

FALL 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



**FALL 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  
through October 15



**REGISTRATION & GAMES DAY ~ SUNDAY, SEPTEMBER 17, 1:00-6:00**

VIEW DETAILS INSIDE

**GIVING TUESDAY ~ NOVEMBER 28<sup>th</sup>**

Mark your calendars and stay tuned for details!

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

### **ART WITH LAURA (Ages 8-12, 13-17)**

**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. (3 classes) **Dates: E)** Ages 8-12- Mon, Oct. 16, 23, 30. 4:00-6:00 **F)** Ages 13-17 Mon Oct. 16, 23, 30. 6:30-8:30  
**Fee:** \$72

**Pet Portraits on Slate** – A 4 hour workshop during which students will receive group and individual instruction and will paint a personal pet or favorite animal on a prepared slate using acrylic paints. Bring an 8x10 photo. (2 classes) **Date: I)** Ages 8-14- Mondays Nov. 13 and 20<sup>th</sup>, 4:00-6:00 **Fee:** \$36

**Instructor:** Laura Cenedella

### **FAMILY FOUNDATION 5**

Programs sponsored by Union 61 Family Foundation Five Grant are all FREE. Sept 11, 2017 - May 2018  
Please call Karen Distefano at 508-867-2232 or email [union61cfce@tantasqua.org](mailto:union61cfce@tantasqua.org) to pre-register.

Playgroup: Mondays, 9-11 AM ;

Music and Movement: Wednesdays, 9-10 AM;

STEM experiments: Thursdays, 9-10:30 AM

### **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) 7:15-8:15PM. **Dates: B)** Wed, Sept 13-Nov. 1  
**D)** Wed, Nov. 8-Jan 10 (no classes 11/22, 12/27) **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. Registration required. **Oct 6** – Yoga for All with Sharon Palmer **Nov 3** – A “Corny” Craft with Marcia Beal **Dec. 1** – Holiday Pop Up Cards with Marcia Beal

### **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. The last class

will be a mini performance for Giving Tuesday! (6 classes) **Date: B** Tues, Oct 17 – Nov 28 (no class 10/31), 4:45-5:45 **Fee:**\$70 **Instructor:** Karen Larsen

### **JUDO MARTIAL ARTS (Ages 5 & up)**

Judo (gentle way) practice develops discipline, confidence, team-work, fitness and fun. Ongoing classes are held Mondays & 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, Drums, see adult description for details.

### **radKIDS®**

radKIDS® - *Teaching Kids the Skills They Need to Protect Themselves Through radKIDS® training...* children become empowered and learn to replace the fear, confusion, and panic of dangerous situations with confidence, personal safety skills, and self-esteem. By empowering your community with nationally certified local instructors, the radKIDS® program can continue to provide essential education to children for generations. **Dates:** Mon, Wed, & Fri Nov 6, 8, 13, 15, 17 at 4:15-5:30 **Fee:** \$8 **Ages:** 7-13 years **Instructor:** Aaron Cote radKIDS® certified instructor Sponsored, in part, by [www.stopabusetoday.org](http://www.stopabusetoday.org)

### **YOGA PAIRS (ADULT/KID)**

This class is a playful expression of yoga poses where children and adults combine poses together and use each other for balance. It is a safe and fun way to explore movement and flexibility together. (6 classes)

**Dates: A** Tues, Oct 17 – Nov 28 (no class 10/31), 6-7 PM **Fee:**\$72 a pair **Instructor:** Karen Larsen

**CONSENT FORMS: All Students under 18 must complete a consent form before attending classes. You may find the form on our website or stop in to pick one up in our front hall.**

## **CLASSES FOR AGES 14–ADULT**

### **ART WITH LAURA (Ages 14 – adult)**

**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, bring a lunch! (1 class). **Date: G** Thurs. Oct. 12, 10:00 - 2:30 **Fee:** \$72

**Pet Portraits on Slate** – A 4 hour workshop during which students will receive group and individual instruction and will paint a personal pet or favorite animal on a prepared slate using acrylic paints. Bring an 8x10 photo and a lunch! **Date: H** Monday Nov. 6, 10:00-2:30PM **Fee:** \$36 **Instructor:** Laura Cenedella

