

Class Descriptions

Class descriptions are listed here to help students better understand what they will be learning in class before they register. To see a current list of classes offered this term

Adult Clog Dancing: A fun, energetic combination of Folk Dance and Tap that both ladies and gentlemen can enjoy. Explore traditional and current styles. An emphasis on technique will develop speed and clarity. Our **instructor, Sherry Hjelvik** will be bringing her experience and love of this "down home" dance genre to class. Clogging is fun, social and great exercise.

Adult Tap Dance: Ladies and Gentlemen looking to swing into spring with tap dancing lessons taught by a real pro. From beginner to advanced, we've got you covered! Develop speed and clarity through proper technique, master the "tricks" of tap and explore various genres from 1930 to the present. Our **instructor, Sherry Hjelvik** will be bringing her extraordinary experience and enthusiasm to class. You just need your shoes. She'll have you on your toes (and heels) in no time. Tap is fun, social and completely non-fattening! Tap shoes are required. You can purchase shoes on Amazon Item #T9500 for \$19.13.

African Fitness: A basic low-impact exercise program using a basic foundation of African dance steps to create easy patterns of movement in repeatedly various formations. Enjoy a celebration while getting fit and sweating a little. **Instructor Khemya** promises to keep it easy and simple!

Apple iPhone and iPad: This class teaches you how to master the basics of using your iPhone and/or iPad from simply turning it on or off to using the provided applications.

Appliance Repair: This 40 hour class follows the Department of Education frameworks for Appliance Technician. Curriculum includes introduction to appliance repair and terminology (general appliances), electricity, plumbing, cooling and refrigeration, the metal used in fabrication of appliances and safety. Course includes applied practice on all areas of study. This non-certification course is great for the handyman, home improver and those seeking employment in the field of appliance repair. Cost of course includes the tools necessary to complete the applied practice.

Aquatic Exercise: Make new friends while freeing up your joints and working your muscles. Aquatic exercise is designed for all levels of experience with the ability to go at your own pace with as much or as little resistance to fit your needs. Instructors will show different versions of intensity with each move to accommodate all skill levels.

Beginning Guitar: A classical technique-learning guitar strings, hand placement based on classical guitar function. Learn musicology, theory, posture, simple melodies, chords for basic foundation beginners and how to read music. Student will need to purchase a book determined by the instructor.

Beginning Pastels: This course is for beginners, no experience is required. Explore the techniques and materials in a relaxed setting, no pressure, no fear! The premise: understanding the basics allows you to find a path forward to continue your exploration and artistic expression. All materials provided. Drawing experience not required; we work from reference photos. Pastel is a forgiving medium, enjoyed by everyone from old masters to novice painters. **Class taught by AJ Barr**, former commercial studio owner.

Beginning Voice: Vocalises, proper stance and position, singing vowels. Learn musicology, theory, simple songs and how to read music.

Competitive Fencing: Fencing improves flexibility, reflexes, speed, and agility that provides all forms of mental and physical exercise is essential for health and wellness. These qualities have made fencing a good youth sport. Fencing enhances sportsmanship, integrity that fuels the desire to excel in different fields of life. A fencer is able to make quick and strategic decisions and has a better focus level of concentration. Fencing can be played year round, no matter if it is cold or raining outside, and can be taken as a serious competitive sport, fitness regimen or a recreational hobby. There is equipment needed for this class that will cost an extra fee. Please see instructor for details.

Computer Basics: Learn the basics of the internet and computer organization. Students will also learn the basics of Microsoft Word and Excel. Computers are provided but if you have a laptop you are welcome to bring it!

Digital Picture Storage: In this class we will demonstrate how you can get your pictures off your iPhone or iPad and into your computer, learn storage options, what they do, how much they cost and how they work. There is no materials fee. Students will have access to notes and handouts on a class website. Students should bring their iPhone/iPad to class.

Digital Photography for Your iPhone or iPad: Master your iPhone or iPad camera. Find out how to take the best pictures possible, review basic photography tips and focus on free or inexpensive apps to help make your built-in camera work better. You will learn how to edit, and enhance your pictures using free apps including Apple's Photo App, Aviary, Adobe apps, Skitch, and many more. There is no materials fee. Students will have access to notes and handouts on a class website. Students should bring their iPhone/iPad to class.

