

Belmont Public Schools



Belmont Community Education

spring 2012

Program begins week of March 5, 2012

SCHOOL COMMITTEE LIAISON

Ms. Laurie Graham

SUPERINTENDENT OF SCHOOLS

Dr. Thomas S. Kingston

DIRECTOR OF COMMUNITY EDUCATION

Ms. Martha E. Reagan

THE SUPERINTENDENT'S ADVISORY COUNCIL

Mr. Vincent DeNovellis

Ms. Ruth DeVasto

Ms. Janice Ellard

Ms. Janice Henry

Ms. Kelly Higgins

Ms. Norma Massarotti

Mr. Charles Smerlas

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CONTENTS

General Information	4
Courses	9
Arts, Crafts, and Skill	9
College Prep Courses	11
CPR, Health	14
Day Program	14
Fitness	15
Food	17
Language Courses	17
Nature & Environment	18
Organizational Skills	18
Personal Skills	20
Recreation	21
Technology	23
Calendar	25
Location of Schools	26
Map of BHS	28
Registration Forms	29

Course notification

No confirmation is sent. Please report to class for the first meeting unless notified otherwise. A course with low enrollment may be cancelled or postponed. You are notified, and a refund is sent if a course is cancelled.

***** REGISTRATION *****

Begins January 30, 2012

REGISTRATION OPTIONS

MAIL-IN Send registration form and check to:
Belmont Community Education
644 Pleasant Street
Belmont, MA 02478

WALK-IN Bring registration form and check to:
Belmont Community Education
644 Pleasant Street
Belmont, MA 02478
Daily hours: 8:00 a.m.—4:00 p.m.

IN-PERSON REGISTRATION NIGHT (Belmont Residents Only):

Monday, January 30, 2012 6:30 p.m.—8:00 p.m.
Belmont High School Cafeteria
221 Concord Avenue

For further information, call

617-993-5427

Registration continues until the class is filled.

TUITION FEES, REFUNDS AND OPTIONS

Checks, payable to *Town of Belmont* are the **only acceptable** form of payment. **No cash/credit cards accepted.**

Tuition fee as listed by course must be paid at the time of registration.

PLEASE USE A SEPARATE CHECK FOR EACH COURSE.

The School Committee, through the Superintendent, reserves the right to cancel any and all courses that are undersubscribed. In the event of a cancellation, a full refund will be issued.

UNDER NO CIRCUMSTANCE WILL REFUNDS BE MADE TO STUDENTS AFTER A CLASS IS IN SESSION.

Materials used in the class will be furnished by the student unless otherwise specified.

All judgments of regulating, enrollments, continued enrollment, time, location and length of classes, as well as the class size, are the prerogatives of the School Committee via the Superintendent and such judgments are final when rendered.

CANCELLATIONS AND MAKE-UP CLASSES

If the public schools are closed due to inclement weather during the daytime, there will be no Community Education classes. If weather conditions become severe late in the day, cancellation will be announced over WBZ (Ch. 4), WHDH (Ch. 7), WCVB (Ch. 5), and on radio at WBZ and WRKO. Classes will be rescheduled at a later date. If there is a delay in the opening of school, Community Education classes will be held.

<http://www.belmont.k12.ma.us/education>

NOTE: Please see information on page 4 for registration options. People may not use the website or email to register for courses.

*** COURSES ***

<u>Course</u>	<u>Instructor</u>	<u>Day</u>	<u>Page</u>
Are You Too Busy? (NEW)	Prime	Thurs.	18
Ballroom Dancing - Level I	Katz	Thurs.	21
Ballroom Dancing - Level II	Katz	Thurs.	21
Body Basics-- Comp. Cardio & Weights	Rice	Tues./Thu.	15
Body Strong-- Strength Training	Rice	Mon .	15
Body Challenge - Cardio/Strength/Flex.	Rice	Mon.	15
Bollywood Dancing	Scherp	Tues.	22
Book Group Discussion	Reagan	Tues.	14
College Readiness & Test Preparation	Zucker	Tues.	13
Digital Audio Revealed	Preston	Mon.	23
Eliminate Food Cravings	Currier	Thurs.	17
English as a 2nd Language	Stoller	Thurs.	17
French, Beginners	Laveissiere-Sharkey	Mon.	17
Golf for Beginners	White	Wed.	22
Google's Cloud Services	Downey	Thurs.	23
Heartsaver CPR	Grimm	Tues.	14
Improve Your Digital Photography	Downey	Thurs.	24
Intro to Excel	Bitgood	Thurs.	23
Italian, Beginners	Parravano	Wed.	18
Jewelry & Metalsmithing	Maraj	Mon.	9
Job Interviewing (NEW)	Howe	Tues.	20
Just Once Guitar for Busy People	Kinscheck	Thurs.	20
LaBlast (NEW)	Canuel	Mon.	16

