

ADULT INTEREST – Spring 2019

The following adult interest courses are being offered this Spring 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 Thursday, February 14th.** 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)

Tuesday & Wednesday, March 5-6

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: 35

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.)

Instructor: Ken Kuczka

2 days

5:00-8:00 pm



Wellness Program (through Weight Watchers®)

Meetings will take place on Thursdays for 12-17 weeks; a more specific schedule will be determined soon

Cost: fees will be paid to the Weight Watchers® rep. at the first meeting

Minimum required: 12 Maximum allowed: Unlimited

We are welcoming everyone who seeks to be healthier, not just manage their weight. No matter what your goal is- to lose weight, eat better, move more, develop a more positive mindset, or all of the above- we will bring you the science-based programs, tools, and experiences that work and fit into your life. Members will get access to online tools as well as the weekly Wellness Workshops. Official meeting information will be communicated when we have enough participants signed up.



Pound® (Fitness Class)

Monday & Thursday, February 25, 28, March 4, 7, 11, 14, 18, 21, 25, 28, April 1, 4, 8,

18 Days 6:30-7:15 pm

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 bring a yoga mat or a towel.

Instructor: Emily Scott



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.