

Plainville Adult and Continuing Education

# PROGRAM GUIDE

Spring 2017



*Classes for everyone!*

**FREE!**

Adult High School Credit Diploma Program, Citizenship Preparation  
English as a Second Language, GED® Preparation, Adult Basic Education

**PLUS**

Health Care Training, and New Enrichment Classes for Adults

860 793-3209

w w w . p l a i n v i l l e s c h o o l s . o r g

## HEALTH



### ZUMBA WITH STACIE

Every class feels like a party! Come join me to see what I mean. You don't have to know how to dance. Just move your body and follow my lead. Come try it. I guarantee you will have a blast while burning calories. I have been a Zumba Instructor for over 9 years and have certifications in AFAA Group Fitness and Adult CPR/AED. Wear comfortable clothes and sneakers. Bring a towel and water.

Stacie Silva-Gordon Tues. & Thurs. April 25 - June 1, 2017  
6:15-7:15pm Minimum: 10 Maximum: 25

\$60 Resident \$65 Nonresident 12-sessions

🚲 **off-site:** Middle School of Plainville, small gym  
150 Northwest Drive.

### TAI CHI FOR HEALTH

Focus on the practice of Tai Chi for Health and Fitness. The goal is to quiet the mind, relax the body, and improve health. Sessions will cover: Fundamentals of Practice, Qigong Stretching, Qigong for health, and Forms Practice. *R. Godin is a Certified Health Preservation Association Instructor who has been trained by Grandmaster Jianye Jiang in Taiji, Qigong for Arthritis, Qigong for Diabetes, and Medical Qigong.*

Mon. March 6 - May 1, 2017 6:30-7:15pm 8-sessions  
\$60 Resident \$65 Nonresident Minimum: 10 Max. 25

🚲 **off-site:** Middle School of Plainville, cafeteria  
150 Northwest Drive

### NEW! LEAKY GUT! HUH?

Find out where most diseases start from and why. In this workshop, you will discover ways to heal this crucial part of your health which determines whether or not you get sick. All information is medically sourced and handouts will be provided.

Deborah Netto of DN Health Coaching

Wednesday, April 5, 2017 5:30-7:00pm

Minimum: 10 Maximum: 25 PHS, Room 125

**Special Fee:** \$25.00 per person 1-session

## CAREER SUCCESS

### NEW! DYNAMIC PUBLIC SPEAKING

You may think public speaking is scary. It doesn't have to be. Learn several methods for getting over stage fright, while incorporating key organizational skills. You can be a dynamic speaker.

Paul Kilmer Thursdays, April 20 - May 4, 2017 5-7pm

Minimum: 4 Maximum: 30 PHS, Room 104

\$35 Resident \$40 Nonresident 3-sessions

### FOUNDATIONS OF EXCEL

Understand spreadsheet software. Utilize formulas, design charts, format spreadsheets, and learn to filter & sort data.

Andy Davis Tuesdays, April 18 & 25, 2017, 5-7pm

Minimum: 6 Maximum: 12 PHS, Room 126

\$50 Resident \$55 Nonresident 2-sessions

### COMPUTER SKILLS FOR BEGINNERS

In just one session, learn the basics parts, keyboard functions, open documents, save & print. Find folder/files. Learn how to access the internet and email. No experience required.

Andy Davis Tuesday, April 4, 2017 5-7pm

Minimum: 6 Maximum: 12 PHS, Room 126

\$30 Resident \$35 Nonresident 1-session

### HOW MONEY WORKS

Do you know the Rule of 72? Do you know the difference between fixed debt and revolving debt? Roth IRA vs. Traditional IRA? What life insurance is best? Do you know the three legged stool theory for investing? Learn all this & more! *"How Money Works"* book--provided free of charge.

Gene Callahan Monday, April 10, 2017 5-7pm 1-session

**Special** \$10.00 per person Min. 3 Max. 20 PHS, Room 125



### NEW! ALZHEIMERS - STOP IT NOW!

Are you or a loved one experiencing memory loss or cognitive decline? Based on the award winning book/online seminar *Awakening from Alzheimers*, this workshop explains the history of Alzheimers and how it develops in the body, information on cutting edge prevention, and the possible halting of this disease. Handouts will be available.

Deborah Netto of DN Health Coaching

Wednesday, May 10, 2017 5:30-7:00pm

Minimum: 10 Maximum: 25 PHS, Room 125

**Special Fee:** \$25.00 per person 1-session

## SPECIAL INTEREST

### NEW! EXPLORE YOUR FAMILY TREE

Ever wondered where your great-grandfather was born, what his life in the military was like, or what he did for a living? Learn how census and military records can help you discover your family's past.

Bryna O'Sullivan, Charter Oak Genealogy

Mondays, May 1 & 8, 2017 5-7pm Min. 10 Max. 16  
\$30 Resident \$35 Nonresidents 2-sessions PHS, Rm 126

### NEW! BEGINNING FRENCH

Have you always wanted to learn French?

This course will introduce you to the vocabulary of travel and basic sentence construction.

Bryna O'Sullivan Thursdays, May 4, 11, 18, 2017

6-7pm, Minimum: 10 Maximum: 16 PHS, Room 126  
\$35 Resident \$40 Nonresident 3-sessions

### NEW! LEARN THE MAGIC OF DRAWING

**Farmington River School of Art - P. Bailey**

Make more powerful paintings through understanding composition, values, and perspective. Through a progressive teaching method you'll find drawing to be your best friend! **Special \$60 per person**

Thursdays, March 9 – April 27, 2017

1-3:30pm 8-sessions Minimum: 10

Suggested materials list provided at the first session.

🚲 **off-site** Location: 73 E. Main Street Plainville, CT 06062

### NEW! FLORAL SPRING KEEPSAKE

Join us as we create a keepsake Spring container with a variety of hardy seasonal flowers. Just in time for Mother's Day or for yourself to welcome Spring!

Amy Oved Wednesday, May 10, 2017 5:30-7pm

Minimum: 4 Maximum: 12 PHS, Room 108

**Special Fee: \$50.00 per person 1-session**

### THE JOYS & BENEFITS OF ESSENTIAL OILS

Participants will receive an overview of the history and uses of essential oils, how to choose a quality product, what they can be used for (including practical recipes) for beauty, cleaning, etc. and how they can positively impact their daily living. Each participant will create a "Make & Take" essential oil product to bring home.

C. Coughlin Wednesday, March 8, 2017 5-7pm

Minimum: 4 Maximum: 12 PHS, Room 108

\$25 Resident \$30 Nonresident 1-session (Materials Included)

### CHINESE ART AND CULTURE EXPERIENCE

Experience Chinese Paper Cutting, Brush Painting, and Culture. Join Manli Luo, as seen on Nutmeg TV!

Tuesdays, April 18 - May 16, 2017 5:30-7pm Min. 10

\$50 Resident \$55 Nonresident 5-sessions PHS, Rm 125



### NEW! BASKETBALL APPRECIATION

**An informational course designed for those who need help understanding the game.**

MARCH means MADNESS! Do you wonder why there is an increase in TV commercials about basketball in March?

Do you love college basketball, but not sure what just happened? Learn everything you need to know to understand the game and enjoy the Madness. Give yourself an edge while marching to the Final Four!

**All Star Instructor Line-up:**

Amy Tennant, Cindy Birdsall, and Jeri Turkowitz

Monday, March 6, 2017 6-8pm Minimum: 10

**Special \$25 per person 1-session PHS, Room 222**

*Photograph courtesy of Chris Farrell, Athletic Director Plainville Public Schools*

### NEW! AN INTRODUCTION TO CREATIVE NONFICTION WRITING

Do you have an interesting life? Have you always wanted to get it down on paper but were not sure how? This course will lead you in the right direction. Through this creative nonfiction writing course students will learn the art and techniques of essay and memoir writing. The main goal of this course is to help new writers gain technique and confidence within their own writing, which will enable them to acquire the confidence to submit to a publication(s) of their choice, or continue their work on to a larger memoir-sized project.

Nikki Sambitsky Thursdays, March 2 - May 25, 2017

5-7pm Minimum: 4 Maximum: 10 PHS, Room 117

\$60 Resident \$65 Nonresident 12-sessions

### LIFE PLANNING FOR CHILDREN W/ SPECIAL NEEDS

This workshop will help families through the maze of legal/financial complexities surrounding planning for the future of children and other dependents with special needs. We will discuss the importance of coordinating all documents including a special needs trust, letter of intent, guardianship and various funding options for the special needs trust.

L. Del Gallo Jr., M.S., MPAS, CFP Thursday, March 2, 2017

5-7pm Minimum: 3 Maximum: 35 PHS, Room 125

\$10 Resident \$15 Nonresident 1-session

# John Adams

## PIZZA, A MOVIE, AND A HISTORY LESSON

*at the Plainville Public Library*

You'll be captivated viewing the mini-series John Adams! The realistic scenes bring America's struggles, brave people, and incredible beginning to life. Interactive lessons and lively discussions will follow each showing. Examine the realistic, historic background of these stirring times during America's fight for freedom. Study the Constitution, the making of America, and the values that this great country was founded on!

**Saturdays: March 4, 11, 18, 25 and April 1, 2017**

**Time: 12:30pm-2:30pm**

**Cost: FREE, including pizza & beverages  
(please use enrollment form, page 7)**

This HBO series is rated PG. Due to content, those under age 18 will be asked to be accompanied by a parent.

*This Adult Education Program is supported by a grant award  
from The Elizabeth H. Norton Trust Fund*

**English as a Second Language (ESL)** is designed to assist students in a multi-level group atmosphere. With students who have little or no fluency in English, attention is given to learning the basic English skills that permit increased self-reliance in speaking the language. Students with this base knowledge increase fluency in speaking, reading, and writing. In addition, language structure, grammar, and punctuation are stressed. **Call (860) 793-3209.**

**Instructor: M. Smith, Plainville High School, Room 225**  
**Mondays through Thursdays, 5-7pm, Cost Free**  
**Spring Semester: February 6 - May 16, 2017**

**Citizenship Preparation** is a competency-based program of instruction for immigrants who wish to become American citizens. This program assists those who would like help in preparing for oral or written citizenship tests; sample test questions will be available. Classes provide knowledge of American history, the U.S. Constitution, rights of citizens, and the structure and function of national, state, and local government. **Instructor: F. Bogdan, Plainville High, Room 212**  
**Mondays, 4-6pm, Cost Free. Call (860) 793-3209.**  
**Spring Semester: February 27 - May 22, 2017**

**Adult Basic Education (ABE)** is a competency based program of instruction for native or foreign-born English speaking adult students who need to develop fundamental skills. ABE offers structured practice in reading and English to survive in today's world, with communication stressed. Students will strengthen consumer and employability skills, as they are instructed in mastering basic operations of addition, subtraction, multiplication, and division using whole numbers, fractions, decimals, percents, and setting up numbers to solve problems. ABE may serve as a transition to diploma programs. **Call (860) 793-3209. Cost Free**

**Instructor: M. Bresnahan, Plainville High School, Rm 223**  
**Mondays through Thursdays, 5-7pm**  
**NEW! MATH POWER HOUR: 4-5pm**  
**Spring Semester: February 6 - May 16, 2017**

**Adult Basic Education (PARC 101)** Develop skills for independent living, including safety measures. Students improve communication skills (conversation and telephone skills), basic consumer skills, (money, time, information) and functional reading skills. **Instructor: F. Bogdan, PHS-Room 117**  
**Thursdays, 4:30-6pm, Cost Free. Call (860) 793-3209.**  
**Spring Semester: March 2 - May 25, 2017**



