

February 2010 Classes:

WELLNESS:

GENTLE VINYASA FLOW YOGA for Stress Relief:

Let go of stress and experience a serene space where you can rejuvenate your mind, body, and soul. This slow flowing yoga class is perfect for the beginner or to bring a peaceful balance to an active lifestyle. **Notes: Please bring your own yoga mat and towel.**

| Code | Dates | Day | Time |
|----------|---------------|------|--------------|
| 021219-C | Feb 9 – Mar 2 | Tues | 6:45–7:45 PM |

Duration: 4 weeks/4 classes Location: EBC
Instructor: Carol Smith Fee: \$36

Evening VINYASA FLOW YOGA for Fitness

Experience increased strength and flexibility, natural weight loss, a higher energy level, better concentration, and noticeable stress reduction with the fusion of the ancient practice of yoga and cutting-edge exercise physiology. This class will benefit everyone regardless of his or her athletic skill. **Notes: Please bring your own yoga mat. There is no class on Nov. 26.**

| Code | Dates | Day | Time |
|----------|-----------------|------|--------------|
| 021219-A | Feb 18 – Mar 11 | Thur | 6:30–7:30 PM |

Duration: 4 weeks/4 classes Location: EBC
Instructor: Carol Smith Fee: \$36

Tai Chi – Yang Style

Tai chi is an ancient system of exercise, meditation, and martial art that unites mind and body: an exercise to cultivate the body, a meditation to cultivate the spirit, a martial art to cultivate harmonious relationships with others. The basic practice or Form comprises 37 movements executed in a slow, relaxed, and fluid manner. These classes will be offered in the morning for early risers.

BEGINNING:

| Code | Dates | Days | Time |
|---------|-----------------|---------|-----------------|
| 021220A | Feb. 2 – Feb 25 | Tu & Th | 7:30am – 8:30am |

INTERMEDIATE:

| Code | Dates | Days | Time |
|---------|----------------|-----------|-----------------|
| 021220B | Feb. 3 – Mar 3 | Mon & Wed | 7:30am – 8:30am |

There are no classes on 2/15.

***Note: New students need to contact the instructor for acceptance into the intermediate class @ bobszone@aol.com**

Duration: 4 weeks/8 classes Location: EBC
Instructor: Bob Chasan II Fee: \$43

Tai Chi Chi Kung

An Exercise For All Ages

Tai Chi movements are soft, graceful, and flowing. Tai Chi does not put stress on joints or muscles. It can be learned by anyone, regardless of age. Tai Chi fosters an inner quiet that relieves stress, tension, and body aches. Tai Chi is a totally unique form of exercise during which the student will experience a marvelous sense of well being as the physical body is slowly and gently healed and integrated with the mind and spirit. A one-time Association fee of \$35.00 will be charged and paid directly to the instructor. Free of charge will be the tai chi uniform.

| | | | |
|-----------|---------------|--------|-----------|
| Code | Dates | Days | Time |
| 021201-B1 | Feb 8 – Mar 8 | M & Th | 5–5:50 PM |

Duration: 4 weeks/8 classes Location: EBC
 Instructor: Jean Helmstetter Fee: \$46

KIDS:

KRAFTY KIDS: FIRST TUESDAYS ARE KIDS DAYS AT THE EBC

Children will make fun craft projects using a variety of materials and take home their creations at the end of the class.

February: Lollipop flower bouquet.

| | | | |
|--------|-------|------|-----------------|
| Code | Dates | Day | Time |
| 020910 | FEB 2 | Tues | 3:00PM – 4:30PM |

Duration: 1 week/1 class Location: EBC
 Instructor: Lisa Donner Fee: \$10.00

NEW:

Lyrical Dance:

This class will combine elements of jazz and ballet to teach the student to express the emotion of music through dance. For ages 7 -12. Students should wear either jazz or ballet shoes.

| | | | |
|---------|----------------|------|-----------------|
| Code | Dates | Day | Time |
| 020700C | Feb 2 – Feb 23 | Tues | 5:30PM – 6:30PM |

Duration: 4 week/4 classes Location: OYCC
 Instructor: Erica Wasmund Fee: \$20.00

NEW: Beginning Ballet:

This beginning class will introduce students to ballet. It will teach technique, foot and arm positions, terminology, and simple combinations. Students should wear ballet shoes. For ages 7 to 12.

| | | | |
|---------|-----------------|-----|-----------------|
| Code | Dates | Day | Time |
| 020700A | Feb 24 – Mar 17 | Wed | 6:30PM – 7:30PM |

Duration: 4 week/4 classes Location: EBC
 Instructor: Erica Wasmund Fee: \$20.00

NEW: HAPPY TAPPERS: Combination of tap, jazz, and ballet

This class is geared for tiny toes and happy tappers ages 3 to 6. Erica will teach children the basic elements of jazz, tap, and ballet. Students should wear jazz or ballet shoes and tap shoes.

| | | | |
|---------|-----------------|-----|-----------------|
| Code | Dates | Day | Time |
| 020700A | Feb 24 – Mar 17 | Wed | 5:15PM – 6:15PM |

Duration: 4 week/4 classes
Instructor: Erica Wasmund

Location: EBC
Fee: \$20.00

SPECIAL INTEREST:

ARCHERY for KIDS

Learn the basic fundamentals of archery and become a better archer with proper instruction. Jerry will teach you the correct form and technique using supplied equipment or bring your own. You will learn the parts that make up the bow and the arrow, how to use the equipment safely, correct arrow release, aiming, and shot sequence... This class is open to beginner and current archers ages 8 to 16.

| Code | Dates | Days | Time |
|---------|-------------------|------|------------|
| 021332A | Feb. 20 – Mar. 27 | Sat. | 11am -12pm |

Duration: 6 weeks/6 classes Location: Cole Field
Instructor: Jerry Busha Fee: \$53.00

ARCHERY for adults

Learn the basic fundamentals of archery and become a better archer with proper instruction. Jerry will teach you the correct form and technique using supplied equipment or bring your own. You will learn the parts that make up the bow and the arrow, how to use the equipment safely, correct arrow release, aiming, and shot sequence... This class is open to adult beginner and current archers ages 18 and over.

| Code | Dates | Days | Time |
|---------|-------------------|------|-------------|
| 021332B | Feb. 20 – Mar. 27 | Sat. | 10am - 11am |

Duration: 6 weeks/6 classes Location: Cole Field
Instructor: Jerry Busha Fee: \$53.00

Reincarnation and Past Life Regression

In this class, we will experience a Past Life Regression in our Classroom. Prior class we discussed why we would want to know if there is a Past Life influence. What this means for our family structure and life lessons and struggles. Should we explore this on a more personal level? Do you want to access a past life to "feel" its realness? How about that life's agreements and how it accepts you now? All you need is desire and the key to unlock the secrets. Once you unlock your "deep memory" you will have a wealth of historical information at your fingertips that you can use in THIS lifetime. Come with "comfy" clothes and pillows for a very interesting couple of hours of Past Lives Exploration! Taught by Nancy Matz, a Certified Past Life Therapist.

| Code | Starts | Days | Time |
|----------|--------|---------|---------------|
| 021516-B | Feb. 2 | Tuesday | 6:00 – 8:00PM |

Duration: 1 Class Location: EBC
Instructor: Nancy Matz Fee: \$12

Reincarnation, Psychic Awareness, and "Readings"

Nancy Matz is an Intuitive Reader who can guide you in the future and a caring medium who can communicate with your loved ones who are in the spirit world.

You'll find her readings to be truly amazing as she conducts them in group form.

| Code | Starts | Days | Time |
|------------------------|--------|---------------|---------------|
| 021516-D | Feb. 9 | Tuesday | 6:00 – 8:00PM |
| Duration: 1 Class | | Location: EBC | |
| Instructor: Nancy Matz | | Fee: \$12 | |

PALMISTRY for beginners

Introduction to the lines and mounds of hand. The instructor will discuss hand shapes, fingers and relation to astrology, personality, graphology as well present power point show.

| Code | Dates | Days | Time |
|----------------------------------|-------|----------------|--------------------|
| 021317 | FEB 6 | Sat | 10: 30pm - 12:30PM |
| Duration: 1 day/1 class | | Location: OYCC | |
| Instructor: Mackenzie Stillwater | | Fee: \$25 | |

FENG SHUI for beginners

This class will familiarize you with Asian philosophy, the five elements, the Bagua, I Ching, and tools to analyze a room.

| Code | Dates | Days | Time |
|----------------------------------|--------|----------------|-----------|
| 021503 | FEB. 6 | SAT | 1pm – 3pm |
| Duration: 1 day/1 class | | Location: OYCC | |
| Instructor: Mackenzie Stillwater | | Fee: \$25 | |

ARTS & CRAFTS:

SCRAPBOOKING: Mini Album Class

Create a mini paper album to send to a friend, someone you love, or keep for yourself. Class includes everything you need to create the perfect album (you just bring the pictures). Choose from different designs/colors. Album is six pages (twelve sides), 6½" x 6½", and comes with an envelope to mail. A supply cost of \$20 must be paid to the instructor at the beginning of the class.

| Code | Date | Day | Time |
|-----------------------------|-------|----------------|--------|
| 020918 | Feb 9 | Tue | 6–8 PM |
| Duration: 1 day/1 class | | Location: OYCC | |
| Instructor: Lorraine Jacobs | | Fee: \$7 | |

Busy Fingers— Adult Knitting

Learn A New Craft!

Knitting is hot! Participants will learn how to “cast on, knit, purl, and bind off.” Come “sit and knit” with us.

| Code | Dates | Days | Time |
|-----------------------------|-----------|---------------|--------|
| 020907-B | Feb 1–10 | M & W | 1–2 PM |
| 020907-B | Feb 16–24 | M & W | 1–2 PM |
| Duration: 2 weeks/4 classes | | Location: EBC | |
| Instructor: Nancy Wigmore | | Fee: \$15 | |

Notes: Please bring plastic or bamboo knitting needles, size 10, plus one skein of cotton yarn to class.

Adult Crocheting

Did your grandmother crochet beautiful doilies? Do you want to learn how to crochet? Come join the Busy Fingers crochet class and learn to make items just like Grandma made.

Code Dates Days Time

020907-C Feb 1–10 M & W 2–3 PM

020907-C Feb 16–24 M & W 2–3 PM

Duration: 2 weeks/4 classes Location: EBC

Instructor: Nancy Wigmore Fee: \$15

Notes: Please bring crochet hooks, sizes J and K, plus one skein of cotton yarn to class. *The*

Japanese Flower Arranging

Ikebana Sogetsu

Have you ever been interested in learning the ancient art of Japanese Flower Arrangement?

