

## Adult Activities

### CHI KUNG MEDITATION & TAI CHI CHUAN

at Hommocks Park Ice Rink Community Room

**SPRING SESSION:** April 30 – June 4 (6weeks)

**Chi Kung (Qigong) Meditation** Wednesdays 7:30 – 8:10 pm  
Doors close at 7:35 am and do not open again till 8:10 pm

**Yang Style Tai Chi Chuan** Wednesdays 8:15 – 9:00 pm

**Chi Kung & Tai Chi Chuan** Saturdays 7:30 – 9:00 am

Fees: Wed. Chi Kung - Meditation only; \$30/res. - \$38/non res.

Chi Kung & Tai Chi Chuan; \$60/res. - \$75/non res.

Wed./Sat. Chi Kung & Tai Chi Chuan; \$75/res. - \$94/non res.

China has a history of over 2,000 years of various forms of wellness exercises. This course will cover a selection of exercises drawn from this body of knowledge. The Chi Kung segment will incorporate breathing, stances and synchronization of torso and arm movements directed toward relaxation and stress reduction. These are non-aerobic, non-cardiovascular and accessible to all ages. The participants continuing with Tai Chi Chuan will learn routines of basic Tai Chi Chuans for beginning and advanced students that can be practiced on a daily basis, which will promote the maintenance of good health.

**INSTRUCTOR:** Vincent Lynch, a certified teacher of Tai Chi chuan and Chi Kung, has over 32 years experience in the field.

**ASSISTANT INSTRUCTOR:** Paul Degenhardt has studied Yang style Tai Chi Chuan for over 10 years and prior to that, Wujiquan style Tai Chi Chuan for 3 years.

### WOMEN'S FITNESS - Mini Session

at Hommocks Park Ice Rink Community Room

Mondays, Wednesday, Fridays

9:00 – 10:00 am

May 12 – June 13 (no program May 26)

14 Classes

**FEE:** \$82/resident - \$110/non resident

This program will use various techniques to balance cardio and enhanced strength training through low impact weight bearing exercises. Relaxation



stretches, using yoga poses, will tone your body and ease your mind. Floor mats and steps are provided.

**INSTRUCTOR:** Sarah Lanza, CPR and Aerobic & Fitness Association of America certified.

## Adult Activities

### YOGASCULPT

at Hommocks Park Ice Rink Community Room

Mondays 6:30 – 7:30 pm 7 classes  
May 5 thru June 23 No program May 26  
Fee: \$40/residents; \$80/non-resident  
Minimum enrollment: 9



A blend of yoga exercises and stretch techniques to help build strength, flexibility and balance in the mind and the body. The combination will promote flexibility, injury prevention as well as help diminish the effects of aging along with creating serenity and calm in both the mind and body allowing for clearer thought and better physical function.

Mary Ann Liebowitz  
American Aerobics and Fitness Association certified



### CREATIVE FLORAL ARRANGEMENTS

at Sheldrake Environmental Center Community Room

SESSION I: Tuesday, June 17 7:15 – 8:15 pm  
SESSION II: Tuesday, June 24

Fee: \$20 each session Session I and II – \$35 (Discount)  
\$25.00 material fee to be paid to instructor each session.  
Presented by Creative Flowers by Amodio, White Plains

In a fun relaxing one hour class you will learn the techniques of flower arranging from a professional.

We provide the flowers, vases, cutting tools and instruction. At the end of class you will take home your beautiful arrangement for your enjoyment. If this is a class you always wanted to try, now is the time to sign up.