

SUMMER 2017 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, A1a Watercolor

**Eileen Smith
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 email

Eileen.smith.artist@gmail.com

A-1 Monday 9:00 a.m. – 12:00 p.m. 7/10 – 8/28/17 Eight Sessions Fee: \$130
A-1a Tuesday 9:00 a.m. – 12:00 p.m. 7/11 – 8/15/17 Six Sessions Fee: \$100

A-4 Acrylic Painting for the Beginner

**Kathleen Sylvester
M.S. Room 206**

Tuesday 11:00 – 1:00 p.m. 7/11 – 8/15/17

Six Sessions

Learn the fun medium of acrylic painting in an easy-going and relaxed atmosphere. We will cover color mixing and blending techniques as well as glazing and composition. Class will be held in an open studio format where each student works on the subject of his/her choice with lots of support from the instructor. You may work at your own pace. The instructor will demonstrate how to begin a painting and how to perform the techniques you will need to finish your painting. Come and paint in a cheerful, positive class! Please bring your own photos to work on. A materials list is available at www.nausetcommunityed.org. **Fee: \$85**

A-5 Wreath Workshops

Phyllis Callan

Mondays & Thursdays 5:00 – 7:30 p.m. 7/10 – 7/27/17 Six Sessions M.S. Cafeteria

You will create a beautiful wreath, on hand crafted bases, each session including: Seashore Treasures, Cottage Garden, Burnished Apple and Cinnamon, Silver Dollar and Honesty Pod, Wildflower/Grass Meadow and Floral Summer Harvest. A materials fee of \$120 (\$20 each wreath) will be payable to instructor at first class. **Fee: \$90**

A-8 Zentangle: Focus, Create, Enjoy, Relax *NEW*

Christine Walkley

Tuesday 6:00 – 8:00 p.m. 7/11 – 7/24/17

Three Sessions

M.S. Room 206

Zentangle is an easy to learn, relaxing and fun way to create beautiful images by drawing structured patterns. It requires no artistic experience, few supplies, no studio space, and is portable...the perfect accompaniment for your trip to the beach! For more information visit: www.zentangle.com. A materials fee of \$20 is payable to instructor at the first class.

Fee: \$75

A-10 Perspective in Art

Robert Oberding

Thursday 10:00 a.m. – 12:00 p.m. 7/13 – 8/3/17 Four Sessions

M.S. Room 210

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 – 1:00 p.m. 7/13– 8/17/17 **Six Sessions** **M.S. Room 206**
 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-25 Make Better People Pictures **NEW** **Steven Nossiter**
Tuesday 6:00 – 8:00 p.m. 7/11 – 8/15/17 **Six Sessions** **M.S. Library**
 In this class you will make portraits with real staying power. You will learn and practice elements of posing and lighting, and get tips and tricks to avoid common portrait problems. We will delve into Candid, Formal, Environmental, and Event Portraits, as well as exploring other kinds of people pictures. *DSLR, Ridge Cameras or Mirrorless cameras ONLY – no Point & Shoot cameras. *Students must have basic photography skills. **Fee: \$85**

A-30 The P-town Photo-Hunt **NEW** **Steven Nossiter**
Wednesday 7:30 a.m. – 4:00 p.m. 7/19/17 & **Meeting Location to be Determined**
Thursday 5:30 p.m. – 8:00 p.m. 7/20/17 **M.S. Library**
 “First you get captions, THEN you make the photos!” This scavenger-hunt style photo adventure will challenge and entertain you, and inspire you make truly original photos you might never otherwise take. We will meet at a central location in the morning for coffee, donuts and planning, then caravan to P-town to shoot. Your photography guide will be available at a central location (in P-town) where you can consult about your camera questions/concerns. You will edit your photos at home, select your top photos to share and discuss with the group the following evening at the Nauset Middle School. Sign up now to ensure your enrollment. **Fee: \$75**

~ MUSIC ~

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. For further information call the instructor at 508-385-2788. 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. 7/10 – 9/22/17 **Eleven 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: \$115**

F-2, F-2a 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.