Noriko Blair brings her experience from her training in Ikebana in Japan to Sierra Vista.

You will need to supply your own scissors and Kenzams (base for arrangements). Kenzams and shears will be available for purchase from the instructor. Students will also be required to purchase flowers each week from the instructor. Cost will be about \$10 per class.

Code Date Day Time

021515-A Feb 11–Mar 18 Thu 6:30–8 PM

Duration: 6 weeks/6 classes Location: EBC

Instructor: Noriko Blair Fee: \$45

Notes: *Pre-registration is required at least three (3) days prior to the start date of the class.*

Printmaking

Block Printing Your Own Greeting Cards

Journey back in time to the specialness of homemade gifts and greetings. Create your own greeting cards using the traditional method of block printing. In the first two sessions you will design and carve your card. The last session will be for printing. The number of cards you print is up to you! Your carved block can be used again and again over the years. Put that personal touch into your card and it becomes a gift in itself!

Code Dates Day Time

020922 Feb 17–Mar 3 Wed 1–3 PM

Duration: 3 weeks/3 classes Location: OYCC

Instructor: Xo Terra Fee: \$45

Here's Looking at You

Creative Self Portrait

Create a self-portrait by using symbols, collage, color, and shape to describe one or more aspects of yourself. This can be about things you like or don't, aspects you want to develop, how you feel, how you want to feel, your history, or any other direction you want to focus on. There will be discussion and self awareness exercises to start your journey of self discovery followed by hands-on experience creating your self portrait. A variety of media will be provided for your use (included in the fee). Bring a snack or brown bag lunch; breaks will be self directed.

Code Date Day Time

021518 Feb 27 Sat 9 AM–1 PM

Duration: 1 day/1 class Location: EBC
Instructors: Xo Terra Fee: \$44
Mackenzie Stillwater

Treasure Boxes

Create your very own treasure box (design and build) using bookboard and decorative paper made in class. This is the ultimate in personalization of memories for yourself, or as a special gift. It can be customized for whatever you want! Book board and tools will be provided.

Here are some ideas:

- A box for note cards with special dividers for pens and stamps.
- A holder for love letters, photos, or special keepsakes.
- A box for ashes of a beloved.

Code Dates Day Time
020922 Feb 17–Mar 3 Wed 10 AM–12 PM

Duration: 3 weeks/3 classes Location: OYCC
Instructor: Xo Terra Fee: \$45

Pottery

Pottery Studio @ Sierra Vista

This is an opportunity for students at any level to have a ceramic open lab session, working alongside experienced ceramic artists and other students. It is completely self-directed, though your questions will be gladly addressed. The time and intensity of your experience are completely up to you. Explore, experiment, and learn through play and self-motivated practice. There will be a Raku firing on the second Friday of each month.

The fee includes a reasonable amount of clay, use of equipment, bisque firing, glazes, and glaze firing. Students are encouraged to bring their own tools, though studio tools will be available. Participants wishing to go into production will be asked to purchase their clay in addition to the fee. Punch Pass is good for eight hours in the studio.

Code Dates Days Time
NA Feb 18 & 25 Thu 6–9 PM
NA Feb 5–26 Fri 10 AM–4 PM
NA Feb 20 Sat 10 AM–2 PM

Duration: 9–13 hours/weekly Location: OYCC

Leader: Beverly Terry Fee: \$22 Punch Pass

Notes: It is not possible to sign up for this class on WebTrac. Please come to one of our three locations to register for Pottery Studio. We apologize for the inconvenience. Punch pass is good for eight hours for you to use during open studio as you please. Paid participants in our other pottery classes may attend Pottery Studio at half-price.

Please Note: If there are no participants in attendance at the half way point, the Thursday evening session will close at 7:30 P.M. and the Saturday sessions will close at noon. Call Beverly Terry at (850) 485-2502 if you are going to be late.

photos. A supply cost of \$10 must be paid to the instructor at the beginning of the class.

DANCE:

Line Dancing:

Notes: Line Dancing

“NO PARTNER NEEDED” for this class. Sue will teach you traditional country western line dancing as well as waltzes, cha chas, and more. Level of difficulty will be geared to beginner dancer. Music will range from pure country to pop and even rock. It’s fun, exercise, and a great way to meet new friends. Wear leather boots, shoes with felt soles, or heavy socks with no shoes or over your shoes so you can slide and turn.

| Code | Dates | Day | Time |
|--------|----------------|------------|-----------------|
| 020707 | Feb 2 - Feb 17 | Tues & Wed | 12 NOON–1:00 PM |

Duration: 3weeks/6 classes Location: EBC
Instructor: Sue Leskiw Fee: \$25.00

Ballroom & Latin Dancing

Learn to DANCE LIKE the STARS! Beginner’s classes for those who don’t want to look like a beginner. No dance background necessary; just 2 feet (a right and a left), a partner and a desire to look great and have fun while dancing the night away. It’s the perfect exercise for your heart, your mind and your whole body. No sneakers please.

