

WINTER SPRING 2019

**TEWKSBURY
PUBLIC SCHOOLS
OFFICE OF
COMMUNITY
SERVICES
ADULT EDUCATION**

**978-640-7831
WWW.TEWKSBURY.K12.MA.US**

YOGA ON TUESDAYS IS BACK!

ALL REGISTRATIONS MUST BE DONE ONLINE THRU COMMUNITY PASS. (SEE PAGE 4 FOR DIRECTIONS.) YOU CAN STILL PAY BY MAIL OR ONLINE BUT YOU MUST REGISTER ONLINE. IF YOU HAVE DIFFICULTY WITH THIS PLEASE CONTACT THE OFFICE . WE ARE HERE TO HELP! NOTE: Courses will be closed one week before they are scheduled to start so we can prepare the instructor folder/roster. Please register early to avoid cancellations.

COMMUNITY SERVICES ADULT EDUCATION DIVISION

Winter Spring 2019 Calendar

	M	T	W	TH
January		X	2	3
	7	8	9	10
	14	15	16	17
	X	22	23	24
	28	29	30	31
February	4	5	6	7
	11	12	13	14
	X	X	X	X
	25	26	27	28
March	4	5	6	7
	11	12	13	14
	18	19	20	21
	25	26	27	XHS
April	1	2	3	4
	8	9	10	11
	X	X	X	X
	22	23	24	25
	29	30		

*XHS -No Classes will be held at the High School on these dates due to open house or other events
 *X-no classes at all schools (there may be exceptions)

PLEASE NOTE:

We do not send reminders. You will receive a receipt via email when you register and that is your confirmation that you are registered. You will be notified via email ONLY if a class is cancelled completely so please check your email. If a class is cancelled due to the bad weather an effort will be made to send an email indicating this. If the Tewksbury Public Schools are cancelled, so is Adult Education. *Some courses require the purchase of materials either from the instructor or a third party. This does not imply an endorsement of any product or service by the Tewksbury Public Schools.*

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POLICIES and GENERAL INFORMATION

WHO MAY ATTEND:

Enrollment in Community Services adult evening classes is open to anyone 18 years of age or older. Residents from other communities are welcome. (Anyone under 18 years of age, who wishes to enroll in an **ADULT** class, **must** attend with a parent/guardian, provided there is space available, and must have prior approval of the instructor. Students under 18 may attend a youth class without an adult.) Please register online for all classes, Adult or Child.

REGISTER AND PAY ONLINE for Adult Ed. and Children's Courses

- **GO TO <https://register.communitypass.net/TewksburyPublicSchools> OR FIND THE LINK ON OUR WEBSITE AT WWW.TEWKSURY.K12.MA.US. CLICK ON THE "ABOUT" TAB, CLICK ON "COMMUNITY SERVICES" UNDER DEPARTMENTS & PROGRAMS, AND THEN CLICK ON THE "ADULT EDUCATION" BULLET.**
- **Everyone with a child in the Tewksbury Public Schools has a family account.** If you do not already have an account please create one under Community Pass to access the registration page. Once you have an account you will be able register. **If it says you have an account and you do not know your login or password email Maura Rauseo at mrauseo@tewksbury.k12.ma.us or call her at 978-640-7831 x218. PLEASE DO NOT CREATE A NEW ACCOUNT.** Please enter all of your information. If more than one person in a family is registering for a class, each individual must be added to the account and registered separately. You will receive an email confirmation once you are registered.
- **Acceptable forms of payment include:** Mastercard, Visa, American Express, Discover and your Bank Account. (There is a 2.9% convenience fee for using a credit card and a \$.40 per transaction fee to use your checking account/routing number. Paying by EFT is under the Credit Card section.) You can also choose to "send payment" and mail it in or drop off a check at Community Services Adult Education, 139 Pleasant Street, Tewksbury, MA 01876. **If a class is cancelled, tuition will be refunded but any fees charged by invoice cloud (convenience fees) for paying online or rejected payment fees are non-refundable.**
- **Enrollment is determined on a first come, first serve basis.** Courses will be closed one week before they are scheduled to start so we can prepare the instructor folder/roster. Please call us if you still wish to register and the course is no longer available online so we can check to see if it is still running and accepting walk-ins.

