

Fitness & Recreation

Pilates

This is an intense one-half hour floor workout with an exercise ball and other equipment. This class is designed to tone your midsection through a series of exercises, focusing on your core muscles: abs, thighs, butt and lower back. Please bring a mat or a towel. **Classes will be held at the Northeast Academy of Martial Arts, 4054 Quakerbridge Road, Mercerville NJ.**

Tuition and fees: \$95 (includes \$36 tuition and \$59 fees)

XFW380-083431 Sept 14-Oct 21
12 sessions M,W 6:45-7:15pm

XFW380-083432 Sept 15-Oct 22
12 sessions Tu,Th 5:30-6pm

XFW380-083433 Oct 26-Dec 2
12 sessions M,W 6:45-7:15pm

XFW380-083434 Oct 27-Dec 8*
12 sessions Tu,Th 5:30-6pm

*Class will not meet Nov 26

Northeast Academy of Martial Arts

Cardio Kick

Cardio Kick has fast become the hottest workout in America. Just like Tae Bo, because it teaches you the practical techniques of self-defense in a high energy class that's never boring like other workouts. Punches, Kicks, Elbows, Knees, all done to music in a fun, exciting way that ANYONE can learn. You can burn up to 800 calories per class, tone muscles, fight fat, enhance cardiovascular endurance, learn basic self-defense, release stress, and have fun. It's an all-over total body workout. No physical contact. Wear comfortable workout clothes. **Classes will be held at the Northeast Academy of Martial Arts, 4054 Quakerbridge Road, Mercerville, NJ.**

Tuition and fees: \$95 (includes \$36 tuition and \$59 fees)

XFW350-083435 Sept 15-Oct 22
12 sessions Tu,Th 6:15-7:15pm

XFW350-083436 Oct 27-Dec 8*
12 sessions Tu,Th 6:15-7:15pm

Class will not meet Nov 26

Northeast Academy of Martial Arts



T'ai Chi Ch'uan

T'ai Chi Ch'uan is the ancient Chinese secret to health, rejuvenation and longevity. A martial art and moving meditation, T'ai Chi is based on Taoist philosophy, emphasizing calm awareness and inner tranquility.

Tuition and fees: \$54

XFW325-083438 Sept 23-Oct 28
6 sessions W 7-8pm

Guy DeRosa, MCCC Instructor



Children's Martial Arts (Ages 6 and older)

It's amazing what children can achieve when they have self-confidence. Part of developing that self-confidence comes from setting goals and reaching them, from striving for excellence and achieving it, and from doing things you never thought you could. It's that kind of self-confidence that learning Martial Arts can build in your child. Our highly trained instructors teach your children in a safe, supervised atmosphere that makes learning fun. **Classes will be held at the Northeast Academy of Martial Arts, 4054 Quakerbridge Road, Mercerville, NJ.**

Tuition and fees: \$95 (includes \$36 tuition and \$59 fees)

XYP747-083439 Sept 25-Nov 13
8 sessions F 6-7pm

Northeast Academy of Martial Arts

Zumba Aerobics **NEW!**

Try the new Latin based dance-fitness craze. Move to Latin rhythms such as salsa, merengue, cumbia, reggae and other international beats. The class is geared for all levels of fitness low to high impact.

Tuition and fees: \$65

XFW302-083446 Oct 5-Nov 9
6 sessions M 7-8pm

Shakira Morgan, MCCC Instructor

Aerobic Kickboxing

Few exercise programs can get you in shape faster and with more fun than Cardio Karate Kickboxing for fun and fitness. You will burn calories, tone muscles, fight fat, reduce stress, enhance cardiovascular endurance, learn basic self defense, have fun and lose weight. Students should bring boxing gloves and/or hand wraps, a bottle of water, and a towel and/or exercise mat (gloves and hand wraps may be purchased at the class site). **Classes will be held at the Northeast Academy of Martial Arts, 4054 Quakerbridge Road, Mercerville, NJ.**

Tuition and fees: \$95 (includes \$36 tuition and \$59 fees)

