

ADULT INTEREST – FALL 2019

The following adult interest courses are being offered this Fall at Pine Valley Central School. To register, call Jacqui Parisio at 988-3276 ext. 4309. Registrations are accepted on a first-come, first-served basis. **The deadline for registrations is Tuesday September 3, 2018.** It is essential that you register for a class if you plan to attend. If you register for a class and later decide that you cannot attend, please call Jacqui to cancel. This helps the instructor to plan and have the proper amount of materials, etc., needed according to the number registered and allows others who may be on a waiting list to become involved. Payment is expected at the first class. Money is not refunded once the class begins.

AARP Driver Safety Program (Mature Driving) Instructor: Ken Kuczka 5:00-8:00 pm 2 Days
Course will be offered in the Fall with dates to be determined at a later date. Please call if interested in the class and you will be placed on a list and contacted when the dates have been determined.

Room: High School Study Hall

Cost: \$20 for AARP Members (bring membership card); \$25 for non-members

(MUST PAY BY CHECK: payable to AARP)

Minimum required: 15 Maximum allowed: 30

Sponsored by AARP, you do not have to be a member to take this course. This course is designed for the older driver. Participants must be present for the entire six hours to be eligible for a 10% reduction on your liability and collision insurance. (Check with your insurance agent.)



Pound® (Fitness Class) Instructor: Emily Scott 6:30-7:15 pm
Monday & Thursday, September 9, 12, 16, 19, 23, 26, 30 October 3, 7, 10, 17, 21, 24, 28, 31 November 4, 7, 14, 18, 21, 25 December 2, 5, 9, 12, 16, 19 January 2, 6, 9, 13, 16, 23, 27, 30 February 3, 6, 10, 13

Room: Elementary Cafetorium

Cost: \$5 a person per class

Minimum required: 6 Maximum allowed: 35

Pound® is a high energy, low impact, full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Please pay at each class and bring a yoga mat or a towel. Participants can attend any class there is no commitment and first class is FREE!



If you have suggestions for courses which you would like to see offered, or if you would be willing to teach a class, please contact Jacqui Parisio at 988-3276 ext. 4309.