

MAY-JUNE ADULT CLASSES at Concord Parks & Rec



14 CANTERBURY RD., CONCORD NH

Classes open to adults (18+) & are open to Concord/Penacook residents & non-residents. Registration recommended at least 7 days before classes begin. Many classes have limited space & are first come, first served. For class descriptions, see page 2.

ART CLASSES

Watercolor 1	Mondays: April 8-May 20	6:30 - 8:30 PM	\$35 resident, \$45 non-resident
Painting with Light	Thursday, April 18	6 - 8 PM	\$35 resident, \$45 non-resident
Portrait in Acrylic	Thursday, May 2	6 - 8 PM	\$35 resident, \$45 non-resident

FITNESS CLASSES

Senior Fitness (50+)	Fridays: May 10-June 14	9 - 10 AM	\$30 resident, \$40 non-resident
Boot Camp	Saturdays*: May 4-June 15 (*No class May 25)	8:15 - 9 AM	\$60 resident, \$70 non-resident
Senior Fitness (50+)	Mondays*: May 6-June 17 (*No class May 27)	10 - 11 AM	\$30 resident, \$40 non-resident
Gentle Yoga	Tuesdays: May 14-June 18	10 - 11 AM	\$52 resident; \$62 resident
Beginner Yoga	Tuesdays: May 14-June 18	11:15 - 11:45 AM	\$25 resident, \$35 non-resident
Lunchtime Yoga	Tuesdays: May 14-June 18	Noon - 12:30 PM	\$25 resident, \$35 non-resident
Zumba Gold	Wednesdays: May 8-June 12	11 - 11:45 AM	\$30 resident, \$40 non-resident
Yoga 101	Wednesdays: May 8-June 12	5 - 6 PM	\$60 resident, \$70 non-resident
Boot Camp	Wednesdays: May 8-June 12	5 - 5:45 PM	\$60 resident, \$70 non-resident
Yoga & Meditation	Wednesdays: May 8-June 12	6:15 - 7:15 PM	\$60 resident, \$70 non-resident
Pound	Thursdays: May 9-June 13	5 - 5:30 PM	\$30 resident, \$40 non-resident
Zumba	Thursdays: May 9-June 13	5:45 - 6:15 PM	\$58 resident, \$68 non-resident
All Levels Yoga	Thursdays: May 9-June 13	6 - 7 PM	\$60 resident, \$70 non-resident

LANGUAGE CLASSES

Beginner French	Thursdays: May 9-June 13	5:30 - 7 PM	\$125 resident, \$135 non-resident
Intermediate French	Wednesdays: May 8-June 12	5:30 - 7 PM	\$125 resident, \$135 non-resident
Advanced French	Mondays*: May 6-June 17 (*No class May 27)	5:30 - 7 PM	\$125 resident, \$135 non-resident
Spanish 1, Level 4	Mondays*: May 6-June 17 (*No class May 27)	5:30 - 7 PM	\$125 resident, \$135 non-resident
Spanish 2, Level 3	Wednesdays: May 8-June 12	5:30-7 PM	\$125 resident, \$135 non-resident

COOKING CLASSES with MICHELLE SMITH

Cook it Once, Use it Twice	Monday, May 6	Noon - 1 PM	\$18 resident, \$28 non-resident
Cook it Once, Use it Twice	Wednesday, May 29	5:30 - 6:30 PM	\$18 resident, \$28 non-resident
5 Ingredients in 15 Minutes	Wednesday, June 12	5:30 - 6:30 PM	\$18 resident, \$28 non-resident
5 Ingredients in 15 Minutes	Monday, June 17	Noon - 1 PM	\$18 resident, \$28 non-resident

MUSIC CLASSES

Ukulele	Mondays: May 6-June 17 (*No class 5/27)	6 - 7 PM	\$75 resident, \$85 non-resident
Guitar	Mondays: May 6-June 17 (*No class 5/27)	7 - 8 PM	\$75 resident, \$85 non-resident

MISC. CLASSES

Archery (at GSCC)	Fri. or Sat.: May 3/4-June 7/8 (*No class 5/24 & 5/25)	Varies	\$79 resident, \$89 non-resident
Tennis League 3.0 (at Merrill)	Tuesdays: April 30-June 4	6 - 7 PM	\$55 resident, \$65 non-resident
Tennis League 3.0 (at Merrill)	Thursdays: May 2-June 6	6 - 7 PM	\$55 resident, \$65 non-resident
Create Meals that Heal	Thursday, May 30	7 - 8 PM	\$25 resident, \$35 non-resident
Eating for Weight Loss (Holistic)	Wednesday, June 26	Noon - 1 PM	\$25 resident, \$35 non-resident
Voice Over Class	Saturday, June 8	9:30 - 11:30 AM	\$25 resident, \$35 non-resident

To register, stop by the City Wide Community Center, call (603) 225-8690 or visit:
WWW.CONCORDPARKSANDREC.COM

ART CLASSES

Painting with Light: This one session class will explore approaches painters use to make their still life and figure paintings shimmer with light. Canvases will be painted on a colored toned ground which be established on the participants canvases at the beginning of the session.

