
ARTS & CRAFTS

WOODCARVING *Instructor: M. LePage, Master Woodcarver*

Beginner & Advanced woodcarvers will learn the various techniques of wood carving using a knife or a Dremel tool. The class will be carving a popular bird, duck or animal. Knives and tools are available from instructor. *Material fee up to \$14.*

1000 Wed. 4/21 6:30-9:15pm \$70 LSHS Room 119 7 Weeks

ART FOR ALL MEDIAS-ACRYLIC, OIL, WATERCOLOR *Instructor: V. Repen*

Enjoy your leisure by taking a class in painting. Learn and improve your basic art skills. All medias covered in class. **NO CLASS 5/31**

1001 Mon. 4/19 12:30-3:00pm \$40 SCSACE Room 111 8 Weeks

HARD SHELL GOURD-INDIAN DREAM CATCHER *Instructor: C. Pawlik*

Learn how to transform a hard shell gourd into a one-of-a-kind Indian Dream Catcher Gourd. You will choose a gourd, burn the design into the gourd using a wood burning tool, decorate and seal your gourd. Gourds, tools, shells, beads and paint are available from the instructor. Please bring protective eyewear and a facemask to use when cleaning the gourd. *Material fee \$20 paid to instructor first night of class.*

1002 Tues. 4/20 6:30-8:30pm \$50 SCSACE Room 111 8 weeks

HARD SHELL GOURD CRAFTING INTERMEDIATE TO ADVANCED *Instructor: C. Pawlik*

This class is designed for Intermediate to Advanced levels to continue to explore Hard Shell Gourd Crafting. Students will have their choice of project depending on your level of comfort. Several different techniques that can be used on gourds will be shown. A list of recommended tools is available a la cart from instructor. Please bring wood burning tool, along with protective eyewear and facemask. You can also bring your own gourd to class to work on.

1003 Tues. 4/20 7:00-9:00pm \$50 SCSACE Room 111 8 weeks

BASKET WEAVING *Instructor A. Jorgensen*

Learn the joy of weaving your own baskets. 3 styles and weaves will be completed. You will be amazed at what you can make when you acquire the skills of this unique and satisfying hobby.

Material fee \$40 paid at first night of class. NO CLASS 5/31

1004 Mon. 4/19 6:30-8:30pm \$45 SCSACE Room 111 8 weeks

FLORAL DESIGN *Instructor Drake (LC)*

Learn to make beautiful floral arrangements and wall hangings for both house and for gifts. Take home a finished project each and every class. Supply list available at time of registration.

Instructor is a floral designer and former shop owner.

1005 Mon. 4/19 6:30-8:00pm \$45 Pankow Room 409 6 weeks

BRIDAL DESIGN *Instructor Drake (LC)*

Learn to make bridal bouquets, corsages, boutonnieres, & centerpieces for your own wedding. Take home a completed project each week. Supply list available at registration. Instructor is a floral designer and former shop owner.

1006 Mon. 4/19 8:00-9:30pm \$45 Pankow Room 409 6 weeks

BEGINNER QUILT CLASS *Instructor: Cole (LC)*

Learn rotary cutting, piecing and machine quilting. Make a 60 x 60 Quilt. Fabric requirements given at time of registration. *\$5 pattern fee due to instructor at first class.* Please bring sewing machine to 2nd class.

1007 Thurs. 5/6 6:30-8:30pm \$40 Pankow Room 202 4 Weeks

LEARN TO KNIT *Instructor Hanna (LC) NEW*

Beginners, Intermediate & Advanced Knitters Welcome! Learn cast-on, knit, purl and bind-off. Beginner project: slippers or hat. Others bring in project of choice. You will get assistance with stitches and reading patterns. Supply list given at time of registration.

1008 Tues. 4/20 6:30-8:30pm \$43 LCMSS Room 114 6 Weeks

THE LAKESIDE PALETTE CLUB
MEETS EVERY TUESDAY FROM 9:00-3:00
AT ADULT ED. BUILDING
COME VIEW THEIR ARTWORK IN OUR HALLWAYS.

CAREER

INTERVIEWING TO WIN THE JOB *Instructor: M. Kelly (LC)*

This 3 hour workshop prepares you for the interview process and questions that even the best candidates often stumble over. Preparation for live and phone interviews, answering strategies, common questions, what questions you need to ask, body language, and how to end the interview are just some of the topics covered. Bring a resume for a free critique.

2000 Wed. 4/28 6:30-8:30pm \$30 Pankow Room 203 1 Night

USING SOCIAL MEDIA TO MARKET YOUR BUSINESS *Instructor: K Johnson*

Learn how to use Social Media (My Space, Facebook, LinkedIn, Twitter, etc.) to market your business. With hundreds out there, learn the top ones out there and how to choose the one best suited for your business. Social media is here to stay and best of all it's FREE.

