

**TRURO COMMUNITY EDUCATION CLASSES
FALL 2016
REGISTRATION & INFORMATION**

CONTACT

Truro Community Education
Heather Fair, Director
Truro Central School, 317 Route 6
Phone: #508-487-1558x203 or #508-413-9263
email: fairh@truromass.org website: <http://www.truromass.org>

WHEN AND WHERE CLASSES BEGIN

- Classes begin the week of October 17, 2016 unless otherwise noted
- Descriptions of the classes will indicate when the classes begin and end
- Classes will be cancelled if TCS is closed due to inclement weather

HOW TO REGISTER

- Registration forms are available at the following locations:
- Truro Public Library
- Truro Town Hall
- Truro Central School
- Seamen's Bank
- Savory & Sweet Escapes
- Download a registration form from the Truro Central School website
- **Mail registration or bring to Truro Central School prior to October 13, 2016– late registrations will be accepted, but some classes may be cancelled due to lack of participation so signing up early is best!!**

CLASSES

Quilting

Christine Grozier

Truro Central School Cafeteria
Class Begins: October 17, 2016 (8 Weeks)

Mondays, 7:00-9:00PM
\$35.00

Do you have UFOs (unfinished objects) that need to get done? Hopefully your UFOs are not flying objects in the sky ---unless you toss them into the trash because they are ugly! Well then, this is the class for you! As a quilter we all have projects to piece, borders to put on or just simply sandwich it together to get it ready to machine sew! You can do this in this class. If you are new to quilting, there are many old projects that can be done or bring one of your own. If you have any other questions, please call 508-349-3085 ask for Chris Grozier. For this class you will also need to bring:

Neutral thread

Scissors

Quilting pins

Rotary cutter, cutting mat, 6" x 24" acrylic ruler

90-degree right angle square

Seam ripper

Sewing machine in good working order with 1/4 presser foot

Sewing machine manual

Extension cord

Total Body Workout

Alison Waldo

Truro Central School Gym **Mondays & Wednesdays, 4:00-5:00 pm**
Class Begins: October 17, 2016 (8 weeks)

\$80.00 Twice a week /60.00 Once a week

Total Body Workout is a class aimed at training your entire body! Various strength training techniques combined with short bursts of aerobic activity keeps your body guessing. This strategy known as muscle confusion is extremely effective in achieving results. If you put in the effort you WILL feel the difference in your upper body, lower body and abdominals. Instructor Alison Waldo is a SCW certified fitness instructor, personal trainer and TRX trainer, who has been conducting this class for over 6 years with great success. This total body workout class is an excellent way to get fit in a fun, social way.

Pickle Ball

Arlene Estey

Truro Central School Gym
Class Begins: October 18, 2016 (6 weeks)

Tuesdays, 7:00-8:00PM pm
\$35.00/\$30.00 (Sen. Discount)

Pickleball is the wildly popular racket game played on a badminton sized court with a wiffle ball. It's a cross between tennis and ping pong – come and see what it's all about.

No experience necessary, beginners WELCOME! Fun for all ages. Paddles and instruction are provided. Wear sneakers and comfortable clothes.

Yoga for Teenage Girls

Genevieve Morin

Truro Central School Music Room
Class Begins: October 25, 2016 (6 Weeks)

Tuesdays , 4:00-5:00PM
\$60.00

*******A bus stop will be designated on Tuesdays at TCS for those from NRMS and NRHS wishing to participate*******

This yoga class will offer teen girls age 13-17 tools to help them navigate their daily stress brought on by rapid physical changes, academic demands, social pressures and relationships.

Through yoga asana (poses), pranayama (breathing), meditation and self-reflection we will develop not only strength and flexibility but gain self-confidence, resilience and ways to better manage stress. We will cultivate a healthy approach to self-image, celebrate our inherent beauty and individuality.

Let's empower our girls to engage the world with heightened awareness and give them the courage, confidence to make positive choices for themselves.

Introduction to Prana Flow Yoga

Genevieve Morin

Truro Central School Music Room
Class Begins: October 25, 2016 (6 weeks)

Tuesdays, 5:30-6:30 pm
\$60.00/\$55.00 (Sen. Discount)

This class is designed to bring the basics of Prana (vital energy) Flow Yoga to the beginner while receiving individualized attention as you gain flexibility, strength and balance.

