

ADULT PROGRAMS

DANCE

LINE DANCE

You don't need a partner or any previous experience to have a great timeline dancing! Learn 1-2 new dances to current country and pop hits each week, with time for practice and review. Whether you want to wow people on the dance floor or are looking for a fun way to burn some calories, this class is for you! Cowboy/girl boots are encouraged, but any leather-soled shoe will work! Drop in option: Line dance classes accept daily drop-ins. If the course has not sold out. Cost for single class visit is R \$12 | NR \$14.40.

33598 January Age: Adults
 Min: 6 Max: 75 W Jan 07-28
 Instructor: Amanda Johnson 8:15PM-9:15PM
 Location: Si View Center R: \$40 | NR: \$48

33599 February Age: Adults
 Min: 6 Max: 75 W Feb 04-25
 Instructor: Amanda Johnson 8:15PM-9:15PM
 Location: Si View Center R: \$40 | NR: \$48

33600 March Age: Adults
 Min: 6 Max: 75 W Mar 04-25
 Instructor: Amanda Johnson 8:15PM-9:15PM
 Location: Si View Center R: \$40 | NR: \$48

33601 April Age: Adults
 Min: 6 Max: 75 W Apr 01-29
 Instructor: Amanda Johnson 8:15PM-9:15PM
 Location: Si View Center R: \$40 | NR: \$48

INTERMEDIATE LINE DANCE

The dances taught in this class will be intermediate level, but no experience is required! We will break down each new dance so that anyone can learn and will also leave time for review.

33597 January Age: Adults
 Min: 8 Max: 24 M Jan 05-Feb 02
 Instructor: Amanda Johnson 8:00PM-9:00PM
 Location: Si View Center R: \$40 | NR: \$48



BEGINNING TAP DANCE

Tap is for everyone! In this supportive and non-competitive class, we will learn basic steps and rhythms while strengthening our tap chops. Tap is good for the mind, body and soul, so let's make some noise. Wear comfortable clothing and bring your tap shoes. Valid class pass required. Class passes are interchangeable for Tap and Ballet.

Tap: Intro/Beginner Age: Adult
 Min: 4 Max: 10 T Jan 06- Apr 28
 Instructor: Cris Coffing 2:15PM-3:00PM
 Location: Si View Center 6 Class pass R \$78 | NR \$93.60
 10 Class pass R \$130 | NR \$156

INTERMEDIATE TAP DANCE

Tap dance is life! In this class, we build on the basics, creating more intricate rhythms and learning a variety of time steps, culminating in exciting combinations. Wear comfortable clothing and bring your tap shoes. Valid class pass required. Class passes are interchangeable for Tap and Ballet.

Tap: Intermediate/Advanced Age: Adult
 Min: 4 Max: 10 T Jan 6- Apr 28
 Instructor: Cris Coffing 1:15PM-2:00PM
 Location: Si View Center 6 Class pass R \$78 | NR \$93.60
 10 Class pass R \$130 | NR \$156

BEGINNING/INTERMEDIATE BALLET

Ballet is for everyone! Explore the art and grace of ballet in this class for beginning or intermediate students. Develop an understanding of terminology, alignment, balance, and artistry through barre, center and traveling exercises. A fun and non-competitive way to immerse yourself in the beauty of dance. Wear comfortable clothes and ballet slippers or socks. Valid class pass required. Class passes are interchangeable for Tap and Ballet.

Ballet Age: Adult
 Min: 4 Max: 10 T Jan 6- Apr 28
 Instructor: Cris Coffing 12:00PM-1:00PM
 Location: Si View Center 6 Class pass R \$78 | NR \$93.60
 10 Class pass R \$130 | NR \$156

SPECIAL INTEREST



SOUND HEALING

Join Aimee Arendsee of Indivara Sound and Healing Arts on a sound healing journey to help bring your mind, body and spirit into vibrational energetic balance. Experience deep relaxation into the theta meditation state enhanced by multiple crystal singing bowls, planetary tuned gongs, ocean drums and more. Sound healing has been shown to aid in the reduction of stress, blood pressure, anxiety and depression as well as stimulate and balance the immune, glandular and nervous systems. Please bring a water bottle, yoga mat/sleeping pad, blanket and pillow if desired. We generally allow a 15 minute segment at the end of our session to share your experience, hold space for others and ask questions.

33721 Sound Healing (1) Age: 18+
 Min: 4 Max: 30 W Jan 28
 Instructor: Aimee Arendsee 6:30PM-7:45PM
 Location: Meadowbrook Farm R: \$25 | NR: \$30

33722 Sound Healing (2) Age: 18+
 Min: 4 Max: 30 W Feb 25
 Instructor: Aimee Arendsee 6:30PM-7:45PM
 Location: Meadowbrook Farm R: \$25 | NR: \$30

33723 Sound Healing (3) Age: 18+
 Min: 4 Max: 30 W Apr 01
 Instructor: Aimee Arendsee 6:30PM-7:45PM
 Location: Meadowbrook Farm R: \$25 | NR: \$30

33724 Sound Healing (4) Age: 18+
 Min: 4 Max: 30 W Apr 29
 Instructor: Aimee Arendsee 6:30PM-7:45PM
 Location: Meadowbrook Farm R: \$25 | NR: \$30

MEMOIR WRITING GROUP

Writing What Wants To Be Written - A guided and structured environment for developing a writing practice. Using prompts and some relaxation techniques, we will explore the process of letting ourselves write about that which has personal meaning, and different writing techniques. We will also have opportunities for sharing with each other. Led by Bonnie Novakov Lawlor, M.A.

33725 Memoir Writing Group Age: 18+
 Min: 2 Max: 10 T Feb 17-Apr 28
 Instructor: Bonnie Lawlor 1:00PM-2:45PM
 Location: Tollgate Farm R: \$200 | NR: \$240



AMERICAN RED CROSS TRAININGS

ADULT AND PEDIATRIC FIRST AID/ CPR/AED

This comprehensive course will prepare you to recognize and care for a variety of first aid breathing and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 2 hours 30 minutes to complete the online portion. The classroom training provides opportunity to practice scenarios and complete skill checks. Upon successful completion of this course you will receive a American Red Cross digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

34045 First Aid/CPR/AED Age: All
 Min: 2 Max: 6 W Jan 21
 Instructor: Si View Staff 6:00PM-8:00PM
 Location: Si View Center R: \$90 | NR: \$108

34046 First Aid/CPR/AED Age: All
 Min: 2 Max: 6 SA Feb 21
 Instructor: Si View Staff 10:00AM-12:00PM
 Location: Si View Center R: \$90 | NR: \$108

34047 First Aid/CPR/AED Age: All
 Min: 2 Max: 6 W Mar 25
 Instructor: Si View Staff 6:00PM-8:00PM
 Location: Si View Center R: \$90 | NR: \$108

34048 First Aid/CPR/AED Age: All
 Min: 2 Max: 6 SA Apr 25
 Instructor: Si View Staff 10:00AM-12:00PM
 Location: Si View Center R: \$90 | NR: \$108