

Dancing for Fun

Join us for fun and relaxation by learning to dance! Each class meets for one hour an evening for 5 weeks. Learn a selection of the most popular dances found today. Register early; classes fill quickly!

All classes are held on the Blackwood Campus. Cost: \$50 per person

Swing/Jitterbug Dancing

Whether it be called Lindy, Boogie Woogie or Swing, the Jitterbug is still a classic American dance. Jitterbug is done to the music of Big Band, Rock 'N' Roll, and Country. Learn the timing, basic movements, turns, and more.

CE.ENR 020-51 1/25 – 2/22

5 sessions M, 8-9 p.m.

CE.ENR 020-52 1/29 – 2/26

5 sessions F, 7-8 p.m.

Social Dancing for Weddings

Whether you are invited to a wedding or getting married yourself, this course will help you to be more comfortable on the dance floor. The class will start with the Waltz – the traditional first dance of the bride and groom. The class will then continue by introducing the techniques of basic slow dancing. In addition, the class will cover the Polka, Electric Slide, and other popular line dances.

CE.ENR 025-51 3/5 – 4/9

5 sessions F, 7-8 p.m.

Latin Dancing

This basic course will introduce you to the steps in Latin dancing. Dance rhythms will include the Cha Cha, Salsa, Samba, and Merengue.

CE.ENR 021-51 1/27 – 2/24

5 sessions W, 8-9 p.m.

More Latin Dancing

This course will continue your skill with the steps you learned in Latin dancing. Dance rhythms will include the Cha Cha, Salsa, Samba, and Merengue.

CE.ENR 042-51 3/3 – 3/31

5 sessions W, 8-9 p.m.

Social Dancing

Be able to dance at any social event. This course is geared toward those with little or no dancing experience. Our techniques make dancing fun and easy to learn. This course will include steps in the Fox Trot, Waltz, Slow Dancing, Jitterbug, and Latin Rhythms which will be applied to both classic and current music.

CE.ENR 018-51 1/25 – 2/22

5 sessions M, 7-8 p.m.

More Social Dancing

This course is designated for those who have already taken the Introduction to Social Dancing course. In this class, you will learn additional movements in the Fox Trot, Waltz, Cha Cha, Slow Dancing, and Jitterbug.

CE.ENR 019-51 3/1 – 3/29

5 sessions M, 7-8 p.m.

Country Line Dancing

Country Western line dancing is fun, easy to learn, and partners are not required. Dances will include Tush Push, Cowboy Boogie, Flyin' 8's, Horsin' Around, and more. Come and learn the country western standards that never go out of style.

CE.ENR 027-51 1/29 – 2/26

5 sessions F, 8-9 p.m.

Intermediate Swing/Jitterbug

This course is a continuation of the beginning Swing class. In this class, you will learn additional moves such as the Pretzel, Tunnel, Lindy Wheel, and more. **Note: Completion of Swing/Jitterbug is required before taking this class.**

CE.ENR 033-51 3/1 – 3/29

5 sessions M, 8-9 p.m.

More Country Line Dancing

This course is for those country dancers who crave more line dancing. Come and learn more of the popular country western line dances: Reggae Cowboy, Swamp Thing, Stetson, Rock It and more plus some of the other hottest new line dances. If time allows, requests will be taken to learn personal favorites. Partners are not required.

CE.ENR 028-51 3/5 – 4/9

5 sessions F, 8-9 p.m.

Soul Line Dancing

This course is designed for those who want to have fun and learn to line dance to music such as R & B, Hip-Hop, and Oldies. Students will learn the Marvin Gaye walk, Lady Soul, Booty Call, and the LR Shake just to name a few. If you want to learn to dance like those you see on television, come join us for this exciting class.

CE.ENR 095-51 1/28 – 2/25 Blackwood Campus

5 sessions R, 7-8 p.m.

CE.ENR 095-52 3/25 – 4/22 Blackwood Campus

5 sessions R, 7-8 p.m.

