

Afternoon & Evening Classes

City of Pembroke Pines
Southwest Focal Point Community Center
JAN/FEB/MAR 2015

20/20/20 Fitness

This all-in-one group fitness class gives you 3 workouts in one! 20 minutes of dance, 20 minutes of weights and 20 minutes of yoga will give you a total body workout in just one hour! Unlike some high-intensity circuit training workouts that can leave you feeling exhausted, this contemporary cutting-edge class will leave you feeling refreshed, invigorated and revitalized. You'll be having fun, as well as helping your body! This workout is designed for a wide range of participants and is suitable for those who are new or returning to exercise, or for the active older adult. Offered in 6 weeks sessions. Ages 18 yrs and up. Thursdays 6:30pm - 7:30pm. *Students must bring their own hand weights and mats.*

1/8/15 - 2/12/15 and 2/26/15 - 4/2/15.

\$35.00 per person

ONE DAY WORKSHOP SERIES!

Mosaic Madness! Mosaic Birdbaths

Just in time for Spring! Explore the ancient art of mosaics as you create beautiful one of a kind terra cotta birdbaths for your garden using authentic stained glass. In this all-inclusive workshop series, there is no need to bring anything; all materials are provided including the use of classroom tools! *Taught by Helen Daniels, Professional Artist and Art Educator.*

Tuesday, February 17, 2015. 6:00pm - 9:00pm - *Last day to register is 2/10/15.*

\$48.00 per person (all materials included)

Zumba for Teens and Adults

These classes are open to persons 14 years and older! Ditch the workout, join the party! Zumba is here! In this popular dance fitness program that utilizes Latin and international music, students get a cardio workout that also helps tone the body. Offered in 6 weeks sessions. Tuesdays and Thursdays 6:30pm – 7:30pm. 1/6/15 - 2/12/15 and 2/24/15 - 4/2/15
\$40.00 per person for 2 classes a week.

NEW! Knitting Basics for Teens and Adults

All the instruction, tips and advice you need to learn how to knit. From casting on, knitting, purl and binding off to the basic tools and patterns for your first project, here's all the information new knitters need to be a success. Offered in 6 week sessions (*materials not included - pick up supply list when registering.*) Tuesdays 6:30pm - 8:30pm. 1/6/15 - 2/10/15 and 2/24/15 - 3/31/15. \$42.00 per person (ages 14 yrs. and up).

Floral Arranging

This is a hands-on workshop all inclusive workshop where students will create individual floral centerpieces to take home. No need to bring anything! Price includes everything; instruction, flowers, containers, bows, decorations and more! *Taught by Susana Farber, Professional Floral Designer and owner of "Susana's Creations".* Offered once a month on Tuesdays from 7:00pm till 9:00pm. Price per class: \$18.00 per person (18 yrs. & older) *Includes ALL Materials! Must register by 4pm day before class.* Dates for upcoming workshops are:

Jan 20, 2015

Feb 17, 2015

Mar 17, 2015

"Mud Daubers" Parent & Child Pottery Classes

Students will learn basic hand building methods in clay and be introduced to the potter's wheel. The focus is placed on creating artistic projects with your child, developing a positive form of expression and having...FUN! Parents don't even have to worry about buying supplies because everything you need is included! *Taught by Professional Artist and Art Educator, Leroy Daniels.* Offered in 6 weeks sessions. *Includes ALL materials.* Children 6 yrs. & up. Wednesdays 5:45pm - 6:45pm.

1/7/15 - 2/11/15 and 2/25/15 - 4/8/15 (no class 3/25/15).

\$48.00 for one parent and child ~ \$24.00 for each additional child.

Pottery Studio:

Create high fired stoneware using both the hand building method and the potter's wheel.

Taught by Professional Artist and Art Educator, Leroy Daniels. Offered in 6 weeks sessions.

Materials not included. Wednesdays 7:00pm - 9:00pm.

1/7/15 - 2/11/15 and 2/25/15 - 4/8/15 (no class 3/25/15).

\$42.00 per person

"Running with Scissors!" Parent and Child Sewing Classes

Parents and children will explore the fine art of sewing in this fun and exciting program allowing the aspiring fashion designer in all of us to run free! Students will learn how to operate a sewing machine, sewing fundamentals, pattern layout as well as how to select fun fabrics and patterns! Bring your own machine, or use one of ours. Offered in 6 week sessions.

Materials not included. Children 8 yrs. and up. Thursdays 5:45pm - 6:45pm

6 weeks sessions: 1/8/15 - 2/12/15 and 2/26/15 - 4/2/15.

\$45.00 for one parent and child - \$23.00 for each additional child

Adult Sewing Classes

In this creative class, students will learn how to make alterations, home decorating items and how to make custom outfits. Zippers, pockets, bows, tuck – this class has it all! Bring your own machine or use one of ours. All skill levels welcome. Offered in 6 weeks sessions. *Materials not included.* Thursdays 7:00pm - 8:00pm. 1/8/15 - 2/12/15 and 2/26/15 - 4/2/15.

