

ADULT EVENING SCHOOL COURSE OFFERINGS WINTER/SPRING 2023:

CREATIVE WRITING: FICTION

WEDNESDAY 7-9:00pm

STARTS MAR 1

FEE: \$85.00

AHS B105

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 this class. Trust me, if anything, it will be fun. I should know, I'm the teacher and I wrote this description from my experience. 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 in class exercises designed to stretch your creative muscles, lively discussions about all things writing and friendly in class 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. Plus, someone usually brings candy. Former students welcome! **No Class on 4/5 or 4/12/23**

8 WEEKS

INSTRUCTOR: Chad Meadows, MFA Creative Writing Author of Fluoride: stories

GUITAR – BEGINNER

WEDNESDAY 6:30-8:00pm

STARTS MAR 1



FEE: \$85.00

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.

No Class on 4/12/23

INSTRUCTOR: James Schneider

8 WEEKS

LEARN TO DANCE!

DANCE TIME PRODUCTIONS

COURSES ARE 4 WEEKS

SESSION I:

or 8 WEEKS AS INDICATED

FITNESS LINE DANCING

TUESDAY 7-8:00pm

STARTS MAR 7

AHS CAFETERIA

FEE \$80.00

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). **No class on 4/11/23**

(8 WEEKS)

DANCE TO EXERCISE

TUESDAY 8-9:15

STARTS MAR 7

AHS CAFETERIA

FEE: \$80.00

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. **No class on 4/11/23**

(8 WEEKS)

SOCIAL DANCES FOR WEDDINGS

WEDNESDAY 7-8:00pm

STARTS MAR 8

AHS CAFETERIA

FEE: \$80.00

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!

No class on 4/12/23

(8 WEEKS)

SALSA/MERENGUE

(4 WEEKS!)

FEE \$40.00

WEDNESDAY 8-9:00pm

STARTS MAR 8

AHS CAFETERIA

This course is a concentration on just two popular rhythms – Salsa & Merengue. Dances will include beginner to advance moves. Come and join us in the fun of dancing. Partners are not required – however partners will not be supplied either.

JITTERBUG/SWING DANCING (4 WEEKS!)

FEE: \$40.00

WEDNESDAY 8-9:00pm

STARTS MAY 5

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, **No Class on 4/12/23**

FITNESS & SPORTS:

GOLF: taught by Bob Cardea, Head Coach, & The Rutgers Univ.

Coaching Staff

CLASSES START SATURDAY MAR 18

7 WEEKS

BEGINNER

FEE: \$135.00

SATURDAY 10:45-11:45am

LOCATION: Big Swing Golf Center – 312 Salina Road, Sewell NJ 08080

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: \$135.00

SATURDAY 12 noon-1:00pm

Big Swing Golf Club as above

Need a golf 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.

INTRO TO GOLF FOR YOUTHS 8-15 YEARS OLD

7 WEEKS

BEGINNER

FEE: \$135.00

SATURDAY 9:30-10:30

This course is designed to introduce younger enthusiasts to the exciting sport of golf. Students will learn the rules of golf, course etiquette, proper grip and swing. They will be taught how to chip, putt, pitch and learn and how to use irons and woods properly. Equipment will be provided if needed however if you have your own Clubs, please bring them. All sessions are held in a relaxed, fun environment so that you can progress at your own speed.

GOLF: THE SHORT GAME

FEE: \$100.00

SATURDAY 2-3:00pm



CLASSES START MAR 18

Big Swing Golf Club as above

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 will show you how. Rutgers Univ. has won back-to-back NEAC Conference Championships, & is the first team in school history to qualify for 2 straight NCAA National Championship Finals!

5 WEEKS

HORSEBACK RIDING: RECREATIONAL



FEE: \$175.00

Available from APRIL 15 – JUNE 17

Liberty Bell Farm

Introduction to basic horseback riding & safe horse handling procedures for Adults and Children. You will 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 609-202-7888 to arrange lessons.

INSTRUCTOR: Denise Kaelin Bell

(5) 1-HOUR SESSIONS

THE ROYAL FITNESS EXPERIENCE!



