

**Fall Class Registration Information
2008**

<u>Class Title</u>	<u>Instructor</u>	<u>Days</u>	<u>Time</u>	<u>Location</u>	<u>Fees</u>	<u>Min./Max. Students</u>
<u>Creative Art for Young Children</u>						
This class is designed to open children up to the creative process through storytelling, play with puzzles, puppets, stuffed animals, etc. Each child then uses paints, clay, wood scraps and countless other materials to express their own artistic side in a way that suits his or her individual personality.						
Creative Art for Young Children – Sec. A-1 (Ages: Preschool 9/23 – 12/13)	Goldman	T	10:00-11:30 am	Room 1	\$320	5-12
Creative Art for Young Children – Sec. A-2 (Ages: Preschool 9/23 – 12/13)	Goldman	Th	10:00-11:30 am	Room 1	\$320	5-12
Creative Art for Young Children – Sec. B-1 (Ages: K-2 9/23 – 12/13) CLASS FULL	Goldman	Th	3:00-5:00 pm	Room 1	\$380	5-12
Creative Art for Young Children – Sec. B-2 (Ages: K-2 9/23 – 12/13)	Goldman	F	3:00-5:00 pm	Room 1	\$380	5-12
Creative Art for Young Children – Sec. C (Ages: Pre-K – K 9/23 – 12/13)	Goldman	F	1:00-2:30 pm	Room 1	\$320	5-12
Creative Art for Young Children – Sec. D (Ages: 4 – 8 9/23 – 12/13)	Goldman	Sat.	10:00am-12:00 pm	Room 1	\$380	5-12
Creative Art for Young Children – Sec. E (Ages: 4 – 8 9/23 – 12/13)	Goldman	Sat.	1:00 pm-3:00 pm	Room 1	\$380	5-12

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Fitness

This class is designed to aid participants in their overall fitness goals. By the end of the season, participants should notice a marked improvement in endurance, energy level, toning and a general feeling of improved overall fitness.

Fitness - Sec. A (Ages: All	9/15 – 12/12)	Sweeney	M/W/F	7:00-8:00 am	Room 3	\$300	6-15
Fitness – Sec. B (Ages: All	9/15 – 12/12)	Sweeney	M/W/F	8:30-9:30 am	Room 3	\$300	6-15

Karate

This class will introduce young students to the initial concepts of martial arts, including self-discipline, confidence and respect for their opponents, through use of karate techniques. Students receive a free gi (uniform) when they sign up for the quarter.

Karate (Ages: 5 and up	9/15 – 12/12)	Agoff	T/Th	4:00–6:00 pm	Room 3	\$330	8-15
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Kickboxing

This is a fitness class that incorporates martial arts moves. Students will learn proper punching and kicking techniques while also benefiting from a challenging aerobic and general fitness workout.

Kickboxing (Ages: Adults	9/15 – 12/12)	Agoff	W	11:00-11:45 am	Room 3	\$165	6-15
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Quick Conditioning

Participants in this class will undertake a short, 50 minute workout that is designed to improve cardiovascular and overall fitness. Students will see a marked improvement in their energy levels, stamina and feeling of well-being.

Quick Conditioning (Ages: All	9/15 – 12/12)	Sweeney	T/Th	9:00-9:50 am	Room 3	\$240	6-15
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Tai Chi

Tai Chi is an ancient form of exercise. It builds coordination, balance, calmness and stress reduction through the execution of gentle but powerful movements. Other benefits include increased energy, flexibility and agility, as well as an overall improvement in feelings of well-being. This class is ideal for adults of all ages and is particularly well-suited to seniors.

Tai Chi (Ages: Adults	9/15 – 12/12)	Agoff	W	8:30-9:15 am	Room 1	\$165	6-15
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Waterways

In anticipation of the day-lighting of Sausal Creek in the new Town Center, science and nature classes this fall will be learning about our local waterways – the rains that feed them, their watersheds, the rocks that roll down them, the insects and fish that make their homes in them, the plants that line their banks, the animals that visit them, and properties of the very water that flows in them. Classes will be largely hands-on with many outdoor, grade-level appropriate activities.

Waterways – Sec. A (Ages: Gr. 1	9/15 – 12/12)	Tryce	M	3:15-4:45 pm	Room 2	\$200	4-12
Waterways – Sec. B (Ages: Gr. 2 & 3	9/15 – 12/12)	Tryce	T	3:15-4:45 pm	Room 2	\$200	4-12
Waterways – Sec. C (Ages: Kindergarten	9/15 – 12/12)	Tryce	W	1:30-3:00 pm	Room 2	\$200	4-12