F-2 Tues. & Thurs 7:30 – 8:30 a.m. 7/11 – 9/21/17 **11 Weeks** **Fee: \$115**

F-2a Mon., Wed., Fri. 7:30 – 8:30 a.m. 7/10 – 9/22/17 **11 Weeks** **Fee: \$125**

*Note: An optional fitness pack (small squishy ball, 6 ft. dyna band) for Andi Hibbert's classes (F-5 through F-17a) may be purchased from her for \$22. Questions, call 508-240-2739. Also, the **Balanced4Fitness Studio** is located at 210 Main Street, East Orleans*

F-6 Pilates Total Body **Andrea Hibbert, C.P.T.**
Tuesday 9:00 – 10:10 a.m. 7/11 – 8/15/17 Six Sessions **Balanced4Fitness Studio**
“Classical” Pilates Method class will focus on the “powerhouse” (core strength) and body alignment. Improve your posture, increase flexibility and balance, strengthen and tone your muscles. Bring water and hand towel. **Fee: \$80**

F-7 Small Group Training **Andrea Hibbert, C.P.T.**
Friday 10:15 – 11:15 a.m. 7/14 – 8/18/17 Six Sessions **Balanced4Fitness Studio**
Small Group Training, no more than eight participants, offers a complete body workout using various props and equipment to gain strength, improve balance and posture and increase range of motion for your body. NO MAT WORK. Each client will work at their starting fitness level. Bring water and towel. **Fee: \$180**

F-8, F8a Barre Fusion **Andrea Hibbert, C.P.T.**
Balanced4Fitness Studio
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 5:45 – 6:45 p.m. 7/11 – 8/15/17 Six Sessions **Fee: \$80**
F-8a Friday 9:00 – 10:00 a.m. 7/14 – 8/18/17 Six Sessions **Fee: \$80**

F-10 Restorative Yoga Stretch & Pilates Basic **Andrea Hibbert, C.P.T.**
Tuesday 4:30 – 5:30 p.m. 7/11 – 8/15/17 Six Sessions **Balanced4Fitness Studio**
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: \$80**

F-11 Therapeutic Stretch & Balance **Andrea Hibbert, C.P.T.**
Thursday 4:30 – 5:30 p.m. 7/13 – 8/17/17 Six Sessions **Balanced4Fitness 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: \$80**

F-12 Park & Start Fitness Class **Andrea Hibbert, C.P.T.**
Monday 4:30 – 5:30 p.m. 7/10 – 8/14/17 Six Sessions **Balanced4Fitness Studio**
Park & Start, formerly P.D. (Parkinsons Disease) & Starter Fitness, includes therapeutic stretches and balance work taught through a comprehensive exercise program to promote your quality of life. This program will improve strength, mobility, posture and balance. Gentle yoga stretches will open the back and hips. Core strengthening will improve your balance and improve your posture. Bring water and hand towel. Standing and mat work. **Fee: \$80**

F-13, F-13a TRX – Full Body Workout**Andrea Hibbert, C.P.T.
Balanced4 Fitness Studio**

TRX small group training builds strength, balance, coordination and flexibility while burning fat. You control the intensity of your work out. Bring water and a hand towel. For more information go to www.Balanced4Fitness.com (508-240-2739)

F-13 Friday 7:45 – 8:45 a.m. 7/14 – 8/18/17 Six Sessions Fee: \$95**F-13a Sunday 8:00 – 9:00 a.m. 7/9 – 8/13/17 Six Sessions Fee: \$95****F-14 Spinning****Andea Hibbert, C.P.T.
Balanced4Fitness Studio****Thursday 5:45 – 6:45 p.m. 7/13 – 8/17/17 Six Sessions**

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: \$95**F-15 Spin Fit****Andrea Hibbert, C.P.T.****Monday 10:00 – 11:00 a.m. 7/10 – 8/14/17 Six Sessions****Balanced4Fitness 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. For further information, visit www.Balanced4Fitness.com Fee: \$95

F-16 Boot Camp Core Sculpt*NEW***Andrea Hibbert, C.P.T.****Mon. & Wed. 5:45 – 6:45 p.m. 7/10 – 8/16/17 Twelve Sessions****Balanced4Fitness Studio**

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. Sculpt every muscle and blast fat. Bring water and towel. For further information, visit www.Balanced4Fitness.com.

