

TRURO COMMUNITY EDUCATION CLASSES SPRING 2013 REGISTRATION & INFORMATION

CONTACT

Truro Community Education

Heather Fair, Director

Truro Central School, 317 Route 6

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WHEN AND WHERE CLASSES BEGIN

- Classes begin the week of March 18, 2013 unless otherwise noted
- Descriptions of the classes will indicate when the classes begin and end
- Classes will be cancelled if TCS is closed due to inclement weather

HOW TO REGISTER

- Registration forms are available at the following locations:
- Truro Public Library
- Truro Town Hall
- Truro Central School
- Seaman's Bank
- Savory & Sweet Escapes
- Download a registration form from the Truro Central School website
- **SIGN UP NIGHT – MARCH 13, 2013 5-6 PM @ TRURO CENTRAL SCHOOL**

CLASSES

QUILTING

Christine Grozier

Truro Central School Cafeteria
Class Begins: March 18, 2013(8 Weeks)

Mondays, 7:00-9:00PM
\$25.00

For this class we will be working on a pattern called "Braid". The direction can be found in Strip Therapy 3 by Brenda Henning. You will need to purchase Bali Pops which are pre-cut strips that are 2 ½". Many companies made these strips and usually come 40 strips in a pack or you can cut your own from your stash! If you have any other questions please call 508-349-3085 ask for Chris Grozier. For this class you will also need to bring:

Neutral thread

Scissors

Quilting pins

Rotary cutter, cutting mat, 6" x 24" acrylic ruler

90 degree right angle square

Seam ripper

Sewing machine in good working order with ¼ presser foot

Sewing machine manual

Extension cord

Introduction to Prana Flow Yoga

Genevieve Morin

Truro Central School Music Room
Class Begins: March 18, 2013 (6 weeks)

Monday, 5:30-6:30 pm
\$60.00/\$55.00 (Sen. Discount)

This class is designed to bring the basics of Prana (vital energy) Flow Yoga to the beginner while receiving individualized attention as you gain flexibility, strength and balance.

In this class we explore the movements of Prana through alignment of asanas (yoga poses) and surya namaskars (salutations). Yogic breathing, meditation and relaxation techniques will also be introduced.

ADULT FLOOR HOCKEY
Rebecca Townsend

Truro Central School Gym
Class Begins: March 18, 2013(6weeks)

Mondays 7:00-9:00PM
\$60.00/\$55.00(Sen. Discount)

Men and Women ages 18+. An intense fast-paced, fun, athletic and competitive sport. A great work out!!

CORE AND MORE
Megan Seamans

Truro Central School Gym Tuesdays, 5:30-6:15PM & Fridays 3:30-4:15PM
Class Begins: March 19, 2013 (6 weeks)
\$60.00/\$55.00(Sen. Discount) – Once a week - \$85.00/\$80.00 – Twice a week

Core and More is a fun and stress-relieving way to burn off calories, achieve better back health, and a stronger core. Each class will include stretching exercises for body sculpting and flexibility.

The first 30 minutes of class will focus on exercises to target and tone your entire core and lower body.

The last 15 minutes of class will focus on stretching. A good stretching routine is critical to a balanced program of muscle toning and exercise. Muscle stretching and lengthening exercises will improve your flexibility, reducing muscle stiffness and the chance of injury or strain. Relax and release your muscles as you develop more length in your body and clarity in your mind.

Open to all levels. Please wear comfortable clothing, **and bring a yoga mat to class.**

INTRODUCTION TO ACTING
Charles Alan

Truro Central School Classroom
Class Begins: March 19 2013(8 weeks)

Tuesdays, 6:00-8:00 PM
\$80.00/\$75.00(Sen. Discount)

We will explore the concepts of acting through exercises of guided imagery, role-playing games, and improvisation in a gentle, non-judgmental environment. Sprinkled between the exercises will be liberal discussion of what acting is. You will be encouraged, but not required, to present a monologue at the end of the class. No acting experience is assumed. All you need to bring is your life experience and play clothes.

THE GREAT OUTDOORS

Dennis Murley

Truro Central School Classroom

Tuesdays, 1:00- 3:00 PM

Class Begins: April 2, 2013(5 weeks)

\$60.00/\$55.00(Sen. Discount)

******This class begins April 2nd 2013 and takes place at various locations, first walk at Wellfleet Bay Wildlife Sanctuary******

Do you enjoy spending time outside, but would like to learn more about what you see and hear as you amble through the woods or along the beach? Join Dennis Murley, a teacher-naturalist from Mass Audubon's Wellfleet Bay Wildlife Sanctuary, for a series of two-hour walks on the Outer Cape. We'll talk about birds, plants, the history of the area, and how we protect threatened and endangered species. Questions are encouraged. Walks will be on packed dirt or hard sand and generally range from easy to moderate.

Directions to meeting locations given upon registration; the first walk will be at the Wellfleet Bay Wildlife Sanctuary.

INTRODUCTION TO HERBAL MEDICINE

Helen Grimm

Truro Central School Classroom

Tuesdays, 7:00-8:00PM

Class Begins: March 19, 2013(3 weeks)

\$30.00/\$25.00(Sen. Discount)

Gain a basic understanding of the concepts of herbal medicine, including an overview of traditions that use plants for healing, and descriptions of types of herbal preparations. Learn about some of the most commonly used herbs; their uses and lore, potential interactions and where they grow.