**Need a partner? Call Karen Lamy at the Ethel Berger Center and she’ll try to match you with someone who also needs a partner.

| Code | Dates | Day | Time |
|----------|-----------------|-----|-----------------|
| 020705-A | Feb 17 – Mar 24 | Wed | 6:30 PM–7:30 PM |

Duration: 6 weeks/6 classes Location: EBC
Instructor: Mary Scerbo Fee: \$36

You decide LATIN

Beginner’s class

Enjoy Latin-dancing right from the start without looking like a beginner. Easy steps. The class decides what dances they want to learn: rumba, cha-cha, Mambo, and swing. Bring your partner and let’s have fun. No sneakers please.

**Need a partner? Call Karen Lamy at the Ethel Berger Center and she’ll try to match you with someone who also needs a partner.

| Code: | Dates: | Day: | Time: |
|---------|-----------------|------|-----------------|
| 020714A | Feb 19 - Mar 26 | Fri | 6:30pm – 7:45pm |

Duration: 6 weeks/6 classes Location: EBC
Instructor: Mary Scerbo Fee: \$36.00

HAPPY FEET: BEGINNING TAP DANCE for seniors 50+

It’s never too late to learn how to DANCE! Come join the RICKETY ROCKETTES and learn BASIC TAP. No experience needed, Maxine Huff will teach you how in this fun class. Get plenty of exercise as you learn tap steps and easy dance routines and meet NEW FRIENDS, too!

Beginners:

| Code | Dates | Day | Time |
|----------|----------------|------|-------------------|
| 020708–B | Feb 2 – Feb 23 | Tues | 10:00am – 11:00am |

Duration: 4 weeks/4 classes Location: EBC
Instructor: Maxine Huff Fee: \$23.00

Hawaiian Dance You don't have to go to the Islands to learn the Hula and Tahitian Dance! Island dance is here for you to learn, combined with the chants and hand movements that tell the story. You will exercise and make new friends! Bring your smiles, enthusiasm, and bare feet. Join Nancy and the Barefoot Wahines Plus One for an hour of fun and dancing to some of the islands favorite melodies.

If you would like to have the Barefoot Wahines Plus One perform at your next event, please call the Ethel Berger Center at 417-6980.

Beginners:

| Code | Dates | Day | Time |
|----------|----------------|------|----------------|
| 020717-B | Feb 2 – Feb 23 | Tues | 5:30PM– 6:30PM |

Duration: 4 weeks/4 classes Location: EBC
Instructor: Nancy Slater Fee: \$16

Performing:

| Code | Dates | Day | Time |
|----------|----------------|-----|----------------|
| 020717-A | Feb 5 – Feb 26 | Fri | 10:30 AM–12 PM |

Duration: 4 weeks/4 classes Location: EBC
Instructor: Nancy Slater Fee: \$16

Clogging

This percussive dance form is not only a lot of fun, it is a great aerobic exercise, stimulates your mind, and improves balance. Appropriate for age 16 and up.

Experienced Cloggers

Participants must already clog at the Easy Level of Clogging before attending this class.

| Code | Dates | Day | Time |
|------|----------------|-----|-----------------|
| 0712 | Feb 4 – Feb 25 | Thu | 12:30PM–3:30 PM |

Instructor: Jill Gunzel Fee: \$6 weekly

MARTIAL ARTS:

DanZanRyu Jujitsu

DanZanRyu Jujitsu is a Japanese art form of self-defense developed by Professor Sieshiro Okazaki of Hawaii. It is a combination of several martial arts systems, which involves throwing, escapes, constriction techniques, form, and Jujitsu randori (a variation of Judo). Instructors teach this art in its "traditional" form.

The art emphasizes the principles of life's values, discipline, respect, fitness, coordination and leadership. Safety and awareness is of great importance in this class.

Younger students will learn the fundamentals of self-defense. Older students will study the art with the emphasis of mind and body awareness.

This is **not** a "grappling" class.

Youth: 6–12 years

| Code | Dates | Days | Time |
|----------|-----------------|-------|--------------|
| 021103-A | Feb 10 – Mar 10 | M & W | 5:30–6:30 PM |

Adult: 13+ years

| Code | Dates | Days | Time |
|----------|-----------------|-------|--------------|
| 021103-B | Feb 10 – Mar 10 | M & W | 6:30–8:00 PM |

Duration: 4 weeks/8 classes Location: OYCC Fee: \$40

Instructors: Kris Wheeler, David Chait, Tony Maslanka and Meleana Tomooka

Notes: There will be no classes on Feb. 15

Tai Shin Ki Do Karate

Lil' Dragons

Little Dragons is a high paced, energetic, fun karate class geared towards building confidence, coordination, and strength. The class involves punches, kicks, form training, and fly kicks.

Youth & Adult. Based in the system of Tai Shin Ki Do (way of body, mind, spirit), this beginning karate class teaches physical development, self-defense, kata training, and balance. This system emphasizes the importance of developing physical, mental and spiritual qualities of the students.

Note: new and returning students are required to pay an annual fee of \$25 for membership in the National Isshin-Shorin-Go-Ryu Karate Association (NIKA), \$9.00 for a style patch and a \$9.00 fee for an AOKA manual. A uniform is provided with this membership.

