

SUMMER 2014 COURSES

~ ARTS AND CRAFTS ~

Note: Supply lists for Art Classes are available on-line at www.nausetcommunityed.org.

A-1, A-1a Watercolor

Eileen Smith

This class is designed to accommodate all levels. Composition, color theory, and techniques will be demonstrated weekly. Subject matter will focus on landscape and still life. Students are encouraged to bring their own photos for reference. A brief history of watercolor will be discussed. A materials list is available at www.nausetcommunityed.org **Fee: \$85**

A-1 Tuesday 9:00 a.m. – 12:00 p.m. 8/19 – 9/9/14 Four Sessions Brewster Town Hall
A-1a Wednesday 9:00 a.m.– 12:00 p.m. 8/20 – 9/10/14 Four Sessions Brewster Town Hall

A-3 Let's Make a Garden Mosaic

NEW

Carol Helmsley

Tuesday 9:00 – 11:30 a.m. 7/29 – 8/12/14 Three Sessions M.S. – Rm. 226

Add color to your patio/garden with a mosaicked pot or planter. Bring in a terra cotta pot, small urn, animal or bird to mosaic. Please bring an old towel or apron to class. Materials fee is \$25 (payable in cash to instructor at first class) includes a variety of ceramic/glass tiles, gems, & stained glass to complete your project. **Fee: \$75**

A-3a Mosaics and Mimosas

Carol Helmsley

Wednesday 8:00 – 11:00 a.m. 7/9 – 8/13/14 Six Sessions 21 Clayton Circle, Orleans

Get a jump on your day with some creative time in a relaxed atmosphere. Class is located in the instructor's outside studio. This is an open-studio class for Intermediate Mosaic students. Bring your ideas, projects and tesserae; instructor will supply the mimosas. \$15 materials fee is payable in cash to instructor. **Fee: \$125**

A-3b Let's Make a Stepping Stone

NEW

Carol Helmsley

Tuesday 8:30 – 11:30 a.m. 7/8 – 7/22/14 Three Sessions 21 Clayton Circle, Orleans

Add color to your garden or path. Using the reverse method, we'll assemble your mosaic, mix & pour cement into a beautiful stepping stone. Class is located in instructor's outside studio. A variety of ceramic/glass tiles, gems & stained glass will be provided for a \$35 materials fee (cash to instructor at first class). Bring old towel or apron, wear closed-toes shoes. **Fee: \$75**

A-4 Watercolor 101 – For the Beginner

Kathleen Sylvester

Tuesday 11:00 a.m. – 1:00 p.m. 7/15 – 8/19/14 Six Sessions

M.S. Room 205

Learn how to paint in watercolor using different techniques demonstrated by the instructor. We will use basic composition and transfer techniques that will save you the time and stress of drawing. Please bring 8"x10" color and black and white copies of what you would like to paint; nothing too elaborate. A supply list is available at www.nausetcommunityed.org. **Fee: \$80**

A-7 Acrylic Painting

Odin K. Smith

Monday 1:00 – 3:00 p.m. 7/7 – 8/11/14

Six Sessions

Brewster Town Hall

Find out why the use of acrylic is one of the most exciting and versatile mediums in the making of art today! Become familiar with the techniques to best use this exciting medium. Learn to use stronger values, better composition, and more dynamic color to give your work strength, depth and interest. Beginners to intermediates will learn to use this expressive and immediate medium to bring light and life to their paintings, and most importantly, bring a sense of self to their work. **Fee: \$80**

A-12 Drawing for the Beginner **Kathleen Sylvester**
Thursday 11:00 a.m. – 1:00 p.m. 7/17 – 8/21/14 Six Sessions **M.S. Room 205**
Starting with exercises using basic graphite pencil technique, students will gain a gradual understanding of how to draw what they actually see. Students will experiment with a variety of drawing mediums including charcoal, colored pencils, and ink-pens. A supply list is available at www.nausetcommunityed.org
Fee: \$80

