

FALL BUS TRIP!!

SATURDAY, DECEMBER 3, 2016

SHOP! SEE A SHOW! VISIT A MUSEUM!

DAY IN NEW YORK



On your own for the day!

ONLY \$45.00/PERSON!

Non-Refundable

Price includes bus transportation only.



ITINERARY:

BUS LEAVES AUDUBON HIGH SCHOOL 8:00 AM

ARRIVES IN NEW YORK CITY 10:00 AM
(Near Pigalles Restaurant, 790 8th Ave between 48th & 49th Sts.)

BUS LEAVES NEW YORK CITY (Pick-up at same location as
above) 6:00 PM

ARRIVES AT AUDUBON HIGH SCHOOL 8:00 PM

DEADLINE FOR REGISTRATION: NOVEMBER 4, 2016

COURSE OFFERINGS:

ABOUT BOATING SAFELY



FEE: \$40.00

WEDNESDAY 6:30-9:30pm

STARTS OCT 19

AHS B103

Includes general information concerning boats & maintenance, plus ways to make your boating experiences safer & more comfortable. Specific topics: powerboats & their parts, underway procedures, navigating the waterways, operating your boat or PWC safely, boating emergencies, NJSP legal requirements of boating & PWC operation. Course is NJ State approved & will provide information & material to obtain your Operator's & PWC Certificate. \$25 payable to USCG Auxiliary for printed materials at first class.

INSTRUCTORS: Dan Charter & Joe Perchetti

USCG Auxiliary Flotilla 18-06

3 WEEKS

ARTS & LEISURE

ART: WATER COLOR



FEE: \$60.00

TUESDAY 6:30-8pm

STARTS SEP 27

AHS A8

Take some time to relax & let go of the stress in your life through the expressive medium of watercolor. We will review basics of color theory, value & composition as well as various watercolor techniques. Work with the class through broken down lessons or choose your own subject matter to explore. All levels welcome, no experience necessary. Supply suggestions will be emailed prior to first class.

INSTRUCTOR: Janelle Mueller

6 WEEKS

CHOCOLATE CREATIONS

FEE: \$30.00 (Adult with 1 Child)

FOR PARENTS & CHILDREN

\$45.00 (Adult with 2 Children)

TUESDAY 7-9:00pm

STARTS OCT 18

AHS A2

Do you like chocolate? Have fun dipping & decorating pretzels, cookies, nuts, dried fruits & marshmallows &, if time allows, chocolate spoons! We'll also design and "paint" chocolate boxes. Learn how to make nonpareils to fill inside! In addition, we'll create cream-filled centers with fondant & discuss how to color & flavor chocolate. Imagine what you can do! A fun night out with your child that will be most enjoyable! Children aged 5-12 are welcome with parent. Supply fee: \$15 per family payable to the instructor. Maximum 2 children per adult.

INSTRUCTOR: Ellyne Dombro

2 WEEKS

ARTS & LEISURE CONT.

GREENJEANS GARDENS' **YOUR AUTUMN GARDEN**



TUESDAY 7-9:00pm

SEP 27

FEE: \$25.00

AHS B105

Autumn is a great time in the garden – for great colors & for setting the stage for your garden the following spring. This class will offer a guide to the best plants for the autumn garden: how to establish a healthy, chemical-free lawn (which must begin in the autumn-time), and what you need to do to get ready to put the garden to bed for the season. The instructor will raffle a FREE garden consultation – a \$125 value – to one lucky class member!

INSTRUCTOR: Jeannie Marcucci, Garden Designer

1 WEEK

GREENJEANS GARDENS' **HOLIDAY CONTAINER WORKSHOP**



TUESDAY 7-9:00pm

NOV 8

FEE: \$25.00

AHS B105

In this workshop, you will get all the information on how to build a festive holiday planted container including the best plants to use, how to incorporate decorative accents, & the kind of containers that can withstand our winters. Your container will welcome your holiday guests as well as blend with your other decorations. We will also discuss wreath & garland crafting as part of this class.

