

ADULT SPORTS/LEISURE (CONT.)

Tai Chi Simplified w/J. Jackson (11+/no age limit!) (10 classes)

Tai Chi 27 short form movements based on the Yang Style. Soft high movements are done slowly with emphasis on posture, balance and natural breathing in harmony w/body movements. Benefits: stress control, tension release, stimulation of the mind, improved focus/coordination, promotion of a sense of well-being and improved flexibility.

Dates: Thurs., 10-11 a.m., Apr. 19-June 21

Location: Friendship Center, Room 118

Fee: \$70R/\$73NR/\$50M (#14002)

Tai Chi Style Essential w/J. Jackson (11+/no age limit!) (10 classes)

Grand Master Chen Zhenglei's Essential 18 movements of Chen Style Tai Chi. Low movements done with a balance of fast/slow, hard and soft spiraling movements for the cultivation of tranquility with explosive power done with natural breathing. (Benefits listed above.)

Dates: Thurs., 7:30-8:30 p.m., Apr. 19-June 21

Location: Friendship Center, Room 112

Fee: \$70R/\$73NR/\$50M (#14003)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Apr. 17-June 19

Location: Friendship Center, Room 118

Fee: \$42R/\$54NR/Free to Members! (#14013)

Adult & Advanced Jr. Tennis w/CPTS (3 classes)

Raise their level of play with fast paced drills, situation/match play.

Dates: Mon., 6-7:30 p.m., May 7-21 (#14191)

Mon., 6-7:30 p.m., June 4-18 (#14192)

Location: Brightbill Park

Fee: \$36R/\$39NR

"Quick Start" Weight Loss Program w/Bentz

No weighing/measuring. Over 40 carb choices to eat from and 30 protein portions. Simple easy steps with 10 page booklet to help you succeed! Plus 2 consultations.

Dates: By appointment

Location: Friendship Center

Fee: \$65R/\$70NR/\$60M (#14139)

Disney Seminar w/Sherry Hess

Discover topics of resorts, dining plan, photo pass, children's activities, tours, Magical Express, transportation of the "world", park passes/hopper & Disney Cruise. Seats limited. College of Disney Knowledge grad.

Date: Tuesday, April 10, 7-9 p.m.

Location: Friendship Center, Room 106

Fee: Free to Members/\$3NM (#14219)

"How to Coupon Shop"(4 classes)



Learn how to successfully use coupons, sales, loyalty programs, and rebates to save money and reduce your monthly food/non-food bill by as much as 25% or more! Learn strategies for your daily or emergency needs. Discover how to use the Internet to further your couponing success.

Dates: Thurs., 6:30-8 p.m., Mar. 29-Apr. 19

Location: Friendship Center, Conf. Room

Fee: \$18R/\$20NR/\$15M (#14136)

Basic Soap Making w/Soap-O-Therapy (16+)

Learn how to make melt-and-pour glycerin soap. Topics include safety, equipment, soap additives and colorants, and packaging. Access to a wide range of materials and supplies, and take home one pound (approx. 4 bars) of soap. Extra materials available for purchase.

Date: Saturday, May 12, 3-5 p.m.

Location: Friendship Center, Room 106

Fee: \$40R/\$43NR/\$32M (#14148)

ADULT ARTS & CRAFTS

Painting: Oil or Acrylic w/John (10 classes)

For those with a wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., April 17-June 19

Location: Friendship Center, Room 109

Fee: \$87R/\$90NR/\$70M (#13987)

Mother's Day Gift "10 Reasons Why I Love You" w/Roxanne



One of a kind gift. Provide 10 photos of mom/grandma, crafting scissors and tweezers. All other supplies provided and combined into a book for a gift.

Date: Friday, May 11, 6:30-9:30 p.m. (#14126)

Saturday, May 12, 9-11 a.m. (#14127)

Location: Friendship Center, Room 106

Fee: \$21R/\$24NR/\$18M

Father's Day Gift "10 Things You Taught Me" w/Roxanne



Show them how much you learned from them. Provide 10 photos of dad/grandpa, crafting scissors and tweezers. All other supplies provided and combined into a book for a gift.

Date: Friday, June 8, 6:30-9:30 p.m. (#14128)

Saturday, June 9, 9-11 a.m. (#14129)

Location: Friendship Center, Room 106

Fee: \$21R/\$24NR/\$18M