

# ADULT - FITNESS

## ZUMBA®

*Christine French*

Zumba® is more than just exercise. It is fun and fitness wrapped up in the best dance party you will ever attend! This class provides routines featuring interval training sessions with fast and slow rhythms and resistance training. You will tone and sculpt every major muscle group while burning fat. Classes mix upbeat music from many different genres and styles. The routines are designed for all levels and ages, and for both dancers and non-dancers alike. You will love the fun class atmosphere that you will not want to end!

### **B21-19**

Saturdays - 8 sessions  
January 5-March 2  
9:30-10:30am

**\$70**

High School Aerobics Room  
Enter Gym Doors  
No class February 23

## CARDIO BOXING

*Dale Fingar*

Are you looking for a way to blast away stress and calories? Learn to jab, cross and uppercut while you get an awesome total body workout. This energetic shadow boxing class will have you punching, kicking and shouting the stress and calories away! No experience necessary. Just bring your energy, water, a towel and wear comfortable athletic attire. This program is appropriate for all fitness levels.

### **B22-19**

Mondays - 8 sessions  
January 7-March 11  
6:30-7:30pm

**\$75**

High School Aerobics Room  
Enter Gym Doors  
No class January 21 &  
February 18

★NEW★

## 20/20/20 – Rope Training & Cardio Circuit

*Patrice Dwyer*

Take your fitness to the next level! Join this innovative fitness class that offers a fresh challenge for improved cardio performance featuring Rope Training and Cardio Circuits. Each session includes a complete fitness routine, with 20 minutes each of cardio, weight training and abdominal work. Both nights challenge different muscle groups giving all participants a complete and balanced workout. Please bring a water bottle, hand held weights and a yoga mat. This program is appropriate for all fitness levels.

### **B23-19**

Mondays & Wednesdays  
16 sessions  
January 7-March 11  
6:30-7:30pm

**\$85**

Burke School Gym  
No class January 21,  
February 18 & 20

## STEP AEROBICS

*Dale Fingar*

Step is back and it's time to "party on the platform"! Have a blast as you "dance" on the step bench with choreographed moves featuring energetic music from yesterday and today! Not only will you get an awesome cardio workout, but you will also be toning your lower body! Please bring water, a towel and wear comfortable exercise clothing and shoes. Step benches are provided.

### **B24-19**

Tuesdays - 8 sessions  
January 8-March 5  
6:30-7:30pm

**\$75**

Burke School Gym  
No class February 19

## WOMEN, YOGA & HEALTH

*Siri Krishna Khalsa*

This is an 8-week course designed for women only. Kundalini yoga classes are a dynamic blend of postures, pranayam, mantra, music and mediation, which teach you the art of relaxation, self-healing and elevation. Wear comfortable clothing and bring a mat or towel to class.

### **B25-19**

Tuesdays - 8 sessions  
January 8-March 5  
6:30-7:45pm

**\$78**

Medway Public Library  
Lower Level  
No class February 19

## STROLLER BOOT CAMP

*Kelly DuBois*

Parents/caregivers of stroller-aged children will enjoy this highly energetic class and have fun while getting fit. You will burn calories and build strength with creative exercises and positive motivation. The class is designed for all fitness levels and exercises change each week so you will never get bored. Please bring water and a mat or towel to class. Moms must be at least six weeks postpartum and cleared by their physician to resume physical activity.

### **Program 1**

#### **B26-19**

Tuesdays - 4 sessions  
January 8-29  
9:30-10:30am

**\$38**

Veterans Memorial Building  
Gym  
900 Main St., Millis

### **Program 2**

#### **B27-19**

Tuesdays - 4 sessions  
February 5-March 5  
9:30-10:30am

**\$38**

Veterans Memorial Building  
Gym  
900 Main St., Millis  
No class February 19

## EVENING BOOT CAMP

*Kelly DuBois*

Join us in this highly-energetic class where you will have fun while getting fit! You will burn calories and train your muscles with creative exercises and positive motivation. Cardio and strength training exercises will change each week so you will never feel bored. Please bring a yoga mat and water bottle to class.