### **CPR & FIRST AID (Adult, Child & Infant training)**

Adult/Infant/Child Certification in CPR and/or First Aid are available upon completion of this course. Certification is provided through ECSI. Ages 14-adult (1 class each) **Date: Wednesday, Oct 25 A**) CPR, 6 -7:30 **B**) First Aid, 7:30-9 **Fee:** \$60 for one OR \$85 for both **Instructor:** Nora Holland

### **DECORATING CAKES/CUPCAKES**

*Appropriate for adults but ages 8 and up are welcome, too!* Come have fun and leave with a decorated cake/cupcakes while learning and/or practicing detailed decorating skills! 1 class per session, all supplies included. 6:00-8:00PM

**A)** Scarecrow and Hay Stack 2 Mini Cakes: Wed. Sept 20

**B)** Frankenstein 6” Cake: Tues, Oct. 17

**C)** Autumn ½ dozen Cupcakes: Tues, Nov. 14

**D)** Gingerbread House: Tues, Dec. 5

**Fee:** \$25/class **Instructor:** Susan Gaulin, Wilton Instructor

### **DOG TRAINING CLASSES**

#### **BUDDIES- Basic Training and Manners**

This dog training basics class is for canines of all ages (puppies welcome) and provides positive training methods, good management practices, and 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, **W**) Sept 20 – Oct 25 **BB**) Nov 1 – Dec 13 (no 11/22) 6:30-7:30

**Fee:** \$130 per dog

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

**K9 NoseWork® Advanced Dates:** Thursdays 7-8:30PM **V)** Sept 7-Oct 12 **FF)** Dec 7 – Jan 11

**K9 NoseWork® Advanced Dates:** Saturdays 9-10:30AM **X)** Sept 23 – Nov 4 (no 10/7) **CC)** Nov 11-Dec 16

**K9 NoseWork® Continuing Dates:** Saturdays 10:30-noon **Y)** Sept 23 – Nov 4 (no 10/7) **DD)** Nov 11-Dec 16

**K9 NoseWork® Foundation Dates:** Saturdays 12-1:30 PM **Z)** Sept 23 – Nov 4 (no 10/7) **EE)** Nov 11-Dec 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](#)

### **FENCING (ages 17+)**

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) 6:15-7:15PM. **Dates: C)** Wed, Sept 13-Nov 1 **E)** Wed, Nov 8-Jan 10 (no classes 11/22, 12/27) **Fee:** \$99 **Instructor:** Andrew Bloch

### **GAMES DAY – UNPLUG AND PLAY!**

Are you looking to unplug from technology and expand your face-to-face time with friends through games? Something for all ages. Some games will include: Dominion, Giant Yahtzee, Quelf, Betrayal at the House on the Hill, Tsuro, Bottom of the 9th, Gloom, Forbidden Island, Alhambra, Food Fight, Love Letters, Star Realms, Hanabi and some tried and true oldies but goodies. A perfect time to register for fall classes with a friend! Participants received a **free raffle chance to win a \$25 gift card** for a class of your choice at Hitchcock. **Date:** Sunday September 17th, 1:00- 6:00, bring a snack. **FREE!**

### **GARDENING**

**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:** Thursday Sept 28 7-8:00 PM **Fee:** \$10 **Instructor:** Jessica Groleau, Horticulturalist

### **GENEALOGY: PULL PEOPLE OUT OF PAPERWORK**

Learn how to discover multiple generations of your family: what documents to look for & where to find them; how to interpret what you've found...Become a family history detective! Create pedigree charts & learn the basics of expanding them into a variety of family history. You'll be introduced to a wide variety of free & subscription based genealogy websites. (4 classes) **Dates:** Tuesdays, 7:00-8:30 Oct 3, 10, 17, 24 **Fee:** \$45 **Instructor:** Dave Robison

### **GIVING TUESDAY**

Giving Tuesday is the Tuesday after Black Friday. It is an international movement to encourage donations to nonprofit organizations. Stay tuned for event details for November 28<sup>th</sup>! Join the fun and support Hitchcock!

