THE ADULT SCHOOL OF MONTCLAIR IS PLEASED TO INTRODUCE

THE GLENFIELD SATELLITE PROGRAM ~ A BRAND NEW PARTNERSHIP between the Adult School of Montclair and Glenfield Middle School.
You've requested ASM programming on Wednesday and Thursday nights and we've listened! This new Wednesday / Thursday night program begins on April 10. Here you'll find adult classes you've come to depend on located in Glenfield Middle School. With great facilities, teachers, parking and classes available on "other nights", we think you'll love it!

A very special thank you to the co-creators of this program, Howard Weinrib and Deborah Maher!

RETOOL
RECHARGE
RELAX
Please don't hesitate to give us your feedback!
Call 973-736-6636
973-736-6636 or email info@adultschool.org

RETOOL

Introduction to Excel 2010 for Mac
Become proficient in the capabilities of this popular spreadsheet program in the Mac environment (information transfers to a PC). Discover how to construct a worksheet, input and modify data ...

read more

7 Wednesdays, April 10 – May 29
6:15 – 7:30 pm
$135*

Introduction To PowerPoint 2010 for Mac
PowerPoint is a valuable tool in presenting information in an on-screen, interactive format. Learn how to use this industry standard within a Mac environment (information transfers to a PC) by exploring basic PowerPoint toolbars and the concepts...

read more

7 Wednesdays, April 10 – May 29
7:45 – 9:00 pm
$135*

Introduction to Word 2010 for Mac
If you are a first time Word user, or someone who is struggling with Word, this course is for you! This class will provide you with an overview and a firm foundation of Word concepts within a Mac environment (information transfers to a PC). You will learn Word features and ...

read more

7 Thursdays, April 11 – May 30
7 – 8:15 pm
$135*

Introduction to iPad & iPhone
Stream movies, become an eReader or a serious gamer, listen to music, surf the Web, check your email, find your way using the GPS, and download thousands of apps to enhance your life! Learn to use the iPad or iPhone as a universal remote for home theaters, and to control home lighting ...

read more

2 Wednesdays, April 24 – May 1
7-8:30pm
$49*

Advanced iPad & iPhone
Advanced users will learn how to streamline their professional environments, ranging from using their device to...
remotely monitor server rooms and fix user workstations, to review and modify documents, PowerPoint and multimedia presentations... read more

2 Wednesdays, May 22 – May 29
7-8:30pm
$49*

**Rescue Your Resume: Rewrite, Revise, and Ready Yourself**
Brainstorm, develop, revise, and ready your resume to position yourself for your dream job! Be ready when opportunity knocks by learning how to create, tweak and update your resume, tailoring it to specific job opportunities. Learn to market yourself... read more

2 Thursdays, May 2 – May 9
7-8:30pm
$29*

*Students are required to pay a $10 registration fee once per semester

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**RECHARGE**

**Introduction to Anusara Yoga**
Anusara Yoga offers a rare combination of teaching both the mind and body, with an emphasis on positive attitude and community harmony. Grounded in a Tantric philosophy of intrinsic goodness, the poses in Anusara yoga are “heart-oriented,” meaning that they are expressed from the “inside out”, instead of being imposed from the outside... read more

7 Wednesdays, April 10 – May 29
7:15 – 8:15 pm
$79*

**Introduction to Zumba**
Step up your exercise program with Latin music and easy-to-follow fun dance moves! You will learn to incorporate interval training, alternating slow and fast rhythms, with resistance training. Work out at your own pace, as you tone, shed some pounds, and improve your cardiopulmonary... read more

7 Thursdays, April 11 – May 30
7-8 pm
$79*

*Students are required to pay a $10 registration fee once per semester

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**RELAX**

**Introduction to Printmaking**
This class covers the basics of linocut and monotype printmaking. Learn to develop a one-color linocut, create colorful, multilayered monotypes, draw to make beautiful prints and experiment with collage... read more

7 Wednesdays, April 10 – May 29
7:30 pm
$95*

**Introduction to Calligraphy**
This course will focus on teaching calligraphy to beginners. Several calligraphy styles will be taught, including italic and two different styles of Old English Gothic. Students will walk away from the course with a "word picture" suitable for framing, a set of calligraphy pens, and the ability to address... read more

7 Thursdays, April 11 – May 30
7-8:30 pm
$95*

**Introduction to Family Book Discussion Groups**
Learn to organize, facilitate and maintain your own Family Book Discussion Group with your child's peers and their families! Participants enjoy informal, lively discussion at monthly meetings. Host families can serve tasty treats inspired by the book of the month... read more

2 Thursdays, May 16 and May 30
7-8:30 pm
$29*

**Book Club for Reading Lovers**
We will select great books to read and discuss in a congenial atmosphere over tasty evening snacks. Enjoy meeting other people who are passionate about books, and participate in informal... read more
| 4 (alternating) Thursdays, April 11, April 25, May 9, May 23 |
| 7:30 – 8:30 pm |
| $35* |

*Students are required to pay a $10 registration fee once per semester

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