

ADULT CLASSES • WINTER-SPRING 2017

Art

ACRYLIC PAINTING

Learn step-by-step techniques for using water-based acrylic paint to create landscapes, still life, human and animal portraits.

NO CLASS 1/16

Instructor: Tito Mangiola

Location: Wellington Community Center Ages 18+

Day / Time	Dates	Fee R/NR	Code
Mondays 2:00 pm – 4:00 pm	1/9 – 1/30	\$70/\$88	214681 A1
	2/6 – 2/27	\$70/\$88	214681 A2
	3/6 – 3/27	\$70/\$88	214681 A3
	4/3 – 4/24	\$70/\$88	214681 A4
	5/1 – 5/22	\$70/\$88	214681 A5

CRAFT WORKSHOPS

Various mediums and techniques will be used to create attractive items for personal use and gift giving. A list of materials to purchase will be provided to you at registration.

Instructor: Barbara Fischthal

Location: Wellington Community Center Ages 16+

Date	Craft	Time	Fee R/NR	Code
Tu, 1/17	Glass Stone Magnets & Candle in a Jar	10 am – 12 pm	\$25/\$31	214710 A1
Tu, 2/14	Frosted Glassware	10 am – 12 pm	\$25/\$31	214710 A2
Tu, 3/14	Fancy Flower Pots	10 am – 12 pm	\$25/\$31	214710 A3
Tu, 4/18	Marbleized Mugs	10 am – 12 pm	\$25/\$31	214710 A4
Tu, 5/16	Tumbled Tile Coasters	10 am – 12 pm	\$25/\$31	214710 A5

DRAWING FOR ADULTS

First hour focuses on drawing techniques for noses, lips, ears, eyes, finger, hands, and the human body. Second hour focuses on animal portraits. This class will also touch on human portraits and caricatures.

Instructor: Tito Mangiola

Location: Wellington Community Center Ages 18+

Day / Time	Dates	Fee R/NR	Code
Tuesdays 10:00 am – 12:00 pm	1/10 – 1/31	\$70/\$88	214682 A1
	2/7 – 2/28	\$70/\$88	214682 A2
	3/7 – 3/28	\$70/\$88	214682 A3
	4/4 – 4/25	\$70/\$88	214682 A4
	5/2 – 5/23	\$70/\$88	214682 A5

“EXPAND YOUR ARTISTIC CREATIVITY” FOR ADULTS

Learn about the world around you and unleash your creativity by seeing the world in a new perspective!

Instructor: Renee Plevy

NO CLASS 3/23

Location: Wellington Community Center Ages 18+

Day / Time	Dates	Fee R/NR	Code
Thursdays 7:00 pm – 8:00 pm	1/19 – 2/23	\$125/\$156	214680 A1
	3/2 – 4/13	\$125/\$156	214680 A2
	4/20 – 5/25	\$125/\$156	214680 A3

WATERCOLOR FOR ADULTS

Learn easy, step-by-step methods for working with the watercolor medium. You will learn wet-into-wet, wet-into-dry, dry-into-dry techniques, and more, with over 30 samples of landscapes, still life, animal and human portraits!

Instructor: Tito Mangiola

Location: Wellington Community Center Ages 18+

Day / Time	Dates	Fee R/NR	Code
Thursdays 1:00 pm – 3:00 pm	1/12 – 1/26	\$70/\$88	214684 A1
	2/2 – 2/23	\$70/\$88	214684 A2
	3/2 – 3/23	\$70/\$88	214684 A3
	4/6 – 4/27	\$70/\$88	214684 A4
	5/4 – 5/25	\$70/\$88	214684 A5

Cooking

NEW! COOKING: TRAVELING THE WORLD

This is a hands on 1.5 hour class with Master Chef Chris Paul. Each session will feature a different dish inspired by different countries and cultures. Take your taste buds on a tour, and discover food through the eyes of a Master Chef!