INSTRUCTOR: Jeannie Marcucci, Garden Designer

1 WEEK

KNITTING: COME ONE COME ALL!



THURSDAY 7-9:00pm

STARTS SEP 29

FEE: \$60.00

AHS B101

This is a mixed group of beginners & knitters with some experience. Experienced knitters will be guided as they work on their own projects. Beginners start with a kit (required – furnished by & payable to the instructor - \$30). This kit contains everything you need to create your first project: a hat knit “in the round” (no seams!) & designed by you! In this class you will learn the fundamentals of knitting & purling, correcting mistakes, materials, pattern reading & design. Advanced knitters can receive suggestions ahead of time by going to the knitting shop, HOOKED, in Haddonfield, & can then be ready to start with the first class.

INSTRUCTOR: Elaine Dawson

10 WEEKS

CANINE BEHAVIORAL COUNSELING:

Three one-night seminars presented by NAN TALLENO, owner and creator of Peace in the Pack Canine Behavioral Counseling and Peace in the Pack Programs

Resident Canine Behavioral Expert & Consultant/Pet Reporter for top-rated KYW NewsRadio & hosts “Teacher’s Pet”, PetLifeRadio.com. She’s been rescuing & successfully rehabilitating dogs with highly challenging behavioral issues for over 16 years.

PEACE IN THE PACK SEMINARS:

THE BASICS OF COMMUNICATING WITH YOUR DOG



THURSDAY 7-9:00pm

OCT 6

FEE: \$25.00

AHS B105

This class teaches you to “speak canine” & to fully connect with your dog. Learn how to initiate positive actions & reactions while providing responsible & loving leadership with your best friend. It creates a lifelong bond as well. This is a must for anyone living with or caring for a canine.

BEHAVIORAL HERITAGE OF OUR BEST FRIENDS

FROM GRAY WOLF TO DOMESTICATED DOG



THURSDAY 7-9:00pm

OCT 13

FEE: \$25.00

AHS B105

This class explores the heritage & legacy of the Family Canidae & just how & why Canis Familiaris (domesticated dog) is closely linked to Canis Lupus (Gray Wolf). We’ll uncover the inherent behavioral traits & understand movements & vocalizations, as well as identify how life has changed for them in a human world.

PEACE IN THE PACK SEMINARS CONT.

CANINE'S USE OF SCENT, ENERGY, POSTURING & VOCALIZATION

THURSDAY 7-9:00pm

OCT 20



FEE: \$25.00

AHS B105

A follow-up on the Body Language seminar as it expands on how canines fully communicate with us & with each other. This gives us full details on how, when & why they use these particular skills & how we can learn to read their signals, as well as relate back to them in ways that they can understand. This will fully accomplish our goal of achieving more appropriate behaviors in our canine companions.

COMPUTER CLASSES

BASIC COMPUTER FOR THE NEW USER

WEDNESDAY 7-8:30pm

STARTS SEP 28



FEE: \$50.00

AHS C110

New computer? Do your children think you're technologically hopeless? Take this computer "basic training" to quickly begin to master Windows 7, accessing the Internet, and emailing. Learn computer basics needed to end the mystery in a fun & relaxed atmosphere. Home access to a computer with Internet is a must!

INSTRUCTOR: Angela DiFilippo

5 WEEKS

BASIC COMPUTER – THE NEXT STEP

WEDNESDAY 7-8:30pm

STARTS NOV 2

FEE: \$50.00

AHS C110

For those who have taken one of our introductory classes, or who have limited knowledge of computers & would like to explore further, a truly unique opportunity to get started with the next step. Topics include internet search tips, social media programs & other common programs such as an introductory overview of Microsoft Office – Word and Excel. Home access to a computer with Internet is a must! Class dates: 11/2, 11/9, 11/16, 11/30, 12/7.

