

Adult

TAI CHI / CHI GUNG



Who: Adults ~ any skill level welcome
Session I: April 6 - May 25 \$70
Session II: April 6 - June 22 \$103
Session III: April 6 - Sept. 14 \$195
Time: Tuesdays, 6:30 - 8:00 p.m.
Where: North Branford Community Center
Instructor: Coach Richard Dicine
Description: High quality traditional Tai Chi Chuan instruction taught by an instructor with 30 years of martial arts experience and Thai Chi Chuan National Gold Medal Winner. Health benefits include: relaxation, stress reduction, greater balance, increased flexibility, improved muscle strength, increased energy, stamina and agility with increased feelings of well-being. Easy to follow! If you are trying to improve your physical and mental health you will find Tai Chi beneficial. Boost your mood and energy level.

INTRO TO WEIGHTS/STRENGTH TRAINING

Who: Adults - Seniors
Session: April 21 - May 12
Time: Wednesdays, 4:00 - 5:00 p.m.
Where: NB Community Center Fitness Room
Fee: \$36
Instructor: Philip Santore, Jr

Class Maximum 6

Description: Do you find yourself saying, "I just use the treadmill" or "free weights are too intimidating"? Here is a class that will teach you the basics of strengthening your muscles with free weights and some strength machines. You will understand what body parts to train each day and discover an easy routine that you can apply to yourself! Phil's approach will be with great patience and years of experience. Give yourself the strength!



GETTING PAID TO TALK - VOICE OVER

Who: Ages 18 and over
Session: Thursday, August 26
Time: 6:30 - 9:00 p.m.
Where: North Branford Community Center
Fee: \$25
Instructor: Voice Coaches in the profession

Class Minimum 8

Description: Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. Learn the basics, including how to prepare the all important demo, how to be successful and earn great income in this exciting field. You will have the opportunity to hear examples of demos recorded by professional voice actors. Under the direction of the Voicocoaches.com producer you will have a chance to record a commercial script!!

"55 Alive" AARP SAFE DRIVING

Who: Drivers age 50 and over
Session: April 14 & 21
Time: Wednesday, 1:00 - 5:00 p.m.
Where: North Branford Community Center
Fee: \$12 for AARP members/ \$14 for non-AARP members (check only and made payable to AARP)

Class size is limited to 30

Description: Eight hours of class room instruction teaching preventative measures to use when driving. Refine existing skills and develop safe, defensive driving techniques that save lives. You will need to bring your drivers license to class. Many insurance companies will reduce cost of coverage if you have taken this class. Check with your insurance carrier. Must pre-register.

CO-ED SOFTBALL LEAGUE

Who: Men and Women High School - Adult
Session: May - July
Time: Wednesdays, 6:30 - 9:30 p.m.
Where: Memorial Field
Fee: \$300 team entry fee (\$30 per player on a 10 player roster) \$350 non-resident team

Limited to 6 teams

Description: Teams need to be submitted to the Recreation Department by April 9th. A completed registration form is needed for the each individual player prior to first game. No exceptions. Schedule and rules of play will be distributed. Call for team entry list.

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