

**Haddonfield Adult School
Haddonfield Memorial High School
401 Kings Highway East
Haddonfield, NJ 08033-1297
Phone: (856) 428-4433
www.haddonfieldadultschool.org**

Non-Profit Organization
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CHERRY HILL, N.J.

Look inside for these great classes!

Mah Jongg
Photography
Birding
Meditation
Fly-Casting
Gardening
Ballroom Dancing
Fencing
Philadelphia Tours
Yoga
Pilates
Knitting
Oil Painting
Golf
Marketing
Computers
Plus many more

Postal Customer, LOCAL

HADDONFIELD ADULT SCHOOL

ESTABLISHED 1958



*Offering
classes
for adults,
teens, and
children!*

WINTER/SPRING 2010

Walk-in Registration on Thursday, January 28 in the High School Main Office 6:30-8:00pm

Adult classes begin the week of February 1. Children's art classes begin January 23.

Tennis and golf programs for children begin January 6.

Adult Volleyball begins January 27.

For more information check www.haddonfieldadultschool.org or call 428-4433.

MONDAY

New courses indicated by ★

CALLIGRAPHY

Monday 7:00-9:00 pm

starts February 1 (no class Feb. 15)

\$60.00
6 WEEKS

This class will introduce you to the Elegant Italic Hand. You will practice the rules of letter construction and learn about pens, inks, paper and good reference books. Capital letters, design, and layout will be discussed. Learn a practical skill that you can use on everything from posters to formal invitations. Material fee of \$10. **Instructor:** Maureen Peters, a graphic artist specializing in calligraphy. She is the owner of Letterworks Art Studio.

CARDIO-BLAST

Monday and Wednesday 6:30-7:30 pm

February 10 through April 14 (no class Feb. 15, March 29, 31)

Monday and Wednesday 6:30-7:30 pm

April 19 through June 14 (no class May 31)

Each Session: \$45.00 1-day or \$80.00 2-days per week
1st Session - 8 WEEKS

2nd Session - 8 WEEKS

Class held at Tatem School Gym

High intensity aerobics, kickboxing and other exercises will put the BLAST in this cardio class. Every part of your body will be engaged, resulting in an increase in cardiovascular fitness, more strength and stability, and better overall conditioning. Please bring weights, exercise ball, a mat and wear supportive shoes. **Instructor:** David Mann, Personal Trainer.

★ CLUTTER – GET RID OF IT NOW

Monday 7:30-9:00 pm

starts March 8

\$35.00
2 SESSIONS

Is your office / house filled with piles of stuff? Do you promise yourself daily that you'll deal with it? Are you constantly losing things? Answering yes to any of these questions means you need this workshop. Bring your messiest drawer with you for practice and learn how to put simple solutions in place for clearing the clutter around you. **Instructor:** Barbara Berman, Owner BB's Clutter Solutions.

★ ESTATE PLANNING BOOT CAMP

Monday 7:00-9:30 pm

March 22

\$25 pp/\$35 per couple
1 SESSION

Learn how to plan and protect your estate. Wills, trusts, powers of attorney, and "Living Wills" will be discussed. You will also learn how to reduce or eliminate federal and New Jersey estate taxes, avoid the negative impact of probate and how to protect your estate from being "spent down" on nursing home care. **Instructor:** Laurent W. Metzler, Esquire.

ITALIAN

Monday 7:00-8:30 pm

starts February 1 (no class Feb. 15, March 29)

\$55.00
8 SESSIONS

Emphasis is on comprehension, reading and speaking Italian. This intensive course will enable students to communicate via small dialogues about everyday activities and situations that may be encountered abroad. A \$10 material fee is payable to the instructor. **Instructor:** Christina DiSanzo, with 20+years teaching experience. Professor of Italian language at Rutgers University and other international language schools.

★ INTRO TO THE GAME OF MAH JONGG

Monday 7:00-9:00 pm

starts February 1 (no class Feb. 15, March 29)

\$75.00
8 SESSIONS

This course involves the tools, set-up, and basic play of the game according to the rules of the National Mah Jongg League. **Instructor:** Gerri Peebles.

