



Spring 2012

**Pinelands Regional
Adult Community School**

- Creative Arts • Business • Sports
- Health & Fitness • Computers • Life Studies

GREETINGS FROM THE ADMINISTRATOR

Welcome to the Pinelands Regional Adult Community School

Our goal is to serve the Pinelands Community by offering a wide variety of courses designed to cater to your requests. With the help of our outstanding instructors, we aim to continue to accommodate your educational and recreational needs. We seek your support to maintain this tradition of excellence. Please feel free to contact us with ideas and suggestions so that we may continue to strengthen our programs.

Thank you for your continued support!

Gregory M. Brown,
Adult School Administrator

REGISTRATION INFORMATION

Call anytime (609) 857-4118. MAIL IN NOW!

IN PERSON REGISTRATION

All in-person Registration will be in the High School Main Office from 2/8/12 to 2/9/12, 5:00-7:00 pm Wednesday and Thursday

CHECK OR MONEY ORDER ONLY PLEASE!

- Registration deadline is one week prior to start date.
- *Unless notified to the contrary, your registration has been accepted! Please report to class for the first scheduled session. Receipts for mail registration will not be distributed.*
- As per district policy refunds may take up to 60 days.

IDEAS WANTED

Adult Community School courses are developed from ideas and needs that are generated from you. We need your ideas and suggestions. Call us at (609) 857-4118

TABLE OF CONTENTS

Certification2	Seminars5-6
Computers2-3	Preparation Classes6
Lifetime Fitness Activities2, 4-5	Hobbies and Interest7-8

DON'T WAIT UNTIL THE LAST MINUTE - REGISTER EARLY SO THAT YOUR CLASS WON'T BE CANCELLED DUE TO LACK OF ENROLLMENT

(609) 857-4118 Visit us on the web: www.pinelandsregional.org

2012 Spring Adult School Calendar

● Closed ▲ In Service

MARCH 2012						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MAY 2012						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL 2012						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JUNE 2012						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Register Early!

COMPUTERS

INTRODUCTION TO MICROSOFT WORD

This is a "hands-on course" that is geared towards people with little knowledge of Microsoft Word. The course will provide instructions on the basic functions of the word processing program, Microsoft Word. The course will use Windows XP with Microsoft Office 2007 software.

SPECIAL INSTRUCTIONS: Bring a flash drive memory stick if you want to save your work.

Instructor: Wanda Fecher

Days: Tuesday

5 Weeks

Starts: 3/6-4/3

Class Limit: max 18

Room: HS139

6:00-7:30pm

Fee \$40



LIFETIME FITNESS ACTIVITIES

**Seek your doctor's recommendations before participating in any strenuous activities.*

INTRODUCTION TO RECREATIONAL KAYAKING TOURING OUR ESTUARY



This course is designed for those who would like to find out more about recreational kayaking. This 3hr. Instructional workshop will focus on safety, paddling techniques, teamwork skills, directional control, and how to enter/exit a kayak. You will be equipped with a new set of skills and ready to enjoy a guided nature tour. Includes: Instruction, kayak, paddle, PFD, map, literature

and guided tour. (Minimum age 12, children must be accompanied by a parent). BRING: Sunscreen, insect repellent, water, lunch, binoculars, towel, and a change of cloths

Location: Meet at Captain Mikes Marina Great Bay Blvd.

Little Egg Harbor

Instructor: Roger Marcotte/John Scott

Days: Saturday

Rain date-Sunday

9:30am-12:30pm

Limit: 16

Duration: 1 Day

Fee: \$55

Start Date: 6/9, rain date-6/10

(Children 14 and under
\$40 when paddling
double with an adult)

CERTIFICATION CLASSES



BOATING SKILLS & SEAMANSHIP

This course is designed to give the boater the skills and information needed to operate a boat or personal watercraft safely and legally. The course can also serve as a more comprehensive follow-up to the 8-hour beginning course taken by many new boaters. Upon completion of the course, you will receive a U.S. Coast Guard Auxiliary Certificate of Completion and a New Jersey Boating Safety Certificate. **Class limit 25. Course Fee: \$45.00 payable by cash or check made out to USGAUX Flotilla 77 the first night of class. This fee is in addition to the \$10 registration fee paid to Pinelands.**

Instructor: Claire LoVoi USCGAUX Flotilla 77

Monday, Tuesday, and Wednesday

3 Sessions

Room: HS 147

6:30-9:10

Fee \$10

3/19, 3/20, 3/21

CERTIFICATION CLASSES

BLS HEALTHCARE PROVIDER COURSE

The BLS Healthcare Provider Course teaches CPR skills for helping victims of all ages (including doing ventilation with a barrier device, a bag-mask device, and oxygen); use of an Automated External Defibrillator (AED); and relief of foreign-body airway obstruction (FBAO). It's intended for participants who provide health care to patients in a wide variety of settings, including in-hospital and out-of-hospital. For certified or non-certified, licensed or non-licensed healthcare professionals.

