

# Cooperative Community Education

*We make learning fun!*

**Follow The  
Road To  
New Adventures!**

**Register today for  
Spring Adult Education Classes**

# WELCOME

Welcome to the spring at York County Cooperative Community Education! We have planned a great variety of classes for you to enjoy! There are classes in Fitness, Computer, Dance, Cooking, Finance and many additional Special Interest classes. These classes are taught by highly qualified instructors. We're excited this spring to offer many new classes to continue to keep you active, informed and involved! So what are you waiting for?

Take a look inside to check out where the Road to New Adventures can take you!



There's Something for Everyone!

## In this Issue

Aquatics.....	11, 23, 27	Finance.....	5
Arts .....	4, 5, 8, 9, 19	Fitness.....	5, 6, 7, 9, 10, 11, 13, 14, 15, 17, 18, 19, 23, 24
Computer.....	9, 13, 16, 17, 24, 25, 26	Health.....	5, 6, 8, 9, 10, 17
Culinary.....	4, 15, 16, 20, 22, 23	Registration Info.....	31
Career Classes.....	5, 28, 29, 30	Trips.....	12, 27
Dance.....	7, 11, 18, 23, 24		
Digital Camera.....	13, 16, 24, 25		

# Check out the Many New Classes this Spring!



DIY Home Repairs ...page 24



Basic Knife Skills...page 20



Regional Soups...page 4

## ...Just to Name a Few

### Central York

Linda Tross, 775 Marion Road, York, PA 17406  
717.846.6789 ext. 1206 | [www.cysd.k12.pa.us](http://www.cysd.k12.pa.us)  
email: [ltross@cysd.k12.pa.us](mailto:ltross@cysd.k12.pa.us)

### West York

Dana Gaetjen, 1800 Bannister Street,  
York PA 17404  
717.845.6634 ext. 2036 | [www.wyasd.k12.pa.us](http://www.wyasd.k12.pa.us)

### Dallastown

Ashley Spector, 700 New School Lane,  
Dallastown, PA 17313  
717.244.4021 ext. 4241 | [www.dallastown.net](http://www.dallastown.net)  
email: [ashley.spector@dallastown.net](mailto:ashley.spector@dallastown.net)

### York Suburban

Kathy Meals, 1800 Hollywood Drive,  
York PA 17403 717.885.1150 | [www.yssd.org](http://www.yssd.org)  
email: [kmeals@yssd.org](mailto:kmeals@yssd.org)

### Dover

Karen Holtzapple, 2 School Lane, Dover, PA 17315  
717.292.3671 ext. 80112 | [www.doversd.org](http://www.doversd.org)  
email: [Kholtzapple@doversd.org](mailto:Kholtzapple@doversd.org)

### Y.C. School of Technology

Donna Humer, 2179 South Queen Street,  
York, PA 17402  
717.741.0820 ext. 4303 | [www.ycstech.org](http://www.ycstech.org)  
email: [dhumer@ycstech.org](mailto:dhumer@ycstech.org)

### Northeastern

Jennifer Morgan, 41 Harding Street, Manchester, PA 17345  
717.266.3667 ext. 10228 | [www.nesd.k12.pa.us](http://www.nesd.k12.pa.us)  
email: [morganj@nesd.k12.pa.us](mailto:morganj@nesd.k12.pa.us)

## Learn to be a BBQ Pit Master!

Would you like to BBQ like a pro in your own backyard? Now you can! Real BBQ Pit Master, Terrie D'Amato will teach you how to BBQ low and slow like the guys competing on TV. Students will be guided through the preparation, cooking and serving of pulled pork, chicken, ribs, and baked beans in the true Southern BBQ style. Terrie will also demonstrate how to make a BBQ rub and homemade BBQ sauce. Students will learn the techniques to master the "Q" and be the envy of all! After the demonstration, students will feast on everything that is cooked, so bring your appetite! This will be a full day of learning, participating, and eating! All you will need for the class is a note pad and pen to take notes. Recipes will also be supplied.

**CY001 Central York High School, (Patio Behind Natatorium)**

**Instructor - Terrie D'Amato, Pit Master**

**1 Session - Saturday, June 2**

**8:30 a.m.- 4 p.m. Fee - \$85/person**

## A Taste of India - Vegetarian Curry

Do you love Indian curries? Come join us and let our instructor teach you to make selected vegetarian curry and Pulao, ( an Indian Rice Prep). This curry can also be used as a base to make non-vegetarian curry dishes, using chicken, lamb, etc. You will learn the process from start to finish and feel like a pro in your own kitchen. This is a hands-on class so please bring your apron and your appetite! Class limited to 12 participants so register today! Please email instructor with any questions, edha\_gupta@yahoo.com.

**CY002 Central York High School, Culinary Arts Lab 403**

**Instructor - Manju Gupta**

**1 Session - Thursday, February 9**

**6:30-8 p.m. Fee - \$68/person all materials included.**



## Regional Soups from Italy *New!*

Let's take the chill out of winter while cooking up some Hearty Soups! Learn how to make Ribollita, (reboiled), Minestrone, and Bean & Cabbage Soup w/Sausage. Please bring an apron, your appetite and a container in case there are leftovers.

**CY003 Central York High School, Culinary Arts Lab 403**

**Instructor - Chef Tom Aquino**

**2 Sessions - Monday & Tuesday, February 13 & 14**

**6 - 9:30 p.m. Fee - \$77/person**

## Wedding & Special Occasion Jewelry and Fascinators *New!*

Design and create your wedding or special occasion jewelry or silk and feather fascinators, (head dress), with the help of a professional designer. Do you desire the royal wedding flair for your wedding and bridal attendants? Create your own at a fraction of the cost! This class is 3 sessions but arrangements can be made for additional time. Please visit [kcrlehrstudio.etsy.com](http://kcrlehrstudio.etsy.com) to see some possibilities. Wedding designs are generally posted in February. Fee includes design consultation, instruction, and use of tools/equipment. The cost of supplies is based on the needs of the student. Class is limited to five students to enable individual design consultation.

**CY004 Central York High School, Room 133**

**Instructor - Colleen Lehr, Art Educator**

**3 Sessions - Tuesdays, March 13, March 27, April 3**

**6:30 - 8 p.m. Fee - \$55/person**

## Filigree Jewelry Class

Create vintage-style broaches, necklaces, bracelets and earrings inspired by nature and an appreciation for artisan couture jewelry. The filigree is either authentically vintage or newly stamped from the original dies by a fourth generation American company and then antiqued and patinated in my studio. Sparkling Swarovski crystals, vintage glass beads, pearls, and natural gemstones combined with the rich antique patinas of Victorian and Art Deco complement the most elegant or casual style. This is an introductory to intermediate class. All tools are provided and the jewelry is created from kits that are purchased at the first session. Please visit my web site: [kcrlehrstudio.etsy.com](http://kcrlehrstudio.etsy.com) to see samples of the kits available. Colors may be customized. Please email me at [kcrlehr@me.com](mailto:kcrlehr@me.com) with any questions.

**CY005 Central York High School, Room 133**

**Instructor - Colleen Lehr, Art Educator**

**3 Sessions - Tuesdays, April 17, 24, May 1**

**6:30 - 8 p.m. Fee - \$40/person Classes limited to 10 participants**

## Wheel Thrown Pottery

You will learn the basics of wheel thrown pottery and accomplish the creation of various forms and decoration techniques. All work will be fired on site. Class suitable for beginners or those with experience. Class limited to 10 students.

**CY006 Central York High School, Room 622**

**Instructor - Barb Wilke, M.Ed.**

**10 Sessions - Tuesdays, March 6 - May 8**

**6 - 8 p.m. Fee - \$185/person (includes materials and kiln firing)**

**Class limited to 10 participants.**

## Paper Plate & Napkin Basket *New!*

A must have for all of your picnics. Paper plate basket has a wire handle and holds 9" plates. You may use the color reed of your choice. Please bring several snap clothespins, a small flathead screwdriver, scissors and a small hand towel to class.

**CY007 Sinking Springs Elementary School, Art Room**

**Instructor - Melanie Alagood**

**2 Sessions - Wednesdays, April 18 & 25**

**6 - 9 p.m. Fee - \$47/person**

### **Henna (Indian Tattoo) Design for Beginners**

This class will introduce you to the basics of Indian Tattoo, (Henna). You will learn to make various tattoo designs on your palm, leg, or anywhere on your body using paste made of natural herbs, (Henna). It is used to decorate our bodies for special festive occasions and also gives a relaxing feeling. Making your own paste from leaves or henna powder, you'll make your own creative designs or select one from a print. Please email the instructor at [edha\\_gupta@yahoo.com](mailto:edha_gupta@yahoo.com), if you have questions about this art, or this class.

**CY008 Sinking Springs Elementary, Art Room**

**Instructor – Manju Gupta**

**2 Sessions - Wednesdays, February 15, 22**

**6-7 p.m. Fee - \$68/person (Supplies Included)**

### **Unleash Your Brain, Change Your Life! Farrow Memory *New!***

Do you think you have a poor memory, forget where you left your keys too often? Or are you a professional who wants the edge in business? Imagine how your friends, family & co-workers will react when they see that you can: easily recall names, dates and facts, effortlessly recall details from conversations, & quickly learn foreign language vocabulary. This memory program is so powerful its founder is listed in the Guinness Book of World Records for Greatest Memory. In only 2.5 hours, you will triple your memory, learn the secret to remembering names and faces, as well as unleash perfect focus when you need it most. Guaranteed results with just one class!

**CY009 Central York High School, Rooms 131/133**

**Instructor – Wendy Richmond**

**1 Session – Saturday, January 21 10 a.m. - 12:30 p.m.**

**\$50/person or \$80/person for both Memory and Speed Reading**



### **Instant Speed Reading *New!***

Afraid of tests or exams, avoid reading because it takes too long? In just one class you will learn proven methods for faster and more accurate reading and comprehension. Using the techniques developed by a Guinness record holder, the average reader can increase their own reading speed from an average 180 words per minute

to a whopping 500 words per minute. Improve your reading comprehension and learn the proven secrets to master studying. Never again let the words “test” or “exam” intimidate you after you learn how to learn. Beginning with an exercise to trigger focus at will, you will be amazed at how, with just a little training, your eyes can drift faster over the words with no loss of understanding. If you are seeking a “competitive edge” that helps you advance in your studies or career, take advantage of this unique offering.

**CY010 Central York High School, Rooms 131/133**

**Instructor – Wendy Richmond**

**1 Session – Saturday, January 21 1:30 p.m. – 4 p.m.**

**\$50/person \$80/person for both Memory and Speed Reading**

### **IEP Language Made Simple *New!***

This class will help you to understand the complicated language (such as “SDI’s”, “ESY”, “Plop”), and complicated goals of the IEP. We will discuss the legal requirements of an IEP, why simple goals turn into paragraphs and what those abbreviations mean. Your child’s specific IEP will NOT be discussed. We will NOT be making goals or interventions for your child. This is NOT child, school or classroom specific. We will try to make many of these goals and other statements easier to understand. This is a great class for parents, new special education teachers, and General Ed. teachers who would like to better understand the IEP process.

**CY011 Sinking Springs Elementary School, Library**

**Instructor – Heather Peterson, MA, M.Ed., BCBA Guiding Behaviors LLC, Sr. Analyst**

**1 Session – Wednesday, April 25**

**6:30-8:30 p.m. \$42/person**

### **Retirement Planning Today**

Participants will learn the elements that go into a retirement plan. We will cover how to manage risks in assuring the plan executes as was intended. Investment risk and reward, long term health risks, tax efficiency, inflation, social security, asset allocation and distribution strategies are just some of the topics covered in the workbook you will receive. Students will have the opportunity to have a plan drawn up for them in an optional planning consultation meeting, which is included in the course fee. This consultation is private. Your personal finances will not be discussed in class. Course is educational in nature; neither specific companies nor products will be mentioned.

**CY012 Central York High School Room 131**

**Instructor - Michael A. Nigro, MBA, CLTC**

**2 Sessions – Wednesday’s, February 1 & 8 OR**

**2 Sessions – Thursdays, February 9 & 16**

**6:30 - 9:30 p.m. Fee - \$49/person Please specify Wed. or Thurs.**

### **Tai Chi Chih, Joy Through Movement**

T’ai Chi Chih (pronounced Tie Chee Chuh) is a contemporary Qigong set, and can be considered a moving meditation. According to Chinese medicine, “chi” is the vital life force or life energy flowing through all living things. It is believed if the chi is not flowing freely and in a balanced way, then disease may occur in the body. The T’ai Chi Chih movements help to circulate and balance the chi, resulting in a state of well being from the inside out.

