

The South Orange-Maplewood Adult School  
17 Parker Avenue, Room A110  
Maplewood, NJ 07040

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PAID  
UNION, NJ  
PERMIT No. 393

## WAYS TO REGISTER

**By mail**, using form inside

**In person**, Room A110 at  
Columbia High School

**By phone, fax or online**,  
credit cards only

**Phone:** (973) 378-7620

**Fax:** (973) 378-2819

<http://www.somadultschool.org>



## Why Should Kids Have All The Fun This Summer?

Check out what The Adult School is offering! Summer is the perfect time to take a class to help you get fit, explore your creative side, learn a new language or take up a new hobby. Our classes are affordable and are taught by experienced and inspiring teachers. Find your perfect class!

### ADMINISTRATION:

Director: Sue E. Marcus; Associate Director: Judith James; Consultant: Eva Samo; Business Manager: Jay Eisenberg; Communications Coordinator: Marianne Cook; Catalog Editor: Alexa Metrick; Administrator of ABE, ESL & GED: Cathy Garea; Trip Coordinator: Joan Rosenbaum; Building Administrator: Nancy Longley

(973) 378-7620

WWW.SOMADULTSCHOOL.ORG

THE  
SOUTH ORANGE-MAPLEWOOD  
ADULT  
SCHOOL

SUMMER 2013



# SUMMER ADULT CLASSES 2013

Endowment for the Arts.

**Course: 1023.** Fee: \$60, plus approx. \$13 for required text. Three Thursdays and three Tuesdays, June 13-July 11 (skip June 27, July 2 & 4), 6:15-7:10pm, CHS, room C233

## JOY OF SINGING

Have you always longed to sing? Or do you have experience singing and wish to improve? This class is for everyone, from beginners to experienced vocalists. Develop your voice, extend your range and learn to project better. The instructor uses classic Italian bel canto/beautiful singing techniques that emphasize compression, articulation, correct use of breath and interpretation of music. Wear comfortable clothes. Class includes simple exercises to relax and align the body. Students who do not read music are encouraged to also enroll in HOW TO READ MUSIC, course 1023. PATRIZIA CIOFFI

**Course: 1024.** Fee: \$96. Three Thursdays and three Tuesdays, June 13-July 11 (skip June 27, July 2 & 4), 7:10-8:50pm, CHS, room C233

## GUITAR: BEGINNER

Learn basic chords and riffs, develop your strumming and picking, learn songs, understand how to read chord charts, tab and music notation. Bring your own acoustic guitar. JOHN BROPHY, Honors Graduate of Musicians Institute, has taught at NYC Guitar School, Brooklyn Guitar School and Gowanus Music Club.

**Course: 1025.** Fee: \$110. Six Thursdays, June 13-July 25 (skip July 4), 7:30-9pm, CHS, Room C237

## PERSONAL GROWTH & BETTER HEALTH

### LEARNING TO MEDITATE

Meditation leads to inner peace, overcomes loneliness, improves relationships and has many other benefits for mind and body. Find out how to incorporate a fulfilling meditation practice into your present lifestyle and learn methods for improving mindfulness, concentration and happiness. Beginners and those wanting to continue to learn meditation are welcome in these classes. ROBERT SELWYN, experienced teacher at Dharmachakra Buddhist Center.

**Course: 1026.** Fee: \$60. Four Tuesdays, June 18-July 9, 7-9pm, CHS Library

## RECREATION & FITNESS

### PILATES USING MAGIC CIRCLE, BALLS, DYNABANDS

This Pilates class is for all ages and fitness levels. Many exercises use bands and balls, which simulate the exercises executed on a reformer. Learn to work from your center to promote balance, efficiency and ease of movement. A progressive series of abdominal and back exercises are combined with controlled breathing exercises to lengthen, strengthen and tone all the muscles of the body, increase flexibility and balance and decrease stress. CAROL MICHAELS, personal trainer.

**Course: 1027.** Fee: \$62. Four Tuesdays, June 18-July 9, 7-8pm

Classes meet at instructor's studio in Short Hills; directions will be provided. Make-ups available.

### GOLF FOR BEGINNERS

Learn basic golf in two weeks with a qualified, professional instructor. Equipment will be

provided. All facets of golf will be discussed in a relaxed and informal atmosphere. LOU RUINA, experienced teacher and head golf professional at the Millburn Municipal Golf Course of Short Hills.

**Course: 1028.** Fee: \$127. Two Tuesdays and two Thursdays, July 9-July 18 (rain date July 23), 10-11:30am

**Course: 1029.** Fee: \$127. Two Tuesdays and two Thursdays, July 9-July 18 (rain date July 23), 6:45-8:15pm

Classes will be held at Township of Millburn Golf Course, 335 White Oak Ridge Road, Short Hills.

