

BSC Spring Class Registration 2024

The Bristol Senior Center Winter Class Registration will begin on Wednesday, April 3, 2024 at 9:00-11:00am in our Gymnasium, and continue weekdays on Thursday, April 4, 2024 between the hours of 8:30am - 4:00pm in the main office. Classes are 8 weeks long and the fee for each class varies depending on the length of the class. Registration is first come, first serve until classes are full. See class details for additional supply fees. Checks should be made out to the Bristol Senior Center. Must be a Bristol Senior Center Member.

Spring Class Registration - Class Options

Exercise Classes:

Cardio Beats	Mondays 9:00-9:30am	Starting 4/29/24	8 classes	\$16.00	Denise Lipka
Zumba	Mondays 9:40-10:25am	Starting 4/29/24	8 classes	\$16.00	Denise Lipka
Strength & Tone	Mondays 10:45-11:45am	Starting 4/29/24	8 classes	\$16.00	Nancy Plourde
Foundations for Balance	Mondays 10:00-11:00am	Starting 4/29/24	8 classes	\$16.00	Cynthia Hoag
Pilates	Mondays 12:30-1:15pm	Starting 4/29/24	8 classes	\$16.00	Divya Rajadhilipkumar
Tap Dance for Seniors	Mondays 1:30-2:15pm	Starting 4/29/24	8 classes	\$16.00	Amy Perales
Beginner Tap Dance	Mondays 2:15-3:00pm	Starting 4/29/24	8 classes	\$16.00	Amy Perales
Simple Stretch with Chair	Mondays 3:15-4:00pm	Starting 4/29/24	8 classes	\$16.00	Amy Perales
Aerobic Exercise	Tuesdays 9:30-10:30am	Starting 4/30/24	8 classes	\$16.00	Nancy Plourde
Simple Stretch with Chair	Tuesdays 9:45-10:30am	Starting 4/30/24	8 classes	\$16.00	Amy Perales
Simple Stretch with Chair	Tuesdays 10:30-11:15am	Starting 4/30/24	8 classes	\$16.00	Amy Perales
Intermediate Ukulele	Tuesdays 1:00-2:00pm	Starting 4/30/24	8 classes	\$16.00	Sue Hill
Beginner Ukulele	Tuesdays 2:00-3:00pm	Starting 4/30/24	8 classes	\$16.00	Sue Hill
Strength & Tone	Wednesdays 9:30-10:30am	Starting 5/1/24	8 classes	\$16.00	Nancy Plourde
Chair Yoga	Wednesdays 10:45-11:30am	Starting 5/1/24	7 classes	\$14.00	Holly Zygiel
Cardio Beats	Thursdays 9:00-9:30am	Starting 5/2/24	8 classes	\$16.00	Denise Lipka
Zumba	Thursdays 9:40-10:25am	Starting 5/2/24	8 classes	\$16.00	Denise Lipka
Line Dance	Thursdays 10:30am-12:00pm	Starting 5/2/24	8 classes	\$16.00	Jim Gregory
Beg. Ballroom Dancing	Thursdays 1:00-3:00pm	Starting 5/2/24	8 classes	free	Ken & Peg Brintle
Simple Stretch with Chair	Fridays 9:45-10:30am	Starting 5/3/24	8 classes	\$16.00	Amy Perales
Intro To Jazz	Fridays 10:45-11:30am	Starting 5/3/24	8 classes	\$16.00	Amy Perales

Art Classes:

Watercolors	Mondays 10:00am-12:00pm	Starting 4/29/24	8 classes	\$24.00	Penny Kindblom
Learn To Draw	Mondays 1:00-3:00pm	Starting 4/29/24	8 classes	\$24.00	Sandy Jankowski
Quilting-Small Projects	Mondays 1:00-3:00pm	Starting 4/29/24	4 classes	\$12.00	Chris Murray
Quilting - Intermediate	Tuesdays 10:00am-12:00pm	Starting 4/30/24	4 classes	\$12.00	Chris Murray
Quilting - Beginners	Tuesdays 1:00-3:00pm	Starting 4/30/24	4 classes	\$12.00	Chris Murray
Chair Seating	Tuesdays 12:15-3:15pm	Starting 4/30/24	8 classes	^\$24.00	Michael Orefice
Ceramics	Tuesdays 10:00am-12:00pm	Starting 4/30/24	8 classes	*\$32.00	Sandi Soucy
Wreath Making	Wednesdays 10:00am-12:00pm	Starting 5/1/24	8 classes	**\$50.00	Penny Kindblom
Ceramics Wed AM	Wednesdays 10:00am-12:00pm	Starting 5/1/24	8 classes	*\$32.00	Sandi Soucy
Handwriting Analysis	Wednesdays 1:00pm-3:00pm	Starting 5/1/24	8 classes	\$24.00	Patricia Senich
Ceramics Wed PM	Wednesdays 1:00-3:00pm	Starting 5/1/24	8 classes	*\$32.00	Sandi Soucy
Doodle Art	Wednesdays 1:00-3:00pm	Starting 5/1/24	8 classes	\$24.00	Sandy Jankowski
Watercolors	Thursdays 1:00-3:00pm	Starting 5/2/24	8 classes	\$24.00	Penny Kindblom
Painting - Beginner	Thursdays 10:00am-12:00pm	Starting 5/2/24	8 classes	\$24.00	Sandy Jankowski
Painting - Intermediate	Thursdays 1:00-3:00pm	Starting 5/2/24	8 classes	\$24.00	Sandy Jankowski
Decorative Painting	Fridays 10:00am-12:00pm	Starting 5/3/24	8 classes	\$24.00	Penny Kindblom
Watercolors	Fridays 1:00-3:00pm	Starting 5/3/24	8 classes	\$24.00	Penny Kindblom

