

Winter Classes 2012

Aerobics

- Monday, Wednesday & Friday (ongoing)
- Time: 8:30am - 9:15am
- Location: Gym
- Low Impact Aerobics

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

Art Class - Painting

- Friday
- Time: 2:00pm - 4:00pm
- Location: Room 303
- Instructor: Ann Thwaites
- All types of media; painting and drawing

Ballroom Dance

- Thursday
- Time: 5:00pm - 6:00pm
- Location: Cafeteria
- Instructors: Walt & Margaret Baumgardner
- Learn to waltz, Polka and cut a rug

Basic Woodworking

- Classes are 6 weeks beginning January 17th
- Senior Center Woodshop
- 9 to 11 am
- Tuesdays and Thursdays
- Cost: \$50, materials not included
- Instructor: Howard Osborne

Ballroom Video Class

- Tuesdays
- Time: 4:30pm - 6:30pm
- Room 302
- No instructor, practice to own music

Basketweaving

- Tuesday
- Time: 9:30am - 11:30 am & 12:00pm - 2:00pm
- Location: Room 303
- Instructor: Lynne Bowers

Beginning Photography

- Wednesdays & Fridays (5 sessions)
- Begins: January 11th
- Time: 3:00 - 5:00pm
- Cost: Free
- Room ?
- Instructor: Claude Kelly

Belly Dance for Beginners (Women Only)

- Thursdays
 - Time: 11:30am
 - Location: Room 302
 - Instructor: Angela Price
- Must have 8 for class to begin. Please sign up at office.

Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Camera Club

- Please visit website for meeting times
- Instructor: Claude Kelly
 - Website: WWW.scphotogroup.com

Ceramics

- Tuesdays and Thursdays
- Time: 9:00am - 11:30am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- **Please remember your annual \$10 firing fee**

Clay ~ Beginning Handbuilding

- Wednesdays
- Time: 10:00am - 3:00pm
- Location: Ceramic/Clay Studio
- Instructor: Aleta Chandler
- 12 weeks: \$30, pay in office
- Limited to 8 participants

Clay ~ (Intermediate and Advanced handbuilding)

- Mondays
- 10:00am - 3:00pm
- Location: Ceramics/Clay Studio
- Instructor: Aleta Chandler
- 12 weeks; \$30; pay in office (\$15 if taking both classes)
- Hand building
- * **Please remember your annual \$10 firing fee**

Clogging - (Beginning)

- Thursday
- Time: 10:00am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Winter 2012 Classes Continued

Dulcimer (Beginners)

- Tuesdays
- Time: 11:00am
- Location: Atrium
- Instructor: Peggy Ferrell
- Learn to play this beautiful Instrument

Dulcimer (Intermediate)

- Tuesdays, Time: 11:00am
- Location: Multipurpose Room
- Instructor: Ruby

Exercise for Everybody

- Tuesdays & Thursdays
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Good Neighbors

- Tuesdays and Thursdays
- Time: 12:15pm
- Location: Lounge
- Staff
- Guest speakers, trips, bingo and fellowship

Happy Day Singers

- Mondays
- Time: 9:45am
- (3rd) Friday
- Time: 10:15am
- Inspirational singing at nursing homes

Health Rhythms ~ Group Drumming

- Thursdays
- Time: 10:00 am
- Room 230
- Cost: \$5.00, per class, paid to instructor, Jenny Rogers

Jam Session

- Thursdays
- Time: 12:00 noon
- Location: Cafeteria

Karaoke

- 3rd Tuesday
- Time: 4:00 pm
- Location: Cafeteria
- Bring snack to share

Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Lap Swimming

- M-F
- Time: 12:30 - 1:00 pm
- Location: Dobyys-Bennett pool
- No instructor, lap swimming

Mini Cardio Exercise Class

- Tuesdays, Thursdays
- Time: 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

Piano Lessons

- Tuesdays & Thursdays
- 8:00am - 11:00am
- \$15 (30 minute lessons)
- pay instructor
- Location: Multipurpose Room
- Instructor: Freda Karsnak
- Call for appt. 423-292-2711

Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: Shelia Davis

Renaissance Strings

- Tuesdays
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Lucille Hinke and Jan Fenelon

Spanish (Beginning)

- Fridays (begins January 13th)
- Time: 10:00am
- Location: Room 303
- Cost: \$30 plus \$18 for book, pay instructor
- Minimum of 8 for class, sign up in office
- Instructor: Holanda Holtzclaw

Strength Training

- Monday, Wednesday & Friday
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing

Strength Training

- Tuesday, Thursday
- Time 9:30am - 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Tai-Chi

- Mondays & Wednesdays
- Time: 8:30am
- Location: Senior center, Room 310
- Instructor: Hang Lei

Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Beginners welcome

Yoga and Laughter for Seniors

- Tuesdays
- Time: 11:00am
- Location: Room 302
- Cost: FREE
- Instructor: Dr. Sharmi Mehta
- **Requirement: bring a mat to class**

Winter 2012 Branch Site Class Schedule

Core Conditioning

- Mondays & Wednesdays
- 9:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages.
- Gain core strength

Drawing

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
- Time: 12:45pm - 1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- January 17, 2011, 9:00 a.m.
- Lynn View Community Center
- Please call for reservation

Strength Training

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Community Center
- Instructor: Chris Hicks

Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesdays & Fridays
- Time: 10:45 am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

Total Body Workout

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Branch Site
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning October 10th
- Intergenerational/ do not have to be a member to attend couponing group.

Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: Nina Ketron
- Sequence and variety of board games

Pickle-ball

- Wednesdays and Fridays
- 2:00—4:00 pm
- Lynn View Community Center



Exercise Room at Lynn View



V.O. Dobbins Community Center



Boy's and Girl's Club



Kingsport
Adult Education

CLASSES BEGIN THE WEEK OF January 9, 2012 UNLESS OTHERWISE NOTED.

Kingsport Adult education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400

All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

JOB SKILLS

Beginning Computer Literacy

6 Weeks
Fee \$70 Mondays 6:00pm - 8:00pm
Instructor: TBA
Tuesdays 6:00 - 8:00pm
Location: Computer Lab, Lynn View CC

2008 National Electric Code (Commercial)

8 Weeks
Fee: \$70
Mondays 6:00 - 8:00pm
Instructor: Chris Ferrell, Electrical Inspector
Location: Renaissance Center Cafeteria

2008 National Electric Code (Residential)

8 Weeks (Begins January 23rd)
Fee \$70
Mondays 6:00-8:00 p.m.
Instructor: Chris Ferrell, Electrical Inspector
Location: Renaissance Center Cafeteria

Beginning Heating Ventilation and Air Conditioning Certification

Preparation
10 Weeks
Fee: \$165
Tuesdays 6:00pm - 9:00pm
Instructor: Jim Dotson
Location: Multipurpose Room, Renaissance Center
There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test.
Must have a minimum of 5 students, must pre-register.

CULTURAL/ARTS/CRAFTS

Card Making Workshop

- 5:30pm
- Instructor: Vicki Patton
- Fee: \$10/includes materials
- Location: Lynn View Community Center

You will make 5 cards and take materials home to make additional 5 cards.

Fly Tying

- 8 weeks
- Tuesdays
- 6:00 p.m. - 8:00 p.m.
- Instructor: Joseph Aimetti
- Fee: \$10 plus supplies
- Supply list available at sign up
- Location: Lynn View Community Center

Learn to tie basic flies used in fly fishing. A more advanced class will be offered in the winter.

Learn how to make Cake Pops

- 2 hour workshop
- Monday
- 6:00 p.m. - 8:00 p.m.
- Instructor: Holly Ralph, Owner of Sweet Creations
- Location: Renaissance Center
- Fee: \$15
- Minimum of 6 required for class
- Location: Kingsport Senior Center

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Community Center
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month



HEALTH/EXERCISE

Personal Training with Chris or Tony

- Instructor: Chris Hicks /Tony Mays
- Available by the hour or as package
- Contact Chris (423-741-5643) or Tony (423—963-0653)

Zumba Fitness

- 6 weeks
- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria

DANCE CLASSES

Beginning Line Dance

- 8 weeks
- Fee: \$25
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn Garden Community Center

Trail Dance

- 8 week class
- Dates same as Line Dance
- Fee \$25 or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Thursdays, 7:30pm - 8:30pm
- Location: Lynn Garden Community Center

Hula Dance

- 8 week class
- Fee: \$30
- Mondays, 5:30 PM
- Instructor: Tilini Miller
- Location: Renaissance Center

Salsa Dance

- 8 weeks (Begins Jan. 10)
- Fee: \$10 for 4 weeks/ 8 classes
- Tuesday & Thursdays
- Time: 1:00
- Room 302, Renaissance Center
- Instructor: BJ Goliday



Guitar Classes

Beginners - Tuesdays ~ 4:00pm ~ Room 303

This is a class for true beginners, or for people who may play a little by ear, but want to learn to read music. You will learn to sight read simple music in the key of C, and also learn to make and change basic chords in the keys of C and G. It is a very hands on class, and students are asked to play some of the exercises and songs they are practicing, plus play along with the instructor while learning chords.

Required Text: Mel Bay's Modern Guitar Method, Grade 1 (\$7.99 + tax)
Instructor: Jim Cornelison

Intermediate ~ Tuesdays ~ 5:00pm ~ Room 303

This class is intended for people who can already sight read simple music in the key of C, and who can make and change basic chords in at least the Key of C. After some review of sight reading basics and chords, we will move on to new material. At the end of the class you should be able to sight read songs in the keys of C, A-minor and G, and play chords to a variety of songs in at least the keys of C & G.

Required Text: Mel Bay's Modern Guitar Method, Grade 1 (\$7.99 + tax), plus 1 book of songs for easy guitar which has not been selected yet.
Instructor: Jim Cornelison

Please sign-up in the office for these classes prior to their starting date Tuesday, January 10th

Sign-up in the Senior Center Office or call 392-8400