

VENTNOR COMMUNITY EDUCATION AND RECREATION



VENTNOR CITY, N.J. 08406

Adult classes start the week of October 18th, 2010

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 !!
	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 \$130	
	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	
Tai Chi Instructor: Fran Farrell	Time: 6-7 pm Length 8 wks Fee: \$65	
A series of connected slow motion movements often referred to as "moving meditation or poetry in motion". Tai Chi reduces stress, lowers blood pressure, and strengthens the body.		
T U E S D A Y	BALLROOM DANCING / LATIN STEPS Instructor: Gene Hildner	Time: 6-7:15 pm Length: 8 wks Fee: \$60
	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.	
D I G I T A L	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**



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

Postal Customer

Post. 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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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: \$65
	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: \$65
	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 !!!!!!!		
	Introduction to French Instructor: Lana Moehler	Time: 6-7pm Length: 8 wks	Fee: \$65
French has the reputation of being the most romantic language in the world. This is an intro. to the language and culture of France. You will learn conversational French which will be helpful for fun and travel. Come join us for the fun and excitement of learning a new language and enjoy a taste of romance !!!!			
T H U R S D A Y	CONVERSATIONAL SPANISH Instructor: Rhaymen Altagracia	Time: 6-7 pm Length: 8 wks	Fee: \$65
	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.		
	YOGA Instructor: Stevee Wolos	Time: 6 - 7 pm Length: 8 wks	Fee: \$65
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 help you to relax with life's everyday stresses.			
F R I D A Y	GYMNASTIC KIDS Instructor: Jackie Kilkenny	Time: 6- 7:15pm Length: 8 wks	Fee: \$65
	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!!!		

Hutch Basketball (Starts in Mid-January) City league basketball for all Ventnor youth. Runs on Wednesday nights for grades 5th thru 12th. This is a league with teams and referees.

K thru 4th grades run on Saturday mornings. This league consists of skills and training with some games scheduled later in the year. Late sign-ups are welcome. Please call the Recreation Dept. for more info. Fee: K-4th- \$35 5th-8th- \$45 9th -12th- \$50 For more info. call 823-7950

WORKSHOPS/ SPECIALS

Adult CPR & AED	<u>Session 1</u>	<u>Time:</u>	<u>Dates:</u>	<u>Fee:</u> \$25 each
Infant & Child CPR	<u>Length:</u> 2 Nights	Mon & Wed 7 - 9:30	Adult Nov. 15th & Child Nov. 17th	
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	<u>Length :</u> 8 Weeks	Thursday 6-7:45pm	<u>Starts</u> October 21st	<u>Fee:</u> \$60
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> 4 Weeks each	<u>Time:</u> Tuesdays 7-9 pm	<u>Session 1:</u> Starts 10/19	<u>Fee:</u> \$65 each or both \$120
2. Excel	This is a two hour class		<u>Session 2:</u> Starts 11/16	
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> 8 weeks	<u>Time:</u> Fridays 6-9pm	<u>Date:</u> Starts in October	<u>Fee:</u> \$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

Holiday Shopping in New York City — **Saturday, December 11th** -day trip to the Big Apple for some shopping and sight-seeing. Don't miss the ice skaters and the tree!!!! We get you there, you plan the day. No hassles with holiday traffic or parking, sit back and let us do the driving.. This is a great trip for the family or with some friends.
Fee: \$35 For more information 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.