



Spring 2012

PARSIPPANY

ADULT

COMMUNITY

EDUCATION

&

WWW.PTHSD.K12.NJ.US/SCH/PACE/INDEX.HTM

Classes begin the week of February 27, 2012

PARSIPPANY ADULT & COMMUNITY EDUCATION



Parsippany-Troy Hills Township
577 Vail Rd.
Parsippany, NJ 07054

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Mr. Paul Saxton, Interim Director of Personnel
Ms. Joanne Caponegro, Director of PACE

Think of the possibilities . . . There's always room for more.

Learning is Lifelong

Participate in one of the Northern Counties' Adult Education Programs
at the following locations:

- | | | | |
|--|---------------------|--|---------------------|
| • Caldwell - West Caldwell
Adult School | 973-228-2092 | • Morris Hills Adult and
Continuing Education | 973-664-2296 |
| • Pequannock Adult School | 973-616-6019 | • Mount Olive Adult School | 973-691-4000 |
| • Morris School District
Community School | 973-292-2063 | • Morris County Technical
Adult School | 973-627-0114 |
| | | • Adult School of the Chathams,
Madison, and Florham Park | 973-443-9222 |

Northern Counties Association of Lifelong Learning

EMERGENCY CLOSING

If the Parsippany-Troy Hills Schools are closed because of inclement weather, the Community School will also be closed. If the weather deteriorates as the day progresses and a late decision to close the Community School is made, it will be publicized as follows:

Phone message: 973-263-7180, Ext. 4342
Website: www.pthsd.k12.nj.us
Radio Stations: WNNJ 1360 AM and WOR 710 AM
Cable TV Station: NEWS 12 NJ

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**Register Early to Avoid
Classes Being Cancelled**

PACE CALENDAR

FEBRUARY

20-21 Presidents' Day
school closed

27 PACE Classes Begin

APRIL

6-13 Spring Recess
(no classes)

MAY

28 Memorial Day
(school closed)

TOWNSHIP SCHOOLS

PAL Building
33 Baldwin Road
Parsippany, NJ 07054

Parsippany High School
309 Baldwin Rd.
Parsippany, NJ 07054

Parsippany Hills High School
20 Rita Dr.
Morris Plains, NJ 07950

Brooklawn Middle School
180 Beachwood Rd.
Parsippany, NJ 07054

Central Middle School
1620 Route 46 West
Parsippany, NJ 07054

Eastlake School
40 Eba Rd.
Parsippany, NJ 07054

Intervale School
60 Pitt Rd.
Boonton, NJ 07005

Knollwood School
445 Knoll Rd.
Lake Hiawatha, NJ 07034

Lake Hiawatha School
1 Lincoln Ave.
Lake Hiawatha, NJ 07034

Lake Parsippany School
225 Kingston Rd.
Parsippany, NJ 07054

Littleton School
250 Brooklawn Drive
Morris Plains, NJ 07950

Mt. Tabor School
900 Park Rd. & Route 53
Mt. Tabor, NJ 07878

Northvail School
10 Eileen Court
Parsippany, NJ 07054

Rockaway Meadow School
160 Edwards Rd.
Parsippany, NJ 07054

Troy Hills School
509 S. Beverwyck Rd.
Parsippany, NJ 07054

REGISTER

Online at
www.pacecommunityschool.com



By Phone

Disc/Master/Visa Card
Monday - Friday
8:00 am - 3:30 pm
(973) 263-7180
EXT. 4342

By Mail

PACE
577 Vail Road
Parsippany, NJ 07054



By Fax

Disc/Master/Visa Card
Number & Expiration Date
(973) 263-7121



In Person

Monday - Friday
8:00 am - 3:00 pm
PACE Office
577 Vail Road
Parsippany, NJ 07054



BROADWAY SHOWS

WAR HORSE

In the WW1 drama, a young man embarks on a treacherous mission to find his horse among the cavalry. Grandeur, inventiveness, stirring music, and puppet horses that can support a rider make the stage magic. “Thrilling! A landmark theatrical event!” Time Magazine.

Tuesday, April 24 Leave: 3:45 pm - from Parsippany Hills H.S. Return: 11:45 pm

Cost: 11001 Orch. \$163 7:00 pm Curtain

11001A Mezz. \$116 (D-E)

PRISCILLA QUEEN OF THE DESERT

11002

A glamorous cross dressed Sydney-based trio take their show to the Australian Outback. They hop on a battered bus searching for love and friendship and end up finding more than they could have dreamed. “Insanely euphoric, wildly contagious!” London Telegraph.

Tuesday, April 24 Leave: 3:45 pm from Parsippany Hills H.S. Return: 11:45 pm

Cost: \$135 Front Mezzanine 7:00 pm Curtain

BUS TRIPS/TOURS



NATIONAL SEPTEMBER 11 MEMORIAL AND MUSEUM

11003

The tribute includes two reflecting pools rimmed by the largest man made waterfalls in North America. A guide will offer insights into the progress of the Freedom Tower and lead us to nearby St. Paul’s Chapel, Irish Hunger Memorial, and the World Financial Center. Lunch included at SPQR Restaurant and you will have time to stroll and shop in Little Italy.

Sunday, May 6 Leave: 8:45 am from Parsippany Hills H.S. Return: 6:30 pm

Cost: \$86

**PHILADELPHIA FLOWER SHOW
ISLAND OF ALOHA
11004**

Discover innovative ideas in garden design at the nation's biggest flower show. From towering waterfalls to glowing volcanoes and serene sunsets, *Islands of Aloha* immerses viewers in the transcendent spirit of Hawaii. Lunch on your own at Reading Terminal Market.

**Saturday, March 10 Leave: 8:45 am from Parsippany Hills H.S. Return: 7:00 pm
Cost: \$69**

**VAN GOGH UP CLOSE
PHILADELPHIA MUSEUM OF ART
11005**

The landmark exhibit presents some of the most daring and innovative works ever created. Van Gogh's passionate experimentation and zeal for nature are reflected in 45 landscapes, flowers, and still lifes painted during his turbulent final years. Lunch on own.

**Saturday, March 10 Leave: 8:45 am from Parsippany Hills H.S. Return: 7:00 pm
Cost: \$71**

**MOHONK MOUNTAIN HOUSE
New Paltz, NY
11006**

Mohonk Mountain House, featured on A&E's Great Resorts of the World, affords incredible scenic beauty and excellence in service and cuisine. Stroll lakeside paths, view show gardens and the Barn Museum; and enjoy two Music Week recitals. Included buffet lunch and at the end of day, lemonade and cookies.

**Monday, June 25 Leave: 7:45 am from Parsippany Hills H.S. Return: 6:30 pm
Cost: \$98**

**JONAH
Sight & Sound Theatre
11007**

The new production tells the story of Jonah with incredible sets, costumes, immersive scenes and special effects. Uplifting and entertaining, Jonah sends a powerful and timely message. Lunch on own at Kitchen Kettle Village. Dinner will be included at Shady Maple.

**Saturday, May 19 Leave: 8:15 am from Parsippany Hills H.S. Return: 8:30 pm
Cost: \$129**

*Refunds, minus \$10 per ticket, available only if tickets can be resold.

AMISH ADVENTURE
Lancaster, PA
11008



Take a guided bus tour through lush countryside and learn about extraordinary lifestyles. We will stop at a farm stand, quilt barn and bakery. Lunch on own at Kitchen Kettle Village. Dinner will be included at Shady Maple.