More Ballroom Dancing for Couples

This course is a continuation of the Ballroom Dancing class or for those who have prior experience in Ballroom Dancing. Instruction will continue with additional steps for the Fox Trot, Waltz, and Tango. In addition, a latin rhythm will also be introduced.

CE.ENR 123-01 3/6 – 3/27

S, 12-1:30 p.m.

CE.ENR 123-51 3/3 – 3/31

W, 7-8 p.m.

Dancing for Fun

Chicago Step and Detroit Urban Ballroom Class

Come and learn two of the most popular styles of urban dance (Basic) Chicago Stepping & (Basic) Detroit Ballrooming. We will teach you the count, style and movements all done to the latest in urban music. No partner is required. Couples are welcomed. Fun is guaranteed.

CE.ENR 149-51 2/4 – 3/4
R, 7:30-8:30 p.m.

Ballroom Dancing for Couples

Should you be “dancing with the stars?” The techniques taught in this course makes learning to dance fun and easy for everyone to learn. Whether you are invited to a party, wedding, or getting married yourself, this course will help you to be more comfortable on the dance floor. This course is geared toward those with little or no dancing experience and will include the basic steps in Fox Trot, Waltz, Tango, Jitterbug, and Latin. Come join the fun.

Cost: \$50 per person
CE.ENR105-01 1/27 – 2/24
W, 7-8 p.m.

CE.ENR105-02 2/6 – 2/27
S, 12-1:30 p.m.

Belly Dance Basics

Discover this ancient art with a modern mission: to unify women with themselves and with those around them. This is a dance of diversity that not only exercises and tones the body, but calms the mind and frees the spirit! This is a non-competitive class that is respectful, informative and fun! All women of any size, shape or ability can learn to belly dance! This class is for you! Bring a bottle of water and wear socks or slippers as footwear.

Cost: \$75 Blackwood Location
CE.HPE 042-51 1/20 – 2/24
6 sessions W, 7-8 p.m.

Belly Dance – Beyond Basics

This class builds on what was taught in the beginner’s class. Movements are refined and layered with other movements to create a unique self-expression.

Cost: \$85 Blackwood Location
CE.HPE 044-01 3/10 – 4/14
6 sessions W, 7-8 p.m.

Arts and Crafts

Introduction to Ceramics

Relax, have fun, be creative & paint your own ceramic “treasures.” No experience required! You’ll learn easy, fun painting techniques using acrylic paints. No firing required. Take your piece home with you right after each class!!! Projects will include: fall and holiday projects. A small fee per class for pieces and supplies (\$5-\$8 each) will be collected. Instructor: Sharon Sayers, Paint-a-Treasure Ceramics

Cost: \$59 Blackwood Location
CE.ENR 092-51 2/1 – 3/8
6 sessions M, 6:30-8:30 p.m.

Basic Photography and Presentation

No matter what camera you use, you can enjoy creating great images. This class will introduce students to the many exciting areas of photography. We will review basic camera operation, lighting, composition and everything you need to take better pictures. We will also focus on presentation and what to do with all those images. Class assignments, which are optional, will be encouraged to help enhance your creative side.

Cost: \$55 Blackwood Location
CE.ENR 001-51 3/22 – 5/10
8 sessions M, 6:30-8:30 p.m.

Floral Design

This course will teach students to create actual floral designs. Students must be prepared to purchase flowers from the instructor each week to use for the floral creations (approximately \$15-\$20). In addition, students will need to bring a knife, wire cutters, and scissors to each class session.

Cost: \$50 Blackwood Location
CE.ENR 002-51 1/26 – 3/30
10 sessions T, 7:30-9:30 p.m.

Family “Paint-your-Own” Ceramics - Celebrate Disney

Be creative together painting fun & easy ceramic pieces, using non-toxic acrylic paints. No firing required — take home after each class! Projects Celebrating Movies: “High School Musical,” “Monsters vs. Aliens,” “Cars,” “Dumbo,” “Finding Nemo,” “Bolt.” Last class will be a Keepsake Piece for Holiday Decoration. Small fee per class for pieces & supplies (\$5-\$8 ea.). Fee is for 1 parent & 1 child. Additional Children will be \$10 per child. Instructor: Sharon Sayers, Paint-a-Treasure Ceramics

Cost: \$65 Blackwood Campus
CE.ENR 143-01 2/6 – 2/27
4 sessions S, 10 – 11 a.m.