Note: Any additional fees (to be paid to the instructor directly) \$25.00 for books, supplies, equipment, etc. There are two separate sessions for this class. Please specify which session(s) you are registering for.



Session 1

**Instructor: Larry Rosenberg, Jr., EMT, EMD/
Community Training Associates**

**Day: Tuesday
5:30-10:00pm
Room: HS 246**

**Starts: 3/20/12
Class Limit: Max 8
Fee: \$44**

1 night only

Session 2

**Instructor: Larry Rosenberg, Jr., EMT, EMD/
Community Training Associates**

**Day: Tuesday
5:30-10:00pm
Room: HS 246**

**Starts: 5/15/12
Class Limit: Max 8
Fee: \$44**

1 night only

HEARTSAVER FIRST AID COURSE

The Heartsaver First Aid Course teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive.

Note: Any additional fees (to be paid to the instructor directly) \$25.00 for books, supplies, equipment, etc. There are two separate sessions for this class. Please specify which session(s) you are registering for.

Session 1

**Instructor: Larry Rosenberg, Jr., EMT, EMD/
Community Training Associates**

**Day: Monday
5:30-10:00pm
Room: HS 246**

**Starts: 3/26/12
Class Limit: Max 8
Fee: \$38**

1 night only

Session 2

**Instructor: Larry Rosenberg, Jr., EMT, EMD/
Community Training Associates**

**Day: Monday
5:30-10:00pm
Room: HS 246**

**Starts: 5/21/12
Class Limit: Max 8
Fee: \$38**

1 night only

HEARTSAVER CPR/AED

The Heartsaver CPR Course is a course that teaches lay-rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. Students also learn to recognize the warning signs of heart attack and stroke in adults and breathing difficulties in children.

Note: Any additional fees (to be paid to the instructor directly) \$25.00 for books, supplies, equipment, etc. There are two separate sessions for this class. Please specify which session(s) you are registering for.



Session 1

**Instructor: Larry Rosenberg, Jr., EMT, EMD/
Community Training Associates**

**Day: Monday
5:30-10:00pm
Room: HS 246**

**Starts: 3/19/12
Class Limit: Max 8
Fee: \$38**

1 night only

Session 2

**Instructor: Larry Rosenberg, Jr., EMT, EMD/
Community Training Associates**

**Day: Monday
5:30-10:00pm
Room: HS 246**

**Starts: 5/14/12
Class Limit: Max 8
Fee: \$38**

1 night only

Classes fill up quickly!

LIFETIME FITNESS ACTIVITIES

BEGINNER TENNIS

This class is designed for the true beginner. Students will start with grip and stance, learn terminology and how to play the game of tennis. Emphasis will be on stroke technique and progression. This will include forehand, backhand, volley, serve, and footwork. Upon completion of the course students will be able to take the court and enjoy this heart pumping life sport.

Supplies needed: Tennis racquet, sneakers, and water bottle.

Instructor: Tom Delbury PTR Certified Teaching Professional
Days: Tuesday **Begins:** 3/6/12
Time: 6:30-8:00pm **Class Limit:** 10
Duration: 6 weeks **Fee:** \$45
Location: Meet at Tip Seaman Park Tuckerton

INTERMEDIATE TENNIS

This class is for anyone who has knowledge of/or a history playing the game of tennis and is looking to improve on an already established game. In each class we will have a review of strokes and a cardio warm up period. Students will then participate in games based approach drills designed to simulate live tennis action. Students will see definitive stroke improvement through a series of drills that will cover tactic and strategy for both singles and doubles.

Supplies Needed: Tennis Racquet, Sneakers and a Water Bottle

Instructor: Tom Delbury, PTR Certified Teaching Professional
Days: Wednesdays **Begins:** 3/7
Time: 6:30-8:00pm **Class Limit:** 10 each
Duration: 6 weeks **Fee:** \$45/each
Location: Tip Seaman Park Tuckerton



ADVANCED INTERMEDIATE TENNIS

Participation in this class will be open only to players holding an NTRP rating of 4.0 or higher or who have participated in previous Pinelands Adult Community School Intermediate Classes. Each class will start with a cardio warm up period. Students will then engage in intense games-based approach drills designed to simulate live tennis action. Students can expect a high level cardio hit session that will cover tactic and strategy for both singles and doubles.