Saturday, May 19 Leave: 8:15 am from Parsippany Hills H.S. Return: 8:30 pm
Cost: \$73

THE COMMUNITY SCHOOL
Committed to Life-Long Learning

**English as a Second
Language**

**ENGLISH AS A SECOND
LANGUAGE CLASSES**

Are you new to the USA? ESL classes will teach you to speak, read and write in English while learning about the culture of the United States.

To avoid class cancellation, please register early!

Fee: \$125 per course

11101 Beginners

Instructor: TBA

Monday & Wednesday Begins Feb. 27
9:00-11:00 am 10 weeks
PAL Building (33 Baldwin Rd., Pars.)

11102 Intermediate/Advanced

Instructor: Naomi Berger

Tuesday and Thursday Begins Feb. 28
9:00-11:00 am 10 weeks
PAL Building (33 Baldwin Rd., Pars.)

11103 Beginners

Instructor: Beth Martin

Monday & Wednesday Begins Feb. 27
7:00-9:00 pm 10 weeks
Parsippany Hills H.S.

11104 Intermediate/Advanced

Instructor: TBA

Monday & Wednesday Begins Feb. 27
7:00-9:00 pm 10 weeks
Parsippany Hills H.S.



Languages

11201 CONVERSATIONAL ITALIAN FOR BEGINNERS

This course is designed for those new to the Italian language. Experience the wonderful culture of Italy while learning conversational phrases, travel and history.

Instructor: Roseanna Hill

Monday
7:00-9:00 pm
Parsippany Hills H.S.
Fee: \$95

Begins Feb. 27
10 weeks

11202 SPANISH FOR BEGINNERS

This course is designed to teach beginners the rudiments of the Spanish language so that they can express themselves with confidence in simple situations. Basic vocabulary and expressions, grammar and pronunciation will be emphasized.

Instructor: TBA

Tuesday
7:00-9:00 pm
Parsippany Hills H.S.
Fee \$95

Begins Feb. 28
10 weeks



11203 SIGN LANGUAGE I BEGINNERS

This class is for those who have had little or no experience with sign language. You will learn the manual alphabet, how to spell names, and simple introductory phrases such as "Hello, how are you?" and "Where do you live?"

Must be 14 years or older.

Instructor: Maryann Gatto

Tuesday
6:30-7:30 pm
Parsippany Hills H.S.
Fee: \$65

Begins Feb. 28
5 weeks

11204 SIGN LANGUAGE II

This course is a continuation of the beginner's class. You will learn more phrases, all about the deaf culture, and assistive technology. In the final class, the students will be able to sign to a song of choice.

Must be 14 years or older.

Instructor: Maryann Gatto

Tuesday
6:30-7:30 pm
Parsippany Hills H.S.
Fee: \$65

Begins April 17
5 weeks

Hobbies

11301 KNITTING

The curriculum for knitting classes will teach beginner and basic techniques. Instruction will include casting on, knit stitch, purl stitch, changing yarn, binding off, increasing and decreasing, knit and purl, combinations, cable stitching, reading patterns, and gauging. You will be able to create a scarf, hat, neck warmer and a few others. **Material needed:** 2 balls of Worsted weight, pastel color yarn, 1 pair number 8 or 9 knitting needles, 10" long tape measure and a plastic yarn needle.

Instructor: Eva Rakos

Monday
6:30-8:30 pm
Parsippany Hills H.S.
Fee: \$65

Begins Feb. 27
6 weeks

11302 CROCHETING

The curriculum for crocheting will teach beginner and basic techniques. Instruction will include foundation chain, slip knot, single crochet, double crochet, half double crochet, triple crochet, increase and decrease, shell stitch, working front and back loops, reading instructions, and gauging. You will be able to create a scarf, hat, cell phone cover and a few others. **Material needed:** 2 balls of Worsted weight, pastel color yarn. crochet hook **H** or **I**, tape measure, plastic yarn needle.

Instructor: Eva Rakos

Tuesday
6:30-8:30 pm
Parsippany Hills H.S.
Fee: \$65

Begins Feb. 28
6 weeks

11303 SEWING - BASIC

If you would like to learn to sew but don't know how to get started, come and learn. Complete instruction on selection of pattern and material and supervision of cutting, fitting, marking, sewing and pressing are included. To complete a special project the first night, bring your sewing machine if you have one and scissors.

Instructor: Lois Bright

Tuesday **Begins Feb. 28**
7:00-9:00 pm **10 weeks**
Parsippany Hills H.S. **Room D35**
Fee: \$100

11304 SEWING – BEYOND THE BASICS

Familiar with the basics of sewing? Afraid to try a more involved project? Are you more comfortable having expert advice readily available when you sew? Increase your sewing know-how and work on a more challenging project. Bring your sewing machine if you have one.

Instructor: Lois Bright

Tuesday **March 13**
7:00-9:00 pm **8 weeks**
Parsippany Hills H.S. **Room D15**
Fee: \$80

11305 ONE STROKE - PAINTING WILDFLOWERS ON CERAMIC

This two-part class is designed to teach the basic wildflowers and leaves to create a gorgeous bouquet for a large ceramic serving platter. This project is suitable for serving food, or using as beautiful mantel display in your kitchen or dining room. You will learn rosebuds, hydrangeas, daisies, wisteria and more. The first class is mostly skill practice, with a sketch pad, a workbook and all your supplies provided for you. The second class you will put these flowers on your platter. All brushes, paint, practice materials and surfaces are provided for you.

Instructor: Diane Spadola, OSCI

Wednesday **March 21 & April 4**
7:00-9:15 pm **2 weeks**
Parsippany Hills H.S. **Room D32**
Fee: \$75

11306 GALLERY GLASS SUN CATCHER - FRUIT

Gallery glass is a non-toxic "window painting" technique that you can use to decorate your windows at home. In this class, you will be using a preleaded 12" sun catcher that hangs on a chain as your project. However, once you leave this class, you will be able to use the technique and materials to make "faux" stained glass artwork on any glass surface. Great for decorating at very little cost, you can turn your windows into beautiful artwork. All supplies included.

Instructor: Diane H. Spadola, OSCI

Wednesday **May 30 & June 6**
7:00-9:15 pm **2 weeks**
Parsippany Hills H.S.
Fee: \$75



11307 MASTERING YOUR DIGITAL CAMERA

Today's digital cameras are computers with lenses attached to them. Many beginning photographers are intimidated by the technology and don't use the features and capabilities built into their expensive cameras. This course will unravel the mystery behind the technology and enable you to take your photography to the next level. This class will cover digital photography from A to Z. You will learn everything from how to setup your camera's menu system, basic through advanced camera operation, exposure theory, and then study artistic design and the creative side of photography. You will improve your technical ability, expand your vision, and enhance your enjoyment and passion for photography. Material list: Digital SLR camera. *Contact Adam Turow at aturow@gmail.com with any questions.*

Instructor: Adam Turow

Tuesday **Begins Feb. 28**
7:00-9:30 pm **10 weeks**
Parsippany Hills H.S.
Fee: \$130

Dance

11401 SOCIAL BALLROOM & LATIN DANCING FOR BEGINNERS

If you are an absolute beginner to ballroom and are a little worried about taking those first steps, these are the classes for you. Learn how to dance the most popular Ballroom and Latin dances for your upcoming wedding, vacation, cruise or a night on the town. (Salsa, Cha Cha, Tango, Foxtrot and more).

