

MILESTONES



Class Catalog



Adults

Ages 18+

Joyful Chorus

Come sing with us! We'll be singing catchy Broadway tunes,
familiar folk songs, and maybe even some
doo-wop from the 1950's!



Mondays,
4-5 p.m.
ages 8+



Sing



Learn Songs



Perform Together



A good class to learn a skill

Yoga Dance

Move to the sounds of fabulous music at whatever pace you like. If you take this class you'll improve your flexibility, your strength, and your balance.

And what's more you'll feel better every time!



Mondays,
5:15-6:15 p.m.
ages 18+



Stretch



Dance



Move Your Body



A good class to build confidence

Dating 101

This class is for pairs of students who are in a couple relationship.

We'll talk about what it means to have a boyfriend or girlfriend.

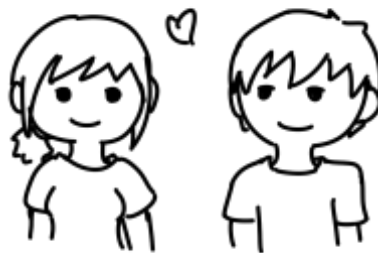
We'll focus on trust and communication, as well as other important parts of being in a relationship.



Tuesdays,
3:30-4:30 p.m.
ages 18+



Share Experiences



Bring your partner



Talk About Relationships



A good class to strengthen relationships

Milestones World Wrestling Entertainment

All you World Wrestling Entertainment fans, come join us for an hour of Milestones Rec's own version of the WWE. We'll watch matches and create our own wrestling characters.



Tuesdays,
4-5 p.m.
ages 16+



Talk about Wrestling



Create Characters



Make Costumes



A good class to make friends

Photography

Do you want to take pictures of nature, your pet, your family, or something else? We can help you figure out how to make your shots even better!



Tuesdays,
4-5 p.m.
ages 13+



Use a Camera



Take Pictures



Talk About Pictures



A good class to learn a skill

Game Design

Let's make some video games! You can design characters, items
and even entire worlds!



Tuesdays,
5-6 p.m.
ages 10-17



Design Characters



Write Code



Play Your Game



A good class to learn a skill

Friendship Band

Want to be in a band? Now's your chance! Even if you don't usually sing or play an instrument you can come rock out with us.



Tuesdays,
5-6 p.m.
ages 16+



Play Instruments



Sing



Write Songs



A good class to learn a skill

Art Explorations

This class is for everyone who is interested in drawing, painting, printmaking, fiber arts, and collage. It doesn't matter if you're a good artist or if you're just discovering your creative side. Come make art!



Wednesdays,
4:30-5:30 p.m.
ages 16+



Paint



Make Sculptures



Talk



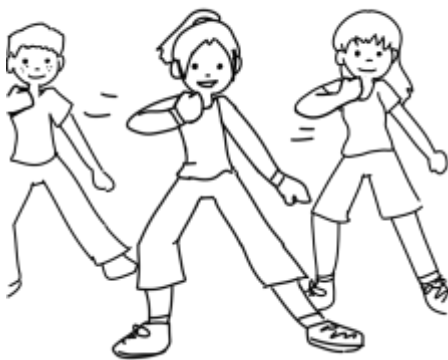
A good class to learn a skill

Dance Movement

Dance in all kinds of ways with your friends. Teachers will pick the songs, or you can request your own!



Wednesdays,
4:30-5:30 p.m.
ages 13+



Learn New Moves



Dance



Move Your Body



A good class to build confidence

Boundaries and Relationships

Do you want help figuring out how to be in relationships? Whether they are romantic, work, family, or other kinds of relationships, this class is for you!



Wednesdays,
5:45-7 p.m.
ages 18+



*Do Role Plays Learn About Emotions Talk About Relationships
and Our Bodies*



A good class to build confidence

Theater Studio

Return for the winter session to a script that has been tailored just for you.



Thursdays,
4-6 p.m.
ages 13+



Act



Sing and Dance



Perform a Play



A good class to learn a skill

Thursday Cooking

Come cook with your friends! After making some delicious food we'll all sit down and have dinner together.



Thursdays,
6-7:15 p.m.
ages 16+



Prepare Food



Cook Food



Eat and Talk



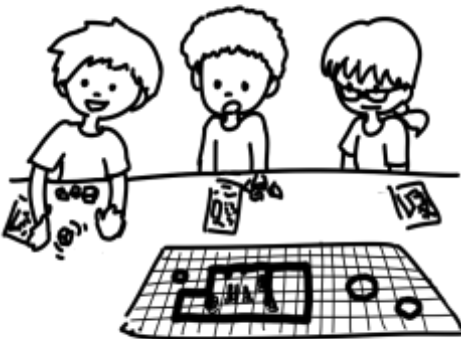
A good class to learn a skill

Dungeons & Dragons

In Dungeons & Dragons, you create characters, beat obstacles, and explore new worlds with the other members of your adventuring party.