FEE: \$70.00

AVAILABLE MAR 11 – MAY 6

This is your chance to enjoy all that Royal Fitness has to offer! You can enjoy their heated **salt water pool & hot tub**, or work on your strength training or workout on their cardio equipment. You will also be eligible to participate in any of their group exercise classes that are available. You can view the Royal Fitness class schedule at royalfit.com, or call 856-547-3326 for more info. You will have 10 visits available to try different classes, workout or enjoy our pool at your leisure between the dates provided above.

THE FOLLOWING ARE A FEW OF THEIR OTHER CLASSES AVAILABLE WITH THE ROYAL FITNESS EXPERIENCE IF YOU REGISTER:

SEATED CHAIR CLASSES... *The seated chair classes are designed to improve strength, flexibility, mobility & more. These fun motivating classes are perfect for all fitness levels. Light hand weights are needed and will be used. View our class schedule at royalfit.com, or call 856-547-3326 for more info.*

CYCLING... *Fun cardiovascular workout on stationary bikes with motivating music led by certified cycling instructors. View our class schedule at royalfit.com, or call 856.547.3326 for more info.*

POOL AND HOT TUB... *Their heated Salt Water Pool is ideal for lap swimming and their Aqua classes are also available, or you could just enjoy their oversized hot tub!*

ROYAL FITNESS, 50 E. Gloucester Pk., Barrington 10 VISITS

TENNIS TAUGHT BY MITCH WINKLER LOCATION TBA
YOU WILL BE NOTIFIED OF LOCATION PRIOR TO START OF CLASSES. ALL CLASSES START MAR 18 AND THEN WILL MEET 3/25, 4/1, 4/8 & 4/15/23.

FUNDAMENTALS

SATURDAY 8:00-9:00am ***FEE: \$60.00***

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 9:00-10:00am ***FEE: \$60.00***

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 r

5 WEEKS



JUNIORS (AGES 6-8)

SATURDAY 10:00-10:45am ***FEE: \$60.00***

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 10:45-11:30am ***FEE: \$60.00***

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 McCLERNAN, INSTRUCTOR

CIRCUIT TRAINING

MON AND/OR WED
6:45-7:30



FEE: TWO DAYS \$65.00

ONE DAY \$35.00

**STARTS MAR 6 OR MAS ALL-PURP RM
MAR 8**

Circuit training is a form of full body training that involves rotating through a set number of exercises with little rest in between. Circuits can be time based-each exercise 30-60 seconds or rep-based-the goal to complete a certain number of repetitions, usually up to 20, before moving on to another exercise. It's a quick efficient workout. **NO TWO CLASSES WILL LOOK THE SAME!!** If you want to improve muscular endurance, increase strength, improve heart health, help lose weight and improve your mood try circuit training! **FOR ALL LEVELS OF FITNESS!!** Bring hand weights(2-3lbs for

beginners) and a mat or towel for the floor. SNEAKERS A MUST! If attending one day, please make a notation of which day,
(No class on Monday 4/10 & Wednesday 4/12/23)

8 WEEKS

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 over 25 years.

YOGA – BEGINNER

TUESDAY 6:30-8:00pm

STARTS FEB 28

WEDNESDAY 6:30-8:00pm

OR MAR 1



FEE: \$75.00

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. **(No class on Tuesday 4/11, Wednesday 4/12)** 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

MONDAY 6:30-8:00pm

STARTS FEB 27

FEE: \$75.00

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.

(No Class on 4/10)

8 WEEKS

CHAIR YOGA

THURSDAY 6:30-8:00pm

STARTS MAR 9

MAS KEYS/MUSIC RM.

FEE: \$60.00

Come learn to move through seated and standing Yoga poses. This class is designed to increase flexibility, balance, and a range of movements. We will finish with restorative breathing exercises and final relaxation to promote reduced stress and better mental clarity. This class is for all ages and pregnant women as well. **NO CLASS ON 4/13**

6 WEEKS

MEDITATION – BEGINNERS

THURSDAY 6:30-8:00pm

STARTS MAY 4

AHS RM B103

FEE: \$50.00

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

ONE NIGHT CLASSES/SEMINARS

FINANCIAL SOLUTIONS:

LAURENT W. METZLER, J.D., RFC®

SAVVY SOCIAL SECURITY BOOT CAMP

WEDNESDAY 7-9pm

MAR 1



FEE:\$20.00

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.