Instructor: Tony Ninos

Wednesday **Begins Feb. 29**
6:30-7:30 pm **10 weeks**
Parsippany H.S. **Cafeteria**
Fee: \$65 per person/\$125 per couple



11402 INTERMEDIATE BALLROOM & LATIN DANCING

Already know the basics of Ballroom and Latin and want to take your dancing to the next level? This course will teach you the technique and style you need to look great and feel confident on the dance floor.

Instructor: Tony Ninos

Wednesday **Begins Feb. 29**
7:30-8:30 pm **10 weeks**
Parsippany H.S. **Cafeteria**
Fee: \$65 per person/\$125 per couple

11403 INTERMEDIATE/ADVANCED LATIN DANCING

Perfect for someone who already has dancing skills and wants to improve technique and learn more patterns and routines. This class will build upon what you have learned in previous classes and refine your personal style to let you express yourself on the dance floor.

Instructor: Tony Ninos

Wednesday **Begins Feb. 29**
8:30-9:30 pm **10 weeks**
Parsippany H.S. **Cafeteria**
Fee: \$65 per person/\$125 per couple

11404 SOCIAL LINE DANCING

No partner needed! Learn several dances 10-12 (country western, Latin, rock, pop and ballroom). Previous line dance experience is helpful but motivated beginners are welcome. Wear comfortable shoes and bring water. Be prepared to work up a sweat and have fun.

Instructor: Sandra Morris

Monday **Begins Feb. 27**
7:00-8:30 pm **12 weeks**
Lake Hiawatha School **Gym**
Fee: \$70 **Limit: 35**

11405 MIDDLE EASTERN BELLY DANCING

Introduction to the ancient and fascinating art of Middle Eastern Dance. This is a wonderful form of exercise that combines aerobic activity with toning muscles to help improve flexibility, posture and coordination. You will learn the basic dance movements, isolations and become familiar with Middle Eastern music and rhythms. Wear comfortable clothing, ballet shoes, jazz shoes or socks are acceptable. No sneakers

Instructor: Joan'na Tyburski (Sa'Noorah)

Monday **Begins Feb. 27**
7:00-8:00 pm **8 weeks**
Intervale School **Gym**
Fee: \$50

11406 MIDDLE EASTERN BELLY DANCING II

Advanced Beginner/Intermediate

This course is for students who wish to expand their knowledge and dancing. Choreography and use of veils will be introduced. Past techniques will be reviewed and expanded upon and new techniques will be introduced. Wear comfortable clothing. socks, ballet or jazz shoes are acceptable. No sneakers.

Prerequisite: Beginner class and/or prior belly dance experience.

Instructor: Joan'na Tyburski (Sa'Noorah)

Monday **Begins Feb. 27**
8:00-9:00 pm **8 weeks**
Intervale School **Gym**
Fee: \$50

ZUMBA - Join the Party

Zumba is a fitness class with Latin & world rhythms to create a cardiovascular exercise mixing low impact sculpting movements with easy-to-follow dance steps. A very enjoyable way to burn calories and relieve stress!

Instructor: Sonia Rodriguez

11507 Monday **Begins Feb. 27**

11507A Wednesday **Feb. 29**

6:30-7:30 pm **10 weeks**

Central Middle School **Cafeteria**

Fee: \$100 for each class

\$180 for both classes

11508 BOLLYWOOD DANCE

Bollywood dancing is a commercial name for modern Indian dancing. It's a combination of classical Indian dance, folk dancing such as Bhangra and sometimes has a Latino and Arabic influence. This unique dance mixes cardiovascular with fun, and is suitable for participants of all ages and fitness.

Instructor: Madhu Swamy

Tuesday **Feb. 28**

6:30-7:30 pm **10 weeks**

Parsippany H.S. **Cafe**

Fee: \$55

11509 WHAT IS HEALTH COACHING?

If you have Celiac Disease, gluten intolerance, one of the top eight food allergens, or any other food sensitivities, then you'll probably need to develop a specialty diet plan. In this course, the instructor will provide information on health coaching. A health coach is someone who assists with specialty diets, vitamins, minerals, basic herbal supplements, and alternative treatment advice. They have studied nutrition, diet and usually health science. They can assist you in building your own personal food pyramid.

Instructor: Sarah Curcio

Monday **March 19**

6:30-8:30 pm **One Session**

Parsippany Hills H.S.

Fee: \$15

11510 HOW ARE FOOD ALLERGIES AFFECTING YOUR LIFE?

Possible food allergies consist of wheat, gluten, dairy, eggs, soy, fish, shell fish, peanuts, tree nuts, chocolate, garlic, onion, corn, sugar, yeast and even Celiac Disease.

Symptoms include tingling/itching in the mouth, hives, itching, eczema, swelling of the lips, face/tongue/throat/or other parts of the body, wheezing, nasal congestion, trouble breathing, abdominal pain, diarrhea, nausea, vomiting, dizziness, light headedness, or fainting. Plus, there is anaphylaxis shock.

In this course, the instructor will provide information on treatment options such as baking with alternative flours and resources for various recipes.

Instructor: Sarah Curcio

Monday **March 26**

6:30-8:30 pm **One Session**

Parsippany Hills H.S.

Fee: \$15

11511 STOP SMOKING WITH HYPNOSIS



Through hypnosis, smoking cessation is easily achieved in a one-hour session. Eliminate the craving for tobacco while minimizing discomfort. Please bring a small pillow to class. A reinforcement CD is strongly recommended and is available for purchase for \$18.

www.hypnosisnj.com

Instructor: Barry Wolfson

Tuesday **March 6**

6:30-7:30 pm **One Session**

Parsippany Hills H.S.

Fee: \$55



**Register Early to Avoid
Classes Being Cancelled**

11512 LOSE WEIGHT WITH HYPNOSIS

Through hypnosis, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Please bring a small pillow to class. A reinforcement CD is strongly recommended and available for purchase for \$18.

www.hypnosisnj.com

Instructor: Barry Wolfson

Tuesday

7:30-8:30 pm

Parsippany Hills H.S.

Fee: \$55

March 6

One Session

11513 THE TUNING EFFECT

Life's obstacles and challenges push our minds and bodies out of tune. Bring yourself back with *The Tuning Effect*, a new proven relaxation technique that makes you more calm, centered and balanced. It is wonderful stress reduction tool. Reinforcement CD is strongly recommended and available for purchase for \$18.

www.hypnosisnj.com

Instructor: Barry Wolfson

Tuesday

8:30-9:15 pm

Parsippany Hills H.S.

Fee: \$45

March 6

One Session

Computer Training



11601 INTRODUCTION TO THE PERSONAL COMPUTER

What is a PC? What can it do? Learn computer functions and computer terms. Familiarize yourself with the keyboard and mouse and learn how to input and retrieve materials. Find out how easy using a computer can be.

Instructor: Charlie McNally

Tuesday & Wednesday

7:00-9:00 pm

Parsippany Hills H.S.

Fee: \$65

Feb. 28 & 29

2 Sessions

Room D33

11602 INTRO TO WINDOWS

Fast-track training on Windows covers: navigating Windows, setting up the desktop with shortcuts and personalized photos, customizing the Quick Launch Toolbar, managing files and folders, basic word processing, email basics, accessing the internet, flash drives, CDs, and scanning. **Students should know how to use a mouse.** Bring a "flash drive" if you have one.