# Central York

Regular practice brings far-reaching benefits: improved circulation, balance, coordination and flexibility, increased energy, mental clarity, relaxation and reduction of stress. The movements are easy to learn and suitable for those with arthritis and fibromyalgia. Dress comfortably and wear flat soled shoes.

**CY013 Central York High School, 400 Wing, Second Floor**  
Instructor - Betty Roberson, Accredited Teacher  
6 Sessions - Wednesdays, March 8 - April 12  
7-8:15 p.m. Fee - \$82/person

## Learn Reiki, (ray-key)

Reiki is a gentle touch therapy that anyone can learn for use on oneself, others and animals. As a method of stress reduction and relaxation, it promotes immune function and healing by bringing the body's own energy system into balance. It is often used to manage pain and chronic symptoms and is employed by many hospitals across the country as an integrative therapy. Class limited to 6.

**CY014 North Hills Elementary, Art Room**  
Instructor - Vanessa Bradley, LMT, Reiki Master Teacher & Practitioner  
Winter - 4 Sessions - Wednesdays, February 1 - 22  
Spring - 4 Sessions - Wednesdays, April 4 - 25 6:30 - 8:45 p.m.  
Fee - \$130/person (includes handouts and certificate)

## Usui Reiki, Level II

Deepen your interaction with Reiki! Students must have completed a Usui Reiki Level I course to take this class. Participants will review techniques from Level I and learn three Reiki symbols and how to incorporate them into Reiki treatments. The distant healing method for sending Reiki at a distance will also be taught.

**CY015 North Hills Elementary, Art Room**  
Instructor - Vanessa Bradley, LMT, Reiki Master Teacher and Practitioner  
4 Sessions - Wednesdays, May 2 - May 23 6:30 - 8:45 p.m.  
Fee - \$175/person (includes handouts and certificate) Class limited to 6.

## Hatha Yoga

Hatha Yoga is an empowering practice that balances core strength with flexibility and increases body awareness and concentration. Come discover increased energy as physical and mental tensions release. Learn breathing exercises to revitalize and cleanse, and basic meditation techniques to bring increased clarity and inner peace. Experience the transformative benefits of yoga for yourself! Please bring a yoga mat and dress comfortably.

**CY016 Central York High School, 600 Wing, Second Floor**  
Instructor - Vanessa Bradley, Certified Yoga Instructor  
Thursdays, January 19 - March 15, (no class Feb. 2) And April 5 - May 31, (no class May 17)  
Winter Sessions - January 19 - March 15 (no class Feb. 2)  
Spring Sessions - April 5 - May 31 (no class May 17) Please specify winter or spring. 6:30 - 7:30 p.m. Fee - \$55/person

## 20/20/20 Fitness *New!*

Get the look you want, the energy you desire and the confidence you own! Join this class for a total body fitness program that includes 20 minutes of Cardio Variety, 20 minute focus on Core and

20 minute Toning with Stretching. Please bring 3-10 lb dumbbell weights, mat, water, and towel.

**CY017 Central York Middle School, Auditorium Lobby**  
Instructor - Jenny Motway, Certified Fitness Instructor  
10 or 20 Sessions - Tuesdays and/or Thursdays, Feb. 7,9,14,16,21,23,28,  
March 1,8,13,20,22,27,29, April 3,5,10,12,17, 19  
(No class March 6 or March 15.)  
5:45 - 6:45 p.m. Fee \$47 (1x/wk) & \$62 (2x/wk)  
Please specify 10 or 20 Sessions on your registration form.



## F.I.T. (Females in Training)

Women will learn to use the weight machines and free weights to challenge their muscles. The small group setting will allow individual training as you learn the skills to help you achieve your fitness goals. Workouts are geared to help you gain strength and define your muscles. This class is a great supplement to your current fitness routine OR a wonderful introduction to fitness. All fitness levels are welcome!

**CY018 Central York Middle School, Aux. Gym**  
Instructor - Melissa Merritt, personal trainer  
10 Sessions - one Tuesday, Jan. 24, then Thursdays Jan. 26, Feb. 2, 9, 16, 23, March 1,8,15,22  
7 - 8 pm Fee \$85/person (maximum 15 participants)

## Intense F.I.T. (Females in Training)

Are you struggling to meet your fitness goals? Bored with your current fitness routine? Need a more challenging workout? Don't know where to start? Have trouble keeping up with your kids, grandkids, or just lack of energy? If you answer YES to any of these questions OR just enjoy a good workout, then join me. Each workout will challenge your muscles in a different way. This class is designed for those females wishing to make a change. All levels are welcome!

**CY019 Central York Middle School, Aux. Gym**  
Instructor - Melissa Merritt, personal trainer  
18 Sessions - Tuesdays & Thursdays, January 24 - March 22.  
6 - 7 p.m. Fee - \$150/person (maximum 15 participants)

## Introduction to Aikido

Aikido is the most modern of the Japanese Martial Arts. It is derived from ju-jitsu and uses techniques of evasion, redirection and immobilization to avoid an attack and then control the attacker. Physical strength is not required so Aikido is well suited for all people regardless of age or gender. You will learn a variety of fundamental Aikido techniques, along with energy building and relaxation exercises. Aikido requires a moderate level of physical activity and participation. Please wear loose comfortable

clothing. Beginners welcome! Please Specify Session 1 or 2.  
CY020 Central York Middle School, Aux. Gym  
Instructor - Matt McGee; sandan, Kokikai ryu  
Assistant Instructor - Joseph Senft; shodan, Kokikai ryu  
Winter Sessions: February 1-March 26 (No class Feb. 20)  
Spring Sessions: April 2- May 23 (No class April 9)  
Mondays & Wednesdays 6-7:30 pm \$70/person 15 Sessions  
Please specify Winter or Spring.

#### Advanced Aikido

Bokken and jo kata will be covered in this class. Students must have earned the rank of 3rd kyu or above in Kokikai Aikido. Emphasis will be on ki development and proper movement with mind/body coordination. You will study and have the opportunity to master jo kata #1 and #2 and bokken kata #1 and #2.  
Same location & instructor info as above.  
Wednesdays, February 1 - May 23  
7:30 - 8 p.m. Fee - \$65/person (No charge for participants enrolled in Introduction to Aikido classes)

#### Zumba®

Zumba® is a fitness interval and resistance training that can burn up to 800 calories a session. It is a fusion of Latin and International music-dance themes that give you a fitness experience like you have never imagined. It's a party atmosphere. Let's get started! Bring cross trainer shoes, towel and lots of water. Please specify session and class time preferred.  
CY021 Central York Middle School, Auditorium Lobby  
Instructors - Kim DiFiore and Melissa Magee  
12 Sessions - Mondays & Wednesdays, April 16 - June 4 (No class on May 16, 28, 30)  
6-7 pm or 7-8 pm Fee \$51/person  
Please specify 6:00 or 7:00 start on registration form.

#### Zumba® Toning

Feel energized, get toned, and have fun all at the same time while listening to Latin Dance Party Zumba® music! It's a cardiotoned dance party focused on toning the muscles all over your body and having fun moving to exotic rhythms and dances such as the cha-cha, merengue, salsa, reggaeton, and cumbia. Add strength training to your dance cardio workout with official Maraca Licensed Zumba® Toning Sticks, which may be purchased through the instructor. Students may also bring their own 1-2 lb weights. The Toning Sticks add Zumba® flava while burning extra calories. No dance or Zumba® experience necessary, this is a beginner's class! Students should wear comfortable clothing and sneakers. Bring water and a towel and lets get toned! Sign up today!  
CY022 Roundtown Elementary School, Gym  
Instructor - Shannon Godfrey, Licensed Zumba® Toning Instr.  
8 Sessions - Mondays, March 12 - April 30  
7:45-8:45 p.m. Fee - \$67/person

#### Polka Dancing

Learn one of Pennsylvania's favorite fun dances. This class will include basic polka, and figure dances. Easy step-by-step instructions will be given and no partner is necessary. Completion of six of eight classes will entitle attendee to a one-year free membership in the White Rose Polka Dancers Association. Wear comfortable clothes

and hard - soled shoes.  
CY023 Sinking Springs Elementary School Cafeteria  
Instructors - Carl & Jeanie Novitsky  
8 Sessions - Tuesdays, March 6 - April 24  
7- 8:30 p.m. Fee - \$49/person

#### Ballroom Dancing 2

Add to your knowledge of ballroom dancing. Bring a partner and learn additional figures beyond the basics taught in Ballroom I, in Foxtrot, Waltz, Tango, Rumba, Cha Cha and Swing. Feel confident when you attend dances or when you can impress your friends at weddings, parties, etc.  
CY024 Sinking Springs Elementary, Cafeteria  
Instructors - Ken & Carol Crone  
10 Sessions - Thursdays, March 1- May 17 (no class May 3,10)  
7 - 9 p.m. \$57/person Final Week Dance - May 16, 7-9 p.m.

#### Ballroom Dancing 4

Add to your repertoire of bronze dance figures. This class will focus on the American Style Foxtrot, Waltz, Tango, and Viennese Waltz as well as Rumba, Cha Cha and Swing. You must know the basic figures to take this class.  
CY025 Sinking Springs Elementary, Cafeteria  
Instructors - Ken & Carol Crone  
10 Sessions - Wednesdays, March 7 - May 9  
7 - 8:30 p.m. \$57/person Final Week Dance - May 16, 7-9 p.m.

### CENTRAL YORK SCHOOL DISTRICT ADULT EDUCATION REGISTRATION FORM - Spring 2012

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Fee Enclosed \$ \_\_\_\_\_ Course Number \_\_\_\_\_

Course Title \_\_\_\_\_

I fully understand the risks involved in participating in any strenuous activity and I absolve the Central York School District from all liability for any personal injury incurred through my participation in any Central York School District sponsored Community Education program.

\_\_\_\_\_  
(Signature) \_\_\_\_\_ (Date)

**Note: Please submit a separate form and separate check for each course in which you wish to enroll. Please make checks payable to Central York School District, send to attention Linda Tross, 775 Marion Road, York, PA 17406**

# Dallastown

## **The Law of Attraction - Change Your Life** *New!*

Have you always wanted to come into alignment with your true self? Using the Law of Attraction learn how to eliminate unwanted habits, lose weight and have a healthy body.

DA001 York Township Elementary – Large Group Room

Instructor- Barbara Smeltzer

2 Sessions- Tuesdays, April 10 and 17

6:30 – 8:30 p.m. \$49/person

## **Film Appreciation** *New!*

Do you love movies? Let's watch some of the greatest films in movie history and discuss them afterwards. Film is an art form with a language all its own, developed over more than a hundred years. Come learn about film history and see some of the classics you've always wanted to watch. We will examine films for what it is that makes them great.

DA002 High School – Theater Room 321 (Use door #2)

Instructor Luke MacCloskey

8 Sessions – Tuesdays, March 6 – April 24

6 – 9 p.m. \$47/person



## **Improv(e) Your Mind**

Improvational training develops strong tools for writers, business people, parents, students and anyone who's interested in expanding their creativity while exploring new ways to problem-solve and think "outside the box." Managers and those who give presentations in their work will also find this class invaluable! Professional actress, writer and producer Christina Myers creates a safe and supportive environment where students have fun learning improv games that stimulate and stretch the mind. Laughter guaranteed!

DA003 York Township Elementary Large Group Room

Instructor – Christina Myers

6 Sessions- Mondays, March 12- April 23 (No class 4/9)

6:30 - 7:30 p.m. \$54 person

## **German for Tourists** *New!*

Would you like to learn a new language? Are you planning a trip to Germany or Austria? This class will get you started with an introduction to the German language and culture. The focus will be on speaking German.

DA004 Loganville Springfield Elementary School, Library

Instructor – Karin Mitchell

6 Sessions – Tuesdays, April 10 – May 15

7 – 8:30 p.m. \$56/person

## **Mosaic Bird Bath** *New!*

Come join the fun and make a unique bird bath for your feathered friends! We will be using stained glass, ceramic tile, stones, shells and glass beads to create our bird baths. All materials and supplies are included, but you are welcome to bring some special objects that you may have to embed in your bird bath.

