

Classes Begin

Monday, March 1 - Friday, May 7, 2010

**Groton-Dunstable
Community Education**

Spring 2010



Early Birds! Register Early!

**Groton-Dunstable
Community Education**

P.O. Box 426

Groton, Ma. 01450

(978) 448-8471

ktuomi@gdrsd.org

Dear Friends of Community Education,

With the snow melting and the temperatures beginning to climb, it is time to leave our warm homes and get ready for Spring 2010!! Please take a moment to review our course catalog which is filled with new and exciting offerings along with some of our past favorites. I am sure you see one that will fit your lifestyle. Look forward to hearing from you soon.

Karen F. Tuomi

Karen Tuomi, Director
Groton-Dunstable Community Education



Policies & Registration Procedures

Groton-Dunstable Community Education is a self-supporting department of the regional school system. Residents of the area are welcome to enroll in any of the courses listed in this brochure. There is no residency requirement. It is the policy of the Groton-Dunstable Regional School District not to discriminate on the basis of race, religion, color, gender, disability, sexual orientation, national origin, or homelessness in its educational programs, activities, or employment policies as required by Title IX of the 1972 Education Amendments, Chapter 622 of the Acts of 1971 and Section 504 of the Rehabilitation Act. Requests for information about these laws and/or grievance procedures should be directed to Dr. Susan Rubel, Director of Curriculum and Staff Development, Groton-Dunstable Regional School District, 978-448-5505, ext. 213.

TERM DATES: The fall term begins on **Monday, March 1 and continues until Friday, May 7, 2010.** Daytime and evening classes are offered for adults. Classes will not be held on legal holidays or if school is closed due to vacation schedules or inclement weather. "NO SCHOOL" announcements will be carried by the following radio stations, WBZ 1030 & WCAP 980 Lowell, as well as local television stations.

CLASS LOCATIONS: Exact class locations are specified either by mail or phone **AFTER** registration information has been received. Classes will be held in either the Regional High School, 703 Chicopee Row or the Middle School buildings North and South located on Rte 119 in Groton. Courses might also be scheduled at the Swallow Union School in Dunstable.

REGISTRATION PROCEDURE: Registration forms are found on the next page of this booklet. Please complete ONE registration form and submit a **SEPARATE** check for each class. Checks should be made out to **GDRSD** and mailed to the address below. Register early because class sizes are limited and are filled on a first-come, first-serve basis. Please register at least one week before class is scheduled. Decisions are made about whether or not to hold a class one week in

advance of the start date and is based on the amount of participants registered. One or two registrations may make the needed difference to meet minimum enrollment requirements. **Confirmation** is made via e-mail whenever possible to reduce costs. Please check your e-mail approximately one week prior to the start of class.

SENIOR DISCOUNTS: Senior Citizens (age 60 or over) may request a 15% reduction in tuition by supplying proper identification.

REFUNDS: Refunds will be made in full if a class is cancelled due to low enrollment or if it is oversubscribed. **NO REFUNDS WILL BE MADE FOR ABSENCES OR WITHDRAWAL.** If a class is cancelled due to instructor illness, every effort will be made to contact students by telephone or e-mail and reschedule the class.

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ARTS & CRAFTS

KNITTING

**6 Tuesdays - March 2, 16, 23, 30 and
April 13, 20
6:30 to 8:30 pm
\$79**

***separate materials charge payable
to instructor**

Beginners will learn basic knitting skills, abbreviations, and terms. You will also learn crochet & loom knitting. The experienced will be taught finishing techniques, knitting with two circular needles, entrelac knitting, and much more. Supplies will be available to purchase as well as discount coupons with paid registration. Class will be held at the Country Village Yarn Shop, 6 W. Main St., Groton, MA. Feel free to contact the instructor prior to class 978-448-9276.

Instructor: JANET SHEA, owner of the Country Village Yarn Shop.