2001 Thurs. 4/29 7:00-9:00pm \$30 SCSACE Room 104 1 Night

WRITING A GREAT RESUME TO WIN AN INTERVIEW *Instructor: M. Kelly (LC)*

This 2 hour workshop will provide you with the tools to write a great professional-level resume designed to get you in front of the decision maker. Formatting, selling points, styles, cover letters, submittal tips, plus when and how to follow-up are a few of the topics covered. Bring a resume for a free critique.

2002 Thurs. 4/29 6:30-8:30pm \$20 Pankow Room 203 1 Night

A CAREER AS A VIRTUAL ASSISTANT *Instructor: K. Johnson*

What is a Virtual Assistant? How do I become one? How can I translate my administration skills to a Virtual Assistant? What do I need to start up? These questions will be answered regarding one of the fastest growing job segments, for full or part time work.

2003 Wed. 5/19 7:00-9:00pm \$25 SCSACE Room 110 1 Night

SAVVY GUIDE TO WORK AT HOME *Instructor: Working Savvy*

Jobs are scarce these days. Why not start a new career working at home? You'll save money on gas and earn right from your house. Opportunities are available and we will give you the tools you need to find legitimate openings. Everything you need to know is offered here so that you can go home and start earning money in a position you choose. *A \$15 materials fee for textbook with job descriptions, resources, and contacts is payable to instructor.*

2004 Wed. 5/12 6:00-7:30pm \$25 SCSACE Room 110 1 Night

COMPUTERS

SLOW & EASY *Instructor: M. Wilson*

This is a slower paced class where you can get an overview of just what programs are on the computer and learn about the very basics of getting started. We will take away some of the confusion and make you comfortable with just what the computer is all about. You will feel confident to take more in depth classes since you will have some experience with the mouse and know your way around the keyboard.

2005A Thurs. 4/22 1:15-3:45pm \$20 SCSACE Room 110 1 Day

2005B Thurs. 4/22 6:30-9:00pm \$20 SCSACE Room 110 1 Night

BASIC COMPUTER SKILLS: Get to Know Your Computer *Instructor: M. Wilson*

For beginners and those who have a bit of computer knowledge. This class will assist you to become more comfortable with using your computer and to learn just what your computer can do for you. Learn how to control the mouse through some fun and interactive lessons. Discover how to type text and then print. Understand the difference between hardware and software. Use Word Pad, Paint, and other basic programs already installed on your computer. Acquire other computer skills as time permits.

2006A Tues. & Thurs. 4/27 1:15-3:45pm \$75 SCSACE Room 110 4 Classes

2006B Tues. & Thurs. 4/27 6:30-9:00pm \$75 SCSACE Room 110 4 Classes

CREATING SIMPLE WEBSITES 1 *Instructor: J. Allison*

This class will teach students how to create a simple website using free tools such as Notepad and Microsoft Word. Text editing, adding images, and creating links to other websites will be covered as well as other topics. Students will also obtain free web hosting and have a live website at the end of the course. Familiarity with Microsoft Word and the Internet are suggested prerequisites for this course.

2007 Mon. & Wed. 5/3 6:00-8:00pm \$68 SCSACE Room 110 4 Classes

DIGITAL CAMERA : For the Weekend Novice *Instructor: M. Wilson*

Come learn the ABC's of digital cameras in a friendly environment. Instructor will demonstrate basic universal digital camera features. From there, the class will learn to edit, crop, and manipulate pictures in a basic photo editing program. We will explore print processing websites, learn to upload (send), and share pictures on-line. Class will download free pictures from the internet. No computer experience needed but student should know the mouse.

2008A	Tues. 5/11	1:15-3:45pm	\$22	SCSACE Room 110	1 Day
2008B	Tues. 5/11	6:30-9:00pm	\$22	SCSACE Room 110	1 Night

MAKING SLIDES AND MOVIES

Learn to share, organize, and order photos on a photo sharing website! Then create awesome professional slideshows and home presentations with ease, using your stock pictures as well as digital camera pictures & video clips. Also see how easy it is to create animated effects and titles on your slides. View your project on a home computer; project it on a large screen, email to friends, or put on a DVD for them to watch.

2009A	Thurs. & Tues. 5/13	1:15-3:45pm	\$40	SCSACE Room 110	2 Classes
2009B	Thurs. & Tues. 5/13	6:30-9:00pm	\$40	SCSACE Room 110	2 Classes

LEARNING THE KEYBOARD FOR THE RECENT OR MATURE LEARNER *Instructor: M Wilson*

Ever wonder what all the keys on your keyboard are for? Instructor and students will use Microsoft Word and the internet to explore the computer keyboard. The class will interact with on-screen keyboards, and gain understanding of proper hand placement and keystroke skills. Some typing exercises are involved. The class will also use certain keys to navigate through documents and files. Students will select and edit text in various ways. Instructor will also cover many shortcut keys. Handouts will be given. This class does not focus on typing speed.

2010A	Thurs.&Tues. 5/20	1:15-3:45pm	\$40	SCSACE Room 110	2 Classes
2010B	Thurs.&Tues. 5/20	6:30-9:00pm	\$40	SCSACE Room 110	2 Classes

EXCEL 1

Learn how to use the popular spreadsheet program that is part of Microsoft Office 2007. Become familiar with Excel's new interface which is used to enter, format, edit and save data in a spreadsheet. Learn how to use the fill handle, do charts, and search & sort existing data. Understand simple calculations using formulas and more as time permits.