Instructor: Master Chef Chris Paul

Location: Wellington Community Center Ages 18+

Day / Time	Date / Dish	Fee R/NR	Code
Mondays 6 – 7:30 pm	January 9: Italy, Chicken Caprese	\$85/\$106	214123 A1
	February 6: Greece, Greek Filet Mignon	\$85/\$106	214123 A2
	March 6: Spain, Ceviche	\$85/\$106	214123 A3
	April 3: France, Chicken Cordon Bleu	\$85/\$106	214123 A4
	May 8: Asia, Orange Duck	\$85/\$106	214123 A5

Dance & Gymnastics

with Nichole Sampas, NRG Dance

BALLET TECHNIQUE

Ages 10–18. Dancers will learn light, graceful, fluid movements and ballet vocabulary.

See page 23 for details

JAZZ FUNK

Ages 5–18. Develop balance, control, strength, and flexibility, with current dance moves set to today’s popular music.

See page 23 for details

LYRICAL / MODERN

Ages 10–18. Explore a free, expressive style of dance based in ballet

See page 23 for details

TAP FUSION

Ages 10–18. Learn tap technique, while fusing tap with other dance forms for a global creative choreography experience!

See page 23 for details

Employment & Training

NEW! CAREER EXPLORATION

This interactive workshop gives you a strategy and "exploration toolkit" to help you discover the career meant for you!

Instructor: Carol Horner

Location: Wellington Community Center Ages 15+

Day	Dates	Time	Fee R/NR	Code
Sa	5/27	10:00 am – 12:00 pm	\$75/\$94	214746 A1

NEW! JOB READINESS

Get ahead of the competition and increase the value of your education by learning how to find, and land, summer jobs and internships! Topics covered include resumes, cover letters, interview techniques, networking skills, workplace etiquette, communication skills, and more!

Instructor: Carol Horner

Location: Wellington Community Center Ages 16–22

Day / Time	Dates	Fee R/NR	Code
Saturday 9:00 am – 12:30 pm	2/4	\$75/\$94	214748 A1
	4/8	\$75/\$94	214748 A2



NEW! JOB SEARCH

Learn strategic job search techniques from a corporate recruiter's point of view. This workshop is perfect for new college graduates, and those re-entering the workforce or looking to change jobs.

Instructor: Carol Horner

Location: Wellington Community Center Ages 18+

Dates	Time	Fee R/NR	Code
1/17 and 1/19	10:00 am – 12:00 pm	\$100/\$125	214747 A1
1/21	9:00 am – 12:30 pm	\$100/\$125	214747 B1
3/7 and 3/9	10:00 am – 12:00 pm	\$100/\$125	214747 A2
3/11	9:00 am – 12:30 pm	\$100/\$125	214747 B2

NEW! USING LINKEDIN TO ENERGIZE YOUR JOB SEARCH

LinkedIn is the #1 search tool used by recruiters. If you want a job, you need to be on LinkedIn. Topics include optimizing your profile, inside recruiter secrets, searching jobs, networking, and increasing visibility in search results.

Instructor: Carol Horner

Location: Wellington Community Center Ages 18+

Day	Date	Time	Fee R/NR	Code
Tu	2/7	10:00 am – 12:00 pm	\$75/\$94	214749 A1
Tu	4/11	10:00 am – 12:00 pm	\$75/\$94	214749 A2

Health & Wellness

MEDITATION CLASSES

Meditation is the practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention to oneself, in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.

Instructor: Jana Krause

NO CLASS 1/16, and 5/29

Location: Wellington Community Center Ages 18+

Day / Time	Dates	Fee R/NR	Code
Mondays 12:00 pm – 1:00 pm	1/9 – 1/30	\$25/\$31	214729 A1
	2/6 – 2/27	\$25/\$31	214729 A2
	3/6 – 3/27	\$25/\$31	214729 A3
	4/3 – 4/24	\$25/\$31	214729 A4
	5/1 – 5/22	\$25/\$31	214729 A5
Wednesdays 6:00 pm – 7:00 pm	1/4 – 1/25	\$25/\$31	214729 B1
	2/1 – 2/22	\$25/\$31	214729 B2
	3/1 – 3/22	\$25/\$31	214729 B3
	4/5 – 4/26	\$25/\$31	214729 B4
	5/3 – 5/24	\$25/\$31	214729 B5

MINDFULNESS BASED STRESS REDUCTION (MBSR) MEDITATION CLASS

This course is based on mindfulness, a meditative practice that strengthens one's ability to stay focused on being in the present, to be open to new experiences, and to make wise choices. Participants must register for, and attend, the free orientation to the MBSR program to better understand the contents of this course, and how to gain maximum benefits from the program. If you cannot attend, please contact lgradess1951@gmail.com to make other arrangements.

