

VENTNOR COMMUNITY EDUCATION AND RECREATION



VENTNOR CITY, N.J. 08406

Adult classes start the week of February 21st, 2011

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ADULT BASKETBALL (Over 40 Yrs old) Pickup Games for fun and recreation	Two Sessions: October-December Fee: \$50 per session January-April Less than \$5 per night !!
BASIC COMPUTERS Instructor: James Pacanowski	Time: 6-7 pm Length: 8 wks Fee: \$75
This course covers the basics of a computer and the Windows System. Make your computer do what you want it to do. Take the first step into the future with some new friends. Great class for beginners and for refreshing. Ask our expert all your questions and learn some new tricks !!!! Combine with Internet classes for \$135	
INTERNET BASICS & SURFING THE WEB Instructor: James Pacanowski	Time: 7-8 pm Length: 8 wks Fee: \$75
Surf the Web, make the Internet more friendly, send & receive E-mails, and learn the World of cyberspace. Set up your own E-mail account and communicate with the World. The Web is always changing so join in and keep up. Combine both computer classes and save !!!!!!! Both Fee: \$130	
PILATES Instructor: Mark Boothby	Time: 5-6 pm Length 8 wks Fee: \$70
Pilates is one of the most popular exercise systems in the country. Learn from one of the area's leading instructor's. Build your core, strength, and develop flexibility. Bring a friend!!!	

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BALLROOM DANCING / LATIN STEPS Instructor: Gene Hildner	Time: 6-7:15 pm Length: 8 wks Fee: \$65
This class will cover both dance steps to get you ready for the dance floor. A great reason to get up and get out of the house and get some exercise. Bring some friends and make it a night out of fun.	
Digital Photography Instructor: James Pacanowski	Time: 6-7pm Length: 8 wks Fee: \$75
A basic class in which you will learn the ins and outs of using your digital camera, better ways to take photos, and what to look for in cameras. Wow your friends and family with your photos !!!!!!	

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

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W E D N E S D A Y	Cardio Line Dancing Is Back !!!! Instructor: Donna Peterson	Time: 6-8 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 class so bring along some friends and enjoy some memories.		
	BEGINNING GUITAR Instructor: John Higbee	Time: 6-7 pm Length: 8 wks	Fee: \$70
	Entertaining and fun—Find your inner rock star— we provide the guitar —you provide the enthusiasm. Come out for any evening of fun and rock. This is a skill to keep for a lifetime !!!!!!!		
	YOGA Instructor: Stevee Wolos	Time: 6-7pm Length: 8 wks	Fee: \$70
Build your mind as well as your body while increasing your strength and flexibility. Become one with your body and mind, feel better about yourself. This class will be held at the Ventnor Library 2nd floor. This class will help you to relax with life's everyday stresses.			
T H U R S D A Y	CONVERSATIONAL SPANISH Instructor: Paige Elmer	Time: 6-7 pm Length: 8 wks	Fee: \$70
	Learn to speak and write everyday conversational Spanish. This is a basic course that teaches conventional vocabulary and how to carry on a conversation and answer everyday questions in daily life.		
	ZUMBA Instructor: Carol Dugan	Time: 6 - 7 pm Length: 8 wks	Fee: \$70
Zumba is a joyful, fun-filled, calorie and fat-burning fitness sensation workout for ALL AGES AND LEVELS. It has become the largest and most popular programs in the fitness world. It uses Latin and other international styles of music. Come, feel the music and enjoy a great workout.			
F R I D A Y	GYMNASTIC KIDS Instructor: Jackie Kilkenny	Time: 6- 7:15pm Length: 8 wks	Fee: \$70
	Jackie is one of the best instructors in S. Jersey. Formerly she was the Head Instructor for the SCORE after-school program. Class is for beginners and intermediates, ages 8 -13. Learn balance beam, spring board, and flips. Great for cheerleading!!!		

Spring Baseball Signups

Starting in March signups for our local baseball and softball teams will begin. Ventnor offers leagues for both boys and girls. They are: T-ball 5&6yrs, Minor 7-9yrs, Little League 9-12yrs, and Babe Ruth 13-15yrs.old.. **For more info. Call 823-7950**

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WORKSHOPS / SPECIALS

Adult CPR & AED	<u>Time:</u>	Dates:	<u>Fee:</u> \$25 each
Infant & Child CPR	<u>Two Sessions</u>	7 - 9:30	Monday 3/21 Or Monday 3/28

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.

Taking Control Of Your Health	Length :	TUESDAYS	Starts	<u>Fee:</u> \$50
	8 Weeks	6-7:45pm	February 22nd	

Instructor: **Atlantic Prevention Resources** Learn strategies for managing chronic conditions, working with health care professionals, setting weekly goals, problem solving, handling emotions, eating well, and exercising safely. The program was designed by Stanford University and has a proven track record for success.

1. PowerPoint	<u>Length:</u>	<u>Time:</u> Tuesdays	<u>Session 1:</u>	<u>Fee:</u>
2. Excel	4 Weeks each	7-9 pm	Starts 2/22	\$65 each or
		This is a two hour class	<u>Session 2:</u>	both \$120
			Starts 3/22	

Instructor: Jim Pacanowski Learn new techniques to improve your computer skills and to advance job opportunities!!! This is a hands on course. Bring all your questions for our pro.

Open Gym Volleyball	<u>Length:</u>	<u>Time:</u>	<u>Date:</u>	<u>Fee:</u>
	8 weeks	Fridays 6-9pm	Starts in February	\$40

Instructor; Mike Feely Come out for a fun night of volleyball. Pick up games each week with teams chosen each week. Bring some friends along or come out and meet some new ones.

TRIPS AND SHOPPING

Yankees Bus Trip- Saturday day trip in May to Yankee Stadium(waiting for date verification) Price includes bus and ticket. Come out and join us to see the Bronx Bombers in action ! ! ! This is a great family trip or just a day out for the guys.

For more info. Call 823-7950

All checks made payable to Ventnor City. All monies must be received two weeks prior to trip. A minimum of 30 people needed to book trips. If trip is cancelled, all monies will be returned. Passengers under 18 must be accompanied by an adult.

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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 form and check to:

*Ventnor City Recreation
6201 Atlantic Avenue
Ventnor City, NJ 08406*

IN PERSON: May drop off form at same location

PAYMENT: 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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