

## WEDNESDAY

### Basic Hatha Yoga

Paula Lantieri

Prospect Elementary School Cafe  
6:15-7:30 PM (8 weeks)



Mixed level class designed to build strength, increase flexibility, and improve balance. Sessions will focus on proper alignment, integration of breath and movement, and toning the core. Brief meditation and relaxation will end each class. Bring a mat and water. All levels welcome.

### COVID 19 PROTOCOLS:

Hands should be sanitized before and after every class.

Masks should be worn at the start and end of every class.

Students should maintain an optimal six feet of distance apart throughout the entire class.

Those who are sick or have been exposed to someone sick should stay home from class.

## ADULT EDUCATION CLASS CALENDAR

\*next to date means no class

### Wednesday Classes

January 27

February 3, 10, 17, 24

March 3\*, 10, 17, 24, 31

April 7, 14\*, 21, 28

### Thursday Classes

January 28

February 4, 11, 18, 25

March 4, 11, 18, 25

April 1, 8, 15\*, 22

Unless otherwise noted, courses run for ten weeks. Note that two additional dates beyond ten classes have been added in the case that make-up sessions are needed.

### School Cancellation

If adult education classes need to be cancelled due to inclement weather conditions, please check out [www.region16.org](http://www.region16.org) for the latest information or watch WTNH or WVIT by 5:00 pm. Please do not call to inquire if classes will be cancelled.

## ADULT EDUCATION FEES

All courses are \$50 and consist of ten classes, except as noted in the course description. Courses for seniors (age 55 and over) are \$30. You must register and pay in full for all courses prior to the start of the first class. Instructors are not responsible for collecting course payments. To ensure that classes run, it is important that registration is sent in by the due date. Registration by mail must be filled out completely and be accompanied by full payment. If a person is unable to attend class after registering for a course, the tuition will be refunded after the first class. No refunds after the first class. There is a \$25 fee for any returned checks.

Registration must be received by Friday, January 22, 2021. CHECKS MUST BE MADE OUT TO REGION 16 ADULT EDUCATION. Only students whose classes are cancelled due to insufficient enrollment will be contacted prior to the start of classes.

**REGIONAL SCHOOL DISTRICT #16**  
**ADULT EDUCATION**  
**REGISTRATION FORM**  
*Please print information.*

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Town \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Email \_\_\_\_\_

Course Title(s):

1. \_\_\_\_\_
2. \_\_\_\_\_

Cash \_\_\_\_\_ Check # \_\_\_\_\_  
Total \_\_\_\_\_

Payment must accompany registration form. Classes may be cancelled due to insufficient enrollment. This will be determined by prior payment. You will be notified if a class is cancelled for this reason. Mail or drop off all registration forms and fees by January 22, 2021.  
Dr. Rima McGeehan  
Prospect Elementary School  
75 New Haven Road  
Prospect, CT 06712  
Checks payable to Region 16 Adult Education.



**ADULT EDUCATION**  
**SPRING 2021**

A variety of adult education classes are being offered to residents who wish to continue their education or simply want an enjoyable night out. If you wish to participate in Region 16's Adult Education Program, please register via this brochure.

Adults interested in taking high school equivalency courses or basic education courses may do so through Waterbury or Naugatuck Adult Education.

Admission

Region 16 Adult Education classes are open to anyone 16 years of age or older who resides in one of the region's towns or any surrounding community and are not currently enrolled in a high school program.

**WEDNESDAY**  
**Volleyball**  
James Alber  
Laurel Ledge Gym  
7:00-9:00 PM



After initial instruction in volleyball, teams will be formed to play the game. If you enjoy volleyball or wish to learn the skill, this class is for you! *Mask is required for participation.*

**WEDNESDAY**  
**Line Dancing for Beginners**  
Barbara Houle  
Long River Middle School  
7:00-9:00 PM

This course is an introduction to line dancing. Beginners will learn this popular dance which includes the grapevine, jazz box, pivot turn, and the weave. This is an **ADVANCED** beginner's class but can be tailored to students' needs.

(The advanced Thursday evening class is closed for this session.)