**Call Today!**  
**(860) 793-3209**

**MORNING CLASSES WITH ON-SITE CHILDCARE AT NO COST!**  
**GED® Preparation, English as a Second Language, Adult Basic Education, Computer Lab, Lending Library, Museum Passes, eReaders, & More!**  
**Plainville Family Resource Network at Linden Street School**

**Rolling enrollment: February 6 - May 24, 2017**

**Mondays, Tuesdays, & Wednesdays 9 - 11a.m.**

**ESL Family Language Lab: Wednesdays 11a.m. - Noon**

*Available through a federally funded grant in partnership with PFRN & Plainville Adult Education.*

## Earn a Diploma

### **Adult High School Credit Diploma Program**

Earn credits for a high school diploma by taking courses at PHS, plus transfer credits from any former schools. Experience in the military, community, home, or work may also qualify for up to five credits. Twenty two credits are required to graduate in specific subject areas. Students are goal orientated and self motivated. **No Cost. Enroll Today! (860) 793-3209.**

### **GED® General Educational Development Preparation**

Prepares adult learners to pass the 4-part, computer-based GED® exam to earn a State of Connecticut diploma. Students receive instruction in each of four subject areas – science, social studies, math and language arts – plus basic computer skills to take the exam. Instructors will also review the official website, **ged.com**, where students can access related exam information and exam registration procedures.

**M. Bresnahan, E. Bosley, J. Czerwinski, Plainville High School**  
**Mondays through Thursdays, 5-7pm Room 223 Cost Free!**  
**MATH POWER HOUR: 4-5pm**

**Spring Semester: February 6 - May 16, 2017**

### **FREE Saturday Classes**

**GED® Preparation and Adult Basic Education**

**🚲 off-Site at The Plainville Public Library!**

**Feb. 25 - April 29, 2017 / 10:15a.m. - 12:15p.m.**

**Call Plainville Adult Education to register: 860.793.3209**

Individuals with a documented disability who require accommodations to take the GED® exam should contact Martha Smith (860) 793-3209/smithm@plainvilleschools.org, or the State Dept. of Education GED Office at (860) 807-2111 or email [ged@ct.gov](mailto:ged@ct.gov).

### **National External Diploma Program (NEDP)**

Designed for adults who have gained skills through life experiences and have demonstrated competence in a particular job, talent, or academic area. This self-paced program does not require classes. Alternatively, it provides a self-paced, one-on-one experience with a trained NEDP Assessor/Advisor, providing flexible meetings by appointment, to demonstrate complete mastery of skills. Program completion can vary, but averages six months to a year. *Federally funded by a grant in partnership with Bristol Adult Ed., the NEDP is a nationally certified program.* **Call (860) 793-3209. Cost Free**

*Celebrating 19 Years of Learning  
and Growing with Plainville  
Families. Building the Bridge  
Between Home and School.*

**Like Us on Facebook**



Linden Street School  
69 Linden Street  
Plainville, CT 06062  
Phone (860) 793-6304  
Fax (860) 793-3269

### The Plainville Family Resource Network (PFRN)

Located in Room 154 at Linden Street School is a warm and welcoming place to meet other families and enjoy fun activities, stories, and more with your child. This opportunity is a great introduction to school in a play based setting. The PFRN provides educational programs for children birth through elementary schools age as well as programs for parents, childcare providers, and relatives providing care for their family members.

### Play&Learn Groups

The PFRN continues to provide Play&Learn Groups for families with young children, Play&Learn Groups at Linden Street School are held 9:30-11a.m. Mon., Tues., & Wed. Also an evening Play & Learn Group is available Mon. 6-7:15p.m. All Plainville children birth to age 5 are welcome to attend with a parent, grandparent, care provider or other responsible adult. The mixed age group provides children with social & language development opportunities. Parents have opportunities to play with their children and to interact with other parents, and use our lending library.

### Parents as Teachers

Parents as Teachers (PAT) program provides education and support to families, childcare providers, and relative care providers who have children ages pregnancy through 5. They are supported by PAT, certified parent educators trained to translate scientific research on early brain development into specific when, what, how, and why information for families. By understanding what to expect during each stage of development, you can easily capture the teachable moments in everyday life to enhance their child's language development, intellectual growth, social development, and motor skills. Home and personal visits available to meet the individual needs of each family or provider. Call the PFRN to schedule your first visit: (860) 793-6304.

### Preschool Developmental Screenings

The district will be conducting screenings for 3 to 5 year olds on 3/6/17 and 5/8/17. This is an opportunity for parents to have their child observed in an informal fun atmosphere by our professional early childhood team to ensure development is progressing smoothly. Students with delays

may be eligible for extra support at no cost to families to prepare them for kindergarten. To register for a screening or for more information, please call your neighborhood elementary school or the special education office at 860-793-3214.

### Conscious Discipline Attention Parents, Caregivers, Teachers...learn how to respond, rather than react, to any situation!

Conscious Discipline is a workshop series created by Dr. Becky Bailey, resulting from her experience, research, and learning while working with children and families for over 30 years. Participants will develop a greater understanding of the brain, become better able to see children's behavior as opportunities to teach acceptable choices and learn how to regulate their own emotions to keep calm. There is \$10.00 fee for materials, space limited to first 25 participants. Dinner and childcare provided at no cost. Contact 860-793-6304 for more information and/or to register.

### Child Care Providers

PFRN offers services to family child care providers and relatives who care for young members of their extended family. These services include: professional development opportunities, personal visits, a lending library, field trips, and resources/referrals for providers and their families. Care providers also have the opportunity to participate in the nationally renowned, "Parents-As-Teachers" program, with professional support materials and resources for families. Contact PFRN for more information or to make an appointment: (860) 793-6304.

### Evening Play&Learn Group

Enjoy a special evening focused on quality time with your child while meeting with other Plainville families. Creative play and story time included. Each Monday while school is in session 6-7:15pm. Please call Ms. Donna Cavallaro (860) 793-6304 for information.

### Summer Play & Learn Groups

Come and enjoy "Barnyard Fun" at PFRN! Daytime groups for families to enjoy fun learning opportunities with a farm theme, Groups held Mon./Wed. 9:30-11am, call for location details. **Evening:** Two fun-filled summer evenings at Paderewski Park 6-7:15pm (call for dates), enjoy play, music, and storytelling with a farm theme, welcome to bring a friend!



### Plainville Community Schools Preschool Program

The PCS Preschool Program is seeking Plainville students for the 17-18 school year who will be 4 by 1/1/18. The full day program is offered at each of our 3 elementary schools with transportation provided to and from home and/or Plainville day care providers. To be added to the mailing list for spring registration, or for more information, please call your neighborhood elementary school or the special education office at 860-793-3214.



### Morning Adult Education Classes with On-Site Childcare at No Cost!

### Adult Education

- GED® Preparation • Computers
- English as a Second Language
- Adult Basic Education • Lending Library: eReaders, Museum Passes

### Rolling Enrollment

February 6 - May 24, 2017

Mondays, Tuesdays, Wednesdays

9am - 11am

ESL Family Language Lab

Wednesdays 11am-Noon

### Call Today (860) 793-3209

Available through a federally funded grant in partnership with PFRN & Plainville Adult Ed.

clases de educacion para adultos  
registrese hoy (860) 793-3209

- preparacion de la ciudadania
- educacion basica para adultos
- preparacion para el GED®
- ingles como segundo idioma

# HEALTH CARE TRAINING AT PHS

## Pharmacy Technician

Prepare to work in a pharmacy setting and to take the Pharmacy Technician Certification Board's PTCB exam.

Includes lecture/hands-on labs, and a local clinical rotation. **WIOA APPROVED**

**\$1,199 NO SENIOR DISCOUNT**

March 14 - May 16, 2017

Tues. & Thurs. / 4-7pm / Minimum: 4

## Clinical Medical Assistant

Students will be trained to assist physicians by performing functions related to the clinical responsibilities

of a medical office. **WIOA APPROVED**

**\$2,599 NO SENIOR DISCOUNT**

March 7 - June 14, 2017

Mon. - Thurs. / 4-7pm / Minimum: 4

## Medical Billing and Coding

Obtain the skills needed to solve insurance billing problems, how to manually file claims, complete common insurance forms, trace delinquent claims, appeal denied claims and use generic forms to streamline billing procedures.

