

GROTON PUBLIC SCHOOLS

P.O. Box 729  
Groton, MA 01450

NONPROFIT ORGANIZATION  
U.S. POSTAGE PAID  
Ayer, MA  
PERMIT #9

**DATED MATERIAL  
PLEASE DO NOT DELAY**

FALL 2008  
GROTON-DUNSTABLE  
COMMUNITY EDUCATION  
PROGRAMS

*Register Now!  
Classes Start  
October 6th*

P.O. BOX 426 • GROTON, MA 01450

PHONE: 978-448-8471 • FAX: 978-448-1214

[KTUOMI@GDRSD.ORG](mailto:KTUOMI@GDRSD.ORG)

[WWW.GDRSD.ORG/COMMUNITY/PTYCMAIN.HTML](http://WWW.GDRSD.ORG/COMMUNITY/PTYCMAIN.HTML) ☒



Dear Friends of Groton-Dunstable Community Education,

When the school bell rings this Fall, it will call students of all ages to exciting new learning experiences. Whether it is to learn a new skill, prepare yourself for the future or to have fun, community education can help. Isn't it great to know that these wonderful opportunities are right in our own backyard? Please take a moment to look at some of the wonderful new offerings that we have, along with many of the past favorites! Hope to hear from you soon.

Best Regards,

*Karen J. Swome*



**POLICIES & 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 spring term begins on **Monday, October 6 and continues until Thursday, December 18.** 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.

**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.

(CHECKS PAYABLE TO: GDRSD)  
**GROTON-DUNSTABLE  
COMMUNITY EDUCATION  
PO BOX 426  
GROTON, MA 01450**



**QUESTIONS? CALL 978-448-0398**

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Register Now!  
Registration Form  
on Page 7

**Knitting**

6 Tuesdays

OCTOBER 17, 21, 28

NOVEMBER 4, 18, 25

\$79

(SEPERATE MTRLS. CHARGE PAYABLE TO INSTRUCTOR)

Beginners will learn basic knitting skills, abbreviations, and terms. 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. Feel free to contact the instructor prior to class.

INSTRUCTOR: JANET SHEA, OWNER OF COUNTRY VILLAGE YARN SHOP, PEPPERELL, MA

**Sewing**

8 WEDNESDAYS - STARTS OCTOBER 7

6:30 TO 8:30 PM

\$89

This class is geared toward the individual. During our first class we will discuss 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 1st and 2nd 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 1st project. Please familiarize yourself with your machine and make sure it is in working order. Bring a notebook 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

**Watercolor Painting**

8 TUESDAYS - STARTS OCTOBER 7

(NO CLASS NOV. 11)

\$84

7:00 TO 9:00 PM

FOR ALL EXPERIENCE LEVELS

The basics of watercolors will be covered, but painters of all levels are welcome. We will work on different techniques including wet on wet, dry on dry, dry on wet, and wet on dry, as well as experimental methods such as stamping, lifting, and texturing. We will discuss the use of color, light, and composition. Each student will work independently on their subject matter of choice. 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. *If buying new paints, please do not bring any paints that contain lead.*

Discussion of materials will take place in the first class.

INSTRUCTOR: GINGER HUGHES

**The Finances of Divorce:*****When 1/2 and 1/2 Are Not Always Equal***

1 WEDNESDAY

OCTOBER 29

7:00 TO 9:00 PM

\$20

It is said that you get divorced three times: legally, emotionally, and financially.

When the legal issues are resolved and the emotional issues behind you, the financial settlement will still significantly impact the rest of your life. Did you know: A 50/50 division of assets is not always equitable. Deferred taxes can impact the division of assets. Alimony and child support have different tax implications. The timing of the house sale can have a major tax impact. If you are contemplating divorce, starting the process, in mediation or negotiation, looking at settlement options, this 2-hour seminar is for you. We'll look at the financial mistakes that are often made in divorce settlements, compare and contrast different settlement options and discuss ways to determine how you will be doing financially 5, 10, 15 years down the road.

INSTRUCTOR: RENEE W. SENES IS A FINANCIAL CONSULTANT WITH INVESTORS CAPITAL CORP. AND AN INDEPENDENT INVESTMENT ADVISOR REPRESENTATIVE AFFILIATED WITH INVESTORS CAPITAL ADVISORY.

