

Hingham Community Center

Spring 2010 / Activity Schedule

Childrens Dance Classes

Ballet - Pre-School **age 4 - 6**

This class continues the skills of the creative movement class and introduces Ballet as a distinctive dance genre. Children learn the differences in music, body movement, and how to creatively express their dances. They also begin more varied and sequential routines. Black ballet slippers, black leotards and light pink tights are required.

Monday, 2:00-2:45 p.m. - Pam

starts September 14 and continues through May

Class ID# 4

Ballet & Tap - Pre School **age 4 - 6**

This class continues the skills of the creative movement class and introduces Ballet and Tap as two distinctive dance genres. Children learn the difference in music, body movement, and how to creatively express these dances. They also begin more varied and sequential routines. Black ballet slippers, black tap shoes, black leotards and light pink tights are required.

Monday, 1:00-2:00 p.m. - Pam
Tuesday, 10:00-11:00 p.m. - Jenn
Wednesday, 10:00 11:00 a.m. - Amy
Wednesday, 1:00 2:00 p.m. - Amy
Thursday, 1:00-2:00 p.m. - Jenn
Friday, 10:15 11:15 a.m. - Amy
Friday, 1:45 2:45 p.m. - Amy

starts September 14

Class ID# 5

Ballet Level I **grades K-2**

In this class, students hone the skills learned in previous classes and learn more advanced steps and routines. Black ballet slippers, black leotards and pink tights are required.

Thursday, 3:30 - 4:30 p.m. - Louann

starts September 17

Class ID# 7

Ballet Level II **grades 3 + up**

In this class, students hone the skills learned in previous classes and learn more advanced steps and routines. Black ballet slippers, black leotards and pink tights are required.

Thursday, 4:30 - 5:30 p.m. - Louann

starts September 17

Class ID# 11

Childrens Dance Classes

Ballet Level III - Advanced **High School**

In this class, students hone the skills learned in previous classes and learn more advanced steps and routines. Pointe or pink slippers, black leotards and pink tights are required.

Monday, 7:00-8:00 p.m. - Jenn

Class ID# 118

Ballet, Tap & Modern - Advanced **Grade 8 & 9**

Each session consists of warm ups, technique, basic steps, styles and rhythms and a complete dance routine. They will also work on developing original choreography. Lyrical and tap shoes are required.

Wednesday, 9:00-10:00 p.m. - Jenn - grade 8-9

starts September 16

Class ID# 162

Ballet, Tap and Hip Hop Level I **grade K-2**

Ballet and tap class begins to fine tune some of the dance steps and motor skills learned previously. Children have gained enough control over their bodies to form images with dance. In Tap, they form specific sounds and rhythms. Second and third year students learn more advanced steps and routines. Black ballet slippers, black tap shoes, black leotards and light pink tights are required.

Monday, 4:00 5:00 p.m. - Jenn - full
Tuesday, 1:00-2:00 a.m. - Jenn - K
Tuesday, 3:30-4:30 p.m. - Aprile - full
Wednesday, 3:30 4:30 p.m. - Sharon
Wednesday, 4:00-5:00 p.m. - Jenn - full
Thursday, 10:00-11:00 p.m. - Jenn - K
Friday, 3:30-4:30 p.m. - Rachel

starts September 14

Class ID# 161

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Childrens Dance Classes

Creative Movement - Ballet

2.9-4

Creative movement is an introduction to dance for 3 year olds. Children are taught basic large motor skills, the difference and break down of the steps, social behavior in the classroom, music, and listening skills. Most important, they learn that dancing is fun! Black ballet slippers, black leotards and light pink tights for girls and black ballet slippers for boys are required.

age 2.9-4

Monday, 12:15-1:00 p.m. - Pam

Tuesday, 9:15-10:00 a.m. - Amy

Creative Movement

age 3-4

Tuesday, 12:15-1:00 p.m. - Jenn

Tuesday, 1:00 1:45 p.m. - Colleen

Wednesday, 11:00 11:45 a.m. - Amy

Wednesday, 12:15 1:00 p.m. - Amy

Thursday, 11:00-11:45 a.m. - Jenn

Thursday, 12:15-1:00 p.m. - Jenn

Friday, 11:15 12:00 n. - Amy

Saturday, 9:15-10:00 a.m. - Aprile

starts September 14

Class ID# 114

Hip Hop - Competition

grade 3 & up

Children grades 3 to high school will learn the latest hip hop dance steps using a wide gamut of texture and quality of movement. They will also work on developing original choreography to popular music and show tunes. Black jazz shoes, black tank top leotards and black jazz pants are required. Competition classes will have an extra competition fee at the time of competition.

Mon., 5:00 6:00 p.m. - Jenn - full

Mon., 6:00 7:00 p.m. - Jenn - full

Mon., 8:00 9:00 p.m. - Jenn - grade 9-12

Tues., 5:30-6:30 p.m. - Aprile - full

Wed., 5:00-6:00 p.m. - Jenn - full

Wed., 7:00-8:00 p.m. - Jenn - full

Wed., 8:00-9:00 p.m. - Jenn - full

Thurs., 3:30-4:30 p.m. - Aprile - grade 4-5

Thurs., 4:30 5:30 p.m. - Aprile - grade 5-6

Thurs., 5:30 6:30 p.m. - Aprile - grade 7-8

Thurs., 6:30-7:30 p.m. - Aprile - High Sch

starts September 14

Class ID# 15

Isadora Duncan Level I

grade K

This class continues the skills of the creative movement class and introduces Duncan as a distinctive dance genre. Children learn to form images with dance and learn the differences in music, body movement, and how to creatively express these dances. They also begin more varied and sequential routines. Children will dance barefoot and require a white sleeveless tank top leotard.