Instructor: Charles McNally

Tuesday

7:00-9:00 pm

Parsippany Hills H.S.

Fee: \$140

Begins March 6

8 weeks

Room D27

11603 - POWERPOINT 2007

PowerPoint is a powerful slide-tool presentation that helps you to organize your programs and images and present them in a manner that your audience can follow and understand. The hands-on training includes: creating, formatting and editing slides, incorporating smart art & clip art, timing and narrating slide shows, creating and inserting tables (which will include Excel tables). You will also use templates and adding and editing a video. You will receive extensive supportive tutorials in a CD and a loose leaf folder.

Instructor: Vince Sacco

Wednesday

7:00-9:00 pm

Parsippany Hills H.S.

Fee: \$125

Begins March 7

5 weeks

Room D27

11604 EXCEL 2007

Hands-on training includes creating, editing, saving & printing worksheets, enter, modify non-numerical and numerical data, use formulas and functions, format data, select cells and ranges, adjust column widths, use fill and series commands and transform data into charts and graphs. The latest version. You will receive extensive supportive tutorials in a CD and a loose leaf folder.

Instructor: Vince Sacco

Tuesday

7:00-9:00 pm

Parsippany Hills H.S.

Fee: \$125

Begins March 6

5 weeks

Room D33

Sports

11701 RECREATIONAL VOLLEYBALL BEGINNER

If you want to learn how to play volleyball, brush up on your skills, or play volleyball in a relaxed, recreational atmosphere, come and play co-ed volleyball on our court. You will play six on a side as you learn the basic rules and develop or improve your skills.

Class Limit: 12

Instructor: Judy Kret

Wednesday **Begins Feb. 29**
6:00-7:00 pm **10 weeks**
Central Middle School **Gym**
Fee: \$70

ADVANCED VOLLEYBALL

Come play competitive volleyball with six players on a side. You must know how to serve, bump, set, and spike. This level is designed for experienced players only. Levels are determined by the instructor.

Class Limit: 12

Instructor: Bob Mullen

11702 Wednesday **Begins Feb. 29**
7:00-8:00 pm **10 weeks**
11702A Wednesday
8:00-9:00 pm
Central Middle School **Gym**
Fee: \$70



11703 INTERMEDIATE VOLLEYBALL

For more skillful players but not at the competitive level. Must know how to bump, set and spike.

Class Limit: 12

Instructor: Bob Mullen

Wednesday **Begins Feb. 29**
9:00-10:00 pm **10 weeks**
Central Middle School **Gym**
Fee: \$70

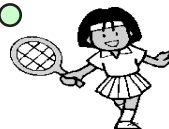
11704 TENNIS - BEGINNERS

Get some exercise, burn some calories, learn to play and save money! Indoor tennis court time is \$55 an hour and that doesn't include an instructor. Sign up with a friend or come alone for lots of fun in a non-competitive atmosphere. All you need is a racquet. The certified instructor will cover groundstrokes, volleys, serves and more. Summer will be here soon - so go for it!

Class limit: 12

Instructor: Donald Hull

Thursday **Begins March 1**
7:00-8:00 pm **8 weeks**
Brooklawn Middle School **Gym**
Fee: \$70



11705 TENNIS - ADVANCED BEGINNERS/INTERMEDIATE

Sign up for some fun and instruction from a certified instructor. If you've played a little tennis and realized you could use some coaching, get ready for summer with this class. Learn topspin, a slice serve and much more. You will be beating your opponents after this class. **Class limit: 12**

Instructor: Donald Hull

Thursday **Begins March 1**
8:00-9:00 pm **8 weeks**
Brooklawn Middle School **Gym**
Fee: \$70

PERSONAL WATERCRAFT AND BOATING SAFETY

This basic safe boating/personal watercraft class is suitable for anyone over the age of 10. It is also the approved class for the mandatory NJ Boating Safety Certificate for all individuals to operate boats and personal watercraft. Course covers basics such as rules of the road, laws and safety. All materials included. NASBLA approved for insurance discount. Presented by Coast Boating School.

Instructor: Coast Boating School

Monday and Tuesday **Two Days**
11706 March 19 & 20
11707 April 23 & 24
11708 May 21 & 22
11709 June 11 & 12
6:30-10:00 pm
Parsippany Hills H.S.
Fee: \$70

11710 HIKING, HEALTH & INNER PEACE

Hiking is an adventure that occurs in a setting of sensory stimulation. Plummeting waterfalls, cerulean lakes and majestic vistas await you along forested trails in the NJ/NY area. Improve strength and flexibility while becoming immersed in nature's refreshing oasis of peace and reflection. Achieve benefits in weight management, muscle tone and cardiovascular health while adding harmony, balance and tranquility to your life. Geology, animal signs and tree identification will be discussed along the trail. **Novice and veteran hikers are welcome.** Included are one classroom session and four hikes of moderate difficulty selected from 10 Saturday hiking dates scheduled between 3/31 and 6/02/12.

Instructor: Doug Gould, Adventure Unlimited

Orientation Monday, March 12
7:00-8:00 pm
Parsippany Hills H.S.
Fee: \$65



11711 SUMMER KAYAKING TOUR

The cool morning mist mixing with the warmth of the rising sun begins the subtle flow of energy along the river. Your sleek watercraft embraces these rhythms and serves as a conduit into the serenity of the natural world. Delight in riverine scenery and wildlife as we paddle a calm section of the Delaware River in Northwestern NJ. A short learning curve for beginners assures a pleasant experience on the very first outing. Veteran paddlers are welcome. Tuition includes one classroom session, rental and transportation of kayaks, life jackets, instruction and guide fee for one kayak trip.

Trip date: Saturday, June 9, 2012

Rain date: Sunday, June 10, 2012

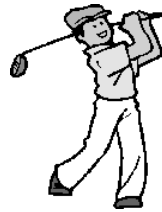
Instructor: Doug Gould, Adventure Unlimited

Orientation Monday, March 12
8:00-8:30 pm
Parsippany Hills H.S.
Fee: \$75

11712 GOLF - BEGINNERS

Learn the fundamentals of golf--stances, grips and swings. You must bring your own whiffle golf balls and club (7 iron). Golf made easy! Wear sneakers. **Class limit: 12**
Instructor: Rich Williams

Thursday April 26, May 3, 10, & 17
7:30-9:30 pm 4 weeks
Central Middle School Gym
Fee: \$85



11713 GOLF - ADVANCED BEGINNERS

For people who have some knowledge of the game or playing experience. This course will focus on improving your swing. You must have your own clubs, whiffle balls, golf mat or doormat. **Class limit: 12**

Instructor: Rich Williams

Thursday May 24, 31, June 7 & 14
7:30-9:30 pm 4 weeks
Central Middle School Gym
Fee: \$85

DO YOU HAVE A SPECIAL TALENT, HOBBY OR INTEREST AND WOULD LIKE TO SHARE IT?

The Parsippany Adult & Community Education School is always looking for people to teach in our school. Certification is not required, just knowledge, enthusiasm and time. If so, contact:

Joanne Caponegro
PACE

Parsippany-Troy Hills Township
577 Vail Rd., Parsippany, NJ 07054
Phone: (973) 263-7180 Ext. 4342

Email:

jcaponegro@pthsd.k12.nj.us

Cooking

11715 SUNDAY GRAVY

Learn how to make my family's traditional "Sunday Gravy" with meatballs, braciolo & sausage. *Bring containers for leftovers.*

Instructor: Dana Ilic

Tuesday Feb. 28

6:30-8:30 pm

Central Middle School - Room 416

Fee: \$25 (food fee \$15 payable to instructor)

Class Limit: 15

11716 GIRLS NIGHT OUT

Come & enjoy a girls' night out! Have a great time with friends while cooking. We will start out with bruschetta on homemade garlic toast. Then we will make Chicken Rollatini (stuffed w/prosciutto & fresh mozzarella) in a wine sauce. We will end the meal with mini Tiramisu cups.

Bring containers for leftovers.

Instructor: Dana Ilic

Tuesday March 13

6:30-9:30 pm

Central Middle School - Room 416

Fee: \$30 (food fee \$20 payable to instructor)

Class Limit: 15

11718 HOMEMADE FRESH MOZZARELLA

Learn how to make fresh mozzarella with my dad, Anthony. He will show you how to make this delicious cheese from a whole milk curd. We will then make a tomato & fresh mozzarella salad. *Bring containers for leftovers.*

Instructor: Dana Ilic

Tuesday March 5

6:30-8:30 pm

Central Middle School - Room 416

Fee: \$25 (food fee \$10 payable to instructor)

Class Limit: 15



11717 ITALIAN FEAST (4 classes)

"GRANDMA'S MEATBALL SOUP"- Week 1

This was and still is one of my favorites! My grandmother made this great vegetable soup with tiny meatballs and pastina. We will also make garlic bread to go with this great soup.

Bring container for your leftovers.

"A PERFECT PASTA DINNER" - Week 2

We will make Orecchiette pasta with brocoli rabe and sausage in a light garlic and olive oil sauce. *Bring container for your leftovers.*

"CHICKEN FLORENTINE"- Week 3

This is a nice light chicken dish for the spring. It's topped with spinach and fresh mozzarella in a nice white wine sauce. We will serve this with roasted garlic and parsley potatoes. *Bring container for your leftovers.*

"DOLCE" - Week 4

We will make 2 traditional Easter Pies: Pizza Rustica (Meat Pie) and Easter Sweet Pie (Ricotta cheesecake). *Bring containers for your leftovers.*

Instructor: Dana of Ferraro's Restaurant

Tuesday

March 20, 27, April 3 & 17

6:30-8:30 pm

Central Middle School - Room 416

Fee: \$60 all 4 classes (Food fee \$30 for 4 classes payable to instructor)

Class Limit: 15

Ethnic Cooking



11719 COOKING SEMINAR (4 classes)

“INDIAN COOKING” - Week 1

Come learn how to take the mystery out of Indian cuisine and how to make vegetarian and non-vegetarian curries without feeling the heat of the spices. Learn to make fresh whole wheat pita bread to go with curry chicken and vegetables. You will taste the food and take samples for your family. *Bring container for leftovers.* **\$10 food fee payable to instructor. Class limit: 12**

Instructor: Sarita Puri

April 24, 2012

“FOODS OF PUERTO RICO” - Week 2

This instructor is known for her many different Spanish dishes. In this class, you will have spanish yellow rice and beans, empanadas (meat filled pastries) and chicken stew - spanish style. *Bring containers for leftovers.* **\$10 food fee payable to instructor. Class limit: 12**

Instructor: Provi Mayens

May 1, 2012

“TURKISH COOKING” - Week 3

In this course of Turkish Cuisine, you will discover the technique and the flavors of Turkish food, one of the healthiest Mediterranean cuisines. You will prepare a five-course feast of delicious traditional Turkish dishes. Recipes will be provided for your keeping. The group will enjoy a delicious meal of their own creation at the end of the class and take home more to savor. *Bring container for leftovers.* **\$10 food fee payable to instructor. Class limit: 12**

Instructor: Nuray Aykin

May 8, 2012

“ITALIAN COOKING” - Week 4

In this course, you will prepare Pasta in Carrozza, a savory pasta dish with toasted pignoli, currants, and cauliflower. Melanzane alla Tabbachiera, stuffed eggplant, Carne alla Pizzaiola, thin sliced beef layered with potatoes, cheese and onions. For the finale, Tiramisu. *Bring container for leftovers.* **\$10 food fee payable to instructor. Class limit: 12**

Instructor: Maria Russo

May 15, 2012

Tuesday

6:00-9:00 pm

Parsippany High School

Fee: \$60

April 24, May 1, 8 & 15

PERSONAL ENRICHMENT

11801 RELIVING YOUR PAST LIVES

Who were you in your last life? A past life regression may give you an answer to this and other questions relating to the possibility of past lives. Many people feel that we have lived before - in the past - as someone else. Using methods of self-hypnosis, some very interesting things are revealed that could help you improve your life. *Please bring a pillow and sleeping bag or mat to class.*

Instructor: Marc Sky, Hypnotist

Tuesday **March 20**
8:15-9:45 pm **One Session**
Parsippany Hills H.S.
Fee: \$35

11802 SUPERPOWER MEMORY

How to remember anything, anytime, anywhere, easily! Are you terrible at remembering names? Forget where you put your car keys? There is an explosion of knowledge that you must absorb in order to succeed in today's world. ***Don't get left behind!!*** In this workshop, you'll learn the secrets of developing a near-photographic memory, with very little effort. You'll discover easy and sure-fire ways to instantly recall names, faces, lists, instructions, school work, English and foreign vocabularies. Workbook is included.

Instructor: Marc Sky, Memory Expert

Tuesday **March 20**
6:30-8:00 pm **One Session**
Parsippany Hills H.S.
Fee: \$35

11803 LEARN EFT (Emotional Freedom Technique)

EFT also known as Emotional Freedom Technique is one of the newest ways to remove blocks that hold you back. Developed by Gary Craig, this technique helps you to overcome stress, fears, helps in Weight Loss, sleep issues, etc. (Come learn how EFT can help you - help yourself!)

Instructor: Kathy Lindert, A. Cht.

Tuesday **Feb. 28**
7:30-9:00 pm **One Session**
Parsippany Hills H.S.
Fee: \$40

11804 SHIATSU MASSAGE FOR PARTNERS

This one-night workshop provides an opportunity for partners and friends to get in touch with themselves and each other. Working in pairs, participants will learn how to ease tensions, release physical and mental blocks and enhance verbal and nonverbal communication through Shiatsu or accupressure massage, reflexology and deep tissue work. Please wear comfortable, loose clothing and bring a mat.

Instructor: Ted Sheola, CP, CYI, is an AO-BTA Shiatsu practitioner.

Monday **April 2**
7:00-9:00 pm **One Session**
Parsippany Hills H.S. **Media Center**
Fee: \$55 couple

11805 STRESS REDUCTION AND MEDITATION TECHNIQUES

Despite the hectic pace of modern life, it is possible to create and tune into an "inner oasis" of relaxation and peace and get in touch with your inner resources to handle stress without distress. You will learn to do special exercises and proven techniques of deep relaxation and breathing, meditation and visualization to let go of tension and clear the mind. Please wear comfortable clothing and bring an exercise mat or blanket.

