Clearview Regional High School District
Clearview Regional Community School
Winter and Spring 2016

School Notes
• Classes run from Feb to May
• Register online, in person or by mail
• Register early to avoid cancellation of classes
• Contact CRCS if interested in teaching by calling 856-223-2748 or by emailing philippiva@clearviewregional.edu
• Thank you for your support!
**General Information**

**Online**
Online @ [www.clearviewregional.edu/administration/adult_education](http://www.clearviewregional.edu/administration/adult_education) and click on **PayForIt.net**  
(Visa, Master Card and Debit Cards accepted; a small fee will be applied.)

**Mail**
Mail the Registration Form (back inside cover) to:
Clearview Regional Community School  
(located at the Clearview Regional Middle School)  
595 Jefferson Road  
Mullica Hill, New Jersey 08062

**In-Person**
Register at the Clearview Regional Community School on:  
(cash / checks / money orders accepted)

- **Monday**  •  January 11  •  4:00-7:00 pm
- **Wednesday**  •  January 6 & 13  •  4:00-7:00 pm

**Registration Deadline**
Under each description is a recommended registration date. This date will be used in determining if a class will run or if it will be cancelled due to low enrollment. If registering after this date, please call or email for availability.

Your registration will **not be confirmed**.

**Refunds**. Refunds are issued when requested prior to the first night of class.; however the $5 registration fee is non-refundable. Supply/book fees can only be refunded if requested seven days or more prior to the start of class. A $25 surcharge for returned, unpaid checks.

**Snow/Emergency Closing**
The school closing number is 802. Call 856-223-2748 for updates and also visit our website at [www.clearviewregional.edu](http://www.clearviewregional.edu). Cancelled classes will be made up by extending the course by a week.

**Age Requirement**
Participants must be 16+ years of age, unless specified otherwise.

**Email**
Email, when provided, will be the primary method of communication.

**Contact Us**
The CRCS is staffed on a part time basis. If you need to visit the office, please call in advance to make an appointment. If you need to contact us, you can do so by email at [philippiva@clearviewregional.edu](mailto:philippiva@clearviewregional.edu) or by phone at (856) 223-2748. If no one is available, please leave a message for a return call.

Visit our website at:  
[www.clearviewregional.edu/administration/adult_education](http://www.clearviewregional.edu/administration/adult_education)
ADOBE PHOTOSHOP  
Course #W20  
5 Classes: $72  
Wednesday • Feb 3 – Mar 2 • 6:30-8:30 pm  
Laura Contarino, Instructor  
Middle School Room 303A  
Learn to enhance your digital photos using Adobe Photoshop. Starting with the basics and working up to advance techniques, customize our own personalized digital photos. Techniques learned will be how to combine photographs, add text and watermarks, change or match backgrounds, add shadows. Computer experience is required. Student should have access to Adobe Photoshop to practice. *Recommend registration by Jan 19th*

BASIC COMPUTERS  
Course #M1  
6 Classes: $78  
Monday • Feb 1 – Mar 14 • 6:30-8:30 pm  
Sean Sepsey, Instructor  
Middle School Room 418  
This course will take you through the fundamentals of your personal computer. Learn word processing, e-mail and how to use the Internet. Class conducted in the middle school computer lab using Dell desktop computers. This course is not recommended for Apple/MAC users. Must have a computer for practicing outside of class; assignments will be given. No experience required. No class Feb 15. *Recommend registration by Jan 19th*

iPAD / iPHONE  
Course #T14  
6 Sessions: $78  
Tuesday • Feb 2 – Mar 8 • 6:00-8:00 pm  
Nancy Kowalchik, Instructor  
Middle School Room 303A  
Take an introductory tour of your iPad or iPhone. Get the basics on navigation, staying organized, how to use Siri and the app store and updating the operating system. Once we have the basics down, we will do a little personalization. Discover great ways to personalize your device by customizing your home screen, finding great apps and personalize your settings. If time allows, we will discuss the benefits of using the iCloud. *Recommend registration by Jan 19th*