Questions? E-mail YRNPEDLAR@CHARTER.NET or call at 978-448-9276

SEWING

**8 Wednesdays, starts March 3
6:30 to 8:30 pm
\$89**

This class is geared toward the individual with a keen interest in learning how to sew. During our first class we will discuss the specifics such as appropriate fabrics to use for projects, parts of the machine, how to read a pattern, sewing notions, etc. During the week between our first and second week, you will have time to purchase a pattern, notions and fabric. There will be a number of apron patterns to choose from for the first project. Please familiarize yourself with your machine and make sure it is in working order. Bring a notebook and your enthusiasm to the first class. It is not necessary to bring your machine to the first class. Experienced sewers are welcome to attend and work on a project of their choice.

Instructor: SANDIE HERSH.

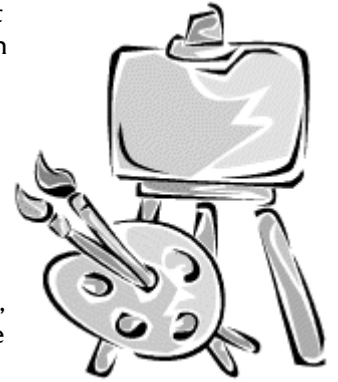


BEGINNER WATERCOLOR PAINTING

**6 Mondays, starts March 1
7:00 to 9:00 pm
\$79**

The basics of watercolors will be covered, but painters of all levels are welcome. We will discuss the use of color, light, and composition. Each student will work independently on their subject matter of choice - landscapes and still lifes are the usual favorites. Please bring watercolor paper (at least 40 lb), a variety of brushes, water color paints (primary colors), a palette, and water container to the first class. A discussion of materials will take place in the first class.

Instructor: GINGER HUGHES.



BUSINESS, HOME FINANCE

Help for Home Owners

HOME STAGING

**2 Thursdays, March 11 & 18
7:00 to 8:30 pm
\$30**

Thinking of selling your house? Home staging can help reduce marketing time and help get your asking price by showing your house in its very best light. Learn how to create curb appeal that will invite buyers in.

Discover how to establish a comfortable flow from room to room, highlight your home's best features, and brighten spaces with color, light, and texture. Learn quick, no-cost/low-cost changes that can make a huge difference in how well your home shows. Any home can benefit from staging, regardless of value!

Instructor: PATRICE BRYMNER has been staging homes for 7 years; **PEGGY YALMAN** has been selling real estate for 14 years.



**Interested in Teaching a Class?
We Love New Ideas!
Contact Us At:
Groton-Dunstable:
KTUOMI@GDRSD.ORG**

**REGISTRATION INFORMATION
AND FORMS
ON PAGE 10-11**

HOME ELECTRICAL REPAIR

1 Tuesday - March 2
6:30 to 9:30 pm
or
1 Tuesday, March 16
6:30 to 9:30 pm
\$32



The instructor will provide demonstration and explanation of practical methods to repair small electrical problems and upgrades not requiring a permit. Topics discussed will include electrical code requirements; safety issues equipment, tools, and materials; appliances and load types; fixtures, receptacles, and switches; communications and television.

Instructor: JOHN CHAVIER has a B.S. in Electrical Engineering Technology and is currently an electrical contractor.

Finance

FOCUS ON FIXED INCOME

1 Thursday, MARCH 4
6:30 to 7:30 pm
\$10 per person/family



Owning investments that may provide you with a regular income can be a smart decision. That's why it is a good idea to learn how fixed-income investments, such as bonds, may help you to reach your financial goals. Attend this seminar and learn more about bond characteristics and features, the relationship between interest rates and bond prices, tax advantages of municipal bonds, and how bonds may help you weather fluctuating markets.

Instructor: MARSHALL-BEN TISDALE

FINANCIAL SOLUTIONS FOR BUSINESS OWNERS:

1 Thursday, May 6
6:30 to 7:30 pm
\$10 per person/family



As a business owner, you probably have your hands full minding day-to-day activities. Are you taking advantage of the financial strategies and tools available to help you run your business more effectively? Join us to learn more about various banking, retirement plan, and insurance options. Learn valuable strategies that can help you create value outside your business and strategies for building, creating value for, and protecting your business.

Instructor: MARSHALL-BEN TISDALE

Instructor: MARSHALL-BEN TISDALE,
AAMS is a Financial Advisor with Edward Jones Investments in Westford, MA.