Fee: \$180**F-17, F-17a Pilates Flow Classic Mat Plus****Andrea Hibbert, C.P.T.
Balanced4Fitness Studio**

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).

F-17 Thursday 9:00 – 10:00 a.m. 7/13 – 8/17/17 Six Sessions Fee: \$80**F-17a Wednesday 4:30 – 5:30 p.m. 7/12 – 8/16/17 Six Sessions Fee: \$80****~ HOME AND GARDEN~****G-1 Gardening: Organic Vegetables, Fruits, Flowers****Dr. Joyce Young, N.D.****Tuesday 6:00 – 8:00 p.m. 7/11 – 7/24/17 Three Sessions****M.S. Cafeteria**

Learn from a botanist/organic farmer how to grow all kinds of plants using mineral-enhanced total nutrition (rock powders, etc.) for optimal soil fertility; how to 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****Thursday 4:00 – 6:00 p.m. 7/13 – 7/27/17 Three Sessions****M.S. Room 258**

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-3 Organic Flower Growing & Garden Design **Dr. Joyce Young, N.D.**
Thursday 6:00 – 8:00 p.m. 7/13 - 7/27/17 **Three Sessions** **M.S. Cafeteria**
Flowers have always been known as the “Food for the Soul!” They bring comfort and an aesthetic calm to people, including fond memories of other people’s flower gardens. This lecture/discussion is on how to organically grow, cut and design flower arrangements and gardens from spring to fall; including perennial, annual and tropical flowers with all their cultivars. **Fee: \$65**

G-5 Elementary Woodworking **Richard Noyes**
Thursday 1:00 – 3:00 p.m. 7/13 – 8/17/17 **Six Sessions** **H.S. Room C111**
Learn the basics of woodworking – selecting and buying wood, designing a project and using hand and power tools to complete a project. A perfect choice for the novice this low-key, learn by doing approach to woodworking helps unravel the mysteries of an ancient craft. Students furnish their own materials. For more information, e-mail instructor at www.thoreau99@gmail.com. **Fee: \$85**

G-6 Woodworking for Women **Richard Noyes**
Tuesday 1:00 – 3:00 p.m. 7/11 – 8/15/17 **Six Sessions** **H.S. Room C111**
If you have always wanted to learn how to work with wood, here is your chance. No experience required. From simple projects to complex furniture, students learn to use hand and power tools to build a project of their choice, from sketch to finished work. Students furnish their own materials. For more information, e-mail instructor at www.thoreau99@gmail.com. **Fee: \$85**

~ HEALTH & SAFETY ~

H-8 Chi Lei **Jane Higgins**
Thursday 5:30 – 6:30 p.m. 7/13 – 8/17/17 **Six Sessions** **M.S. Room 273**
Chi Lei 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 Lei 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. Bring a folder to class. **Fee: \$60**

H-9 Kinesiology **NEW** **Jane Higgins**
Wednesday 5:30 – 6:30 p.m. 7/12 – 8/16/17 **Six Sessions** **M.S. Room 273**
Muscle testing is a feedback system which receives information via nerve, meridian pathways, showing what is weak, balanced, or overly strong. It can help reveal what triggers allergies; what foods are best for you, how much; better posture; lessening and sometimes removing pain. Various methods are used to bring the body into balance. Bring a folder to class. **Fee: \$60**

H-12 Yoga **Jane Higgins**
Monday 10:30 a.m. – 12:00 p.m. 7/10 – 9/18/17 **Ten Sessions** **Life Center**
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-14 Learn to Read Palms **Catherine Cullen**
Thursday 6:00 – 7:30 p.m. 7/13 – 8/10/17 **Five Sessions** **M.S. Room 146**
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. **Fee: \$65**

H-16 Feng Shui – Clear Your Clutter **Alexis Barron, ScD.**
Thursday 6:00 – 7:30 p.m. 7/13/17 **One Session** **M.S. Library**
Feng Shui looks at the relationship of a person with their environment. Too much clutter can hold us back in our lives, and prevent us from moving forward. Feng Shui encourages us to enhance our energy or chi by surrounding ourselves with what we only love and need. Learn gentle, concrete ways to declutter and organize which will increase your sense of well-being and beautify your personal space. **Fee: \$45**

