

**Summer 2017**  
Course Descriptions

# Hitchcock Free Academy

*Providing Educational, Recreational and Cultural Programs*

PO Box 155, 2 Brookfield Road  
Brimfield, MA 01010  
*Corner of Route 20 and Brookfield Road*

Office Hours: Tues, Wed & Fri: 9:00 AM-Noon  
Monday–Friday: 6:30-9:00 PM

**[www.hitchcockacademy.org](http://www.hitchcockacademy.org) | 413.245.9977**



**SUMMER 2017 COURSE REGISTRATION: COURSE REGISTRATION:** You can register by credit card online at [hitchcockacademy.org](http://hitchcockacademy.org). You may also stop in during office hours to register or mail a check payable to *Hitchcock Academy* along with your name, address, phone, the class name and session. Students under the age of 18 need a consent form completed prior to the first class. Consent forms are available to print online.



**REGISTRATION DEADLINE:** Registrations are due 7 days prior to the first class. Registrations received after the deadline will be subject to a **\$5.00 late fee**.

**NO REFUND** except for course cancellation.

**ROOM RENTAL:** Hitchcock Academy offers rooms at \$50.00 per hour in a smoke and alcohol-free environment.

**STORM CANCELLATION:** Call Hitchcock or visit our website. We generally close or have a delay when Union 61 schools are cancelled, but check with us about evening programs.

Closed most holidays and school vacations.



# Upcoming Events

Check our website for more details

## HITCHCOCK FARMERS' MARKET

Saturdays, 9:00 am – 2:00 pm

April 15 – October 28 Closed during flea markets



**INTERNATIONAL MAKE MUSIC DAY CELEBRATE SUMMER! JUNE 21, 6-8PM**

## STAR GAZING AND BEER TASTING

August 16, 8:00 PM – 10:00 PM

## FAMILY MOVIE NIGHT

Family Friendly Recent Release Movie

TBD Friday July 21 at dusk.

**YOUTH COURSES** consent forms needed. See last page of this flyer.

### **ART WITH LAURA (Ages 8-12)**

**Tips & Tricks to Drawing and Painting** – Pencil, acrylic, watercolor...students will be shown how to draw, see things differently, and learn an understanding of shapes, subject and color mixing. Supplies included. (2 classes) **Date:** A) M & Tu August 7&8, 10-Noon

### **Learn to Paint like the**

**Masters** – Choose from several images to paint your own canvas and become a “Fake” Master painter. Learn artistic skills, how to keep color records or journal your artistic process. Supplies included. (2 classes) **Date:** D) W & Th June 28&29, 10-Noon **Fee:** \$72 each topic **Instructor:** Laura Cenedella

### **BABYSITTER TRAINING (Ages 11-15)**

Designed for students 11-15 years, this course provides the participant with instruction in child development, fire safety, emergency procedures, coping with difficult situations, vital information for running your business, choking and Heimlich. (1 class, bring lunch) **Date:** Monday July 10, 10 AM-3 PM, **Fee:** \$42

**Instructor:** Lisa Meunier

### **CIRCUS YOGA (Ages 6-13)**

This class is a playful expression of yoga poses where children combine poses together, and use each other for balance. It is a safe and fun way to explore movement, flexibility and trust.(4 classes) **Date:** A) Tues, July 18-Aug 8, 3:30-4:30PM **Fee:**\$50 **Instructor:** Karen Larsen

### **FENCING (Ages 8-16)**

Fencing is a sport of combat that originally started as practice for dueling with swords. Since that time it has grown into a modern sport while maintaining those virtues that made it great; honor, valor, and grace. Bring a water bottle, sneakers and comfortable clothing. (8 classes) **Dates:** Wed, 7:15-8:15PM July 19-Sept 6

**Fee:** \$99 **Instructor:** Andrew Bloch

## FRIENDS AND FAMILY FRIDAYS

Don't worry about dinner, pizza, veggies and a group class are included in the low price of **\$6 each attendee**, \$30 maximum per household. New activities First Friday of every month. All ages welcome. 6:00-7:30 PM.

