

# Frenchtown Continuing Education Classes

## 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. A partner is required for this class. Both will need to register and pay the tuition.

F-CD04.1 Frenchtown El School \$18.00  
# Sessions-6 Day-Th, 10/2-11/13  
7:15 PM-8:15 PM Croft, Sharon

## Beginning Country Line

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. You will learn the Elvira, Tush Push, Slappin' Leather, Cupid Shuffle, Electric Slide and Money Money. Wear comfortable clothing and smooth-soled shoes.

F-CD03.1 Frenchtown El School \$18.00  
# Sessions-6 Day-Th, 10/2-11/13  
6:00 PM-7:00 PM Croft, Sharon

## OULA

OULA is an easy to follow, high cardio, dance fitness class that can be done at any intensity level making it great for people of all ages, shapes, dance experience and ability. It is a motivating hour of high-energy exercise to top 40's music where participants are free to let it all out and dance free of judgment.

F-DAN02.9 Frenchtown EL School \$20.00  
# Sessions-7 Day-Mo, 9/8-10/20  
6:30 PM-7:30 PM Treible, Kyra

F-DAN02.9 Frenchtown EL School \$22.00  
# Sessions-8 Day-Mo, 10/27-12/15  
6:30 PM-7:30 PM Treible, Kyra



## Yoga

Our Yoga classes are based on traditional Hatha Yoga techniques and principles of alignment--integrating postures, breathing exercises relaxation to help people of all ages improve physical fitness, flexibility, and balance. All levels welcome. Yoga mat required.

F-YOG02.10 Frenchtown Junior H \$18.00  
# Sessions-6 Day-We, 9/17-10/22  
5:30 PM-6:45 PM Mochi, Robin

## Quilting - Bobbing Squares

The squares in this simple quilt feel like they are bobbing on the water. It is a good pattern to use up scraps or a charm pack. First class will be 1.5 hrs and will cover all the materials and supplies needed.

SQ-Q06 Frenchtown High S \$55.00  
# Sessions-4 Day-Mo, 9/8-9/29  
6:00 PM-9:00 PM Normand, Dalene

## Adult Basic Education

Do you live in Frenchtown or the surrounding area? For your convenience, math, reading and writing classes to prepare for college, the HiSET or better employment opportunities are offered at the Frenchtown High School. They are on the second floor in the computer lab next to the library.

Mon & Weds 5:30-8 pm Starts Sept 9

## Basic Metal Art

This is a very basic course in how to design, cut, and weld metal art and craft projects. You will learn how to safely operate a handheld plasma cutter, automatic (MIG) welder, make simple weld repairs on steel, and design a metal art or craft project that you design.

T-WEL01.1 Frenchtown High S \$78.00  
# Sessions-6 Day-Mo, 9/8-10/13  
6:00 PM-8:00 PM Mecham, Sean

**Register 7 Days Before a Class Starts and Save \$5 Per Class!**  
**Register online [www.TheLifelongLearningCenter.com](http://www.TheLifelongLearningCenter.com)**  
**or call MCPS Adult Education at 549-8765**