<u>Course</u>	<u>Instructor</u>	<u>Day</u>	<u>Page</u>
Managing Your Photos Online	Borsuk	Thurs.	24
Maple Sugaring (NEW)	Boutwell	Sun.	18
Maximize Your College Financial Aid	Anderson	Wed.	13
Nantucket Nesting Baskets (NEW)	McCarthy	Wed.	9
Organizing Any Space (NEW)	Prime	Thurs.	19
Painting/Drawing - Beginning	Roach	Wed.	10
Painting/Drawing - Intermediate/Advanced	Roach	Mon.	10
Protect Home Wireless Network!	Coate	Wed.	24
Ribbon Necklace (NEW)	Carnevale	Mon.	10
SAT I Review -Math	DeLorio	Mon.	11
SAT I Reading & Writing Review	Wayne/Santiago	Tues./Wed.	11
SAT II Review - American History	McCabe	Tues.	12
SAT II Review - Biology Prep	Partridge	Thurs.	12
SAT II Review - Chemistry	Storer	Thurs.	12
Silent Communication	Khoury	Thurs.	20
Tame Your Email Box (NEW)	Prime	Thurs.	19
Texas Hold'em (NEW)	Hobel	Wed.	22
Writing and Grammar for SAT I	Widmer	Mon.	11
Yoga- Hatha Level 1	Randall	Mon.	16
Yoga- Hatha Level 1	Randall	Thurs.	16
Yoga- Hatha Level 2	Randall	Mon.	16
Yoga- Hatha Level 2	Randall	Thurs.	16

Welcome to the

Belmont Community Education Program

*We hope you enjoy our
selection of courses for spring 2012.
We welcome your suggestions
for future course offerings.*

*-The Belmont
Community Education
Advisory Committee*

Please contact us using one of the following methods:

*phone: 617-993-5427
email: mreagan@belmont.k12.ma.us
USPS: 644 Pleasant St., Belmont, MA 02478*

***** ARTS, CRAFTS, and SKILLS *****

JEWELRY AND METALSMITHING Karena Maraj Jewelry
Karena Maraj \$65 Mon. 6:30 - 8:30 pm
3 wk (3/5 - 3/19)

Learn to make beautiful jewelry with an introduction to metalsmithing techniques! You will be guided step-by-step on how to solder, saw, file, hammer & polish in copper or brass. Create links to make earrings, use stamps to create pendants, and learn wire wrapping, just to name a few examples. Silver is available for a small additional fee. Beginners are welcome; students with some previous experience will work on perfecting skills and learning new techniques. Most materials are included. Max 6.

Karena is a professional jewelry artist who studied metalsmithing at RISD and has taught locally for many years. Karena Maraj Jewelry Collection is both a gallery showcasing local artists and a classroom/studio space. It is located at 95 Trapelo Road., Belmont.

NANTUCKET NESTING BASKETS B.H.S.
Joan McCarthy Rm. 145 Wed. 6:30 - 9 p.m.
NEW \$230 6 wks. (3/7 - 4/25)
No class on 4/18

In six weeks you will make three very unique Nesting baskets - sizes 3 3/4", 4 1/2", and 5 3/8". The baskets are woven in the traditional Nantucket way. Students will begin by tapering staves and inserting them into the base. Each basket will have a cherry base, cane staves, and a cherry trim. The stackable nest will be a beautiful addition to your home décor. Future baskets can be added to this nest of baskets. (Price of materials is included in registration fee). Max: 8

Ms. McCarthy is a member of many basketry guilds, including the Lexington guild, the Northeast Basketry guild, Springfield guild, and North Carolina Basketmakers Association

PAINTING/DRAWING: Beginning B.H.S.
 Brian Roach Rm. 241 \$70 *Wed. 6:30 - 9 pm*
6 wks. (3/7 - 4/11)

The key to enjoying an artistic experience is to simplify the process. In this course, you will learn how to render solid drawings by exploring object relationships, composition, tone, value, and the power of light and shadow. You will learn how to transfer a drawing to the canvas and build a painting from start to finish, with each session revealing a new level of "seeing." Using oil paint, you will learn how to mix color using a simple primary palette. To begin the process, students are asked to bring a color landscape photo of their choosing to class. No experience is necessary. Limited class size allows for individual attention and the development of personal style. A list of required materials (\$80) will be sent to registrants before the first class. Max.: 8

PAINTING/DRAWING: Intermediate/Advanced B.H.S.
 Brian Roach Rm. 241 \$70 *Mon. 6:30 - 9 pm*
6 wks. (3/5 - 4/9)

This course is for students who have taken the beginning painting course, or who have prior knowledge of oil painting principles and materials. Using still life, participants will continue working to develop control of paint especially through color and composition. Personal projects are encouraged. Limited class size allows for individual attention and the development of personal style. A list of required materials (\$80) will be sent to registrants before the first class. Max: 8

RIBBON NECKLACE Life's A Bead
 Luan Carnevale \$25 *Tues 6:00 - 8 pm*
NEW 1 wk. (4/10/12)

Join this class to create a twenty strand ribbon necklace that you will love wearing. The necklace, 17-18 inches in length, is made with lightweight ribbon and size 6 beads. Depending on the look you want - sophisticated, classic or sassy - you will choose the color of the fiber and seed beads and a silver, copper, or gold clasp. \$24 for kit supplies is paid to the instructor at the class. *Class meets at Life's A Bead!., 404 Trapelo Road, Belmont.*

*** College Prep Courses ***

S.A.T. I REVIEW- Math

Ben DeLorio

Rm. 101

\$120

Mon. 5:30 - 8 pm

4 wks. (4/2 - 4/30)

No class on 4/16

B.H.S.