**July 7** –Bring a dog and teach your Dog a Trick with certified canine instructor, Laurie Merritt

**August 4** – Judo with Sen-I- Judo Club instructors Sensei Lopez and Sensei Cote

**Sept 1** - BBQ theme Kadoodle Kupcakes for Labor Day picnics with Megan O'Brien

## IRISH STEP DANCE (Ages 7-13)

This is an older style Irish step. Done in soft shoes or bare feet. It is called Sean-nos. It was a form of dance that was used to tell stories around the campfire and is a non-competitive style for children (4 classes) **Date:**

**A)** Tues, July 18-Aug 8, 2:15-3:15 **Fee:**\$50 **Instr:** Karen Larsen

## JUDO MARTIAL ARTS (Ages 5 & up)

Judo (gentle way) practice develops discipline, confidence, team-work, fitness and fun. Ongoing classes are held Tuesdays & Thursdays 5:00-6:00 for details and registration contact Sensei Israel Lopez 413 279-4330 [sjudoclub@yahoo.com](mailto:sjudoclub@yahoo.com) or email [sjudoclub@yahoo.com](mailto:sjudoclub@yahoo.com)

## PRIVATE MUSIC LESSONS (Ages 5-Adult)

Violin, Viola, Piano, Guitar, Bass Guitar, Saxophone, Clarinet, see adult description for each instrument

## PRIVATE TUTORING (Grades 1-6)

Individualized summer tutoring for students entering grades 1-6. Local teacher provides instruction in phonics, reading, language arts, math, summer reading and projects...Fun activities and skill specific games based on child's needs. **Dates & Times** negotiable six, 45 minute sessions between 7/10-8/21 **Fee:** \$140

**Instructor:** Cheryl Cameron, MA Spec. Ed

## SUMMER FUN (Ages 3-12) Summer Fun classes meet Monday - Friday for 3 weeks; 50 minute classes

**Dates:** July 17 – August 4. The chart outlines programs for different ages/times of each class; you choose which weeks, which classes you wish to attend. (5 classes per program M-F) To request supervision between summer fun classes, check *yes* on the Registration Form.

**Story Time (A)** - Bring books to life through playful activities.

**Games (B) (D) (I)** – Age appropriate games of all types including races, water play, traditional games and more!

**Arts & Crafts (C)** –Creating thematic art projects.

**Design & Create (F) (H)** – Developing imagination with unique group and individual projects.

**Tennis (E) (G)** – Discover some basics of tennis through games.

Summer Fun			
Mon-Fri	Ages 3-4	Ages 5-6	Ages 7-12
Wk. 1 July 17	Must be 3	Must be 5 by	Must be 8
Wk. 2 July 24	by August	August 31	by August
Wk. 3 July 31	31		31
9:00-9:50	A)Storytime	D) Games	G) Tennis
10:00-10:50	B) Games	E) Tennis	H) Design & Create
11:00-11:50	C) Arts & Crafts	F) Design & Create	D) Games

**Fee:** \$16.00 per week, per program. Each letter is a program (5 classes).

## WALK-IN FAMILY MOVIE NIGHT

Hitchcock is partnering with the Brimfield Library to host an outdoor movie night with a TBD recent release family movie. Bring a chair or blanket and the kids for a free outdoor movie night! Snacks available for sale. **Date:** Fri, July 21 at sunset, rain date Sat July 22 **Fee:** \$3 pp \$10 max per household

## CLASSES FOR AGES 14–ADULT

### ART WITH LAURA (Ages 13-17 & 18+)

**Tips & Tricks to Drawing and Painting** – Pencil, acrylic & watercolor, students explore how to draw, see things differently & learn to understand shapes, subject & color mixing. Supplies included. **Date: B** (2 classes) Ages 13-17 Th July 6, 9:30AM-2PM **C** (1 class) Age 18+ Wed July 19&26, 6:30-8:30PM

**Learn to Paint like the Masters** – Choose from several images to paint on your own canvas and become a “Fake” Master painter. Learn artistic skills, how to keep color records or journal your artistic process. Supplies included. **Date: E** (1 class) Ages 13-17, Sat. July 8, 9:30-2:00 bring a lunch **F** (2 classes) Ages 18+ Th Aug 3&10 6:30-8:30PM **Fee:**\$72 each topic **Instructor:** Laura Cenedella

### BEER TASTING AND STAR GAZING

Suggested age 5+ (root beer served) Set your eyes to the sky to view the summer spectacular meteor shower, constellations and planets at this *fundraising event*. Enjoy RapsCALLION’s beer tasting with 3 tastings and a pint, or homemade root beer, juice & soft drinks for teetotalers and those under 21. Snacks and chips are also included. The Perseids meteor shower will be active & amateur astronomers will bring a telescope to view a myriad of deep space objects and point out planets and constellations.

