

## Offering exciting enrichment courses FOR ADULTS.



### New Beginnings At Minnechaug!!

Classes begin the week of  
**February 25, 2019**  
Questions - Call 599-1831



#### IMPORTANT:

- \* All classes are on a first come first serve basis. Don't wait. Register by mail, using the registration form on the reverse side.
- \* Unless you hear from us, you ARE enrolled in the course. NO confirmation will be sent. Please note the room number for future reference.
- \* A 20% discount off all course offerings is available to all senior citizens (over the age 60).
- \* All registrants must be at least 18 years of age and not currently enrolled in high school (Excluding Red Cross Lifeguarding Students).
- \* All registrants should understand that it may be necessary to cancel any course in which the minimum enrollment is not met.
- \* ENTER/EXIT through the community entrance located in the back of the building. Parking lot is in the back.

Please pay by check. Checks should be made payable to HWRSD and mailed to:

Minnechaug Regional H.S.  
621 Main Street  
Wilbraham MA 01095

Attn: Cheryl Palm

Questions ??

Call 599-1831

#### RED CROSS LIFEGUARDING ACCELERATED

Lifeguarding Training is a 36-hour course, which includes CPR for the Professional Rescuer (CPR/PR) and AED training. In this course you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguarding skills, such as surveillance techniques, how to use rescue equipment, and how to manage a suspected spinal injury victim. "Successful completion of the course results in a 2-year certification in Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer."

**Minimum Enrollment: 6 Maximum Enrollment: 15**

**\*\*Must be 15 years old by the last day of the course.** All participants will be skill tested to ensure proficiency and strength in the water.

**Instructor:** Erik Mandell

**Dates:** M-F 2/25 - 3/1 3pm-6pm Sat. 3/2 8:30am-11:30am **Cost:** \$250  
M-F 3/4 - 3/8 3pm-6pm Sat 3/9 8:30am-11:30am **Location:** MRHS Pool

**Please Note:** All sessions are mandatory

#### THE ESSENTIAL OIL EXPERIENCE



New to Essential Oils ?

Want to learn about the Basics of Essential Oils and more? Come join this informative, interactive, and fun class! Participants will not only gain a deeper understanding of what therapeutic grade essential oils are and how they work in the body, but will also experience the oils thru all five senses! We will have an oil of the night, food recipes, personal product recipes, learn how to use them to Sleep better, Detoxify your Home, Support Emotions, and more. This class is for both men and women!

**Minimum Enrollment: 10 Maximum Enrollment: 20**

**NOTE:** In the 3rd class Students will learn how to make some chemical and Toxic free products to take home and use! All supplies will be purchased and provided by the instructor.

There is an additional \$20 class fee for materials, payable to the instructor on the first night.

**Instructor:** Kerri Mahan

**Dates:** Thursdays 2/28, 3/7, 3/14, 3/21, 3/28

**Location:** Room A156

**Time:** 6:30 - 8:30 PM

**Cost:** \$125

## MEDITATION

Curious about meditation? It's easy! Give your brain a break and improve your focus and concentration, stress levels, blood pressure, quality of sleep, and more. It's been proven to slow the aging process and reduce anxiety and depression.

**Minimum Enrollment 6 - Maximum Enrollment 15**



**Instructor:** Lisa Bullen

**Dates:** Mondays 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/22, 4/29

**Location:** Information and Resource Commons (Library)

**Time:** 7:45 - 8:15 PM

**Cost:** \$ 40

## YOGA

During this course, the student will learn a series of yoga postures designed to create awareness through the mind-body connection – increasing flexibility, strengthening, trimming and toning of the body. The student will also learn breathing and relaxation techniques to help reduce stress in everyday life.

**Minimum Enrollment 6 - Maximum Enrollment 25**

*Please bring a pillow and blanket to each session and wear non-restrictive clothing. \* Classes fill quickly*

**Instructor:** Lisa Bullen

**Date:s** Mondays 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/22, 4/29

**Location:** Information and Resource Commons (Library)



**Time:** 6:30-7:30 PM

**Cost:** \$80

## KNIT NIGHT

This is an open, multi-skilled evening for anyone who knows or wants to learn how to knit. We can cover skills of your choice from the basics to more challenging topics such as grafting, construction, cables and multiple colors. Pattern giving you trouble? Stuck and can not get past that point? Join Us ! This is the year to complete all the WIPs (works in progress) so feel free to bring a current project, start a new one, or just join us for a little relaxing time to sit and knit.

**Minimum Enrollment 6 - Maximum Enrollment 15**

HWRSD does NOT provide supplies.

**Instructor:** Jean Heinold

**Dates:** Thursdays 2/28, 3/7, 3/14, 3/21, 3/28, 4/4

**Location:** Faculty Room B150



**Time:** 6 -7:30 PM

**Cost:** \$90 + supplies

## Course Registration Form

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

Work/Day phone \_\_\_\_\_ Home/Evening phone \_\_\_\_\_

\*\*\* Email address (Required) \_\_\_\_\_

Mail to :  
Minnechaug Regional H S  
621 Main Street  
Wilbraham MA 01095  
Attn: Cheryl Palm

Checks payable to HWRSD

Course 1 \_\_\_\_\_ Dates \_\_\_\_\_ Time \_\_\_\_\_ Cost \_\_\_\_\_

Course 2 \_\_\_\_\_ Dates \_\_\_\_\_ Time \_\_\_\_\_ Cost \_\_\_\_\_