Let us help you with this..........

Fall Bucket List 2016

- Take Modern Square Dancing Lessons
- Learn to Play Golf
- Start Exercising
- Meditate & Relax
- Brush up on my Computer Skills
- Make Some Holiday Gifts
- Become More Spiritual
- Try a Yoga Class
- Learn to Play Tennis
- Learn how to use my new digital camera
- Be Happy!

Register online, in person or by mail. For your convenience, in-person registration is on Sept 7th & 12th from 4:00-7:00 pm at the middle school.

We do not confirm registration; simply come to class the first night. At any time, you can contact us for confirmation.

On the first night of class, please read the lobby sign to verify classroom. There are often last minute room changes.

Clearview Regional Community School
595 Jefferson Road
Mullica Hill NJ 08062

Valerie Philippi
philippiva@clearviewregional.edu
856-223-2748
General Information

How to Register – 3 Ways to Choose From

**Online**
Online @ www.clearviewregional.edu/administration/adult_education and 

  click on PayForIt.net 

(Visa, Master Card and Debit Cards accepted; a small fee will be applied.)

**Mail**
Mail the Registration Form (back inside cover) to:

  Clearview Regional Community School 
  595 Jefferson Road 
  Mullica Hill, New Jersey 08062

**In-Person**
Register at the Clearview Regional Community School on:

  September 7th & 12th • 4:00-7:00 pm 
  (cash / checks / money orders accepted)

**Registration Deadline.** Under most descriptions is a recommended 

 registration date. This date will be used in determining if a course will 

 run or if it will be cancelled due to low enrollment. If registering after this 

 date, it is suggested to call or email for course availability.

**Refunds.** Refunds are issued when requested prior to the first night of 

 class.; however the $5 registration fee is non-refundable. Supply/book 

 fees can only be refunded if requested seven days or more prior to 

 the start of class. A $25 surcharge for returned, unpaid checks.

**Snow/Emergency Closing.** Call 856-223-2748 for updates and also visit 

 our website at www.clearviewregional.edu. Course will be extended for 

 make-up class.

**Age Requirement.** Participants must be 16+, unless specified otherwise.

**Email.** When provided, will be the primary method of communication.

**Contact Us.** The CRCS is staffed on a part time basis. If you need to visit, 

 please email or call to make an appointment. If you need to contact us, you 

 can do so by email at philippiva@clearviewregional.edu or by phone at 

 (856) 223-2748. No answer... please leave a message for a return call.

It is important check the board in the lobby upon arriving on the first night 

 of class to verify the classroom. Last minute classroom changes are often 

 made.

Visit our website at: 

www.clearviewregional.edu/administration/adult_education
ADOBE PHOTOSHOP  
Course #W23  
5 Classes: $72  
Laura Contarino, Instructor  
Middle School Room 303A  
Learn to enhance your digital photos using Adobe Photoshop. Starting with the basics and working up to advance techniques, customize your own personalized digital photos. Techniques learned will be how to combine photographs, add text and watermarks, change or match backgrounds, add shadows. Computer experience is required. Student should have access to Adobe Photoshop to practice.  
Recommend registration by Sept 21st.

BASIC COMPUTERS  
Course #M1  
6 Classes: $78  
Sean Sepsey, Instructor  
Middle School Room 418  
Learn the fundamentals of your personal computer. Learn word processing, e-mail and how to use the Internet. Class is held in a computer lab using Dell desktop computers. Not recommended for Apple/MAC users. Must have a computer for practicing outside of class; assignments will be given. No experience necessary.  
Recommend registration by Sept 20th.