TUITION, FEES, and METHOD OF PAYMENT:

The tuition is listed with each course description. **There is a 2.9% convenience fee for all credit card payments and a \$.40 per transaction fee for EFT. Please do not send cash.** Checks should be made payable to the "Town of Tewksbury."

SENIOR CITIZEN DISCOUNT:

Seniors (age 60 and over) will be granted a **10% discount on tuition fees** except for **WHERE INDICATED IN THE COURSE DESCRIPTION**. You must be over 60 to receive the senior discount. It will be automatically deducted if the birthday you enter at registration qualifies you for it.

REFUNDS:

Tuition is refundable if there is insufficient enrollment and a course is cancelled. **Students withdrawing before or at the first class will be assessed a \$5.00 administrative fee. THERE ARE NO REFUNDS FOR WITHDRAWING BEYOND THE FIRST CLASS. If a class is cancelled, tuition will be refunded but any fees charged by invoice cloud (convenience fees) for paying online or rejected payment fees are non-refundable. A no-show to a class you registered for does not mean you will not get charged. If you register you are responsible for the tuition.**

DATES of CLASS SESSIONS:

The dates of class sessions are indicated with each course description. This schedule should be used only as a guide. **Students are advised to check with their instructor to confirm class meetings as they can change.**

WHERE CLASSES ARE HELD and WHEN THEY BEGIN: All evening classes are held at Tewksbury Memorial High School, unless otherwise noted. Any exceptions are listed with the course description.

CLASS CANCELLATIONS:

If the Tewksbury Schools are closed due to inclement weather, vacation, or holidays, the Community Services adult evening classes are also cancelled. In the event it is necessary to cancel classes for inclement weather developing during the day, the decision will be made by **3:00 p.m.** Please listen to radio stations **WBZ, WCAP, WCCM, and TV Channels 4, 5, 7, and 25** for cancellation announcements. Every attempt will be made to make up cancelled classes either at the end of the course schedule or by extension of remaining class hours. **Please do not call the School Department or the Police Department.**

BUSINESS/FINANCIAL MANAGEMENT



HOW TO SAVE FOR COLLEGE, RETIREMENT, PAY OFF DEBT, AND BALANCE IT ALL!

Mr. Jack Wang, Instructor

Course #1

This workshop is intended for families with younger children. What's the best way to save? Maximize chances for financial aid later? Balance day to day expenses, pay down debt, and save for college and retirement and still have a nice vacation or two? We'll discuss strategies on how to find extra money without killing your lifestyle, how to save effectively and efficiently to balance multiple priorities, and do it in a way to maximize college financial aid in the future, while balancing it all!

Tuition is not per couple, it is per person. Each person must sign up individually.

**Wednesday
TMHS Rm. B109**

**1/23
6:30-8:00 p.m.**

**Tuition \$15.00
1 session**

STRATEGIES TO PAY FOR THAT COLLEGE BILL, *Mr. Jack Wang, Instructor*

Course #2

Intended for parents of high school seniors, this class will review the different options to pay the college bill, ranging from loans, to payment plans, to other strategies that you may not have thought of. We'll review the pros and cons of each option so you can decide for your family which is best. **Tuition is not per couple, it is per person. Each person must sign up individually.**

