

KITTATINNY

ADULT AND CONTINUING EDUCATION

Spring Session 2022



Sponsored by the:

KITTATINNY REGIONAL BOARD OF EDUCATION

Sharon A. Falchetta, Director

Phone: (973) 383-1800, x1290

Registration closes on February 25, 2022

Classes will be conducted Monday through Thursday evenings 6:00 to 9:00 p.m.

Mail your registration now!

Not Just Yoga

“Not Just Yoga” is a combination of personal training and yoga. It is a great way to connect the physical strength of your body with the emotional strength of your mind and spirit. Students will receive a customized and personalized session with focus on your breath, the back of your body, legs, abs, stretching and more. Along with connecting to yourself through breath and stillness, you will also be learning proper form, how to relax and go within to allow yourself to fully experience the benefits of “Not Just Yoga”. This class will allow you to heal your body, mind and spirit. Dress comfortably, bring a water bottle and your yoga mat. Class size is limited to 15 students.

March 7, 14, 21, 28, April 4, 11

\$60 per person

6:00 pm to 7:00 pm

Instructor: Linda Tironi

Body Sculpting

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. Please bring a water bottle and a mat.

March 1, 8, 15, 22, 29, April 5

\$60 per person

6:00 pm to 7:00 pm

Instructor: Paula Ramm

Improving Your Photography

This course will introduce the fundamentals of composition, exposure control, shutter speed, and focal length. Students will be encouraged to share their images for discussion. Pictures may be from mobile phones, digital or film cameras, prints, or on flash drives. Camera not needed for the course.

Armand Ensanian was a well known editor and photojournalist for *Popular Photography* magazine.

March 10, 17, 24, 31

\$10 per person

6:30 pm to 7:45 pm

Instructor: Armand Ensanian

Investments 101

This class will focus on the basics of investments and the economy. We will discuss various strategies for growth of your assets and options for distributions upon retirement. Bring your questions, as we encourage an interactive learning environment.

Tuesday, March 15

\$10 per person

6:00 pm to 8:00 pm

Instructor: Daniel Holdt

Expressing Yourself with Watercolors

This painting class is for beginner to intermediate artists and will focus on exploring watercolor techniques, design and composition, creative color mixing, saving areas of white paper, positive and negative painting techniques, working from photographs, and more. Students will be encouraged to discover their unique personality using transparent watercolors while enjoying the creative process. *Class size is limited to 15 students. **Upon registration, a material list will be mailed to you.*** Materials are not included in the cost of this class.

Ann Smiga Greene is a professional water media and mixed media artist who specializes in transparent watercolor, acrylics, and collage. She is a signature member of the NJWCS, GSWCS, and the International Society of Experimental Artists. Her website is annsmigagreene.com.

March 7, 14, 21, 28, April 4, 11

\$80 per person

6:00 pm to 8:00 pm

Instructor: Ann Smiga Greene

50 Common French Phrases to Know for Travel & Everyday Life

\$50 per person

February 28, March 7, 14, 21, 28, April 4, 11, 25 (no class 4/18)

6:00 pm to 7:00 pm

Instructor: Paul Pouliot

1. Common phrases for conversation
2. Common phrases for getting information
3. Using French phrases for direction or transportation
4. Using French phrases for accommodations
5. Using French phrases for shopping or magasinage
6. Using French phrases for dining

This material will be covered over an eight week course. Professor Pouliot will be the teacher for this class. Professor Pouliot taught French at the University level for over 15 years in Manhattan, and he is currently the French teacher at Kittatinny Regional High School.

Registration & Information

- **REGISTER BY MAIL:** To register by mail, please use the attached form. Persons registering early by mail will be given priority in course selection.
- 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.
- **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.)

- **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.

If Kittatinny Regional High School is closed because of inclement weather or other emergencies, the Adult School classes are **also canceled**. *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.

- 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.

Kittatinny Regional Board of Education and the Kittatinny Adult School are equal opportunity employers.

- **MAKE CHECKS PAYABLE TO:** Kittatinny Adult School *and mail to:*

**Kittatinny Adult School
c/o Kittatinny Regional High School
77 Halsey Road
Newton, NJ 07860**

- **REGISTRATION CLOSSES:** Friday, February 25, 2022



Kittatinny Adult and Continuing Education - Spring Session 2022

Course Title: _____

Amount enclosed: _____

Name: _____

Cell #: _____

Address: _____

Home #: _____

Town: _____ Zip: _____

Email: _____ (Please provide email for notifications)