

Community Recreation Centers



These Community Recreation Centers are open to the public, do not require a joiner fee, and offer a variety of free and affordable programs throughout New Castle County.

MIDDLETOWN-ODESSA-TOWNSEND AREA

Appoquinimink Community Recreation Center
651 N. Broad St., Middletown, 302-378-5599/302-571-4004
Monday-Thursday 6-9pm; Saturday 9am-12pm

NORTH WILMINGTON AREA

Brandywine Town Center
4050 Brandywine Pkwy., Wilmington, 302-477-3994/302-239-8861
Tuesday/Thursday 5-8pm

NEW CASTLE AREA

Garfield Park Community Recreation Center
26 Karlyn Dr., New Castle, 302-571-4004
Monday-Thursday 8am-8pm; Closed Fridays;
Saturday 9am-12pm

James Gilliam Bldg., Multi-Purpose Room
57 Read's Way, New Castle, 302-395-5600
Tuesday/Thursday 12:10-12:55pm

HOCKESSIN-PIKE CREEK AREA

Hockessin Community Recreation Center
7259 Lancaster Pk., Hockessin, 302-239-8861
Monday-Thursday 8am-8pm;
Saturday 9am-12pm; Closed Fridays

*The Centers will be closed May 26
in observance of the holiday.*

What's your number?
Be an asset today. Visit www.IM40.org

AstraZeneca 
Young Health Program

In Partnership With  United Way of Delaware

coming soon...
Lunch
@ Hockessin Comm. Rec. Center

Bring your friends to the Hockessin Community Recreation Center to enjoy a reasonably priced and tasty lunch prepared by local restaurants.

Why not take a fitness class together or play some pool or cards while you are there?
Reservations will be required.
Stay tuned for more details

NEW CASTLE COUNTY SPRING BREAK CAMPS ANOTHER DAY, ANOTHER ADVENTURE

FASHION **SAFETY TOWN**
SKATEBOARDING **HISTORY**

APRIL 21 - 25, 2014
OPEN HOUSE FEB. 26 & MAR. 26
4-7pm, 77 READS WAY, NEW CASTLE, DE 19720
ONLINE REGISTRATION BEGINS MARCH 3
NCCDE.ORG/CAMPS

 **NEW CASTLE COUNTY DEPARTMENT OF COMMUNITY SERVICES**
THOMAS P. GORDON, COUNTY EXECUTIVE

CHILDREN

Instructional & Educational

FASHION CAMP

SITE: BRANDYWINE TOWN CENTER
Instructor: DeYanna Yancey-Harris, Great Taste Design

Five 7½-hour days, \$165/child
 Mon-Fri 9am-4:30pm 4/21-4/25

This all-girl camp provides sewing, design, leadership, and life skills. Design and produce several different take-home projects each week. No sewing experience is necessary. All materials included. Before- and after-camp care available at an additional cost. **Call 302-357-9521 or visit greatdesign.com to register or for any additional information. Ages 7-13**

MANDARIN CHINESE **NEW!**

SITE: BEAR LIBRARY

Instructor: Lucy Li

Eight 1-hour classes, \$48R/\$57R

1501.401 Sun 2-3pm 3/9-5/4
 No class 4/20

Songs, games and projects will help children gain a basic knowledge of Mandarin Chinese reading, speaking and writing skills in this language and culture class. **Email eastwesteducationcl@gmail.com for information. Ages 6-13**

MOMMY & ME STORYBOOK CREATIONS **NEW!**

SITE: HOCKESSIN

Instructor: Anne Thompson

One 2-hour class, \$12R/\$18NR

1401.401 Sat 9:30-11:30am 3/22

Bring in your favorite photos related to family or a special event in your child's life and create a storybook. Each finished storybook will consist of 5-10 pages of photos, your child's art work, and their favorite sayings. **\$5 material fee payable to the instructor at class. Ages 4-6 with Mom or caregiver**



BE INVOLVED. IM40.ORG

- 3. Other Adult Relationships
- 21. Achievement Motivation
- 37. Personal Power

SAFETY TOWN

SITE: GARFIELD PARK

1-week camp, \$70R/\$80NR

2900.402 Mon-Fri 8:30-11:30am 4/21-4/25

SITE: HOCKESSIN

1-week camp, \$70R/\$80NR

2900.401 Mon-Fri 8:30-11:30am 4/21-4/25

2900.406 Mon-Fri 8:30-11:30am 7/14-7/18

2900.407 Mon-Fri 8:30-11:30am 7/21-7/25

2900.408 Mon-Fri 8:30-11:30am 7/28-8/1

2900.409 Mon-Fri 8:30-11:30am 8/4-8/8

An exciting and fun program using a miniature town with streets, crosswalks, houses, and signs. Activities teach children about safety through songs, guest visitors, and role-playing. **Ages 4-6**

Exercise, Fitness & Dance

CREATIVE DANCE

SITE: GARFIELD PARK

Instructor: Kristin Blake

35-minute classes, No charge

Ages 5-8
 Sat 10:20-10:55am Mar-May

45-minute classes, No charge

Ages 9-15
 Sat 11-11:45am Mar-May

Students develop dance skills through traditional, modern, and ballet exercises. Parents will be required to purchase clothing and shoes for their children to participate. Each child must be able to function independently without parental assistance. **Ages 5-15**



NR = Non-resident of New Castle County; R = Resident of New Castle County

CREATIVE MOVEMENT

SITE: GARFIELD PARK

Instructor: Kristin Blake

30-minute classes, No charge

Sat 9:45-10:15am Mar-May

Children use their bodies to communicate and use music and dance to help create the experience and expression. Parents will be required to purchase clothing and shoes for their children to participate. Each child must be able to function independently without parental assistance. **Ages 2-4**

HIP HOP DANCE

SITE: GARFIELD PARK

Instructor: Kristin Blake

40-minute classes, No charge

Age 5-9
 Sat 11:50am-12:30pm Mar-May

45-minute classes, No charge

Age 10-15
 Sat 12:35-1:15pm Mar-May

This high-energy dance class combines popular street moves and freestyle to the latest music. Prerequisite is Creative Dance in the appropriate age group. Parents will be required to purchase clothing and shoes for their children to participate. **Call 302-571-4004 for more information. Ages 5-15**

MOVERS AND SHAKERS

SITE: APPOQUINIMINK

Instructor: Larrin Medora, Kim Trala

Three 45-minute classes,

\$13.50R/\$18.50NR/month
 1103.404 Thu 10-10:45am Apr

Four 45-minute classes,

\$18R/\$23NR/month
 1103.401 Tue 10:15-11am Mar

1103.402 Thu 10-10:45am Mar

1103.405 Tue 10-10:45am May

Five 45-minute classes,

\$22.50R/\$28.50NR/month
 1103.403 Tue 10-10:45am Apr

1103.406 Thu 10-10:45am May

No class 4/17
 Sing, dance, and play parachute and instruments. Engage motor skills, practice coordination, participate as a team, and follow directions. **Ages 1-5 years with a caregiver**