DA005 Middle School Room 225 (Use Main Entrance)

Instructor – Chris Kessler

2 Sessions - April 3, 6 – 9 p.m.

April 10, 6 – 7 p.m. \$55/person (includes materials)



## **Beginner Leaded Glass**

In this introductory class to the craft of leaded glass, each student will make a sun-catcher by cutting the glass, applying the cane and soldering. You'll learn the function of the tools and the difference between leaded and Tiffany glass. All supplies provided by instructor. Hurry....this class is limited to 10 participants and it does fill up really fast!

DA006 Ore Valley Elementary - Art Room 234

Instructor- Dale Dalton

2 Sessions- Tuesdays, March 13 and 20

7 - 9:30 p.m. \$27/person (includes materials)

## **Tiling Basics: Let's Do a Backsplash!** *New!*

You will learn the basics of tiling by doing a hands on project with Chris Kessler (female instructor)...so ladies be sure to sign up, you won't be intimidated. She will cover layout, design, choosing tile, mastics, application and grouting. Our class will complete a backsplash as a team off campus. It is sure to be a fun learning experience! For more info contact instructor at [ckess58@comcast.net](mailto:ckess58@comcast.net)

DA007 Middle School Room 225 (Use Main Entrance)

Instructor – Chris Kessler

1st Session - Tuesday, March 20, 6 – 9p.m.

2nd Session - Wednesday, March 21, 6 – 8 p.m.

3rd Session – Thursday, March 22 if needed TBA

\$65/person

## **Quilting I : 12" x 30" sampler**

Learn the basic techniques of Quilting as you construct a 12" by 30" sampler wall hanging for your home. Students will be mailed a list of supplies necessary for this beginner's course. This is a hand sewn class.

DA008 High School - FACS Room 244 (Enter at Door #12 - Rear of HS)

Instructor - Elizabeth Kraft

5 Sessions - Wednesdays, April 18 - May 16

6:30 - 8:30 p.m. \$47/ person

### **Bread Basket** *New!*

A 3" x 15" oblong wood base is used to make this bread basket and an Apple Stone Sleeve will be added to the front of your basket. Basket is 15" L x 4 1/4" W x 4 1/4" H  
DA009 High School - FACS Room 244 (Enter at Door #12 - Rear of HS)

Instructor - Melanie Alagood

1 Session - Thursday, March 29

6 - 9 p.m. \$49/ person (includes materials)



### **Summertime Wall Basket** *New!*

We will use color reed to make flowers on the front of this cute basket and a Butterfly Buckle will be added. A 2 1/2" Bushel handle will be put on the back of your basket so you can hang it on your wall or front door. Basket is 8"L x 5" W x 6 1/2" H.  
DA010 High School - FACS Room 244 (Enter at Door #12 - Rear of HS)

Instructor - Melanie Alagood

2 Session - Tuesday, May 8 and 15

6 - 9 p.m. \$42/ person (includes materials)

### **Introduction to Excel 2007**

Excel is a powerful, number crunching application! This introductory class will teach students the basic skills they need to create spreadsheets. Students will also learn how to access built-in formulas as well as how to create their own formulas. Adding attributes such as Bolding, Underlining and Italicizing will be demonstrated. An introduction to charts will also be part of this class. An intermediate class may be scheduled based on the number of interested students.  
DA011 High School Room 308 (Enter at Door #2)

Instructor - Jeanina Sargent - Sargent Software

2 Sessions - Wednesdays, April 17 and 25

6 - 9 p.m. \$77/person

### **Introduction to Microsoft Word 2007**

This introductory class will teach students the basic skills they need to create documents. Students will learn various ways to make documents that are professional and easy to read. Methods to cut, copy, paste and print through the tool bar and keyboard shortcuts will be covered. An intermediate Word class may be scheduled based on the number of interested students.

DA012 High School Room 308 (Enter at Door #2)

Instructor - Jeanina Sargent - Sargent Software

2 Sessions - Wednesdays, April 4 and 11

6 - 9 p.m. \$77/person

### **Hatha Yoga**

Hatha Yoga is an empowering practice that balances core strength with flexibility and increases body awareness and concentration. Come discover increased energy as physical and mental tensions release. Learn breathing exercises to revitalize and cleanse, and basic meditation techniques to bring increased clarity and inner peace. Experience the transformative benefits of yoga for yourself! Please bring a yoga mat (block/strap optional) and dress comfortably.

DA013 Dallastown Elementary Gym

Instructor - Vanessa Bradley, Certified Yoga Teacher

12 Sessions - Tuesdays, March 6 - June 5 (No class 5/8, 5/29)

6:30 - 7:30 p.m. \$75/person

### **Tai Chi for Health**

Tai Chi for health renews your body. It relaxes your mind, reduces stress. It uses gentle, graceful, flowing movements of Sun-style tai chi to promote mental and physical strength, stamina and flexibility. Anyone who seeks a gentle form of exercise, or who has been diagnosed with arthritis, or who experiences joint pain, stiffness or limited range of motion is invited to attend. Lori is certified in Tai Chi for Health through the National Arthritis Organization.

DA014 Leaders Heights Elementary Gym

Instructor - Lori Edwards

6 sessions - Tuesdays, April 3 - May 8

6 - 7 p.m. \$57/ person



### **Shinbudo Karate - Beginners**

Blending physical training, practical self-defense techniques, and Zen meditation, Shinbudo is a modern karate style taught in the formal Japanese tradition. Learn to strengthen your spirit, calm your mind and protect yourself. Everyone is welcome to come and train in a safe, encouraging environment, regardless of gender or physical ability. Students should wear loose fitting clothing and be prepared to sweat. No prior experience required!

DA015 Ore Valley Elementary Gym

Instructor- Michael Gurklis, 3rd degree Black Belt

13 Sessions- Wednesdays, March 7 - June 6 (No class 3/28)

7:15 - 8:15 p.m. \$62/person

# Dallastown

## **Shinbudo Karate - Intermediate**

Same description as above except this is a continuation of beginner's class; completion of beginner course is required.

**DA016 Ore Valley Elementary Gym**

**Instructor- Michael Gurklis, 3rd degree Black Belt**

**22 Sessions- Mondays & Wednesdays, March 7 – June 6**

**(No class 3/28, 4/9, 5/7, 5/21, 5/28)**

**8:15 - 9:15 p.m. \$92/person**

## **Tai Chi Chih**

A series of relaxing, gentle, slow movements designed to stimulate, circulate and balance the Chi. Its general benefits may include tension and stress relief, reduction of joint and muscle pain including those with arthritic symptoms, weight control, an increase of energy and improvements in balance, flexibility and coordination. No mats, wear comfortable clothes and shoes and bring a bottle of water!

**DA017 Dallastown Elementary Gym**

**Instructor - Barb Hines**

**8 sessions - Thursdays, April 12 – May 31**

**6 - 7 p.m. \$67.00/person**

## **TNT! Fitness *New!***

Get the look you want, the energy you desire and the confidence you own! Join this class for a total body fitness class focusing on each body part individually. Please bring 5-10 lb. dumbbell weights, mat, water and a towel.

**DA018 Leaders Heights Elementary Gym**

**Instructor – Jenny Motway, Certified Fitness Instructor**

**10\*/20 sessions – Mondays and/or Wednesdays, March 7 – May 30**

**(\*Please indicate on registration which night you will be attending)**

**(No class 3/26, 4/9, 5/7, 5/9, 5/28)**

**5:45 – 6:45 p.m. 10 sessions \$57/ person, 20 sessions \$79/person**



## **Fit4Baby® *New!***

Are you an expectant mom who is looking to workout with other women who understand the physical and emotional changes you experience during pregnancy? Fit4Baby® is a pre-natal fitness program emphasizing safe and effective exercises that can be done throughout all stages of pregnancy. The classes are taught by an instructor certified in pre- and post-natal fitness and combine strength training, cardiovascular exercises, stretching, and balance. These classes are for moms only. You must be cleared by a doctor for physical activity to take this class. Please bring water and a towel or mat for ab work. All fitness levels are welcome!

**DA019 York Township Elementary Gym**

**Instructor- Sara Day**

**6 Sessions- Wednesdays, March 7 – April 18 (No class 3/28)**

**6 – 7 p.m. \$47/person**

## **Zumba® at 5:30 with Toning**

Let's combine the Latin-Inspired dance cardio workout with Zumba® strength training! Zoom, Shake, shimmy your way to a new toned self! Official Maraca Zumba® Toning sticks will be available for purchase by Instructor or students may bring their own 1 to 2 lbs. weights with them. Relieve Stress, Feel Energized and burn extra calories! Easy to Follow instructions. Prior Zumba® experience preferred but not required.

**DA020 Loganville Elementary Gym**

**Instructor - Shannon Godfrey, Certified Instructor**

**10 sessions\* - Tuesday or Thursday, March 6 – May 10**

**(\*Please indicate on registration which night you will be attending)**

**20 sessions - Tuesday & Thursday, March 6 – May 15**

**No class 4/5.**

**5:30 - 6:30 p.m. \$57/person (10) \$97/person (20)**

## **Beginner Belly Dancing**

Experience the gentle, artful style of Middle Eastern Belly Dance. Your body will be toned and sculpted while celebrating the art of womanhood. Shimmy and shake your way to a new you! Different variations of styles and fun music will be used from traditional Belly dancing music to fun upbeat music. We also add coined hip scarfs available for purchase from the instructor for added fun! This is a beginner's class, newcomers welcome, no experience necessary. Students should wear comfortable workout clothes and Isotoner type slippers. Students should also bring water. Breakdown of specific Belly Dancing moves will be taught and then put to music for a shimmying good time!

**DA021 Loganville Elementary Gym**

**Instructor - Shannon Godfrey, Certified Instructor**

**8 sessions – Thursday March 8 – May 3 (No class 4/5)**

**7 – 8 p.m. \$57/person**

## **Stroller Strides**

Do you want to get your pre-baby body back without the intimidation of the gym? Stroller Strides offers a unique opportunity for Moms to workout with other Moms while bringing your little one along! Bring your strollers and your babies (6 weeks and up) for a full body workout taught by a certified pre- and post-natal fitness instructor. We will be using various aerobic and resistance training techniques to work all your post-baby problem areas. You will need athletic shoes, a mat or towel for ab work, water, and whatever your baby may need. You must be cleared by a doctor for physical activity to take this class. Children must remain in the strollers during the workout for their safety. Please, no umbrella strollers. All fitness levels are welcome!

**DA022 York Township Elementary Gym**

**Instructor- Sara Day**

**11 Sessions- Tuesdays & Thursdays, March 6 – April 17 (No class 3/29, 4/5)**

**6 – 7 p.m. \$62/person**



### Zumba® Fitness

Love to dance, but hate to exercise? Zumba® is for you! You don't need to be coordinated or know how to dance. You will have fun doing the Salsa, Merengue, and Cumbia.

DA023 Ore Valley Elementary Gym

Instructor - Monica Newcomb, Certified Instructor

8 Sessions - Wednesdays, March 21 - May 16 (No class 3/28)

6:30 - 7:15 p.m. \$52/person

### LineDancing

Come join the fun in this progressive line dance class where you'll move to the beat of Latin, Disco, Country and Pop music and make fitness more fun than exercising. Learn classic wedding dances such as the Electric Slide and Macarena, and new favorites like the Cha Cha Slide and Cupid Shuffle. Step by step directions are easy to follow and no partner is necessary, and for those who have taken the class before, several new songs will be introduced.

DA024 Loganville Elementary Gym

Instructor - Dinelle Hannigan

8 Sessions - Wednesdays, March 21 - May 9

6 - 6:45 p.m. \$47/person

### Wedding Readiness *New!*

With weddings and winery dances coming up, learning how to dance to slow, medium, and fast dance music is the way to go, to really enjoy yourself socially. Also there should be a space between 2 Step.

