

No Cost to Attend!

Classes will meet weekly for 12 weeks,
January 5th thru March 31st, 2026,
at six CHEER centers and online.

Courses focus on aspects of healthy living, offering a blend of daytime, evening, and weekend sessions to fit your life.

CHEER

ACADEMY

**NOT TOO LATE
REGISTER TODAY!**

Register by calling 302-515-0001 x1167
or email jreilley@cheerde.com

SEMESTER 1 COURSES

GEORGETOWN

Tai Chi/Qigong
Mondays, starting
January 5, 2026
5:30-6:30 p.m., Gary Tompkins

CLASS IS FULL

GREENWOOD

Cardio Drum Class
Tuesdays, starting
January 6, 2026
5-6 p.m., Lyndsie Smyser

Tai Chi/Qigong
Saturdays, starting
January 10, 2026
10-11 a.m.
Gary Tompkins

LEWES HARBOUR LIGHTS

Acrylic Painting and
Thursdays, starting
January 8, 2026
4:30-6:30 p.m.
Jennifer August

CLASS IS FULL

Yoga For All Levels
Wednesday, starting
January 7, 2026
4:30-5:30 p.m., Barbara Popiel

LONG NECK

Chess Lessons For All
Thursdays, starting
January 8, 2026
5-7 p.m., Lester James

VIRTUAL

Intro To AI
Saturdays, starting
January 10, 2026, 10-11 a.m.
Bob Burakiewicz

Creative Writing
Thursdays, starting
January 8, 2026, 6-8 p.m.
Gregory Kompes

MILTON

Intro To AI
Tuesdays, starting
January 6, 2026
6-7 p.m.
Bob Burakiewicz

Tai Chi/Qigong
Thursdays, starting
January 8, 2026
4:30-5:30 p.m., Deb Hunt

CLASS IS FULL

OCEAN VIEW

Yoga For All Levels
Thursdays, starting
January 8, 2026
6-7 p.m., Barbara Popiel

Square Dance For All
Saturdays, starting
January 10, 2026
9:30-11 a.m.
Dennis O'Neal

Courses meet for 12 weeks, starting the week of January 5, 2026

**FOR COURSE DESCRIPTIONS GO TO:
CHEERDE.COM/CHEER-ACADEMY**

For more information and registration:

Contact: Jacquie Reilley
jreilley@cheerde.com
302-515-0001 Ext. 1167

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"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."