Fridays,
4-6 p.m.
ages 11+



Play D&D



Create Characters



Role Play



A good class to make friends

Friday Cooking

Join this class and learn how to cook a different meal each week!
On our potluck social weeks, you can also invite friends to share
your cooking!



Fridays,
5:15-6:30 p.m.
ages 18+

Potluck Social
6:30-8:30 p.m.
Jan 10th and March 6th



Prepare Food



Cook Food



Eat and Talk



A good class to make friends

Indonesian Kung-Fu

You'll learn physical and verbal self-defense skills in this class – and maybe even earn a belt and stripes. And when it comes time for the last class there will be a board-breaking demonstration!



Fridays,
6-7 p.m.
ages 13+



Run and Do Footwork



Hit the Pad



Learn Self-Defense



A good class to build confidence

Women's Self-Defense

Come to this class if you want a work-out, or if you just want to learn how to protect yourself.



Saturdays,
10-10:45 a.m.
ages 13+



Learn Strikes



Move Your Body



Use Your Voice



A good class to build confidence

Manga Club

Let's talk about anime! You can also help make our own manga magazine doing writing, drawing, compiling, or all three!



Saturdays,
11 a.m.-12 p.m.
ages 13+



Talk About Anime



Draw Manga



Write Stories Together



A good class to make friends

Anime Lunch

Join your Anime and Manga Club friends for lunch! Continue to work on your projects, or just talk with friends. You will also get to select an anime once a session to share with the group!



Saturdays,
12-1 p.m.
ages 13+



Eat Lunch



Watch Anime



Talk



A good class to make friends

Magic: The Gathering

Enjoy Magic: The Gathering card game with your friends!

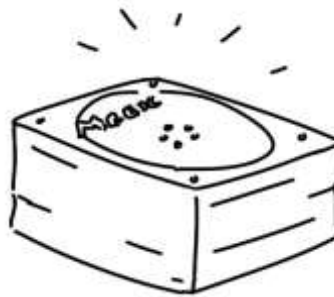
Trade cards or battle in different formats.



Saturdays,
12-1 p.m.
ages 13+



Trade Cards



Build Decks



Play a Game



A good class to make friends

Video Game Extravaganza!

Come play video games with your friends or to try something new!

You can also chat, draw, trade, and battle with Pokemon! Bring games to play together or play games that are provided.



Saturdays,
1-2 p.m.
ages 13+



Talk About Games



Play Games Together



Earn Badges



A good class to make friends

Minecraft and Gaming Club

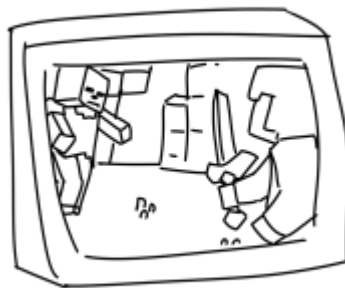
Join us in the pixelated world of Minecraft, where gamers explore and build to their hearts content – on their own or together with other students! You can play minecraft or other games we have.



Saturdays,
2:15-3:15 p.m.
ages 13+



Build on the Computer



Explore Minecraft



Play as a Group



A good class to make friends

Bowling at PINZ!

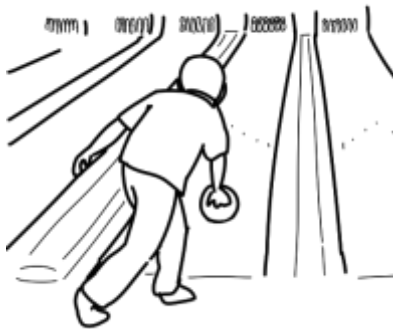
Bowl with your friends at the Hampshire Mall's bowling alley! You can get help from teachers or bowl on your own.



Saturdays,
3:30pm - 5 p.m.
ages 13+



Travel to the Mall



Bowl



Play Arcade Games



A good event to make friends

Potluck and Video Game Nights

Bring a dish to share and come chill with your friends on Friday evenings!

Sing karaoke, play Minecraft, handheld games like Pokemon, or console games like Mario Cart.



Fridays,
6:30-8:30 p.m.
all ages

Jan 10th and March 6th



Share Potluck Food



Play Video Games



Talk with Friends



A good event to make friends

Sweetheart Dance

Come on your own or with a date.

Food, drink, music, dancing, crafts and video games!



Friday,
Feb 14th
6:30-8:30 p.m.
all ages



Share Potluck Food



Dance



Play Games



A good event to make friends