

CHRIST CHURCH EPISCOPAL SCHOOL *presents*

2008 CCES ADULT ENCOUNTERS

Welcome to our New CCES Adult Encounters Program! In our inaugural year, we will be offering a wide variety of adult programs that you don't want to miss. From one-time only classes to classes that span numerous weeks, from morning to afternoon to evening classes, we format our programs to accommodate your busy schedule. Want to take up scrapbooking? Come join us! Need to learn how to manage your personal finances? Sign up now! Ever thought about writing your own novel? We have the class for you! We hope you'll take advantage of our vast array of programs for all interests and hobbies. Drop your child off at Summer Encounters and then stay for your own Adult Encounters program. Don't wait a day longer - sign up now!

CCES ADULT ENCOUNTERS GUIDELINES

ELIGIBILITY CCES Adult Encounters is open to all individuals over the age of 18.

REGISTRATION Please send your completed registration form to the address provided on the registration page. Full payment is due at time of registration. Any changes to your program registration must be made prior to June 1, and all changes are subject to a \$25 processing fee.

WHAT TO BRING Each class description tells what you will need. Some classes will provide the necessary materials for an additional charge.

MULTIPLE OPTIONS Some classes are organized in a series format so that each class can build on the material presented in the previous class. Other programs allow for you to choose which class(es) you would like to attend. Please check the class description as well as the registration page to see your different options.

DIRECTIONS Directions to CCES can be found at www.cces.org. Check-in for all classes will be at our Middle School.

GENERAL POLICIES No alcohol, tobacco, drugs, weapons, firearms, knives, lighters, fireworks, or explosive materials of any kind are allowed on CCES property. All crossing areas and stop signs must be observed. Violation of traffic rules may result in the vehicle and the operator being banned from campus. Campus speed limit is 15 mph.

INFORMATION If you have any questions regarding these programs, please contact:

Sarah Brown
Director of Summer & Afternoon Encounters
browns@cces.org
864.299.1522 x1269

Yoganize

Dress: Wear comfortable, non-restrictive clothing.

Yoganize is a unique combination of yoga, Pilates and specialized toning exercises to invigorate the mind, body and spirit. Classes are holistic and prescriptive in nature, taking into account the individual needs and abilities of each participant. Join us as we take time to refocus our minds and bodies in a fun and relaxing class.

June 17, 24; July 8, 15, 22, 29
11:30 a.m. – 12:30 p.m.
\$70 for all 6 classes or \$15/class

Instructor: Karen Noonan, yoga instructor since 1988; received physical education degree in South Africa and owned yoga studio there as well; certified Pilates, aerobics, and prescriptive back care instructor; qualified yoga therapist.

June 19; July 17

12:00 p.m. – 1 p.m.

\$50 for both classes or \$30/class

(price includes mother & daughter)

Instructor: Karen Noonan, yoga instructor since 1988; received physical education degree in South Africa and owned yoga studio there as well; certified Pilates, aerobics, and prescriptive back care instructor; qualified yoga therapist.

Mother/Daughter Yoga

Dress: Wear comfortable, non-restrictive clothing.

What is better than yoga? Yoga with your daughter! Join us for this fun yoganize class that will allow mothers and daughters to participate together in the relaxing and invigorating benefits of yoga. This class will combine yoga, Pilates, and specialized toning exercises that are appropriate for both mother and daughter. You will love this class!

Please note: Daughters must be between 7 - 12 years old.

Poise, Posture, and Prevention

Join us for this four-part class that will teach basic self-defense skills every woman should know. You will learn how to recognize danger signals and read body posture while also understanding vital striking points and escape techniques. You will also learn how to use your personal belongings, such as a cell phone or purse, as defense weapons. Come join us so that you will always be prepared for any situation.

June 9, 16, 23; July 7
12 p.m. – 1 p.m.
\$50 for all 4 classes, or \$15/class

Instructor: Tommy Hood, Carolina Karate & Fitness Center

July 7, 14, 28; August 4

12 p.m. – 1 p.m.

\$50 for 4 classes, or \$15/class

Instructors: Carolina Karate & Fitness Center Staff

Kickboxing

Dress: Please wear non-restrictive clothing and bring water.