★ MEDITATION 101

Monday 7:30-9:00 pm

starts February 1 (no class Feb. 15)

\$70.00
7 SESSIONS

Meditation isn't just for relaxation. It is also a tool in your journey to self-discovery. Once you learn more about yourself, you will have greater insight into other people as well. In this course, you will learn the basics of meditation and the tools to quiet the mind. Meditation is part of a spiritual practice that takes us to a deeper understanding of our place in the universe. We will use primarily guided meditations and visualizations and we will look at a few other spiritual practices that may help us find our way. **Instructor:** Susan Wexler, an ordained Interfaith minister, hospice chaplain, spiritual counselor, longtime meditator and Reiki master.

OIL & ACRYLIC PAINTING-BEGINNERS/ADVANCED

Monday 6:30-9:00 pm

starts February 1 (no class Feb. 15, March 29)

\$85.00
8 SESSIONS

Beginning and advanced students are welcome. Work from still life arrangements or choose your own inspiration. You'll learn to apply studio techniques to express your subject as you develop awareness of specific color and form decisions. This is a supportive, instructive environment with a great deal of individual support. Material list will be sent upon registration. **Instructor:** Ann Kelly, Graduate of Moore College of Art with post graduate work at the Pennsylvania Academy of Fine Arts.

TENNIS – BEGINNERS & ADVANCED

Monday 6:30-7:30 pm – Beg. & Adv. Beg.

Monday 7:30-8:30 pm – Intermediate

starts April 26

\$60.00
5 SESSIONS
5 SESSIONS

Class held at Centennial Courts

Basic tennis fundamentals will be taught. You'll learn the correct grip, stroke preparation, the forehand, the backhand, how to serve and volley, and tennis etiquette. If you're already playing and want to improve your serve or strokes come and get some coaching and practice. **Instructor:** Larry MacCLuen, USPTA Professional.

VOLLEYBALL – (Co-Ed)

Monday 8:30-10:30 pm

starts March 22 (no class March 29)

\$40.00
9 SESSIONS

Class held at Middle School Gym

Work your way through the fundamentals of volleyball to power volleyball and get some exercise while you're at it. Also, have some fun! **Instructor:** William D. Woloszyn.

TUESDAY

New courses indicated by ★

★ ADVANCED PHOTOGRAPHY

Tuesday 7:30-9:00 pm

starts May 11

\$60.00
5 SESSIONS

The advanced class is a natural continuation of the basic photography class listed below. The class will have a more hands-on approach towards editing and photographing. There will be an increased focus on assignments, which will be more specific. Students will be challenged to be creative and to produce photos with more impact. **Instructor:** Alberto Genato, Professional Photographer.

★ BASIC PHOTOGRAPHY

Tuesday 7:30-9:00 pm

starts February 2

\$85.00
7 SESSIONS

Students will learn basic digital photography skills. A Digital Single Reflex(DSLR) camera is recommended but film cameras are welcome as well. Basic functions of the camera; composition, color, lighting, will be discussed. Technical understanding of the camera and appreciation for the creative process are our goals. **Instructor:** Alberto Genato, Professional Photographer.

BEER & CHEESE COMBO

Tuesday 7:00-9:00 pm

March 23

\$38.00
1 EVENING

Class held at the Village Cheese Shop
516 Station Ave., Haddon Heights

Beer is a natural partner for cheese and makes for easy pairings. There will be a sampling of set pairings in this class. Real cheese, craft beer, and the principles of how they pair together will be discussed and enjoyed. **Instructor:** Geoff Robinson.

BIRDING – BACKYARD & BEYOND

Tuesday 7:00-9:00 pm

starts February 23

\$45.00
4 WEEKS

According to New Jersey Audubon's publication, "Birds of New Jersey," about 340 different species of birds are sighted in New Jersey each year, and over 200 different species breed in the Garden State. This course is designed to acquaint you with the many species that live in or migrate through your neighborhood and your backyard. Two optional field trips will be scheduled. **Instructor:** John Courtney, an associate naturalist at the New Jersey Audubon Rancocas Nature Center, and an experienced, long-time birder.