**Date:** Wed, 8-10 PM, August 16, (overcast date: Thurs, Aug 17, In case of overcast skies on both nights, an astronomy show about the solar system will be held in the pavilion Aug 17th

**Place:** Hyland Orchards 195 Arnold Road, Sturbridge MA **Brought to you by:** RapsCALLION Brewery, Hyland Orchard, Astronomers Geoff & Kim McLean from the Thames Amateur Astronomical Society

**What to bring:** Only red flashlights are allowed to protect your night vision for best viewing from the orchard field. Red cellophane will be available. Bring a blanket or chair to enjoy the magic of the night sky.

**Fee:** \$15 anyone 21+ in advance/\$20 at the door, \$5 under 21

### SPECIFIC CHIROPRACTIC: BIG IDEA HEALTH CLASS

Interference in the function of your Nervous System impacts your ability to heal. A piece of the BIG IDEA is that the body is inherently intelligent knowing EXACTLY what to do because its natural state is healthy

**Dates:** **A** June 8 6:30-7:30 **B** June 26, 7-8 **C** July 24 7-8 **Free.** Dr. Dan Ceballos, Specifics Chiropractic Center

### CLEAN EATING

GMO’s-what are they? Are they safe? What does *organic* really mean to me? Is it important? The second session discussion will be “eggs debunked”...everything you need to know- *cage free, vegetarian fed, with Omega-3’s* – What do these terms mean? How do I make the right choices for me and my family? (2 classes)

**Dates:** Wed, July 19 & 26 6:30-7:30PM **Fee:** \$55 **Instructor:** Dee Cady, Health & Life Coach

### DECLUTTER: LOWER YOUR STRESS

Did you know that our surroundings can create stress? Studies have shown that clutter in our homes can affect our stress levels, memory in aging and ultimately affects our health with raised blood sugar levels.

Simple Organizing Solutions: Enhancing life through change **Date:** June 26, 6-7:30PM **Fee:** \$15

**Instructor:** Anne Bernardin

### DECORATING CUPCAKES

*Appropriate for adults but ages 8 and up are welcome, too!* Create sea creatures and beach themes in this cupcakes class while you learn basic cake decorating skills. We'll practice buttercream piping techniques such as a star, pulled star and zig-zags on a practice board before designing six cupcakes for you to take home and enjoy. Plus, get a little introduction to fondant while creating a bright sun to add to a cupcake. All supplies included. **Date:** Wed August 2, 6-8:00PM **Fee:** \$25 **Instructor:** Susan Gaulin, Certified Wilton Instructor

### DOG TRAINING CLASSES

**BUDDIES** This dog training basics class is for canines of all ages (puppies welcome) and provides positive training methods, good management practices, problem-solving strategies. The first week is mandatory, and *dogs do not attend*. Vaccinations must be up-to-date. Bring the household! Children under 14 must be with an adult. (6 classes) **Dates:** Wed, **D** June 14-July 19 **E** July 26 – Aug 30 6:30-7:30 PM **Fee:** \$130 per dog per session

**K9 NOSEWORK®** is a sport open to all breeds of dogs and their people. Progressive training levels offered. (6 classes)

**K9 NoseWork® Advanced Dates:** Thurs 7-8:30PM **K** June 15-July 20 **O** July 27-Aug 31

**K9 NoseWork® Advanced Dates:** Saturday 9-10:30AM L) May 13-June 24 (no 6/10) P) July 1-Aug 5 S) Aug 12-Sept 16

**K9 NoseWork® Intro to Odor Dates:** Sat 10:30-noon M) May 13-June 24 (no 6/10) Q) July 1-Aug 5 T) Aug 12 -Sept 16

**K9 NoseWork® Introduction Foundation Dates:** Sat 12-1:30PM N) May 13-June 24 (no 6/10) R) July 1-Aug 5 U) Aug 12-Sept 16