2011	Thurs.&Tues. 5/27	6:00-8:30pm	\$40	SCSACE Room 110	2 Classes
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HOW TO MAINTAIN YOUR COMPUTER: *Instructor: M. Wilson*

Basic computer maintenance should be performed regularly to keep your computer running efficiently. This maintenance can be performed by almost anyone. Learn to delete temporary Internet files, delete cookies, defragment the hard drive, use scandisk & disk cleanup, uninstall unwanted programs, and more. Easy to follow handouts will be given with step-by-step instructions.

2012A	Thurs. 6/3	1:15-3:45pm	\$20	SCSACE Room 110	1 Day
2012B	Thurs. 6/3	6:30-9:00pm	\$20	SCSACE Room 110	1 Night

MICROSOFT WORD: Level 1 *Instructor: M. Wilson*

Learn the essentials of this popular word processing program that is part of Microsoft Office Package. Now that you are familiar with most of the features that are on your computer, you will use Word to learn how to create a variety of documents, letters, and signs. You will learn how to format and edit text, cut, paste, work with paragraphs and more. You will be able to save documents as a file; and most helpfully, know how to find those documents again! Student needs no prior knowledge of Word, but should have beginning computer skills.

2013A	Tues.&Thurs. 6/8	1:15-3:45pm	\$60	SCSACE Room 110	3 Classes
2013B	Tues.&Thurs. 6/8	6:30-9:00pm	\$60	SCSACE Room 110	3 Classes

CREATIVE PROJECTS USING YOUR COMPUTER *Instructor: M. Wilson*

Students will learn how to create envelopes, labels, flyers, invitations, calendars, business cards, certificates, and more all by using easy to follow templates! Save time and money by doing your projects yourself.

2014A	Thurs. & Tues. 6/17	1:15-3:45pm	\$40	SCSACE Room 110	2 Classes
2014B	Thurs. & Tues. 6/17	6:30-9:00pm	\$40	SCSACE Room 110	2 Classes

EMAIL FAMILY & FRIENDS *Instructor: M. Wilson*

Class will create a free email account. Once you have an account, you don't need to own a computer to send and receive email. Send your email from any computer, library, or any place that has internet access. In the class you will send and receive email and pictures (attachments), create an address book, reply and forward your mail, mass email and use calendars.

2015A	Thurs. 6/24	1:15-3:45pm	\$20	SCSACE Room 110	1 Day
2015B	Thurs. 6/24	6:30-9:00pm	\$20	SCSACE Room 110	1 Night

COOKING

CHICKEN 101 *Instructor: P. Young (LC)*

“Try it, it tastes like chicken”, well this is chicken and it tastes wonderful. We will make everything from appetizers, soup, salad, roast, poach and saute all out of chicken. We will use influences from around the globe to make your guests ask for the recipe! You will learn how to debone, butterfly and much more. This is not necessarily a “chick” class, guys are welcome. Please bring small containers to bring home samples.

3000 Wed. 4/21 7:00-9:30pm \$45 LVHS Room 104 1 Night

PARTY ALL SUMMER LONG *Instructor: P. Young (LC)*

Party all summer long with these dishes. We will make everything for a party. A pineapple cooler, appetizers, a salad of fresh veggies that can sit out for hours, chicken that can be grilled or sauteed, an easy veggie lasagna, a fresh fruit cake and more. Everyone will invite you to their gala and ask oh, by the way can you bring that dish you made last week???? Come join the party. Please bring small containers to bring home samples.

3001 Wed. 4/28 7:00-9:30pm \$45 LVHS Room 104 1 Night

FRUGAL FLAVORS *Instructor: P. Young (LC)*

On a budget, and lacking ideas for a favorable feast? Come and join us for an evening of fun and prepare meals that won't break the budget. We will make popular homemade salad dressings that keep weeks for pennies, soups that satisfy for less than a can of Campbells, main courses that cost less than \$25.00 for the whole family, and of course dessert for everyone for less than that slice of cake at a fancy restaurant. Please bring small containers to bring home samples.

3002 Wed. 5/5 7:00-9:30pm \$45 LVHS Room 104 1 Night

SUMMER APPETIZERS *Instructor: P. Young (LC)*

Summer means eating light, so you can fit into that bikini. We will make appetizers that will satisfy the hungriest appetite. We will take ideas from around the world and put them on your list of favorites. Mini-spinach pies from Greece, sates from Thailand, Pot Stickers from China, buschetta and crostini from Italy, tapas from Spain and many more. Grab your apron and join us for an evening of tastes. Please bring small containers to bring home samples.

