

## MONDAY

**Aqua Exercise Combo** If you are looking for a fun & fit way to cool off this summer this is the class for you! This is an energy boosting, core conditioning, fat burning, cardiovascular, strength training, total body workout. Each class will combine a deep water & shallow water workout, excellent for men & women of every level of fitness, with or without limitations. Very low impact makes this ideal for those with arthritis or joint conditions. You will have FUN while feeling challenged and refreshed. Although swimming skills are not required, participants should be comfortable in the water. Participants should bring drinking water. Aqua shoes are recommended, resistance gloves are welcome but not necessary. Buoyancy belts and other equipment will be provided. This class takes place on Monday & Wednesday evenings. **Cindy Glynn**  
8 weeks, begins Monday, September 9, 2013  
7:00-8:30 PM  
\$115.00

**Beginners Basic Jewelry 1\*** Learn how to create a complete set of jewelry: necklace, bracelet, and earrings. Learn crimping, simple loop over, wire wrapping and designing tips. A supply list is available through the instructor. **Patricia Jensen**  
3 weeks, begins Monday, September 23, 2013  
6:00-8:00 PM  
\$36.00

**Beginners Basic Jewelry 2\*** Learn how to create a complete set of jewelry: necklace, bracelet, and earrings. Learn crimping, simple loop over, wire wrapping and designing tips. A supply list is available through the instructor. **Patricia Jensen**  
3 weeks, begins Monday, October 21, 2013  
6:00-8:00 PM  
\$36.00

**Beginning Ballroom Dancing** Learn the basic steps of the main ballroom dancing such as the waltz, fox trot, swing, rumba, cha-cha and more. Have a desire to have and meet new people. You do not need a partner, singles are welcome to join. Join the craze that has brought back the big bands of the 1940's. Bring a water bottle, wear loose clothing and get ready for some dancing fun! **Dennis Hursey**  
10 week, begins Monday, September 23, 2013  
6:30-8:00 PM  
\$90.00

**Beginner Line Dancing** Line dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows facing in the same direction and executing the steps at the same time. This is a great exercise for "body" and the "mind". The instructor has been teaching for 14 years and once a year on a cruise ship. **Margaret Wilson**  
6 weeks, begins Monday, October 28, 2013  
(Kennedy School) 6:00-7:00 PM  
\$41.00

**Extreme Couponing** Do you wonder how the Extreme Couponers on television shop for practically nothing? Do you want to learn how to save up to 50-100% off your grocery bill? You will learn how to drastically save money off your grocery bill, at mall stores, on-line and more! Come and join this fun class and start saving NOW! Please bring a non-perishable food item to be donated to the local food pantry. Discounts do not apply to this one night class. **Elizabeth Labens**  
1 night, Monday, December 9, 2013  
6:00-8:00 PM  
\$20.00

www.extremecouponontoday.com

Discounts do not apply to this one night class.

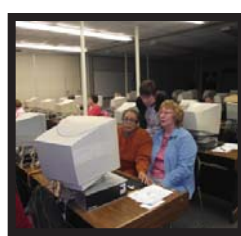
**Getting Paid to Talk: An Introduction to Voice Acting** Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries, and the internet in your area. We will cover the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our voicecoaches.com producer! Visit [www.voicecoaches.com/gppt](http://www.voicecoaches.com/gppt) for more information.

**Creative Voice Development Group**  
1 night, Monday, September 30, 2013  
6:30-9:00 PM  
\$15.00

Discounts do not apply to this one night class.