THE DIVORCE PROCESS: Legal and Financial Perspectives

1 Monday, March 15
7:00 to 9:00 pm
\$25



Are you overwhelmed and confused by the legal and financial issues or your divorce? If you are contemplating divorce, starting the process, in mediation, or looking at settlement options, this 2-hour seminar is for you. We will provide an overview of the divorce process, look at common financial mistakes often made in settlement, demystify the discovery process, and more. You will leave with an enhanced understanding of the divorce process and the information you will need to get through it. Be knowledgeable about your legal options and your finances before you sign a settlement agreement!

Instructor: AIMEE BONACORSI, ESQ, Divorce & Family Law Attorney, and **RENE SENES,** Financial Consultant with Investors Capital Corp.

MAXIMIZE YOUR COLLEGE FINANCIAL AID

1 Wednesday, March 10
7:00 to 9:00 pm
\$30 per family

This one night workshop is a must for all parents of college-bound high school students, including freshman and sophomores. We will demystify the college financial aid process and teach you how to access the more than \$90 billion in financial aid dollars, monies that are even available to "high income" families and business owners. Strategies will be presented that will help you protect your assets by maximizing your eligibility for aid, effectively lowering your college costs. You will learn the optimum time to set the strategies in place (Hint, best before junior year) and why if you wait until the financial aid deadline to file your forms, you may miss out on the full amount of aid you qualify for. You will also learn how to protect the equity in your home and enhance your retirement savings as you educate your child. Bring a calculator and a basic knowledge of your income, taxes and assets. A free comprehensive analysis will be provided for those attending the class.

Instructor:
MARCIA SULLIVAN,
a Cert. Financial Planner.



DANCE CLASSES

BEGINNER BELLY DANCING

8 Mondays, starts March 1
7:30 to 8:30 pm
\$89

Explore new ways of moving through this joyful, feminine dance. Learn the basic shapes, circles, spirals, undulations, and shimmies and then celebrate the dance with beautiful music and drumming. The ancient art of belly dancing is a wonderful, creative way to exercise. It is a celebration of the feminine spirit and a vehicle for personal growth. Bring a scarf to wear on your hips.

Instructor: LOUISE DORIAN



BEGINNER BALLROOM DANCE

6 Tuesdays, starts March 2
7:00 to 9:00 pm
\$70

***CLASSES HELD AT DL DANCE STUDIO, 280 AYER RD. (RTE 111), HARVARD, MA.**

Learn the basic moves of ballroom dancing in a fun and relaxed atmosphere and be the hit of the next wedding or function. We will focus on two different styles of ballroom dance in each session. The class is taught in a rotation system so singles (or those with spouses who won't leave the couch) are most welcome at our classes. Wear comfortable clothing and shoes that slide (sneakers stick!). Bring a bottle of water and your friends! No other special equipment is necessary.

Instructor: DONNA SHEA

BEYOND BEGINNER BALLROOM DANCE

6 Thursdays, starts March 4
6:30 to 8:30 pm
\$70

***CLASSES HELD AT DL DANCE STUDIO, 280 AYER RD. (RTE 111), HARVARD, MA.**

If you already have all the basic moves of ballroom dancing in your repertoire, join us to add some flash and technique to your dance or challenge yourself with learning one of the harder rhythms that are not normally taught in a beginner class. Our "Beyond Beginner" classes will focus on two different rhythms in each session. The class is taught in a rotation system so singles (or those with spouses who won't leave the couch) are most welcome at our classes. Wear comfortable clothing and shoes that slide (sneakers stick!). Bring a bottle of water and your friends! No other special equipment is necessary.

Instructor: DONNA SHEA



BEGINNER LINE DANCING

6 Mondays, starts March 1
5:45 to 6:45 pm
\$40

***CLASSES HELD AT DL DANCE STUDIO, 280 AYER RD. (RTE 111), HARVARD, MA.**

Line dancing is not just for cowboys (and cowgirls!) anymore. If you can do the Electric Slide or the Cotton Eye Joe, you can line dance! We'll teach you right from the beginning steps to all kinds of music (country, pop, Latin, and more)! Get out of the chair and meet new friends as well as burn the same number of calories as a low-impact aerobic class and not even know you're exercising. Wear shoes with soles that will slide easily (sneakers stick!) and bring a bottle of water. No other special equipment is necessary and no partner is needed.

