

VENTNOR COMMUNITY EDUCATION AND RECREATION



VENTNOR CITY, N.J. 08406

Classes start the week of March 3rd, 2014

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SELF DEFENSE A class to give you self-confidence in any situation that may occur. Instructor: Arnaldo Leggi	Time: 6-7 pm 8 weeks	Length 8 weeks Fee: \$65
PC's : Beyond The Basics 4 week / two hours Instructor: Peter Mokover	Time: 6-8pm Length: 4 weeks	Fee: \$70
For people who already know the basics of using a PC, but want to take it to the next level. Topics include: files & folders, customizing Windows, and PC & Internet security.		
I WANT TO PLAY GUITAR !!! Instructor: John Higbee	Time: 6-7 pm Length 8 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. John is considered one of the best playing instructors in South Jersey.		

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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.		
MAGIC MADE SIMPLE Instructor: Arnaldo Leggi	Time: 6-7pm Length: 8 wks	Fee: \$60
Learn close up magic, slight of hand, disappearing coins, and card tricks that will amaze your friends!!! Be the hit of your next party or have some fun with the kids.		

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 823-7950

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Adult classes start the week of March 3rd, 2014

W E D N E S D A Y	PIANO FOR LIFE Instructor: Chris Sooy	Time: 6-7 pm Length: 8 weeks	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	Time: 5:30-6:30pm Length: 8 weeks	Fee: \$70
	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.		
	Meditation Techniques Library 2nd flr Instructor: Stevee Wolos	Time: 6:40-7:40pm Length: 8 weeks	Fee: \$70
Come join us for some relaxing and mind soothing time. Learn tips to help keep your mind and body at ease. With todays world going faster and faster you NEED to find ways to SLOW down and get control of your world and body. Also held at the Ventnor Library 2nd floor			
T H U R S.	BALLROOM & LATIN DANCE Instructor: Gene Hildner	Time: 7:00-8:15 pm Length: 8 wks	Fee: \$50
	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. Lowest prices around !!!		

WORKSHOPS / SPECIALS

COMMUNITY CPR	<u>Two Nights</u>	<u>Time:</u> 6:30 - 9:00	<u>Dates:</u> Tue.3 / 18 Or Mon. 3 / 24	<u>Fee:</u> \$25 Addl. \$25 If Red Cross Card is required
ADULT & CHILD		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.			

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CHILDREN'S SATURDAY SPECIALS

GYMNASTIC KIDS	Runs on a monthly basis	Cost \$ 38	Class 1– 10-11am	Class 2- 11-noon
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 March 1st	Length: 8 weeks Cost \$ 60	Time: Noon-1 pm	Ages: 8 yrs. & up
Instructor: Arnaldo Leggi	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, flexibility and discipline.			
GUITAR	Starts March 1st	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 March 1st	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.			

Kids Arts & Crafts Specials The Recreation Department will be running Various Saturday Specials for Kids from 1st thru 5th Grades . We will be sending this info out through the homeroom classes at VECC. For more info Please call our Recreation Office at 823-7950.

TRIPS AND SHOPPING

YANKEES VS MIKE TROUTS ANGELS BUS TRIP– Saturday, April ,26th
Come out and see the NEW Bronx Bombers take on our own S. Jersey native son Mike Trout and his Angels. Great seats available for this game. Sit back and let us do the driving. No tolls or parking worries. Get your tickets early and reserve your seat for this great local event. Call Ventnor Recreation 823-7950 First Come– First Serve

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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: CHECKS OR CASH ALL DUE BY FIRST 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** _____



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