



HUNTERDON COUNTY
EDUCATIONAL
SERVICES
COMMISSION

ADULT and
CONTINUING
EDUCATION

**Winter 2011
Course Catalog**



Register now
www.hcesc.com
908-439-4280 x1405

HUNTERDON COUNTY EDUCATIONAL SERVICES COMMISSION

HUNTERDON COUNTY ADULT, CONTINUING & COMMUNITY EDUCATION

The Hunterdon County Educational Services Commission, officially formed by the State Board of Education, began operation on July 1, 1980 to act as the governing body for the Hunterdon County Adult Education Program that has operated since 1969, providing lifelong educational and cultural opportunities to all its citizens. Today, the Hunterdon County Educational Services Commission provides programs and services, including Adult and Community Education, Special and Alternative Education, Child Study Team Services, Professional Development, Technology Services, Cooperative Purchasing and Transportation. As always, the HCESC looks forward to providing quality programs for our customers and appreciates the support we continue to receive.

ADMINISTRATION

Dennis J. Cox, Superintendent,
The Hunterdon County Educational Services Commission
Corinne Steinmetz, Business Administrator/Board Secretary
Kimberly Triglia, Administrative Assistant to the Business Administrator
Andrea Romano, Director of Schools
Heidi Gara, Human Resources Administrator
Bobbi Oliver, Payroll
Doreen Pirozzi, Purchasing Manager
Lanny Hackett, External Transportation Director
Nancy Szymanski, Internal Transportation Director
Edwin Ashton, Manager of Technology Services

HCESC Board of Education
President: Charles Miller, East Amwell Township
Vice President: William Moebus, Holland Township

GENERAL COUNSEL

Comegno Law Group, P.C.

LEGALCOUNSEL

McManimon & Scotland
Leonard Nuara, Esquire

EXECUTIVE COUNTY SUPERINTENDENT:

Gerald Vernotica

REGISTRATION INFORMATION

ON LINE: ONLINE REGISTRATION.....EASY, FAST AND AVAILABLE.....HCESC encourages you to register online at www.hcesc.com

BY MAIL: Complete one of the forms in your brochure; mail form and check, and consider yourself registered. Report to first night of class. Mail checks to:

Hunterdon County ESC Adult Education
51 Sawmill Rd
Lebanon, NJ 08833

BY PHONE: You may register by phone (908-439-4280 x1405) using VISA or MasterCard.

BY FAX: You may register by FAX (908-439-2270) using VISA or MasterCard.

IN PERSON: You may register in person, any weekday from 8:30 a.m.-4:00 p.m., at:

Hunterdon County ESC
51 Sawmill Rd
Lebanon, NJ 08833

PLEASE PAY BY CHECK, CREDIT CARD OR EXACT CASH.

IMPORTANT: When registering make sure that **BOTH** day and evening phone numbers, along with email, are included so that we may reach you concerning any changes in class.

Register early. Avoid disappointment when classes are filled and help us have a sufficient number of students to be able to offer all classes. Registration will be taken, space provided, until noon the day before the class. Class enrollments are limited.

ELIGIBILITY: Anyone is welcome in our program. **NO additional fee for those residing outside Hunterdon County.**

COURSE OFFERINGS: The Director has the privilege of withdrawing a course when the registrations are less than the minimum required.

Suggestions for additional course offerings are always encouraged. Call 908-439-4280 x1405. The curriculums presented are the thoughts and opinions of the instructor and not that of the Hunterdon County ESC.

****REFUNDS: REFUNDS WILL BE GRANTED ONLY IF A COURSE IS CANCELLED BY HCESC ADULT EDUCATION.****
Any person registered for a class who needs to cancel or does not show for a scheduled class will not receive a refund. It is at the discretion of the Director of Education to offer credit for future classes.

SPECIAL ACCOMMODATIONS: “It is the policy of Hunterdon County ESC to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (10 days prior to the scheduled event) at (908)439-4280 x1405. Without advance notice it may not be possible to provide the required accommodation.”

CONFIRMATIONS/REMINDER LETTERS: No confirmations will be sent for course registrations.

SMOKING: Smoking on ALL school property is strictly prohibited.

FOOD & DRINK: Is prohibited in all school facilities.

SCHOOL CLOSINGS: Hunterdon County ESC, Adult Education emergency school closings will be announced over radio stations **WKXW (101.5 FM), WCTO-FM 96.1, NBC 10-TV, WFMZ-TV and HCTV.** **If the school district your class is located in has closed, your class is automatically cancelled. Do not call the local schools regarding evening school closings. Please check www.hcesc.com for any additional closing information.**

IMPORTANT!!! THE ESC ADULT EDUCATION OFFICE IS OPEN WEEKDAYS FROM 8:00 AM TO 4:00 PM. TELEPHONE NUMBER IS 908-439-4280 x1405.