Drum Circle: Drum Circle-Village Style Drumming and Polyrythms. This is a class that automatically brings everyone together to experience a collaborative community through rhythm while experiencing West African Djembe drum songs and historical content and culture. It expands with healing through vibration and how rhythms coincide with our inner self and universal function. Drum notation, percussions and other instruments presented throughout the class. If you have a drum please bring it otherwise drums will be provided.

Financial Workshops: The three day financial workshops with **instructor Ed Pruitt** will be discussing Investing, Retirement by Design, and Protecting What's Important. Classes will be held at the Edward Jones office in Palm Coast.

Fit Camp: Each workout at Fit Camp combines elements of high intensity aerobics, energetic resistance training as well as active rest periods gives you the best possible workouts out of any exercise program. Best of all, each and every training session is high energy and **coached by Tim Webster** who will keep you accountable, motivated, and on track for your fitness goals.

Global Dances: Extend your arm chair travel by learning popular dances from around the world that includes line and ballroom steps. Partner not necessary.

International Dance: Many dance forms originate from International Folk Dance. **Suzie** can teach you any Line or Circle Dance from most regions and countries in the world. This class includes dances for women and men from all countries such as Germany, Hungary, America, Greece.

International Dance Exercise: Fun, fast-paced, Latin-inspired dance/fitness program featuring international and Latin inspired dance, like Cumbia, Salsa, Merengue, and Belly dance, all with aerobic components. This low-impact workout can burn up to 400-800 calories per class while toning the entire body. Seniors can also join in the fun with our International Gold class, modified for a slower paced workout.

International Dance-Caribbean Flavor: International Caribbean Dance Flavor is a cumulative form of dance techniques based out of West African culture of Nigeria into the

Caribbean Diaspora. These dances are from the sacred dance traditions which bring the body and mind to balance within the inner realm and outer universe. Please wear loose clothing and bring a circular skirt if you have one.

Mindfulness and Meditation Series: Mindfulness is a training to calm the mind and steady the heart. When the mind and body is relaxed, aware, and supported by skillful and focused attention, wisdom, clarity and kindness merge naturally. Our weekly Mindfulness class will explore the landscape of our body, mind and heart through practices that reveal the gifts of spaciousness, dignity, respect and kindness that are always available to us no matter the circumstances. All are welcome, new and experienced. Classes include guided meditations, insight practices, time for sharing and questions, and tools to deepen one's practice in their personal and professional lives.

Muscular Strength/Range of Motion (MSROM) (SS): These low-impact classes are featured through our Silver Sneakers program and meet requirements for senior fitness as outlined through Humana. Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Cardio Circuit combines fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with a non-impact aerobic choreography. The Muscular Strength/Range of Motion (MSRM) class will have you moving to the music through a variety of exercises designed to increase strength, range of movement, and activity for daily living skills. Chairs are offered in all these classes for seated and/or standing support.

Personal Strength Training Series: Find your fitness goal and how to achieve it. 6 goal-oriented classes to help you get better results are Strength-The foundations, The Goal, Machines vs Free Weights, Intensity, Recovery and Mental Fitness.

Piano Lessons: Beginning Piano-learning piano notes (black and white keys). Learning to read music, proper fingering, circle of fifths, scales, chords, improvisation with harmony and melody, Musicology, theory, composition and songs will be learned using right and left hand together. Student will need to purchase the book determined by the instructor.

Pickleball Round Robin: A fun sport that can be played by singles or doubles. Pickleball combines many elements of tennis, badminton, and ping pong and is excellent for those who can no longer play tennis or racquetball. Pickleball Round Robin takes place on Tuesdays and Thursdays from 9:00am - 11:00am, Mondays and Wednesdays from 4:00pm - 6:00pm. Non-Belle Terre Swim & Racquet Club members will be charged a \$4.00 daily fee to play.

Poetry Workshop: “A poet is, before anything else, a person who is passionately in love with language,” W.H. Auden. If this sounds like you, then join us by taking part in our Poetry Workshop designed for the lover of poetry who wants to learn how to appreciate the art even more. It is also for student poets who want to improve their craft. This course will help you understand the basics of reading, interpreting, and writing poetry. This course is a must-take for any budding poet out there who wants to hone their skills and learn to write high quality, great poetry that others will appreciate.

Reflexology and Meditation: Learning how to properly breathe by rhythmic breathing exercises. Instructor Khemya includes sound into her meditations focusing on sound vowels, imagery and one-pointed focus. Khemya includes a guided session of reflexology, finding the source points and nerve endings, and teaches how each one can be activated to promote healing and bring the body and mind into a greater state of existence with Chakra balancing. Great class for relaxing and stress reduction!

