

Adult Special Interest

HOME COMPOSTING WORKSHOPS

Discover the benefits of gardening using your own compost! This 2 hour workshop teaches basic backyard composting techniques in a fun and simple to understand lecture format. Pre-registration required.

Instructor: Santa Clara County Master Composter

Location: Centennial Recreation Center, Activity Room #2

Activity#	Date	Day	Time	Age	Sessions
	9/20	SA	10am-12pm	18yrs+	1
	10/18	SA	10am-12pm	18yrs+	1

Free Class

For pre-registration please call (408) 918-4640

CERAMICS: WHEEL THROWING

Make your own dinnerware, garden pots, and gift items on the potter's wheel. This class emphasizes wheel techniques for forming and finishing, and is open to all levels, from beginner to advanced.

Instructor: Jane Rekedal

Location: Community & Cultural Center, Poppy Jasper Room

Activity#	Date	Day	Time	Age	Sessions
4270.301	9/10-10/22	W	5:45-8:00 pm	13yrs+	7
4270.302	10/29-12/17*W		5:45-8:00 pm	13yrs+	7

*No class 11/26

Material Fee: \$15 (payable at registration)

Resident Fee: \$182 / CRC Member \$177

Non-Resident Fee: \$192 / CRC Member \$187

ADULT, CHILD, AND INFANT FIRST AID AND CPR

This comprehensive course includes Infant, Child, and Adult CPR, rescue breathing, choking rescue, and the following first aid skills: bleeding control, treatment of burns, fractures, sprains, strains, seizures, poisoning, heat and cold emergencies. This class is great for babysitters, parents, grandparents, nannies, and caregivers. Certificates: Adult, Child, and Infant CPR/AED (valid 1 year) and Standard First Aid (valid 3 years)

Instructor: Lisa Rick

Location: Centennial Recreation Center, Activity Room #1

Activity #	Dates	Day	Time	Age	Sessions
4591.301	9/20	S	8am-6pm	13yrs+	1
4591.302	10/25	S	8am-6pm	13yrs+	1
4591.303	11/29	S	8am-6pm	13yrs+	1
4591.304	12/13	S	8am-6pm	13yrs+	1

Resident: \$80/ CRC Member: \$70

Non-Resident: \$90/ CRC Member: \$80

CRC PRIVATE NUTRITIONAL CONSULTATIONS

Instructor: Dolores Kent

Location: Centennial Recreation Center

Initial Consultation

Resident \$55 / CRC Member \$50

Non Resident \$75 / CRC Member \$65

Returning Consultation Fee:

Resident \$40 / CRC Member \$35

Non Resident \$50 / CRC Member \$45

(Initial Consultation is 1 hour. Returning sessions are 30 minutes.)

LATIN SERIES DANCE CLASS

(Salsa, Cha Cha Cha, Merengue)

"Gentlemen get ready to Walk the Walk and ladies to strut your stuff"! In the next 8 weeks learn the basic steps, rhythm, timing, leading and following techniques, while learning the latest trends and variations for each of the Latin Dances. This class is high energy and Fun, Fun, Fun!

Instructor: Magda Mendez

Location: Community & Cultural Center, El Toro Room

Activity#	Date	Day	Time	Age	Sessions
5400.301	9/9-10/28	T	6:30pm-7:25pm	16+yrs	8

Residents: \$95 / CRC Member: \$90

Non Resident: \$105 / CRC Member: \$100

PRINCIPLES OF BALLROOM DANCING

(Waltz, Tango, Quickstep & Swing)

Learn to Dance like the Stars....An introduction to all the dances featured on the show; learn to MOVE and be graceful with these timeless dances.

Instructor: Magda Mendez

Location: Community & Cultural Center, El Toro Room

Activity#	Date	Day	Time	Age	Sessions
5400.302	9/9-10/28	T	7:30pm-8:25pm	16+yrs	8

Residents: \$95 / CRC Member: \$90

Non Resident: \$105 / CRC Member: \$100

SWING SWING SWING - LEVEL 1

Get ready to have Fun Fun Fun in this high energy swing class where you will learn some fun variations from popular moves like the "sailor shuffles", "sliding doors", and "swivels". Shake, Rattle and Roll ...and be ready to Dance for the Holidays!