**Fee: K9 NoseWork®:** \$145.00 per dog per session

**Instructor:** All Dog training classes will be taught by Laurie Merritt, MEd, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- [National Association of Canine Scent Work](#)

## GARDENING SERIES

**Garden Prep for Veggie Garden Success:** Tight on gardening space? Soil isn't ideal but you still want to grow your own vegetables this year? Join us to cover the basics of veggie gardening from soil prep, fertilizing, pest control, planting time, crop rotation to companion planting to maximize your gardening success. We will also discuss the benefits, construction and care for raised vegetable gardens. **Dates:** Sat June 10, 10:30-11:30AM **Fee:** \$10

**Organic Pest Control:** With the joys of gardening comes the occasional frustration of controlling pests and diseases. We will discuss a wide range of organic pest control strategies from scouting for pests, pest ID, natural predators to organic chemical control options. Learn to draw from a variety of pest management tactics, both you and nature will reap the benefits. **Dates:** Th July 20 7-8PM **Fee:** \$10

**Putting Your Garden to Bed for the Winter:** As the gardening season draws to a close its time to think about garden clean-up, protecting plants from winter damage and preparing for the following spring. Join us to discuss a variety of topics including which plants to cut back, which plants to let stand until spring, dividing perennials, techniques for feeding your soil while protecting your plants and tips for controlling reoccurring pests **Dates:** Thurs Aug 24, 7-8:00PM **Fee:** \$10

**Instructor:** for all talks, Jessica Groleau, Horticulturalist

## MAKE MUSIC DAY

**International Make Music Day** [www.makemusic.org](http://www.makemusic.org) was created to **celebrate** the arrival of **Summer!** At Hitchcock: Rain or Shine. Outside if possible 6:00- 8:00PM. Enjoy a variety of live music including: Drumming Circle with Tim Kane; Dave & Erin Wallace; Watson & Co.; Southbridge Bells & Beaus; Jared Fiske; Christina Richard; Linda Day; Jodi Stevens...and stay tuned for new additions to our wonderful evening of music! **Also, Summer Registration Night!** Sign up for our Newsletter, Register for a summer program in person and be entered into a free drawing for a \$25 gift certificate to Hitchcock Programs.

**FREE!**

## MARTIAL YOGA

Martial Yoga strives to balance the vigorous action of traditional martial arts with the soft, stillness that so often typifies yoga. However, yoga postures may be modified to encompass, lines, forms or other aspects more familiar to a martial artist. Additionally, the pace of the class is dynamic where, even while holding a pose, there is movement. Martial yoga reminds us that we are all animals and all movement arts, should strive to discover our most basic, natural, movement. Martial yoga, while physical in nature, is a meditation throughout and thus, strengthens the body, calms the mind and emboldens the spirit.(8 classes) **Dates:** Wed, July 19-Sept 6, 6-7 **Fee:** \$99 **Instructor:** Andy Bloch

## MEMOIRS: SHARING YOUR TALES

We all have a treasure of amazing memories. We are the experts of what we know and how we experienced our life! We have it in us! Let me help direct where you want to go with your writing for pleasure or to “publish” a book to share with family and friends! (6 classes) **Dates:** Tuesdays, June 6-July 18, 6:30-8 **Fee:** \$72 **Instructor:** Bobbie Helbig

## METRO BISTROT French Cooking

Jay places an emphasis on fresh, mostly local ingredients for the food in the Bistrot and changes the menu sometimes, daily according to what is in the markets or what he can forage from local fields, lakes, streams and gardens. (1 class) **Date:** Tues July 18, 6:00-8:00 PM, **Fee:** \$25 **NOTE-** the class will be held at the

Metro Bistrot 176 Main St. Southbridge. **Instructor:** Jay Livernois. This is a fund raiser for Hitchcock, thanks to the generosity of Jay and Marie Paule. Bon Appetite!