TWEENS AND TEENS

Instructional & Educational

GROUP GUITAR LESSONS

SITE: HOCKESSIN

Instructor: Chris Hemmel

Eight 1-hour lessons, \$48R/\$57NR

Beginner

1401.402 Wed 6-7pm 3/12-4/30

1401.404 Wed 6-7pm 5/7-6/25

Intermediate

1401.403 Wed 7-8pm 3/12-4/30

1401.405 Wed 7-8pm 5/7-6/25

Learn guitar basics with beginner lessons or continue your skill development in the intermediate class. Students will need to bring their own acoustic guitar. **Ages 16-Adults**

Exercise, Fitness & Dance

HIP HOP DANCE

SITE: GARFIELD PARK

Instructor: Kristin Blake

40-minute classes, No charge

Age 10-15

Sat 12:35-1:15pm Mar-May

This high-energy dance class combines popular street moves and freestyle to the latest music. Prerequisite is Creative Dance in the appropriate age group. Parents will be required to purchase clothing and shoes for their children to participate. **Ages 10-15**

JUDO & JU-JITSU

SITE: GARFIELD PARK

Instructor: Alex Velazquez

1½-hour classes, \$50/month plus required start up fee payable to Delaware Judo & Ju-Jitsu Association

Judo

Mon/Wed 6-7:30pm Mar-May

Ju-Jitsu

Sat 9-10:30am Mar-May

No class 5/26

Traditional Kodokan Judo/Shuri-te Ju-Jitsu is an excellent method of self defense and physical exercise. The variety of techniques and principles taught makes this an excellent martial art and a way of life. **For information visit delawarejudo.net. Juniors 10-17, Adults 18 & older**

ADULTS

Instructional & Educational

ADD, ADHD & OTHER BEHAVIORAL DISORDERS

See page 27.

AMERICAN SIGN LANGUAGE 101

See page 27.

BECOMING RESOURCE-FULL WITH THE HELP OF BENEFITS & PEACE OF MIND SAVINGS **NEW!**

One 1-hour presentation, No charge

Presenter: Stand by Me 50+, Wilmington Senior Center

SITE: APPOQUINIMINK

Mon 10-11am 5/5

SITE: BRANDYWINE TOWN CENTER

Tue 9-10am 3/11

SITE: GARFIELD PARK

Tue 10-11am 4/29

SITE: HOCKESSIN

Mon 10-11am 3/10

Designed to provide seniors with basic money management concepts on a fixed budget, the benefits of banking, and an overview of public benefits and how to access and retain them. **To register call 302-239-8861. Adults**



BRINGING BALANCE TO YOUR BUDGET

SITE: BRANDYWINE TOWN CENTER

Instructor: Josh Coupe, Edward Jones

One 1-hour presentation, No charge

Thu 6:30-7:30pm 4/24

This presentation will explore the balance among saving, spending, and borrowing in order to help clients and prospects achieve their short and long-term goals. **Call 302-792-1035 to register.**

BUILDING YOUR INVESTMENT INCOME **NEW!**

SITE: BRANDYWINE TOWN CENTER

Instructor: Josh Coupe, Edward Jones

One 1-hour presentation, No charge

Tue 6:30-7:30pm 5/20

This informative talk explores the three types of income: variable, reliable and rising. It also explores why an income stream is important and how to use the different types of income to build a sustainable and predictable form of income. **Call 302-792-1035 to register.**

CHILDREN COME WITHOUT INSTRUCTIONS

SITE: GARFIELD PARK

Presented by: Child Inc.

Six 2-hour classes, No charge

Tue 6-8pm 4/1-5/6

A free basic parenting class for parents and caregivers to provide information and teach skills that will improve the relationship you have with your child. Attend all six sessions to receive a certificate of completion that satisfies the state requirement for families receiving TANF assistance. **Call 302-762-8989 to register. Adults**

COLLEGE FUNDING: INVESTING IN YOUR CHILD'S FUTURE **NEW!**

SITE: BRANDYWINE TOWN CENTER

Instructor: Nicholas Hoeschel, PSG

Financial

One 1-hour presentation, No charge

Thu 6-7pm 5/22

SITE: HOCKESSIN

Wed 6-7pm 5/7

This presentation helps parents of high school students learn strategies to fund college. **If you have questions or to register, call 302-388-1541.**

COLLEGE: GETTING THERE FROM HERE

SITE: BRANDYWINE TOWN CENTER

Instructor: Josh Coupe, Edward Jones

One 1-hour presentation, No charge
Thu 6:30-7:30pm 5/8

This class will discuss establishing a college savings goal, strategies to help achieve the goal, and the features and benefits of the 529 savings plans. **Call 302-792-1035 to register.**

DEFENSIVE DRIVING: ADVANCED

SITE: APPOQUINIMINK

Instructor: Delaware Safety Council

One 3-hour class, \$27 payable to DSC at class

Sat	9am-12pm	3/1
Sat	9am-12pm	4/5
Sat	9am-12pm	5/3

A follow-up to the Basic course, this refresher class results in a 15% reduction on the Liability portion of car insurance and a 3-point credit on your Delaware driving record for three additional years.

Call 302-276-0660 or 1-800-342-2287 Mon-Fri, 8:30am-4:30pm to register. Ages 19-Adults

DEFENSIVE DRIVING: BASIC

SITE: APPOQUINIMINK

Instructor: Delaware Safety Council

Two 3-hour classes, \$32 payable to DSC at first class

Mon/Wed	6-9pm	5/5 & 5/7
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Successful completion of this course qualifies drivers for a 10% reduction of the Liability portion of car insurance for three years and a 3-point credit on your driving record. **Call 302-276-0660 or 1-800-342-2287 Mon-Fri, 8:30am-4:30pm to register. Ages 16-Adults**

FALL PREVENTION

SITE: BRANDYWINE TOWN CENTER

Instructor: The Foundation for Wellness Professionals

One 1-hour presentation, No charge

Thu	6:30-7:30pm	5/29
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Audience will be given practical information and the tools to help prevent falls and the serious injuries they can cause. **Call 302-588-8480 to register. Adults**

FOUNDATIONS OF INVESTING **NEW!**

SITE: BRANDYWINE TOWN CENTER

Instructor: Josh Coupe, Edward Jones

One 1-hour presentation, No charge
Thu 6:30-7:30pm 3/27

This presentation will discuss the key features of bonds, stocks, mutual funds, asset allocation and the impact of inflation. **Call 302-792-1035 to register.**