This course reviews essential topics needed to successfully complete the *new SAT I Math Exam*: algebra 1 and 2, geometry, statistics, probability, and word problems. The course provides basic test taking skills, including methods of speed and accuracy. Bring calculators on first day for a diagnostic exam. Fee includes the SAT review book.

Max.: 20

S.A.T. I REVIEW- Critical Reading and Writing

Anne-Marie Wayne

Rm. 101

\$140

Wed. 6 - 8:30 pm

6 wks. (3/7 - 4/11)

B.H.S.

This course will review essential topics needed to successfully complete the *new SAT I-Critical Reading and Writing* sections. The critical reading review will include sentence completions and paragraph-length readings measuring extended reasoning, literal comprehension, and vocabulary in context. The writing review will prepare students for the student-written essay and the multiple choice focused on identifying errors and improving sentences and paragraphs. Fee includes the SAT review book. Max.: 40

WRITING AND GRAMMAR for S.A.T. I

Jeanne Widmer, Ed.D.

Rm. 112

\$90

Mon. 5:15 - 7 pm

5 wks (3/5 - 4/2)

B.H.S.

It's the job seniors loath and parents dread. How do you write a college essay that will stand out from what are often clichéd, poorly written, or superficial essays? What in/ from all your life's experiences should you write about and how should you say it? In this class you will be carefully guided in developing an essay that will show admissions officers the best of who you are. In addition, you will receive guidance on how to approach (after the class) the shorter essays each college requires. You should bring to the first class a list of your activities, any main college essay question that is not the Common Application, and your willingness to think hard about your life!! Max: 14

S.A.T. II REVIEW—American History

Kate McCabe

Rm. 132

\$125 Wed. 4 - 6 pm

10 wks (3/14-5/23)

No Class 4/19

B.H.S.

This ten-week intensive course will be a study and review of American history from the age of exploration to the present. The thematic approach will include the social, cultural, economic, political and diplomatic history of the United States. Weekly readings, in addition to a liberal dose of practice exams will be an integral component of the review. Several members of the Social Studies Department will conduct this review in their areas of expertise. Students should purchase the review book, *Kaplan's SAT I Subject Test, US History, 2011-2012*, and bring it to the first class.

S.A.T. II REVIEW—Biology Prep (Molecular/Evolution)

Pat Partridge

Rm. 216

\$125 Thur. 4 - 6 pm

10 wks (3/15-5/24)

No class 4/19

B.H.S.

This ten-week course will review for the SAT II Biology-Molecular test. Students should purchase and bring to the first class Barron's SAT Subject Test in Biology E/M 3rd ed. (2011). Please provide email address on registration form. Max: 28

S.A.T. II REVIEW—Chemistry Rm. 224

Debbie Stoner

\$125 Thur.. 5 - 7 pm

10 wks (3/15-5/24)

No class 4/19

This course will review major concepts that chemistry students have learned and will teach some concepts students may not be familiar with in order to help students prepare for the SAT II Chemistry test. Students should purchase Barron's SAT Subject Test in Chemistry, 10th edition, or newer. Please provide email address on registration form. Max: 28

COLLEGE READINESS AND TEST PREPARATION: B.H.S.
A Primer for Parents
 Elizabeth Zucker Rm. 103 \$30 Tues. 7 - 9 pm
 1 wk. (3/20/12)

Regardless of whether your child is in middle school or approaching the last years of high school, there's something here for you. Learn how to:

- Chart a course that positions your child well for college without making college the only driving force.
- Understand ACT/SAT testing.
- Talk about your kids so administrators and teachers will listen.
- Find the balance between *what colleges want* and *what is realistic for kids to accomplish*.
- Search for colleges that will fit your son or daughter.
- Tune out the often infectious anxiety of other parents.
- Choose the battles to fight with kids.
- Let go.

Before becoming a college admissions consultant in 2001, Liz Zucker was, for twenty-six years, a teacher/advisor of juniors and seniors. She has served as a consultant to the College Board, as well as to school districts in Virginia and Massachusetts. Her professional memberships include the National Association for College Admission Counseling, the Independent Education Consultants Association, and the Higher Education Consultants Assoc.

MAXIMIZE YOUR COLLEGE FINANCIAL AID B.H.S.
 Donald Anderson Rm. 108 \$25/ind. Thur. 7 - 9 pm
 \$32/couple 1 wk. (3/22/12)

This one night workshop is a must for all parents of college-bound high school students, especially freshmen and sophomores. We will demystify the college financial aid process and teach you how to access the more than \$90 billion in financial aid dollars, monies that are even available to "high income" families and business owners. Strategies will be presented that will help you protect your assets by maximizing your eligibility for aid, effectively lowering your college costs. You will learn the optimum time to set the strategies in place (Hint: best before the junior year) and why if you wait until the financial aid deadline to file your forms, you may miss out on the full amount of aid for which you qualify. You will also learn how to minimize the equity in your home. A free comprehensive analysis will be provided for those attending the class.

