

SUMMER 2015 COURSES

~ ARTS AND CRAFTS ~

Note: Supply/materials lists are available on-line at www.nausetcommunityed.org (click on link on the left of the home page).

A-1 Watercolor

Eileen Smith

Monday 9:00 a.m. – 12:00 p.m. 7/13 – 8/31/15 Eight Sessions Brewster Town Hall

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, or send a self-addressed, stamped envelope to Handcraft House, 3966 Route 6A, Brewster, MA 02631.

Fee: \$135

A-4 Watercolor 101 – For the Beginner

Kathleen Sylvester

Tuesday 11:00 a.m. – 1:00 p.m. 7/7 – 8/11/15 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 materials list is available at www.nausetcommunityed.org **Fee: \$85**

A-10 Perspective in Art

Robert Oberding

Wednesday 10:00 a.m. – 12:00 noon 7/22 – 8/12/15 Four Sessions

M.S. Room 206

An understanding of perspective is necessary to obtain a sense of realism and depth in your drawings and paintings. The principles of 1 and 2 point perspective will be explained through examples, demonstrations and class exercises.

Fee: \$70

A-12 Drawing for the Beginner

Kathleen Sylvester

Thursday 11:00 a.m. – 1:00 p.m. 7/9 – 8/13/15 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 materials list is available at www.nausetcommunityed.org

Fee: \$85

A-16 Wrap It Up – Wire Wrapping Jewelry

Dawn Rosell

Tuesday 5:30 – 7:30 p.m. 7/14 – 8/4/15 Four Sessions

M.S. Room 206

This class will explore the art of wire wrapping using different methods to capture stones, shells, cabochons and sea glass. Some previous wire work experience is helpful but not required. We will be working in copper wire. A materials fee of \$65 will be payable to the instructor the first night of class. If you wish to work in sterling silver, you need to contact the instructor (www.dawn@rosell.net) no later than two weeks before class begins so it can be ordered in time. The difference in copper to silver cost will be added to the materials fee. **Fee: \$70**

~ MUSIC ~

D-6 Private Percussion Lessons

Monday (1 hour per week) 7/6 – 8/10/15 Six Sessions

Mark Prall

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

Monday 10:00 a.m. – 12:00 p.m. 7/6 – 8/10/15 Six Sessions

Mark Prall

M.S. Music Room 107

This Ensemble will be devoted to performing percussion ensemble repertoire. Students must be able to read music and have at least 2 years of experience playing percussion. Students will perform on all members of the percussion family (Timpani, Bells, Xylophone, Marimba, Vibes, Chimes, Bass Drum, Drum Set and Auxiliary 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 public Nauset community.

Fee: \$30

D-8 Drum Set, Drum Set and More!

Monday 12:00 – 1:00 p.m. 7/6 – 8/10/15 Six Sessions

Mark Prall

M.S. Music Room 107

Have some fun and play on the drums! Explore the wide world of drum set playing. Rock, swing and groove to all kinds of your favorite music. Work out, improvise, solo and express yourself! This class is open to students ages 10-14.

Fee: \$32

D-9 Adult Ukulele Class

Thursday 5:00 – 6:00 p.m. 7/9 – 8/13/15 Six Sessions

West Bend Music Co.

679 Main Street/Rte. 28

Dennisport

This class will emphasize practice techniques, learning chords and melody on the instrument. The class will provide you with workable, easy to apply practice techniques that will create balance between left and right hand activity. 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

Tuesday 6:00 – 7:00 p.m. 7/7 – 8/11/15 Six Sessions

Robert Baker

M.S. Music Room 106

This class is designed for the beginner guitar 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. There will be opportunity for group and individual instruction. Students must provide their own acoustic guitar.

Fee: \$75

D-11 Beginning Violin

Tuesday 6:00 – 7:00 p.m.

NEW

7/7 – 8/11/15 Six Sessions

Emily Hilliar

M.S. Room 107

Designed for beginners, this class will focus on the basic technique and music reading skills needed to play the violin. No prior musical study is required. Enjoy learning to play the violin with an experienced and enthusiastic instructor. Students must provide their own violin, or arrange rental with instructor.

