

VENTNOR COMMUNITY EDUCATION AND RECREATION



VENTNOR CITY, N.J. 08406

Classes start the week of October 22nd, 2012

**M
O
N
D
A
Y**

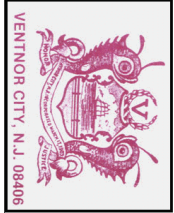
ADULT BASKETBALL (Over 40 Yrs old) Pickup Games for fun and recreation	Two Sessions: October-December January-April Fee: \$50 per session Less than \$5 per night !!
COMPUTERS: BEYOND THE BASICS Instructor: Paul Polinski	Time: 6-7 pm Length: 8 wks Fee: \$70
The next step in your computer journey. Learn the basics of Letter writing, file storage, safeguards, customizing your computer and more. Paul has taught at all levels, so bring your questions and expand your future! Combine with Internet class for \$120	
INTERNET FOR TODAY Instructor: Paul Polinski	Time: 7-8 pm Length: 8 wks Fee: \$70
Explore the World of the cloud and use the internet with different browsers. Learn the basics of Email, Internet safety. and Social Media as you " surf the net ". Come and learn all the "new" tricks of the trade, improve techniques, and save valuable time. Combine with Computer class for \$120	
I WANT TO PLAY GUITAR !!! Instructor: John Higbee	Time: 6-7 pm Length 6 wks Fee: \$65
Just do it !! If you have ever had the desire try our class out. Entertain your friends & family. We provide the guitar-you provide the enthusiasm. This is a skill for a lifetime.	

**T
U
E
S
D
A
Y**

ZUMBA Instructor: Carol Dugan	Time: 6-7 pm Length: 8 wks Fee: \$65
Zumba is a joyful, fun-filled, calorie burning fitness sensation workout for all ages and levels. It has become the largest and most popular program in the fitness world. It uses Latin & international styles of music. Come out and bring some friends for a fun filled night.	
ESL (ENGLISH AS A SECOND LANGUAGE) Instructor: Stephanie Polinski	Time: 6-7pm Length: 8 wks Fee: \$65
A beginners course for those who would like to learn and use the language better. A great course for parents of VECC students. This class will be very interactive and allow time for questions.	

Note:

All make-up classes will be decided by the instructor of each particular class.
All classes will be closed on days when the school is closed. All classes are held in the Ventnor School unless noted. Appropriate shoes and dress must be worn.
All calls or correspondence should be made to the Recreation Department at 609-823-7950



Ventnor Community
Education and Recreation
6201 Atlantic Avenue
Ventnor City, NJ 08406

Postal Customer

Prst. Standard
U.S. Postage
PAID
Atlantic City, NJ
PERMIT No. 3236

609-823-7950

REGISTRATION FORM

609-823-7950

FORMS ARE ALSO AVAILABLE AT WWW.VENTNORCITY.ORG UNDER RECREATION DEPARTMENT FORMS

PLEASE NOTE: All classes are held at the Ventnor School on Lafayette Ave.
BY MAIL: Send forms to :

Ventnor City Recreation
6201 Atlantic Avenue
Ventnor City, NJ 08406

IN PERSON: May drop off form at same location

PAYMENT: Do not mail in checks. Due first night of class. Check made payable to Ventnor City.
REFUND/CANCELLATIONS: All classes are subject to cancellation due to insufficient enrollment . If a class cancels, refunds will be made.

NO REFUNDS WILL BE PROCESSED AFTER CLASS START DATE.

All checks deposited when received. Refunds made after 30 days.

INSURANCE: Everyone should note that they participate in all classes at their own risk.
 Participants own insurance must cover for all injuries.
CLOSINGS: All programs are cancelled when school is closed. Cancelled classes will be made up at a later date agreed upon by the instructor.

