**Fine Arts**

**Painting**

Painting in Oils
This stress-free class allows students to learn how to oil paint at their own pace, while more experienced painters can develop their skills in a helpful and open-minded atmosphere. This class encourages originality and promotes artistic freedom.
Fee: $75
Jenny Blomquist
Section 1: Monday 1515-1715
Section 2: Tuesday 915-1115

**Physical Recreation**

Relaxation and Yoga
Tai Chi Chuan
Yang’s Tai Chi Chuan is an elegant, moving meditation with slow flowing movements that are performed with an emphasis on correct body mechanics.
Fee: $15
Dug Corpolongo
Section 1: Tuesday/Thursday 1600-1655

Stretch and Relaxation
Instruction emphasizes stretch and relaxation techniques
Fee: $15
Margaret Griffin-Taylor
Section 1: Tuesday/Thursday 1600-1655

**Sports and Recreation**

Bootcamp & Tabata
This class is designed to push participants further than they would normally push themselves in the gym alone. Interval training and circuit training are major components of this class.
Fee: $15
Kelley Flynn
Section 1: Monday/Wednesday 1630-1730

**Non-Credit Courses**

Music

Piano I-V
If you are new to the piano or wish to refresh lessons taken long ago, this course will help you learn the basic piano skills in a group environment.
Registration: $130, Fee: $15
Gaby Benalil
Section 1: Monday 1700-1750

Strings I-V
Learn the viola or violin in this small group setting.
Registration: $130, Fee: $15
Gaby Benalil
Section 1: Monday 1600-1650

Beginning Band
Registration: $130, Fee: $15
Gaby Benalil
Section 1: Tuesday 1500-1550

Voice Studio
Registration: $130, Fee: $15
Gaby Benalil
Section 1: Monday 1400-1450

**Peer Mentorship**

Peer Mentorship
This is a seminar course for NMT Peer Mentors. This seminar will consist of weekly trainings, presentations, activities, and projects that will help prepare the peer mentors for their role. This course will culminate in an end of semester presentation about their experience.