

ART & CRAFTS

Some art classes may require supplies.

Please view the supply list for these classes at:
ScottsdaleAZ.gov search "Art Supply".

CERAMICS

(14 Years+) Students will explore hand building, wheel throwing, texture, decoration, glazing and firing with an emphasis on design and form.

Home Accents

Rev up your house and patio with fireplace sculptures, book shelf decorations, lamps, flower pots, bonsai dishes and more!

Sa 9:30 AM-12:30 PM 1/14 (18classes) GRSC \$269(R)/\$404(N) Peterson 7840

Introduction To Clay

Introduction to basic clay techniques, including coil, pinch, slab, wheel, and glazing. Students will explore hand building, wheel throwing, texture, decoration, glazing and firing with an emphasis on design and form.

M 5:45 PM-8:45 PM 1/9 (17classes) GRSC \$255(R)/\$383(N) Peterson 7843

Tu 9:00 AM-12:00 PM 1/10 (8classes) ELDO \$100(R)/\$150(N) Shock 7841

Tu 12:30 PM-3:30 PM 1/10 (8classes) ELDO \$100(R)/\$150(N) Shock 7842

Tu 9:00 AM-12:00 PM 3/28 (8classes) ELDO \$100(R)/\$150(N) Shock 8314

Tu 12:30 PM-3:30 PM 3/28 (8classes) ELDO \$100(R)/\$150(N) Shock 8315

Open Studio

NO INSTRUCTION. Facility for working on your clay projects independently: Prior clay experience required. Equipment available for use includes wheels, slab roller, extruder, and staff-fired electric kiln firing to Cone 5.

Th 9:00 AM-12:00 PM 1/12 (8classes) ELDO \$100(R)/\$150(N) Shock 7844

Th 9:00 AM-12:00 PM 3/30 (8classes) ELDO \$100(R)/\$150(N) Shock 8327

DIGITAL PHOTOGRAPHY - BEGINNING

(15 Years+) Learn the basics of photography, how to use your camera, and discover what all those buttons really do. Then begin the process to really "see" your subject before clicking the shutter. Mix in weekly photo assignments to apply what you learn and you will leave this class feeling good about your photography while having fun.

Tu 6:00 PM-8:00 PM 1/10 (8classes) VLSC \$70(R)/\$105(N) Bochenek 7872

Tu 6:00 PM-8:00 PM 3/21 (8classes) VLSC \$70(R)/\$105(N) Bochenek 8382

DIGITAL PHOTOGRAPHY - INTERMEDIATE

(15 Years+) If you have a basic comfort level with the operation of your camera and looking to expand upon it, this is the class for you. While continuing to learn more about the technical aspects of your camera, we will delve into the artistic part of photography. Discover how to better compose your image paying close attention to light, shadows, foregrounds, backgrounds, the rules of composition and exactly when to break them. Weekly projects and critiques will take your images to the next level. This class is repeatable.

W 6:00 PM-8:00 PM 1/11 (8classes) VLSC \$58(R)/\$87(N) Prezkop 7873

W 6:00 PM-8:00 PM 3/29 (8classes) VLSC \$58(R)/\$87(N) Prezkop 8316

DRAW/PAINT

All levels instruction in drawing, painting and more! Have the freedom to use any medium you choose; pencil, colored pencils, pastels, watercolor, oil and acrylic. Teacher emphasis is on individual attention and projects. \$1 nonrefundable cash supply fee is due to instructor on first day of class. Must be present at first class for orientation and demonstrations.

(14 Years+)

M 9:00 AM-12:00 PM 1/9 (6classes) ELSO \$72(R)/\$108(N) Chestney 7877

M 6:30 PM-9:30 PM 1/9 (6classes) ELSO \$72(R)/\$108(N) Chestney 7878

Tu 6:30 PM-9:30 PM 1/10 (8classes) ELSO \$93(R)/\$140(N) Chestney 7879

W 9:30 AM-12:30 PM 1/11 (8classes) ELSO \$93(R)/\$140(N) Chestney 7880

W 1:00 PM-4:00 PM 1/11 (8classes) ELSO \$93(R)/\$140(N) Chestney 7881

Th 9:30 AM-12:30 PM 1/12 (8classes) ELSO \$93(R)/\$140(N) Chestney 7882

Th 1:00 PM-4:00 PM 1/12 (8classes) ELSO \$93(R)/\$140(N) Chestney 7883

F 1:00 PM-4:00 PM 1/13 (8classes) ELSO \$93(R)/\$140(N) Chestney 7884

M 9:00 AM-12:00 PM 3/20 (9classes) ELSO \$103(R)/\$155(N) Chestney 8350

M 6:30 PM-9:30 PM 3/20 (9classes) ELSO \$103(R)/\$155(N) Chestney 8351

Tu 6:30 PM-9:30 PM 3/21 (9classes) ELSO \$103(R)/\$155(N) Chestney 8352

W 9:30 AM-12:30 PM 3/22 (9classes) ELSO \$103(R)/\$155(N) Chestney 8353

W 1:00 PM-4:00 PM 3/22 (9classes) ELSO \$103(R)/\$155(N) Chestney 8354

Th 9:30 AM-12:30 PM 3/23 (9classes) ELSO \$103(R)/\$155(N) Chestney 8355

Th 1:00 PM-4:00 PM 3/23 (9classes) ELSO \$103(R)/\$155(N) Chestney 8356

(18 Years+)

Th 9:00 AM-12:00 PM 1/12 (10classes) VLSC \$114(R)/\$171(N) Consalvo 7885

Th 9:00 AM-12:00 PM 3/23 (9classes) VLSC \$104(R)/\$156(N) Consalvo 7886

DRAWING

(14 Years+) Focus on the basic fundamentals of drawing, learning various techniques including: perspective, shading, proportion and composition. Enjoy using pencil, colored pencils and charcoal.

Tu 1:00 PM-4:00 PM 1/10 (9classes) VLSC \$104(R)/\$156(N) Consalvo 7887

Tu 1:00 PM-4:00 PM 3/21 (9classes) VLSC \$104(R)/\$156(N) Consalvo 7888

Th 9:00 AM-12:00 PM 2/2 (8classes) GRSC \$77(R)/\$116(N) Milman 7889

Th 9:00 AM-12:00 PM 3/30 (8classes) GRSC \$77(R)/\$116(N) Milman 7890

KOOL JEWELS

We are going to explore a number of jewelry making techniques. These projects are designed to use minimal tools and supplies with maximum effect. The techniques that we will explore are the use of "cold connections" creating jewelry without the use of heat. We will be using etching to create patterns on metal using an etchant and a sharpie marker, along with wire wrapping and beads to complete your projects. Using these methods and supplies we will create beautiful jewelry. This class is for both beginning & continuing students. Design assistance will be provided on an individual basis. \$25 Non-refundable material fee due to instructor at first class. Please view the supply list for additional materials for this class at www.scottsdaleAZ.gov search: Art Supply

W 5:30PM-8:30PM 1/11 (8classes) ELDO \$76(R)/\$114(N) Berger-Taylor 7907

S 10:00AM-1:00PM 1/21 (6classes) ELDO \$60(R)/\$90(N) Berger-Taylor 7908

W 5:30PM-8:30PM 3/22 (8classes) ELDO \$76(R)/\$114(N) Berger-Taylor 9069

S 10:00AM-1:00PM 3/25 (6classes) ELDO \$60(R)/\$90(N) Berger-Taylor 9070



OIL AND ACRYLIC PAINTING

(18 Years+) New and continuing students will focus on developing basic skills, exploring color, style and various techniques in a relaxed environment. Learn techniques using acrylic or oil paints. Learn to develop a portrait, landscape, floral, abstract or non-representational forms.

M	9:00 AM-12:00 PM	1/9 (8classes)	VLSC	\$110(R)/\$165(N)	Taylor	7948
M	5:00 PM-8:00 PM	1/9 (8classes)	VLSC	\$64(R)/\$96(N)	Fried	7954
Tu	9:00 AM-12:00 PM	1/10 (9classes)	VLSC	\$104(R)/\$156(N)	Leonelli	7945
Tu	1:00 PM-4:00 PM	1/10 (10classes)	GRSC	\$135(R)/\$203(N)	Taylor	7946
W	1:00 PM-4:00 PM	1/11 (10classes)	VLSC	\$77(R)/\$116(N)	Fried	7955
F	1:00 PM-4:00 PM	1/13 (10classes)	VLSC	\$114(R)/\$171(N)	Consalvo	7952
Sa	9:00 AM-12:00 PM	1/14 (10classes)	VLSC	\$114(R)/\$171(N)	Consalvo	7959
Sa	1:00 PM-4:00 PM	1/14 (10classes)	VLSC	\$135(R)/\$203(N)	Taylor	7949
M	9:00 AM-12:00 PM	3/20 (9classes)	VLSC	\$123(R)/\$185(N)	Taylor	7950
M	5:00 PM-8:00 PM	3/20 (9classes)	VLSC	\$71(R)/\$107(N)	Fried	7956
Tu	9:00 AM-12:00 PM	3/21 (9classes)	VLSC	\$104(R)/\$156(N)	Leonelli	7958
Tu	1:00 PM-4:00 PM	3/21 (9classes)	GRSC	\$123(R)/\$185(N)	Taylor	7947
W	1:00 PM-4:00 PM	3/22 (9classes)	VLSC	\$71(R)/\$107(N)	Fried	7957
F	1:00 PM-4:00 PM	3/24 (9classes)	VLSC	\$104(R)/\$156(N)	Consalvo	7953
Sa	1:00 PM-4:00 PM	3/25 (9classes)	VLSC	\$123(R)/\$185(N)	Taylor	7951

BEGINNING OIL AND ACRYLIC PAINTING

(18 Years+) First Time/Beginning Painters: This class will show that painting is fun! Learn from the basics: Supplies, palette set ups, what to use/not use, color basics, starting a painting fearlessly; what to avoid and what to strive for, application, and more. Students will paint an instructor-chosen picture that anyone can achieve, also working with each student at their easel. A demo of picture will be done. Next painting will be chosen by student, from approved material. (Good photo reference, doable for beginner).

