

nbc Evening School

A Course Bulletin from the Northern Burlington County Regional School District

Volume 12 Issue 1

Fall 2010

GENERAL INFORMATION

The object of our Evening School is to create an enjoyable and educational program for the members of our school community while utilizing the expert staff and facilities of our school.

Registration

Registration for all courses will be accepted through Thursday, September 16, 2010.

Classes may be canceled due to insufficient enrollment. You will be notified **only** if the class is not running.

In-person registration can be done on the evenings of Tuesday, September 14th and Thursday, September 16th from 6:00 p.m. to 8:00 p.m. in the High School West Main Office.

You can also complete the registration form in this booklet and mail it with a check payable to **NBC Evening School** by September 16, 2010 to:

NBC Evening School
160 Mansfield Road East
Columbus, NJ 08022

Debbie McMullen,
Evening School Coordinator

**For Information Call
(609) 298-3900 ext. 2240**

Directory of Classes

Flower Arranging (2 Courses)

Landscape & Design

Building a Doll House

Microsoft Word

Microsoft Excel

Spanish (2 Courses)

Chinese

Cardio Kickboxing

Pilates

Yoga

Adult Recreational Volleyball

Beginner Sign Language

Red Cross Babysitter's Training

First Aid/CPR/AED

CPR Recertification

Ballroom/Social Dancing

Latin Dancing

Swing/Jitterbug

R & B Line Dancing

Country Line/Group Dancing

Dances for Weddings/Parties

50s & 60s Dance Party

Estate Planning Bootcamp

College Funding Bootcamp

Special Needs Estate Planning

Golf for Children & Adults

Remember What You Study

Memory Meditation

SAT Preparation (2 Courses)

Driver Education

Refund Policy

Tuition and processing fee may be refunded or applied to another class when a class is closed or canceled due to insufficient registration. If a student withdraws from a class prior to the registration deadline, tuition less a \$10 processing fee will be refunded. No refunds will be given for **any** reason after the first class meeting. Refunds take about four weeks to process.

Class Size

Class size may be limited in some cases due to the nature of the course. Registrations are accepted on a *first come, first paid* basis. Register early!

Inclement Weather

In the event of a school closing due to inclement weather, Evening School will be canceled. Our school closing number is **661**, or call (609) 298-3900, extension 2240.

Smoking Policy

No smoking is permitted in school facilities.

Classroom Assignments

Classroom assignments are noted at the end of course descriptions.

Please note that classrooms may be subject to change.

Dates for Classes

Tuesday September 21, 28, Oct. 5, 12, 19, 26
 (November 2, 9 for 8-week courses)

Thursday September 23, 30, Oct. 7, 14, 21, 28
 (November 4, 18 for 8-week courses)

Saturday September 25, Oct. 2, 9, 16, 23, 30

Please note: Some classes list specific dates at the end of their course descriptions

Holiday Flower Arranging

Course No. F0001
Thanksgiving Floral Arrangement

Enhance your Thanksgiving table with a *fresh* floral creation. Choose from a candle table centerpiece or the traditional cornucopia. Fall flowers, greens, use of floral supplies and accessories will be discussed.

Thursday Nov. 18 7-9:00 p.m./
 Room 109

Cost: \$35.00 includes materials
 Instructor: N. Hamilton

Course No. F0002
Yuletide Floral Arrangement

Make a *fresh* candle table centerpiece to greet your guests this Christmas holiday. Assorted candles will be available to match your decor. Discussion will center on flowers, greens, and other materials available during this season.

Thursday Dec. 16 7-9:00 p.m./
 Room 109

Cost: \$35.00 includes materials
 Instructor: N. Hamilton

Landscape & Design

Course No. F0003

It's not too early to start planning a scenic yet functional outdoor living area. Create a patio or a beautiful flower garden to attract butterflies. You'll learn what your landscape style is, how to survey your site, how to pick your palette of plants and how to lay out paths.

You'll also find out how to maintain your landscape, how and when to install your landscape and more. All you need is a pad, pencil and a vision!

Thursday 7-9 p.m./Room 106

NBC EVENING SCHOOL CLASS REGISTRATION FORM

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME PHONE _____

E-MAIL _____

WORK PHONE _____ CELL PHONE _____

COURSE NO.	COURSE TITLE	COST
_____	_____	_____
_____	_____	_____
_____	_____	_____

TOTAL COST \$ _____

PARTICIPANT'S SIGNATURE _____ DATE _____

Landscape *cont'd*

Cost: \$60.00

Instructor: J. Kraft, Professional Landscape Designer

Building a Doll House

Course No. F0004

Learn to build doll house using a kit. The kit is a one-inch scaled doll house. It consists of two levels, which can be a beach house, cottage, store, or whatever you choose. All materials will be supplied for a \$40 fee due the first night of class. Supplies include the kits, paints, brushes, glue, tape, furniture, curtain fabric, carpet fabric, and chimney material.

Tuesday 6-8:00 p.m./Room 603

For 8 Weeks

Cost: \$80.00

Instructor: D. Moore

Microsoft Word

Course No. F0005

Learn how to use this very popular word processing system for both personal and professional development. You will learn the basics of creating, editing, formatting, saving and printing documents. You will also learn how to create and format basic business documents such as announcements, memos, letters, envelopes, labels, tables, and reports.

Tuesday 6:30-8:30 p.m./Room 411

Cost: \$60.00

Instructor: J. Riordan

Microsoft Excel

Course No. F0006

In this introductory course, students will create, edit, save, and print a worksheet; enter text and values into cells; create basic formulas; learn how to adjust columns and rows; format values and text within the worksheet, and make simple corrections to a worksheet.

Thursday 6:30-8:30 p.m./Room 415

Cost: \$60.00

Instructor: J. Riordan

Learn Spanish

Learn Spanish for travel, work, or personal enrichment. This course will focus on speaking and listening skills for beginners as well as communicating proficiently in basic social situations. Reference to Spanish culture will be included. Class members will have an opportunity to practice what they learn in a fun, interactive setting.

Course No. F0007 Part 1
6-7:00 p.m

Course No. F0008 Part 2
7-8:00 p.m

Tuesdays & Thursdays Rm.609
East Building

For 4 Weeks

Cost: \$80.00

Instructor: A. Adams

Learn Chinese

Course No. F0009

This course will offer a well-rounded, systematic approach to learning Chinese while cultivating knowledge and appreciation for the

Chinese *continued*

culture. After the first session, students will learn to read, write, and speak with all of those elements balanced throughout the entire course of study.

The curriculum is based on Chinese Made Easy textbook using pinyin and simplified characters and will introduce traditional characters.

Thursday 6:30-7:30 p.m./Room 711 East Building

For 8 Weeks

Cost: \$40.00

Instructor: B. Yang

Cardio Kickboxing

Course No. F0010

Cardio kickboxing is a fitness class for everyone. Come and learn to combine simple punching and kicking techniques for a new way to exercise to the beat of music. Stay in shape and have fun at the same time.

Bring a towel/mat, water bottle and your exercising sneakers!

Tuesdays & Thursdays 7-8:00 p.m./West Building Gym

For 8 Weeks

Cost: \$80.00

Instructor: C. Doppler

Pilates

Course No. F0011

This exercise program will leave you refreshed and alert with a feeling of physical and mental well-being.

Pilates *continued*

The Pilates method isn't about high repetitions or strain. It combines stretching and strengthening routines designed to work the entire body efficiently, in natural and fluid dance-like movements.

Please wear comfortable clothing and bring a mat and a water bottle.

Tuesdays and/or Thursdays 6-7:00 p.m./East Building Gym

For 8 Weeks
 Cost: \$80.00 2 days a week
 Cost: \$40.00 1 day a week
 Instructor: K. Pates

Yoga

Course No. F0012

Learn basic yoga postures and stretches, breathing techniques and simple ways to incorporate relaxation and more vital energy into your life. No experience required.

Tuesdays and/or Thursdays 7:15-8:15 p.m./East Building Gym

For 8 Weeks
 Cost: \$80.00 2 days a week
 Cost: \$40.00 1 day a week
 Instructor: K. Pates

Adult Recreational Volleyball

Course No. F0013

Play volleyball in a non-competitive co-ed setting and learn how to improve your volleyball techniques. The emphasis is on fun and good healthy exercise.

Class is limited in size to 30 participants, therefore please be sure

Volleyball *continued*

to register early.

Tuesday 7-9:00 p.m./West Building Gym

For 8 Weeks
 Cost: \$40.00
 Organizer: D. McMullen

Beginner American Sign Language

Course No. F0014

Always wanted to learn sign language? Well, here's your chance. There's no experience necessary. Learn the basic vocabulary and American Sign Language grammatical features to communicate "voice-off."

Encourage a friend to join you and practice signing every day! Students will enjoy using ASL at a silent dinner on the last night of class (cost of dinner not included).

Tuesday 7-9:00 p.m./Room 704 East Building

Cost: \$60.00
 Instructor: C. Sharkey

American Red Cross Babysitter Training

Course No. F0015

This course is designed to give 11-15 year-olds the knowledge, skills and confidence to care for infants up through school-aged children. Through video, activities, and hands-on practice, participants will learn to respond to emergencies, illnesses, and make decisions under pressure. Participants will receive a certificate upon completion.

Oct. 19 & Oct. 21
 6-9:00 p.m./Room 708

Babysitter *continued*

Cost: \$55.00
 Instructor: American Red Cross

First Aid/CPR/AED Training

Course No. F0016

This courses includes basic First Aid training, Adult/Child/Infant CPR training, and AED (Automated External Defibrillator) training. Participants learn how to recognize and take action in emergencies, use the EMS system effectively, recognize and care for breathing and cardiac emergencies in adults, children, and infants, minimize the effects of shock, perform first aid for cuts, scrapes, bruises, burns, bleeding, sprains, and strains, and much more.

Upon successful completion, participants receive: Adult/Child/Infant/AED CPR certificate that is valid for one year, and a standard First Aid certificate that is valid for three years.

Oct. 26 & Oct. 28
 6-10:00 p.m./Room 708

Cost: \$75.00
 Instructor: American Red Cross

CPR Recertification

Course No. F0017

Has your CPR certification expired? Here's a chance to renew it in just one night. All participants must have been American Red Cross certified within the past two years in Adult/Child/Infant CPR.

This course will involve video pre-

Recertification *cont'd*

sentation paired with practical application using manikins. Either new certification or recertification in the use of an Automated External Defibrillator is included. A multiple choice exam will be given at the end of the class.

Tuesday October 12 7-9:00 p.m./
Room 303

Cost: \$25.00

Instructor: T. Barg

Ballroom/Social Dancing

Course No. F0018

Our techniques make learning to dance fun and easy for everyone including those with little or no dancing experience. You will gain confidence in your dancing ability.

This course includes the basic steps in Fox Trot, Waltz, Tango, Jitterbug and Latin Dancing. Partners are not required.

Tuesday 7-8:00 p.m./East Building Cafeteria

For 8 Weeks

Cost: \$55.00

Instructor: Dance Time Productions

Latin Dancing

Course No. F0019

This course is an introduction to Latin dancing. Rhythms will include Cha Cha, Salsa, Rhumba, and Merengue.

Partners are not required.

Tuesday 8-9:00 p.m./East Building Cafeteria

Sept. 21, 28, Oct. 5, 12

Latin Dancing *continued*

For 4 Weeks

Cost: \$32.50

Instructor: Dance Time Productions

Swing/Jitterbug

Course No. F0020

Whether it's called Lindy, Boogie Woogie or Swing, the Jitterbug is still a classic American Dance. Jitterbug is done to the music of Big Band, Rock 'N' Roll, and Country. Learn the timing, basic movements, turns and more.