### **Program 1**

#### **B28-19**

Tuesdays - 4 sessions  
January 8-29  
7:00-8:00pm

**\$35**

Memorial School Cafeteria

### **Program 2**

#### **B29-19**

Tuesdays - 4 sessions  
February 5-March 5  
7:00-8:00pm

**\$35**

Memorial School Cafeteria  
No class February 19

## CARDIO DRUMMING

☆NEW☆

*Stacey Flaherty*

Join this exciting new program to experience the fitness phenomenon gaining popularity across the country! Cardio Drumming combines traditional fast-paced aerobic movements with upbeat music as participants beat on a stability ball with drumsticks. The beauty of this program is that anyone can do it, regardless of age, fitness level or physical limitations. Get ready to feel the beat of the music, burn up to 400 calories and leave feeling physically, mentally, emotionally and socially balanced.

**B30-19**

**\$70**

Wednesdays - 8 sessions

Memorial School Cafeteria

January 9-March 6

No class February 20

6:30-7:30pm



## ZUMBA TONING®

*Christine French*

This fun and energetic class takes traditional Zumba moves and adds the challenge of resistance by adding light weights, resulting in a higher calorie burn than strength training alone and offering a superb opportunity for cardiovascular exercise. And, because it's Zumba, it's fun! You will find that adding resistance with light weights tones and sculpts specific muscle groups, such as your arms, core and lower body. Please note new start time.

**B31-19**

**\$70**

Thursdays - 8 sessions

Burke School Gym

January 10-March 7

No class February 21

6:30-7:30pm

## LADIES SNOWSHOE/TREK

*Nanci Cahalane*

Join this invigorating six-week class for the physically fit hiker! Embrace this time of year hiking on serene trails during the winter months. Join other women and hike or snowshoe (your choice) in our wonderful local park areas. If conditions are icy, ice cleats on shoes are strongly recommended. Ice cleats are available at Bass Pro, L.L. Bean, and Walmart. We meet at various local locations every week; a list will be distributed. First meeting location will be at F. Gilbert State Forest, 45 Mill St., Foxboro.

**Program 1**

**B32-19**

**\$30/program**

Thursdays - 6 sessions  
January 10-February 14

F. Gilbert State Forest  
Foxboro

or

Saturdays - 6 sessions  
January 12-February 16  
9:45-11:00am

**Program 2**

**B33-19**

**\$30/program**

Thursdays - 6 sessions  
March 7-April 11

F. Gilbert State Forest  
Foxboro

or

Saturdays - 6 sessions  
March 9-April 13  
9:45-11:00am

## WATER FITNESS PROGRAMS – Franklin YMCA

*YMCA Aquatics Staff*

The Franklin YMCA, located at 45 Forge Hill Road, Franklin, offers a variety of fitness programs that allow all ages and abilities to enjoy the pool. Participants pay \$5 per Water Fitness class. Please register and pay for the number of classes you plan on attending; passes will be mailed to your home address. You may attend any of the programs/days/times noted below. Visit [www.medwayce.org](http://www.medwayce.org) and select the link YMCA Programs to view class descriptions. There is no deadline for registration and passes do not expire. All classes are 45 minutes in length.

**B34-19**

**\$5/class**

### Aqua Arthritis

**Tuesdays, Thursdays**

**8:00am**

The YMCA Aquatic Arthritis Program provides soothing exercises in shallow water, specifically designed for people with arthritis.

### Aqua Circuit Training

**Tuesdays**

**7:30pm**

This class is designed to offer a variety of cardiovascular and muscular endurance exercises. You will get your blood pumping and body moving in this high energy class. All levels welcome.

### Aqua Stretch & Strength

**Mondays, Wednesdays**

**11:15am**

Balance, strength, flexibility and focus are practiced through a variety of Asanas (positions) in the pool. You will benefit from the water's buoyancy for joints, and the surprising challenge to subtle core stability while holding poses. Leave the pool feeling centered and relaxed. All levels welcome.

