



March

Classes at River House
179 Marine Street, St. Augustine
Please Register Online at
coasjc.coursestorm.com
For more information call
904 209 3655
Monday - Thursday



Monday

Sculpt, Stride & Stretch with Katie Smith 9 - 10:30
Gentle Yoga with Scott Farber 9:15 - 10:45
Container Gardening and New Beginnings on March 9 with Karen Doyle 9:15 - 11:15
Jewelry Wire Wrapping Class with Kathy Tengesdahl 10 - 12
Chair Yoga with Becky Dawson 11 - 12
Embody Ageless Vitality with Sharon Infante 12 - 1
Zumba Gold (Lower Impact) with Angela Engel 12:15 - 1:15
Genealogy Course with Paul Howes 12:45 - 1:45
Ballet with Judy Woodruff 1:30 - 3
Journal Projects: Creating Page Pockets and Hidden Tucks on March 2 with Liz Monaco 1:30 - 3:30
Journal Projects: Floral Fodder on March 9 with Liz Monaco 1:30 - 3:30
Journal Projects: Using Napkins in Your Journals on March 16 with Liz Monaco 1:30 - 3:30
Journal Projects: Using Book Pages on March 23 with Liz Monaco 1:30 - 3:30
Journal Projects: Hidden Paper Clips on March 30 with Liz Monaco 1:30 - 3:30
Functional Body Strength with Katie Smith 2:15 - 3:15
Healthy Living Course on March 16 with Sharon Infante 2 - 3

Tuesday

Balance & Stretching with Katie Smith 9 - 10
Know Before You Go Fishing Clinic Series with Donna Frantz 9 - 10:30
Gentle Yoga with Scott Farber 9:15 - 10:15
Fishing on March 31 with Donna Frantz 9 - 11
Spanish for Beginners with Maria Martinez 10 - 11:30
Easter Caroling with Abigail Dyer 10:15 - 11:15
Tai Chi / Qigong with Scott Farber 10:30 - 11:30
Drawing 1 with David Ouellette 10:45 - 12:45
Zambra Mora Dance Class with Gina Marie Newman 11:45 - 12:45
Intermediate Spanish with Maria Martinez 11:45 - 1:15
Line Dance with Ann Murdock 1 - 2
Jamming to the Classics - Ukulele / Guitar Combo! with Dennis Fermin 1 - 2:30
Mah Jongg for Beginners with Marcia Farrell 1 - 3
Acrylic Art Class with Heather Harley-Davidson 1:30 - 3:30
Sound Vibrational Frequency (Sound Bath) with Sharon Infante 2:30 - 3:30

Wednesday

Fish For Dinner: How to Clean Your Catch on March 4 with Donna Frantz 9 - 10:30
Watercolor 1 with David Ouellette 9 - 11
iPhone: Some Surprising Things You Can Do With It with Jim Cargilo 9:15 - 10:15
Gentle Yoga with Scott Farber 9:15 - 10:15
Ukulele 2 for Beginners with Dennis Fermin 9:45 - 11:15
Art of Meditation with Scott Farber 10:30 - 11:30
Chair Yoga with Becky Dawson 10:30 - 11:30
Guitar 2 for Beginners with Dennis Fermin 11:30 - 1
Chess as a Mechanism of Happiness on March 11 with Estelle Thibodeau 12 - 1
Planting the Seeds with Kate Werner 12:30 - 1:30
STA Strong BHOF (Osteoporosis) on March 11 with Nicole Tristram 1:30 - 2:30
Tap Dancing Level 3 with Judy Woodruff 1:30 - 3:00
Book Club on March 4 with Peter Gaspar 2 - 3:30
Herbs and Nutrition with James Carucci 2:30 - 3:30
Functional Body Strength with Katie Smith 2:45 - 3:45

Thursday

Chair Yoga with Becky Dawson 9 - 10
Belly Dance Basics and Beyond with Gina Marie Newman 9:30 - 10:30
The Musical World of Henry Mancini with Thomas Hischak 10 - 11:30
Tai Chi and Qigong with Sharon Infante 10:30 - 11:30
Belly Dance Basics Level 1 with Gina Marie Newman 10:45 - 11:45
Watercolor Techniques with Liz Monaco 11 - 1
Sculpt, Stride & Stretch with Katie Smith 12 to 1:30
Think Differently with Kate Werner 12:30 - 1:30
Colored Pencil Art with Liz Monaco 1:30 - 3:30
Tap Dancing Level 1 & 2 with Judy Woodruff 2 - 3