3003 Wed. 5/12 7:00-9:30pm \$45 LVHS Room 104 1 Night

CREATE GOURMET MINIPIES-3 WAYS *Instructor Janssen (LC)*

In this fun, hands on class you'll create three new and very popular individual gourmet pies: Pie Pops, Hand Pies and Pocket Pies! They can be stuffed with yummy fruit, cream and even meat or poultry based fillings (we'll make fruit pies in class). Great for unique dessert trays-gift giving too. Supply list available at time of registration. (approx. cost \$12-14)

3004 Wed. 5/12 7:00 - 10:00 pm \$30 Pankow Room 502 1 Night

DANCE

BALLROOM *Instructor: S. McDonnell (New)*

Learn swing, foxtrot and waltz. Impress your friends and yourself at the next wedding, special event or ballroom dance you attend. Start with the basic steps, technique, and styling to dance with confidence. No dance experience needed. Signing up with a partner is recommended but not necessary. Hard soled shoes required. [NO CLASS 5/31](#)

4000 Mon. 4/19 6:30-7:50pm \$65 per person Violet Gym 6 Weeks

SALSA *Instructor: S. McDonnell (New)*

Latin Salsa dancing is hot and is danced at many local clubs and events. This is a very easy dance to learn. We will start with the basic steps, technique, and styling of Salsa. We will have you dancing with confidence. No dance experience needed. Signing up with a dance partner is suggested but not necessary. [NO CLASS 5/31](#)

4001 Mon. 4/19 8:00-9:20pm \$65 per person Violet Gym 6 Weeks

TAP - Beginner/Intermediate *Instructor: C. Noyes-Pagnucco*

Learn basic tap steps while coordinating these into a fun-filled routine. Students will gain knowledge in timing and rhythm which is a vital part of tap dancing. Great exercise to the latest music selections. Tap shoes and comfortable clothing are necessary.

4002 Thurs. 4/22 7:15-7:55pm \$52 KMS Cafe/Stage 7 Weeks

BELLY DANCING *Instructor: L. Paquin-Leet*

Students will learn basic and advanced bellydance movements for physical exercise, poise and self confidence. Classes will focus on proper stance and technique in implementing these moves. Those who are already familiar with bellydancing will also learn combinations of movements and choreography. Provided there is interest, props such as cane, veil and finger cymbals will be introduced.

4003 **Tues. 4/20** **6:30-7:30pm** **\$55** **Rodgers Small Gym** **7 Weeks**

MUSIC

BEGINNING GUITAR 1 *(Ages 13 & up) Instructor: M. Bono*

Learning how to play guitar is a challenge. In this class you will cover string recognition and reading music notation. We will practice some single string exercises, 2 and 3 string songs and learn up and down pick techniques and 2 and 3 string chords. *Material fee of \$6.50 payable to instructor at first class.*

4004 **Wed. 4/21** **7:00-7:55pm** **\$56** **SCSACE Room 111** **8 Weeks**

BEGINNING GUITAR 2 *(Ages 13 & up) Instructor: M. Bono*

In Guitar 2 you will build on the skills learned in Guitar 1 and learn 2 - 4 string songs along with 3 and more string chords. You will also continue with pick techniques.

4005 **Wed. 4/21** **8:00 - 8:55pm** **\$56** **SCSACE Room 111** **8 Weeks**

PIANO KEYBOARD LESSONS "PLAY FOR FUN" *Instructor: Evola Music*

Join the "Play for Fun" group and learn to play and read keyboard, piano or organ music in a fun group setting. *Book fee \$15 payable to instructor at first class.*

4006A BEGINNERS **Wed. 4/14** **1:00-2:00pm** **\$30** **SCSACE Rm 105** **10 Wks**

4006B INTERMEDIATE **Wed. 4/14** **2:00-3:00pm** **\$30** **SCSACE Rm 105** **10 Wks**

4006C ADVANCED **Wed. 4/14** **3:00-4:00pm** **\$30** **SCSACE Rm 105** **10 Wks**

BANJO FOR BEGINNERS *Instructor: J. Allison*

This is a class for the absolute beginner. Today the 5 string banjo is used not only in bluegrass, country and folk music, but also in jazz, rock and classical music. Class takes you from the first time you take the banjo from its case to your first song.

Book fee \$15 payable to instructor

4007 **Tues. 4/20** **8:00-9:00pm** **\$56** **SCSACE Room 106** **8 Weeks**

BANJO - THE NEXT STEP *Instructor: J. Allison*

This class covers basic roll patterns used in 3-finger picking style. It also covers basic licks, how to construct a break and playing up the neck. You must have completed the Banjo for Beginners course or have a basic knowledge of banjo fundamentals and banjo chords.

Book fee \$15 payable to instructor.

4008 **Tues. 4/20** **7:00-8:00pm** **\$56** **SCSACE Room 106** **8 Weeks**

SLOW JAM FOR BEGINNERS *Instructor: J. Allison* **NEW**

Jams are considered to be an intergral part of the learning experience. It is a gathering of acoustic and stringed-instrument musicians for the purpose of meeting others with similar interests, playing with others using different instruments, learning from one another, and just plain having fun. Instruments limited to guitar, banjo, mandolin, fiddle, bass & ukulele. Music will be mostly country, bluegrass, gospel and folk. *Book fee \$15 payable to instructor.*

4009 **Thurs. 4/22** **7:00-8:30pm** **\$56** **SCSACE Room 106** **8 Weeks**



SHARE YOUR SPECIAL SKILLS & TALENTS!