TUESDAY

BOATING SAFETY \$55.00
Tuesday 7:30-9:30 pm *starts February 2* **4 SESSIONS**

Successful completion of this course satisfies the NJ requirements for certification as an operator of personal watercraft and other motor boats. Course fee includes all materials. **Instructor:** Dan Charter, USCG Auxiliary Flotilla 13-5.

BRIDGE: LEARN THE GAME \$55.00
Tuesday 6:30-8:00 pm *starts February 2* **8 SESSIONS**

This course is for beginners. We will be using a modern approach, following basic game principles. Our objective will be to teach the foundations of the game. You will play the game while learning as you go. **Instructor:** Betty Eisenberg, Accredited Bridge Teacher and lover of the game.

BRIDGE: ADVANCE YOUR GAME \$55.00
Tuesday 8:00-9:30 pm *starts February 2* **8 SESSIONS**

This class is for those who wish to strengthen their knowledge of the game. The class will cover the no trump bid (including transfers), hand evaluation, slam bidding, and other strategies. Engage your brain cells while enhancing your game. **Instructor:** Betty Eisenberg, Accredited Bridge Teacher.

CLAY – EXPLORING CLAY \$80.00
Tuesday 7:30-9:30 pm *starts February 2* **8 SESSIONS**

Learn basic skill in slaps, coils, potter's wheel and glazes. Sculpting and learning to create forms both by hand and on the wheel will be emphasized. Class held in the beautiful new art room at the high school. Clay fee of \$15 payable to the instructor. Glazes are extra. **Instructor:** Pam Rahn.

FLY-CASTING \$55.00
Tuesday 7:00-9:00 pm *starts February 9* **5/6 SESSIONS**

Fishing is relaxing time on a lake, river or stream where you can commune with nature. Learn the art of fly-casting with an expert outdoorsman. Proper tackle, basic knot tying, types of flies, casting, manipulation of flies, and release techniques will be covered. You will need your own equipment by the third class. Part of the course will be spent lakeside on a Saturday (to be determined by instructor and students). Find out how to land the "Big Ones". All ages, male and female welcome. **Instructor:** Ross Sayrs.

★ **GARDENING – RENOVATING YOUR GARDEN** \$20.00
Tuesday 7:00-9:00 pm *February 23* **1 SESSION**

Do you want a more finished look for your garden? Are you tired of buying plants that never "look right"? Learn how to apply garden design techniques and choose plants for a high impact and low maintenance garden redo. Bring in your design problems and we'll find some solutions. **Instructor:** Robin Potter, Master Gardener and Haddonfield Shade Tree Commission member.

GARDENING – THE FRAGRANT GARDEN \$20.00
Tuesday 7:00-9:00 pm *April 20* **1 SESSION**

Create an old-fashioned garden, filled with sweet scents and healthful herbs. Explore the world of fragrant plants – from shrubs and perennials to annuals and vines. Learn which plants will grow easily and how to include them in your front door flower beds, patio containers or backyard garden. **Instructor:** Robin Potter, Master Gardener and Haddonfield Shade Tree Commission member.

GETTING PAID TO TALK (An Introduction to Professional Voice Acting) \$20.00
Tuesday 6:30-9:00 pm *April 20* **1 SESSION**

Do you have a great voice? Explore aspects of voice-acting work for television, film, radio, books on tape, documentaries and the Internet! Learn more at www.voicecoaches.com/gpitt. **Instructor:** Actor from Creative Voice Development Group.

New courses indicated by ★

INTRODUCTION TO WHITE WINE \$30.00
Tuesday 7:00-9:00 pm *April 13* **1 EVENING**

**Class held at the Village Cheese Shop
 516 Station Ave., Haddon Heights**

We'll start by discussing major wine growing areas and why they're the best. We'll learn the different types of grapes and the wines they make. We'll discuss white wine tasting protocol and customs. And, finally, we'll sample 6 well chosen varieties of white wine. Cheers! **Instructor:** Robert Brodeur, Oenophile, member American Institute of Wine and Food.