**Managing Your Finances:*****What Every Woman Needs To Know***

1 WEDNESDAY

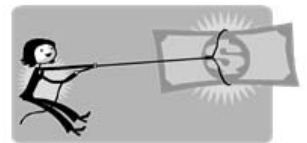
OCTOBER 29

7:00 TO 9:00 PM

\$20

Do you know what you have for assets, liabilities, income, and expenses? Do you feel comfortable talking with an attorney, insurance agent, or financial consultant? Do you feel confident setting financial goals and selecting investment vehicles? Whether you are married, single, widowed, divorced or contemplating divorce, you need to be in control of your finances. Learn how to identify assets and liabilities, track income and expenses, understand investments, and identify personal insurance needs. Participants will find out how to set financial goals and objectives, manage finances with confidence, and be active participants in their financial future. You will also learn the concepts of risk tolerance, asset management, insurance, investments, and much more.

INSTRUCTOR: RENEE W. SENES IS A FINANCIAL CONSULTANT WITH INVESTORS CAPITAL CORP. AND IS AN INDEPENDENT INVESTMENT ADVISOR REPRESENTATIVE AFFILIATED WITH INVESTORS CAPITAL ADVISORY.

**The Money Thing: *Helping Women Develop Abundance in Their Lives***

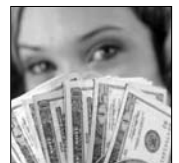
1 WEDNESDAY - OCTOBER 16

7:00 TO 8:30 PM

\$20

Are you in a transition right now? Is money an issue? Are you frustrated because no matter how hard you try, no matter how much you have read by all the experts, you just can't manifest the results you are looking for? In this workshop, we will have an intimate conversation about money. The conversation will be intimate because money is one of the most private and hardest things to talk about. Through conversation, meditation, poetry, and simple writing exercises, we will explore our relationships to money, and begin to see, from the inside out, how we are stuck in family patterns that keep us where we are. With this newly gained self-knowledge, you will leave feeling inspired and empowered to take the next step toward receiving abundance in your life.

INSTRUCTOR: MOLLY SALANS IS COFOUNDER OF TRANSITIONS COUNSELING CENTER IN LITTLETON, MA. SHE IS A LICENSED SOCIAL WORKER AND MARRIAGE AND FAMILY THERAPIST, AND THE AUTHOR OF *STORYTELLING WITH CHILDREN IN CRISIS*.



## Tax-Free Investing Workshop

1 WEDNESDAY

OCTOBER 29

7:00 TO 8:30 PM

\$20 PER FAMILY

Would you settle for 75 cents on the dollar? Of course not! But you do every time you invest in a taxable investment. Assuming a 25% tax bracket, Uncle Sam gets 25 cents of every dollar that your money earns when it's in a taxable investment. I'm sure you would like to hear more. Please join me and until then, keep 75 cents change in your pocket as a reminder of how much the earnings of your taxable investment dollar is really worth to you.



**INSTRUCTOR: MARSHALL-BEN TISDALE IS A FINANCIAL ADVISOR WITH EDWARD JONES INVESTMENTS IN WESTFORD, MA.**

## Video Production

4 MONDAYS - STARTS OCTOBER 20

(NO CLASS NOV. 10)

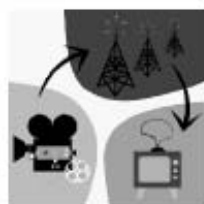
6:30 TO 8:30 PM

\$ FREE

(HELD AT THE HIGH SCHOOL)

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 WEDNESDAY

NOVEMBER 19

7:00 TO 8:30 PM

\$ FREE

(HELD AT THE HIGH SCHOOL)

Computers have made it possible to edit video digitally and there are many powerful editing programs, which can do far more than cut and 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.**

## Financial Aid and College Help Programs

### Maximize Your College Financial Aid

1 MONDAY

OCTOBER 20

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. 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 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 CERTIFIED FINANCIAL PLANNER.**

### Parents: Prepare Yourself For College

1 WEDNESDAY

OCTOBER 8

7:00 TO 9:00 PM

\$25

This is a class designed for high school parents of college bound students. We will be discussing the college application process, including activities resume, essays, interviews, GPA (weighter/unweighted and what it means), SAT testing, and much more! Applying to college can be overwhelming for parents and this will help get you through it and remain sane. There will be a question and answer timeframe and resources will be available.



**INSTRUCTOR: PAM KAZENIAC, GDRHS TEACHER.**

## DANCING

### Intro to Line Dancing

2 MONDAYS

OCTOBER 20 & 27

7:00 TO 9:00 PM

\$44

Line dancing is not just for cowboys (and cowgirls!) anymore. 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.**

### Latin Dance

8 TUESDAYS - STARTS OCTOBER 7

(NO CLASS NOV. 11)

6:30 TO 7:30 PM

\$79

Have you been watching "Dancing with the Stars" or "So You Think You Can Dance?" Would you like to learn the SALSA or CHA CHA? These dances are fun, vibrant Latin Dances. The class will include basic steps and a variety of turns in combinations. Partnering is not required and every student will dance the whole class. The cost of class includes a CD with wonderful Latin music to dance to.