**Wednesday
TMHS Rm. B109**

**1/30
6:30-8:00 p.m.**

**Tuition \$15.00
1 session**



BECAUSE LIFE'S COMPLICATED ENOUGH

Amy LaMarche, Melody Anoli-Marcotte, and Nick Biancucci, Instructors

Course #3

Have you thought about your 2019 spending plan? Is your credit score ready for you this year? This class is designed to help you un-complicate the process of managing your finances to achieve financial security. Learn how to create a budget and understand your cash flow. We will touch upon the process of purchasing a first home, or downsizing to a smaller one. This class will be informative and interactive. You bring us your complicated questions and we will supply the pens, paper, handouts and guidance. Let's make 2019 a prosperous year. **Please bring a notebook and pen to class.**

**Tuesday
TMHS Rm. B109**

**2/12
6:30-8:00 p.m.**

**Tuition \$15.00
1 session**

HEALTH/PERSONAL DEVELOPMENT

**YOGA ON
TUESDAYS IS
BACK! See pg 8**

BASKETBALL - MEN'S, *Todd DiRocco, Instructor*

Course #4

Enjoy the recreational and competitive challenge of playing basketball with adults. Teams will be assigned. All games will be officiated by IAABO Basketball Officials and game tee shirts will be provided. **YOU MUST REGISTER ONLINE.**

TMHS Gym 6:00-10:00 p.m

10 sessions

No games on 5/6, 5/7, or 5/8 due to Town Meeting. Games may be held at TMHS, the Wynn and the Ryan Schools.

Tues, 3/5 and Thurs, 3/7 will be registration and pickup games from 7-9pm. Games begin on 3/12 from 6-10pm. You MUST register online ahead of time. If you played basketball before you already have an account. Please do not create a new one. Check with Maura Rauseo for your login and password if you do not know it. NO SENIOR DISCOUNT.

Scheduled days - Todd or Dave will email out a final schedule once completed.

Go by schedule on web page for dates/times. Tentative Schedule: Games start 3/12

<http://www.leaguelineup.com/welcome.asp?url=tewksburymensbasketball&sid=441780357>

Tuition 130.00



BASKETBALL - WOMEN'S, *Ms. Nancy Toland, Instructor*

Course #5

Enjoy the recreational and competitive challenge of playing basketball with other adult women. Teams will be formed according to skill level and ability. Participants can enjoy an excellent workout, "pick up style", in this program. **No class 2/21.**

**Thursdays
Wynn Middle School Gym**

**1/24 to 4/4
7:00-9:30 p.m.**

**Tuition \$80.00
10 sessions**

GOLF INTRO FOR ADULTS, *Mr. Barrie Bruce and Staff, Instructors*

Course #see below

Our Intro to Golf program is designed for the new to the game golfer with little or no golf experience. The basic fundamentals of the game will be taught in a relaxed, stress-free clinic-style setting. This program consists of five (5) one-hour lessons, spaced a week apart. Equipment and practice balls will be provided as needed. All you need to bring is a pair of sneakers and a good attitude. **NO SENIOR DISCOUNT.**

Course #6	Saturdays BA	4/6-5/4	11:30AM
Course #7	Sundays BB	4/7-5/5	11:30AM
Course #8	Mondays BC	4/8-5/6	5:30PM
Course #9	Tuesdays BD	4/9-5/7	5:30PM

Tuition \$179.00



HEARTSAVER CPR/AED, Mr. Steve Sentementes, Instructor

Course #see below

Video-based instructor-led course that teaches adult, child, and infant CPR AED use. The course also includes how to re-
vive choking adults, children and infants. This course is for anyone with limited or no medical training. Students will get a
completion card at the end of the course. Please wear comfortable clothing. Card is \$20, payable by check to Pulserate,
the night of class. A \$5 optional book is also available for purchase from the instructor. Students will receive an
electronic CPR (E-card) from the American Heart Association. **NO SENIOR DISCOUNT.**

4 separate one night courses are being offered.