***** C.P.R., HEALTH *****

**AMERICAN HEART ASSOCIATION
HEARTSAVER® CPR AED**

B.H.S.

Terry Grimm, R.N. Rm. 105 \$35 *Tues. 6:30 - 9:30 pm*
1 wk. (3/20/12)

Heartsaver® CPR AED is an extensive, three-hour course that covers adult/child CPR AED, adult/ child/infant choking, and infant CPR. By the end of the course, participants will be comfortable assessing a victim, checking for breathing, performing rescue breaths and chest compressions, and activating the emergency response system. This course also teaches participants how to help someone who is choking and how to respond in other emergency situations and how to use an AED. On completion of the class, participants receive their work-books with wallet reminder cards and a face shield. A course completion card good for two years will be mailed to participants' homes following the class.

Max.: 12 students. **A \$29 material fee must be paid at registration. No registration fee for Belmont residents.**

***** DAY PROGRAM *****

Day classes are open to resident and nonresident adults. **Belmont Senior Citizens (65 yrs of age)** will receive a 15% discount for **Day Program Classes ONLY**.

BOOK GROUP DISCUSSION

B.H.S

Martha Reagan Library \$30 *Tues. 3 - 4:15 pm*
4 wks. (3/6, 3/27, 4/10, 5/1)

For the first session, participants should read *Cleopatra: A Life*, by Stacy Schiff.

*** **FITNESS** ***

JUDY RICE'S FITNESS CLASSES

BUTLER SCHOOL GYM

BODY BASICS

Tues. and Thur. 6:45 - 7:45 pm

Complete Cardio & Weights

\$95

8 wks. (3/6 -5/3)

No class 4/17 and 4/19

Looking for the motivation to work out? Body Basics is a moderate intensity workout, set to music. The workout includes all three components of fitness: cardiovascular work, strength training, and flexibility. This class welcomes beginners as well as fitness enthusiasts. The instructor will provide guidance to participants who wish to *increase* or *decrease* the intensity of the workout. See results with the correct form, the right intensity, and the motivation of an enjoyable workout.

Please bring a mat. We will discuss appropriate weights at the first class.

BODY STRONG

Mon. 5:45 - 6:45 pm

Strength Training Basics

\$80

6 wks. (3/5 - 4/9)

Strength training programs such as the Tufts *Strong Women Stay Young Program* can increase strength, bone density, and energy while decreasing the risk of osteoporosis, diabetes and obesity. This class is based on the *Strong Women* program. We will learn correct technique for each exercise and how to develop an effective home routine to strengthen muscles and improve health. Participants are encouraged to do the workout twice a week in addition to the class for the best results. If you've been thinking about starting a fitness program or want to expand your present workout routine, this simple and effective program is a great place to start. (*Appropriate weights will be discussed at the first class.*) Please bring a mat.

Judy Rice, M.Ed. Is an AAFA certified exercise instructor. She has additional training in Tufts University's Strong Women program. Judy brings her philosophy "fitness is for everyone" & her belief that "exercise should be fun" to every class. She has a health and wellness practice in Belmont.

BODY CHALLENGE

Mon. 7:00 - 8:00 pm

Cardio Plus Strength & Flexibility

\$80

6 wks. (3/5 - 4/30)

No class on 4/16

Limited time to work out? This energetic, upbeat class includes cardiovascular exercise to strengthen the heart and burn fat, followed by strength training and abdominal conditioning. The aerobic-style workout is set to music and incorporates the most recent fitness science findings. The class finishes up with yoga style strengthening and stretching for a complete and well-balanced workout. (Please bring a mat).

LABLAST - DANCE AND FITNESS

B.H.S.

Beth Canuel 2nd Fl.Hall

\$60 *Mon. 7:30 - 8:30 p.m.***NEW**

5 wks. (3/12-4/9)

Join this partner-free dance/fitness class for a great workout and an evening of dancing. You will learn dance steps such as the cha cha, salsa, and jive as you tone your body and build stamina. LaBlast, fifty percent ballroom and fifty percent fitness, is a contemporary program developed by dancer/choreographer Louis Van Amstel after season two of "DWTS". Even if you have never danced before, you will quickly find you are moving to the music and having fun. Wear comfortable clothing and sneakers. Bring water.

Max: 20

The instructor is the manager of the Avalon Ballroom Dance Studio, Belmont. She is LaBlast certified, a member of the National Dance Council of America and a Pro-DVIDA certified ballroom instructor.

YOGA- HATHA, Level I

B.H.S.

Bonnie Randall Library

\$90

*Mon. or Thur. 6 - 7:15 pm**Choose one meeting day, Mon. or Thur.*

8 wks. (Mon. 3/5 - 4/30)

(Thur. 3/8 - 5/3)

No class on 4/16 & 19

This gentle yoga class quiets the mind and energizes and aligns the body with a flowing series of postures that stretch and strengthen. Breathing and stretching are combined to challenge and relax the body. Yoga is an ancient practice that greatly reduces the stress of modern life. The instructor is Kripalu certified and Iyengar trained. Please bring a mat. Max.: 20

YOGA- HATHA, Level II

B.H.S.