XFW376-083440 Sept 14-Oct 21
12 sessions M,W 5-5:45pm

XFW376-083441 Sept 14-Oct 21
12 sessions M,W 7:30-8:15pm

XFW376-083442 Oct 26-Dec 2
12 sessions M,W 5-5:45pm

XFW376-083443 Oct 26-Dec 2
12 sessions M,W 7:30-8:15pm

Northeast Academy of Martial Arts

EZ Karate Self Defense

Nothing is more frightening than the prospect of being attacked. Real life self-defense is not like the movies. Our EZ Karate Self Defense program teaches you how to handle yourself in attack situations to quickly and easily disable the attacker. You need to know what to do, and how to do it without delay, so learn to protect yourself! No uniform required. Wear sweat pants and T-shirt. **Classes will be held at the Northeast Academy of Martial Arts, 4054 Quakerbridge Road, Mercerville, NJ.**

Tuition and fees: \$95 (includes \$36 tuition and \$59 fees)

XFW375-083444 Sept 14-Nov 2
8 sessions M 7-8:30pm

Northwest Academy of Martial Arts

Power Tone

This intense 1/2-hour class provides a great workout to develop strength, toning and endurance by working the upper and lower body, unilaterally and bilaterally, improving coordination and enhancing flexibility. The use of flexibility tubes offers progressive resistance levels, isolation of targeted muscle groups, and full range of motion exercise. It is a total body-conditioning program. Bring a water bottle and a towel. Resistance tubes to be purchased at Northeast Academy before class for \$25. **Classes will be held at the Northeast Academy of Martial Arts, 4054 Quakerbridge Road, Mercerville, NJ.**

Tuition and fees: \$70 (includes \$21 tuition and \$49 fees)

XFW711-083445 Sept 14-Oct 21
12 sessions M,W 6-6:30pm

Northeast Academy of Martial Arts

Qigong for Health and Balance:

Learning to think energetically

Qigong (pronounced "chee goong") is an ancient Chinese exercise/healing art that helps to align and balance your mind, body, and spirit. It includes gentle movements, visualizations, breath work, and meditations. Qigong helps you learn to really sense your own energy. It reduces stress, and moves you forward to well-being. It has been mentioned by Dr. Oz on Oprah as the great self-help practice. Ruth Golush has been teaching Qigong for 12 years. **Wear loose clothing.**

Tuition and fees: \$25

XFW370-083728

Sept 12

1 session Sa 10:30am-12:30pm

Ruth A. Golush, Ph.D., experienced healer and wellness consultant

T'ai Chi Ch'uan

T'ai Chi Ch'uan is the ancient Chinese secret to health, rejuvenation and longevity. A martial art and moving meditation, T'ai Chi is based on Taoist philosophy, emphasizing calm awareness and inner tranquility.

Tuition and fees: \$54

XFW325-083438

Sept 23-Oct 28

6 sessions W 7-8pm

Guy DeRosa, MCCC Instructor

The Feldenkrais Method

A unique approach to movement and learning

The Feldenkrais Method is a fascinating approach for human improvement, internationally acclaimed for its remarkable ability to access the power of the nervous system to change the body and restore health. An integration of movement science, brain research and psychology, the Feldenkrais Method is an innovative approach to human understanding and learning, which can be used to help oneself and others. The benefits include: relief from muscular-skeletal pain, tension, and discomfort; improved posture, flexibility, coordination, movement, relaxation, physical performance, and emotional well-being; improved vitality and ease of movement, regardless of your age or physical ability. **Wear comfortable clothing and bring a towel and mat.**

Tuition and fees: \$25

XPE175-083729

Sept 12

1 session Sa 10am-12pm

Ed Feldman, licensed chiropractor

Reiki Level I

See pg. 44 for course description.