GOOGLE APPS  
Course #M2  
4 Classes: $52  
Sean Sepsey, Instructor  
Middle School Room 303A  
Google Apps helps businesses, groups and individuals work more productively and is a great FREE alternative to Microsoft Office. This course will give you a general introduction to Google Apps and will outline the benefits of “Going Google”. Be introduced to the Google Marketplace where you can choose which apps will be of use. Will cover topics such as the benefits of Google Apps for business, personal use, security and data protection. Also cover applications like Google Docs (similar to Microsoft Word), Google Sheets (similar to Microsoft Excel), Google Drive (a cloud storage drive) and more! This course will be of great interest to those who wish to make their daily work more productive and impactful. Be introduced to what are becoming some of the world’s most compelling online productivity tools.  
Recommend registration by Sept 19th.

iPAD / iPHONE  
Course #T18  
6 Sessions: $78  
Nancy Kowalchik, Instructor  
Middle School Room 303A  
Take an introductory tour of your iPad or iPhone. Get the basics on navigation, staying organized, how to use Siri and the app store and updating the operating system. Once we have the basics down, we will do a little personalization. Discover great ways to personalize your device by customizing your home screen, finding great apps and personalize your settings. If time allows, we will discuss the benefits of using the iCloud.  
Recommend registration by Sept 20th.
MICROSOFT POWERPOINT 2013  
Course #M33
3 Classes: $42  
Mon & Tues • Nov 15 – Nov 22 • 7:00-9:00 pm
Debbie Kaighn, Instructor  
Middle School Room 303B
PowerPoint is the most widely used software for making presentations today. Incorporate text, charts, graphics and animation to create an impressive slide-show presentation and then turn it into a professional handout.
Recommend registration by Nov 1st

MICROSOFT EXCEL 2013 Beginner  
Course #TH37
3 Classes: $54  
Thursday • Sept 29 – Oct 13 • 6:00-8:00 pm
Nancy Kowalchik, Instructor  
Middle School Room 303A
Learn how to start; create, open, close & save a file; enter & modify data; insert & delete data, enter headings using auto fill, format worksheet using bold, italic, underline, background fill color, center, left justify, right justify & borders; change row/column height & width; copy format, copy/paste; automatically sum a column; page layout; print preview & print a document; undo & redo feature; zooming in/out of worksheet; date & number formatting, add & remove a worksheet; quick sort. *Basic computer knowledge a must.
Recommend registration by Sept 15th

MICROSOFT EXCEL 2013 Intermediate  
Course #TH38
3 Classes: $54  
Thursday • Oct 20 – Nov 3 • 6:00-8:00 pm
Nancy Kowalchik, Instructor  
Middle School Room 303A
Learn formulas (Absolute/Relative Values), Formulas across multiple worksheets, Functions (Average, Minimum & Maximum), Display all Formulas; Layered Sorting, Filtering; print headings on multiple pages, add page breaks, add headers & footers; print Gridlines; add & remove a worksheet; Find & Replace text; date & number formatting; Freeze pane; change row/column height & width; Conditional Formatting (Format Top/Bottom 10 items, Format Top/Bottom 10%, Format Text that’s Above/Below Average, Format Text that’s Greater Then, Less than or Equal To); Insert Picture, Clipart, Shapes, Symbols & Signature Line; Automatic Sub Totals; Auto Create a Chart/Graph; Mail Merge (using list of names in Excel & a letter in Word) *Basic computer knowledge a must.  Recommend registration by Oct 6th

MICROSOFT WORD 2013  
Course #TH39
5 Classes: $66  
Tue & Thur • Oct 18 – Nov 1 • 7:00-8:30 pm
Debbie Kaighn, Instructor  
Middle School Room 303B
Edit and print documents and envelopes. Also learn how to edit text through the use of the menu, tool and formatting tool bars. Learn how to insert and delete, as well as copying and pasting text. Learn the text art feature, address envelopes, create labels, change fonts, insert bullets, bold and italicize text. *Basic computer knowledge and typing ability is a must.
Recommend registration by Oct 4th
BOATING SAFETY
Course #TH40
2 Classes: $76  Thursday  •  Oct 27 – Nov 3  •  6:00-10:00 pm
USCG Auxiliary – Flotilla 18-06  Middle School Library
This Course, which meets the NJ requirement for boat operation, will cover boating, laws, safety equipment, safe handling, navigation, problems; trailer/store & protect your boat; hunting/fishing, waterskiing; river boating and NJ State Specific Laws & Regulations. At completion, certification will be issued by the State of NJ. This course is required to operate all power vessels on NJ waters. State/Federal ID required. Ages 12+. Photo ID needed. No recommended registration date.