A-18 Creative Wreath Workshops **Phyllis Callan**
Thursday 5:00 – 7:00 p.m. 7/17 & 7/24/14 Two Sessions **M.S. Cafeteria**
Basic construction techniques will introduce you to the concepts of design, space, color, balance and proportion. All levels welcome. You will complete a seashore treasures wreath and Christmas wreath. \$40 materials fee is payable to instructor at first class. **Fee: \$40**

~ DANCE AND MUSIC ~

D-6 Private Percussion Lessons **Mark Prall**
Monday (1 hour per week) 7/14 – 8/18/14 Six Sessions **M.S. Music Room 107**
Private instruction on traditional percussion instruments which include drum set, timpani, vibes, xylophone, bells, snare drum and auxiliary percussion. All styles of music are covered (Classical, Jazz, Rock and Latin). The instructor will contact you to set up your schedule.
Fee: \$150

D-7 Percussion Ensemble **Mark Prall**
Tuesday 10:00 – 12:00 p.m. 7/15 – 8/19/14 Six Sessions **M.S. Music Room 107**
This Ensemble will be devoted to performing percussion ensemble repertoire. Students must be able to read music with at least 2 years of experience playing percussion. Students will perform on all members of the percussion. This class will enhance student achievement and help them to realize their highest potential. An additional GOAL is to perform an end-of-term concert for the Nauset community.
Fee: \$30

D-8 Adult Ukulele **West Bend Music Co.**
Thursday 5:00 – 6:00 p.m. 7/10 – 8/14/14 Six Sessions **679 Main Street, Dennisport**
This class will emphasize practice techniques, learning chords and melody on the instrument. The ukulele is one of the easiest instruments to learn. With very few basic skills, you will be able to play your favorite songs in any style. All students are required to supply their own ukulele (no Baritone Ukulele). A ukulele can be purchased from the instructor. **Fee: \$150**

D-10 Beginning Guitar **Robert Baker**
Tuesday 6:00 – 7:00 p.m. 7/15 – 8/19/14 Six Sessions **M.S. Music Room 106**
This class is designed for the beginner through intermediate players. We will explore the basics of chord structures and playing styles ranging from strumming, finger picking, slides and hammer-ons; experiment with capos, alternate tunings, bar chords and various guitar-tuning devices. Learn to play music ranging from folk, pop, rock and blues. Students must provide their own acoustic guitar.
Fee: \$75

D-15 Good Vibrations Guitar, Banjo, Mandolin, etc. **Dennis Dillon**
Private lessons – Flexible Schedule Six 1-hour Sessions **270 Cranview Rd., Brewster**
Hands-on, fun approach in great environment – instructor will custom tailor your lessons to get you playing right away on your fretted instrument of choice, as well as harmonica. The instructor will contact you to schedule lessons.
Fee: \$200

~ FITNESS AND HEALTH ~

F-1 Adult Fitness **Brendan Guttman**
Mon. thru Fri. 6:30 - 7:30 a.m. 7/7 – 8/22/14 7 Weeks **M.S. Track & Gym**
Aerobic and anaerobic conditioning. Work at your target heart rate while walking and/or running. Some workouts also include lightweight training to help improve appearance and burn more body fat. Each session includes slow stretching and abdominal exercises. During inclement weather class is held indoors. Bring a mat or towel. **NO DISCOUNTS. Fee: \$65**

F-2, F2a Circuit Weight Training **Brendan Guttman**
Multi-faceted approach to strength training and total body conditioning. Increase muscular strength and endurance, improve appearance, burn fat, raise heart rate and gain joint flexibility. Includes flexibility in abdominal exercises. **Register early.** **M.S. Weight Room**
F-2 Tues. & Thurs. 7:30 – 8:30 a.m. 7/8 – 8/21/14 7 Weeks **Fee: \$70**
F-2a Mon., Wed., Fri. 7:30 – 8:30 a.m. 7/7 – 8/22/14 7 Weeks **Fee: \$80**

