

# Register Now!

## Fall 2016

### Teaneck Community Education Classes

#### GROUP TOURS

For information on Group Tours departing from Teaneck visit: [www.grouptoursandtravel.com](http://www.grouptoursandtravel.com)

#### Ballroom Dancing

##### 0926-01 Ballroom & Latin 1 & 2 (Beginners and Intermediate)

Sept. 26th – Dec. 5th (10 sessions)  
No class October 3  
Mondays 8:30 pm – 9:30 pm  
Location: Eugene Field Gym  
Fee: \$175 per couple

This class is for beginning and intermediate dancers. We will learn all of the basic steps in the most popular ballroom and Latin dances, which include Fox-Trot, Rumba, Cha-Cha, Swing, Tango and Salsa. Couples preferred, but if you need a partner we can try to find one for you. Fee for singles is \$100.

##### 0926-02 Ballroom & Latin 3 & 4 (Advanced & Very Advanced)

Sept. 26th – Dec. 5th (10 sessions)  
No class October 3  
Mondays 7:30 pm – 8:30 pm  
Location: Eugene Field Gym  
Fee: \$175 per couple

This class is for advanced dancers. We will be learning more advanced steps in all ballroom and Latin dances. We will work on continuity and style in all dances. Couples preferred, but if you need a partner we can try to find one for you. Fee for singles is \$100.

Ballroom Instructor:  
Lauren Faustini

#### Zumba®

##### 1024-01 Zumba®

Oct. 24 – Jan. 23 (10 sessions)  
Mondays 6:30 pm – 7:25 pm

No class: 10/31, 12/26, 1/2, 1/16  
Location: Eugene Field Gym  
Fee: \$95

Zumba® is a dynamic, Latin-inspired dance/fitness program that incorporates basic steps and more advanced movements common in popular Latin Dances, such as Merengue, Salsa, Cumbia and Bachata. Class format combines fast and slow rhythms to achieve a unique balance of cardio and muscle-toning benefits. All fitness levels are welcome.

Zumba® Instructor:  
Lynn Wiczenski-Weimer

#### Belly Dancing

##### 1006-01 Middle Eastern Belly Dancing

October 6th – Dec. 15th (10 sessions)  
Thursdays 8:30 pm - 9:30 pm  
No class Nov. 24th  
Location: Eugene Field Gym  
Fee: \$115

Learn the ancient art of Belly Dancing. This form of feminine self expression is for women of all body types. Beginners welcome.

Belly Dancing Instructor:  
MIRANDA

#### Yoga

##### 1008-01 Wellness Through Yoga

Oct. 8 – Dec. 10 (10 sessions)  
Saturdays 10:30 am – 11:45 am  
Location: Richard Rodda Center  
Fee: \$100

Learn Hatha Yoga techniques for relaxation, muscle tension release, all-around wellness, and relief for problem areas such as lower back, upper body tension, etc. Bring a towel or mat for floor work and be prepared to become a new person.

##### 1010-01 Wellness Through Yoga

Oct. 10 – Dec. 12 (10 sessions)  
Mondays 4:45 pm – 6:00 pm  
Location: Richard Rodda Center  
Fee: \$100

##### 1011-01 Wellness Through Yoga

Oct. 11 – Dec. 13 (10 sessions)  
Tuesdays 7:00 pm – 8:15 pm  
Location: Richard Rodda Center  
Fee: \$100

Yoga Instructor:  
Martin Bland

#### Arts & Crafts

##### 1020-01 Needle Felting

Oct. 20 – Dec. 8 (6 sessions)  
Tuesdays 6:30 pm – 8:00 pm  
No Class: Nov. 10, 24  
Location: Eugene Field  
Material fee: \$12  
Fee: \$100  
Instructor: Christine Hsiao

Participants will learn how to make 2D and 3D felted projects. The finished pieces can be used for gifts, holiday ornaments and variety of other adornments. This is an entry level class for those without felt-making experience. The learning challenge is to sculpt 2D and 3D felt forms to exact finished dimensions. Wool will be provided. Each participant will need a starter tool kit. Kits can be purchased directly from instructor for \$10 at the first class.

##### 1006-01 Creative Watercolor

Oct. 5, 19, & Nov. 2, 16, 30 (5 sessions)  
Wednesdays (alternating)  
7:00 pm - 9:30 pm  
Location: Lowell Rm115

Work with basic and experimental techniques to explore the parameters of the medium and cultivate the pleasure of watercolor painting. Some basic skills required, not for the true beginner.

Watercolor Instructor:  
Elise Morenon

#### Music for Kids

##### 1010-02 Music Start® to Guitar and Keyboard (Ages 5 & older)

Oct. 10 - Dec. 12 (10 sessions)  
Mondays 3:00 pm -4:00 pm  
Location: Hawthorne Room 16  
Fee: \$145

MusicStart® provides a fun, appropriate, initial exposure to playing and understanding music. This class will blend: What many kids need- playing the MusicStart® keyboard, and what many kids want- playing the guitar. All foundational musical concepts are covered, making this class a great preparation for, or supplement to, playing any musical instrument. Using color, letter, and note matching, the special MusicStart® Keyboard was designed as an improvement over traditional methods, and teaches step-by-step problem solving. Instruments are provided. Demo video and more information at [beginmusic.com](http://beginmusic.com)

##### 1013-01 Music Start® to Guitar and Keyboard (Ages 5 & older)

Oct. 13 – Jan. 12 (10 sessions)  
Mondays 3:30 pm - 4:30 pm  
No Class:  
10/27, 11/10, 11/24, 12/29  
Location: Lowell Room 15  
Fee: \$145

Instructor:  
The Music Path Company

FALL 2016 • For more information, call The Teaneck Community Education Center (201) 833-5514

Course # \_\_\_\_\_ Title \_\_\_\_\_ Fee \_\_\_\_\_

Name of Registrant (print) \_\_\_\_\_ Email \_\_\_\_\_

Phone (preferred) \_\_\_\_\_ (alternate/other) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Make check or money order payable to: Teaneck Community Education Center, One Merrison St., Teaneck NJ 07666. No receipt or reminder will be mailed. Fees are not refunded for any reason after class begins unless the class is canceled. A refund or credit, less a \$10 processing fee, will be issued with written notification of withdrawal 5 working days prior to the start of a class. For information call (201)833-5514.