MICROSOFT POWERPOINT 2013  
Course #TH31  
3 Classes: $42  
Thursday • Feb 25 – Mar 10 • 7:00-9:00 pm  
Debbie Kaighn, Instructor  
Middle School Room 418  
PowerPoint is the most widely used software for making presentations today. Incorporate text, charts, graphics and animation to create an impressive slide-show presentation and then turn it into a professional handout. *Recommend registration by Feb 12th*
MICROSOFT EXCEL 2013 Beginner  Course #TH32
3 Classes: $54  Thursday  •  Mar 3 – Mar 17  •  6:00-8:00 pm
Nancy Kowalchik, Instructor  Middle School Room 303A
Learn how to start Excel; create, open, close & save a file; enter & modify data; insert & delete data, enter headings using auto fill, format worksheet using bold, italic, underline, background fill color, center, left justify, right justify & borders; change row/column height & width; copy format, copy/paste; automatically sum a column; page layout; print preview & print a document; undo & redo feature; zooming in/out of worksheet; date & number formatting, add & remove a worksheet; quick sort. *Basic computer knowledge a must. Recommend registration by Feb 19th

MICROSOFT EXCEL 2013 Intermediate  Course #TH33
3 Classes: $54  Thursday  •  Mar 31 – Apr 14  •  6:00-8:00 pm
Nancy Kowalchik, Instructor  Middle School Room 303A
Learn formulas (Absolute/Relative Values), Formulas across multiple worksheets, Functions (Average, Minimum & Maximum), Display all Formulas; Layered Sorting, Filtering; print headings on multiple pages, add page breaks, add headers & footers; print Gridlines; add & remove a worksheet; Find & Replace text; date & number formatting; Freeze pane; change row/column height & width; Conditional Formatting (Format Top/Bottom 10 Items, Format Top/Bottom 10%, Format Text that’s Above/Below Average, Format Text that’s Greater Then, Less than or Equal To); Insert Picture, Clipart, Shapes, Symbols & Signature Line; Automatic Sub Totals; Auto Create a Chart/Graph; Mail Merge (using list of names in Excel & a letter in Word)*Basic computer knowledge a must. Recommend registration by Mar 21st

MICROSOFT WORD 2013  Course #TH34
5 Classes: $66  Thursday  •  Apr 21 – May 19  •  7:00-8:30 pm
Debbie Kaighn, Instructor  Middle School Room 418
Edit and print documents and envelopes. Also learn how to edit text through the use of the menu, tool and formatting tool bars. Learn how to insert and delete, as well as copying and pasting text. Learn the text art feature, address envelopes, create labels, change fonts, insert bullets, bold and italicize text. *Basic computer knowledge and typing ability is a must. Recommend registration by Apr 11th
BOATING SAFETY
Course #TH35
2 Classes: $76    Thursday • Mar 10 & 17 • 6:00-10:00 pm
USCG Auxiliary – Flotilla 18-06    Middle School Library
This Course, which meets the NJ requirement for boat operation, will cover boating, laws, safety equipment, safe handling, navigation, problems; trailer/store & protect your boat; hunting/fishing, water-skiing; river boating and NJ State Specific Laws & Regulations. At completion, certification will be issued by the State of NJ. This course is required to operate all power vessels on NJ waters. State/Federal ID required. Youth ages 12+ and adults. Please bring photo ID to first class. There is no registration deadline date.

BICYCLE SAFETY
Course #M2
1 Class: $18    Monday • Mar 21 • 7:00-9:00 pm
Debbie Kaighn, Instructor    Middle School Room 109
Do you know the New Jersey’s bicycle laws? Do you ride with or against traffic? Do you have a headlight or tail light on your bike? These are just a few of the questions that will be discussed. Also, we will talk about choosing the right bike and what to look for when making that purchase. Other topics will include children’s bikes, group riding and the various types of bicycles available today. We will not be discussing bicycle repair. Recommend registration by Mar 1st

BRAIN POWER
Course #M3
2 Classes: $36    Monday • Feb 22 & 29 • 7:00-9:00 pm
Kathleen Brown, Instructor    Middle School Room 107
Want to enhance brain functioning? Come discover “The 3 lb. Universe”, our brain! Learn about neuroplasticity, how to live longer and the importance of sleep, play and lifestyle. Also, how to be happier, have better relationships and protect your memory. Recommend registration by Feb 11th

You will not automatically receive confirmation of your registration.
Feel free to call or email to confirm.
CPR/FIRST AID/AED  
Schools & the Community  
Course #M4

