

Red Hook Continuing Education Spring 2010

Chocolate Tasting with Chef Budd

at Taste Budds Café

Friday, March 5, 6:30-9:30pm

\$26 adults, \$16 seniors/students, proceeds to benefit PTSA

For more information contact Angela May,
ajmay@frontiernet.net, or register online
www.TasteBudds.com

Please do not send registration to Continuing Ed.



New This Spring

- Beading
- Cooking with Beans & Grains
- Digital Photography
- Food Preservation
- Knitting in the Round
- Needle Felting
- Organic Vegetable Gardening
- Singing For People Who Don't Think They Can Sing

Visit us online at

www.redhookcentralschools.org

(Click on Community, then Continuing Ed)

Red Hook Continuing Education Spring 2010

Creative & Performing Arts

Beginning Watercolor

Betsy Jacaruso, the 2005 Dutchess County Artist of the year, has been teaching watercolor in the Hudson Valley for more than 10 years. She is offering six two-hour classes that will take you through the basics of watercolor. Instruction will focus on basic watercolor techniques, color mixing, and light and form. The latter classes will introduce you to botanical and landscape painting. Classes will be held at the Betsy Jacaruso Studio & Gallery at 54 Elizabeth Street (off Firehouse Lane in Red Hook). Supplies list available on the Continuing Ed website or at the Rhinebeck Artist's Shop. The Rhinebeck Artist's Shop extends a 20% discount to students enrolled in this class.

6 Thurs., 4/15-5/20 • 6:30 - 8:30 pm • Fee: \$85

Introduction To Digital Photography (NEW)

This course is designed to introduce some basic photographic techniques and give students a better understanding of how to use their digital cameras. Topics covered include photography fundamentals, digital camera functionality, and tips and techniques in the Art of Photographic composition. Bring your camera (and accessories if you have any) but a digital camera is not required. Bring some of your best and worst photographs for us to critique during class. Instructor: Joel Weisbrod, professional photographer, gallery owner, and scuba diver who has photographed underwater extensively and published a book about under water photography techniques.

6 Wed., 4/7- 5/12 • 6:00 - 8:00 pm • HS Library Fee: \$80

Beginning Guitar

In this class students are introduced to the basics of the guitar in a fun, relaxed, group environment. Learn chords, scales, and basic strum patterns while learning to play familiar songs. Instructor: Ben Senterfit is a multimedia instrumentalist who has taught guitar, voice, and saxophone for over 10 years. Classes will be held at the beautiful Community Music Space, in The Chocolate Factory, 2nd floor, 54 Elizabeth Street, Red Hook.

6 Thurs., 4/8- 5/13 • 6:00 - 7:00 pm • Fee: \$65

Singing for People Who Don't Think They Can Sing

Believe it or not, ANYBODY can sing! If you have always wanted to sing but were not sure where to start this class is for you. In this class we will learn the fundamentals needed to use your body as an instrument in a secure and fun environment. We'll learn techniques for breathing, tone placement, and resonance using easy to understand exercises and apply them to our favorite songs. This class is valuable for those just getting started singing as well as seasoned singers who are looking to create a good foundation. Instructor: Ben Senterfit is a multimedia instrumentalist who has taught guitar, voice, and saxophone for over 10 years. Classes will be held at the beautiful Community Music Space, in the Chocolate Factory, 2nd floor, 54 Elizabeth Street, Red Hook.

6 Tues., 4/ 6- 5/11 • 6:00 - 7:00 pm • Fee: \$65

Peyote & Square Stitch Beading (NEW)

Learn Peyote and Square Stitch beading techniques to make beautiful, one-of-a-kind bracelets. The first class will concentrate on technique with students learning and practicing both peyote and square stitches. Students will begin and complete at least one beading project using their choice of stitch. Designing and reading patterns will also be covered. Instructor: Kathleen Brazeo.