DA025 Leaders Heights Elementary Gym

Instructor - Vera Kywa, ISTD / FADS Certified Dance Instructor

7 Sessions - Saturdays, March 10 - April 28 (No class 4/7)

9:30 - 10:20 a.m. \$73/person

### Cha Cha *New!*

Why take an exercise class alone when you can learn to Cha Cha with a partner? Exciting and popular and a must know dance for dancing to the hot, driving, top 40 music, as well as Latin Pop. As a side benefit it will help you burn off some of those extra calories! No partner, no problem! All you need is yourself and a desire to learn and have fun.

DA026 Leaders Heights Elementary Gym

Instructor - Vera Kywa, ISTD / FADS Certified Dance Instructor

7 Sessions - Saturdays, March 10 - April 28 (No class 4/7)

10:30 - 11:20 a.m. \$73/person

### Aqua Zumba® *New!*

This class is a Zumba® Specialty! It's a pool party cardio workout for all levels. Beginner's welcome. Jump into the Latin-inspired easy to follow, calorie burning and resistance strength training aqua fitness craze. It makes working out a Splash! You'll get an effective and challenging water-based workout that integrates Zumba® music and fitness into traditional aqua aerobics workout. Splish and Splash to exotic rhythms such as salsa, cumbia, reggaeton, hip hop and more all while in the pool! Bring your suits and a towel and be ready to have a pool party that is a work out as well.

DA027 Dallastown Middle School Pool

Instructor - Shannon Godfrey, Certified Instructor

6 Sessions - May 15, 17, 22, 24, 29 and 31

7:15 - 8:15 p.m. \$57/person



### Adult Lap Swim

Enjoy the chance to swim laps in our pool. Swimming is great exercise. If you've been looking for an affordable way to get in shape, this is it! Certified lifeguards are on duty. This class will be limited to 18 participants.

DA028 Dallastown Middle School Pool

Instructor - Lifeguards on Duty

8 Sessions - Thursdays, March 20 - May 10

7:15 - 8:15 p.m. \$20/person, \$15/seniors

### Aqua Aerobics

Enjoy a total workout in the water. This class will give you a cardio workout for your heart, a resistance workout for your muscles, an abdominal workout and a relaxing stretch.

DA029 Dallastown Middle School Pool

Instructor - Monica Newcomb

8 Sessions - Tuesdays Only, March 20 - May 8

7:15 - 8:15 p.m. \$45/person

### Aqua Aerobics

All other information is the same as above.

DA030 Dallastown Middle School Pool

Instructor - Monica Newcomb

16 Sessions - Tuesdays & Thursdays, March 20 - May 10

8:15 - 9:15 p.m. \$67/person

# Dallastown

Registration forms  
may be copied so sign up for  
as many classes as you like!

No news is good news!  
Confirmations are not sent!  
If you don't receive your  
check back you are  
registered for the class.  
On occasion things get  
lost in the mail,  
so feel free to give  
us a call to confirm

## DALLASTOWN AREA SCHOOL DISTRICT ADULT EDUCATION REGISTRATION FORM - Spring 2012

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Fee Enclosed \$ \_\_\_\_\_ Course Number \_\_\_\_\_

Course Title \_\_\_\_\_

I fully understand the risks involved in participating in any strenuous activity and I absolve the Dallastown Area School District from all liability for any personal injury incurred through my participation in any Dallastown Area School District sponsored Community Education program.

\_\_\_\_\_  
(Signature) (Date)

**Note: Please submit a separate form and separate check for each course you wish to enroll. Please make checks payable to DASD, mail to Attn: Ashley Spector, 700 New School Lane, Dallastown, PA 17313**

## Adult Community Education Trips

Looking forward  
to the future  
2012-2013  
Schedule

**Booking already in progress for these travel itineraries....  
call immediately! 717-444-3131**

**Greek Isles & Mediterranean Cruise**  
July 21-August 3, 2012

**Canada/New England Cruise**  
Oct. 6-20, 2012

*New!!* **South Africa ~Culture & Nature in Harmony**

**Weekend Trip: Norfolk Azalea Festival/International Military Tattoo April 28-29**  
**Fall trip: Branson's Veteran's Day Tribute November 7-13, 2012**

**The Adult Education trips are arranged through Mountain View Travel.  
Please call Sharon Stutts for more details! 717-444-3131**

**A Description of the above trips and meeting dates can be found at  
[www.yssd.org](http://www.yssd.org) Community Adult Education**



## **Know Your Computer Start to Finish (Windows XP) Plus "surfing" the Internet**

This course is designed for people who have no computer background or very little experience with the computer. This hands-on course will cover the basic skills needed to use a computer and help you gain the confidence necessary to make it a productive tool. You will learn various parts of the computer; learn how to use the mouse; learn how to create folders/files; copy and paste; copy/re-name files plus much more. An overview of Microsoft Products will also be given. You will be taught how to surf the World Wide Web, search the Internet effectively, how to set up favorites, and many other "tips and tricks" of the Internet. Email will also be discussed. This is an excellent prerequisite course for new users who plan to take other computer courses. Seniors welcomed!

**DO001 North Salem Elementary, Room 306**

**Instructor - Jeanina Sargent - Sargent Software**

**3 Sessions - Tuesdays, April 3, 10, 17**

**6 - 9 p.m. \$87/person**

## **Introduction to Excel 2007 *New!***

Excel is a powerful, number crunching application! This introductory class will teach students the basic skills they need to create spreadsheets. Students will also learn how to access built-in formulas as well as how to create their own formulas. Adding attributes such as Bolding, Underlining, and Italicizing will be demonstrated. An introduction to charts will also be part of this class. An Intermediate Excel class will be scheduled based on the number of students interested in continuing.

**DO002 North Salem Elementary, Room 306**

**Instructor - Jeanina Sargent - Sargent Software**

**2 Sessions - Tuesdays, April 24 and May 1**

**6 - 9 p.m. \$77 /person**

## **Tai Chi *New!***

A gentle form of exercise known as "moving meditation" that improves flexibility, balance and reduces stress. Tai Chi is safe for all fitness levels and those with special needs such as arthritis and fibromyalgia. Tai Chi is a unique type of exercise that helps train both mind and body. Quigong and Yang style Tai Chi forms are practiced in this class. Wear comfortable clothes and athletic shoes.

**DO003 Dover Intermediate School Cafeteria (2nd Entrance at back of Intermediate School-on left side when entering back parking lot)**

**Instructor - Rebecca Lankford**

**8 Sessions: Wednesdays - April 11 - May 30**

**7:00 - 8:00 p.m. \$65.00/person Minimum # needed to hold class: 6**



## **Using Your SLR (Single Lens Reflex) Digital Camera**

The single lens reflex type of camera offers many more creative options for capturing digital images. Learn how to use the other settings beside the "AUTO" option. Topics will include: Using aperture and shutter priority settings, manual mode, metering and focus settings, exposure value, white balance, using auxiliary flash, and lens selection.

**DO004 Dover Area High School Room 157 - Entrance at back of H.S.- 1st recessed door next to the agriculture greenhouse.**

**Instructor - Curt LaCoe**

**3 Sessions - Mondays - April 2, 16, 23**

**7 - 8:30 p.m. \$32/person (Need minimum of ten participants)**



## **AARP Driver Safety Course**

This course is a classroom refresher especially designed to meet the needs of mature drivers, however anyone can benefit from this course. This community service program is being sponsored by the AARP and covers age related physical changes, declining perceptual skills, rules of the road, local driving problems, and license renewal requirements. This course is all classroom work - NO TESTS. Anyone 55 years of age and over taking the course may qualify for a discount on auto insurance premiums. (Please contact your insurance company for specific requirements).

**DO005 Dover Area High School, Room 192 - Entrance at back of H.S. - door located between loading dock and greenhouse.**

**Instructor - Nevin Lontz, AARP**

**2 Sessions - Tuesday, March 20 AND Wednesday, March 21 (MUST ATTEND BOTH SESSIONS)**

**\$12/person- \*\*payable to AARP**

**\$14/person- Non-Member \*\*payable to AARP**

**4:30 - 8:30 p.m.**



## Define Yourself

This entry-level strength training class is designed to teach the basics through sets, repetitions, and dumbbells. Abdominal and back conditioning is included with stretching for increased flexibility. The bottom line is a basic strength-training program enabling men and women (even over the age of 50) to add muscle, reduce fat and eat more food. (Please bring your own mat and weights - 2 lbs.-10 lbs. suggested).

DO006 Dover Area High School Cafeteria

Instructor - Darlene Freeman

10/20 Sessions - Mondays and Wednesdays - April 4 - June 18

(\*Note no class on April 9th and May 28th) (Also note May 23, class will be held in the I.S. Gym)

6:30 - 7:30 p.m.

\$47 (1) class per week

\$67 (2) classes per week (Need minimum enrollment of 10 paid)

## Cardio Kickboxing

If you need to kick up your workout this is the class for you! Cardio Kickboxing will rev up your metabolism, burn Calories and shape up your body. So if you want to have more energy and gain six pack abs, come join us and see for yourself!!

DO007 Dover Intermediate School, Cafeteria - (2nd Entrance at back of Intermediate School-on left side when entering back parking lot)

Instructor - Certified Instructor Patty Hall

Tuesdays and Thursdays 7:15 - 8:15 p.m. March 20 to May 29

(\*Note no class on April 5th)

10 Sessions (One time a week) - \$57/person

20 Sessions (Two times a week) - \$87/person

## Yogalates - Get A Jump Start On Your Spring Workouts

A fusion of the ancient discipline of Yoga with the modern Pilates techniques, the exercises mix both disciplines to develop core strength, help tone muscles, increase flexibility, and reduce stress. Low impact easy to learn. Instructor will demonstrate modified positions for those with limitations. Come and enjoy the calming of Yoga and the strengthening of Pilates. Class will conclude with a relaxation for your mind and body. Yoga mat is required.

DO008 Dover Intermediate School Cafeteria (2nd Entrance at back of Intermediate School-on left side when entering back parking lot)

Instructor - Cindy Strickler

8 Sessions - Mondays - March 5 - April 30 (\*Note no class on Apr. 9th)

7 - 8 p.m. \$47/person

## Zumba® Fitness

If you love the pulsating Latin beat and are tired of the same old exercise class, give this fun high energy work out a try. Great cardiovascular program that burns excess calories and body fat while increasing your heart rate.

DO009 Weigelstown Elementary, Gymnasium (Entrance near flag pole)

Instructor - Certified in Zumba®, Dance & Fitness Connection

Mondays and Wednesdays, 7- 8 p.m. March 19 - May 30

(\*Note no classes on April 9th and May 28th)

10 Sessions - Zumba® Fitness - (one time a week) \$57/person

20 Sessions - Zumba® Fitness - (two times a week) \$87/person



## Dog Obedience

This basic obedience course will teach positive training through use of food, toys and voice. Owners will learn how to teach their dog to sit, stand, come, walk calmly, heel and stay. Basic health and grooming care will be discussed. Owners will also learn how to keep dogs off of furniture and people. Proof of shots must be presented at the first class. Dogs must be at least six months old to participate in the class. Owners only for the 1st class, no dogs. (First class only will be in Cafeteria. Please use the 2nd Entrance at back of Intermediate School-on left side when entering back parking lot.)

DO010 Dover Intermediate School Front Canopy/Porch (Front Entrance) 2nd-8th Class

Instructor - Patricia Koons

8 Sessions - Wednesdays - March 28 - May 23 (\*Note no class on April 18th)

6:15 - 7:15 p.m. \$82/person

## Silent Flow Yoga with Lori Hartlaub

This gentle form of yoga combines movement and holding of postures to promote flexibility of the body's connective tissues and joints. Yoga reduces stress, eliminates cycles of pain, and builds strength to support healthy mobility. No prior yoga experience required. Modifications will be suggested for the beginner, as well as, advanced options for the more seasoned yoga student. Bring a yoga mat, water, towel or small blanket for comfort during seated stretching.

DO011 Dover Intermediate School Cafeteria (2nd Entrance at back of Intermediate School-on left side when entering back parking lot)

Instructor: Lori Hartlaub, AAAI/ISMA Certified yoga instructor & personal trainer

9 Sessions: Tuesdays - April 3 - May 29

6 - 7 p.m. \$52/person (Need minimum 6 participants)

### Silent Power Yoga

Yoga is a practical philosophy integrating body, mind and breath that is accessible to everyone. A regular practice can greatly improve strength, flexibility, balance and endurance. Classes will include sun salutations, standing, seated and reclined postures and finish with relaxation. Variations, modifications and use of props to enhance your practice will be shown. Bring a yoga mat and water. A firm blanket, strap and block are optional.

DO012 Weigelstown Elementary Gym (Entrance near flag pole)  
Instructor: Sujata Smith, Certified Yoga Instructor through Yoga Works

8 Sessions: Thursdays- April 12 – May 31

6:00 – 7:00 p.m. \$52/person Minimum # needed to hold class: 6

DO014 Dover Area High School, Room 108

Instructor - Chef Tom Aquino, Culinary Instructor

1 Sessions - Monday, April 16

6 – 9:30 p.m. \$68/person (Supply cost is included in fee)



### Fresh Pasta, Alfredo and Marinara Sauces *New!*

Chef Tom will teach you how to make fresh pasta. You will also make delicious Alfredo and Marinara Sauces from fresh ingredients. No store bought jars of sauces found here. Please bring your apron, appetite and container in case there are leftovers.

DO013 Dover Area High School, Room 108

Instructor - Chef Tom Aquino, Culinary Instructor

2 Sessions - Monday and Tuesday, March 12 & 13

6 – 9:30 p.m. \$68/person (Supply cost is included in fee)

### Learn About Europe's Liquid Gold *New!*

Learn how to use Olive Oil for Cooking and its health benefits. The instructor will demonstrate proper use of Olive Oil for cooking and the different types of olive oil. Learn how to make dipping oils, pesto's and spreads. Olive oil also can be use for skin care too!

### DOVER AREA SCHOOL DISTRICT ADULT EDUCATION REGISTRATION FORM - Spring 2012

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Fee Enclosed \$ \_\_\_\_\_ Course Number \_\_\_\_\_

Course Title \_\_\_\_\_

I fully understand the risks involved in participating in any strenuous activity and I absolve the Dover Area School District from all liability for any personal injury incurred through my participation in any Dover Area School District sponsored Community Education program.

\_\_\_\_\_  
(Signature) \_\_\_\_\_ (Date)

**Note: Please submit a separate form and separate check for each course in which you wish to enroll. Please make checks payable to Dover Area School District, send to attention Karen Holtzapple, 2 School Lane, Dover, PA 17315**

Registration forms  
may be copied so sign up for  
as many classes as you like!

## **Get That Shot! An Introduction to Seeing Through Photography**

A class for beginning photographers that introduces composition and exposure control as a first step in understanding photography and your camera. We begin by looking at successful photographs and discussing the motivation of the photographer. Then we look at the basic elements of composition. From there we will explore our camera's exposure controls. What are they and how do they affect our photographs. And finally, we will discuss how to present our finished photos to viewers. A photographic assignment will be made each week. An informal, easy-going and fun critique will begin each class session looking at the previous week's assignment. Requirements: Bring your creative mind and an adjustable digital camera. You need to be able to set f/stops and shutter speeds with your camera. 1 GB (minimum) USB thumb drive is needed.

NE001 High School Library

Instructor - Blake Ziegler, Graduate of Brooks Institute of Photography

5 Sessions - Wednesdays, starting March 14th

6:30 - 8:30 p.m. \$52/person

## **F.I.S.T. for Women (Fitness Integrated with Self-Defense Training)**

Join Master George Klinedinst, creator of the F.I.S.T. program and cofounder of UTA Karate. This class combines both exercise and self defense through a high intensity workout. The F.I.S.T. program is designed for the female who wants to learn the value and effectiveness of self-defense training while getting an intense workout at the same time! This is a great way to learn how to protect yourself and feel more confident while you get into shape. Bring your girlfriends for a fun night of self defense and fitness training!

NE002 Middle School Gym

Instructor - Master George Klinedinst

8 Sessions - Wednesdays, beginning March 7th

7 - 8 p.m. \$97/person

## **Desserts Made Easy**

Want to create a buzz? You'll learn four kinds of practically no-fail desserts and treats plus discover variations on all! It's kids play to amaze your family and friends by setting out a variety of goodies on your entertaining sweet table. Techniques and "tricks" will be shared to help create the perfect dessert. Please bring an apron and take home containers because this will be a make & take class.

NE003 High School Annex Room 616

Instructor - Lauren Ward

2 Sessions - Wednesdays, March 21st & April 18th

6:30 - 9 p.m. \$62/person (This fee includes supplies)

## **Ballroom Dancing II**

Add to your knowledge of ballroom dancing. Bring a partner and review the basics taught in Ballroom I and learn additional figures in Foxtrot, Waltz, Tango, Rumba, Cha Cha and Swing. Feel confident when you attend dances at the many ballroom venues in the area or when you impress your friends at weddings, parties, etc.

NE004 Northeastern High School Annex (Old MS Cafeteria)

Instructor - Ken & Carol Crone

10 Sessions - Tuesdays, beginning March 6th

7 - 9 p.m. \$57/person

## **Awakening - The World of Energy and You**

The energies around us are shifting and deepening, how can you "awaken" if you have no idea of the territory around you and within you? This course is designed to help you understand who you are and the importance of knowing the effects of your beliefs, history, defenses and traumas. You co-create your life and if you lack awareness you continue to create what you currently experience. The power of being consciously aware enables healing and balance to come into your life. "When you undertake inner exploration as your main task in life, restlessness disappears and a deep sense of meaning and direction comes into your being." - Pathwork Lecture. Understanding your energy field takes you on a journey of self discovery and the understanding of who you really are. Please bring a notebook. [www.energybodyworks.com](http://www.energybodyworks.com)

NE005 High School Room 100

Instructor - Asha Scatchard, BHS, IKH, Healing Facilitator, Brennan Healing Science Practitioner, Integrated Kabbalistic Healing, Trauma Release & Sound Healing

4 Sessions - Tuesdays, beginning March 13th

6:30 - 8:30 p.m. \$87/person

## **Community First Aid and Safety**

New material, very different, more for the public and very hands on! This class covers CPR for adults, children and infants. The first aid portion will show how to take care of burns, cuts, and fractures. Remember to dress casually; as you will be on the floor for part of the session.

NE006 Conewago Elementary School Gymnasium

Instructor - Robin Gross, American Red Cross

2 Sessions - Monday & Tuesday, March 5th & 6th

6 - 9 p.m. \$52/person

## **Couponing Basics *New!***

Are you looking for an easy way to save money without cutting costs? Have you tried couponing before but found it to be time consuming or too difficult? Consider joining this class led by Melanie Quickel, owner of Dearly Domestic.com She'll share couponing basics and other money saving + time saving strategies with you during this 3 session class. Topics covered will include (but not limited to): coupon verbiage, where to find the best coupons, how to play the drugstore game, and organizing coupons. There will also be a coupon organizer given away full of some valuable coupons during the last session.

NE007 Northeastern High School Room 100

Instructor - Melanie Quickel, owner of [dearlydomestic.com](http://dearlydomestic.com)

3 Sessions - Wednesdays, beginning March 7th

6:30 - 7:30 p.m. \$32/person

## **Make a Website the Easy Way**

Making a website for personal or business use has gotten a lot easier thanks to web 2.0 technology. In this course you'll learn how to create a website that looks professional without having to learn how to write code or buy an expensive program. Students will also learn how to purchase and register their own web address for use with their website (web address purchase optional). Visit [www.davepc.me](http://www.davepc.me) and click on Classes for additional information.

NE008 Northeastern High School Room 200

Instructor - David Weikert

1 Session - Thursday, April 19th

5:30 - 8 p.m. \$40/person

### **Sell On eBay** *New!*

Make your “stuff” available to the world by learning how to sell on eBay. Students will create an eBay and PayPal account and learn how to post items they wish to sell on the world’s largest auction website. If you’ve been interested in selling your stuff for awhile, now is your chance to learn how. Visit [www.davepc.me](http://www.davepc.me) and click on Classes for additional information.

NE009 Northeastern High School Room 200

Instructor - David Weikert

1 Session - Thursday, March 15th

5:30 - 8 p.m. \$40 /person



### **Build a Desktop Computer** *New!*

What better way is there to learn about the computer than to build one yourself! You will be guided step-by step with the insertion of every single component culminating with the installation of Microsoft Windows 7 Home Premium. After the system is fully operational, we’ll dive into all of the great things you can do with your brand new computer. The best part of the class will be getting to take the computer home with you when it’s over. The course price includes all the components needed to build your system. Visit [www.davepc.me](http://www.davepc.me) and click on Classes for additional information.

NE010 Northeastern High School Room 200

Instructor - David Weikert

2 Sessions – May 2nd & May 3rd

5:30 - 8 p.m. \$500 /person (price includes components)

### **Flow Yoga Level I**

This gentle flow of yoga combines movement and holding of postures to promote flexibility of the body’s connective tissues and joints. This approach reduces stress of daily living, eliminates cycles of pain, and builds strength to support healthy mobility. No prior yoga experience required. Bring a yoga mat, water, towel or small blanket for comfort during seated stretching. Two foam blocks and a strap are highly recommended to assist the therapeutic implementation of postures.

NE011 Shallow Brook Gymnasium

Instructor - Lori Hartlaub, AAAI/ISMA personal fitness trainer

10 Sessions- Wednesdays, beginning March 28th

6 - 7 p.m. \$57/person

### **Interval Fusion**

A total body workout in no time! By alternating short periods of cardio, muscle strengthening and stretching you will burn calories longer than atypical cardio workout session. We will be using our light weights or resistance bands for strengthening, low impact moves for cardio and classic yoga to complete our full body workout. Bring water, yoga mat, and light set of weights or resistance band with handle.

NE012 Shallow Brook Gymnasium

Instructor - Lori Hartlaub, AAAI/ISMA personal fitness trainer

10 Sessions- Mondays, March 26th

7 - 8 p.m. \$57/person

### **Pickup Basketball** *New!*

Do you remember your basketball glory days of years past? Do you want to shed some unwanted pounds? If so, here’s the perfect answer to those questions. Come play pickup basketball! We will divide into fair teams and just play. What a great way to experience some fun, friendly competition and get some much needed exercise.

NE014 Spring Forge gym

Instructor – Dave Zirkle

8 Sessions- Tuesdays, beginning March 6th, no class on April 10

6:30- 8:30 p.m. \$57/person

### **Fat Quarter Quilt** *New!*

Made with “fat quarters” of fabric, this is a fund, fast, and fabulous quilt! We will be designing our nine-by-nine inch blocks and then sew them for a quilt top – separating them with sashing. After adding a border, batting and the back, we will finish the quilt by quilting by hand or machine, using a pattern of your choice.

The size of the quilt will determine how many blocks you need. For a beginner I suggest a crib or youth quilt made with 12 blocks (about 40x52) or a lap quilt made with 20 blocks (about 50x62). If this is not your first quilt, you may choose to make a bed size quilt.

If preferred, fabric can be purchased from the bolt instead of “fat quarters”. This will be discussed further at the first class. No sewing machines are needed during class time. Join us for a fun time of learning quilting!

NE015 Northeastern High School Annex (Old MS Cafeteria)

Instructor - Joann Walker

5 Sessions- Mondays, beginning March 12, 26, April 16, 30 &

May 14

6 - 8 p.m. \$67/person

Registration forms  
may be copied so sign up for  
as many classes as you like!

## Cascade Watercolor Bargello Quilt *New!*

This is the one you've been waiting for – creating a quilt using two unique methods – watercolor and bargello.

It doesn't take long to make this quilt (34x41) once you have chosen the fabrics that blend together but are punctuated by a few strong flowers and deep colors. We will discuss fabric at the first class, along with cutting tools and supplies and directions to get started.

If you enjoy watercolor designing or want to learn the method, join us for this class, but be warned – watercolor can be addictive! You are also invited to participate in this class if you desire to learn the bargello method, but prefer to use your choice of fabric colors or theme. Bargello is beautiful and the combination of bargello and watercolor is AWESOME!

NE016 Northeastern High School Annex (Old MS Cafeteria)

Instructor - Joann Walker

5 Sessions - Mondays, beginning March 5, 19, April 2, 23 & May 7

6 - 8 p.m. \$67/person

## Step, Sculpt and MORE!

Tone up now with this 75-minute class! Format includes “easy to follow” freestyle patterns, Pilate exercises to strengthen the CORE (abs and back) plus step fitness to burn fat, increase energy and reduce stress. ALL levels are welcome. Please bring a mat and hand weights. Steps are provided.