FUNDING A COLLEGE EDUCATION **NEW!**

SITE: BRANDYWINE TOWN CENTER

Instructor: Nicholas Hoeschel, PSG Financial

One 1-hour presentation, No charge
Thu 6-7pm 3/13
Thu 6-7pm 4/10

SITE: HOCKESSIN

Tue	6-7pm	3/11
Sat	10-11am	3/29
Sat	10-11am	4/26
Tue	6-7pm	5/13

This presentation helps parents of high school students learn strategies to fund college. **If you have any questions regarding this presentation, or to register, call 302-388-1541. Adults**

GROUP GUITAR LESSONS

SITE: HOCKESSIN

Instructor: Chris Hemmel

Eight 1-hour lessons, \$48R/\$57NR

Beginner
1401.402 Wed 6-7pm 3/12-4/30
1401.404 Wed 6-7pm 5/7-6/25
Intermediate
1401.403 Wed 7-8pm 3/12-4/30
1401.405 Wed 7-8pm 5/7-6/25

Learn guitar basics with beginner lessons or continue your skill development in the intermediate class. Students will need to bring their own acoustic guitar.

Ages 16-Adults

**NR = Non-resident of New Castle County
R = Resident of New Castle County**

HEALTHY LIVING: GO GREEN **NEW!**

SITE: HOCKESSIN

Instructor: Anne Thompson

One 1-hour class, \$6R/\$11NR
1401.407 Sat 10-11am 3/15

Come explore the many options for a cleaner, greener lifestyle and share helpful books, local resources, and homemade household recipes. **\$5 materials fee due to the instructor at class. Adults**

IKEBANA JAPANESE FLOWER ARRANGING

SITE: BRANDYWINE TOWN CENTER

Instructor: Midori Tanimune

Six 2-hour classes, \$72R/\$85NR
1201.401 Thu 7-9pm 3/13-5/1
No classes 4/3, 4/10

SITE: HOCKESSIN

Instructor: Midori Tanimune

Six 2½-hour classes, \$90R/\$106NR
1401.408 Wed 1-3:30pm 3/12-4/30
No class 4/2, 4/9

Open your eyes to a unique, ancient style of flower arranging. Materials list available at nccde.org/communityservices. **\$5-\$10 plant fee due to instructor at each class. Adults.**



IT'S IN THE CARDS **NEW!**

One 1-hour presentation, No charge
 Presenter: *Stand By Me 50+, Wilmington Senior Center*

SITE: APPOQUINIMINK
 Mon 10-11am 3/24

SITE: BRANDYWINE TOWN CENTER
 Thu 9-10am 5/1

SITE: GARFIELD PARK
 Tue 10-11am 4/15

SITE: HOCKESSIN
 Mon 10-11am 5/12

This workshop provides seniors with the basic information they need to know to manage their government-issued cards, commercial prepaid debit cards and gift cards in a safe and advantageous way. **To register call 302-239-8861. Adults**

IPHONEOGRAPHY CLASS

SITE: HOCKESSIN
 Instructor: *Deborah Webb*
 Two 4-hour classes, \$48R/\$57NR
 1401.410 Sat 9am-1pm 5/10 & 5/17

SITE: HOCKESSIN LIBRARY
 Instructor: *Deborah Webb*
 1401.409 Sat 12-4pm 3/8 & 3/15

This class will include hands-on instruction utilizing some of the best photography apps available in the Apple App Store. We will cover the basic rules of photography, learn how to use special digital 'films' to achieve artistic and retro effects, how to post-process images you already have on your phone, and create collages. **You will be required to purchase \$7-\$10 worth of apps at class and you MUST bring your iPhone to each class. Adults**

IT'S EASIER TO STAY WELL THAN TO GET WELL **NEW!**

SITE: BRANDYWINE TOWN CENTER
 Instructor: *Lois Mitchell*
 One 1-hour presentation, No charge
 Tue 6-7pm 3/11

SITE: HOCKESSIN
 Mon 6-7pm 3/3

Tips and resources available to assist you in optimizing your health, air quality in your home, and finances. Discover how to detox your home and body and understand product labeling and what it doesn't tell you. **Call 302-239-8861 to register for this class. Adults**

MANAGING YOUR INCOME IN RETIREMENT

SITE: HOCKESSIN
 Instructor: *Paul Jervy, Edward Jones*
 One 1-hour presentation, No charge
 Tue 6:30-7:30pm 3/18
 Tue 6:30-7:30pm 4/22
 Tue 6:30-7:30pm 5/20

This workshop introduces a number of ideas to help build a reasonable and sustainable strategy for managing income and expenses during retirement. **Call 302-234-1463 to register. Adults**

RETIREMENT HAS CHANGED... WHAT'S YOUR NEXT MOVE? **NEW!**

SITE: BRANDYWINE TOWN CENTER
 Instructor: *Josh Coupe, Edward Jones*
 One 1-hour presentation, No charge
 Thu 6:30-7:30pm 4/10

This workshop will discuss how to take personal inventory of your current assets and determine how much money you may need during retirement. **Call 302-792-1035 to register.**

ROLL IT, TAKE IT, LEAVE IT, MOVE IT

SITE: BRANDYWINE TOWN CENTER
 Instructor: *Josh Coupe, Edward Jones*
 One 1-hour presentation, No charge
 Thu 6:30-7:30pm 3/6

Call 302-792-1035 to register for this class. Adults

SITE: HOCKESSIN
 Instructor: *Paul Jervy, Edward Jones*
 One 1-hour presentation, No charge
 Tue 6:30-7:30pm 3/4
 Tue 6:30-7:30pm 4/8
 Tue 6:30-7:30pm 5/6

Call 302-234-1463 to register for this class. Adults

This class will help determine what to do with assets in your employer-sponsored retirement plan.

SENIOR ACTIVITIES

Refer to Page 6 of this Guide to review all other Senior Activities that are offered at our centers and other facilities.

SPECIAL NEEDS ACTIVITIES

Refer to Pages 27 & 28 of this Guide to review all activities scheduled for those with special needs.

STEPS TO AVOIDING SCAMS **NEW!**

See page 7.