F-8, F8a Barre Fusion **Andrea Hibbert, C.P.T.**
Balanced 4 Fitness Studio, 210 Main Street, E. Orleans
Ballet Bar Fusion is a program using core conditioning. Movements are choreographed to music using the ballet bar, bands, squishy balls, and light weights used to tone arms and shoulders. Transform and sculpt your entire body to get long, lean muscles, good posture, improved flexibility, a flat stomach, tight thighs, a high rounded seat, and an overall stronger sense of well-being. **No dance experience is needed, no jumping/bouncing are involved.** Bring water
F-8 Tuesday 5:30 - 6:30 p.m. 7/8 – 8/12/14 Six Sessions **Fee: \$130**
F-8a Friday 9:00 – 10:00 a.m. 7/11 – 8/15/14 Six Sessions **Fee: \$130**

F-9, F-9a Boot Camp **NEW** **Andrea Hibbert, C.P.T.**
Balanced 4 Fitness Studio, 210 Main St., E. Orleans
A circuit training complete Body Conditioning workout using the TRX, Bosu, Pilates MVE Chair, Barre and more. Circuit training offers more cardio benefits. Bring water & towel.
www.Balanced4Fitness.com (508-240-2739)
F-9 Monday & Wednesday 6:00 – 7:15 p.m. 7/7 – 7/23/14 Three Weeks **Fee: \$130**
F-9a Monday & Wednesday 6:00 – 7:15 p.m. 7/28 – 8/13/14 Three Weeks **Fee: \$130**

F-10 Restorative Stretch & Pilates Basic **Andrea Hibbert, C.P.T.**
Tuesday 4:00 – 5:00 p.m. 7/8 – 8/12/14 Six Sessions **Balanced 4 Fitness Studio**
Learn basic MAT exercises and beneficial stretches. Restoring postural alignment. Improve strength, flexibility and balance, increase range of motion. Suitable for all ages and abilities. Bring a mat, water and small hand towel. **Fee: \$100**

F-11 Therapeutic Stretch & Balance **Andrea Hibbert, C.P.T.**
Thursday 4:30 – 5:30 p.m. 7/10 – 8/14/14 Six Sessions **Balanced 4 Fitness Studio**
Gentle stretches will help release and open the back and hips. Bosu balance dome or Pilates MVE chair will engage and deepen core muscles to improve balance. Bring water and hand towel. www.Balanced4Fitness.com (508-240-2739) **Fee: \$100**

F-12 Fit Moves, Beginner **Andrea Hibbert, C.P.T.**
Wed. 11:30 a.m. – 12:30 p.m. 7/9 – 8/13/14 Six Sessions **Balanced 4 Fitness Studio**
A seated and standing program using various props to obtain a full body workout. No floor or mat work. Improve balance, posture, rehabilitate an injury, increase range of motion, stretch and relax. www.Balanced4fitness.com (508-240-2739) **Fee: \$110**

F-13 TRX – Full Body Workout **Andrea Hibbert, C.P.T.**
Friday 7:45 – 8:45 a.m. 7/11 – 8/15/14 Six Sessions **Balanced 4 Fitness Studio**
TRX small group training builds strength, balance, coordination and flexibility while burning fat. You control the intensity of your work out. Please bring water and a hand towel. For more information, visit www.Balanced4Fitness.com (508-240-2739) **Fee: \$110**

F-14 Spinning **Andrea Hibbert, C.P.T.**
Thursday 6:00 – 7:00 p.m. 7/10 – 8/14/14 Six Sessions **Balanced 4 Fitness Studio**
Aerobic and anaerobic heart rate training for maximum fat burning and heart rate strengthening. Spinning is gentle rotation of the joints. Learn proper bike set up, heart rate zones and proper form. Bring water & towel. For further information, visit www.Balanced4Fitness.com. (508-240-2739) **Fee: \$110**