CODES AND DIRECTIONS TO SCHOOLS/LOCATIONS

(ESC) - ESC School, West Amwell Campus

1422 Rte. 179, Lambertville 08530. Located directly across from the West Amwell Twp. School.

(HC) - Hunterdon Central High School

84 Rt. 31, Flemington 08822. One mile north of the Flemington Circle.

(JPC) – JP Case School

301 Case Blvd., Flemington 08822.

(NH) - North Hunterdon High School

1445 State Route 31, Annandale 08801. Located 1/4 mile south of Route 78.

(RF) - Reading-Fleming Middle School

50 Court St., Flemington 08822. Located off Park Ave., at the firehouse.

(AAT)- Academy At Tewksbury

51 Sawmill Road, Lebanon 08833

(ESC Adult Ed) – ESC Adult Education Building

215 Rt. 31, Flemington 08822. Located on the left side of the rear corner of Sandhill Rd. and Rt. 31.

(VOR) Voorhees High School

256 County Road 513

Glen Gardner, New Jersey 08826-3292

(BCAF) Bucks County Academy of Fencing

287 South Main Street

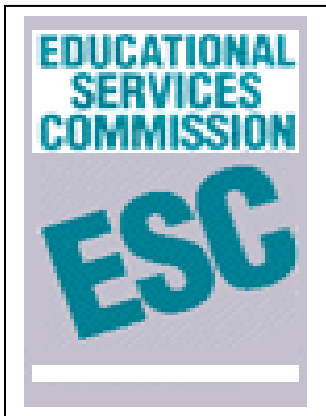
Lambertville, NJ 08530-1830

(LB) Ludo's Ballroom Dance School @East Whitehouse Firehouse

93 Old Hwy 28 (off Fire Lane) P.O. Box 274

Whitehouse NJ 08888

908-534-0004



School Programs
ESC ACADEMY AT TEWKSBURY
ESC SCHOOL AT WEST AMWELL

***ESC Academy at
Tewksbury***

Now accepting students in Grades 7 - 12

Enrollment- Alternative Program
40 student potential capacity

Enrollment- Special Education Program
Ages

10 years to 21 years

Individualized Programming

Related Services Available

Facility

Structured Learning Experiences in Community
Outdoor Education
Small staff-student ratio

Contact

Andrea Romano, Director

Phone #: 908- 439-3703 • Fax #: 908-439-3701

***ESC School at West
Amwell***

Ages

5 years to 21 years

Individualized Programming

Related Services Available

Facility

16-acre site
Life Skills Apartment
Cafeteria/All Purpose Room
Full Computer Network
Structured Learning Experiences in Community

Contact

Andrea Romano, Director

Phone #: 908-439-3703

Fax #: 908-439-3701

LITERACY & ADULT BASIC EDUCATION PROGRAMS

With one of the highest per capita income levels in the country, Hunterdon County, with a population of 120,500+ people, nonetheless has an estimated 11,000 adult residents with below average reading skills. Some 6,700 residents never completed high school and another 3,600 never went further than the 9th grade. In addition, for more than 7,000 Hunterdon County adult residents, English is their second language.

To assist these county residents and others from surrounding counties, the Educational Services Commission (ESC) provides a comprehensive program of Adult Basic Education that includes GED and ESOL classes. **For information about classes:**

- Call 908-806-2795 or 908-541-5781
- Email fleddy@hcesc.com or mkisch@hcesc.com
- Check <http://www.hcesc.com/abe.htm>

English for Speakers of Other Languages

Open to all permanent-resident adults who were not born in the United States or for whom English is a Second Language. A placement test is required for new students. **Please call 908-806-2795 or 908-541-5781 for information. FREE**

LOCATIONS:

Flemington/HCESC Adult Literacy Bldg
215 Rt. 31 Hunterdon Community Healthcare Campus
Monday and Thursday, 7-9 PM

Flemington/HCESC Adult Literacy Bldg
215 Rt. 31 Hunterdon Community Healthcare Campus
Wednesday, 7:00 PM – 9:00 PM

Centenary United Methodist Church
108 Union St, Lambertville
Monday & Thursday, 7:00 PM – 9:00 PM

Flemington Baptist Church
170 Main St, Flemington
Tuesday & Thursday 9:30 AM-12:30 PM

Good Shepherd Lutheran Church
300 Union Ave (Rt. 28), Somerville
Tuesday and Thursday 9:30 AM -11:30AM

St. John's Episcopal Church
158 West High Street, Somerville
Wednesday and Thursday 7:00 PM – 9:00 PM

Adult Basic Education/GED Preparation Classes

Open to adults and teens that have officially withdrawn from High School. This program is for any person wishing to improve their reading and math skills as well as for persons wishing to obtain a high school equivalency diploma. Registration is ongoing.

Placement Test Required. FREE

LOCATIONS:

ESC School @ West Amwell
1417 Route 179, Lambertville (609) 297-2575, ext 139
Tuesday, Wednesday and Thursday 8:30 AM – 1:30 PM

Somerset County Board of Social Services
73 East High Street, Somerville (908) 203-5092
Monday to Thursday 9:15 AM- 2:15 PM

Flemington/HCESC Adult Literacy Bldg
215 Rt. 31 Hunterdon Community Healthcare Campus
Monday to Friday 8:30 AM – 4:30 PM (908) 806-2795

Somerville Workforce Learning Link
27 Warren Street, Somerville (908) 541-5781
Monday to Friday 8:30 AM – 4:30 PM

Hunterdon County Workforce Learning Link

215 Rt. 31, Hunterdon Community Healthcare Campus, Flemington, NJ

A computer-based learning environment for adults who wish to improve math, reading, writing and computer skills or obtain a GED in order to seek employment, to improve job skills, to obtain a better job or to prepare for post-secondary education/training. Class sessions are Monday through Friday 8:30am-4:00pm. Please call 908/806-2795 for information. FREE.

Somerville Workforce Learning Link

27 Warren Street, Somerville, NJ 08876

A computer-based learning environment for adults who wish to improve math, reading, writing and computer skills or obtain a GED in order to seek employment, to improve job skills, to obtain a better job or to prepare for post-secondary education/training. Class sessions are Monday through Friday 8:30am-4:30pm. Please call 908/541-5781 for information. FREE.

(PLEASE PRINT OR TYPE)

**HUNTERDON COUNTY ESC, ADULT EDUCATION
Course Registration Form**

Name (Mr., Mrs., Ms.) _____

Telephone # (home) _____ (bus.) _____

Street Address _____

City _____

Course # _____ Course Title _____

School _____ Tuition _____

Amount Enclosed \$ _____

Visa/MasterCard # _____ exp. date

_____/____

This form may be duplicated

(PLEASE PRINT OR TYPE)

**HUNTERDON COUNTY ESC, ADULT EDUCATION
Course Registration Form**

Name (Mr., Mrs., Ms.) _____

Telephone # (home) _____ (bus.) _____

Street Address _____

City _____

Course # _____ Course Title _____

School _____ Tuition _____

Amount Enclosed \$ _____

Visa/MasterCard # _____ exp. date

_____/____

This form may be duplicated

ARTS and CRAFTS

Money Art: create cute little critters from a dollar bill **\$20.00 pp**

AC 1811 One session- Thursday, Feb 3rd 8:00-9:30pm

HC:

AC 1812 One session- Thursday, May 5th 8:00-9:30pm

HC:

Make a wonderful impression on people wherever you go. In a restaurant, at home, out and about. Learn how to fold a humble dollar bill into a cute penguin, an elegant butterfly, and a graceful swan. What's Money Art about? It's about watching people's faces light up in wonder. It's about creating and giving. It's about making your waitresses day very special with a lovely tip. It's about the eye-like patterns in the bill giving life to your little creation. It's about making an amazing impression on your date/spouse, client, family, and friends. It's about giving free money. And everyone loves money!