KNITTING: INTERMEDIATE \$55.00
Tuesday 7:30-9:00 pm *starts February 9* **6 SESSIONS**

This class is intended for those who know knitting basics like casting on and off, knit and purl stitches, and increasing and decreasing. We will learn knitting in the round, knitting with multiple colors, cable, and similar pattern stitches. We will work on two projects that incorporate these skills and develop pattern reading ability. A \$15 material fee will cover project and practice materials. **Instructor:** Jeanne Runne.

PILATES Each Session: \$45.00 - 1 Day or \$80.00 - 2 Days per Week
Tuesday & Thursday 7:00-7:45 pm **1st SESSION - 8 WEEKS**

February 11 through April 13 (no class March 30, April 1)

Tuesday & Thursday 7:00-7:45 pm
April 15 through June 8

2nd SESSION - 8 WEEKS

Class held at Tatem School Gym

Pilates is a whole body exercise program that simultaneously strengthens and lengthens your muscles. This class is based on a progressive series of exercises that accommodate all fitness levels. Increase your strength, flexibility and balance by focusing on your powerhouse: the abdominal muscle and back. Men and women of all ages will love this class! Please bring a floor mat. **Instructor:** Sue Heindel.

SLICE OF CHEESE \$22.00
Tuesday 7:00-9:00 pm *March 9* **1 SESSION**

**Class held at the Village Cheese Shop
 516 Station Ave., Haddon Heights**

Fancy cheeses with foreign names are abundant. Entertaining is easy when you can put together a great cheese platter and pair the right cheese with the right wine. Sample and learn about cheese here. Bring a beverage if you'd like. **Instructor:** Brett Harrison, owner and chef, Village Cheese Shop.

SPANISH I \$55.00
Tuesday 7:00-8:30 pm *starts February 2* **8 SESSIONS**

Want to refresh your high school Spanish? Traveling to a Spanish-speaking country? Just want to learn a new language? Try Spanish I. It's easy and fun to learn the basics. There is a \$5 material fee payable to the instructor the first night of class. **Instructor:** Nora Davila, high school Spanish teacher

YOGA FOR BEGINNERS \$60.00
Tuesday 7:00-8:00 pm *starts February 2 – 1st class* **6 SESSIONS**
starts April 6 – 2nd class **6 SESSIONS**

Class held at Tatem School Music Room

All ages are welcome to enjoy this yoga class for beginners as you are guided through classical yoga postures. Learn the fundamentals of correct alignment, conscious breathing and simple relaxation techniques. Bring a yoga mat and a pillow. **Instructor:** Yoga Center of Haddonfield.

WEDNESDAY

New courses indicated by ★

★ **BALLROOM DANCING – MERENGUE/ RUMBA-BEGINNER** \$75.00
Monday 7:45-9:00 pm *starts February 3* **6 SESSIONS**

Class held at the Tatem Gym

Two hot Latin dances for cold winter nights! Merengue, with its short, precise rhythms, is ideally suited to small, crowded dance floors and is especially easy to learn. The class will then move on to the sensuous, steamy, romantic rumba, whose slow Latin beat embodies rhythmic body actions with more serious, intense expression. **Instructor:** Diane Weinberg, dance teacher.

★ **BALLROOM DANCING – SWING (JITTERBUG) - BEGINNER** \$75.00
Monday 7:45-9:00 pm *starts April 7* **6 SESSIONS**

Class held at the Tatem Gym

Swing into spring with a variety of music, including Big Band and oldies. Learn the basics of this always popular dance: closed and open positions, leader and follower turns, hand change variations, free spin, wrap (a/k/a cuddle), hammerlock and much more. **Instructor:** Diane Weinberg, long time dance teacher.

VOLLEYBALL – (Co-Ed) \$35.00
Wednesday 9:15-10:45 pm *starts January 27* **8 SESSIONS**

Class held at Middle School Gym

This is intermediate adult volleyball. **Leader:** William D. Woloszyn.