W	5:00 PM-8:00 PM	1/11 (10classes)	VLSC	\$77(R)/\$116(N)	Fried	8334
W	5:00 PM-8:00 PM	3/22 (9classes)	VLSC	\$71(R)/\$107(N)	Fried	8335

OIL AND ACRYLIC PAINTING - INTERMEDIATE

(18 Years+) For students with experience in Oil painting. This class will focus on the joy and challenge of the painting process. The emphasis will be on drawing perspective, color and attitude.

Sa	9:00 AM-12:00 PM	3/25 (9classes)	VLSC	\$104(R)/\$156(N)	Consalvo	7960
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PAINT STUDIO

(18 Years+) Paint in all mediums. This class is designed to improve your painting skills and let your subject matter be your teacher. Give yourself permission to be great. You deserve it.

M	1:00 PM-4:00 PM	1/9 (8classes)	VLSC	\$94(R)/\$141(N)	Leonelli	7961
M	1:00 PM-4:00 PM	3/20 (9classes)	VLSC	\$104(R)/\$156(N)	Leonelli	7962

PASTELS

(18 Years+) New and continuing students will learn techniques using Pastels. Learn to develop a portrait, landscape, floral, abstract, or a nonrepresentational form with ease. Color is the magical element that gives feeling & emotion to Art. Once you understand the meaning of color, it will help you determine the palette to evoke strong emotional response in your paintings. Come learn how color can help your work!

Th	1:00 PM-4:00 PM	1/12 (12classes)	VLSC	\$135(R)/\$203(N)	Schneider	7963
Th	1:00 PM-4:00 PM	4/27 (5classes)	VLSC	\$63(R)/\$95(N)	Schneider	8317

SEWING

(14 Years+) The class is for all levels of skill. Learn selection of fabric, pattern, layout and construction. Individual instruction. Complete several projects during this class. Bring pattern, fabric pins and scissors to first class. More required supplies to be covered during first class. Bringing own sewing machine is recommended but not required.

M	10:00 AM-12:00 PM	1/9 (8classes)	GRSC	\$39(R)/\$59(N)	Walters	7995
M	10:00 AM-12:00 PM	3/27 (8classes)	GRSC	\$39(R)/\$59(N)	Walters	8386

WATERCOLOR

(18 Years+) Transparent watercolor for the beginning as well as intermediate student will include basic techniques, color and composition using landscape, still life and portrait. Individual attention with emphasis on learning to see as the artist does.

M	1:00 PM-4:00 PM	1/9 (8classes)	GRSC	\$110(R)/\$165(N)	Taylor	8069
W	9:00 AM-12:00 PM	1/11 (10classes)	VLSC	\$102(R)/\$153(N)	Levine	8065
F	9:00 AM-12:00 PM	1/13 (10classes)	VLSC	\$102(R)/\$153(N)	Levine	8066
M	1:00 PM-4:00 PM	3/20 (9classes)	GRSC	\$123(R)/\$185(N)	Taylor	8070
W	9:00 AM-12:00 PM	3/22 (9classes)	VLSC	\$93(R)/\$140(N)	Levine	8067
F	9:00 AM-12:00 PM	3/24 (9classes)	VLSC	\$93(R)/\$140(N)	Levine	8068

CLASS LISTING LEGEND

COURSE TITLE

The description for this course will be listed in this section. The description may include age restrictions, activities, over view of the class and other key notes to share with you.

W 5:15pm-5:55pm 9/18 (12wks) HRZN \$57(R)/\$86(N) Martin 102812

Day	Start Date & Length	Fees, Resident/Non-Resident	Course Code
Time	Location	Instructor, when applicable	

COMPUTERS

COMPUTER FUNDAMENTALS PART 1

(18 years+) Are you a computer novice who has a computer or access to one? Would you like to learn more? In this course you will learn to identify the main parts of the Windows operating system and use of the mouse and keyboard. This class is taught in the Windows 8 environment using WordPad and Paint programs. Prerequisite: Daily access to a computer.

Th 1:00 PM-3:00 PM 1/12 (4classes) VLSC \$51(R)/\$77(N) Salazar 7857

COMPUTER FUNDAMENTALS PART 2

(18 Years+) Build on the skills learned in Computer Fundamentals Part 1. Edit documents by inserting, deleting and moving text. Become familiar with how Windows works, and using tiles, apps, email and the internet. This class is taught in the Windows 8 environment. Prerequisites: Daily access to a computer and completion of Computer Fundamentals Part 1 or competency in basic mouse and keyboard skills.

Th 1:00 PM-3:00 PM 2/9 (4classes) VLSC \$51(R)/\$77(N) Salazar 7858

GOOGLE POWER SEARCH & AMAZING APPS

(18 Years+) Learn to use Google to search the web for information about nearly anything, from finding your ancestors, to getting reviews of products or services, locating pictures of your old neighborhood, or searching newspapers and books for historical articles and information. Discover hidden search features that help you search like a pro! Take advantage of a wealth of free apps to help you create documents, make spreadsheets, create "power point" type presentations, translate foreign language text, and store data and images in the cloud. Bring your Google email address and password to class if you have them. Prerequisite: Basic computer skills.

W 10:00 AM-12:00 PM 1/18 (3classes) VLSC \$40(R)/\$60(N) Forti 7898

INTERNET - BASICS & BEYOND

(18 Years+) There are many different ways to use the internet. Learn how to navigate the internet, use search engines to find information and bookmark web pages so you can find them again easily. Take a look at websites concerning computer security, news, travel and more. Prerequisite: Basic computer skills.

M 1:00 PM-3:00 PM 3/6 (4classes) VLSC \$51(R)/\$77(N) Salazar 7904



IPAD - BASICS

(18 years+) This class covers the basics of the Apple operating system used on iPad (and iTouch and iPhone) devices. Learn how to work your iPad, understand basic commands, use mail, contacts, calendars, apps and WiFi. Navigate with Safari, and back up your device. You will have time during class to work with your iPad on your specific areas of interest. Bring your Apple ID and password, your email address and password, and your own charged and updated iPad, iTouch or iPhone to class.

M 9:00 AM-11:00 AM 1/23 (2classes) VLSC \$31(R)/\$47(N) Jenouri 7903

Th 9:00 AM-11:00 AM 2/16 (2classes) VLSC \$31(R)/\$47(N) Jenouri 8853

IPHOTOS

(18 Years+) Learn how to take photos and videos with your iPad, browse photos, create and manage photo albums, and stream photos. Practice enhancing your photos, and learn how to share them via email or My Photo Stream. Bring your Apple ID and password, your email address and password, and your own charged and updated iPad, iTouch or iPhone to class. Prerequisite: Skills covered in iPad - Basics.

M 9:00 AM-11:00 AM 2/27 (1class) VLSC \$21(R)/\$32(N) Despenza 7905

MICROSOFT EXCEL - BASICS & BEYOND

(18 Years+) Excel is a powerful spreadsheet program with many uses outside of business applications. Use it to manage your finances, track expenses, etc. Learn to format numbers, insert rows and columns, enter formulas for mathematical calculations, and use functions and Absolute Cell references. Also learn how to make your spreadsheet more readable by freezing panes, hiding and un-hiding columns and rows, printing headings on every page, printing comments, and sorting and linking information. This class uses Microsoft Excel 2013. Prerequisite: Basic computer skills.

W 9:00 AM-11:00 AM 2/8 (2classes) VLSC \$31(R)/\$47(N) Sullivan 7925

MICROSOFT WORD - BASICS

(18 Years+) Learn text entry, and paragraph and character formatting using Microsoft Word, and how to insert clip art, photos, and tables into a Word document. Prerequisite: Basic computer skills.

W 9:00 AM-11:00 AM 3/8 (4classes) VLSC \$51(R)/\$77(N) Sullivan 8076

MICROSOFT WORD - TABLES

(18 Years+) Word tables have more design options than an Excel spread sheet. Practice creating a Word table, and learn to add, delete and resize columns and rows, split, merge and color cells, insert and format text, set header row(s), re-sort table contents, and enlarge border lines to visually group columns or rows. Prerequisite: Basic computer skills.