Lil' Dragons Level I: 4–6 years

| Code | Dates | Days | Time |
|----------|---------------|-------|-----------------|
| 021104-A | Feb 5 – Mar 5 | M & F | 5:00pm – 5:45pm |

Lil' Dragons Level II: 6–8 years

| Code | Dates | Days | Time |
|----------|---------------|-------|-----------------|
| 021104-B | Feb 5 – Mar 5 | M & F | 5:45pm – 6:30pm |

9 years to adult

| | | | |
|----------|---------------|-------|--------------|
| 021104-C | Feb 5 – Mar 5 | M & F | 6:30pm – 8pm |
|----------|---------------|-------|--------------|

Duration: 4 weeks/8 classes Location: EBC

Instructor: Victor Martinez Fee: \$43.00

Notes: There will be no class on Feb. 15.

MARCH 2010 CLASSES:

Pencil Portraits for Beginners

Have you ever wanted to try your hand at drawing portraits of your friends and family? Here is your chance to learn the basics in a fun and friendly setting.

Code Dates Day Time

030921-A Mar 8-29 Mon 6-8 PM

Duration: 4weeks/4 classes Location: OYCC

Instructor: Joan Wakefield Fee: \$34

Notes: Students should bring the following supplies; soft drawing pencils, 11 x 14 drawing pad, and a kneaded rubber eraser.

NEW Advanced Pastel Pencil Portraits

This class is for the student who has completed pencil portraits for beginners or has advanced portrait skills. Here is your chance to use pastel pencils to draw portraits of your friends and family.

Code Dates Day Time

040921-B Apr 5-26 M 6-8 PM

Duration: 4weeks/4 classes Location: OYCC

Instructor: Joan Wakefield Fee: \$34

Notes: Students should bring the following supplies: Pastel pencils, kneaded eraser, blending stumps, and pastel drawing paper. Please bring a good, clear photograph of the person you want to draw to the first class.

How to start your own house fix-up & rental business in your spare time.

Create wealth by buying, repairing, and renting fix-up houses. This class will teach you how to start your own house repair and rental business. Some of the topics covered include: locating, repairing, and renting properties, why invest in fix-up homes, tax codes, rental contracts, advertising, and keeping records. Terry Sprouse is the author of the book FIX EM UP, RENT EM OUT.

Code Dates Days Time

031333 Mar 27 Sat. 10am -12 noon

Duration: 1 classes Location: OYCC

Instructor: Terry Sprouse Fee: \$20.00

GENTLE VINYASA FLOW YOGA for Stress Relief:

Let go of stress and experience a serene space where you can rejuvenate your mind, body, and soul. This slow flowing yoga class is perfect for the beginner or to bring a peaceful balance to an active lifestyle.

Notes: Please bring your own yoga mat and towel.

Code Dates Day Time

031219-C Mar 9 – Mar 30 Tues 6:45-7:45 PM

Duration: 4 weeks/4 classes Location: EBC

Instructor: Carol Smith Fee: \$36

Evening VINYASA FLOW YOGA for Fitness

Experience increased strength and flexibility, natural weight loss, a higher energy level, better concentration, and noticeable stress reduction with the fusion of the ancient practice of yoga and cutting-edge exercise physiology. This class will benefit everyone regardless of his or her athletic skill.

Notes: Please bring your own yoga mat. There is no class on Nov. 26.

| Code | Dates | Day | Time |
|----------|----------------|------|--------------|
| 031219-A | Mar 18 – Apr 8 | Thur | 6:30–7:30 PM |

Duration: 4 weeks/4 classes Location: EBC
Instructor: Carol Smith Fee: \$36

Fit & Fabulous

Looking for a way to improve the quality of your life? This fun class, taught by certified senior exercise instructors, helps maintain your strength, fitness, and flexibility. Wear comfortable clothing. All equipment is provided.

| Code | Dates | Days | Time |
|----------|-----------------|----------|---------|
| 031200-A | Mar 19 – Apr 16 | M, W & F | 9–10 AM |

Duration: 4 weeks/12 classes Location: EBC
Instructor: Lee Itule Fee: \$20

Tai Chi – Yang Style

Tai chi is an ancient system of exercise, meditation, and martial art that unites mind and body: an exercise to cultivate the body, a meditation to cultivate the spirit, a martial art to cultivate harmonious relationships with others. The basic practice or Form comprises 37 movements executed in a slow, relaxed, and fluid manner. These classes will be offered in the morning for early risers.

BEGINNING:

| Code | Dates | Days | Time |
|---------|-----------------|---------|-----------------|
| 031220A | Mar 2 – Mar 25 | Tu & Th | 7:30am – 8:30am |
| 041220A | Mar 30 – Apr 22 | Tu & Th | 7:30am – 8:30am |

INTERMEDIATE:

| Code | Dates | Days | Time |
|---------|----------------|-----------|-----------------|
| 031220B | Mar 8 – Mar 31 | Mon & Wed | 7:30am – 8:30am |

*Note: New students need to contact the instructor for acceptance into the intermediate class @ bobszone@aol.com

Duration: 4 weeks/8 classes Location: EBC
Instructor: Bob Chasan II Fee: \$43

Tai Chi Chi Kung

An Exercise For All Ages

Tai Chi movements are soft, graceful, and flowing. Tai Chi does not put stress on joints or muscles. It can be learned by anyone, regardless of age. Tai Chi fosters an inner quiet that relieves stress, tension, and body aches. Tai Chi is a totally unique form of exercise during which the student will experience a marvelous sense of well being as the physical body is slowly and gently healed and integrated with the mind and spirit. A one-time

Association fee of \$35.00 will be charged and paid directly to the instructor. Free of charge will be the tai chi uniform.

| Code | Dates | Days | Time |
|------------|----------------|--------|-----------|
| 031201- B1 | Mar 11 – Apr 5 | M & Th | 5-5:50 PM |

Duration: 4 weeks/8 classes Location: EBC
Instructor: Jean Helmstetter Fee: \$46

Busy Fingers—Learn A New Craft!