Bonnie Randall Library

\$90

*Mon. or Thur. 7:30 - 8:45 pm**Choose one meeting day, Mon. or Thur.*

8 wks. (Mon. (3/5 - 4/30)

(Thur. 3/8 - 5/3)

No class on 4/16 & 19

The intermediate hatha class is more strenuous than the beginners' class. This class adds a slightly more dynamic flow of postures to increase vitality. Asanas are held longer. Please bring a mat. Max.: 20

***** FOOD *****

ELIMINATE FOOD CRAVINGS with EFT

Terry Currier

Rm.145

\$30

B.H.S.

Thur. 7 - 9 pm

1 wk. (3/15/12)

Whether you want to lose weight or just eat more healthfully, you will find EFT (Emotional Freedom Techniques) enormously helpful for curbing cravings and breaking poor eating habits. EFT is “emotional acupuncture” done without needles, and works to identify and release all manner of physical and emotional distress. EFT is safe and effective, and when practiced regularly, it really works. This presentation will also include nutritional information pertinent to food cravings.

Terry L. Currier is a certified personal trainer, hypnotherapist, and EFT practitioner.

For more information or to contact her, see her website: www.tlcweightloss.net.

***** LANGUAGE COURSES *****

ENGLISH AS A SECOND LANGUAGE

Natalie Stoller

Rm. 106

\$85

B.H.S.

Thur. 7:30 - 9 pm

6 wks. (3/8 - 4/12)

This is a course for adults with a basic understanding of English who want to improve their skills. The class will work on conversation, reading and basic grammar points. The goal is to have fun while we practice communication skills. We will also learn about Belmont’s local culture and resources. Students will be given handouts to work on at home.

FRENCH, BEGINNERS

Monique Laveissiere-Sharkey

Rm. 106

\$90

B.H.S.

Mon. 7 - 8:30 pm

7 wks. (3/5 - 4/23)

No class 4/16

You always wanted to learn French but procrastinated! Now is your chance to start from the very beginning. You’ll be learning the correct pronunciation taught by a Parisian. This course will help you in your trip to France. If you have some basic French, this course can be a review. Students should purchase *French on the Go* by Barron’s.

ITALIAN, BEGINNERS .

Sonia Parravano

Rm. 104

\$95

B.H.S.

Wed. 7 - 9 pm

7 wks. (3/7 - 4/25)

No class 4/18

Learn to speak Italian in an engaging and supportive environment. Students will have the opportunity to develop skills in grammar, pronunciation, vocabulary, spelling and conversation. Students will learn about the Italian culture as they develop their use of the language. The instructor will provide students with handouts related to the language instruction. *Ms. Parravano has been an instructor of Italian for many years.*

***** NATURE & ENVIRONMENT *******MAPLE SUGARING AT HABITAT***Boot Boutwell*

\$18

Sun.. 1 - 3:30 p.m..

1 wk. (3/11/12)

NEW

Take a trip through the history and lore of maple sugaring. Get up close and personal with the New England tradition. We'll taste sap straight from the tree and make our own syrup. Sugaring has changed through the years, and we'll take a look at some of those changes. Prepare for a "sappy" afternoon! *Dress for the weather as much of the program will be outdoors.* Meet at Habitat Education Center and Wildlife Sanctuary, 10 Juniper Road, Belmont, MA MAX: 15 Adults/Teens

***** ORGANIZATIONAL SKILLS *******ARE YOU TOO BUSY?**

Practical Tips for Time Management

Lorena Prime

Rm. 104

\$25 1 wk. (5/3/12)

B.H.S.

*Thur. 7-9 p.m.***NEW**

You can manage your day and be in control even though much is expected of you. Join this business-focused workshop to learn tips and techniques that help you prioritize, handle emails and papers, and get organized. Additional practical tactical information about being more productive and getting done what needs to be done will be presented.

Lorena Prime owns her own company, Clearly Organized. Her website is www.ClearlyOrganizedLife.com.

ORGANIZING ANY SPACE

Lorena Prime
NEW

Rm. 104 \$25

B.H.S.
Thur. 7-9 p.m.
1 wk. (5/10/12)

Being disorganized is not a character flaw! As a child you may not have learned the skills to be organized, but you can learn them now. This workshop will focus on the 5-step "C.L.E.A.R." methodology, which you can use to organize anything at home as well as work, including papers, things, and space. Leave this workshop with a plan that you can immediately apply to your life so that you can reap the rewards of a more calm, productive, and enjoyable day. *Lorena Prime owns her own company, Clearly Organized. Her website is www.ClearlyOrganizedLife.com.*

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TAME YOUR EMAIL BOX

Lorena Prime
NEW

Rm. 104 \$25

B.H.S.
Thur. 7-9 p.m.
1 wk. (5/24/12)

Do you still struggle to keep on top of emails? Are you using your inbox as a to-do-list? Your email, without your realizing it, can control how your day flows, and even what work you do. Join this business-focused workshop to learn how to deal efficiently with emails, take action when needed, file when necessary, and put your inbox on "autopilot". This workshop, focused on the "T.A.R." method, will help you be proactive rather than reactive and never be caught up in the email vortex again! Participants should bring laptops to access emails. *Lorena Prime owns her own company, Clearly Organized. Her website is www.ClearlyOrganizedLife.com.*

*****PERSONAL SKILLS*****

JOB INTERVIEWING - Reading Between the Lines B.H.S. **NEW**

Teresa Masterson Howe Rm. 104 \$25 Tues. 7-9 pm
1 wk. (3/13/12)

Are you thinking of interviewing in the future? If only the perfect resume could land you the perfect job! The formal interview process, the telephone call, and casual networking all have one thing in common - certain people exude an energy and confidence that is attractive! In this one night session the class will work together to decode some of this underlying energy. In fun, quick thinking, on your feet and role playing activities you will change the way you look at interviews and develop insight into the energy you project.

