

Fencing

Ages 6 & Up

Fencing combines the agility of martial arts with the mental challenge of outwitting your opponent. Students will learn basic footwork, attacks, defense and strategy, while developing concentration, flexibility, balance and speed. Equipment will be provided. A deposit of \$50 for equipment must be paid to the instructor on the first day of class. No class 11/24. Instructor: Jose Guerra

6:30 - 7:30 pm (6-12 years) 7:30 - 8:30 pm (13 & Up)

Activity Fee: \$67/month \$50.75 (Nov)

Location: James Woody Community Center Mini-Gym

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Sept 1 - 22	Th	See above
Oct 6 - 27	Th	See above
Nov 3 - 17	Th	See above
Dec 1 - 22	Th	See above



San Soo Self Defense

Ages 8 & Up

San Soo is a pure self-defense, street-fighting martial art. Practitioners learn how to use various strikes and leverages to STOP an attack. Builds confidence, balance and ability. All shapes and sizes are welcome. Additional fees for equipment will be paid to the instructor.

Instructor: Martin Calderon, 5th degree black belt

Activity Fee: \$40/month

Location: James Woody Community Center Mini-Gym

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Sept 2 - 30	M/F	6:30 - 7:30 pm
Oct 3 - 28	M/F	6:30 - 7:30 pm
Nov 4 - 28	M/F	6:30 - 7:30 pm
Dec 2 - 23	M/F	6:30 - 7:30 pm

Shotokan Karate

Ages 7 & Up

Learn self-control and self-confidence while improving your health and fitness. This class is taught by Sensei Paul Walker, 5th degree black belt. Family discounts are available. Additional fees apply for uniforms (\$42) and testing (\$25-\$30) and are paid to the instructor.

Activity Fee: \$52/4 weeks \$39.50 (Nov)

Location: James Woody Community Center Arts & Crafts Room

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Sept 1 - 22	Th	6:30 - 7:30 pm
Oct 6 - 27	Th	6:30 - 7:30 pm
Nov 3 - 17	Th	6:30 - 7:30 pm
Dec 1 - 22	Th	6:30 - 7:30 pm

Just ONCE Guitar - Online

Ages 13 & Up

Have you ever wanted to learn the guitar but simply can't find the time? This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Instructor: Craig Coffman

This is a virtual classroom. You will be able to interact LIVE with the instructor just like in a real classroom. All you need is a computer, webcam, microphone, high speed internet connection and guitar. Fee includes workbook and practice CD.

Activity Fee: \$58

Date:	Day:	Time:
Oct 3	Mon	4 - 6:30 pm

Auditioning for the Actor

Ages 7 & Up

Auditioning for the Actor will give you all the tools you need to go out and nail your next big audition. Are you hoping to get into college next year? Want the lead in the school musical? Do you have dreams of making it to Broadway? Sarah Orr Krieg has spent the last 5 years in New York City performing and working with some of the greats in the entertainment industry including Simon Cowell, Bernard Tesley and James Lapine. You'll leave this class with the perfect audition package hand-picked just for you! We'll work on monologues, 16 bars of a song, cold reads and scene study. It's going to be informative, rewarding and, most importantly, FUN!

Activity Fee: \$42/4 weeks

Location: James Woody Community Center Auditorium

Date:	Day:	Time:
Sept 6 - 27	Tu	4:30 - 5:30 pm
Oct 4 - 25	Tu	4:30 - 5:30 pm

CPR

Community & Workplace

Ages 12 & Up

Class follows the American Red Cross guidelines. We will cover one and two person CPR/AED for adult/child/infant. This class is *not* for medical personnel. A \$20 materials fee is payable to the instructor, in cash, on the day of class. Materials fee is \$27 if taking both First Aid and CPR. Instructor: Andy Shoup

Activity Fee: \$40 plus \$20 materials fee

Location: Town Hall Recreation Center

Date:	Day:	Time:
Sept 10	Sat	9 am - 1 pm
Oct 8	Sat	9 am - 1 pm
Nov 5	Sat	9 am - 1 pm
Dec 17	Sat	9 am - 1 pm

Guitar Lessons

Ages 8 & Up

Learn to play the guitar and have your friends and family singing along in no time! No guitar experience is required. Learn basic chords, scales and strumming. No class on 10/10. Instructor: Neil Garcia

Activity Fee: \$34.25 (Sept & Dec) \$45 (Oct & Nov)

Location: Town Hall Recreation Center

Date:	Day:	Time:
Sept 12 - 26	Mon	5:45 - 6:45 pm
Oct 3 - 31	Mon	5:45 - 6:45 pm
Nov 7 - 28	Mon	5:45 - 6:45 pm
Dec 5 - 19	Mon	5:45 - 6:45 pm

Anatomy of a Novel

Ages 12 & Up

Are you one of the 86% of Americans who have dreamed of writing a book? If so, this is the class for you! This introduction to novel writing covers character development, plot, setting, bringing your storyline to life and mining your personal experiences to create better fiction.

Instructor: Charlene Engeron

Activity Fee: \$42

Location: Town Hall Development Services Building
Conference Room 1

Date:	Day:	Time:
Oct 4 - 25	Tue	5:30 - 7 pm

First Aid

Ages 12 & Up

Class follows the American Red Cross guidelines. We will cover the basic first aid procedures for burns, allergic reactions, shock, limb injuries, spine injuries, asthma, poisoning and heat/cold emergencies. A \$20 materials fee is payable to the instructor, in cash, on the day of class. Materials fee is \$27 if taking both First Aid and CPR.

Instructor: Andy Shoup

Activity Fee: \$40 plus \$20 materials fee

Location: Town Hall Recreation Center

Date:	Day:	Time:
Sept 10	Sat	1:30 - 5:30 pm
Oct 8	Sat	1:30 - 5:30 pm
Nov 5	Sat	1:30 - 5:30 pm
Dec 17	Sat	1:30 - 5:30 pm