NAME: _____ EMAIL _____

ADDRESS: _____ CITY _____

PHONE: _____ EMERGENCY # _____

COURSE/COURSES: (1) _____ (2) _____

FEE: _____ SIGNATURE _____

Adult classes start the week of October 22nd, 2012

W E D N E S D A Y	Cardio Line Dancing Is Back !!!! Instructor: Evette Jackson	Time: 6-7:15 pm Length: 8 wks	Fee: \$70
	This class will have you dancing to the oldies while having a great time and getting some good exercise. This is a real fun-time class so bring along some friends and enjoy some old memories.		
	PIANO FOR LIFE Instructor: Chris Sooy	Time: 6-7 pm Length: 8 wks	Fee: \$65
	Learn to play at your own pace. If you are just beginning or want to get back some lost skills, this class is for you. Be the hit of the next holiday party and get the gang going in sing a-longs. Learn keyboard positions, scales, and cords. We provide the keyboards.		
	YOGA Held at Ventnor Library 2nd floor Instructor: Stevee Wolos Starts Nov. 7th	Time: 5:30-6:30pm Length: 6 weeks	Fee: \$55
	Build core flexibility, strength, and insight in this Yin and Flow yoga class. We'll combine mindful movement, proper alignment, introspection, compassion, and humor in an effort to be "right sized" through practice-- on and off the mat. Using blocks and other props, some postures will be sustained 3-5 minutes.		
T H U R S D A Y	MEDITATION FOR THE SITTING STILL CHALLENGED Instructor: Natalie Kraft Starts Nov. 7th	Time: 6:45-7:45pm Length: 6 weeks	Fee: \$55
	There's more to meditation than sitting quiet and cross legged (though we'll practice that too). Join us each week for a brief intro to the history and science behind meditation and explore several different techniques to learn what works best for you. Also held at the Ventnor Library 2nd floor		
	BALLROOM & LATIN DANCE Instructor: Gene Hildner	Time: 7:00-8:15 pm Length: 8 wks	Fee: \$65
This class will cover both styles to get you ready for the dance floor. A great way to get out of your house and meet new friends. Gene is one of the best instructors in South Jersey. Bring some friends and make it a night out of fun and exercise. If you have taken this class before and would like to refresh it, pay only \$50 !!!!			
EAT SMART AND LOSE WEIGHT THROUGHOUT THE HOLIDAYS Instructor: Debra Tierney	Time: 6 - 7 pm Length: 8 wks	Fee: \$50	
Join us for 8 wks. Of tips & tricks to keep slim or slim down thru the holidays eating the foods you love. Deb has lost over 50 lbs. & kept it off for over 3 yrs. Learn to plan meals cook, shop, eat out, and much more !!! Bring a friend and enjoy.			

HUTCH BASKETBALL PROGRAM- Youth city league program for Ventnor residents which runs on Wed. nights for 5th to 12 grades. This league selects players for teams and uses referees. K thru 4th grades play on Sat. mornings with skills & drills for younger players. Parent involvement is recommended and appreciated. There is a fee for each division. Play begins in January when school returns from the holidays. Please call for more information or to volunteer. Recreation Dept. 823-7950

CHILDREN'S SATURDAY SPECIALS

GYMNASTIC KIDS	Starts Oct. 20th	Length: 8 weeks Cost \$65	Time: 9-10:15am	Ages: 8 yrs. & up
Instructor: Jackie Killkenny	Jackie is one of the best instructors in S. Jersey. Class is for beginners and intermediates. Learn balance beam Spring board and flips. This class is great for building confidence and flexibility .			
KARATE FOR KIDS	Starts Oct. 20th	Length: 8 weeks Cost \$ 65	Time: 11am-noon	Ages: 8 yrs. & up
Instructor: Master Ryan Perkins / Ninja Karate	This class is a great way to introduce your child to an ancient art form. This class will help with self- confidence while providing fitness and flexibility. Ryan is one of the best instructors in the area and has a great way with children.			
GUITAR	Starts Oct. 20th	Length: 8 weeks Cost \$ 65	Time: 10 - 11am	Ages: 8 yrs. & up
Instructor: John Higbee	A great way to start your children off without the high cost. We supply the guitars and convenient location. John is a great teacher and local music personality.			
PIANO	Starts Oct. 20th	Length: 8 weeks Cost \$65	Time 11am-noon	Ages: 8 yrs. & up
Instructor: Chris Sooy	Chris has been teaching and playing locally for many years. Children will learn keyboard positions, timing, and chords. This is a skill for a lifetime.			

WORKSHOPS / SPECIALS

COMMUNITY CPR	<u>Two Nights</u>	Time: 7 - 9:30	Dates: Oct. 29th or Nov. 26th	Fee: \$25 Addl. \$25 If Red Cross Card is required
ADULT & CHILD	<u>MONDAYS</u>	Two separate dates available		
Instructor: Diane Birkbeck	All classes will follow the most current methods of American Red Cross and will Qualify participants for ARC Certification. Learn and review all the latest techniques.			

TRIPS AND SHOPPING

ANNUAL NEW YORK SHOPPING TRIP- Saturday, Dec. 1st., 2012 Fee \$35
See the Big Apple and shop till you drop. See a show or watch the skaters, it's your day. This is a FUN trip for all. Bus leaves at 8am. Relax and let us do the driving. Come alone or bring a group. Pick up those special Holiday items. **No tolls or parking worries.**