### Cardio Aqua

**Mondays, Wednesdays, Fridays, Saturdays**

**8:00am**

This water workout is as intense as you make it. Class includes stretching, cardiovascular activity and muscle conditioning.

### Dance Cardio

**Tuesdays, Thursdays**

**12:10pm**

**Fridays**

**11:10am**

This impact-free high intensity workout burns calories and tones muscles while you dance and move to Latin music.

### Deep End Water Fitness

**Thursdays**

**9:30am**

This water workout is as intense as you make it. Class includes stretching, cardiovascular activity and muscle conditioning.

### Hydro Fit

**Mondays**

**7:30pm**

This class is designed to offer a variety of cardiovascular and muscular endurance exercises taking influences from kickboxing, Plyometrics and Zumba. You will get your heart pumping and your body moving in this class.



## CO-ED INDOOR FUTSAL

Anil Mahalaha

Men and women, join our indoor futsal soccer program to maintain your skills and fitness level during the off season. Futsal is played on a hard surfaced, basketball-sized court with a smaller and heavier low bounce ball. It is played with touchline boundaries and without walls. Depending on the number of players each week, we will divide into teams of six and rotate every 10 minutes. This program is for players of all ability levels. Registration is required before the first session. Limit 20 participants.

**B35-19**

Sundays - 12 sessions  
January 6-March 31  
8:00-10:00am

**\$110**

High School Gym  
No class January 20

☆NEW☆

## MEN'S TUESDAY NIGHT BASKETBALL

Adam Quimby

If you love to play the game of basketball and want to get some exercise, join us and play in this non-competitive setting. You will have the opportunity to play in many games each session. Bring water, a towel, and a light and dark shirt. Registration is required before the first session. Limit 20 participants.

**B38-19**

Tuesdays - 20 sessions  
January 8-June 11  
7:00-9:30pm

**\$125**

Middle School Old Gym  
No class February 19,  
April 16 & May 14

## CO-ED VOLLEYBALL

Steve Karra & Mike Bradford

Join us in this fun, non-competitive volleyball program. Players will be assigned to a team for a semester of enjoyable, recreational volleyball. Passing and team play are emphasized to ensure that everyone has fun, regardless of skill level. The last class will be a fun tournament where you might win a highly coveted T-shirt! Registration is required before the first session.

**B39-19**

Wednesdays - 14 sessions  
January 9-April 24  
7:00-9:00pm

**\$99**

Middle School Old Gym  
No class February 20 &  
April 17



## PICKLEBALL

Steve Karra

This fun game, invented 50 years ago, is a combination of tennis, badminton and ping-pong and is played with a plastic ball on a court one third the size of a tennis court. It can be played by just about anyone and is a great way to exercise, be social and have a blast. Join us and find out why the pickleball craze is sweeping the nation! Please bring a racquet to each session. Limit 20 participants.

**B36-19**

Sundays - 8 sessions  
January 6-March 3  
10:30am-12:30pm

**\$75**

High School Gym  
No class January 20

## MEN'S SUNDAY MORNING BASKETBALL

John McEneary

Come and get an early start to your day, as well as some great exercise, in this informal basketball program specifically for men 30 years of age and older. You will have the opportunity to compete in many games during the two-hour session. Bring water, a towel, and a light and dark shirt. Registration is required before the first session. Limit 20 participants.

**B37-19**

Sundays - 12 sessions  
January 6-March 24  
7:00-9:00am

**\$90**

Middle School  
Anderson Gym



## INTERMEDIATE CO-ED VOLLEYBALL

Wally Wenzel & Bob Hudon

Have you ever wanted to get back into the competitive game of volleyball? Here's your chance! This class is for those who have had experience and have a good basic knowledge of the game. Play on a full court using USVBA rules. Tryouts are on the first night. We offer this class on two nights - you may sign-up for one night or receive a discount for two nights. Registration is required before the first session.