ESTATE PLANNING BOOT CAMP

FEE:\$20.00

WEDNESDAY 7-9:30pm

MAR 15

AHS B107

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? 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!

GETTING PAID TO TALK:

AN INTRODUCTION TO PROFESSIONAL VOICE OVER

FEE: \$30.00

TUESDAY 6:30-8:00pm

MAR 7

ONLINE

LIVE WEB-BASED WORKSHOP AND Q&A

CLASS SIZE IS LIMITED SO REGISTER EARLY:

PRECLASS LOGIN ACCESS 10 MINUTES

If you've ever wondered how to begin in voice over part time, full time, or for supplemental or retirement income, this workshop is a great, upbeat, and most importantly, realistic first step. Our easy-to-access remote learning system will take you behind the scenes at Voice Coaches main studios, where we regularly produce voice over content for clients including Netflix, Discovery, HGTV, Disney, Lifetime, Nickelodeon, and many more. From audio books, training material, animation, and commercials to socially relevant content, television, and much, much more: today's voice over field has become a great way to leverage your individual voice qualities and communication skills in a whole new way. This class also includes an opportunity to receive a brief one-on-one voice range and quality assessment with our instructor. We sincerely hope you'll join our community of enthusiastic learners! This class is fun, realistic, and a great first step for anyone interested in voice over. More information to follow after registration.

Please note: Internet Access is required.

Devices Supported:

Most Apple & Android Smart Phones

Most Tablets

Most Computers

INSTRUCTOR: CREATIVE VOICE DEVELOPMENT GROUP 1 SESSION

About The Instructor:

For more than 30 years, our team at Voice Coaches has provided voice over production, recording, and communication coaching to clients across the US and abroad. In addition to being active in numerous industry organizations, we provide internships to college students in recording, production, and entertainment business. Voice Coaches is proud to be a 16-year, A+ Member of The Better Business Bureau.

HOME BUYING 101

FEE:* \$15.00*

MONDAY 7-8:15pm **MAR 6 (THIS IS AN IN PERSON CLASS – 1 SESSION)** AHS B103

WEDNESDAY 7-8:15pm **MAR 8 (THIS CLASS IS AN ONLINE ZOOM SESSION)**

First time homebuyer? Buying again but feeling out of the loop? Come for a market update and a step-by-step guide on home buying. We will discuss the mortgage process, credit and how to improve credit, types of financing, closing costs, home inspections, title insurance and more! Don't miss out! (Please make sure when you register to state day/date you would like to attend)

INSTRUCTOR: Ashley McGuire – The McGuire Team, Buyer specialist, Coldwell Banker Realty, Haddonfield, NJ

Nick Mink – VP of Mortgage Lending, Guaranteed Rate

PREPARE, STAGE AND SELL YOUR HOME

FEE: *\$15.00*

MONDAY 7-8:15PM MAR 13 (THIS IS AN IN PERSON CLASS – 1 SESSION) AHS B103

WEDNESDAY 7-8:15pm MAR 15 (THIS CLASS IS AN ONLINE ZOOM SESSION)

Getting ready to sell your home? Come for market update and a step-by-step guide that will help you understand the selling process. We will also provide helpful tips and checklists for preparing to sell and staging so you can maximize your home's value! Don't miss out on this valuable information. All questions are welcomed!! (Please make sure when you register to state day/ date you would like to attend)

INSTRUCTOR: Ashley McGuire – The McGuire Team, Buyer specialist, Coldwell Banker Realty, Haddonfield, NJ