Note: bring crisp, new dollar bills with you. The instructor, Marc Sky, has created over 600 amazing little sculptures from dollar bills. His models have appeared in Newsweek and Time magazine. You can see his creations on his website, www.DollarArtist.com

BUSINESS & PROFESSIONAL DEVELOPMENT

BU107 LAUNCHING A HOME BASED BUSINESS **\$45.00 per person**

HOME BASED BUSINESS FOR CONSULTANTS, SENIORS & STAY-AT-HOME MOMS:

One session: Tuesday, Jan 25th 6:30-9:30pm

NH: 155

Instructor: Vicki Lynne Morgan

Not ready to retire? Looking for a flexible lifestyle? Hate commuting? Want to be home with your children? Launching a legitimate home-based business may be the answer. This program will give you the know-how to get started including: the pros and cons of entrepreneurship, key elements of a business plan, steps to set up a legal entity, where to find free help and support to launch and grow your business, what to expect in the home-based environment, pricing strategies, and tips for identifying and reaching your target market. This class will help you explore the know-how to get started. \$5.00 material fee payable to the instructor.

BU106 Networking Your Way to a New Career

\$45.00 per person

One session: Monday, Feb 7th 6:30-9:30pm

NH: 152

Instructor Name: Vicki Lynne Morgan

Although networking is the most successful way to find a new job or to advance your career, it can be intimidating and sometimes scary. Surveys indicate that 65% of people who are employed found a job that was never publicly advertised. In fact, less than half of all available jobs are never advertised. Networking offers one of the quickest paths to achieving your goals. This program includes: why networking is important, tips for polishing your networking skills, formula for overcoming the fear of public speaking, a networking timeline, 40 places to network, and how to turn any situation into a networking opportunity. Attend this class... You'll start networking immediately! \$5.00 material fee payable to instructor night of class.

BU109 MAKE MORE MONEY?

\$45.00 pp

NEED TO MAKE MORE MONEY? Learn How to Make a MLM and Network Marketing Work for You.

One session: Wednesday, April 19th

6:30-9:30pm

NH: 155

Instructor Name: Vicki Lynne Morgan

This challenging economic environment is forcing many people to consider alternate streams of income. Considering or have already launched a networking marketing business? You'll gain insight and learn skills you need to be successful. Do you sell these lines or others: Southern Living, Prepaid Legal, Silpada,

Herbalife, Mary Kay, Watkins, Sunrider, Discovery Toys, Amway, Agel, Arbonne, Avon, Nikken, Shaklee, or Pampered Chef? Topics include how to: attract and keep customers, develop a low cost marketing plan, fusion marketing, sell like a professional, and get repeat and referral business. Discover where to get free counseling to help your business grow. Don't miss this program. A great networking opportunity, so bring your brochures. \$5.00 material fee payable to instructor night of class.

BU1108 PET INDUSTRY:

\$45.00 pp

Tap into a \$52+ Billion Dollar 'Recession Proof' Opportunity

One session: March 8th 6:30-9:30pm

NH: 155

Instructor Name: Vicki Lynne Morgan

Get the 'inside scoop' from a pet industry professional with over 30 years' experience in the growing pet industry which is projected to grow up to 10% per year through 2012. Learn from an insider's experience in marketing and selling at all levels, including: manufacturing, distribution, retailing, and service. This highly informative workshop explores incredible opportunities for inventors, pet care professionals, wholesalers, retailers, e-businesses, boarding kennels, groomers, trainers and service providers. You will learn the history, trends, and unique characteristics of the industry; how to develop and launch your own profitable business; how to identify and reach your target markets; how to avoid the common pitfalls; and much, much more. . \$5.00 material fee payable to instructor night of class.

BU110 Selling Skills for Business and Personal Life

\$45.00 pp

One session: May 2, 2011 6:30-9:30pm

NH: 155

Instructor Name: Vicki Lynne Morgan

No one is a "born salesperson"—we all live by selling something. Unfortunately, few people have learned how to avoid common selling mistakes. Regardless of one's role in business or personal life, strategic selling skills know –how helps to meet today's challenges and to succeed. Getting people committed to the solutions you offer requires a skillful use of the fundamentals in selling strategies and techniques. Based upon a relationship-building, customer-driven approach, 'The Anatomy of a Sale' us a valuable resource and selling system that gives you the confidence to unleash your earning potential and to achieve your personal goals. \$5.00 material fee payable to instructor night of class.

BU111 Your New Business Idea: Create Value by Leveraging Your Innovation

\$45.00 pp

One session: June 6, 2011 6:30-9:30pm

NH: 134

Instructor Name: Vicki Lynne Morgan

Do you have great, innovative ideas and want to start a business, but don't know how to make it happen? Perhaps you have designed a product or service only to discover you know very little about the industry, its culture, pricing models, target markets, and channels of distribution. This workshop is for YOU! Before spending a single dime, learn what it takes to pursue your dreams. Find out if your idea or invention is viable and marketable. Discover what makes some businesses flourish while others fail to achieve their goals. You need to find a niche and fill it. Innovation is fundamental to one's success. Although innovation won't guarantee success, you cannot expect to be successful without it. \$5.00 material fee payable to instructor night of class.

