

Personal Development

Languages

Practical Conversational Spanish for Beginners

LSP 20/\$195

The listening and speaking skills necessary for everyday contact with the Spanish-speaking community in New York City and abroad are taught. Students speak Spanish in class from the first day of the course. *This course is for those with no knowledge of Spanish.*

2.6 CEU T

Saturdays, Feb. 28-May 22, 9:15-11:15 a.m., 11 sessions. Enrique Lanz Oca, Spanish language specialist.

Practical Conversational Spanish II

LSP 21/\$140

This course advances the communication skills of those who have taken *Practical Conversational Spanish for Beginners* or who have an elementary knowledge of Spanish.

1.9 CEU T

Saturdays, Feb. 28-May 1, 11:45 a.m.-1:45 p.m., 8 sessions. Enrique Lanz Oca (see above).

Spanish for Health Care Personnel

LSP 22/\$215

Health care personnel must be able to communicate with Spanish-speaking patients and their relatives. This basic course focuses on medical terminology, phrases and dialogues and introduces grammar essentials.

2.9 CEU T

Fridays, Feb. 27-May 21, 6:30-8:45 p.m., 11 sessions. Norma Lomboy, N.Y.U. and Marymount Manhattan College faculties.

American Sign Language

ASL 10/\$295

Instruction in American Sign Language is provided in this course which includes grammatical principles, vocabulary building, finger spelling and practice in receptive and expressive skills. 3.6 CEU T

Saturdays, Feb. 28-May 15, 9:15 a.m.-12:15 p.m., 10 sessions. Glynis Gibson, ASL specialist.

T Textbook to be brought to first class meeting

Money Management

Strategies for Investing

FPI 01/\$145

This course presents an overview of investment principles and concepts. Learn about stocks, bonds and mutual funds and the strategies to make investment decisions with confidence in a bull or bear market.

Saturdays, Feb. 28-May 1, 9:30-11:20 a.m., 8 sessions. Patricia Williams, J.D., M.B.A., CFM, financial advisor, Merrill Lynch.

Art, Photography, Video and Theater

Creative Drawing and Painting I

STA 26/\$150

Have you ever wanted to draw or paint but did not know how to begin? This course is designed to enhance artistic ability while providing technical instruction. Step-by-step approaches to the elements of color, composition, design and perspective coupled with individual and group demonstrations are emphasized. Students may work from still life, nature or masters' works and with the medium of their choice. Open to students at all levels. *A list of materials will be available at the first class meeting.*

Saturdays, March 20-May 22, 11 a.m.-1 p.m., 8 sessions. Verna Gumbs, artist.

Ceramics Workshop

STA 30/\$170

For students at all levels, this course explores the creative and technical aspects of pottery making. Beginning students start with hand-building using pinch, coil and slab objects and progress to wheel throwing. More advanced students alter forms made on the wheel by taking them out of the round, stacking and reassembling them. Glaze application is also covered. Enrollment limited. *Cost of materials (\$50) to be paid at first class meeting.*

Mondays, March 1-May 3, 6:15-8:45 p.m., 8 sessions. Nadeige Choplet, Lehman College faculty.

Ceramic Tile Making and Decoration

STA 31/\$170

Beautiful and practical objects can be made utilizing ceramic tiles. In this course, which *requires no prior experience*, students learn to design, fabricate, fire, decorate and install tiles. The installation of tiles on wooden boards, mirrors, tabletops and many other objects is covered. Open to students at all levels. Enrollment limited. *Cost of materials (\$50) to be paid at first class meeting.*

Mondays, March 1-May 3, 6:15-8:45 p.m., 8 sessions. Nadeige Choplet, Lehman College faculty.

Black and White Darkroom Techniques

STA 65/\$170

This hands-on course covers techniques of darkroom work such as film developing, contact printing, enlarging, cropping and composition, spotting, dry mounting and matting. Open to students at all levels. Enrollment limited. *Cost of chemicals (\$20) to be paid at first class meeting.*

Thursdays, March 4-April 29, 6:30-9 p.m., 8 sessions. Sarah Corbin, photojournalist.

Video Production

STA 70/\$115

The basic techniques needed to create professional-looking videos are introduced in this *hands-on* course. Topics covered include learning to use the video camera, storyboard and script writing, directing, lighting, audio, graphics, and editing. No previous experience required. Enrollment limited. *Cost of materials (\$20) must be paid at first class meeting.*

Saturdays, April 17-June 12, 9-10:30 a.m., 8 sessions. Miriam Jersky, video producer.

Digital Video Production

STA 72/\$135

In this hands-on course, those who are familiar with the use of video camcorders are introduced to the digital camcorder. Digital camera functions, digital tape formats and digital still photography are covered. Students also learn the basics of non-linear digital video editing including the use of the firewire and computer editing software. Enrollment limited. (Prerequisite: STA 70 or YPP 28 or video experience.) Open to students age 16 and over. *Cost of materials (\$25) must be paid at first class meeting.*

Fridays, April 16-June 4, 6:15-8 p.m., 8 sessions. Miriam Jersky (see above).

Acting Workshop

PFA 40/\$150

In a supportive environment, participants learn improvisation, character development, vocal techniques and script analysis. Creativity, spontaneity and concentration are developed in this basic acting class. No previous experience is necessary.

Fridays, March 5-April 30, 6:30-8:45 p.m., 7 sessions. Nina Gabriele-Cuva, acting coach.

MARK YOUR CALENDAR!

The schedules for most physical fitness courses differ from other Continuing Education courses due to the availability of facilities in The APEX. You are advised to make note of these dates to avoid missing any class sessions.

Physical Fitness

All physical fitness classes will be held in The APEX, a state-of-the-art facility. For a full schedule of children's physical fitness classes, please see pages 44-45.

Students enrolled in physical fitness classes must have a valid CUNYCard (photo I.D.) to enter The APEX.

Yoga I

PES 38/\$100

Hatha Yoga benefits both mind and body. This course includes stretches to increase flexibility and strength, deep relaxation to manage stress, breathing practices to expand lung capacity and exercises to increase mental concentration. Loose-fitting clothing and towel required. Enrollment limited. **Valid CUNYCard I.D. required.**

Sec. 1: **Fridays, Feb. 27-April 23 (no classes March 19, 26, April 9)**, 4:30-5:45 p.m., 6 sessions. Gina Crusco, certified Hatha Yoga teacher.

Sec. 2: **Fridays, Feb. 27-April 23 (no classes March 19, 26, April 9)**, 5:45-7 p.m., 6 sessions. Gina Crusco (see above).

Sec. 3: **Fridays, Feb. 27-April 23 (no classes March 19, 26, April 9)**, 7-8:15 p.m., 6 sessions. Gina Crusco (see sec. 1 above).

Sec. 4: **Fridays, April 30-June 4**, 4:30-5:45 p.m., 6 sessions. Gina Crusco (see sec. 1 above).

Sec. 5: **Fridays, April 30-June 4**, 7-8:15 p.m., 6 sessions. Gina Crusco (see sec. 1 above).

Yoga II

PES 39/\$100

This course is for those who have taken PES 38: *Yoga I* or who have equivalent experience. Learn variations that can individualize the practice of yoga for *your* body type. Increase physical strength, expand breathing, focus the mind and let go of stress with a long, enjoyable deep relaxation. Loose-fitting clothing and towel required. Enrollment limited. **Valid CUNYCard I.D. required.**

Fridays, April 30-June 4, 5:45-7 p.m., 6 sessions. Gina Crusco, certified Hatha Yoga teacher.

Jazz Exercise

PES 28/\$95

Improve your fitness in this jazz class for beginners. Stretch, warm-up and learn fun and easy jazz combinations. Wear comfortable clothing. Enrollment limited. **Valid CUNYCard I.D. required.** YPA 27: *Jazz Exercise for Teens* (see page 44) is for students ages 13-17.

Fridays, March 5-May 7 (no classes April 2, 9), 6-7 p.m., 8 sessions. Monica Figueroa, performing artist.

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iViva Flamenco!

PES 27/\$105

Come let your spirit soar as you learn passionate and powerful flamenco dance! The course covers basic flamenco footwork (*zapatedo*), armwork (*braceos*), turns (*vueltas*), different rhythms (*compás*) and more. No dance experience necessary. Appropriate clothing will be discussed at first class meeting. *CUNYCard ID not required.*



Fridays, March 5-May 14 (no classes April 2, 9), 6:30-7:30 p.m., 9 sessions. Dorca Vasquez (Mora), member of flamenco and Middle Eastern dance troupes.

NEW! iViva Flamenco! Part II

PES 29/\$105

Keep your spirit soaring as you continue to experience the power and beauty of the soul of flamenco (*el duende*). This course is for dancers (*bailaoras [as]*) who wish to design or polish their own improvised choreography (*pataítas*). Full choreography with intrinsic footwork (*taconeos*) and armwork (*braceos*) is taught. Come join us again! Flamenco shoes required. (Prerequisite: PES 27.) *CUNYCard I.D. not required.*

Fridays, March 5-May 14 (no classes April 2, 9), 7:30-8:30 p.m., 9 sessions. Dorca Vasquez (Mora) (see above).

Racquetball for Beginners

PES 15/\$115

An introduction to this fast-paced game including basic strokes, rules and strategies. Students supply their own racquets and racquet balls. White-soled (non-marking) athletic shoes and eye guards are required. Enrollment limited. **Valid CUNYCard I.D. required.**

Saturdays, March 6-May 22 (no classes April 3, 10), 8:45-9:40 a.m., 10 sessions. Perry T. Lopez, AM/PRO certified.

Racquetball for Advanced Beginners

PES 16/\$115

This competitive skills course includes speed drills, court strategies, shot selections, stroke and game analysis and drills to build endurance. Students supply their own racquets and racquet balls. White-soled (non-marking) athletic shoes and eye guards are required. Enrollment limited. (Prerequisite: basic racquetball skills.) **Valid CUNYCard I.D. required.**

Saturdays, March 6-May 22 (no classes April 3, 10), 9:50-10:45 a.m., 10 sessions. Perry T. Lopez (see above).

MARK YOUR CALENDAR!

The schedules for most physical fitness courses differ from other Continuing Education courses due to the availability of facilities in The APEX. You are advised to make note of these dates to avoid missing any class sessions.

About The APEX Pool

Temperatures maintained:

- Water temperature 79°
 - Air temperature 81°
- Depth at shallow end: 4 feet

Lockers are available on a per session basis. Locks (supplied by students) and all personal possessions must be removed from lockers after each class meeting.

Swimming for Beginners

PES 50/\$125

For those with no experience in the water, this course covers proper breathing, floating, the front crawl and elementary backstroke. Fundamentals of water safety are included. Enrollment limited. **Valid CUNYCard I.D. required.**

Sec. 1: **Saturdays, March 6-May 22 (no classes March 20, 27, April 10), 8:10-9:05 a.m., 9 sessions.** Bruce Semer, certified water safety and lifeguard instructor.

Sec. 2: **Sundays, March 7-May 23 (no classes March 21, April 4, 11), 9:15-10:10 a.m., 9 sessions.** Joel Venecia, certified water safety instructor.

Sec. 3: **Sundays, March 7-May 23 (no classes March 21, April 4, 11), 12:40-1:35 p.m., 9 sessions.** Joel Venecia (see above).

Sec. 4: **Mondays, March 1-May 10 (no classes April 5, 12), 6:30-7:25 p.m., 9 sessions.** Bob Rice, certified water safety and lifeguard instructor.

Sec. 5: **Tuesdays, March 2-May 11 (no classes April 6, 13), 6:15-7:10 p.m., 9 sessions.** Kenyie Del Rosario, certified water safety instructor.

Sec. 6: **Tuesdays, March 2-May 11 (no classes April 6, 13), 7:15-8:10 p.m., 9 sessions.** Kenyie Del Rosario (see above).

Sec. 7: **Fridays, March 5-May 21 (no classes March 19, 26, April 9), 6:15-7:10 p.m., 9 sessions.** Joel Venecia (see sec. 2 above).

Sec. 8: **Fridays, March 5-May 21 (no classes March 19, 26, April 9), 7:15-8:10 p.m., 9 sessions.** Joel Venecia (see sec. 2 above).

Swimming for Advanced Beginners

PES 53/\$145

Strokes taught in this course include backcrawl, breaststroke and crawlstroke.

Diving is also included. (Prerequisites: Students must be comfortable in deep water and must be able to swim 20 yards.)

Valid CUNYCard I.D. required.

Mondays, March 1-May 17 (no classes April 5, 12), 7:30-8:30 p.m., 10 sessions. Bob Rice, certified water safety and lifeguard instructor.

