

WINTER 2010 COURSE SCHEDULE

REGISTRATION BEGINS: OCTOBER 26TH

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Morning Stretch-C (1 hr)	8:30 Beginning Pilates-C (1 hr)	8:30 Morning Stretch-C (1 hr)	8:30 Beginning Pilates-C (1 hr)	8:30 Morning Stretch-C (1 hr)
8:30 Beg. Ball Exercise-C (1 hr) ANNEX	ANNEX	8:30 Beg. Ball Exercise-C (1 hr) ANNEX	ANNEX	9:00 Creative Card Making & Techniques-C (3 hrs)
9:00 Intermediate Oil Painting-C (2.5 hrs)	8:30 Heart & Muscle-C (1 hr)	8:30 Chesapeake Archaeology C (1.5 hrs) ANNEX	8:30 Heart & Muscle-C (1 hr)	9:30 Aerobics-C (1 hr)
9:30 Aerobics-C (1 hr)	9:00 Intermediate Oil Painting-C (2.5 hrs)	9:00 Internet Basics-C (1.5 hrs)	9:00 Drawing-C (2 hrs)	9:30 Works & Lives of 5 Authors-C (2 hrs) ANNEX
10:00 Tone & Firm-C (1 hr) ANNEX	9:15 Art History-C (2.25 hrs) ANNEX	9:30 Aerobics-C (1 hr)	9:35 P.A.C.E. Exercise-C (1 hr)	9:30 Duck Carving (2 hrs)
10:00 Knitting-V	9:30 Beginning Kickboxing-C (1 hr) ANNEX	10:00 Watercolors-C (2 hrs)	10:00 Knitting & Crocheting-V	9:30 Duck Painting-C (2 hrs)
10:00 Beginning Spanish-V	9:30 Intermediate German-C (2 hrs)	10:00 Tone & Firm-C (1 hr) ANNEX	10:00 Current Issues-C (2 hrs)	10:00 Tone & Firm-C (1 hr) ANNEX
11:00 Circuit Training-C (1 hr) ANNEX	9:35 P.A.C.E. Exercise-C (1 hr)	10:00 Jewelry Making & Design C (2 hrs) ANNEX	10:00 Portrait & Figure Painting-C (2 hrs) ANNEX	10:00 Paint Shop Pro-C (2 hrs)
12:30 Microsoft Word Level I C (1.5 hrs)	10:00 Tap Dancing-C (2 hrs) ANNEX	10:00 Writing the Personal Memoir-C (2 hrs)	10:00 Digital Photography Basics-C (2 hrs)	11:00 Circuit Training-C (1 hr) ANNEX
12:30 Zumba Dance-C (1.5 hrs)	10:30 Tone & Firm-C (1 hr) ANNEX	10:30 Advanced Spanish-V ANNEX	10:00 Mind Workout-C (2 hrs) ANNEX	11:00 Beginner's Line Dance V (1 hr)
1:00 Genealogy-V (2 hrs) ANNEX	10:35 Advanced Beginner Spanish-V	10:30 Armchair Exercise-C (1 hr)	10:30 Tone & Firm-C (1 hr) ANNEX	12:30 Advanced Country Line Dance-C (2 hrs)
1:00 African American Literature-C (1.5 hrs)	11:30 Continuing Yoga-C (1.25 hrs) ANNEX	11:00 Home Computer Organization-C (1.5 hrs)	10:45 World Religions-C (1.5 hrs)	12:30 Colored Pencil Painting-C (2 hrs)
1:30 One Stroke Painting-C (2 hrs)	11:45 History of England-C (1.5 hrs) ANNEX	12:30 Sign Language-C (1.5 hrs)	11:00 Flower Painting-C (2 hrs)	12:30 Friday at the Movies V (2 hrs)
2:00 Beg. French-C (2 hrs) ANNEX	12:30 Ceramics-C (3 hrs)	12:30 Dance Variety-C (2 hrs)	11:30 Continuing Yoga-C (1.25 hrs) ANNEX	1:00 Quilting/Sewing Club (3 hrs) ANNEX Meets 1st & 3rd Fridays
2:30 Intermediate Tai Chi-C (45 min)	12:30 Microsoft Word Level II- C (3 hrs) MEETS 1/12 TO 2/16	1:00 Decorative Art Painting C (2 hrs) ANNEX	12:30 Painting Workshop-C (3 hrs) ANNEX	2:30 Intermediate Country Line Dance-C (2 hrs)
2:30 Microsoft Windows Level I- C (1.5 hrs)	12:30 Microsoft PowerPoint-C (3 hrs) MEETS 2/23 TO 3/30	1:30 Pastels-C (2 hrs)	1:00 Google Tools-C (2 hrs)	
2:30 History of the Holocaust-C (1.5 hrs)	12:45 Continuing Pilates-C (1.25 hrs) ANNEX	1:30 Computer Awareness-C (2 hrs)	1:00 Beginning Yoga-C (1.25 hrs)	
3:20 Beg. Tai Chi-C (45 min)	1:00 Table Tennis-V ANNEX	1:30 Women in American Politics-C (2 hrs) ANNEX BEGINS 2/3/10	1:00 Martin Luther King & the Civil Rights Movement-C (1.5 hrs) ANNEX	
	1:00 Beginning Yoga-C (1.25 hrs)	2:00 Birth of the American Nation-C (1.5 hrs)	1:30 Women of Achievement C (2.5 hrs)	
	1:30 Maryland's Role in WW II V (2 hrs)	2:30 Intermediate Tai Chi-C (45 min)	2:30 Seated Yoga-C (1 hr)	
	1:30 U.S. Constitution-C (1.5 hrs) ANNEX	3:20 Beg. Tai Chi-C (45 min)		
	2:30 Ballroom Dance- Mambo C (2 hrs)			

Classes held at the O'Malley Annex are marked "ANNEX"

New classes AND class changes are in bold.

All AACC courses begin the week of January 11th *unless otherwise noted

\$40.00 Cycle Fee for all AACC Courses for seniors aged 60+
Seniors aged 55-59 pay Cycle Fee + Tuition Fee.

UPDATED 10/6/09