

# O'Malley Senior Center & Annex

# Winter 2025 Course List

Registration Begins: November 12th, 2024

Course ID# & Section #	Course Title	Start Date	End Date	Instructor	Class Location (Subject to Chg.)	Beg. Time	End Time	DaysE NG
HTH-947-112	Integrative Strength/Flex II <b>Mat Yoga</b>	01/06/25	03/24/25	Harty,Sharon	<b>ANNEX</b>	09:00AM	10:00AM	M
BNS-901-101	Clothing I: Design, Sew & Sell <b>Intermediate Garment Sewing</b>	01/06/25	03/24/25	Richardson,Joyce	<b>ANNEX</b>	09:00AM	12:00PM	M
ERC-915-102	Mind Games and Brain Builders	01/06/25	03/24/25	Bruce,Peggy		09:30AM	11:00AM	M
ENG-928-101	African American Literature	01/06/25	03/24/25	Spencer, Vivian		12:30PM	02:00PM	M
HTH-947-125	Integrative Strength/Flex II <b>Mat Yoga</b>	01/06/25	03/24/25	Serinis,Gretchen	<b>ANNEX</b>	01:00PM	02:00PM	M
BNS-901-102	Clothing I: Design, Sew & Sell <b>Beginning Sewing</b>	01/07/25	03/11/25	Senk,Pauline	<b>ANNEX</b>	09:00AM	12:00PM	T
CPT-978-101	iPhone Basics	01/07/25	02/25/25	Turner, John		12:00PM	2:00PM	T
HTH-939-112	Adapted Physical Education II <b>Chair Yoga</b>	01/07/25	03/11/25	Harty,Sharon		12:45PM	01:45PM	T
HTH-944-103	Weight Training Older Adults	01/07/25	03/11/25	Halley,Deborah	<b>ANNEX</b>	01:00PM	02:00PM	T
HTH-900-101	HLOA: Ballroom Dance	01/14/25	03/18/25	Pabon,Carlos		02:00PM	03:45PM	T
HTH-945-115	Functional Conditioning 3 <b>Circuit Training Stations</b>	01/07/25	03/11/25	Johnson,Margaret	<b>ANNEX</b>	02:15PM	03:15PM	T
BNS-902-102	Clothing II: Design, Sew & Sell <b>Intermediate Sewing</b>	01/08/25	03/12/25	Senk,Pauline	<b>ANNEX</b>	09:00AM	12:00PM	W
HTH-943-108	Cardiovascular Conditioning <b>Zumba</b>	01/08/25	03/12/25	Krause,Mary	<b>ANNEX</b>	10:30AM	11:30AM	W

HTH-939-126	Adapted Physical Education II <b>Armchair Exercise</b>	01/08/25	03/12/25	Schummer,Judith		10:30AM	11:30AM	W
HTH-939-128	Adapted Physical Education II <b>Chair Yoga</b>	01/08/25	03/12/25	Serinis,Gretchen	<b>ANNEX</b>	01:00PM	02:00PM	W
CRE-912-118	DPAO: Watercolors	01/08/25	02/26/25	Rimpo, April		01:45PM	03:45PM	W
HTH-945-113	Functional Conditioning	01/09/25	03/13/25	Infante-Ludlum,Sandra	<b>ANNEX</b>	09:00AM	10:00AM	TH
SLG-903-101	Conversational Sign Language II	01/09/25	03/13/25	Bruce,Peggy		09:30AM	11:00AM	TH
HTH-904-103	HLOA: Line Dance Intermediate	01/09/25	03/13/25	Jose, Sarah	<b>ANNEX</b>	10:30AM	12:00PM	TH
HTH-943-106	Cardiovascular Conditioning <b>Latin Cardio Dance</b>	01/09/25	03/13/25	Infante-Ludlum,Sandra		11:00AM	12:00PM	TH
LGA-937-101	Beginning Spanish	01/09/25	03/13/25	Fleckenstein, Leigh		12:00PM	01:30PM	TH
HTH-939-114	Adapted Physical Education II <b>Chair Exercise w/ Light Weights</b>	01/09/25	03/13/25	Infante-Ludlum,Sandra		12:15PM	01:15PM	TH
HTH-945-116	Functional Conditioning 3 <b>Circuit Training Stations</b>	01/09/25	03/13/25	Johnson,Margaret		02:15PM	03:15PM	TH
BNS-902-101	Clothing II: Design, Sew & Sell <b>Advanced Garment Sewing</b>	01/10/25	03/14/25	Richardson,Joyce	<b>ANNEX</b>	09:00AM	12:00PM	F
ERC-922-101	Finding Peace: Lessons in Conflict Resolution from Northern Ireland	01/10/25	02/14/25	Young, Jenny		09:30AM	12:00PM	F
MUC-904-101	World of Opera	01/10/25	02/28/25	Cahill,John		10:00AM	12:00PM	F
HTH-904-109	HLOA: Line Dance	01/10/25	03/14/25	McVitty,Kate		12:30PM	02:00PM	F
HTH-939-127	Adapted Physical Education II <b>Chair Yoga</b>	01/10/25	03/14/25	Serinis,Gretchen	<b>ANNEX</b>	01:00PM	02:00PM	F
HTH-926-106	Functional Conditioning II <b>Circuit Training</b>	01/06/25	03/21/25	Schummer,Judith	<b>ANNEX</b>	11:00AM	12:00PM	M F
HTH-929-101	Functional Mobility/Balance II <b>Intermediate/Advanced Tai Chi</b>	01/06/25	03/19/25	Colestock,Jackie		02:00PM	02:55PM	M W

HTH-929-102	Functional Mobility/Balance II <b>Beginning Tai Chi</b>	01/06/25	03/19/25	Colestock,Jackie		03:00PM	03:55PM	M W
HTH-925-102	Functional Conditioning I <b>Morning Stretch</b>	01/06/25	03/19/25	Schummer,Judith		08:30AM	09:30AM	M W F
HTH-901-102	HLOA: Dance <b>Aerobics</b>	01/06/25	03/19/25	Schummer,Judith		09:30AM	10:30AM	M W F
HTH-926-104	Functional Conditioning II <b>Aerobics &amp; Strength</b>	01/07/25	03/04/25	Murphy,Kimberly		08:30AM	09:30AM	T TH
HTH-936-105	Adapted Physical Education <b>Seated Chair Exercise</b>	01/07/25	03/04/25	Murphy,Kimberly		09:30AM	10:30AM	T TH

**CLASSES ARE SUBJECT TO CHANGE**

Registration can be completed **online** at **noncredit.aacc.edu** OR **paper registration** forms can be picked up at the front desk. Completed paper registration forms can be returned to the front desk or taken to one of AACC's sites (Arnold, Arundel Mills or Glen Burnie Town Center). Online registration is **highly** recommended as some classes fill quickly.

Last day to submit completed paper registration forms at the center is **Thursday, December 12th**; after that all registration must be done online or be taken to one of AACC's sites.

For all students, there is an administrative fee of \$80.00. Students aged 55 to 59 pay the \$80.00 administrative fee plus \$40.00 per course.