CAREER EXPLORATION

COMPUTERS

DIY VIRUS and MALICIOUS Software Removal and Security **\$75.00 pp**
CO406 One Session: Saturday, January 29th 9:00am-1:00pm **ESC Adult Education Building**
CO 407 One Session: February 17th 6:00-10:00 pm **ESC West Amwell Room 109**
CO 408 One Session: March 25th 6:00-10:00pm **ESC West Amwell Room 109**
Instructor: Keith Collura Xcentrex Computer Systems

This course will include an overview of how the most common viruses and malware infect your PC. Topics to be explored include the use of free security software (for your own protection and virus removal) and installing Windows Security Updates. In addition, how to secure your wireless router so it's not open to neighbors or anyone within range. A live computer demo of infecting a computer, then how it's removed from a PC. Students will be provided an opportunity to bring in your own PC or laptop so you can work on them in class- showing you how to scan for viruses and different methods of speeding up and protecting your computer. This course will additionally save you money as you will be able to save yourself the hourly rate to hire someone to provide you support.

CULINARY

WINE APPRECIATION **\$30.00**
CU506 One session January 22nd Sat. 1:00-3:00 p.m. **Sand Castle Winery,**
CU507 One session –February 19th Sat. 1:00-3:00 p.m. **River Rd. (Rt. 32)**
CU508 One session – March 19th – Sat. 1:00-3:00 p.m. **Erwinna, PA**
CU509 One session April 16th – Sat 1:00-3:00 p.m.
CU 510 One Session- May 21st-Saturday 1:00-3:00pm
CU 511 One Session- June 18th –Saturday 1:00-3:00pm

Frank Le Vein, owner
Wine Education, VIP style! Learn everything you ever wanted to know about wines and were afraid to ask. Whether you're serving it in your own home or bringing it as a gift to someone else, a bottle of the right wine can make an event perfect. In the heart of the Central Delaware Valley viticultural district where wines are made and cellared in the finest European tradition, learn how to read a wine label; how to store, open and serve wine properly; current trends in wine (new vs. aged) and wine faults (to accept to reject). A tasting in the 30-foot deep wine cellar of 6-8 Chardonnay, Johannisberg Riesling, Cabernet Sauvignon and Pinot Noir Wines will accompany the class, as well as cheese & chocolates. Class may run longer than two hours.

DANCE

DA1706 Belly Dance **\$88.00 pp**
6 weeks- Monday's January 10th- Feb. 14th **6:00-6:45 pm** **East Whitehouse Fire Station**
Instructor: Ludo's Ballroom
Have fun and learn a beautiful dance, develop poise, relieve stress, and tone your body. All ages are welcome! Wear comfortable clothes. .

DA1707 BALLROOM DANCE MIX **\$88.00pp**

6 weeks - begins Monday's Jan. 10th-Feb. 14th 7:30-8:15pm **East Whitehouse Fire Station**

Instructor: Ludo's Ballroom

If you have ever admired people who are dancers and wished you could dance, this is the class for you! We cater to beginners and teach you basic steps of the most popular ballroom dances: Foxtrot, Waltz, Rumba, Tango, Samba, Jitterbug. No prior dance experience required. Singles and couples welcome!

DA1708 LATIN DANCE MIX

6 weeks – begins Monday, January 10th –Feb. 14th - 8:15-9:00pm **\$88.00pp**

Instructor: Ludo's Ballroom

East Whitehouse Fire Station

Latin dancing is fun and a great workout. Learn the most popular dances such as Rumba, Waltz, Cha-Cha, Salsa, Samba & Merenge. Couples and singles welcome.

DA1709 SENIOR BALLROOM MIX

6 weeks starting Wednesday, Jan. 12th –Feb. 16th 2:30-3:15pm **East Whitehouse Fire Station** **\$88.00pp**

Instructor: Ludo's Ballroom

Learn Foxtrot, Waltz, Rumba, Swing and more. Great exercise and lots of fun.

DA1710 SWING Jitterbug, and West Coast Swing

6 weeks - begins Wed. Jan 12th – Feb. 16th 6:45-7:30pm **East Whitehouse Fire Station** **\$88.00pp**

Instructor: Ludo's Ballroom

People of all ages enjoy swing dancing! Lots of fun and great exercise. Couples and singles welcome.

DA 1711 ARGENTINE TANGO

6 weeks- begins Jan. 12th – Feb. 16th 7:30-8:15pm **East Whitehouse Fire Station** **\$88.00pp**

Instructor: Ludo's Ballroom

Learn basic steps and technique in this fascinating dance. Couples and singles welcome.

DA 1712 SALSA, MERENGUE, BACHATA

6 weeks begins Jan. 13th – Feb. 17th 7:30-8:15pm **East Whitehouse Fire Station** **\$88.00pp**

Instructor: Ludo's Ballroom

Have more fun at dances and nightclubs! You will learn basic steps in most popular Latin dances. Couples and singles welcome.

DA 1713 HUSTLE

6 weeks begins Jan. 13th- Feb. 17th 8:15-9:00pm **East Whitehouse Fire Station** **\$88.00pp**

Instructor: Ludo's Ballroom

The Hustle has made a comeback and can be danced to today's music as well as the classic Hustle songs. Couples and singles welcome.

FINANCIAL PLANNING

RETIREMENT PLANNING TODAY

FP613 Session A: 2 weeks – Feb 2nd and 9th 6:30-9:30pm

\$49.00 for single or couple

NH: 155

FP612 Session B: 2 weeks – Feb 1st and Feb 8th –6:30-9:30pm

HC: 148

David Nader, CFP, CFS & Rosario Greco, CFP, CPA

Learn how to avoid the 10 biggest retirement planning mistakes! Whether your objective is to build a nest egg, protect your assets, or preserve your lifestyle throughout retirement, this course helps you plan your future with confidence. In this course you'll learn how to: create a plan to retire early, manage investment risks, use new tax laws to your advantage, make informed decisions about your company retirement plan, and adjust your estate plan to function properly under the new laws. This course includes a 235-page illustrated textbook. Class sizes are limited so register today! \$25 material fee payable to the instructor.

