



Registration Form
 Northwestern CT Community College
 Office of the Registrar, Park Place East, Winsted, CT 06098

Student ID @ _____ Social Security No. _____ - _____ - _____ Date of Birth _____

Last Name _____ First Name _____ Maiden/Middle name _____

Mailing Address (number & street) _____

City, State, Zip _____ Home Phone _____

Spring 2019 classes

X	CRN	Subject	Course Number	Title	Day	Start Time	End Time	Start Date	End Date	Building	Room
_____	1118	ART*	C187	The Whitney Museum	Friday	1:00 PM	4:00 PM	3/22/2019	4/12/2019	FH	AUD
_____	1370	HPE*	C108	Strngth&Tone3/19-4/18/19	Tues & Thurs	5:00 PM	6:15 PM	3/19/2019	4/18/2019	GW	128
_____	1010	HPE*	C261	Yoga 1/29-2/26/19	Tues & Thurs	6:35 PM	8:09 PM	1/29/2019	2/26/2019	W MILL	
_____	1144	HPE*	C261	Yoga 2/28-4/4/19	Tues & Thurs	6:35 PM	8:09 PM	2/28/2019	4/4/2019	W MILL	
_____	1457	HPE*	C261	Yoga 4/9-5/7/19	Tues & Thurs	6:35 PM	8:09 PM	4/9/2019	5/7/2019	W MILL	
NOTE: the April 9-May 7 Yoga class is pending. It may or may not run, it's dependent upon the number of registered students											
_____	1050	MUS*	C298	ClassicalMusician Pt2	Tuesday	1:00 PM	4:00 PM	4/2/2019	4/30/2019	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 _____

SPRING 2019 - SPECIAL INFORMATION

ART 187 Museum Treasures: The Whitney Museum of American Art

Gertrude Vanderbilt Whitney (1875 -1942) was a sculptor and the founder of the Whitney Museum of American Art, which opened in 1931. She was a proponent of early twentieth-century American artists who were unable to exhibit their work due to rejection by traditional academies. She took a chance by collecting art by unknown living artists who are now legends. This made her the leading patron of American art for over thirty-five years. The museum continues in the tradition of exhibiting Modern and Contemporary American art in its newest 2015 location situated between the Hudson River and the High Line.

The four-part lecture will focus on artworks mainly from 1900-1960 in the exhibit, *Where We Are*, inspired by W.H. Auden's poem, *September 1, 1939*, which he wrote at the onset of World War II. The show's five themes explore art created during wartime, industrialization, the Great Depression, peace, and progress. Many new art styles, movements, and schools developed as a result. The lectures will investigate works by American Modernists Georgia O'Keeffe and Marsden Hartley, Jacob Lawrence of the Harlem Renaissance, Precisionists Charles Demuth and Charles Sheeler. Additionally, the class will go in-depth with works from the Ashcan School by Social Realist Edward Hopper and Thomas Hart Benton, and the New York School Abstract Expressionists Barnett Newman and Morris Louis, and later Pop artist, Jasper Johns. Furthermore, the lecture series will introduce artists Charles Alston, Alice Neel, and Arshile Gorky who revitalized the city through employment by the Federal Art Project of the Works Progress Administration (1935-1943). Finally, the class will highlight similarly themed Contemporary art on view.

Lecture Dates: Fridays, March 22, 29, April 5 & 12, 2019. 1:00-4:00 in Founders Hall Auditorium.

Field Trip: Friday, April 26, 2019

The bus will be leaving from Commuter Parking Lot on Route 44 between Ledgebrook Plaza and Lombard Ford at 7:30 a.m. Field trip required for credit students. **There will be a non-refundable charge for transportation and museum entrance.** All monies must be paid by the second class meeting. The course is subsidized by the NCCF / RAC.

HPE 108 Strength and Tone

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

Tuesday/Thursday 3/19 – 4/18/19

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. This class may be taken only for a Pass/Fail grade, or on an Audit (non-grade) basis.

HPE 261-61 Yoga

Session I, Tuesday/Thursday

1/29 – 2/21/19 Makeup day 2/26 if needed

Session II, Tuesday/Thursday

2/28 – 4/2/19 Makeup day 4/4 if needed

Skip 3/12 & 3/14 – spring break

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 breathwork, 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.

MUS 298 Special Topics: Classical Musicians with Stars on the Hollywood Walk of Fame, Part 2

There are over 2500 stars on the Hollywood Walk of Fame but only some 60 have been given to classical musicians. This course will study the careers and the achievements of several of them. Videos will also be shown of these stars performing. To obtain credit, student attendance is mandatory at all five sessions.

Lecture dates: April 2, 9, 16, 23 & 30, 2019. 1:00-4:00 p.m. in FH Auditorium.

The course is subsidized by the NCCF / RAC.