Available Light & Night Photography
Take fantastic photographs in any lighting conditions - without a flash. Master available light in daylight, overcast skies, moonlight, streetlights and fireworks. Examine lighting at home, concerts, sporting events, museums, even candlelight. Hands-on class. Learn effective camera techniques for slow shutter speeds. Take photos in and out of the classroom to share and discuss. Bring your digital camera, manual and charged battery. Tripods welcome but not necessary. Prerequisite: Operating Your Digital Camera.
Instructor: Daniel Humphries-Russ
Course #: XXZ-336-A4P
Mon. & Sat., Apr. 25 - May 9, 6:30 - 8:30 PM (4 sessions)
Washington Road Campus, K125

Total Cost: $88 (includes $88 fees)
MD senior adults pay fees only.

Exceptional Everyday Photography
Learn the elements of photographic composition by photographing everyday moments and objects. Each moment contains a wealth of opportunity for exploration and creativity. Grow in your unique creative vision. Practice the basics of photography on a local field trip. Beginners welcome. Bring your digital camera, manual, charged battery, and a flash drive to class. Prerequisite: Operating Your Digital Camera.
Instructor: Carol Davis
Total Cost: $95 (includes $95 fees)
MD senior adults pay fees only.
Course #: XXZ-148-A4PT
Mon. & Sat., Apr. 25 - May 9, 6:30 - 8:30 PM (4 sessions)
Sat., May 7, 8:30 - 10:30 AM, field trip
Washington Road Campus, K125

Total Cost: $88 (includes $88 fees)
MD senior adults pay fees only.

Cell Phone Photography
Cell phones and tablets are changing the face of photography. Whether Apple or Android, beginner or experienced, understand the limits and capture an image with light, focus and composition. Demystify settings for panoramic, low light and HDR. Discover alternative camera apps to increase your fun and artistic expressions. Bring your own cell phone and wear comfortable walking shoes to travel around the campus trying what you’ve learned.
Instructor: Walt Calahan
Total Cost: $88 (includes $88 fees)
MD senior adults pay fees only.
Course #: XXZ-893-A4
Wed., Apr. 20 - May 11, 7:00 - 9:00 PM (4 sessions)
Washington Road Campus, TBA

Total Cost: $88 (includes $88 fees)
MD senior adults pay fees only.

Photoshop Courses

HEALTH AND WELLNESS

Body and Mind

Ergonomics: a Better Fit for Life
Stand up for your comfort! The modern work world just doesn’t fit the human body comfortably. Learn and practice ways to adjust your work station to fit you. Improve your posture, strength and flexibility by learning office exercises. Review methods to deal with work stressors to improve health and increase your energy level. Instructor: Anne Marie Parish
Total Cost: $30 (includes $30 fees)
MD senior adults pay fees only.
Course #: XXZ-583-A4
Tue., Apr. 19, 6:30 - 8:30 PM
Washington Road Campus, L284

Anne Marie Parish, a Health Educator with a master’s degree in Health Education/ Exercise Physiology, has 20 years’ experience encouraging students to modify lifestyle habits improving health and wellness. Previously with the Pentagon Fit to Win program, she taught patient education and employee wellness as well as being a speaker, writer, and facilitator on health topics.

Awareness Through Movement: Connecting From Head to Toe
Twisting the wrist, turning the head and lifting may be difficult either through age, injury or the stress of living. Reclaim the ease of these movements with the Feldenkrais Method®. Whether you wish to sit more comfortably at your computer, garden without aching knees and back, or improve performance in a sport or job, these lessons can improve your ability to move with ease. Appropriate for any level of fitness; participants must be able to lie on the floor and bend the knees. Instructor: Jeri Eaton
Total Cost: $79 (includes $79 fees)
MD senior adults pay fees only.
Course #: XXZ-558-A4
Tue., Apr. 12 - May 31, 6:00 - 7:00 PM (8 sessions)
Washington Road Campus, PS20

Jeri Eaton is a writer, real estate owner, Feldenkrais practitioner, operator-of-the-household and finds that the Feldenkrais Method® of movement helps her navigate her many demands. She is a Guild Certified Feldenkrais Practitioner, having completed the Guild’s 4-year/800-hour training.
Jeanne Deigman-Kosmides, with almost 30 years’ experience in meditation, yoga, nutrition and alternative healing, brings a broad and unique quality of experience, knowledge and nurturing support to her meditation and yoga workshops. As a Certified Advanced Kripalu Yoga Instructor, Deigman-Kosmides brings a supportive, individual approach to teaching meditation and yoga meeting each person’s unique needs especially for restorative purposes.

Syrda Khan is a certified yoga instructor specializing in therapeutic yoga, meditation and chair yoga, which helps students to go deeper in their poses. Syrda has taught abroad and currently teaches locally and privately. She demonstrates meditation, massage, breathing exercises and poses that encourage relaxation, peace and harmony.