UNCORKING YOUR INTUITION **NEW!**

SITE: BRANDYWINE TOWN CENTER
 Instructor: *Angela Bixby, Energy Intuit*
 One 2-hour class, \$12R/\$18NR
 1201.402 Thu 6:30-8:30pm 4/3

SITE: HOCKESSIN
 Instructor: *Angela Bixby, Energy Intuit*
 1401.411 Sat 9:30-11:30am 5/10

Get to know the Intuitive You and gain a fresh perspective with which to approach your intuition through various interactive exercises, meditations, and discussion. No experience required. **Adults**

WELLNESS SCREENINGS

No charge, No registration required
SITE: BRANDYWINE TOWN CENTER
 Presenter: *The Foundation for Wellness Professionals*
 Tue 6-7:30pm 3/18

SITE: HOCKESSIN
 Wed 6-7:30pm 4/23
 Mon 9-11am 5/12

Stop in for a wellness screening that includes a blood pressure test, pH test, a stress test, as well as a 5-minute massage... all free of charge! **Adults**



SCAN TO REGISTER ONLINE

OR GO TO

<https://activenet.active.com/nccde>

Computer Classes

ACCESS OVERVIEW

SITE: BEAR LIBRARY

Instructor: Sandra McVey

One 3-hour class, \$18R/\$23NR

1501.408 Sat 10:30am-1:30pm 5/17

SITE: GARFIELD PARK

Instructor: Sandra McVey

One 3-hour class, \$18R/\$23NR

1301.407 Sat 9am-12pm 3/22

Businesses depend on Excel to track financial information. However, how do you associate people, products, or inventory? MS Access 2010 may solve that dilemma by providing a jump-start into the world of tables, forms, queries and reports. **Ages 16-Adults**

LIKE MICROSOFT OFFICE – ONLY FREE!!

SITE: BEAR LIBRARY

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1501.409 Sat 10:15-11:45am 5/31

SITE: GARFIELD PARK

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1301.408 Sat 9-10:30am 3/29

Google provides a free group of tools that enables you to create documents, spreadsheets, and presentation. This session offers hands-on exposure to the huge benefits of file storage and access from the cloud, file sharing for collaborative projects, download to MS Office compatible formats. **Ages 16-Adults**

MS EXCEL BASICS

SITE: BEAR LIBRARY

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1501.406 Sat 10:15-11:45am 5/10

SITE: GARFIELD PARK

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1301.405 Sat 9-10:30am 3/15

Using Excel 2010, this class introduces the ribbon interface and contextual tabs while reviewing basic concepts such as the difference between a worksheet and a workbook. Additional learning resources provided. **Ages 16-Adults**

MS EXCEL INTERMEDIATE

SITE: BEAR LIBRARY

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1501.407 Sat 12-1:30pm 5/10

SITE: GARFIELD PARK

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1301.406 Sat 10:45am-12:15pm 3/15

Using Excel 2010, we will build on foundational knowledge and explore formulas, sorting, and charts. Timesaving tips and tricks will increase your Excel wizardry. Some proficiency with the software is expected. **Ages 16-Adults**

MS POWERPOINT BASICS

SITE: BEAR LIBRARY

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1501.404 Sat 10:15-11:45am 5/3

SITE: GARFIELD PARK

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1301.403 Sat 9-10:30am 3/8

This session will explain slide layouts, how to insert pictures and text, color palettes and themes. **Ages 16-Adults**

MS POWERPOINT SLIDE SHOWS

SITE: BEAR LIBRARY

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1501.405 Sat 12-1:30pm 5/3

SITE: GARFIELD PARK

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1301.404 Sat 10:45am-12:15pm 3/8

Create an entire slideshow, update themes, add animation, and learn how to present the show. Some proficiency with the software is expected. **Ages 16-Adults**

MS WORD BASICS

SITE: BEAR LIBRARY

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1501.402 Sat 10:15-11:45am 4/26

SITE: GARFIELD PARK

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1301.401 Sat 9-10:30am 3/1

Learn the basics of this word processing software: toolbars, formatting, adjusting margins and line spacing, and how to save your files for editing later. **Ages 16-Adults**

MS WORD INTERMEDIATE

SITE: BEAR LIBRARY

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1501.403 Sat 12-1:30pm 4/26

SITE: GARFIELD PARK

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1301.402 Sat 10:45am-12:15pm 3/1

This session will be topic-driven by participants and may include mail merge, tables, tabs, outlines, headers and footers, and styles sheets. Some proficiency with the software is assumed. **Ages 16-Adult**

YOU CAN MAKE A WEBSITE!

SITE: BEAR LIBRARY

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1501.410 Sat 12-1:30pm 5/31

SITE: GARFIELD PARK

Instructor: Sandra McVey

One 1½-hour class, \$9R/\$14NR

1301.409 Sat 10:45am-12:15pm 3/29

Do you want to start your own business, provide information to your club, share information with family everywhere? Google websites are the answer. Leave with a link to your new website. **Ages 16-Adults**



WELLNESS & HEALTH FAIR
MAY 29 9:30am-12pm
 Garfield Park Comm. Rec. Center, 24 Karlyn Dr., New Castle
Presented by Absalom Jones Senior Center

YOU CAN MAKE A WEBSITE, PART II

SITE: BEAR LIBRARY

Instructor: Sandra McVey

One 3-hour class, \$18R/\$23NR

1501.411 Sat 10:15am-1:30pm 4/12

This session delves a little deeper into topics taught in Website I. Incorporate photo albums, reorganize information, include videos, alter color schemes and layouts and more to make your website better. **Ages 16-Adults**

Exercise, Fitness & Dance

AEROBIC SOUL LINE DANCING

SITE: GARFIELD PARK

Instructor: Paula Chandler-Paramore

1-hour classes, \$6 drop-in fee/class,

payable to instructor

Tue 6:30-7:30pm Mar-May

Enjoy fitness dancing performed at your own comfortable, skill level. Choreography includes R&B, low impact aerobics, hip hop, line dancing and more. Bring a water bottle and wear comfortable clothing.

Adults, all ages

AIKIDO

SITE: GARFIELD PARK

Instructors: John Hadfield, Stefan Pisocki

1-hour classes, \$50 monthly dues

payable to Aikido

Tue/Thu 6:30-7:30pm Mar-May

A powerful martial arts form grounded in a nonviolent philosophy that increases body awareness, energy flow, and ease of movement. **For class information visit diamondstatesaikido.com or call 302-368-7081. Ages 16-Adults**



BALLROOM DANCING

SITE: HOCKESSIN

Instructor: Bill Sapp

Eight 1-hour classes, \$48R/\$57R

Basic (Fox Trot/ChaCha)

1403.401 Mon 5-6pm 3/24-5/12

Basic (Waltz/Swing)

1403.404 Mon 5-6pm 5/19-7/14

Beginners (Tango/Rumba)

1403.402 Mon 6-7pm 3/24-5/12

Beginners (Fox Trot/WC Swing)

1403.405 Mon 6-7pm 5/19-7/14

Intermediate (Waltz/Bolero)

1403.403 Mon 7-8pm 3/24-5/12

Intermediate (Tango/Rumba)

1403.406 Mon 7-8pm 5/19-7/14

No class 5/26

No need to bring a partner for these fun-filled classes designed to teach fundamental dance steps to beginners and more intricate steps to intermediate and advanced students. **Adults**

