

2010 Fall ADULT EVENING CLASSES

(18 years of age and older)
The City of Pembroke Pines

Southwest Focal Point Senior Center
301 NW 103 Avenue
Pembroke Pines, FL 33026
(954) 450-6888

Suzy Felix,
Activities Coordinator

NEW!

Jazzercise Exercise Classes

Jazzercise is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, jazz dance, kickboxing, and resistance training and bundled them into one hour. All ages, levels, and sizes welcome so come join us today!

**TUESDAY, WEDNESDAY AND
THURSDAY NIGHTS**

6:30pm-7:30pm

Starting September 1, 2010

For more Information and Price, call
Kerrie Shechter
(954) 682-5768

New Beginner's 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.*

Tuesday 7:00pm - 9:00pm

9/14/10 – 10/19/10

\$42.00 per person (materials extra)

Acting Class

Learn the A-Z's of how to get into television and radio commercials! How to acquire an agent, audition with ease and book a job.

TUESDAYS 6:30pm -8:30pm

9/14/10 – 10/19/10

\$42.00 per person

Sewing Class

Alterations: Bring in your clothing to learn how to make alterations.....

Home Decorating: Learn the basic techniques to make cushions, decorative towels, kitchen curtains, etc.

Custom Made Outfits: Provide your own patterns & fabrics and learn how to adjust them to fit individuals.

WEDNESDAYS 6:30 pm-8:30pm

9/15/10 –10/20/10

\$42.00 per person (materials extra)

Acrylic Painting

Learn how to paint based on color theory with the most versatile medium on canvas, cardboard or anything!

TUESDAYS 6:30pm-8:30pm

\$42.00 per person (materials extra)

9/14/10 – 10/19/10

Belly Basics with Nailah!

This easy to follow course is designed for both beginners and slightly advanced students. Have fun as you exercise!

TUESDAYS 7:00pm-8:00pm

9/14/10 – 10/19/10

\$45.00 per person

Belly Dancing With Nailah!

Join Nailah for an additional, faster paced night! *Must have taken Belly Basics to participate.*

THURSDAYS 7:00pm-8:00pm

9/16/10 – 10/21/10

\$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.

THURSDAYS 6:30pm – 8:30pm

9/16/10 – 10/21/10

\$42.00 per person (materials extra)

Creative Watercolor

Explore a variety of watercolor techniques and materials. Course is open to both beginners and slightly advanced students. *Taught by Award Winning Artist and Art Instructor,*

Effie Lewis.

TUESDAYS 7:00pm - 9:00pm

9/14/10 – 10/19/10

\$42.00 per person (materials extra)

Beginner's Computer

Learn the basics of computers in this easy-to-follow beginner's course.

TUESDAYS 6:30pm - 8:30pm
9/14/10 – 10/19/10
\$42.00 per person

Intermediate Computer

The next step after beginner's computer, this class will help you expand your word processing skills!

WEDNESDAYS 6:30pm - 8:30pm
9/15/10 – 10/20/10
\$42.00 per person

Intro to Advanced Computer Skills

For individuals who are comfortable with their word processing skills, this course offers 2 weeks Advanced Word Processing, 2 weeks Intro to Excel and 2 weeks Intro to PowerPoint.

THURSDAYS 6:30pm - 8:30pm
9/16/10 – 10/21/10
\$42.00 per person

Introduction to Billiards (Pool)

This 12 hour 6 week class will teach you the correct way to play Billiards. I use BCA (Billiards Congress of America) proven teaching methods.

Instructor: John M. Hess, Certified BCA Instructor
WEDNESDAYS 6:30-8:30pm
9/15/10 – 10/20/10
Cost: \$42.00 per person (workbook included)

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.*

WEDNESDAYS 7:00pm - 9:00pm
9/15/10 – 10/20/10
\$42.00 per person (materials extra)



Glaze Formulation Workshop

This workshop is for the seasoned pottery student who are 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, September 8, 2010
6:00pm-9:00pm
\$45.00 per person (includes all materials)

FREE AND ONGOING (6-9pm):

TUESDAYS: *Card and Board Games*
THURSDAYS : *Free Play Billiards*

Photo ID Required to play
For more information call (954) 450-6888

R.A.D.

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

Registration:

2010 Fall

Adult Evening Classes
(Age 18 years and older)

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

1st Class _____

2nd Class _____

3rd Class _____

Total Amount Enclosed: \$ _____

Mail (or bring in) this form and your check to:

The City of Pembroke Pines
Southwest Focal Point Senior Center
Attention: Suzy Felix
301 NW 103 Avenue
Pembroke Pines, FL 33026

Make checks payable to:
The City of Pembroke Pines