4 Wed., 4/7- 4/28 • 6:30-8:30 • HS 167 • Fee:\$50
(\$10 Materials fee payable to instructor at first class)

Simply Music—Beginner Piano Workshop

No experience or instrument necessary! Simply Music is a revolutionary, Australian-developed piano learning method that offers a breakthrough in music education. This remarkable approach has students of all ages playing great-sounding contemporary, classical, gospel, blues and accompaniment pieces — immediately — from their very first lessons. Led by New York's only Accredited Simply Music Teacher, you'll learn how to play pieces in each of these styles, as well as variations and improvisation! Excellent materials available for optional at-home practice. To pre-order call the instructor at 845- 481-0479 or email info@potluckcreativearts.com.

Instructor: Mark S. Meritt is a musician and songwriter with NYC and national credits. He offers many unique music, arts and creativity services through potluckcreativearts.com and original songs for kids and families through theoffhandband.com.

8 Thurs., 4/8-6/3 (no class 5/20) • 7:30-8:30pm • MRS 3-5 Music Room
Fee: \$80 (\$14 materials fee payable to instructor at first class)

Fiber Arts

Fiber Art classes are taught by Marie Aimi, who has 20 years experience in the fiber arts. Marie loves teaching and inspiring creativity in others. Classes will be held at the beautiful Wiltsie Bridge shop.

Directions: from the center of Red Hook take route 199 east for 3 miles, Wiltsie Bridge is on the left at the traffic light intersection of routes 199 & 308. Visit www.wiltsiebridge.com to view projects and read blog.

Primitive Folk Art Rug Hooking

This easy and enjoyable craft dates back to Early Colonial America. Students will learn the basics of primitive hooking and will complete a beautiful project. A free 20 project pattern will be provided. An affordable project kit complete with everything you need to get started with rug hooking will be available at class, or call instructor for materials list, 845-758-4001.

1 Mon., 4/19 • 6:00 - 9:00 p.m. • Fee: \$45

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7401 South Broadway
Red Hook, NY 12571
845-758-2241 ext. 3505

RED HOOK
CONTINUING EDUCATION

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Knitting for Beginners

Learn the basic essentials of knitting in a relaxed setting. Students will learn how to cast on, knit, and finish a scarf in this two session class. A free pat-tern for either an adult or child's scarf will be provided. An affordable kit with everything needed for your project will be available at the first class or call instructor for materials list 845-758-4001. Classes will be held at the beautiful Wiltsie Bridge shop.

2 Mon., 4/5 & 4/12 • 6:00 - 9:00 p.m. • Fee: \$60

Beyond Scarves, Knitting in the Round

Learn to knit in the round to create seamless hats, gloves, sweaters and so much more! Students will learn to knit on both double pointed needles necessary for socks, and circular knitting needles. Must know how to knit and purl to take class. Students can bring their own yarn, will need a set of size 8DPN needles and circular 16.

1 Monday, 4/26 6:00-9:00 Fee:\$45

Fun with Needle Felting and Wool

This fun class teaches students how to wet and dry felt using wool. Participants will complete various projects including a flower to embellish scarves, felted jewelry and a hand sewn mouse kit. Supplies available at class or contact for supply list.

1 Mon., 5/3 6:00-9:00 Fee: \$45

Food For Healthy Living

Organic Vegetable Gardening (NEW)

Whether you've been gardening your whole life or don't know what dirt is, this course will give you the tools to raise delicious, healthy vegetables using organic techniques. Topics will include the whys and hows of raising vegetables organically, the differences between organic and conventional gardening, composting, controlling pests naturally, seed starting and many others. Instructor: Jay Levine has been raising vegetables for 40 years and runs the Hudson Valley Backyard Farm Company which installs and maintains organic vegetable gardens.

3 Tues., 4/6-4/20 • 6:30-8:00 pm • HS Home Ec Room 167 • Fee: \$45

Beans and Grains (NEW)

A very economical source of protein, with a light "carbon footprint". This is a class for those who are concerned about their health and the health of the planet. We will learn how to purchase, prepare and beans and grains in our recipes, including breakfast, lunch, dinner, and desert options. We will all enjoy sampling the finished products.. Plenty of recipes and cooking charts will be available. Instructor: Judith Gelardi, President, Mid-Hudson Vegetarian Society.