INSTRUCTOR: Angela DiFilippo

5 WEEKS

CREATIVE WRITING: FICTION

WEDNESDAY 7-9:00pm

STARTS SEP 28



FEE: \$85.00

AHS B103

Do you have a story to tell but don't know where to start? Have you started but find yourself hitting a wall? Do you want to challenge yourself to write things in a different way? If this is you, then you need to join WRITE CLUB. Whether new to this class or a previous student, this class will strengthen your writing by emphasizing the basics of creative writing: plot, character, structure, style, voice, & point of view. Through lecture, discussions, in-class writing exercises & critique of your work, we will focus on every part of your story from beginning to end & every word in between in a supportive & friendly atmosphere. Former students welcome!

INSTRUCTOR: Chad Meadows, MFA Creative Writing

8 WEEKS

LEARN TO DANCE!

DANCE TIME PRODUCTIONS
SESSION I:



COURSES ARE 4 WEEKS
UNLESS OTHERWISE INDICATED

FITNESS LINE DANCING (8 WEEKS!)

TUESDAY 7-8:00pm

STARTS SEP 27

FEE \$55.00

AHS CAFETERIA

Join in the fun of "Soul Line Dancing". Something for everyone! Learn line dances that you can enjoy at any party, from the Big Band Era through the millennium. Some favorites are the Cupid Shuffle, Wobble, Electric Slide, Cha Cha Slide & more. Step it up with some Country Line dancing – it's fun & easy to learn (Tush Push, Trashy Women, 16-Step, El Paso, & more). Enjoy a little exercise with the fun of music. Bring yourself & your friends & enjoy a night out.

MORE DANCE CLASSES NEXT PAGE!

MAIL YOUR REGISTRATIONS EARLY!

Don't risk a class being canceled or full by waiting until the last minute.

LEARN TO DANCE CONT.

DANCE TO EXERCISE



FEE: \$70.00

TUESDAY 8-9:15

STARTS SEP 27

AHS CAFETERIA

The first step towards good health is to **move your body!** This is not aerobics, but an introduction to the new dance craze that makes exercising **FUN!** This is a safe, fun & easy way to get in an exercise program while learning a variety of different dance moves. The movements are simple enough for beginners, older adults & those who have never before taken a dance or exercise class. Each class includes a warm-up, simple dance step instruction, & then applying them to music. Class does not include jumping, running or strenuous movements, but it does include **FUN!**

SOCIAL DANCES FOR WEDDINGS (8 WEEKS!)

FEE: \$55.00

WEDNESDAY 7-8:00pm

STARTS SEP 28

AHS CAFETERIA

Is there a wedding in your future? We'll help you to be comfortable on the dance floor! We start with the basic techniques of dancing. Dance rhythms will include the famous Swing/Jitterbug & Fox Trot and Latin steps. Also included will be the popular line dances. Feel free to come alone, with a friend, or bring your whole wedding party. Come and dance the night away!

LATIN DANCING (4 WEEKS!)

FEE \$30.00

WEDNESDAY 8-9:00pm

STARTS SEP 28

AHS CAFETERIA

Come & dance your way to fun! This course is an introduction to Latin dancing. Rhythms will include Cha Cha, Rhuma, Salsa & Merengue. Partners are not required.

SESSION II:

JITTERBUG/SWING DANCING (4 WEEKS!)

FEE: \$30.00

WEDNESDAY 8-9:00pm

STARTS OCT 26

AHS CAFETERIA

Whether called the Lindy, Boogie Woogie or Swing, the Jitterbug is a classic American dance. Jitterbug is danced to Big Band, Rock 'n Roll & Country music. Learn timing, basic movements, turns & more. Partners not required.