2 Classes: $95  
Monday  
Feb 22 – Feb 29  
6:00-9:00 pm  
Certified Instructor  
Middle School Library  

Designed for the layperson that has a desire in learning First Aid, CPR, care for choking and the AED. The course also contains very basic anatomy and physiology, as well as, tips for heart disease prevention and heart attack recognition, care for bleeding, bandaging, burn care, broken bones and common medical emergencies. Textbook and training materials included. Wear comfortable clothing. Attendance is mandatory at all classes for certification.  
Recommend registration by Feb 5th

PSYCHIC DEVELOPMENT  
Course #TH36

10 Classes: $94  
Thursday  
Feb 4 – Apr 14  
7:00-9:00 pm  
Tracy Farquhar, Instructor  
Middle School Room 109  

In this course students will gain a greater understanding of how to recognize, trust and develop their intuition through guided meditations and work with various psychic tools. Areas to be covered will be: psychometry, reading photographs, pendulums, oracle cards, mediumship, and more. Will also discuss other metaphysical topics such as dreamwork, auras, past lives, spirit guides, and energy healing. Each class will begin with a guided meditation and will include practice with one or more modalities as well as discussions on various topics and fascinating guest speakers.  
No class Mar 24  Recommend registration by Jan 19th

SPIRITUAL CONCEPTS  
Faith and Spirituality  
Course #M5

8 Classes: $32  
Monday  
Feb 1 – Apr 4  
7:30-8:45 pm  
Garth & Diana Hutchinson, Presenters  
Middle School Room 109  

Have the following questions ever crossed your mind: Is there such a thing as ultimate truth? Can there be one true religion? How could a good God allow suffering? Why is the church responsible for so much injustice? Hasn't science disproved Christianity? Can you really take the Bible literally? We will use Timothy Keller's NY Times best-selling book "The Reason for God: Belief in an Age of Skepticism" to discuss these important questions. Come with your doubts, hopes and fears. If you have a Bible, you may also bring that to class as we examine several passages.  
No class Feb 15 & Mar 28.  Recommend registration by Jan 19th
DANCE LESSONS
Dance Time Productions Instructor
Middle School All Purpose Room

SOCIAL DANCES for Weddings & Parties
Course #M6
8 Classes: $72  Monday • Mar 14 – May 9 • 7:00-8:00 pm
Whether you’re invited to a company party, wedding or getting married yourself, this course will help you to be more comfortable on the dance floor. We start with the basic dancing of the Fox Trot and Latin rhythms. Then, we move on to techniques of basic slow dancing, traditional first dance of the bride and groom. Also included will be the Electric Slide, Cha Cha Slide, the Wobble and other popular line dances. Come alone, with a friend, or bring your whole wedding party. No Class Mar 28

COUNTRY LINE/GROUP DANCING
Course #M7
8 Classes: $72  Monday • Mar 14 – May 9 • 8:00-9:00 pm
Country Western dancing is fun and easy to learn. Instructions will include the country line dances that never go out of style like Tush Push, Flying 8’s, and Trashy Women. Come and learn the country standards that never go out of style and learn more of the popular country western line dances: Reggae Cowboy, Swamp Thing, Stetson, Rock It and more plus some of the hottest new line dances. No Class Mar 28

FITNESS LINE DANCING
Course #W21
8 Classes: $72  Wednesday • Mar 16 – May 11 • 7:00-8:00 pm
Come join in the fun of “Soul Line Dancing”. This class offers something for everyone. You will learn line dances that you can enjoy at any party, from the Big Band era to the present. Some of the favorites like the Cupid Shuffle, Wobble, Electric Slide, Cha Cha Slide and more. Step it up with some Country Line dancing is fun and easy to learn (e.g. Tush Push, Trashy Women, 16-Step, El Paso, and more. Come enjoy a little exercise with the fun of music. No Class Mar 30

SWING DANCING
Course #W22
4 Classes: $36  Wednesday • Mar 16 – Apr 14 • 8:00-9:00 pm
Whether it be called Lindy, Boogie Woogie or Swing, the Jitterbug is still a classic American Dance. Swing/Jitterbug is done to the music of Big Band, Rock ’n’ Roll, and Country. Learn the timing, basic movements, turns and more. Partners are not required; partners not supplied. No Class Mar 30

