



NCCC Northwestern Connecticut Community College • Park Place East • Winsted, Connecticut 06098-1710

Phone: (860) 738-6300

www.nwcc.commnet.edu

Dear Student:

Fall 2017 classes begin August 29, 2017. If you wish to register for classes, please complete the registration form on the back of this letter and return it to us by August 25th. If you already sent in your registration form, please do not respond to this mailing.

I have included course information on the reverse side of this letter for many of the classes that our senior citizen students enjoy taking. Please place an "X" next to each class that you would like to be registered for. Please also indicate whether you wish to audit the class or receive credit. We begin registering students who are using the senior citizen tuition waiver the first week of classes. Your early response is encouraged.

Please return the completed form to:

NCCC
Attn: Registrar's Office
Park Place East
Winsted, CT 06098

If you have any questions, please call Kris Kennedy at 738-6312.

Thank you!

Debra Zavatkay
Registrar



Registration Form

Northwestern CT Community College
 Office of the Registrar, Park Place East, Winsted, CT 06098
 Fax: 860-738-6413 Phone: 860-738-6312

Student ID @ _____ Social Security No. _____ Date of Birth _____
 Last Name _____ First Name _____ Maiden/Middle name _____
 Mailing Address (number & street) _____
 City, State, Zip _____ Home Phone _____

Fall 2017 Courses

Course	CRN	Subject	Number	Title	Day	Start Time	End Time	Start Date	End Date	Building	Room	
	X	3067	ART*	C187	Museum Treasures: The Cloisters	Tuesday	1:00 PM	4:00 PM	8/29/2017	9/19/2017	FH	AUD
		3167	HPE*	C108	Strength & Tone	Monday	5:00 PM	6:15 PM	9/11/2017	11/13/2017	GW	128
		3393	HPE*	C108	Strength and Tone	Tuesday	5:00 PM	6:15 PM	9/5/2017	11/7/2017	GW	128
		3414	HPE*	C108	Strength and Tone	Wednesday	1:15 PM	2:30 PM	9/6/2017	11/8/2017	GW	128
		3415	HPE*	C108	Strength and Tone	Thursday	5:00 PM	6:15 PM	9/7/2017	11/9/2017	GW	128
		3007	HPE*	C261	Yoga-Get Started	Tuesday	6:35 PM	8:22 PM	8/29/2017	10/10/2017	Whiting Mills	
		3200	HPE*	C261	Yoga-Move Up	Tuesday	2:50 PM	4:37 PM	10/24/2017	12/5/2017	Whiting Mills	
		3416	HPE*	C261	Yoga-Get Started	Thursday	2:50 PM	4:37 PM	8/31/2017	10/12/2017	Whiting Mills	
		3417	HPE*	C261	Yoga-Move Up	Thursday	6:35 PM	8:22 PM	10/19/2017	12/7/2017	Whiting Mills	
		3062	MUS*	C298	Between Berlioz & Debussy	Tuesday	1:00 PM	4:00 PM	10/3/2017	10/31/2017	FH	AUD

- If a class you want to take is not listed, please write the information in spaces provided.
- Put an X next to the class you want to register for.
- Do you want to receive a grade for this class? Yes or No (circle one)

Student Signature _____ Date _____
 Registrar's Approval _____ Date _____ Waiver Applied _____ SC _____ Total Credits _____

Course Descriptions:

ART 187 Museum Treasures: Medieval Art and Architecture: The Cloisters

The Cloisters, located in a scenic park on a hilltop in Northern Manhattan, is an idyllic museum of European Medieval art and architecture commissioned by John D. Rockefeller Jr. Discover the treasures of the Middle Ages by exploring the artistic traditions of painting, sculpture, architecture, and illuminated manuscripts. Explore the abbeys and artifacts assembled at this site in the early 20th century, and the Rockefeller's philanthropic work to create an homage to European art in the heart of Manhattan.

The tradition of Medieval Art has its roots in the growth of Christianity after the Fall of Rome in the 1st century C.E. Its art and architecture developed from a desire to create a new, symbolic style that matched the new, monotheistic religions. By exploring the traditions of art that preceded it (Ancient Roman Art) and followed (the Renaissance), we will uncover the intentions and unlock the meaning behind the art of the Middle Ages which spanned 1,000 years. Examining the history of the Rockefeller family and their strong ties to establishing extensive art collections for the public, we will explore the history of the European ruins themselves and how they were saved from ruin and restored to their former glory by one of the most influential families of American history. **Lecture Dates: Tuesdays, August 29, September 5, 12, 19, 2017.** From 1:00-4:00 in Founders Hall Auditorium. **Field Trip: Tuesday, September 26, 2017**

HPE 108 Strength and Tone

This class is suitable for both men and women of all fitness levels.

Push yourself to the limit in this dynamic body conditioning class taught by an AFAA certified group exercise instructor and Personal Trainer. Consecutive high energy cardiovascular and strength training intervals using a variety of weights and training tools will help participants decrease fat and burn calories while increasing muscle strength and endurance in a pressure free environment. If necessary, modifications to exercises will be shown to suit individual needs and abilities. The instructor will carefully monitor all students for proper form and will make the necessary corrections to avoid any stress or injuries. Students must supply their own mat, hand weights (between 5 & 10 lbs.), resistance tubing and a 65 cm stability ball.

HPE 261 Yoga - Get Started

This course is located at YOGA AT THE MILL STUDIO 312, 100 WHITING ST. Step by step, learn the basics and the true meaning of yoga with short lectures. You will come away with the knowledge, practice of breath work, postures with proper alignment, and meditation. "On or off the mat you will be able to practice". Essential oils are used for relaxation. Any allergies, please let the instructor know.

HPE 261 Yoga - Move-Up

This course is located at YOGA AT THE MILL STUDIO 312, 100 WHITING STREET. Short lecture on practicing longer holds with proper alignment with deep breath work, focusing your attention on balance and flow series of Sun Salutations and Warrior Series. Learning Inversions and Balances in a safe environment. Please advise instructor of any health issues or allergies. Essential oils are used for relaxation.

MUS 298 Special Topics: French Orchestral Music between Berlioz and Debussy

Hector Berlioz (1803-1869) and Claude Debussy (1862-1918), who were among France's most innovative composers, bookended 19th century French music. Berlioz was the first to concentrate on symphonic music since the opening of 'L'Academie Royale de Musique' in 1671, which offered performances of only opera and ballet. He would be followed by a generation of composers, extending from St. Saens to Dukas, who wrote quality orchestral music still very popular today.

This course will explore the French symphonic repertoire from the 1850s until the advent of Debussy and will detail the life and times of its composers. **Lecture dates: Tuesdays, October 3, 10, 17, 24, 31, 2017** from 1:00 – 4:00 p.m. in Founders Hall Auditorium.