This class is perfect for beginners to advanced! We will learn basic kickboxing techniques and strategies while getting into shape. If you want to experience a fun class that will get you moving, this class is for you! Join us during your lunch hour for a wonderful workout experience.

Get Pumped Up: Cardio Taebo and Karate

Dress: Please wear non-restrictive clothing and bring water.

Come join us for a high-energy aerobics class that utilizes a variety of taebo and karate moves. This class will help burn calories, boost stamina, increase flexibility, and build muscle tissue. We will have fun and get in a good workout all at the same time. What better way to spend your lunch hour?

June 18, 25; July 9, 23, 30; August 6
12 p.m. – 1 p.m.
\$60 for all 6 classes, or \$15/class

Instructors: Carolina Karate & Fitness Center Staff

Beginner Novel Writing

Supplies: Please bring a notebook and pen.

Have an inner writer waiting to get out? Ever thought about writing your own novel? Come learn the basics of good novel writing. A brief overview of the creative process along with the basic mechanics of building a novel will be explored. The week will end with reading each other's work. No prior experience is needed.

June 23 – 27
10 a.m. – 11 p.m. each day
\$70 for all 5 classes

Instructor: E.R. Haire, Jr., CCES Christian Education teacher and beginner novelist; attended Skidmore College Writers Workshop (2003, 2004).

June 25, July 2, July 9, July 16,
July 23
6 p.m. – 8 p.m.
\$99 for all 5 classes, plus a \$25
workbook fee

Instructor: Ron Gregory, CCES staff member, who has worked in banking and real estate investments; also taught economics, corporate finance, and personal finance at Furman, Clemson, and Greenville Tech.

Personal Finance

How do I set up the most effective retirement plan for my family? How will I face my current uncertainties with the changing economy? Join us for this in-depth personal finance class that will help answer these questions and more regarding your own financial situation! Ron Gregory, past professor and sought-after speaker, will lead you through practical applications to help you learn about mortgages, insurance, retirement planning, and consumer finance. The class will consist of both lecture and discussion, so please bring questions and material of your own to discuss. This class will offer advice and material for the beginner to the advanced in the world of personal finance.

Online Scrapbooking

Supplies: Please bring your pictures on a CD.

Join us for this delightful class where you will become a digital scrapbook designer! You will learn how to use your own digital images to create beautiful photo books. Learn how to get started, upload pictures and choose layouts for your books. You will even have the chance to choose different fonts, backgrounds and covers. Don't miss out on making designer digital scrapbooks you will cherish forever! These books make wonderful birthday and Christmas gifts for friends and family.

June 10
4 p.m. – 6 p.m.
\$50

Instructor: Kathryn Mahaffey, teacher at Plain Elementary; avid scrapbook enthusiast.

July 9
4 p.m. – 6 p.m.
\$50

Instructor: Kathryn Mahaffey, teacher at Plain Elementary; avid scrapbook enthusiast.

Printable Scrapbook Pages

Supplies: Please bring your pictures on a CD.

Join us this summer for a digital scrapbooking class that will help you create beautiful pages to captivate your family and friends for generations to come.

Digital scrapbooking is a fun way to create layouts that transform your moments into memories! You will design your pages online with your digital photos, but then print these pages so that they resemble your traditional scrapbook pages. The delightful pages you create fit perfectly into standard scrapbooks. This is a fun way to scrapbook without all the needed material fees and supplies!

Traditional Scrapbooking

Supplies: Please bring your own printed pictures (everything else is supplied).

Join us for a fun class that is appropriate for beginner to experienced scrappers! The class will focus on time-saving tools, fast layout tricks, and organizational tips so that you can create timeless scrapbooks to share with friends and family. You may also bring your own scrapbooks to share ideas with others. Don't miss out on making scrapbook pages you will cherish forever!

July 22
10 a.m. – 11:30 a.m.
\$50, plus \$15 materials fee

Instructor: Kathryn Mahaffey, teacher at Plain Elementary; avid scrapbook enthusiast.

Mosaics for the Garden

Come join us for this wonderful art class. We will create many different mosaic pieces that you can use around your house. From stepping stones and wall decorations to sculpture, you will love using mosaic techniques to create your own personalized creations. Whether you are new to art or have been creating for years, "Mosaics for the Garden" is the perfect class for you!

