

ROXBURY COMMUNITY SCHOOL presents:



VOLLEYBALL FOR MEN

Men's Volleyball League is a great way to get some exercise, get fit, and have some fun while doing it. All tuitions must be paid to the Community School. **No senior discount. No make-up dates.** Please note: There will not be a separate Winter/Spring Session. This class runs until March 2011.

Instructors: Bob Cooper & Jack Cooper

20 Sessions, Mondays, 10/17, 24, 31, 11/7, 14, 21, 28, 12/5, 12, 19, 1/2, 9, 23, 30, 2/6, 13, 27, 3/5, 12, 19

EMS Gym 7:00-9:00 p.m.

\$100.00 per player

WOMEN'S VOLLEYBALL LEAGUE

Join the Women's Volleyball League to have an exciting evening of fun and exercise. Form a team, choose a name, send in the registration form and get ready to play ball. Registrations are accepted on a first-come, first-served basis. Enrollment is limited! **When registering, please indicate team name. No senior discount or make-up sessions.** **PLEASE NOTE: Children under 18 cannot participate. & are not allowed to be present during these sessions. This rule will be enforced by instructor and will result in not being able to participate in Volleyball.**

Instructor: Lisa Gibney

FALL SESSION-10 Sessions, Wednesday 10/26, 11/2, 9, 16, 30, 12/7, 14, 21, 1/4, 11

EMS Gym 7:00 p.m. - 10:00 p.m.

\$165.00 per team

SPRING SESSION- 10 Session, Wednesday 2/1, 8, 15, 29, 3/7, 14, 21, 28, 4/4, 18

EMS Gym 7:00 p.m. - 10:00 p.m.

\$165.00 per team



GOLF LESSONS for KIDS

The Garden State Golf Academy after school program is designed by Titleist Performance Institute (TPI) certified PGA professionals integrating Long Term Athletic Development exercises, golf fundamentals (full swing, short game, putting, rules, golf course etiquette, etc.), as well as the GSGA 8 life skills. Our goal is to help children become better golfers by also making them better athletes and better members of the community.

Instructor: Garden State Golf Academy

Kennedy All purpose room

8 Sessions, Wednesdays, Oct. 19, 26, Nov 2, 9, 16, 30, Dec. 7, 14 3:30 p.m. - 4:30 p.m. \$150.00 per child

VERIFICATION: The Roxbury Community School does not send out confirmations. You may assume your registration has been accepted unless notified. Please keep in mind when registering...don't wait until last minute! A course is cancelled a week prior to the start date if enrollment is low. So don't miss out on the fun, get those registration forms in quick, and ask a friend to join along on the fun!



AEROBIC DANCING

An exhilarating fitness program that is a COMPLETE body workout that is as effective as it is fun! This three-part program designed by Jackie Sorenson includes: (1) great abdominal workout (2) weight training to strengthen your muscles, bones, and heart (3) dynamic cardiovascular dance routines, all set to a wide variety of current popular music. Come “sweat and smile” with us as you work at your own individual level.

Instructor: Annette Buzzelli, Certified Sorensen Instructor 7:00 p.m.-8:00 p.m. Kennedy Gym

FALL-21 Sessions, Tuesdays & Thursdays, Sept. 20, 22, 27, Oct. 4, 6, 11, 13, 18, 20, 25, 27,
Nov.1, 3, 8, 15, 17, 22, 29, Dec. 1, 6, \$99.00

WINTER-19 Sessions, Tuesdays & Thursdays, Jan. 3, 5, 10, 12, 17, 19, 24, 26, 31, Feb 2, 7, 9, 14, 16, 23, 28,
March 1, 6, 8 \$90.00

SPRING –21 Sessions, Tuesdays & Thursdays, March 20, 22, 27, 29, April 3, 5, 17, 19, 24, 26, May 1, 3, 8, 10, 15,
17, 22, 24, 31, June 5, 7 \$99.00



SPORTS & GAMES CLASS

Instructor: Bob Capra (5th grade teacher @ Lincoln Roosevelt)

