



Hull Public Schools Adult Education Program



Spring 2020 Class Offering

Exciting courses are offered where Hull residents can enjoy participating in a variety of classes to learn, to meet others with similar interests, and to have fun! Class registration starts in February. Use this form to review offerings or visit the Adult Education website at www.hullpublicschools.org to download the form. The back of this form contains registration information. *Please note that the website version will have the most up to date class offerings and schedules.*

Cooking Prepare delicious Greek and Middle Eastern dinners with Paula Coffman and RafcaCardoos of *To Dine For* located in Hull. Paula and Rafca bring years of cooking experience and fine cuisine. In these hands-on classes you will create dinners that are guaranteed to excite the palate! Enjoy one or take both classes. Cost of food included. Bon Appétit! **LillianM.JacobsSchool.**

Greek cooking	<i>Monday, March 16</i>	<i>6:30pm-8:30pm</i>	Cost: \$35.00
Middle Eastern cooking	<i>Monday, April 6</i>	<i>6:30pm-8:30pm</i>	Cost: \$35.00

Painting *Monday, 6:30pm-8:30pm, (6) 2 hour classes, 3/9/20-4/13/20 Cost: \$85.00*

Have you always wanted to paint with watercolors or give acrylic paint a try? Jump right in with this art class and get started by learning the basics of painting with various colors and textures. Learn about composition, color, setting up a working palette, mixing colors and paint like a famous artist! This class is hands-on with guidance from *Locale Color* artist, Marianne Buckley-Curran. No previous painting experience is required. Some supplies included. **Lillian M.JacobsSchool.**

Italian *Monday, 6:30pm-8:30pm, (8) 2 hour classes, 3/9/20-5/4/20 Cost: \$80.00*

Prepare your trip to Italy with this conversational course designed to teach students essential Italian words and phrases. Italian native, Filippo Toscano, will focus on basic Italian language and communication skills to use in travel situations; ordering food, arranging for transportation, shopping and finding sights in Italy. Learn authentic Italian speaking patterns and pronunciations to enhance your own travel experience! **Lillian M.JacobsSchool Class will not be held on 4/20.**

Weekend Navigator *Monday, 6:30pm-8:30pm, (8) 2 hour classes, 3/9/20-5/4/20 Cost: Book supplied by instructor*

Led by David Clinton, the Weekend Navigator covers basic chart layout, symbols to laying out courses on charts and proper labeling of the courses to obtain fixes, running fixes, set and drift problems, current conditions and more. Having completed the Basic Skills and Seamanship course is preferred, but not a prerequisite. Students are required to provide their own navigation instruments.

Lillian M.JacobsSchool. Class will not be held on 4/20.

Kick It by Eliza *Monday, 6:30-7:30, (6) 1 hour classes, 3/9/20-4/13/20 Cost: \$50.00*

Join Nicole Balaschi in this high intensity fitness method with kickboxing, boxing, rhythmic components and a meditative cool down. The mission behind this class is to empower each individual, encouraging participants to meet themselves where they are at the moment (rather than comparing and competing with others), and to push themselves toward their own personal fitness goals. Nicole has been doing offered this work out for several years and is certified in Kick It by Eliza. **Lillian M. Jacobs School.**

Meditation *Monday, 7:00pm-8:00pm, (8) 1 hour classes, 3/9/20-5/4/20 Cost: \$75.00*

Kerry Hnath is a registered dietician, holistic health coach and certified yoga nidra/meditation instructor. Do you have a regular meditation practice, but would prefer to practice with others? Have you meditated in the past and would like to improve your practice? Or have you not tried it because you didn't know how or thought it would be too hard? This is the class for you. Join Kerry where you can experience an hour of rest and rejuvenation with different types of meditation, discuss the benefits, potential pitfalls and ultimately find the practice that works for you. **Memorial Middle School. Class will not be held on 4/20.**

Line Dancing *Tuesday, 7:00pm-8:00pm, (8) 1 hour classes, 3/10/20-5/5/20 Cost: \$60.00*

Grab your boots and join this Line Dancing class. Have fun mastering new steps, bring your family and friends! **Lillian M. Jacobs. Class will not be held on 4/21.**