6 Thurs., 4/8 - 5/13 • Hs Home Ec Room 167 • 6:30-8:30 • Fee: \$60 (Materials Fee: \$4.00 paid weekly to instructor)

Food Preservation (NEW)

Are you concerned about the ingredients in the food you eat? Do you have a CSA share or vegetable garden and don't know what to do with all those veggies? This course will teach you how to preserve vegetables and fruits by canning, freezing, and drying and will introduce you to the necessary equipment. Recipes will include salsa, hot pepper jam, and pasta (tomato) sauce. Everyone will have a chance to try new techniques, sample what is cooked, and go home with the recipes. Students do not need advanced cooking skills to take this course. Instructor: Jay Levine

4 Tues., 4/27-5/18 • 6:30- 8:30 pm • HS Home Ec Room 167 Fee: \$55 (Plus \$5.00 materials fee paid weekly to instructor)

Health, Wellness & Fitness

Fitness Boot Camp

This exercise class for all ages and abilities will be fun, challenging and motivational. Work at your own intensity while performing basic exercises including calisthenics, jogging/walking, strength training, core work and stretching. Put all other notions aside and work with the group to push yourself and others to a new level of fitness. Instructor: Jane Hamann an ACE-Certified personal trainer works with people one-on-one in their homes, offices, etc. as well as with small group exercise classes to help them be fit, be healthy and be happy. Please bring a mat to class.

8 Thurs., 4/8- 5/27 • 7:00-8:00 pm • MRS K-2 gym • Fee: \$75

Basketball (Women)

Recreational league. New students are always welcome!

Weds., 7:30-9:30 p.m. • Class is Ongoing • LAMS Gym • Fee: \$40

Pickleball (Coed)

Pickleball, a combination of tennis, badminton and ping-pong is played by two or four people and is ideal for small spaces. It's great fun! Class is ongoing, new students welcome. Instructor: Andrea Clark.

Tuesdays • 7:30-9:30 p.m. • LAMS Gym • Fee: \$40 Class is Ongoing • New students welcome

Horseback Riding

Learn the basics or brush up on your English riding and horsemanship skills. Class includes safe handling of the horse, proper grooming and tacking. Major parts of the horse and tack will also be addressed. An hour long riding lesson will follow the ground work and tacking. Clear communication and balanced position will be stressed for the benefit of the horse-human partnership. Facility includes dust-free indoor arena. Lesson horses and helmets will be provided. Boot with 1" + heel is required. Classes will meet for six consecutive weeks with no breaks. *There are a few dates on which school is closed but class will be held.

Instructor: Amy von Scholz: Blue Ribbon Farm & Academy BA Equine Studies/Business, USDF "L" Judge w/distinction, numerous competitive awards. 30 years riding experience and 20 years teaching people from beginner to advanced levels. Classes will meet at the Blue Ribbon Farm, 175 Lasher Rd, Tivoli.

Please indicate which dates and level you are signing up for on registration form.

SESSION I FOR NEW RIDERS

**6 Tues., 4/6 5/11 • 10:00 - 11:30am • Fee: \$165
6 Thurs., 4/8- 5/13 • 6:00 - 7:30pm • Fee: \$165**

For Students With Some Riding Experience (must be able to trot safely in a group)

6 Fri., 4/9-5/14 • 10:00 - 11:30am • Fee:\$165

SESSION II – NEW RIDERS

6 Tues., 5/18-6/22 • 10:00 - 11:30 am • Fee:\$165

For Students With Some Riding Experience (must be able to trot safely in a group)

**6Thurs., 5/20-6/24 • 6:00 - 7:30pm • Fee: \$165
6 Fri., 5/21-6/25 • 10:00 - 11:30am • Fee:\$165**



Pilates

Highly effective for increasing flexibility and muscle tone, lengthening and strengthening your body without bulking-up or stressing your joints. For all fitness levels. Wear comfortable athletic clothing and bring a mat & towel to each class. Instructor: Sara Nelson, certified Stott Pilates Matwork instructor.