Retirement Seminars: Outsmart the Scammers- Incidents of fraud are on the rise and scammers' tactics are becoming more complex. In this workshop we will discuss how to spot certain red flags that may indicate a fraudulent encounter. Standing Guard: Protect What You've Worked For- Whether approaching retirement or having recently retired, your focus may begin to shift from building your financial foundation to protecting the resources you've created. In this workshop we will discuss active ways to address key risks you may encounter and strategies to prepare for the unexpected. Five Money Questions For Women-Women face unique financial circumstances. A strong financial strategy is vital. In this workshop we will explore five critical money questions for women. Retirement: Making Your Money Last-Retired recently or planning to retire soon? This presentation discusses ideas to help build a reasonable and sustainable strategy for managing income and expenses during retirement. How do we address key concerns like inflation, health care expenses, market volatility as well as the unexpected. Social Security: Your Questions Answered-It is important to understand your options with Social Security and the impact your decisions have on your retirement. Discussions include when should you start taking Social Security and what are the tax considerations. Time Matters: A Woman's Outlook on Retirement-Perspectives on financial concerns facing women getting ready to retire or who recently retired. We will discuss income strategies including perspectives around Social Security withdrawal and reliance rates. Also how to prepare for the unexpected, including market and inflation risks and the rising cost of healthcare and long term care. Rules of the Road- How to move toward your financial goals with 10 Rules of the Road to Investing. Learn the fundamental concepts of investing and potential strategies to help you build wealth. Demystifying Investing-Saving for college? Thinking about retirement? Both? Explore the tools and strategies that are available to assist you and your family in working toward your financial goals, and help you feel more comfortable with the investing process. Focusing on Fixed Income-Explore the features of fixed-income investments and how quality bonds can serve as the foundation of a well-balanced portfolio. Learn the basics of bonds, the advantages of laddering and how fixed income may make sense as part of your income strategy.

Savory Naturals-Easy Does It Cooking: We use best quality organic and locally grown products! There are two series menu meals.

Savvy Global Traveler: This two hour course will provide information and recommendations to participants to increase their overall knowledge of preparing for and completing international travel. Topics of instruction include pre-travel preparations, appropriate identification documents, reducing traveler profile stressing security awareness throughout the trip. Additionally, the instructor will present how cultural differences may impact travel experiences. Learn how to process through security, differences in country protocols and heightened awareness to traveler surroundings.

SeaQuills Writing Workshop: SeaQuills Writing Workshop encompasses writing memoirs, poetry, essays, fiction; all created with flair and with the help of each other. SeaQuills has published seven anthologies of its work that has been the inspiration for its spin-off class: The Poetry Workshop. If you love to write and want to accelerate your writing skills join us and unleash your inner creativity.

Traditional Martial Arts Kuk Sool- Traditional values of Martial Arts with an upbeat, enthusiastic, modern approach. Kuk Sool involves kicking, punching, throwing, falling, joint locking, pressure point, mediation and weapon techniques with a beautiful and dynamic hard/soft style that is sure to meet individual physical and mental goals.

Benefits of training

- Fitness by strengthening and stretching
- Strong body and focused mind
- Self-defense
- Confidence
- Self-discipline
- Coordination
- Stress and tension reduction
- Stamina and respect for self and others

Quilting: This class provides students the opportunity to select their own quilting project and have an experienced Instructor help with pattern instructions, yarn selections and any problems or questions you may encounter.

Classes offered to Silver Sneakers

Silver Sneakers (SS): Silver Sneakers classes are designed to improve fitness with little or no impact. All Silver Sneaker Instructors are certified through Healthways.

Stained Glass: Whether you like the antique, modern or eclectic look, designing with glass can be artistically fulfilling. **Joyce Edson**, who has taught for Adult and Community Education for over eight years, is an expert in the art of stained glass. Class projects range from small lamp shades to very large stained glass windows.

Swim Challenge - Perfect Your Stroke: A fun, noncompetitive aquatic workout for all ages where students perfect swimming strokes while building aerobic endurance. All children must be able to swim laps.

Swim Lessons ("Aqua Tots" Group): Children ages 6 months - 3 years old will be taught basic water skills such as floating, kicking and paddling through fun water activities, games, and songs. Each child needs to have an adult in the water at all times.

Swim Lessons ("Minnows"): Children ages 5-7 who can display "Tadpole" skills will learn to tread water, free-style stroke and the backstroke.

