

Summer Session 2020

June 8 through July 31, 2020

All courses will be delivered in an online format.

Fine Arts

Painting

Painting in Oils

This stress-free class allows students to learn how to oil paint at their own pace, while more experienced painters can develop their skills in a helpful and open-minded atmosphere. This class encourages originality and promotes artistic freedom.

Fee: \$75

Jenny Blomquist

Section 1: Monday 1515-1715

Section 2: Tuesday 915-1115

Physical Recreation

Relaxation and Yoga

Tai Chi Chuan

Yang's Tia Chi Chuan is an elegant, moving meditation with slow flowing movements that are performed with an emphasis on correct body mechanics.

Fee: \$15

Dug Corpolongo

Section 1: Tuesday/Thursday 1600-1655

Stretch and Relaxation

Instruction emphasizes stretch and relaxation techniques

Fee: \$15

Margaret Griffin-Taylor

Section 1: Tuesday/Thursday 16:00-16:55

Beginning Yoga

Introduction to yoga including deep stretches, powerful standing poses, vinyasa, deep breathing, and conscious relaxation techniques.

Fee: \$15

Intermediate Yoga

A continuation of Beginning Yoga demonstrating more advanced yoga postures and breathing techniques.

Fee: \$15

Maggie Griffin-Taylor

Section 1: Tuesday/Thursday 1200-1255

Melissa Begay

Section 1 Monday/Wednesday 1200-1255

Slow Flow Yoga

This is an invigorating class which focuses on supporting the structural integrity of the spine, back, and abs through a flowing vinyasa-style practice.

Fee: \$15

Kelley Flynn

Section 1: Monday/Wednesday 1630-1730

Sports and Recreation

Bootcamp & Tabata

This class is designed to push participants further than they would normally push themselves in the gym alone. Interval training and circuit training are major components of this class.

Fee: \$15

Melissa Begay

Section 1: Monday/Wednesday 1600-1700

Peer Mentorship

Peer Mentorship

This is a seminar course for NMT Peer Mentors. This seminar will consist of weekly trainings, presentations, activities, and projects that will help prepare the peer mentors for their role. This course will culminate in an end of semester presentation about their experience.

Non-Credit Courses

Music

Piano I-V

If you are new to the piano or wish to refresh lessons taken long ago, this course will help you learn the basic piano skills in a group environment.

Registration: \$130, Fee: \$15

Gaby Benalil

Section 1: Monday 1700-1750

Strings I-V

Learn the viola or violin in this small group setting.

Registration: \$130, Fee: \$15

Gaby Benalil

Section 1: Monday 1600-1650

Beginning Band

Registration: \$130, Fee: \$15

Gaby Benalil

Section 1: Tuesday 1500-1550

Vocal Studio

Registration: \$130, Fee: \$15

Gaby Benalil

Section 1: Monday 1400-1450