SALSA & MERENGUE Dance Night Out
Course #W23
4 Classes: $36  Wednesday • Apr 20 – May 11 • 8:00-9:00 pm
This course is a concentration on just two popular rhythms - Salsa & Merengue. Dances will include beginner to advance moves. Come and join the fun of dancing. Partners are not required; partners not supplied. No class Mar 30

No Registration Deadline Date for Dance
**AEROBIC KICKBOXING**

Course #W23A

8 Classes: $68  
Thursday • Mar 17 – May 8 • 8:00-9:00 pm  
Jim Meighan, Instructor

Family Martial Arts & Fitness, Mantua, NJ • (856) 464-9990  
Aerobic kickboxing is a low impact, high energy cardio workout using a combination of karate and boxing moves, promoting extreme fat burning, cardio conditioning, muscle endurance and strengthening. Hand wraps recommended. If you own, bring bag gloves. Can also be purchased at the studio. Class is held at Family Martial Arts, 550 Bridgeton Pike (Rt. 45), Mantua, NJ. Recommend Registration by Mar 9th.

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**CARDIO BARRE BOX**

Course #T15

8 Classes: $68  
Tuesday • Mar 15 – May 3 • 6:30-7:30 pm  
Erin Moore, Instructor  
Middle School Gym

This fusion class blends the best of both worlds - cardio and muscle sculpting-into one fun class that can be modified to accommodate everyone from beginners to those looking for more of a challenge! Start out by getting your heart rate revved up and torching major calories with the cardio and boxing segment of the class. Then we will move on to working on sculpting a long, lean dancer’s look by incorporating barre exercises that promise to challenge your muscles in new ways! This portion of class involves high repetitions of small movements and focuses especially on creating beautiful, sculpted, lean muscles in the legs, glutes, and core. Finally, we will finish the class with a pilates-style mat work segment, to continue toning and stretching the body. Please bring a water bottle, towel, small playground ball, and yoga mat. “Grippsy” socks and a set of light weights (1-2 pounds max) are optional. Bring a yoga mat, water and towel. Recommend registration by Mar 7th.

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**YOGA Gentle Beginner’s**

Course #M8

8 Classes: $68  
Monday • Mar 14 – May 9 • 6:00-7:00 pm  
Osha Ray, Certified Yoga Instructor  
Certified Hypnotherapist  
Middle School All Purpose Room

“You can do it Yoga!” This is a beginner’s, introductory class to learn how to breathe and do the yoga postures correctly while respecting the needs of your body. Each class will end with a guided visualization relaxation. It’s been said that yoga slows down the aging process! Please bring a yoga mat and a blanket. No class Mar 28  
Recommend registration by Mar 7th.
EXERCISE CLASSES

PIYO

Course #M9
8 Classes: $68  Monday  •  Mar 14 – May 9  •  7:00-8:00 pm
Susan Sabio-Jones, Licensed PIYO™ Instructor  Middle School Gym
PIYO is a music-driven athletic workout inspired by the mind and body practices of Pilates and yoga. Also includes flexibility training, strength, conditioning and dynamic movement. It includes modifications with a group exercise environment. It offers exercise progressions to challenge all levels. **Bring a yoga mat**: class will be done in bare feet or yoga socks.  **No class Mar 28**  Recommend Registration by Mar 4th

TAI CHI

Course #S40
8 Classes: $68  Saturday  •  Mar 5 – Apr 23  •  11:00 am-12:00 noon
David Benson, Jr. Instructor  
Family Martial Arts & Fitness, Mantua, NJ  •  (856) 464-9990
T’ai Chi is a traditional martial art and health-promoting exercise which is a product of China’s ancient past. Based upon the mutual unification of Yin and Yang, stillness and movement, emptiness and fullness, T’ai Chi has a profound philosophy and various practical applications and benefits. This course teaches core principles, basic movements and simplified 24 movement form. No experience is necessary. Class is held at Family Martial Arts, 550 Bridgeton Pike (Rt. 45), Mantua, NJ (464-9990).  Recommend Registration by Feb 19th

YOGA

Course #T16
8 Classes: $68  Tuesday  •  Mar 15 – May 3  •  6:00-7:00 pm
Elissa Mendenhall, Certified Yoga Instructor  Middle School All Purpose Rm
Yoga will teach you how to relax your body, mind & breath. Experience postures that will strengthen, tone, increase flexibility, enhance coordination & balance. Great for beginners and intermediates. Wear non-restrictive, layered clothing and bring a yoga mat or blanket.  No class Thurs, March 24th.  Recommend registration by Mar 7th
Youth Introductory (ages 8-15)  
Course #S41  
7 Classes: $95  
Saturday  
Mar 26 – May 7  
9:30-10:30 am  
Learn proper grip, swing and how to choose equipment. Also learn how to chip, putt, pitch and learn to use irons and woods. Also discussed will be golf rules and course etiquette. Although equipment will be provided, you may bring your own clubs.