Swim Lessons (Private): One Instructor per two students. Students must be equal in ability. If you pay for five lessons up front the sixth lesson is free.

Swim lessons (Semi-Private Group): Children ages 6 months - 3 years old will be taught basic water skills such as floating, kicking and paddling through fun water activities, games, and songs. Each child needs to have an adult in the water at all times.

Swim Lessons ("Tadpoles" Group): Children ages 3-5 will be introduced to water safety rules. Skills taught include floating, kicking and paddling, as well as going under water. Children need to be comfortable being in the water without mom or dad.

Swim Lessons (Turtles): Group lesson without age requirement. For children who can display "Minnows" skills and can swim the length of the pool. Class will emphasize stroke refinement and is designed to be an intermediate step between the Minnows class and the Swim Challenge class.

Tai Chi (Beginning): Tai Chi is a Chinese practice. Its slow, graceful, and fluid movements exercise the body and the mind through a series of postures that create a synchronized dance called a form. This ancient exercise has been found to provide many health benefits such as improving strength, flexibility, and balance, lowering blood pressure and relieving stress. Tai Chi requires no special equipment or dress. All of the classes emphasize awareness, body alignment, balance, and breathing. Beginners class includes a gentle warm up, introduction to basic foot patterns and weight shifts; The first 1 out of the 3 Yang Family Short Form and Zhan Zhuang (Standing Meditation).

Tai Chi (Intermediate): This class is for students who have learned the first 1 out of the 3 Yang Family Short Form. In addition to continuing learning the Form and Zhan Zhuang, students will learn and practice the five set Soaring Crane QiGong and the Deer form from the Five Animal Frolics QiGong and partner work in the form of "Pushing Hands" rounds out this class.

Tennis Fun & Fundamentals (Beginners): Learn the fundamentals or polish your game. Most of all get a healthy workout and make new friends. Learn to Rally, Play and Score through a series of graduated progressions designed to quickly get you up and running with the game of tennis. Ideal if you are new to tennis or just shaking off the rust.

Tennis Fun & Fundamentals (Performance Lab): Refine your game by developing footwork, balance and core stability. Emphasis placed on sports specific warm up and conditioning. Learn to master drills and progressions used by advanced players.

Ultimate Exercise Class: A low-impact progressive strength and toning program geared for a one-size-fits-all fitness class. 15-20 minutes of cardio, 15-20 minutes of weights, and 15-20 minutes ab/glutes workout!

West African Get In Shape Class: A primary dance movement class which functions as a "get in shape class" while learning a primary dance from Guinea and Nigerian folk traditions. This class will warm up the body, teaches isolations, across the floor movement with an easy piece of choreography with African drum music. Songs will be learned simultaneously. Please wear loose clothing or a Lapa (tied fabric around the waist).

WOGA-Aquatic Yoga: This low intensity water yoga class will help your joints, reflexes and mobility while creating a peaceful mind.

Yoga For All: An energizing practice incorporating Sun Greetings, standing and sitting poses, as well as breathing and relaxation. Wear loose, comfortable clothing, remove shoes and socks upon entry, avoid the use of strong perfumes, drink water before, during and after

class, go at your own pace, ask questions and make noise and inform the instructor prior to class of any recent injury, surgery, and/or special conditions.

Must haves:

- Sticky mat (1/4" thick or more)
- (2) yoga blocks
- 8' D-Ring yoga strap
- Covered water bottle

For extra comfort:

- Eye cushion
- Blanket (natural fiber)
- Yoga sandbag (6-7 lbs)
- Meditation cushion
- Extra Kleenex
- Small towel

Extra assistance:

- Bolster (large)
- Rolled up and banded towels
- Foam wedges

Yoga (Hatha): Hatha Yoga is a slow-paced stretching class with some simple breathing exercises and, perhaps, some seated or lying meditation. This is a good place to learn basic poses and relaxation techniques and become comfortable with yoga. Bring a mat, wear loose, comfortable clothing. Connect with the relaxing world of yoga.

Yoga Stretch (SS): Relax and tone your body with a slow-paced workout. This class starts off with yoga breathing techniques and poses. For the strengthening section of this class we use bands, balls and gliding disks at a slow pace to challenge every muscle including the

core. A gentle stretching segment finishes this total body workout. This class is designed for seniors and is part of the Silver Sneakers Program.

Yoga (50 and Over): Instructor Barbara Royere to Adult Education offering Yoga for those who are ages 50 and over. This class will be customized for particular ailments and problem areas that we face as we age.