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, guitar finger picking specialty, 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. 7/6 – 9/18/15 10 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. **Fee: \$105**

F-2, F2a Circuit Weight Training **Brendan Guttman**
M.S. Weight Room
 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.**
F-2 Tues. & Thurs. 7:30 – 8:30 a.m. 7/7 – 9/17/15 10 Weeks Fee: \$100
F-2a Mon., Wed., Fri. 7:30 – 8:30 a.m. 7/6 – 9/18/15 10 Weeks Fee: \$115

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 Pilates Method conditioning. Movements are choreographed to music using the ballet bar, bands, squishy balls, and light weights. 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.
www.Balanced4Fitness.com (508-240-2739)

F-8 Tuesday 5:30 - 6:30 p.m. 7/7 – 8/11/15 Six Sessions Fee: \$105
F-8a Friday 9:00 – 10:00 a.m. 7/10 – 8/14/15 Six Sessions Fee: \$105

F-10 Restorative Stretch & Pilates Basic **Andrea Hibbert, C.P.T.**
Tuesday 4:15 – 5:15 p.m. 7/7 – 8/11/15 Six Sessions **Balanced 4 Fitness Studio**
210 Main Street, E. Orleans
 Beneficial for all levels and ages. A full body stretch with core exercises. Gentle restorative yoga stretches to open up your body, release tension and stress. Classical Pilates method will strengthen and develop weak muscles while improving range of motion, increase flexibility and creating long lean muscles. www.Balanced4Fitness.com (508-240-2739) **Fee: \$90**

F-11 Therapeutic Stretch & Balance **Andrea Hibbert, C.P.T.**
Thursday 4:30 – 5:30 p.m. 7/9 – 8/13/15 Six Sessions **Balanced 4 Fitness Studio**
210 Main Street, E. Orleans
 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: \$90**

F-13 Small Group Training **Andrea Hibbert, C.P.T.**
Friday 11:15 a.m. – 12:15 p.m. 7/10 – 8/14/15 Six Sessions **Balanced 4 Fitness Studio**
210 Main Street, E. Orleans
Classical method mat work followed by MVE equipment. Focus will be on the “Core” and body alignment, moving with ease and flow to obtain a strong, lean, balanced body. MVE chair has four settings to best suit the fitness level for your body. www.Balanced4Fitness.com (508-240-2739)
Fee: \$180

F-14 Spinning **Andrea Hibbert, C.P.T.**
Thursday 5:45 – 6:45 p.m. 7/9 – 8/13/15 Six Sessions **Balanced 4 Fitness Studio**
210 Main Street, E. Orleans
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 and towel. For further information, visit www.Balanced4Fitness.com. (508-240-2739)
Fee: \$105

F-15 Spin Fit **Andrea Hibbert, C.P.T.**
Monday 10:00 – 11:00 a.m. 7/6 – 8/10/15 Six Sessions **Balanced 4 Fitness Studio**
210 Main Street, E. Orleans
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. For further information, visit www.Balanced4Fitness.com (508-240-2739)
Fee: \$105

F-16, F-16a Boot Camp **Andrea Hibbert, C.P.T.**
Balanced 4 Fitness Studio
210 Main Street, E. Orleans
Get your beach body back! A circuit training complete Body Conditioning workout using the TRX, Bosu, Pilates MVE Chair, Barre and more. Four stations and lots of fun. Circuit training is a great boredom buster. It offers more cardio benefits, and it will help you burn 30 percent more calories. Sculpt every muscle and blast fat. Bring water and towel.
F-16 Monday & Wednesday 5:45 – 6:45 p.m. 7/6 – 8/12/15 Twelve Sessions Fee: \$180
F-16a Saturday 7:45 – 8:45 a.m. 7/11 – 8/15/15 Six Sessions Fee: \$105

F-17 Pilates Flow **Andrea Hibbert, C.P.T.**
Thursday 9:00 – 10:00 a.m. 7/9 – 8/13/15 Six Sessions **Balanced 4 Fitness Studio**
210 Main Street, E. Orleans
An hour of working your core with classical Pilates technique; followed by gentle stretches. You will gain balance, range of motion, feel better and live longer with a stronger core. For further information, visit www.Balanced4Fitness.com (508-240-2739).
Fee: \$90