**Introduction to Mobile Technology** Does the technology of today confuse you? Are you unfamiliar with smartphones? Android-iPhone-Tablets What are their benefits; How do I use them; What are the drawbacks? Learn the basics and more with this course on mobile technology. **Dr. Nate Daniels**  
3 weeks, begins Monday, October 28, 2013  
6:00-9:00 PM  
\$54.00

**Introduction to Windows & Computers**



This is a great way to become familiar with a computer. This 12-hour introductory course is designed for the first time user and users who wish to increase their computer skills. You will learn how to navigate through the Windows operating system and any basic skills that are needed to run a computer. Using the power of the internet you will learn how to send e-mail and attachments and use search engines to find information. You will learn how to get recipes, plan a vacation, check stock prices, travel and more! **Dr. Nate Daniels**  
4 weeks, begins Monday, September 23, 2013  
6:00-9:00 PM  
\$72.00

**Last Minute Holiday Gift Set\*** Learn the basics while making a sterling and Swarovski crystal holiday gift set; necklace, bracelet and a pair of earrings. A \$15 material and supplies fee is payable to the instructor on the first night of class. **Patricia Jensen**  
3 weeks, begins Monday, November 18, 2013  
6:00-8:00 PM  
\$36.00

**Portuguese for Beginners** This course focuses on the fundamentals of the language including speech recognition, comprehension, reading, writing, vocabulary and conversation. The instructor is a native-fluent Portuguese speaker and will focus on the practical grammar and vocabulary you will use in real-life situations. **Eliane Navarro**  
10 weeks, begins Monday, September 23, 2013  
7:00-9:00 PM  
\$120.00

**NEW!** Skills for the 21st century  
**UGotClass**  
Online certificates and courses

**Power Yoga** Stretch and tone your body utilizing basic yoga postures. Focus on core strength, breathing and balance. A total body workout for all fitness levels. Bring a yoga mat. **Melanie Horris**  
10 weeks, begins Monday, September 23, 2013  
(Hancock) 6:00-7:00 PM  
\$90.00



## TUESDAY

**Adult Instruction** - Beginner swim lessons for adults with little or no water experience. Advanced beginner with some experience focusing on rhythmic breathing with crawl stroke and becoming proficient in other strokes. This class takes place on Tuesday & Thursday evenings. **Cindy Glynn**  
8 weeks, begins Tuesday, September 10, 2013  
7:00-8:30 PM  
\$115.00

**Adult Lap Swim** Get into shape with the perfect exercise: lap swimming. Informal instruction is available on stroke techniques & introduction to flip turns. This class takes place on Tuesday & Thursday evenings. **Cindy Glynn**  
8 weeks, begins Tuesday, September 10, 2013  
7:00-8:30 PM  
\$115.00

**Auto Repair - Beginner/Advanced** Get hands-on experience learning about the basics of auto maintenance on your own car under the supervision of an ASE Certified Master Automotive Technician. **Information you auto know.** **James Hathaway**  
10 weeks, begins Tuesday, September 24, 2013  
6:00 pm - 9:00 pm  
\$180.00

**Boot Camp** Cardio drills, strength training, toning and stretching combined to give you a total body workout. Several different workouts will be used throughout the course to keep those muscles guessing. Join us for a very enthusiastic workout! Look good and feel great! You are worth it! Exercises can be modified to all fitness levels. **Diane Sullivan**  
10 weeks, begins Tuesday, September 24, 2013  
(Hancock School) 6:00-7:00 PM  
\$90.00

**Cake Decorating-Advanced: Fondant Icing\***  
Prerequisite: Cake Decorating Basics-Buttercream Icing or experience working with buttercream icing. E-mail me for a list of class supplies: [mycraftteacher@yahoo.com](mailto:mycraftteacher@yahoo.com)  
**Denise Dragonetti, Wilton Method Instructor**  
4 weeks, begins Tuesday, October 29, 2013  
6:45-8:45 PM  
\$48.00

**Cake Decorating-Decorating Basics: Buttercream Icing\*** Learn buttercream icing consistencies for easy borders and beautiful flowers. Your cakes will look amazing after just 4 lessons. A list of supplies will be emailed to you or you may contact me at [mycraftteacher@yahoo.com](mailto:mycraftteacher@yahoo.com).



Also, bring \$6.00 for the first night. **Denise Dragonetti, Wilton Method Instructor**  
4 weeks, Tuesday, begins October 1, 2013  
6:45-8:45 PM  
\$48.00

**Cardio Kickboxing** We will have lots of fun getting into shape and enjoying the joy of movement to the beat of great music. Utilizing martial arts and focused on exercise routines, we will help you transform your body in exciting ways. This class

also includes some basic self defense techniques. Women and men are encouraged to join us for this rewarding experience.