Instructor: DONNA SHEA, of DL Dance Enterprises in Harvard, MA.



BEYOND BEGINNER LINE DANCING

6 Wednesdays, starts March 3
5:45 to 6:45 pm
\$40

***CLASSES HELD AT DL DANCE STUDIO, 280 AYER RD. (RTE 111), HARVARD, MA.**

This class is for folks who have taken Beginner Line Dancing and are ready to move their feet into the next level and learn new steps and dances at an easy pace. Wear shoes with soles that will slide easily (sneakers stick!). Bring a bottle of water and your friends. No other special equipment is necessary and no partner is needed!

Instructor: DONNA SHEA

LATIN DANCERCISE

8 Tuesdays, starts March 2
10:00 to 11:00 am
\$89

***CLASSES HELD AT LOUISE DORIAN DANCE STUDIO, 86 OLD MILL RD, HARVARD, MA.**

Why go to a regular exercise class when you can dance to some of the most beautiful rhythms in the world? Salsa is a fiery dance originated in Cuba, and has become extremely popular for all ages. Its' sister dances include meringue, bachata, & cha-cha. Included in this upbeat "get your calories burning" class are the basic steps to these dances, styling technique, and lots of hip shaking. Presented in standalone format, no partners.

Instructor: LOUISE DORIAN.



FAMILY HEALTH AND FITNESS

DISCOVERING THE 1 KEY SECRET TO HAPPINESS

Wednesday, April 7
6:00 to 7:30 pm
\$24

Do you long for your life to be satisfying and fulfilling? Do you want to find pleasure, passion, and purpose and wake up excited about each day? If you answered yes, chances are, it's because you're not in alignment with your passion. When you are in alignment with your passion in life, the whole world tends to flow, doors open mysteriously, people seem to appear on our path that can help you get what you want, you often seem to be in the right place at the right time. Life just seems to flow. One you are aligned, you are open to life's possibilities and opportunities. The more you are aligned with your life purpose the less life seems to be a struggle. Once you have identified your purpose and passions in life, you can use the same process to help you with determining the right career for you.

Instructor: KAREN REGAN, Certified Self-Care Instructor.

INTRODUCTION TO THE ALEXANDER TECHNIQUE

1 Monday, March 1
7:00 to 9:00 pm
\$25



Are you aging gracefully? Do you suffer from recurring or chronic pain? A recent study published by the British Journal of Medicine concludes: "one-to-one lesions in the Alexander Technique from registered teachers have long term benefits for patients with chronic back pain." Find out how the Alexander Technique can bring relief from recurring or chronic pain and help you regain your natural poise.

Instructor: MIKE SERIO, Certified Alexander Technique Teacher

ZUMBA

8 Mondays, starts March 1
6:30 to 7:30 pm
\$89

Guaranteed to sweat! Basic knowledge of step is preferred for the basic and intermediate choreography. The group atmosphere is inspiring and the music and energy is addictive. This class provides a high-energy, athletic cardio blast simple enough for men and women of all ages and fitness levels.

You control how hard you work by simply altering the height of your step and increasing or decreasing your range of movements. This exhilarating workout provides a range of benefits including muscle toning, calorie burning, and lower body muscle definition.

Instructor: KATE NELSON, a Certified (AFAA) Group Exercise Instructor.

YOUR PERSONAL TRANSFORMATION: A HOME STUDY FITNESS & HEALTHY EATING PROGRAM

\$55

Learn to control your metabolism and your physical appearance for the rest of your life.

Tired of trying to figure out what to eat and what to avoid?

Good carbs, bad carbs, low fat, high protein...it's so confusing! Confused about exercising? What really works...more cardio, working with weights? What about Pilates and yoga? You'll be amazed at the simplicity of this program. The correct technology will show you how to get results. You'll feel energetic and look amazing. Each week a section of materials will be delivered via e-mail. **Instructor: MARIE O'MALLEY** and Better Body Enterprises staff.



Fitness - Sports:

TAE KWON DO

Tuesdays, Classes are Ongoing
6:45 to 8:45 pm

\$45 per month, paid to instructor



This club teaches traditional Tae Kwon Do in a non-contact class. Students learn forms or Katas, techniques, sparring, and self-defense in each class. This is a family oriented club; anyone from first grade up is welcome. Classes are held in the Florence Roche School Gym.

Instructor: DON ROTA.



ZUMBA
FITNESS

FLAT ABS WITH PILATES & WEIGHT TRAINING:

The Belly Fat Blaster Class

12 Mondays, starts March 1
9:00 to 10:00 am

OR

12 Mondays, starts March 1
7:00 to 8:00 pm

OR

12 Thursdays, starts March 4
7:00 to 8:00 pm
\$145



The true solution to reducing belly fat begins with this 60-minute class. The weight training segment includes the most effective moves to train your body to burn calories and release stored fat. You'll get stronger while you tighten and tone your body. As you increase your metabolism you'll burn more calories 24-hours a day. Incorporating Pilates, the core conditioning segment includes the most effective moves for better posture, a stronger back, and flat abs. This class is perfect for those new to exercising as well as experienced fitness enthusiasts. You'll get individual attention to insure that you are exercising safely and effectively. Weekly metabolism boosting tips and recipes are included. Bring a set of hand held weights, a mat, and a bottle of water.

Instructor: MARIE O'MALLEY. Marie has a B.S. in physical education with a minor in exercise science and has been the owner of a fitness center for 27 years.

KICKBOXING

8 Wednesdays, starts March 3
6:30 to 7:30 pm
\$89

This class incorporates a mix of combinations of punches and kicks in an aerobic upbeat style with strength-building and stretching exercises for your waist, buttocks, and hips. All fitness levels welcome. A full body workout, designed to incorporate self-defense techniques and drills to enhance strength and endurance. Bring a towel and water!

Instructor: KATE NELSON,
a Certified (AFAA) Group Exercise Instructor.

FITNESS: YOGA

Instructor: KATRYN MILLER is a 500-hour professional yoga teacher (P.Y.T.) certified through the Kripula Center for Yoga and Health and has been a yoga practitioner and teacher for over 18 years. Katryn also holds a Master's Degree in Health Education and Exercise Physiology.

BASIC YOGA

10 Tuesdays, starts March 2

7:30 to 9:00 pm

\$150

OR

10 Saturdays, starts March 6

8:00 to 9:30 am

\$175

This class is designed to build strength, increase flexibility, and improve mental clarity. Practice basic yoga postures and learn skills for developing proper alignments. No previous experience required. Wear loose comfortable clothing. Light or minimal eating within two hours prior to class is recommended.

Instructor: KATRYN MILLER

YOGA

10 Tuesdays, starts March 2

9:30 to 11:00 am

\$150

OR

10 Thursdays, starts March 4

9:30 to 11:00 am

\$150

This class is designed to build strength, increase flexibility, and improve mental clarity. Practice basic yoga postures and learn skills for developing proper alignments. No previous experience required. Wear loose comfortable clothing. Light or minimal eating within two hours prior to class is recommended.

Instructor: KATRYN MILLER



GENTLE YOGA

10 Tuesdays, starts March 2
5:30 to 7:00 pm
\$150

Learn how to listen to your body's needs and respect its limitations through gentle opening and stretching exercises. Explore breathing techniques to help you relax and feel rejuvenated. Practice basic yoga postures and learn skills for developing proper alignments. No previous experience required. Wear loose comfortable clothing. Light or minimal eating within two hours prior to class is recommended.



Instructor: KATRYN MILLER

CONTINUING YOGA

10 Wednesdays, starts March 3
7:30 to 9:00 pm
\$150

This class is designed for people desiring a vigorous workout. Learn a challenging series of postures that focus on strength, concentration, flexibility, and balance. Experience a challenging adventure while nurturing your inner self. Previous experience required. Wear loose comfortable clothing. Light or minimal eating within two hours prior to class is recommended.

Instructor: KATRYN MILLER

TEEN YOGA

10 Mondays, starts March 1
2:00 to 3:30 pm
\$150

This level consists of a series of challenging postures, building strength, increasing flexibility and improving mental clarity. No previous experience required. Wear loose comfortable clothing. Light or minimal eating within two hours prior to class.