Adult Knitting

Knitting is hot! Participants will learn how to “cast on, knit, purl, and bind off.” Come “sit and knit” with us.

| Code | Dates | Days | Time |
|----------|--------------|-------|--------|
| 030907-B | Mar 1–10 | M & W | 1–2 PM |
| 030907-B | Mar 15–24 | M & W | 1–2 PM |
| 040907-B | Mar 29–Apr 7 | M & W | 1–2 PM |

Duration: 2 weeks/4 classes Location: EBC

Instructor: Nancy Wigmore Fee: \$15

Notes: Please bring plastic or bamboo knitting needles, size 10, plus one skein of cotton yarn to class.

Adult Crocheting

Did your grandmother crochet beautiful doilies? Do you want to learn how to crochet? Come join the Busy Fingers crochet class and learn to make items just like Grandma made.

| Code | Dates | Days | Time |
|----------|--------------|-------|--------|
| 030907-C | Mar 1–10 | M & W | 2–3 PM |
| 030907-C | Mar 15–24 | M & W | 2–3 PM |
| 040907-C | Mar 29–Apr 7 | M & W | 2–3 PM |

Duration: 2 weeks/4 classes Location: EBC

Instructor: Nancy Wigmore Fee: \$15

Notes: Please bring crochet hooks, sizes J and K, plus one skein of cotton yarn to class.

Scrapbooking

Spring Two-Page Layout Class

Create a two-page spring layout, perfect for your spring of Easter pictures. Class includes everything you need to create two beautiful 12” x 12” pages. A supply cost of \$10 must be paid to the instructor at the beginning of the class.

| Code | Date | Day | Time |
|--------|-------|-----|--------|
| 020918 | Mar 9 | Tue | 6–8 PM |

Duration: 1 day/1 class Location: OYCC
Instructor: Lorraine Jacobs Fee: \$7

Writing Your Life Story

Are you writing your life story for yourself, your family, or for publication? If you are then this course will get you on track so you can reach your goal. It’s for those who have already started on their life story and those who don’t even know where or how to begin.

Each week there is a new assignment, with group participation and feedback. You'll break through all the barriers so you can tell your story the way you want to. Come join in this fun and challenging class with Frena Gray–Davidson who brings her extensive experience and good humor.

| Code | Dates | Days | Time |
|----------|-------------------|----------|-------------------|
| 030914-A | Mar 11 – April 29 | Thursday | 11:00AM - 12:30PM |
| 030914-B | Mar 11 – April 29 | Thursday | 1:00pm – 2:30PM |

Duration: 8 week/8 classes Location: OYCC
Instructor: Frena Gray-Davidson Fee: \$58

PALMISTRY for beginners

Introduction to the lines and mounds of hand. The instructor will discuss hand shapes, fingers and relation to astrology, personality, graphology as well present power point show.

| Code | Dates | Days | Time |
|--------|--------|------|-------------------|
| 041317 | MAR 27 | SAT | 10:30AM – 12:30PM |

Duration: 1 day/1 class Location: OYCC
Instructor: Mackenzie Stillwater Fee: \$25

FENG SHUI for beginners

This class will familiarize you with Asian philosophy, the five elements, the Bagua, I Ching, and tools to analyze a room.

| Code | Dates | Days | Time |
|--------|--------|------|-----------|
| 031503 | MAR 27 | SAT | 1pm – 3pm |

Duration: 1 day/1 class Location: OYCC
Instructor: Mackenzie Stillwater Fee: \$25

Dog Obedience

Do you and your best friend need help? Patrice Graber has the answer—training. Patrice has over 13 years experience and has Novice Endorsement from the National Assoc. of Dog Obedience Instructors, Inc. She is a Canine Good Citizen Evaluator with AKC and has taught in southern Arizona since 1995.

Puppy Obedience

A good start for your puppy is the key for a great canine companion. Education for puppy owners, socialization for your puppy, and gentle, positive training helps your puppy develop good manners and learn some basic commands. Puppies 8 weeks to six months of age may enroll. Enroll early; class size is limited.

| Code | Starts | Days | Time |
|----------|-----------------|------|--------|
| 031304–B | Mar 13 – Apr 24 | Sat | 9:30AM |

Duration: 7 weeks/7 classes Location: Tompkins Park
Instructor: Patrice Graber Fee: \$70

Notes: The first session of each Puppy Obedience class will meet at the Oscar Yrun Community Center *without dogs*. *Class end dates may vary due to weather...*

Basic Obedience

This class will help you learn how good communication results in a cooperative addition to the family. It will teach you to earn respect from your pushy and out-of-control best

friend. Dog owners learn the fundamentals of being a truly responsible pet owner and become aware of how great this best friend can be. Enroll early; class size is limited.

