

**The GAP at GHS
27 Wallace Rd.
Goffstown, N.H. 03045
603-497-4841 Ext. 356**

Community Enrichment Courses	Days	Dates	Time
QuickBooks-with your basic knowledge of this program you can learn some quick tricks and tips of all that it has to offer.	Tues&Thursday	May 1 & 3	6-8pm
CPR/First Aid Certification-updated information concerning CPR/First Aid	Tuesday	Feb. 7 & 14	6-8pm
Basic Computer	Tuesday	Feb.7-March 20	6-8pm
Bhangra/Bollywood dance fitness-blend of high energy beats--fun workout, no dance experience necessary—all fitness levels welcome	Tuesday	Feb.7-April 13	6-7pm
Tai-Chi-an art form that through fluid circular movement promotes flexibility, tones muscles, builds focus and assists in reducing stress	Thursday	Feb.9-April 19	6-7:15pm
Meditation and Movement-reduces stress and promotes calm mind. Simple movement routines are designed to help balance energies	Thursday	Feb.9-April 19	6-8pm
Yoga-Gentle for all levels	Tuesday	Feb. 7-March 20	6-7:15pm
OSHA 10 Construction Certification-supports employment in the building trades	Tuesday	Feb. 21-April 3	6-8pm
Sustainable gardening-basic introductory garden design course, using the biodiversity on your property such as native plant materials and organic methods	Thursday	March 8-April 12	6-8pm
Practical Investing	Thursday	Feb.7-March 20	6-8pm
Jewelry Making-Beginners jewelry instruction	Thursday	Feb.9-March 29	6-8pm
10Minute meals—on a budget. Come check it out— Quick, easy and budget friendly	Thursday	Feb.9-April 19	6-8pm
Beginning Knitting-6 week class teaching the basics of knitting-project oriented	Thursday	Feb.9-March22	6-8pm
Laws for the Layman-information enabling you to understand your legal rights	Thursday	Feb.9-March 22	6-8pm
Creative Welding-introduces you to the basic welding skills and metal working techniques—two classes being offered	Thursday	Feb.9-April 19	3:45-5:45pm & 6-8pm
Self Defense for Women-Taught by Officer David Rivard, basic moves to help you defend yourself	TBA	TBA	TBA