



HEALTH & WELLNESS

~Continued~

TAI CHI CHUAN & QIGONG

Beginner 6:30-7:30pm

Experienced 7:30-8:30pm

#17FG34 **Thur, Sept 14-Oct 19**

#17FG35 **Thur, Oct 26-Dec 7** (no 11/23)

Roughly referred to as "internal martial arts," has achieved popularity in China and beyond. Performed in a slow, relaxed, continuous and graceful manner, emphasizing relaxation, meditation, and harmony of both mind and body. White Crane Qigong is traditional Chinese exercise that imitates the movements of cranes with breathing techniques. Both have proved to improve balance, fall prevention, and many other chronic diseases. Indicate Beginner or Experienced upon registration. Instructor-Peter Chen

Adult / 6 sessions / RMC

\$42

FENCING

#17FG36 **Fri, Sept 15-Nov 17** (no 9/29 & 11/10), **7-9pm**

Have you ever wanted to learn how to sword fight? If so, this is the class for you! Students learn the skills of this exciting sport, from the basics to the precise maneuvers employed in offense and defense to initiate or avoid attacks from your opponent. Matching wits with your competition can be one of the most challenging and satisfying experiences of a lifetime! No experience required - all levels welcome. Students are responsible for providing their own equipment (mask, jacket, gloves, weapon). Information on where/how to purchase items will be provided upon registration. Instructor-Ben Backe

12-Adult / 8 sessions / RMC

\$80 (+estimated initial equipment cost of \$115)

CLOGGING

Mondays, Sept 18-Nov 20

(no 10/9 and 11/13)

#17FG37-I **Intermediate, 5-6pm**

#17FG37-A **Advanced, 6-7pm**

#17FG37-B **Beginner, 7-7:30pm**

A fun contemporary American Folk dance for all to enjoy! The Beginner level requires no experience-students will learn basic fundamentals working on basic form, movement, sounds/steps, and combining into simple dance routine(s). Wear a thin-soled shoe (leather sole works best). Intermediate requires 3+ years' experience, and Advanced is for the well-experienced clogger: wear white clogging shoes with jingle taps; learn new routines/steps and work on team form and accuracy; sessions will include some free dance time. Instructor-Footnotes, Becky Morehouse

8-Adult / 8 sessions / RMC

\$40-Beginner

\$55-Intermediate or Advanced

(+\$16 material fee for taps, if needed)

No early bird or senior discount

YOGA FOR STRESS RELIEF

#17FG38 **Thur, September 28, 6:30-7:45pm**

#17FG39 **Thur, October 26, 6:30-7:45pm**

#17FG40 **Thur, November 16, 6:30-7:45pm**

As a group, we will use postures, breath work and guided visualizations to feel whole, calm and centered. Each program will focus on a different component of yoga that helps us to navigate our fast-paced, plugged-in world and to stay calm in the storms of life. The themes will build on each other, but the programs will also work as a stand-alone. New and experienced yoga students welcome. Instructor-Shawn Essed

14-Adult / 1 session / TSC

\$10, No early bird or senior discount

FULL MOON YOGA

#17FG41 **Saturday, October 7, 6:30-8pm**

Come outdoors and enjoy this All-Levels Yoga practice by the light of the waning full moon! We will have soft drumming to assist in steadying our attention and breath rhythm. Bring a mat, flashlight, and blanket if you have one. If not, some blankets will be available for use. Youth must be accompanied by a participating adult. Instructor-A Mindful Yoga Studio staff

14-Adult / 1 session / CHP

\$10, No early bird or senior discount

★ SPECIALS

NRA HOME FIREARM SAFETY COURSE

#17FG42 **Saturday, September 16, 11:30am-4:30pm**

This firearm safety course is for both the new and experienced firearm owner. We will cover the elements of gun safety, identification of different types of firearms and their functions, types of ammunition, and cleaning and storage of firearms. This is an all-around general home safety course. Certified Instructor-Robert Toms

12-Adult / 1 session / PRP, Yurt

\$65, No senior discount

MARYLAND QUALIFIED HANDGUN LICENSE

#17FG43 **Saturday, October 14, 10am-2pm**

A required course for any adult Maryland resident wishing to purchase and or transport a firearm within the state. A fingerprint application is required at an additional fee due at class (call R&P for further details) Course fee includes a one-day pass to the Hap Baker Firearms Facility in Westminster. Certified Instructor-Robert Toms

Adult / 1 session / BBNC

\$150, No senior discount

REFUSE TO BE A VICTIM

#17FG44 **Saturday, October 21, 12-4pm**

A 4-hour NRA certificate crime prevention seminar which provides practical information geared toward awareness and avoidance of criminal attack. Participants will better understand criminal thinking and will be provided tips on maximizing home, automobile, telephone, technological and personal security. Some areas discussed are home security, parents and children personal security, personal protection devices, automobile security, workplace safety, technological security, travel security, and senior citizens and persons with physical disabilities. Certified Instructor-Robert Toms

14-Adult / 1 session / BBNC

\$50, No senior discount

ADULT & PEDIATRIC FIRST AID/CPR/AED

#17FG45 **Friday & Sunday, October 27 & 29, 6:30-9:30pm**

In this 6-hour course, learn to recognize and respond appropriately to cardiac and breathing emergencies and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses; head, neck and back injuries; as well as heat and cold emergencies. After successful completion, participants will receive a 2-year American Red Cross certification. Instructor-Loren Lustig

16-Adult / 2 sessions / BBNC

\$70, No senior discount

BASIC PISTOL TRAINING

Saturday, 10am-4pm

#17FG46 **November 4 @ PRP**

#17FG47 **November 18 @ BBNC**

For both new shooters and those who wish to be more proficient in the shooting sports. Class will cover safety aspects, cleaning, storage and shooting. For the shooting portion of this program, we will use the new Sirt Lazer Training Pistol. Seating is very limited. Course fee includes a handbook. Your completion of this program includes a one-day pass to the Hap Baker Firearms Facility in Westminster. Certified Instructor-Robert Toms

Adult / 1 session /

locations listed above

\$85, No senior discount