THURSDAY

New courses indicated by ★

★ **BUSINESS PLAN DEVELOPMENT** **\$65.00**
Thursday 7:00-9:00 pm *starts February 11* **4 SESSIONS**

Do you dream of starting a business? Grants and loans require a business plan. Learn how to draft and hone a roadmap for your business. Identify your strengths and resources, brainstorm potential hazards. **Instructor:** Dr. Rose Ketterer, developed programs, taught and advised Drexel University students in career planning for nearly 20 years.

CLAY – USING THE POTTER'S WHEEL **\$95.00**
Thursday 6:30-8:30 pm *starts February 4* **8 SESSIONS**

Learn to throw and trim pots on the potter's wheel. You will progress to finished glazed pieces. All levels from beginner to advanced are welcome. Try out the high school's beautiful new art room and all its facilities. Material fee of \$22.00 (clay and glaze fee) payable to the teacher on the first night. **Instructor:** Donna Los, Bachelor of Fine Arts in Ceramics from Moore College of Art, 16 years on the potter's wheel!

★ **COMPUTERS: MAKE THEM WORK FOR YOU** **\$75.00**
Thursday 7:00-9:00 pm *starts February 25* **4 SESSIONS**

Access, investigate, and evaluate free online resources in this class. Learn internet research strategies. Checkout social networking and collaborative help online. Find free software for creating and editing your digital media. Your personal and business projects will become easier and more professional using the information you garner in this class. **Instructor:** Steve Price, Technology Staff Developer

EBAY – SELLING WITH CONFIDENCE **\$20.00**
Thursday 7:00-9:00 pm *March 25* **1 SESSION**

Too much stuff? Sell it on eBay. This class will introduce you to registration, research, descriptions, photos, payment, shipping and safe trading practices. Previous eBay experience a plus but not necessary. **Instructor:** Honey Bestic.

FABULOUS FACES **\$45.00**
Thursday 6:30-8:30 pm *starts March 4 (no class March 18)* **3 SESSIONS**

Enhance your own natural beauty by way of proper skincare., make-up application techniques and the appropriate selection of nature-based products. Learn techniques to create a flawless face and how to balance and camouflage imperfections. There is a \$10 material fee. **Instructor:** Barbara Strampello, Image Consultant and Licensed Aesthetician.

FENCING & ADVANCED FENCING **\$40.00/Advanced \$30.00**
Thursday 8:00-9:30 pm *starts February 4 (no class Feb. 25 & April 1)* **8 SESSIONS**

Class held at Tatem School Gym

New students will learn the basics of this ancient-modern Olympic event. Foil is the primary learning weapon. An introduction to epee and saber will also be given. Equipment rental is available for a \$15 fee payable to the instructor. Upon receipt of your graduation certificate, you're eligible to continue fencing with the advanced group. Advanced fencers will polish their skills. **Instructor:** Norman Grimm of "The Purple Circle" Fencing Club with over 30 years of fencing experience.

★ **FRENCH FOR FUN AND TRAVEL** **\$50.00**
Thursday 7:00-8:30 pm *starts February 4* **6 SESSIONS**

Learn the basics for traveling to France. Practical conversations will allow you to reserve a hotel room, order from a French menu, shop, ask directions, etc. Pronunciation will be emphasized. You'll tour French provinces via slides and gain first-hand knowledge from a teacher who has lived in France and travels there often. \$5 material fee payable to the instructor. **Instructor:** Frances Coughlin, Sorbonne, Paris and MA University of Pennsylvania.

GARDENING – CONTAINER GARDENS MADE EASY **\$20.00**
Thursday 7:00-9:00 pm *April 8* **1 SESSION**

Learn the newest trends in containers and the best low maintenance, high impact plants for sun and shade. Also, tips and tricks for reducing watering needs, controlling pests, growing vegetables in containers and stretching your gardening budget. **Instructor:** Mary Eklund, Master Gardener

★ **HEALTHY LIVING FOR THE MATURING WOMAN** **\$60**
Thursday 7:00-8:30 pm *starts March 4* **4 SESSIONS**

You've got the questions. We'll explore the answers in this class. Topics will include: toxic emotions, how to beat health problems, memory enhancements, quelling sugar cravings, dating over 40, personal empowerment, and most importantly, the "secret" of why French women don't get fat! Develop your plan for health and happiness now. Bring your questions, issues, concerns to this class. Handouts will be enhanced by our lively group interaction. Material fee of \$2.00. **Instructor:** Marie Margot, RN, MS.