Tuesday 3:30 - 4:30 p.m. - Colleen

starts September 14

Class ID# 6

Childrens Dance Classes

Isadora Duncan Level II

grades 1 & 2

This class continues the skills of the creative movement class and introduces Duncan as a distinctive dance genre. Children learn to form images with dance and learn the differences in music, body movement, and how to creatively express these dances. They also begin more varied and sequential routines. Children will dance barefoot and require a white sleeveless tank top leotard.

Tuesday, 4:30 - 5:30 p.m. - Colleen

starts September 15

Class ID# 9

Isadora Duncan Level III

grades 3 & 4

This class fine tunes some of the dance steps and motor skills. It introduces Duncan as a distinctive dance genre. Children learn the difference in music, body movement, and how to creatively express these dances. They also begin more varied and sequential routines. This class will allow the young dancers to create and compose their own dances and provide an encouraging environment for their movement. Prior dance knowledge is helpful. Children will dance barefoot and require a white sleeveless tank top leotard.

Tuesday, 5:30 - 6:30 p.m. - Colleen

starts September 15

Class ID# 12

Isadora Duncan Rainbow Class

grades 5 & up - by invitation

This class fine tunes some of the dance steps and motor skills. This class will allow the young dancers to create and compose their own dances and provide an encouraging environment for their movement experiments and performances. Prior dance knowledge is necessary. Children will dance barefoot and require a white tank top leotard.

Tuesday, 6:30 - 7:30 p.m. - Colleen

starts September 15

Class ID# 13

Isadora Duncan Repertoire Class

High School - by invitation

This class is for advanced Isadora Duncan students where they will learn choreography from Duncan repertoire. This class will allow the young dancers to create and compose their own dances and provide an encouraging environment for their movement experiments and performances. Prior dance knowledge is necessary. Children will dance barefoot and require a white tank top leotard.

Thursday, 5:30 - 7:00 p.m. - Colleen

\$56 per month/\$450 per year

starts September 17

Class ID# 14

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Childrens Dance Classes

Isadora for Children age 4 - 5

The Isadora class is an introduction to dance for the 4 and 5 year old. Children are taught basic large motor skills, the difference and breakdown of the steps, social behavior in the classroom, and music and listening skills. Most important, they learn that dancing is fun! Children will dance barefoot and require a white sleeveless tank top leotard.

Tuesday, 2:00 - 2:45 p.m. - Colleen

starts September 15

Class ID# 3

Tap & Modern - Advanced Grades 6-12, Invitation

Each session consists of warm ups, technique, basic steps, styles and rhythms and a complete dance routine. They will also work on developing original choreography. Lyrical and tap shoes are required.

Grades 9-12, 3 years experience

Invitation, Monday, 9:00-10:00 p.m. - Jenn

starts September 14

Grades 6-7, Invitation

Wednesday, 6:00-7:00 p.m. - Jenn - full

starts September 16

Class ID# 163

Tap and Hip Hop I & II - Competetion grade 2 - 6

Second and third year students learn more advanced steps and routines. Black tap shoes, black jazz shoes, black leotards and black dance pants are required.

Tues., 4:30-5:30 p.m. - Aprile - grade 2-3

Wed., 4:30-5:30 p.m. - Sharon - grade 2-3

Wed., 5:30 6:30 p.m. - Sharon - grade 3-6

Friday, 4:00 5:00 p.m. - Jenn - grade 1 & 2 - full

Fri., 5:00-6:00 p.m. - Jenn - grade 3 - full

Friday, 6:00-7:00 p.m. - Jenn - grade 4

Sat., 10:00-11:00 a.m. - Aprile - age 7-10

Sat., 11:00-12:00 n. - Aprile - age 11-16

starts September 14

Class ID# 117

Fit Kids Gymnastics

Fit Kids - Beginner Gymnastics age 4 - K

The use of special preschool equipment develops and refines gross motor skills, coordination, and helps to build self confidence. This program consists of warm ups, time on the beam, time on the bar, vault, floor exercises, and conditioning.

Monday, 12:00-12:45 p.m.

8 weeks, \$85

starts March 29

Instructor: Karin Viafore

Class ID# 21

Fit Kids - Climbers and Jumpers age 3 - 5

Climbing and jumping exercises those developing arm and leg muscles. Three year old children are more aware of their surroundings now and in a non competitive atmosphere they gain new skills and develop self confidence.

Monday, 9:45-10:30 a.m.

Tuesday, 11:45 12:30 p.m.

8 weeks, \$85

starts March 29 or 16

Instructor: Karin Viafore

Class ID# 20

Fit Kids - Super Sports Class age 4 - K

Each lesson includes activities that will develop your child's gross motor skills, body awareness, eye / hand coordination, strength, flexibility, balance and perceptual motor development. We will include a variety of activities including musical warm ups, games, obstacle courses, relay races, parachute play, circuits, and introductory team sports. All activities are noncompetitive and emphasize the development of self confidence.

Tuesday, 11:00 11:45 a.m.

8 weeks, \$85

starts March 16

Instructor: Karin Viafore

Class ID# 22

Fit Kids - Toddlers & Tumblers - Mom & Me age 2 - 3

A unique category for that independent stage of mobility when walking is mastered. Toddlers explore our equipment with newly developed skills of balance and coordination. Parent or care giver will be present to encourage their child and share the fun!

Monday, 10:30 11:15 a.m.

Tuesday, 10:15 11:00 a.m.