### **MEAL PLANNING FOR HEALTHY EATING**

Eating healthier in three easy steps begins in your cabinets, pantry and refrigerator. The presentation then moves to planning, scheduling and shopping. And it finishes with examples of meals to prepare and the healthy dining experience. You will leave with a pantry prep list, weekly/monthly planning handouts and easy ideas to make improvements to your meals. **Date:** Thursday Sept 28, 6-7:30 PM **Fee:** \$15

**Instructor:** Anne Bernardin

### **METRO BISTROT French Cooking**

Jay places an emphasis on fresh, mostly local ingredients for the food in the Bistrot and changes the menu according to what is in the markets or what he can forage from local fields, lakes, streams and gardens. This is a 3 course meal so bring your own wine. **NOTE-** the class will be held at the Metro Bistrot 176 Main St. Southbridge. (1 class) **Instructors:** This is a fund raiser for Hitchcock, thanks to the generosity of Jay Livernois and Marie Paule Marthe. Bon Appetite! **Date:** Tues Oct 24, 6:00-8:00 PM, **Fee:** \$35

### **MUSIC LESSONS WITH JODI (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:** Jodi is scheduling lessons upon request, please email her at [bassladyj@aol.com](mailto:bassladyj@aol.com) **Fee:** \$148 **Instructor:** Jodi Sevens, BA Berkley College of Music, experience with autistic and special needs students

### **NUTRITION NOW!**

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. Tips that can be helpful for everyone. (1 class) **Date:** Thursday Oct 19 6-7:30PM **Fee:** \$15 **Instructor:** Anne Bernardin, MBA

### **PHOTO EDITING**

Using programs like gimp.org (free), Photoshop, Photos (Mac), Photoshop Elements, Paintshop ProX... Students bring their laptop with photos to edit. Discover how to adjust color/lighting, sharpen images... including an introduction to layers. **Date:** Mondays, Oct 30-Nov 20, 7-9 PM **Fee:** \$75 **Instructor:** Kevin Kopchynski

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

If you have always wanted to tickle the ivories or expand your repertoire, you can enjoy private ½ hour or 45 min. lessons. (6 lessons) **Date:** Wed. between 3:00-8:00PM **C)** Sept 20-Oct 25 **D)** Nov. 1-Dec 13 (no class 11/22) **Fee:** ½ hour lessons-\$108, 45 min lessons-\$170. **Instructor:** Christina Richard

### **POETRY ENCOUNTER**

Explore and share poetry forms including Haiku, Triolet, Pantoum, Sonnet, Free Verse, Theme Heritage and Theme tribute. Nov 28 Giving Tuesday poetry for Hitchcock. (6 classes) **Dates:** Thurs Oct 12 – Nov 16 7:00-8:15 PM **Fee:** \$20 **Instructor:** Brent Northup

### **PIYO LIVE (High intensity/Low-impact workout)**

Who says you have to grunt, strain and punish your body to get amazing results from your workout? Not with Piyo. Piyo combines the muscle sculpting, core-firming benefits of Pilates with the strength and flexibility advantage of Yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean and incredibly defined. (6 classes) **Dates:** Tues, 7:45-8:45 PM, **C)** Sept 12 – Oct 17 **D)** Oct 24 – Dec 5 (no classes 10/31) **Fee:** \$42 **Instructor:** Erin Wallace

### **RAD for WOMEN**

Watch for details for the RAD Self Defense class for women in November. TBA

### **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) 6:00-9:00PM **Dates:** **E)** Friday Sept 15, 22. **F)** Friday Oct. 6, 13. **H)** Friday Dec. 1, 8. **Fee:** \$150 **Reiki II:** Work deeper with higher levels of Reiki to send energy healing and facilitate long distance healing. (2 classes) 6-9PM. **Dates:** Friday, Nov. 3, 10. **Fee:** \$300 **Instructor:** Jean Miller, Traditional Reiki Master

### **SCRATCHBOARD WORKSHOP**

Scratchboard is a black-and-white drawing medium. The board itself is a cardboard or panel with a thin coating of fine, white clay covered by a layer of India ink. You draw by scratching white lines through the ink with a scratchboard nib. (1 class) 6:30-9 PM **Date:** Wed, Oct. 4 **Fee:** \$40 **Instructor:** Loretta Medeiros