Nick Mink – VP of Mortgage Lending, Guaranteed Rate

DISCOVER SADDLER'S WOODS, GUIDED HIKE

FEE: *\$20.00*

SUNDAY

APR. 16

12:00-2:00PM

SADDLERS WOODS, LOCATED AT 250 MACARTHUR BLVD., HADDON TWP. NJ

Discover a local treasure on a guided walk of Saddler's Woods where our volunteer naturalists will discuss the history, ecology and conservation of this 25-acre urban forest. While exploring the trails, participants will have the opportunity to learn species identification of a variety of trees, shrubs and spring ephemerals found in these woods. On the day of your hike please meet at the Saddlers' Woods sign on MacArthur Blvd. **You will be contacted if hike is going to be cancelled due to in-climate weather. If this is the case, the Hike will be rescheduled for Sunday April 23, 2023**

(CLASS SIZE LIMITED TO 20)

INSTRUCTOR: Saddlers Woods Staff

1 HIKE

REGISTRATION INFORMATION:

MAIL YOUR REGISTRATION TO SECURE YOUR CLASS. Registrations are accepted on a first come/first served basis. Don't risk a class being canceled by waiting until the last minute to register.

THERE IS NO IN-PERSON REGISTRATION – YOU MUST MAIL YOUR CHECK OR MONEY ORDER

Note: You can mail registrations in up to 24 hrs. prior to classes start, registrations must be mailed in to register for a class! Registrations are accepted up to 24 Hrs. before a class begins. However, if registrations are very few, a class could be canceled as much as one week ahead of the start date. If you wait until the last minute, you run the risk of the class being full or being canceled due to insufficient registrations. Registrations are not accepted on the first night of class. **THERE ARE NO WALK INS** you must register prior to class beginning!! **We do not accept credit cards. Checks and Money orders only, payable to: Audubon Comm. Education**

CLASSES BEGIN WEEK OF FEB 27, 2023 at the following locations UNLESS OTHERWISE INDICATED:

(AHS) Audubon High School, 350 Edgewood Ave.

(MAS) Mansion Ave School, 300 Mansion Ave., Audubon

(HAS) Haviland Ave School, 240 Haviland Ave., Audubon

NO CLASSES WILL BE HELD WK. OF APRIL 10-14, 2023

ALL CLASSES ARE FOR ADULTS, 18 & OVER, UNLESS OTHERWISE SPECIFIED IN DESCRIPTION

PROGRAM CHANGES: Because of possible contingencies, the Adult School reserves the option to make any changes in course offerings, scheduling, instructors and/or room assignments as appear necessary.

REFUNDS: You may transfer to another class or receive a refund if course is canceled. **NO REFUNDS OR TRANSFERS WILL BE MADE AFTER 72 HOURS PRIOR TO START OF FIRST CLASS.**

You will only be contacted if a class is cancelled or location is changed. NO REGISTRATION CONFIRMATIONS ARE MADE BY PHONE OR MAIL.

INSURANCE: The Board of Education provides NO insurance coverage benefits for any person participating in any of the programs or activities offered in this brochure. Anyone taking part in any physical activity should use common sense and set a reasonable pace. Check with your family doctor before beginning classes.

SENIOR CITIZEN DISCOUNT: Senior citizens (65+) may take some courses for a 25% reduction. **NO DISCOUNT FOR COURSES MARKED WITH ASTERISK (*FEE*).** No refund will be made if discount isn't taken on original registration.

EMERGENCY CLOSING: If School is closed for in-climate weather it will be posted on our district website @ www.audubonschools.org (You will not be called individually)

QUESTIONS OR CONCERNS?

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

**ADULT EVENING SCHOOL
REGISTRATION FORM**

W/S 2023

PLEASE PRINT

W/S 2023

NAME _____

ADDRESS _____

_____ ZIP _____

HOME PHONE _____

CELL PHONE _____

COURSE _____

TIME _____ DAY OF WEEK _____

EMAIL ADDRESS _____

FEE \$ _____ CHECK CASH MONEY ORDER

PLEASE READ REGISTRATION INFORMATION BELOW!

**MAKE CHECK PAYABLE AND MAIL TO:
AUDUBON COMMUNITY EDUCATION
350 Edgewood Avenue
Audubon, NJ 08106**

Use **ONE** form per course/per student.

Registration is accepted unless you are notified otherwise.

NO REFUNDS made after 72 hours prior to first class.