
LWSC COURSE CATALOG

Please refer to the course schedule to see current course offerings, days and times.

LIFELONG LEARNING CLASSES (REGISTRATION REQUIRED)

Advanced Pottery

Advanced hand-building techniques.

Advanced Writing

This class is designed for those who have some experience in writing but would like to expand their skills and explore new avenues. Classes will focus on in-depth study of literary elements and in-class writing assignments.

African American History

Lively discussions on current events and educational information regarding African-American history. Specific topics vary per session.

Beginning Copperplate Calligraphy

Learn the basics of this lettering style that dates as far back as the 16th century.

Calligraphy Basic

This class works well for beginners as well as more experienced calligraphy students. Different lettering styles are offered each session which can be utilized for addressing envelopes, scrapbooking, writing out poems and much more.

Quilting, Beginning

Students will gain fundamental knowledge of quilting such as how and when to use quilting tools, assembling blocks, tricks and techniques, assembling the quilt and much more.

Beginning Sign Language 1

Teach the sign language alphabet and basic ASL communication skills so that members will be comfortable using their hands to communicate with the deaf. Introduce to the class Signed English and ASL. Sign simple songs.

Beginning Writers

This class is designed for those who are interested in writing but desire to review basic grammar and writing skills. Students will write and share experiences in a nonjudgmental, light-hearted atmosphere of friendship and fellowship.

Bridge, Beginners Part 2

Bridge for advanced players.

Ceramics

Learn the fundamentals of clay, basic hand building, techniques of pinch, slab and coil.

Crochet by Numbers

Fundamentals of crocheting. Develop working knowledge of basic crochet stitches and stitch consistency. Students learn how to read a crochet by number pattern and how to take personal pictures and crochet.

Crochet with Plastic Bags

Learn alternative ways to recycle plastic bags. Students will be taught how to create artistic designs from plastic, i.e., purses, housewares and other items of interest. Must be skilled in crochet or be able to learn at an accelerated pace.

Drama Club

The LWSC Drama club promotes skilled and talented members that share an interest in acting and the whole process of putting on a production.

LIFELONG LEARNING CLASSES (REGISTRATION REQUIRED)

Drapery Making

Introduction to sewing machines with guidelines to basic cutting and construction of fabric to produce window treatments or other home accessories.

Dressmaking by Pattern

Learn how to operate sewing machine and cut patterns.

Event Planning

Students will learn the basic fundamentals of event planning such as business practices, requirements for certification, and industry terminology. The course will end with an event presentation.

Floral Design

In keeping abreast of current trends, students will use the basic principles of floral design to create contemporary arrangements from store bought fresh flowers and silk (permanent) flowers.

Handmade Greeting Cards

Students will create at least two greeting cards each week by learning how to measure and cut shapes, cut and fold different size cards, color stamp images, and much more.

Hat Making

Students will gain basic knowledge and techniques of hat making in order to make a felt hat. Learn stitches and techniques, the various fabric types, working with straw, and much more. Bring machine

Interior Decorating

Students will learn the basics of home interior and entertaining, including space planning, color palette, lighting, fabrics and finishes, menu selection, table decor, and art and style. Two projects will be completed.

Bridge Intermediate

Gain the fundamental knowledge necessary to compete effectively in duplicate bridge. Topics include preemptive bidding, overcalls, takeout doubles and putting the competitive tools together in an integrated bidding strategy.

Learn to Shoot Pool

Students will learn the objectives of the game, how to set up the table for play and how to shoot a game.

Learn to Shoot Pool 2

Pool for advanced players of the game.

Mellow Moments

Mellow Moments provides older adults with a complete stress management toolkit. Topics include, but are not limited to, effects of stress on the older adult, relaxation strategies, how to recognize hidden stressors, and much more.

Modeling Icon

Learn modeling from the start: basic modeling, posture, poise, self-confidence and esteem, how to stand, walk, facial expression, eye contact, turns, position of hands and feet and rip the runway.

Nutrition Kale Yeah

Receive an introduction to nutrition from a certified instructor. Become a savvy shopper, gather fruit and vegetable recipes, learn how to read labels and the foods that help manage disease, and sit in on cooking demonstrations.

Oil Painting

Introduction to portraiture. Techniques apply basic use of oil color mixing and application. Learn basic facial shapes and proportions. Create your own portrait using polished metal to capture your reflection.

LIFELONG LEARNING CLASSES (REGISTRATION REQUIRED)

Performing Arts Group

This class curriculum includes many aspects of the performing arts such as music, drama, dance, comedy, poetry, linguistics, sign language and more.

Piano Basics 1

In this course students start at the very beginning learning rhythms and notations, progressing to reading and playing music.

Piano Basics 2

This course is an extension of Piano Basics 1 where students build on the foundational concepts including playing with dynamics. Prerequisite: Piano Basics 1 or instructor's consent.

Piano Basics 3

This course is an extension of Piano 2 where more advanced piano topics are explored including pedaling technique and scalar concepts. Prerequisite: Piano Basics 2 or instructor's consent.

Beginning Pottery Making

Learn the basics of wheel thrown pottery: wedging, centering, pulling, trimming, glazing, and basic studio etiquette.

Quilting Advanced

Advanced quilting techniques.

Quilting, Beginning from Scratch

Students will be able to make a variety of quilts by learning the foundational skills of quilting. Experience is not necessary.

Romance from 50 to Forever

This class is designed to explore ways to have a happy, healthy, harmonious relationship. This course is for everyone in their 50s and beyond, whether married, in a long-term relationship, widowed, divorced, or single.

Semi Pro Greeting Cards

Students will learn how to creatively design custom handcrafted greeting cards. Each student will have the ability to pick and choose a specially crafted card specific to their desires that are inspired and designed by the instructor.

Sewing with Patterns

This class is designed for seniors who have some sewing experience with patterns. By teaching one-on-one from start to finish, the students are able to make a completed garment such as dresses, jackets, tops, slacks, and skirts.

Spanish 1

Speak, read, and write in Spanish. Focus is on building vocabulary and grammar.

Spanish 2

Advanced Spanish grammar. Students will focus on building skills in speaking, reading, and writing complex sentences.

Sudoku for Beginners

Students will learn how to solve Sudoku puzzles, a game of logic. It also exercises the mind, is relaxing and inexpensive.

Talk and Share

Talk and Share is a group that meets weekly to provide a safe environment for emotional support, a sense of community, and problem-solving help.

LIFELONG LEARNING CLASSES (REGISTRATION REQUIRED)

Theatre Arts

This course is designed to provide individuals with the opportunity to learn or refine techniques in acting, auditioning theatrical terminology, and stage directions.

Toastmasters

Learn public speaking and leadership skills.

Traditional Crochet

This class assists members in learning the various crochet stitches and in making beautiful items such as scarves, shawls, baby blankets, tops, skirts, table centers, and much more.

Weight Watchers

Weigh in and stay on track with the Weight Watchers program.

Beginning Wire Wrap Jewelry

Learn the basic techniques of wire wrap jewelry, such as how to cut, straighten, twist, wrap, join wires, and more through instructor guided projects. There will be a new project each week. *Students will need their own tools and wire.

Intermediate Wire Wrap Jewelry

Learn intermediate techniques of wire wrap jewelry through instructor guided projects. Students will learn jewelry making techniques such as how to cut straighten twist wrap join wires and more.

TECHNOLOGY (REGISTRATION REQUIRED)

Advanced DSLR Camera Hardware Technique

Students will learn about the components and aspects of digital photography hardware. Major emphasis is on the camera, the various camera types, and camera bodies.

Advanced DSLR Camera Software Technique

This class focuses on the various software tools used to manage, edit, optimize and enhance your digital camera images. A major emphasis is placed on digital camera workflow.

Basic Digital Cameras

This is our very basic class for those who want to understand the simple things like turning on your camera, taking out the SD memory card viewer, loading pictures on the computer, emailing photos, and taking an overall better photo.

Basic Digital Cameras 2

Walk into the next phase of understanding your camera, how to better compose and better adapt to your particular location at any given time, and how to take an overall better picture. This class introduces students to the various settings on the camera (Automatic Mode, Portrait, Landscape, Sports, Night Mode, etc.) and how they affect the outcome of the picture.