NE017 Orendorf Gymnasium

Instructor - Jane Ballerstein

(10 weeks) - Tuesdays & Thursdays, starting March 27th

6:15 - 7:30 p.m. \$57 /person

## Cardio Sculpt

Condition and tone your body through endurance weight training. Cardio Sculpt provides a safe and effective way to tighten up the rough spots, plus strengthen the heart and lungs through step training, walking, and freestyle aerobic patterns. Lots of variety! Bring a mat, weights, and a positive attitude! Steps are provided.

NE018 Orendorf Gymnasium

Instructor - Jane Ballerstein

(10 weeks) - Tuesdays & Thursdays, starting March 27th

7:30 - 8:30 p.m. \$57 /person

## Zumba®

Zumba® has become one of the hottest, fastest, growing dance/aerobic workout programs in the fitness industry. It combines hypnotic, pulsating, Latin rhythms, easy to follow dance moves, and high energy workouts. You will relieve stress, have fun, feel energized, and tone/sculpt your body. Come have fun and ditch the workout and join the party! Bring a towel, water bottle and workout clothes/shoes.

NE019 Orendorf Gymnasium

Instructor - Lisa Malstrom, Certified Instructor

10 Sessions - Tuesdays, starting March 13th

4:15 - 5:15 p.m. \$47 /person

## NORTHEASTERN SCHOOL DISTRICT ADULT EDUCATION REGISTRATION FORM - Spring 2012

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Fee Enclosed \$ \_\_\_\_\_ Course Number \_\_\_\_\_

Course Title \_\_\_\_\_

I fully understand the risks involved in participating in any strenuous activity and I absolve the Northeastern School District from all liability for any personal injury incurred through my participation in any Northeastern School District sponsored Community Education program.

\_\_\_\_\_  
(Signature) \_\_\_\_\_ (Date)

**Note: Please submit a separate form and separate check for each course in which you wish to enroll. Please make checks payable to Northeastern School District, send to attention Jennifer Morgan, 41 Harding Street, Manchester, PA 17345**

## INSTRUCTORS WANTED!

**Entrepreneurs, Hobbyists, Business people, Crafts and Trades people, class?**

**Our community may be able to benefit from your expertise. We would like to hear from you!**

**Email your ideas to  
Kathy Meals at  
kmeals@yssid.org**



## **Body Workout w/Step**

This cardiovascular work out burns fat and calories building muscles with the use of an elevated platform (the step) along with the use of light weights. 4", 6" and 8" steps are provided. Please bring a mat for floor work and 3-10 lb dumbbells.

WY001 Lincolnway Elementary School, Cafeteria

Instructor - Terri Elliott

Spring 14/7 Sessions - Mon/Wed Begins April 2

6 - 7:15 p.m. \$52/person (2x/wk), \$40/person (1x/wk)

## **Soft Yoga**

Enjoy a gentle approach to basic yoga. Class will focus on beginner's poses, stretching flexibility and relaxation techniques. Bring a yoga mat and a peaceful attitude.

WY002 Lincolnway Elementary School, Cafeteria

Instructor - Terri Elliott

Spring 14/7 Sessions - Mon/Wed Begins April 2

7:30 - 8:30 p.m. \$52/person (2x/wk), \$40/person (1x/wk)

## **Tai Chi for Health**

Tai Chi for Health renews your body. It relaxes your mind and reduces stress. It uses the gentle, graceful, flowing movements of Sun-style tai chi to promote mental and physical strength, stamina and flexibility. Anyone who seeks a gentle form of exercise, or who has been diagnosed with arthritis, or who experiences joint pain, stiffness, or limited range of motion is invited to attend. This instructor is certified through the National Arthritis Organization and Strong Women Strong Bones and Strong Women Stay Young through Penn State Extension.

WY003 WY Middle School, 1st Fl. Atrium, 6th Gr. Wing

Instructor - Lori Edwards

Spring - 14/7 Sessions - Mon/Wed Begins April 2

6:00 - 7:00 p.m. \$55/person (2xwk), \$40/person (1xwk)

## **Briarwood Golf Clinics**

Classes for beginners/intermediates meet twice per week for two weeks (6 hours). PGA professional instructor stresses fundamentals (grip, stance, alignment, swing, putting, chipping, sand play and rules). Bring 7 and 9 irons and putter to first class. Equipment is provided if needed, and a 9-hole playing opportunity is included. Please specify which class.

WY004 Briarwood Golf Course, 4775 W. Market St.

Instructor - PGA Professional Instructor

Class 1 - 4 Sessions - Mon/Wed - April 9, 11, 16, and 18

Class 2 - 4 Sessions - Tue/Thu - April 10, 12, 17 and 19

Class 3 - 4 Sessions - Mon/Wed - May 7, 9, 14 and 16

Class 4 - 4 Sessions - Tue/Thu - May 8, 10, 15 and 17

6 - 7:30 p.m. \$82/person per class

## **Zumba®**

The Zumba® program fuses Latin rhythms with easy to follow moves that are so fun you will wonder where the hour went. Take salsa, Cha Cha, samba, tango, merengue, add hints of flamenco, calypso, hip-hop and belly dancing, put in a workout routine and you have Zumba®! Great for cardio and core. No experience necessary, all fitness levels are welcome and can be done by anyone. It's addictive and life changing.

WY005 Lincolnway Zumba®

WY Lincolnway Elementary School, Cafeteria

Instructor - ebecca Hileman

Spring - 14/7 Sessions - Tues/Thurs Begins April 3rd

6:30 - 7:30 p.m. \$77/person (2x/wk), \$47/person (1x/wk)

## **Oil Painting**

Learn the basics of oil painting, formatting an image, and transferring an image to canvas-without having to draw. Develop your own style using basic principles of art and the classical techniques of the Old Masters. Students will produce three paintings, choosing their own subject matter for their second and third projects. This is an exciting opportunity for beginning and advanced students. Participants will need to furnish their own supplies (about \$40). A supply list will be mailed out in advance. Class is limited to 12 participants.

WY006 West York High School, Room 112

Instructor: Kristy Kilpatrick

8 Sessions - Tuesdays, Begins March 13

6:30 - 8:30 p.m. \$100/person

## **Google.... Not just a Search Engine**

Searching for websites is just one feature of Google. As one of the leading search engines on the web, Google allows you to find directions, lookup the weather, check airline status, perform calculations, and create documents that you can share with others, keep track of your calendar and much more. This hands-on class will demonstrate ways to narrow your searches, get directions, keep an online calendar, translate words in other languages and get you started on creating documents that you can share.

WY007 West York Middle School, Room 146

Instructor - Jeanina Sargent - Sargent Software

1 Session - Wednesday, March 14

6 - 8 p.m. \$38/person

## **Know Your Computer (Windows XP) Plus "surfing" the Internet**

This course is designed for people who have no computer background or very little experience with the computer. This hands-on course will cover the basic skills needed to use a computer and help you gain the confidence necessary to make it a productive tool. You will learn various parts of the computer; learn how to use the mouse; learn how to create folders/files; copy and paste; copy/rename files plus much more. An overview of Microsoft Products will also be given. You will be taught how to surf the World Wide Web, search the Internet effectively, how to set up favorites, and many other "tips and tricks" of the Internet. Email will also be discussed. This is an excellent prerequisite course for new users who plan to take other computer courses. Seniors welcomed!

WY008 West York Middle School, Room 146

Instructor - Jeanina Sargent - Sargent Software

3 Sessions - Mondays, March 19 & 26 and April 2

6 - 9 p.m. \$87/person

## Home Staging

Home staging is about creating illusions. Whether you are looking to sell your home or just create a beautiful living space of your own, this class is for you. It involves creating “flow,” neutralizing space, eliminating clutter, editing and arranging furniture and accessories, and providing great curb appeal. Architectural strengths are highlighted and flaws are downplayed. A professionally staged home is showcased in the best possible light so that it sells at the highest price in the shortest time. Students will need to provide a photo(s) of a room in their home in which they’d like to focus. Please email photo(s) to [clvespa@gmail.com](mailto:clvespa@gmail.com). Class is limited to 10 students.

WY009 West York High School, Room 114

Instructor: Christy Vespa, Interior Designer, Di Moda Designs

1 - Session - Tuesday, April 3

6:30-8:30 p.m. \$57/person

## Basic Portraiture

Drawing people has been Jerry’s hobby for more than 40 years. Would you like to know what to look for when drawing a portrait? This class will teach you the basics to consider when drawing the human face. There are several methods or formulas on how to properly locate the features of a face, and you will be taught the one that works best for Jerry. By the end of this 3 session class you will know the basics of how to draw a good face, and what to look for when trying to obtain a likeness of your subject. Materials needed: 14 x 17” drawing pad, or similar size, a set of drawing pencils, and a good quality eraser.

WY010 West York High School, Room 117

Instructor: Jerry delCampo

Winter - 3 Sessions - Thursdays, Begins February 9

Spring - 3 Sessions - Thursdays, Begins April 12

6:00 to 8:00 p.m. \$65/person

## Cake Decorating

This is a great class for anyone who ever wanted to try cake decorating. You’ll learn how to use icing to create balloons, borders, flowers, vines, leaves and writing. This class will give you the know-how to create your own cakes at home, impressing friends and family while saving money. Beginner’s kit and icing provided. Sign up with a friend for a fun night out!

WY011 West York High School, Room 115

Instructor: Melissa Lohss

2 Sessions - Thursdays, April 26 and May 3

6 - 8 p.m. \$57/person

## Basic Knife Skills and Classic Cuts *New!*

Learn how to select a set of knives and how to care for them to last a lifetime. Also, learn to master the use of knives safely by practicing classic French cuts. Knives and vegetables supplied. Class is limited to 15.

WY012 West York Area High School, Room 113

Instructor - Patricia Keener, certified Family & Consumer Science

2 Sessions - Wednesday March 14 and 21

6:00 - 8:00 p.m. \$62/person



## Fabricating Chicken *New!*

Save money by buying whole chickens and cutting them into pieces yourself. This class will show you how. Knives and chicken supplied. Class size is limited to 15.

WY013 West York Area High School, Room 113

Instructor - Patricia Keener, certified Family & Consumer Science

1 Session - Thursday April 11

6:00 - 8:00 p.m. \$42/person

## Basket Weaving Class

Easter Basket A 10 x 12 D handle and 10 rows of color reed of your choice will be used to make this colorful round basket.

WY014

2 Sessions - March 14 & 21

6:00 - 9:00 p.m. \$42/person

## Cookies for Two

This cute little basket will make a good gift. It can hold cookies, 2 jelly jars, or 2 small candles. A 4x6 swing handle, color reed and a bow make from reed will adorn this basket.

WY015

1 Session - April 12

6:00 - 9:00 p.m. \$32/person

## Handy Dandy Storage

This large basket can be used to hold afghans, toys or pillows. We will weave our basket with a 10 x 15 oblong wood base, color reed of choice and braided sea grass. Basket measures 16” L x 13”W, 11 ½” T.

WY016

2 Sessions - May 2 & 9

6:00 - 9:00 p.m. \$62/person

Instructor: Melanie Alagood

All classes at West York High School, Room 112

**Digital Story Telling using PhotoStory and Movie Maker *New!***

Digital story telling is a powerful method of preserving and sharing photos and videos of events and trips! This introductory class will teach students the basic skills they need to create a movie from their still digital pictures and digital video using Windows StoryMaker and/or Movie Maker. Students will learn how to bring still images to life using captions, narrations, effects and transitions. They will also learn how to edit, transition, add effects, and title digital video. Students should bring their own digital pictures and video to edit.  
WY017 – West York Middle School, 2nd Floor Computer Lab -  
Instructor – Dennis Albertson, WYASD Technology Integrator  
2 Sessions – Tuesdays, March 6 & 13  
6:00 – 8:30 p.m. \$57/person



**PowerPoint XP: Beginners to Multimedia *New!***

This introductory class will teach students the basic skills they need to create a multimedia PowerPoint. Students will learn various ways to make a PowerPoint that is professional and easy to read. Basic formatting skills build the foundation. Additional skills learned include inserting pictures, sound effects, narration, music and video. Students please bring digital photos and information to include and develop your PowerPoint.  
WY018 – West York Middle School, 2nd Floor Computer Lab -  
Instructor – Dennis Albertson, WYASD Technology Integrator  
2 Sessions – Tuesdays, March 20 & 27  
6:00 – 8:30 p.m. \$57/person

**Celebrate your Senior!**

It is official! The class of 2012 is counting down the days to graduation. You are invited to make a digital StoryBook of Hope for that special graduate. A minimum of 41 various photos of your senior will be used with along with the student's Laptop to create a 8 x 8 book. Predesigned pages celebrate where your graduate has been and provide inspiration and hope toward their future. Digitally saved pictures or those in printed form (which the instructor will scan to a disc) will be easily imported into the program. Basic computer knowledge is required. If you can play computer solitaire, you can create a beautiful graduation keepsake!  
WY019 West York High School, Room 117  
Instructor: Becky Tallman  
2 Sessions – Wednesdays March 14 & 28  
6:30 – 8:30 \$67/person

Registration forms  
may be copied so sign up for  
as many classes as you like!

