



JUST ONCE GUITAR FOR BUSY ADULTS & TEENS

Mar 9 OR May 4 1 session Tuesday
 Program #10SG125 March 9
 Program #10SG126 May 4

Want to learn guitar but simply find it difficult to find the time? In just a few short hours you can learn enough about playing guitar to give you years of musical enjoyment, without private lessons! This crash course teaches some basic chords and gets you playing along with your favorite songs. Topics: chords, tuning, basic strumming patterns, buying a good guitar, playing along with simple tunes. Bring your acoustic guitar. A \$29 materials fee for workbook & practice DVD due to the instructor at beginning of class. Age: 13-adult; instantguitarnow.com. Instr.: Marcos Montenegro
TIME: 6:30-9pm **FEE:** \$25
LOCATION: Robert Moton Center, 300 S. Center Street, Westminster

POETRY WRITING WORKSHOP

Apr 7-May 12 6 sessions Wednesdays
 Program #10SG127



A supportive class where participants will explore aspects of craft and technique, use contemporary poems as inspiration, and discuss your poems in a writer's workshop. You can be a seasoned writer or just starting out – the group will embrace all levels. Study material included in program. Age: 16-adult. Instructor: Katherine McCord
TIME: 6:30-8:30pm **FEE:** \$65
LOCATION: Liberty High School

AMERICAN HEART ASSOCIATION HEARTSAVER

FIRST AID

April 10 OR May 22 1 session Saturday
 Program #10SG128 April 10
 Program #10SG129 May 22

This course gives participants the knowledge and skills needed to recognize and respond to a wide range of emergency conditions until more advanced help arrives. Modules include General Principles of First Aid; medical Emergencies; Injury Emergencies; Adult, Child & Infant Airway Emergencies (choking); Environmental Emergencies. Age: 14-adult. **No early bird or senior discount.** Instructor: Dan Egan.
TIME: 9am-12pm **FEE:** \$30
LOCATION: Robert Moton Center, 300 S. Center Street



AMERICAN HEART ASSOCIATION HEARTSAVER

CPR and AED

April 10 OR May 22 1 session Saturday
 Program #10SG130 April 10
 Program #10SG131 May 22

This course covers the skills of Cardio Pulmonary Resuscitation (CPR) for all ages of victims (adult, child, infant). We will also cover the use of the Automated External Defibrillator (AED) for adult and child victims of cardiac arrest. Age: 14-adult. **No early bird or senior discount.** Instructor: Dan Egan
TIME: 1-4pm **FEE:** \$30
LOCATION: Robert Moton Center, 300 S. Center Street

INSTANT GUITAR FOR BUSY ADULTS & TEENS

April 17 1 session Saturday
 Program #10SG132

A full day, more in-depth course first focusing on the crash course of basic chords to get you playing along with your favorite songs – helping you to learn to play giving you years of musical enjoyment. Then in the afternoon learn one of music's deepest mysteries: how to play songs without relying on music, expanding your musical horizons, freeing yourself from sheet-music dependence. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing. Bring a bag lunch and your acoustic guitar. A \$58 materials fee for 2 workbooks, practice DVD, and practice CD will be due to the instructor at the beginning of class. Age 13-adult; instantguitarnow.com. **No early bird or senior discount.** Instructor: Marcos Montenegro
TIME: 9:30am-3:30pm **FEE:** \$40
LOCATION: Robert Moton Center, 300 S. Center Street, Westminster

FACEBOOK & TWITTER FOR BUSY PEOPLE

April 20 1 session Tuesday
 Program #10SG133

A year ago, most people had never heard of *Facebook*, *MySpace*, *Linked In*, *Twitter* or *blogging*. Now, learn the basics of these leading edge social networking websites. You'll be online with your children, old friends and new acquaintances before you know it! Learn basics including how to register, log on, and the most popular aspects of each. No longer will you be left out of online conversations because you don't know the difference between "Tweeting" and "Writing on the wall." Learn things to watch out for things like potential identify theft. A \$29 materials fee for workbook & practice DVD is due to the instructor at the beginning of class. Age 10-adult; instantguitarnow.com. Instructor: Marcos Montenegro
TIME: 6:30-9pm **FEE:** \$25
LOCATION: Robert Moton Center, 300 S. Center Street, Westminster

OOPS!

"We cancelled it because you didn't register!"
 Sometimes excellent programs with super instructors are cancelled when too many people wait until the last minute to register.

Our classes have to be cost-recovery and we need a minimum number of participants before a class will run. If a program looks interesting, don't hesitate —

Register TODAY!!