



Kick Starter Guitar

Ages 12 and Up

If you have always wanted to play the guitar, here is your chance. Learn to play chords, basic music notation, how to tune your guitar and play easy songs with simple to follow instruction. This class is designed for teens and adults who have little or no experience playing the guitar. Participants are required to bring their own guitars (electric or acoustic) or they can request to borrow one from the instructor. Class is not designed for bass guitar. Instructor, Michael May, has been teaching and performing and studying the guitar for over 30 years. He is a graduate of Wayne State University in Detroit with a B.A. in Music. Classes run for 5 weeks. Min. 6 Max. 12

Community Center 208
 Tuesday September 27-October 25
 6:00 pm-6:45pm Ages 12 - Adult
 #13897 \$89

Community Center 208
 Tuesday November 1-December 6 (No class November 22)
 6:00 pm-6:45pm Ages 12 - Adult
 #13898 \$89

Adult & Teen “Kickers” Karate

American Tae-Kwon-Do Karate for teens through adults. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. This program is designed to teach teens through adults self defense, safety awareness, how to work with others and increase flexibility. Karate instructors, Rhonda and Darren Bitzer, have been involved in Martial Arts for over 20 years. Rhonda currently holds the rank of Black Belt. Participants should wear loose comfortable clothing. Sessions are 7 weeks long. Min. 8 Max. 18

Community Center Fitness Studio
 Monday Sept. 12-Oct. 24
 \$59 7:15 pm-8:15 pm
 #13873 Ages 12-Adult
 Beg. & Colored Belt

Community Center Fitness Studio
 Monday Nov. 7-Dec. 19
 \$59 7:15 pm-8:15 pm
 #13874 Ages 12-Adult
 Beg. & Colored Belt

First Aid/CPR/AED

This Red Cross course teaches rescue skills for adults, children and infants including: rescue breathing, obstructed airway, CPR and Automated External Defibrillator (AED) skills. Upon successful completion, participants will receive an Adult CPR/AED, Child & Infant CPR certificate valid for two years and a First Aid certificate valid for three years. Min. 6 Max. 12

*This course, or its online equivalent, meets the requirements for daycare providers.

Community Center
 8:30 am-3:30 pm
 Saturday September 10
 #13900 \$89 CPR/AED/First Aid

Saturday October 8
 #13901 \$89 CPR/AED/First Aid

Saturday November 12
 #13902 \$89 CPR/AED/First Aid

Night Club Dance Workshop

Get out on the dance floor with these 3 easy to learn dances: Night Club 2-Step, Swing Hustle and Slow Dance. These dances are perfect for your “social dance outings” and work well on a crowded dance floor. Learn partnership connection, fun patterns and turns. Partners encouraged, but not necessary. If possible wear shoes with rubber soles. Instructor Carol Brecht-Wiles has 15 plus years of experience teaching in a variety of dance studio and class venues. Class meets for 2 hours. Min. 6 Max.22

Community Center Room B
 Friday November 4
 6:30 pm-8:30 pm Ages 18 and over
 #13896 \$28/person