**WIOA APPROVED**

**\$1,899 NO SENIOR DISCOUNT**

February 27 - June 7, 2017

Mon. & Wed. / 4-7pm / Minimum: 4

## Veterinary Assistant

Covers interaction with clients and their animals, interpersonal communications, administrative duties, and how to assist the veterinarian during examinations.

Includes hands-on labs.

**\$1,899 NO SENIOR DISCOUNT**

February 27-May 22, 2017

Mon., Wed., Thurs. / 4-7pm / Min. 4

# MATH AND ENGLISH REFRESHERS

The Fast Track to Success.

Whether searching for a new job or just treading water in your current job, we can help! Brush up on the basics, impress your boss, keep your job, and shake hands with success. Prerequisite: High School Diploma

## MATH

**M,T,W,TH March 27-30, 2017**

## ENGLISH

**M,T,W,TH April 24-27, 2017**

M. Bresnahan 3-4pm Room 223

Minimum: 10 Maximum: 35

**(CERTIFICATE ISSUED) Fee Per Subject:**

Resident \$50 Nonresident \$55

## PLAINVILLE ADULT EDUCATION

### Registration Form - Spring 2017

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

\_\_\_\_\_ Indicate if you are a Plainville Resident Senior Citizen (62 and over) then deduct 30% off of the advertised fee for any **one** program. Please Note: this discount does not apply to courses with "NO SENIOR DISCOUNT" specified in course descriptions, or to Health Care Training.

Course \_\_\_\_\_ Fee \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

**YOUR suggestion for a new course** \_\_\_\_\_

Thank you for making your check payable to:  
**PLAINVILLE ADULT EDUCATION**  
 Please photo copy as needed, mail form(s) with tuition to:  
 Plainville Adult and Continuing Education  
 47 Robert Holcomb Way Plainville, CT 06062

*The instructors are hired to teach general concepts, not to provide specific advice to individuals. You should consult your own medical advisors before making any decisions based on examples used by instructors. All of our physical education courses may be strenuous. Therefore, consult a physician before enrolling. By enrolling in these courses you indicate that you have no physical condition that would make participation hazardous to your health.*

### For additional program information, contact:

Jill O'Brien, Coordinator-Plainville Adult & Continuing Education  
 47 Robert Holcomb Way Plainville, CT 06062

860.793.3209

obrienj@plainvilleschools.org

## INFORMATION

**Enrichment Program Policy:** Courses are offered on a self-sustaining basis. If the enrollment is insufficient to cover the cost of the course, the course will be canceled and the fees received will be refunded. Allow 6-weeks for processing refunds. No registration confirmation will be mailed to you. Unless notified the contrary, assume that you are enrolled and your class will run as scheduled.

In the event of a filled class or cancellation, every attempt will be made to notify you. **PP** = "per person" registration fee. **Refund Policy:** A full refund is given only when Adult Ed. cancels a course. Regrettably, no other refund requests can be honored. Please allow 6 weeks for processing. No refunds once classes have started. **Supplies/Materials:** may be required for some classes.

**Room Assignments:** may be subject to change. **Certificates of Achievement:** Will be presented to all participants upon request.

**Bad Weather Policy:** If the day school is cancelled, all continuing education classes are postponed to a later date. If an afternoon storm develops, check [www.ctweather.com](http://www.ctweather.com) for official notices.