Instructor: Ted Sheola, CP, CYI,

Tuesday **Feb. 28**
7:00-9:00 pm **One Session**
Parsippany Hills H.S. **Media Center**
Fee: \$30

11806 WEIGHT REDUCTION WITH HYPNOSIS

Your weight is all in your mind. You become what you are in the privacy of your mind. Let us change that inner image of how you see yourself with hypnosis. It will change the way you look at food, emotionally and physically and how you handle stress. It will help you gain more confidence. As an added benefit, exercise is included to help you boost your health. Each week we change the old behaviors and replace them with new healthier behaviors so you can look and feel great.

Instructor: Kathy Lindert, A. Cht.

Monday **April 2, 16, 23 & 30**
7:30-9:00 pm **4 weeks**
Parsippany Hills H.S.
Fee: \$75

11807 BETTER GOLF W/HYPNOSIS

Imagine you're on the 18th green with the match on the line and a five-foot putt to win the match. Now see the ball rolling into the hole and the sweet sound of the ball dropping into the cup with the crowds going wild!! Uncover how your mind helps you achieve your goals. Learn the techniques the pros use to visualize their shots and achieve the results they want. The old golf adage is that golf is 90% mental. Learn the techniques to harness the power of your mind to be the best you can be and you too can learn to play golf under different conditions without the mental distractions we all face during a round. (no golf equipment necessary)

Instructor: Kathy Lindert, A. Cht.

Monday **March 5, 12 & 19**
7:30-9:00 pm **3 weeks**
Parsippany Hills H.S.
Fee: \$65

11809 NATURAL HEALTH & HEALING SECRETS

Topics covered include: The best foods, herbs and nutrients for optimizing your ideal weight, aging healthfully, improving joint and bone health, as well as types of fiber to cleanse and detoxify your body. We will also present tonics, herbs and formulas from Chinese medicine and Indian Ayurveda to balance and tone your digestive system, ward off colds and stress, increase energy and endurance. The interactive seminar features recent scientific research that validates ancient wisdom and traditions in a clear and practical way.

Instructor: Ted Sheola

Monday **April 16**
7:00-9:00 pm **One Session**
Parsippany Hills H.S. **Media Center**
Fee: \$30

11808 MORTGAGE MODIFICATION

We understand financial hardships, and realize that the circumstances that cause them are as varied as the people they effect. In this economic climate, more and more hardworking Americans; people that paid their bills on time and humbly provided for their families, are suddenly facing foreclosure. What is your hardship? Have you had an adjustable rate mortgage adjust upward, or a high fixed rate mortgage adjust upward, or a high fixed rate mortgage that you can't handle anymore. Perhaps your home has lost value, making it impossible to refinance for a fresh start. Whatever your hardship, you are not alone. I want you to know that mortgage modification is NOT a refinance. You will remain in your current mortgage.

Instructor: Vivian Gaspar

Monday **March 12**
7:00-8:30 pm **One Session**
Parsippany Hills H.S.
Fee: \$20



11810 GETTING PAID TO TALK

This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voice coaches.com producer!

This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited and registration closes one week prior to class.

Instructor: Jenny Marcotte

Tuesday **Feb. 28**
6:30-9:00 pm **One Session**
Parsippany Hills H.S.
Fee: \$25

11811 ASSERTIVENESS SKILLS

Are you disappointed in the outcome of your interactions with others? Learn to stop feeling intimidated, guilty or pressured. This course will provide tips and techniques for behaving assertively. We will distinguish the differences among assertive, aggressive, passive and passive-aggressive behaviors. You will complete a self assessment which will provide meaningful feedback about your assertiveness style.

Instructor: Kathleen McGlory

KMG Learning & Development, LLC

Tuesday Feb. 28

7:00-9:00 pm One session

Parsippany Hills H.S.

Fee: \$35

11812 GOING FROM MOTHERHOOD TO A CAREER PATH

This course is about taking steps to position yourself and prospective employers to optimize your return to work. You will learn:

- Successful Interviewing Tips
- How to Dress for Success
- Being comfortable talking about the “Gap” on your resume
- Showing confidence about your Mommy time off
- How being a mom helps you to be a productive employee
- Discuss the challenges with other moms

Instructor: Diane Lang

Monday April 2

7:00-9:00 pm One Session

Parsippany Hills H.S.

Fee: \$25

11813 LETTING GO OF ANGER

We all experience anger. Anger managed in a healthy way can be helpful. It can be a signal when something is wrong and help motivate you to make positive changes. In this workshop, you will learn:

- Recognize your anger - the different sources of anger and types of anger
- Triggers - what triggers your anger
- Understanding your anger
- The consequences of anger, both physically and emotionally

You will learn tips on letting go of unresolved anger - including relaxation techniques and more.

Instructor: Diane Lang

Monday March 5

7:00-9:00 pm One Session

Parsippany Hills H.S.

Fee: \$25

11814 EFFECTIVE TIME MANAGEMENT

Do you have too much to do and never enough time to do it all? Attend this two hour session and come away with 25 powerful time saving and organization tips. We'll also cover how to deal with procrastination. Investing two hours of your time and applying these tips will pay off in many hours saved and more goals achieved.

Instructor: Kathleen McGlory

KMG Learning & Development, LLC

Monday March 19

7:00-9:00 pm One session

Parsippany Hills H.S.

Fee: \$35

11815 RUNNING AN EFFECTIVE MEETING

Are you responsible for running meetings? Are you happy with the outcome of your meetings? Do you sometimes feel your meetings are unproductive or a waste of time? Learn how to structure, conduct and participate in meetings so that your time in meetings is time well spent. We will cover:

- Meeting guidelines
- Ground rules
- Agendas and desired outcomes
- Summaries, recaps, & staying on track
- Dealing with difficult behaviors at meetings
- Teleconference and video conference tips

Instructor: Kathleen McGlory

KMG Learning & Development, LLC

Monday March 12

7:00-9:00 pm One session

Parsippany Hills H. S.

Fee: \$35

11816 HAVE A PSYCHIC READING

Here's a fun and exciting opportunity to find out about yourself, your relationships and future. You will have your palm read to find out about love, business, relationships, etc. You will also receive an 8-page detailed Numerology Chart prepared especially for YOU! Also included that night for the ladies is an advanced- prepared Romance Astronumerology Chart. **Birth date will be needed at registration.**

Instructor: Marc Sky

Monday March 5

6:30-8:00 pm One Session

Parsippany Hills H.S.

Fee: \$35

11817 SPIRIT ENCOUNTERS

Find out how to communicate with loved ones that have crossed over....do you have loved ones that have passed away and wonder if their spirits are still around you? Can they give you messages? Can you communicate with them? Is it possible to see or sense them? If you want to reconnect with loved ones, or just want to have a seance and see a ghost for the entertaining fun of it, here's your opportunity. A \$10 class materials fee will be collected by the instructor.

Instructor: Marc Sky

Monday

8:15-9:45 pm

Parsippany Hills H.S.

Fee: \$35

**March 5
One Session**

11819 MEDICAL TERMINOLOGY

This class focuses on the basic foundation of medical word building, including building words through word roots, combining forms, suffixes and prefixes used to learn the basic principles of medical terminology.

There will be an overview of the body systems, broken down by each system and the body as a whole and its' related structures, associated diseases, procedures and laboratory terms along with medical abbreviations. A certificate will be awarded at the completion of the class.

Instructor: Carol Masker

Monday

7:00-9:00 pm

Parsippany Hills H.S..