Location: Franklin School Gym

Wednesday: September 21, 28, October 5, 12, 19, 26 November 2, 9, 16, & 23

Time: 3:00-4:30 (except Nov 23 which will be from 1:30-3:00)

Cost Per Participant: \$ 100.00

This fun and enthusiastic class will be offered to kids grades K-4. We will incorporate safe games, fair play, fair competition, and sportsmanship to all our games. The non-stop action includes: Popcorn Dodge ball, Guard the Pin, Star Wars, Jurassic Park, Bingo (a form of indoor horseshoes), Line Game, Four Corners, and much more. I will provide a fun and safe environment free of coaching and pressure. The kids will learn leadership skills, how to play on their own, and more. Drinks and snacks will be provided each session.

NEW! ONE STROKE PAINTING for HOLIDAY GIFT GIVING



The student will learn all new designs with this simple and easy painting method, made famous by Donna Dewberry. Over the course of four weeks, students will learn a variety of flowers, leaves, and work on different surfaces with the matching type of paint. Skill practice is included. Beginners and/or experienced students are welcome. All supplies included: paint, surfaces, brushes, practice sheets and instruction. Gifts to be painted include: two harvest ceramic mugs, a door plaque with fall leaves, a large 3-wick candle with pumpkin motif, and a serving platter for the winter holidays. Instructor: Diane Spadola, OSCI

4 Sessions, Monday, 11/14, 21, 28,12/5 7:00-9:15pm RHS E141 \$135.00



NEW! LOVE THE SPACE YOU'RE IN

Be your own interior designer. Learn how to create a home that you love, with simple and inexpensive design ideas. 3 of the 4 classes will be held in students homes, giving you an inside look at how the design process works. Be inspired, and learn how to take the fear out of decorating in your own home!

Instructor: Wendy Wrzos, Interior Redesign Specialist and Owner of the Blue Giraffe Design Company.

4 Sessions- One classroom session, Wednesday, 3/7 6:00 – 7:30 p.m. RHS A103 \$85.00
& three one and half hour in home sessions to be set up by appointment with instructor.

NEW! LIVING YOUR BEST LIFE

Make positive changes in your daily life by cutting out the “Excess Fat” in your life
Become more balanced, empowered and motivated in both your personal and professional life.
This workshop will provide tools to help relieve stress and anxiety effectively and feel more optimistic and resilient

The tips/skills you will learn can be used in all aspects of your life.

These tips will make positive changes in your life and everyone around you!

Instructor: Diane Lang, M.A.

1 Session, Thursday, 12/8 RHS A103 7:00 p.m.-8:30 p.m. \$25.00

NEW! EASE YOUR STRESS

We all have stress: It’s how we handle our stress that counts. In this workshop you will learn:

What is stress? Different types of stress

The signs of stress and the consequences of having too much stress in your life.

The personality traits that lead us to feel stressed, overwhelmed and unbalanced.

Simple, effective tools to relieve your stress and anxiety both at work and home.

Daily practices to make your life more positive and resilient.

Instructor: Diane Lang, M.A.

1 Session, Thursday, 12/1 RHS A103 7:00 p.m.-8:30 p.m. \$25.00



Kaplan Test Prep and Admissions – SAT and ACT Preparation

All classes held at Roxbury High School Room F104

To register or for more information please call 1-800-KAP-TEST or visit www.kaptest.com/college.

Kaplan SAT preparation course at Roxbury High School - Only \$499!

Kaplan, the world leader in test preparation offers unmatched expertise and guaranteed results or your money back! Now, the most personalized preparation available with Smart Track - a Kaplan exclusive!

24 hours of classroom instruction and four full-length practice tests - Mondays and Wednesdays at 5:30pm starting September 20th.

VISIT US at WWW.roxbury.org/comschool where we are always offering new and fun courses!



WINTER WONDERLAND a day in NYC
Celebrate the Winter Wonderland of NYC.....
NEW YORK CITY Day trip....

Drop off at the Rockefeller Center Holiday Tree
 It's a day to see the lights...see the sights...shop, eat and enjoy the holiday spirit at your own pace in NYC!! This trip sells out fast...don't delay sign up right away!