F-20 Tai Chi and Chi Kung for Health **Sarah Beals**
Tuesday 8:30 – 9:30 a.m. 7/7 – 8/11/15 Six Sessions **M.S. Library**
Presenting the classic Chinese Yang Style Tai Chi form; basic movements with foundation principles and philosophies. Suitable for beginners or as a refresher course. Develop physical balance, learn breath exercises, refine mental focus with simple flowing moves. Wear workout gear, flat soled sneakers, bring water. More information: call Sarah at 508-246-3591.
Fee: \$80

~ HOME AND GARDEN~

G-1 Organic Growing Vegetables, Fruits & Flowers

Joyce R. Young,

N.D., M.S. Botany

M.S. Small Cafeteria

Monday 5:00 – 7:00 p.m. 7/6 – 8/3/15 Five Sessions

Learn from a botanist/former NOFA certified organic farmer/Naturopathic Physician, how to grow all kinds of plants using mineral-enhanced organic total plant nutrition. Learn how to create a diverse soil microorganism ecosystem for your plants to grow in, choose the sweetest, juiciest, and most colorful varieties and how to maintain the garden with minimal work! **Fee: \$75**

G-2 Landscape Design & Horticulture

Charles Wentz

M.S. Room 258

Thursday 5:00 – 7:00 p.m. 7/9 – 7/23/15 Three Sessions

This course will help you develop a plant list for your garden. Design elements such as stone paving, plant maintenance, including fertilizing, pruning, insects and irrigation will be discussed. Bring your questions to class. There will be local field trips. **Fee: \$45**

G-4 The Keys to Successful Gardening

Phyllis Callan

M.S. Cafeteria

Tuesday 5:00 – 7:00 p.m. 7/7 – 8/4/15 Five Sessions

This class will introduce you to the basic fundamentals of gardening. This learned information will enable you to make informed choices. These determiners will crown your efforts with success. Come join us. **Fee: \$60**

G-6 Woodworking for Women

Richard Noyes

M.S. Room 130

Monday 5:30 – 7:30 p.m. 7/6 – 8/10/15 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, toolbox, a classic antique, or a sleek modern work – you choose your project. **Fee: \$90**

G-8 Build Your Own Outdoor Furniture

NEW

Richard Noyes

M.S. Room 130

Thursday 5:30 – 7:30 p.m. 7/9 – 8/13/15 Six Sessions

Adirondack chairs, benches from classic simple to elegant Arts and Crafts, planters and flower boxes, picnic tables and durable lattice – build your own at a fraction of the cost of store bought. Using basic tools you can enhance any yard with custom furniture and accessories. **Fee: \$90**

G-9 Basic Furniture Repair

NEW

Richard Noyes

M.S. Room 130

Wednesday 5:30 – 7:30 p.m. 7/8 – 8/12/15 Six Sessions

Learn how to give new life to that old piece of furniture you have been meaning to fix. Using basic hand tools you can restore almost anything, from tag sale bargains to a family heirloom. Learn how to restore a scratched and dented finish, mend broken parts and replace missing ones. **Fee: \$90**

~ HEALTH & SAFETY ~

H-8 Chi Lel **Jane Higgins**
Thursday 5:00 – 6:00 p.m. 7/9 – 8/13/15 **Six Sessions** **M.S. Room 273**
Chi Lel is a series of slow smooth movements using visualization which increases and balances the body's energy. In China, there is a hospital where no medicine is used, and Chi Lel is practiced. It has a 95% cure rate. Healthy people can strengthen and maintain their well-being, while those with problems have a self-help tool. **Fee: \$55**

H-9 Energy Medicine **Jane Higgins**
Thursday 6:00 – 7:00 p.m. 7/9 – 8/13/15 **Six Sessions** **M.S. Room 273**
Learning exercises which benefit your own and your family's health. Energy medicine is the frontier of today's medicine and the future's main medicine. 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. **Fee: \$55**