**INSTRUCTOR: LOUISE DORIAN**



**CPR  
Cardiopulmonary Resuscitation  
for Family and Friends**

MONDAY, OCTOBER 6 AND  
THURSDAY, OCTOBER 9 6:30 TO 8:30 PM  
\$40

(ADD'L \$10 FOR AHA CARD, PAYABLE TO INSTRUCTOR)  
Learn lifesaving skills necessary to help resuscitate unconscious children/adults. You will learn CPR and relief of foreign-body airway obstruction for adult/children. This course meets the AHA Guidelines for CPR. Successful participants will be issued an AHA Course Certification Card.  
INSTRUCTOR: REILLY HUTCHINSON, PE TEACHER AT HS.

**Empowering Parents  
Parenting From the Inside Out**

1 THURSDAY  
OCTOBER 9 7:00 TO 8:30 PM  
\$20

Do you need innovative, inspiring parenting ideas? Do your children have learning problems, ADHD, Depression and/or Anxiety? There is a way to parent with discipline, clarity, and love, regardless of or because of the gifts and ailments your children were born with. While this method is not easy, mainly because parenting is NEVER easy, it is a worthwhile method to learn and know about. We will explore these ideas of empowerment, which will most



likely leave you feeling relieved, inspired, and not alone!  
INSTRUCTOR: MOLLY SALANS, COFOUNDER OF TRANSITIONS COUNSELING CTR. IN LITTLETON, MA. SHE IS A LICENSED SOCIAL WORKER AND MARRIAGE/FAMILY THERAPIST, AND AUTHOR OF *STORYTELLING WITH CHILDREN IN CRISIS*.

**Long-Term Care is a Family Affair**


1 TUESDAY  
OCTOBER 14 6:30 TO 8:30 PM  
\$20

Are you age 55 or older? Are you ready for tomorrow? Do you have a plan in place should you need long term care services in the next 24 hours? If not, then both you and your family are invited to a seminar to help you begin thinking and talking about the process of planning for a potential long-term care event.



INSTRUCTOR: MARSHALL-BEN TISDALE IS A FINANCIAL ADVISOR WITH EDWARD JONES INVESTMENTS IN WESTFORD, MA.



 Please Look for the  
Children's Program Flyer  
Coming Home in Backpacks  
September!



**Autumn Star Party**

1 TUESDAY, (RAIN DATES NOV. 19 OR 20)  
NOVEMBER 18 & 27 6:00 TO 9:00 PM  
\$26 ( HELD AT MIDDLE SCHOOL SOUTH LIBRARY)

Joins us on a voyage to the stars! A brief indoor introductory session will be followed by outdoor observing. We will begin by pointing out major autumn stars and constellations, then continue with binoculars and telescopes to explore cosmic wonders like the moon, the planet Jupiter, the "ET" star cluster, and the Andromeda Galaxy. Don't miss this chance to connect with the cosmos! Appropriate for all ages 12 and up.



INSTRUCTOR: GLEN CHAPLE, AN EXPERIENCED ASTRONOMER WHO WRITES FOR *BEGINNERS IN ASTRONOMY MAGAZINE*

**Basic Backyard Astronomy**

3 TUESDAYS  
OCTOBER 21, 28 & NOV. 4 6:30 TO 8:30 PM  
\$44 ( HELD AT MIDDLE SCHOOL SOUTH LIBRARY)

Have you gazed upward at the night sky and wished you could identify the stars and constellations? Do you own binoculars or a telescope, but don't know what to look for in the night sky once you step outside? Astronomy comes alive in this 3-session program. You'll learn what's "up" in the night, from the moon to distant galaxies. Except for brief introductory sessions inside, all of our time will be spent outside under the stars. This course is appropriate for beginner or intermediate sky gazers, ages 12 and up. If you've taken this course before, come on back!

INSTRUCTOR: GLEN CHAPLE, AN EXPERIENCED ASTRONOMER WHO WRITES FOR *BEGINNERS IN ASTRONOMY MAGAZINE*

HEALTH & FITNESS

**Kickboxing**

8 WEDNESDAYS - STARTS OCTOBER 7 & 27  
(NO CLASS NOV. 26) 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 that your waist, buttocks, and hips won't forget. For participants of all fitness levels, for a full body workout, designed to incorporate self-defense techniques and drills to enhance your strength and endurance. Be ready to sweat—bring a towel and water!