FINANCIAL SOLUTIONS: ONE-NIGHT SEMINARS

LAURENT W. METZLER, J.D., RFC®

SAVVY SOCIAL SECURITY BOOT CAMP



FEE: \$15.00

WEDNESDAY 7-9pm

OCT 5

AHS B107

Come & learn how to improve your earnings record, apply for benefits at the optimal time, coordinate spousal benefits, minimize income taxes & coordinate benefits with your other retirement plans. We will also address how a divorce or the death of a spouse will affect your entitlement & the amount of your social security benefits.

COLLEGE FUNDING & PLANNING BOOT CAMP

FEE: \$15.00

WEDNESDAY 7-9:30pm

OCT 19

AHS B107

Learn the truth about beating the high cost of your child's education. Discover almost unheard-of strategies a few families are using to save thousands of dollars, inside tips & techniques others do not know about. Learn to avoid costly mistakes & get the most money possible. Topics include: how to... double or even triple your eligibility for financial aid; find scholarships, grants & low-interest loans most other parents don't know about; why the average time it takes a student to complete his or her undergraduate degree program is now **5.8 years** & steps you can take to prevent this problem; the best time to start the college planning process (hint: not senior year); how proper use of the tax code can reduce education costs; & why over 90% of parents fill out the financial aid forms incorrectly.

FINANCIAL FREEDOM BOOT CAMP

FEE: \$15.00

WEDNESDAY 7-9:00pm

OCT 26

AHS B107

Are you 100% certain that you will have a great retirement, or do you have some doubts? Come & learn how you can be debt free in nine years or less, including your mortgage, without spending any more money than you are already spending. Learn how to build a secure retirement, reduce taxes & avoid the Wall Street casino. Don't miss this workshop, it could change your life.

MORE FINANCIAL SOLUTIONS NEXT PAGE!

FINANCIAL SOLUTIONS CONT.

SAVVY IRA BOOT CAMP

FEE: \$15.00

WEDNESDAY 7-9:00pm **NOV 2**

AHS B107

Come and learn 7 strategies for savvy IRA planning, 6 rollover options for your retirement plan funds, 3 common required minimum distribution mistakes, 3 different options for spousal IRA beneficiaries and Roth IRA conversions. We will also address how to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security & financial plans.

ESTATE PLANNING BOOT CAMP

FEE: \$15.00

WEDNESDAY 7-9:30pm **NOV 9**

AHS B104

Did you know... the Federal & New Jersey "taxable estate" includes the value of your residence, vacation & investment properties, jointly titled assets, individually owned assets, all life insurance proceeds, as well as the value of all your retirement plans & annuities? ...there is a New Jersey *estate tax* on asset transfers over \$675,000? Learn how to plan & protect your estate & your children's legacy from unnecessary taxation, the negative impact of extended estate administration, & the "spend down" of your assets on long-term nursing home care. Wills, trusts, power of attorney & "Living Wills" will also be discussed as they relate to the foregoing. You've worked hard all your life to create an estate – take the time to learn how to protect it!

FITNESS & SPORTS

ADULT BASKETBALL – 18 YEARS OLD & OVER



FEE: \$30.00

FRI 7:30-10:00pm **SEP 16-NOV 4/MAR 10-JUN 9**

AHS AUX GYM

"Pickup" games every Friday – come for the fun & exercise. Informal, non-league play. A real bargain for 5 months of basketball! Space limited.

SUPERVISOR: Ken White

19 WEEKS

GOLF taught by RUTGERS UNIVERSITY COACHING STAFF

CLASSES START SEP 17

7 WEEKS

BEGINNER

FEE: \$115.00

SATURDAY 10:45-11:45am

8001 S. Crescent Blvd., Pennsauken

A beautiful time of the year to learn the basics! The Rutgers Coaching staff is prepared to share the latest thinking on fundamentals of the golf swing, the psychological inner game, etiquette, how & where to practice, a list of playing partners & more. Clubs are supplied, if needed, & all the balls you can hit. Teacher/pupil ratio max 8-1. Learning environment is friendly.