Note: Only past Intermediate players may sign up for this class – the only exception: if they have “NTRP” rating of 4.0 or higher.

Instructor: Tom Delbury, PTR Certified Teaching Professional
Days: Thursdays **Begins:** 3/8
Time: 6:30-8:00pm **Class Limit:** 9 each
Duration: 6 weeks **Fee:** \$45
Location: Tip Seaman Park Tuckerton

FOREVER YOUNG

Strengthen, Tone and Stretch for those with Arthritis and/or other joint/muscle issues. Certified instructor. Movements focus on loosening joints, increasing muscle strength and balance. You'll look and feel noticeably rejuvenated. All this and lots of fun, too. **There are two separate sessions for this class. Please specify which session(s) you are registering for. If you want to register for both you must pay \$70 registration fee.**

Session 1
Instructor: Anna Salibello
Days: Monday & Wednesday **Begins:** 3/19/12
Time: 5:30-6:30pm **Class Limit:** min. 10, max 20
Room: HS108 **Fee:** \$35
Duration: 5 weeks

Session 2
Instructor: Anna Salibello
Days: Monday & Wednesday **Begins:** 4/30/12
Time: 5:30-6:30pm **Class Limit:** min. 10, max 20
Room: HS108 **Fee:** \$35
Duration: 5 weeks

MEDITATION FOR BEGINNERS

Do you have unwanted stress in your life? Is it difficult to relax and unwind? Do you want to feel better physically, mentally and emotionally? This class will teach you easy ways to live a calmer, happier and more peaceful life. Includes reference materials. Wear loose, comfortable clothing.

Instructor: Elizabeth A. Cohen, Certified Reiki Master Teacher
Days: Wednesdays **Begins:** 3/7-3/28
Time: 7:00-8:45pm **Class Limit:** 13
Room: HS144 **Fee:** \$35



4 Sessions

YOGA FOR EVERY BODY

Beginners to advanced practitioners are welcome. The practice of yoga will relieve tension and toxins. You will become stronger, more flexible and balanced in your body and mind. Postures will be modified for each individual. Eat a light meal three hours before class. Wear loose and comfortable clothing and bring a yoga mat.

Instructor: Kirsten
Days: Tuesday **Begins:** 3/6/12
Time: 5:30-6:30pm **11 Weeks**
Room: HS108 **Fee:** \$55



LIFETIME FITNESS ACTIVITIES

18 AND OVER BASKETBALL, OPEN GYM AND WEIGHT ROOM

The Pinelands Junior High School Gym will be available for full court basketball. The workout room will also be available for your use; this includes aerobic machines and universal weight machines. You must be 18 years of age or older and you must pre-register.



Director: Keith Lowe

Tuesdays & Thursdays
Room: JrHS Front GYM

8 weeks
Starts: 3/20/12

6:00-8:00pm
Fee \$25

ZUMBA

Zumba is a Latin, aerobic work-out combined with other styles such as hip-hop, oldies, etc. We will learn the following Latin dances and international rhythms: Merengue, Cumbia, Reggaeton, African, Bhangra, Salsa and many more! Zumba is so much fun you don't even realize that you're burning so many calories! In one hour, you can burn from 500 up to 1000 calories! So if you're sick and tired of the same workout routine, come and Ditch the Workout and Join the Party!



Instructor: Katie Timpanaro

Tuesdays and Thursdays
Room: JHS cafeteria
Limit: 40 max.

6:00-7:00pm
Fee: \$30
20 total sessions

Start Date: 3/6/12

SEMINARS

TAKE CONTROL OF YOUR FINANCES

Have you been put in the lead role of handling your individual or family finances? The financial world can be intimidating especially if it's a sudden new responsibility. Focus on employing smart management techniques and learn to plan for your future. Whether you're a recent college graduate, a person enjoying retirement, or saving for your kid's education, you'll receive valuable information and develop skills that will enable you to be more comfortable with your role.



Instructor: Diane Triolo

Tuesday
Room: HS 120

3/13/12
Duration: 1 Session

7:00-8:30pm
Fee \$10

LONG TERM CARE AND ESTATE TAXES- WHAT YOU DON'T KNOW CAN HURT YOU!

A course will be presented by Raymond N. Beebe, Esq., CPA, (Member of National Academy of Elder Law Attorneys).