The instructor is a private career coach who has worked for over twenty years in the non-profit sector. She also has taught adult health and wellness classes.

JUST ONCE GUITAR FOR BUSY PEOPLE B.H.S.

Julie Kinscheck Rm. 145 \$30 Mon. 7 - 9:30 pm
1 wk. (4/2/12)

Have you wanted to learn the guitar but simply have difficulty finding the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Topics covered are how chords work in a song, how to form the three main types of chords, tuning your guitar, basic strumming patterns, buying a good guitar (things to avoid), and playing along with simple tunes. Bring your acoustic guitar. Max: 15 students. Required materials (workbook and practice DVD) fee of \$29 will be collected by the instructor at the beginning of class. *For more information about*

SILENT COMMUNICATION: B.H.S. **THE NONVERBAL TOOL OF LEADERSHIP**

Don Khoury Rm. 103 \$40 Thur. 7 - 9 pm
2 wks. (3/15 & 22)

Understanding nonverbal communication is important in relationship building. Through lively presentations and interaction with participants, the instructor will coach the class in the art of communication exchange that is empowering for all the people (business, friends, family) involved. Often we read people's nonverbal communication and intuitively feel something is right or wrong but can't quite put a finger on it. Hand gestures, tone of voice, dress and posture all contribute to a speaker's intended meaning and the impact on the audience. Showing many examples of commu-

Brown, Don will guide participants in their understand of nonverbal cues and how to react to the nonverbal cues of others.

Don Khoury is a consultant whose expertise is nonverbal communication. Don correctly predicted 35 of the 37 Gubernatorial elections in 2010 based on each candidate's non-verbal behavior. He appears regularly with WBZ's Jon Keller.

*** RECREATION ***

BALLROOM DANCING - LEVEL I

B.H.S.

Sue Katz

2nd Fl. Hall

Tues 7 - 8:15 pm

\$130/couple

8 wks. (3/6 - 5/1)

No class on 4/17

New Day - now meeting on Tuesdays

Learn to swing, waltz, fox trot and merengue—from the very beginning. In eight short weeks, you'll be amazed to find yourself ballroom dancing to all the different rhythms. You'll have the right steps for all the events and parties in your calendar. Learn how to lead or follow—your choice. The emphasis is on having fun with partner dancing. Comfortable clothes and hard-soled shoes are best. Bring some water to drink. Limit: 12 couples

BALLROOM DANCING - LEVEL II

B.H.S.

Sue Katz

2nd Fl. Hall

Tues. 8:15 - 9:30 pm

\$130/couple

8 wks. (3/6 - 5/1)

No class on 4/17

New Day - now meeting on Tuesdays

Have you already taken basic ballroom dance classes in Belmont (or elsewhere)? If you know the basics of the waltz, swing, fox trot and merengue, or maybe some cha-cha, why not continue learning and dancing. We'll brush up your basic style and then add advanced fancier steps. You will be a sophisticated ballroom dancer at the end of the eight weeks. The emphasis is on having fun with partner dancing. Comfortable clothes and hard-soled shoes are best. Bring some water to drink. Limit: 12 couples

Sue Katz performed and taught Ballroom and Latin American dance in Britain for a decade before relocating to the Boston area in 2000 where she teaches both group and private lessons.

BOLLYWOOD DANCING

Angelica Scherp

2nd Fl. Hall

\$65

B.H.S.
Thur. 6:30-7:45 pm

6 wks. (3/8 - 4/12)

Join this dance class and discover the exuberant, glamorous and romantic moves that light up the Indian cinema. Bollywood dance is a unique fusion style dance that has now become known all over the world for its elaborate energetic musical dance numbers. It is fun, relaxing exercise, and a great workout! In this class participants will gain overall strength, flexibility and balance as they learn choreography to popular Bollywood songs and gain insights into the culture of India. Beginners are welcomed. Partners are not required. Wear comfortable clothing to the class. *Ms. Scherp has been teaching and choreographing Indian dance since 2000 and Bellydance since 2002.*

GOLF FOR BEGINNERS

Don White

Cafeteria

\$90

Butler
Wed. 6:30 - 8:30 pm

6 wks. (3/7-4/11)

Whether you have never played golf, are just beginning, or are an occasional player seeking to improve, this course can help you. Proper grip, stance and swing methods will be discussed and practiced indoors at each session for tee shots, iron play, sand traps, and chipping and putting. The rules of golf, etiquette, terminology, and club fitting for individual participants will be reviewed to enable you to feel knowledgeable and confident whether playing or just watching a match. Bring several golf clubs (owned or borrowed) to each session for hands-on swing practice. **Class limited to 12 students.**