8 weeks, \$85

starts January 25 or 12

starts March 29 or 16

Instructor: Karin Viafore

Class ID# 19

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Fit Kids Gymnastics

Fit Kids - Wiggles & Giggles - Mom & Me age walking - 24 months

Using the theory that intellectual growth is stimulated through active physical movement, this class will introduce shapes, colors, and numbers through a variety of gymnastics and movement based activities. Parent or care giver will be present to encourage their child and share the fun!

Monday, 11:15-12:00 n.
8 weeks, \$85
starts March 29

Instructor: Karin Viafore

Class ID# 18

Pre-School Age Programs

Animal Yoga 3-5

Come join us for a fun yoga session for preschoolers age 3 - 5. We will learn basic yoga asanas (postures) through age appropriate activities like acting out stories, singing, games and moving to music. We will also become aware of our breath and discover the peaceful places inside ourselves. Yoga is a great way for kids to get exercise, improve their focus, nurture their soul and have a lot of fun.

Thursday, 10:30-11:15 a.m.
8 weeks, \$80
starts January 28
starts April 1

Instructor: Meg Durkin

Class ID# 159

Arts & Crafts for Mom & Me age 2 - 4

Our classes encourage parent and child interaction in a creative and challenging environment for the child, along with social involvement with other preschool children. The children will explore working with paint and glue and complete complex craft projects. Great for the development of fine and gross motor skills through a variety of projects. Siblings are discouraged unless they are old enough to participate.

Wednesday, 10:15 11:00 a.m.
8 weeks, \$95
starts March 24

Instructor: Audrey Pabian

Class ID# 23

Pre-School Age Programs

Baby Ballerinas age 2 - 3

This too cute class for the youngest ballerinas will stretch their minds and their feet. Learn to listen and move. Caregiver must participate with the child.

age 2-3
Tuesday, 11:00-11:45 a.m. - Jenn
Wednesday, 9:15-10:00 a.m.- Amy
Thursday, 9:15-10:00 a.m. - Amy
8 classes, \$80
starts March 16, 24, April 1

Instructor: Miss Amy, or Miss Jenn

Class ID# 24

Busy Bees 3 by September 1

Through a variety of activities including creative movement, art, music, and free play, your child will experience an environment enriched with interesting learning challenges that encourage both social and physical development.

9:00-11:30 a.m.
March 2, 9, 16, 18, 23, 30 \$120
April 6, 8, 13, 15, 27, 29 \$120
May 4, 6, 11, 18, 20, 25 \$120
June 1, 3, 8, 10 \$80

12:00-2:30 p.m.
March 2, 9, 16, 18, 23, 30 \$120
April 6, 8, 13, 15, 27, 29 \$120
May 4, 6, 11, 18, 20, 25 \$120
June 1, 3, 8, 10 \$80

Instructors: Peggy Brennan & Sue Kingston

Class ID# 123

Busy Bunch 4 by September 1

This enrichment program provides a unique opportunity for boys and girls age 4-6 to experience a program with a special theme around which activities will be based. Children will cook, do craft activities, paint, develop gross and fine motor skills, listen to stories and music and play games based on the theme of the week, while developing skills needed for kindergarten preparation.

9:00-12:00 a.m.
March 1, 8, 15, 17, 22, 29 \$120
April 5, 7, 12, 14, 26, 28 \$120
May 3, 5, 10, 17, 19, 24 \$120
June 2, 4, 7, 9, 11 \$100

Instructors: Peggy Brennan & Sue Kingston

Class ID# 122

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Pre-School Age Programs

First Experience - Play School age 2 yrs 9 months to 3 yrs

Leave your toddler in an environment that encourages hands on participation in a variety of activities including crafts, music, stories, and free play activities which help develop social and verbal skills. Your child will have fun and make new friends. Children must be potty trained.

Tuesday, 9:15-11:15 a.m.
Wednesday, 9:15-11:15 a.m.
8 weeks, \$120
starts March 16, 24, April 1, 2

Instructor: Terese D'Urso & Louann Boyd

Class ID# 26

Karate Tiger Tots age 4 - 6

The objectives of Uechi-Ryu Karate are to develop your physical capabilities to their greatest potential, exert the utmost degree of control over your emotions, and apply your skills toward positive pursuits and mental attitudes. Fred has over 22 years experience.

Monday, 3:00-3:45 p.m.
Monday, 3:45-4:30 p.m.
Saturday 9:15-10:00 a.m.
8 weeks, \$75
starts January 25, 30
starts March 29, April 3

Instructor: Fred Channell

Class ID# 33

Kitchen Kids - Little age 3-6

Children will make and taste a variety of foods, such as mini pizzas, cupcakes, teddy bear sandwiches or a fruit smoothie. Then they will sample their snacks. Safe kitchen skills are taught.

Friday, 10:00-11:30 a.m.
6 weeks, \$130
starts January 15
starts March 12
starts May 7

Instructor: Sandy Trembley

Class ID# 42

Pre-School Age Programs

Music for Mom & Me age 9 months to 5

Have musical fun with your child in a warm, personal setting with singing, take home song sheets, rhymes, movement, finger plays, instruments and other surprises. Your child will learn about music, build self confidence, and make new friends while they share special time with you.

Monday, 9:15-10:00 a.m.
Monday, 10:15-11:00 a.m.
8 weeks, \$95
starts January 25
starts March 29

Instructor: Martha Leader

Class ID# 25

Pre-School Puppet Shows age 2 - 6

Very young children derive the greatest enjoyment from a puppet show designed especially for them. They love stories with familiar and beloved characters. With this in mind, Pat, a noted puppeteer and teacher, has put together an enchanting program which is sure to delight and stimulate the imagination. Admission is \$3.00 per person at the door. No reservations required.