H-17 Change Your Thinking **Alexis Barron, ScD.**
Monday 6:00 – 7:30 p.m. 7/20/17 **One Session** **M.S. Room 269**
Increase your peace and happiness by changing your thinking. Learn to shift out of those ever present, nagging negative thought patterns that weigh you down and hold you back. Changing your inner dialogue will change any area of your life, one belief at a time, and one conditioned thought at a time. Discover practical ways to change your life for the better thought by thought. **Fee: \$45**

H-18 The Toxin Free Family **NEW** **Susan Grunin**
Monday 6:00 – 7:30 p.m. 8/14/17 **One Session** **M.S. Room 149**
The average person applies 300 chemicals to their body every day. Essential Oils are a better way. They are chemical free, steam distilled or cold pressed from pure plants. Learn how to "kick the chemicals in your home to the curb." You can make your own cleaning supplies, personal care products to protect your family and take charge of what's in your house. **Fee: \$30**

H-19 Essential Oil Care for Pets **Susan Grunin**
Monday 6:00 – 8:00 p.m. 7/10/17 **One Session** **M.S. Room 149**
Essential Oils are not just for humans – pets can also benefit from the use of essential oils. In this session, students will learn to use essential oils safely and effectively with pets. The class will give a quick overview of the history of EOs and how EOs can be used to support your pet's health and well-being. **Fee: \$30**

H-20 Angels Summer Series – Your Spiritual Side **Patricia Butler**
Wednesday 6:00 – 7:00 p.m. 7/12 – 7/26/17 **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 suggestions for meditation. Visit www.heavenlyhealingusa.com. **Fee: \$55**

H-26 Hormonal Disruption & The Microbiome **Dr. Joyce Young, N.D.**
Wednesday 5:30 – 7:30 p.m. 7/12 – 7/26/17 **Three Sessions** **M.S. Cafeteria**
You are what you eat and the air that you breathe. Many hormonal problems (obesity, diabetes, thyroid, reproductive, menopause) are now seen to be heavily related to chemical exposures from air, water, food and consumer products. The microbiome (beneficial bacteria, etc.) changes, especially in the intestinal tract, are also of increasing concern. Learn how to prevent and reverse these diseases using medical literature evidence. **Fee: \$65**

H-27 Alzheimer's Dementia **NEW** **Dr. Joyce Young, N.D.**
Monday 5:30 – 7:30 p.m. 7/10 – 7/24/17 **Three Sessions** **M.S. Cafeteria**
A known 30 year history of Microbial Causation! With the worldwide increasing rates of neurodegenerative diseases, including Alzheimer's Dementia and Parkinson's Disease, many people want to know why this is happening. Learn from a Naturopathic Physician about the current medical literature showing microbes (viruses, bacteria, fungi, etc.) to be causal agents in a wide variety of chronic diseases and how to prevent and reverse these conditions. **Fee: \$65**

H-28 Pre-Conception Pregnancy Planning **NEW** **Dr. Joyce Young, N.D.**
Monday 5:30 – 7:30 p.m. 7/31 – 8/14/17 **Three Sessions** **M.S. Cafeteria**
Parents and grandparents ultimate hope is for a healthy baby! There is increasing concern with the high numbers of babies born with birth defects and children with Autism Spectrum disorders. Learn how to make lifestyle choices to minimize chemical exposures and optimize nutrition to birth a healthy baby. **Fee: \$65**

H-29 Whole Foods Nutrition for Ultimate Health **Dr. Joyce Young, N.D.**
Wednesday 5:30 – 7:30 p.m. 8/2 – 8/16/17 **Three Sessions** **M.S. Cafeteria**
"You are what you eat!" The importance of whole foods nutrition, instead of processed fractionated food, is sweeping the world. Learn what whole foods nutrition means, easy & delicious ways to change your dietary choices, and the ultimate goal: Prevent and reverse chronic disease! Learn the practical steps from a licensed Naturopathic Physician. **Fee: \$65**