In this class we explore the movements of Prana through alignment of asanas (yoga poses) and surya namaskars (salutations). Yogic breathing, meditation and relaxation techniques will also be introduced.

Stress Reduction

Gail Morrison

Truro Central School
Class Begins: October 18, 2016 (4 weeks)

Tuesdays, 6:30-7:30 pm
\$40.00/\$35.00 (Sen. Discount)

Learn relaxation techniques to reduce stress and gain tips to deal effectively with the demands and challenges of everyday life. Gail Morrison, M.Ed. is a holistic life coach with extensive experience facilitating relaxation exercises and teaching life skills. She lives in North Truro. www.naturedivination.com

Karaoke Vocal Coaching

Mary Abt

Truro Central School Classroom
Class Begins: October 19, 2016(6 weeks)

Wednesdays, 6:00-7:00PM
\$60.00/\$55.00(Sen. Discount)

Yes, friends and neighbors, Mary Abt is at it again. Come enjoy the company of people who just enjoy singing.

Mary will take you on an exploration of singing and the vocal process then add a few karaoke favorites and we have an evening of fun. Come to TCS at 6pm on Wednesdays. You will leave with a little laughter, a smile on your face and a song on in your heart, promise!

Let's Get You Published

Yvonne deSousa

Truro Central School Classroom
Class Begins: October 19, 2016(6 weeks)

Wednesdays, 6:00-7:30PM
\$60.00/\$55.00(Sen. Discount)

Do you have a story you want to share with the world? Are you interested in seeing your name in a byline? Have you been writing for years and want to know what to do with all that hard work? There are many elements to the publishing journey and this class will highlight those elements. Topics will include pitches, queries, platforms, editing, places that want your work right now, reviews, promotion, and the pros and cons of various publishing options. Local authors will visit to discuss their own routes to publication. And since you can't get published if you're not writing, each class will include small writing assignments and time to share and critique each other's work. Handouts will be provided.

Led by:

Yvonne deSousa

Humorist/Author of *MS Madness!*

Clay

David Wright

Truro Central School Art Room
Classes Begins: October 20, 2016(6 weeks)

Thursdays 7:00-8:30PM
\$85.00/\$80.00(Sen. Discount)

Have you ever wanted to make simple decorative or practical objects for your home or to give as gifts? Explore the satisfying experience of hand-building in clay. Make an abstract sculpture, miniature dolls or a coffee mug using the ancient techniques of building w/ clay coils, pinch pots and slabs. All pieces will be glazed and low-fired. Come join the fun.

David Wright has been teaching clay classes for kids and adults for over 20 years.

SPECIAL ONE SESSION OFFERINGS!!!

Freezer Meal Workshop: Healthy Eating is as Simple as Filling Your Freezer!!
Jan Taylor

Truro Central School

Saturday, November 12, 2016 11:00AM-12:00PM
\$20.00 Per Person

My Freezer Meals Workshop was created to help you create healthy, affordable and quick meals so that you can spend your time doing what you really want to be doing!!!! Each participant will leave with a booklet of recipes!!!

Led by:

Jan Taylor

Certified Holistic Health Coach

Licensed Personal Trainer & Pilates Instructor

Owner of:

Get Lively: Mindful Health & Fitness Coaching <http://www.getlivelynow.com/>

TRURO CENTRAL SCHOOL COMMUNITY EDUCATION REGISTRATION

NAME: _____

MAILING ADDRESS: _____

PHONE # _____ CELL# _____

EMAIL # _____

COURSE TITLE: _____

****MAKE CHECKS PAYABLE TO: TRURO COMMUNITY EDUCATION**
** Mailing Address: PO Box 2029, Truro, MA 02666-2029

Community Education Consent and Release Form

I, the undersigned do agreed to forever release the Town of Truro, the School Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in Community Education programs of the Truro Public Schools (“the Releasees”) from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries or property damage resulting from my participation in Truro Public School’s Community Education program.

I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries or property damage resulting from my participation in the Truro Public School’s Community Education programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation in these programs is voluntary and that I am free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to participate in the Truro Public School’s Community Education programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage I may suffer in Truro Public School’s Community Education programs.

Signed:

Date: