

Anne Arundel Community College

South County Senior Center: In-Person Course Descriptions

ART

Design, Market Art: Stained Glass Beginner/Advanced

Learn how to create stained glass masterpieces using the Tiffany/copper foil method. Participants in this course will gain an understanding of pattern use and preparation; learn how to score and break glass; practice foiling and soldering to complete a stained-glass project from start to finish. Students will learn how to select designs and will be supported by the instructor in every step of the process. For those hoping to take the art of stained glass to the next level, this course also includes ideas and examples of how to market and sell completed projects from the instructor, Cindy Kippax, an experienced stained-glass artist, and entrepreneur who has been studying stained glass for over 15 years.

Cindy Kippax: Instructor

BNS-903-308 – Tuesdays, 7/9- 9/10/24 from 10:00 a.m.- 12:30 p.m.

DPAO: Colored Pencil

Discover the varied imagery and colorful effects possible using color pencils. Colored pencils offer an ideal portable medium for both studio and on-the-spot drawing when traveling. Develop artistic skills using a variety of colored pencil media including watercolor pencils to traditional professional grade-colored pencils. Creative exploration of various styles of art is encouraged including realist, impressionist, expressionist, surrealist, and abstract compositions. Color theory, compositional design, textural effects, and ways to achieve the illusion of depth through a range of drawing techniques, surfaces and enhancement tools are covered. Beginner to intermediate students welcome.

Alice Yeager: Instructor

CRE-912-310 – Wednesdays, 7/10- 8/28/24 from 10:00 a.m.- 12:30 p.m.

PERSONAL ENRICHMENT

NEW! Introduction to China

Explore the history, culture, and language of China as well as the relationship challenges between the U.S. and China.

Greg Nedved: Instructor

HSY-910-302 – Thursdays, 8/8- 9/5/24 from 9:00- 10:30 a.m.

Anne Arundel Community College

South County Senior Center: In-Person Course Descriptions

Smartphone Photography

Take your photos to the next level by exploring the basic controls on your smartphone's camera, applying compositional techniques to your shooting, and using Snapseed, a free photo editing app. We will also discuss accessories and other apps you can use for shooting and editing your photos.

Christine Edwards: Instructor

PHO-921-302 – Wednesdays, 7/10- 8/21/2024 from 10:30 a.m.- Noon

FITNESS

CARDIOVASCULAR CONDITIONING

Cardiovascular Conditioning- Aerobic Dance

Come try this fun dance fitness class for a whole-body workout for your health, heart, and mind. The fitness class will start slowly and gradually progress. Dance steps and movements will be taught and cued throughout the class. The class includes warm-up dances, several aerobic dances, a cool-down, weights, and floor/chair stretches, followed by a recovery heart rate. This is a fitness class for the non-dancer where students work at their own level. The main idea is to have fun. Students must be able to stand, walk, move side to side, and get up and down off the floor on their own or with the assistance of a chair.

Dottie Conway: Instructor

HTH-943-305 – Mondays, 7/8- 9/9/2024 from 11:00 a.m.- Noon

CORE STABILITY TECHNIQUES

Core Stability Techniques- Balance and Posture

Everyone needs to take time to stretch AND strengthen...! This class has so many benefits...! We will gradually move through basic stretches, similar to easy yoga movements, starting in the chair to slowly warm and stretch the muscles. Then we'll move into core exercises, using the chair and a floor-mat, for deeper stretches and to build stronger, firmer abdominals and core. We'll also learn proper breathing techniques to help us relax the muscles through a variety of stretch movements, improving overall flexibility, muscle tone, core strength and circulation. Come join us for this body conditioning class, with no two repeated workouts..., while we always listen to a variety of great music to inspire your training session.

Adrienne Collins: Instructor

HTH-940-303 – Mondays, 7/8- 9/16/24 from 10:00- 11:00 a.m.

Anne Arundel Community College

South County Senior Center: In-Person Course Descriptions

FUNCTIONAL CONDITIONING

Functional Conditioning 3- Strength, Cardio & Standing Stretch

This class is designed to increase strength, mobility, endurance, and range of motion through light cardio exercises paired with music for light cardiovascular conditioning, resistance exercises using handheld weights, and stretching and strengthening movements using a chair. Core strength, balance, and flexibility are addressed as well. No prior experience is needed, and modifications will be shown as needed. **Note: Athletic shoes must be worn.**

Linda Roberts: Instructor

HTH-945-320 – Tuesdays, 7/9- 9/10/24 from 8:30- 9:30 a.m.

Functional Conditioning 3- Total Body Conditioning

This class starts with dancing for cardio as a warm-up! We do a variety of creative movements, with the arms, shoulders, waist, and hips. We then move into strict movements, using good form, practicing focus and discipline, maintaining good form through the entire workout. This constantly engages the core muscles, toning the diaphragm and abdominal muscles, by holding good posture and form. Lower and upper body routines include hand weights and the chair, doing front, side and rear leg raises as well as seated upper body movements to tone the torso and all leg muscles. No two workouts are ever the same, so you'll never get bored! All routines to great music! Suggested Equipment: hand weights, chair, mental creativity, and enthusiasm!

Adrienne Collins: Instructor

HTH-945-309 – Mondays, 7/8- 9/16/2024 from 12:00- 1:00 p.m.

DANCE

HLOA: Line Dance Intermediate

Line dancing is a great way for people of all ages to get in shape and have fun! If you have experience in line dancing and would like a challenge, this is the class for you! It is geared toward the intermediate level and includes new dances. Various genres of music will be used.

