

SPRING 2012 COURSE SCHEDULE

O'Malley Senior Center

REGISTRATION BEGINS: February 1st

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Morning Stretch-C (1 hr) MWF	8:30 Beginning Pilates-C (1 hr) ANNEX T/TH	8:30 Morning Stretch-C(1 hr) MWF	8:30 Beginning Pilates-C (1 hr) ANNEX T/TH	8:30 Morning Stretch-C (1 hr) M/W/F
9:00 Beginning Garment Sewing -C (3 hrs) ANNEX	8:30 Heart & Muscle-C (1 hr) T/TH	8:30 Chesapeake Archaeology -C (1.5 hrs) ANNEX	8:30 Heart & Muscle-C (1 hr) T/TH	9:00 Intermediate Garment Sewing-C (3 hrs) ANNEX
9:00 Drawing-C (2hrs)	9:00 Chinese Brush Painting-C (2hrs)	9:00 Intro. to Social Media-C (1.5 hrs)	9:30 Beginning Kickboxing-C (1 hr) ANNEX T/TH	9:30 Aerobics-C (1 hr) M/W/F
9:00 Greeting Cards-C (2 hrs)	9:15 Art History: Belgium from Jan van Eyck to Peter Paul Rubens-C (2 hrs) ANNEX	9:30 Aerobics-C (1 hr) M/W/F	9:30 P.A.C.E. Exercise-C (1 hr) T/TH	9:30 Duck Carving (2 hrs)
9:30 Aerobics-C (1 hr) M/W/F	9:30 Beginning Kickboxing-C (1 hr) ANNEX T/TH	10:00 Watercolors-C (2 hrs)	10:00 Portraits: Oils & Pastels -C (2 hrs) ANNEX	10:00 Tone & Firm-C (1 hr) ANNEX M/W/F
10:00 Tone & Firm-C (1 hr) ANNEX M/W/F	9:30 P.A.C.E. Exercise-C (1 hr) T/TH	10:00 Tone & Firm-C (1 hr) ANNEX M/W/F	10:00 Current Issues-C (2 hrs)	10:00 Great Composers-C(2 hrs)
10:00 Advanced Beginning Spanish-V (2 hrs)	10:00 Beginning Italian-C (2 hrs)	10:00 Writing the Personal Memoir-C (2 hrs)	10:00 Women of Science -C (2 hrs) ANNEX	10:00 Google Tools I-C (2 hrs)
10:00 Knitting-V	10:00 Interm. Oil Painting-C (2.5 hrs)	10:00 Jewelry Workshops (2 hrs) ANNEX	10:00 Knitting & Crocheting-V	11:00 Circuit Training-C (1 hr) ANNEX M/F
10:00 Beg. French-C (2hrs) ANNEX	10:30 Tone & Firm-C (1 hr) ANNEX T/TH	10:30 Constitution & Founding Fathers-C (1.5 hrs) ANNEX	10:30 Tone & Firm-C (1 hr) ANNEX T/TH	11:00 Advanced Beginner Line Dance-V (1 hr)
11:00 Circuit Training-C (1 hr) ANNEX M/F	11:30 Continuing Yoga-C (1.25 hrs) ANNEX T/TH	10:30 Advanced Spanish-V (1 hr) ANNEX	10:45 Zumba Gold-C (1 hr)	11:15 Tone & Firm-C (1 hr) ANNEX M/W/F
11:15 Tone & Firm-C (1 hr) ANNEX M/W/F	11:45 History of Middle East, Near East, Asia-C (1.5 hrs) ANNEX	10:30 Armchair Exercise-C (1 hr)	11:00 Flower Painting-C (2 hrs)	12:30 Advanced Country Line Dance-C (2 hrs)
11:30 Interm. Oil Painting-C (2.5 hrs)	12:30 Ceramics-C (3 hrs)	11:00 Computer Discs and Graphics-C (1.5 hrs)	11:30 Continuing Yoga-C (1.25 hrs) ANNEX T/TH	12:30 Colored Pencil Painting -C (2 hrs)
12:30 African American Literature -C (1.5 hrs) ANNEX	12:30 Microsoft Word Level II-C (2 hrs)	11:15 Tone & Firm-C (1 hr) ANNEX M/W/F	12:00 History of India-C (2 hrs)	12:30 Friday at the Movies-V (2 hrs)
12:30 Microsoft Word Level I-C (2 hrs)	12:30 Sign Language-C (1.5 hrs)	12:30 Jane Austen and The Regency-C (2 hrs)	12:30 Painting Workshop-C (3 hrs) ANNEX	1:00 Intermediate Yoga-C (1.25 hrs) W/F ANNEX
12:30 Latin Aerobics-C (1 hr) M/W	1:00 Beginning Yoga-C (1.25 hrs)	12:30 Latin Aerobics-C (1 hr) M/W	12:45 Contemporary Literature-C (2 hrs)	1:00 Intro to Internet-C (2hrs)
1:00 Genealogy-V (2 hrs) ANNEX	2:15 Irish History-C (2 hrs)	1:00 Intermediate Yoga-C (1.25 hrs) W/F ANNEX	1:00 Beg. Tap Dance-C (1.5 hrs) ANNEX	1:00 Quilting/Sewing Club (3 hrs) ANNEX
1:30 WW II: MacArthur's Commanders-C (2 hrs)	2:30 Ballroom Dance: Bolero/Waltz-C (1.75 hrs)	1:00 Pastels-C (2 hrs)	1:00 Acrylic Landscape Painting-C (2 hrs)	2:30 Intermediate Country Line Dance-C (2 hrs)
2:00 One Stroke Painting-C(2 hrs)	2:30 Seated Yoga-C (1 hr) ANNEX	1:00 Computer Awareness-C(2hrs)	1:00 Beg. Yoga-C (1.25 hrs)	
2:00 Interm. French-C (2 hrs) ANNEX		1:00 Decorative Art Painting-C (2 hrs) ANNEX	2:30 Seated Yoga-C (1 hr)	
2:30 Intermediate Tai Chi-C (45 min) M/W		2:30 Intermediate Tai Chi-C (45 min) M/W	2:30 Intro. to Philosophy-C (1.5 hrs)	
3:20 Beginning Tai Chi-C (45 min) M/W		3:20 Beginning Tai Chi-C (45 min) M/W		
	<div style="border: 1px solid black; padding: 5px;"> <p>Last day to turn in Class Registrations to the Center is March 12th!</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>All AACC courses begin the week of April 2nd *unless otherwise noted</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p>Classes held at the O'Malley Annex are marked ANNEX</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p>New classes AND class changes are in BOLD</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p>\$80.00 Cycle Fee for all AACC Courses for seniors aged 60+</p> <p>Seniors aged 55-59 pay Cycle Fee + Tuition Fee</p> </div>

UPDATED 1/23/2012