No news is good news!  
Confirmations are not sent!  
If you don't receive your  
check back you are  
registered for the class.  
On occasion things get  
lost in the mail, so feel free  
to give us a call to confirm

WEST YORK AREA SCHOOL DISTRICT  
ADULT EDUCATION REGISTRATION FORM - Spring 2012

Name \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Home Phone \_\_\_\_\_  
Cell Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Fee Enclosed \$ \_\_\_\_\_ Course Number \_\_\_\_\_  
Course Title \_\_\_\_\_

I fully understand the risks involved in participating in any strenuous activity and I absolve the West York School District from all liability for any personal injury incurred through my participation in any West York Area School District sponsored Community Education program.

\_\_\_\_\_  
(Signature) \_\_\_\_\_ (Date)

**Note: Please submit a separate form and separate check for each course in which you wish to enroll. Please make checks payable to West York School District, send to attention Dana Gaetjen, 1800 Bannister St., York, PA 17404.**

## **Communicating in Spanish – Beginner's Level** *New!*

When visiting a Spanish speaking country or dealing with a Spanish native speaker/friend/co-worker, wouldn't it be great if you were able to communicate in the language? This course will emphasize in practical situations (i.e.-at the restaurant, shopping, airport, site visiting, office/work, etc.), where the participant will be able to learn and practice essential vocabulary to survive at the beginner level of proficiency and everyday life conversations. Class is limited to 12 participants

YS001 Y.S. High School – Room 121/123

Instructor – Irma Rivera (native Spanish speaker)

8 Sessions - Tuesdays – March 6, 13, 20, 27, April 3, 10, 17, 24  
6:30 - 8 p.m. \$97/person (Includes textbook)

## **Learn to Sew**

Learn to Sew is an introductory course designed for the novice sewer who wishes to learn general basic skills. This "hands-on" class will include information on sewing terminology, common tools and materials used, tips on how to interpret and follow pattern instructions and guidance in constructing an apron. Participants will need to bring their portable sewing machines to class and be able to proficiently thread their own machine, wind a bobbin and have general operating knowledge (such as how to straight stitch, reverse, etc.). An apron pattern will be provided but registrants will need to purchase their own fabric and thread; please do not purchase materials until after the first night of class. Plan for evenings of fun and high energy sewing instruction!

YS002 Y.S. High School - Room 141

Instructor - Diane Gerhart

3 Sessions – Tuesdays, March 13, 20, 27  
6:30 - 8 p.m. (1st class) 6:30 – 9 p.m. (2nd & 3rd Class)  
Fee - \$87/person

## **Backyard Beekeeping**

This course will consist of a combination of hands-on sessions in the apiary followed by discussions on the essentials of honey bee management. The objective is for each participant to understand the ecological role of the honey bee and to feel comfortable starting their own hive should they so choose. The recommended text is The Backyard Beekeeper by Kim Flottum, second edition. A bee veil, smoker and hive tool are recommended for all but the first class.

YS003 Meadowsong Apiary, 1722 Union Church Rd., Seven Valleys

Instructor – Jeremy Barnes

6 Sessions – Wednesdays, March 21, 28, April 4, 11, 18, 25  
5:30 – 7:30 p.m. Fee - \$92/person

## **CSI York: Bodies of Crime & Evidence**

Programs such as CSI, Law and Order, and Bones may be extremely popular and entertaining but, the question is, are they realistic and accurate. For example, the television shows portray one or two individuals as having expertise in many areas of forensic science, but in reality, many experts are encountered and involved in this process. Students will learn the realities of a typical death investigation. Death scenes are approached from two dimensions; the body and the crime scene. This series will focus on the body. This includes the death investigation process, experts encountered in the field, identification techniques, time of death, various wounds and

exhumations. The instructor continues to assist with death investigation cases, exhumations, and the examination of skeletal remains including the Boston Strangler, Albert DeSalvo. Please be aware of the graphic nature of this course; skeletal remains, photographs of various cases, etc...

YS004 Y.S. High School - Room 144

Instructor – Dr. Barbara Hanbury

4 Sessions – Tuesdays, March 20, 27, April 3, 10  
6 – 7:30 p.m. Fee - \$86/person

## **Homemade From the 50's** *New!*

Who wouldn't like to save money and also use natural products that you can make right in your home? Join Deb in the hands-on class and learn how to make Laundry Detergent, Dishwasher Detergent and Facial Cleanser along with Toner, from natural products that will have your clothing smelling fresh, your dishes sparkling and your skin glowing and feeling fantastic! Please be sure to bring along containers to take your products home with you. The recipe for Laundry Detergent makes 10 gallons! Each person will be taking home some of each product, so you will need 4 containers.

YS005 Y.S. High School - Room 145

Instructor – Deb Reid

1 Session – Wednesday, March 21

Time - 6 – 8 p.m. Fee - \$47/person (Includes ingredients)

## **A Taste of Italy**

Join us in this hands-on cooking class to learn how to make a Stromboli that will compare to or even be better than your favorite Italian restaurant! Pair your Stromboli with a scrumptious Mandarin Orange Salad with Sugared Almonds. We will also demonstrate how easy it is to make a delicious Fresh Basil Tomato Soup. To top off the evening, learn how to cut a Pineapple so it can be enjoyed as a beautiful edible addition to your table. Make this a girl's night out or a date night with your husband! This is a hands-on class, so bring along your apron and appetite! This class is limited to 15 participants, so hurry and sign up today! (supplies needed: Containers for leftovers)

YS006 Y.S. High School - Room 145

Instructor – Bill & Kathy Meals

1 Session – Thursday, March 8

Time - 6 - 9 p.m. Fee - \$59/person (Includes fresh food ingredients)

## **Culinary Tips & Tricks on a Budget** *New!*

Are you ready to have two evenings of fun? Register today for this hands-on class and let Deb show you how to make the most out of your dollar whether you use coupons or not! The first class we will be cooking Chicken Alfredo, Veggie Alfredo, and garlic bread with brownies for dessert. The second class you will be introduced to some wonderful, easy, cost efficient breakfast items that work well if you're serving a brunch. The recipes will consist of some of Deb's personal secrets for stuffed pancakes, waffles and a delicious fruit salad. Basic food safety tips will be included! Please be sure to bring containers just in case there are leftovers!

YS007 Y.S. High School - Room 145

Instructor – Deb Reid

2 Sessions – Wednesdays, March 7, 14

Time - 6 – 8 p.m. Fee - \$47/person (Includes fresh food ingredients)

### **Make a Great Breakfast!** *New!*

Join Jody and Arnie in this hands-on class featuring fabulous breakfast selections. Feast on cheesy ham and potato frittatas, milk and cookie smoothies, blueberry crumb topped English muffins, skillet sticky buns, fruit compote and more! Please bring along your apron. Tasting and recipes will be provided as well as supplemental tips. (Recipes subject to change)

YS008 Y.S. High School - Room 145

Instructor - Jody & Arnie Gale

1 Session - Tuesday, March 13

Time - 6 - 8:30 p.m. Fee - \$67/person (Includes fresh food ingredients)

### **Simple & Affordable Meals** *New!*

In this hands-on class Jody and Arnie will teach you how to make fabulous tasting meals that are simple and affordable. You will be incorporating seasonal ingredients in the recipes. Please bring along your apron and containers for leftovers. Tasting and recipes will be provided as well as supplemental tips.

YS009 Y.S. High School - Room 145

Instructor - Jody & Arnie Gale

1 Session - Tuesday, May 1

Time - 6 - 8:30 p.m. Fee - \$67/person (Includes fresh food ingredients)

### **Learn to Make Sushi**

If you would like to make professional tasting sushi, now is your chance to impress your friends and relatives by joining this sushi making class at Mitsuru Japanese Restaurant. Aaron Chan will show you from start (how to cook rice), to finish (making your own sushi) guiding you to become a professional sushi maker. You will dine on everything you make, or take it home with you! Receive a gift to prepare your first sushi at home. Sign up today! This class fills up quickly!

YS010 Mitsuru-Ya Sushi and Hibachi Restaurant

Queensgate Towne Center

Instructor - Aaron Chan

1 Session - Saturday, March 31

1 - 3 p.m. \$77/person (Starter kit included in fee)

### **A Chocolate Diversion - Winter**

Come visit a real old style candy kitchen. Spend the evening playing with pure Wilbur block chocolate! Learn useful candy making techniques; including tempering chocolate, marshmallow from scratch, filled chocolates, European style truffles, molded pieces, clusters and more! This will be a "hands-on" class, as you really will get your hands covered in chocolate. Select molds from our enormous collection and create your own novelties. Anything you want to do with chocolate, we can try! Everything you make, you take home! Space is limited, so sign up today!

YS011 Anstine's Candy Kitchen

1901 S. Queen St., York Shop entrance is facing Hillcrest Rd.

Instructor - Anna Dalby & Allen Dalby

1 Session - Wednesday, February 1

6 - 8 p.m. \$60/person (Supply cost is included in fee)

### **A Chocolate Diversion - Spring**

Same description as YS011.

YS012 Anstine's Candy Kitchen

1901 S. Queen St., York Shop entrance is facing Hillcrest Rd.

Instructor - Anna Dalby & Allen Dalby

1 Session - Tuesday, May 1

6 - 8 p.m. \$60/person (Supply cost is included in fee)

### **Water Exercise**

Do you love to work out but your knees and back are hurting from land based exercise? Join us in the pool for a full-body workout that will be done to music! Water exercise will reduce joint stress by 90%, but gives 60% more resistance. This resistance gives the body muscle tone while burning fat and calories. A water exercise belt is recommended. (Class is limited to 35 students)

YS013 Y.S. High School - Pool

Instructor - Lesli Willoughby

16 Sessions - Mondays & Wednesdays - March 26 - May 16

8 - 9 p.m. \$69/person

### **Adult Lap Swim**

Lap Swim is for adults who wish to use swimming for a workout. Swimmers must be able to swim the full length of the pool continuously without support. Lanes will be shared with other swimmers.

YS0014 Y.S. High School - Pool

Instructor - Certified Life Guard

16 Sessions - Tuesdays & Fridays - March 27 - May 18

8 - 9 p.m. \$45/person

### **Zumba® Toning** *New!*

Feel energized, get toned, and have fun all at the same time while listening to Latin Dance party Zumba® and Hip Hop music. It's a cardio-toned dance party focused on toning your muscles all over your body and having fun moving to exotic rhythms such as the cha-cha, salsa, reggaeton, hip hop, cumbia and belly dance. Add strength training to your cardio workout with official Maraca License Toning Sticks, available for purchase from the instructor. Students may also bring their own 1 to 2 lb. weights. The toning sticks add Zumba® flare and flava with their maraca like sounds. Burn off calories while strength training and toning muscles, especially the abs and obliques. Some Zumba® experience preferred, but not required! This is a Zumba® Certified Specialty class. Please bring a towel and water to every class. Wear sneakers and comfortable workout clothes.

YS015 Yorkshire Elementary - Gymnasium

Instructor - Shannon Godfrey, Licensed Zumba® Instructor

8 Sessions - Wednesdays - Beginning March 14

7 - 8 p.m. \$57/person

### **Zumba®**

Come join the Latin-Inspired Dance Cardio Workout!! Zoom, Shake & Shimmy your way to a new toned self! Easy to follow, no experience necessary! It's a dance party with a cardio blast featuring exotic rhythms such as salsa, cha-cha, reggaeton, cumbia, hip hop, merengue and bellydance, plus more! Totally exhilarating and so much fun!!! All fitness levels welcome. Relieve your stress level while having fun at a dance party. Feel energized, burn calories while hav-

# York Suburban

ing fun! Don't miss out, sign up today! Please bring a towel and water to every class. Wear sneakers and comfortable workout clothes.

