

Winter/Spring 2010...call 231-8980 to register

Art Classes

Series on Simple Art Techniques using...

Charcoal & Newsprint

Watercolor Pencils

Pen & Ink

Charcoal & Newsprint

Fabric Construction (tapestry)

Pen & Ink

Dates

Feb 4 & 11

Feb 18 & 25

Mar 4 & 11

Apr 13 & 20

Apr 27 & May 4

May 11 & 18

Days & Times

Thursdays 5:30 - 7:00 PM

Thursdays 5:30 - 7:00 PM

Thursdays 5:30 - 7:00 PM

Tuesdays 5:30 - 7:00 PM

Tuesdays 5:30 - 7:00 PM

Tuesdays 5:30 - 7:00 PM

Cost

\$25

\$25

\$25

\$25

\$25

\$25



Computer Classes

PC Fundamentals for Seniors

PC Fundamentals for Seniors II

Computer Lab (practice & learn)

Feb 2 - Feb 23

Mar 23 - Apr 13

Begins Jan 14

Tuesdays 9:00 AM-12:00 PM

Tuesdays 9:00 AM-12:00 PM

Thursdays 2:00 - 4:00 PM

\$60

\$60

Free



Dance, Music & Theater Classes

Belly Dancing

Belly Dancing

Beg. Piano/Music Fundamentals

Feb 2 - Mar 9

Mar 23 - Apr 27

Begins Jan 25

Tuesdays 6:00 - 7:15 PM

Tuesdays 6:00 - 7:15 PM

Mon, Tue or Thur 5:30-7:30PM

\$30

\$30

\$15

Childrens Theater (4th-8th grade)

Jan 19-May 25

Tuesdays 3:30 - 4:30 PM

\$50 mo*

(Movement, improv, make-up, lighting, stage direction w/ final show in May. Register with Julie Shum at 205-202-0418)

Retired & Lovin' It (Ballroom Dance)

Begins Jan 25

Mondays 1:00-3:00 PM

Free*

*donations appreciated



Exercise/Recreation Classes

Dance & Tai Chi to Music

(Special class for adults with Parkinson's, Arthritis or Fibromyalgia)

Stay Fit Forever

Stay Fit Forever

Total Body Workout

Total Body Workout

Jan 19 - Feb 4

Jan 4 - Mar 12

Mar 22 - May 28

Jan 4 - Mar 12

Mar 22 - May 28

Tues & Thurs 9:30-10:45 AM

\$42

Mon-Wed-Fri 9:00-10:00 AM

\$60*

Mon-Wed-Fri 9:00-10:00 AM

\$60*

Mon-Wed-Fri 8:00- 9:00 AM

\$60*

Mon-Wed-Fri 8:00- 9:00 AM

\$60*

(*A 2 day option is available for only \$40)

Intermediate Tai-ji Fitness(on-going practice class)

(Drop ins, \$10. Register with Stephen Guesman at 929-6231)

Tuesdays 5:30-7:30 PM

\$75

TurboKick

TurboKick

TurboKick (mini-term)

Yoga ("Vinyasa Flow")

Yoga ("Vinyasa Flow")

Feb 2 - Mar 9

Mar 23- Apr 27

May 4 - May 18

Jan 25 - Mar 8

Mar 22 - May 3

Tuesdays 5:30-6:30 PM

\$42

Tuesdays 5:30-6:30 PM

\$42

Tuesdays 5:30-6:30 PM

\$21

Mondays 6:15 - 7:15 PM

\$42

Mondays 6:15 - 7:15 PM

\$42



Varied Interests

AARP Driver's Safety

AARP Driver's Safety

(*Book \$12 for AARP members. Completion of course results in discounted insurance rates with most companies.)

Basic Dog Obedience Training

(Certified 'therapy dog' handler. Register with Lynn at 908-8819. Min. of 3 participants.)

Beginner's/Traveler's French

(For beginners or those wishing to brush up on high school French. All materials provided.)

Instructor is VP of Alliance Francaise of Birmingham. Register with Kim at kimafbhm@yahoo.com or call 205-985-2062 Min. 6 students).

Cooking Classes (Back to Basics)

(Dates: Jan 21, Feb 4, Mar 4, Apr 1 "Tour of Italy", Apr 15, Apr 29 "Neuvo Latino Celebration", May 6, May 20. Supply fee included.)

CPR & AED Certification

(*CPR only is \$25. Class based on American Heart Association curriculum. Min. of 5 students.)

Let's Talk Roses!

(Learn to plant, grow, prune, even show roses by local consulting rosarian.)

Optional outing to Botanical Gardens if enough interest. No extra charge.)

Sewing for Beginners

(Must bring own machine. Teacher is an experienced sewing instructor & theatrical costumer)

Feb 18 & 19

May 13 & 14

Jan 28-Mar 4

Jan 28 - Mar 11

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Jan 28 - Mar 11

Jan 28 - Mar 11

Jan 28 - Mar 11

Jan 28 - Mar 11

Jan 28 - Mar 11

Jan 28 - Mar 11

Jan 28 - Mar 11

Thur & Fri 8:30-12:30 PM

\$14 book*

Thur & Fri 8:30-12:30 PM

\$14 book*

Thursdays 9:30 - 10:30 AM

\$125

Thursdays 5:30-7:00 PM

\$125

Thursdays 5:30-7:00 PM

Thursdays 5:30-7:00 PM

Thursdays 5:30-7:00 PM

Thursdays 5:30-7:00 PM

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