**Become an enrichment instructor
with SCS Community Education.
Interested?**

Contact Kay Schoof at (586) 285-8880.

FITNESS

(Ages 16 & Up)

Every effort is made to keep the pool open, but if for some unforeseen reason we have to cancel a class, we may not be able to reschedule a makeup class or reimburse for that missed day.

AQUAAEROBICS *Instructor: D. Kirejczyk*

Use the latest water fitness techniques to stretch, strengthen and tone every muscle in the body to make you feel like a million bucks! We'll use fun music with lots of variety to relieve stress and tension. You don't even have to know how to swim. All fitness levels welcome.

Bring two ½ gallon empty milk bottles & 2 "foam noodles".

NO CLASS 5/31

5000A	Mon.	4/19	7:15-8:15pm	\$40	LVHS Pool	6 Weeks
5000B	Thurs.	4/22	7:15-8:15pm	\$40	LVHS Pool	6 Weeks

Price break for both days just \$69

AQUAAEROBICS *Instructor: N. Naughton, Certified Instructor*

Use the latest water fitness techniques to stretch, strengthen and tone every muscle in the body to make you feel like a million bucks! We'll use fun music with lots of variety to relieve stress and tension. You don't even have to know how to swim. All fitness levels welcome.

5001A	Wed.	4/21	6:45-7:45pm	\$46	SLHS Pool	7 Weeks
5001B	Sat.	4/17	9:00-10:00am	\$40	LSHS Pool	6 Weeks

EXERMETRICS *Instructor: D. Kirejczyk*

Each class includes a warm up with static (no bounce) stretches; floor work that uses protective back techniques, a monitored aerobic session and a cool down designed to reestablish a normal heart rate as well as resting muscle length. Wear proper aerobic shoes; bring mat or towel, 1-3# weights.

5002	Tues.	4/20	6:15-7:15pm	\$36	Taylor Gym	8 Weeks
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PILATES *Instructor: L. Tengler*

Pilates can dramatically transform the way your body looks, feels and performs. Through controlled movements concentrating on abdominal muscles you can build strength without bulk, creating a sleek, toned body. Emphasis is on proper breathing, body alignment and working at your own comfort level. No matter what your age or condition, Pilates will work for you. Bring an exercise or yoga mat.

NO CLASS 5/31

5003	Mon.&Wed.	4/19	6:15-7:15pm	\$65	Taylor Gym	8 Weeks
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LEVEL 1 YOGA *Instructor: D. Clarke*

Basic yoga poses done, optionally with the use of props and modified poses to better maintain the alignment of the body. Concentration on breath work, floor poses and standing balance poses. Participation: Multiple Levels. Bring a mat and wear loose comfortable clothing to class.

NO CLASS 5/31

5004	Mon.&Wed.	4/19	7:30-8:30pm	\$65	Taylor Gym	8 Weeks
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LEVEL 2 YOGA *Instructor: D. Clarke*

More advanced poses (some inversions), flow series (sun salutations) and guided imagery for final relaxation. Participation: Experience with basic poses, good for advanced beginners and athletically fit individuals. Bring a mat and wear loose comfortable clothing to class.

5005	Tues.&Thurs.	4/20	7:30-8:30pm	\$65	Taylor Gym	8 Weeks
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MORNING YOGA *Instructor: M. Prezzato*

Start your day with a sun salutation! Morning Yoga class will energize you for the rest of the day with slow stretching and balance. Get your day off to a great start and join us.

5006	Thurs.	4/22	9:00-10:00am	\$38	SCSACE Room 105	8 Weeks
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FULLY FIGURED YOGA *Instructor: J. Charette*

Yoga is for everyBODY! This class is designed and taught by a plus size instructor who will help guide you to a greater sense of self confidence, empowerment and peacefulness through Hatha Yoga. You can find peace within your body as it is TODAY! Please bring a yoga mat, hand towel and blanket. Optional items to bring are a yoga strap and block.

5007	Wed.	4/21	7:30-8:30pm	\$65	Violet Cafe	7 Weeks
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20/20/20 *Instructor: Team Fit, Inc.*

Maximize your metabolism while improving your health. Lose those stubborn extra pounds with this whole body workout based on 20 minutes of cardio; 20 minutes of body sculpting using free weights and an incredible 20 minutes of core/abdominal/stretching segment. A fun way to lose weight and inches while increasing stamina and metabolism. Great for all fitness levels and both genders. *Please bring hand held weights & mat to class.* NO CLASS 5/31

5008	Mon. & Wed.	4/19	\$61	6:30-7:30pm	Ardmore Gym	6 Weeks
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STEP AEROBICS AND TONING *Instructor: Team Fit, Inc.*

