

SUMMER 2008 COURSE SCHEDULE

REGISTRATION DATES: MAY 12th- MAY 23rd

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)
9:30 Aerobics-C (1hr)	8:30 Heart & Muscle-C (1 hr)	9:00 Computer Awareness C (1.5 hrs)	8:30 Heart & Muscle-C (1 hr)	9:30 Duck Carving-V (2 hrs)
10:00 Intermediate Oil Painting-C (2 hrs)	9:00 Interm. Chinese Brush Painting-C (2 hrs) ANNEX	9:30 Aerobics-C (1 hr)	9:30 Beginning Kickboxing C (1 hr) ANNEX	10:00 Intermediate Mix Medium Portrait Painting-C (2 hrs) ANNEX
10:00 Tone & Firm-C (1 hr) ANNEX	9:00 Microsoft Excel Level II C (2 hrs)	10:00 Watercolors-C (2 hrs)	9:30 Women of Achievement-C (2.5 hrs) ANNEX	
10:00 Knitting-V	9:30 Beginning Kickboxing-C (1 hr) ANNEX	10:00 Tone & Firm-C (1 hr) ANNEX	9:35 P.A.C.E. Exercise-C (1 hr)	11:00 Circuit Training-C (1 hr) ANNEX
10:30 Beginning Spanish-V	9:35 P.A.C.E. Exercise-C (1 hr)	10:00 The American Presidency-C (1.5 hrs)	10:00 Crochet Class-V	11:00 Beginner's Line Dance V (1 hr)
11:00 Circuit Training-C (1 hr) ANNEX	10:00 Financial Strategies for the Retired Investor-C (1.5 hrs)	10:30 Advanced Spanish-V ANNEX	10:00 Writing the Personal Memoir-C (2 hrs)	
12:00 Jazz & Swing Fitness-C (1.5 hrs) ANNEX	10:30 Tone & Firm-C (1hr) ANNEX	10:30 Armchair Exercise-C (1 hr)	10:30 Tone & Firm-C (1 hr) ANNEX	12:30 Advanced Country Line Dance-C (2 hrs)
12:30 Microsoft Word Level I- C (1.5 hrs)	10:35 Advanced Beginner Spanish- V	11:00 Burning CD's & Graphics-C (1.5 hrs)	11:30 Continuing Yoga-C (1 hr) ANNEX	1:00 Painting Workshop-C (2 hrs) ANNEX
1:00 Genealogy-V (2 hrs) ANNEX	11:00 Beg. Chinese Brush Painting-C (2 hrs) ANNEX	12:00 Jazz & Swing Fitness C (1.5 hrs) ANNEX	12:30 Cultural Influences in American Film-C (3 hrs) ANNEX	2:30 Intermediate Country Line Dancing (2 hrs)
1:00 Drawing-C (2 hrs)	11:30 Continuing Yoga-C (1 hr) ANNEX	12:30 Sign Language-V (1.5 hrs)	1:00 Table Tennis-V ANNEX	
2:30 Intermediate Tai Chi-C (1 hr)	12:30 Continuing Pilates-C (1.5 hrs) ANNEX	1:00 Decorative Art Painting C (2 hrs) ANNEX	1:30 Beginning Yoga-C (1 hr)	
2:30 Microsoft Windows Level I- C (1.5 hrs)	12:30 Ceramics-C (3 hrs)	1:30 Pastels-C (2 hrs)	2:00 Environmental Science C (2 hrs)	
3:15 Beg. Tai Chi-C (1hr)	12:30 Microsoft Excel Level I- C (1.5 hrs)	2:30 Intermediate Tai Chi-C (1 hr)	2:30 Seated Yoga-C (1 hr)	
	1:00 Table Tennis-V ANNEX	3:15 Beginners Tai Chi-C (1 hr)		
	1:00 Opera Appreciation-C (2 hrs) ANNEX			
	1:30 Beginning Yoga-C (1 hr)			
	2:30 Ballroom Dance- Rumba/ Cha-Cha- C (2 hrs)			
	2:30 Microsoft Word Level II C (1.5 hrs)			
Classes held at the O'Malley Annex are marked "ANNEX"		All AACC courses begin the week of July 7th *unless otherwise noted		\$40.00 Cycle Fee for all AACC Courses for seniors aged 60+
		New classes AND class changes are in bold.		Seniors aged 55-59 pay Cycle Fee + Tuition Fee.
				UPDATED 4/23/08