Making Sense of Investing Series:

\$10.00pp per course

Instructor: Christopher Scalzo

FP 614 One Session: Foundations of Investing Jan. 12th 6:30-9:30pm NH: 150
FP 622 One Session: Foundations of Investing March 16th 6:30-9:30pm NH: 150

Foundations of Investing: is educational program geared to people who want an overview of investing, including key terms and investment types. *Foundations of Investing* covers the basic features of bonds, stocks and mutual funds and the importance of asset allocation.

FP615 One Session: Making Sense of Retirement Jan. 19th 6:30-9:30pm NH: 150
FP 623 One Session: Making Sense of Retirement March 23rd 6:30-9:30pm NH:150

Making Sense of Retirement: This seminar will help attendees learn important investment strategies for retirement. By the end of this seminar, participants will be able to explain the importance of setting goals for retirement, understand concepts of risk tolerance and time horizon, describe the value of tax-deferred investments, identify various investments available for retirement and appreciate the importance of diversification.

FP 616 One session: Tax Free Investing Jan. 26th 6:30-9:30pm NH:150
FP 624 One Session: Tax Free Investing March 30th 6:30-9:30pm NH:150

Tax-free Investing: It's Not What You Make, It's What You Keep is an educational program designed to inform individuals of the benefits and considerations of choosing investments that offer tax advantages.

FP 617 One Session: Protecting What's Important Feb. 2nd 6:30-9:30pm NH:150
FP 625 One Session: Protecting What's Important April 6th 6:30-9:30pm NH:150

Protecting What's Important: is an educational program designed to offer individuals a foundational knowledge of three critical types of insurance: health insurance, disability insurance and life insurance.

Create Wealth By Investing In Your Debt!

\$39.00pp

Spend an Evening with Best-Selling Author Carl Lang

FP618 One session- Feb 9th 6:30-9:00pm

NH:150

FP619 One session- May 4th 6:30-9:00pm

NH:150

FP620 One session- Feb 22nd 6:30-9:00pm

HC:

FP621 One session- April 5th 6:30-9:00pm

HC:

If I could teach you to pay off all your debts: student loans, consumer debts, credit cards and car payments in as little as 1 to 3 years, wouldn't you be curious to know how? What if I taught you how to pay off a 30-year mortgage in another 4 to 5 years ... and consequently save tens of thousands of dollars, maybe even hundreds of thousands, in interest fees? And ...if I told you that you could do all this ... without refinancing, doing expensive balance transfers, or even talking to a banker! And ... if I taught you to do all this with your current income. No second job. No living like a hermit in the Himalayas. Just True Financial Freedom and Peace of Mind! Wouldn't you want the secret to how it's done? Then come to my seminar. Bring a list of debts, a calculator and develop your own debt elimination plan that can be integrated into your lifestyle now. You will analyze your debt situation during class and learn how to dramatically slash your interest rates, improve your credit score and be completely out of debt ---- in approximately 8-12 years ! Imagine the wonderful relief of not having to tangle with that mountain of bills. – gone! Never again! Consider the peace of mind you'll have knowing that you have a debt elimination plan in action, methodically, scientifically paying off all your debts. If you are among millions of Americans concerned about the impact of debt on your financial well being. If you are sick and tired, of being sick and tired, of debt; this seminar is a must for you. **Note:** Instructor does not sell insurance, mutual funds, mortgages or any type of investments; this is **Strictly** an educational seminar. **Bring \$15 for materials fee payable to instructor** --- includes 30 minute financial phone consultation. **An optional textbook is available from the instructor for \$59.**

FP 622 Basic Estate Planning
One Session- Feb. 10th 7:00-9:00pm

\$17.00 pp

ESC Academy Tewks

Anthony Serra, Esq.

Class will enlighten the participants as to the basic estate planning documents that they should have, including a Last Will and Testament, Living Will and Power of Attorney, and the issues to consider when

executing these documents. Class will also cover general information about living trusts, Special Needs Trusts and Ethical Wills. \$10.00 materials fee payable at class start.

HEALTH AND FITNESS

REIKI I **\$80.00**
HW820 One session – Jan 15th - Sat. 9:00-2:00 p.m. **HC: 150**
HW821 One session – April 9th - Sat. 9:00-2:00 p.m. **HC: 150**

Instructor: Nika Hionis, C.M.T.

Learn Reiki I and experience the flow of universal life force energy life. This program includes an attunement to stimulate the student's energy centers & attune them to the inner healing ability. This enables the student to promote healing in ones self and in others. Demonstrations are given and students have time for hands-on practice in the class. Bring a snack or light lunch.

REIKI II **\$115.00**
HW824 One session: Feb 12th Sat. 9:00-2:00 p.m. **HC: 150**
HW825 One session: May 14th Sat. 9-12pm **HC: 150**

Instructor: Nika Hionis, C.M.T.

In the Reiki II training, the student is trained to use second-degree symbols, which provide an increase of power from the Reiki energy for absent healing and mental/emotional healing. Each student will receive a Reiki II certificate, a pendulum & a manual. Prerequisite: Reiki I certification. Call Niki Hionis if you have questions at 908-927-9772. Bring a snack or light lunch.

REIKI III EXPERT LEVEL **\$115.00**
HW828 One session – March 12th– Sat. 9:00-2:00 pm **HC: 150**
HW829 One session – June 4th – Sat. 9:00-2:00 pm **HC: 150**

Instructor: Nika Hionis, C.M.T.

Prerequisites: Reiki I & Reiki II workshops. Students receive the expert level power attunement that will strengthen their skills. They will gain knowledge and use of the Expert level power symbol; learn the beaming and scanning energy techniques, and learn four additional energy symbols. Please bring a snack or light lunch.