What a great way to tone-up without the added bouncing and stress on your knees from traditional aerobic classes. Excellent cueing and break down of routines make this step aerobic class an overall success. Instructor's style is nothing fancy so it is easy to follow and enjoy. Build muscle and burn fat all at the same time. Class also works on upper body and abdominals for a total body workout. Great for all levels and teens are always welcomed! Steps and risers are provided. *Please bring exercise mat and hand-held weights to class.* **NO CLASS 5/31**

5009 Mon & Wed 4/19 \$61 7:40-8:40pm Ardmore Gym 6 Weeks

GUTS & GLUTES *Instructor: Team Fit, Inc.*

Can you pinch more than an inch? Want to turn abs of flab into a chiseled torso? Does your butt need a lift? Blast your gut and shape your derriere with our safe, fun and effective no impact core strengthening exercise system. This class is packed with effective exercises for the abs, back, glutes and legs to tone and strengthen the mid section and lower body. Begin with a warm-up, alternately work targeted muscles (including intense abdominal conditioning), and finish with a refreshing stretch. Develop core strength and stability in this fun, but challenging class. *Please bring an exercise mat and bottle of water to class.*

5010A Tues. 4/20 \$25 6:20-6:50pm Princeton Gym 6 Weeks

5010B Thurs. 4/22 \$25 6:20-6:50pm Princeton Gym 6 Weeks

Price break for both days just \$42

CARDIO KICKBOXING & STRENGTH TRAINING *Instructor: Team Fit, Inc.*

A 60 minute total body class that caters to all fitness levels. You'll get the fat burning and heart pumping strengthening benefits of aerobics, plus the body shaping and lean muscle building benefits of toning. This class is designed to always keep your heart rate in the fat burning zone. Full range toning follows for the upper body and abdominals. A fun way to lose weight and inches while increasing stamina and metabolism. Please bring hand held weights, exercise mat and water to class. Great for all fitness levels and genders. Teens are always welcomed.

5011 Tues. & Thurs. 4/20 \$61 7:00-8:00pm Princeton Gym 6 Weeks

ZUMBA! *Instructor: Team Fit, Inc.*

Zumba is a fusion of Latin and International music plus dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba uses resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Great for all ages and fitness levels.

5012A Wed. 4/21 \$40 6:15-7:15pm Rodgers Lg Gym 6 Weeks

5012B Sat. 4/24 \$34 9:00-10:00am Rodgers Lg Gym 5 Weeks

NO CLASS 5/31

TAI CHI BEGINNING *Instructor: Marchewitz, (LC)*

Wu's style of Tai Chi is being offered. Beginning class introduces 108 postures hand forms. Regular Tai Chi practice relieves stress and improves health and flexibility. **NO CLASS 5/31**

5013A Mon. 4/19 \$61 6:00-7:30pm LCMSS Gym 7 Weeks

5013B Wed. 4/21 \$61 6:00-7:30pm LCMSS Gym 7 Weeks

TAKE BOTH MONDAY & WEDNESDAY AND PAY \$100

SPORTS

GOLF LESSONS *Instructor: A. Macko, PGA Professional*

The fundamentals of grip, stance, swing, club knowledge, chipping and putting will be covered. Bring your five-iron the first week. Instructor will tell students at the end of each lesson what to bring the following week. Golf clubs provided if student doesn't have clubs. Wear golf or tennis shoes. **A medium bucket of balls must be purchased at the range for \$7.**

5014A Sat. 5/8 11:00-12:00 \$68 Jawor's 5 Weeks NO CLASS 5/29

5014B Sat. 6/19 11:00-12:00 \$68 Jawor's 5 Weeks NO CLASS 7/3

RECREATION

SAFE BOATING *Instructor US Power Squadron (LC)*

Course will include: Safe boating procedures, rules of the road, Michigan laws regarding jet skis, and basic knot tying. All passing the course will receive a DNR card to operate a Jet Ski in Michigan. *A \$25.00 material fee to be paid to the instructor on the first night of class.*

5015 Wed. 4/21 7:00-9:00 pm \$10 LCMSS Room 116 4 Weeks

SELF ENHANCEMENT

LANGUAGE

SPANISH FOR BEGINNERS *Instructor: J. Ibanes (LC)*

Class is structured to familiarize you with the Hispanic culture and help you to learn the basics of the Spanish language. Emphasis will be given to conversation, pronunciation, learning every day language and expressions. ***\$10 material fee payable to instructor at first class.***

6000 Tues. 5/4 \$60 6:00-8:00pm SCSACE Room 105 6 Weeks

CONVERSATIONAL FRENCH 1 & 2 *Instructor: C. Panganiban (LC)*

Skill levels will be combined so whether you are a beginner, speak a little, or took a previous class, join us for some very informative lessons. Emphasis on conversation, grammar and translation. Book provided.

6001 Tues. 4/20 \$60 7:00-8:00pm SCSACE Room 105 8 Weeks

CHINESE *Instructor F. Zhou*

In studying a unique language like Chinese you need some individual attention. With our experienced instructor and smaller class size you will focus on the tones and pronunciations, as well as daily conversations and basic grammar. Class meets twice per week.