TMHS ROOM B109

Course #10	Monday	1/14	6:00pm-10:00pm
Course #11	Wednesday	2/6	6:00pm-10:00pm
Course #12	Tuesday	3/26	6:00pm-10:00pm
Course #13	Wednesday	4/3	6:00pm-10:00pm



Tuition \$65.00

HEALTHCARE BLS PROVIDER CPR, Mr. Steve Sentementes, Instructor

Course #see below

Video-based instructor-led course that teaches high-quality CPR for adults, children, and infants. You will learn the AHA
Chain of Survival, specifically the BLS components, use of an AED, effective ventilation using a barrier device, and the
importance of teams in multi-rescuer resuscitation and performance as an effective team member during multi-rescuer CPR.
You will also learn relief of foreign-body airway obstruction (choking) for adults and infants. This course is perfect for all
first responders, police, fire, emts, nursing students and dentists. There is a test at the end of the class. Please wear com-
fortable clothing. Card is \$10, payable by check to Pulserate, the night of class. A \$16 optional book is also available
for purchase from the instructor. Students will receive an electronic CPR (E-card) from the American Heart Associ-
ation. 4 separate one night courses are being offered. **NO SENIOR DISCOUNT.**

TMHS ROOM B109

Course #14	Tuesday	1/22	6:00pm-10:00pm
Course #15	Thursday	2/28	6:00pm-10:00pm
Course #16	Monday	3/18	6:00pm-10:00pm
Course #17	Wednesday	4/10	6:00pm-10:00pm

Tuition \$85.00

KAREN'S CARDIO AND MUSCLE WORKOUT, Ms. Karen Daley, Instructor

Course #18

This class is a total body workout that focuses on every muscle group for all fitness levels, that will simultaneously improve
your cardiovascular and muscle strength and endurance. Performed to motivating music, it incorporates cardio and a varie-
ty of strength conditioning exercises to always keep you on your toes and eager to see what is next. Wear comfortable
workout clothes and sneakers. **Please bring a mat, weights, a towel, water, and a positive attitude. Guaranteed F-U-N!**

No Class 2/21, 3/28

Thursdays

1/17 to 4/4

Tuition \$65.00

TMHS Rm. Dance Studio

6:15-7:15p.m.

10 sessions

LINE DANCING 101 - ONE FUN NIGHT!, Ms. Carolisa of Moonlightdjs, Instructor

Course #19

Do you want to jump in when everyone hits the dancefloor at a wedding or party? Be ready to join in & have *fun!* We'll
review all the popular "party" line dances you'll need from the nae nae to the cotton eye joe, cha cha slide & electric slide,
some country, an Irish dance & more! Move & Groove to a mix of the *best* pop & dance from each decade, using easy
moves to get loose on the dancefloor. Relax & have a fun night out with friends! For anyone who loves to dance or wants
to learn.

Wednesday

4/3

Tuition \$15.00

TMHS Rm. Dance Studio

7:00-8:30p.m.

1 session



MARTIAL ARTS/SELF DEFENSE WITH PRACTICAL RESULTS FOR ADULTS

Course #20

Shihan Jeff and Shihan Deb, 5th Degree Black Belts, Instructors

In today's world, self-defense is on everyone's priority list. This is a great workout with measurable results! Kempo Kara-
te/Ju-Jitsu/Kung Fu is an outstanding workout activity. Be prepared to sweat!

Wednesday

3/13

Tuition \$15.00

Wynn Middle School Gym

7:15-8:15 p.m.

1 session

REVIEW OF SIMPLIFIED TAI CHI 24-FORM, PART 1 (1st 12 Movements), *Sharon Pei, Instructor* Course #21

This is a review class for the first 12 movements of the simplified Tai Chi Chuan 24-Form in Yang Style. It is highly recommended for those who have taken a Tai Chi 24-Form class before, esp. with Ms. Pei. Emphasis will be on practicing and doing them correctly with continuity and flowing movements. Practice and improvement of your Tai Chi Chuan routine will help you to become proficient and confident in all 12 movements. Breathing skills/techniques will also be incorporated into this class. Tai Chi Chuan is an excellent supplementary activity for stress management, arthritis ailments, high blood pressure and improves your general health. ***Instructor's note: Wear loose fitting clothes and soft soled shoes. No class 1/30, 2/20 and 3/6.**

Wednesdays
TMHS D115 Dance Studio

1/16 to 4/10
6:45-7:45 p.m.

