

The Windsor CSD Adult Education Program is pleased to announce its Winter/Spring 2012 Course Roster. To register for any of the upcoming classes, call (607)748-3178 or email tkaye@windsor-csd.org. Registration fees are due at the first class.

PAINTING CLASS: This course provides for individual instruction in drawing and painting with specifics determined by the personal preferences of the students.

Location: Windsor Middle School Art Room

Class Begins: Monday, January 23rd, 2012

Time: 7:00 – 9:00 PM

Length/Cost: 10 Weeks of Mondays/\$40.00

PILATES FITNESS CLASSES: Pilates workouts focus first on developing strength through the core of the body, like the back, abdomen and hips. The concentration is not only on strength, but also flexibility and coordination. Please bring a mat or a thick towel for exercises done on the floor. Sign up for a class that is sure to tighten and tone! As with any physical activity, consult your physician before exercising.

Location: Weeks Elementary School Gymnasium

Class Begins: Mondays & Thursdays, Starting January 23rd & January 26th, 2012

Time: 5:30PM - 6:30PM

Length/Cost: 10 Weeks of Mondays and Thursdays / \$30.00 Each Night (\$60.00 for Both Nights)

WATER AEROBICS CLASSES: This program is designed to provide cardiovascular benefits with minimum stress to the body. Every muscle is worked using water's natural buoyancy providing resistance without strain. Good for all fitness levels. As with any physical activity, consult your physician before exercising.

Location: Windsor High School Pool

Class Begins: Mondays & Wednesdays, Starting January 23rd & January 26th, 2012

Time: 7:00PM - 8:00PM

Length/Cost: 10 Weeks of Mondays and Wednesdays / \$25.00 Each Night (\$50.00 for Both Nights)

ZUMBA FITNESS CLASS: Join in on the latest fitness craze that is sweeping the nation! Zumba is an intense cardio workout that incorporates easy to learn dance moves and a lot of fun! Wear comfortable clothing and bring a towel, and water bottle. Good for all fitness levels. As with any physical activity, consult your physician before exercising.

Location: Windsor Bell Elementary School Gym

Class Begins: Wednesday, January 25th, 2012

Time: 5:00PM - 6:00PM

Length/Cost: 10 Weeks of Wednesdays / \$30.00

MEN'S COMPETITIVE BASKETBALL: This course is centered on playing basketball for fun and fitness. Registrants are assumed to be familiar with the rules of the game and basic play. No instruction will be provided.

Location: Windsor Weeks Elementary School School Gym

Class Begins: Thursday, January 26th, 2012

Time: 7:30PM - 9:30PM

Length/Cost: 12 Weeks of Thursdays/\$30.00