Friday, March 26, 12:15-12:45 p.m. - "Peter Rabbit"
Friday, April 30, 12:15-12:45 p.m. - "Little Red Riding Hood"

Instructor: Pat Boylan

Class ID# 36

Sally Stegosaurus age 3 - 6

Children will spend the morning exploring the world of dinosaurs through music, crafts, and games! Anne Marie has put together an enchanting program which is sure to stimulate the imagination. Children must be registered and paid in advance because class size is strictly limited.

Friday, 1:30-2:30 p.m.
1 day, \$15, March 19

Instructor: Anne Marie

Class ID# 34

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Pre-School Age Programs

Story & Craft Time age 3 - 6

Children will do craft activities, paint, develop gross and fine motor skills, listen to stories and music, and play games based on the theme of the week.

Monday, 9:15-11:15 a.m. - full
Monday, 12:15-2:15 p.m.
Tuesday, 12:15-2:15 p.m.
Wednesday, 12:15-2:15 p.m..
8 weeks, \$120
starts January 25, 26, 27
starts March 29, 30, 31

Instructor: Terri Anastos

Class ID# 32

Tillie the Silly Witch age 3 - 6

Children will spend the afternoon exploring the world of Halloween through music, crafts, and games! Anne Marie has put together an enchanting program which is sure to stimulate the imagination. Children must be registered in advance.

Friday, 1:30 - 2:30 p.m.
1 day, \$15, October 30

Instructor: Anne Marie

Class ID# 35

Youth and Teen Classes

Baby Sitting / Home Alone Safety age 10 + up

This program will offer a better understanding of young children and infants, their care and safety, and other practical tips for baby sitters. Participants will learn what is expected from a baby sitter. Topics include first aid, fire safety, and entertaining young children.

Thursday, 3:30-5:30 p.m.
2 weeks, \$35, March 11 & 18

Wednesday & Thursday, 9:30 11:30 a.m.
2 days, \$35, June 23 & 24

Instructor: Susan Bradley

Class ID# 38

Youth and Teen Classes

Craft Classes Grades K-6

Let your child explore his/her artistic abilities through projects that build self-confidence and encourage self-expression. Children will learn to express themselves through paint, markers, collage, clay and other stimulating mediums and activities. Projects may include painted birdhouses, clay, stenciled towels, table place cards, painted pots, and much more. Individuality is stressed.

Monday, 3:30-5:00 p.m.
8 weeks, \$120
starts January 11
starts March 22

Instructor: Terri Anastos

Class ID# 175

Kaplan SAT Review High School

92% of Kaplan SAT students get into one of their top choice colleges. There are 2 classes starting this summer at the Hingham Community Center. Call 1- 800-KAP-TEST for more information or to register or visit www.kaptest.com. "Get a higher score!"

Most classes meet Wednesday from 6:00-9:00 p.m. or Sunday from 10:00 a.m. - 2:00 p.m.

Class ID# 47

Karate age 6 - 12

The objectives of Uechi-Ryu Karate are to develop our physical capabilities to their greatest potential, exert the utmost degree of control over our emotions, and apply our skills toward positive pursuits and mental attitudes. Fred has over 22 years experience teaching Karate.

Monday, 4:30-5:30 p.m. - beginner
Monday, 5:30-6:30 p.m. - yellow belts
Friday, 4:30-5:30 p.m. - beginner
Friday, 5:30-6:30 p.m. - beginner/yellow
Saturday, 10:00-11:00 a.m. - begin/yellow
8 weeks, \$75,
starts January 25, 29, 30
starts March 29, April 9, 3

Instructor: Fred Channell

Class ID# 43

Hingham Community Center

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Youth and Teen Classes

Karate Intermediate age 8-14

The objectives of Uechi-Ryu Karate are to develop your physical capabilities to their greatest potential, exert the utmost degree of control over your emotions, and apply your skills toward positive pursuits and mental attitudes. Fred has over 21 years experience teaching Karate. You may come more than once a week if your vacation interferes with class participation. Advanced yellow, orange and purple belts

Tuesday, 7:30 - 8:30 p.m. - purple & up
Friday, 6:30-7:30 p.m. - purple & up
Saturday, 11:00-12:00 a.m. - purple & up
8 weeks, \$75,
starts January 26, 29, 30
starts March 30, April 9, 3

Instructor: Fred Channell

Class ID# 107

Learning Logistice Grades 5-8

Is homework a hassle? Learning logistics is about having what you need, knowing what to do and learning how to do it successfully. Each highly interactive class teaches kids the skills and strategies they need to handle their homework faster and better. Classes cover study skills, time management, organization and more. Skills and strategies are geared towards all kinds of learners including those with ADD and executive skills challenges. This class teaches teens and children the academic and organizational skills they need to succeed in school and in life.

Mondays 3:30 - 5:00 p.m.
4 weeks, \$140
starts March 8

Instructor: Laine Dougherty

Class ID# 172

Summer & Vacation Activities

Ceramic Workshop ages 5 and up

This ceramic workshop includes a variety of banks, boxes, figurines and small mugs. Children paint with their choice of colors and design their piece.

Tuesday, 9:30 10:30 a.m.
1 day, \$21
February 16

Instructor: "Feat of Clay"

Class ID# 183

Summer & Vacation Activities

Children's Performing Arts: Create A Musical age 4 - 16

Children will learn many aspects of the performing arts. The class will include musical theater, street funk, improvisational skills, lip sync, and scene study. Each group will give a performance for family and friends on the last day of class!