INSTRUCTOR: KATE NELSON, A CERTIFIED (AFAA) GROUP EXERCISE INSTRUCTOR.

**How to Give a Good Massage**

2 MONDAYS  
OCTOBER 20 & 27 7:00 TO 9:00 PM  
\$49

Learn how to give your loved ones a good basic massage. Find out what is involved in this wonderful experience. Focus will be on neck, back, shoulders, arms, and legs. Taught by a licensed and certified massage therapist All you need to bring is your own two hands! Please wear loose fitting clothing.

INSTRUCTOR: MICHAEL CORONELLA, M.S., AND LMT.

## Tae Kwon Do

TUESDAYS, CLASSES ONGOING

(NO CLASS NOV. 11)

\$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. A family oriented club, anyone from first grade and up is welcome. Held at Prescott School Gym.

INSTRUCTOR: DON ROTA

6:45 TO 8:45 PM



## Transforming Your Life Through Better Nutrition

4 TUESDAYS

OCTOBER 7, 14, 21 & 28

\$99



7:30 TO 8:30 PM



Discover the food and lifestyle choices that will improve the health and wellness of you and your family. Learn about foods that will increase your energy naturally, boost your immune system, prevent illness, and help you achieve your ideal weight permanently. You will learn how to really read food labels, what ingredients to avoid, and how to determine if a product is good for your body. We'll cover organic foods, whole foods, and the "super-foods" that unfortunately are missing from most modern diets.

INSTRUCTOR: JULIE HANAGAN, CERTIFIED

HEALTH COUNSELOR. SEE [WWW.CRAVINGBETTERHEALTH.COM](http://WWW.CRAVINGBETTERHEALTH.COM) FOR MORE INFORMATION.

## Your Personal Transformation: A Home Study Fitness and Healthy Eating Program

\$55

(ON-GOING VIA E-MAIL)

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? 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. For more information, contact the Adult Community Ed office.

INSTRUCTOR: MARIE O'MALLEY



## ABOUT THE INSTRUCTOR...

Katryn Miller is a Professional Yoga Teacher, certified through the Kripula Center for Yoga and Health, holds a Master's Degree in Health Education and Exercise Physiology and has been a yoga practitioner and teacher for over 18 years.

## THE FOLLOWING COURSES ARE INSTRUCTED BY KATRYN MILLER:

### Basic Yoga

10 TUESDAYS - STARTS OCTOBER 7

(NO CLASS NOV. 11)

\$150

7:30 TO 9:00 PM

10 SATURDAYS - STARTS OCTOBER 11

8:00 TO 9:30 AM

\$175

NO PREVIOUS EXPERIENCE REQUIRED

This class is designed to build strength, increase flexibility, and improve mental clarity. Practice basic yoga postures and learn skills for developing proper alignments. Wear loose comfortable clothing. Light or minimal eating within two hours prior to class is recommended..

INSTRUCTOR: KATRYN MILLER

### Continuing Yoga

10 WEDNESDAYS - STARTS OCTOBER 8

(NO CLASS NOV. 27)

\$150

7:30 TO 9:00 PM

PREVIOUS EXPERIENCE REQUIRED

This class is designed for people desiring a vigorous workout. Learn a challenging series of postures that focus on strength, concentration, flexibility, and balance. 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 OCTOBER 7

(NO CLASS NOV. 11)

\$150

5:30 TO 7:00 PM

NO PREVIOUS EXPERIENCE REQUIRED

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 the skills for developing proper alignment. Wear loose comfortable clothing. Light or minimal eating within two hours prior to class is recommended.

INSTRUCTOR:

KATRYN MILLER



## Yoga

10 TUESDAYS - STARTS OCTOBER 7 (NO CLASS NOV. 4, 11)

9:30 TO 11:00 AM

10 THURSDAYS - STARTS OCTOBER 9 (NO CLASS NOV. 27)

9:30 TO 11:00 AM

\$150

NO PREVIOUS EXPERIENCE REQUIRED

While building on the basics of Yoga, as above, this level adds more challenging postures, builds strength, increases flexibility and improves mental clarity. Wear loose comfortable clothing. Light or minimal eating within two hours prior to class is recommended.

INSTRUCTOR: KATRYN MILLER

## Afternoon Yoga

10 MONDAYS - START OCTOBER 6

(NO CLASS OCT. 13)

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 is recommended. Class is held in the HS Aerobics room.