Instructor: Linda Gradess

Location: Wellington Community Center Ages 21+

Day	Dates	Time	Fee R/NR	Code
Thu	January 19 – March 9 Day of Practice – Sat, Feb 25	6 – 8:30 pm 9 am – 3 pm	\$250/\$313	214730 A1
Sat	FREE Orientation – Jan 7 Must be registered to attend	11 am – 12:30 pm	FREE	N/A

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NEW! KANGOO POWER

Get a high intensity, low impact workout using innovative Kangoo boots! These rebounding shoes increase the impact time while reducing the impact stresses that occur with normal running shoes.

Instructor: Michelle Marton

Location: Wellington Community Center Ages 15+

Day / Time	Dates	Fee R/NR	Code
Wednesdays 7:00 pm – 8:00 pm	1/4 – 1/25	\$80/100	214291 A1
	2/8 – 2/22	\$80/100	214291 A2
	3/8 – 3/22	\$80/100	214291 A3
	4/5 – 4/19	\$80/100	214291 A4
	5/3 – 5/17	\$80/100	214291 A5

MORNING PILATES WITH LYNN

Pilates offers all the benefits of strengthening the core while lengthening and toning the entire body.

Use the sessions and corresponding letters listed below to complete the codes in the table. Session start and end dates depend on days selected.

- Session I:** Jan 4 – 30 Letter **A**
- Session II:** Feb 1 – 27 Letter **B**
- Session III:** Mar 1 – 30 Letter **C**
- Session IV:** Apr 3 – 27 Letter **D**
- Session V:** May 1 – 31 Letter **E**

NO CLASS 1/16, 2/20, and 5/29

Instructor: Lynn Spoor

Location: Wellington Community Center Ages 16+

Day	Time	Fee R/NR	Code
M W/Th	9:00 am – 10:00 am 10:00 am – 11:00 am	\$100/125	214704 _1
M Th	9:00 am – 10:00 am 10:00 am – 11:00 am	\$80/100	214704 _2
M	9:00 am – 10:00 am	\$48/\$60	214704 _3

EVENING PILATES WITH PAULA

Strengthen and tone all of the body's core muscles through targeted exercises! "Pilates Plus" classes combine Tues / Thurs Pilates with Saturday Yogilates classes at a discounted rate!

NO CLASS WEEK OF 3/20

Instructor Paula Bruce

Location: Wellington Community Center Ages 14+

Day / Time	Dates	Fee R/NR	Code
Pilates			
Tuesday / Thursday 6:00 pm – 7:00 pm	1/10 – 2/16	\$75/94	214664 A1
	2/28 – 4/13	\$75/94	214664 A2
	4/25 – 6/1	\$75/94	214664 A3
Pilates Plus			
Tuesday / Thursday 6:00 pm – 7:00 pm	1/10 – 2/18	\$90/\$113	214664 B1
	2/28 – 4/15	\$90/\$113	214664 B2
PLUS Saturday 9:00 am – 10:00 am	4/25 – 6/3	\$90/\$113	214664 B3

MORNING YOGA WITH LYNN

Start your morning feeling energized, relaxed, and ready to take on the day, with morning yoga classes taught by Lynn Spoor! Postures in this class will help tone, lengthen and strengthen your muscles. Meditation and deep breathing exercises will help relax, and prepare you for the day ahead!