This course will cover a discussion of long term care and estate tax traps that can affect the family and how to avoid them.

A discussion of Wills and Trusts used in estate planning, as well as Durable Powers of Attorney and Health Care Declarations, will also be included.

Instructor: Raymond Beebe, Esq., CPA

Wednesday - Afternoon
Room: HS 107
Date: 4/18/12

3:30-5:00pm
Fee \$10
Duration: 1 Session

DEBT CONSOLIDATION-TIME OR \$\$\$

Understand the financial impact of a pre-computed/scheduled interest rate loan vs. a simple interest rate loan. Use the equity in your home to develop a financial "game plan" to get you out of debt and achieve "financial independence".

Instructor: Diane Triolo

Tuesday
Room: HS 120

3/27
Duration: 1 Session

6:30-8:00pm
Fee \$10

NEW! LONG TERM CARE

Find out how to protect your assets and cover quality long term care services when needed. Find out about your options and make an informed decision that best suits your Long Term Care needs. Learn about the following: What is Long Term Care? What qualifies you for Long Term Care? What does Medicare cover? What does Medicaid cover? What does Veterans Administration

Instructor: Juan Adames

Tuesday
1 night

3/6/12
7:30 PM - 9:00 PM

Fee \$10
Rm: HS 121

SEMINARS

GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE

An Introduction to professional voice overs.

HAVE YOU EVER BEEN TOLD THAT YOU HAVE A GREAT VOICE?

This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all - important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!



This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited, and registration closes one week prior to class, so register early.

Instructor: Voice Coaches

Tuesday 4/3/12

Room: HS121

Class Limit: min 8 / max 25

Fee: \$20

6:30-9:00pm

Duration: 1 Session

HOW TO PLAN FOR COLLEGE

Learn the basics... Why everyone is talking about the new "way" to save for college costs. Go in depth for a comprehensive understanding including income tax benefits, gift and estate tax treatment, income and contribution limits, minimum investment requirements, and qualifying education costs. Also how tax reform can make paying for college less painful.



Instructor: Diane Triolo

Tuesday

3/20/12

7:00-8:30pm

Room: HS 120

Duration: 1 Session

Fee \$10

RETIREMENT! IRA'S (ROTH VS TRADITIONAL)

Have you set up your Roth IRA or Traditional IRA for tax year 2012? How does it work? Why should I? These type of questions will be answered in this course. Also covered will be an introduction to Mutual Funds. What they are, how are they structured, the diversification they provide, and the advantages of professional money management and dollar cost averaging. Understanding why the bank might not be the best place to earn interest for retirement. 'Will I outlive my income?' is a risk facing many Americans today. Take this workshop to get more answers on frequently asked questions.

Instructor: Diane Triolo

Tuesday

3/6

7:00-8:30pm

Room: HS 120

Duration: 1 Session

Fee: \$10

PREPARATION CLASSES

S.A.T. PREPARATION CLASS

This program is designed to prepare students for the S.A.T. examinations. Preparation in English and Mathematics sections will be offered. Students need Princeton Review Textbook (*Cracking the S.A.T.*) available at most bookstores. Not mandatory.

Instructors: Jennifer Lenz / English, Michele DeSimone / Math.

Monday/English

3:00-5:30

Room: JHS133

Wednesday/Math

5:00-7:30

Room: JHS105

6 Weeks

English starts: 3/5-4/16

Math starts: 3/7-4/18

Fee \$50/each

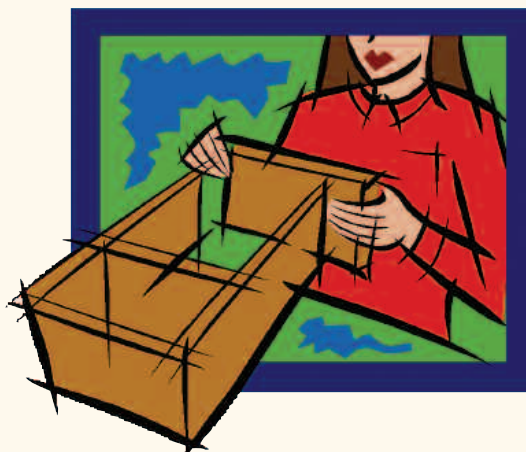


HOBBIES & INTERESTS

NEW! BUILDING A WHITE CEDAR ADIRONDACK CHAIR

What better way to spend your summer relaxing on your Adirondack Chair built by you. In this class students will use hand and power tools to construct a true American classic. Simple, basic joinery details will be used in this design. All materials will be supplied, just bring yourself and have fun. **(STUDENTS WILL PAY INSTRUCTOR \$70 TOWARDS ALL MATERIALS)**

Days: Tuesday	Instructor: Gene Luby	Time: 6-9:00 pm
RM: HS 174	Starts: 5/1-5/15	Fee: \$40
	Minimum: 8 students	
	3 Nights	



AMERICAN SIGN LANGUAGE

This course is for anyone who would like to explore one of the world's most widely used languages. Basic skills for beginners will be emphasized, along with deaf culture and history.