**Thomas Haskins**  
10 weeks, begins Monday, September 23, 2013  
(Plouffe) 6:30-7:30 PM  
\$90.00

**How to Get Debt Free...By Investing in Your Debt\*** Make no mistake: "Paying off the balance on a credit card is just about the best investment you can ever make!" says Andrew Tobias, a financial planner. Paying off a 15% credit card is equivalent to getting a 15% return on an investment. This class is for anyone who wants to build real wealth and achieve true financial freedom. If you have debt payments of any kind - mortgage, credit cards, car loans, etc. - you should attend. You can pay off your credit cards in one to four years and your 30-year mortgage in another three to six years. Learn a simple, guaranteed system to eliminate all of your debts so that you can operate on 100% cash. You can do this with your current income without sacrificing your lifestyle. Bring your list of debts and a calculator to class. You will develop your own debt elimination plan. Course fee includes a 16-page workbook, an \$8.00 value. Optional text is available in class for \$44.00.

**Blanchard Warren, CFISL**  
1 night, Tuesday, October 15, 2013  
6:00-9:00 PM  
\$26.00

**Discounts do not apply to this one night class.**

**Introduction to Social Media** Unfamiliar with Facebook, Twitter, Linked In and more? Learn how to socialize online and stay plugged into today's generation. **Dr. Nate Daniels**  
3 weeks, begins Tuesday, November 5, 2013



6:00-9:00 PM  
\$54.00

**Italian for Beginners\*** Prepare for your trip to Italy with this introductory course designed to teach students essential Italian words and phrases. This course will focus on basic Italian language and communication skills to use in real-life situations; ordering food, arranging for transportation, shopping, and finding the sights in this beautiful country. Learn authentic Italian speaking patterns and pronunciations from your native Italian professor and enhance your own travel experience. Let's have fun!...Arrivederci...Ciao! Additional books are available from the instructor for minimal cost, approximately \$15.00.

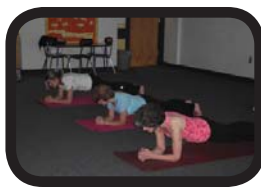
**Professor Filippo Toscano**  
10 weeks, begins Tuesday, September 24, 2013  
6:30-8:30 PM  
\$135.00

**Microsoft Word and Excel** This is a perfect course for beginners. Are you looking to advance your career? Many jobs today require the use of these two unique programs. In this course you will learn the basic knowledge in order to use both programs. Three sessions will be on Microsoft Word and three on Excel.

**Dr. Nate Daniels**  
6 weeks, begins Tuesday, September 24, 2013  
6:00-9:00 PM  
\$108.00

**Weaving Chair Seats and Baskets** Discover the satisfaction of replacing your own hand-woven chair seats. Handpainting, pressed-cane webbing, fiber rush, and seagrass cording, rattan splint and binder cane weaving methods will be offered. Bring your antique and modern chair in need of re-weaving or purchase a "learning chair" prior to class. Material costs will be determined during the first class. (expect \$10-\$20 per chair) Tools are provided for use, as well as hands-on instruction to remove existing materials. **Susan Anderson**  
8 weeks, begins Tuesday, September 24, 2013  
6:30-9:00 PM  
\$120.00

**Yoga for Everyone** Maybe you know the basics



of yoga, maybe not. That's okay! This fall session will ease your muscles and bones into a rejuvenating and delightful physical experience. Plus, every class will wind down with deep relaxation. What's not to love? Bring a mat and dress comfortably!  
**Lees Yunits**  
10 week, begins Tuesday, September 24, 2013  
(Plouffe) 5:00-6:00 PM  
\$90.00

**Women's Self Defense** In this course you will learn how to be aware of your surroundings and how to avoid danger. You also will practice many easy to use and very powerful self defense techniques. This course incorporates Taekwondo, Kempo Katate and Hapkido with light exercise.