W 1:00 PM-3:00 PM 3/22 (1class) VLSC \$21(R)/\$32(N) Bailey 8852

CLASS LISTING LEGEND

COURSE TITLE

The description for this course will be listed in this section. The description may include age restrictions, activities, over view of the class and other key notes to share with you.

W 5:15pm-5:55pm 9/18 (12wks) HRZN \$57(R)/\$86(N) Martin 102812

Day
 Start Date & Length
 Fees, Resident/Non-Resident
 Course Code

Time
 Location
 Instructor, when applicable

PHOTOSHOP ELEMENTS - INTRODUCTION TO PHOTO EDITING

(18 years+) Learn the art of editing your digital photographs to improve lighting and contrast, crop effectively, straighten photos, remove red-eye and unwanted objects, add descriptive text, use digital make-up to improve facial appearances, move objects or people from one photo to another, and create a photo collage. Everyone welcome - you don't need any experience with Photoshop Elements or editing photos to take this class. Prerequisite: Basic computer skills.

Tu 1:00 PM-3:00 PM 3/7 (5classes) VLSC \$61(R)/\$92(N) Kapinos 7968

PHOTOSHOP ELEMENTS - PORTRAITS WITH PIZZAZZ

(18 Years+) Learn to use Element's photo editing tools to adjust lighting, contrast and color, remove red eye and blemishes, and digitally soften wrinkles and lose weight! Then enhance portraits with artistic frames, and use filters to create a fine art look, pop art, and a tinted sketch. Add motion blur, color an old-time sepia photo, create an out-of-bounds effect, insert "growing up" photos into a film strip template, and create a "double exposure" from multiple photos. You can use a lab computer for this class, or bring your own laptop with Photoshop Elements version 11 or higher installed. Everyone welcome - you don't need any experience with Photoshop Elements or editing photos to take this class. Prerequisite: Basic computer skills.

W 1:00 PM-3:00 PM 1/11 (4classes) VLSC \$51(R)/\$77(N) Bailey 7969

PHOTOSHOP ELEMENTS - RESTORING YOUR OLD PHOTOS

(18 years+) Learn how to use Element's basic editing tools, and then restore old family photos turned orange or convert them to black and white; repair tears and cracks; remove spots, ink and tape marks; darken faded pictures and lighten photos that are too dark; replace missing or heavily damaged areas; and add frames and text directly to pictures. Bring in one or two of your own photos (in digital format) to restore during the last week of class. You can use a lab computer for this class, or bring your own laptop with Photoshop Elements version 11 or higher installed. Everyone welcome - you don't need any experience with Photoshop Elements or editing photos to take this class. Prerequisite: Basic computer skills.

W 1:00 PM-3:00 PM 2/15 (4classes) VLSC \$51(R)/\$77(N) Bailey 8850



SECURE COMPUTING

(18 Years+) Learn how to be safer in today's digital world. Topics include how to protect your computer, detect bad sites before going there, create strong passwords that you can remember, and make a password list with a high level of security. Prerequisite: Basic computer skills and Windows operating system.

Tu 9:00 AM-11:00 AM 1/31 (2classes) VLSC \$31(R)/\$47(N) Baker 7986

SMART PHONE BASICS - ANDROID OPERATING SYSTEM

(18 Years+) Learn and get all your questions answered about your Android smart phone. This class will cover everything from Smart Phone basics to texting, setting up email, contacts and calendars, as well as how to use Facebook and Twitter on your Smart Phone. We will also cover taking photos and sharing them, downloading music to your Smart Phone and organizing playlists, using your Smart Phone for navigation and all about Smart Phone apps and how to purchase them. We'll also show you how to organize all the stuff you have on your Smart Phone in a way that is meaningful and helpful to you.

M 11:00 AM-12:00 PM 1/9 (9classes) GRSC \$75(R)/\$113(N) Yancy 8000

SMART PHONE BASICS - IPHONE OPERATING SYSTEM

(18 Years+) Learn and get all your questions answered about your iPhone. This class will cover everything from Smart Phone basics to texting, setting up email, contacts and calendars, as well as how to use Facebook and Twitter on your Smart Phone. We will also cover taking photos and sharing them, downloading music to your Smart Phone and organizing playlists, using your Smart Phone for navigation and all about Smart Phone apps and how to purchase them. We'll also show you how to organize all the stuff you have on your Smart Phone in a way that is meaningful and helpful to you.

M 11:00 AM-12:00 PM 3/27 (9classes) VLSC \$75(R)/\$113(N) Yancy 7999

WHAT'S APPENING

(18 Years+) Apps are helpful and fun, but with over 2 million of them to choose from, it's difficult to decide what to use. Learn what apps are available for your Apple or Android device, and how to get and delete them, use reviews, and upgrade. Check out the hidden costs in some apps, and what some of the most popular apps are. Bring your own charged and updated device to class, with your device ID and password, and your email address and password (or you can use a Lab computer). Prerequisite: Basic device skills.

M 9:00 AM-11:00 AM 3/6 (1class) VLSC \$21(R)/\$32(N) Despenza 8074

WINDOWS 10 PERSONALIZED

(18 Years+) Work on your own laptop and learn how to make Windows 10 easier to work with and more specific to your needs. Learn to add and remove tiles, use settings to change configurations, and set up a split screen to compare information on two different web sites. Use the Snip-it tool to copy only the information you want from a web page or document and paste it wherever you like. Learn about other tools and programs in the Windows 10 system. Bring your own laptop (with Windows 10 installed and updated) to class. Prerequisite: Basic computer skills.

M 9:00 AM-11:00 AM 2/6 (2classes) VLSC \$31(R)/\$47(N) Despenza 8075

COMMUNICATION & LANGUAGE

FRENCH - CONTINUING

(18 Years+) Designed for continuing students wanting to increase their current knowledge in developing conversational skills, practicing pronunciation and learning essential grammatical facts in a supportive and fun environment. Group participation is encouraged. .

Tu 5:30 PM-8:00 PM 1/17 (12classes) VLSC \$128(R)/\$192(N) Gabor 7896

GERMAN

(15 Years+) German for everyone! 'Guten Tag! Wie geht's?' 'Danke, gut. Und Ihnen?' If you understand this dialog, then this is your class. This class is not for the beginner, but someone who has taken 'German - The Basics,' or has had German in a formal or an informal setting. We will continue to deepen our understanding of the language, expanding vocabulary and conversation. Less emphasis is based on grammar. Interaction and active participation are the keystones of this class.

M 9:00 AM-10:30 AM 1/9 (13classes) VLSC \$116(R)/\$174(N) Eggink 7897

ITALIAN - CONVERSATIONAL BASICS LEVEL 1

(14 Years+) This is an introductory class to the Italian language designed for students seeking speaking and listening abilities with minimal emphasis on grammar. In this course, you will be introduced to the Italian alphabet, correct pronunciation of the individual letters and selected letter groups. Students will study basic sentence structure, some grammar rules, basic rules of gender, number agreement, word pronunciation and useful vocabulary and phrases of the Italian language. Students will develop basic speaking, listening, reading, writing and comprehension skills. Situational dialog, and role playing will be practiced. Students will conduct simple conversations in Italian related to a common situation. The formal/polite "You" address convention used in the Italian language, the formation of the negative in Italian and how to form a question will be investigated.

Th 4:15 PM-6:15 PM 1/12 (9classes) VLSC \$72(R)/\$108(N) Keyser 7906

ITALIAN - CONVERSATIONAL BASICS LEVEL 2

(14 Years+) Designed to increase elements of the Italian language. Expand knowledge of sentences structure, grammar, pronunciation, and vocabulary. Increase in single, plural, gender structures of definite and indefinite articles. Prerequisites: Taken Conversational Basics Level 1.

Th 4:15 PM-6:15 PM 3/16 (9classes) VLSC \$72(R)/\$108(N) Keyser 9053

SPANISH - CONVERSATIONAL LEVEL I

(13 Years+) A stress-free class for beginners or near-beginners that focuses on speaking and listening development. Basic grammar and vocabulary will be introduced. No text book required. A non-refundable material fee of \$20 is due to the instructor at first class

W 6:30 PM-8:30 PM 1/11 (17classes) VLSC \$127(R)/\$191(N) Talledos 8010

SPANISH - CONVERSATIONAL LEVEL II

(18 Years+) This class is for students that have taken Spanish 1 with Ms. Talledos or are familiar with present, past, future and conditional. This class will continue on the remaining tenses, reading, writing (lots of examples) and speaking. Lots of conversation, guest speakers, games, food lessons, top places to visit for every state, Mexico history, clothes and fun facts. No book required, instructor will supply the materials \$20.00 no refundable supply fee due first day of class.

Th 6:30 PM-8:30 PM 1/12 (17classes) VLSC \$127(R)/\$191(N) Talledos 8011

SPANISH - LEVEL I

(14 Years+) Learn the fundamentals of the Spanish language. Classes will cover basic grammar, pronunciation and vocabulary. This class will emphasize listening, speaking, reading, and writing.