BRAIN POWER
Course #M4
2 Classes: $36  Monday  •  Sept 26 - Oct 3  •  7:00-9:30 pm
Kathleen Brown, Instructor  Middle School Room 107
Want to enhance brain functioning? Come explore the 3 lb. Universe, our brain! Learn about neuroplasticity, neurogenesis and the latest in brain health. Find out how to live longer and the importance of sleep, play, and lifestyle. Discover ways to become happier, have better relationships and protect your Memory. Recommend registration by Sept 12th

CPR/FIRST AID/AED
Course #M5
2 Classes: $95  Thursday  •  Oct 6 – 13  •  6:00-9:00 pm
Certified Instructor  Middle School Library
Designed for the layperson that has a desire in learning First Aid, CPR, care for choking and the AED. The course also contains very basic anatomy and physiology, as well as, tips for heart disease prevention and heart attack recognition, care for bleeding, bandaging, burn care, broken bones and common medical emergencies. Textbook and training materials included. Wear comfortable clothing. Mandatory attendance at both classes for certification. Recommended registration date is Sept 22nd

SPIRITUAL CONCEPTS
The Bible: What’s it all about?  #M6
6 Classes: $32  Monday  •  Oct 3 – Nov 14  •  7:30-8:45 pm
Garth & Diana Hutchinson, Presenters  Middle School Room 109
Did you ever wish that someone would stick a handle on the Bible so you could grasp its meaning in a concise and easy-to-understand way? If so, this class is for you! These questions will be answered: What is the main message of the Bible? Why is it important to understand the Bible’s message? How does it pertain to our day and time? No knowledge of the Bible is necessary; all faiths—or no faith—are welcome! Receive a Bible at the first class. No class Oct 17th. Recommend registration by Sept 19th
<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Schedule</th>
<th>Fee</th>
<th>Location</th>
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<tbody>
<tr>
<td>M7</td>
<td>Dance to Exer&quot;Cize&quot;</td>
<td>Monday, Sept 26-Nov 21, 7:00-9:00 pm</td>
<td>$108</td>
<td>Middle School All Purpose Room</td>
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<tr>
<td>W24</td>
<td>Social Dances for Weddings/Parties</td>
<td>Wednesday, Sept 28-Nov 16, 7:00-8:00 pm</td>
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<tr>
<td>W25</td>
<td>Country Line / Group Dancing</td>
<td>Wednesday, Sept 28-Nov 16, 8:00-9:00 pm</td>
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<tr>
<td>TH40</td>
<td>Fitness Line Dancing</td>
<td>Thursday, Sept 29-Nov 17, 7:00-8:00 pm</td>
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<td>TH41</td>
<td>Swing Dancing</td>
<td>Thursday, Sept 29-Oct 20, 8:00-9:00 pm</td>
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<tr>
<td>TH42</td>
<td>Salsa &amp; Merengue Dance Night Out</td>
<td>Thursday, Oct 27-Nov 17, 8:00-9:00 pm</td>
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<tr>
<td>TH43</td>
<td>Modern Square Dancing</td>
<td>Thursday, Sept 22-Nov 17, 7:00-9:00 pm</td>
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<td>Mantua Township, NJ</td>
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This is not your father's square dancing. No longer are the songs only country western. Today's square dancing uses a wide range of music styles mostly from the 50's to the 90's. This introductory set of 9 lessons will bring lots of fun, an opportunity to make many new friends, and make physical and mental exercise enjoyable. The full set of lessons beyond these basic, introductory classes will allow the newcomer to become proficient enough to dance at club level. Singles, couples, and also youth 12 and up are welcome. Wear good-fitting, comfortable shoes - no flip-flops or clogs. The first two classes are free; feel free to bring a friend!
AEROBIC KICKBOXING

Course #TH44
8 Classes: $68  Thursday • Sept 29 – Nov 17 • 8:00-9:00 pm
Jim Meighan, Instructor
Family Martial Arts & Fitness, Mantua, NJ • (856) 464-9990
Aerobic kickboxing is a low impact, high energy cardio workout using a combination of karate and boxing moves, promoting extreme fat burning, cardio conditioning, muscle endurance and strengthening. Hand wraps recommended. If you own, bring bag gloves. Can also be purchased at the studio. Class is held at Family Martial Arts & Fitness. Recommend Registration by Sept 15th