Yoga & The Healing Chakras
Chakras are the major energy centers within our bodies. “Chakra” is a Sanskrit word that translates as “spinning wheel”. Each of the seven main chakras is linked to a different endocrine gland, color, sound and bodily function. Learn how to tone and balance each chakra for better health. Wear loose-fitting clothes and bring a yoga mat and blanket to class.

Instructor: Jeannine Deigman-Kosmides
Total Cost: $65 (includes $65 fees)
MD senior adults pay fees only.
Course #: XXZ-956-A1
Tue., Jul. 19, 6:00 - 8:00 PM
Washington Road Campus, N205

The gentle, slow and energizing movements of Tai Chi have been shown to increase concentration and awareness, improve balance and flexibility, and provide greater vitality and overall health. The Tai Chi Fundamentals class will focus on basic concepts and movements and learning the 24-posture Yang style short form. Intermediate and advanced students will learn more advanced energy exercises and forms as well as applications of the various movements.

Fundamentals of Tai Chi
Learn the basic concepts and movements of Tai Chi as well as the 24-posture Yang style short form. Study various movements that demonstrate the principles of Tai Chi and promote relaxation and energy development such as silk reeling, Qi Gong exercises, animal frolics, and two-person exercises. Team-teaching allows continuous skill development to prepare for the intermediate/advanced class. Students may need to repeat this class to master the 24-posture form. Instructors: Bill Whitenton and Linda Albright
Total Cost: $77 (includes $77 fees)
MD senior adults pay fees only.
Course #: XXZ-155-B4
Thu., Apr. 14 - Jun. 2, 7:15 - 8:15 PM (8 sessions)
Washington Road Campus, P527
Course #: XXZ-155-B4P
Thu., Jun. 9 - Jul. 28, 7:15 - 8:15 PM (8 sessions)
Washington Road Campus, P527

Bill Whitenton, with over 13 years studying Tai Chi, has attended workshops in San Shou, worked with silk reeling exercises, and Qi Gong breathing. Bill is proficient in the Jang 24 form and has studied the Jang short form and Chen short form as well.

Linda Albright has been studying Tai Chi since 1999. As a Speech and Language Pathologist with Baltimore County Public Schools, she worked and taught for 26 years. Linda’s expertise in Tai Chi comes from her years of study with Jerry Diamond and workshops in San Shou and Shiba Luohangong.

Tai Chi: Intermediate/Advanced
Build on the basics of Tai Chi using traditional Chinese ‘forms’, choreographed sequences of movements, to demonstrate Tai Chi principles, martial applications, and health benefits. Intermediate students will learn a popular Yang style form, the energizing reeling silk exercises and be introduced to 2-person push hands and other simple 2-person exercises. Advanced students will learn a Chen style form, introduction to the sword form and will practice short 2-person acts to demonstrate martial applications and refine Tai Chi movements.

Instructor: Jerry Diamond
Total Cost: $77 (includes $77 fees)
MD senior adults pay fees only.
Course #: XXZ-156-A4P
Thu., Apr. 14 - Jun. 2, 7:30 - 8:30 PM (8 sessions)
Washington Road Campus, P527
Course #: XXZ-156-B4P
Thu., Jun. 9 - Jul. 28, 7:30 - 8:30 PM (8 sessions)
Washington Road Campus, P527

Jerry Diamond has been practicing Taiji (TaiChi) for over 30 years and teaching to all ages since 1984 and the college since 1999. For the past several years, Jerry judged the Chinese Kuoshu Martial Arts Tournament in Hunt Valley. His classes emphasize the principles of Taiji with the goal of improving health, flexibility, focus and balance.

Qi Gong
Qi-Gong means energy work. Emotions and physical traumas can reside in the muscles and tissue as well as the mind. Experience a moving meditation with sound, color and energy to balance the Qi and let it flow freely. Qi-Gong is a way to acknowledge this and allow the body to release stress, toxins and other negative impacts of our lives. Requirements: Loose clothing, open mind, yoga mat optional.
Instructor: Joshua Dell
Total Cost: $77 (includes $77 fees)
MD senior adults pay fees only.
Course #: XXZ-294-A4
Sat., Apr. 16 - Jun. 11, 11:00 - 12:00 PM (8 sessions; no class 5/28)
Washington Road Campus, P527

Joshua Dell graduated therapist level from the International Institute of Medical Qi Gong in Gettysburg, Pennsylvania, and has been working in health and wellness for more than 20 years. Dell has taught Qi-Gong with the East Coast Institute of Medical Qi-Gong & Healing Arts. His other areas of study include massage, acupuncture, and Tai Chi.
**Fitness**

**Aerobic Dancing**
Offers a progressive multi-level course professionally choreographed for the “non dancer” by Jackie Sorenson. Exercise at your own level (walk, jog or run) as you firm and tone muscles, strengthen your cardiovascular system, burn calories, reduce stress and socialize with friends. Programs are medically tested for your safety.