Instructor: Lynn Spoor

Location: Wellington Community Center Ages 16+

Day / Time	Dates	Fee R/NR	Code
Tuesdays 10:00 am – 11:00 am	1/3 – 1/24	\$35/\$44	214703 A1
	2/7 – 2/28	\$35/\$44	214703 A2
	3/7 – 3/28	\$35/\$44	214703 A3
	4/4 – 4/25	\$35/\$44	214703 A4
	5/2 – 5/23	\$35/\$44	214703 A5



YOGA & YOGILATES WITH PAULA

Get energized while building strength and flexibility! These classes link breath and movement while keeping you present as you move gracefully in and out of poses. "Yoga Plus" combines Paula's Tuesday and Thursday Yoga classes with Saturday Yogilates classes at a discounted rate!

NO CLASS WEEK OF 3/20

Instructor: Paula Bruce

Location: Wellington Community Center Ages 14+

Day / Time	Dates	Fee R/NR	Code
Yoga			
Tuesday / Thursday 7:00 pm – 8:00 pm	1/10 – 2/16	\$75/94	214662 A1
	2/28 – 4/13	\$75/94	214662 A2
	4/25 – 6/1	\$75/94	214662 A3
Yogilates – Yoga & Pilates Combination Class			
Saturday 9:00 am – 10:00 am	1/14 – 2/18	\$60/\$75	214663 A1
	3/4 – 4/15	\$60/\$75	214663 A2
	4/29 – 6/3	\$60/\$75	214663 A3
Yoga Plus			
Tuesday / Thursday 7:00 pm – 8:00 pm	1/10 – 2/18	\$90/\$113	214662 B1
	2/28 – 4/15	\$90/\$113	214662 B2
PLUS Saturday 9:00 am – 10:00 am	4/25 – 6/3	\$90/\$113	214662 B3



NEW! ZUMBA

Latin inspired aerobic dance fitness program. Enjoy an hour of fun and fitness while you burn calories to great music. No dance experience necessary.

Mondays – use letter A to complete the code.

Fridays – use letter B to complete the code

NO CLASS 1/16, 2/17, 2/20, 3/17, and 3/20

Instructor Jamie Tizol

Location: Wellington Community Center Ages 16+

Day / Time	Dates	Day / Time	Dates	Fee R/NR	Code
Mondays 10 am – 11 am	1/9 – 1/30	Fridays 10 am – 11 am	1/13 – 1/27	\$24/\$30	214688 _1
	2/6 – 2/27		2/3 – 2/24	\$24/\$30	214668 _2
	3/6 – 3/27		3/10 – 3/31	\$24/\$30	214668 _3
	4/3 – 4/24		4/7 – 4/28	\$32/\$40	214688 _4
	5/1 – 5/22		5/5 – 5/26	\$32/\$40	214688 _5

Pet Behavior & Training

DOG OBEDIENCE WITH BARB FORGASH

Puppy Kindergarten, dogs under 6 months, is blended with **Basic Obedience**, dogs over 6 months that are BEGINNERS. **Intermediate** – dogs that have successfully completed a dog class through Wellington, or upon teacher recommendation.

NO CLASS 1/16

Instructor: Barb Forgash

Location: Wellington Community Center Parking Lot and Grass Area (safely sectioned-off and marked)

Location: Wellington Community Center Ages 16+

Day / Time	Dates	Fee R/NR	Code
Puppy Kindergarten & Basic Home Obedience (Blended Class)			
Mondays 6:30 pm – 7:30 pm	1/9–3/6	\$40/\$50	214693 A1
	3/13–5/1	\$40/\$50	214693 A2
Intermediate			
Mondays 7:30 pm – 8:30 pm	1/9–3/6	\$40/\$50	214693 B1
	3/13 – 5/1	\$40/\$50	214693 B2



Gift Certificates

A great gift for birthdays, holidays, or any special occasion, Gift Certificates make your shopping easy and convenient!

Certificates are available in any denomination, and are good for any recreation program or activity, including drop-ins. Facility rentals are excluded.

**For more information call
(561) 791-4005**

or visit Village Park, the Community Center, Aquatics Complex, or Tennis Center to pick up yours today!