### **SHINE ON: HEALTHY HOLIDAYS PROGRAM**

Weigh-in challenge! Most Americans gain approximately 5-8 lbs. during the holiday season. Find out how to lose weight and be in the best physical shape of your life without dieting or counting calories. In addition to the six classes, you will receive weekly motivation, nutrition tips, tricks and recipes along with access to Dee via email to ask personal questions and the “REAL” answers. **Dates:** Tuesdays Sept 26- *Clean Eating* (6-8PM this class only), Oct 17-*Prep for Success*, Oct 30-*Eat This, Not That! Sugar & Fat* (Monday this class only), Nov 14-*Macronutrients*, Nov. 28-*Organics* and Dec 5-GMO’s -all 6:30-7:30PM (*The 9/26 class “Clean Eating” 6-8PM is available as stand-alone class for \$55*) **Fee** for entire program: \$160

**Instructor:** Dee Cady, Health & Life Coach

### **TAI CHI (Beginner & Intermediate Levels)**

An ancient yet evolving art form that uses slow, deliberate and careful movements to better understand the body's restrictions & performance. Receive the benefits of increased balance, flexibility, endurance & strength. (6 classes) **Dates:** Mondays, 6-7 PM, **E** Sept. 18-Oct. 30 (no class 10/9) **F** Nov. 6-Dec.11  
**Fee:** \$60 **Instructor:** Sharon Palmer

### **TAI CHI SEMINARS**

Warm up with 30 minutes of Chi Kung, switching to simple form work and into some more advanced forms. Approachable for all levels. Preregistration required. If not enough students have registered by the Monday before the workshop, it will be cancelled. **Dates:** Saturdays **G** Sept 23, **H** Oct 21, **I** Nov 4, 9:00-11:00 AM  
**Fee:** \$22/class **Instructor:** David Masera

### **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 **M** Mon Sept 25 – Oct 30 (Oct 9 moved to Oct 10 due to Columbus day) **N** Thurs Sept 7 – Oct 12 **O** Mon Nov 6 – Dec 11 **P** Thurs Oct 19 – Nov 30 **Fee:** \$148  
**Instructor:** Linda Day

### **WATERCOLOR WITH ANNA OZOLINS – stay tuned**

### **WEIGHT WATCHERS**

Weekly traditional W.W. mtgs held on Monday at 6 PM. Doors open 5:30 PM (No meeting 9/4, 12/25, 1/1)

### **WINE GLASS PAINTING**

Choose from a variety of designs to personalize your own set of glasses. Special glass paint creates a stain glass glow. A perfect gift to toast the holidays! (1 class) 6:30-9:00 PM **Date:** Wed, Dec. 6. **Fee:** \$30  
**Instructor:** Loretta Medeiros

### **YOGA PAIRS (ADULT/KID)**

This class is a playful expression of yoga poses where children and adults combine poses together and use each other for balance. It is a safe and fun way to explore movement and flexibility together. (6 classes)  
**Dates:** **A** Tues, Oct 17 – Nov 28 (no class 10/31), 6-7 PM **Fee:** \$72/ pair **Instructor:** Karen Larsen

### **YOGA WITH SHARON**

**Hatha Yoga** benefits are stress-relieving. Relax & rejuvenate with postures & guided meditation to restore the body. Bring a mat and wear comfortable clothing. All Levels welcome. 7:15-8:45PM (6 classes) **Dates:** Mondays **F** Sept. 18-Oct 30 **G** Nov. 6-Dec. 11 **Fee:** \$65

**Divine Sleep ® Yoga Nidra**-Unwind and release tension with a brief gentle Yoga experience (no experience necessary), then enjoy “Yoga Nidra” – sometimes referred to as “psychic sleep” or a state of deep relaxation. Lay down, listen to guided meditations, and enjoy! Bring a mat, blanket, pillow, or anything else for your comfort. **Date:** Thursday, 7:15-8:45 PM, November 16 **Fee:** \$15 **Instructor:** Sharon Palmer, M.Ed., certified 500-hr Kripalu Yoga Teacher

### **ZUMBA**

A fusion of Latin & International music/dance themes create a dynamic, exciting and based on the principles that a workout should be “FUN AND EASY TO DO”. The routines feature aerobic/fitness interval training with a combination of fast & slow rhythms that tone and sculpt the body. (6 classes) **Dates:** Tues, 6:30-7:30 PM, **D** Sept 12 – Oct 17 **E** Oct 24-Dec 5 (no classes 10/31) **Fee:** \$42 **Instructor:** Erin Wallace