Instructor: Magda Mendez

Location: Community & Cultural Center, El Toro Room

Activity#	Date	Day	Time	Age	Sessions
5400.303	11/4-12/16	T	6:30pm-7:25pm	16+yrs	7

Residents: \$84 / CRC Member: \$79

Non Resident: \$94 / CRC Member: \$89

ADULT

HOT SALSA TUESDAY

Learn THE LATEST Club Style Salsa Dance Moves. Class will focus on teaching a combination of spins technique, hip movement and styling.

Instructor: Magda Mendez

Location: Community & Cultural Center, El Toro Room

Activity#	Date	Day	Time	Age	Sessions
5400.304	11/4-12/16	T	7:30pm-8:25pm	16+yrs	7

Residents: \$84 / CRC Member: \$79

Non Resident: \$94 / CRC Member: \$89

ARGENTINE TANGO - BEGINNER BASICS I AND II

Whisk yourself away to Argentina, to the rhythm and sound of Buenos Aires. Let your worries dissolve as you take in a little Tango. Learn to move in unison, communicate through your embrace, live in the moment and enjoy the passion. Singles and Couples welcome.

Instructor: Sue Flanagan of Tango Fantástico
(www.tangofantastico.com)

Location: Community & Cultural Center, El Toro Room

Activity #	Dates	Day	Time	Age	Sessions
5400.305	9/17-10/29	W	6:30pm-7:30pm	Adult	7
5400.306	11/5-12/17	W	6:30pm-7:30pm	Adult	7

Resident Fee: \$103 /CRC Member \$98

Non-Resident Fee \$113 /CRC Member \$108

MASSAGE THERAPY

Instructor: Helena Maciel, CMT

Location: Centennial Recreation Center

(Please schedule appointment at the Welcome Desk)

Days: Wednesday & Saturday

Time: TBD

Fees 30-min Session:

Residents: \$50 / CRC Member: \$45

Non-Resident: \$60 / CRC Member: \$55

Fees 1-hr Session:

Residents: \$75 / CRC Member \$65

Non-Residents: \$95 / CRC Member: \$85

Fees 1.5-hr Session:

Residents: \$95 / CRC Member: \$85

Non-Residents: \$110 / CRC Member: \$105

Fees 2-hr Session:

Residents: \$115 / CRC Member: \$105

Non-Residents: \$135 / CRC Member: \$125

Fee: 30-Min 4 Sessions

Resident: \$145 / CRC Member: \$140

Non-Residents: \$155 / CRC Member: \$150

Fees: 30-Min 8 Sessions

Residents: \$245 / CRC Member: \$240

Non-Residents: \$255 / CRC Member: \$250

Fees: 60-Min 4 Sessions

Residents: \$245 / CRC Member: \$240

Non-Residents: 255 / CRC Member: \$250

Fees: 60-Min 8 Sessions

Residents: \$445 / CRC Member: \$440

Non-Residents: \$455 / CRC Member: \$450

PRIVATE COMPUTER LESSON SERIES

Are now available!

One & one half hours of private instruction is scheduled at times and days convenient to the student & instructor. Additional computer practice time is available during Centennial Recreation Center's open hours. Handouts and web assignments are provided for independent practice between sessions. CRC computers use Windows XP operating system, or you may bring your own laptop.

For more information about the class please contact the Recreation Coordinator, Chiquy Mejia at Christ.Mejia@mhrc.com or the instructor at ComputerClass@Charter.net

Class size: 1 student

Age: 18 yrs+

Location: Centennial Recreation Center, Computer Lab

Resident: \$61 / CRC Member: \$56

Non-Resident \$71 / CRC Member: \$66

Additional ½ hr: \$20

Additional 1 hr: \$38

AD
SPACE
AVAILABLE

Advertising space available
in this publication.

Contact
Maureen Drewniany
408-779-7271 or
maureen.drewniany@morganhill.ca.gov

GOT LEAVES?

compost them!

Composting is nature's way of recycling.
Sign up for one of our free, two-hour workshops
that teach basic composting in a simple to
understand lecture format.

Upcoming Workshops:
September 20th or October 18th
10AM-12PM
Centennial Recreation Center
171 W. Edmundson Avenue
Call (408) 918-4640 to register

One lucky participant will receive a free composting bin.

A message from The City of Morgan Hill Environmental Programs Division

ADULT