

# AUDUBON COMMUNITY EDUCATION ADULT EVENING SCHOOL COURSE OFFERINGS WINTER/SPRING 2024:

## Learn CPR. Save a Life.

## You never know when you'll need to save a life.

*(We are offering 4 separate CPR classes, dates are listed below. Please choose one and please note the date on your registration form)*

WED. MARCH 20, 2024

WED. APRIL 17, 2024

WED. MAY 15, 2024

WED. JUNE 5, 2024

TIME: 6:30pm-8:30 (approximately)

**\*FEE \$38.00\***

AHS B107

The American Heart Association Family & Friends CPR Course teaches the lifesaving skills adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. A great course for parents, grandparents, caretakers, or those looking for a *HEARTy* date night out! (CLASS SIZE IS LIMITED TO 15 PEOPLE PER CLASS)

INSTRUCTOR: Sara Barry, RN, BSN, CSN

## LEARN TO DANCE!

DANCE TIME PRODUCTIONS

SESSION I:

COURSES ARE 4 WEEKS

or 8 WEEKS AS INDICATED

## FITNESS LINE DANCING

FEE \$80.00

TUESDAY 7-8:00pm

STARTS MAR 5

AHS CAFETERIA

Join in the fun of "Soul Line Dancing". Something for everyone! Learn line dances that you can enjoy at any party, from the Big Band Era through the millennium. Some favorites are the Cupid Shuffle, Wobble, Electric Slide, Cha Cha Slide & more. Step it up with some Country Line dancing – it's fun & easy to learn (Tush Push, Trashy Women, 16-Step, El Paso, & more). **No class on 4/2/24**

**(8 WEEKS)**

## DANCE TO EXER"CIZE"

FEE: \$80.00

TUESDAY 8-9:15

STARTS MAR 5

AHS CAFETERIA

The first step towards good health is to **move your body!** This is not aerobics, but an introduction to the new dance craze that makes exercising **FUN!** This is a safe, fun & easy way to get in an exercise program while learning a variety of different dance moves. The movements are simple enough for beginners, older adults & those who have never before taken a dance or exercise class. Each class includes a warm-up, simple dance step instruction, & then applying them to music. Class does not include jumping, running or strenuous movements. **No class on 4/2/24**

**(8 WEEKS)**

## SOCIAL DANCES FOR WEDDINGS

FEE: \$80.00

WEDNESDAY 7-8:00pm

STARTS MAR 6

AHS CAFETERIA

Is there a wedding in your future? We'll help you to be comfortable on the dance floor! We start with the basic techniques of dancing. Dance rhythms will include the famous Swing/Jitterbug & Fox Trot and Latin steps. Also included will be the popular line dances. Feel free to come alone, with a friend, or bring your whole wedding party. Come and dance the night away! **No class on 4/3/24**

**(8 WEEKS)**

## **SALSA/MERENGUE**

**(4 WEEKS!)**

**\*FEE \$40.00\***

WEDNESDAY 8-9:00pm

**STARTS MAR 6**

AHS CAFETERIA

This course is a concentration on just two popular rhythms – Salsa & Merengue. Dances will include beginner to advance moves. Come and join us in the fun of dancing. Partners are not required – however partners will not be supplied either.

## **JITTERBUG/SWING DANCING**

**(4 WEEKS!)**

**\*FEE: \$40.00\***

WEDNESDAY 8-9:00pm

**STARTS APRIL 10**

AHS CAFETERIA

Whether called the Lindy, Boogie Woogie or Swing, the Jitterbug is a classic American dance. Jitterbug is danced to Big Band, Rock 'n Roll & Country music. Learn timing, basic movements, turns & more. Partners not required.

## **FITNESS & SPORTS:**

### **GOLF: Taught by Bob Cardea, Head Coach, & The Rutgers Univ.**

#### **Coaching Staff**

**CLASSES START SATURDAY MAR 16, 2024**

**7 WEEKS**

**BEGINNER**

**\*FEE: \$135.00\***

SATURDAY 10:45-11:45am

**LOCATION: Big Swing Golf Center – 312 Salina Road, Sewell NJ 08080**

A beautiful time of the year to learn the basics! The Rutgers Coaching staff is prepared to share the latest thinking on fundamentals of the golf swing, the psychological inner game, etiquette, how & where to practice, a list of playing partners & more. Clubs are supplied, if needed, & all the balls you can hit. Teacher/pupil ratio max 8-1. Learning environment is friendly.

#### **SKILL BUILDER**

**7 WEEKS**

**\*FEE: \$135.00\***

SATURDAY 12 noon-1:00pm

**Big Swing Golf Club as above**

Need a golf tune-up? If you've struggled all season & desperately need a pro to look at your swing, this class is for you. Our PGA/USGTF staff will address your swing mechanics to include, but not limit to, the driver, fairway woods, long irons, bunker shots & the short game. A state-of-the-art facility will encourage you to hit every club in the bag.