Th 4:30 PM-6:00 PM 1/12 (12classes) GRSC \$87(R)/\$131(N) Owen 8012

SPANISH - LEVEL II

(14 Years+) Continue your study of essential Spanish grammar and vocabulary. Build every day, informal conversation. Move beyond the basics to explore more about the present, past, and future tenses. Practice and develop skills in reading, writing and speaking Spanish. The emphasis of this class will be fluency and accuracy in spoken Spanish.

Th 6:10 PM-7:40 PM 1/12 (12classes) GRSC \$87(R)/\$131(N) Owen 8013

DANCE

BALLET - ALL LEVELS

(13 Years+) Revive and Renew your love for Ballet Class. Experience the total workout ballet has to offer. Review your past training at the barre, center and across the floor. Technique and terminology, create and learn dance combinations. This fun and casual class is designed for the dancer with past experience in ballet and ready for a dance workout.

M 6:00 PM-6:50 PM 1/9 (12classes) HRZN \$55(R)/\$83(N) Lawton 7803

BALLET - BEGINNING

(13 Years+) This class is designed for the beginning student or those with less than two years of Ballet training. This casual and fun class will offer a great workout while learning ballet basics, technique, terminology and ballet combinations.

M 5:00 PM-5:50 PM 1/9 (12classes) HRZN \$55(R)/\$83(N) Lawton 7804

Th 10:30 AM-11:20 AM 1/12 (13classes) MMRA \$59(R)/\$89(N) Lawton 7805

BALLET/BROADWAY JAZZ TECHNIQUE - ALL LEVELS

(18 Years+) This class is designed for a complete total body exercise and/or applying dance technique to your previous dance training. Concentration on body alignment, stretching and flexibility. Instructor will adapt to each individuals needs.

Tu 1:00 PM-2:00 PM 1/10 (14classes) GRSC \$62(R)/\$93(N) Lawton 7808

BALLROOM DANCE (18 YEARS+)

The Basics

Learn and improve the dances you need to feel comfortable in any social situation. Dances may include: Foxtrot, Waltz, Cha- Cha, Tango, Rumba, Swing and much more. No partner needed.

Tu 6:15 PM-7:15 PM 1/10 (8classes) VLSC \$46(R)/\$69(N) Kuhn 7812

Intermediate - Smooth Dances

This smooth dance class will focus on higher level patterns and technique in Fox Trot, Waltz and Tango. A fun continuation for the student who has had at least two to three sessions of Ballroom dance and who have learned 3 to 4 patterns in each of the social ballroom dances. No partner required.

Tu 7:15 PM-8:15 PM 1/10 (8classes) VLSC \$46(R)/\$69(N) Kuhn 7811

Ballroom Dance Plus

Are you more than a beginner level dancer, and have had beginning level dance lessons, but not yet ready for an intermediate level class? Brush up and enhance your dances skills in dances like Swing, Fox Trot, Waltz, Latin dances, Tango and more.

W 6:15 PM-7:15 PM 1/11 (8classes) FENP \$46(R)/\$69(N) Kuhn 7813

W 6:15 PM-7:15 PM 3/22 (8classes) FENP \$46(R)/\$69(N) Kuhn 7814

Beyond The Basics

(18 Years+) Here's a chance for the student who has taken the Beginner's class to learn more about the basic and beginning level social dances. The focus will be to add onto the students existing step patterns and technique to help improve movement on the dance floor. Dances may include: Foxtrot, Waltz, Cha- Cha, Tango, Rumba, Swing and much more. No partner needed.

Tu 6:15 PM-7:15 PM 3/21 (8classes) VLSC \$46(R)/\$69(N) Kuhn 7809

Intermediate - Rhythm Dances

The rhythm dance class will focus on higher level patterns and technique in Swing, Rumba, Cha Cha, Salsa or Samba. A fun continuation for the student who has had at least two to three sessions of Ballroom dance and who have learned 3 to 4 patterns in each of the social ballroom dances. No partner required.

Tu 7:15 PM-8:15 PM 3/21 (8classes) VLSC \$46(R)/\$69(N) Kuhn 7810



BELLY DANCING FUN & FITNESS

(16 Years+) Dance your way to fitness by learning the ancient art of belly dance with a modern twist. A fun and challenging dance workout open to all levels. Sculpt and tone your body with this fun and challenging dance workout! Included will be exercises to strengthen and firm. All levels welcome.

M 5:45 PM-6:45 PM 1/9 (17classes) MMRA \$91(R)/\$137(N) Haag 7817

Tu 9:30 AM-10:30 AM 1/10 (19classes) MMRA \$100(R)/\$150(N) Haag 7818

BOLLYWOOD DANCE FUN & FITNESS

(16 Years+) Dance your way to fitness while learning East Indian dance fusion. Bollywood dance incorporates both classic and modern dance styles making this workout fun and unique. All fitness levels are welcome.

M 7:00 PM-8:00 PM 1/9 (17classes) MMRA \$91(R)/\$137(N) Haag 7827

Tu 10:45 AM-11:45 AM 1/10 (19classes) MMRA \$100(R)/\$150(N) Haag 7828

BROADWAY JAZZ - ALL LEVELS

(13 Years+) Challenge your body and mind by learning a variety of jazz techniques and dance styles. Dance to today's modern songs, famous show tunes and more! Learn from the beginning or review basics. New dances will be taught and past dances will be reviewed.

Th 9:30 AM-10:20 AM 1/12 (13classes) MMRA \$59(R)/\$89(N) Lawton 7832

Broadway Jazz – Intermediate (18 Years+)

Tu 11:00 AM-11:50 AM 1/10 (14classes) GRSC \$62(R)/\$93(N) Lawton 7833

CHORUS LINE DANCING

(18 Years+) Exercise your mind and body while dancing in a chorus line to a wide variety of music. No partner is required to enjoy this class and all levels are welcome! Come join the fun.

Tu 9:00 AM-10:00 AM 1/10 (17classes) VLSC \$82(R)/\$123(N) Schwarz 7856

COUNTRY WESTERN DANCE

(18 Years+) If you enjoy listening to country-western music and wearing cowboy boots, you may get a kick out of country and western dancing. Learn the moves and techniques for dances like Arizona Two-Step, Texas Progressive Two-Step, Country Waltz and Line Dancing.

W 7:15 PM-8:15 PM 1/11 (8classes) FENP \$46(R)/\$69(N) Kuhn 7862

W 7:15 PM-8:15 PM 3/22 (8classes) FENP \$46(R)/\$69(N) Kuhn 7863

POLYNESIAN DANCE

Aloha! Come join us in learning Hula and other Island Dances, Sway your hips to this fun low impact dance. The music and songs tell a story while you gracefully workout your mind and body. Your fingertips to your toes and all the inbetweens will workout all while building coordination and improving memory. New and old dances taught and reviewed. Please plan to be bare footed or bring nonskid slippers.

(18 Years+)

Tu 12:00 PM-12:50 PM 1/10 (14classes) GRSC \$62(R)/\$93(N) Lawton 7982

(13 Years+)

Th 11:30 AM-12:20 PM 1/12 (14classes) MMRA \$62(R)/\$93(N) Lawton 7983



FITNESS & WELLNESS

20/20/20

(18 Years+) Get ready to maximize your workout hour! This full-body workout is designed to get your heart pumping, tone your muscles, strengthen your core and improve flexibility. The first 20 minutes will be focused on cardio training, incorporating plyometrics, kickboxing and step work. The second 20 minutes will be dedicated to sculpting lean muscles with resistance training. Your last 20 minutes of class will strengthen your core, and then you'll finish with a relaxing stretch. What more could you ask for in a 60 minute workout?

Tu 9:15 AM-10:15 AM 1/17 (14classes) MMRA \$78(R)/\$117(N) Santiago 7800

AEROBICS

(18 Years+) Start your day off right with this 'work at your own pace' cardio class! Warm-up, stretch, hi/low impact cardiovascular activity, muscle toning and stretching exercises are all included. Modifications are provided. Please bring your own hand weights.

Sa 7:45 AM-8:45 AM 1/14 (10classes) VLSC \$48(R)/\$72(N) Alfrid 7801
 Sa 7:45 AM-8:45 AM 3/25 (9classes) VLSC \$44(R)/\$66(N) Alfrid 8349

B. L. T. BUTT, LEGS AND TUMMY

(14 Years+) Using a stability ball is an incredible way to shape up and get limber with moves that are simple, fun and easy on the joints. This class will condition your abdominals and back, sculpt your legs and shape your butt. Enjoy a relaxing full body stretch that includes yoga poses adapted for the ball.

Th 6:00 PM-7:00 PM 1/12 (19classes) CACT \$96(R)/\$144(N) Romero 7802

BODY AND MIND

(18 Years+) Whip your heart, mind, and body into shape while having a great time. This course combines aerobics with yoga & Pilate's providing a full body workout including cardio, strengthening and flexibility.

