

DIGITAL PHOTOGRAPHY: LEARN TO MAKE YOUR OWN VIDEOS TO MUSIC.

This course is designed to teach you how to turn your digital pictures into a video and add music to it. Learn to be creative! Makes a great gift with a personal touch....birthdays....anniversaries....reunions.....You need to bring your own digital camera to class. Our instructor will also help you with questions you may have in learning how to use your camera. One CD will be provided – others may be purchased through the instructor, or you may bring your own.

This is a two night class –Thursday October 23 & 30 7:00 - 9:00 p.m. Fee \$50.00

BALLROOM DANCING: Beginners class – “Put a little fun in your life.....Try Dancing”

Come and learn the art and fun of Ballroom Dancing. Demonstration of steps to be learned. Emphasis is placed on three important elements of dancing...foot position....rhythm and timing...leading or following...Great exercise too! Featuring the Fox Trot and Swing – A demonstration will be taped at the last class, and tapes will be available.

Dates to be determined after registration is complete based on the size of the class

Tuesdays 5 weeks 7:15 – 8:15 Fee \$20 per couple per week

SELF-DEFENSE FOR WOMEN – (S.A.F.E.) – Self-Defense & Awareness for Escape

This course is a fun and safe way to arm yourself with the basics of self-defense. We teach practical and evasive techniques to avoid and survive an attack. Obtain more knowledge, more confidence, and feel safer. Join with a friend.....Mothers sign up with your daughters (ages 16 and up only). Wear comfortable clothing, bring an open mind, and come willing to learn. Our facility has a matted training floor and plenty of equipment. Come hit “Bob the Bully”.....See you in class!!!!

All classes held at the Okinawan Karate Club 45C Tosca Drive, Stoughton....**Please call 781-307-6736 to register**

Thursdays – September 25, October 2, 16, 23, 30, and November 6 7:00 – 8:00 Fee \$75

PICTURE FRAMING: Professional Framing You too can be an expert. Learn to cut, mat and mount your own pictures and posters. Bring two 8X10 photographs to the class. You will leave with them completely matted, mounted and framed. Materials fee of \$10.00 to be paid to the instructor the night of class. One night class!

Tuesday Oct. 28 or Thursday Nov 20 7:00 - 9:00 SHS Rm. E 201 Fee \$25

QUILTING: Learn basic quilting skills by hand and machine, working at your own pace with individual instruction. Start with a Log Cabin quilt, wall hanging, or pillow...or...need help getting motivated to finish that quilt you started – Come and quilt with us and share your and ideas!

Tuesday - . 8 weeks beginning Oct. 14 7:00 - 9:00 Fee \$65

VOLLEYBALL: BEGINNERS/INTERMEDIATE CLASS:

This class is designed to teach basic skills with drills, followed by game play frequently interrupted for various explanations of strategies and skills. **You can register through the instructor.** This class is on-going and you can join at any time. Class is held in the gym at the O'Donnell Middle School.

Beginning September 18 8 weeks 7:00 – 9:00 p.m. Fee \$40

VOLLEYBALL: Continuing course – meets weekly to have fun and keep in shape. This is for experienced players.

Tuesdays – 8 weeks Class is held in the gym at the O'Donnell Middle School. 7:00 – 9:00 p.m. Fee \$40

YOGA: Hatha Yoga works towards the balance of Body, Mind and Spirit. Some of the benefits of Yoga are stretching, strengthening and toning of muscles, learning correct posture and deep diaphragmatic breathing. Wear comfortable clothing and bring a mat.

Tuesdays –Beginning October 7 - 10 weeks – 6:30-7:45 or 8:00-9:15 p.m. Fee \$65

HOLIDAY DECORATIONS: Join our class to make your own holiday decorations for your home. Supply lists will be provided by the instructor. You choose your own materials and colors. Bring your own creativity to class! Projects will have a fall and holiday theme.

Thursday 8 weeks beginning Oct. 16 7:00 – 9:00 Fee \$65

Stoughton Evening School is always interested to hear from anyone who may have an idea for a new class we could run. If you have any suggestions, or are someone with a talent you would like to share with the community, please give us a call to discuss it. It would be too late for our Fall semester, but we could consider it for Spring 2009.

Name_____Address_____

Phone Day_____Phone Evening_____

Course Name_____Cost_____

**All classes are pending sufficient enrollment.
Cash or Money Order Only**

**Mail form to:
Stoughton Evening School
232 Pearl Street
Stoughton, MA 02072**