**Program 1**

**B40-19**

Mondays - 14 sessions  
January 7-April 29  
7:00-9:30pm

**\$99**

Middle School Old Gym  
No class January 21,  
February 18 & April 15

**Program 2**

**B41-19**

Thursdays - 14 sessions  
January 10-April 25  
7:00-9:30pm

**\$99**

Middle School Old Gym  
No class February 21 &  
April 18

*Attend both nights for a discounted fee of \$170*

# ADULT - ENRICHMENT

## MARBLED NOTE CARDS

★NEW★

*The Hot Pigeon*

Join Anne Brady and Jenne Nitishin to create beautiful cards using the art of Ebru. Ebru painting is a distinctive genre of aqueous art used to produce mesmerizing works. If you have attended our Silk Scarf Marbling class, you know the magic involved in Ebru. However, this class offers a more detailed form of Ebru art using finer tools and smaller trays for card stock paper. All participants will create 20 one-a-kind note cards that make a wonderful gift for yourself or another. Gather your friends and get creative!

### Program 1

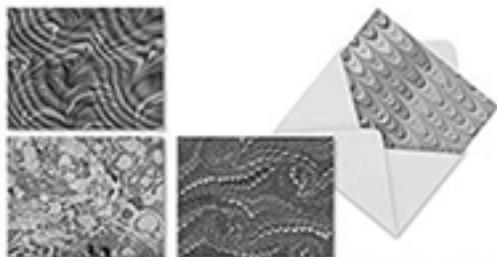
**B42-19**  
Tuesday - 1 session  
January 29  
7:00-9:00pm

**\$40**  
324 Village St., Medway

### Program 2

**B43-19**  
Monday - 1 session  
February 25  
7:00-9:00pm

**\$40**  
324 Village St., Medway



## SILK SCARF MAKING – The Art of Ebru

*The Hot Pigeon*

Join Anne Brady and Jenne Nitishin to create a one-of-a-kind silk scarf through the magic of "floating ink" on water. Find your creative self as you explore the ancient art of Ebru with your own foolproof work of art! Originally designed to create marbled paper, this art has evolved into using fabrics as well. Participants may choose their own colors for the 11" x 16" Habatoi silk scarf. The process is mesmerizing as you watch others create their designs. The scarf is a perfect gift for yourself, for others or as a framed piece of art! If interested in creating a second scarf, please register accordingly to ensure supplies are available.

**B44-19**  
Saturday - 1 session  
February 9  
7:00-9:00pm

**\$35/one scarf or  
\$60/two scarves**  
324 Village St., Medway

## PAINT & SIP Hand Painted Wine Glasses

★NEW★

*Heather Bertoni*

Create a one-of-a-kind design on a wine glass or mason jar in this exciting new class. Step by step instructions will help you personalize your own glasses. Best of all, you leave at the end of the class with two custom wine glasses to use at home or give as gifts. All glasses and art supplies are included. T.C. Scoops will be offering beverages from their adult Libations Menu.

**B45-19**  
Tuesday - 1 session  
February 12  
7:00-9:00pm

**\$38**  
T. C. Scoops  
104 Main St., Medway

## WILD & WINTERY FLORAL DESIGN

★NEW★

*Joanna Hersey*

Taking inspiration from Mother Nature and adding our own artful spin on a classic "winter white" arrangement, we will be using a variety of evergreens, pine cones, succulents and wintery white blooms to create a gorgeous and textural winter centerpiece. Jo of Twig & Briar will guide you in creating your own and show you tips and tricks on how to use seasonal botanicals to create something unique and unexpected!

**B46-19**  
Wednesday - 1 session  
January 30  
7:00-9:00pm

**\$60**  
High School Rm. 119-2



## TROPICAL FLORAL DESIGN

★NEW★

*Joanna Hersey*

Escape the snow and come to the tropics as we work with an amazing selection of tropical flowers and greenery to create a truly one-of-a-kind floral arrangement. Tropical flowers offer a fun and modern feel to any arrangement. Jo of Twig & Briar will show you tips and tricks on how to incorporate these luscious materials in a floral centerpiece - you will be so inspired you might want to plan a gathering just to show your talents off to family and friends!