Fee: \$100

Feb. 27

8 weeks



11818 HOW TO INTRODUCE NEW FOODS...SO YOUR KIDS WILL ACTUALLY EAT THEM!

Has meal time turned into a battle of wills or a chance to brush up on your negotiating skills? Teaching children to eat new foods can be a trying experience. But all kids - even yours - can learn to eat and enjoy new foods. Find out how to take the politics out of dinnertime at a thought-provoking healthy eating seminar. Learn practical research-based strategies and solutions for introducing new foods so you can stop struggling and start succeeding. Topics include how to:

- Set a foundation for introducing new foods, using foods your kids already enjoy
- Use taste and texture to shape your kids' eating habits
- Avoid the most common "new foods" pitfalls that make the problem worse
- Make new foods safe to try
- Expand your child's approval of "new"
- Develop an individualized plan to turn your toddler's taste buds around

Instructor: Dina Rose, PhD

Tuesday

7:00-9:00 pm

Parsippany Hills H.S.

Fee: \$25

**April 3
One Session**

Kids Corner

11901 WILL YOU BE MY VALENTINE?

We will make chocolate covered strawberry bouquets and heart shaped butter cookies that we will decorate. **Class limit: 15**

Instructor: Dana Ilic

Tuesday **Feb. 7**
4:00-5:30 pm **One Session**
Central Middle School **Room 416**
Fee: \$20

11903 HOP ON IN FOR EASTER BAKING

You will learn how to make cute little “nests” and then fill them with jelly beans. We will also decorate cute little bunny cupcakes. **Class limit 15**

Instructor: Dana Ilic

Wednesday **April 4**
4:00-5:30 pm **One Session**
Central Middle School **Room 416**
Fee: \$20

11902 LET’S BE SWEET & GREEN FOR ST. PATRICK’S DAY FUN

We will make mini leprechaun pudding pies. We will also learn how to melt chocolate, dip pretzels and decorate them for St. Patrick’s Day. **Class limit: 15**

Instructor: Dana Ilic

Wednesday **March 14**
4:00-5:30 pm **One Session**
Central Middle School **Room 416**
Fee: \$20



BABYSITTER TRAINING

This course is designed to provide youths, ages 11 to 15 with the information and skills necessary to provide safe and responsible care for children in the absence of their parents or guardians. This training will help participants develop skills in five critical areas: leadership, safety and safe play, basic care, first aid, and professionalism. Please bring a bag lunch to class.

Instructor: Louis Drucks

111007 Saturday **March 31**
9:00-3:30 pm **One Session**

111008 Saturday **April 21**
9:00-3:30 pm **One Session**
Parsippany High School **Media Center**
Fee: \$75

11904 MECHANICAL BLOWFISH ROBOT WORKSHOP

Experience and explore the world of robotics by building and taking home your very own mechanical Blowfish Robot! Using a crank and linkage rod system, this robo-fish propels itself through the water by its swinging tail fin. Learn all about how the Blowfish Robot works by its motor, gearbox, battery box and switch. You will be able to see all the mechanical parts in motion through the transparent green top! It is sealed water-proof tight and you will be able to see it work in our mini Minds in Motion pool! This energetic robotic amphibian can even make it across an olympic size pool all on its own.

Instructor: Minds In Motion

Tuesday

April 10

8:30-3:30 pm

Place: Rockaway Meadow School

Fee: \$105



11905 CSI - Crime Scene Investigation

Come and join our Minds in Motion Crime Team in this fun and interesting workshop! We will provide you with all the tools you need to become your very own crime scene investigator! Learn all about the forensics, searching for evidence, and gathering clues. Working in groups, you will conduct many science experiments in our crime labs to solve the mysteries at hand! As young detectives in training, you will learn all about fingerprinting and how to classify them, perform chemical analyses and observations working with powders, liquids, and much, much more!

Instructor: Minds in Motion

Wednesday

April 11

8:30-3:30 pm

Place: Rockaway Meadow School

Fee: \$105

Educational Service Center

SAT PREPARATION/REVIEW COURSE

Knowing how to take a test is almost as important as mastery of the subject matter. This course provides students with test-taking techniques that give them self-confidence and the ability to take the test in a more relaxed and assured manner. Course reviews basic mathematical concepts in arithmetic, algebra, geometry, and algebra II. An extensive review is given in vocabulary building, sentence completions, critical reading, grammar, usage, and essay writing.

It is important that the assigned homework be done in its entirety to take advantage of this program.

This course is in preparation for the November testing.

Fee: \$429

Classes begin Tuesday

March 6, 13, 20, 27, April 3, 17, 24 & May 1

6:30-9:30 pm

Parsippany Hills High School

FREE EXTRA HELP: Students may receive some extra help by calling ESC to schedule an appointment with their instructor before or after class.

Instructor: Edu. Testing Service

Makeups: A student may make up an absence by attending the same session number at another location, usually during the same week. Please call or email us at infor@escstestprep.com. **Once all of the corresponding session numbers have passed, makeups are not possible.**

Free Extra Help by calling ESC

Our Guarantee: You will improve your combined SAT score a minimum of 150 pts as compared to the combined scores of a previous SAT, or you may take our 5-session refresher course in the spring of 2012 for free. Does not apply to seniors.

For information or to register, call:

(845) 356-8693 or 1-800-762-8378

Lentz & Lentz

PSAT and SAT PREPARATION

Designed to benefit students of all ability levels, this 24-hour program is divided equally between English and Math and covers all facets of the SAT. Class features: test-taking techniques, preparation for the essay, algebra II, practice SATS advanced math and shortcut math, vocabulary development, speed reading and a CD system. The CD system is extremely helpful to all students, especially those with cognitive and perceptual disabilities. Extra help at no charge, course materials and complimentary refresher sessions are included in the tuition. Previous SAT type problems are used in conjunction with our own copyrighted curriculum. Lentz and Lentz teachers have been specifically trained to teach this program. Lentz & Lentz also allow students the flexibility to attend live make up lessons at any of their other locations.

Fee: \$399

Classes begin Tuesday

**March 6, 13, 20, 27, April 3, 17, 24
and May 1**

6:30-9:30 pm

Parsippany Hills High School

Lentz & Lentz Guarantee:

Money back guarantee within three calendar days after lesson one if the student is not satisfied with the program. No refunds will be issued after that point in time. If the student does not attend the first session, regardless of any reason, there will be a \$85.00 charge. Lentz & Lentz reserves the right to dismiss any student from the program for disciplinary reasons. No refunds will be issued in cases of that nature.

For information or to register, call:

Lentz at 800-866-7287 (sats)

or visit www.lentzsatprep.com

Kaplan

SAT, PSAT and ACT TEST PREP

Kaplan, the world leader in test preparation offers unmatched expertise and guaranteed results or your money back!

Complete SAT Preparation Course

- Proven and interactive full classroom program led by top-scoring teachers.
- Six 3-hour instructional sessions with engaging teacher.
- 4 full-length proctored practice tests under realistic conditions.
- Lessons built around the Kaplan Smart Points system - learn the skills that get you the most points on Test Day.
- Lessons-on-Demand - free online reviews and make up classes.

Prep for the May SAT

Classes begin February 29

10 Sessions - Monday & Wednesday

Code: SAKN12702

Parsippany High School

Room 203

Parsippany District Students pay

Fee: \$599

The Kaplan Higher Score Guarantee:

If you feel that you're not yet ready to take the exam, you can take our full classroom course again for free. No matter how many points you improve, if you want an even better score, you can study again for free. And if for any reason you don't score higher than your initial baseline score, you can study with us again for free or get your money back.