Instructor: KATRYN MILLER

Instructor: KATRYN MILLER is a 500-hour professional yoga teacher (P.Y.T.) certified through the Kripula Center for Yoga and Health and has been a yoga practitioner and teacher for over 18 years. Katryn also holds a Master's Degree in Health Education and Exercise Physiology.

MORNING YOGA

8 Wednesdays, starts March 3
9:15 to 10:45 am
\$124



Increase well-being and clarity of mind! We will begin with gentle stretching and breathing techniques to open the body and release tension and blocked energy that can make you feel tired and drained. Then we will move into yoga postures, carefully stretching at deeper levels to increase flexibility and strength, as well as promote deeper release of physical and emotional tension. Taught in a meditative style and provides an opportunity for you to focus, center, & nourish yourself.

Instructor: LOUISE DORIAN, BS, certified yoga instructor and massage therapist.

Class held at Louise Dorian Dance Studio, 86 Old Mill Rd, Harvard, MA.

TONE & SCULPT

10 Wednesdays, starts March 3
9:30 to 11:00 am
\$150

10 Thursdays, starts March 4
6:00 to 7:30 pm
\$150

10 Saturdays, starts March 6
9:30 to 11:00 am
\$175

Tone and sculpt your body with the use of free weights, combined with the mindfulness of yoga. In a safe, noncompetitive environment we will explore strength training for health with an emphasis on breath, form, awareness. The class will begin with warm-ups and stretching. The remaining time will be spent with weights, ending with a cool down and final relaxation.



Instructor: KATRYN MILLER

**PROGRAM
QUESTIONS?
CALL 978-448-8471**

MOVIE/VIDEO PRODUCTION

BASIC VIDEO PRODUCTION

4 Tuesdays, March 2, 9, 16, & 23
6:30 to 8:30 pm
No Charge

Learn all of the basics of video production for field and studio shooting. We'll go over the fundamentals of camera work including operation, composition, and exposure. You'll learn about audio for different locations using various microphones, and go over different scenarios for interesting and appealing television lighting. No experience necessary. All ages welcome.

Instructor: BOB COLEMAN.

INTRO TO VIDEO EDITING

1 Tuesday, March 30
6:30 to 8:00 pm
No Charge

Computers have made it possible to edit video digitally and there are many powerful editing programs, which can do far more than cut & dissolve between shots. In this course, we will go over the basic concepts behind digital editing. We will give demonstration of the many capabilities of our edit suites, which use the Final Cut Pro editing software. All ages welcome.

Instructor: BOB COLEMAN.

YOUTUBE & YOU: THE BASICS OF ONLINE VIDEO

1 Wednesday, March 10
6:30 to 8:00 pm
Prerequisite: Basic Video Production
Limit: 10 People
No Charge

YouTube & You is a class designed to teach the basics of online video. We will cover some of the most frequently asked questions about YouTube; such as "what file type should be movie be?" and "how do I get more people to watch my video?" We will tailor this class to those persons attending. If you have a specific question about YouTube or video in general, please call 978-448-3796 or e-mail:

PKELLY@THEGROTONCHANNEL.COM, prior to the workshop so that we can most accurately answer your questions during the class.

Instructor: BOB COLEMAN.



SHOOTING THE INTERVIEW

Tuesday & Wednesday, April 6 & 7
6:30 to 8:30 pm
Prerequisite: Basic Video Production
Limit: 10 People
No Charge

A two-night hands on workshop covering how to shoot a high quality interview on video. We will go over various techniques in lighting, audio, & interviewing and give students a chance to work with the Groton Channel's professional video gear.

Instructor: BOB COLEMAN.

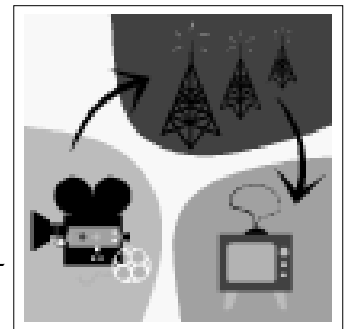


MAKING A SCENE: FROM CONCEPTION TO PRODUCTION

4 Tuesdays, April 13th, 27, May 4, 11
6:30 to 8:30 pm
Prerequisite: Basic Video Production
Limit: 10 People
No Charge

Making a Movie is a hands-on class where we will work together to make a short movie. Over the span of four weeks, we will brain storm ideas, write a script, shoot and edit out movie. This workshop depends upon a diverse group of interests in order to succeed. We need writers, actors, producers, and directors. If you are interested in any of these fields and would like to learn more about something new, then this workshop is for you! As an added incentive, the final movie we produce will air on The Groton Channel. Week one will involve brainstorming ideas. Bring your creativity! Once we've decided what our movie will be about, we will begin writing our script.