\$42.00 per person

Fine Jewelry Design with Michael Stahl

Using semi-precious stones, pearls, 14K gold and Sterling Silver, students will create exquisite one-of-a-kind fine jewelry pieces. Taught by exclusive jewelry designer Michael Stahl, whose works have been featured at Elizabeth Arden, Bloomingdale's and Saks Fifth Avenue. Offered in 6 weeks sessions. *Materials not included.* Wednesdays 4:30pm - 6:30pm (1st class meets from 4:30pm till 7:30pm). 1/7/15 - 2/11/15 and 2/25/15 - 4/1/15.

\$45.00 per person (18 years and older)

Tai Chi

Students will learn the basic concepts of tai chi, including posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection. For all levels of students: Beginner/Intermediate/Advanced. Offered in 6 weeks sessions. Wednesdays 7:00pm - 8:00pm. 1/7/15 - 2/11/15 and 2/25/15 - 4/1/15.

\$42.00 per person

Belly Basics with Nailah!

This easy to follow course is designed for both beginners and slightly advanced students. Have fun as you exercise! Offered in 6 weeks sessions. Tuesdays 7:00pm-8:00pm. 1/6/15 - 2/10/15 and 2/24/15 - 3/31/15. \$45.00 per person

Intro to Fused Glass

Learn the fundamental techniques required for creating unique one-of-a-kind kiln fired fused glass projects. Offered in 6 weeks sessions. *Materials not included.* Thursdays 6:30pm - 8:30pm. 1/8/15 - 2/12/15 and 2/26/15 - 4/2/15. \$42.00 per person

Beginner's Computer (In English)

Learn the basics of computers in this easy-to-follow beginner's course. Offered in 6 weeks sessions. Tuesdays 6:30pm - 8:30pm. 1/6/15 - 2/10/15 and 2/24/15 - 3/31/15.

\$42.00 per person

NEW! Basic Computer Skills (In Spanish)

This easy beginner's course, which has been created specifically for Spanish-speaking individuals, will enable students to perform basic computer functions as well as understand basic computer vocabulary and technology. Offered in 6 weeks sessions.

Wednesdays 6:30pm - 8:30pm. 1/7/15 - 2/11/15 and 2/25/15 - 4/1/15.

\$42.00 per person

ONE DAY WORKSHOP SERIES!

Glaze Formulation Workshop

This all-inclusive one day workshop is for the seasoned pottery student who is ready to start making glazes. Learn basic glaze formulas, weights and measures, colorants, mixing and storing techniques. Each student will take home 3 containers of glaze they made from scratch! *Taught by Professional Artist and Art Educator Leroy Daniels.*

Wednesday, 2/18/15 - 6:00pm - 9:00pm - \$45.00 per person (*includes all materials*)

Pines West Camera Club

A combined photographic and digital imaging organization that is open to all types of photographers. For more information visit www.pineswestcc.com

2nd and 4th Tuesdays - 7:00p.m. - 9:30p.m.

Lightroom User Group

Interested in learning how to improve your photos after you have taken them?

Join us and learn how to use Adobe's post-processing software for photographs.

See our Meetup site at: <http://www.meetup.com/new-way-photography/>

1st and 3rd Tuesdays – 7:00 p.m. - 9:30 p.m. FREE

Photography 101

Cell phone cameras, point-and-shoot cameras, DSLR cameras; if you would like to learn about using your camera, or you are new to photography and want to learn about photography basics, this is where you should come.

See our Meetup site at: <http://www.meetup.com/new-way-photography/>

2nd and 4th Tuesdays – 7:00 p.m. - 9:30 p.m. FREE

Advanced Lightroom User Group

Interested in learning how to improve your photos after you have taken them?

This group is for the intermediate and advanced users of Lightroom.

See our Meetup site at: <http://www.meetup.com/new-way-photography/>

1st Thursdays – 7:00 p.m. - 9:30 p.m. FREE

Photography Potpourri

In this meet up where we will cover almost any topic in the realm of photography such as Photoshop, Elements, Lightroom Plug-ins, various "how-to" workshops and demonstrations.

See our Meetup site at: <http://www.meetup.com/new-way-photography/>

3rd Thursdays – 7:00 p.m. - 9:30 p.m. FREE

Mat Pilate's

Classes are held Wednesdays starting at 6:30pm. For more information about Mat Pilate's classes, pricing and registration, students must contact Kerrie at (954) 682-5768.

Personal Fitness Training

This new fitness class includes supervised use of Gym equipment; for more information about Personal Touch Fitness, pricing and registration, students must contact Kerrie at (954) 682-5768.

R.A.D.: *Rape Aggression Defense* for adults and *Resisting Aggression Defensively* for children. Programs for adults and children. For more information please call R.A.D. at (954) 655-7587.

FREE Card and Board Games and Billiards: Every *Tuesday, Wednesday and Thursday Free of Charge for registered members* (6-9pm) Photo ID Required.

Revised: 1/15/14