H-30 Environmental Medicine **NEW** **Dr. Joyce Young, N.D.**
Thursday 5:30 – 7:30 p.m. 8/3 – 8/17/17 **Three Sessions** **M.S. Cafeteria**
There is increasing worldwide concern about the human health effects of the 100,000 chemicals and their mixtures in air, water food and consumer products, etc. Learn how to make wise lifestyle choices to minimize chemical and radiation exposures to prevent and reverse chronic disease, from a Naturopathic Physician and Research Biologist with an expertise in Environmental Medicine. **Fee: \$65**

H-31 Classical Homopathy **Dr. Joyce Young, N.D.**
Tuesday 5:30 – 7:30 p.m. 8/1 – 8/15/17 **Three Sessions** **M.S. Cafeteria**
Classical Homeopathy, a biophysics, water-based "energetic" medicine, has been used for 200 years worldwide, esp. in Europe and India. Its efficacy is deep, profound, and is nothing short of a "miracle" to speed along optimal healing of all organ systems in humans and animals (pets and farm animals). Learn the truth about the uses of this easy, inexpensive and effective medicine for acute (first-aid) and chronic conditions from a licensed Naturopathic Physician. **Fee: \$65**

R-5 Intermediate Golf**Steve Knowles, P.G.A. Professional****Wednesday 2:00 – 3:30 p.m. 7/12 – 8/16/17 Six Sessions Captains Golf Course**

If you've taken the Beginner Golf Program, or would like a refresher, this is the next step. Steve has been the Head Golf Professional at The Captains Golf Course for the past 17 years. He will work with your natural abilities and keep the learning process fun and simple. He teaches the swing motion needed to hit consistent golf shots. You will see improvement in putting, chipping, pitch shots, the full swing, and course management. Please bring putter to the first class.

Fee: \$145**R-9 Catch A Fish****Louis MacKeil****Tuesday 5:00 – 7:00 p.m. 7/11 – 8/15/17 Six Sessions****M.S. Room 153**

Lou MacKeil shares a lifetime of know-how gained fishing the waters of Cape Cod which he continues to do on most days. He works for regulatory agencies, leads outings as past president of the Cape Cod Salties, and has commercial fishing experience as well. Lou's course covers what to catch, where, when and how! You will learn everything you need to know about equipment, bait, lures, knots, technique, wind, tide, weather, safety, and hot spots for your type of fishing.

Fee: \$70**R-12, R-12a Learn to Row/Scull****Al Flanders****Must be able to swim.****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) on the first day and may row in a Quad (four-person boat) by the fourth day. Student will work on the basics of the rowing stroke and get a sense of how to balance the boat. All students will be invited to a family rowing event/race on August 12th.

R-12 Tuesday through Friday 8:00 – 9:30 a.m. 7/11 – 7/14/17**Fee: \$100****R-12a Tuesday through Friday 8:00 – 9:30 a.m. 8/1 – 8/4/17****Fee: \$100****R-20 – R-20C SUP* Women on Water – the Power of WOW!****Juliet Burch*****SUP = Standup Paddle****Instructor will call with location**

Leave the boys at home and join like-minded ladies for a casual paddle on the water. This is a time for YOU (mother, wife, partner, etc.) to step outside your daily routine and try something new. Discover the power of "I WILL" and gain strength, confidence & serenity by being on the water and experiencing it's healing qualities. All equipment provided.

R-20 Thursday 5:30 – 7:00 p.m. 7/13 – 7/27/17 Three Sessions Fee: \$105**R-20a Thursday 5:30 – 7:00 p.m. 8/3 - 8/17/17 Three Sessions Fee: \$105****R-20b Saturday 8:30 – 10:00 a.m. 7/15 – 7/29/17 Three Sessions Fee: \$105****R-20c Saturday 8:30 – 10:00 a.m. 8/5 – 8/19/17 Three Sessions Fee: \$105****R-21, R-21a SUP Paddle and Paint****NEW****Ryan Burch & Kathryn Egnaczak****Instructor will call with location**

Take the joy of paint night out onto the water. Take the time to enjoy the scenery from a new perspective. Float and sketch, as you observe and look closer at the beauty that surrounds you. Return to the launch site and create a work of art from your experience while you enjoy the company of others. All art supplies and SUP equipment are included. Bring your creativity and sense of adventure. Leave with a unique memory.