Yoga *Tuesday, 7:00pm-8:00pm, (8) 1 hour classes, 3/10/20-5/5/20 Cost: \$65.00*

Heidi Shahbaz is a certified Kripalu yoga teacher. Kripalu yoga focuses on gentle stretches to open the body that can strengthen, tone, invigorate as well as calm and relax the body. Participants should bring a yoga mat and water bottle. **Lillian M.JacobsSchool. Class will not be held on 4/21.**

Heartsaver CPR AED *Wednesday, 6pm-8:30pm, 3/25/20 Cost: \$57.00 (includes \$22 to cover certificate card)*

Kathleen Keegan offers this course that is designed to prepare students to provide CPR and automated external defibrillator (AED) use in a safe, timely and effective manner. Heartsaver courses are intended for those with little or no medical training who needs a course completion card for job or other related need (e.g. OSHA). Completion of the course includes a CPR and AED test, after which students will receive a CPR AED card, valid for 2 years. **Lillian M.JacobsSchool.**

Badminton *Wednesday, 6:30pm-8:00pm, (8) 1 1/2 hour classes, 3/18/20-5/13/20 Cost: \$65.00*

Develop basic skills in Badminton and have fun. Debbie Casey will walk students through the rules and teach the strategies of this fun filled game. **Lillian M.JacobsSchool. Class will not be held on 4/22.**

Tia Chi and QI Gong Wednesday, 7:00pm-8:00pm, (6) 1 hour classes, 3/11/20-4/15/20 Cost: \$50.00

Keep calm and Tai Chi on with certified Martial Arts instructor Bill Mazzeo. Bill will teach you the movements of the mixed arts that include light movement, muscle stretches, breathing and healing. **Lillian M. Jacobs School.**

Reiki 1 Monday, 3/16/20, 3/23/20, 3/30/20, (3) classes, 6:00pm-8:15pm Cost: \$110.00

Reiki is a holistic system for balancing and harmonizing all aspects of the person, body, mind, emotions and spirit. It encourages deep relaxation, release of stress, and promotes awareness and self-healing. The emphasis at Reiki 1 is on self-healing. You will be shown basic hand positions, self-treatment, how to carry out a treatment for family and friends and even pets. Master Reiki teacher Michelle Kundzicz will instruct students in the history and origin of Reiki as well as the importance of human energy systems. Class includes materials and attunement certificate. **Memorial Middle School**

Reiki 2 Monday, 4/27, 5/4, 5/11, (3) classes, 6-8:15pm Cost: \$110.00

Reiki2 is often defined as practicing Reiki on others as well as an expanded opening of the energy channels. Master Reiki teacher Michelle Kundzicz will instruct students in this next level of Reiki. Students will practice Reiki on others and will receive the "Reiki Symbols," and level 2 attunement. The Reiki symbols allow the practitioner to connect more deeply to the universal energy. Completion of Reiki I is a prerequisite for taking Reiki 2. There should be a minimum of 4 months between classes. Students will receive a level 2 manual, certificate and 3 crystals to incorporate into their practice. **Memorial Middle School**

Registration Form

Note that a minimum number of students must be registered in order for the offered course to be held. Students will be chosen on a **first-come, first-serve basis**. **Full tuition payment is due with the registration form**. Refunds will be returned only in the event the class does not meet minimum size or the maximum size is exceeded. **You will be contacted only if the class has been cancelled**. If you have any questions or have any suggestions for future classes, please contact us at 781-925-8012. We would love to hear from you!

Name: _____ Phone Day: _____

Address: _____ Phone Evening: _____

Check class/classes you will be attending:

Cooking 1st class___ Cooking 2nd class___ Painting___ Italian___ Weekend Navigator___

Kick It by Eliza___ Meditation___ Line Dancing___ Yoga___ Heartsaver CPR AED___ Badminton___

Tai Chi and QI Gong___ Reiki 1___ Reiki 2___

Make checks payable to Hull Community Schools Adult Education. Send registration form and course fee to:

**Adult Education
Hull Public Schools
18 Harborview Rd.
Hull, MA 02045**

If you would like to teach a class, give us a call. We love new ideas!