CARDIO BARRE BOX

Course #T19
8 Classes: $68  Tuesday • Oct 4 – Nov 22 • 6:30-7:30 pm
Erin Moore, Instructor
Middle School Gym
This fusion class blends the best of both worlds-cardio and muscle sculpting-into one fun class that can be modified to accommodate everyone from beginners to those looking for more of a challenge! Start out by getting your heart rate revved up and torching major calories with the cardio and boxing segment of the class. Then we will move on to working on sculpting a long, lean dancer’s look by incorporating barre exercises that promise to challenge your muscles in new ways! This portion of class involves high repetitions of small movements and focuses especially on creating beautiful, sculpted, lean muscles in the legs, glutes, and core. Finally, we will finish the class with a pilates-style mat work segment, to continue toning and stretching the body. Please bring a water bottle, towel, small playground ball, and yoga mat. “Grippy” socks and a set of light weights (1-2 pounds max) are optional. Bring a yoga mat, water and towel.
Recommend registration by Sept 21st

YOGA Gentle Beginner’s

Course #M8
8 Classes: $68  Monday • Sept 26 – Nov 21 • 6:00-7:00 pm
Osha Ray, Certified Yoga Instructor
Certified Hypnotherapist
Middle School Room 311
“You can do it Yoga!” This is a beginner’s, introductory class to learn how to breathe and do the yoga postures correctly while respecting the needs of your body. Each class will end with a guided visualization relaxation. It’s been said that yoga slows down the aging process! Please bring a yoga mat and a blanket. No class Oct 31st
Recommend registration by Sept 12th
PIYO<sub>tm</sub>  
Course #M9  
8 Classes: $68  
Monday · Oct 3 – Nov 21 · 7:00-8:00 pm  
Middle School Gym  
PIYO<sup>®</sup> is a music-driven athletic workout inspired by the mind and body practices of Pilates and yoga. It includes flexibility training, strength, conditioning and dynamic movements. It includes modifications with a group exercise environment. It offers exercise progressions to challenge all levels. Bring a yoga mat; class will be done in bare feet or yoga socks.  
Recommend Registration by Sept 19<sup>th</sup>

T'AI CHI  
Course #S47  
8 Classes: $68  
Saturday · Oct 1 – Nov 19 · 11:00 am- Noon  
David Benson, Jr. Instructor  
Family Martial Arts & Fitness, Mantua, NJ · (856) 464-9990  
T’ai Chi is a traditional martial art and health-promoting exercise which is a product of China’s ancient past. Based upon the mutual unification of Yin and Yang, stillness and movement, emptiness and fullness, T’ai Chi has a profound philosophy and various practical applications and benefits. This course teaches core principles, basic movements and simplified 24 movement form. No experience is necessary. Class is held at Family Martial Arts & Fitness.  
Recommend Registration by Sept 16<sup>th</sup>

YOGA  
Elissa Mendenhall, Certified Yoga Instructor  
Middle School All Purpose Room  
Course #T20  
8 Classes: $68  
Tuesday · Oct 4 – Nov 22 · 6:00-7:00 pm  
Course #TH45  
8 Classes: $68  
Thursday · Oct 13 – Dec 8 · 6:00-7:00 pm  
Yoga will teach you how to relax your body, mind & breath. Experience postures that will strengthen, tone, increase flexibility, enhance coordination & balance. Great for beginners and intermediates. Wear non-restrictive, layered clothing and bring a yoga mat or blanket.  
(TH) No class Nov 24.  
Recommend registration by Sept 29<sup>th</sup>
Youth Introductory (ages 8-15)  
Course #S48  
7 Classes: $95  
Saturday • Sept 17 – Oct 29 • 9:30-10:30 am  
Learn proper grip, swing and how to choose equipment. Also learn how to chip, putt, pitch and learn to use irons and woods. Also discussed will be golf rules and course etiquette. Although equipment will be provided, you may bring your own clubs.

