

Winter Adult Education at Alvirne's

Wilbur H. Palmer Career & Technical Education Ctr.

MONDAY NIGHTS Beginning January 7, 2019

- Welding 1 The Fundamentals **Welding 1 FULL** This popular class is taught by Hudson's own Dave Anger. Learn the basics! No experience necessary. 6:00-8:30 pm. Tuition (incl. materials) \$100

TUESDAY NIGHTS Beginning January 8, 2019

- Zumba! - Join us learning the basics of this very fun and popular cardio workout. Grooving to the beats of salsa, flamenco and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular! 6 Weeks 6:30-7:30 pm Tuition \$30
- Welding 2 Tig and Mig ~ 5 Week series (Pre-requisite Welding I) In this course you will build on skills learned in Welding I and learn Tig and Mig welding. 6:00-8:30 pm Tuition (incl. materials) \$100
- Stained Glass - 5 Week series Learn basic stained glass design and construction (copper foil method) as you create your own 8" x 10" stained glass window using your own design or one we provide. 5:30-9:00 pm Tuition \$75 (\$50 Additional materials fee to be paid to instructor-specialty glass extra)
- Hatha Yoga - For Everyone. A slow paced yoga class focusing on stretching, learning to hold and maintain poses with your breath, meditation and restorative poses to relieve stress and yield a better night's sleep. 6 weeks 5:30-6:30 pm Tuition \$45 Yoga mat is required Please wear comfortable clothing. **Hatha Yoga FULL**
- Yoga Shred-Inspired Class - For Everyone. Does your body need a jump start but crave the mindfulness of yoga? This class will add high intensity interval training to yoga poses and increase your metabolism. We also focus on flexibility, balance and peace. Modifications will be available to meet each student's needs. 6 weeks 7:00-8:00 pm Tuition \$45 Please wear comfortable clothing.

WEDNESDAY NIGHTS Beginning January 9, 2019

- Intro to Small Engine Maintenance - 5 Week series Learn how to maintain those small engines around your home including lawn mower, snow blower and others. Taught by one of our best, ASE certified, Ernie Brown. 6:00-9:00 pm Tuition \$75
- Vinyasa Flow Yoga - For Everyone. A fitness based Vinyasa style flow. Students will focus on linking their breath with a vigorous and mindful flow. It will include meditation and restorative poses to relieve stress and yield a better night's sleep. Yoga mat is required. Please wear snug but comfortable clothing. 6 weeks 6:30-7:30 pm Tuition \$45

INDIVIDUAL NIGHTS

Sign Making for Beginners - Learn the basics of making a wooden sign with vinyl lettering. Students will sand and paint their piece and learn the technique for applying vinyl lettering. Finished sign measures 3.5" x 24". 6:00-8:00 pm Tuition \$15 (additional \$15 all inclusive materials fee to be paid to instructor)

Grow old with me, the best is yet to come OR Because two people fell in love Jan. 14 Jan. 28

Hello Spring! OR Happy St. Patrick's Day February 4 February 11

To register for classes, please fill out this form and return it with payment (made out to AHS) to Adult Education, Alvirne High School, 200 Derry Road, Hudson, NH 03051

Name/Address _____

Email _____

Phone _____