Tuesdays	Instructor: Susan Bishop	6:00-7:30pm
5 weeks	Start date: 3/6/12	Limit: 25
	Room: HS234	
	Fee: \$40	

WOODWORKING

No experience necessary. Come and have fun. Build a bird house, bookshelf, etc. Students will learn the fundamentals in woodworking, using hand and power tools. Students must supply their own materials (wood).

Tuesdays	Instructor: Gene Luby	6:00-9:00pm
Room: HS174	Starts: 2/21-4/17	Fee: \$85
	Limit: 10	
	8 weeks	

Register early!

**Suggestions for
new classes
are welcome!**

REGISTRATION/CONFIRMATION FORM

Please copy this form for additional registrants.

Mail to: Pinelands Regional Adult Community School,
520 Nugentown Road, Little Egg Harbor, NJ 08087-0248

DATE: _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

COURSE/LOCATION _____

COURSE/LOCATION _____

COURSE/LOCATION _____

Sponsored by
Pinelands Regional Board of Education
PINELANDS REGIONAL
ADULT COMMUNITY SCHOOL
P.O. Box 248
Little Egg Harbor, New Jersey 08087

POSTAL CUSTOMER

Non-Profit Org.
U.S. POSTAGE
PAID
Permit No. 8722
Little Egg Harbor
NJ 08087

ECRWSS

HOBBIES & INTERESTS

DOG OBEDIENCE

This course is a basic obedience course. It is designed to teach inexperienced handlers the basics, and experienced handlers to socialize their dogs. Teach your dog to heel, sit, stand, stay, and come, on command. Bring a 6 foot lead (leather preferred) and a training collar (most dogs will require a jewel link collar.)

These training collars should be no longer than 3 inches longer than the dogs neck. This course is for puppies 3 months or older, and for handlers 12 year old and up. Wear low-heeled, rubber soled shoes. For the safety of your dog, please have vaccinations up to date! (This class will be limited to 15 dogs)

Instructor: Kim Whealton
Date: Starts Monday, 3/19-5/7
Time: 7:00-8:00pm
Room: HS Upper Gym (Girls side) Fee: \$45 per dog



RECEIVING YOUR BROCHURE?

Adult Community School Brochures are mailed to all residents of Little Egg Harbor, Tuckerton, Bass River and Eagleswood townships for both the Fall and Spring semesters. If you have not been receiving yours regularly, please let us know. If you reside outside of the townships above, and would like to be placed on our mailing list, please call us at (609) 857-4118. If there is no answer, please leave a message on our voice mail.

REGISTRATION/CONFIRMATION FORM

Please copy this form for additional registrants.

Mail to: Pinelands Regional Adult Community School,
520 Nugentown Road, Little Egg Harbor, NJ 08087-0248

DATE: _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

COURSE/LOCATION _____

COURSE/LOCATION _____

COURSE/LOCATION _____

PINELANDS REGIONAL BOARD OF EDUCATION MEMBERS

Linda Blum Eagleswood

Jeffrey Bonicky - President Little Egg Harbor Twp.

Betti Anne McVey - Vice President Little Egg Harbor Twp.

Stephen Hartman, Sr. Little Egg Harbor Twp.

George Garbaravage Little Egg Harbor Twp.

Anne McDonald Little Egg Harbor Twp.

Joel M. Mott III Tuckerton

Richard Tullo Little Egg Harbor Twp.

Thomas D. Williams Jr. Bass River Twp.

The Pinelands Regional Adult Community School offers, to all citizens and taxpayers of the Pinelands District and the surrounding communities, the opportunity to continue their education and pursue special interests. The adult school is a non-profit organization sponsored by the Pinelands Regional Board of Education, administered through the Office of the Superintendent of Schools and the Adult Community School Office.

The Adult Community School declares itself an equal opportunity employer/educator and does not discriminate against individuals or groups because of sex, race, age, national origin, religion, creed, ancestry, marital status or nonrelevant handicaps/disabilities.