Beginning Internet

Learn the basics of the Microsoft Internet Application. Students will be able to use the address browser, open email, embed hyperlinks in documents, use navigation menus and tools in a search engine, and much more. Prerequisite: Computer Basics 1 and 2.

PowerPoint, Beginning

Learn the basics of the Microsoft PowerPoint Application. Students will be able to input text, pictures and shapes into a blank presentation, create a slide show, use layouts, and much more.

TECHNOLOGY (REGISTRATION REQUIRED)

Word, Beginning

This class is for seniors interested in learning the basics of Microsoft Word application. Students will be able to insert text and pictures into a document, use templates to create a form letter, use word art, and much more.

Better Pictures on Cell Phones & Tablets, Plus Editing

Learn the do's and don'ts before taking a picture and editing capabilities once the picture has been taken. This 2-part class will walk you through taking the best picture with all your devices, plus basic editing with your device and/or on your computers.

Computer Basics 1

Learn how to use the mouse, access applications, navigate and personalize the desktop, use they keyboard, and much more.

Computer Basics 2

In this advanced class, learn how to navigate window explorer files and folders, use the browser to find and save documents, and much more.

Digital Camera Workshop

This workshop will entail a wide variety of topics as it relates to basic, intermediate and advanced digital photography, and is designed for the intermediate or advanced student.

Beginning Excel

Learn the basics of Microsoft Excel application. At the end of this class, seniors will be able to: create a worksheet and enter text into cells, use the number pad and other utility keys, use the menu, change layout, and much more.

Beginning Publisher

Using Publisher, you can easily create business cards, greeting cards, calendars, newsletters and much more. Learn the basics.

Photography Tutoring

Reservation Only

Smart Phones

Students will learn how to setup and use speed dial, create and access contact lists, use voice commands, maintain the calendar, and much more. Prerequisite: Computer Basics 1 and 2, Beginning Internet.

Windows 10 & Using Your Laptop

Learn the basics of Windows 10 and how to use your laptop. Students will be able to use the mouse pad, personalize the desktop, navigate files and folders, and much more. Prerequisite: Computer Basics 1 and 2.

Your Camera & You - OJT

Put your knowledge of Aperture, ISO and Shutter Speed to the test! This course affords a hands on adventure through your understanding of the relationship between three variables, sometimes referred to as the Exposure Triangle. Students will visit various locations and experience valuable real-time use of their cameras.

Gift Ideas on the Internet

Students will be able to make cups, mugs, t-shirts, calendars, and much more on several internet websites and take them home. Prerequisite : Basic Computer Navigation

AQUATICS (REGISTRATION REQUIRED)

Advanced Swim Lessons

Learn various strokes and develop endurance and proficiency.

TECHNOLOGY (REGISTRATION REQUIRED)

Advanced Volleyball Team

Participants will compete with other centers and host competition games at LWSC.

Beginner Volleyball

Students will learn all the rules and regulations of volleyball based on the volleyball rulebook. Begin with warm-up and stretching exercises followed by volleyball drills along with a fun game of competition.

Beginning Swim Lessons

Overcome fear of the water and learn basic skills such as floating, gliding, kicking, rhythmic breathing and treading water.

Intermediate Swim Lessons

Intermediate level swimmers are comfortable in the water, have learned to float and can swim for short distances ranging from the width of a pool to a pool length.

AQUATICS (REGISTRATION NOT REQUIRED)

Advanced Water Aerobics

Invigorating water fitness; endurance exercises designed to improve the cardiovascular and respiratory systems.

Arthritis Foundation Aquatics

Light exercise at your comfort level

Arthritis Foundation Walk With Ease

Reduce your arthritis pain through walking.

Intermediate Water

Water fitness with endurance exercises designed to improve the cardiovascular and respiratory systems.

Multi-Level Water Fitness

Exercise at your comfort level. Warm up and cool down exercises

Stretchercising

Quick morning stretch

FITNESS (REGISTRATION REQUIRED)

Art of Meditation

Guided meditation practices for those seeking authentic and realistic solutions to the challenges of modern life.