**B47-19**  
Wednesday - 1 session  
March 13  
7:00-9:00pm

**\$60**  
High School Rm. 119-2

## MAKE & TAKE SIGN PARTY

*Amy Nickerson*

Everyone loves to spruce up their home and work space. Life Expressions Décor offers unique home signs, hand crafted by you! Bring a friend and join the fun as you make a beautiful and personal wooden sign - choose your own paint color, paint your board, then apply your specially-chosen saying. Your chosen words may be inspiring, life changing and, most of all, encouraging. Participants are welcome to create a second sign that evening. T.C. Scoops will be offering beverages from their adult Libations Menu.

**B48-19**  
Thursday - 1 session  
February 28  
7:00-9:00pm

**\$20/one or \$38/two signs**  
T. C. Scoops  
104 Main St., Medway

**CREATIVE CUPCAKES – Parent & Child**

*John Scott Smith*

Does your family enjoy baking together? Is your child a budding young chef? Join this fun one-night class where both your child and you will experience the yummy world of cupcakes! Together, you will learn an adaptable cupcake recipe, how to stuff cupcakes, then practice decorating with your own icing, disposable piping bags and steel decorator tips. Each family will leave with their own pastry box full of six cupcakes and various cupcake supplies. Family fun and fantastic treats await you in this program. Limited space available.

**Ages: 8 & up with adult companion**

**B49-19**

Thursday - 1 session

January 31

6:30-8:00pm

**\$60/parent & child**

High School Rm. 107-3



**THE CROWNING GLORY  
Cupcake Baking & Frosting**

*John Scott Smith*

Participants will learn a delicious and versatile cupcake recipe that is easily adaptable to personal preferences, as well as how to take their icing and decorating to a higher level to impress friends and family. The “reverse-creaming” method, how to fill then decorate with American Buttercream, and how to match fillings and cake flavors are discussed. Everyone will also practice decorating for professional-looking results. Six cupcakes, icing, disposable piping bags and steel decorator tips are provided to all registrants. Join the fun! Limited space available.

**B50-19**

Tuesday- 1 session

February 5

6:30-8:00pm

**\$45**

High School Rm. 107-3

**WINE EDUCATION SERIES**

☆NEW☆

*Mark Lenzi & Kim Simone*

**Class 1: Learn Your Palate Through Blind Tasting** - Did you know there is a lot of psychology behind what we think we like in a wine? In this class, labels will be hidden as we will taste through our lineup. Will your perception of wines change?

**Class 2: Less Familiar Grape Varieties** - Join us as we introduce you to a selection of wines made from less-familiar, but still important, grape varieties from around the world. You are sure to find a new favorite or two!

**Class 3: How to Speak Wine** - If fancy wine words make you tune out, then listen up! In this class, we will explain the most commonly used wine terms and what they actually mean. We will taste a selection of wines that illustrate the concepts discussed, and you will leave confident in your ability to communicate your wine preferences.

**Ages: 21 & up**

**B51-19**

Tuesdays - 1, 2 or 3 sessions

Class 1: February 5

Class 2: March 12

Class 3: April 2

7:00-8:30pm

**\$25/class or \$45/series**

Tasting Room

Franklin Liquors

363 E. Central Ave., Franklin

**LADIES NIGHT OUT – Valentine’s Day**

*Ann Fisher*

Join Molly’s Apothecary this winter for a fun-filled evening creating Valentine-themed bath and body products. We will be making several melt and pour soap making projects, lotion, a new twist on our famous sugar scrub and more! You will leave with lovely gifts for yourself or a friend.

