

# U X B R I D G E

## COMMUNITY EVENING EDUCATION

### Fall 2011 Course Descriptions



**Pilates:** Strengthen your core muscles and produce overall balance and flexibility. You will leave class feeling stronger in the core, better flexibility and more energized! Please bring a mat, stability ball, and water. Open to all levels. – Sumner Fletcher



**Yoga:** Hatha Yoga is an ancient India discipline that incorporates status-like poses, small and large movements, relaxation and breathing techniques, plus it is a fun way to exercise. In this hour long class we start with basic poses to build strength and flexibility and move into more difficult poses as we progress. You will also learn how to relax yourself by practicing slow deep breaths and clearing your mind through meditation. – Alison Goldenberg



**Line Dancing** –Come and learn how to line dance. In 8 weeks you will learn the basic steps, get some exercise and above all, have fun! Learn dances that will get your cardio vascular system jumping. Bring a water bottle and comfortable shoes. – Pat Davidson

**Beginners will meet from 6-7:30**

**Non-beginners (if you have danced before) from 7:30-9:00.**



**Ballroom Dancing:** Come alone or with a friend! We will be focusing on the Latin dances such as the Rumba, the Cha Cha, the Salsa and the Mambo. We will also cover the classics such as Swing and the Waltz. Bring a water bottle and comfortable shoes. Cost is per individual. – Nancy Frieswick



**Introduction to Photoshop:** Photoshop is the industry standard image editing software. This is an introductory class and all skills can also be used in Photoshop Elements. Individual student questions will also be addressed.



**FACEBOOK – Connect and Stay Connected with Family and Friends:**

Everyone is talking about Facebook. “Do you have a Facebook?” or “Mom, Can I have a Facebook?” More and more people are relying on this technology to stay in touch with friends and family near and far. Come learn how to setup a Facebook account, set privacy settings, search for friends and share photos. This is a three night workshop 10/6, 10/13 and 10/20.– Christine Cote



**Digital Camera:** So you have a digital camera and have taken some great pictures – now what? This class will show you how to upload your photographs, print them and share them on the Internet. This is a very basic course that runs for three sessions, 10/27, 11/13 & 11/10. Bring your camera and, if you have it, the cord to connect it to the computer. –Christine Cote



**Microsoft Word:** This class is a how-to for using the most popular word processing software package in use today. Come learn the basics on how to format a document, use automatic bullets and numbering and a number of other cool features that will make all your documents look professional. – Kathleen Fletcher



**Microsoft Excel:** Excel is an excellent tool to learn for almost any financial application. You will learn the basics of the powerful software tool. – Tom Dill



**Video Production:** Learn the basics of video production. Using broadcast quality video equipment, you will learn the setup and basic operations needed to make high quality video productions both as a field production as well as in the studio. Camera operations, audio setups, lighting and the basic studio production techniques will be covered. Successful completion of this course will qualify you to use local access equipment for the producing of programs for local access television. It's a fun way to make a contribution to improving your community. This program is free to Uxbridge residents. Non-residents may participate for a fee of \$75. – Barry Giles



**English as a Second Language:** This beginning English as a Second Language course for non-native speakers emphasizes elementary competency in standard written English with a focus on basic grammar and writing skills. Instruction will also include vocabulary and reading skills necessary for success in introductory English as a Second Language. – Bonnie Berard