H-12 Yoga **Jane Higgins**
Monday 10:30 a.m. – 12:00 p.m. 7/6 – 9/7/15 **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. **Fee: \$115**

H-20 Angels Summer Series – Your Spiritual Side – Class I **Patricia Butler**
Wednesday 6:00 – 7:00 p.m. 7/8 – 7/22/15 **Three Sessions** **M.S. Room 148**
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 overviews of Archangels, spirit guides, loved ones who have crossed over, heavenly assists, and mediation patterns. Visit www.heavenlyhealingusa.com. **Fee: \$55**

H-20a Angels Summer Series – Your Spiritual Side – Class II **Patricia Butler**
Wednesday 6:00 – 7:00 p.m. 7/29 – 8/12/15 **Three Sessions** **M.S. Room 148**
If you enjoyed Angels Summer Series Class I, Class II is for you. This second Angels Series continues with Angel Phyla, ongoing overviews with Archangels, color awareness, crystals and angels, your growing spiritual awareness, along with your spiritual sensitivities of clairaudience, clairvoyance, clairsentience, and claircognizance. Visit www.heavenlyhealingusa.com. **Fee: \$55**

H-25 Chronic Disease Causation **NEW** **Dr. Joyce Young, N.D.**
Tuesday 5:00 – 7:00 p.m. 7/7 – 8/4/15 **Five Sessions** **M.S. Small Cafeteria**
Learn from a Naturopathic Physician/Research Biologist, how to prevent and reverse chronic diseases in all ages and all organ systems (e.g. obesity, diabetes, GI, CV & Neurological). Evidence-based medical literature will guide the lecture/discussion on causation, and the importance of whole foods organic nutrition, minimizing all kinds of chemical radiation exposures, and classical homeopathy to help healing. **Fee: \$75**

~ WRITING AND LITERATURE ~

J-7 The Healing Power of Writing **Nicola Burnell**

Thursday 3:00 – 5:00 p.m. 7/23 – 8/27/15 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 for more details and class location. **Fee: \$100**

J-8, J-8a Stop Talking About Writing a Book – Just Write It **Nicola Burnell**

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! For directions to class, e-mail firstlight@capecod.net

J-8 Wednesday 3:00 – 5:00 p.m. 7/22 – 8/26/15 Six Sessions Fee: \$100

J-8a Thursday 6:00 – 8:00 p.m. 7/23 – 8/27/15 Six Sessions Fee: \$100

~ LANGUAGES ~

L-1 Beginner's Italian I **Gloria Moll**

Monday 5:00 – 7:00 p.m. 7/6 – 8/10/15 Six Sessions M.S. Room 160

This is a great course for all who want to get an introduction to the Italian language, culture and people. Maybe you are planning a trip to one of the most beautiful countries in the world, and need some language skills. If so, this course is for you! Sign up now and start your Italian adventure here!! Grammar, vocabulary and conversation will be the focus. Learning materials will be provided in class for minimal cost. **Fee: \$90**

L-2 Conversational Italian for Beginners **Gloria Moll**

Tuesday 5:00 – 7:00 p.m. 7/7 – 8/11/15 Six Sessions M.S. Room 160

This course is designed for all those who have had some Italian grammar and now want to start conversing. The focus will be conversation, reading, listening to the language being spoken, as well as building vocabulary. Join in and let's have some fun! Learning materials will be provided for a minimal cost. **Fee: \$90**

L-12 American Sign Language **Tom Driscoll**

Monday 5:30 – 7:30 p.m. 7/6 – 8/10/15 Six Sessions M.S. Room 121

This class will introduce students to the basics of American Sign Language (ASL). Finger-spelling, basic grammar, asking questions and other aspects of ASL will be taught. A brief introduction to Deaf history and Deaf culture in the United States will also be explored. Highly interactive class – be prepared to get to know your classmates. Learning materials will be provided weekly for a minimal cost. **Fee: \$75**

~ RECREATION ~

R-4 Beginning Golf **Steve Knowles, PGA Golf Professional**
Monday 4:00 – 5:30 p.m. 7/6 – 8/10/15 Six Sessions **Captain’s Golf Course**
Have you ever thought of playing the game of golf? Maybe your friends have asked you to join them for a round of golf and it made you wonder if you should see what the game is all about. Sign up for this class and learn the rules and etiquette of the game, putting, chipping, pitch shots, and the golf swing. **Fee: \$140**