TEXAS HOLD'em POKER 01 - Absolute Beginner

India Hobel

Library

\$60

B.H.S
Wed. 6:30-8:30 pm

8 wks. (3/21-5/2)

No class on 4/18

Join this class to find out why this hot new poker game is sweeping the country. In a relaxed and friendly atmosphere you will learn how to play this game of skill and luck, but most of all fun. Each class will consist of the exploration of new concepts, an open discussion, and hands-on practice play (chips only). You will learn the difference between a boat and a fish, a button and a rock, slow rolling and slow playing, and bullet and a blank. This class is for people with limited or no experience with Texas Hold'em poker. Handouts will be given at each class. Min: 6 Max: 20 *The instructor has taught this game in many community workshops. She also has spent much time in studying and game. She has taken a course at the WSOP Academy in Las Vegas from the premier female poker player, Annie Duke.*

*** TECHNOLOGY ***

Most courses taught in B.H.S., 2nd floor, Computer Lab. Max. per course: 15

DIGITAL AUDIO REVEALED

B.H.S.

Richard Preston

\$35 *Mon. 6:30 - 8:30 pm*

1 wk. (4/9/12)

Do you want to take advantage of the latest in audio technology but find it all a bit confusing? This evening seminar will help you better understand digital audio for the consumer. Get the most out of those portable media devices - iPods, mp3 players, etc, so you can enjoy your favorite music and radio show podcasts. Participants will be introduced to many aspects of the new digital audio technology, including: audio file applications, streaming audio, internet applications, podcasts, as well as hardware and software recommendations. Who says you can't take it with you?

INTRODUCTION TO EXCEL (Microsoft Office 2007)

B.H.S.

Bob Bitgood

\$65 *Thurs. 7 - 9 pm*

3 wks (3/15, 22, 29)

Would you like to use your computer to keep track of personal budgets, company records or finances of any sort? This course will introduce students to Microsoft Excel, a modern spreadsheet application, that can do all these things and more. Topics covered include entering, formatting, sorting and filtering data, creating formulas, producing charts and printing. Any introductory or beginner book on Microsoft Excel is a useful companion for the course. Students can bring flash drives to save projects.

GOOGLE'S CLOUD SERVICES - WHAT YOU NEED TO KNOW!

B.H.S.

Dan Downey

\$35 *Mon. 7 - 9 pm*

1 wk. (3/19/12)

Google is more than a powerful web searching tool. It is an internet company with many **free web** services and programs that are alternatives to expensive programs, eg., Microsoft Office, Photoshop. All you need is a free Google account to begin! The instructor will cover setting up a Google account and then give an overview of its web tools - docs, iGoogle, Picassa, Earth & maps. Participants will learn how to save Google files and pictures to Google's free storage and how to share and access them from any computer with internet access. Leave this class more savvy about the cloud services and 21st c. web tools! *The instructor is a computer systems specialist with the Belmont Public Schools.*

IMPROVE YOUR DIGITAL PHOTOGRAPHY

Dan Downey

\$35

B.H.S.

Mon. 7 - 9 pm

1 wk. (3/26/12)

Join this class if your digital camera, new or sitting unused, seems to have many mysterious and intimidating features. Whether your camera is a small compact point and shoot or a digital SLR, you will learn some of the basics the cameras have in common. The instructor will demystify pixels and other terms in the digital realm. The workshop will cover how to set camera controls for best results and simple techniques for various shooting situations. The instructor also will show how to move photos from the camera onto a computer and then how to do simple editing, printing, and sharing of photos via email or web services. Bring your camera and its manual.

The instructor is a computer systems manager with the Belmont Public Schools

MANAGING YOUR PHOTOS ONLINE

Deborah Borsuk

\$35

B.H.S.

Thurs. 7 - 9 pm

1 wk. (4/26/12)

Do you want easy, free ways to share your digital photos and create online photo albums, collages, and even books? Join this workshop to explore and learn about web programs, e.g., Flickr, Picassa, that help you manage your digital photos. Each site is free! All you need to do is create a log in to begin using each site. The instructor will help participants set up accounts and then demonstrate the features of these programs. She will discuss the advantages and disadvantages of each program. *Deborah Borsuk is the Young Adult Librarian at the Belmont Public Library.*

PROTECT YOUR HOME WIRELESS NETWORK!

Robert Coate

\$40

B.H.S.

Wed. 7 - 9 pm

1 wk. (3/28/12)

Home wireless routers provide an easy way to connect a computer(s) within your home to the Internet without complicated wiring. Unfortunately, these setups are frequently invaded by electronic intruders! This occurs because more than 50% of home setups are incorrectly configured! Through lecture, demonstration, and hands-on exercises, this workshop will teach you how to properly secure your home wireless network with techniques, e.g., encryption, hardware address filtering. Computer networking basics, e.g., IP addressing, DHCP, and DNS will be discussed to help you better understand how computers communicate on the Internet. If you own a laptop computer with wireless access, you may bring it to class.