Adult Introductory  
Course #S42  
7 Classes: $125  
Saturday  
Mar 26 – May 7  
10:45-11:45 am  
Designed to introduce you to the exciting sport of golf, learn proper grip, swing, and how to choose equipment. Also how to chip, putt, pitch and learn to use irons and woods. This course will also include golf rules and course etiquette. Although equipment will be provided, you may bring your own clubs.

Adult Skill Builder  
Course #S43  
7 Classes: $125  
Saturday  
Mar 26 – May 7  
12:00-1:00 pm  
Want to take you game to the next level? Are you frustrated by that slice, hook, topped shot? Perhaps you want more distance or help with that fairway wood or long iron. The facility has a sandbunker, chipping-putting greens, grassed tee and elevated target greens. Hit every shot in the bag under the watchful eye of our PGA/LPGA/USGTF staff.

Sharpening Your Short Game  
Course #S44  
5 Classes: $100  
Saturday  
Mar 26 – Apr 23  
2:00-3:00 pm  
Did you ever realize that nearly 70% of the shots you hit are less than 150 yards? This is the quickest way to reduce your scores!

Questions? Please call 856-223-2748 or email philippiva@clearviewregional.edu
AROMATHERAPY

Course #M9A
2 Classes: $34 Mondays • Apr 4 & 11 • 7:00-9:00 pm
Kathleen Brown, Instructor Middle School Room 107
Often referred to as “The Missing Link in Modern Medicine”, plant extracts and essential oils have been used since the beginning of time to medicinally kill bacteria, mold & viruses, repel insects & stimulate tissue & nerve regeneration. They also provide fragrances to balance mood, uplift spirits & dispel negative emotions. Learn what essential oils are about and how to use them for various conditions. A $5 supply fee is included. Recommend registration by Mar 21st

MEDITATION Weekly Group

Course #M10
8 Classes: $68 Monday • Mar 14 – May 9 • 8:00-9:00 pm
Osha Ray, Instructor - Certified Hypnotherapist Middle School Gym
“You can do it Meditation”! Relieve stress, pain and anxiety. Increase patience, happiness, awareness, clarity and spiritual connection. If you tried to meditate and feel you can’t, this course is for you. Learn how to meditate and enjoy doing it! Please bring a blanket or cushion. No Class Mar 28
Recommend registration by Mar 6th

MEDITATION Guided Meditation

Course #TH38
1 Class: $40 Thursday • Mar 31 • 7:00-8:30 pm
Gabriella Wofford, Instructor Middle School All Purpose Room
Transformational Meditation Instructor & Certified Hypnotist
This guided mediation is for deep relaxation and stress reduction. Chronic stress creates havoc on the mind, body and spirit, brings mental and physical distress and affects every facet of your life. Stress clouds thinking, affect relationships and impede peak functioning. Relieve tension, boost your immune system and support equilibrium and healing at all levels. Bring blankets, pillows and wear comfortable clothing. For optimal relaxation, no caffeine up to four hours before class. Recommend registration by Mar 18th

TENNIS LESSONS

High School Tennis Courts
6 Classes: $128 Monday • Apr 11 – May 9 • 6:30-8:00 pm
Bring a racquet. (Rain date: Thursday). Class size limited to 8.
Recommend registration by Mar 31st

Beginner Tom Keating, Certified USPTR Instructor Course #M11
The brand new player or limited knowledgeable beginner will learn the fundamentals for the forehand, backhand, volley and serve leading up to playing and keeping score.

