

No class sessions on
April 11 and 25

APRIL

Classes at River House

179 Marine Street,
St. Augustine

Please Register Online at
COASJC.ORG

For more information call
904 209 3655
Monday - Thursday

Monday

Drawing 1 with David Ouellette 9 - 11
Gentle Yoga with Scott Farber 9:15 - 10:45
Chair Yoga with Becky Dawson 11 - noon
Spanish Sevillanas Dance with Eleanor Tamargo 11 - noon
Beginners Ballroom Dance Group Class with Ramona Walter 12:15 - 1:15
Zumba Gold with Angela Engel 12:15 - 1:15
The Carb and Protein Myth on April 22 with Mindy and Bruce Mylrea 1:30 - 3
Exploring with Mixed Media with Liz Monaco 1:30 - 3:30
Ballet with Judy Woodruff 1:30 - 2:30
Tap Dancing for the Beginner with Judy Woodruff 2:45 - 3:45

Tuesday

Fishing 101 with Donna Frantz 9 - 10:30
Strength and Balance for Active Aging with Mindy Mylrea 9 - 10
Tai Chi / Qigong with Scott Farber 10:30 - 11:30
Sea Shell Art on April 16 with Jim Cargilo 11 - noon
Sea Shell Art on April 23 with Jim Cargilo 11 - noon
Intermediate Ballroom Dance Group Class with Ramona Walter 12:45 - 1:45
Mah Jongg for Beginners with Marcia Farrell 1 - 3
Stress Management with Lynn Ringhaver 2:30 - 3:30
Sound Vibrational Frequency with Sharon Infante 2:30 - 3:30
Argentine Tango with Virginia "Honey" Burton 2:45 - 3:45

Wednesday

Learn How to Draw with Liz Monaco 9 - 11
Gentle Yoga with Scott Farber 9:15 - 10:15
Ukulele Level 2 with Dennis Fermin 9:45 - 11:15
Chair Yoga with Becky Dawson 10:30 - 11:30
Line Dance with Ramona Walter 11:45 - 12:45
Beginning Acrylic Landscape Painting with Jenny Keyser 11:30 - 1:30
Guitar 2 with Dennis Fermin 11:30 - 1
A Journey into the Multi-sensory Universe with Cathy Werner 12:30 - 1:30
Tap Dancing Level 3 with Judy Woodruff 1:30 - 3
Intermediate / Advanced Art with Jenny Keyser 2 - 4
The Herbal Pharmacy: Herbs and Your Health with James Carucci 3-4

Thursday

Chair Yoga with Becky Dawson 9 - 10
American Sign Language with Brooklyn Wilcken 10:30 - 11:30
Tai Chi and Qigong with Sharon Infante 10:30 - 11:30
Colored Pencil Art with Liz Monaco 11 - 1
A Journey into the Multi-sensory Universe with Cathy Werner 12:30 - 1:30
Colored Pencil Art with Liz Monaco 1:30 - 3:30
Tap Dancing Level 2 with Judy Woodruff 2 - 3
Balancing Your Blood Sugar and Preventing Diabetes with Lynn Ringhaver 2:30-3:30