2012 Spring Calendar

	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>
Mar.				1	2
	5	6	7 ^{EH}	8	9
	12	13	14 ^E	15	16
	19	20	21 ^E	22	23
	26	27	28	29	30

	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>
Apr.	2	3	4	5	6*
	9	10	11	12	13
	X	X	X	X	X
	23	26	25	26	27
	29	30			

	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>
May		1	2	3	4
	7	8	9	10	11
	14	15	16	17	18
	21	22	23 ^{EMH}	24	25
	X	29	30	31	

**Classes start the week of
March 5, 2012**

*** LOCATION OF SCHOOLS ***

Belmont High School (B.H.S.)
Butler School

221 Concord Ave.
90 White St.

Community Education Registration Form

Please return the registration form found inside the back cover with your
CHECK or MONEY ORDER (no cash) made payable to: *Town of Belmont*

PLEASE USE A SEPARATE CHECK FOR EACH COURSE.

Registration dates and information are located on
pages 4 & 5 of this booklet.

**Belmont Community Education
644 Pleasant Street
Belmont, MA 02478**

See page 4 for walk-in location.

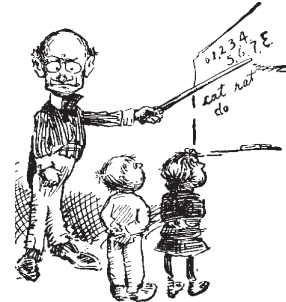
Cash will not be accepted.

IMPORTANT:

**Please make note of your course choice
and starting date. Only if classes are
cancelled or already filled will you be
notified by mail.**

Would you like to teach for us?

Do you have a special interest, skill or talent you would like to share with others?



Please send a cover letter and a description of the course you would like to teach to the address below:

644 Pleasant St.
Belmont, MA
02478

Belmont Community Education

welcomes ideas and suggestions
for course offerings.

I am interested in teaching the following course (s):

Name: _____

Address: _____

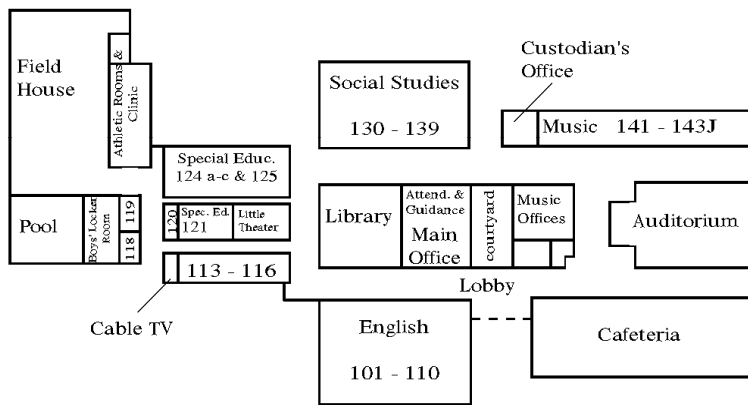
Phone: _____

Email: _____

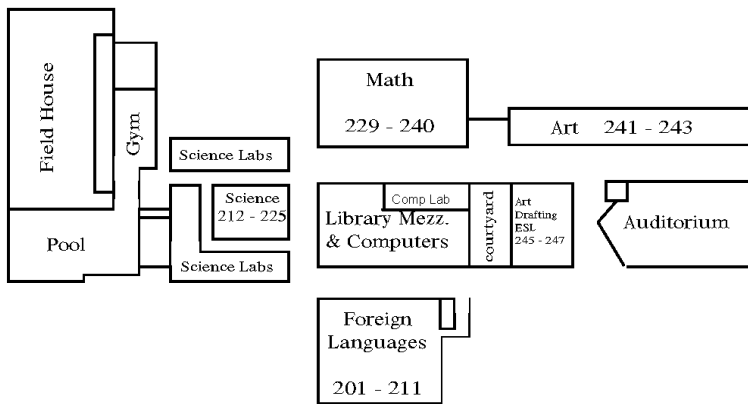
I would like to suggest the following course (s) and/or instructor (s).

Belmont High School

First Floor



Second Floor



Registration Form—CHECK OR MONEY ORDER (no cash)

payable to: *Town of Belmont*

Use a SEPARATE CHECK for each course.

Course name _____

Place and Time _____

Student's name _____ Fee: _____

Address _____

Home Phone _____ Work Phone _____

Email Address _____

Registration Form—CHECK OR MONEY ORDER (no cash)

payable to: *Town of Belmont*

Use a SEPARATE CHECK for each course.

Course name _____

Place and Time _____

Student's name _____ Fee: _____

Address _____

Home Phone _____ Work Phone _____

Email Address _____

Registration Form—CHECK OR MONEY ORDER (no cash)

payable to: *Town of Belmont*

Use a SEPARATE CHECK for each course.

Course name _____

Place and Time _____

Student's name _____ Fee: _____

Address _____

Home Phone _____ Work Phone _____

Email Address _____

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Use a SEPARATE CHECK for each course.

Course name _____

Place and Time _____

Student's name _____ Fee: _____

Address _____

Home Phone _____ Work Phone _____

Email Address _____

BELMONT PUBLIC SCHOOLS
School Administration Building
644 Pleasant Street
Belmont, MA 02478
617-993-5427

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