| Code | Starts | Days | Time |
|------|--------|------|------|
|------|--------|------|------|

| | | | |
|---------|-----------------|-----|-----|
| 031304A | Mar 13 – Apr 24 | Sat | 8AM |
|---------|-----------------|-----|-----|

Duration: 7 weeks/7 classes Location: Tomkins Park

Instructor: Patrice Graber Fee: \$70

Notes: The first session of each Basic Obedience class will meet at the Oscar Yrun Community Center *without dogs*. *Class end dates may vary due to weather.*

Ballroom & Latin Dancing

Learn to DANCE LIKE the STARS! Beginner's classes for those who don't want to look like a beginner. No dance background necessary; just 2 feet (a right and a left), a partner and a desire to look great and have fun while dancing the night away. It's the perfect exercise for your heart, your mind and your whole body. No sneakers please. **Need a partner? Call Karen Lamy at the Ethel Berger Center and she'll try to match you with someone who also needs a partner.

| Code | Dates | Day | Time |
|----------|----------------|-----|-----------------|
| 040705-A | Mar 31 – May 5 | Wed | 6:30 PM–7:30 PM |

Duration: 6 weeks/6 classes Location: EBC

Instructor: Mary Scerbo Fee: \$36

RICKETY ROCKETTES

The Rockettes are a performance tap group 50+. These dedicated dancers are available to perform at your next event, big or small.

The choreographer/director Maxine Huff has brought new life to the group with new dances to popular show tunes and popular new songs.

If you would like a performance at your next event please call the Ethel Berger Center for further information.

HAPPY FEET: BEGINNING TAP DANCE for seniors 50+

It's never too late to learn how to DANCE! Come join the RICKETY ROCKETTES and learn BASIC TAP. No experience needed, Maxine Huff will teach you how in this fun class. Get plenty of exercise as you learn tap steps and easy dance routines and meet NEW FRIENDS, too!

Beginners:

| Code | Dates | Day | Time |
|----------|-----------------|------|-------------------|
| 030708-B | Mar 2 - Mar 23 | Tues | 10:00am – 11:00am |
| 040708-B | Mar 30 - Apr 20 | Tues | 10:00am – 11:00am |

Duration: 4 weeks/4 classes Location: EBC

Instructor: Maxine Huff Fee: \$23.00

Hawaiian Dance

You don't have to go to the Islands to learn the Hula and Tahitian Dance! Island dance is here for you to learn, combined with the chants and hand movements that tell the story. You will exercise and make new friends! Bring your smiles, enthusiasm, and bare feet.

Join Nancy and the Barefoot Wahines Plus One for an hour of fun and dancing to some of the islands favorite melodies.

If you would like to have the Barefoot Wahines Plus One perform at your next event, please call the Ethel Berger Center at 417-6980.

Beginners:

| Code | Dates | Day | Time |
|----------|-----------------|------|----------------|
| 030717-B | Mar 2 – Mar 23 | Tues | 5:30PM– 6:30PM |
| 040717-B | Mar 30 – Apr 20 | Tues | 5:30PM– 6:30PM |

Duration: 4 weeks/4 classes Location: EBC

Instructor: Nancy Slater Fee: \$16

Performing:

| Code | Dates | Day | Time |
|----------|----------------|-----|-----------------|
| 030717-A | Mar 5 – Mar 26 | Fri | 10:30 AM- 12 PM |

Duration: 4 weeks/4 classes Location: EBC

Instructor: Nancy Slater Fee: \$16

Clogging

This percussive dance form is not only a lot of fun, it is a great aerobic exercise, stimulates your mind, and improves balance. Appropriate for age 16 and up.

Experienced Cloggers

Participants must already clog at the Easy Level of Clogging before attending this class.

| Code | Dates | Day | Time |
|------|----------------|-----|-----------------|
| 0712 | Jan 7 – Apr 29 | Thu | 12:30PM–3:30 PM |

Instructor: Jill Gunzel Fee: \$6 weekly

Beyond the Cylinder

The Next Step in Wheel Thrown Pottery

So, now that you have learned how to center and create a cylinder from a lump of clay on the wheel, what's next? Students in this class will begin to explore how to make a variety of wheel thrown forms possible from a basic cylinder. Learn how to make wide, flat forms like plates and bowls, as well as taller, skinnier forms like vases and bottles. Basic design considerations of form will be explained as well as techniques for creating sets with consistent size and shape. Some basic instruction in lidded pieces and composite pots will also be included. Take your wheel throwing skills to the next level with this class! Proficiency in basic wheel throwing is recommended (see Centering to Cylinder above). Class size is limited, so register early!

| Code | Dates | Day | Time |
|----------|---------------|-----|--------|
| 030902-B | Mar 18–Apr 22 | Thu | 6–9 PM |

Duration: 6 weeks/6 classes Location: OYCC

Instructor: Barry Midgorden Fee: \$90

Note: Students may participate in The Pottery Studio @ Sierra Vista for half price.

