

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 13, 2019

- ♦ **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- ♦ **REFUND POLICY:** **No tuition will be refunded after the first night of class.** If a course is withdrawn, the student may transfer to another class that is still open, or the full tuition will be refunded.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 per person
Tuesday: 8 weeks 9/17 – 11/05
7:00 – 8:00 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
Tuesday: 8 weeks 9/17 – 11/05
8:00 – 9:00 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! Students may bring their own stretch bands to class. Please bring a mat.

3. **BODY SCULPTING** \$60
Tuesday: 8 weeks 9/17 – 11/05
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** **\$60**
Wednesday: 8 weeks **9/18 – 11/13**
No class 11/06
- Session 1: 6:15 – 7:15 p.m.**
Session 2: 7:30 – 8:30 p.m.
Instructor: Roe Pechy

Class size is limited to 15 students. If Session 1 class is full, you will be placed in the Session 2 class and will be notified.

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 a yoga mat and wear comfortable clothing suitable for movement.*



5. **WATER AEROBICS** **\$55 / \$95**
Tuesday and/or Thursday **9/24 – 10/24**
5 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. *(Please note that the average water temperature is between 78 – 82 degrees.)*

- Register for one night (\$55); two nights (\$95)
- Please indicate which night(s) you prefer on the registration form.
- Class size is limited to 20 students.

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



6. **PRIMAL FLOW** **\$60**
 • **Monday: 8 weeks** **9/16 – 11/04**
 • **6:00 – 7:00 p.m.**
Instructor: Kate Teresi

Primal Flow is a mobility-based yoga practice that will increase range of motion, strength and flexibility. Integral to everyday life, mobility and strength are severely lacking the more we sit and are inactive. Primal Flow will open locked up joints and improve body awareness through space. Adaptable for most fitness levels. *Please bring a yoga mat.*

SPECIAL INTEREST



7. **STARTING & MANAGING YOUR OWN BUSINESS** **\$10**
9/19 – 10/24
Thursday: 6 weeks
6:30 – 7:45 p.m.
Instructor: Armand Ensanian

This interactive class will explore the challenges in starting one's own small business venture. Participants will learn about market analysis, budgeting, organizational design, sales and marketing. Each will be encouraged to begin outlining a basic business plan. *Minimum class size - eight students.*



8. **EXPRESSING YOURSELF WITH WATERCOLORS** **\$70**
9/16 – 10/28
Monday: 6 weeks **No class 10/14**
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 \$85.00.



9. **POTTERY MAKING** **\$195**
FOR BEGINNERS **10/03 – 11/14**
Wednesday: 6 weeks **No class 11/07**
6:00 – 8:30 p.m.
Instructor: Heather Anderson

Have you always wanted to take a pottery class and could never find the time? Well, now's the time! This beginning pottery course will introduce basic techniques and principles of the ceramic medium. A variety of processes will be explored, including hand building, slab construction, coil building, glazing, slipping and kiln firing techniques. All levels of experience are welcome to attend. *Class size is limited to 11 students.* (Full payment is required due to the expense of materials, **no tuition reduction.**)

FINANCIAL MANAGEMENT



10. **INVESTMENTS 101** **\$10**
Tuesday **10/15 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.

MAIL REGISTRATION FORM

*Please note: Confirmation of Registration
will NOT be mailed*

Course Title: _____ # _____

Date/Night of Course: _____

Name: _____

Address: _____

Town: _____ Zip _____

Home #: _____

Cell #: _____

Email: _____

Total Amount Enclosed: _____

PLEASE MAKE CHECK PAYABLE TO:

Kittatinny Adult School

77 Halsey Road

Newton, NJ 07860

Fall 2019 Session