BALLROOM DANCING: BEGINNERS & INTERMEDIATE

SITE: HOCKESSIN

Instructor: Bill Sapp

Eight 1-hour classes, \$48R/\$57NR

Swing

1403.407 Thu 5-6pm 3/13-5/1

Smooth

1403.408 Thu 6-7pm 3/13-5/1

Bolero

1403.409 Thu 5-6pm 5/8-6/26

Rhythm

1403.410 Thu 6-7pm 5/8-6/26

Learn to do dance steps correctly and with flare that will make people notice your technique on the dance floor. No partner necessary. **Adults**

BALLROOM DANCING: ADVANCED

SITE: HOCKESSIN

Instructor: Bill Sapp

Eight 1-hour classes, \$48R/\$57NR

Tango/Rumba

1403.411 Thu 7-8pm 3/13-5/1

Waltz/Samba

1403.412 Thu 7-8pm 5/8-6/26

Learn technique, style, characteristics of dances, proper footwork, lead and follow, DVD studies, and repetition. If you want to be a good dancer this is your group! No partner necessary. **Adults**

BASIC BEGINNER YOGA **NEW!**

SITE: HOCKESSIN

Instructor: Ashley Dennis

Five 1-hour classes, \$30R/\$36NR/month

1405.401 Mon 6:30-7:30pm Mar

Four 1-hour classes, \$24R/\$29NR/month

1405.402 Mon 6:30-7:30pm Apr

Three 1-hour classes, \$18R/\$23NR/month

1405.403 Mon 6:30-7:30pm May

No class 5/26

Join this beginner class with basic yoga postures, breathing, and postural alignments to relax your body, take away all that stress and tension, and restore your energy and balance. Wear comfortable clothing and bring a yoga mat, a towel, and bottled water to each class. **Adults**

BEGINNER/ INTERMEDIATE YOGA

SITE: HOCKESSIN

Instructor: Caitlin Reilly

Four 1-hour classes, \$24R/\$29NR/month

1405.406 Tue 9:30-10:30am Mar

1405.407 Thu 9:30-10:30am Mar

1405.409 Thu 9:30-10:30am Apr

1405.408 Tue 9:30-10:30am May

Five 1-hour classes, \$30R/\$36NR/month

1405.410 Tue 9:30-10:30am Apr

1405.411 Thu 9:30-10:30am May

This course introduces yogic postures, alignment, and breathing to promote energy and restore balance. All levels welcome. Bring a yoga mat, a towel, and a bottle of water to each class. **Adults**

BODY SHAPING

SITE: HOCKESSIN

Instructor: Jacklyn Hagenbach

Nine 1-hour classes, \$54R/\$60NR/month

1403.413 Mon/Wed 8:30-9:30am Mar

1403.414 Mon/Wed 8:30-9:30am Apr

Seven 1-hour classes, \$42R/\$50NR/month

1403.415 Mon/Wed 8:30-9:30am May

No class 5/26

Build muscle, stamina, and stability while relying on muscle confusion to help you become lean and strong. Bring a mat and water bottle. **Adults**

NR = Non-resident of New Castle County
R = Resident of New Castle County

BOOT CAMP/BODY TONING**SITE: GARFIELD PARK***Instructor: Judith Velazquez-Alampi***1-hour classes, \$6 drop-in fee/class, payable to instructor**

Mon	6-7pm	Mar-May
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No class 5/26

Designed to build strength and fitness through a variety of intense group intervals. Each month the program changes to meet the needs of the students. Bring your own mat. Additional equipment may be required. **Ages 16-Adults**

CENTERED*RELAXATION**NEW!****SITE: HOCKESSIN***Instructor: Barb McAnany***Five 1-hour classes, \$30R/\$36NR/month**

1402.401	Mon 10-11am	Mar
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Four 1-hour classes, \$24R/\$29NR/month

1402.402	Mon 10-11am	Apr
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Three 1-hour classes, \$18R/\$23NR/month

1402.403	Mon 10-11am	May
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No class 5/26

Centered*Relaxation uses Yoga, Pilates, and Movement Therapy principles to awaken and open the chakras - the body's energy center. The latter part of class is relaxing and energizing as it focuses on balancing the chakras through quiet, soothing meditation. This is primarily a chair-based class. **Adults**

CORE STABILITY YOGA**SITE: HOCKESSIN***Instructor: Debbie Galla, RYT500***Four 1-hour classes, \$24R/\$29NR**

1405.404	Thu 5-6pm	3/6-3/27
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Nine 1-hour classes, \$54R/\$64NR

1405.405	Thu 5-6pm	4/3-5/29
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Focus is on teaching movements that involve strengthening and stretching for both men and women. Special emphasis is placed on core stability muscles to improve athletic performance and daily activities. Bring a thin mat to class. **Adults**

Register online at<https://activenet.active.com/nccde>.**NR = Non-resident of New Castle County****R = Resident of New Castle County****EARLY BIRD GETS THE BURN****SITE: HOCKESSIN***Instructor: Eric Wolf***Eight 1-hour classes, \$48R/\$57NR/month**

1403.416	Tue/Thu 8-9am	Mar
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Nine 1-hour classes, \$54R/\$64NR/month

1403.417	Tue/Thu 8-9am	Apr
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1403.418	Tue/Thu 8-9am	May
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Combining basic strengthening and cardio-vascular exercises into a boot camp-style fitness regimen, group instruction will offer guidance in trimming down and toning up in this challenging, fast paced class. Bring a towel and a bottle of water. **Adults**

EXERCISING FOR ARTHRITIS SUFFERERS **NEW!**

See page 6.

FITNESS BOOGIE**SITE: HOCKESSIN***Instructor: Lindamarie Walck***Four 1-hour classes, \$24R/\$29NR/month**

1403.422	Wed 10:30-11:30am	Mar
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1403.423	Mon 10:30-11:30am	Apr
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1403.424	Wed 10:30-11:30am	May
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Five 1-hour classes, \$30R/\$36NR/month

1403.425	Mon 10:30-11:30am	Mar
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1403.426	Wed 10:30-11:30am	Apr
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Three 1-hour classes, \$18R/\$23NR/month

1403.427	Mon 10:30-11:30am	May
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No class 5/26

Enjoy fitness dancing performed at your own comfortable, skill level. Choreography includes steps like jitterbug, cha-cha, grapevine, Latin styles, low impact aerobics, hip hop, line dancing and more. Bring a water bottle, wear comfortable clothing and be prepared to laugh and have a lot of fun! **Adults, all ages**

FLOW YOGA**SITE: BRANDYWINE TOWN CENTER***Instructor: MaryAnn Quinn-Hendrix***Four 1-hour classes, \$24R/\$29NR/month**