Instructor: BOB COLEMAN.



**PROGRAM
QUESTIONS?
CALL 978-448-8471**



REGISTRATION INFORMATION

Complete one registration form per student and include one check per course, payable to GDRSD. You can mail your registration form & check to GDRSD Comm Ed, Po Box 426 or drop off in person at:

The Peter Twomey Youth Center, 348 Main St, Groton.

Classes are not held on legal holidays or if school is closed due to vacation or inclement weather. If the instructor cancels a class, you will be notified by e-mail or phone..

Refunds will be made in full if a class is cancelled due to low enrollment or due to a medical condition that prevents attendance.

NO REFUNDS will be made for withdrawals made less than one week prior to start of class.

FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE AT:

WWW.GDRSD.ORG/COMMUNITY/ADULTEDUCATION.HTML

Senior Discount 15%

It is the policy of the Groton-Dunstable Regional School District not to discriminate on the basis of race, religion, color, gender, disability, sexual orientation, national origin, or homelessness in its educational programs, activities, or employment policies as required by Title IX of the 1972 Education Amendments, Chapter 622 of the Acts of 1971 and Section 504 of the Rehabilitation Act. Requests for information about these laws and/or grievance procedures should be directed to Dr. Susan Rubel, Director of Curriculum and Staff Development, Groton-Dunstable Regional School District, 978-448-5505, ext. 213.

HOW TO REGISTER

Complete one registration form per student and include one check per course, payable to GDRSD.



By Mail:

Mail the registration form and payment to:

**GROTON-DUNSTABLE
COMMUNITY EDUCATION
PO BOX 426
GROTON, MA 01450**



In Person:

You may register in person at the Peter Twomey Youth Center, 348 Main Street,

Groton. *Behind the Middle School North building

**Please submit a
SEPARATE
registration form for
each person.**

**NO REFUNDS WILL BE
MADE FOR ABSENCES OR
WITHDRAWL**



**Register Now!
Classes Start
Monday,
March 1, 2010!**

REGISTRATION FORMS

REGISTRATION FORM

NO REFUNDS WILL BE MADE FOR ABSENCES OR WITHDRAWAL

LAST NAME

FIRST NAME

MAILING ADDRESS

ZIP

HOME PHONE #

CELL PHONE #

EMAIL ADDRESS

(CONFIRMATION IS MADE VIA EMAIL 1 WK. PRIOR TO FIRST CLASS)
PLEASE PRINT CLEARLY

COURSE TITLE

FEE

COURSE DATE(S)

TIME

COURSE TITLE

FEE

COURSE DATE(S)

TIME

SENIOR DISCOUNT (15%)

PLEASE SUBMIT A SEPERATE CHECK FOR EACH COURSE

CHECKS SHOULD BE MADE PAYABLE TO GDRSD

GROTON-DUNSTABLE COMMUNITY EDUCATION

PO BOX 426

GROTON, MA 01450



QUESTIONS? PLEASE CALL 978-448-8471

PLEASE...
REGISTER PROMPTLY FOR COURSES

We must make decisions about whether or not a class will be held about a week in advance of the start date. Sometimes just two or three registrations make the needed difference to meet minimum enrollment requirements. On the other hand, some classes fill up early and a prompt registration will ensure your space in the class. Either way, registering early is the best way to avoid disappointment.

QUESTIONS?
CALL GROTON-DUNSTABLE
(978) 448-8471

Groton-Dunstable
Community Education
P.O.B 426
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Groton-Dunstable Regional Schools
P.O. Box 729
Groton, MA 01450

Prsrt. Std
U.S. Postage PAID
Permit No. 20
Ayer, MA 01432

DATED MATERIAL
PLEASE DO NOT DELAY