The Pottery Studio @ Sierra Vista

This is an opportunity for students at any level to have a ceramic open lab session, working alongside experienced ceramic artists and other students. It is completely self-directed, though your questions will be gladly addressed. The time and intensity of your

experience are completely up to you. Explore, experiment, and learn through play and self-motivated practice. There will be a Raku firing on the second Friday of each month. The fee includes a reasonable amount of clay, use of equipment, bisque firing, glazes, and glaze firing. Students are encouraged to bring their own tools, though studio tools will be available. Participants wishing to go into production will be asked to purchase their clay in addition to the fee. Punch Pass is good for eight hours in the studio.

| Code | Dates | Days | Time |
|------|------------|------|------------|
| NA | Mar 4–25 | Thu | 6–9 PM |
| NA | Mar 5–26 | Fri | 10 AM–4 PM |
| NA | Mar 6 & 20 | Sat | 10 AM–2 PM |

Duration: 9–13 hours/weekly Location: OYCC

Leader: Beverly Terry Fee: \$22 Punch Pass

Notes: It is not possible to sign up for this class on WebTrac. Please come to one of our three locations to register for Pottery Studio. We apologize for the inconvenience. Punch pass is good for eight hours for you to use during open studio as you please. Paid participants in our other pottery classes may attend Pottery Studio at half-price.

Please Note: If there are no participants in attendance at the half way point, the Thursday evening session will close at 7:30 P.M. and the Saturday sessions will close at noon. Call Beverly Terry at (850) 485-2502 if you are going to be late.

KRAFTY KIDS: FIRST TUESDAYS ARE KIDS DAYS AT THE EBC

Children will make fun craft projects using a variety of materials and take home their creations at the end of the class.

March: Shamrock wreath

| Code | Dates | Day | Time |
|--------|-------|------|-----------------|
| 030910 | MAR 2 | Tues | 3:00PM – 4:30PM |

Duration: 1 week/1 class Location: EBC

Instructor: Lisa Donner Fee: \$10.00

NEW:

NEW: Beginning Ballet:

This beginning class will introduce students to ballet. It will teach technique, foot and arm positions, terminology, and simple combinations. Students should wear ballet shoes. For ages 7 to 12.

| Code | Dates | Day | Time |
|---------|-----------------|-----|-----------------|
| 040700A | Mar 24 - Apr 14 | Wed | 6:30PM – 7:30PM |

Duration: 4 week/4 classes Location: EBC

Instructor: Erica Wasmund Fee: \$20.00

NEW: HAPPY TAPPERS: Combination of tap, jazz, and ballet

This class is geared for tiny toes and happy tappers ages 3 to 6. Erica will teach children the basic elements of jazz, tap, and ballet. Students should wear jazz or ballet shoes and tap shoes.

| Code | Dates | Day | Time |
|---------|-----------------|-----|-----------------|
| 040700A | Mar 24 - Apr 14 | Wed | 5:15PM – 6:15PM |

Duration: 4 week/4 classes Location: EBC

Instructor: Erica Wasmund

Fee: \$20.00

DanZanRyu Jujitsu

DanZanRyu Jujitsu is a Japanese art form of self-defense developed by Professor Sieshiro Okazaki of Hawaii. It is a combination of several martial arts systems, which involves throwing, escapes, constriction techniques, form, and Jujitsu randori (a variation of Judo). Instructors teach this art in its “traditional” form.

The art emphasizes the principles of life’s values, discipline, respect, fitness, coordination and leadership. Safety and awareness is of great importance in this class.

Younger students will learn the fundamentals of self-defense. Older students will study the art with the emphasis of mind and body awareness.

This is *not* a “grappling” class.

Youth: 6–12 years

| Code | Dates | Days | Time |
|----------|-----------------|-------|--------------|
| 031103–A | Mar 22 – Apr 14 | M & W | 5:30–6:30 PM |

Adult: 13+ years

| Code | Dates | Days | Time |
|----------|-----------------|-------|--------------|
| 031103–B | Mar 22 – Apr 14 | M & W | 6:30–8:00 PM |

Duration: 4 weeks/8 classes Location: OYCC Fee: \$40

Instructors: Kris Wheeler, David Chait, and Meleana Tomooka

Notes: There will be no classes during spring break on March 15 & 17.

Tai Shin Ki Do Karate

Lil’ Dragons

Little Dragons is a high paced, energetic, fun karate class geared towards building confidence, coordination, and strength. The class involves punches, kicks, form training, and fly kicks.

Youth & Adult. Based in the system of Tai Shin Ki Do (way of body, mind, spirit), this beginning karate class teaches physical development, self-defense, kata training, and balance. This system emphasizes the importance of developing physical, mental and spiritual qualities of the students.

Note: new and returning students are required to pay an annual fee of \$25 for membership in the National Isshin-Shorin-Go-Ryu Karate Association (NIKA), \$9.00 for a style patch and a \$9.00 fee for an AOKA manual. A uniform is provided with this membership.

Lil’ Dragons Level I: 4–6 years

| Code | Dates | Days | Time |
|----------|---------------|-------|-----------------|
| 031104–A | Mar 8 – Apr 5 | M & F | 5:00pm – 5:45pm |

Lil’ Dragons Level II: 6–8 years

| Code | Dates | Days | Time |
|----------|---------------|-------|-----------------|
| 031104–B | Mar 8 – Apr 5 | M & F | 5:45pm – 6:30pm |

9 years to adult:

| Code | Dates | Days | Time |
|----------|---------------|-------|--------------|
| 031104–C | Mar 8 – Apr 5 | M & F | 6:30pm – 8pm |

Duration: 4 weeks/8 classes Location: EBC

Instructor: Victor Martinez Fee: \$43.00

Notes: There will be no class on March 26