**Thomas Haskins**  
10 weeks, begins Tuesday, September 24, 2013  
(Plouffe) 7:30-8:30 PM  
\$90.00

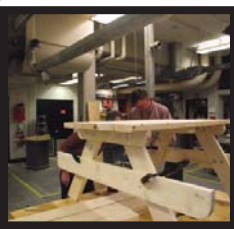
## WEDNESDAY

**Aqua Exercise Combo** If you are looking for a fun & fit way to cool off this summer this is the class for you! This is an energy boosting, core conditioning, fat burning, cardiovascular, strength training, total body workout. Each class will combine a deep water & shallow water workout, excellent for men & women of every level of fitness, with or without limitations. Very low impact makes this ideal for those with arthritis or joint conditions. You will have FUN while feeling challenged and refreshed. Although swimming skills are not required, participants should be comfortable in the water. Participants should bring drinking water. Aqua shoes are recommended, resistance gloves are welcome but not necessary. Buoyancy belts and other equipment will be provided. This class takes place on Monday & Wednesday evenings. **Cindy Glynn**  
8 weeks, begins Wednesday, September 11, 2013  
7:00-8:30 PM  
\$115.00

**Cooking for Fun\*** This course is geared for an integrated life skills group to plan and prepare a variety of meals, snacks, and desserts. Participants do enjoy their accomplishments at the end of each class. A \$30 material fee is paid to the instructor.

**Catherine Todd**  
10 weeks, begins Wednesday, September 25, 2013  
6:30-8:30 PM  
\$120.00

**Exploring Woodworking\*** Beginners will learn the fundamentals of woodworking and become familiar with a wide array of hand and power tools. For those with knowledge using hand and power tools, you will have an instructor available for questions and pointers. This is a loosely structured class where you can work at your own pace and on your own project.



**Dave Gault**  
10 weeks, begins Wednesday, September 25, 2013  
6:00-9:00 PM  
\$180.00

**Power Yoga** Stretch and tone your body utilizing basic yoga postures. Focus on core strength, breathing and balance. A total body workout for all fitness levels. Bring a yoga mat. **Melanie Horris**  
10 weeks, begins Wednesday, September 25, 2013  
(Hancock) 6:00-7:00 PM  
\$90.00

## THURSDAY

**Adult Instruction** - Beginner swim lessons for adults with little or no water experience. Advanced beginner with some experience focusing on rhythmic breathing with crawl stroke and becoming proficient in other strokes. This class takes place on Tuesday & Thursday evenings. **Cindy Glynn**  
8 weeks, begins Tuesday, September 10, 2013  
7:00-8:30 PM  
\$115.00

**Adult Lap Swim** Get into shape with the perfect exercise: lap swimming. Informal instruction is available on stroke techniques & introduction to flip turns. This class takes place on Tuesday & Thursday evenings. **Cindy Glynn**  
8 weeks, begins Tuesday, September 10, 2013  
7:00-8:30 PM  
\$115.00

**Boot Camp** Cardio drills, strength training, toning and stretching combined to give you a total body workout. Several different workouts will be used throughout the course to keep those muscles guessing. Join us for a very enthusiastic workout! Look good and feel great! You are worth it! Exercises can be modified to all fitness levels. **Diane Sullivan**  
10 weeks, begins Thursday, September 26, 2013  
(Hancock School) 6:00-7:00 PM  
\$90.00

**Fall Holiday Crafting\*** An Arts and Crafts Program geared to an integrated life skills population. We will be creating simple holiday crafts that are both decorative and useful. **Patricia Jensen**  
3 weeks, begins Thursday, September 26, 2013  
6:30-8:30 PM  
\$36.00

**Winter Holiday Crafting\*** An Arts and Crafts Program geared to an integrated life skills population. We will be creating simple holiday crafts that are both decorative and useful. **Patricia Jensen**  
5 weeks, begins Thursday, October 24, 2013  
6:30-8:30 pm  
\$60.00

## SUNDAY

**Family Swim** Enjoy a family swim in our indoor heated pool. Cool down, exercise, or practice swimming techniques. This is an activity the whole family will look forward to participating in the fall or winter session.

