

McKenzie Parks and Recreation to Offer Special Interest Classes

Stop hibernating for the winter, and get ready for some fun! McKenzie Parks and Recreation Department is expanding the city's recreational programs in order to meet the interests of all our citizens in every age group.

The city will be offering special interest classes in a variety of areas beginning in January 2010. The classes which will be called "Sharing Special Skills" (SSS) will be taught by talented instructors who have agreed to share their special skills with our community.

Registration for the classes will be at McKenzie City Hall and will begin this week. Be sure to sign up early as some of the classes have a limited number of spaces available.

McKenzie is very excited and grateful to partner with our Senior Citizens Center, the Gordon Browning Museum and Genealogical Library, Lakeside Senior Living Community, and Kapellers Tae Kwon Do to provide space for the classes. Students will be given more information regarding location of their classes at registration.

There are other classes being planned for the future, including floristry, which will begin in March. Updates on classes will be posted online and in the McKenzie Banner. If you have a special skill you would like to share with interested students, please call Jill Holland, City Council Parks and Recreation Liaison, 352-9963.

A description of the classes scheduled to begin in January are as follows:

Class	Instructor	Time	Fee
Basket Weaving	Sue Alexander	Jan.5 – 9:00a.m.-3:00p.m	\$20.00
		<i>Biscuit Basket</i>	
		Jan.19- 9:00a.m.-3:00p.m.	\$25.00
		<i>10" Square Market Basket</i>	
		Feb. 2 – 9:00a.m.-3:00p.m.	\$20.00
		<i>Hearth Napkin Basket</i>	
		Feb. 16 – 9:00a.m.-3:00p.m.	\$20.00
		<i>Long Bread Basket</i>	
		March 2 – 9:00a.m.-3:00p.m.	\$18.00
		<i>Easter Basket</i>	
		March 16 – 9:00a.m.-3:00p.m.	\$30.00
		<i>Williamsburg Basket</i>	

An example of each of each basket is on display at city hall. There is a maximum of 10 students per class.

Instructor – Sue Alexander began weaving baskets in 1978. She is a member of the West TN Basket Guild, and the TN Basketry Association. Sue has worked 33 years for the University of TN Extension Service.

Class	Instructor	Time	Fee
Watercolor Painting For Beginners	Lisa Baechtle	2 hr. class once a week For 9 weeks. Beginning Feb. 2 Tuesdays, 9:00a.m.-11:00a.m.	\$90.00

There is a maximum of 10 students for this class. Supplies are \$55.00, unless the student has his/her own. There is a supply list available at city hall. Students will explore wet and dry techniques, light and shade and color wheel basics, painting from still lifes and imagination. Each student will have the opportunity to provide their own still life for the class! As weather permits the class will paint outside.

Instructor- Lisa Baechtle has been painting with watercolor for 30 years, she received her BFA from Rhode Island School of Design and primarily paints horses. She has taught a variety of students in realistic and expressive styles.

Class	Instructor	Time	Fee
Genealogy	Jere Cox	Thursdays 2:00p.m.-3:00 p.m. Beginning January 7, 2010 - January 28, 2010	\$25.00

There is a maximum of 10 students for this class. The classes will be taught at the Gordon Browning Museum and Genealogical Library. Students will learn to operate the machines; copy machine, reader printer, and computer. They will then learn to complete census forms, generations charts and family group sheets.

Next, they will learn to use the obituary files, funeral home records, census, cemetery books, vertical files etc. Students will also explore the archives and family histories housed here. Students will learn to find and use the micro-film or microfiche.

Instructor- Jere Cox, a Gordon Browning descendant, is the Carroll County Archivist and manager of the Gordon Browning Museum and Genealogical Library. He has been a member of the Carroll County Historical Society since 1990, and served as president in 1997. He regularly writes genealogical articles for the McKenzie Banner.