F-15 Spin Fit **Andrea Hibbert, C.P.T.**
Monday 10:00 – 11:00 a.m. 7/7 – 8/11/14 Six Sessions **Balanced 4 Fitness Studio**
Beginning SPINNER indoor cycling training for maximum fat burning and heart rate strengthening. See and feel the benefits of this addictive, non-impact program. Heart rate target zones are closely watched to ensure that you are working at your proper level. Bring water and hand towel. Visit www.Balanced4Fitness.com (508-240-2739) **Fee: \$110**

F-16, F16a Pilates Total Body “Classical” **Andrea Hibbert, C.P.T.**
Balanced 4 Fitness Studio
A Pilates class, for students who have some Pilates background, utilizing the classical Pilates mat and standing series core flow with props. The focus will be on the “powerhouse” and body alignment. Bring water, hand towel and concentration. Questions – please call 508-240-2739 or visit www.Balanced4Fitness.com

F-16 Tuesday 9:00 – 10:15 a.m. 7/8 – 8/12/14 Six Sessions Fee: \$100
F-16a Thursday 9:00 – 10:15 a.m. 7/10 – 8/14/14 Six Sessions Fee: \$100

F-18 Strength & Core Challenge **Andrea Hibbert, C.P.T.**
Wednesday 4:15 – 5:15 p.m. 7/9 – 8/13/14 Six Sessions **Balanced 4 Fitness Studio**
For students who have some Pilates background. Strengthen and utilize your stabilizer muscles. Focus is on firming and flow of movement, maintaining control and grace of movement. Advanced levels welcome. Bring water and hand towel. **Fee: \$100**

~HOME AND GARDEN~

G-2 Landscape Design & Horticulture **Charles Wentz**
Tuesday 5:00 – 7:00 p.m. 7/15 – 7/29/14 Three Sessions **M.S. Room 264**
This course will help you develop a plant list for your garden. Design elements, such as stone paving, and plant maintenance will be discussed. Bring your questions to class. **Fee: \$45**

G-6 Woodworking for Women**Monday 6:00 – 8:00 p.m. 7/14 – 8/18/14 Six Sessions**

This is a course for women who always wanted to learn how to work with wood. Bring a plan, drawing or picture of a project to the first class and learn how to turn your idea into a three-dimensional treasure. Learn how to select wood, use hand tools to turn it into a birdhouse, bookshelf, table, etc. – you choose your project.

**Richard Noyes
M.S. Room 130****Fee: \$80****G-7 Woodworking for the Garden***NEW***Thursday 6:00 – 8:00 p.m. 7/17 – 8/21/14 Six Sessions**

Beautify your landscape while learning basic woodworking skills. Projects can range from a simple birdhouse to an arbor. Learn to build chairs, benches, flower boxes, picket fence or a beautiful garden gate. Students must buy their own materials.

**Richard Noyes
M.S. Room 130****Fee: \$80****~ HEALTH & SAFETY ~****H-8 Chi Lei****Thursday 5:00 – 6:00 p.m. 7/17 – 8/21/14 Six Sessions**

Chi Lei is a series of slow smooth movements using visualization which increases and balances the body's energy. Healthy people can strengthen and maintain their well-being, while those with problems have a self-help tool.

**Jane Higgins
M.S. Room 273****Fee: \$55****H-9 Energy Medicine – Muscle Testing****Thursday 6:00 – 7:00 p.m. 7/17 – 8/21/14 Six Sessions**

Using techniques such as muscle testing and simple exercises, you can rejuvenate a tired body, more effectively handle stress and have greater control over your own and your family's health.