11.8 Nursing CEU. Tuition and fees: \$125

SAH219-083686

Oct 3-Oct 4

2 sessions Sa, Su 10am-4pm

Maryann Marian, MSW, Reiki Master

Recreation

Introduction to Golf

Designed for beginners, to help you develop a basic swing with emphasis on ball control. Familiarity with all clubs, rules of the game, as well as the necessary etiquette are also covered. **Classes meet at Princeton Country Club or Mercer Oaks Golf Course. (Students will be advised of the course assignment prior to class start date.) Cost includes golf range and balls during classes only.**

Tuition and fees: \$165 (includes \$60 tuition and \$105 fees)

XLR300-080599 **Aug 4-Aug 28**

8 sessions Tu,F 11am-12pm

XLR300-080601 **Aug 6-Aug 29**

8 sessions Th 5:30-6:30pm

Sa 11am-12pm

XLR300-083465 **Sept 8-Oct 2**

8 sessions Tu,F 11am-12pm

XLR300-083467 **Sept 10-Oct 3**

8 sessions Th 5:30-6:30pm

Sa 11am-12pm

XLR300-083471 **Oct 6-Oct 30**

8 sessions Tu,F 11am-12pm

XLR300-083468 **Oct 8-Oct 31**

8 sessions Th 5:30-6:30pm

Sa 11am-12pm

XLR300-083472 **Nov 3-Dec 1***

8 sessions Tu,F 11am-12pm

XLR300-083469 **Nov 5-Dec 5***

8 sessions Th 5:30-6:30pm

Sa 11am-12pm

*Class will not meet Nov 26, 27, 28

Joe Caggiano, Master Teaching Professional

Intermediate Golf

Designed for the individual who has limited golf experience but has played some golf. Improve swing technique through small group instruction; State-of-the-Art Computer Coach 2000, an individualized swing analysis system; and other golf training aids. Reinforce new skills with a personalized video analysis that identifies specific problem areas and faulty swing habits.

Classes meet at Princeton Country Club or Mercer Oaks Golf Course. (Students will be advised of the course assignment prior to class start date.) Cost includes golf range and balls during classes only.

Tuition and fees: \$165 (includes \$60 tuition and \$105 fees)

XLR332-080604 **Aug 6-Sept 3**

5 sessions Th 6:30-7:30pm

XLR332-083474 **Sept 10-Oct 8**

5 sessions Th 6:30-7:30pm

XLR332-083475 **Oct 15-Nov 12**

5 sessions Th 6:30-7:30pm

Joe Caggiano, Master Teaching Professional



Parent/Child Golf Program

Parents with children (ages five and older) will have an interactive golf experience. Beginners will develop a basic swing with emphasis on ball control. Similar to the introductory course for adults, but at a slower pace, participants will learn to familiarize themselves with the clubs, rules of the game, as well as necessary etiquette. Cost includes golf range and balls during classes only. **Classes meet at Princeton Country Club or Mercer Oaks Golf Course. (Students will be advised of the course assignment prior to class start date.)**

Tuition and fees: \$160 (includes \$50 tuition and \$110 fees) (add \$70 for additional child)

XLR335-080607 **Aug 9-Aug 30**

4 sessions Su 10-11am

XLR335-083476 **Sept 6-Sept 27**

4 sessions Su 10-11am

XLR335-083477 **Oct 4-Oct 25**

4 sessions Su 10-11am

XLR335-083478 **Nov 1-Nov 22**

4 sessions Su 10-11am

Joe Caggiano, Master Teaching Professional



Boaters Licensing Preparation

Safe Boating & Personal Watercraft Course

This licensing course prepares students and satisfies the State of New Jersey requirement to lawfully operate a boat or personal watercraft. All necessary filings are completed for each participant after successful passing of the licensing test that is administered at the conclusion of the class. This course is accredited by the N.J. State Police. All materials included. Cost: \$88 (tuition: \$33; certification & fees: \$55)

XLR308-083479 **Nov 10-Nov 12**

2 sessions Tu,Th 6-10pm

Kermit Koch, U.S.C.G. License 891675 Instructor

Hatha Yoga

This class will focus on breathwork, various poses, meditation and deep relaxation. Yoga increases stamina, strength and awareness of our bodies. All levels are welcome. **Bring an exercise mat, towel and drinking water.**