CE.ENR 144-01 \$10 (additional child fee)

Arts and Crafts

Learn to Sculpt

Whether you would like to learn the basics or sharpen skills you already have, join us for this exciting class in basic sculpting in clay. We will begin with the study of the human figure. Beginners will be able to produce a recognizable figure by the end of the four week session and more advanced students can expand their skills and practice their techniques in order to produce a more detailed form. Students need to bring "Sculpy Clay" to the first class, clay modeling tools, and a box to transport your projects. Supplies may be purchased at any art supply store such as AC Moore or Michaels.



Cost: \$99
CE.ENR 154-01
4 sessions

Blackwood Location
2/6 – 2/27
S, 9 – 11 a.m.

Learning to Appreciate Art

Before you study or take that trip to Europe, wouldn't it be nice to know a little about some of the world's greatest paintings and sculptures? Art is not boring or difficult to understand once you have been properly introduced to it. Our tour will visit the Impressionists, the masterpieces and master artists of the Renaissance and Baroque periods, delve into the mysteries of modern art, and make a few other stops along the way. Learn the fascinating stories behind many of the artists and artistic masterpieces. We will look at questions such as Why is the art of Vincent van Gogh (widely considered a madman) so compelling?; How did the Mona Lisa end up in the Louvre Museum in France?; How did painting the Sistine Chapel almost blind and cripple Michaelangelo? Come join us for this fascinating journey and discover all that art has to offer.



Cost: \$75
CE.ENR 157-01
4 sessions

Blackwood Location
3/6 – 3/27
S, 9 – 11 a.m.

Special Interests

Exploring Landscaping and Gardening

Have you always had the desire to create your own landscaping design around your home or just add the right plants or shrubs for color or fragrance enhancement? This class will focus on the most common types of landscaping designs and the proper methods of planting. Topics will include plant families, care of plants, bulbs, vines, color schemes, etc. Students are encouraged to bring a photo or sketch of their property for class discussion in landscaping exploration.

Cost: \$45
CE.ENR 059-51
6 sessions

Blackwood Location
3/31 – 5/5
W, 7-9 p.m.

Got An Idea? Develop Your Invention!

During this course, a Registered Patent Agent introduces you to the patent process and provides you with the needed steps to patent your idea. You will learn invention development techniques, how the patent process works, tips for safeguarding your idea, patent searching techniques, guidelines for seeking professional assistance and discuss various ways to profit from an invention. If you are serious about moving forward with an idea of your own, this course is for you! Recommended for independent inventors, engineers, scientists, and all others interested in learning about the process of obtaining a patent.



Cost: \$75
CE.ENR 153-51
1 session

Blackwood Location
3/24
W, 6:30-9:30 p.m.

Introduction to Self-Hypnosis

Learn how to relax your mind and body through this introduction to the field of self-hypnosis. In a relaxed state, the mind is highly suggestible. This course will teach how to formulate suggestions to help control such things as insomnia, smoking, stress, and weight management. Come join us and learn a skill that will assist you over a lifetime.

Cost: \$60
CE.ENR 037-51
10 sessions

Blackwood Location
1/26 – 3/30
T, 7-9 p.m.

Introduction to Psychic Development

Einstein said that the greatest genius uses about 10% of his or her potential while the rest of us use only about 1-2%. This course will teach easy to learn exercises to develop the ESP within you. Subjects will include telepathy, dreams, universal laws, meditation, hypnosis, reincarnation, psychic healing, auras, and more. Instructor: Thomas Halliwell

Cost: \$60
CE.ENR 010-51
10 sessions

Blackwood Location
1/28 – 4/1
R, 7-9 p.m.