Portrait in Acrylic: In this one session class methods commonly used by oil painters will be modified and explored. Troubleshooting a sitter's likeness will also be a hallmark of the class. A basic palette that can be adjusted to virtually all skin tones will be explored.

Watercolor I: Learn the art of applying watercolor from Rena, an accomplished artist, and you will experience the joy of creating in this medium. Rena will teach you about the various techniques used, composition, format, color, and also help you with drawing if needed. Some drawing experience is preferred.

FITNESS CLASSES

Boot Camp: This class is 45 minutes of fast, high intensity, sweaty fun. You'll laugh your way through class with a lighthearted atmosphere- but certain to achieve a good burn Each class is different, using a variety of equipment and formats, challenging your body in new ways.

Gentle Yoga: This a 60-minute class designed for students that prefer a slower paced, easier yoga class. Gentle Yoga will include breathing and relaxation techniques as well as both standing and seated postures.

Lunchtime Yoga: This is a dynamic, 30-minute class that packs in the yoga. Class will be both energizing and relaxing, and help power you through the day. This is an all levels class.

POUND®: Pound is the world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums. Unleash your inner rockstar and #MAKENOISE with us!

Senior Fitness: Join our community for a total-body workout appropriate for any fitness level. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. This workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun! We will incorporate a chair for sitting and/or standing support.

Yoga for Beginners: This class is designed to introduce the practice of yoga to beginners.

Yoga 101: Learn the basics of yoga for the beginner, those returning to the practice, and those that want to learn more about yoga. Gain confidence as we learn movement through postures, awareness of breath, relaxation techniques and improve flexibility, strength, balance, and stress reduction.

Yoga All Levels: Yoga is a lifelong study of physical and self-awareness. Through this practice we learn and cultivate methods that allow us to improve strength, flexibility, range of motion, balance, relaxation, clarity, joy, peace and so much more. Come join us as we experience the many benefits of yoga.

Yoga & Meditation: Each class consists of breath awareness, centering, warm ups, and movement through postures. Class is completed with guided or self-guided relaxation techniques followed by a brief, quiet meditation.

Zumba: This is a dance fitness program that uses music and movement inspired by various styles of Latin and international rhythms. Each class includes a variety of music rhythms, ensuring that the class is appealing to everyone.

Zumba Gold: This is the perfect class for older adults, Zumba beginners, fitness newbies and anyone else that may need modified

exercise. The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

LANGUAGE CLASSES

Beginner French: Students will learn to speak, read, write, listen and comprehend French at the novice level. Practical everyday French vocabulary and themes will be introduced as well as grammatical structures needed to understand certain concepts. Little to no previous knowledge of the French language is required.

Intermediate French: Students will further develop their knowledge of basic, themed vocabulary and continue work on grammatical concepts needed to develop and understand the language. Some basic knowledge of the French language is required; at least two years of high school French is recommended.

Advanced French: Students will continue to develop their knowledge of reading, writing, listening and speaking in French. French will be the target language used during class.

Spanish I: Students will know the basic of Spanish plus conjugation of verbs in present tense and vocabulary. Also, they will know how to use verb "gustar." Students will work with textbook "Realidades I."

Spanish II: Students will feel comfortable conjugating verbs in present tense, asking simple questions, using verbs like "gustar," and use irregular verbs in Past tense. Students will work with textbook "Realidades II."

COOKING CLASSES

Cook it Once Use it Twice: Learn how batch cooking can make your busy week seamless when it comes to meal prep and clean up.

5 ingredients in 15 minutes: Are you overwhelmed by your busy schedule and find it difficult to plan and prepare a balanced meal? Learn how to simplify meal planning and prepare meals in under 20 minutes that your whole family will enjoy! Samples and recipes will be provided.

MUSIC CLASSES

Ukulele: This course will introduce you to the popular (soprano) ukulele. It will familiarize you with its layout, strings and fingerboard. You will learn to play single notes, initial chords as well as strumming techniques. By the end of this course, you will be comfortable with handling and playing a soprano uke.

Guitar: This course will introduce you to the 6 string acoustic guitar. It will familiarize you with its layout, strings, frets, notes and chords. You will learn basic playing techniques, presented in a number of introductory songs. By the end of this course, you will be familiar with and able to play the early notes and beginning chords on a 6 string acoustic guitar.

MISCELLANEOUS CLASSES

Create Meals That Heal: Simple, efficient, tasty and nourishing! Learn how to set yourself up for success in the kitchen – basic kitchen tools, using herbs and spices for taste and their health benefits, and a dish strategy for preparing nutrient dense meals, and ways to keep meals interesting while making your taste buds happy.

A Holistic Approach to Eating for Weight Loss and to Maintain Health: Learn why diets don't work and how to put an end to "Yo-Yo" dieting. Explore the factors that might be weighing you down, get some tips for dropping pounds and discover ways to feed your soul!

Voice Over Class: You've heard Brian Thon on TV and radio commercials. His voice can be heard on work from professional sports teams, Fortune 500 companies, GE Healthcare and Fox News. Hear him live as he illustrates how you could actually begin using your speaking voice for commercials, film and videos!