M W 9:15 AM-10:15 AM 1/9 (18classes) GRSC \$77(R)/\$116(N) Alfrid 7821
 F 11:00 AM-12:00 PM 1/13 (10classes) VLSC \$48(R)/\$72(N) Alfrid 7822
 M W 9:15 AM-10:15 AM 3/20 (18classes) GRSC \$77(R)/\$116(N) Alfrid 8343
 F 11:00 AM-12:00 PM 3/24 (9classes) VLSC \$44(R)/\$66(N) Alfrid 8348

BODY BLAST

(14 Years+) Start your day off right with this fun and energizing class! Get a full body workout including a warm up, 30 minutes of Aerobics and 25 minutes of weight training and mat work to strengthen your body. End with a guided meditation and a cool down.

W 8:15 AM-9:15 AM 1/11 (10classes) MMRA \$45(R)/\$68(N) Robertson 7823
 W 8:15 AM-9:15 AM 3/22 (9classes) MMRA \$41(R)/\$62(N) Robertson 7824

SOCIAL DANCE SURVIVAL

(15 Years+) Do you freeze up at Wedding receptions, shy away at dinner dances, panic at the nightclub, pray no one will ask you to dance? Then, this is the dance class for you! Not only will you learn to survive on the dance floor, you will learn to dance with confidence and style. You will learn basic steps for the most popular dances. Whether it's swing, hustle, Latin, or line dances....'YOU WILL SURVIVE!' A partner is helpful, but not required.

W 7:15 PM-8:15 PM 1/11 (9classes) GRSC \$48(R)/\$72(N) Faccione 8009
 W 7:15 PM-8:15 PM 3/29 (8classes) GRSC \$43(R)/\$65(N) Faccione 8381

TAP - BEGINNING

(13 Years+) You can learn all the basic tap steps and beyond! Learning tap technique and terminology for both Hollywood and Rhythm styles. Improve your coordination, memory and balance in this fast moving workout while enjoying the Art of America's original Folk Dance. Tap shoes will be discussed the first class. If you don't have tap shoes, wear a hard sole shoe or sneakers.

Th 7:00 PM-7:50 PM 1/12 (14classes) RIMO \$62(R)/\$93(N) Lawton 8041

TAP - INTERMEDIATE

(13 Years+) This fast paced intermediate class is for the fun of tapping to a variety of music and styles. Haven't tapped for years and up for a great workout and tap challenge...Let's Tap! Choreography for dances will be taught while learning and building on basic techniques of both Rhythm and Hollywood styles 3 or more years of dance is recommended to fully enjoy this fast paced class. Tap shoes required.

Th 6:00 PM-6:50 PM 1/12 (14classes) RIMO \$62(R)/\$93(N) Lawton 8042

SENIOR TAP (18 YEARS+)

Learn the basics of different dance steps and combinations while improving your memory and having fun.

Beginning Techniques

Th 3:00 PM-4:00 PM 1/12 (10classes) GRSC \$51(R)/\$77(N) Campi 8045
 Th 3:00 PM-4:00 PM 3/23 (9classes) GRSC \$47(R)/\$71(N) Campi 8324

Intermediate Level I

Th 4:00 PM-5:00 PM 1/12 (10classes) GRSC \$51(R)/\$77(N) Campi 8043
 Th 4:00 PM-5:00 PM 3/23 (9classes) GRSC \$47(R)/\$71(N) Campi 8326

Intermediate Level II

Learn more challenging dance routines while improving your memory and having fun.

Th 5:00 PM-6:00 PM 1/12 (10classes) GRSC \$51(R)/\$77(N) Campi 8044
 Th 5:00 PM-6:00 PM 3/23 (9classes) GRSC \$47(R)/\$71(N) Campi 8325

CLASS LISTING LEGEND

COURSE TITLE

The description for this course will be listed in this section. The description may include age restrictions, activities, over view of the class and other key notes to share with you.

W 5:15pm-5:55pm 9/18 (12wks) HRZN \$57(R)/\$86(N) Martin 102812

Day Start Date & Length Fees, Resident/Non-Resident Course Code
 Time Location Instructor, when applicable

BODY CONDITIONING

(18 Years+) Exercise class concentrating on enhancing body tone, strengthening and stretching. This will include an educational aspect on fitness and wellness, to incorporate fitness into everyday life. Please bring personal hand weights to use in class.

W	7:45 AM-8:45 AM	1/11 (10classes)	VLSC	\$52(R)/\$78(N)	Alfraid	7825
F	9:15 AM-10:15 AM	1/13 (10classes)	GRSC	\$52(R)/\$78(N)	Alfraid	7826
W	7:45 AM-8:45 AM	3/22 (9classes)	VLSC	\$48(R)/\$72(N)	Alfraid	8345
F	9:15 AM-10:15 AM	3/24 (8classes)	GRSC	\$43(R)/\$65(N)	Alfraid	8347

CARDIO DANCE FITNESS

(18 Years+) A fusion of music provides a great cardio workout and lots of fun. Reduce stress, tone your body, strengthen your muscles, increase flexibility and build core strength. Foot movements are modified as needed and everyone is encouraged to work at their own pace. All levels are welcome.

Tu	7:45 AM-8:45 AM	1/10 (8classes)	VLSC	\$49(R)/\$74(N)	Turek	7834
Th	7:45 AM-8:45 AM	1/12 (9classes)	VLSC	\$54(R)/\$81(N)	Turek	7835
Tu	7:45 AM-8:45 AM	3/21 (8classes)	VLSC	\$49(R)/\$74(N)	Turek	7836
Th	7:45 AM-8:45 AM	3/23 (8classes)	VLSC	\$49(R)/\$74(N)	Turek	7837

CARDIO INTERVAL TABATA STYLE

(14 Years+) Tabata style; workout hard for 20 seconds, Rest for 10 seconds, Complete eight rounds. A total body workout combining low impact cardio with intervals of strength training exercises. Even though it is low impact, it can be high or low intensity.

Tu	6:00 PM-7:00 PM	1/10 (19classes)	CACT	\$96(R)/\$144(N)	Romero	7838
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CHAIR YOGA

(18 Years+) Perform exercises while sitting in a chair, or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

M	8:00 AM-9:00 AM	1/9 (8classes)	VLSC	\$53(R)/\$80(N)	Yancy	7847
M	9:00 AM-10:00 AM	1/9 (8classes)	VLSC	\$53(R)/\$80(N)	Yancy	7848
Th	8:00 AM-9:00 AM	1/12 (10classes)	VLSC	\$64(R)/\$96(N)	Yancy	7846
Th	9:00 AM-10:00 AM	1/12 (10classes)	VLSC	\$64(R)/\$96(N)	Yancy	7845
F	11:00 AM-12:00 PM	1/13 (10classes)	VLSC	\$64(R)/\$96(N)	Yancy	7849
M	8:00 AM-9:00 AM	3/20 (10classes)	VLSC	\$64(R)/\$96(N)	Yancy	7852
M	9:00 AM-10:00 AM	3/20 (10classes)	VLSC	\$64(R)/\$96(N)	Yancy	7853
Th	8:00 AM-9:00 AM	3/23 (10classes)	VLSC	\$64(R)/\$96(N)	Yancy	7851
Th	9:00 AM-10:00 AM	3/23 (10classes)	VLSC	\$64(R)/\$96(N)	Yancy	7850
F	11:00 AM-12:00 PM	3/24 (10classes)	VLSC	\$64(R)/\$96(N)	Yancy	7854

CONDITIONING COMBO

(14 Years+) A combination of yoga, pilates, and stretching. This class will help you release stress, increase flexibility, promote core strength and reduce stiffness throughout your entire body. All fitness levels are encouraged to participate.

W	7:00 PM-8:00 PM	1/11 (19classes)	CACT	\$81(R)/\$122(N)	Alfraid	7859
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CORE AND MORE

(14 Years+) Improve your balance and stability while increasing your stamina. Structured to accommodate all goals and fitness levels, this full body circuit training format, which incorporates cardio activity alongside weight training, is designed to strengthen your entire body. Get your heart rate up and burn calories as you jump from exercise to exercise working your way through each muscle group, with an emphasis on the core muscles (abs, lower back, hips, and butt).

Tu	5:30 PM-6:15 PM	1/10 (19classes)	MMRA	\$81(R)/\$122(N)	Teisch	7861
Th	4:00 PM-5:00 PM	1/12 (19classes)	MMRA	\$81(R)/\$122(N)	Teisch	7860

FIT AND FABULOUS

(14 Years+) This low impact cardio class will give you a jump start to your day! We'll do a warm up , low impact cardio, muscle conditioning, using weights and a cool down stretch.

M	8:00 AM-9:00 AM	1/9 (17classes)	CACT	\$87(R)/\$131(N)	Romero	7894
Th	8:00 AM-9:00 AM	1/12 (19classes)	CACT	\$96(R)/\$144(N)	Romero	7895

MAX TONE AND FITNESS

(14 Years+) This is a non-stop workout class for the person looking for a 'killer' toning class. Sign up today and TONE up!

W	5:45 PM-6:45 PM	1/11 (19classes)	CACT	\$81(R)/\$122(N)	Alfraid	7926
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PERSONAL FITNESS

(18 Years+) Certified Personal Trainer keeps the class fun. Class includes stretching, hand held weights, stretch bands, balance exercises, and chair exercises.