For information or to register, call:

Kaplan at 1-800-KapTest or visit

www.kaptest.com/college

"New" College Prep Advantage - \$999

American Red Cross

**ALL CLASSES WILL BE
HELD AT**
Parsippany High School
309 Baldwin Road
Parsippany

FIRST AID

This course trains participants to become familiar with how to recognize and give care. It covers emergency care for conscious bleeding, and other first aid emergencies. Respiratory and cardiac emergencies are NOT covered in this course. American Red Cross Certification in First Aid Basics will be issued upon successful completion of course. Certification is good for 2 years.

Instructor: Louis Drucks

111002 Wednesday Feb. 29
6:00-10:00 pm One Session

111003 Wednesday March 14
6:00-10:00 pm One Session
Fee: \$75 Media Center

INFANT, CHILD & ADULT CPR/AED

First Aid: Participants learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illnesses, head, neck and back injuries, and heat and cold emergencies.

CPR Adult: Participants learn how to perform CPR and care for breathing and cardiac emergencies in adults

CPR Child and Infant: Participants learn how to prevent, recognize and respond to cardiac and breathing emergencies in infants and children under 12

AED: Participants learn how to use automatic external defibrillators

Certification is good for 2 years.

Instructor: Louis Drucks

111004 Monday Feb. 27

111005 Tuesday March 13
6:00-10:30 pm One Session
Fee: \$120 Media Center

Motor Vehicle



MOTOR VEHICLE DEFENSIVE DRIVING POINT/INSURANCE REDUCTION CLASS

For drivers who want to have violation points removed from their license, this state-approved, 6-hour course is a must! Learn how to correct the negative habits that lead to driving violations. Upon successful completion, you can have up to two (2) points removed from your driver's license and are eligible to receive a minimum of 5% off your annual auto insurance premiums for a 3-year period. The insurance discount is renewable by attending the course every three years. Business owners: If your employees are driving company-insured vehicles, this course will definitely save you money!

11921 Saturday March 3

11922 Saturday April 7

11923 Saturday May 5

Saturday 9:30 am-4:00 pm

Saturday classes will be held at A1 Peck,

366 Route 46 East, Mine Hill, NJ

Fee: \$75 each session



*....Our Broadway
Shows:*

*War Horse
Priscilla Queen
of the Desert*

SPRING REGISTRATION INFORMATION

AVOID CLASS CANCELLATION — REGISTER EARLY

CLASSES BEGIN WEEK OF FEBRUARY 27 unless otherwise noted.
REGISTER ONLINE AT WWW.PACECOMMUNITYSCHOOL.COM

1. You may register ONLINE at www.pacecommunityschool.com, by phone, mail, fax or in person, but *register early*. **You must be 16 years of age to register for classes unless indicated differently in course description.**

Four easy ways to enroll:

BY PHONE

You can enroll over the phone with Disc./Master/Visa card. Please have all the information requested on the registration form before calling. Our phones are staffed during business hours, Monday-Friday from 8:30am-3:00 pm.

CALL 973-263-7180, EXT. 4342

BY MAIL

Simply complete the registration form and send it to PACE, 577 Vail Road, Parsippany, NJ 07054, with your check made out to PACE or your Disc./Master/Visa card number, expiration date & security code.

BY FAX

Fax your completed registration form with your Disc./Master/Visa card number and expiration date. The line is open 24 hours. (973) 263-7121.

IN PERSON

Come into the PACE office during business hours, Monday to Friday from 8:30 am - 3:00 pm. See calendar for dates, times and location.

2. Registration:

Your registration has been accepted unless you are notified to the contrary. Check the brochure carefully for the location, beginning date and time of your class. Registration must be received AT LEAST one week prior to the start of the class. **Registrations will not be accepted the night of the class.**

REFUNDS:

- Refund requests must be made at least two business days in advance of the start of the class. **Refunds will not be given for any reason after that time.** An administrative charge of \$10 will be deducted from each refund requested.
- There will be no refunds for one-evening classes or for trips unless otherwise noted.**
- If PACE cancels a class**, the full tuition fee will be refunded or applied to another class.
- Refunds take approximately six weeks to be processed through the Board of Education.

GENERAL INFORMATION

- No parking in the fire zones in front or rear of school building.
- No smoking anywhere on school district property.
- PACE reserves the right to make any changes in course offerings, scheduling, instructor and/or room assignments as necessary.
- Participation in PACE programs is at your own risk. The Parsippany-Troy Hills Public Schools assume no liability.
- Call the PACE office at (973) 263-7180, ext. 4342 between the hours of 8:30 am-3:00 pm for additional information.

NOTICE

PACE students and staff must obey the parking regulations prohibiting general parking in fire and handicapped parking zones in all school lots and driveways or be subject to fines, penalties and/or tow away by Parsippany-Troy Hills Police Department.

STUDENTS REGISTERING BY MAIL SHOULD GO TO FIRST SCHEDULED CLASS. YOUR REGISTRATION IS ACCEPTED UNLESS YOU ARE NOTIFIED TO THE CONTRARY.

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PARSIPPANY ADULT AND COMMUNITY EDUCATION

S12

NAME _____

last

first

ADDRESS _____

TOWN _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

COURSE NO./ TITLE _____ E-MAIL _____

Visa/MasterCard /DISC.# _____ Expiration Date _____

CASH CHECK

CREDIT CARD (Master, Visa or Disc.)

CC# _____

EXP. DATE _____

CW2/Security_Code _____

TUITION FEE _____

TOTAL FEE _____

GRAND TOTAL

PLEASE MAKE CHECKS PAYABLE TO PACE
Mail to PACE, 577 Vail Rd., Parsippany, NJ 07054

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Are you feeling the stress

of having to do it all? **Work...childcare...home**

What's a working parent to do before school, after school, school holidays, breaks, half days and summer???

The answer is easy...SKIP & WWS

Safe Kids In Parsippany

Wide World of Summer

SKIP & WWS don't just provide childcare. They are enrichment programs that focus on providing healthy physical activities, social and emotional development, cultural and artistic opportunities and age appropriate experiences.

**Quality childcare by certified teachers & aides
and peace of mind for you!**

PM SKIP programs run from after-school until 6 pm for all district students, grades K-8 throughout the school year at every Parsippany elementary and middle school.

AM SKIP begins at 7:15 am and is available at all elementary schools.

WWS is an 8-week camp/enrichment program for in or out-of-district students that is filled with over 50 choices of fantastic activities, programs, trips, swimming and a whole lot more! Before and aftercare is also available so that working parents can continue to have a safe, reliable, summer program run by many of the same certified **SKIP** teachers and aides from 7am-6pm.

RESERVE YOUR PLACE...TODAY! PRESERVE YOUR PEACE OF MIND!

CALL TODAY FOR INFORMATION/REGISTRATION

973-263-7180 X 3049

PAGE OFFICE
577 Vail Road

Parsippany, NJ 07054

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How Can We Better Serve You?

PAGE is always looking for new programs to offer the community! Do you have an idea for a new class, trip or tour? Contact us today - we would love to hear from you!
Phone: 973-263-7180 ext. 4342

email: jcaponegro@pthsd.k12.nj.us