1205.401	Tue 6-7pm	Mar
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1205.402	Tue 6-7pm	Apr
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1205.403	Tue 6-7pm	May
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*No class 4/22***SITE: HOCKESSIN***Instructor: Debbie Galla, RYT500***Four 1-hour classes, \$24R/\$29NR**

1405.415	Tue 4:30-5:30pm	3/4-3/25
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1405.416	Tue 5:40-6:40pm	3/4-3/25
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Nine 1-hour classes, \$54R/\$64NR

1405.417	Tue 4:30-5:30pm	4/1-5/27
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1405.418	Tue 5DUH! 4:40-6:40pm	4/1-5/27
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No class 4/22

This sequence of yoga poses tones the body, focuses the mind and engages the heart! Core muscle groups and major joints gain strength and flexibility. Breathing techniques relax the mind for a totally invigorating experience. **Adults**

FULL BODY GENERAL FITNESS**SITE: HOCKESSIN***Instructor: Eric Wolf***Eight 1-hour classes, \$48R/\$57NR/month**

1403.428	Tue/Thu 7-8pm	Mar
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Nine 1-hour classes, \$54R/\$64NR/month

1403.429	Mon/Wed 8-9am	Mar
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1403.430	Mon/Wed 8-9am	Apr
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1403.431	Tue/Thu 7-8pm	Apr
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1403.432	Tue/Thu 7-8pm	May
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Seven 1-hour classes, \$42R/\$48NR/month

1403.433	Mon/Wed 8-9am	May
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No class 5/26

Whether your goal is to trim down, bulk up, or tone, our trainer will assist you in developing a plan using resistance bands, hand weights and general fitness exercises. Bring a towel, water bottle, and hand weights to each class. **Adults**



JACKI SORENSEN'S FITNESS

SITE: HOCKESSIN

Instructors: Norma Clendaniel & David Smith

Four 1-hour classes, \$24R/\$29NR/month
 1403.434 Tue 6-7pm Mar
 1403.435 Thu 6-7pm Mar
 1403.436 Thu 6-7pm Apr
 1403.437 Tue 6-7pm May

Five 1-hour classes, \$30R/\$36NR/month
 1403.438 Tue 6-7pm Apr
 1403.439 Thu 6-7pm May

The Get-It-All Together class! Corework, Vertiform, cardio, stretching, all in one hour! Bring a mat and light hand weights (1-5 lbs.). **Ages 16-Adults**

JUDO & JU-JITSU

SITE: GARFIELD PARK

Instructor: Alex Velazquez

1½-hour classes, \$50/month plus required start up fee payable to Delaware Judo & Ju-Jitsu Association

Judo
 Mon/Wed 6-7:30pm Mar-May

Ju-Jitsu
 Sat 9-10:30am Mar-May

No class 5/26

Traditional Kodokan Judo/Shuri-te Ju-Jitsu is an excellent method of self defense and physical exercise. The variety of techniques and principles taught makes this an excellent martial art and a way of life. **For information visit delawarejudo.net. Juniors 10-17, Adults 18 & older**

LIONS FIRE MARTIAL SCIENCE **NEW!**

SITE: HOCKESSIN

Instructor: James Walsh

1-hour classes, \$48/month plus required start up fee payable to instructor at first class

Sat 9-10am Mar-May

A multi-style of martial art consisting of but not limited to Karate, Jujitsu and Aikido. Developed for practical application. All levels of fitness welcomed. No experience required. Wear comfortable clothing. **Adults**

LINE DANCE MADE EASY

SITE: GARFIELD PARK

Instructors: Michele King-Griffin

1-hour classes, \$6 drop-in fee/class payable to instructor
 Thu 6:45-7:45pm Mar-May

Line dance made easy for the novice! Have fun and exercise to primarily R&B music. Dress in comfortable clothing and leather-soled shoes, and bring a bottle of water. **Adults**

MAT PILATES: ALL LEVELS

SITE: HOCKESSIN

Instructor: Debbie Wittmeyer

Five 1-hour classes, \$30R/\$36NR/month
 1402.404 Sat 9-10am Mar
 1402.406 Sat 9-10am May

Four 1-hour classes, \$24R/\$29NR/month
 1402.405 Sat 9-10am Apr

The Pilates Method Matwork is an exercise system that emphasizes the strengthening of the powerhouse region of your body, fluidity of movement, muscle control, and strength. Bring a thick, padded (not yoga) mat, towel, and a water bottle. **Ages 16-Adults**

PARTNER DANCE

SITE: GARFIELD PARK

Instructor: Michele King-Griffin

1½-hour classes, \$7 drop-in fee/class
 Sat 10:30am-12pm Mar-May

Learn fundamental dance steps such as the Philly Bop, Baltimore Hand Dance and the West Coast Swing and now basic Chicago Style Step. No partner needed. Dress in comfortable clothing and leather-soled shoes a must. Bring a bottle of water. **Adults**

PARKINSON'S AEROBICS CLASS

See pages 6.

PICKLEBALL

SITE: HOCKESSIN

Instructor: On Your Own

First-come, first-served, \$5 drop-in fee
 Wed 10am-12pm Mar-May
 Mon/Wed 7-9pm 3/17-6/11

Come see what all the excitement is about. Played like tennis using a smaller court, with whiffle balls and paddles, instead of tennis balls and racquets! **Adults**

POOL & BILLIARDS

SITE: HOCKESSIN

Instructor: On Your Own

First-come, first-served, No charge
 Mon-Thu 8am-8pm
 Sat 9-11am

Use our facility's pool table to brush up on your game or shoot with a friend. **Adults**

PROGRESSIVE LINE DANCING

SITE: HOCKESSIN

Instructor: Joanne Brady

Eight 1-hour classes, \$48R/\$57NR

Beginner

1403.446 Wed 6-7pm 3/5-4/30
 1403.448 Wed 6-7pm 5/7-6/25

Intermediate

1403.447 Wed 7-8pm 3/5-4/30
 1403.449 Wed 7-8pm 5/7-6/25

No class 4/16

Dances are done to every type of music. Beginners learn basic dance steps that build a foundation for all dances. Intermediates are taught more complex steps to quicker tempos. **Adults**

RESTORATION YOGA FOR FIBROMYALGIA & CHRONIC PAIN **NEW!**

See page 28.

SENIOR STRENGTH YOGILATES

See page 6.

SITTIN' BE FIT!

See page 6.