Intermediate Dennis Leggoe, 2005 USTA National Champion Course #M12
Not a beginner and ready to advance and learn more? Review of forehand, backhand, volley, overhead smash and serve and some up-paced drills and instruction. All shots will be incorporated into match play conditions while improving your game. Prior play and scorekeeping experience a must.
COOKING Healthy
Course #TH39
6 Classes: $96
Thursday • Mar 3 – Apr 14 • 7:00-9:00 pm
Sherry Gilkin, Instructor
Middle School Room 414
This class focuses on making delicious and nutritious plant-based recipes. Expand your food repertoire and your palette with this hands-on and fun course. We will be preparing a variety of recipes, from appetizers to entrees to desserts, including student requests. A $40 food fee is included. No Class Mar 24. 
Recommend registration by Feb 19th

CLAY Handbuilding / Sculpting
Course #W25
4 Classes: $135
Wednesday • Feb 3 – Feb 24 • 7:00-9:00 pm
Mullica Hill Art Center • 50 S. Main Street, Mullica Hill • 418-1135
Come experience the endless possibilities! Join us for an introduction to clay and the excitement that comes with it. Included in the cost is clay; firing; use of tools, molds and paint. Classes are held at the Mullica Hill Art Center. 
Recommend registration by Jan 20th

DRAWING Beginner
Course #W26
4 Classes: $110
Wednesday • Mar 9 – Mar 30 • 7:30-9:00 pm
Mullica Hill Art Center • 50 S. Main Street, Mullica Hill • 418-1135
Looking to enhance your art skills? Learn shading and prospective from still life, landscape and anatomy. Supplies included. Classes are held at the Mullica Hill Art Center. 
Recommend registration by Mar 1st

ORGANIC HEIRLOOM GARDENING
Course #M13
3 Classes: $45
Monday • Mar 7 – Mar 21 • 7:00-9:00 pm
Jeff Quattrone, Instructor
Middle School Room 109
Heirloom vegetables, especially tomatoes, have come into the forefront of gardening and culinary trends in the past few years. This class offers an introduction to the world of heirloom vegetable gardening, along with planning a garden, and organic techniques for growing and sustaining these plants. This course will guide you to harvesting some delightful and unique produce generally not available in stores or farm markets, and the guidance you need for containers, raised beds or direct to the soil techniques. 
Recommend registration by Feb 25th

JEWELRY MAKING Beading
Course #W27
5 Classes: $130
Wednesday • Feb 3 – Mar 2 • 7:00-9:00 pm
Donna Vaites, Instructor
Middle School Room 302
Learn to work with a large, assorted variety of materials used in jewelry making. We will be making earrings, bracelets, a ring and a necklace using various types of materials including base metal, sterling silver, crystals, glass beads, natural stones and much more. An $80 supply fee is included. Bring wire cutters, chain nose pliers, round nose pliers and a ruler. 
Recommend registration by Jan 19th
KNITTING Beginner  
Course #M17
6 Classes: $60  
Tuesday • Feb 2 – Mar 22 • 7:00-9:00 pm
Tina Wiltsee, Craft Yarn Council Certified Instructor  
Middle School Library
Learn the basic stitches at a relaxed pace as you become confident and skilled. We will also discuss how to read a pattern and different types of yarn. Instructions will include different methods of casting on, knit and purl stitches. Students will work on several small items that will be finished quickly and build your skills. Students from previous beginner classes are welcome if they wish to continue to work on small projects and increase confidence. Bring the following to the 1st class: 10” size 13 US knitting needles, 2 balls Wool-Ease Thick and Quick yarn, in a light color, black and dark colors are hard to use when you are learning to knit. Additional supplies needed as class progresses. All patterns will be provided. 
Recommend registration by Jan 19th

KNITTING Advanced Beginner  
Course #W28
6 Classes: $60  
Wednesday • Feb 3 – Mar 9 • 7:00-9:00 pm
Tina Wiltsee, Craft Yarn Council Certified Instructor  
Middle School Library
This spring we are going to work on a new set of small projects. You’ll be able to complete each in a week or two. Projects will focus on creating small lacy knitted projects including cables in this series. Students will continue to build on basic skills and develop more confidence in their knitting. Knowledge of knit, purl needed. Plan to spend time between classes knitting so you can keep up with the class. You will have the reward of several finished items by the end of our 6 week class. Bring the following materials with you for the first class: Needles: Size 7 circular needles, 24 inches long, Yarn: Worsted weight yarn, #4, 1 ball. Additional materials will be needed as the course progresses.

