AUDUBON COMMUNITY EDUCATION ADULT EVENING SCHOOL COURSE OFFERINGS Fall 2026:

YOGA and MEDITATION

Stress Management & Wellness

All classes taught by Kathleen Marie White, NJ Licensed Body Work Therapist, AOBTA & ABMP-Certified Practitioner, Certified Yoga Instructor & Owner of Hands of White Healing Center. Kathleen has been studying and teaching Yoga and Shiatsu for over 35 years.

Yoga – Intermediate 10 weeks
Fee: $110 Senior Rate (65+): $85
Monday 6:30-8:00pm **Starts October 5** **Haviland Avenue Gym**
For our more experienced students: Yoga can be gentle, or very vigorous. It strengthens the body & mind while it creates flexibility and a peaceful attitude…
If you've taken Beginner Yoga and have an understanding of the postures and breathing, this class is for you. We'll work on holding the postures for a longer period of time and work toward developing more strength and flexibility through the 10-week series.
10 weeks

Yoga – Beginner 10 weeks
Fee: $110 Senior Rate (65+): $85
Tuesday 6:30-8:00pm **Starts October 6** **Haviland Avenue Gym**
Create a more balanced and stress-free life. Reduce stress through stretching exercises and mental concentration. You will learn the basic Yoga postures, get in touch with your intuition and positive energy through various relaxation techniques. We will set long-range goals for a balanced, abundant life. Wear comfortable clothing and bring an exercise mat or layered cloth.
10 weeks

Mediation 4 weeks
Fee: $60
Thursday 6:30-8:00pm **Starts October 22** **Audubon HS Room B107**
Learn the art of Meditation. The practice of Meditation has cumulative effects & benefits can be felt almost immediately, including a sense of detachment from the pressures of life, lasting peace of mind, increased concentration and awareness and strengthening of intuition. We will use visualization techniques, sounds, breathing & gentle stretching. Classes led by an experienced mediator and teacher who will gently guide you and answer your questions. Classes will appeal to both beginners and experienced students.
Wear loose cotton clothing and do not eat for at least 2 hours before class.
Bring a blanket or pillow.

ART

Watercolor 6 weeks
Fee: $120
Wednesdays 6:30-8:00pm Starts October 7th Audubon HS Room A10

All levels are welcome to this introductory Watercolor Course. We will review various watercolor techniques and a bit of mixed media through the creation of still life, landscapes, etc. Taught by Janelle Mueller, Art Teacher of 18 years. The suggested Course Supply List will be emailed after sign up!

GOLF LESSONS

Youth and Adult

Taught by **Bob Cardea**
Head Coach of The Rutgers University Coaching Staff

Lessons at: Big Swing Golf Center – 312 Salina Road, Sewell NJ

CHILDREN AGES 8-15 :

Saturdays, Starting September 12th 9:00am

Fee: $135 (7 WEEKS)

This course is designed to introduce younger enthusiasts to the exciting sport of golf. Students will learn the rules of golf, course etiquette, proper grip and swing. They will be taught how to chip, putt, pitch and learn and how to use irons and woods properly. Equipment will be provided if needed however if you have your own Clubs, please bring them. All sessions are held in a relaxed, fun environment so that you can progress at your own speed.

ADULT Lessons (18 and Over):

Saturdays, Starting September 12th
BEGINNER: 10:15am

Fee: $135 (7 WEEKS)

A beautiful time of the year to learn the basics! The Rutgers Coaching staff is prepared to share the latest thinking on fundamentals of the golf swing, the psychological inner game, etiquette, how & where to practice, a list of playing partners & more. Clubs are supplied, if needed, & all the balls you can hit. Teacher/pupil ratio max 8-1. Learning environment is friendly.

SKILL BUILDERS: 11:30am

Fee: $135 (7 WEEKS)

Need a Fall tune-up? If you've struggled all season & desperately need a pro to look at your swing, this class is for you. Our PGA/USGTF staff will address your swing mechanics to include, but not limit to, the driver, fairway woods, long irons, bunker shots & the short game. A state-of-the-art facility will encourage you to hit every club in the bag.

TENNIS LESSONS

5 weeks for $65.00

Taught by **Mitch Winkler**, former Courier Post All-South Jersey Player of the Year and a Philadelphia Inquirer High School Tennis Coach of the Year. Mitch has been the Tennis Director for the Haddonfield Tennis Association for over 25 years.
Lessons take place at Wedgewood Swim Club: 635 Centre Street, Haddonfield NJ

AGES 6-8:

Saturdays, Starting October 3rd, 9:30am
Fee: $65
This program is designed to teach children the fundamental skills used in tennis. Both ground strokes and volleys will be covered. Junior rackets are required.

AGES 9-13:

Saturdays, Starting October 3rd, 10:15am
Fee: $65
We'll focus on introducing the forehand, backhand, volley and serve and using these strokes in point play. Junior rackets are required.

Adults:

Saturdays, Starting October 3rd, 8:45am
Fee: $65
After several years, we are bringing back the Adult option. Let's play!

Lessons take place at Wedgewood Swim Club: 635 Centre Street, Haddonfield NJ

In case of rain: If it stops raining 20-30 minutes before the time of your child's Tennis class there will be class. The Instructor has a dryer that he will use to dry out the courts. If any classes are cancelled due to weather they will be made up after the last class on the following Saturday. You will not be called individually.

ONLINE COURSES:

Voice Over ~ ONLINE COURSE

Get Paid To Talk:
An Introduction to Voice Over- Live Webinar
November 6th or December 1st, 6:30-8:00pm
Fee: $30

From audio books to advertisements and beyond, we encounter recorded voices everywhere! In this one-night, live online class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You'll gain an inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. Because this class is live, you'll have the opportunity to ask questions! Additionally, there will be a chance for a one on one script read with the instructor.

About The Instructor:
With more than 30 years as a voice over artist and voice over producer, your instructor is part of the team at Voice Coaches with clients including major television networks, gaming designers, audio book publishers and more. Learn more at Voicecoaches.com

Instant Piano for Hopelessly Busy People ~ ONLINE COURSE

Monday October 26th 6:30-9:30pm
Or Saturday November 14th 9am-12:00pm
Fee: $70

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands-on instruction.
Ages 18+
Topics include:

- How chords work in a song
- How to get more out of sheet music by reading less of it
- How to form the three main types of chords
- How to handle different keys and time signatures
- How to avoid "counting"
- How to simplify over 12,000 complex chords

Instant Guitar for Hopelessly Busy People ~ ONLINE COURSE

Tuesday October 27th 6:30-9:00pm
Or Saturday November 14th 1:00-3:30pm
Fee: $70

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. For ages 18+.

Topics include:

- How chords work in a song
- How to form the three main types of chords
- How to tune your guitar
- Basic strumming patterns
- How to buy a good guitar (things to avoid)
- How to play along with simple tunes

Instant Ukulele for Hopelessly Busy People ~ ONLINE COURSE

Thursday October 29th 6:30-9:00pm
Or Saturday November 14th 1:00-3:30pm
Fee: $70

In just a few hours you can learn enough about playing the ukulele to give you years of musical enjoyment and you won't have to take private lessons to do this. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online recorded follow up lessons, a recording of the class and also access to optional live periodic question and answer sessions at no additional cost. Class is online using zoom and is partly hands-on and partly lecture/demonstration. For ages 13+.