

## **Adult Education**

Adult Education at BRCS is designed to meet the academic and recreational needs of our community in an adult only setting. If you have a special talent or skill you would like to share or a class you would like to see offered, please call Nicole Kuhl at the school at 346-1211 ext. 373, or e-mail at [nkuhl@brcsd.org](mailto:nkuhl@brcsd.org).

The following classes are being offered during the month of January to any interested community member. Please call the appropriate instructor without delay as some classes have seating limits. Some classes may be canceled if insufficient interest is shown, at which time you will be notified if you have already signed-up. Participation in each class requires a signed physical injury district release form, which the instructor will have prepared for each student during registration. The classes will be offered as scheduled while school is in session. If school closes for a holiday or emergency, the adult education class will also be canceled.

<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>DATE/TIME/PLACE</b>	<b>FEE</b>	<b>COMMENTS</b>
<b>Family Swim</b>	Certified Lifeguards	Wednesdays  6:30 – 7:30 p.m.  Pool	Free	No registration necessary. Every child must be accompanied by an adult who stays while the child is swimming and provides adult supervision in the locker room.  ONLY the high school locker rooms are available for changing.
<b>Evening Lap Swim</b>	Certified Lifeguards	Tuesdays and Thursdays  6:30 – 7:30 p.m.  Pool	Free	No registration necessary. Held only when school is in session.

<b>Water Aerobics</b>	Leueen Smithling, Water Aerobics Instructor; accompanied by a Certified Lifeguard	Mondays, Wednesdays and Fridays  7:00 - 7:45 am	Free	Come have fun in the water to experience a good workout without feeling pain or body stiffness. Exercises can be tailored to one's abilities and or limitations. We will be in the pool from 7:00-7:45 am. You may change your clothing before & after in the locker room. Please bring a towel, bathing suit & pool noodle. Water shoes are advised. Water paddles will be recommended for purchase. No registration necessary, but class size will be limited to 25 people. Class will be canceled for early morning school delays/closure.
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<p><b>Yoga</b></p>	<p>Nichole Workman</p>	<p><b>Tuesdays</b> January 9, 16, 23, 30 Elementary Cafeteria <b>6:15 - 7:15 pm</b></p>	<p>\$40 total</p>	<p>This will be a 4 week series in which Nichole will guide you through experiences using your senses, breath, and movement of the body to feel more connected to yourself. The tools that you will practice are meant to be things that you can do in your day to day life, to bring balance and to return you to a state of well being. These tools can be especially useful in times of stress or unrest. This series welcomes everyone. If you have never practiced mindfulness, breathwork or yoga this is for you! If you have practiced on any level, this is also for you. Joining together in community to practice with each other is a powerful way to support yourself and each other. The next year is a beautiful time of year to start fresh, to start something new to nurture you! Must pre register at <a href="http://www.mindfulmotivation13367.com">www.mindfulmotivation13367.com</a> or use this direct link <a href="https://app.fitli.com/business/mindful-motivation/schedule#session-266777">https://app.fitli.com/business/mindful-motivation/schedule#session-266777</a> For more information or questions you may call 315-771-9338.</p>
<p><b>Stained Glass Workshop</b></p> <p><b>*Prerequisite: must know basic copper foil method of stained glass construction</b></p>	<p>Anne Petzoldt</p>	<p><b>Wednesdays</b> January 10<sup>th</sup> through March 27<sup>th</sup> (no class on 2/21) 6:30 - 9:00 p.m. Room I38</p>	<p>\$10.00 weekly charge plus supplies and \$50 one time fee for solder, flux and foil</p>	<p>Continue practicing the skills learned in the beginner's course by making individual projects of personal choice. This class has a minimum of 4 and a maximum of 10 participants so register early with Anne Petzoldt by emailing her at <a href="mailto:lynnanpetz@juno.com">lynnanpetz@juno.com</a> or by calling 315-405-0092 by January 4th.</p>