INTEGRATED ENERGY THERAPY Level 1 **\$125.00**
HW822 One session – Jan. 22 Sat. 9:00-2:00 p.m. **HC: 150**
HW823 One session – April 23 Sat. 9:00-2:00 p.m. **HC: 150**

Instructor: Nika Hionis, C.M.T.

IET is a modern, powerful, holistic approach to clearing the suppressed emotions and cellular memories that limit your ability to joyfully live your life's dream. Whereas Reiki is a passive energy therapy technique, IET is an active energy therapy technique. At the heart of IET's power are the 9 sets of energy integration points. When activated with the IET energy ray, these points provide powerful clearing of suppressed cellular memories and emotions, including Karmic past life memories. You will receive training in the complete basic IET self treatment and facilitated treatment. As part of the training, you will receive an illustrated basic level IET manual. There is no prerequisite to learn IET. **CE hours: 8.0** NCBTMB CE Contact Hours are for an extra fee upon completion of the class. Bring a snack to class.

Integrated Energy Therapy Level 2 **\$125.00**
HW826 One Session Feb 19th Sat. 9:00am- 2:00pm **HC:150**
HW827 One Session May 21st Sat. 9:00am- 2:00pm **HC:150**

Prerequisites: Completion of the Integrated Energy Therapy® Basic Level I class is required for attendance at this class.

Description: This class is the next step in the Integrated Energy Therapy® training system and it builds on all of the knowledge and techniques learned in the first level training. This level of the class opens you to clear mental and karmic imprints. You learn the special Integrated Energy Therapy® pullout-release technique that lets you clear imprints from the human energy field. You will receive a fully illustrated 26

page Integrated Energy Therapy® Intermediate Level Guide and an official Integrated Energy Therapy® Intermediate Level Certificate. **CE hours:** 8.0 NCBTMB CE Contact Hours are available for an extra fee upon completion of the class. Bring a snack to the class.

Integrated Energy Therapy Level 3 **\$125.00**
HW830 One Session March 19th Sat. 9:00am- 2:00pm **HC:150**
HW831 One Session June 18th Sat. 9:00am- 2:00pm **HC:150**

Prerequisites: Completion of the Integrated Energy Therapy® Intermediate Level II class is required for attendance at this class.

Description: This class builds on all of the knowledge and techniques learned in our Basic and Intermediate Level trainings. While our Basic and Intermediate Level classes are focused on clearing cellular memory and the human energy field, our Advanced Level training is focused on helping you live your soul's mission and bringing your dreams alive. You learn advanced level techniques. **CE hours:** 8.0 NCBTMB CE Contact Hours are for an extra fee upon completion of the class. Bring a snack to the class.

STOP SMOKING THROUGH HYPNOSIS **\$55.00**

HW818 One session –January 13th. 6:30-7:30 p.m. **HC:**

HW819 One Session- April 14th 6:30-7:30 pm **HC:**

Barry Wolfson, Director, Hypnosis Counseling Center

Through hypnosis, smoking cessation is easily achieved in a one-hour session. Eliminate the craving for tobacco while minimizing discomfort. Hypnosis is recognized by the American Medical Association for its therapeutic effects. To ensure physical comfort, please bring a small pillow to class. Reinforcement tapes and CDs are strongly recommended and are available for purchase. CDs \$18. For more information about the Hypnosis counseling Center visit their web site at www.hypnosisnj.com.

LOSE WEIGHT THROUGH HYPNOSIS **\$55.00**

HW816 One session --January 13th 7:30-8:30 p.m. **HC:**

HW817 One Session- April 14th 7:30-8:30 pm **HC:**

Barry Wolfson, Director, Hypnosis Counseling Center

Through hypnosis, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Hypnosis is recognized by the American Medical Association for its therapeutic effects. Please bring a small pillow to class. Reinforcement tapes and CDs are strongly recommended and available for purchase. CDs \$18. For more information about the Hypnosis counseling Center visit their web site at www.hypnosisnj.com.

Zumba **\$80.00 pp**

Instructor: Bev Yoson

HW 832 8 weeks: Monday's January 17th-March 7th 7:00-8:00pm **NH:135 B**

HW 833 8 weeks: Monday's March 14th- 7:00-8:00pm **NH:135 B**

Zumba is Latin rhythms put to various beats incorporating aerobics, muscle building, core strength and calisthenics all in one hour. You can burn 500-800 calories in the hour, however it feels like you are at a party! Dress comfortable and please wear sneakers. Bring water.

Adult Yoga **\$79.00 per person**

HW834 8 weeks - Wednesday's starting April 6- May 25th , 7:00-8:30pm **ESC West Amwell: ISS**

Hatha Yoga is a gentle form of yoga that increases flexibility, tones the body and calms the mind. Through this 8 week course we will practice postures (asanas), breathing techniques (Pranayam) and relaxation techniques in a supportive comfortable environment. We will also focus on a different chakra each week and expand our practice to include postures and discussion for each chakra. All levels and abilities are welcome. No prior experience or special abilities needed. Please bring yourself and a mat/towel to lie on

HOME AND YARD

Make Sure your home has the Protection It Needs

\$10.00pp

HY903 One session – March 30th 7:00-8:00pm

NH: 151

HY 904 One session- March 24th- 7:00-8:00pm

HC:

Start the New Year off right by making sure that your most valuable investment is adequately protected. This informative and valuable free seminar will cover the following topics: homeowner's policy, claims, home damages from fire, smoke, floods, storms, water leaks, accident and other incidents, personal injury property.

Planning an Addition to Your Home

\$10.00 pp

HY905 Session A: March 16th 7:30pm-9:30pm

ESC Academy Tewks: 17

Come listen to a licensed architect provide a seminar on planning and constructing an addition to your home. This class will provide an overview of the steps required to construct a residential addition. It starts with the planning stages and ends with construction. Topics will include: establishing a budget, selecting an architect and builder, incorporating green strategies and others. Taught by DeBiasse and Seminara Architecture Planning.