\$22 material fee payable to instructor at first class.

NO CLASS 4/27

6002 Tue. & Thurs. 4/20 \$90 6:30-8:00 pm SCSACE Room 111 6 Weeks

FINANCIAL

TAKE STOCK IN THE MARKET *Instructor A. Tiseo*

This class explores the stock market basics, including the basic structure of the stock market and principles that can help in stock investing.

6003 Wed. 4/28 \$10 7:00-8:30 pm SCSACE Room 110 1 Night

MAKING SENSE OF RETIREMENT & ANNUITIES *Instructor A. Tiseo*

Helps illustrate the 5 step planning process and the importance of consulting a professional to help prepare for retirement. Also gives a better understanding of annuities.

6004 Mon. 4/19 \$10 10:00-11:30 am SCSACE Room 105 1 Day

SMART CHOICES IN RETIREMENT: FOCUS ON FIXED INCOME *Instructor A. Tiseo*

Gives you a good look at how to achieve a stable, steady income in retirement. It teaches you the basics of bonds, the advantages of laddering and how fixed income may be part of your investment strategy. For retirees or working investors within 1 year of retirement.

6005 Mon. 4/26 \$10 10:00-11:00 am SCSACE Room 105 1 Day

SAFETY

ADULT CPR W/AED AND INFANT/CHILD CPR *Instructor: Live Safe Academy (LC)*

Be prepared when seconds count! Most emergencies happen in or near the home, which increases the probability that you will need to give care to someone you love. This American Red Cross program will help you to respond effectively to adult, child and infant cardiac and choking emergencies. Each student will have the use of their own mannequin to practice and demonstrate skills. Student will receive the First Aid/CPR/AED Participant Booklet and State of Michigan good Samaritan Law. Certification cards will be issued upon successful completion of course requirements. PLEASE NOTE: ***You must arrive on time both nights to be certified, so please arrive early. Material fee of \$15 payable to Live Safe Academy at first class.***

6006 Tues. 4/20 6:00-9:30pm \$45 SCSACE Room 105 2 Weeks

SELF-DEFENSE FOR WOMEN *Instructor: Live Safe Academy (LC)*

With summer coming and the desire to spend more time outdoors, this class is a MUST for women of all ages. Especially great for girls off to college in the fall or working late nights. You will learn HANDS ON techniques to escape from an attacker. This class is casual and lots of fun, and you will learn skills that you will be able to retain and use under stress. Wear comfortable clothing that you can move in.

6007 Mon. 5/10 6:00-8:00pm \$25 SCSACE 105 1 Night

HOME FIREARM SAFETY *Instructor: Live Safe Academy (LC)*

With firearms found in about half of all American homes today, firearm safety is a must for everybody. This important workshop will teach you the essential principles of firearm safety, helping you to immediately identify unsafe behaviors and activities. Topics include the basic elements and rules of firearm safety, attitude, knowledge and skills, identifying and unloading different types of firearms, different types and uses of ammunition, firearm cleaning and care, firearm storage options and parent's guide to firearm safety. ***Material fee of \$10 payable to Live Safe Academy at first class. DO NOT BRING FIREARMS OR AMMUNITION TO CLASS.***

6008 Wed. 6/2 6:00-10:00pm \$35 LCMSS Room 106 1 Night

SPECIAL INTEREST

BE THE BEST PARENT YOU CAN BE *Instructor: M. Eady, 10 yr certified assertiveness trainer*
Every parent wants to have a confident and happy child. This class can help you develop the tools you need to be a positive role model. Learn techniques to be patient, implement appropriate discipline and how to utilize 7 effective parenting resources. You will discover ways overcome parental challenges like peer pressure and learn how to teach respect, responsibility, independence, and honesty to your children.

6009 Mon. 4/26 6:30-8:00pm \$50 SCSACE Room 110 5 weeks

MYSTERY SHOPPER 101 *Instructor: R. Ackerson (LC)*

Can you imagine getting paid to shop, dine and travel? If you're a mystery shopper you can do just that. Mystery shopping is a fun way to supplement your current income while helping businesses improve their customer service.

6010 Mon. 4/26 6:30-7:45pm \$28 LCMSS Room 124 1 Night

MYSTERY SHOPPER II *Instructor: R. Ackerson (LC)*

Are you an experienced mystery shopper? Have you taken a class or read a book about this field, you're still having difficulty getting assignments? Come to this class and get leads to other sites that will show you where to find more companies to apply to in addition to getting your other mystery shopper questions answered. **THIS IS NOT FOR BEGINNERS.** You must have some internet experience and some mystery shopping knowledge to take this class.

6011 Mon. 4/26 8:00-9:00pm \$28 LCMSS Room 124 1 Night

SAVE \$10 TAKE BOTH CLASSES FOR ONLY \$46!

CREATIVE COUPONS AND MORE *Instructor Soborowski*

If you want to save some serious money on groceries and more this is the class for you. Topics covered are: Sources for Coupons how to get organized, and other ways to save. Free gift and coupon organizer included.