July 28 - August 1
10 a.m. - 12 p.m. or 7 p.m. - 9 p.m.
\$50, plus \$25 materials fee
(both time periods will be completing
the same projects)

Instructor: Marilyn Mullinax-Wood, CCES Art Teacher

July 8, 9, 15, or 16
(only need to sign-up for one date)
9 a.m. - 4 p.m.

\$40 for class (includes book, all materials, mask, and completion card)

Instructor: Joe Britt, CCES Teacher and Chaplain; American Heart Association instructor; Emergency Medical Technician; holds many certifications in Crisis Response

First Aid & CPR Certification

Dress: Please dress comfortably as hands-on learning will require constant movement and floor work.

Receive your CPR and First Aid Certification in just one day! This course is an American Heart Association First Aid CPR/AED training. Each student will learn basic First Aid, CPR, and AED (Automatic External Defibrillator) procedure through hands on practice. At the completion of the class, each student will take a written test in order to receive certification. Once passed, a completion card will be issued. Come join us so that you will always be prepared!

Digital Photography & Photoshop

Supplies: Students need to bring a digital camera to class. All students must have basic computer knowledge, but no prior knowledge of Photoshop or Mac computers is needed.

If you want to improve the quality of your digital pictures, this class is for you! This series of classes will introduce students to design concepts that can be applied to any style or genre of photography. After importing students' photos into Adobe Photoshop, we will learn enhancement and creative effects. This class will focus on the fundamentals of design and composition, instead of photos of pets or people. At the end of the class, students will leave with a number of printed photographs (this is included in the materials fee).

June 9 – 11 and June 16 – 18
6 p.m. – 8 p.m.
\$90 for all 6 classes,
plus \$15 materials fee

Instructor: Dan Harris, CCES photography teacher with over 30 years of professional photography and teaching experience; he has won numerous awards and his work is included in both state and private collections.

July 8, 15, 22
6 p.m. – 7:30 p.m.
\$99 for all 3 classes or \$40/class

Instructor: Melisa Holmes, MD, is a local physician, nationally sought-after speaker, and co-author of the Girlology series of books for adolescent girls. She came to Greenville in 2005 after spending 12 years on faculty at the Medical University of South Carolina (MUSC) where she held joint appointments in Obstetrics/Gynecology and Pediatrics, and was named among the Best Doctors in America. As the founder of Girlology, an educational services program that focuses on promoting healthy development among girls and young adult women, she directs mother-daughter programs and teen programs across the Southeast.

Girls to Women: The Adolescent Years

Join passionate speaker Melisa Holmes as she works with parents regarding the changes and challenges of caring for adolescent girls. The three main emphases will be 1) body-image/self esteem, 2) teen culture and peer pressures, and 3) health and wellness. Starting with a brief presentation followed by a roundtable discussion format, each session will address the issues within the topic that parents wish to discuss. Each class will build on information presented in the prior class, but attending each class in the sequence is not required. Don't miss out on this wonderful opportunity to learn from a knowledgeable and dynamic speaker!

2008 ADULT ENCOUNTERS REGISTRATION

Please return this form with your check to:

Sarah Brown
 CCES Adult Encounters
 567 Wenwood Rd.
 Greenville, SC 29607

Name _____ Age _____ Sex: M F

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Work Phone _____

E-mail Address (required for communication) _____

Emergency Contact _____ Phone Number _____

Health Plan _____ Plan's Phone Number _____

Policy Holder's Name _____ Policy # _____ Group # _____

Health Concerns Affecting Participation _____

Class Registration

Beginner Novel Writing	June 23-27	10 a.m. - 11 a.m.	\$70 <input type="checkbox"/>
-------------------------------	------------	-------------------	-------------------------------

Digital Photography & Photoshop	June 9-11 & June 16-18	6 p.m. - 8 p.m.	\$105 <input type="checkbox"/>
--	------------------------	-----------------	--------------------------------

First Aid & CPR Training	July 8	9 a.m. - 4 p.m.	\$40 <input type="checkbox"/>
	July 9	9 a.m. - 4 p.m.	\$40 <input type="checkbox"/>
	July 15	9 a.m. - 4 p.m.	\$40 <input type="checkbox"/>
	July 16	9 a.m. - 4 p.m.	\$40 <input type="checkbox"/>

