

GENERAL INFORMATION

REGISTER BY MAIL NOW: To register by mail, please use the registration form enclosed in this brochure. Persons registering early by mail will be given priority in course selection.

Senior Citizen Discount: Residents who are 62 years of age or over are invited to attend our adult school courses at half the tuition of the course. Proof of eligibility must be provided with registration. (Courses offered by private agencies or otherwise noted are not subject to a fee reduction— please call for clarification.)

If a class, for which you register, is closed or canceled, you will be notified. *Otherwise:*

RECEIPT OF MAILED IN REGISTRATIONS WILL NOT BE ACKNOWLEDGED.

MAKE CHECKS PAYABLE TO:
Kittatinny Adult School

MAIL YOUR REGISTRATION TO:
Kittatinny Adult School
c/o Kittatinny Regional High School
77 Halsey Road
Newton, New Jersey 07860

REGISTRATION CLOSES
Friday, September 16, 2016

- ◆ **ADMISSION POLICY:** All county residents are welcome.
- ◆ **HIGH SCHOOL SENIORS ARE PERMITTED TO ATTEND.**
- ◆ **TUITION AND FEES:** The tuition for each course is listed after the course description.
- ◆ **REFUND POLICY: No tuition will be refunded after the first night of class.** If a course is withdrawn, the student may transfer to another class that is still open, or the full tuition will be refunded. All costs for materials, books, and supplies needed to complete the course are the responsibility of the student and ARE NOT COVERED BY TUITION UNLESS SO NOTED.

CLASS SCHEDULE INFORMATION

The time and date(s) for each course are listed after each course title. **If Kittatinny Regional H.S. is closed because of inclement weather, the Adult School will also be closed.** Closings will be announced on WSUS (102.3), WNNJ (103.7), and on our website at www.krhs.net. Make-up sessions will be arranged at the convenience of the instructor.

- ◆ Enrollment in most classes will be restricted because of limited facilities. We suggest early registration to avoid disappointment. In case of insufficient enrollment, the adult school reserves the right to cancel the course and refund all tuition and registration fees. The director also reserves the right to reduce the length or consolidate the size of courses offered, depending upon enrollment.
- ◆ **Minimum class size - 10 students.**

THE KITTATINNY REGIONAL BOARD OF EDUCATION AND THE KITTATINNY ADULT SCHOOL ARE EQUAL OPPORTUNITY EMPLOYERS.

COURSE OFFERINGS: HEALTH AND PHYSICAL FITNESS

1. **BALLROOM/LATIN DANCE** **\$70**
Tuesday: 8 weeks **9/20 – 11/08**
8:00 – 9:00 p.m.
Instructor: Nanci Cruz

Come have a fun time with our talented instructor while you learn the Fox Trot, Waltz, Swing, and Latin dances. Beginners can concentrate on basic steps. It is recommended that you register with a partner.

2. **COUNTRY LINE DANCE** **\$60**
Thursday: 8 weeks **9/22 – 11/17**
8:00 – 9:00 p.m. **No class 11/10**
Instructor: Nanci Cruz

The Country Line Dance class is fun and easy to do. Each 60 minute class is comprised of warming up, learning footwork and interacting with others. Learning country line dancing is a wonderful way to sharpen the mind as routines will be broken down step by step and then put into fun, easy to follow routines.

3. **ZUMBA For Fitness** **\$60/\$120**
Tuesday and/or Thursday **9/20 – 11/17**
8 weeks **No class 11/10**
7:00 – 8:00 p.m.
Instructor: Nanci Cruz

Zumba is a Latin inspired calorie burning fitness class that is fun and effective. Instead of counting reps over music, Zumba focuses on letting the music move you! It is exhilarating and easy to follow! You will forget that you are exercising!

SPECIAL INTEREST

4. **YOGA - Level I** **\$60**
Wednesday: 8 weeks **9/21 – 11/09**
6:15 – 7:15 p.m.

YOGA - Level II **\$60**
Wednesday: 8 weeks **9/21 – 11/09**
7:30 – 8:30 p.m.
Instructor: Roe Pechy

Gentle Yoga is a class to introduce the benefits and joy of yoga. The Gentle Yoga class will explore introductory yoga exercises, breath awareness and basic yoga philosophy. Through focused movement and breath awareness, this class will nurture self-awareness and self-discovery, flexibility, strength, balance, and relaxation. The class is also appropriate for practitioners of all levels who wish to refresh themselves in a gentle Yoga class. Please bring yoga mat and wear comfortable clothing.

