

NO COST GOLF ACADEMY AND RANGE INTRODUCTION



Who: Teens - Adults
Session: First Sat. of the month April - August
Time: 11:00 – 1:00 p.m.
Where: Fairways Driving Range, North Branford
Fee: Free, Call to register
Instructor: Max Baughan, PGA Professional
Description: The first Sat. in each month of April – August, The Max Baughan Golf Academy will offer anyone the opportunity to see what the golf school is all about. You will be introduced to Video Swing Analysis and have any opportunity to ask questions about how to use and take advantage of the driving range will be answered.

GOLF FOR THE LADIES



Who: Teens - Adults
Session: April 12 - 15
Time: 6:00 – 7:15 p.m.
Where: Fairways Driving Range, North Branford
Fee: \$90
Instructor: Max Baughan, PGA Professional

Class Maximum 8

Description: A women only series of lessons designed for beginners to intermediate golfers. All facets of the game will be included: putting, the short game, the full swing and course etiquette. Video analysis is sure to provide you with an enjoyable and informative experience. Clubs can be provided if needed, please inquire.



ZUMBA



Who: Teens - Adults
Session I: April 29 - June 3
Time: Thursdays, 10:45 – 11:45 a.m.
Session II: August 12 – September 16
Time: Thursdays, 8:00 – 9:00 a.m.
Where: North Branford Community Center
Fee: \$70
Instructor: Mary-Lou Capobianco
Description: COME DITCH THE WORKKOUT & JOIN THE PARTY! No dance experience necessary ... just the willingness to move those hips to fun Latino and international music. Feel the beat and enjoy the awesome workout and sweat, sweat, & sweat some more. Please bring water to class.

PILATES/CONDITIONING



Who: Teens - Adults
Session I: April 27 – May 20
Session II: June 1 – June 24
Time: Tuesdays & Thursdays 9:30 – 10:30 a.m.
Where: North Branford Community Center
Fee: \$85
Instructor: Kelly Gottlick
Description: This workout is like no other! Strengthen your entire body, abs, glutes, entire core and arms as well. Experience an overall body transformation class with great stretching too. Work your entire body to give yourself a sculpted, longer and leaner look.

SMOKING CESSATION SESSION



Who: Teens - Adults
Session: July 12
Time: Monday, 6:00 – 7:15 p.m.
Where: North Branford Community Center
Fee: Free, Call to register
Instructor: John O'Rourke, MSW
Description: Nearly 450,000 US citizens die each year from smoking related illnesses. You do not have to be one of them!! Join us and you will learn about current quitting strategies, what's available for help in our community, resources for smokers and their family members. Learn about the prevalence of smoking among adults struggling with mental illness and addiction issues. Inform yourself and inform others ... join us!!

INTRO TO DIGITAL PHOTOGRAPHY



Who: Teens - Adults
Session: May 1 – 29
Time: Saturdays, 10:00 – 11:30 a.m.
Where: North Branford Community Center
Fee: \$55
Instructor: Jessica Wysocki
Description: Digital cameras make taking photos, printing photos, and putting photos online, easier and cheaper than ever! Learn how to use your digital camera to it's fullest capacity as we explore the many different features your digital camera offers. You will learn how to select and use various camera shooting modes and the different features that your camera is capable of. Learn how to adjust the size of your photos download them onto your computer and the internet, and how to print the photos out at home or at the store. Get creative exploring your camera!!