M F	10:30 AM-11:30 AM	1/9 (18classes)	GRSC	\$90(R)/\$135(N)	Bockal	7965
M F	10:30 AM-11:30 AM	3/20 (18classes)	GRSC	\$81(R)/\$122(N)	Bockal	7966

PILATES

This beginning Pilates class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend.

(14 Years+)

M	10:00 AM-11:00 AM	1/9 (16classes)	CACT	\$82(R)/\$123(N)	Romero	7974
M	10:30 AM-11:30 AM	1/9 (17classes)	MMRA	\$116(R)/\$174(N)	Nicholas	7976
W	10:00 AM-11:00 AM	1/11 (19classes)	MMRA	\$128(R)/\$192(N)	Nicholas	7977
W	5:55 PM-6:55 PM	1/11 (19classes)	HRZN	\$89(R)/\$134(N)	Martini	7979
W	4:30 PM-5:30 PM	1/11 (19classes)	CACT	\$89(R)/\$134(N)	Alfraid	7975

(18 Years+)

W	10:30 AM-11:30 AM	1/11 (10classes)	GRSC	\$51(R)/\$77(N)	Alfraid	7978
W	10:30 AM-11:30 AM	3/22 (9classes)	GRSC	\$47(R)/\$71(N)	Alfraid	8344

PILATES - GOLF CONDITIONING

(14 Years+) This conditioning program can significantly enhance your golfing experience while extending your years of play. Increasing strength and flexibility and decrease your risk for injury. Building better bodies and minds is the original purpose of Pilates. Make the most if the equipment that you already have Your body and your mind.

Tu	5:00 PM-5:50 PM	1/10 (19classes)	HRZN	\$89(R)/\$134(N)	Martin	7980
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GENERAL (13 YRS+) | RESIDENT REGISTRATION STARTS DECEMBER 5

SENIOR STRENGTH TRAINING

(18 Years+) Resistance and strength training can enable senior citizens to regain muscle mass and strength at any age. You're never too old to build a little muscle and fight conditions like osteoporosis. Many of the degenerative diseases experienced in the aging process are related to loss of muscle mass and strength. Focus will be geared to those issues related to senior citizens. This class will utilize basic exercises on machines and with free weights.

M W	11:00 AM-12:00 PM	1/9 (18classes)	VLSC	\$93(R)/\$140(N)	Kopp	7987
M Th	9:15 AM-10:15 AM	1/9 (18classes)	MMRA	\$93(R)/\$140(N)	Kopp	7991
Tu Th	11:00 AM-12:00 PM	1/10 (20classes)	VLSC	\$102(R)/\$153(N)	Kopp	7988
Tu Th	2:30 PM-3:30 PM	1/10 (20classes)	GRSC	\$102(R)/\$153(N)	Kopp	7993
M W	11:00 AM-12:00 PM	3/20 (18classes)	VLSC	\$93(R)/\$140(N)	Kopp	7989
M Th	9:15 AM-10:15 AM	3/20 (18classes)	MMRA	\$93(R)/\$140(N)	Kopp	7992
Tu Th	11:00 AM-12:00 PM	3/21 (18classes)	VLSC	\$93(R)/\$140(N)	Kopp	7990
Tu Th	2:30 PM-3:30 PM	3/21 (18classes)	GRSC	\$93(R)/\$140(N)	Kopp	7994

SHIFT YOUR SHAPE

(18 Years+) A stretch and tone workout including yoga poses that will leave you ready to take on the afternoon! This class promotes flexibility, balance and muscular endurance. Emphasis is on abdominals, thighs, buttocks and back. Exercise at your own pace in a friendly atmosphere.

Tu Th	11:15 AM-12:00 PM	1/17 (28classes)	ELDO	\$45(R)/\$68(N)	Reznikoff	7996
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SIT AND GET FIT

(18 Years+) This class will perform exercises while sitting in a chair or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

W	8:55 AM-9:50 AM	1/11 (10classes)	VLSC	\$64(R)/\$96(N)	Yancy	7997
W	8:55 AM-9:50 AM	3/22 (10classes)	VLSC	\$64(R)/\$96(N)	Yancy	7998

STEP AEROBICS

(14 Years+) This class provides the ideal workout for those students who want to challenge themselves. Each class consists of a warm up, step aerobics and some light weight training.

Tu	6:00 PM-7:00 PM	1/10 (19classes)	HRZN	\$68(R)/\$102(N)	Martin	8014
Th	6:00 PM-7:00 PM	1/12 (19classes)	HRZN	\$68(R)/\$102(N)	Martin	8015

STEP AND STRENGTHEN

(14 Years+) This class is great for all fitness levels! Have a great time getting in shape while following basic step movements and being instructed on strengthening exercises. Basics are covered for those that are new to stepping and modifications are given when needed. Strengthen your legs, upper body and core with low intensity training.

Sa	9:15 AM-10:15 AM	1/14 (19classes)	HRZN	\$81(R)/\$122(N)	Alfrid	8016
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STEP CIRCUIT

(14 Years+) Combine the basics of a step class with strengthening and core work. Get your heart in shape with a fun step workout incorporating basic movement patterns, grapevines and marches. Use equipment to increase your strength and sculpt your core. Challenge your body by combining high intensity stepping and low intensity resistance training.

M	9:00 AM-10:00 AM	1/9 (16classes)	CACT	\$82(R)/\$123(N)	Romero	8017
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TAI CHI (18 YEARS+)

Learn the Yang Style Long Form, a slow, graceful, rhythmic exercise, which promotes good health and improves balance, memory and concentration. The Yang Style Long Form is a series of postures which are broken into three sections. Beginning class will cover positions from the first section.

Beginning

M	9:00 AM-10:30 AM	1/9 (6classes)	ELDO	\$39(R)/\$59(N)	Isaacson	8024
W	10:00 AM-11:00 AM	1/11 (8classes)	VLSC	\$36(R)/\$54(N)	Navarro	8030
W	11:00 AM-12:00 PM	1/11 (8classes)	VLSC	\$36(R)/\$54(N)	Isaacson	8028
W	5:30 PM-7:00 PM	1/11 (8classes)	GRSC	\$48(R)/\$72(N)	Isaacson	8025
Th	9:00 AM-10:30 AM	1/12 (8classes)	GRSC	\$48(R)/\$72(N)	Isaacson	8026
F	9:00 AM-10:00 AM	1/13 (8classes)	VLSC	\$36(R)/\$54(N)	Navarro	8031
Sa	8:45 AM-10:15 AM	1/14 (8classes)	PNCC	\$48(R)/\$72(N)	Isaacson	8027
M	9:00 AM-10:30 AM	3/20 (9classes)	ELDO	\$53(R)/\$80(N)	Isaacson	8365
W	10:00 AM-11:00 AM	3/22 (9classes)	VLSC	\$39(R)/\$59(N)	Navarro	8032
W	11:00 AM-12:00 PM	3/22 (9classes)	VLSC	\$39(R)/\$59(N)	Isaacson	8029
W	5:30 PM-7:00 PM	3/22 (9classes)	GRSC	\$53(R)/\$80(N)	Isaacson	8366
Th	9:00 AM-10:30 AM	3/23 (9classes)	GRSC	\$53(R)/\$80(N)	Isaacson	8367
F	9:00 AM-10:00 AM	3/24 (9classes)	VLSC	\$39(R)/\$59(N)	Navarro	8313
Sa	8:45 AM-10:15 AM	3/25 (9classes)	PNCC	\$53(R)/\$80(N)	Isaacson	8369

Intermediate - All students must be proficient in positions from the first section. This class will review the positions of the first section and will cover positions from the second section.

W	11:00 AM-12:00 PM	1/11 (8classes)	VLSC	\$36(R)/\$54(N)	Navarro	8033
W	11:00 AM-12:00 PM	3/22 (9classes)	VLSC	\$40(R)/\$60(N)	Navarro	8034

Advanced - All students must be proficient in the positions from the first and second sections. This class will review the positions of the first and second sections and will cover positions from the third section.

W	10:00 AM-11:00 AM	1/11 (8classes)	VLSC	\$36(R)/\$54(N)	Isaacson	8023
F	9:00 AM-10:30 AM	1/13 (8classes)	VLSC	\$49(R)/\$74(N)	Isaacson	8020
Sa	10:30 AM-12:00 PM	1/14 (8classes)	PNCC	\$49(R)/\$74(N)	Isaacson	8022
W	10:00 AM-11:00 AM	3/22 (9classes)	VLSC	\$40(R)/\$60(N)	Isaacson	8021
F	9:00 AM-10:30 AM	3/24 (9classes)	VLSC	\$54(R)/\$81(N)	Isaacson	8368
Sa	10:30 AM-12:00 PM	3/25 (9classes)	PNCC	\$54(R)/\$81(N)	Isaacson	8370

TAI CHI - RESTORATIVE (18 YEARS+)

Beginning

Restorative means to restore to a natural state, to make whole, to heal. In this class you will learn Tai Chi, Yang Style, Long Form plus you will learn how to calm and focus your physical, mental and spiritual energy, while improving balance, memory and flexibility. The class will include an educational aspect on healing and relaxation that you may incorporate into everyday life.

