



AQUATICS



SILVER SWIMMERS

Sept 16-Nov 4 OR Nov 11-Dec 30 8 sessions Wednesdays
Program #09FG01 9/16-11/4
Program #09FG02 11/11-12/30

Have fun while you boogie to the music from the 50's, 60's & 70's. This class is a low to medium intensity workout. Swimming skills are not required. Don't "sweat" it if you miss a class, registrants of this program will have the opportunity to complete the 8 sessions over a 9-week time period. Age: adult. Instructor: Christy Yingling
TIME: 10:15-11am FEE: \$50
LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road

RED CROSS SWIM LESSONS

Sept 21-Oct 15 OR Oct 19-Nov 12 OR Nov 16-Dec 10 8 sessions
See DAYS below

Program #09FG03 9/21-10/15
Program #09FG04 10/19-11/12
Program #09FG05 11/16-12/10

All participants must be screened at least 1 week prior to the start of class. Screening time does not need to be scheduled with an instructor. Screening times are Monday-Wednesday, 5-6pm. Class dates and times are then separated by age and ability. Monday/Wednesday: ages 6 mths-6 yrs old (Beginner 1-3 & Parent & ME); Tuesday/Thursday: ages 7-14 yrs old (Levels

1-5). Classes are taught by certified/trained instructors.

TIME: Tuesday/Thursday 9-10:30am (all ages and levels) FEE: \$90
Monday/Wednesday 5-6:30pm
Tuesday/Thursday 5-6:30pm

LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road

WATER FITNESS FLEX-PACK

Oct 5-Dec 3 9 weeks Mondays, Tuesdays, Thursdays
Program #09FG06 8 class flex-pack
Program #09FG07 16 class flex-pack

Early bird or night owl, busy schedule, can't commit? This flexible water fitness program can help you reach your fitness goals. Registrants of this program will have the opportunity to attend 8 classes over a 9-week period whenever it suits your schedule - WOW! Grab your swimsuit and get geared up for a workout that will get your heart rate going. Classes will use a variety of equipment such as water weights, noodles, hula hoops, kickboards and more! Recreation & Parks will issue you a punch card for your classes. Instructors: Peggy Tingley, Valerie Wittstadt, Kristy Toney & Debbie Temple

TIME: 8:30-9:30am Monday & Thursday
6:30-7:30pm Tuesday & Thursday

FEE: 8 Class Fitness Flex-Pack \$50 / 16 Class Fitness Flex-Pack \$95

LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road



ARTS & CRAFTS FOR YOUTH & ADULTS

CHICKS WITH STICKS

Sept 17-Nov 5 8 sessions Thursdays
Program #09FG08

Want to learn to knit? Already knit but are stumped on a project? Beginner to advanced - all levels welcome! Learn to read and understand abbreviations and terms used in patterns. Project ideas will be offered. Come join the group and share the joy of knitting. A knitting kit with yarn will be available for \$12.00 if needed. Age 16+. No early bird or senior discount. Instructor: Bobbi Ward

TIME: 7-9pm FEE: \$65
LOCATION: West Middle School, support room



EXTREME SCRAPBOOKING... EXTREMELY EASY!!

Sept 16 OR Oct 21 OR Nov 18 1 session Wednesday

Program #09FG12 9/16
Program #09FG13 10/21
Program #09FG14 11/18

Make 4 complete 12x12 scrapbook pages using exclusive rubber stamps, cardstock, ink, designer papers, fun embellishments. Then, at home, add your pictures and pages in your scrapbook. A \$20 material fee due to instructor at beginning of class. No early bird or senior discount. Instr.: Adrian Mondy

TIME: 7-9pm FEE: \$10
LOCATION: Westminster High School, Room #E-111

SIMPLICITY NECKLACE

September 10 1 session Thursday
Program #09FG09

No experience necessary-come learn how to design, string and crimp a basic single strand necklace with round beads, rondelles and bugle beads. A \$10 material fee is due to instructor at beginning of class. For age 16+. No early bird or senior discount. Instructor: Coral Kipe

TIME: 7-9pm FEE: \$25
LOCATION: Robert Moton Center, activity room

RUBBER STAMPING TECHNIQUES

Sept 14-Oct 26 (no 9/28) 6 sessions Mondays
Program #09FG10

For all levels; this class will focus on techniques. Each week you will learn 2 or 3 different types. Have an opportunity to practice what you have learned; plus, make a card using each. For each technique you learn, you will receive typed instructions to be included with your sample in a 6x6 Rubber Stamping Technique Book with page protectors. A \$65 material fee is due to instructor the first night of class. No early bird or senior discount. Instr.: Adrian Mondy

TIME: 7-9pm FEE: \$25
LOCATION: Westminster High School, Room #E-111

LEAF BRACELET AND EARRINGS

September 17 1 session Thursday
Program #09FG11

Start with leaf shaped beads and add a few round beads, crystals and a toggle clasp to create a bracelet just in time for fall. You will learn to design, crimp and make wrapped loops to add a pair of matching earrings. A \$10 material fee is due to instructor at beginning of class. Age 16+. No early bird or senior discount. Instructor: Coral Kipe

TIME: 7-9pm FEE: \$25
LOCATION: Robert Moton Center, activity room

PASTELS ARE FOR PAINTING

Sept 17-Oct 1 OR Nov 5-Nov 19 3 sessions Thursdays

Program #09FG15 Sept 17-Oct 1
Program #09FG16 Nov 5-Nov 19

Get creative and explore color without ever having to touch messy paints. Traditional chalk pastel is the simplest method of painting. Pastels bring your hands right to the surface of your paper so you have total control. Learn about different types of pastels and paper, and different ways to apply the pastels. Complete at least one pastel work on a subject of your choice. Learn the art of pastels not only by techniques, but by finding the creativity within you in a soothing environment. Bring to class: a photograph or drawing reference picture, willow charcoal, a kneaded eraser, and large white Charcoal paper - pastels and other supplies will be provided. A \$10 material fee due to instructor at first class. Age: adults. Instructor: Vivian Davis

TIME: 10:30am-12:10pm FEE: \$55
LOCATION: Westminster Senior Center

FINE ART - MIXED MEDIA

Sept 17-Oct 22 6 sessions Thursdays

Program #09FG17

A course designed to expose students to various mediums in order to create some imaginative compilations. We'll start by drawing cartoon animals using pencil and pastels, use watercolor paint and ink to create an underwater scene, and even draw our own hands as practice for a reproduction of Michelangelo's "Creation of Adam." Our last project will include an "Egyptian" style carving painted in acrylics. Design principles are always discussed as all classes focus on tutoring techniques that students of all ages can easily learn. A \$20 materials fee is due to instructor at first class. Age 8-16. Instructor: Vivian Davis

TIME: 4:15-5:30pm FEE: \$70
LOCATION: Robert Moton Center, activity room