SKILL BUILDER

FEE: \$115.00

SATURDAY 12 noon-1:00pm 8001 S. Crescent Blvd., Pennsauken

Need a Fall tune-up? If you've struggled all season & desperately need a pro to look at your swing, this class is for you. Our PGA/USGTF staff will address your swing mechanics to include, but not limit to, the driver, fairway woods, long irons, bunker shots & the short game. A state-of-the-art facility will encourage you to hit every club in the bag. Get ready for 2015!

GOLF: THE SHORT GAME



FEE: \$90.00

SATURDAY 2-3:00pm

CLASSES START SEP 17

8001 S. Crescent Blvd., Pennsauken

Nearly 70% of the shots you hit are less than 150 yds., so sharpen your short game & reduce your scores! Our Rutgers University Golf Team Coaching Staff (formerly known as South Jersey Golf Schools) at the Camden County Golf Academy will show you how. Rutgers University at Camden (which employs only fully certified golf instructors) has won back-to-back NEAC Conference Championships, & is the first team in school history to qualify for 2 straight NCAA National Championship Finals!

INSTRUCTOR: Rutgers Univ. Coaching Staff

5 WEEKS

QUESTIONS OR CONCERNS?

Please don't hesitate to contact us, either by phone at 856-547-7695, ext. 4186, or by email at mmarchiano@audubonschools.org.

FITNESS AND SPORTS CONT.

HORSEBACK RIDING: RECREATIONAL



FEE: \$175.00

Available from Sep 19-Oct. 29

Liberty Bell Farm

Introduction to basic horseback riding & safe horse handling procedures. You learn to ride as well as hands-on brushing, saddling, bridling, & care of horse & tack. Long pants, riding boots or sturdy work type shoes with a heel are a must. Helmets provided by the farm, located at 117 Dutch Row Rd., Elmer, NJ 08318. Indoor arena is used for inclement weather. Call 856-358-2892 to arrange lessons.

INSTRUCTOR: Denise Kaelin Bell

6 1-HOUR SESSIONS

THE ROYAL FITNESS EXPERIENCE!



FEE: \$60.00

AVAILABLE OCT 3-NOVEMBER 30

This is your chance to find out what Royal Fitness is all about! You are invited to try any of their state-of-the-art facilities over the course of your 10 visits. Try our indoor saltwater pool, ideal for lap swimming or just relaxing in the Jacuzzi. You may also attend Aqua Dynamics classes offered throughout the week. These are an ideal form of physical conditioning recommended for those with limitations such as arthritis, heart disease & high blood pressure. Use our gym equipment or choose from any of our Senior Fit classes – Stretch, Tai Chi, low impact/intensity group exercise classes. Call 856-547-3326 for more information.

ROYAL FITNESS, 50 E. Gloucester Pk., Barrington

10 VISITS

TENNIS TAUGHT BY MITCH WINKLER

ALL CLASSES ARE HELD AT WEDGEWOOD SWIM CLUB, 625 Centre St., Haddonfield. ALL CLASSES START SEP 24.

FUNDAMENTALS

SATURDAY 8:30-9:30am

FEE: \$55.00

This program is designed for "first time" players thru those with less than TWO seasons of playing. Stroke production, practice & basic game positioning will be the focus. Tennis rackets required.

5 WEEKS

SKILL BUILDERS

SATURDAY 9:30-10:30am

FEE: \$55.00

players that have at least TWO SEASONS of play and a basic understanding of mechanics will benefit from this accelerated program. Stroke refinement, shot making and sequence drills will form the foundation. Tennis rackets required.

5 WEEKS



JUNIORS (AGES 6-8)

SATURDAY 10:30am-11:15am

FEE: \$55.00

This program is designed to teach children the fundamental skills used in tennis. Both ground strokes & volleys will be covered. Although junior rackets are requested, loaner rackets will be available if needed.

5 WEEKS

JUNIORS (AGES 9-13)

SATURDAY 11:15-12 noon

FEE: \$55.00

This program will focus on introducing the forehand, backhand, volley & serve & using these strokes in point play. Although junior rackets are requested, loaner rackets will be available if needed.