Tuesday-Friday, 12:30-2:30 p.m.
4 days, \$75
"Annie", starts Feb. 16-19
"High School Musical", starts April 20-23

Instructors: Jenn

Class ID# 106

Fashion Focus Modeling & Finishing Program age 6 - 18

Come join in on the fun at the Fashion Focus School Vacation Camps. This program is designed and dedicated to nurturing and promoting the confidence and self-esteem of women of all ages. The "focus" of this camp is to teach the importance of inner beauty with classes such as Poise, Posture & Confidence, Manners & Public Image, Social Etiquette, Speech & Proper Diction, and Nutrition & Exercise. There are also classes that help girls feel confident about their outward appearance such as Skin Care, Make-up Techniques (appropriate for their age!!!), and Hair Care. Modeling techniques are taught as a form of stressing the importance of good posture and presentation, plus it's a lot of fun! The girls will be eligible to participate in local mall fashion shows at the *Hanover Mall, *Independence Mall in Kingston or the*South Shore Plaza at the end of the February/April vacation. *An additional fee of \$20.00 applies if they participate in the mall fashion shows.

Monday-Friday, 9:00-12:00 n.
1 week, February 15-19
1 week, April 19-23
Ages 6-9, Young Miss, \$200
Ages 10-12, Preteen, \$200
Ages 13-18, Teen, \$200

Instructor: Maria Wood

Class ID# 53

For the Love of Chocolate I age 3-5

We will make Chocolate Truffles, a Berry Sweet Bouquet and some sweet chocolate treats. Learn a little history about Chocolate. Workshop includes 1 and 1/2 hours of fun, food and recipes to take home.

Thursday, 9:30-11:00 a.m.
1 day, \$30, February 18
1 day, \$30, April 22

Instructor: Sandy Trembley

Class ID# 97

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Summer & Vacation Activities

For the Love of Chocolate II age 6-10

We will make Chocolate Truffles, a Berry Sweet Bouquet and some sweet chocolate treats. Learn a little history about Chocolate. Workshop includes 1 and 1/2 hours of fun, food and recipes to take home.

Thursday, 12:00-2:00 p.m.
1 day, \$30, February 18
1 day, \$30, April 22

Instructor: Sandy Trembley

Class ID# 149

Karate Uechi-ryu Workshop age 6 - 14

Participate in five 45 minute seminars which include Kata, prearranged Kumite, sparring, drills, other traditional training, Tournament Kata, wrestling, point fighting, awareness training, verbal self defense, stranger danger scenarios, grappling - Judo and Brazilian Jujitsu, fun and games, and much more!

Friday, 9:00 - 3:00 p.m.
1 day, \$55, February 19
1 day, \$55, April 23

Instructor: Fred Channell

Class ID# 52

Make A Silk Suncatcher Grades 5 and up

Design an original work of art. In this class we will explore the possibilities of fabric and art applied to a silk circle. Techniques covered include: Design & Drawing on Fabric and Silk Painting. Materials will be supplied. An example is on the door of the office.

Tuesday, 9:30-11:00 a.m.
February 16
1 day, \$30

Instructor: Janet Kingan

Class ID# 184

Mosaic Workshop ages 5 and up

This mosaic workshop includes a choice of flower, heart, star, butterfly, dinosaurs, geckos, fish, turtle, snake, etc. Children design their piece with a variety of colorful tiles and gems. Price includes wood shape, ceramic and Venetian glass tiles, adhesive and grout.

Friday, 9:30 10:30 a.m.
1 day, \$25
February 19
Instructor: "Feat of Clay"

Class ID# 182

Summer & Vacation Activities

Painting on Silk grade 5 and up

Design an original work of art. In this class we will explore the possibilities of fabric and art applied to a silk circle to make a sun catcher. Techniques covered include: Design & Drawing on Fabric and Silk Painting. Materials will be supplied. An example is on the door of the office.

Tuesday, 9:30-11:00 a.m.
1 day, \$30, February 16

Instructor: Janet Kingan

Class ID# 180

Pre School Vacation Club age 3 - 6

Each day will consist of teacher supervised craft activities, games, music, story time, and other group activities. Each day will feature different themes. All children must be registered in advance. Wear old clothes. You may sign up for 1 day or multiple days as each day will be different.

Tuesday, 9:00 12:00 n.
Wednesday, 9:00 12:00 n.
Thursday, 9:00 12:00 n.
Friday, 9:00 12:00 n.
1 day, \$25, starts February 16-19
1 day, \$25, starts April 20-23

Instructor: Jenn Feeney & Terri Anastos

Class ID# 48

Pre-School Summer Club ages 3-6

Each day will consist of teacher supervised craft activities, games, music, story time, and other group activities. Our goal is to provide an experience that promotes the development and enrichment of the total child. All children must be registered in advance. Wear old clothes. We are air conditioned and have a nice playground. You may sign up for 1 week or multiple weeks as each week will feature different themes.

Tuesday, Wednesday, Thursday
9:00 12:00 n., \$70 per week
September 1-3

Instructors: Jenn Feeney & Teri Anastos

Class ID# 145

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Summer & Vacation Activities

Sew Fun ages 9-12

Learn to sew your own gifts or accessories! No sewing experience necessary for this sewing class open to new and semi-experienced 9 to 12 yr olds. Students will learn the basics of machine sewing and complete two to four projects depending on level of skill. Projects introduced will include tote bag, scarf, belt, purse, headbands and possibly more. Materials are not included in course fee but are estimated to cost approximately \$25 - less if students recycle existing garments. Supplies will be available for purchase or see supply list provided with course tutorials. Students will also receive a binder with step-by step instructions for each project so that they will be able to re-create their projects.