Tuition \$120.00
10 sessions

TAI CHI MEDICAL QIGONG (CHI KUNG) 101: EIGHT PIECES OF BROCADE

Sharon Pei, Instructor

Course #22

Eight Pieces of Brocade is one of the most widely practiced Qigong sets in both China and around the world today. Qigong has been proven not only medically to improve respiratory, cardiovascular and immune systems, but also mentally to assist people to achieve a better state of mind through a set of gentle stretching exercises with slow breathing. Like Tai Chi, Qigong is also increasingly recommended by doctors as one of the alternative approaches for various chronic illnesses, such as daily neck or back pain, insomnia, depression, stomachache, as well as diseases like arthritis, shingles, Parkinson etc. In addition, Qigong also serves as a holistic approach for various rehabilitation or healing needs. Please give it a try. It's very easy to learn and you can enjoy it for the rest of your life. ***Instructor's note: Wear loose fitting clothes and soft soled shoes. No class 2/21.**

Thursdays
TMHS D115 Dance Studio

1/24 to 3/21
6:45-7:45 p.m.



Tuition \$92.00
8 sessions

YOGA - ALL LEVELS, *Ms. Sharon Fitzgerald, Instructor*

Course #23

Join us for an all levels Vinyasa style flow. Students will focus on linking conscious breath with a mindful flow. Students will build strength, flexibility, and concentration, while cleansing the body and calming the mind. Meditation, breath work, and restoration will all be incorporated. **Bring a Yoga Matt and Blanket to class. No class 2/19. Limit of 20**

Tuesdays
TMHS B112 LGI

1/22 to 4/2
5:45-6:45 p.m.

Tuition \$65.00
10 sessions

YOGA - DEEP STRETCH AND RESTORATIVE, *Ms. Sharon Fitzgerald, Instructor*

Course #24

Prepare yourself to fully wind-down and relax in this Yin Focused class. Focused stretching allows muscles to relax and lengthen, which puts less strain on the skeletal system and reduces tension throughout the body. Enjoy Pranayama, aromatherapy, meditation, and reflection in this one hour class. **Bring a Yoga Matt and Blanket (Optional) to class. No class 2/19. Limit of 12.**

Tuesdays
TMHS B112 LGI

1/22 to 4/2
6:45-7:45 p.m.

Tuition \$65.00
10 sessions



ZUMBA WORKOUT, *Ms. Carolisa of MoonlightDJs, Instructor*

Course #25

Move, Groove, Dance, Get Fit & have FUN! This energizing dance-fitness workout burns calories, and strengthens abs/core, This energizing dance-fitness workout combines easy dance moves with traditional exercise to burn calories & strengthen all muscles. Get Funky to a fantastic mix of old school dance classics to current; latin, bollywood, Irish & more! This class is great for all levels including the beginner & those new to exercise; moves explained as needed. Use therabands for a couple of songs to target bi's and tri's. We complete our class with a short segment on mats (optional) for core, glutes & cool down. Best are sneakers without much tread such as aerobics or well-used sneakers. Therabands supplied; bring a mat. **Dance off calories and get a complete workout in this fun & friendly class! No class 2/20.**

Wednesdays
TMHS D112

1/30 to 3/20
6:30-7:30 p.m.

Tuition \$55.00
7 sessions

CLASSES FROM *WITH LOVE AND GRATITUDE*

Leslie Gabriele: Clairaudient, Clairsentient, and Clairempath" energetic catalyst" who is guided in the moment without attachment. Kim Dunsmore: A practicing Psychic/Medium who helps others feel and embrace the loving qualities of the light. Learn more at: <https://leslie-gabriele.squarespace.com/>. A team of dedicated light workers, each with their own special gifts, acting in unison for the sole purpose of uplifting the spirit.

