



### Weekday Programs For Ages 21+

#### MONDAY

**STEM** Learn about science, technology, engineering and math with hands on experimentation that is practical for everyday life.

10:00-10:45 am weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Money Skills** Learn how to create and implement a budget. This class will focus on money management, shopping wisely, credit and debit cards, checks and more.

10:45-11:30 am weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Culinary Arts** Chef Paula from Cooking with Stars will be teaching basic kitchen skills while learning to prepare & cook meals.

11:30 am-1:00 pm weekly

Fee: \$40 per class

Member Discounted Fee: \$30 per class

**Fitness with Joy** Improve flexibility, build strength and increase muscle tone while gaining a greater sense of self confidence.

1:15-2:00 pm weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Magic of Music** Using relational & evidence-based practices, this program will use musical interventions to explore different styles of music while helping to determine & achieve participant goals in the musical world.

2:15-3:00 pm weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

September 11, 18 | October 2, 16, 23, 30  
November 6, 13, 20, 27  
December 4, 11, 18

#### TUESDAY

**Sports** Learn fundamental skills to various sports such as basketball, soccer, volleyball and more.

10:00-10:45 am weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Artistic Expressions** The Spirit of Huntington will teach how to use different mediums to create masterpieces of art. The group will highlight different artists each session to teach various artistic skills.

10:45-11:30 am weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Culinary Arts** Chef Paula from Cooking with Stars will be teaching basic kitchen skills while learning to prepare & cook meals.

11:30 am-1:00 pm weekly

Fee: \$40 per class

Member Discounted Fee: \$30 per class

**Scrapbooking** Incorporating photography, learn how to create a scrapbook from start to finish to take home and enjoy.

1:15-2:00 pm weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Karate** Learn self-defense & martial arts skills from Sensei Karen from Zanshin Self Defence Academy. This skillset will help instill a sense of self-confidence & improve balance and coordination.

2:15-3:00 pm weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

September 5, 12, 19, 26 | October 3, 10, 17, 24, 31 | November 7, 14, 21, 28  
December 5, 12, 19

#### WEDNESDAY

**Foundations of Theatre Arts** Learn the foundations of theatre arts by reading scripts, learning dances, songs and theatre etiquette.

10:00-10:45 am weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Yoga** Improve flexibility, build strength and increase muscle tone while gaining a greater sense of self confidence.

10:45-11:30 am weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Culinary Arts** Gain expertise in basic kitchen skills while learning to prepare & cook meals.

11:30 am-1:00 pm weekly

Fee: \$40 per class

Member Discounted Fee: \$30 per class

**Swim** Learn basic water safety and swimming skills in the pool (Come dressed in your bathing suit and bring a towel).

1:15-2:00 pm weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Sketching** Learn step-by-step instructions on how to sketch your favorite characters and scenes.

2:15-3:00 pm weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

September 6, 13, 20, 27 | October 4, 11, 18, 25 | November 1, 8, 15, 22, 29  
December 6, 13, 20

#### THURSDAY

**Theater Arts** Learn how to express yourself in this class that incorporates musical theatre, improv and acting.

10:00-10:45 am weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Rhythm & Drumming** Dive into musical rhythms and the basic structures of songs. Learn to create songs together and participate in drum circles with percussion instruments.

10:45-11:30 am weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Culinary Arts** Chef Paula from Cooking with Stars will be teaching basic kitchen skills while learning to prepare & cook meals.

11:30 am-1:00 pm weekly

Fee: \$40 per class

Member Discounted Fee: \$30 per class

**Language & Culture** This class is an introduction to various languages such as American Sign Language, Hebrew, Greek, Spanish, etc., and the cultural aspects of

these communities.

1:00-1:45 pm weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

**Pickleball** Learn how to play pickleball. A combination of tennis, pingpong, and badminton.

2:00-2:45 pm weekly

Fee: \$35 per class

Member Discounted Fee: \$25 per class

September 7, 14, 21, 28 | October 5, 12, 19, 26 | November 2, 9, 16, 30  
December 7, 14, 21

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