**Jane Higgins
M.S. Room 273****Fee: \$55****H-12 Yoga *Time corrected below*****Monday 10:30 – 12:00 p.m. 7/7 – 9/8/14 Ten Sessions Life Center, 47 Main St. Orleans**

This is a gentle Yoga. The breath and body alignment are emphasized. Postures increasing flexibility and strength, learning breath control, and deep relaxation help to bring balance between body, mind and spirit. Bring a blanket.

Jane Higgins**Fee: \$115****H-13 Do-in, Self-acupressure Technique****Tuesday 4:00 – 6:00 p.m. 7/15 – 8/19/14 Six Sessions**

You will learn *Hara Breathing* methods; *Self-Massage* techniques using tapping, squeezing, rubbing and pressure; *Meridian Stretches*; *Creative Relaxation* to quiet the mind and increase physical, mental and emotional awareness.

**Araci Gomes
M.S. Room 244****Fee: \$80****H-20 Angels Summer Series – Your Spiritual Side *NEW*****Wednesday 6:00 – 7:00 p.m. 7/16 – 7/30/14 Three Sessions**

If you are curious about angels and want to know more about them, this class is for you. Learn how angels communicate with you, and how to connect with them. Included will be an overview of archangels, spirit guides, loved ones who have crossed over, heavenly assists, and meditation patterns. Visit www.heavenlyhealingusa.com

**Patricia Butler
M.S. Room 146****Fee: \$50**

~ WRITING AND LITERATURE ~

J-7 The Healing Power of Writing

Nicola Burnell

Thursday 3:00 – 5:00 p.m. 7/10 – 8/14/14

Six Sessions

TBA

The power of the thoughts occupying our mind cannot be understated. We are what we think and believe. This 6 week class is designed to address those difficult stories that hold us back and keep us captive in their retelling of old, painful experiences. These stories want to be told, but not to be judged. This is not a workshop on how to write well. Through weekly assignments you will travel a personal journey based on honesty, sharing and support in a safe, confidential space. When you write to heal, you write only for yourself, without regard for the expectations of others. This class invites the healing voice that lies within us all to be heard. Please email firstlight@capecod.net or call 774-212-2270 for more details and class location. **Fee: \$100**

J-8 Stop Talking About Writing a Book – Just Write It

Nicola Burnell

Thursday 6:00 – 8:00 p.m. 7/10 – 8/14/14

Six Sessions

TBA

This class is for anyone dreaming of writing the book that has been rattling around in their head for years. It is also for fiction and non-fiction writers struggling to complete a manuscript-in-progress. Through this class you will enjoy weekly support and gentle yet constructive critiques of your work. You will also learn how to edit your work and create a clean, professional manuscript. The main focus, however, is to simply keep you writing! Call 774-212-2270 for class location or e-mail firstlight@capecod.net **Fee: \$100**

~ LANGUAGES ~

L-1 Beginner's Italian I

Gloria Moll

Tuesday 5:00 – 7:00 p.m. 7/15 – 8/19/14

Six Sessions

M.S. Room 148

This is a great course for all who want to get an introduction to the Italian language, culture and people. Sign up and start your Italian adventure!! Grammar, vocabulary and conversation will be the focus. Learning materials will be provided in class for minimal cost. **Fee: \$90**

L-1a Beginner's Italian Conversation

Gloria Moll

Monday 5:00 – 7:00 p.m. 7/14 – 8/18/14

Six Sessions

M.S. Room 148

This is a great course for those who have a good elementary foundation in Italian grammar and would like to start conversing. Vocabulary and grammar will be incorporated in this class.

Fee: \$90

L-10 Basic Russian

Alexandra Lantz

Wednesday 5:00 – 7:00 p.m. 7/16 – 8/20/14

Six Sessions

M.S. Room 244

If you've ever wanted to know more about Russia – its cuisine, its culture, its celebrations, history and daily life, take this course. The Russian alphabet and simple language will give you some basic reading skills and the most common Russian phrases and expressions that you can even use in your English-speaking home. Come and have fun while you learn about a different vision of life from a Russian native.