LONG TERM CARE: KNOW YOUR OPTIONS **\$20 pp/\$30 couple**
Thursday 7:00-9:15 pm *April 8* **1 SESSION**

A comprehensive review of important issues: what Medicare/Medicaid/Health Insurance covers, the actual cost of care in our area, Nursing Homes vs. Assisted Living Facilities vs. Continuing Care Communities vs. Home Care. Remove the confusion of LTC-insurance so you can: understand and compare policies and group plans, deal with agents, learn how much insurance would cost you. **Instructor:** Charles Klayman, Certified Long-Term Care Specialist and Senior Advisor.

★ **MARKETING FOR SMALL BUSINESSES** **\$75.00**
Thursday 7:30-9:00 pm *starts March 4* **4 SESSIONS**

Learn the art and science of marketing a business: choosing target markets, connecting with customers, building brand equity, and developing strategy while maintaining a high ethical standard in the process. Understand the impact of networking and relationship marketing and how to implement successful techniques. Non-profits, small businesses, and entrepreneurs can benefit from this class. **Instructor:** Tom McGuire, Masters in Business: School of Business & Public Management, George Washington University.

★ **PHILADELPHIA TOUR – LOVE & WAR IN COLONIAL PHILADELPHIA** **\$22.00**
Thursday 5:30 pm *April 8 (Rain date April 22)* **1 EVENING**

Meet in front of the Visitor's Center at 6th & Market in Philadelphia. Philly hosted both the heroes and the villains; sometimes we couldn't tell them apart. A guided walk in historic Philadelphia full of founders and traitors. **Tour Guide:** Edward A. Mauger, "Phila's best tour guide 2009", ForbesTRAVELER.com.

★ **PHILADELPHIA TOUR – IN THIS LIFE THERE IS NOTHING CERTAIN BUT DEATH AND TAXES** **\$22.00**
Thursday 5:30 pm *April 15 (Rain date April 22)* **1 EVENING**

Meet in front of the Visitor's Center at 6th & Market in Philadelphia. One of Franklin's last maxims before 20,000 attended his funeral in Philly. Celebrate Ben's life, loves and brilliant leadership in his favorite haunts. **Tour Guide:** Edward A. Mauger, "Phila's best tour guide 2009", ForbesTRAVELER.COM.

WATERCOLOR – BEGINNERS **\$80.00**
Thursday 7:00-9:00 pm *starts February 4* **8 SESSIONS**

**Class held at Middle School Art Room (Door #18 on Chestnut St.)
Limit 16 Students**

This course will teach you the basics of watercolor. Techniques such as wet on wet, wet on dry, dry brush, masking, glazing, and paper stretching will be covered. Each project is designed to develop your use of these techniques. A supply list will be available the first night of class or sent to you upon registration. **Instructor:** Gwynn Walker DiPilla, a professional artist who holds a BA in Art Education.

PROGRAMS FOR CHILDREN

MULTI-MEDIA FOR YOUNG ARTISTS (Ages 5-10)

\$90.00 – 6 WEEKS

These six-week courses meet at the Middle School Art Room, door number 18, on Chestnut Street on Saturdays. **Instructor:** Gwynn Walker Dipilla, a professional artist with a BA in Art Education.

There will be 2 sessions:

1st session: January 23, 30 February 6, 20, 27, March 6
(no class February 13)

2nd session: April 10, 17, 24, May 1, 8, 15

These classes fill quickly. Please list order of time preference and session on the registration form.