Helen Grimm received her Bachelors of Science in Nursing from Umass, Amherst. She has studied herbal medicine at the SW School of Botanical Medicine and the Pacific School of Herbal Medicine. She grows and works with plants for healing and for the joy of it.

ALL IN ONE A HEALTHY YOU

Myya Beck

Truro Central School Gym

Class Begins: March 27, 2013(6 weeks)

Wednesdays, 6:30-7:30PM

\$60.00/\$55.00 (Sen. Discount)

*******This class doesn't begin until MARCH 27th 2013*******

Your cardiovascular and muscular fitness will be challenged in this circuit-style class incorporating calisthenics, free weights, plyometrics, and an assortment of equipment for a variety of exercises in each session. Come on out and try this High Intensity Interval Training class! Get ready to push yourself to your limit for short bursts of time and learn creative total body movements during your recovery between intervals. This style of training burns significantly more calories than a traditional steady pace cardio workout of the same duration. Accelerate your fitness improvements and experience how time can fly during a workout when you are having fun!

DO IT YOUR BAD SELF CARPENTRY!!

Annette Olsen

Truro Central School Classroom

Class Begins: March 20, 2013(6 weeks)

Wednesdays, 6:00-7:00PM

\$60.00/\$55.00(Sen. Discount)

Never too late or early all welcome carpentry class!!!! Always wanted to fix or build something?? Love wood and tools and want to learn more about them?? Grab that hammer!!! Like to know how to fix or build it ?come get started! It'll be fun. Curriculum based on students interests Everyone welcome. Annette Olsen has many years experience as a woodworker and carpenter.

INTRODUCTION TO THE PERSONAL COMPUTER AND WINDOWS

Alan Efromson

Truro Central School Computer Lab

Class Begins: March 20, 2013(8 weeks)

Wednesdays, 4:00-6:00PM

\$80.00/\$75.00(Sen. Discount)

This class assumes you have no experience using a computer so we will start from scratch with the ideas behind and skills necessary for you to begin exploring the cyber world. Among other skills you will learn to use the mouse, keyboard and Windows effectively along with an introduction to using the Internet and Word Processing as well.

INTRODUCTION TO WORD PROCESSING

Alan Efromson

Truro Central School Computer Lab
Class Begins: March 21, 2013(8 weeks)

Thursdays, 4:00-6:00PM
\$80.00/\$75.00(Sen.Discount)

We will cover the ideas behind and skills necessary for you to begin to write your own documents with any word processor. We will use the Open Office word processing that you can add to any computer for free. This class assumes that you know how to use a computer with a mouse and have used a keyboard (pick and peck is fine). The "Introduction to the Personal Computer and Windows" class is an excellent place to learn these skills if you don't have them yet.

INTRODUCTION TO SPREADSHEETS

Alan Efromson

Truro Central School Computer Lab
Class Begins: March 21, 2013 (8 weeks)

Thursdays, 6:30-8:30PM
\$80.00/\$75.00(Sen. Discount)

We will cover the concepts behind the use of spreadsheets and learn how to manipulate numbers and text to make useful presentations of numerical information. We will use the Open Office spreadsheet that you can add to any computer for free. This class assumes that you know how to use a computer with a mouse and have used a keyboard (pick and peck is fine). The "Introduction to the Personal Computer and Windows" class is an excellent place to learn these skills if you don't have them yet.

ZUMBA

Erin Silva

Truro Central School Gym
Class Begins: March 21, 2013 (6 weeks)

Thursdays, 6:00-7:00PM
\$60.00/\$55.00(Sen. Discount)

Zumba is a dance fitness program that combines elements from latin dance and music from around the world to give a great workout that has been called "exercise in disguise". This high energy workout is great for the mind and body because you dance your way to your goals whether they are to lose weight, gain strength and endurance or just have fun on the dance floor. Zumba is for anyone of any age, size, shape, or dance ability because everyone has their own unique way of expressing themselves through movement.

THE BEAT GOES ON!!!!!!SINGING WITH VIM, VIP AND VIGOR!!

Mary Abt

Truro Central School Classroom
Class Begins: March 21, 2013(6 weeks)

Thursdays, 7:00-8:00PM
\$60.00/\$55.00(Sen. Discount)

Do you want to get that singing voice back in shape? Have you always wanted to sing but are shy?

This is the place to discover your hidden voice.

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Corny?... Maybe. Fun?... **Definitely!** Come and sing, sing, sing.
Thursdays 7-8pm. NO EXPERIENCE NECESSARY.

Vocal Coach: Mary Abt, B.S.and Masters of Music Education concentration voice.

TRURO CENTRAL SCHOOL COMMUNITY EDUCATION REGISTRATION

NAME: _____

MAILING ADDRESS: _____

PHONE # _____ CELL# _____

EMAIL # _____

COURSE TITLE: _____

****MAKE CHECKS PAYABLE TO:**

TRURO COMMUNITY EDUCATION

** Mailing Address:

PO Box 2029, Truro, MA 02666-2029

Community Education Consent and Release Form

I, the undersigned do agreed to forever release the Town of Truro, the School Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in Community Education programs of the Truro Public Schools ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries or property damage resulting from my participation in Truro Public School's Community Education program.

I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries or property damage resulting from my participation in the Truro Public School's Community Education programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation in these programs is voluntary and that I am free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to participate in the Truro Public School's Community Education programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage I may suffer in Truro Public School's Community Education programs.

Signed:

Date: