

AYER-SHIRLEY COMMUNITY EDUCATION 2014 SPRING COURSES

After-Five Workouts

Zumba: "Ditch the Workout, Join the Party!"

Burning calories can be fun. Zumba is a dance fitness program based on international rhythms. Zumba's fast and slow music will have you sculpting and toning your body. Shimmy and shake your stress away.

This class will show you different options from low-high impact that is great for beginners, as well as all levels of fitness looking for something different. Prior dance experience is not required. Wear comfortable clothing and bring dance shoes, or sneakers with no tread. Bring your own water.

Instructor: Carolyn Sargent

\$65 per person—one hour session

#S1400, Six Sundays
February 9—March 6
9:30 am—10:30 am

#S1401, Six Thursdays
February 27–April 3
6:00—7:00 pm

#S1402, Six Thursdays
April 17–May 22
6:00–7:00 pm

Location: American Legion Hall
8 Church Street Shirley, MA



Volleyball for Fun and Skill Development

Have fun while you improve your game. This co-ed class will be a combination of fundamentals and recreation for players of all levels, ideal for those who want to learn the game, improve their skills, or just enjoy the weekly exercise and pleasure of recreational play.



Coordinator: Joe Ward

\$25 per person - 6 weeks
#S1403 A, Six Tuesdays,
February 25–April 1,
7:00 to 9:00 pm

Location: ASRSD High School Gym.
Classes cancelled due to high school tournaments or weather will be made up at the end of each session.

\$50 per person - 12 weeks
#S1403 B, Twelve Tuesdays,
April 8–June 24
7:00–9:00 pm

Location: To Be Announced

\$40.00 per person - 10 weeks
#S1403 C, Ten Tuesdays,
July 1–September 2
6:00–8:00 pm

Location: Sandy Pond, Ayer

Interested in Teaching a Class???

We Welcome New Ideas:
Cooking, Computers,
Hobbies, Finance,
Fitness.....

Contact us at:
prussell@asrsd.org
or
(978)772-8600
ext. 1467

Hatha Yoga: Get in Tune with Your Body

Experience the deep inner transformation sparked by the practice of Hatha-Kripalu Yoga. It is a compassionate practice, one that develops body awareness through asanas and breath work. Get attuned to your own body, rather than becoming a slave to yoga. This class is for beginners as well as Intermediate Yoga practitioners.



Things to remember:

Please bring your own mat, block, cushion, strap, and water bottle. Come to class a few minutes early and calm your mind.

Instructor: Lakshmi Annavaiah, RYT.

\$60 per person / per session

#S1404 A, Six Wednesdays
March 26–May 7
(no class April 23)
3:30–4:45 pm or 5:30–6:45 pm

#S1404 B, Six Wednesdays,
May 14–June 18
3:30–4:45 pm or 5:30–6:45 pm

Location: Room 5,
Page Hilltop School, Ayer

Introduction To Meditation: A Stress Reduction Method

Meditation has been practiced by many cultures for a variety of purposes. There are many different meditation techniques, all used to help reach a state of self awareness and discovery, relaxation and healing, and more. In this class we will explore one simple relaxation based technique of meditation which students will be guided through from beginning to end. While practicing meditation, we will explore the senses through simple exercises, healing with light, and building an inner garden or temple. Dress in comfortable clothes and bring a pillow and blanket.

Instructor: Beth Washington

\$30.00 per person

#S1405, One Thursday,
March 20
7:00–9:00 pm

Location: Room 8,
Page Hilltop School, Ayer

Winter Mountaineering

This class will provide an introduction to winter mountaineering to include climbing, trekking, safe route selection, and snow stability analysis. Topics discussed will include diet, physical conditioning, planning, emergencies, weather, snow stability, & avalanche, clothing and climbing gear. Participants will need to have outdoor winter clothing and boots since a portion of the class will be held outdoors on school property, weather permitting. Class handouts will be provided, as well as check lists.

Instructor, John Chavier has 15 years experience as an alpine patroller and extensive training in mountaineering and avalanche assessment. John will present his knowledge, insight, experience and appreciation for the mountains to help participants plan a safe, fun and exhilarating outdoor winter climb.

Instructor: John Chavier

Cost: \$75.00 per person

#S1406 One Saturday, February 8
10:00 am–1:00 pm

Location: Cafeteria,
Page Hilltop School Ayer

You, Too, Can Learn to Dance Like a Star

BEGINNER BALLROOM DANCING

Learn the basic moves of ballroom dancing in a fun and relaxed atmosphere and be the hit of your next wedding or function. We will focus on one different style of ballroom dance in each six-week session (you can call ahead to find out which dance is currently on the schedule or visit our website at www.dldance.org). The class is taught in a rotation system so singles (or those with spouses who



won't leave the couch) are most welcome—rotation is optional and not required. Wear comfortable clothing and shoes that slide (sneakers will stick!) and bring a bottle of water and your friends.

No other special equipment is necessary! Call Donna at (978)413-1965 or email dshea@dldance.org for more information

Instructor: Donna Shea

\$45 per adult; \$25 for high school age teens and students

#S1407 A, Six Tuesdays,
March 11–April 15
7:00–8:00 pm

#S1407 B, Six Tuesdays,
May 6–June 10
7:00–8:00 pm

Location: DL Dance Studio,
60 Willow Road, Ayer

BEGINNER LINE DANCE

Line Dancing is not just a country fad anymore. Maybe you've done a little party dancing, and even if you haven't tried, we'll teach you the basics right from which foot is right and which foot is left. We dance to all genres of music (country, pop, oldies, and more!) Get out the chair, meet new friends, and burn the same calories as a low-impact aerobics class and not even know you're exercising! Wear comfy clothes, shoes with soles that slide easily (sneakers stick), and bring a bottle of water and your friends! No other equipment is necessary and no partner is needed!



Instructor: Donna Shea

\$45 per adult; \$25 for high-school-age teens and students

#S1408 A, Six Mondays,
March 10–April 14
6:30–7:30 pm

#S1408 B, Six Mondays,
May 5–June 16 (No class May 26)
6:30–7:30 pm

Location: DL Dance Studio,
60 Willow Road, Ayer

AYER-SHIRLEY REGION
COMMUNITY EDUCATION

**Make it
Sell it
Work it
Spike it
Paddle it
Taste it
Organize it
Create it
Sweat it**

HOBBY SHOP

The Fundamentals of Crimping

Learn the basic crimping techniques to make your own jewelry. In this class you will learn about the special beads and stringing used in crimping, and how to use a crimping tool. You will make and go home with a beautiful bracelet and pair of earrings designed with beads of your choice. We will also explore other jewelry making using crimping. Bring a crimping tool, if you have one, and your own beads (optional).

Instructor: Beth Washington

Cost: \$30.00 per person, plus \$10.00 materials fee payable to the instructor

#S1409, One Thursday, March 27, 7:00-9:00 pm

**Location: Room 8
Page Hilltop School, Ayer**

Cake Decorating

Looking for a fun, stress free night out? Come learn the art of cake decorating. Students will learn frosting techniques, how to make simple borders and flowers. Instructor Kathy Coraccio has 17 years of experience as a cake decorator and enjoys unleashing the inner artist in her students.

Instructor: Kathy Coraccio

Cost: \$75.00 per person

#S1410 Five Wednesdays, March 19-April 16, 7:00-8:30 pm

**Location: Room 8
Page Hilltop School, Ayer**



Beginner's Coupon Workshop

Don't miss out on the opportunity to learn first hand how to get BIG coupon savings and save MONEY every time you shop! Learn about resources/websites, basic coupon policies, different ways to organize coupons, coupon lingo, how to obtain coupons, store information and more! Participants will go home with numerous informative handouts to get them started on this popular hobby. The instructor, Deanna Christie, Coordinator of the Family Partnership Center has extensive training in financial literacy and is an extreme coupon user herself.

Instructor: Deanna Christie

Cost: \$25.00 per person

#S1411, One Thursday, May 15 6:30-8:30 pm

**Location: Room 6
Page Hilltop School, Ayer**

Home Electrical Repair

The instructor will provide demonstration and explanation of practical methods to repair small electrical problems and upgrades not requiring a permit. Topics discussed will include electrical code requirements; safety issues; equipment, tools, and materials; appliances and load types; fixtures, receptacles, and switches; communications and television.

The class will be taught by Electrical Engineer, John Chavir. John has a B.S. in Electrical Engineering Technology and technical experience assessing energy management, safety systems, and electrical/electronic systems projects.

Instructor: John Chavir

\$32.00 per person

#S1412 A, Two Thursdays, March 6 & March 13 6:30-8:30 pm

#S1412 B, Two Thursdays, April 3 & April 10 6:30-8:30 pm

**Location: Room 8
Page Hilltop School, Ayer**

HOME/FINANCE

Foreclosure Prevention, Short Sales, and Making Home Affordable Modification Programs

Attend a **FREE** seminar presented by an experienced Loan Modification Specialist with a proven record of successful results, including previously denied applications. Learn how these programs could benefit you and save your home!

Even if you have previously been denied for a modification, you may still be eligible!

Instructor: Michael Churchville

Free, Registration required

#S1413, One Thursday, April 17 7:00-9:00 pm

**Location: Room 8
Page Hilltop School, Ayer**



Financial Wellness Workshops

Primerica presents a 6 week series revolving around financial wellness.

The workshops will explore several areas of finance as they pertain to the average family. Our goal is to present strategies that help families earn more money, become debt free, achieve financial independence, and be properly protected. We will highlight the areas of finance that spotlight retirement, investing and saving, life insurance, and the elimination of debt.

We will bring a comprehensive, interactive approach that will answer questions and provide education.

Workshops will include investing for the future, the rule of 72, retirement with security, what it means to be properly protected, debt freedom, and much, much more. This is a **FREE** seminar provided by Rivas and Associates, Primerica Financial Services

Instructor: Dean Bailey

Free Class—Registration required

#S1416, Six Mondays March 10-April 14 6:30-8:00 pm

**Location: Room 8
Page Hilltop School, Ayer**



HOME/FINANCE

How to Get Debt Free

"Make no mistake: Paying off the balance on a credit card is just about the best investment you can ever make," says Andrew Tobias, financial planner, who writes for Forbes magazine. Paying off a 15% credit card is equivalent to getting a 15% return on an investment. See how to achieve true financial freedom by first investing in your debt.

This class is not just for those with a debt problem. It's for anyone who wants to build real wealth and achieve true financial freedom. If you have debt payments of any kind - mortgage, credit cards, car loans, student loans, etc., you should attend.

You can pay off your credit cards in one to four years. Then eliminate your 30 year mortgage in another three to six years. You will also understand why the mortgage tax deduction is a fraud.

Learn a simple, guaranteed system to eliminate your debts so that you can operate on 100% cash. You can do this with your current income without sacrificing your lifestyle or credit score.

Bring your list of debts and a calculator to class. You will develop your own debt elimination plan that you can implement immediately. Course fee includes a 16 page workbook, \$8.00 value. Optional text is available in class for an additional \$44.00.

Instructor: Blanchard Warren

Cost- \$35 per person, includes \$8.00 fee for workbook.

#S1414 One Wednesday, May 13 6:30-9:30 pm

**Location: Room 8
Page Hilltop School, Ayer**

Questions??????

Call

(978) 772-8600

ext. 1467

prussell@asrsd.org

PERSONAL ENRICHMENT

How To Use Your Digital Camera

Digital cameras are amazing and can be challenging to understand. In this class students will gain an understanding of what the features and settings are all about. They will learn beyond the "Auto Mode" and be able to take creative and exciting pictures. Students will have an assignment and participate in fun and friendly competitions each week and will share their pictures with the rest of the class. All digital cameras apply, so bring your camera to class. The instructor is an accomplished photographer with over 25 years of experience. Todd owns and operates Photo Op Photography in Ayer, MA, and served as a Marine Corps photographer before starting his own business.



Instructor: Todd Maki

\$100.00 per person, (Limit 15) Tuition includes membership to the Photo Op Photography Camera Club and workshops for one year. Visit www.photooppphoto.com/classes-ayer.html

#S1417 Six Tuesdays, April 1-May 6 6:30-8:30 pm

**Location: Room 8
Page Hilltop School, Ayer**

English As A Second Language Class

English as a Second Language will be offered to families of students in the Ayer Shirley Regional School District.

The class will consist of pronunciation and vocabulary building. Students will master basic conversational English skill sin this class. Ms. Raquel Bauman, Ed. D is a certified ESL teacher in Massachusetts and Texas.

Instructor: Raquel Bauman, Ed D.

Free Class - Registration Required

#S1418 Six Tuesdays March 4-April 8 2:15-3:30 pm

**Location: Room 184,
ASRS High School, Ayer**



REGISTRATION FORM

Your registration must be received one week before the start of each class. Please submit a separate check for each course. Checks will not be deposited until the course is underway. Please include your e-mail address in order to facilitate any communication during your course.

For more registration forms and floor plans of school classrooms, visit www.asrsd.org and click the Community Education button on the left side of the screen. Then click the links for [Registration Form](#) and [Directions and Floor Plan](#).

If weather or some other emergency forces the closing of the Ayer-Shirley Schools, Community Education classes that are held in on-campus facilities will be cancelled and rescheduled. (Off-campus classes are not affected by emergency school closings.) Emergency school closings are announced on major Boston-area broadcast stations. If for some reason your instructor cancels your class, every effort will be made to notify you by e-mail. Unless otherwise listed in the course description, classes will be held at the High School, or Page-Hilltop Elementary School in Ayer, or the Middle School in Shirley. If minimum class registration is not achieved, classes may be cancelled. Refunds will be paid only in the event of a class cancellation or medical condition that prevents attendance. Please check the website for directions to room locations. Voice mail messages may be left at: (978) 772 8600, Ext. 1467. E-mail: communityed@asrsd.org.

Name _____
Street _____ Town _____ Zip _____

**E-mail (print please) _____ Phone _____

Course _____ Code S 12 _____ Fee \$ _____

Course _____ Code S 12 _____ Fee \$ _____

Course _____ Code S 12 _____ Fee \$ _____

Students over 60 years enter 15 percent discount here. \$ _____

Total \$ _____

**A phone number or e-mail address is required.

Checks payable to "ASRS Community Ed" Mail a separate check for each course to:
Community Education • Page Hilltop School • 115 Washington Street • Ayer, MA 01432
www.asrsd.com