R-5 Intermediate Golf **Steve Knowles, PGA Golf Professional**
Wednesday 4:00 – 5:30 p.m. 7/8 – 8/12/15 Six Sessions **Captain’s Golf Course**
Have you taken the Beginner Golf Program and are looking for the next step? Do you want to improve and *really play the game*? Steve has taught for over 31 years and is Head Golf Professional at Captains for 15 years. He believes in keeping the learning process fun and simple working with your natural abilities. Learn to hit consistent golf shots, putting, chipping, pitch shots, the full swing. Come and learn to enjoy the game. **Fee: \$140**

R-9 Catch A Fish **Louis MacKeil**
Tuesday 5:00 – 7:00 p.m. 7/7 – 8/11/15 Six Sessions **M.S. Room 153**
Lou MacKeil has extensive knowledge and experience fishing the waters of Cape Cod. As past president of the Cape Cod Salties, Mr. MacKeil blends theory with practicality. His six-week course will cover such areas as what to catch, where and when! Equipment and gear needed for your type of fishing! Catching devices for the discriminating Angler! The effects of wind, tides, weather, moon! Types of bait – when to use what! Boat and shore safety! **Fee: \$70**

R-20, R20a Kayak & Standup Paddle Boarding: Unite the Paddlesports **Ryan Burch & Dick Hilmer**

Launch from Arey’s Pond Boatyard, these 2-hour guided paddle tours will explore (1) Arey’s Pond to Meetinghouse Pond; (2) Arey’s Pond to Pochet Island; (3) Arey’s Pond to Sampson’s Island; (4) Arey’s Pond to Beg Pleasant Bay. No experience necessary, for all levels 16 years of age or older. Provided: kayak (solo or tandem), standup paddleboard, lifejacket, paddle, and ACA instruction. You can bring your own equipment, but must register in advance.

R-20 Wednesday 5:30 – 7:30 p.m. 7/8 – 7/29/15 Four Sessions **Arey’s Pond**
R-20a Wednesday 5:30 – 7:30 p.m. 8/5 – 8/26/15 Four Sessions **Arey’s Pond**
Fees: Per person – Kayak or SUP \$120
Tandem Kayak \$ 70
Bring your own \$ 50

R-21 – R21c Standup Paddle Boarding: Explore Pleasant Bay **Ryan Burch**
Launch from Arey’s Pond Boatyard and explore the inlets, saltwater ponds and islands of Pleasant Bay. These 2 hour guided tours will explore four water trails (1) Arey’s Pond to Meetinghouse Pond; (2) Arey’s Pond to Pochet Island; (3) Arey’s Pond to Sampson’s Island; (4) Arey’s Pond to Lonnie’s Pond. No experience necessary, for all levels of 16 years of age or older. Provided: standup paddleboard, PSUPA instruction, lifejacket, paddle and leash. You can bring your own equipment, but must register in advance.

R-21 Friday 8:30 – 10:30 a.m. 7/3 – 7/24/15 Four Sessions **Arey’s Pond**
R-21a Friday 8:30 – 10:30 a.m. 8/7 – 8/28/15 Four Sessions **Arey’s Pond**
R-21b Saturday 8:30 – 10:30 a.m. 7/11 – 8/1/15 Four Sessions **Arey’s Pond**
R-21c Saturday 8:30 – 10:30 a.m. 8/8 – 8/29/15 Four Sessions **Arey’s Pond**
Fees: Per person – SUP \$120
Bring your own \$ 50

R-22 - R-22c Float Your Yoga – Standup Paddle Board Yoga **Juliet 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 blend of movement, balance, strength & fun. The four week class will build core strength, improve balance, conquer fear and connect with the rhythms of nature. Location: Upper Mill Pond, Brewster

