

MUSIC & RECREATION

FIDDLE/VIOLIN LESSONS FOR THE BEGINNER

Is that violin in the corner, begging to be picked up, tuned and played? Join David Ross Mason in lessons which will teach the technical points of fiddle/violin playing. From start to finish, learning new techniques and tips for the ins and outs of the fiddle! Learn new tunes, how to play cover songs, some basic improvisation ideas and more. Students supply their own instrument for class. **Instructor: D. R. Mason**

PG210-0923CT	M	9/23-11/4	7:30-9pm	CT	\$119
PG210-1118CT	M	11/18-12/23	7:30-9pm	CT	\$119
PG210-0127CT	M	1/27-3/9	7:30-9pm	CT	\$119

GUITAR WORKSHOP FOR ADULTS

Guitar and music in all styles will be taught along with general knowledge of the instrument, including proper technique and learning the fingerboard of the guitar. The objective is for each student to get comfortable with their own instrument and enjoy the aspects of playing chords and melodies while improving their technique. Students supply their own guitar for class. **Instructor: D. R. Mason**

PG192-0923CT	M	9/23-11/4	5:30-7pm	CT	\$119
PG210-1118CT	M	11/18-12/23	7:30-9pm	CT	\$119
PG210-0127CT	M	1/27-3/9	7:30-9pm	CT	\$119

AMERICAN MAHJONG

Seasons, Flowers and Winds are just a few of the suits found among the 152 tiles shuffled for a game of Mahjong. Join this exploratory class where you will learn the history of the game and play etiquette for a traditional table of 4. This exciting game is one of luck, wit and will as you decide the hand to play, draw, discard or call as tiles are cast until the lucky one cries Mahjong! **Instructor: P. Gordon**

PG203-0917CT	T/R	9/17-9/26	6-8:30pm	CT	\$99
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BEGINNER GOLF CLINICS

A program for adult players new to the game of golf or those who have played for a year or two but have not had formal instruction. You will be taught how to grip, swing, drive, pitch, chip and putt. In addition, learn golf etiquette and how to properly "address the ball". This program will be offered at Fallsview Golf Course, Ellenville. **Instructor: Golf Pro., M. Girardi**

HF110-0924FV	T	9/24-10/22	5:30-6:30pm	FV	\$129
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COMPLEMENTARY HEALTH & WELLNESS



REIKI I & CHAKRA

Learn self-healing reiki 1, called SHODEN in Japan, the beginning teachings. Self-healing, quick healing in chairs, healing on tables covered with a focus on the meaning and important information about each chakra as it pertains to your own healing while you learn to help others to heal. **Instructor: L. Salluzzi**

NCC 1750	M	9/16-10/7	6-8pm	KSU	\$95
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REIKI II

Receive the ancient initiations; the three Reiki II ancient symbols for healing. Learn and practice distance and hands-on healing using these symbols. In Reiki I you learned to align and channel 10% of the Reiki healing energy. In Reiki II you are ready to channel 90% of the energy through the ancient initiations passed on by the Reiki Master. **Instructor: L. Salluzzi**

Instructor: L. Salluzzi

NCC 1738	M	10/21-11/18	6-8pm	KSU	\$95
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No class 11/11

ADVANCED REIKI

Learn level I and II of the six levels to Reiki Master/Teacher, the highest level of Reiki healing but is not exclusively for those wishing to go on to the master level. This class will enhance the Reiki energy with the Kundalini energy from within and you will learn breathing techniques to facilitate this. You will also receive two more ancient symbols for healing yourself and others. **Instructor: L. Salluzzi**

NCC 1730	M	11/25-12/16	6-8pm	KSU	\$95
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UNDERSTANDING SHAMANISM

Shamanism is a practice from indigenous cultures around the world. It bridges the divide between humanity, spirit, and nature. You will explore the origins of shamanic practices, its cosmology, and how shamanic traditions connect to the creative powers of the cosmos. **Note:** Bring a notebook and pen for notes and a pillow or blanket to sit on. Chairs are available for anyone who does not wish to sit on the floor. **Instructor: A. Kane**

NCC 2081	W	10/2-23	6-8pm	KSU	\$89
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INTRO TO FOOT REFLEXOLOGY

This is to introduce anyone to an overview and history of Reflexology. You will receive a Foot Map, experience a hands-on demonstration along with learning self-care techniques that you can bring home and use on yourself and family members. Also covered is knowing when using Foot Reflexology is appropriate. **Instructor: L. Hughes**

NCC 2039	S	9/21	10am-1pm	KSU	\$39
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NEW! BALANCE, STABILITY & POSTURE TRAINING FOR EQUESTRIANS

In this mini workshop, you will learn how to become a stronger, healthier, injury-free rider. We will perform strength/flexibility tests to help identify any musculoskeletal imbalances, core weakness or lack of flexibility & range of motion. You will learn several exercise techniques that will help you improve your posture and increase core strength.

Intro to Exercise Science for Strength Training, Healthy Knee workshop and Core & Lower Back Stabilization workshop will be offered in the spring of 2020.

Instructor: D. Hamburg, M.S., Exercise Physiologist, ACSM CES, HFS

NCC 2145	R	11/7	6-8pm	KSU	\$39
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M - MONDAY • T - TUESDAY • W - WEDNESDAY • R - THURSDAY • F - FRIDAY • S - SATURDAY • U - SUNDAY