Th	1:00 PM-2:15 PM	1/12 (9classes)	VLSC	\$49(R)/\$74(N)	Turek	8035
Sa	10:30 AM-11:45 AM	1/14 (8classes)	VLSC	\$45(R)/\$68(N)	Turek	8036
Th	1:00 PM-2:15 PM	3/30 (8classes)	VLSC	\$45(R)/\$68(N)	Turek	8319
Sa	10:30 AM-11:45 AM	4/1 (8classes)	VLSC	\$45(R)/\$68(N)	Turek	8323

Restorative - Intermediate

To register for Intermediate, students must be proficient in the positions taught in the Beginning Restorative class.

M	1:00 PM-2:15 PM	1/9 (7classes)	VLSC	\$41(R)/\$62(N)	Turek	8037
Tu	10:30 AM-11:45 AM	1/10 (8classes)	VLSC	\$45(R)/\$68(N)	Turek	8040
F	9:00 AM-10:15 AM	1/13 (8classes)	VLSC	\$45(R)/\$68(N)	Turek	8038
Sa	9:00 AM-10:15 AM	1/14 (8classes)	VLSC	\$45(R)/\$68(N)	Turek	8039
M	1:00 PM-2:15 PM	3/27 (8classes)	VLSC	\$45(R)/\$68(N)	Turek	8318
Tu	10:30 AM-11:45 AM	3/21 (8classes)	VLSC	\$45(R)/\$68(N)	Turek	8320
F	9:00 AM-10:15 AM	3/31 (8classes)	VLSC	\$45(R)/\$68(N)	Turek	8321
Sa	9:00 AM-10:15 AM	4/1 (8classes)	VLSC	\$45(R)/\$68(N)	Turek	8322

TONE AND STRETCH

(18 Years+) Start your day off right with this 'work at your own pace' cardio and toning class! Warm-up, stretch, hi/low impact cardiovascular activity, muscle toning, stretching and mat work exercises are all included in this total body workout. Class ends with a cool-down and a guided meditation. Modifications are provided. Please bring your own hand weights.

M	7:45 AM-8:45 AM	1/9 (8classes)	VLSC	\$38(R)/\$57(N)	Robertson	8046
F	7:45 AM-8:45 AM	1/13 (10classes)	VLSC	\$45(R)/\$68(N)	Robertson	8047
M	7:45 AM-8:45 AM	3/20 (9classes)	VLSC	\$41(R)/\$62(N)	Robertson	8048
F	7:45 AM-8:45 AM	3/24 (9classes)	VLSC	\$41(R)/\$62(N)	Robertson	8049

TOTAL BODY BOOT CAMP

(14 Years+) This ultimate body work out is designed to push you outside your comfort zone. Tone muscles, sculpt your body into a new you. Workouts will consist of interval-based fitness including cardiovascular training, muscle conditioning, and plyometric training.

Th	5:30 PM-6:30 PM	1/12 (19classes)	MMRA	\$81(R)/\$122(N)	Teisch	8055
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TOTALLY TONING

(14 Years+) Strengthen and tone your major muscle groups using weights, bands, body bars and gravity. Learn how to use equipment properly for the results you want. Have fun while strengthening your body. Target problem areas and increase your metabolism with more muscle.

Tu	9:00 AM-10:00 AM	1/10 (19classes)	CACT	\$96(R)/\$144(N)	Romero	8056
Th	9:00 AM-10:00 AM	1/12 (19classes)	CACT	\$96(R)/\$144(N)	Romero	8057

WEIGHT BUSTERS

(14 Years+) Weight loss is the goal and purpose of Weight Busters, as it is designed for individuals with 30+ lbs. to lose. Using a combination of weight training, cardio, and core work the program is proven to help shift your body composition, dropping fat, increasing metabolism and changing your life. The program starts gradually to avoid injury, while maximizing weight loss.

Tu	7:00 PM-8:00 PM	1/10 (19classes)	CACT	\$96(R)/\$144(N)	Romero	8071
Th	7:00 PM-8:00 PM	1/12 (19classes)	CACT	\$96(R)/\$144(N)	Romero	8072

YOGA

All Levels

Find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This time is used to find ways to relax, release stress and create a better awareness of the body. All levels welcome.

(18 Years+)

M	5:30 PM-7:00 PM	1/9 (8classes)	GRSC	\$57(R)/\$86(N)	Andrade	8077
W	6:00 PM-7:30 PM	1/11 (10classes)	GRSC	\$68(R)/\$102(N)	Andrade	8078
M	5:30 PM-7:00 PM	3/20 (9classes)	GRSC	\$62(R)/\$93(N)	Andrade	8330
W	6:00 PM-7:30 PM	3/22 (9classes)	GRSC	\$62(R)/\$93(N)	Andrade	8331

(14 Years+)

M	7:00 PM-8:00 PM	1/9 (18classes)	CACT	\$107(R)/\$161(N)	Yancy	8080
W	6:30 PM-8:00 PM	1/11 (20classes)	MMRA	\$171(R)/\$257(N)	Yancy	8081
Th	6:30 PM-8:00 PM	1/12 (19classes)	PNCC	\$159(R)/\$239(N)	Sikes	8079

Beginning

(18 Years+)

M	10:30 AM-11:45 AM	1/9 (8classes)	VLSC	\$63(R)/\$95(N)	Phillips	8086
W	10:30 AM-12:00 PM	1/11 (19classes)	CACT	\$159(R)/\$239(N)	Sikes	8084
Th	10:30 AM-12:00 PM	1/12 (10classes)	GRSC	\$76(R)/\$114(N)	Kayatt	8082
Th	10:30AM-12:00PM	1/12 (8classes)	VLSC	\$68(R)/\$102(N)	Vershure	8088
TH	10:30AM-12:00PM	3/16 (9classes)	VLSC	\$75(R)/\$113(N)	Vershure	9061
M	10:30 AM-11:45 AM	3/20 (9classes)	VLSC	\$70(R)/\$105(N)	Phillips	8087
Th	10:30 AM-12:00 PM	3/23 (9classes)	GRSC	\$70(R)/\$105(N)	Kayatt	8083

(14 Years+)

M	6:15 PM-7:45 PM	1/9 (15classes)	MNTV	\$128(R)/\$192(N)	Sikes	8085
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Intermediate – (18 Years+) Intermediate requires yoga experience, with knowledge of the alignment principles of yoga for the basic postures. Find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This time is used to find ways to relax, release stress and create a better awareness of the body. Please note, if you are not at the Intermediate skill level, for your safety, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

M	9:00 AM-10:15 AM	1/9 (8classes)	VLSC	\$63(R)/\$95(N)	Phillips	8099
TH	9:00AM-10:30AM	1/12 (8classes)	VLSC	\$68(R)/\$102(N)	Vershure	8101
TH	9:00AM-10:30AM	3/16 (9classes)	VLSC	\$75(R)/\$113(N)	Vershure	9062
M	9:00 AM-10:15 AM	3/20 (9classes)	VLSC	\$70(R)/\$105(N)	Phillips	8100

Gentle – (18 Years+) This slower paced, restorative class is designed to focus on breathing, relaxation and gentle stretching. Find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This time is used to find ways to relax, release stress and create a better awareness of the body. All levels welcome.

Tu	9:00 AM-10:30 AM	1/10 (10classes)	GRSC	\$76(R)/\$114(N)	Kayatt	8089
W	8:30 AM-10:00 AM	1/11 (10classes)	GRSC	\$76(R)/\$114(N)	Kayatt	8090
Th	9:00 AM-10:30 AM	1/12 (10classes)	GRSC	\$76(R)/\$114(N)	Kayatt	8091
Th	2:30 PM-4:00 PM	1/12 (20classes)	VLSC	\$171(R)/\$257(N)	Yancy	8097
F	8:30 AM-10:00 AM	1/13 (10classes)	GRSC	\$76(R)/\$114(N)	Kayatt	8092
Tu	8:45 AM-10:15 AM	1/10 (18classes)	VLSC	\$155(R)/\$233(N)	Yancy	8098
Tu	9:00 AM-10:30 AM	3/21 (9classes)	GRSC	\$70(R)/\$105(N)	Kayatt	8093
W	8:30 AM-10:00 AM	3/22 (9classes)	GRSC	\$70(R)/\$105(N)	Kayatt	8094
Th	9:00 AM-10:30 AM	3/23 (9classes)	GRSC	\$70(R)/\$105(N)	Kayatt	8095
F	8:30 AM-10:00 AM	3/24 (9classes)	GRSC	\$70(R)/\$105(N)	Kayatt	8096



YOGA - NIDRA

(14 Years+) Nidra is a practice to de-stress the physical body and move into deep relaxation. Each class will include a brief series of gentle yoga poses to stretch the body and release tension, which are then followed with an extended savasana (lying on the back) with a guided Yoga Nidra meditation for deep rest and relaxation. This class is the perfect end to a busy day and will help you to sleep better at night! Please bring a blanket and/or a large cushion to class.