5. **BODY SCULPTING** **\$60/\$120**
Tuesday and/or Thursday **9/20 – 11/17**
8 weeks **No class 11/10**
6:00 – 7:00 p.m.
Instructor: Paula Ramm

This class will be a combination of toning and body sculpting along with some cardiovascular activities through drills and high intensity exercises. No equipment will be used; participants will utilize their own body weight to increase upper body core strength. Legs will be incorporated with various squat and lunge exercises working inner and outer thigh muscles and glutes. Water bottle and a mat required.

6. **WATER AEROBICS** **\$40/\$80**
Tuesday and/or Thursday **9/27 – 11/03**
6 weeks
6:00 – 7:00 p.m.
Instructor: Judith Pitcher

Participants will dance, jog, run, and exercise through the water for lots of fun and fitness, including some deep water exercises.

- Register for one night (\$40); two nights (\$80) per session. Cost is per session.
- Please indicate which night(s) you prefer on the registration form.
- Each class limited to the first 25 students.
Note: Before beginning any exercise program, it is recommended you consult your doctor.

7. **EXPRESSING YOURSELF** **\$70**
WITH WATERCOLORS **9/19 – 10/24**
Monday: 6 weeks
6:00 – 8:00 p.m.
Instructor: Ann Greene

This course is for beginners to intermediates exploring watercolor techniques, design concepts, and color theory. Students will be encouraged to discover their unique personality using transparent watercolors while enjoying the creative process. Class size is limited to 20 students. ***Upon registration, a material list will be mailed to you.*** Materials are not included in the cost of this class; approximate cost for supplies is \$50.00.

8. **MOTOR VEHICLE** **\$55**
POINT REDUCTION COURSE **9:30-4:00**
Saturday-One day **Mine Hill, NJ**
Offered: September 17 & November 19
Instructor: A-1 Peck Driving School

- ♦ Defensive Driving Course focuses on crash prevention. Course fee includes workbook and certificate.
- ♦ Motor Vehicle Violators Course is designed for point reduction. After completion of the course, you can have up to two points removed from your driver's license.
- ♦ Insurance Reduction Course offers students the opportunity to deduct a percentage off their auto insurance premium. After completion of the course, NJ drivers with no more than 4 violation points are eligible to receive a minimum of 5% off their annual insurance premiums for a 3-year period.

9. **CPR/AED for Professional** **\$100**
Rescuers & Health Care Providers
Tuesday, October 18 &
Thursday, October 20
7:00 p.m. – 10:00 p.m.
Instructor: Suzanne Freund

This course teaches the participants the knowledge and skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) device. *Participants must be 16 years of age or older to take this course. Students with health limitations should check with their health care provider before taking this course.*

FINANCIAL MANAGEMENT



10. **Pre-Retirement Planning Strategies** **\$10 per person**
Wednesday **10/12 only**
7:00 p.m. – 9:00 p.m.
Instructor: Daniel E. Holdt

If you are thinking about retiring in the next 8 years, this is the course for you. This class will cover financial strategies for planning your retirement years. We will focus on maximizing pension opportunities and retirement plan distributions. A portion of the class will touch on the impact of recent tax law changes as it relates to retirement savings.



11. **Long Term Care** **\$10 per person**
Managing Your Investments **10/19 only**
Wednesday
6:00 p.m. – 7:00 p.m.
Instructor: Joe Plourde

This presentation will address the following:

- ◆ What is long-term care?
- ◆ Who needs long-term care?
- ◆ Should my financial program address long-term care concerns?
- ◆ What are some options for paying for long-term care costs?
- ◆ What do we need to know about long-term care insurance?
- *A question and answer period will follow.*

MAIL REGISTRATION FORM

Confirmation of Registrations will NOT be mailed.

Course Title: _____ # _____

Date/Night of Course: _____

Name: _____

Address: _____

Town: _____ Zip _____

Phone: (H) _____ (W) _____

Total Enclosed: _____

Make check payable to: Kittatinny Adult School

Return to: 77 Halsey Road, Newton, NJ 07860