Tuition and fees: \$115

XLR323-083480 **Sept 15-Nov 17**

10 sessions Tu 6:30-8pm

Valerie Skillman, Certified Yoga Instructor & Member of the Yoga Alliance

Beginner or Intermediate Ballroom Dancing or Beginner Latin Dancing

No previous experience is necessary for this class. Beginner basic dance steps, including fox-trot, waltz, and swing (jitterbug), as well as styling will be taught. No sneakers allowed. Wear lightweight, smooth leather bottomed casual shoes. High heels encouraged! Beginner Latin will include tango, salsa and cha-cha. Intermediate Ballroom will cover more advanced dance steps. **Couples only.**

Tuition and fees: \$60 per couple

Beginner Ballroom Dancing
XLR302-083483 Oct 9-Oct 23
3 sessions F 6:30-7:25pm

Beginner Latin Dancing
XLR302-083484 Oct 9-Oct 23
3 sessions F 7:30-8:25pm

Intermediate Ballroom Dancing
XLR302-083485 Oct 9-Oct 23
3 sessions F 8:30-9:25pm

*Candace Woodward-Clough, B.F.A.
in Theatre Dance + Choreography*

Introduction to Indoor Rock Climbing

This course will cover the basics of belay, using the safety ropes to protect your climbing partner; proper climbing technique, lead climbing, rappelling and "bouldering." Students will also learn about gear used in indoor climbing and mountaineering. **Classes will be held at Rockville Climbing Center.**

Tuition and fees: \$60 (includes \$15 tuition and \$45 fees)

XFW712-083481 Sept 16-Sept 30
3 sessions W 7-9pm

XFW712-083482 Sept 17-Oct 1
3 sessions Th 7-9pm

Parent and Child Rock Climbing Adventure

See pg. 64 for course description.
Tuition and fees: \$60 per parent/child combination (includes \$15 tuition and \$45 fees) (additional child \$30)

XYP743-083486 Oct 4-Oct 18
3 sessions Su 6-8pm

Rules Update **NEW!**

& Interpretations: Field Hockey
An up-to-the-minute presentation on the rules and interpretations that will govern play during this fall's field hockey season. The program is designed for high school coaches, umpires, players, and fans. Photographs, videos, and live demonstrations regarding the latest rules and interpretations for the fall field hockey season. Students completing Umpire: Field Hockey will also be given an officiating exam.

Tuition and fees: \$15
XCP702-081365 Aug 24
1 session M 7-8:30pm

*Cristopher Maloney, USA Field Hockey certified
Level II Umpire Coach*

First Aid

ASHI – American Safety & Health Institute

Learn how to recognize and provide care for various injuries, burns, wounds and sudden illnesses.

Tuition and fees: \$55 (includes \$12 tuition and \$43 fees)

XFW353-083447 Oct 7
1 session W 6:30-10pm
All participants will receive an ASHI card valid for 3 years.
LifeForce, USA, Inc.



Defensive Driving

National Safety Council Defensive Driving Course DDC-6

DDC-6 is a comprehensive driver improvement program designed to give drivers practical knowledge and techniques to avoid collisions and to choose safe, responsible, and lawful driving behavior. This interactive course is recognized by the New Jersey Motor Vehicle Commission for point reduction and insurance premium discount. It's a great class for new drivers, or any driver who wants to play it safe.

Must be at least 17 years old and possess a valid driver's license.

Tuition and fees: \$90 (includes \$20 tuition and \$70 fees)

XPE305-083448 Oct 17
1 session Sa 9am-3:30pm

LifeForce, USA, Inc.



American Heart Program

LifeForce USA is a BLS Community Training Center of the American Heart Association, New Jersey Region. The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association, and any fees charged for this course do not represent income to the Association.

Heartsaver Adult/Pediatric CPR (Cardio-Pulmonary Resuscitation)

Save a life! Learn one rescuer CPR and skills for conscious and unconscious choking victims, adult, child and infant. Participants will also learn how to use barrier devices.

Tuition and fees: \$55 (includes \$13 tuition and \$42 fees)

XFW355-081342 Aug 6

1 session Th 6:30-9:30pm

XFW355-083460 Sept 30

1 session W 6:30-9:30pm

XFW355-083461 Dec 3

1 session Th 6:30-9:30pm

All participants will receive an American Heart Association card valid for 2 years.
LifeForce, USA, Inc.