Ballroom Dancing

Learn ballroom dancing.

Beginning Line Dancing

Learn the fundamentals of choreographed line dance.

Bicycle Club at Stone Mountain

Meet weekly at Stonecrest parking lot between Kohls and Sears

Chair Aerobics

Participants will use a variety of equipment such as hand weights, medicine balls and Pilate bands. Chairs will be used for either standing or sitting support.

Highlighters

Dance

AQUATICS (REGISTRATION NOT REQUIRED)

Hip Hop Line Dancing

Dance

JD's Troupe

Dance

Lou Walker's Dancing Men

Dance

Martial Arts

Balance, awareness, breathing; learn the correct ways to punch, kick or immobilize attackers.

Tennis

Learn and improve strokes, strategy, rules, terms, and equipment choices.

FITNESS (REGISTRATION NOT REQUIRED)

Advanced Yoga

This class uses a series of poses, both static and flowing, to improve flexibility, strength, and balance while connecting movement and breath. Modifications for the poses will be demonstrated and participants will be encouraged to listen to their bodies and be able to work on their own.

African Dance

Caribbean style of dance fitness using high energy flowing movement. This is a fun way to exercise with the musical influences of Soca, Calypso, Reggae, and much more.

Arthritis Foundation Exercise

This program is designed for persons with arthritis and related diseases. Each class includes a health education topic, and a variety of exercises are performed while sitting or standing. It includes endurance routines and relaxation sessions.

Arthritis Foundation Walk With Ease

Walk With Ease reduces pain, increases balance and strength and improves your overall health. The program will help motivate you to get in great shape and allow you to walk safely and comfortably.

Beginning Golf

Learn the basic fundamentals of golf, including putting, chipping, full swing, stance, and rules & etiquette. This is a 6-week course

Beginning Yoga

Flexibility training for the entire body, moving through a series of yoga postures (poses). This class is designed for the beginner, practicing using supports such as chairs, straps and blocks.

Body Flow

A low impact, medium intensity class full of surprises! The class may warm up to line dancing or walk around the building if the weather permits, followed by a series of low impact exercises to increase heart rate. Class ends with strength training in a chair.

Boot Camp Fitness

High intensity training. A popular interval class that mixes calisthenics and body weight exercises with cardio and strength training.

Brains, Flexibility, Balance

Memory enhancement techniques

FITNESS (REGISTRATION NOT REQUIRED)

Butt, Legs & Thighs

Tone up the lower body with invigorating exercises.

Cardio Circuit Aerobics

Dance moves to increase heart rate and usage of weights to improve strength.

Chachercize

Chachersize is an innovative Line Dance exercise program that is the next exercise craze. This concept was developed as an exercise supplement to the Billion Pound Blitz initiative.

Dynamic Abs

Strength training for abdominal muscles

Line Dancing

Exercise through the art of dance. This class encourages both physical and mental agility while performing coordinated group dances to favorite pop, oldie and country-western music.

Pilates

Burn and lengthen muscles faster and more efficiently by combining fluid, large muscle, low-impact pilates-inspired standing moves with hand weights and body bars to get your best Pilates body in half the time

Self Defense

This class teaches environmental awareness, blocking techniques, striking techniques, escapes and more.

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Strength Training

Create a leaner, stronger, more flexible body using classic sculpting and stretching techniques.

Tai Chi

Tai Chi has its roots in ancient China. It has the advantages of regular exercise combined with a definite emphasis on the gracefulness and slowness of peace. It relaxes the mind as well as the body. Physically, it aids in digestion, quiets the nervous system, benefits the heart and blood circulation, loosens joints, and refreshes the skin.

Tai Chi Arthritis Foundation

Tai Chi for Arthritis is based on Sun style Tai Chi. Practicing this program reduces pain significantly, prevent falls for the elderly, and improves many aspects of health.

Walking for Weight Loss

Outside

Zumba Group Exercise

A dance fitness class that incorporates fun, high energy Latin, international and American music and dance, performed in a party-like atmosphere. Dance steps are demonstrated and new dances will be introduced throughout the session.