TAI CHI**SITE: BRANDYWINE TOWN CENTER***Instructor: Victoria McGonigle, Living Wellness*

Four 1-hour classes, \$24R/\$29NR/month
 1203.404 Tue 6-7pm Mar
 1203.405 Tue 6-7pm May
Five 1-hour classes, \$30R/\$36NR/month
 1203.406 Tue 6-7pm Apr

SITE: HOCKESSIN

Four 1-hour classes, \$24R/\$29NR/month
 1403.456 Thu 6:30-7:30pm Mar
 1403.457 Thu 6:30-7:30pm Apr
Five 1-hour classes, \$30R/\$36NR/month
 1403.458 Thu 6:30-7:30pm May

SITE: HOCKESSIN*Instructor: Art Ferris*

1-hour classes, \$48/month payable to the Instructor
 Mon/Wed 9-10am Mar-May
No classes 5/26

This ancient Chinese form of exercise utilizes meditation techniques and calm, continuous natural movement patterns to develop the inner self and exercise every muscle group in the body. **Adults**

TAI CHI FOR HEALTH *NEW!***SITE: BRANDYWINE TOWN CENTER***Instructor: Linda Adams, Gentle Wellness 4 Life*

Four 1-hour classes, \$24R/\$29NR/month
 1203.401 Thu 5:45-6:45pm Mar
 1203.402 Thu 5:45-6:45pm Apr
Five 1-hour classes, \$30R/\$36NR/month
 1203.403 Thu 5:45-6:45pm May

Tai Chi for Health is gentle, effective exercises that can be done by all, even those limited to wheelchairs, or have other mobility issues. This program was designed to relieve joint pain that is often caused by arthritis, as well as improve balance, mobility, flexibility, endurance and overall health. Wear comfortable, loose clothing to each class. **Adults**

WOMEN'S SELF DEFENSE**SITE: APOQUINIMINK***Instructor: Holli Harvey-Dudleck*

Five 2-hour classes, \$60R/\$71NR
 1103.407 Tue 7-9pm 4/1-4/29
No class 10/22
Two 5-hour classes, \$60R/\$71NR
 1103.408 Sat & Sun 12-5pm 5/17 & 5/18

Taught by a certified R.A.D. (Rape Aggression Defense System) Instructor, this course for women only begins with awareness, prevention, risk reduction and avoidance, and progresses to the basics of hands-on defense training. Receive a reference manual and a free lifetime return and practice policy. Wear comfortable clothing and closed-toed shoes and bring a bottle of water to class. **\$15 materials fee due to the Instructor the first day of class for the R.A.D. manual. Ages 15-Adults**

YES YOU CAN

See page 28.

YOGA**SITE: APOQUINIMINK***Instructor: Ashley Dennis*

Five 1-hour classes, \$30R/\$36NR/month
 1105.402 Wed 10:30-11:30am Apr
Four 1-hour classes, \$24R/\$29NR/month
 1105.401 Wed 10:30-11:30am Mar
 1105.403 Wed 10:30-11:30am May

SITE: APOQUINIMINK*Instructor: Joy Holloway*

Four 1-hour classes, \$24R/\$29NR/month
 1105.404 Tue 12-1pm Mar
 1105.406 Tue 12-1pm May
Five 1-hour classes, \$30R/\$36NR/month
 1105.405 Tue 12-1pm Apr

SITE: GARFIELD PARK*Instructor: Michael Fahey*

Eight 1-hour classes, \$48R/\$57NR
 1305.401 Wed 9-10am 3/5-4/30
 1305.402 Wed 9-10am 5/7-6/25
No class 4/23

YOGA (CONT'D)**SITE: HOCKESSIN***Instructor: Debbie Galla*

Four 1-hour classes, \$24R/\$29NR/month
 1405.425 Wed 9:15-10:15am Mar
 1405.426 Mon 9:15-10:15am Apr
 1405.427 Wed 9:15-10:15am May
Five 1-hour classes, \$30R/\$36NR/month
 1405.428 Mon 9:15-10:15am Mar
 1405.429 Wed 9:15-10:15am Apr
Three 1-hour classes, \$18R/\$23NR/month
 1405.430 Wed 9-10am May
No class 5/26

SITE: JAMES GILLIAM BUILDING*Instructor: Charlene Sams*

45-minute classes, \$5 drop-in fee/class payable at class
 Tue/Thu 12:10-12:55pm Mar-May

Learn the basics of breathing and postural alignments (asanas) from a qualified yoga practitioner, bring your mind and spirit into harmony, relax your body, and ease your tensions. Bring a padded mat, an empty stomach, a towel and water with you. **Adults**

YOGILATES**SITE: APOQUINIMINK***Instructor: Joy Holloway*

Four 1-hour classes, \$24R/\$29NR/month
 1105.407 Thu 12-1pm Mar
 1105.408 Thu 12-1pm Apr
Five 1-hour classes, \$30R/\$36NR/month
 1105.409 Thu 12-1pm May

SITE: BRANDYWINE TOWN CENTER*Instructor: MaryAnn Quinn-Hendrix*

Four 1-hour classes, \$24R/\$29NR/month
 1205.404 Tue 7-8pm Mar
 1205.405 Tue 7-8pm Apr
 1205.406 Tue 7-8pm May
No class 4/22

Enhance your mind and body connection by focusing on the core with traditional and evolved Pilates work techniques and yoga asanas to help stretch, breathe, and relax. Bring a towel or mat and preferably an empty stomach, wear comfortable clothing, and drink plenty of water before, during, and after class. **Adults**

FREE OPEN GYM & FITNESS ACTIVITIES*Sign-in is required for all activities.***TENNIS (March only)**

Garfield: Mon/Tue/Thu, 9:30am-12pm

BASKETBALL

Garfield: Tue/Thu, 9:30am-12pm

POOL & BILLIARDS (On Your Own)

Hockessin:

Mon-Thu, 8am-8pm; Sat, 9am-12pm

CARDS & GAMES (Informal Games)

Garfield:

Mon-Thu, 8am-8pm; Fri, 9am-5pm;

Sat, 9am-12pm

Hockessin: Mon-Thu, 8am-8pm

WALKING

Garfield: (13 laps = 1 mile)

Mon-Thu, 8-9:30am

Hockessin: (10 laps = 1 mile)

Mon-Thu, 8am-12pm

ZUMBA® FITNESS

SITE: APPOQUINIMINK

Instructors: Teddi Zia, Gaye Council

1-hour classes, \$6 drop-in fee/class, payable to instructor

Mon	6:45-7:45pm	Mar-May
Thu	7-8pm	Mar-May
Sat	9:15-10:15am	Mar-May

No class 5/26

SITE: APPOQUINIMINK

Instructor: Claudia Mesa

45-minute classes, \$5 drop-in fee/class, payable to instructor

Tue	9:15-10am	Mar-May
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SITE: BRANDYWINE TOWN CENTER

Instructors: Peter Campbell/Karen Cooper

1-hour classes, \$6 drop-in fee/class, payable to instructor

Tue	7-8pm	Mar-May
Thu	7-8pm (New Time!)	Mar-May

SITE: HOCKESSIN

Instructor: Jan Williams

1-hour classes, \$6 drop-in fee/class, payable to instructor (Ages 13+)

Wed	7-8pm	Mar-May
Sat	9-10am	Mar-May

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout system in one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements. Wear comfortable clothing and non grip-sneakers. **Ages 16-Adults**

ZUMBA® GOLD

See page 28.