R-21 Thursday 9:00 – 10:30 a.m. 7/13 – 7/27/17 Three Sessions Fee: \$120**R-21a Thursday 9:00 – 10:30 a.m. 8/3 – 8/17/17 Three Sessions Fee: \$120**

R-22, R-22a SUP Glow Tour *NEW* **Ryan Burch**
Instructor will call with location

As the sun goes down and the stars and moon wake, the waters on Cape Cod come to life. As your sense of vision becomes restricted from the darkness, your sense of sound and smell kick into overdrive, allowing you to experience the water completely different from the day. Not only will the moon and stars light up the night, but you will too, your board becomes a flashlight below the water's surface attracting a variety of marine life for you to enjoy. All equipment is provided.

R-22 Wednesday 7:30 – 9:30 p.m. 7/12/17 Only **Fee: \$50**
R-22a Wednesday 7:30 – 9:30 p.m. 8/9/17 Only **Fee: \$50**

R-23, R-23a SUP Sunset Tour *NEW* **Ryan Burch**
Instructor will call with location

There's only one way to truly experience a sunset on Cape Cod, from the water. Sunset paddles offer a great way to enjoy the peaceful transition as the sun melts into the ocean and the day says hello to night. Locations are chosen to provide a combination of salt marshes, harbors, and vintage Cape landscapes. Enjoy the sounds of nature as the creatures of the night come to life and welcome you into their world. All equipment is provided.

R-23 Tuesday 6:30 – 8:30 p.m. 7/18/17 Only **Fee: \$40**
R-23a Tuesday 6:30 – 8:30 p.m. 8/15/17 Only **Fee: \$40**

R-24 - R-24c Float Your Yoga – Standup Paddle Board Yoga **Juliet Burch**
Location: Upper Mill Pond, Brewster

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 three week class will build core strength, improve balance, conquer fear and connect with the rhythms of nature.

R-24 Wednesday 5:30 – 7:00 p.m. 7/12 – 7/26/17 Three Sessions **Fee: \$105**
R-24a Wednesday 5:30 – 7:00 p.m. 8/2 – 8/16/17 Three Sessions **Fee: \$105**
R-24b Saturday 9:00 – 10:30 a.m. 7/15 – 7/29/17 Three Sessions **Fee: \$105**
R-24c Saturday 9:00 – 10:30 a.m. 8/5 – 8/19/17 Three Sessions **Fee: \$105**

~ TECHNOLOGY ~

T-6 iPhone Basics – Intro. to Using Your Apple iPhone **Rachel McNeil**
Thursday 6:30 – 7:30 p.m. 7/20 – 8/3/17 **Three Sessions** **M.S. Room 266**

Want to use your iPhone for more than just making phone calls? Of Course! Learn the basics of the apps that come on your iPhone, from how to take and edit a picture with the camera, to making a FaceTime call, to setting Reminders for yourself, and beyond. Great for brand new beginners or those who just want to learn some new tips and tricks. Latest iPhone software, iOS 10, is recommended but not required. **Fee: \$85**

T-7 iPad Basics – Intro. to Using Your Apple iPad **Rachel McNeil**
Monday 6:30 – 7:30 p.m. 7/17 – 7/31/17 **Three Sessions** **M.S. Room 148**

Wish you knew how to use your iPad to the fullest extent? Take this course to learn how to customize your iPad's settings, use the camera to take and share photos, set up email accounts and send messages, create and share calendars, download new apps from the App Store, and lots more! Aimed at beginners as well as users who want to build on their existing basic knowledge. Latest iPad software, iOS 10, is recommended but not required. Bring your iPad to class if desired. **Fee: \$85**

T-8 Mac Basics – Intro. to Using Your Apple Computer **Rachel McNeil**
Tuesday 6:30 – 7:30 p.m. 7/18 – 8/8/17 **Four Sessions** **M.S. Room 148**
 Come find out how to really use your Apple computer in a fun, relaxed environment! In this class, you will get an overview of the apps that come with your Mac and learn the basics of how to use them. We will cover the Desktop/Dock/Menu Bar, Finder, System Preferences, Mail, Safari, Calendar, Contacts, iTunes, Notes, Photos, Pages/Numbers/Keynote, Maps, the App Store, and more. This course is aimed at beginner and intermediate users. The latest Mac OS software, Mac OS Sierra, is recommended. **Fee: \$90**