#### **INTRO TO GOLF FOR YOUTHS 8-15 YEARS OLD**

**7 WEEKS**

**BEGINNER**

**\*FEE: \$135.00\***

SATURDAY 9:30-10:30

This course is designed to introduce younger enthusiasts to the exciting sport of golf. Students will learn the rules of golf, course etiquette, proper grip and swing. They will be taught how to chip, putt, pitch and learn and how to use irons and woods properly. Equipment will be provided if needed however if you have your own Clubs, please bring them. All sessions are held in a relaxed, fun environment so that you can progress at your own speed.

#### **GOLF: THE SHORT GAME**



**5 WEEKS**

**\*FEE: \$100.00\***

SATURDAY 2-3:00pm

**CLASSES START MAR 16**

**Big Swing Golf Club as above**

Nearly 70% of the shots you hit are less than 150 yds, so sharpen your short game & reduce your scores! Our Rutgers University Golf Team Coaching

Staff will show you how. Rutgers Univ. has won back-to-back NEAC Conference Championships, & is the first team in school history to qualify for 2 straight NCAA National Championship Finals!

#### **HORSEBACK RIDING: RECREATIONAL**



**\*FEE: \$175.00\***

**Available from APRIL 21 – JUNE 29**

Liberty Bell Farm

Introduction to basic horseback riding & safe horse handling procedures for Adults and Children. You will learn to ride as well as hands-on brushing, saddling, bridling, & care of horse & tack. Long pants, riding boots or sturdy work type shoes with a heel are a must. Helmets provided by the farm, located at 117 Dutch Row Rd., Elmer, NJ 08318. Indoor arena is used for inclement weather. Call 609-202-7888 to arrange lessons.

INSTRUCTOR: Denise Kaelin Bell

**(5) 1-HOUR SESSIONS**

## TENNIS TAUGHT BY MITCH WINKLER

LOCATION TBA

YOU WILL BE NOTIFIED OF LOCATION PRIOR TO START OF CLASSES. ALL CLASSES START MAR 16 AND THEN WILL MEET 3/23, 3/30, 4/6 & 4/13/24. If any classes are cancelled due to weather they will be made up after the last class on the following Saturday.

### FUNDAMENTALS

SATURDAY 8:00-9:00am

\*FEE: \$60.00\*

This program is designed for "first time" players thru those with less than TWO seasons of playing. Stroke production, practice & basic game positioning will be the focus. Tennis rackets required.

5 WEEKS

### SKILL BUILDERS

SATURDAY 9:00-10:00am

\*FEE: \$60.00\*

Players that have at least TWO SEASONS of play and a basic understanding of mechanics will benefit from this accelerated program. Stroke refinement, shot making and sequence drills will form the foundation. Tennis rackets r

5 WEEKS

### JUNIORS (AGES 6-8)

SATURDAY 10:00-10:45am

\*FEE: \$60.00\*

This program is designed to teach children the fundamental skills used in tennis. Both ground strokes & volleys will be covered. Although junior rackets are requested, loaner rackets will be available if needed.

5 WEEKS



### JUNIORS (AGES 9-13)

SATURDAY 10:45-11:30am

\*FEE: \$60.00\*

This program will focus on introducing the forehand, backhand, volley & serve & using these strokes in point play. Although junior rackets are requested, loaner rackets will be available if needed.

5 WEEKS

## STRESS MANAGEMENT & WELLNESS

All classes taught by KATHLEEN MARIE WHITE, NJ Licensed Body Work Therapist, AOBTA & ABMP-Certified Practitioner, Certified Yoga Instructor & Owner of HANDS OF WHITE HEALING CENTER. Kathleen has been studying and teaching Yoga & Shiatsu for over 25 years.



### YOGA – INTERMEDIATE

FEE: \$95.00

*For our more experienced students:* Yoga can be gentle; or very vigorous. It strengthens the body & mind while it creates flexibility & a peaceful attitude...

MONDAY 6:30-8:00pm

STARTS MAR 4

HAS GYM

If you've taken Beginner Yoga & have an understanding of the postures & breathing, this class is for you. We'll work on holding the postures for a longer period of time & work toward developing more strength & flexibility through the 8-week series.

(No Class on 4/1/24)

10 WEEKS

### YOGA – BEGINNER

FEE: \$95.00

TUESDAY 6:30-8:00pm

STARTS MAR 5

HAS GYM

Create a more balanced & stress-free life. Reduce stress through stretching exercise & mental concentration. You will learn the basic Yoga postures. Get in touch with your intuition & positive energy through various relaxation techniques. Set long-range goals for a balanced, abundant life. Wear comfortable clothing & bring exercise mat or layered cloth. (No class on Tuesday 4/2/24 & 4/3/24)

10 WEEKS

## GETTING PAID TO TALK:

AN INTRODUCTION TO PROFESSIONAL VOICE OVER

\*FEE: \$30.00\*

TUESDAY 6:30-8:00pm

FEB 27, 2024 OR MAY 21, 2024

ONLINE

(Please note on registration form which online class 2/27 or 5/21 you are registering for)

### LIVE WEB-BASED WORKSHOP AND Q&A

CLASS SIZE IS LIMITED SO REGISTER EARLY:

PRECLASS LOGIN ACCESS 10 MINUTES

If you've ever wondered how to begin in voice over part time, full time, or for supplemental or retirement income, this workshop is a great, upbeat, and most

importantly, realistic first step. Our easy-to-access remote learning system will take you behind the scenes at Voice Coaches main studios, where we regularly produce voice over content for clients including Netflix, Discovery, HGTV, Disney, Lifetime, Nickelodeon, and many more. From audio books, training material, animation, and commercials to socially relevant content, television, and much, much more: today's voice over field has become a great way to leverage your individual voice qualities and communication skills in a whole new way. This class also includes an opportunity to receive a brief one-on-one voice range and quality assessment with our instructor. We sincerely hope you'll join our community of enthusiastic learners! This class is fun, realistic, and a great first step for anyone interested in voice over. More information to follow after registration.

**Please note: Internet Access is required.**

**Devices Supported:**

**Most Apple & Android Smart Phones**

**Most Tablets**

**Most Computers**

**INSTRUCTOR: CREATIVE VOICE DEVELOPMENT GROUP 1 SESSION**

**About The Instructor:**

*For more than 30 years, our team at Voice Coaches has provided voice over production, recording, and communication coaching to clients across the US and abroad. In addition to being active in numerous industry organizations, we provide internships to college students in recording, production, and entertainment business. Voice Coaches is proud to be a 16-year, A+ Member of The Better Business Bureau.*

## **REGISTRATION INFORMATION:**

**MAIL YOUR REGISTRATION TO SECURE YOUR CLASS.** Registrations are accepted on a first come/first served basis. Don't risk a class being canceled by waiting until the last minute to register.

**THERE IS NO IN-PERSON REGISTRATION – YOU MUST MAIL YOUR CHECK OR MONEY ORDER**

Note: You can mail registrations in up to 24 hrs. prior to classes start, registrations must be mailed in to register for a class! Registrations are accepted up to 24 Hrs. before a class begins. However, if registrations are very few, a class could be canceled as much as one week ahead of the start date. If you wait until the last minute, you run the risk of the class being full or being canceled due to insufficient registrations. Registrations are not accepted on the first night of class. **THERE ARE NO WALK INS** you must register prior to class beginning!! **We do not accept credit cards. Checks and Money orders only, payable to: Audubon Comm. Education**

**CLASSES BEGIN WEEK OF March 4, 2024 at the following locations UNLESS OTHERWISE INDICATED:**

(AHS) Audubon High School, 350 Edgewood Ave.  
(MAS) Mansion Ave School, 300 Mansion Ave., Audubon  
(HAS) Haviland Ave School, 240 Haviland Ave., Audubon

**NO CLASSES WILL BE HELD WK. OF APRIL 1- APRIL 5, 2024 or MONDAY MAY 27, 2024**

**ALL CLASSES ARE FOR ADULTS, 18 & OVER, UNLESS OTHERWISE SPECIFIED IN DESCRIPTION**

**PROGRAM CHANGES:** Because of possible contingencies, the Adult School reserves the option to make any changes in course offerings, scheduling, instructors and/or room assignments as appear necessary.

**REFUNDS:** You may transfer to another class or receive a refund if course is canceled. **NO REFUNDS OR TRANSFERS WILL BE MADE AFTER 72 HOURS PRIOR TO START OF FIRST CLASS.**

**You will only be contacted if a class is cancelled or location is changed. NO REGISTRATION CONFIRMATIONS ARE MADE BY PHONE OR MAIL.**

**INSURANCE:** The Board of Education provides **NO insurance coverage benefits for any person participating in any of the programs or activities offered in this brochure.** Anyone taking part in any physical activity should use common sense and set a reasonable pace. Check with your family doctor before beginning classes.

**SENIOR CITIZEN DISCOUNT:** Senior citizens (65+) may take some courses for a 25% reduction. **NO DISCOUNT FOR COURSES MARKED WITH ASTERISK (\*FEE\*).** **No refund will be made if discount isn't taken on original registration.**

**EMERGENCY CLOSING:** If School is closed for in climate weather it will be posted on our district website @ [www.audubonschools.org](http://www.audubonschools.org) **(You will not be called individually)**

**QUESTIONS OR CONCERNS?**

Please don't hesitate to contact me by email at [mmarchiano@audubonschools.org](mailto:mmarchiano@audubonschools.org)

**ADULT EVENING SCHOOL  
REGISTRATION FORM**

W/S 2024

PLEASE PRINT

W/S 2024

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_

COURSE \_\_\_\_\_

TIME \_\_\_\_\_ DAY OF WEEK \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

FEE \$ \_\_\_\_\_ CHECK  CASH  MONEY ORDER

**PLEASE READ REGISTRATION INFORMATION BELOW!**

**MAKE CHECK PAYABLE AND MAIL TO:  
AUDUBON COMMUNITY EDUCATION  
350 Edgewood Avenue  
Audubon, NJ 08106**

Use **ONE** form per course/per student.

Registration is accepted unless you are notified otherwise.

**NO REFUNDS made after 72 hours prior to first class.**