Fee: \$90

~ RECREATION ~

R-4 Beginning Golf

Steve Knowles, P.G.A. Professional

Monday 4:00 – 5:30 p.m. 7/7 – 8/11/14

Six Sessions

Captains Golf Course

Have you ever thought of playing the game of golf? Sign up and learn the rules and etiquette of the game, putting, chipping, pitch shots, and the golf swing. If you've played a little but would really like to learn the game, this program will also benefit you.

Fee: \$140

R-5 Intermediate Golf **Steve Knowles, P.G.A. Professional**
Wednesday 4:00 – 5:30 p.m. 7/9 – 8/13/14 **Six Sessions** **Captains Golf Course**

If you are looking to improve your game or if you've played before and want a refresher, this class is for you. Steve believes in keeping the learning process fun and simple while working with the student's natural ability. You'll learn putting, chipping, pitch shots, the full swing, and course management. **Fee: \$140**

R-9 Catch A Fish **Louis MacKeil**
Tuesday 5:00 – 7:00 p.m. 7/15 – 8/19/14 **Six Sessions** **M.S. Room 146**

Lou MacKeil has extensive knowledge and experience fishing the waters of Cape Cod. He blends theory with practicality. He will cover what to catch, where and when; equipment and gear needed for your type of fishing; the effects of wind, tides, weather, moon; types of bait - when to use what; and boat and shore safety. **Fee: \$65**

R-10 Mah Jongg, Beginners **Dorothy Fleischer**
Monday 9:30 – 11:30 a.m. 7/7 – 8/4/14 **Five Sessions** **Brewster Town Hall**

Learn to play this exciting and challenging game. Using tiles, Mah Jongg requires thinking, finesse and most of all strategy. This ancient Chinese game has become extremely popular in recent years. There will be an additional \$9 charge to obtain a Mah Jongg card, payable to the instructor during the first class. Come! Have Fun. Be challenged! **Fee: \$40**

R-10a Mah Jongg, Advanced **CANCELLED** **Dorothy Fleischer**
Tuesday 9:30 – 11:30 a.m. 7/8 – 8/5/14 **Five Sessions** **Brewster Town Hall**

Now that you know the basic rules of Mah Jongg, come and learn strategy, how to change your hand and how to be able to know what your opponents are playing. Cards are \$9 and may be purchased from the instructor. This is an exciting game! **Fee: \$40**

R-21 – R-21e Float Your Yoga – Standup Paddle Board Yoga **NEW** **Ryan Burch**

Experience the freedom of an outdoor classroom, the sensation of a floating yoga mat, and the holistic benefits of a harmonious yoga practice. This is a unique standup paddle board (SUP) blend of movement, balance, strength & playfulness. SUP skills and water safety; conquer fear, doubts and build confidence; core strengthening; mindful connection & the rhythms of nature; as you revive your yoga practice. **TBA**

R-21 Tuesday 5:00 – 6:30 p.m. 7/1 – 7/22/14 **Four Sessions** **Fee: \$120**

R-21a Thursday 5:00 – 6:30 p.m. 7/10 – 7/31/14 **Four Sessions** **Fee: \$120**

R-21b Saturday 9:00 – 10:30 a.m. 7/5 – 7/26/14 **Four Sessions** **Fee: \$120**

R-21c Saturday 9:00 – 10:30 a.m. 8/2 – 8/23/14 **Four Sessions** **Fee: \$120**

R-21d Thursday 5:00 – 6:30 p.m. 8/7 – 8/28/14 **Four Sessions** **Fee: \$120**

R-21e Tuesday 5:00 – 6:30 p.m. 8/5 – 8/26/14 **Four Sessions** **Fee: \$120**

R-22 – R-22c Standup Paddle for Women **NEW** **Juliet Burch**

This class is for women of all ages, skill levels and athletic abilities (even those who consider themselves to be balanced challenged). During class you will connect with others in a safe, fun, outdoor activity that covers all the basics of SUP safety to empower you to feel comfortable on the water. Come push off and paddle down some of Cape Cod's pristine waterways. **TBA**