MUSIC

BASIC GUITAR I- ADULTS

\$140.00

MU1310 6 weeks – March 22- April 26th - Tues. 7:00-9:00 p.m.

HC:

Jesse Rivera, Recording Artist

Have you always wanted to learn how to play the guitar? Then this class is for you! Hands-on experience from day one, students will learn: parts of the guitar, tuning the guitar, use of the left and right hands, basic chords, how to make a clear sound, and much, much more. It's fun, interesting and inspirational! The interaction between the students and the instructor becomes a stimulus to learn faster. To see results students must practice at home between classes. Please bring a guitar, notebook and pen. **There is a \$20 materials fee payable to the instructor the first day of class. Ages 17 to adult.**

PERSONAL GROWTH

RELIVING YOUR PAST LIVES

\$35.00

PG1422 One session –Tuesday, Feb 1st 8:00-9:30 p.m.

HC:

PG 1420 One Session- Monday, May 9th 8:00-9:30pm

NH: 151

Marc Sky

Who were you in your last life? A soldier, a scientist, a nurse, a queen? A past life regression may give you answers to this and other questions relating to the possibility of past lives. Have you lived before? Many people feel that we have lived before in the past as someone else. The roots of many of our present day problems may be traced to a life that may have existed before our time. Using specialized methods of self-hypnosis, some very interesting things are revealed that could help you improve your life. Psychologists sometimes use "Past Life Therapy" in the treatment of their patients. Whether to find your soul mate, learn a lesson from the past, or just for the fun of experiencing an exciting new adventure, now you can find out. We suggest you bring a pillow and a sleeping bag or mat.

REDUCE STRESS WITH HYPNOSIS

\$35.00

PG 1414 One Session- Feb. 2nd Wed 8:00-9:30

NH: 153

PG 1418 One session- May 4th 8:00-9:30pm

NH: 153

Marc Sky

Are you stressed out? Consider this: Stress, a mental process, can lead to physical problems. Stress can take years off your life and cripple your ability to function. Illness is far more likely to occur following highly stressful events in your life. Many doctors notice when their patients suffer major emotional upsets there was an increase not only in diseases usually known to be susceptible to emotional influence – ulcers, high blood pressure, headaches – but also infectious diseases, backaches and even accidents. Don't let it happen to you! The people who don't get sick from stress are those who know how to deal with it. Using quick and easy hypnotic techniques, discover the effortless way to reduce stress and put you back in control. Note: a \$10 class material fee payable to the instructor, for a reinforcement CD.

PSYCHIC READING

\$35.00

PG1411 One session –Jan. 31st. 6:15-7:45 p.m.

NH: 150

PG 1415 One session- May 2nd 6:15-7:45 p.m.

NH: 150

Marc Sky

Have you ever had a psychic reading? Here's a fun and exciting opportunity to find out about yourself, your relationships and your future. Renowned psychic Marc Sky will do group readings in this enlightening and entertaining class. He will answer questions about your future and also show you how to be your own psychic and read for others. You will have your palm read and find out all about love, business, relationships and more. You will also receive an 8-page detailed Numerology chart prepared specifically for YOU. Based on your name and birthday this chart will analyze what motivates you in life, the impression you give others, the way you express yourself, best careers, the lessons you must learn, your destiny, best activities for the year, cycles in your life, turning points in your life, the challenges you must meet, and your personal horoscope every day for a year. Also included for the ladies is a Romance Astro-numerology chart revealing your sensual, erotic, romantic, fun-loving self! NOTE: Your numerology chart is prepared in advance. When you sign up for the class please provide your first and last name and your birthday. DO NOT FORGET!

SPIRIT ENCOUNTERS

\$35.00

PG 1412 One Session- Mon. Jan 31st- 8:00-9:30pm

NH: 151

PG 1416 One session –Monday, May 2 8:00-9:30pm

NH:151

Marc Sky

Do you believe in ghosts? Do you have loved ones that have passed away and wonder if their spirits are still around you? Can they give you messages? Can you communicate with them? Is it possible to see or feel them? In this extraordinary enlightening, entertaining and amazing program you'll find out. Now you have the opportunity to take part in a gathering of the spirits. In recent years psychics have appeared on television shows demonstrating the ability to contact deceased loved ones related to members of the audience. With their astonishing abilities they bring specific messages of love and comfort to the living. Psychic Marc Sky takes you one step beyond even that. He shows you how to do it yourself. Through a guided out-of-body experience you can visit friends, family members (even pets), so you can talk to them, ask them questions, connect and relive happy times with them, and so much more. Truly, the heart goes on, so if you want to connect with loved ones, or you just want to have a séance and see a ghost for the entertaining fun of it, here's the chance of a current lifetime ... To book your amazing adventure into the beyond, reach out and contact us today (by phone - not through the spirits). A \$10.00 class materials fee is due the night of the class for a special guiding CD.

AMAZING PSYCHIC POWERS

\$35.00

PG1421 One session –Tuesday, Feb 1st 6:15-7:45 p.m.

HC:

PG 1419 One session- Monday, May 9th 6:15-7:45pm

NH: 150

Marc Sky

Want to know what someone is thinking? Move objects with your mind? Wonder what the future holds? Find out how to develop your psychic powers. We all have these abilities. In this fun, informative and entertaining workshop you will discover how to send and receive thoughts, levitate a person, get answers to questions about your future and much more. "We predict...you'll have an amazing time!

SUPERPOWER MEMORY

\$35.00

PG1413 One session –Wednesday, February 2nd 6:15-7:45pm

NH: 152

PG1417 One session –Wednesday, May 4th 6:15-7:45pm

NH: 154

Marc Sky

Are you terrible at remembering names? Forget where you put your car keys? There is an explosion of knowledge that you must absorb in order to succeed in today's world. Don't get left behind! In this no-holds barred workshop you'll learn the secrets of developing a near-photographic memory, with very little effort. You'll discover easy and sure-fire ways to instantly recall names, faces, lists, instructions, numbers, school work, English and foreign vocabularies. Whether you're a student looking to get better grades, a sales person who has to remember your customer's names, employed or not, 15-95 years old, you WILL profit from this course. Workbook is included. Do not forget to sign up for this workshop!