Cardio-Pulmonary Resuscitation (CPR) for Health Care Providers (For New and Renewal)

This course will provide training for adult, child, and infant CPR. Learn one and two rescuers CPR, rescue breathing and skills for conscious and unconscious choking victims. Participants will also learn how to use barrier devices.

Tuition and fees: \$75 (includes \$20 tuition and \$55 fees)

XFW348-080504 Aug 1

1 session Sa 9am-1:30pm

XFW348-083462 Oct 15

1 session Th 6:30-10:30pm

XFW348-083463 Nov 14

1 session Sa 9am-1:30pm

(1/2 hour for lunch)

All participants will receive an American Heart Association card valid for 2 years.
LifeForce, USA, Inc.

Heartsaver Automated External Defibrillation (AED)

The Heartsaver AED course consists of the following skills: CPR for adult and child victims; first aid for conscious and unconscious choking victims; use of AED; and the use of barrier devices. This course is intended for lay-rescuers, workplace programs, fitness professionals, teachers and coaches, etc.

Tuition and fees: \$70 (includes \$20 tuition and \$50 fees)

XFW347-083464 Oct 20

1 session Tu 6:30-9:30pm

All participants will receive an American Heart Association card valid for 2 years.
LifeForce, USA, Inc.

Aquatics

Note: Occasionally the pool must be closed for emergencies or mandatory repairs.

We regret that we are not able to reschedule cancelled sessions.

Aquatic Actions

Exercise in waist to chest deep water to music and enhance the major physical fitness components of muscular strength, muscular endurance, flexibility and cardiovascular endurance. Participants must have comfort level in shallow to deep water. To register, participants must choose and pay for the number of sessions (three, two or one) they will attend each week.

XFW333=\$165 (tuition: \$70; pool fees: \$95)

XFW334=\$110 (tuition: \$45; pool fees: \$65)

XFW336=\$55 (tuition: \$23; pool fees: \$32)

XFW333-083452 Sept 14-Nov 20*

3 x week M,W,F 6:30-7:20pm

XFW334-083455 Sept 14-Nov 20*

2 x week M,W or F 6:30-7:20pm

XFW336-083493 Sept 14-Nov 20*

1 x week M or W or F 6:30-7:20pm

XFW334-083459 Sept 14-Nov 20*

2 x week M, W 7:30-8:20pm

XFW336-083494 Sept 14-Nov 20*

1 x week M or W 7:30-8:20pm

XFW333-083453 Nov 30-Feb 12*

3 x week M,W,F 6:30-7:20pm

XFW334-083456 Nov 30-Feb 12*

2 x week M,W or F 6:30-7:20pm

XFW336-083495 Nov 30-Feb 12*

1 x week M or W or F 6:30-7:20pm

XFW334-083457 Nov 30-Feb 12*

2 x week M, W 7:30-8:20pm

XFW336-083496 Nov 30-Feb 12*

1 x week M or W 7:30-8:20pm

*Class will not meet Sept 18, 28, Dec 21-Jan 1, Jan 18
Cathie Conti-Sleccki, AEA certified

Adult Beginners Swim

This course is open to adult non-swimmers. Participants learn the crawl, back crawl, elementary back stroke, and rhythmic breathing. Elementary diving and treading water will be introduced.

Cost: \$110 (tuition: \$45; pool fees: \$65)

XFW318-083449 Sept 15-Nov 17

10 sessions Tu 7-8pm

XFW318-083450 Sept 19-Nov 21

10 sessions Sa 12-1pm

Lori Gordon, W.S.I. Coordinator

Adult Advanced Beginners Swim

This swim course is geared to adults who can swim 5-10 yards on front and back and who want to continue their progress in swimming. Reviews and improves on swim strokes (mainly freestyle, elementary backstroke and backcrawl) with practice and drills. Treading water, rhythmic breathing, entering deep water and elementary diving will be included.

Cost: \$110 (tuition: \$45; pool fees: \$65)

XFW319-083451 Sept 15-Nov 17

10 sessions Tu 8:05-9:05pm

Lori Gordon, W.S.I. Coordinator