

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 CLOSSES
Friday, September 15, 2017

- ◆ **ADMISSION POLICY:** All county residents 18 years of age and older are welcome. High School seniors are permitted to attend classes.
- ◆ **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- ◆ **REFUND POLICY:** **No tuition will be refunded after the first night of class.** If a course is withdrawn, the student may transfer to another class that is still open, or the full tuition will be refunded.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 most courses are the responsibility of the student and are not covered by tuition, unless otherwise 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.** *Make-up sessions will be arranged at the convenience of the instructor.* Closings will be announced on WSUS (102.3), WNNJ (103.7), and on our website at www.krhs.net.

- ◆ 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 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 **9/19 – 11/07**
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. **PILATES** **\$60/\$120**
Tuesday and/or Thursday **9/19 – 11/16**
8 weeks **No class 11/09**
6:30 – 7:30 p.m.
Instructor: Nanci Cruz

Mat Strength & Workout with Band

Combine exercises for safe effective & fun workouts! During the Pilates stretch, placement and strength workout the body will develop flexibility and body tone. With the use of the resistance band and small props, the core arms and legs will get a complete workout! Please bring a mat.

3. **BODY SCULPTING** **\$60/\$120**
Tuesday and/or Wednesday **9/19 – 11/08**
8 weeks
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.



4. CONNECTION WITH YOGA

- **Level I** **\$60**
 - **Wednesday: 8 weeks** **9/20 – 11/08**
 - **6:15 – 7:15 p.m.**
 - **Level II** **\$60**
 - **Wednesday: 8 weeks** **9/20 – 11/08**
 - **7:30 – 8:30 p.m.**
- Instructor: Roe Pechy**

Level I: 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.

Level II: This class will explore Yoga on a deeper level. Allowing for further progression of postures while maintaining breath and awareness.

NOTE: *Level I and Level II* classes - Please bring a Yoga mat and wear comfortable clothing suitable for movement.



- #### 5. WATER AEROBICS **\$40/\$80**
- Tuesday and/or Thursday** **9/19 – 10/26**
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).
- Please indicate which night(s) you prefer on the registration form.
- Each class limited to the first 20 students.

Note: Before beginning any exercise program, it is recommended you consult your doctor.

- #### 6. CARDIO KICKBOXING **\$60**
- **Wednesday: 8 weeks** **9/20 – 11/08**
 - **6:00 – 7:00 p.m.**
- Instructor: Kate Teresi**

Get ready to HIIT it! Cardio kickboxing will utilize kicking, punching and functional body weight movements to get you into great shape. A HIIT (high intensity interval training) format will be used to rev your metabolism and skyrocket your fitness level. The strength you gain, and the movement principles you will learn, will follow you into everyday life. This class is suitable for all fitness levels.

- #### 7. ASHTANGA FLOW **\$60**
- **Monday: 8 weeks** **9/18 – 11/06**
 - **6:00 – 7:00 p.m.**
- Instructor: Kate Teresi**

Based on the Ashtanga Yoga primary series, Ashtanga Flow will take you through most of the primary series while linking your breath to movement and building heat to purify the body. Ashtanga Flow with its many vinyasas will build core strength and tone the body. Adaptable for most fitness levels.

SPECIAL INTEREST

- #### 8. EXPRESSING YOURSELF WITH WATERCOLORS **\$70**
- Monday: 6 weeks** **9/18 – 10/23**
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.

- #### 9. CPR/AED for Professional Rescuers & Healthcare Providers **\$100**
- Tuesday, 10/17 & Thursday, 10/19**
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 healthcare provider before taking this course.



10. **MOTOR VEHICLE** **\$55**
POINT REDUCTION COURSE **9:30-4:00**
Saturday, 10/14 **Mine Hill, NJ**
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.

FINANCIAL MANAGEMENT



11. **Pre-Retirement** **\$10**
Planning Strategies **10/11 only**
Wednesday
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.

MAIL REGISTRATION FORM

Please note: Confirmation of Registration will NOT be mailed

Course Title: _____ # _____

Date/Night of Course: _____

Name: _____

Address: _____

Town: _____ Zip _____

Home #: _____

Cell #: _____

Total Amount Enclosed: _____

PLEASE MAKE CHECK PAYABLE TO:

Kittatinny Adult School

77 Halsey Road

Newton, NJ 07860

Fall 2017 Session