REDUCE ANGER WITH HYPNOSIS

\$35.00

PG1423 One Session- Thursday, Feb. 3rd 6:15-7:45pm

HC:

PG1425 One Session- Thursday, May 5th 6:15-7:45pm

HC:

INSTRUCTOR: Marc Sky, Hypnotist

Do you get angry easily, or does it slowly bubble up to the surface? Consider this: anger, a mental process, can lead to physical problems such as headaches, ulcers, and high blood pressure. Anger can cripple your ability to function. Not only affecting you, it can destroy personal and business relationships. Using quick and easy hypnotic techniques, discover the effortless way to reduce anger and put you back in control. Note: a \$10.00 class materials fee is due the night of the class for a special reinforcement CD.

LIVING THE POWER: YOU, INTENTION and THE LAW OF ATTRACTION \$79.00pp

PG1426 One Session- Saturday, March 12th 10:30am-4:30pm

PG 1427 One Session- Saturday, May 21st 10:30am-4:30pm

Instructor: Marie Jackson

ESC –West Amwell Room 109

Do you desire to learn how to achieve peace and embrace life's uncertainties? If so, this 6-hour course will show you how through understanding the law of attraction and intention. You will learn how prayer and meditation can direct inner dialogue deepening a conscious approach to spiritual evolution and accessing personal power.

RECREATION & SPORTS

SAFE BOATING & PERSONAL WATERCRAFT

\$65.00

REC1507 Session 1: 2 sessions – March 22 and March 24 6:30-10:00pm

HC:148

REC1508 Session 2: 2 sessions – May 3rd and May 5th – 6:30-10:00pm.

HC:148

REC1509 Session 2: 2 sessions – June 28th and June 30th – 6:30-10:00pm.

HC:148

Captain Russ Binns

This basic safe boating/personal watercraft class is suitable for all ages. In addition, it is the approved class for the mandatory certification of individuals to operate a personal water-craft and for any individual born after 1978 to operate any type of powerboat. Course covers basics such as rules of the road, laws and safety. All materials included. NASBLA approval for insurance discount. Presented by Coast Boating School.

REC1510 Taste of Fencing (ages 12-Adult)

\$160.00pp

Monday's Jan. 10th-Feb 7th 7:45-8:45pm

Bucks County Academy of Fencing

REC1511 Taste of Fencing (Ages 12-Adult)

\$160.00pp

Friday's Feb. 25th-March 25th 6:30-7:30pm

Bucks County Academy of Fencing

REC1512 Taste of Fencing (Ages 12-Adult)

\$160.00pp

Saturday's Jan 22-Feb 19th 10:00am-11:00am

Bucks County Academy of Fencing

LUNGE into something different this fall. Fencing is fun, safe, exciting & a great form of exercise! Fencing sharpens your agility, balance, confidence, reflexes & even your mind. Our "Taste of Fencing" courses are just that; they allow you to try the sport of fencing without making a long-term commitment or costly investment.

The Taste of Fencing Courses consists of one-hour class, once a week for 5 weeks. Additional classes are available once your session is completed. **Fee includes use of required equipment; participants will need to buy a \$20.00 glove at the first class.**

There are no refunds given for this course after you register.

CHILDREN & TEENS

CT313 BASIC GUITAR I FOR TEENS-Ages 11-17 **\$105.00pp**
6 weeks – begins March 22nd- April 26th - Tues. 5:00-7:00 **HC:**
Jesse Rivera, Recording Artist

Have you always wanted to learn how to play the guitar? Then this class is for you! Hands-on experience from day one, students will learn: parts of the guitar, tuning the guitar, use of the left and right hands, basic chords, how to make a clear sound, and much, much, more. It's fun, interesting and inspirational! The interaction between the students and the instructor becomes a stimulus to learn faster. To see results students must practice at home between classes. Please bring a guitar, notebook and pen. **There is a \$20 materials fee payable to the instructor the first day of class.**

Sports Squirts **\$105pp**
CT314 One Session Jan. 24th-March 7th 9:30-10:30am **ESC Academy at Tewksbury**
CT 315 One Session-Jan 27th- March 10th 9:30-10:30 **ESC Academy at Tewksbury**

The US Sports Squirts Program has been designed to introduce young children to a variety of sports in a safe, structured environment. All games and activities will encompass hand/eye coordination, balance, agility and movement-all key factors to the early development of children in sport. In addition to having a great time playing the different sports, children will develop social interactions and communication skills. All sports are developed through a series of games and activities designed to ensure learning and most importantly fun, fun, fun!

CT 316 YOUTH DANCE CLASS **\$88.00 pp**
6 weeks begins Jan. 13th 6:45-7:30pm **East Whitehouse Fire Station**
Instructor: Ludo's Ballroom Dance

Have more fun at school dances and social events. Learn the most popular dances such as Salsa, Swing, Hustle, Cha-Cha, Waltz and Tango. No partner required.

CT317 Taste of Fencing (Ages 8-11 years) **\$160.00pp**
Saturday Jan. 22-Feb. 19 10:00-11:00am **Bucks County Academy of Fencing**

CT318 Taste of Fencing (ages 8-11 years) **\$160.00pp**
Mon. Feb 28th- March 28th 6:30-7:30pm **Bucks County Academy of Fencing**

LUNGE into something different this fall. Fencing is fun, safe, exciting & a great form of exercise! Fencing sharpens your agility, balance, confidence, reflexes & even your mind. Our "Taste of Fencing" courses are just that; they allow you to try the sport of fencing without making a long term commitment or costly investment. The Taste of Fencing Courses consists of one hour class, once a week for 5 weeks. Additional classes are available once your session is completed. **Fee includes use of required equipment; participants will need to buy a \$20.00 glove at the first class.** There are no refunds given for this course after you register.