Partners are not required.

Tuesday 8-9:00 p.m./East Building Cafeteria

Oct. 19, 26, Nov. 9, 16

For 4 Weeks

Cost: \$32.50

Instructor: Dance Time Productions

R & B Line Dancing

Course No. F0021

Come join in the fun of *soul line dancing*. This class offers something for everyone. You will learn line dances from the Big Band era through the millennium, such as the Electric Slide, the new Cha Cha Slide, and oldies like the Wanderer and Soul City Walk.

Bring yourself and your friends and enjoy a night out.

Thursday 7-8 p.m./East Building Cafeteria

Sept. 23, 30, Oct. 7, 14

For 4 Weeks

Cost: \$32.50

Instructor: Dance Time Productions

Country Line/ Group Dancing

Course No. F0022

Country Western dancing is fun and easy to learn. Instruction includes the Tush Push, Flying 8's, the El Paso, and more.

Come and learn the country western standards that never go out of style. Partners are not required.

Thursday 8-9:00 p.m./East Building Cafeteria

Sept. 23, 30, Oct. 7, 14

For 4 Weeks

Cost: \$32.50

Instructor: Dance Time Productions

Social Dances for Weddings/Parties

Course No. F0023

This course will help you to be more comfortable on the dance floor. We start with the basic dancing of Swing, Fox Trot and Latin rhythms. Then, we move on to techniques of basic slow dancing, and the traditional first dance of the bride and the groom. Also included will be the Electric Slide and other popular line dances.

Feel free to come alone, or bring the whole wedding party.

Thursday 7-8 p.m./East Building Cafeteria

Oct. 21, 28, Nov. 4, 18

For 4 Weeks

Cost: \$32.50

Instructor: Dance Time Productions

50s & 60s Dance Party

Course No. F0024

This course includes the Cha Cha, Lindy, group dances, line dances, the Stroll, Bristol Stomp, and the Twist. Learn the timing, basic movements, turns and more. Partners are not required.

Thursday 7-8:00 p.m./East Building Cafeteria

Oct. 21, 28, Nov. 4, 18

For 4 Weeks

Cost: \$32.50

Instructor: Dance Time Productions

Estate Planning Bootcamp

Course No. F0025

Did you know that as of January 1, 2011 the federal estate tax rate is scheduled to increase to 55% on the value of all estates in excess of \$1 million dollars? Did you know that the federal *taxable estate* includes the value of your residence, your vacation and investment properties, your jointly titled assets, your individually owned assets, all life insurance proceeds, as well as the value of your retirement plans?

Come learn how to plan and protect your estate and your children's legacy. You've worked hard all your life to create it. Wills, trusts, powers of attorney and *Living Wills* will be discussed.

Thursday Sept. 23 7-9:30 p.m./Room 718

Cost: \$25.00

Instructor: L. Metzler, Esquire

College Funding Bootcamp

Course No. F0026

Find out the truth about beating the high costs of your child's education. Discover almost-unheard-of strategies to save you thousands of dollars. Discover inside tips and techniques and learn how to avoid costly mistakes and get the most money possible.

Topics will include: how to double or even triple your eligibility for financial aid; how to find scholarships, grants and low-interest loans; how to fill out applications forms accurately to avoid costly loopholes; why over 90% of parents fail to fill forms out correctly and therefore receive less money.

Thursday Sept. 30 7-9:30 p.m./Room 718

Cost: \$25.00

Instructor: L. Metzler, Esquire

Special Needs Estate Planning

Course No. F0027

If you have a loved one with special needs, you need to attend this workshop. Come learn how to protect your loved one's inheritance from being spent down.

Also learn how to ensure that your loved one doesn't lose his or her entitlement benefits. Both traditional and non-traditional special needs will be discussed.

