

## GENERAL INFORMATION

**REGISTER BY MAIL:** 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, February 17, 2017

**ADMISSION POLICY:** All county residents 18 years of age and older are welcome. High School seniors are permitted to attend classes.

**TUITION:** 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 If a course is withdrawn, the student may transfer to another class that is still open, or the full tuition will be refunded.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](http://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 & PHYSICAL FITNESS



### 1. CONNECTION WITH YOGA

- **Level I** **\$60.00**
  - **Wednesday: 8 weeks** **2/22 – 4/12**
  - **6:15 – 7:15 p.m.**
  - **Level II** **\$60.00**
  - **Wednesday: 8 weeks** **2/22 – 4/12**
  - **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.**

### 2. BODY SCULPTING

- \$60/\$120**
  - **Tuesday and/or Thursday** **2/21 – 4/13**
  - **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 density 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.



- 3. WATER AEROBICS** **\$40/\$80**  
**Tuesday and/or Thursday**  
**6 weeks**  
**6:00 – 7:00 p.m.**
- **Session 1: 2/21 – 3/30**
  - **Session 2: 4/04 – 5/18**
- No Class 4/18 & 4/20*  
**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 is limited to the first 25 students.

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

- 4. YOGA H<sub>2</sub>O** **\$40.00**  
• **Monday: 8 weeks** **2/27 – 4/24**  
• **6:00 – 7:00 p.m.** **No Class 4/17**  
**Instructor: Kate Teresi**

A gentle and low impact aquatic activity, Yoga H<sub>2</sub>O takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity and the security of water, the body is able to find the optimum stretch and achieve poses that were otherwise too difficult. Suitable for all fitness levels.

- 5. ASHTANGA FLOW** **\$60.00**  
• **Tuesday: 8 weeks** **2/21 – 4/11**  
• **6:00 – 7:00 p.m.**  
**Instructor: Kate Teresi**

Based on the Ashtanga 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.



- 6. CARDIO KICKBOXING** **\$60.00**  
• **Wednesday: 8 weeks** **2/22 – 4/12**  
• **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. BALLROOM/LATIN DANCE** **\$70.00**  
• **Tuesday: 8 weeks** **2/21 – 4/11**  
• **8:00 – 9:00 p.m.**  
**Instructor: Nanci Cruz**

Come have a fun time learning the fox trot, waltz, swing, and Latin dances. Beginners can concentrate on basic steps. It is recommended that you register with a partner.

- 8. COUNTRY LINE DANCE** **\$60.00**  
• **Thursday: 8 weeks** **2/23 – 4/13**  
• **8:00 – 9:00 p.m.**  
**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 Dance 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.

**SPECIAL INTEREST**

- 9. EXPRESSING YOURSELF WITH WATERCOLORS** **\$70.00**  
**2/27-4/03**  
• **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.



# 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**

# Spring 2017 Session

**10. MOTOR VEHICLE POINT REDUCTION COURSE \$55.00**  
**9:30 - 4:00**  
**Saturday- One day Mine Hill, NJ**  
**Offered: February 11 & April 8**  
**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 PLANNING STRATEGIES \$10.00**

- **Tuesday: March 7**
- **7:00 – 9:00 p.m.**

**Instructor: Daniel E. Holdt**

If you are thinking about retiring in the next 5 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.