Limit 12 students each class

Saturdays 9:00-10:15am
10:30-11:45am
12:30-1:45 pm
2:00-3:15pm (Not available 2nd session)

Students explore a variety of media such as paper mache, clay, paris craft, painting, printmaking, and drawing to create fun and interesting art projects. Students will also learn art history. Different projects are introduced each semester and session. Material fee of \$15 included in the course fee.

SPRING TENNIS PROGRAM AT CENTENNIAL COURTS

This 5-week course meets at Centennial Courts on Saturday afternoons. All equipment provided. **Instructor:** Lawrence MacCluen USPTA Professional.

Saturday, April 17, 24, May 1, 8, 15

FUNDAMENTAL SKILLS \$55.00
Ages 4-6 3:30-4:15 pm

TENNIS FOR LITTLE STROKERS \$55.00
Ages 6-8 4:15-5:00 pm

TENNIS FOR JUNIOR BEGINNERS \$65.00
Ages 8-10 5:00-6:00 pm

SPRING GOLF AT TATEM FIELD

This 5 week course meets on Saturday afternoon. All equipment provided. **Instructor:** Lawrence MacCluen.

Saturday, April 17, 24, May 1, 8, 15

GOLF FOR JUNIORS I \$55.00
Ages 5-9 (parent must accompany) 1:00-1:45 pm

GOLF FOR JUNIORS II \$55.00
Ages 9 and up 1:45-2:30 pm

AFTER SCHOOL TENNIS

This 5 or 6 week course meets at Central School Gym on Wednesdays. All equipment provided. See Kid's Tennis for course description. **Instructor:** Lawrence MacCluen.

There are 2 sessions:

1st session, 6 weeks: January 6, 13, 27 (no class Jan. 20),
February 3, 10, 17

2nd session, 5 weeks: February 24, March 3, 10, 17, 24

FUNDAMENTAL SKILLS 6 wks \$60.00/5 wks \$55.00
Ages 4-6 3:30-4:15 pm

TENNIS FOR LITTLE STROKERS 6 wks \$60.00/5 wks \$55.00
Ages 6-8 4:15-5:00 pm

TENNIS FOR JR. BEGINNERS & INTERMEDIATES 6 wks \$60.00/5 wks \$55.00
Ages 9 and up 5:00-5:45 pm

KIDS' TENNIS & GOLF ON SATURDAYS

This 5 or 6 week course meets at Tatem School's All-Purpose Room on Saturdays. All equipment provided. **Instructor:** Lawrence MacCluen, USPTA Professional.

There are 2 sessions:

1st session, 6 weeks: January 9, 16, (no class Jan. 23), 30, February 6, 13, 20

2nd session, 5 weeks: February 27, March 6, 13, 20, 27

Please indicate class and time on registration form.

FUNDAMENTAL SKILLS 6 wks \$60.00/5 wks \$55.00
Ages 4-6 9:00-9:45 am

This program is designed to teach fundamental skills in a fun and positive way. Skills such as throwing, catching, skipping, balance, and judging ball bounce and speed prepare children for individual and team sports later in their school years. Improving a child's confidence and self-esteem through positive reinforcement makes learning easier and more enjoyable. This program includes exercise, movements, and games. Our goal is to help children build sound fundamental skills with a positive attitude. Parent participation is encouraged.

TENNIS FOR LITTLE STROKERS 6 wks \$60.00/5 wks \$55.00
Ages 6-9 9:45-10:30 am

This course will introduce the prospective tennis player to the tennis strokes: fore-hand backhand, serve, and volley. It will also help the youngster develop hand-eye coordination and ball sense: two essential elements for solid foundation. This class will emphasize the fun aspect of tennis while at the same time teach the child proper tennis basics.