**8 Tues., 4/6 - 6/1 (no class on 5/18) • 7:00 - 8:00 pm
Please note: class meets in 3-5 Café on 4/27
MRS K-2 Café • Fee: \$80**

Tai Chi & Qigong for Beginners

Qigong (chee-gung) meaning energy development and Tai Chi meaning the supreme ultimate are two of the most widely practiced approaches to mind/body exercises in the world. Involving relaxation, movement and breath awareness, the flow of vital energy is increased in the body reducing tension and blood pressure while improving circulation, balance and the body's self-healing powers. These slow, gentle movements can be practiced by virtually anyone regardless of age. Dress for mild exercise. Instructor: David Haines.

6 Thurs., 4/8 - 5/13 • 6:00 - 7:00 pm • LAMS Café • Fee: \$60

Intermediate Tai Chi & Qigong

This class continues the movements and exercises learned in Tai Chi & Qigong for Beginners. The Qigong exercises are slightly more advanced and the Tai Chi form of moving postures is expanded and learned in greater detail. Although taking Tai Chi & Qigong for Beginners first is recommended, those with some Tai Chi and/or Qigong experience could take this class. Please call the instructor, David Haines, at (518) 851-7952 for help determining the proper level for you.

6 Thurs., 4/8-5/13 • 7:00-8:00 pm • LAMS Café • Fee: \$60



ZUMBA

ZUMBA is a fusion of Latin and International music-dance themes creating a dynamic, exciting and effective fitness workout! It utilizes the principles of fitness interval and resistance training to maximize caloric output, fat burning, and total body toning. You do not have to know how to dance to do Zumba. All you need to know is that it is fun, different, easy and very effective if done consistently. Zumba creates a party-like atmosphere which is less intimidating for anyone that is not as coordinated. One can just go with the flow and enjoy the party - hence at Zumba, we say, Ditch the workout, Join the Party! Instructor: Mary Beth Perfas.

8 Tues., 4/6 - 5/25 • 7:30-8:30 pm • LAMS Café • Fee: \$80

Defensive Driving

Defensive Driving

Six-hour course for point reduction and/or insurance discount. Please bring your license to class. NYS regulations require full attendance for credit. You must arrive on time and attend both three hour classes. Instructor: Michael Sheehan, National Traffic Safety Institute. Please indicate dates and session on registration form. Fee: \$40. All classes are held in HS 141.

**Session I: M & W, 4/5 & 4/7 • 6:00-9:00 p.m. • HS 141 • Fee: \$40
Session II: 2 Wed., 5/12 & 5/19 • 6:00-9:00 p.m. • HS 141 • Fee: \$40**



REGISTRATION INFORMATION:

- You will be notified only if class is full or is canceled. Confirmations will NOT be sent.
- Refunds will be given only if class is canceled by Continuing Ed
- Location Key for district facilities:

HS	Red Hook High School
LAMS	Linden Avenue Middle School
MRS	Mill Road School
- No classes on school or other holidays (*unless noted in listing), or in case of closure/early dismissal due to inclement weather or emergency. Please call (845) 758-2241 or visit the website www.redhookcentralschools.org for inclement weather updates. Every effort will be made to reschedule canceled classes.

Senior Citizens (60+) 10% discount (except where noted - please enclose proof). Enclose check payable to Red Hook Continuing Education (Sorry, we cannot accept credit cards). Checks may be held until start of class. Email: continuinged@rhcsd.org or visit us online at www.redhookcentralschools.org - Click on community, then continuing ed

REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____ Alt. Phone _____

Course (Please specify section/date) _____ Fee _____

_____ \$ _____

_____ \$ _____

_____ \$ _____

*Checks may be held until start of class Total \$ _____

Register by mail or by phone: (845) 758-2241 ext. 3505.
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7401 South Broadway, Red Hook, NY 12571.