5 WEEKS

TONE AND SHAPE WITH A PROFESSIONAL TRAINER!

EILEEN McCCLERNAN, INSTRUCTOR

CIRCUIT TRAINING



FEE: TWO DAYS \$58.00

MON AND/OR WED

ONE DAY \$30.00

6:45-7:30pm

STARTS SEP 26

MAS ALL-PURP RM

Circuit training is a form of physical exercise combining strength exercises, or weight training, with endurance exercises, or cardiovascular training. YOU WORK YOUR WHOLE BODY IN 1 SESSION. Helps improve mobility, strength, stamina & (along with a healthy diet) you will lose weight. You do short bursts of resistance exercises using moderate weight & frequent repetitions followed quickly by another burst of exercise. It works because it makes you keep pushing your body. If you're coming one day only, please specify day. Bring a towel or mat & light hand weights (3-5 lbs.).

8 WEEKS

MORE FITNESS & SPORTS NEXT PAGE!

FITNESS & SPORTS CONT.

ZUMBA!

TUE AND/OR THU 6:30-7:30pm

CLASSES START SEP 27

Want to party? Try this dance-inspired workout! Listen to Latin musical rhythms & move to create a fun & exciting workout. Routines feature fast & slow rhythms & resistance training to tone & sculpt your body while burning fat. If you're coming 1 day only, please specify day. Come & party with us!

INSTRUCTOR: Donna Koenig

Licensed Zumba Instructor



FEE: TWO DAYS \$75.00

ONE DAY \$40.00

MAS ALL-PURP RM

8 WEEKS

BEGINNER/TRAVEL FRENCH



FEE: \$75.00

THURSDAY 7:30-8:45pm

STARTS SEP 29

AHS B102

Exercise your brain & fall head-over-heels with the language of love! This course covers the basics & most useful expressions for a solid foundation in the French language, with important cultural aspects blended into the concepts. After this course you will be able to exchange personal information, express opinions & make purchases. This will set you up for more advanced learning & provide resources & future opportunities to practice. Activities include live-action skits, pair & group activities & virtual tours. Parlez Français!

INSTRUCTOR: Julia Pounds

8 WEEKS

GETTING PAID TO TALK :

MAKING MONEY WITH YOUR VOICE

WEDNESDAY 6:30-9:00pm

OCT 5



FEE: \$20.00

AHS B103

Have you been told that you have a great voice? Explore professional voice-acting for television, radio, audio books, etc. Learn the basics, including how to be successful & earn great income in this exciting field. You'll record a commercial under the direction of our producer! Bring questions! Class is informative, fun, & a great first step for anyone interested in voice-acting professionally. For more information, visit www.voicecoaches.com.

INSTRUCTOR: Creative Voice Development Group

1 SESSION

GUITAR – BEGINNER

WEDNESDAY 7-8:30pm

STARTS SEP 28



FEE: \$95.00

AHS A101

Introduces basic guitar techniques to the novice. Learn basic strumming techniques (using chord diagrams), playing single note melodies (by means of tablature, no musical notation), exploring the chord/melody style (a solo guitar style not requiring an accompanist. Again, in tablature, not notation) & finger picking, a technique used in classical & flamenco guitar. Includes various music styles – folk, pop, classical & rock. Structured so that the student plays recognizable melodies from the very beginning & is not bogged down with theory & reading musical notation or unnecessary technical exercises.

INSTRUCTOR: James Schneider

8 WEEKS

GUITAR III

WEDNESDAY 8:30-10pm

STARTS SEP 28

FEE: \$95.00

AHS A101

Designed for those who have been exposed to elementary guitar techniques. Participants should already read tablature, chord charts & standard musical notation, & know the notes on the guitar in the 1st position & are now ready to explore the rest of the guitar fingerboard. We will delve into more advanced chord-melody arrangement & more challenging finger-picking selections. Guitar ensemble pieces involving 2 to 5 participants will also be performed in class.