R-22	Tuesday 5:30 – 7:00 p.m.	7/7 – 7/28/15	Four Sessions	\$120
R-22a	Tuesday 5:30 – 7:00 p.m.	8/4 – 8/25/15	Four Sessions	\$120
R-22b	Thursday 5:00 – 6:30 p.m.	7/2 – 7/23/15	Four Sessions	\$120
R-22c	Thursday 5:00 – 6:30 p.m.	8/6 – 8/27/15	Four Sessions	\$120

R-23 Learn to Row – Adults **Al Flanders**
Saturday 10:00 – 11:30 a.m. **7/11/15** **One Session** **31A Cove Rd, Orleans**

R23a Learn to Row – Children
Saturday 10:00 - 11:00 am **7/18/15** **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) and on a 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. **Students must be able to swim.** **Fee \$30**

~ TECHNOLOGY ~

T-1 Arduino **NEW** **John Hilliar**
Monday 6:00 – 7:00 p.m. **7/6 – 8/10/15** **Six Sessions** **M.S. Room 116**

Do you have an interest in robotics, programming, or electronics? Arduino is a combination of all three! First, go Google “Arduino.” In this class we’ll do a hands-on lab exercise each week using a real Arduino system. Any adult who registers is welcome to bring a child along to do the real work...this is an AWESOME parent/child activity in the general STEM area. The materials fee will be approximately \$100 (payable to instructor) and will cover the retail cost of a brand new official Arduino kit which is yours to keep. **Fee: \$75**

T-3 Advanced Excel **NEW** **John Hilliar**
Monday 5:00 – 6:00 p.m. **7/6 – 8/10/15** **Six Sessions** **M.S. Room 116**

Week 1 will be a review to get everyone on the same page. The format for remaining classes will be the introduction of new topics in the first half and tackling specific problems during the second half. Topics to include formatting, cells, formulas, charts and a whole lot more. **Fee: \$75**

T-5 Introduction to Windows 8.1 **David Dolbec**
Tuesday 5:30 – 7:30 p.m. **7/21 – 8/11/15** **Four Sessions** **M.S. Room 116**

Learn how to navigate through Windows 8.1 and customize settings for easy startup. We will cover the startup screen, logon accounts, the Charms bar, the Task bar, Libraries, shortcuts and more. We review topics several times to make sure that everyone understands each topic. This is an introductory level course for novice users of the new Windows. Bring your Windows laptop or tablet to class for hands-on experience and customization. **Fee: \$80**

~ WORKSHOPS ~

WS-1 It's Not What You Make, It's What You Keep **Michelle Ferguson**
Tuesday 6:00 – 7:30 p.m. 7/7 – 7/21/15 **Three Sessions** **M.S. Library**
This series is designed to educate individuals on the basics of stocks, bonds, and retirement planning. This will include three classes: Stocks: The Nuts and Bolts; Investors Tour of Mutual Funds, and Focus on Fixed Income. **Fee: \$30**

WS-3 Basic Scarf Tying **Phyllis Callan**
Monday 5:00 – 7:00 p.m. 7/6/15 **One Session** **M.S. Cafeteria**
Bring to class your scarf pins and a variety of scarf sizes. You will learn how to use both techniques separately. **Fee: \$30**

WS-3a Advanced Scarf Tying **Phyllis Callan**
Monday 5:00 – 7:00 p.m. 7/13/15 **One Session** **M.S. Cafeteria**
Bring to class your scarf pins and a variety of scarf sizes. You will learn how to use both techniques separately. **Fee: \$30**

WS-4 Learn to Read Palms **Catherine Cullen**
Thursday 6:00 – 7:30 p.m. 7/9 – 8/6/15 **Five Sessions** **M.S. Room 235**
The ancient art of palmistry will show you how to use the shape and size of the hands and fingers, the lines, mounts and even the manner in which the subject holds the hand, to discover the subject's personality, talents, physical health and even the important future events in their life. Fascinating and fun. Written materials and diagrams will be provided by the instructor who will also provide a "mini reading" to each student during the last class. Five sessions of 90 minutes each. **Fee: \$65**

WS-13 Getting Paid To Talk **Voice Coaches**
Wednesday 5:00 – 7:30 p.m. 7/22/15 **One Session** **M.S. Room 242**
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**

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