INSTRUCTOR: KATRYN MILLER

## Tone & Sculpt

10 WEDNESDAYS - STARTS OCTOBER 8

(NO CLASS NOV. 26)

9:30 TO 11:00 AM

10 THURSDAYS - STARTS OCTOBER 9

(NO CLASS NOV. 27)

6:00 TO 7:30 PM

\$150

10 SATURDAYS - STARTS OCTOBER 11

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, non-competitive environment we will explore strength training for health with an emphasis on breath, form, and awareness. The Class will begin with warm-ups and stretching. Remaining

time will be used with weights, ending with a cool down and final relaxation.

INSTRUCTOR: KATRYN MILLER

## Flat Abs With Pilate's & Weight Training: The Belly Fat Blaster Class

10 MONDAYS - STARTS OCTOBER 6

(NO CLASS OCT. 13)

9:00 TO 10:00 AM

10 MONDAYS - STARTS OCTOBER 13

7:00 TO 8:00 PM

\$120

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. 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 AND ASSOCIATES. 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, AS WELL AS A WELLNESS COACH.

## The True Solution To Reduce Belly Fat

Two 90-minute Seminars that give you all the information you need to begin an effective home-based exercise and healthy eating program. Take one, two, or all three.

INSTRUCTOR: MARIE O'MALLEY, 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, AS WELL AS A WELLNESS COACH.

### Flat Abs with Pilate's: Learn a Home-Based Core Conditioning Program

1 THURSDAY

OCTOBER 25

7:30 TO 9:00 PM

\$65

A fitness coach will review the best core conditioning exercises featuring Pilate's mat work for better posture, a stronger back, and flat abs. Participants will leave with a manual to continue the program at home.

### Learn a Weight Training Program at Home in One Night

1 THURSDAY

OCTOBER 25

6:00 TO 7:30 PM

\$65

Participants will learn the most effective exercises to train the body to release stored fat. Designed as simple 10-min. workouts, you will increase your metabolism and burn more calories 24 hours a day with these workouts. A fitness coach will assist each participant to be sure every-one is exercising safely and effectively. Everyone will leave with a manual to use at home.



## HOME REPAIR

### Home Electrical Repair

1 MONDAY

NOVEMBER 3

6:00 TO 9:00 PM

1 MONDAY

NOVEMBER 17

6:00 TO 9:00 PM

\$24 PER SESSION

(ADD'L \$5 MATERIAL FEE PAID TO INSTRUCTOR)

The instructor will provide a demonstration and explanation of practical methods to repair small electrical problems and additions and upgrades that do not require 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 televisions.



INSTRUCTOR: JOHN CHAVIER, HAS A B.S. IN ELECTRICAL ENGINEERING TECHNOLOGY AND IS AN ELECTRICAL CONTRACTOR.

# 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**



## By Telephone:

You may reserve a place in a class by telephoning

978-448-0398 and following up by putting your registration and payment in the mail.



## In Person:

You may register in person at the

Peter Twomey Youth Center,  
348 Main Street, Groton.  
(Behind the Middle School North building)



## By Fax:

You may fax your registration to 978-448-1214 and follow up by putting your payment in the mail.

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

## REGISTRATION FORM

PLEASE PRINT CLEARLY

LAST NAME FIRST NAME

ADDRESS TOWN STATE ZIP

HOME PHONE# CELL PHONE#

EMAIL ADDRESS (OPTIONAL)

| Course Title | Class Session | Fee |
|--------------|---------------|-----|
|              |               |     |
|              |               |     |
|              |               |     |

SENIOR DISCOUNT \_\_\_\_\_ Yes

ENCLOSED IS MY CHECK FOR \$ \_\_\_\_\_ MADE PAYABLE TO GDRSD.

## REGISTRATION FORM

PLEASE PRINT CLEARLY

LAST NAME FIRST NAME

ADDRESS TOWN STATE ZIP

HOME PHONE# CELL PHONE#

EMAIL ADDRESS (OPTIONAL)

| Course Title | Class Session | Fee |
|--------------|---------------|-----|
|              |               |     |
|              |               |     |
|              |               |     |

SENIOR DISCOUNT \_\_\_\_\_ Yes

ENCLOSED IS MY CHECK FOR \$ \_\_\_\_\_ MADE PAYABLE TO GDRSD.

(CHECKS PAYABLE TO: GDRSD)

**GROTON-DUNSTABLE COMMUNITY EDUCATION**

**PO BOX 426**

**GROTON, MA 01450**

**QUESTIONS? CALL 978-448-0398**