**Location:** classes are held at Plainville High School unless otherwise noted. **Who May Enroll:** Residents and Nonresidents ages 16 + unless otherwise indicated / Mandated Programs ages 17+

**Instructors:** Are certified teachers or other members of the community with special areas of expertise that they are qualified to share. **If you have any course ideas or would like to join the faculty, please call (860) 793-3209.**

**Please visit:** [www.plainvilleschools.org/family/adulted](http://www.plainvilleschools.org/family/adulted)

This provider is in compliance with Connecticut General Statutes Sec. 10-71c and does not charge a fee for any textbooks or materials used in the mandated program areas. (A deposit may be imposed to ensure the return of borrowed materials.)

All activities offered by Plainville Adult Education are held in accessible locations, primarily Plainville High School. Accommodations for individuals with a disability are available upon request. For information, contact: Martha Smith (860) 793-3209.

The Plainville School System does not discriminate in the employment or assignment of staff, or in program offerings to students on the basis of race, color, national origin, sex, age or handicap.

No person in the United States shall, on the basis of sex, be excluded from participation in, or denied the benefits of, or be subjected to discrimination of any educational program or activity receiving state or federal assistance.

Plainville Adult and Continuing Education  
47 Robert Holcomb Way  
Plainville, CT 06062  
(860) 793-3209

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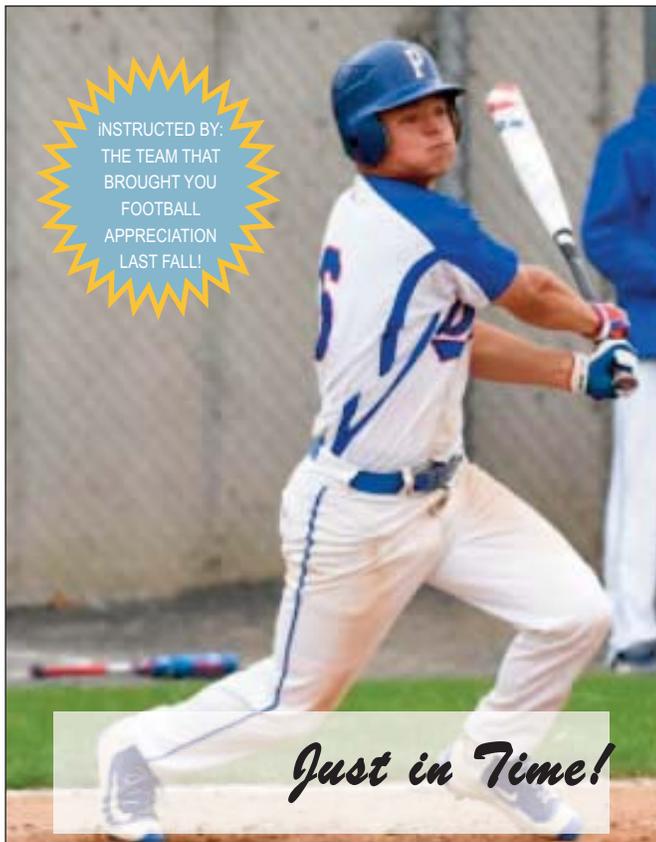


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Dr. MAUREN BRUMMEIT, SUPERINTENDENT OF SCHOOLS

Sponsored by the Plainville Board of Education: Brent Davenport, Michael Giuliano,  
Deborah Hardy, Laurie Peterson, Cheryl Provost, Andrea Saunders,  
Crystal St. Lawrence, Becky Tyrrell, and Foster White



## NEW! Baseball 101

An informational course designed for those who need help understanding the game.

Spring Training marks the beginning of the Baseball Season! When the pitchers and catchers report back to work, it would be a good time for you to work on your baseball knowledge. In this class, you will be able to understand the ins and "outs" of the game. Not sure what a backwards K means? Why can the batter run on a dropped third strike? Come find these things out plus a whole lot more.

### All Star Instructor Line-up:

Amy Tennant, Cindy Birdsall, and Jeri Turkowitz  
Monday, March 13, 2017 / 6:00pm-8:00pm  
Plainville High School, Room 222 Minimum: 10  
\$25 per person 1-session

See *Basketball Appreciation course*, on page 3

Photograph courtesy of Chris Farrell, Athletic Director  
Plainville Public Schools