



**Meadowlands Area YMCA**

**Adventures in Learning**

*Fees Rolled back to 2005!*

*All Classes \$99.00*

All programs run Mondays thru Thursdays (no Fridays), beginning July 6 and ending July 30, 2009. Classes are 50 minutes long and are held at Lincoln School in Rutherford, NJ. All supplies and equipment are included, except where mentioned below, in the prices. Classes are \$99.00 each! Preferred Registration date is June 26, 2009. Class sizes are limited- Sign up TODAY!

**TAKE 2 OR 3 CLASSES FOR A FULL MORNING OF FUN!**

**9:30 Classes**

**10:30 Classes**

**11:30 Classes**

**KIDS IN THE KITCHEN**

**9:30am- 10:20am Grades 4-8**

A cooking class for older children. We'll be whipping up a lot of fun in this class which uses specialty appliances as well as teaching basic kitchen skills. We'll learn about kitchen safety as we make smoothies, cookies, Asian-inspired stir fries, zeppolis, French fries, fruit kebabs, dips and more. Take home samples to share (or eat it all yourself!) along with directions for making them at home!

*Instructor: Ms. Lilly Freid*

**SHAKE YOUR TAILFEATHER!**

**9:30am - 10:20am Grades 1-5**

Every day is a party! We'll start some of the old dances that never go out of style, like the Electric Slide, Cotton-Eye Joe, and the Cha-Cha Slide. We'll "move it" to current songs from artists like The Cheetah Girls, Miley Cyrus and the Jonas Brothers. Then you can expect to visit some old favorites from High School Musical (1, 2 & 3) and other Disney shows.

*Instructor: Ms. Terri Cantone*

**ORIGAMI & PAPER ART**

**9:30am-10:20am Grades K-5**

You'll be surprised at all of the things you can make just by folding paper. We'll start with cups and fortune-tellers, and work our way to animals and UFOs. Did you know you can make a ring out of a dollar bill? This very creative class includes other art techniques as we "go green" and incorporate recycled materials into our projects!

*Instructor: Mrs. Janice Ficarra*

**GUITAR**

**9:30am-10:20am Grades 3-8**

Learn to play guitar! We will cover the basics of both strumming chords and picking out melodies, while we begin to learn to read music. you will get the most out of this class by practicing at home what you learn each week. **Students must bring a guitar to class, along with the Mel-Bay Book 1 for Guitar.**

*Instructor: Mr. Mike Catena*

**HIP HOP PLUS!**

**10:30am-11:20am Grades 2-8**

Learn how to dance Hip Hop! You'll learn the fundamentals of Hip Hop dance and be popping and locking before you know it! We'll learn the rhythms, how to isolate different body parts, and how to combine moves. We'll also expand our dance "vocabulary" as we explore the Jazz and Bollywood styles of dance, to give us a wider background as we learn to create rhythms and moves of our own!

*Instructor: Ms. Terri Cantone*

**DRAWING & CALLIGRAPHY**

**10:30am-11:20am Grades 4-8**

Develop your skills to move beyond doodling! Learn the secrets to drawing what you see; we'll also have a little fun experimenting with cartooning and optical illusions. Then we'll practice calligraphy- the art of beautiful lettering. You'll be able to take home your own calligraphy pen and charts of different lettering styles to keep!

*Instructor: Ms. Carolyn Griffiths*

**WOOD CRAFTS, ETC.**

**10:30am -11:20am GradesK-5**

Using no tools, we will assemble and decorate a variety of wooden projects. We'll sand, paint and varnish some of the finished products. In addition, we'll "go green" some fun projects out of recycled materials. Crafty fun for all! This is a great class for making gifts for loved ones!

*Instructor: Mrs. Janice Ficarra*

**FINGER FOODS**

**10:30am -11:20am Grades K-3**

An introductory kitchen class for young children. We will make a variety of "finger foods"- fun to make and fun to eat! We'll make pigs-in-blankets, ants-on-stick, dips, chocolate covered strawberries and lots more. We may even turn cream into butter to spread on something we bake! Take home samples to share (or eat it all yourself!) along with directions for making them at home!

*Instructor: Ms. Lilly Freid*

**DIGITAL PHOTOGRAPHY**

**11:30am-12:20pm Grades 3-8**

Want to take great pictures? **Bring your own digital camera or borrow ours**, and you'll learn how to choose your subject and balance the elements in your photo. We'll talk about some common mistakes and how to avoid them. We'll even learn some fun trick photography! You'll learn some basic editing, as well as some fun "artsy" techniques using Photoshop. Plan to bring some great photos home along with your new expertise.

*Instructor: Ms. Lisa Cerreta*

**BOOK OF ME**

**11:30am-12:20pm Grades K-8**

Whatever your age, you'll love this class which lets you explore all about you! You'll make your own memory book, using photos and mementos brought from home, and materials provided at class. Each day you will complete a themed page - all about the things that matter to you. The end result will be a keepsake that will always remind you of who you were this summer!

*Instructor: Ms. Carolyn Griffiths*

**SCIENCE MAGIC**

**11:30am-12:20pm Grades K-3**

Who doesn't love doing science experiments? Using basic items like water, balloons, coins, salt, eggs, soap and markers, we'll explore many aspects of science. In fact, you might think nature is a magician when things don't always behave the way you expect! Come prepared to make a mess while exploring the basic rules of science.

*Instructor: Mrs. Janice Ficarra*



**Adventures In Learning At the Meadowlands Area YMCA**

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