CULTIVATING COMPASSION, Joan Turner presents: Leslie Gabriele and team.

Course #26

Join Leslie, Cris, and Michelle as they assist you in experiencing, cultivating, and integrating the feeling of Compassion. Cris sets the tone for our class by calling upon and applying the energy of Quan Yin, as she's known in Tibetan Buddhism as the embodiment of Compassionate Loving Kindness, as Leslie and Michelle guide you through exercises that build conscious awareness and self-love. These breathing and metaphysical exercises will help you progressively cultivate a lovely and gentle practice that builds a sense of well-being deep within as feelings of compassion for yourself and others expand. **Learn more at: www.withloveandgratitude.com**

Tuesday
TMHS B109

1/29
6:30-8:00 p.m.

Tuition \$15.00
1 sessions

JOE KAPLAN, NEAR DEATH EXPERIENCER AND HEALER AND LESLIE GABRIELE, CATALYST

Joan Turner presents: Joel Kaplan & Leslie Gabriele

Course #27

We have all heard the stories of those that die, go into the light, and come back different, awakened. This event allows you the opportunity to engage with someone who had that experience. When Joel returned to earth after a near death experience, his healing abilities were magnified, amplified and supercharged. Joel Kaplan, a renowned healer worldwide, and Leslie Gabriele, a gifted catalyst, work synergistically, their energies complementing each other, joined together for the purpose of healing and balancing all of us. **Learn more at: www.withloveandgratitude.com**

Monday
TMHS B109

2/11
6:30-8:30 p.m.

Tuition \$15.00
1 sessions

MEDIUMSHIP, Joan Turner presents: Leslie Gabriele & Kim Dunsmore

Course #28

In a gallery setting, Kim Dunsmore and Leslie Gabriele will open channels of communication into the realm of the etheric, sharing celestial messages from family and friends, guides and angels. Linking to these loving ones can be a moving event often offering clarity, closure and healing not only to the person receiving the direct message but to all those witnessing the connection to spirit. Leslie Gabriele is guided in the moment without attachment. Kim Dunsmore, a practicing Psychic/ Medium, helps others feel and embrace the loving qualities of the light. A team of dedicated light workers, each with their own special gifts, acting in unison for the sole purpose of uplifting the spirit.

Monday
TMHS B109

3/11
6:30-8:00 p.m.

Tuition \$15.00
1 sessions

CHILDREN'S COURSES

DRIVERS ED - for information about Drivers Ed being offered at TMHS, please visit the Chelmsford Auto School website. You must register through Chelmsford Auto. <https://chelmsfordautoschool.com>

JUNIOR GOLF CLINIC, Mr. Barrie Bruce and Staff, Instructor

Course# see below

This clinic program is geared and staffed specifically for **boys and girls, ages 7-14**. Junior clinics are perfect for both beginning juniors and those who want to develop better golf skills. Clinics consist of five (5) one and a quarter hour lessons, covering safety, set up, the swing, irons, woods, the short game, and golf etiquette. Equipment and practice balls will be provided. We group the junior golfers in our clinic by age range, so students will be playing in age-related peer groups.

Course #29 Monday-Friday 4/15 to 4/19
Course #30 Monday-Friday 4/15 to 4/19

9:00 a.m.-10:15 a.m.
1:00 p.m.-2:15 p.m.

Tuition \$129.00
Tuition \$129.00



INSTRUCTORS



Ms. Virginia Albrecht has been doing several different types of needlework for many years. These include crocheting and knitting. She has passed these skills on to many relatives and friends.