Tuesday - Friday, 10:00-12:30 p.m.
4 days, \$115
February 16-19

Instructor: Jackie Nolan

Class ID# 185

Sew Fun ages 9-12

Learn to sew your own gifts or accessories! No sewing experience necessary for this sewing class open to new and semi-experienced 9 to 12 yr olds. Students will learn the basics of machine sewing and complete two to four projects depending on level of skill. Projects introduced will include tote bag, scarf, belt, purse, headbands and possibly more. Materials are not included in course fee but are estimated to cost approximately \$25 - less if students recycle existing garments. Supplies will be available for purchase or see supply list provided with course tutorials. Students will also receive a binder with step-by step instructions for each project so that they will be able to re-create their projects.

Tuesday - Friday, 10:00-12:30 p.m.
4 days, \$115
February 16-19

Instructor: Jackie Nolan

Class ID# 181

Snack Making I age 3-5

Children will make a variety of foods, such as mini pizzas, chicken burritos, fruit kabobs and a fruit smoothie. Then they will sample their snacks.

Wednesday, 9:30-11:00 a.m.
1 day, \$30, February 17
1 day, \$30, April 21

Instructor: Sandy Trembley

Class ID# 147

Summer & Vacation Activities

Snack Making II age 6-10

Children will make a variety of foods, such as mini pizzas, chicken burritos, fruit kabobs and a fruit smoothie. Then they will sample their snacks.

Wednesday, 12:00-2:00 p.m.
1 day, \$30, February 17
1 day, \$30, April 21

Instructor: Sandy Trembley

Class ID# 148

Adult and Teen Classes

Ballroom Dancing - Level 1

Build your confidence and abilities while learning the necessary dance steps for social gatherings and weddings. Learn proper dance position and how to lead and follow. Dances include foxtrot, waltz, swing and Latin.

Friday, 7:00-8:00 p.m.
8 weeks, \$160/couple
starts February 5
starts April 16

Instructors: Roger & Claire Vaka

Class ID# 56

Ballroom Dancing - Level 2

Continue to build your confidence and abilities while learning the necessary dance steps for social gatherings and weddings. Learn proper dance position and how to lead and follow. Dances include foxtrot, waltz, swing and Latin.

Thursday, 7:30-8:30 p.m.
8 weeks, \$160/couple
starts February 4
starts April 15

Instructors: Roger & Claire Vaka

Class ID# 110

Ballroom Dancing - Level 3

Continue to build your confidence and abilities while concentrating on technique as well as new and different patterns and dances.

Friday, 8:00-9:00 p.m.
8 weeks, \$160/couple
starts February 5
starts April 16

Instructors: Roger & Claire Vaka

Class ID# 58

Hingham Community Center

Spring 2010 / Activity Schedule

Adult and Teen Classes

Ballroom Dancing - Level 4

Continue to build your confidence and abilities while concentrating on technique as well as new and different patterns and dances.

Thursday, 8:30-9:30 p.m.
8 weeks, \$160/couple
starts February 4
starts April 15

Instructors: Roger & Claire Vaka

Class ID# 59

Ballroom Dancing - Level 5

Continue to build your confidence and abilities while concentrating on technique as well as new and different patterns and dances.

Friday, 9:00-10:00 p.m.
8 weeks, \$160/couple
starts February 5
starts April 16

Instructors: Roger & Claire Vaka

Class ID# 57

CPR

This course covers primary survey and patient assessment, breathing and sudden cardiac arrest in adults, infants and children. This is an American Heart Association heart saver course that meets all AHA requirements.

Monday, 7:00 -10:00 p.m.
1 nights, \$35
May 3
June 7

Instructor: Tom Jacintho

Class ID# 130

CPR & First Aid

This course covers primary survey and patient assessment, breathing and cardiac emergencies in adults, infants and children, identifying and caring for bleeding, sudden illness, injuries, environmental emergencies, and preventing disease transmission. This is an American Heart Association course that meets all AHA requirements.

Monday, 7:00 -10:00 p.m.
2 nights, \$65
May 3 & 10
June 7 & 14

Instructor: Tom Jacintho

Class ID# 166

Adult and Teen Classes

Digital Photography

Adult

This class is for the beginner who recently purchased a digital camera or is thinking about purchasing one. Laura will demonstrate the marvelous capabilities of digital photography in an entertaining and very informative manner. You may bring your camera and manual to class.

Monday, 7:00 -8:30 p.m.
2 nights, \$49
starts March 8 & 15

Instructor: Laura Sinclair

Class ID# 67

Dog Training

A great social experience for your dog! This class will teach basic obedience and responsible ownership. Learn the emergency commands that could save your dog's life (sit, heel, come, stay). Helpful advice on voice directions, ownership, basic commands, and exercises beneficial to those thinking about showing their dogs will be included. Dogs must have a humane choke collar and a lead and must be at least 3 months old. Please bring your rabies certificate to the first class. Classes are held outdoors.

Monday, 6:30 7:30 p.m.
6 weeks, \$90
starts April 5
starts May 24

Instructor: Rita LaPoint

Class ID# 68

Dog Training II

This class is for the dog that has graduated from the first obedience class and wants to progress to the stage where you give commands while the dog is off leash. These classes do not have to be taken in succession and may be taken out of sequence. Please bring your rabies certificate to the first class. Classes are held outdoors.

Monday, 7:30 8:30 p.m.
6 weeks, \$90
starts April 5
starts May 24

Instructor: Rita LaPoint

Class ID# 69

Earth Friendly Ways to Enhance Your Home

The class will cover green cleaning for the home, environmentally friendly tips, tricks, and crafting and a host of other things. It's geared for anyone who wants to exercise a little creativity, try to minimize their negative impact on the world around them, and for those who want to minimize the negative impact the world may be exerting on them. Attendees will be provided with information, recipes, and practical hands-on exercises.