### JAZZERCISE

Burn up to 600 calories in one fun and powerfully effective sixty-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga and kickboxing. Start dancing yourself fit and change the shape of your body today! For your comfort, bring a mat or towel and bottled water. Also bring hand-held weights. AMY MILLER and GENEVIEVE DUNAJ, certified Jazzercise instructors.

**Course: 1030.** Fee: \$84. Seven Tuesdays and seven Thursdays, June 4-July 25 (skip July 4 & 23), 7:15-8:15pm, Columbia High School, A117

### SWIMMING

All classes will take place at the Hart Complex of the John L. Costley School, 116 Hamilton Street, East Orange. There is more than ample parking on Hamilton Street across from the school. The area is well-lit and the pool is in excellent condition.

### INSTRUCTIONAL SWIMMING

For beginners who want to learn and swimmers who want to improve techniques. For ages 17 & up.

**Course: 1031.** Fee: \$80. Six Tuesdays & four Thursdays, June 18-July 23 (skip July 4), 8-9pm.

### WATER AEROBICS

Aerobics in the water provides a safe and effective workout that increases cardiovascular endurance and muscle tone. The class is appropriate for all fitness levels and participants are encouraged to work at their own pace. Swimming experience is not necessary, but students should be able to get in and out of the pool with ease. For ages 17 & up. MELODY BUNDY, WSI, FA and CPR-certified experienced teacher.

**Course: 1032.** Fee: \$50. Six Tuesdays and four Thursdays, June 18-July 23 (skip July 4), 7-8pm

### TENNIS: BEGINNER

Receive group instruction that includes serve, forehand, backhand, volley and overhead. Bring a racquet and an unopened can of tennis balls. Wear appropriate tennis attire. ADAM LEVITT, experienced teacher.

**Course: 1033.** Fee: \$75. Three Tuesdays and three Thursdays, July 9-July 25 (rain date, July 30), 6-7pm. South Orange Tennis Courts located behind South Orange Middle School

### TENNIS: INTERMEDIATE

Group instruction includes serve, forehand, backhand, volley and overhead. Bring a

racquet and an unopened can of tennis balls. Wear appropriate tennis attire. ADAM LEVITT

**Course: 1034.** Fee: \$75. Three Tuesdays and three Thursdays, July 9-July 25 (rain date, July 30), 7-8pm, South Orange Tennis Courts located behind South Orange Middle School

### YOGA

Increase your sense of well-being through the slow, gentle, yet challenging movements of Hatha Yoga. This class is for all levels. Practiced with breath awareness and a meditative state of mind, these exercises stretch, strengthen and tone your body, release muscular tension and calm your mind. Wear loose, comfortable clothing and bring a yoga mat and a firm blanket (if you have them). STUDIO YOGA instructors.

**Course: 1035.** Fee: \$84. Six Tuesdays and four Thursdays, June 18-July 23 (skip July 4), 6:30-7:30pm, CHS, room C119

### ZUMBA WITH SAM

This special four week intersession class will allow you to continue your zumba party with Sam. Time will fly while you're dancing to the fusion of Latin and international music, combining interval and resistance training for faster and more effective calorie burning. SAMUEL SALAZAR, Zumba instructor and choreographer for Ailey Extension.

**Course: 1036.** Fee: \$65, \$50 for students in the spring session. Four Mondays, May 20-June 17 (skip May 27), 7:15-8:15 pm, CHS, room C119

### ZUMBA GOLD FITNESS PROGRAM

This specialty course is designed to teach the active older adult and addresses the anatomical, physiological and psychological needs specific to this population. It will also prepare students just starting their journey to a fit and healthy lifestyle and who want to join the fitness party for the first time. The Zumba Gold program may also include a chair workout. LISA CHARLES, licensed Zumba instructor and experienced fitness instructor.

**Course: 1037.** Fee: \$115. Seven Thursdays, June 6-July 25 (skip July 4), 6-7pm, CHS, room A113

## TRIPS

### THE BERKSHIRES: FUN, SUN and CULTURE

Now that spring is here, it is time to plan for our annual journey to the beautiful Berkshires! This year we will enjoy two fabulous concerts at Tanglewood: one featuring our favorite cellist, Yo-Yo Ma, and the other a delightful program featuring award-winning pianist Lang Lang. We will stay at the convenient Crowne Plaza Hotel in Pittsfield and journey to the Clark Art Institute, The Rockwell Museum and other lovely and cultural venues. Along with friends, both old and new, we will dine at the charming Apple Tree Inn and brunch at the grand Cranwell resort. Do not delay in requesting an application to join us. Call the Adult School at (973) 378-7620. After you return your application and deposit, you will receive more detailed information. We look forward to having you join us!

**Course: 1038.** Fee: \$875 pp double; \$175 single supplement. Friday, August 2 through Sunday, August 4. Call The Adult School at (973) 378-7620 to receive trip details.