INSTRUCTOR: James Schneider

8 WEEKS

HAVE AN IDEA FOR A NEW CLASS?



We're always happy to hear from you with new class ideas, whether it's something you'd like us to offer or something you'd like to offer yourself.

Email us at mmarchiano@audubonschools.org and let us know!

STRESS MANAGEMENT & WELLNESS

All classes taught by KATHLEEN MARIE WHITE, NJ Licensed Body Work Therapist, AOBTA & ABMP-Certified Practitioner, Certified Yoga Instructor & Owner of HANDS OF WHITE HEALING CENTER. Kathleen has been studying and teaching Yoga & Shiatsu for 25 years.

CREATING A MORE BALANCED & STRESS-FREE LIFE

FEE: \$55.00

THURSDAY 7-8:30pm

STARTS OCT 6

HAS GYM

Learn techniques that will bring about better health (mind, body & spirit), a more positive attitude in your everyday living, more strength & flexibility. These tools will enhance your everyday life. **Week 1: The Art of Breath & Yoga Postures.** Develop & create a pattern to handle stress in everyday life. **Week 2: The Art of Meditation.** Calm your mind, body & spirit, become more centered & strengthen your intuition, which is a valuable tool to help create more abundance & peace in your life. **Week 3: The Art of Massage.** Learn techniques which have lasting effects on the body. Develop more flexibility, lower blood pressure, relieve stress, headaches, back issues & much more.

Bring a blanket or mat & a bottle of water to all classes.

3 WEEKS

MEDITATION – BEGINNERS

FEE: \$55.00

THURSDAY 7-8:30pm

STARTS NOV 3

HAS GYM

Learn the art of Meditation. The practice of meditation has a cumulative effect & benefits can be felt almost immediately, including a sense of detachment from the pressures of life, lasting peace of mind, increased concentration & awareness, & a strengthening of intuition. We will use visualization techniques, sounds, breathing & gentle stretching. Classes are led by an experienced mediator & teacher who will gently guide you & answer your questions. Classes will appeal to both beginners & experienced students. Wear loose cotton clothing & don't eat for at least 2 hours before class.

Bring a blanket or pillow.

3 WEEKS

YOGA – BEGINNER

TUESDAY 7-8:30pm

WEDNESDAY 7-8:30

STARTS SEP 27

OR SEP 28



FEE: \$62.00

HAS GYM

HAS GYM

Create a more balanced & stress-free life. Reduce stress through stretching exercise & mental concentration. You will learn the basic Yoga postures. Get in touch with your intuition & positive energy through various relaxation techniques. Set long-range goals for a balanced, abundant life. Wear comfortable clothing & bring exercise mat or layered cloth. Please choose Tues or Wed. If you have never taken yoga, it is recommended you take the Wed. class.

8 WEEKS

For our more experienced students: Yoga can be gentle; or very vigorous. It strengthens the body & mind while it creates flexibility & a peaceful attitude...

YOGA – INTERMEDIATE

FEE: \$62.00

MONDAY 7-8:30pm

STARTS SEP 26

HAS GYM

If you've taken Beginner Yoga & have an understanding of the postures & breathing, this class is for you. We'll work on holding the postures for a longer period of time & work toward developing more strength & flexibility through the 8-week series.

8 WEEKS

OUR EMERGENCY CLOSING NUMBER IS 2618

When the weather is bad, call the office before 2:30 PM or check KWKY News Radio 1060, CBS 3, CW Philly & www.kywschools.com

YOU WILL NOT BE CONTACTED WHEN WE RECEIVE YOUR REGISTRATION!

If you want to know if we received your check you are welcome to call us at 856-547-7695, ext. 4186 or email to mmarchiano@audubonschools.org. You will only be contacted if the class is canceled or full, or if there is a change in the class's location, time or date.