**B52-19**

Wednesday - 1 session

February 6

6:30-9:00pm

**\$50**

Molly’s Apothecary

Medway Mills-Suite 5

163 Main St.



**LADIES NIGHT OUT – Face & Body**

*Ann Fisher*

Join Molly’s Apothecary this winter for our popular Ladies Night Out that focuses on products for the face and body! As we know, it will be a long winter and our face and body need soothing help. We will make a hand and body lotion, a body scrub, a face mask and facial cream, all from the highest quality organic and natural ingredients. This class is always fun in groups, so bring a friend!

**B53-19**

Wednesday - 1 session

March 6

6:30-9:00pm

**\$45**

Molly’s Apothecary

Medway Mills-Suite 5

163 Main St.

**ORGANIZE IT!  
Improve Your Home's Appeal**

☆NEW☆

*Faina Shapiro*

Be liberated from the burdens of clutter and disorganization and learn how to apply elements and principles of organization to your own home! Professional home organizer, property manager and home stager will teach you how to transform and organize each space in your home and how to keep it that way. From kitchens and laundry rooms to home offices and garages, we will tackle every room in your home step-by-step and provide methods, tools, tricks and checklists for decluttering. Essential cleaning product recommendations to help you save time and sustain the appeal and value of your home are also discussed. You may bring pictures of specific areas you need help organizing or cleaning to discuss at the end of the class.

**Program 1**

**B54-19**

**\$25**

Thursday - 1 session  
February 7  
7:00-9:00pm

High School Rm. 119-2

**Program 2**

**B55-19**

**\$25**

Tuesday - 1 session  
February 26  
7:00-9:00pm

High School Rm. 119-2



**LEARN TO KNIT – Beginner**

*Ida Matuskova*

Have you always wanted to learn to knit? The popularity of knitting continues to rise, and participants in this program will learn basic stitches, how to increase and decrease, how to cast on and off, plus much more! In a few short weeks, you will have the ability to create a personalized piece of art, as well as reap the benefits of reduced stress and anxiety, improved muscle function, and a sense of pride in your work. All materials are included in the class fee. New and returning knitters welcome. Register quickly as the class size is limited.

**B56-19**

**\$95**

Mondays - 6 sessions  
January 28-March 11  
7:00-8:30pm

Memorial School Library  
No class February 18

**LEARN TO KNIT – Advanced**

☆NEW☆

*Ida Matuskova*

This class is perfect for knitters who want to fine tune their basic skills while learning more complicated patterns and styles, such as circular knitting, cables, stripes, knitting with double-pointed needles, how to read patterns and more. All materials are included in the class fee. Register quickly as the class size is limited.

**B57-19**

**\$95**

Wednesdays - 6 sessions  
January 30-March 13  
7:00-8:30pm

Memorial School Library  
No class February 20

**VISION BOARDS WITH INTENTION**

☆NEW☆

*Susan Caplan McCarthy*

A vision board may look like an art project but it is really a powerful goal-setting tool. Celebrities such as Oprah, Ellen DeGeneres, and Beyoncé have all used vision boards to realize their dreams. Each participant will work on personal exercises to focus on what you hope to acquire, experience and feel in your life. Magazine images are then used to strengthen intentions as you work toward your goals. Please join us at **Clearing Mental Clutter** (see below) to further help clarify any conflicting messages about your vision.

**B58-19**

**\$20**

Tuesday - 1 session  
January 15  
7:00-9:00pm

High School Rm. 119-2



**CLEARING MENTAL CLUTTER**

☆NEW☆

*Susan Caplan McCarthy*

In this unique approach to organizing, participants explore techniques on how to clear the mental and emotional clutter that gives physical clutter permission to exist. If you feel stuck because you are unsure on how and where to start, join us to learn techniques to help clear the clutter in your home.

**B59-19**

**\$20**

Tuesday - 1 session  
January 22  
7:00-9:00pm

High School Rm. 119-2

**Medway Community Education Gift Certificates**

Good towards any course or trip in this brochure.

Call or email the Community Education office to order.