^ The Instructor for the chair seating class will get the supplies that you need to complete your project and will let you know what the extra fees will be.

* Paints in the Ceramics class are \$1.00 per week and are supplied. The cost is built into the course price.

** For the Wreath Making Class the first couple of projects are included in the cost of the course. You will get to keep

Spring Class 2024 Registration - Class Descriptions

Exercise Classes:

Strength & Tone - Light weight training is incorporated with simple cardio. Bring your own weights!

Aerobic Exercise - Nancy Plourde instructs low impact, high impact, and step aerobics.

Cardio Beats - A fun, stress relieving, cardio drumming fitness class. Focusing on coordination, mindfulness, balance, strength.

Zumba - Zumba is an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating!

Tap Dance For Seniors - Tap dance techniques for the experienced dancer are taught for fitness. This is a fast moving class.

Beginner Tap Dance - This is an absolute beginner class for anyone who ever wanted to try

Intro To Jazz - Hats, Canes & Chairs are all incorporated into this fun dance exercise class! If you take the simple stretch class with Amy & enjoy the "All That Jazz" exercise, you will enjoy this class. Must be comfortable standing the entire session.

Liv-Free Chair Yoga - Gentle movements are brought into the body and poses are flowed together to connect with our breath.

Line Dance - Learn steps to your favorite country music while getting a good workout.

Beginner Ballroom Dance - Learn basic moves for popular dances including the Rhumba & the Cha-Cha. Peg and Ken Brintle *couples preferred, singles will be paired if possible.

Simple Stretching with Chairs - Flexibility is a key element of fitness to help prevent injury and make everyday tasks easier. Join Amy Perales to stretch your way to better health!

Foundations For Balance : Using Movement & Breath - This class introduces basic Tai Chi and Qigong movements to improve overall balance, strength and confidence. We begin with simple stretching, using chairs to assist in balance points, both sitting and standing. Students will learn to consciously incorporate their breath with their movements, which promotes relaxation and clarity of mind. (relaxes the "busy mind") These practices done together will help each student to create their own system of self-care, while enriching their health and well-being. A guided meditation is included at the end of each class. A practice log will be provided to keep track of your progress.

Pilates - This class will focus on keeping the body moving with strength training, bodyweight exercises, core training, and balance. We will use bands, balls, and dumbbells.

Ukulele - Advanced Beginner - This class is designed for anyone looking to improve their skills, as well as someone who has completed the beginner ukulele course. Let's learn some new songs, chords, strumming styles and have fun playing together as a group. The class will explore some new keys (G, D, & A) and chords, very easy tab melody playing, memorizing songs, and some duet playing.

Ukulele - Intermediate - Join this fun, friendly and supportive class if you know the basics and want to keep growing as a player. We will explore new songs and techniques such as strumming, fingerstyle, chord melody, a bit of theory and more. The class is taught with options for easier and more advanced play so you can enjoy the class at your level. There will be an opportunity to perform for an audience.

Art Classes:

Watercolors - Learn how to blend watercolors to create a masterpiece.

Intermediate Quilting - Participants will discuss various methods of "scrap management" and choose from several projects to create a quilt.

Beginner Quilting - Participants will choose from several projects to create a quilt.

Quilting - Small Sewing Projects - Let's make a zippered bag with pockets to carry all of your sewing supplies! Participants will be provided with a supply list for the project.

Chair Seating - Cane, Rush, Reed. Come learn the art of chair seating and complete a project that has been lingering.

Ceramics - Learn how to decorate and preserve ceramic creations. Choose your own creation, decorate it, and then they are fired right on site. Many class options.

Painting Beginner - Painting and brush stroke techniques are taught for people with little experience.

Painting Intermediate - Painting and brush stroke techniques are taught for experienced painters.

Seasonal Wreath Making - This class is for people who love to decorate their homes for the seasons. Special projects will be chosen and completed during this class. Students will be able to keep their projects. Cost of the projects is built into the class.

Decorative Painting Projects - Learn how to accentuate projects with paint and creativity.

The Art of Doodling - Many people draw, sketch, or scribble idly, while their attention is elsewhere. This is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing freeform or structured patterns. Will touch on "Zentangle", "Zen-doodling", "Sten doodling", "Neuro-Doodling", and Mandalas.