/12 - 11/2 (Four Sessions) 7:00 - 8:30 PM **HS Room: 31**  
An inspiration for discovering your creativity and artistic confidence. This class is for beginners as well as artists with a bit of experience. Acrylics are a water based paint which offer opacity (meaning you can paint right over your mistakes) yet on the other hand experienced artists can take advantage of the unique properties that acrylics offer and push the boundaries beyond their current artistic experiences. The possibilities of how to work with acrylics are endless. Topics we will cover: Creating a color palette for your pieces as well as the power of color; Nature's Edge - Painting natural scenes and objects (landscapes, seascapes and still life); Techniques using Acrylic Paint, a variety of brushes and mediums  
INSTRUCTOR: JoAnn Puleo, experienced instructor.

**E171 LEARN TO SEW FOR ADULTS\*** **Fee: \$160**  
Tuesdays, 10/11-12/13 (Eight Sessions) 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. NO CLASS on 11/8 & 11/22. This class has a maximum capacity of 12 students.  
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

## KITCHEN SPECIALTIES

**E172 LET'S MAKE SOME WONTONS!** **Fee: \$30**  
Monday, 10/10 (One Session) 7:00 - 9:00 PM **HS Room: 102**  
Do you know that the word wonton means "swallow clouds" in Cantonese? The original Chinese wonton can be light and silky in a Shanghai style broth, or it could be Sichuan style which is aromatic, hot and spicy. Come to this wonton making class where you will learn to make and cook delicious wontons! **There is a \$15 tasting fee payable in class to the instructor.**  
INSTRUCTOR: Lucy Su, Experienced Instructor

**E173 NO KNEAD BREAD BAKING\*** **Fee: \$30**  
Tuesday, 10/11 (One Session) 7:00 - 9:00 PM **HS Room: 102**  
Crusty bread with a lot of flavor is easy to make at home! The instructor will show you the basics of No-Knead bread using a yeast starter and sourdough leaven. The instructor will make a basic country recipe, show stretching, shape dough and bake proofed loaves. We'll also discuss Baker percentages. You will see how simple it is to make bread that rivals Artisan bakeries. Once you follow these steps at home and enjoy your bread, you will make it a part of your life forever. **There is a \$5 food tasting fee payable in class to the instructor.**  
INSTRUCTOR: Greg Wieting, Experienced Instructor and food enthusiast

**E174 BASIC SAUSAGE MAKING\*** **Fee: \$30**  
Tuesday, 10/18 (One Session) 7:00 - 9:00 PM **HS Room: 102**  
You always wanted to know how sausage was made! Come out and learn the steps to make fresh sausage safely using a KitchenAid mixer. We will go over the steps that will give you the skill and confidence to make your own sausages. At the end of class we will cook and try what you helped to make. **There is a \$10 food tasting fee payable in class to the instructor.**  
INSTRUCTOR: Greg Wieting, Experienced Instructor and food enthusiast

**E175 TOFU IN THREE WAYS\*** **Fee: \$30**  
Monday, 11/7 (One Session) 7:00 - 9:00 PM **HS Room: 102**  
How much do you know about tofu? Who said healthy food can't be delicious? Tofu has been in Chinese cuisine for more than 2000 years. It was the poor people's great protein source and the royal delicacy. You will learn the Red Braise Tofu just like every Taiwanese mom does at home. You will also learn how to make simple delicious Spicy Korean tofu stew. Let's not forget Crispy Fried Tofu which is crispy on the outside but soft and tender on the inside with a refreshing, garlicky pickled cabbage. **There is a \$15 tasting fee payable in class to the instructor.**  
INSTRUCTOR: Lucy Su, Experienced Instructor

**E176 HEALTHY SNACKS FOR WEIGHT LOSS AND HEALTH\*** **Fee: \$30**  
Tuesday, 11/15 (One Session) 7:00 - 8:30 PM **HS Room: 102**  
Have you been trying to lose weight or lower your blood sugar? This cooking class will help you learn how to make snacks that are good for weight loss and maintaining healthy blood sugar using healthy protein, fats and good carbs. Recipes are easy and amazingly delicious. There will be a \$10 food tasting fee payable to the instructor.  
INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

**E177 STEAM, STEAM, STEAM\*** **Fee: \$30**  
Monday, 11/28 (One Session) 7:00 - 9:00 PM **HS Room: 102**  
Each of these dishes will only take about 10 minutes to make! Whether you love savory pork ribs with fermented black beans & colorful peppers, the festive look of aromatic fish, or even light and silky Japanese steamed eggs, then this class is for you! Take on this amazing cooking experience and add these techniques to your daily life. **There is a \$15 tasting fee payable in class to the instructor.**  
INSTRUCTOR: Lucy Su, Experienced Instructor

## MUSIC

**E178 INTRO TO GUITAR\*** **Fee: \$100**  
Mondays, 10/10-11/14 (Six Sessions) 7:00 - 8:30 PM **HS Room: 122**  
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

**E179 INTRO TO BLUES HARMONICA\*** **Fee: \$90**  
Mondays, 10/10-11/14 (Six Sessions) 7:00 - 8:00 PM **HS Room: 123**  
This class will introduce Blues "harp" to those wanting an introduction. It will also be suitable for players who have some experience with the harp and we will work to expand vocabularies and skills that have already been developed. We will focus on basic fundamentals including single notes, the use of hands to shape sounds, breathing techniques and more. We will also learn some simple, well known tunes. One of our primary goals will be to have fun while learning not only about the instrument, but the classic American music form called "The Blues". Blues harmonicas are approximately \$35 and the course will include sound files and song tabs.  
INSTRUCTOR: Carlos Colina, experienced instructor and professional performer

## BUSINESS • CAREERS • COMPUTERS

**E180 INTERMEDIATE EXCEL\*** **Fee: \$130**  
Wednesdays, 10/12 - 11/9 (Five Sessions) 6:30 - 8:30 PM **HS Room: 35**  
Go further into the world of Excel. Build on your basic knowledge of spreadsheets and enhance your productivity by learning shortcuts that will save you time. Learn how to take advantage of Excel's power and versatility. Topics covered include linking data between spreadsheets, using formulas, conditional formatting, filters, graphs, pivot tables, and many other tools that will amaze you.  
INSTRUCTOR: Annie Pacciani, experienced instructor and certified teacher

**E181 SELLING ON eBAY\*** **Fee: \$100**  
Tuesdays, 10/11 - 10/18 (Two Sessions) 7:00 - 9:30 PM **HS Room: 35**  
Learn from an EBAY PowerSeller how to sell successfully--from start to finish. Topics include: How EBAY works, safe trading using EBAY Buyer/Seller Protection, learning the value of your items, pricing your merchandise, writing a description, photos, shipping your goods, EBAY fees, collecting your payment, delivery confirmation, handling feedback, and more. Students will be able to develop their own EBAY listings upon completion of the class.  
**Prerequisite: Students are required to have an email address and a registered EBAY ID prior to the first class.**  
INSTRUCTOR: Rick Feingold, operates online eBay store; PowerSeller.

**BACK BY  
POPULAR DEMAND!**  
**In-Person Registration**  
**Monday, 9/19 from 7:00 - 8:00 PM**  
**at Emerson High School**  
**131 Main Street**  
*Don't feel comfortable  
registering online?*  
**Meet the new directors and sign up  
in person for your classes**