Class	Instructors	Time	Fee
Strength & Flexibility per	Sandy Reditis Brenda Smith Myrna Johnson	12:30 p.m. – 12:50p.m. Mondays, beginning January 11, 2010	\$1.00/ class

Students will learn strengthening and flexibility exercises, each working at their own pace. The exercises are designed to strengthen the body's core muscles and aid balance and flexibility.

Instructors – Sandy Reditis, Brenda Smith and Myrna Johnson have years of experience in exercise and teaching various exercise classes. Brenda is a certified PTA and will work with Myrna and Sandy to design a program to meet the health needs of those in the class.

Class	Instructor	Time	Fee
Stretch 'N Flex	Myrna Johnson Krista Taylor	5:30 p.m. – 6:30 p.m. Mon. & Thurs Beginning 1/4/2010 – March	\$25.00

The objective of Stretch 'N Flex is to release tension, strengthen and tone. From 5:30p.m. -6:00 p.m the student will use yoga, stretching, tai-bo, QiGong, and tai-chi concepts with and without resistance bands, 2lb and 3 lb weights and an exercise mat. From 6:00p.m. - 6:30 p.m. the students will use Pilates for a full body workout. you may attend one session or both – **do only what your body permits.** You will be surprised at how your flexibility will improve in a few weeks. It's All About YOU – your body/health.

Instructors- Myrna Johnson and Krista Taylor are both experienced in leading various exercise classes. In addition, Myrna worked as an exercise instructor at the YMCA for two years. Each instructor will work with the students to set their own pace.

Class	Instructors	Time	Fee
Country Dancing – (Square, Two Step, Waltz)	Jerry Fuller Linda Pruitt	Tues. 7:00p.m.-8-8:30p.m. 1/5/2010-1/26/2010	\$12.00

The class is limited to 20 students. The instructors will teach all three dances, or they will concentrate on the dances the class is most interested in.

Instructors: Jerry Fuller and Linda Pruitt have been country dancing for years and are well known in the area for their skills. They are looking forward to sharing their dancing expertise with interested students.

Class	Instructor	Time	Fee
Adult Knitting Class	Lydia Ruth Hickman	10:00a.m.-11:00a.m. Mondays (8 weeks) Jan 11-March	\$135.00 (Includes Materials)

The class is limited to 4 students because of the personalized one-on-one instruction each student will receive.

Instructor- Lydia Ruth Hickman is a Textile Artist living in rural Henry County, TN. She has been working in this field for 14 years. Lydia Ruth enjoys making historic textiles and passing her knowledge on to future generations.

Class	Instructor	Time	Fee
Adult Hand-built Pottery class	Frank Hickman	10:00m.-11:00m. Mondays (8 weeks) 1/11/10-3/1/10	\$135.00 (Includes Materials)

This class is limited to 6 students because of the personalized one-on-one instruction each student will receive.

Instructor - Frank Hickman is a Potter who has a studio in Paris, TN. He enjoys sharing his skills with all ages.

Class	Instructor	Time	Fee
Self Defense for Women	Arthur Kapeller	10:00a.m.-11:00a.m. Saturdays 1/9, 1/16, 1/23, 1/30	\$30.00 (includes uniform)

Self-Defense for Women will include classes in defense tactics, pressure points and motor disengagements points, basic weapons (ink pens, car keys, etc.) and mixed martial arts.

Instructor – Arthur Kapeller has been teaching martial arts in McKenzie for 12 years, he has been involved with it for 20 years. He is a 4th Degree Black Belt, and is a Level I Instructor under the Elite Martial Arts Coalition. The classes will be held at his studio on 2324 Cedar St.

Class	Instructor	Time	Fee
Beginning Art	Debbie Broadbent	Mondays 6:00p.m.-8:00p.m. 7 weeks of class beginning Jan. 11, 2010	\$75.00-class \$55.00-supplies

Beginning art will be acrylic painting with mixed media. The students will experiment with various types of backgrounds with acrylic paints.

Instructor- *Debbie Broadbent is a local artist who has been painting with mixed media for many years. She is a member of several artist associations and has exhibited her work in shows throughout Tennessee.*