Mr. Barrie Bruce has a BA from Tufts University and an MA from Boston State College. He was named Teacher of the Year (New England Section), PGA 2004, and Golf Magazine's Top 100 Teachers Award, 2005. Barrie has over 65 years of golf experience and has been the head teaching professional at the Billerica Country Club for 42 years. He has also been a member of the Professional Golf Association of America for the past 30 years. Barrie was also awarded the PGA's Presidential Plaque for contributions and achievements in the area of player development.

Ms. Karen Daley has been a certified fitness instructor for over 20 years. A former Adult Education instructor, Karen returns with experience in aerobics, muscle conditioning, step and spin classes. She has taught many classes throughout the Tewksbury area, including the Senior Center. She is the former owner of Karen's Muscle Madness.

Shannon Fitzgerald began her yoga journey 11 years ago as a means to balance her lifestyle. As a caretaker in hospice, a deep realization for the necessity of self care became her search at a young age. She is passionate about sharing a holistic approach to the practice, having been deeply nurtured, inspired and healed through yoga's many paths. Yoga simply was the ground support she needed to overcome obstacles and become the very best version of herself. Over the past several years Shannon has attended Omega Institute for trainings in Ashtanga, Pranayama, Yin yoga, youth yoga, Reiki certification, and is the former owner of Awake Yoga Studio in Wakefield. She has held classes and workshops around the world and across the country. Currently she is a certified EMT and on the list for the Massachusetts Fire Department. In the yoga classroom Shannon is a mirror of love and support as she guides you through challenges and growth in your own practice. She provides a safe and comfortable environment where your body, mind and soul are your main priority. Her goal is that the benefits you receive from a yoga class will create a more empowered and centered lifestyle that you can enjoy, even off the mat.

Ms. Amy LaMarche is a Market Manager for Salem Five Bank in Tewksbury. In this role she works closely with business owners to guide them in their banking and their personal finances. Her commitment to her clients as a banker and as the President of BNI Strategic Partners networking chapter has contributed to the growth and success of many local companies.

Ms. Melody Anoli-Marcotte is a Business Development Specialist and Licensed Life Insurance Producer for Salem Five Bank. She has been with Salem Five for 3 years and has over 20 years of experience in developing individualized plans to suit her clients. Her community outreach and dedication has helped many families in Tewksbury and surrounding towns.

Nick Biancucci is a Senior Loan Officer at Salem Five Bank and has a background in financial planning. In these capacities he has helped numerous clients purchase the home of their dreams and achieve other important financial goals.

Ms. Carolisa has over 15 years experience as a professional entertainer and dance teacher throughout New England. She teaches beginner through master classes in Zumba and Bellydance; Party Line Dance; and conducts workshops for company wellness, senior centers, women's "night out", events & parties, teen and kids' enrichment programs. She is also an experienced disc jockey with Moonlight Disc Jockeys of Billerica covering weddings, corporate and private functions, reunions, theme events, family and kids' parties.

Ms. Sharon Pei has been teaching Tai chi and Qigong (a.k.a. Chikung) via local Adult Education Programs since 2005. She is passionate about this ancient Chinese martial art, and loves to share her knowledge and experience about Tai chi and Qigong with you via learning and practice to improve your balance of body and mind at large. Sharon grew up in China, and is bilingual. She also taught Chinese language and cultural classes. She graduated from a teacher's college and also has a M.L.S. degree. For more information about her, please visit her website: <http://www.taichi-universe.com/about-us>.

Mr. Steve Sentementes has 17 years of EMS experiences and 12 years of Firefighting experience in numerous situations of doing CPR. He recently became an instructor and loves to teach others what he has learned over the years, especially how to save a life properly. Steve's company is called "Pulserate CPR/AED".

Shihan Jeff Davis & Shihan Deb Davis, 5th Degree Black Belts have been instructing Fitness & Self Defense with Practical Results for over 25 years locally and at corporate locations. They are active members of the World Martial Arts Association. Since 1999 they continue to be recognized by national, regional and local associations for their dedication and commitment, exemplary teaching, leadership in the community, and commitment to "Excellence" standards. They are presently chief instructors at The Self Defense Institute in Tewksbury. www.tsdionline.com.

