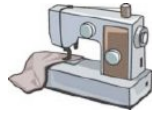


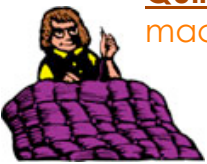
ADULT PROGRAMS COURSE CATALOG

UFO's (Unfinished Objects): Fourth Monday of each month. If you have quilting or sewing projects that you just don't seem to finish, join UFO's. Bring your own sewing machine and projects to work on. Enjoy the camaraderie of others.



Facilitator: Tina Stopa

Quilting: Includes instruction and member in UFO's. Bring your own sewing machine. A materials list will be provided at registration.



Instructor: Margaret Hait

Rutgers Safety Course for Volunteer Coaches: Required for all volunteer coaches who plan on coaching or assisting with any youth sport programs. This class addresses the issue of liability for coaching children in youth sport programs.



Yoga: Women and men may join to improve flexibility, increase strength and truly relax. Cultivate focus, balance and piece of mind. Bring a mat or small blanket to use on the floor.



Instructor: Gigi Shannon

Morning Stretch: If you want to exercise but don't want to travel at night, this class of moderate stretching and strengthening is designed for you. Bring a mat or towel to use on the floor.



Instructor: Maxine Swentzel

Resistance Training: This class is designed to strengthen your core muscles, including abdominals, sides, backs and gluts. Bring a mat and a water bottle.



Instructor: Maxine Swentzel

Men's Basketball: Byram, Stanhope and Netcong men over age 18 are welcome to play pick-up games. No games when the school is closed, or on concert dates. Must register before playing, but may join at any time. Proof of residency and age is required.



Men's Basketball, 35+: Byram, Stanhope and Netcong men over 35 years old are invited to play pick-up games. Must register before playing but may join at any time. Proof of residency and age is required.

Summer Tennis: Lessons will include forearm and backhand stroke development, serving, and scoring and game strategy. Bring a racquet. Time brackets for levels will be posted in each Summer Newsletter

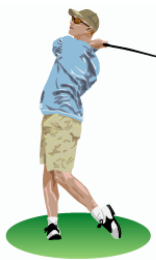


Instructor: Glen Martinson

Coed Volleyball: Byram, Stanhope, and Netcong men & women over age 18 are welcome to play pick-up games. No games when the school is closed, or on concert dates. Must register before playing, but may join at any time. Proof of residency and age is required.



Golf: All classes will be offered through To The Tee gold lessons. Class sizes are limited, but should there be insufficient registrants to hold a Byram exclusive class, golfers may be combined with other programs. Clubs will be available if needed. *Must buy own range balls.*



Instructor: MaryBeth Kohberger

Karate for Adults: The benefits of this training include not only being able to protect yourself, but also being physically fit, which will help increase mobility, stamina, speed, balance and coordination.



Instructor: Sensei Scott LaPalusa

Outdoor Summer Circuit: Meet at the stairs by the soccer field parking lot. Men and women will combine walking on C.O. Johnson paths with exercise stations. Parents with infants in strollers may join this class, pushing the stroller through the fitness circuit. Bring a water bottle.

Instructor: Maxine Swentzel



Fitness Boot Camp: This level 2-3 fitness experiences is designed for the intermediate or higher-level fitness conditioning. Stretch, cardio, strengthening and endurance exercises will be included. Class will meet at the stairs leading down to the soccer field, but portions of the class may be held inside.

Instructor: Maxine Swentzel

Chair Based Exercise: A beginner level, no-impact, chair based exercise class for those who prefer not to exercise on the floor. Stretching, flexibility and strengthening exercises will be done from standing position or seated in a chair. Some transportation to the class combined with shopping or lunch may be arranged on the senior bus by calling the Recreation Class.

Instructor: Maxine Swentzel