TENNIS FOR JR. BEGINNERS & INTERMEDIATES 6 wks \$65.00/5 wks \$60.00
Ages 9 and up 10:30 am--11:30 am

NEW CLASS
GOLF FOR JUNIORS I 6 wks \$65.00/5 wks \$60.00
Ages 4-8 (parent participation requested) 12:00 noon--1:00 pm

OTHER DAYS/OTHER PLACES

GOLF – BEGINNERS, ADVANCED BEGINNERS, INTERMEDIATES

Sunday 2:30-3:30 pm

April 18, 25, May 2, 9, 16

\$80.00

5 SESSIONS

Limit 12 Students

The emphasis will be on the grip, stance, swing, rules of etiquette, chipping and putting. Sound fundamentals and lots of repetition are the key to improving your golf game. Beginners and intermediates will be coached according to their needs. Anyone over the age of 13 may participate in this class. Fee includes cost of range balls. **Instructor:** Larry MacCluen, member of the U.S. Golf Coaches Association, who has been teaching for 35 years.

Location for class is: Willowbrook Country Club 856-461-0131
4310 Bridgeboro Rd., Moorestown, NJ

In case of inclement weather, please call the club at 461-0131 one hour before class time. Clubs will be provided.

ROYAL FITNESS

50 E. Gloucester Pike, Barrington, NJ 08007, (856) 547-3326

\$68.00

10 VISITS

Royal Fitness will give you 10 passes. You may use them any time beginning February 1, 2010 for any of the classes listed below. Visits must be completed by April 5, 2010. Call 547-3326 for class times after January 18, 2010.

Aqua Dynamics (Co Ed) – Physical conditioning using the resistance of water.

Body Sculpting Lite – A 45 minute toning class to work the entire body.

Forever Fit – Low-impact aerobics, yoga, stretching, and Tai Chi.

Mind & Body – Choose from Tai Chi and various Yoga classes.

Swimming (Co-Ed) – The heated pool is ideal for swimming.

Weight Training & Cardiovascular Conditioning – Learn to use the machines your first visit.

REGISTRATION – You may register for a class any time before that class begins.

- By Mail: Please use the form provided. **You will only be notified if a class is full or cancelled.**
- Walk-in: Registration at Haddonfield Memorial High School, Thursday, January 28, 2010, 6:30-8:00pm, HMHS office, left of main entrance, 401 Kings Highway East.
- **We do not confirm class registration or mail receipts. Students are notified if a class is full or cancelled. If you don't hear from us and you've sent your registration, you are registered for the class.**

TUITION

- The course fee, which includes a \$5.00 registration fee, must be paid at registration. Some fees paid directly to the instructor- check course description.
- Senior citizen discount is \$2.00 per course.
- Non-residents of Haddonfield are welcome to attend classes. There is an additional \$1.00 fee for non-residents.
- No course fee is refunded for any reason after the first meeting of class. If a course is cancelled, the entire fee will be refunded. A student must withdraw 48 hours prior to the first class to receive a refund less the \$5.00 registration fee. Refunds take approximately one month.

FURTHER INFORMATION

- Unless otherwise indicated, classes are held at Haddonfield Memorial High School. Where listed, classes are held at Haddonfield Middle & Central School, Chestnut Street & Lincoln Ave; and at the Tatem School, One Glover Ave., off Grove St. Classes are also held off-campus where indicated.
- Room assignments are posted outside the HMHS main office the first night of each class. We will be in the office to direct you to the classroom the first night of any class..
- If Haddonfield schools are closed due to inclement weather or a school emergency, the Adult School is closed as well. Please check our website.
- The School reserves the right to withdraw any course due to insufficient registration

Make check payable to Haddonfield Adult School

Mail to: Haddonfield Adult School, HMHS, 401 Kings Hwy., Haddonfield, NJ 08033-1297

REMEMBER

We do not confirm!

We call you only if a class is full or cancelled. If you do not hear from us assume you are in class.

Mark your calendar now!

HADDONFIELD ADULT SCHOOL, INC.

2010

Please Print

We do not confirm. We call you only if a class is full or cancelled.

COURSES _____ FEE _____

NON-RESIDENT FEE \$ 1.00

TOTAL _____

NAME _____

ADDRESS _____

ZIP _____

PHONE: HOME _____ WORK _____

E-MAIL: _____

Make check payable to the Haddonfield Adult School.
No fees will be refunded after the first meeting of class for any reason.