

Frenchtown Continuing Education Classes

Yoga Fit

Gentle, but challenging. This yoga class emphasizes a more powerful, flexible and defined physique. We will work on posture alignment, breathing and relaxation as well as mental clarity, stress management and over-all well being. All levels welcome. Yoga mat required. 6.25 hrs

W12-FR01.1 Frenchtown Jr H
Mondays, Jan 9-Feb 6 5:15-6:30 pm
Sandra Brosious \$17

W12-FR01.2 Frenchtown Jr H
Wednesdays, Jan 11-Feb 8 5:15-6:30 pm
Sandra Brosious \$17

W12-FR01.3 Frenchtown Jr H
Mondays, Feb 27-Mar 26 5:15-6:30 pm
Sandra Brosious \$17

W12-FR01.4 Frenchtown Jr H
Wednesdays, Feb 29-Mar 28 5:15-6:30 pm
Sandra Brosious \$17

"Faster, Stronger" Circuit

Join us for this fast-paced strength and aerobic conditioning class. We will use 12 stations to tone and shape your entire body while maintaining an aerobic pace to burn calories and get you on the way to the "Faster, Stronger" you! This is a moderate intensity exercise class (i.e. minimally, should be able to complete 50 min of brisk walking) and familiarity of exercise equipment is helpful to keep the pace.

W12-FR02.1 Frenchtown PT Clinic
Mon, Wed, Fri, Jan 9-Feb 17 5:30-6:30 am
Christine Manson \$58

W12-FR02.2 Frenchtown PT Clinic
Mon, Wed, Fri, Feb 22-Mar 30 5:30-6:30 am
Christine Manson \$55

Frenchtown Adult Basic Education

This free program provides instruction in math, reading, writing, science and social studies to help you prepare for the GED, college and the workforce. Instruction is tailored to meet your academic needs and goals. Come in at 5:30 pm Monday or Wednesday evenings to get started.

Frenchtown High School Room 203
Monday and Wednesday 6-8 pm Free!

Beginning Country Line Dance

Come kick up your heels with us and get a workout too. Country line dancing is fun, easy to learn, great exercise and partners are not required. A variety of dances will be covered. Wear comfortable clothing and smooth-soled shoes (no black). 6 hrs

W12-FR03.1 Frenchtown El
Thursdays, Jan 12-Feb 16 6-7 pm
Sharon Croft \$17

W12-FR03.2 Frenchtown El
Thursdays, Mar 8-Apr 12 6-7 pm
Sharon Croft \$17

Hot Country Dance

Learn the moves to the most popular dances on the dance floor. Jitterbug, 2-step, waltz, to name a few! Each week you will learn a new dance. Partners required, price per person. 6 hrs

W12-FR04.1 Frenchtown El
Thursdays, Jan 12-Feb 16 7:05-8:05 pm
Sharon Croft \$17

W12-FR04.2 Frenchtown El
Thursdays, Mar 8-Apr 12 7:05-8:05 pm
Sharon Croft \$17

Making the Most of your Digital Camera

Do all the menus on your digital camera confuse you? Would you like to feel more comfortable using all those buttons? Explore the common features of digital cameras. We will display the pictures you've created and talk about how to improve them using digital controls. Anyone with a digital camera is welcome. (You do not need a computer or printer to take the class. Not for digital video cameras.) Please bring your camera and instruction booklet with you to every class. 10 hrs

W12-FR07 Frenchtown HS
Tuesdays, Feb 21-Mar 20 6:30-8:30 pm
Kathy Eyster \$22

Tulip Garden Throw or Table Topper

Chase away the winter blahs with this cheerful throw quilt or table topper. You will use bright colors to build your garden of tulip blocks. First class will be held from 6 pm - 8 pm and we will discuss design options and materials for your quilt. 11 hrs

W12-FR08 Frenchtown HS
Mondays, Jan 23-Feb 13 6-9 pm
Dalene Normand \$37+Supplies

Pottery

Learn the joys of hand building pottery. Explore making slab pots and bowls, coil pots, pinch pots or drape bowls as well as the art of glazing. This class is great for beginners as well as those who have had prior experience. Just bring your creativity and be ready to get dirty! 8 hrs

W12-FR05 Frenchtown HS
Tuesdays, Feb 21-Mar 20 6:30-8:30 pm
Sue Dansie \$43

Steampunk Earrings.

Straight from the pages of HG Wells and Jules Verne, these Victorian style earrings will knock your stockings off! Dazzle your friends and family with the 6 pair of awesome earrings you are going to create in this fun and fast paced class. All materials are provided. All skill levels. 6 hrs

W12-FR06 Frenchtown HS
Tuesdays, Feb 28-Mar 6 6-9 pm
Elizabeth McCubbin \$29

Thai Cooking

Explore the magical taste of Thailand. Thai food is famous for its complex variety of cooking methods, ingredients, textures, temperatures, and flavors. Over two class periods learn to make and enjoy Tom Kha Gai (Chicken-Coconut Soup with Galanga), Yum Neua Yahng Nahm Toke (Fiery Grilled Beef Salad), Jasmine Rice, Paht Thai (Rice Noodles Stir-Fried Thai Style), and Gluay Buat Chee (Bananas Stewed in Coconut Milk). 6 hrs

W12-FR09 Frenchtown HS
Saturdays, Jan 28-Feb 11 2-5 pm
Sue Dansie \$41



Register 7 Days Before a Class Starts and Save \$5 Per Class!
Register online www.TheLifelongLearningCenter.com
or call MCPS Adult Education at 549-8765