#### **MUSIC LESSONS** (ages5-Adult)

Music enthusiasts interested in studying beginner/intermediate to advanced **Guitar, Bass Guitar, Saxophone, Clarinet** can enjoy private ½ hour lessons. (6 lessons) **Date:** Wed. July 26 – Aug 30 between 12:30-6:00 **Fee:** \$148 **Instructor:** Jodi Sevens, BA Berkley College of Music, experience with autistic and special needs students

#### **NUTRITION FOR HEALTH**

Anne, a Type One Diabetic, is a former weight loss franchise owner, high school nutrition teacher and kitchen tool consultant. She attributes her success in living with her diabetes diagnosis to a “starting life over” attitude. Her knowledge of nutrition guided her to gradually empty her cupboard, refrigerator and freezer of foods that were detrimental to controlling her blood sugar levels. (1 class) **Date:** Thursday July 20 6-7:30PM **Fee:** \$15 **Instructor:** Anne Bernardin, MBA

#### **PIANO** (Ages 5-Adult)

If you have always wanted to tickle the ivories or expand your repertoire, you can enjoy private ½ hour lessons. (6 lessons) **Date:** Wed. between 3:00-8:00PM **A)** July 12-Aug 16 **B) Fee:** \$148 **Instructor:** Christina Richard

#### **REIKI I & II**

**Reiki I:** A healing energy technique. You will become a certified practitioner. Tap into your higher consciousness to harness this incredible love frequency to heal yourself and others. (2 classes) **Dates: A)** Wed & Th June 7 & 8, 5-9:00PM **B)** Mon & Wed June 19&21, 5-9:00PM **C)** Mon & Thurs July 17 & 20, 5-9:00 **Fee:** \$150

**Reiki II:** Work deeper with higher levels of Reiki to send energy healing and facilitate long distance healing. **Dates:** Mon & Wed Aug 7 & 9, 5-9:00PM **Fee:** \$300 **Instructor:** Jean Miller, Traditional Reiki Master

#### **VIOLIN OR VIOLA LESSONS** (Ages 5-Adult)

Linda enjoys teaching all ages and levels and offers a variety of musical styles to suit the interests of her students. Linda was a violinist in the Austin Symphony Orchestra for 22 years, teaches violin and viola to all ages and levels. (6 classes) Please note: Children 5-7 years must be accompanied by an adult. Dates: ½ hour lessons are scheduled between 2:00–6 PM **I)** Mon June 26-Aug 7, **J)** June 1 – July 27 **K)** Aug 14 – Sept 26 **L)** Aug 3 – Sept 7 **Fee:** \$148 **Instructor:** Linda Day

#### **WEIGHT WATCHERS**

Weekly traditional W.W. meetings held on Monday at 6 PM. Doors open 5:30 PM (No Meeting May 29, Sept 4)

#### **YOGA WITH SHARON**

Discover the benefits of stress-relieving Hatha Yoga. Relax & rejuvenate with postures & guided meditation to restore the body. Bring a mat and wear comfortable clothing. All Levels welcome. (5 classes) **Dates:** Mon July 10, 31, Aug 7, 28, Sept 11, 7:15-8:45 **Fee:** \$55

**Instructor:** Sharon Palmer, M.Ed., Cert. Kripalu Yoga Instructor & RYT

#### **CONCERTS ON THE COMMON** sponsored, in part, by Country Bank, A.S. Davis Fund and Cultural Council

**Radio Ranch** – Tuesday, July 18, 6:30-8

Tap your toes and sing along to some Country, Americana music with veteran musicians: Joe Calcasola, Matt Smith, Jim Lamothe, Art Reed and Justin Calcasola

**Gracie Day and the Knights** – Tuesday, July 25, 6:30-8 Gracie Day and the Knights have many influences merging to create a sonic and lyrical cohesion of Rock, Blues, Soul and Country. Day has been praised for her emotive, soulful, sensual voice and finger-picking style.

**The Casters** - Tuesday, August 1, 6:30-8

The Casters are a Central Massachusetts alt-rock band inspired by Wilco, Dylan, and Ray LaMontagne, among others. Rob Adams - guitar and vocals, Jared Fiske - guitar and vocals, Ben Kowal – drums, Sean McKinstry - guitar and vocals, Nick Smith - bass