**FALL SESSION**  
4 weeks, begins Sunday, September 29, 2013  
2:00-3:00 PM  
\$40.00

**WINTER SESSION**  
4 weeks, begins Sunday, November 3, 2013  
2:00-3:00 PM  
\$40.00

**NEW!** Skills for the 21st century **NEW!**

**UGotClass**  
Online certificates and courses

Watch our website for updated information

\* Materials and supplies are not included in the class fee.

Students under the age of 18 may not enroll in any continuing education class.

Register online and save \$10 on courses that meet four or more weeks.

**ADDITIONAL INFORMATION**

**No Confirmations** The Brockton Community Schools does not send a confirmation of your enrollment. If the course you register for is full, we will notify you with your options.

**Registration Fee** A \$10 registration fee (included) is due once per term. This fee is refundable *ONLY* if the course you enroll in is cancelled due to insufficient enrollment.

**Senior Citizen Discount** A 20% discount is available to qualifying seniors 60 and over.

**Returned Check Fee** A \$35 returned check fee will be charged for all checks returned for insufficient funds.

**Tuition** must be paid in full at time of registration. Payment may be made by check, money order, MasterCard, Visa, Discover, or by cash in person.

**The Brockton Community Schools reserves the right to cancel classes with insufficient enrollment and to make changes in instructor's class schedules due to unforeseen circumstances.**

**Withdrawals/Refunds Policy** If you withdraw from a course at least one week before the start date, you will receive a full tuition refund minus a \$10 processing fee. If we cancel a course or if a course is filled when we receive your payment, you will be given a full refund.

If you withdraw less than one week in advance you will be given a course voucher based on the prorated schedule below. Note: The course voucher schedule applies only to courses that meet four or more times.

**Pro-rated Course Voucher:**

- 1.) Withdrawal within one-week before class starts: Full course voucher minus a \$10 processing fee.
- 2.) Withdrawal after class has started, but before 2<sup>nd</sup> class meeting: Course voucher for 75% of course fee minus a \$10 processing fee.
- 3.) Withdrawal after 2<sup>nd</sup> class has met but before 3<sup>rd</sup> class meeting: Course voucher for 50% of course fee minus a \$10 processing fee.
- 4.) No course voucher will be given for withdrawal after the 3<sup>rd</sup> class.

**PLEASE NOTE: Students under the age of 18 may not enroll in any continuing education course.**

**Brockton Community Schools is not responsible for lost or stolen personal property including any type of electronic device. Students and adults who carry these items do so at their own risk.**

Fall classes for Adult Education begin the week of **September 23, 2013** at Brockton High School **unless noted (Plouffe) for the Plouffe Middle School, (Hancock) for the Hancock Elementary School or (Kennedy) for the Kennedy Elementary School.**

*The Brockton Public School System does not discriminate on the basis of race, religion, color, national origin, age, sex, veteran's status, sexual orientation, gender identity or disability in admission to, access to, treatment in or employment in its programs and activities. Procedures to ensure statutory provisions are delineated in the Brockton Public Schools Procedures Manual.*

**Enrichment & Recreation Registration Form Fall 2013**

**PLEASE PRINT**

Date: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell/Emergency Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Course Title	Location	Day	Time	Fee
				\$
				\$
				\$
SUBTOTAL				\$
20% Senior Discount (if applicable) -				\$
TOTAL				\$

**FOR OFFICE USE ONLY**

Payment:  Cash  Check  Money Order  Credit Card  Electronic Check

Check Number \_\_\_\_\_ Money Order Number \_\_\_\_\_ Electronic Check Number \_\_\_\_\_

**REGISTER ONLINE AND SAVE \$10 ON COURSES THAT MEET FOUR OR MORE WEEKS.**

**[www.brocktoncommunityschools.com](http://www.brocktoncommunityschools.com)**

Browse our site to see all of the programs that we offer.

When you are ready to register go to the top right hand corner of the page, above the picture, there will be options for you to choose.

Please choose Login: Adults or Kids (Choose Adults)

First time users must create an account or login to your account with your existing email and password

Select Course or Program of Interest

Follow the prompts until the checkout is complete

If you need assistance or have questions about the process, please call the Community Schools office at 508-580-7595.