Date: Sunday, December 4, 2011

Cost: \$25.00 per person

Time: 10:00 a.m. at RHS parking lot

Our luxury coach will depart from the Roxbury High School parking lot at 1 Bryant Drive, Succasunna, at 10:00 a.m. **(Please arrive by 9:45 a.m.)**

We will be departing promptly from NYC at 8:00 p.m.

MACY'S THANKSGIVING DAY PARADE



Celebrate Thanksgiving NYC style...
NEW YORK CITY Day trip....

Don't worry about the drive, just go and have some fun watching the traditional Macy's Day Parade. From all the balloons and excitement, right up until Santa arrives in his sled.

Don't forget to dress warm & have fun!

Date: Thursday, November 24, 2011

Cost: \$30.00 per person

Time: 6:30 a.m. at RHS parking lot

Our luxury coach will depart from the Roxbury High School parking lot at 1 Bryant Drive, Succasunna, at 6:30 a.m. **(Please arrive by 6:15 a.m.)** and drop off at Lincoln Center

We will be departing promptly from Lincoln Center/NYC at 12:00 p.m.

BEHIND THE WHEEL DRIVER'S EDUCATION (Ages 16 and up)

Coach's Driving School of NJ (licensed by the State of NJ) is offering behind-the-wheel instruction for students who are at least sixteen (16) years of age. Students will receive six (6) hours of private behind-the-wheel instruction. Door-to-door service is available. All instructors are fully licensed, insured, patient, and experienced teachers from local high schools. Defensive and safe driving skills are stressed. The program provides a discount certificate for your auto insurance carrier. Instructor: Coach Kevin Poggi

1. Register with Roxbury Community School with \$10.00 non-refundable deposit
 2. Poggi Driving School will send you the documents that need to be completed before you get started (which will require a \$10.00 permit fee and an original birth certificate or passport)
 3. ***\$295.00 balance paid when registration materials are returned to the Driving School.**
 4. **NOT TO BE COMBINED WITH ANY OTHER OFFERS**
 5. **Check website for additional information-www.poggidrivingschool.com**
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ROXBURY CLOTHING SOLD IN COMMUNITY SCHOOL



SPRING BREAK SPORTS AND GAMES CLASS (Grades K-4)

This fun and exciting class will be offered to kid's grades **K-4**. We will incorporate safe games, fair play, fair competition, and sportsmanship to all our games. This non-stop action includes: Four Square, Floor Pong, Running Bases, Net Games, Popcorn Dodge ball, Star wars, Guard the Pin, and much more. I will provide a fun and safe environment free of coaching and pressure. The kids will learn leadership skills, how to play on their own, and more. Drinks and snacks will be provided each session.

Instructor: Bob Capra (5th grade teacher @ Lincoln Roosevelt)

Location: Lincoln Roosevelt Gym

Monday-Friday: April 9, 10, 11, 12, & 13

Time: 9:00 a.m.-12:00 p.m.

Cost Per Participant: \$145.00

ROXBURY COMMUNITY SCHOOL REGISTRATION FORM

I wish to register for the course listed below. I have enclosed a check/money order payable to Roxbury Community School or I have included my Visa or MasterCard credit card information and signature below.

Mail to: Roxbury Community School, One Bryant Drive, Succasunna, NJ 07876

Fax number (973) 584-0376 If you have questions, please call (973) 584-7699

Name: _____
Address: _____ Town: _____ Zip: _____
Phone (Home): _____ (Cell) _____
E-mail: _____ *Special Accommodations needed:* __yes __no
Course Name: _____
Amount Due \$ _____ (**Please include a \$5.00 registration fee**)
Visa/MasterCard Number: _____ Exp. Date: _____
Name on Card: _____ Signature: _____

No receipt will be given when registering. You may assume your registration has been accepted unless notified. A \$5.00 late fee will be charged for any registrations received less than one week prior to course start date. There are no refunds for one-session courses. A charge of \$10.00 will be deducted for each tuition refund unless the Community School cancels the course. All cancellations need to be submitted in writing. There is a \$25.00 service charge for returned checks. Participation in Community School activities is at your own risk. The Roxbury Township Board of Education assumes no liability.