Tuesday, 7:00 9:00 p.m.
4 weeks, \$85
starts March 16

Instructor: Shirley J. Loomis

Class ID# 131

Hingham Community Center

Spring 2010 / Activity Schedule

Adult and Teen Classes

Hip Hop Adult & Teen Adult & Teen

Learn the latest hip hop dance steps using a wide gamut of texture and quality of movement. You will also work on developing original choreography to popular music and show tunes.

Wednesday, 7:30 8:30 p.m.
12 weeks, \$130
starts February 24

Instructor: Sharon Terman

Class ID# 83

Interview & Network Strategies

This seminar covers tips on how to generate a network of professional leads when you don't have one and proper networking etiquette. Also covered, is what hiring managers look for when they interview, and strategies to win the job over your competition.

Tuesday, 7:00 9:00 p.m.
1 night, \$40
starts March 23
starts April 27

Instructor: Steve Rosen

Class ID# 167

Job Search Marketing/PR Campaign

This seminar will consist of showing job seekers how to take the skills they are strongest at and create a marketing campaign targeted to potential hiring managers who hire for those particular skills. Resume Writing and Cover Letter strategies will be taught. More important, job seekers will be taught how Interactive Social Marketing (LinkedIn & Facebook) can be used effectively to let people out there know what types of jobs you are seeking. The importance of generating referrals for jobs will be stressed.

Tuesday, 7:00 9:00 p.m.
1 night, \$40
starts March 9
starts April 13

Instructor: Steve Rosen

Class ID# 168

Adult and Teen Classes

Karate Adult & Teen age 13 + up, purple belts + up

The objectives of Uechi-Ryu Karate are to develop our physical capabilities to their greatest potential, exert the utmost degree of control over our emotions, and apply our skills toward positive pursuits and mental attitudes. Fred has over 22 years experience teaching Karate.

Tuesday, 7:30-8:30 p.m.
Friday, 7:30-8:30 p.m.
Saturday, 11:00-12:00 n.
8 weeks, \$75,
starts January 26, 29, 30
starts March 30, April 9, 10

Instructor: Fred Channell

Class ID# 76

Knitting

Learn how easy it is to knit. Join this 8 week workshop and create beautiful works of art to wear and display. Learn basic stitches and how to follow a pattern. Begin with a practice scarf and progress to an easy baby sweater, afghan, hat or mittens. Bring 1 skein of light colored worsted weight yarn and size 7 or 8 knitting needles to the first class.

Monday, 7:00-8:00 p.m.
8 weeks, \$80
starts February 8

Instructor: Sheryl Norkaitis

Class ID# 77

Needlepoint Classes

Learn how easy it is to needlepoint. Join this 8 week workshop and learn how to create beautiful works of art using a variety of the basic stitches. Or just bring in an old project that needs finishing.

Wednesday, 7:00-8:00 p.m.
8 weeks, \$80
starts February 3

Instructor: Janet Kingan

Class ID# 179

Organizing 101

Feeling overwhelmed? Wondering where all "this stuff" has come from? This 2 hour informative class will give you tips and suggestions so you can tackle your piles of papers, find things when you need them, free up storage space and gain control of your time. Sharon is the owner of a professional organizing service. Bring a photo of your challenging areas to help you get started.

Tuesday, 6:45-8:45 p.m.
1 evening, \$20
starts March 9

Instructor: Sharon Fisher

Class ID# 134

Hingham Community Center

Spring 2010 / Activity Schedule

Adult and Teen Classes

Pilates

Pilates is the most challenging workout to condition your muscles from the inside out. Through concentrated movements, breathing, utilizing the entire body at one time, the body learns how to work efficiently from the core with less strain and stress on the muscles and joints. This method is not considered a cardiovascular workout, because the heart rate is not raised for a significant period of time. This exercise is not only to rehab injuries, but to keep you in top condition for better performance. If you desire a leaner, stronger body with less postural related back pain, then "Pilates" is for you.

Monday 6:30-7:30 p.m. - Stephanie
Tuesday, 9:00-10:00 a.m. - Amy
Thursday, 9:30-10:30 a.m. - Stephanie
8 weeks, \$90, \$15 drop-in
Monday starts Feb. 8, April 12
Tuesday starts Jan. 12, March 16, May 18
Thursday starts Jan. 28, April 1

Instructors: Amy Anderson & Stephanie Meehan

Class ID# 78

Power 30

Power 30 is a half-hour strength workout. All major muscle groups are put through a range of exercises using free weights, body weight, and resistance bands. Instructed by Gina Vita, this class offers a quick way to improve your muscle strength and tone. This class is for all fitness levels. Please bring a pair of 3-5 pound hand weights, a mat, and a water bottle.

Wednesday 8:30-9:00 a.m.
Friday 8:30-9:00 a.m.
8 weeks, \$40, \$7 drop-in
starts January 27, 29
starts March 31, April 9

Instructor: Gina Vita

Class ID# 79

Protecting Personal Information From Identity Th

This workshop will inform you as to why you should worry about identity theft, what defines your "personal information," how identity theft can happen to you and how to spot "phishing" attacks. What you can do to protect yourself and your family and what to do if your personal information is stolen.

Tuesday, 7:00-8:30 p.m.
1 night - free
October 20

Class ID# 176

Adult and Teen Classes

Qi Gong

Qi /Chi is breath or energy. Gong is the practice. Qi Gong is a very gentle and relaxed exercise. It helps to revitalize the body, lower blood pressure, loosen the various body joints and relaxes the mind, thus eliminating stress. It is a superb exercise for cultivating and maintaining general good health. It is also highly effective for the cardiovascular, central nervous and digestive systems. This is a holistic mind/body fitness system.