Get Pumped Up: Cardio Taebo & Karate	June 18	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	June 25	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	July 9	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	July 23	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	July 30	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	Aug 6	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	All 6 Classes	12 p.m. - 1 p.m.	\$60 <input type="checkbox"/>

Girls to Women: The Adolescent Years	July 8 - Body Image/Self Esteem	6 p.m. - 7:30 p.m.	\$40 <input type="checkbox"/>
	July 15 - Teen Culture & Peer Pressure	6 p.m. - 7:30 p.m.	\$40 <input type="checkbox"/>
	July 22 - Health & Wellness	6 p.m. - 7:30 p.m.	\$40 <input type="checkbox"/>
	All 3 Classes	6 p.m. - 7:30 p.m.	\$99 <input type="checkbox"/>

Kickboxing	July 7	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	July 14	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	July 28	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	Aug 4	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	All 4 Classes	12 p.m. - 1 p.m.	\$50 <input type="checkbox"/>

Mosaics for the Garden	July 28 - August 1	10 a.m. - 12 p.m.	\$75 <input type="checkbox"/>
	July 28 - August 1	7 p.m. - 9 p.m.	\$75 <input type="checkbox"/>
Mother/Daughter Yoga	June 19	12 p.m. - 1 p.m.	\$30 <input type="checkbox"/>
	July 17	12 p.m. - 1 p.m.	\$30 <input type="checkbox"/>
	Both June 19 & July 17	12 p.m. - 1 p.m.	\$50 <input type="checkbox"/>
Online Scrapbooking	June 10	4 p.m. - 6 p.m.	\$50 <input type="checkbox"/>
Personal Finance	June 25, July 2, 9, 16, 23	6 p.m. - 8 p.m.	\$124 <input type="checkbox"/>
Poise, Posture, & Prevention	June 9	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	June 16	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	June 23	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	July 7	12 p.m. - 1 p.m.	\$15 <input type="checkbox"/>
	All 4 Classes	12 p.m. - 1 p.m.	\$50 <input type="checkbox"/>
Printable Scrapbook Pages	July 9	4 p.m. - 6 p.m.	\$50 <input type="checkbox"/>
Traditional Scrapbooking	July 22	10 a.m. - 11:30 a.m.	\$65 <input type="checkbox"/>
Yoganize	June 17	11:30 a.m. - 12:30 p.m.	\$15 <input type="checkbox"/>
	June 24	11:30 a.m. - 12:30 p.m.	\$15 <input type="checkbox"/>
	July 8	11:30 a.m. - 12:30 p.m.	\$15 <input type="checkbox"/>
	July 15	11:30 a.m. - 12:30 p.m.	\$15 <input type="checkbox"/>
	July 22	11:30 a.m. - 12:30 p.m.	\$15 <input type="checkbox"/>
	July 29	11:30 a.m. - 12:30 p.m.	\$15 <input type="checkbox"/>
	All 6 Classes	11:30 a.m. - 12:30 p.m.	\$70 <input type="checkbox"/>

TOTAL: _____

Billing Information:

Check Enclosed (Made to CCES) or Credit Card: Visa Visa Debit Mastercard
 Check no. _____ Card # _____ Exp. Date _____
 Credit Card Address, if different: _____
 Signature _____

Release Statement

I am in good health and am fully capable of participating in all programs. If I have any health concerns that would affect my performance, I agree to discuss these with the Summer Encounters Director prior to the commencement of my program. In the event of an emergency, I hereby give permission to the nurse or physician selected by the camp director to hospitalize, secure treatment for, and to order injection, anesthesia, or surgery for me as named above. I hold harmless CCES, its officers, directors, agents, and employees from liability in connection with or arising out of property damages or personal injury of any nature, unavoidable accident, violation of applicable standards of behavior or rules, or any other damage claims arising out of or related to my participation in any program activity.

I give permission of photographs to be taken of me and to be used by the camp for promotional purposes.

I have read and understand the General Camp Policies on Page 1 of this brochure as well as the statements listed throughout this brochure. I agree to follow all the policies and procedures listed herein.

Participant's Signature _____ Date _____