ZUMBA® SENTAO

SITE: GARFIELD PARK

Instructor: Judy Velazquez-Alampi

1-hour classes, \$6 drop-in fee/class, payable to instructor

Sat	9-10am	Mar-May
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A fun workout in a party-like atmosphere guaranteed to keep you motivated by incorporating two of Zumba's most popular programs in one class. Wear non-grip sneakers, bring a hand towel, water and 1-3 lb hand weights. **Ages 16-Adults**

ZUMBA® TONING & FITNESS

SITE: GARFIELD PARK

Instructor: Judith Velazquez-Alampi

1-hour classes, \$6 drop-in fee/class, payable to instructor

Wed	6-7pm	Mar-May
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A fun workout experience to keep you motivated, created by a party atmosphere incorporating two of Zumba's most popular programs into one class. Wear non-grip sneakers. Bring a hand towel, water, and 1-3 lb. hand weights. **Ages 16-Adults**

SPECIAL NEEDS

ADD, ADHD & OTHER BEHAVIORAL DISORDERS

SITE: HOCKESSIN

Instructor: The Foundation for Wellness Professionals

One 1-hour class, No charge

Mon	6:30-7:30pm	5/12
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A must for anyone who has or knows someone with dyslexia, OCD, Asperger's, or Autism. New neuroscience breakthroughs have paved the way for a better understanding of these disorders and new treatments that really work. **Call 302-588-8480 to register. Adults**

AMERICAN SIGN LANGUAGE 101

SITE: GARFIELD PARK

Instructor: Christine Zenorini

Eight 1-hour classes, \$48R/\$57NR

1301.411	Mon 7-8pm	4/7-6/2
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No class 5/26

This class will give you an exciting learning experience through the language of sign with an emphasis in American Sign Language (ASL). Learn to sign the alphabet, numbers, and words, including basic grammatical structures with everyday topics, and communicate in visual-gestural language. **Ages 16-Adults**



BEST BUDDIES OF DELAWARE ACTIVITY NIGHT **NEW!**

SITE: HOCKESSIN

One 1½-hour program, No charge

Tue	6:30-8pm	3/11
Tue	6:30-8pm	4/8
Tue	6:30-8pm	5/13

Enjoy an evening of games, fun, and activity. Current adult participants of Best Buddies are invited as well as any other adult with an intellectual and developmental disability. Volunteers are also welcome to join the evening fun. Light refreshments provided. **Register by calling 302-691-3187 or email annechaffin@bestbuddies.org. Adults**

PARKINSON'S AEROBICS CLASS

See page 6.

RESTORATIVE YOGA FOR FIBROMYALGIA & CHRONIC PAIN

SITE: HOCKESSIN

Instructor: Dr. Stacie Larkin, PT, DPT, RYT-200

Five 1-hour classes, \$30R/\$36NR/month
1405.419 Mon 6:30-7:30pm Mar
Four 1-hour classes, \$24R/ \$29NR/month
1405.421 Mon 6:30-7:30pm Apr
Three 1-hour classes, \$18R/\$23NR/month
1405.420 Mon 6:30-7:30pm May

Improve mobility, decrease pain and fatigue, enhance mental focus, improve sleep and simply feel better. Focused on meeting each person's needs in a safe and supportive environment... a short questionnaire will be required to complete prior to the first class. No yoga experience necessary. Bring a yoga mat to each class.
Adults

SITTIN' BE FIT!

See page 6.

WHEELCHAIR BASKETBALL

SITE: AB JONES COMM. CENTER

2-hour sessions, \$2 per session

Wed	12-3pm	
	& 7-9pm	3/13, 4/10, 5/8

Do you have a passion for basketball? Then come play with us. Participants must be fairly independent. **Registration required. Call 302-995-7636. Ages 16-Adults**



YES YOU CAN

SITE: GARFIELD PARK

Instructor: Marty Gorin

1-hour classes, No charge

Mon/Wed	10:30-11:30am	Mar-May
No class 5/27		

A staff-assisted drop-in exercise program for people with limited mobility or with a disability that makes moving about difficult. Participants must have at least some upper body control. Wheelchairs are welcome! **Call 302-571-4004 for more information. Ages 16-Adults**

ZUMBA GOLD

SITE: APPOQUINIMINK

Instructor: Elisa Cordero

1-hour classes, \$6 drop-in fee/class, payable to instructor

Sat	10:30-11:30am	Mar-May
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SITE: BRANDYWINE TOWN CENTER

Instructor: Cindy Gaskins

1-hour classes, \$6 drop-in fee/class, payable to instructor

Tue/Thu	9-10am	Mar-May
No class 5/6, 5/8, 5/13, 5/15		

ZUMBA GOLD (CONT'D)

SITE: HOCKESSIN

Instructor: Joanne Brady

1-hour classes, \$6 drop-in fee/class, payable to instructor

Mon	12-1pm	Mar-May
No class 5/26		

Designed for the senior and wheelchair population, this class addresses their anatomical, physiological, and psychological needs the Zumba way. Wear comfortable clothing. Participants must be fairly independent. **Registration required. Call 302-571-4004. Ages 16-Adults**

KALEIDOSCOPE ADAPTED ART STUDIO

Inclusive visual and expressive art sessions conducted by Art Therapist Lisa Bartoli for school programs, individuals, and nonprofit organizations that serve children and adults with physical and intellectual disabilities.

Groups: Programs are designed according to group needs. Cost per session for up to 8 participants is \$160.

Individuals: Kaleidoscope Studio is open to the public for artists of all abilities. Drop in for Open Art Studio on Mondays, 1-3pm.

For information call 302-995-7661.

MONTHLY MIDDLE SCHOOL DANCES

HOCKESSIN PAL

GRADES 6-8

\$10 ADMISSION

FRI. OR SAT. NITES, 7-10PM
(ONCE A MONTH. CALL FOR SCHEDULE.)

NEXT DANCE
MARCH 8



Contact Hockessin PAL at 302-239-8857 or visit palde.org for dates & information.

Follow PAL of Delaware on Facebook, Twitter & Instagram.

Dances are a fundraiser for the Police Athletic League of Delaware, Inc.

ESL

English as a
Second Language



¡GRATIS! ^{Adults} 16+ FREE!

Clases de inglés
como segundo idioma

Martes y Jueves / Tuesdays & Thursdays, 6-8pm

Garfield Park Community Recreation Center

24 Karlyn Drive, New Castle, DE 19720



Call the Latin American Community Center at 302-351-8259 to register.

Llame al centro latino para inscribirse al 302-351-8259.