Adult Introductory  
Course #S49  
7 Classes: $125  
Saturday • Sept 17 – Oct 29 • 10:45-11:45 am  
Designed to introduce you to the exciting sport of golf, learn proper grip, swing, and how to choose equipment. Also how to chip, putt, pitch and learn to use irons and woods. This course will also include golf rules and course etiquette. Although equipment will be provided, you may bring your own clubs.

Adult Skill Builder  
Course #S50  
7 Classes: $125  
Saturday • Sept 17 – Oct 29 • 12:00-1:00 pm  
Want to take you game to the next level? Are you frustrated by that slice, hook, topped shot? Perhaps you want more distance or help with that fairway wood or long iron. The facility has a sandbunker, chipping-green, grassed tee and elevated target greens. Hit every shot in the bag under the watchful eye of our PGA/LPGA/USGTF staff.

Sharpening Your Short Game  
Course #S51  
5 Classes: $100  
Saturday • Sept 17 – Oct 15 • 2:00-3:00 pm  
Did you ever realize that nearly 70% of the shots you hit are less than 150 yards? This is the quickest way to reduce your scores!

No Recommended Registration Deadline Date for Golf

MINDFULNESS  
Course #T21  
1 Class: $22  
Tuesday • Oct 18 • 7:00-9:30 pm  
Kathleen Brown, Instructor  
Middle School Room 107  
Have you ever thought, Why does this always happen to me? Why am I feeling angry or conflicted?” What do my thoughts & feelings mean? Change your energy levels from sadness, anger, or disappointment to compassion, fulfillment, balance & joy. Through Awareness, we realize our thoughts, feelings, attitudes & emotions are expressions of ourselves that can be acted upon consciously and changed at any time. Recommend registration by Oct 4th
MEDITATION Weekly Group Course #M11
8 Classes: $68  Monday • Sept 26 – Nov 21 • 7:00-8:00 pm
Osha Ray, Certified Yoga Instructor  Middle School Library
Certified Hypnotherapist
Relieve stress, pain and anxiety. Increase patience, happiness, awareness, clarity and spiritual connection. If you tried to meditate and feel you can’t, this course is for you. Learn how to meditate and enjoy doing it! Please bring a blanket or cushion. No Class Oct 31st. Recommend registration by Sept 19th

REducing Stress New Course #W26
6 Classes: $52  Wednesday • Oct 5 – Nov 9 • 6:00-7:00 pm
Osha Ray, Certified Yoga Instructor  Middle School All Purpose Room
Certified Hypnotherapist
Help diminish tension and anxiety. Relieve pain in neck upper back, shoulders, and hips. We will do guided imagery relaxation, spirit movement, chanting, exercises for acceptance, forgiveness, gratitude, gentle yoga, walking and sitting meditation. Recommend registration by Sept 21st

Tennis Lessons
High School Tennis Courts
6 Classes: $128  Mon & Thurs • Sept 19 – Oct 6 (Rain date: Oct 10) 6:30-8:00 pm
Bring a racquet  Class size limited to 8
Recommend registration by Sept 5th

Beginner  Tom Keating, Certified USPTR Instructor  #M12
The new or limited knowledgeable player will learn the fundamentals for forehand, backhand, volley & serve leading up to playing & keeping score.

Intermediate  Dennis Leggoe, 2005 USTA National Champion  #M13
Not a beginner and ready to advance and learn more? Review of forehand, backhand, volley, overhead smash and serve and some up-paced drills and instruction. All shots will be incorporated into match play conditions while improving your game. Prior play and scorekeeping experience a must.

Questions? Please call 856-223-2748 or email philippiva@clearviewregional.edu
BAKING  Breads, Pies & Cookies  Course #M14
4 Classes: $64  Monday • Nov 28 – Dec 19 • 7:00-9:30 pm
Debra Kaighn, Instructor  Middle School Room 414
Breads: Assemble and bake two types of non-yeast quick breads. Pies: Make from scratch single and double crusts. Assemble and bake two types of pies. Cookies: Make from scratch two types of cookies. A $20 food fee is included. Please bring fruit, vegetables, nuts, pastry blender, deep dish and/or shallow pie plates, dish towels/clothes (for cleanup). Supply list (fruit, vegetables) will be emailed to you. Recommend registration by Nov 9th.

COOKING HEALTHY  Course #TH46
6 Classes: $96  Thursday • Nov 3 – Dec 15 • 7:00-9:00 pm
Sherry Gilkin, Instructor  Middle School Room 414
This class focuses on making delicious and nutritious plant-based recipes. Expand your food repertoire and your palette with this hands-on and fun course. We will be preparing a variety of recipes, from appetizers to entrees to desserts, including student requests. A $40 food fee is included. No Class Nov 24. Recommend registration by Oct 20th.

CLAY  Handbuilding / Sculpting  Course #W28
4 Classes: $130  Wednesday • Sept 28 – Oct 19 • 7:00-9:00 pm
Mullica Hill Art Center • 50 S. Main St.; Mullica Hill, NJ • (856) 418-1135
Come experience the endless possibilities! Join us for an introduction to clay and the excitement that comes with it. Included in the cost is clay; firing; use of tools, molds and paint. Classes are held at the Mullica Hill Art Center. Recommend registration by Sept 14th.

CROCHETING  Beginner I  Course #M15
8 Classes: $75  Monday • Sept 26 – Nov 21 • 7:00-9:00 pm
Sandy Tursi, Instructor  Middle School Room 302
For beginners with or without crocheting experience - slow paced, building step by step, and reviewed before a new stitch is introduced. Learn how to make a loop, chain stitch, counting stitches, types of yarns, gauges, single crochet, counting rows, sewing in ends, half double crochet, double crochet, triple crochet, slip stitch, sewing a whip stitch with a yarn needle to attach crocheted squares & instructions on reading easy patterns. After learning each stitch, you will have a crocheted swatch of the stitch pattern which will be bagged for future reference. This course will enable you to make an easy scarf, easy baby booties, an easy afghan, a simple edging and an evening clutch bag. **Materials needed:** Size K crochet hook, 4 ply worsted yarn (1 pound of Caron - light or medium colors only), scotch tape, small pair of scissors, a crochet needle, 2 (1 gallon) zip lock plastic bags, 4 index cards & paper/pen. No Class Oct 31st. Recommend registration by Sept 14th.
CROCHETING  Beginner II
Course #W29
8 Classes: $75  Wednesday • Sept 28 – Nov 16 • 7:00-9:00 pm
Sandy Tursi, Instructor  Middle School Room 302
For beginners with minimal crocheting experience. Slow paced, building step by step and reviewed before learning a new stitch. Week # 1: A Review of making a loop, the chain stitch, counting stitches, types of yarns, gauges, the single crochet, counting rows, sewing in ends, the half double crochet, the double crochet, the triple crochet, the slip stitch, sewing a whip stitch with a yarn needle to attach crocheted squares. This course will enable you to make a scarf or afghan using any of the 7 stitches introduced. Materials needed: Size K crochet hook, 4 ply worsted yarn (1 lb. of Caron - light or medium colors only), scotch tape, small pair of scissors, a crochet needle, 2 (1 gallon) zip lock plastic bags, 4 index cards & paper/pen. Recommend registration by Sept 14th

DRAWING  Beginner
Course #W30
4 Classes: $110  Wednesday • Oct 26 – Nov 16 • 7:30-9:00 pm
Mullica Hill Art Center • 50 S. Main St.; Mullica Hill, NJ • (856) 418-1135
Looking to enhance your art skills? Learn shading and perspective from still life, landscape and anatomy. Supplies included. Classes are held at the Mullica Hill Art Center. Recommend registration by Oct 12th

JEWELRY MAKING  Beading
Course #W31
5 Classes: $130  Wednesday • Oct 5 – Nov 2 • 7:00-9:00 pm
Donna Vaites, Instructor  Middle School Room 102
Learn to work with a large, assorted variety of materials. We will be making earrings, bracelets, a ring and a necklace using various types of materials including base metal, sterling silver, crystals, glass beads, natural stones and much more. An $80 supply fee is included. Bring wire cutters, chain nose pliers, round nose pliers and a ruler.  Recommend registration by Sept 21st

KNITTING  Beginner
Course #M17
6 Classes: $60  Monday • Oct 3 – Nov 14 • 7:00-9:00 pm
Tina Wiltsee, Craft Yarn Council Cert. Instructor  Middle School Library
Learn the basic stitches at a relaxed pace. Also discuss how to read a pattern and different types of yarn. Instructions will include various methods of casting on, knit & purl stitches. You will work on several small items that will be finished quickly and build your skills. Prior beginner students can continue to work on small projects. Materials needed: 10” size 13 US knitting needles, 2 balls Wool-Ease Thick and Quick yarn, in a light color. Additional supplies will be discussed. Patterns provided. No class Oct 31st.  Recommend registration by Sept 19th

You will not automatically receive a confirmation of your registration for any course.
KNITTING Advanced Beginner  
Course #W32  
6 Classes: $60  
Wednesday • Oct 5 – Nov 9 • 7:00-9:00 pm  
Tina Wiltsee, Craft Yarn Council Cert. Instructor  
Middle School Library  
Now that you’ve mastered the basic knit and purl stitch, let’s take the next step and learn more advanced techniques. If you are an experienced knitter but still unsure about a few things, the class projects will be sure to delight you also. We’ll take a relaxed but challenging approach to learning new skills. Instructions will include beginner lacework. Bring the following items to class: size 7 US knitting needles, 1 balls worsted weight yarn (number 4) your choice of color. Recommended yarns are Red Heart “Soft”, Lion Brand’s “Vanna’s Choice”. Or Caron’s “Simply Soft”. Bring a notepad, pen or pencil, small scissors. We will be working on the following projects: slippers, lacy headband, fingerless gloves with lace and a thumb gusset, and a felting project. Our first project will be slippers. The patterns will be provided.  
Recommend registration by Sept 19th

ORGANIC HEIRLOOM GARDENING  
Course #M16  
3 Classes: $45  
Monday • Oct 10 – Oct 24 • 7:00-9:00 pm  
Jeff Quattrone, Instructor  
Middle School Room 109  
Heirloom vegetables, especially tomatoes, have come into the forefront of gardening and culinary trends. You will be introduced into the world of heirloom vegetable gardening, along with planning a garden, and organic techniques for growing and sustaining these plants. You will be guided on harvesting some delightful and unique produce generally not available in local markets and the guidance needed for containers, raised beds or direct to the soil techniques.  
Recommend registration by Oct 19th

PAINTING with Acrylics  
Course #W33  
4 Classes: $130  
Wednesday • Nov 30 – Dec 28 • 7:00-9:00 pm  
Mullica Hill Art Center • 50 S. Main St.; Mullica Hill, NJ • (856) 418-1135  
Acrylics is the simplest & most effective way to learn how to paint. The course follows a progressive sequence, covering beginner acrylic textural effects to pigment choice, brush-techniques. You will finish a solid foundation of supplies included. Also brush, palette & canvas; with water; signing & protecting your work; creating texture; choosing pigments and understanding basic color theory. Classes are held at the Mullica Hill Art Center. No class Dec 14.  
Recommend registration by Nov 14th
PHOTOGRAPHY  Single Lens Reflex (SLR)  
Course #52  
8 Classes: $95  
Saturday • Dec 3 – Feb 4 • 10:00 am - Noon  
Frank Lengetti, Instructor  
Middle School Room 302  
Learn the concepts of basic photography and how to use your single lens reflex digital camera. Learn what the buttons and settings on the camera are for. Areas covered are f-stops, shutter speeds, shooting modes, memory cards, types of lighting and camera menus (covered in detail). Short assignments will be given to be done at home. At first class we will “take a tour of your camera”. Bring camera, operator’s manual and lens cleaning kit (approximate cost: $10). Course is not for point and shoot cameras. Include camera model on the Registration Form. Recommend registration by Nov 4th.

QUILTING  Square within a Square, within a Square  
Course #T21A  
8 Classes: $75  
Tuesday • Oct 11 – Nov 29 • 7:00–9:00 pm  
Trish Walton, Instructor  
High School Room 712  
Don’t let the title of this class fool you! It is a great class for beginners to advanced quilters. For the beginner, we can make an easy quilt in a smaller wall hanging or lap size depending on your needs. For the advanced quilter, we can fussy cut the center, add a spacer block and set the whole quilt on point. Either way, depending on your fabric choices and settings, you can create multiple looks from this one simple pattern. You can use four fabrics or as many as you like; A great quilt for scraps. You will need a sewing machine in good working order, rotary cutting supplies and of course you fabric. Amount of fabric will vary depending on your choice of size and layout. Bring pencil and paper and cameras the first night as samples will be shown and supplies discussed based on which design you like best. Technique will be demonstrated.

STAINED GLASS  Tiffany Style Art Glass  
Course #W34  
5 Sessions: $90  
Wednesday • Oct 6 – Nov 3 • 6:30–8:30 pm  
Mullica Hill Stained Glass • 457 Route 40; Elmer, NJ • (856) 358-1200  
In this beginner class we will be using the copper-foil method to make a panel ready for hanging. A fan lamp will be one of the choices for your second project. A new technique taught at every class, so attendance is requested. Tools/supplies available for purchase (approx. supply cost $220). Recommend registration by Sept 22nd.

WREATH MAKING  New  
Nancy Kowalchik, Instructor  
2 Classes: $40  
Middle School Room 305  
Beautiful deco mesh wreaths are the hottest trend going, and it’s no wonder, because they’re so easy and quick to make! Deco mesh can be used inside or outside; perfect for celebrating the seasons and holidays. In these classes, you’ll learn how to make a seasonal wreath. $20 supply fee is included. No need to bring anything to class.

Halloween Wreath  
Tuesday • Sept 20 & 27 • 6:00–8:00 pm  
Recommend registration by Sept 6th.  

Fall Wreath  
Wednesday • Oct 12 & 19 • 6:00–8:00 pm  
Recommend registration by Sept 28th.

Holiday Wreath  
Course #W36  
Wednesday • Nov 2 & 9 • 6:00-8:00 pm  
Recommend registration by Oct 19th.
Registration Form

Mail to: Clearview Regional Adult School (CRAS)
595 Jefferson Road
Mullica Hill, NJ 08062

Name: ____________________________________________
Address: ___________________________ Email: ______________
City: ___________________________ Zip Code: ____________
Preferred Phone Number: (____) __________________________

Course No. | Course Title | Course Fee |
---|---|---|
#______ | ___________________________ | $ ________ |
#______ | ___________________________ | $ ________ |
#______ | ___________________________ | $ ________ |

☐ Harrison & Mantua Township residents age 55+: Deduct 5% $ (______)
☐ Non-Residents of Harrison and Mantua Twps.: Add $3 per course $ __________

Registration Fee $ 5.00
TOTAL $ __________

I agree to waive any claims resulting from or in connection with the activities in which I participate. I hereby release, absolve, and hold harmless the District and its instructors and staff.

Signature: ___________________________ Date: ____________

Registration Form

Mail to: Clearview Regional Adult School (CRAS)
595 Jefferson Road
Mullica Hill, NJ 08062

Name: ____________________________________________
Address: ___________________________ Email: ______________
City: ___________________________ Zip Code: ____________
Preferred Phone Number: (____) __________________________

Course No. | Course Title | Course Fee |
---|---|---|
#______ | ___________________________ | $ ________ |
#______ | ___________________________ | $ ________ |
#______ | ___________________________ | $ ________ |

☐ Harrison & Mantua Township residents age 55+: Deduct 5% $ (______)
☐ Non-Residents of Harrison and Mantua Twps.: Add $3 per course $ __________

Registration Fee $ 5.00
TOTAL $ __________

I agree to waive any claims resulting from or in connection with the activities in which I participate. I hereby release, absolve, and hold harmless the District and its instructors and staff.

Signature: ___________________________ Date: ____________
Clearview Regional Community School
595 Jefferson Road
Mullica Hill, New Jersey 08062

ECRWSS
Postal Customer