T-9 Mac Photography **NEW** **Rachel McNeil**
Thursday 6:00 – 7:30 p.m. 8/10 & 8/17/17 **Two Sessions** **M.S. Room 148**
 This course will teach you how to use the Photos app on your Mac to import, view, organize, edit and share your digital pictures. Also learn how to create and order high-quality photo prints, calendars, cards and books, all right from your Mac! The latest software, Mac OS Sierra, is recommended. Bringing your laptop to class is recommended! **Fee: \$85**

T-10 iOS Photography **NEW** **Rachel McNeil**
Monday 6:00 – 7:30 p.m. 8/7 & 8/14/17 **Two Sessions** **M.S. Room 148**
 Looking to use your iPhone or iPad to take amazing photos and share them with friends and family? This course will cover everything about the Camera and Photos apps on your device, from the basics of taking great pictures and videos to editing and sharing them in seconds. Photo organization, uploading photos to your computer, and iCloud Photo Library will also be covered. The latest software, iOS10, is recommended. Bringing your iPad/iPhone to class is highly recommended! **Fee: \$85**

T-11 Smartphone and Tablet Basics **NEW** **Zachary Stenstrom**
Monday 5:00 – 6:30 p.m. 7/24 – 8/14/17 **Four Sessions** **M.S. Room 150**
 This class covers Samsung, HTC, Sony, LG, Windows and more. Ever think: “I know this device can do more” or “I’m afraid I’ll break it”? That can become: “This device does exactly what I want it to.” Learn the basics of any Android or Windows mobile device and how to make it work for you, from beginners to experienced users. Together we will discuss general use, handy features, expanding your device to do more, troubleshooting problems and beyond. **Fee: \$90**

T-12 Technology for the Beginner or Intermediate **NEW** **Zachary Stenstrom**
Thursday 5:00 – 6:30 p.m. 7/20 – 8/10/17 **Four Sessions** **M.S. Room 150**
 Come take a journey through space and time finding yourself now present and comfortable with technology. All participants will find pleasure in learning about computers, smartphones, tablets, printers, popular programs, the “Internet”, Google, Facebook and more. Your experienced instructor will guide you through a world of discovery shedding fear and creating possibility. No devices are required to bring or own, learning and fun are guaranteed! **Fee: \$90**

T-13 Microsoft Word Basics **NEW** **Zachary Stenstrom**
Thursday 6:30 – 8:00 p.m. 7/20 – 8/10/17 **Four Sessions** **M.S. Room 150**
 Microsoft Word Basics (with equivalents Apple Pages and Google Documents) – More than just a typewriter, the document programs Word, Pages and Google Documents have many features to make your document creation easier and more robust. You will learn basics like Cut, Copy, Paste and file/folder organization and well as skills to improve general computer use and flexibility. Computer users of all levels can benefit from this class! **Fee: \$90**

~ WORKSHOPS ~

WS-1 Effective Communication **NEW** **Zachary Stenstrom**
Monday 6:30 – 8:00 p.m. 7/24 – 8/14/17 **Four Sessions** **M.S. Room 150**

“Now we’re talking.” Together we all learn how to be better communicators as we find how to gain strong rapport with anyone. It is wonderful to finally hear what others are saying and to know in what way to respond. Isn’t it fun to speak the same language and still hear the words, “Now you’re speaking my language”? When you finish this “Effective Communication” course, rapport is easy, pacing is mastered and new skills are learned, opening new doors for you in the world of language. **Fee: \$90**

WS-3 Staying Calm When the Market Goes Wild **Michelle Ferguson**
Tuesday 6:00 – 7:00 p.m. 7/18/17 **One Session** **M.S. Room 124**

Today could be one of the best performing days in stock market history or it could be the worst. No one can say for certain what will happen. No one has ever been able to, nor likely ever will. This course will help you guide through uncertain periods of market volatility and some options you may want to consider. **Fee: \$25**

WS-13 Getting Paid To Talk **Voice Coaches**
Wednesday 6:30 –9:00 p.m. 7/12/17 **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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