Sarah Jose: Instructor

HTH-904-307 – Tuesdays, 7/9- 9/10/2024 from 12:30- 2:00 p.m.

HLOA: Line Dance Beginner

If you have experience in line dancing and would like a challenge, this is the class for you! It is geared toward the intermediate level and includes new dances.

Katie McVitty: Instructor

HTH-904-314 – Wednesdays, 7/10- 9/11/24 from 9:30- 11:00 a.m.

Anne Arundel Community College

South County Senior Center: In-Person Course Descriptions

HLOA: Tap Dance

Come learn fun tap dance routines. Learn a variety of skills and choreographed tap dances. Some tap experience is preferred. Tap dancing will help increase muscular strength, motor skills, cardiovascular conditioning and will sharpen your memory.

Vicki Smith: Instructor

HTH-901-303 – Wednesdays & Fridays, 7/10- 9/13/2024 from 12:00- 1:30 p.m.

HLOA: Tap Dance Introduction

Students of all levels, including beginners, are welcome. Come learn fun tap dance routines while learning a variety of skills, including basic tap steps and the fundamentals of this fun style of dance. Tap dancing will help increase muscular strength, motor skills, cardiovascular conditioning and will sharpen your memory. Fun tap combinations are learned during the session.

Vicki Smith: Instructor

HTH-903-318 – Thursdays, 7/11- 9/12/2024 from 10:30- 11:30 a.m.

HLOA: Jazz Dance

Join us for jazz dancing: movement to fun music while learning creative moves, stretching, and flexibility. This is a fun filled class where you will explore the movement of the body to great music, creative movement, and jazz terminology. The dances are based on Broadway Jazz. Stretches to gain flexibility and isolations are a part of the one-hour class. It also incorporates basic ballet which adds to a great activity for balance, coordination, and putting cool moves together.

Vicki Smith: Instructor

HTH-903-319 – Fridays, 7/12- 9/13/2024 from 1:30- 2:30 p.m.

TAI CHI/BALANCE

Functional Mobility/Balance – Beginner Tai Chi

This is a Beginner Tai Chi class, a gentle exercise program for mental and physical wellbeing using the Yang Style Simplified Short Form taught by Master Cheng Man-Ch'ing. It is a system of exercise that uses slow, smooth body movements with deep breathing to achieve both physical and mental health. It is a standing, weight bearing exercise. It's often called meditation in motion. Tai Chi strengthens the cardiovascular and immune systems, strengthens bones, improves balance to prevent falls, and relieves rheumatoid arthritis and fibromyalgia pain from the back, neck, and joints. It sharpens the mind to minimize age related cognitive decline, improves mood, lowers anxiety, and reduces depression.

Young Lee: Instructor

HTH-928-313 – Mondays, 7/8- 9/16/24 from 9:30- 10:30 a.m.

Anne Arundel Community College

South County Senior Center: In-Person Course Descriptions

Functional Mobility & Balance I- Beginner Tai Chi

This is a mind/body workout that combines the best of Tai Chi with a variety of relaxation exercises. This class is suitable for any fitness level! You will be guided through the flowing *yang style short form-37 postures* that will bring your muscular, cardiovascular, and nervous systems into perfect synergy. Benefits can include stress reduction, improved cardio conditioning, muscular strength, balance, and flexibility. These exercises often will enhance cognitive function, uplift mental and emotional state, build stamina and improve the quality of your sleep if practiced regularly. ***This course is designed for beginners.***

Regina Judge: Instructor

HTH-928-306 – Thursdays, 7/11- 9/12/2024 from 1:00- 2:00 p.m.

YOGA

Integrative Strength/ Flex Tech- Intermediate Mat Yoga

This yoga class is intermediate. The postures always begin with a gentle version with the option to continue to more challenging positions. Postures are held a little longer than in the beginner class and any relaxation between postures is shorter. This class includes some discussion on the philosophy of yoga as well as an introduction to yoga breathing and meditation.

John Cochran: Instructor

HTH-934-304 – Thursdays, 7/11- 9/12/24 from 12:30- 1:45 p.m.

Integrative Strength/ Flex II- Mat Yoga

This class is an enjoyable and energizing yoga practice focusing on breath and alignment. Participants will learn various postures and sun/moon salutations to build stamina, find flexibility and create energy. This class offers a healthy way to find self-awareness, self-care, and self-healing. Participants confidently set healthy boundaries and limits. Each student creates a unique individual yoga practice. There is mat work involved and Adrienne will modify if needed. This class offers a safe environment for us to learn, laugh and grow.

Suggested Equipment: yoga mat, yoga strap, resistance bands and 2 yoga blocks

Adrienne Collins: Instructor

HTH-947-309 – Mondays, 7/8- 9/16/2024 from 1:30- 2:30 p.m.

HTH-947-310 – Wednesdays, 7/10- 9/11/2024 from 11:30 a.m.- 12:30 p.m.

Anne Arundel Community College

South County Senior Center: In-Person Course Descriptions

ADAPTED FITNESS

Adapted Physical Education- Seated Chair Exercise

This workout is a bit slower, gently stretching the body, to create flexibility. We also focus on the key points to develop and hold good posture, as well as using hand weights and chair routines for the upper and lower body. These sessions are devoted to helping condition the body, learning proper form, and practicing balancing exercises using the chair.

Suggested Equipment: hand weights, chair

Adrienne Collins: Instructor

HTH-939-306 – Wednesdays, 7/10- 9/11/2024 from 9:00- 10:00 a.m.

HTH-939-307 – Wednesdays, 7/10- 9/11/2024 from 10:15- 11:15 a.m.