508-533-3222 option 4      508-321-4725

[communityed@medwayschools.org](mailto:communityed@medwayschools.org)

# ADULT - BUSINESS & TECHNOLOGY

## STOP THE BLEED

★NEW★

David Piantedosi

Trauma is an epidemic in the United States. Death due to bleeding from traumatic injuries can occur in minutes. The public, as immediate responders to traumatic injuries, should know how to stop bleeding. In this class, you will learn effective bleeding control techniques for various wounds using special bandages and tourniquets. Please register for this important class since no one should die from uncontrolled bleeding.

**B60-19**

**\$40**

Tuesday - 1 session

High School Rm. 119-2

February 12

7:00-9:00pm



## AMERICAN SAFETY & HEALTH – First Aid & CPR

Juanita Allen Kingsley

Be prepared for your summer job! This credentialed course is designed for anyone who may need to respond to a first-aid emergency. Participants are taught how to handle injuries and manage illness in the first few minutes until help arrives. The six modules covered in this course are First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR, and Pediatric CPR. This course meets the requirements of child care providers, teachers, foster care workers, camp counselors, Scout leaders, youth organizations, coaches, babysitters and parents.

**Ages: 13 & up**

**B61-19**

**\$85**

Monday - 1 session

Memorial School Library

March 4

6:00-9:00pm

## PREPARING FOR RETIREMENT

Ryland Hanstad

The thought of retirement is exciting, but may be daunting as well. Retirement has challenges related to finances, health, family and other issues. This class introduces topics and changes you will face as you enter retirement and suggests specific steps you can take to help ensure this new period of your life is secure and enjoyable.

**Program 1**

**B62-19**

**\$10**

Thursday - 1 session

High School Rm. 119-2

January 24

7:00-9:00pm

**Program 2**

**B63-19**

**\$10**

Tuesday - 1 session

High School Rm. 119-2

February 26

7:00-9:00pm

## WORDPRESS 1

★NEW★

### Create Your Own Website or Blog

Fan Stanborough

If you would like to create your own website or personal blog, WordPress is the program for you! WordPress is a powerful and easy-to-use tool for building any kind of site. In this class, you will choose the look and feel of your site, add text and photos and use specialized features. You will also learn how to grow your website traffic with simple Search Engine Optimization (SEO) tips. Every aspect of managing your own site will be covered. This class is for beginners and no coding is required.

**B64-19**

**\$80**

Wednesdays - 3 sessions

Middle School

January 16-30

Computer Rm. 2317

7:00-9:00pm

## PROMOTE YOUR BUSINESS ONLINE

★NEW★

### Search Engine Optimization (SEO) & Social Media

Fan Stanborough

If you have a website and want to grow your site traffic, this program is a must! We will cover the following - how to drive traffic to your web properties using Search Engine Optimization (SEO); how to set-up a marketing strategies with social media services like *Facebook*, *LinkedIn* and *Google My Business* to increase your online presence; how to connect with the right people and communities; how to use Google analytics to track your website and read reports. This class is for beginners and no coding is required.

**B65-19**

**\$60**

Wednesdays - 2 sessions

Middle School

February 6 & 13

Computer Rm. 2317

7:00-9:00pm

## ED2GO – Online Courses

The ed2go network offers hundreds of engaging online courses covering every topic from Speed Spanish to Quickbooks. Each course comes equipped with a patient and caring instructor, lively discussions with your fellow students and plenty of practical information that you can put to immediate use. Their instructors include some of the most well-known and trusted names in online education and their dedication to customer service is second to none. You can take any course from the comfort of your home or office at the times that are most convenient to you. Upon successful completion of the course, you will be able to download a certificate of completion.

Browse the catalog and register for courses at  
[www.ed2go.com/medwayce](http://www.ed2go.com/medwayce).

## MEDWAY CABLE ACCESS

*This spring, Medway Cable Access will offer free classes at its studio for anyone interested in learning about the equipment and receiving hands-on training from one of the staff members. Join the staff to learn how to use the video equipment, studio and computer software so you can make your own segment to air on Medway Cable Access.*