

SPRING 2008 COURSE SCHEDULE

REGISTRATION DATES: February 4TH - February 15TH

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Morn. Stretch-C (1hr)	8:30 Beginning Pilates-C (1hr)	8:30 Morning Stretch-C (1 hr)	8:30 Beginning Pilates-C (1hr)	8:30 Morning Stretch-C (1hr)
8:30 Beg. Ball Exercise C- (1 hr) ANNEX	ANNEX	8:30 Beg. Ball Exercise C (1 hr) ANNEX	ANNEX	9:30 Aerobics-C (1hr)
8:30 The Emergence of Ancient Israel—C (2 hrs)	9:00 Creation Mythology C (1.5 hrs)	9:30 Aerobics-C (1 hr)	8:30 Heart & Muscle-C (1 hr)	9:30 Duck Carving - V (2 hrs)
9:00 Advanced Beg. Painting & Drawing—C (2 hrs) ANNEX	9:30 Beginning Kickboxing-C (1 hr) ANNEX	10:00 Watercolors -C (2 hrs)	9:30 Beginning Kickboxing C (1 hr) ANNEX	9:30 Duck Painting - C (2 hrs)
9:30 Aerobics-C (1hr)	9:30 Art History—C (2 hrs)	10:00 Tone & Firm-C(1 hr) ANNEX	9:35 P.A.C.E. Exercise-C (1 hr)	9:45 History of American Musical Comedies-C (2.5 hrs)
10:00 Intermediate Oil Painting - C (2 hrs)	9:35 P.A.C.E. Exercise-C (1 hr)	10:00 Writing the Personal Memoir-C (2 hrs)	10:00 Mind Workout-C (2 hrs) ANNEX	10:00 Intermediate Mix Medium Portrait Painting-C (2 hrs) ANNEX
10:00 Tone & Firm-C (1 hr) ANNEX	10:00 Financial Strategies for the Retired Investor-C (1.5 hrs)	10:30 Advanced Spanish-V ANNEX	10:00 Bach to Bartok-C (2 hrs) ANNEX	10:00 Intermediate Mix Medium Portrait Painting-C (2 hrs) ANNEX
10:00 Knitting-V	10:30 Tone & Firm-C(1hr) ANNEX	10:30 Armchair Exercise-C (1 hr)	10:30 Tone & Firm-C (1 hr) ANNEX	11:00 Circuit Training-C (1 hr) ANNEX
10:30 Beginning Spanish—V	10:35 Advanced Beginner Spanish- V	11:00 Burning CD's & Graphics-C (1.5 hrs)	11:30 Continuing Yoga-C (1 hr) ANNEX	11:00 Beginner's Line Dance-V (1 hr)
11:00 Circuit Training-C (1 hr) ANNEX	11:30 Continuing Yoga –C (1 hr) ANNEX	12:00 Jazz & Swing Fitness C (1.5 hrs) ANNEX	11:30 Middle Eastern Dance C (1 hr) ANNEX	11:00 Beginner's Line Dance-V (1 hr)
11:30 Intro. to Portrait Drawing-C (1.5 hrs) ANNEX	12:00 Interm. Chinese Brush Painting- C (2 hrs) ANNEX	12:30 Sign Language-V (1.5 hrs)	12:30 Continuing Pilates-C-(1hr)	12:30 Advanced Country Line Dance-C (2 hrs)
12:00 Jazz & Swing Fitness— C (1.5 hrs) ANNEX	12:30 Continuing Pilates– C (1hr)	12:30 Maryland's Role in WW II — C (2 hrs)	12:30 Women of Achievement C (2.5 hrs)	1:00 Painting Workshop-C (2 hrs) ANNEX
12:30 UN Foreign Policies C (1.5 hrs)	12:30 Ceramics– C (3 hrs)	1:00 Decorative Art Painting C (2 hrs) ANNEX	1:00 World Religions-C (1.5 hrs) ANNEX	1:30 Environmental Science-C (2 hrs)
12:30 Microsoft Excel Level II—C (1.5 hrs)	12:30 Windows XP Basics-C (1.5 hrs)	1:30 Pastels-C (2 hrs)	1:00 Table Tennis - V ANNEX	1:30 Environmental Science-C (2 hrs)
1:00 Genealogy-V (2 hrs) ANNEX	1:00 Profiles of Terrorist Groups C (2 hrs)	2:30 Intermediate Tai Chi-C (1 hr)	1:30 Beginning Yoga-C (1 hr)	2:30 Intermediate Country Line Dancing (2 hrs)
1:00 Drawing - C (2 hrs)	1:00 Table Tennis—V ANNEX	2:30 History of the Holocaust - C (1.5 hrs)	2:00 Myths & Mysteries of American History—C (1.5 hrs)	
2:30 Intermediate Tai Chi-C (1 hr)	1:30 Beginning Yoga-C-(1 hr)	3:15 Beginners Tai Chi - C (1 hr)	2:30 Seated Yoga-C (1 hr)	\$40.00 Cycle Fee for all AACC Courses for seniors aged 60+
2:30 Windows XP Basics - C (1.5 hrs)	2:30 Ballroom Dance— Foxtrot C (2 hrs)		2:30 Comprehensive History of the American Presidents-C (1.5 hrs) ANNEX	Seniors aged 55-59 pay Cycle Fee + Tuition Fee.
3:15 Beg. Tai Chi- C(1 hr)	2:30 Microsoft Word Level I-C (1.5 hrs)			UPDATED 2/1/08
	All AACC courses begin the week of April 7th *unless otherwise noted		Classes held at the O'Malley Annex are marked "ANNEX"	
	New classes AND class changes are in bold.			