Thursday Oct. 7 7-9:30 p.m./Room 718

Cost: \$25.00

Instructor: L. Metzler, Esquire

Golf for Children & Adults

Course No. F0028 Children

Course No. F0029 Adults

Learn to master the game that can be played by persons of all ages. Basic techniques of the game will be covered with plenty of time for hitting balls and getting ready for course play.

Lesson includes one bucket of balls. You may use our clubs or bring your own. Classes are limited to eight students.

Saturday 11 - 12:00 p.m Children

Saturday 12 - 1:00 p.m Adults

Sept. 25, Oct. 2, 9, 16

For 4 Weeks

Cost: \$125.00 per course

Mansfield Golf & Learning Center
707 Route 68, Columbus

Instructor: M. Lanzetta, PGA Pro

Remember What You Study

Course No. F0030

Learn a simple, scientific method to remember 95% to 100% of what you study! RWYS takes only an hour to learn and it's easy to use.

If time allows, learn special memorization techniques and how to develop a photographic memory.

Cost of materials is \$20 payable on the first night to the instructor.

Tuesday Nov. 2 7-8:30 p.m./Room 606

Cost: \$50.00

Instructor: S. Hawley

Memory Meditation SAT *continued*

Course No. F0031

Science has proven that a simple to learn, easy to use, enjoyable meditation can improve your memory in just 12 minutes a day! The results improve over time. If you want the relaxing and stress-relieving benefits of meditation, with all the perks of a better memory, faster recall, and easier time learning, then this class is for you. Please bring a cushion to sit on and in only 1.5 hours, you will learn the basics of this effective and life-changing method.

Cost of \$20 per person is payable on the first night to the instructor for learning materials which can include CD and instructional hand-out. No exceptions, please.

Thursday Nov. 4 7-8:30 p.m./
Room 606

Cost: \$50.00

Instructor: S. Hawley

SAT Preparation

This course's goal is to improve confidence as well as scores. Math and verbal instruction is combined with problem-solving logic and strategies to teach students how to most effectively take the new SAT.

A specially structured curriculum is taught by experienced, trained teachers.

Students should bring a notebook, pencil, and a calculator to class.

Course No. F0030

Thursday 3- 6:00 p.m.

Course No. F0031

Saturday 8:30 -11:30 a.m.

Rooms 417 and 419

Cost: \$100.00

Instructors: M. La Grou and TBA

Note: This course is for the serious student who is dedicated to improving his/her SAT scores.

Those not serious about the challenges of this course will be asked to withdraw.

Driver Education - Behind The Wheel

Course No. F0032

This course is intended for students who have passed the 30-hour driver's education program and who are eligible for a driver's permit.

Permits will be obtained by instructors for students registered for this course.

A \$10 fee for the permit is payable when signing up. Please contact the school for the permit paperwork at 298-3900 ext. 2017.

Upon obtaining permits and eye test scores, students will be scheduled for two (2) three-hour lessons.

When completed, a certificate will be issued. This certificate can be used to secure insurance discounts from most carriers.

Cost: \$275.00

Plus \$10 payable to MVS

Coordinator: B. Marchitello

Directions

Directions to the Evening School at 160 Mansfield Road East in Columbus are available on the school's website at www.n Burlington.com.

Directions are also available by calling (609) 298-3900 ext. 2240.

Please Note: The nature of some activities presents certain reasonable and foreseeable risks of injury. Registrants of the NBC Evening School understand that they assume all reasonable risks which may exist by virtue of their participation in activities.

Instructors / Suggestions Welcomed

NBC's Evening School would like to hear from anyone with a special talent or interest who would be interested in sharing that knowledge with others.

If interested, please contact Lana Luis at (609) 298-3900, extension 2240, for an application.

We also welcome your suggestions.

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A course bulletin from the Northern Burlington County Regional School District Board of Education.

Visit our Website: www.nburlington.com

Northern Burlington County
Regional School District
Columbus, New Jersey 08022

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Northern Burlington County Regional School District **Evening School**

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