R-22 Wednesday 4:00 – 5:30 p.m. 7/2 – 7/30/14 **Four Sessions** **Fee: \$120**

R-22a Saturday 4:00 – 5:30 p.m. 7/5 – 7/26/14 **Four Sessions** **Fee: \$120**

R-22b Saturday 4:00 – 5:30 p.m. 8/2 – 8/23/14 **Four Sessions** **Fee: \$120**

R-22c Wednesday 4:00 – 5:30 p.m. 8/6 – 8/27/14 **Four Sessions** **Fee: \$120**

R-23 Introduction to Sculling **Al Flanders**
Saturday 10:00 – 11:45 a.m. 7/26/14 One Session 31A Cove Rd., Orleans
 The student will be taught the basics of the sculling stroke on land and then will go on the water in a single (one person shell) or quad (four person shell) to continue to work on the basics and to get a sense of how to balance the boat. The goal will be to get a taste of the sport of rowing.
Fee: \$25

~WORKSHOPS~

WS-1 It's Not What You Make, It's What You Keep **Calan Philbrook**
Tuesday 6:00 – 7:30 p.m. 7/29 – 8/12/14 Three Sessions M.S. Library
 The series is designed to educate individuals on the basics of stocks, bonds, mutual funds and retirement planning. This will include three classes: Take Stock in the Market, Focus on Fixed Income, and A Smart Start to Mutual Funds.
Fee: \$30

WS-3 Colorful Scarf Tying Workshop **NEW** **Phyllis Callan**
Tuesday 5:00 – 7:00 p.m. 7/15/14 One Session M.S. Room 146
 Bring in your scarves – rectangular, square, circular and learn how to tie them using different techniques. Demonstrations will be given and will be practiced by all. **Fee: \$25**

WS-4 Henry Beston's Cape Cod: How "The Outermost House" **Don Wilding**
Inspired A National Seashore NEW
Wednesday 7:00 – 8:00 p.m. 7/16 – 7/30/14 Three Sessions M.S. Library
 Learn what brought Henry Beston to Cape Cod. He was seeking solace after serving as a volunteer ambulance driver in France during World War I. His experiences on the outer beach led him to writing a book that was cited by the National Park Service in making its case for preserving the outer beach. Presentations will include photographs and interview footage from the Henry Beston Society. Pre-requisite reading: "The Outermost House" by Henry Beston.
Fee: \$50

WS-12 Counseling Skills for Non-Counselors **NEW** **Susana O'Hara, Ph.D.**
Tuesday 6:00 – 8:00 p.m. 7/15 – 7/29/14 Three Sessions M.S. Room 252
 Learn some of the fundamental skills good counselors use, how to set goals for the counseling process and how to know when the counseling is helpful or ineffective. No prior training is needed.
Fee: \$60

WS-13 Getting Paid To Talk: Intro. to Professional Voice Overs **Voice Coaches**
Wednesday 5:00 – 7:30 p.m. 8/13/14 One Session M.S. Room 254
 This class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will have a chance to record a commercial script under the direction of a Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally.
Fee: \$40

NAUSET COMMUNITY EDUCATION REGISTRATION

Course # _____ Title: _____

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Course Fee: \$ _____

MC/VISA # _____ Exp. Date ____/____

Course # _____ Title: _____

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Course Fee: \$ _____

MC/VISA # _____ Exp. Date ____/____

Course # _____ Title: _____

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Course Fee: \$ _____

MC/VISA # _____ Exp. Date ____/____

- **Make checks payable to Nauset Community Education**
- **Register by Phone with MasterCard or Visa (508-255-4300)**
- **Mail-Nauset Community Education, 70 Route 28, Orleans, MA 02653**
- **Registration in person at office located at Nauset Middle School**