6012 Wed. 5/19 7:00-9:00 pm \$25 LCMSS Media Center 1 Night

GARDENING

LET'S GARDEN MICHIGAN: *Instructor: K. Collins*

Learn about what you really need to know to garden in your local zone 5 conditions. You will find out what you can do early in the gardening season to make later chores easier so you can sit back and enjoy your yard. We'll touch on many popular plants such as Hydrangeas and perennials, and how to grow them successfully in Michigan. Bring your gardening questions.

6013 Wed. 5/26 7:00-9:00pm \$15 SCSACE Room 108 1 Night

Visit the updated *Community Resource Guide*

The Community Resources Guide provides contact information and websites on many topics including:

- Childrens Health and Child Care
- Recreation Ideas for the Family
- Educational Resources
- Support Group information
- Senior Citizen information
- Housing & Weatherization Assistance
- Health

And *Much More!!!!!!*

To visit the Community Resources Guide,
Go to www.lakeshoreschools.org
and click on "Community Resource Guide"



ALTERNATIVE

REINCARNATION *Instructor: R. Taylor*

Take an in-depth look at the nature of the self and how the process of reincarnation works in relationship to the principle of Karma. An ancient Indian oracle will be used to explore your previous lives and your next 12 months.

7000 **Tues. 4/27** **7:00-9:00pm** **\$15** **SCSACE Room 105** **1 Night**

PSYCHIC DISCOVERY *Instructor: P. Hill*

Pamela will teach you how to recognize and develop your own psychic, intuitive potentials. She will demonstrate her own extraordinary gifts by giving you an individualized psychic reading

7001 **Tues. 5/4** **7:00-9:00pm** **\$15** **SCSACE Room 105** **1 Night**

PALMISTRY *Instructor: R. Taylor*

What can we learn about others and ourselves simply by looking at the palm of our hands? Join us for a fascinating evening that includes a personal palm reading.

7002 **Tues. 5/11** **7:00-9:00pm** **\$15** **SCSACE Room 105** **1 Night**

PSYCHIC POTPOURRI *Instructor: R. Taylor*

Enjoy an evening with Robert Taylor as you learn about various predictive techniques and experience a personal reading with a choice of 2 out of 3 methods.

7003 **Tues. 5/18** **7:00-9:00pm** **\$15** **SCSACE Room 105** **1 Night**

TAKE ALL 4 CLASSES FOR \$55

INTRODUCTION TO FACE READING *Instructor L. Klaassen*

Face Reading is an ancient science that has been practiced for 3,000 years, and has been scientifically validated to 92% accuracy. The human face is a living personality profile of its owner. Every facial feature, line and crevice provides insight. We will cover over 50 traits that you can begin to read immediately. Face reading does not depend on outside information from the subject, if you can see it you can read it. Please bring a mirror for your personal observation.

Workbook required \$15.00 fee payable to instructor.

7004 **Thurs. 4/29** **7:00-9:30** **\$35** **SCSACE Room 105** **1 Night**

FACE READING FOR SINGLES *Instructor L. Klaassen*

Take the guess work out of dating. Learn to gauge compatibility and long term relationship potential in minutes. Armed with face reading skills you can pierce a well crafted facade in less time than it takes to drink a cup of coffee. Learn to make the best of face to face or on-line dating opportunities, the face does not lie. Bring a mirror for your personal observations.

Workbook required \$15.00 fee payable to instructor.

7005 **Thurs. 5/20** **7:00-9:30** **\$35** **SCSACE Room 105** **1 Night**

CRYSTAL & STONE READING *Instructor: F. Moss*

Did you ever have a strong attraction to a particular stone or gem? Did your eyes keep going back again and again to a certain stone? Did you just want to touch it or pick it up? Join us tonight to learn why that happens. In this intriguing class you will get a hands-on chance to get involved with stones and to have a lot of fun. Learn the simple ways to use stones to your advantage and learn to pick those stones that will help you in your life. Through a personal reading and demonstrations you will learn which stones are best for you, the energy in each stone, and about the ancient use of stones. Stones are like friends come and meet your friend.

7006 **Wed. 5/12** **7:00-9:00 pm** **\$15** **SCSACE Room 105** **1 Night**

PETS

Happiness is a Well-Trained Dog. Are you looking for a gentle modern approach to training? Using positive motivational techniques, Best Friends Dog Training will teach you how to raise the dog you want. Our methods are simple, quick, effective and above all, enjoyable for both the dog and owner. We focus on helping you train a dog who is happy, willing, responsive and obedient. www.bestfriendsdogtraining.com

Bring proof of shots

PUPPY CLASS - Up to 5 months old

8000 **Wed. 4/21** **6:00-7:00pm** **\$95** **Avalon Gym** **6 Weeks**

BEGINNER CLASS - 5 1/2 months and older

8001 **Wed. 4/21** **7:15-8:15pm** **\$95** **Avalon Gym** **6 Weeks**