*Instructor: Nancy Brett*

**Total Cost:** $105 (includes $105 fees)

**MD senior adults pay fees only.**

**Course #: XXQ-979-A4**

Mon. & Wed., May 2 - Jul.27, 6:00 - 7:00 PM
(24 sessions; no class 5/30 & 7/4)
Washington Road Campus, PS27

**Self Defense for Women**
Everyone has the right to defend themselves. Learn how not to be the victim. Gain basic skills to help defend yourself and go through some simple scenarios to develop safe habits. Discover how you can strike, escape grabs, defend against choking and improve your personal safety. *Instructor: Debra McCarron*

**Total Cost:** $39 (includes $39 fees)

**MD senior adults pay fees only.**

**Course #: XXZ-340-A4**

Wed., Apr. 13, 6:00 - 9:00 PM
Washington Road Campus, M157

Debra McCarron holds her Fourth Degree Black Belt in Taijutsu and a Blue Belt in Brazilian Jiu-Jitsu. She is the Operations Manager and a Black Belt instructor at Tri Star Martial Arts. Debra holds certifications in group fitness, cardio kickboxing and personal training.

**ACE Certification for Personal Fitness Trainer**
See Occupational Training/Personal Trainer section for course details.

**YMCA**

**Body Sculpt**
This muscle conditioning class increases muscular strength and endurance by challenging all the major and minor muscle groups through the utilization of free-weights, dyna-bands, body bars and/or stability balls. All classes held at the Y of Central Maryland in Westminster.

**Three times a week/21 Sessions**

Total Cost: $90 (includes $90 fees)

MD senior adults pay fees only.

**Course #: XXZ-382-A4M**

Mon., Wed. & Fri., Apr. 25 - Jun. 13, 4:30 - 5:20 PM
(21 sessions; no class 5/30)

**Twice a week/14 Sessions**

Total Cost: $75 (includes $75 fees)

MD senior adults pay fees only.

**Course #: XXZ-382-B4M**

Tue. & Thu., Apr. 26 - Jun. 9, 6:00 - 6:50 AM
(14 sessions)

**Three times a week/23 Sessions**

Total Cost: $108 (includes $108 fees)

MD senior adults pay fees only.

**Course #: XXZ-382-C4M**

Mon., Wed. & Fri., Jun. 22 - Aug. 15, 4:30 - 5:20 PM
(23 sessions; no class 7/4)

**Twice a week/16 Sessions**

Total Cost: $75 (includes $75 fees)

MD senior adults pay fees only.

**Course #: XXZ-382-D4M**

Tue. & Thu., Jun. 23 - Aug. 16, 6:00 - 6:50 AM
(16 sessions)

**Everfit for Seniors**
Practice movements that increase joint mobility, balance, strength, flexibility and general fitness education for active older adults. All classes held at the Y of Central Maryland in Westminster.

**Total Cost:** $60 (includes $60 fees)

**MD senior adults pay fees only.**

**Course #: XXZ-400-A4M**

Mon. & Wed., May 2 - Jul.27, 6:00 - 7:00 PM
(24 sessions; no class 5/30 & 7/4)
Washington Road Campus, P527

**Water Fitness**
Enjoy the benefits of reduced impact and added resistance with water-based exercise. This is a cardiovascular and muscle conditioning workout that’s done in the pool and is easily adapted to all fitness levels. All classes held at the Y of Central Maryland in Westminster.

**Twice a week/14 Sessions**

Total Cost: $69 (includes $69 fees)

MD senior adults pay fees only.

**Course #: XXZ-299-A4M**

Mon. & Wed., Apr. 25 - Jun. 13, 9:00 - 10:00 AM
(14 sessions; no class 5/30)

**Twice a week/16 Sessions**

Total Cost: $70 (includes $70 fees)

MD senior adults pay fees only.

**Course #: XXZ-299-B4M**

Mon. & Wed., Jun. 22 - Aug. 15, 8:45 - 9:45 AM
(16 sessions; no class 7/4)

**Twice a week/16 Sessions**

Total Cost: $70 (includes $70 fees)

MD senior adults pay fees only.

**Course #: XXZ-299-C4M**

Mon. & Wed., Jun. 22 - Aug. 15, 7:00 - 8:00 PM
(16 sessions; no class 7/4)

**Twice a week/16 Sessions**

Total Cost: $70 (includes $70 fees)

MD senior adults pay fees only.

**Course #: XXZ-299-D4M**

Mon. & Wed., Jun. 22 - Aug. 15, 11:30 AM - 12:30 PM
(16 sessions)

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**Health and Wellness**

**ACE Certification for Personal Fitness Trainer**
See Occupational Training/Personal Trainer section for course details.

**YMCA**

**Body Sculpt**
This muscle conditioning class increases muscular strength and endurance by challenging all the major and minor muscle groups through the utilization of free-weights, dyna-bands, body bars and/or stability balls. All classes held at the Y of Central Maryland in Westminster.

**Three times a week/21 Sessions**

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