

COMMUNITY EDUCATION UPPER TOWNSHIP FALL 2009

SOCIAL DANCE

Instructor: Lynda Thomas
Session: October 7, 14, 21, 28, November 11 & 18
Grade: Adult
Time: 7:00 – 8:00
Location: Middle School Cafeteria
Fee: \$50.00



Are you ready to hit the dance floor for the first time? Learn the basics of social dance: ballroom, Latin and swing while having fun, relieving stress and exercising to good music at the same time! Singles and couples are both welcome. No experience necessary. Two left feet? No problem! Walk in... dance out!

ART QUILT WORKBOOK

Instructor: Merry May
Session: November 2, 10, 17, 24, December 1, 7 & 15
Grade: Adult
Time: 6:00 – 8:30
Location: Middle School A17
Fee: \$65.00
Supplies: \$10.00 per student to cover paints & other special supplies

Bring a spiral-bound sketchbook, mechanical pencil and an eraser to the first session, along with the book: "Art Quilt Workbook" (available at Calico N Cotton in Ocean City). We will then begin to explore the wonderful world of art quilts! No artistic experience needed. Supply list will be distributed at our first session. If you have ever wanted to dabble in making art quilts, this is your chance. Don't miss it!



BALLET

Instructor: Elaine Chaffin
Session: October 7, 14, 21, 28, November 11, 18 & December 2
Time: 3:15 – 5:30
Grade: 4th, 5th, 6th, 7th & 8th Grades (Limit 20)
Location: Middle School Gym
Fee: \$65.00



This class is structured like a dance company rehearsal. One hour of technique training followed by rehearsal of the repertory dance piece that features a holiday theme. The dance will be filmed at the last class. Each company member will receive their own copy.

FITNESS ROOM WORKOUT

Instructor: Shelley Safer
Session: October 6, 13, 15, 20, 22, 29, November 3, 10, 12, 17, 19, 24, December 1, 3, 15 & 17
Time: 3:15 – 4:45
Grade: 6th, 7th & 8th Grades (Limit 12)
Location: Middle School Gym
Fee: \$90.00
Supplies: Sneakers required

A chance to develop fitness and have fun! All the great equipment in the fitness room will be available to increase strength, flexibility and cardiovascular fitness. Students will use treadmills, bikes, DDR, free weights and other equipment while being supervised.



FUN FOLDY QUILTED TABLE RUNNER

Instructor: Merry May
Session: October 6 & 13
Grade: Adult
Time: 6:00 – 8:30
Location: Middle School A17
Fee: \$25.00
Supplies: Call instructor for supply list at least 1 week in advance of first session: 628-2231.



Make this easy 17" x 43" table runner with unique 3-D folded elements. We will make the top during the first session, and then layer and machine quilt it during the second session. Please contact instructor (628-2231) in advance for your supply list and class prep instructions. Sewing machine is required. Skill level: Advanced beginner (must know how to operate sewing machine and sew an accurate 1/4" seam).

TAI CHI EASY/QI GONG

Instructor: Curtis Read
Session: October 13, 20, 27, November 3, 10 & 17
Grade: Adult
Time: 6:00 – 7:00
Location: Middle School Library
Fee: \$50.00

"Tai Chi Easy" is not a kind of Tai Chi. Rather, it is a carefully developed approach that makes the health benefits of Tai Chi accessible. Instruction will include: proper posture, relaxation and alignment of the body, breathing instruction and mindful intent. Movements will be coordinated with deep and slow breathing practice. Wear loose comfortable long sleeve top and pants that can stretch.

PICKLE BALL

Instructor: Shelley Safer
Session: October 6, 13, 20, November 3, 10, 17, 24, December 1 & 15
Time: 6:00 – 7:30
Grade: Adults and students at least 16 years old (Limit: 16)
Location: MS Gym
Fee: \$60.00
Supplies: Sneakers required

Pickle ball is a fun game that is played on a badminton size court with a 3' net. It is played with a waffle type ball and wood paddles. It's easy for beginners to learn, but can be a quick, fast paced competitive game with experience. Check it out!

OCTOBERS LITTLE CHEF CHOCOLATE CLASS

Instructor: K. Cunningham
Session: October 7th
Grade: 2nd, 3rd, 4th & 5th Grades (Limit: 10)
Time: 4:00 – 6:00
Location: Middle School A17
Fee: \$20.00

Using an array of food mediums, students will bring home cute fall chocolate novelty candy to show off to all! Supply Fee will be determined first day of class and paid directly to instructor.



FALL CUPCAKE

Instructor: K. Cunningham
Session: October 15th
Grade: 2nd, 3rd, 4th & 5th Grades (Limit: 10)
Time: 4:00 – 6:00
Location: Middle School A17
Fee: \$20.00

In this class, we will make Fall themed cupcakes.

Supply Fee will be determined first day of class and paid directly to instructor.



OCTOBER FOOD CRAFT RECIPES

Instructor: Kathy Cunningham
Session: October 20th
Grade: 6th, 7th, & 8th Grades (Limit: 10)
Time: 3:15 – 5:15
Location: Middle School A17
Fee: \$20.00



There's no trick to creating these cute and sweet Fall treats. Come and have fun in the kitchen and you'll have a spooktacular time.

Supply Fee will be determined first day of class and paid directly to instructor.

THANKSGIVING TURKEY CAKE 3D

Instructor: Kathy Cunningham
Session: November 24th
Grade: 4th, 5th, 6th, 7th, & 8th Grades (Limit:10)
Time: 3:15 – 5:15 (Middle School Students)
Time: 4:00 – 6:00 (Elementary School Students)
Location: MS A17
Fee: \$20.00



Students will create a 3D round cake ball and then decorate the cake so it looks like a turkey!
Supply Fee will be determined first day of class and paid directly to instructor.

TASTY THANKSGIVING FOOD CRAFT RECIPES

Instructor: Kathy Cunningham
Session: November 11th
Grade: 6th, 7th, & 8th Grades (Limit: 10)
Time: 3:15 – 5:15
Location: Middle School A17
Fee: \$20.00

This class is just like October Food Craft Recipes except we will be making Thanksgiving novelties.
Supply Fee will be determined first day of class and paid directly to instructor.



MAKE YOUR OWN HOLIDAY CARDS

Instructor: Kathy Cunningham
Session: December 1st
Grade: 4th, 5th, 6th, 7th & 8th Grades (Limit: 10)
Time: 3:15 – 5:15 (Middle School Students)
Time: 4:00 – 6:00 (Elementary School Students)
Location: MS A17
Fee: \$20.00
Supply Cost: \$7.00



Students will create their own holiday cards using stamps, colored pens, markers, etc.

LITTLE CHEFS TASTY CANDY TURKEYS

Instructor: Kathy Cunningham
Session: November 19th
Grade: 2nd, 3rd, 4th & 5th Grades (Limit: 10)
Time: 4:00 – 6:00
Location: Middle School A17
Fee: \$20.00



Students will create Thanksgiving novelties. Students will be able to make more at home for your Thanksgiving feast.
Supply Fee will be determined first day of class and paid directly to instructor.

MINIATURE HOLIDAY COOKIE HOUSE

Instructor: Kathy Cunningham
Session: December 2nd & 3rd
Grade: 4th, 5th, 6th, 7th & 8th Grades (Limit: 10)
Time: 3:15 – 5:15 (Middle School Students)
Time: 4:00 – 6:00 (Elementary School Students)
Location: Middle School A17
Fee: \$35.00

Modeled after a traditional gingerbread house with yard and trees, this miniature version is constructed from store-bought cookies, royal icing and other confections. A great gift to make for someone you love. Supply Fee will be determined first day of class.

MIDDLE SCHOOL TRADITIONAL GINGERBREAD HOUSE

Instructor: Kathy Cunningham
Session: December 14th & 15th
Grade: 6th, 7th & 8th Grades (Limit: 10)
Time: 3:15 – 5:15
Location: MS A17
Fee: \$35.00



Just like the Holiday Gingerbread House but with an age-appropriate group. Bring a sandwich, snack and drink to hold you over until you get home. This class will fill up quickly so register early! Supply Fee will be determined first day of class and paid directly to instructor.

**Register in person at the Middle School daily between 8:30 a.m. and 3:30 p.m. or by mail: CEUT Office
 Upper Township Middle School
 525 Perry Road
 Petersburg, NJ 08270**

All supply fees are paid directly to the instructor. Make checks payable to the Upper Township Board of Education.

**Andrea Urbano, Director CEUT
 For more information call the CEUT Office
 628-3500 ext. 2295
 Visit us on-line at:
<http://upperschools.org>**

LITTLE CHEFS TRADITIONAL GINGERBREAD HOUSE

Instructor: Kathy Cunningham
Session: December 16th & 17th
Grade: 2nd, 3rd, 4th & 5th Grades (Limit: 10)
Time: 4:00 – 6:00
Location: Middle School A17
Fee: \$35.00

Just like the Holiday Gingerbread House but with an age-appropriate group. Bring a sandwich, snack and drink to hold you over until you get home. This class will fill up quickly so register early! Supply Fee will be determined first day of class and paid directly to instructor.

UNLESS YOU ARE NOTIFIED TO THE CONTRARY, REPORT TO YOUR FIRST SCHEDULED CLASS. Cancellations: All courses are subject to cancellation due to insufficient enrollment. No refunds will be made if participant cancels after the first class. **Student Courses:** Transportation to and from school is the responsibility of parents. Please be available at the noted dismissal times. Supervision is only guaranteed to that specified time.

CEUT REGISTRATION FORM

Name: _____
Address: _____
City: _____
Telephone: _____
Course Title: _____
Grade: _____ **Fee:** _____

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