Friday, 10:15-11:15 a.m.
8 weeks, \$100
starts September 18
starts November 13
starts January 29
starts April 9

Instructor: Peggy Leung, R.N.

Class ID# 80

Ripped & Chiseled

This one hour class is designed to combine bands, balls, bars & weights to tone the whole body! You will love getting strong and sculpted using all the latest lifting and toning techniques! Prepare to work hard.

Friday, 9:00-10:00 a.m.
8 weeks, \$90
starts September 18
starts November 13
starts January 29
starts April 9

Instructor: Tory Dolan

Class ID# 169

Soup's On

Soup is versatile, nutritious and easy to make. It's also a wonderful way to put a hearty, filling meal on the table without spending a ton of money. In this demonstration class you'll learn how to make two savory fall soups which will surely become favorites in your home on chilly fall and winter days. You'll also learn a variety of cooking techniques such as sautéing, roasting and pureeing as well as how to use each recipe as a template from which to develop your own delicious soup creations. Once you know how to make soup, the options are endless. You'll be sampling the soups made in class and there will be a special sweet treat at the end so come hungry and ready to learn and enjoy.

Wednesday, 7:00-9:00 p.m.
1 night, \$25, October 21
1 night, \$25, February 3

Instructor: Carrie Weinstein

Class ID# 171

Hingham Community Center

Spring 2010 / Activity Schedule

Adult and Teen Classes

South Shore Men of Harmony

The Hingham Community Center is the unofficial home of the South Shore Men of Harmony. This spirited group of vocalists rehearse here every Tuesday evening at 8:00. For information on booking or joining this group, call Peter Fitzgerald at (781) 341-1688.

Tuesday, 8:00 - 10:00 p.m.
Continuous all year

Class ID# 90

Tae Box

Kick your butt into gear with a great cardio workout!!! This high energy class combines punching, kicking, and high intensity aerobic and anaerobic training, some strength training added in with lots of fun & sweat.

Wednesday, 10:00-11:00 a.m.
8 weeks, \$85
starts January 13
starts March 17

Instructor: Laretta Jennings

Class ID# 170

Tai Chi

Tai Chi is an internal martial art and a form of Chi Gong that uses meditative movements and progressive relaxation to balance and cultivate chi (life force). Tai Chi is a graceful and gradual process that raises vitality, nourishes the spirit, and releases stress. Fred has been teaching for 25 years.

Thursday, 6:30 7:30 p.m.
8 weeks, \$85
starts September 17
starts November 12
starts March 4
starts May 6

Instructor: Fred Willette

Class ID# 87

Tap - Intermediate for Adults & Teens

This class fine tunes the steps of tap as students learn to use their bodies to form specific sounds and rhythms. Tap shoes are required.

Wednesday, 6:30 7:30 p.m.
12 weeks, \$130
starts September 16
starts February 24

Instructor: Sharon Terman

Class ID# 84

Adult and Teen Classes

Tuesday Night Book Club

Join a stimulating book discussion group that meets the third Tuesday of each month at the Hingham Community Center. Both fiction and nonfiction books are on the reading list. Call the Center to register. There is no fee. Book schedule to be announced.

Tuesday, 7:00 - 8:00 p.m.
Free, meets September through July

Instructor: Karen Kayser

Class ID# 86

Yoga - Daytime

Kripalu Yoga is a form of meditation in motion, using gentle stretching, rhythmic breathing and deep relaxation techniques to develop greater mind/body awareness, flexibility, balance, coordination, emotional calmness and a feeling of mental peace. This class needs 5 people to start.

Friday, 12:00-1:00 p.m.
8 weeks, \$85, drop in \$15/per class
starts November 13
starts January 29
starts April 9

Instructor: Amy Currier

Class ID# 157

Yoga - Evening

Hatha Yoga is a form of meditation in motion, using gentle stretching, rhythmic breathing and deep relaxation techniques to develop greater mind/body awareness, flexibility, balance, coordination, emotional calmness and a feeling of mental peace. Classes no longer carry between sessions.

Monday, 7:30 9:00 p.m.
8 weeks, \$95, drop in \$15/per class
starts September 14
starts November 16
starts February 8
starts April 12

Instructor: Angela O'Brien

Class ID# 88

Hingham Community Center Spring 2010 / Activity Schedule

Adult and Teen Classes

Zumba

Gina

Looking for a high energy workout to add to your routine? Get ready for the latest fitness craze that is sweeping the nation. Zumba is a fast, fun and exhilarating way to shimmy into shape. Tone and sculpt your body with easy to follow dance steps derived from Salsa, Merengue, Flamenco and Calypso. With a pulsing Latin beat, join instructor Gina Vita for an hour that will leave you looking good and feeling fine.

Wednesday, 9:00-10:00 a.m.

Friday, 9:00-10:00 a.m.

8 weeks, \$80, \$12 drop-in

starts November 18, 13

starts January 20, 29

starts March 24, April 9

Instructors: Gina Vita

Class ID# 99

Zumba

Deneen

Looking for a high energy workout to add to your routine? Get ready for the latest fitness craze that is sweeping the nation. Zumba is a fast, fun and exhilarating way to shimmy into shape. Tone and sculpt your body with easy to follow dance steps derived from Salsa, Merengue, Flamenco and Calypso. With a pulsing Latin beat, join instructor Deneen for an hour that will leave you looking good and feeling fine.

Thursday, 7:00-8:00 p.m.

8 weeks, \$80, \$12 drop-in

starts February 4 p.m.

starts April 8

Instructor: Deneen Chippari

Class ID# 158