Special Interests

SELF PROTECTION SYSTEM (BASIC & INTERMEDIATE)

Developed before Judo and Aikido in 1825, this System of Self Protection started a new way to protect yourself and avoid the hurting of others. Relying on the natural weapons of the human body to attack and defend, this System includes a specific Development Theory, which ensures the success of the skills. Interested students can begin their study and complete the training, guided by the expertise of a Licensed Teacher - Calvin Lester, Kaicho-Goshinkan. Two classes are provided for training, practicing, and mastery. Please visit Web site, www.goshinryu.net for more information.

Basic Self Protection

Tuition: \$50 plus \$25 materials fee Total Cost: \$75

Blackwood Location

CE.ENR 015-51

2/2 – 3/23

15 sessions

T, R, 7:30-9 p.m.

Intermediate Self Protection

For all students who have completed the basic skills and are ready to study the middle and upper level skills.

Tuition: \$50 plus \$25 materials fee Total Cost: \$75

Blackwood Location

CE.ENR 016-51

2/2 – 3/23

15 sessions

T, R, 7:30-10 p.m.

The Stand Up Comedy Workshop

People say "You Are Funny.." Funny How? Like a Clown?. How about like a Stand Up Comedian? Ever wonder how, stand up comics can make a room of people laugh with only a microphone? Always wanted to give it a try, but it seemed too scary? Or perhaps you would you like to improve your confidence, spark your self-esteem, and gain the ability to speak in front of others? In this course, you will learn the secrets that will assist you in the process such as timing, structure, and pace. This workshop is excellent for actors looking to add another craft or people in the professional workplace who wish to gain public speaking skills as well as people interested in perhaps starting a career in The Art of Stand Up Comedy. Ever wonder why many hosts of award events and TV talk shows are stand up comedians — Letterman, Leno, Ellen DeGeneres, Jamie Foxx, Rosie O'Donnell, Jimmy Kimmel, Jimmy Fallon, Conan O'Brian, John Stewart. The list goes on. They all have their roots in The Art of Stand Up Comedy. They all have the confidence to deliver a comic monologue, "Own the Room" and "Think on Their Feet." Vince Valentine, Professional Comedian and Star of Broadway's One Person Comedy, "Defending the Caveman" will show you how to write, perform and produce Stand Up Comedy. A book for the course will be recommended for purchase at an additional cost.

Cost: \$85

Blackwood Location

CE.ENR 004-51

2/22 – 4/12

8 sessions

M, 7-9 p.m.

Real Estate Staging

Real estate staging is the art and science of making a home more inviting and appealing to potential buyers to assist in selling in today's challenging market. You will learn the benefits of preparing your home before listing it. Learn coloring, placement, and organization techniques to highlight the best features of your home. A well staged home will sell in the shortest time for the highest price.

Cost: \$25

Blackwood Campus

CE.ENR 148-51

5/4

1 session

T, 6:30-8:30 p.m.

Group Voice Lessons

This eight session class will offer voice lessons to individuals in a group setting. Classes are taught by qualified instructors of the Mainstage Center for the Arts.

Cost: \$150

Blackwood Campus

CE.ENR 145-51

8 sessions

Private Voice Lessons

See ad on page 71 for information.

Understanding the iPod and MP3

Whether you are new to the iPod and MP3 revolution or you just want to understand the mechanics, this course is for you. You will learn everything you need to know to get the most out of your equipment. The course will cover the differences between various iPods and MP3 players; the differences between digital audio and video formats; how to install iPod and iTunes on your computer; and managing a digital media library.

Cost: \$55

Blackwood Location

CE.ENR 158-51

1/26 – 2/2

2 sessions

T, 6:30-9:30 p.m.

Demystifying Home Entertainment Technology

Are you confused by all the options available in purchasing a home television system? This course will help you answer those questions. We will explore the areas of the HDTV technologies; digital surround sound, TiVo, DVRs, connection types, and home entertainment networking. We will also review the common gaming console systems and what to expect from each. At the end of the course, you will have a greater understanding of the technologies, the terminology, and what would work best for your specific needs.

Cost: \$35

Blackwood Location

CE.ENR 159-51

2/11

1 session

R, 6:30-9:30 p.m.

NEW

NEW