Ms. Nancy Toland has run the Community Services Women's Basketball League for the past fifteen years. She helped run the Girls' Recreation Clinic Basketball League for five years and served on the Recreation Basketball Board for two years.

Joan Turner has been doing work in the energy field for over 40 years and is the founder of the Intuitive Body & Soul. She hosts a monthly cable TV show geared towards personal growth and development. To know more see us at www.IntuitiveBodyandSoul.com

Mr. Jack Wang is the Principal of Longhorn Financial, an independent financial services firm. He educates and advises regular working families all over the country on the 3 major areas of personal finance - managing debt, saving/paying for college, and saving/paying for retirement. You can find Jack on local TV and radio speaking on these topics, and he writes a periodic personal finance article for a local news outlet. He currently lives in Westford with his wife. He and his wife have a total of 4 children, ranging from 6th grade to college age. In his spare time, you can find him coaching girls volleyball and softball for a local high school. He's also a mentor for an entrepreneurship program in Lowell and for a student entrepreneurship program at UMass Lowell.

You MUST register for classes online.

Visit our web site at www.tewksbury.k12.ma.us

Go to Community Services and then Adult Education.

If you choose to pay by check it should be made payable to the

TOWN OF TEWKSBURY

AND MAILED TO:

OFFICE OF COMMUNITY SERVICES

ATTN: ADULT EDUCATION

139 PLEASANT ST., TEWKSBURY, MA 01876

Please Note: If you pay by Credit Card, there is a 2.9% convenience Fee and if you pay by your checking account routing number there is \$.40 per transaction fee. All fees are non-refundable. To pay by checking acct, choose credit card and then in the drop down menu choose EFT.

This REGISTRATION FORM can only be used if you check with us first and we confirm you do not have a computer to register on your own. If that is the case we may have you come in to register on our computer in the office.

**TEWKSBURY COMMUNITY SERVICES
REGISTRATION FORM**

Name: _____ Email: _____

Address: _____ Phone(Day): _____

_____ Phone (Cell): _____

Course #	Course Title	Tuition
	STOP! YOU MUST REGISTER ONLINE!	\$
1.		\$
2.		\$
3.		\$
	Total Enclosed	\$

Courses will be closed one week before they are scheduled to start so we can prepare the instructor folder/roster. Please call us if you still wish to register and the course is no longer available online so we can see if it is still running. If a class is cancelled, tuition will be refunded but any fees charged by invoice cloud (convenience fees) for paying online are non-refundable.

To mail a check send it to:

Office of Community Services
139 Pleasant Street
Tewksbury, MA 01876
Attn: Adult Education

We offer a 10% Senior Discount for those over the age of 60.

FOR OFFICE USE ONLY

Form of payment:

Check/M.O. # _____

Amount \$ _____

Date Received _____

NOTE:

You are officially enrolled and your name is placed on the roster when you RECEIVE A CONFIRMATION VIA EMAIL .

You will be notified via email only if you are not in a class due to either over enrollment or class cancellation so please check your email.

**Tewksbury Public Schools
Office of Community Services
139 Pleasant Street
Tewksbury, MA 01876
978-640-7831**

TEWKSBURY PUBLIC SCHOOLS

SCHOOL COMMITTEE

**Arthy Bennett
James Cutelis
Dennis Francis
Krissy Polemino
Keith Sullivan**

SCHOOL ADMINISTRATION

**Christopher Malone, Superintendent
Brenda Regan, Asst. Superintendent
David Libby, Business Manager
Jeanne Irwin, Asst. Business Manager**

COMMUNITY SERVICES

**Cynthia Basteri, Interim Director
Maura Rauseo, Financial Coordinator
Susie Meuse & Tricia Welch, Assistants**