Th 6:30 PM-7:30 PM 1/12 (20classes) MNTV \$118(R)/\$177(N) Yancy 8102

YOGA - YIN

(14 Years+) Enhance your flexibility with Yin Yoga. This slow, meditative practice is ideal for beginners or experienced students who want to feel more openness and flexibility in their joints, especially the hips and lower back. Most poses are done on the floor from a seated position or on the back. Alternate poses are offered for anyone who has a challenge with the knees or ankles.

Sa 9:00 AM-10:30 AM 1/14 (10classes) GRSC \$68(R)/\$102(N) Andrade 8103

Sa 9:00 AM-10:30 AM 3/25 (9classes) GRSC \$62(R)/\$93(N) Andrade 8332

ZUMBA

ZUMBA is a fusion of Latin and International music & dance themes to create a dynamic, exciting and effective fitness system! The routines feature salsa, merengue, cumbia, samba and many more steps presented as aerobic/fitness interval training combining fast and slow rhythms to tone and sculpt the body. It is this mixture of body sculpting movements in easy to follow dance steps and the principals of fitness interval and resistance training that allow Zumba participants to maximize their caloric and fat burning output for total body toning.

(18 Years+)

M 6:30 PM-7:30 PM 1/9 (8classes) VLSC \$43(R)/\$65(N) Brown 8108

M 6:30 PM-7:30 PM 3/20 (9classes) VLSC \$48(R)/\$72(N) Brown 8109

(14 Years+)

Tu 5:45 PM-6:45 PM 1/10 (9classes) GRSC \$81(R)/\$122(N) DeCocq 8104

Th 6:15 PM-7:15 PM 1/12 (9classes) GRSC \$81(R)/\$122(N) DeCocq 8105

Tu 5:45 PM-6:45 PM 3/21 (9classes) GRSC \$81(R)/\$122(N) DeCocq 8106

Th 6:15 PM-7:15 PM 3/23 (9classes) GRSC \$81(R)/\$122(N) DeCocq 8107



SPECIAL INTEREST

CPR & FIRST AID COMBO

(14 Years+) This class is intended for community members who do not work in the healthcare field, but are required to/or just desire to have CPR, Basic First Aid & AED knowledge and skills. CPR instruction will include infant, child and adult. Basic First Aid is ideal for employee emergency response teams, school bus drivers, adult residential care personnel, child care workers, teachers, parents and babysitters.

Sa 8:30 AM-12:30 PM 1/14 (1class) SPFD \$45(R)/\$45(N) Scottsdale Fire Department 8466

Sa 8:30 AM-12:30 PM 5/6 (1class) SPFD \$45(R)/\$45(N) Scottsdale Fire Department 7864

CPR PROFESSIONALS

(18 Years+) This class is for healthcare providers, first responders and professional rescuers or individuals needing professional level basic life support training as a job requirement.

Sa 8:30 AM-12:30 PM 4/1 (1class) SPFD \$45(R)/\$45(N) Scottsdale Fire Department 7865

TRUSTS, WILLS AND ESTATE TAXES

(21 Years+) Unravel the mystery surrounding trusts, wills and other estate planning instruments. Find out why estate taxes are voluntary. Learn how to hold title to assets and use community property to save thousands of dollars in income taxes. Discover what only an Attorney and CPA with 30 years of experience in estate planning can tell you about the common mistakes to avoid. Free Living Will Form will be provided.

M 6:15 PM-7:45 PM 2/6 (2classes) HRZN \$14(R)/\$21(N) Bredemann 8062

NEW AZ RESIDENTS - TAX AND TRUST LAWS

(21 Years+) If you are a new Arizona resident or have not updated your estate plan since you became an Arizona resident, you need to attend this class to learn the impact of many unique Arizona tax matters and local laws which impact you and your family. Understand the concept of community property, living wills, power of attorney, local estate taxes, and community property with right of survivorship and Arizona income tax laws. Learn the impact on your existing estate plan if you make no changes because of Arizona's unique property laws.

Th 6:15 PM-7:45 PM 2/16 (2classes) HRZN \$14(R)/\$21(N) Bredemann 7944

BILLIARDS

(18 Years+) Learn or refresh the fundamentals of pool with proper stance, bridging, grip, stroke (vs. poke) and aiming. Analyze equipment quality and its impact on consistent play. Review the current rules of 8-Ball, 9-Ball and Straight Pool. Understand the basics of cueball control and position play through the use of proper english. Study & practice (stun, follow, draw, cut, deflection, squirt, curve, collision and spin induced throw, masse, jump, carom, billiard, etc.) Finish the course with a student tournament.

Tu 8:00 AM-10:00 AM 1/10 (10classes) VLSC \$79(R)/\$119(N) Grande 7819

Tu 11:00 AM-1:00 PM 1/10 (10classes) GRSC \$79(R)/\$119(N) Grande 7820



BRIDGE - BEGINNING

(18 Years+) Develop a grounding to play successful bridge. This class starts with the basic terminology, seating, dealing, sorting suits, scoring, etc. You will learn the importance of counting high card and distributional points. We'll cover opening bids and responses, no trump calls, overcalls, preempts, etc.. Most important, there will be a great deal of hand play. Weekly review and open discussion will help players develop communications skills with their partners.

Tu	9:30 AM-12:00 PM	1/10 (10classes)	GRSC	\$102(R)/\$153(N)	Harris	8468
W	9:00 AM-11:00 AM	1/11 (8classes)	VLSC	\$54(R)/\$81(N)	Bigham	7829
W	9:00 AM-11:00 AM	3/15 (8classes)	VLSC	\$54(R)/\$81(N)	Bigham	9067

BRIDGE - INTERMEDIATE

(18 Years+) The class is a continuation of the beginning class dealing with the play of the hand as declarer and as defender as well as further instruction in bidding. The most common conventions, e.g. Stayman, Blackwood limit raises; 4 types of doubles; forcing bids; bidding hands of exceptional strength, weakness or shape; slam bidding; requirements for game bid; responsibility for continuing or ending the bidding; and other techniques as requested will be explained. Much of the class time will be spent on supervised practice.

W	11:15 AM-1:15 PM	1/11 (8classes)	VLSC	\$54(R)/\$81(N)	Bigham	7831
W	11:15 AM-1:15 PM	3/15 (8classes)	VLSC	\$54(R)/\$81(N)	Bigham	9068
Tu	9:30 AM-12:00 PM	3/21 (10classes)	GRSC	\$102(R)/\$153(N)	Harris	7830

MAH JONGG

(18 Years+) Experience an ancient Chinese game played for generations. This game of skill and chance will improve your memory and spark new friendships. The fundamentals and terminology are taught during practice games. Please purchase a current National Mah Jongg League card.

Beginning

W	1:45 PM-3:45 PM	1/25 (8classes)	VLSC	\$85(R)/\$126(N)	Hunt	7922
W	1:45 PM-3:45 PM	3/29 (8classes)	VLSC	\$84(R)/\$126(N)	Hunt	9063

Intermediate

W	3:50 PM-5:50 PM	1/25 (8classes)	VLSC	\$84(R)/\$126(N)	Hunt	7923
W	3:50 PM-5:50 PM	3/29 (8classes)	VLSC	\$84(R)/\$126(N)	Hunt	9064

MEDITATION

(18 Years+) Meditation calms the body and soothes the mind. It is also a great way to relieve stress and improve overall health and well-being. Come join us for this meditation and relaxation class. We will explore various forms of meditation and relaxation methods. Through regular practice, you will begin to experience renewed peace and inner calm in your daily life.

Beginning

Tu	10:30 AM-11:30 AM	1/10 (18classes)	VLSC	\$107(R)/\$161(N)	Yancy	7927
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Intermediate

This class is for those that have taken the Beginning Meditation class or have prior Meditation experience.

F	12:30 PM-1:30 PM	1/13 (20classes)	VLSC	\$118(R)/\$177(N)	Yancy	7928
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PIANO/KEYBOARD TEEN/ADULT

(13 Years+) From Santana to Sinatra and Streisand; from the Beatles to Bach and Beethoven; from Broadway hits such as Phantom and Cats; to movie themes from the Titanic, Star Wars, James Bond and Lord of the Rings. This unique award winning method teaches keyboard skills on real songs you know and love! The program uses brilliantly conceived visual tools that show students how music works. Learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. Keyboards are provided for each student for classroom use; and all music materials are included at no extra charge.

Level I

W	6:30 PM-7:30 PM	1/11 (6classes)	HRZN	\$119(R)/\$179(N)	Elements	7970
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Level II

W	6:30 PM-7:30 PM	3/1 (7classes)	HRZN	\$119(R)/\$179(N)	Elements	7971
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POETRY

(18 Years+) Study poetry and its forms from all periods of history. Each week we will discuss students' work. Handouts and open conversation will assist in understanding.

Tu	9:00 AM-12:00 PM	1/10 (8classes)	GRSC	\$59(R)/\$89(N)	Dillard	7981
Tu	9:00 AM-12:00 PM	3/14 (8classes)	GRSC	\$59(R)/\$89(N)	Dillard	9071