PHOTOGRAPHY Single Lens Reflect (SLR)  
Course #T18
8 Classes: $95  
Tuesday • Feb 2 – Mar 22 • 7:00-9:00 pm
Frank Lengetti, Instructor  
Middle School Room 406
Learn the concepts of basic photography and how to use your single lens reflex digital camera. Learn what the buttons and settings on the camera are for. Areas that will be covered are f-stops, shutter speeds, shooting modes, memory cards and types of lighting. The camera menus will be covered in detail. Best of all…. learn how to turn your pictures into beautiful prints for you to enjoy. Short assignments will be given to be done at home. At first class we will “take a tour of your camera”. Bring your camera, operator’s manual and lens cleaning kit (approximate cost: $10). This course is not intended for “Point and Shoot” cameras. Please specify camera make/model on registration form. 
Recommend registration by Jan 19th
**QUILTING Bear Paw Quilt**  
Course #T19

8 Classes: $75  
Tuesday • Feb 2 – Mar 22 • 7:00-9:00 pm

**Trish Walton, Instructor**  
High School Room 712

A good course for beginners and intermediate quilters; advanced quilters can have fun changing the standard design. We will be using triangles on a roll for ease of cutting and sewing; demonstrated during the first class. Sizes vary depending on the number of blocks for your project. Bring a good working sewing machine to class. Rotary supplies will be needed. Bring paper and pencil and cameras to class the first night; supply lists will be handed out and samples will be shown. Methods used will be demonstrated. Machines not needed the first night. *Recommend registration by Jan 19th*

**QUILTING TECHNIQUES**  
Course #W19

8 Classes: $75  
Wednesday • Feb 3 – Mar 23 • 7:00-9:00 pm

**Trish Walton, Instructor**  
High School Room 712

This class will focus on four quilting/sewing techniques. We will cover puffed squares which may be sewn by hand or machine. We will also hand sew yo-yos. The other two techniques will involve rotary cutting skills with rulers to get accurate diamonds for trims, borders, or centers of quilts. Bring cameras to class the first night and basic sewing supplies along with a quarter yard each of two fabrics; a small print and a muslin will do fine. If in doubt, bring two 100% cotton fabrics and we'll start with those. Scrap material is fine; we will be cutting them into small squares. Machines not needed the first night. Samples will be shown and supply lists handed out. This class is less about a finished quilt and more about learning four techniques used in quilting. *Recommend registration by Jan 19th*

**STAINED GLASS Tiffany Style Art Glass**  
Course #W29

5 Sessions: $90  
Wednesday • Mar 2 – Mar 30 • 6:30–8:30 pm

**Mullica Hill Stained Glass • 457 Route 40; Elmer, NJ • (856) 358-1200**

In this beginner class we will be using the copper-foil method to make a panel ready for hanging. A fan lamp will be one of the choices for your second project. A new technique taught at every class, so attendance is requested. Tools/supplies will be available for purchase (approximate cost of supplies is $220). *Recommend registration by Feb 17th*

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**Thank you for your continued support!**
Course Fee

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- Harrison & Mantua Township residents age 55+: Deduct 5% $(_______)
- Non-Residents of Harrison and Mantua Twps.: Add $3 per course $_________

Registration Fee $ 5.00
TOTAL $_________

I agree to waive any claims resulting from or in connection with the activities in which I participate. I hereby release, absolve, and hold harmless the District and its instructors and staff.

Signature: ___________________________ Date: ___________________________

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Registration Form

Mail to: Clearview Regional Adult School (CRAS)
595 Jefferson Road
Mullica Hill, NJ 08062

Name: ___________________________
Address: ________________________ Email: ________________________
City: ___________________________ Zip Code: ______________________
Preferred Phone Number: (____)_________________________

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- Harrison & Mantua Township residents age 55+: Deduct 5% $(_______)
- Non-Residents of Harrison and Mantua Twps.: Add $3 per course $_________

Registration Fee $ 5.00
TOTAL $_________

I agree to waive any claims resulting from or in connection with the activities in which I participate. I hereby release, absolve, and hold harmless the District and its instructors and staff.

Signature: ___________________________ Date: ___________________________

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Registration Form

Mail to: Clearview Regional Adult School (CRAS)
595 Jefferson Road
Mullica Hill, NJ 08062

Name: ___________________________
Address: ________________________ Email: ________________________
City: ___________________________ Zip Code: ______________________
Preferred Phone Number: (____)_________________________

Course Fee

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