**YS016 Yorkshire Elementary - Gymnasium**

**Instructor - Shannon Godfrey, Licensed Zumba® Instructor**

**20 Sessions - Mon. & Wed. - Beginning March 12 - May 21**

**(No class on April 9)**

**6 - 7 p.m. \$57/person (10 Sessions) \$97/person (20 sessions)**

**(Please designate day on Registration Form if only taking 10 Sessions)**

## **Zumba® - Mini Winter Session**

Please see description for Zumba YS016.

**YS017 Yorkshire Elementary - Gymnasium**

**Instructor - Shannon Godfrey, Licensed Zumba® Instructor**

**8 Sessions - Wednesdays - Jan. 18, 25, Feb. 1, 8, 15, 22, 29, March 7**

**6 - 7 p.m. \$50/person**

## **Belly Blaster for Women - Winter Session**

Trim your entire torso area - abs, waist & more - with this specially designed class. Our program will help you burn excess calories and body fat while sculpting your abdomen. The "interval training" cardio component burns fat and boosts energy. We will also work on your balance, which is so important when you are working to tone your core. You will "See & Feel the Difference"! Please bring an exercise mat and 3 to 5 lb hand weights to class.

**YS018 East York Elementary - All Purpose Room**

**Instructor - Certified & CPR-Trained Instructor**

**See & Feel the Difference**

**WINTER - 18 Sessions - Tues. & Thurs. - Beginning Jan. 10**

**5:30 - 6:30 p.m. \$64/person**

## **Belly Blaster for Women - Spring Session**

Please see description above.

**YS019 Valley View Elementary - Gymnasium**

**16 Sessions - Tues. & Thurs. - Beginning March 27**

**(No Class on 4/5 & 4/19)**

**6 - 7 p.m. \$61/person (Please note time change & location!)**

## **Open Basketball**

Dust off your sneakers, retrieve your basketball from the dark corner of your closet and join us! We'll divide into teams and play... no pressure, just good exercise. Registration is limited to 25 people. If school is cancelled due to weather, there will be no playing.

**YS020 Y.S. Middle School**

**Tues. & Thurs. - Begins January 3 - May 24**

**9 - 10:30 p.m. \$45/person**

**(No play on 4/5)**

## **Tennis for the Beginner & Advanced Beginner**

Development of fundamental stroke techniques for ground strokes, volleys, overheads, and serves will be emphasized. Balls will be provided. Please bring your own tennis racquet! (Make-up days due to inclement weather will be scheduled by the instructor.)

**YS021 Y.S. Middle School Tennis Courts**

**Instructor - Donna Platt**

**6 Sessions - Tuesdays, April 17, 24, May 1, 8, 15, 22**

**6 - 7:30 p.m. \$67/person**

## **Tennis for the Intermediate/Advanced Player**

Take your game to the next level by adding variety to your game and developing consistency and accuracy. Balls will be provided. Please bring your own tennis racquet! (Make-up days due to inclement weather will be scheduled by the instructor.)

**YS022 Y.S. Middle School Tennis Courts**

**Instructor - Donna Platt**

**6 Sessions - Wednesdays, April 18, 25, May 2, 9, 16, 23**

**6 - 7:30 p.m. \$67/person (Limit 10 players)**

## **DIY Home Repairs *New!***

With today's economy, more and more people are doing their own home repairs. Join Chris in this class to learn preventive maintenance tips, how to replace washers, install new faucets, toilet repairs, replace outlets & switches, install new lighting, ceiling fan & more! Chris has been doing her own Home Repairs for many years at her rental properties and is also a Certified Home Inspector. You will have fun and also learn valuable information to save you money!

**YS023 Y.S. High School - Room 153**

**Instructor - Chris Kessler**

**2 Sessions - Mondays, March 19, 26**

**6 - 8:30 p.m. \$57/person**

## **Basics of Buying & Selling on eBay**

eBay has become one of the Internet's most popular shopping destinations. Whether you are looking for a unique item or wanting to dabble and need to sell what is up in the attic or wanting to join the 1.3 million people who use eBay as a primary or supplemental source of income, participants will find this course very helpful. Covered topics include: Getting started on eBay; Setting up eBay and PayPal accounts; Security Issues & Identity Theft; The Basics of Buying and Selling - Including: determining product value; preparing photos for eBay; creating the listing and completing the sale; receiving payment; and shipping the item. Prerequisites: Students need to be comfortable using a computer, possess basic computer skills, and be comfortable navigating the Internet.

**YS024 Y.S. High School - Room 124**

**Instructor - Donald Small**

**3 Sessions - Wednesdays, February 29, March 7, 14**

**6:30 - 8 p.m. \$47/person**

## **Understanding Your Digital Camera**

Learn how to use your new digital camera. With this class you can demystify all of the buttons and symbols and learn about camera operation, composition and creative lighting. Learn good exposure techniques, proper format choices, correct use of flash, and how to handle your images after the capture. Students should bring their own digital camera and camera manual. Class is limited to 15 participants!

**YS025 Y.S. High School - Room 122**

**Instructor - Bob Lenz**

**3 Sessions - Tues., Feb. 28, March 6, 13 OR Wed., Feb. 29,**

**March 7, 14**

**Please designate DAY on Registration Form**

**6 - 8 p.m. \$67/person**

**(Attend this class along with Advanced Digital for \$127)**

### **Advanced Digital Camera Workshop**

Have you taken the Understanding your Digital Camera Class and want to learn more? This class is a practical workshop for digital photographers who want to learn more than just the “point and shoot” aspect of photography. Students will learn the benefits of working in manual modes and regaining creative control of their images. This class is intended for DSLR camera users who have mastered the basic camera operations and would like to know more about white balance, aperture & shutter speed controls, exposure values, correct ISO settings, various camera techniques and more. Please bring your DSLR camera and manual to class. (Prerequisite for this Course - Digital I)

**YS026 Y.S. High School - Room 122**

**Instructor - Bob Lenz**

**3 Sessions - Tues., March 20, 27, April 3 or Wed., March 21, 28, April 4**

**Please designate DAY on Registration Form**

**6 - 8 p.m. \$67/person**

**(Attend this class along with Understanding Your Digital Camera for \$127)**

### **Learning to See” In a Digital Camera World**

It is said that all learning depends on the ability to image, to picture both accurately and imaginatively. If you’ve enjoyed mastering the technical aspects of your DSLR camera and now wish to grow aesthetically through better composition and fulfilling the process of pre visualization, this is the class for you. We will be discussing various artists, their techniques, learning to incorporate the tools of vision, shooting theme assignments, and having critiques each week all to better the field with more visually literate photographers. (Prerequisite for this Course - Digital I & II)

**YS027 Y.S. High School - Room 122**

**Instructor - Bob Lenz**

**3 Sessions - Wednesdays, April 11, 18, 25**

**6 - 8 p.m. \$77/person**

**(Attend this class along with YS025 & YS026 for \$198)**

### **An Introduction to Photoshop Elements**

Take your digital photography to the next level with a look into this versatile image editing software widely used by hobbyists, photographers, graphic artists, designers, and other creative professionals. Learn how to perfect and transform your digital photos like a pro. This is a hands on step-by-step course taught by an experienced instructor and photographer. Please bring your digital images with you to class. (Prerequisite for this Course - Windows experience & basic knowledge of a P.C.)

**YS028 Y.S. High School - Room 122**

**Instructor - Bob Lenz**

**4 Sessions - Thursdays, April 19, 26, May 3, 10**

**6 - 8 p.m. \$77/person**

**(Attend Introduction & Advanced Photoshop Elements for \$142)**

### **Advanced Photoshop Elements**

You’ve been teased by the Photoshop Elements Introductory course and you still feel the need to know more? Bob will be showing you how you can give your digital photos an enhanced edge. You will be advancing your skills to the next level by learning how to do

layer manipulation, masking, advanced sharpening techniques, and how the use of various artistic filters can enhance your photos even further! (Prerequisite for this Course - Introduction to Photoshop Elements I or equivalent skills.)

**YS029 Y.S. High School - Room 122**

**Instructor - Bob Lenz**

**3 Sessions - Thursdays, May 17, 24, 31**

**6 - 8:30 p.m. \$72/person**

**(Attend Introduction & Advanced Photoshop Elements for \$142)**

### **Building Your Blog**

Looking to share your thoughts, opinions or expertise? Whether for personal use or business building, Blogs are great tools which allow you to communicate to the world. In this hands-on class you will understand just how easy building your own blog or basic website can be thanks to services like Blogger or Wordpress. During this course you’ll discover the benefits of blogging, effective strategies others are currently using and how to start or grow your very own blog. Prerequisite: Windows experience and basic knowledge of a PC.

**YS030 Y.S. High School - Room 207**

**Instructor - Steve Turner, Turner Training Services**

**2 Sessions - Thursdays, March 22, 29**

**6:30 - 8:30 p.m. \$52/ person**

### **Understanding & Utilizing Online Social Media**

In this hands-on class you will understand more about online social media sites and how to take advantage of the free marketing opportunities they present. If you own or have dreamed of starting & growing your own business or simply want to learn more about what all the buzz is over Twitter, Facebook, LinkedIn or YouTube is about, this class is for you. During this course you’ll discover how to get accounts on these sites started, how to utilize these services to build your brand online and even effective strategies companies are currently using to market their products and services! Prerequisite: Windows experience and basic knowledge of a PC.

**YS031 Y.S. High School - Room 124**

**Instructor - Steve Turner, Turner Training Services**

**3 Sessions - Wednesdays, March 21, 28, April 4**

**6:30 - 8:30 p.m. \$62/ person**

### **Computer Basics (Windows XP) Plus “surfing” the Internet**

This course is designed for people who have no computer background or very little experience with the computer. This hands-on course will cover the basic skills needed to use a computer and help you gain the confidence necessary to make it a productive tool. You will learn various parts of the computer; learn how to use the mouse; learn how to create folders/files; copy and paste; copy/rename files plus much more. An overview of Microsoft Products will also be given. You will be taught how to surf the World Wide Web, search the Internet effectively, how to set up favorites, and many other “tips and tricks” of the Internet. Email will also be discussed. This is an excellent prerequisite course for new users who plan to take other computer courses. Seniors welcomed!

**YS032 Y.S. High School - Room 124**

**Instructor - Jeanina Sargent - Sargent Software**

**3 Sessions - Thursdays, March 15, 22, 29**

**6 - 9 p.m. \$87/person**

# York Suburban

## Google.... Not just a Search Engine

Searching for websites is just one feature of Google. As one of the leading search engines on the web, Google allows you to find directions, lookup the weather, check airline status, perform calculations, create documents that you can share with others, keep track of your calendar and much more. This hands on class will demonstrate ways to narrow your searches, get directions, keep an online calendar, translate words in other languages and get you started on creating documents that you can share.

YS033 Y.S. High School - Room 207

Instructor - Jeanina Sargent - Sargent Software

1 Session - Wednesday, March 21

6 - 8 p.m. \$38/person

## Excel 2007 - Level I

This course provides the skills that are necessary to use Excel to create worksheets. You will learn to enter information into a worksheet, developing formulas to calculate results and how to format and print worksheet data. (Prerequisite for this Course - Windows experience & basic knowledge of a P.C.)

YS034 Y.S. High School - Computer Lab 120

Instructor - Steve Vos

3 Sessions - Thursdays, March 1, 8, 15

6 - 9 p.m. \$87/person (Manual included)

(Attend Excel I & II for \$164 or Excel I, II, III for \$246)

## Excel 2007 - Level II

This course will expand upon the skills you learned in the Excel 2007 Level I course and give you an opportunity to work with some more advanced features of Excel including charts, sorting and filtering, cell formatting, advanced formulas and functions, graphics and analysis tools like Pivot tables. (Prerequisite for this Course - Excel Level I or basic knowledge of Excel 2007)

YS035 Y.S. High School - Computer Lab 120

Instructor - Steve Vos

3 Sessions - Thursdays, March 22, 29, April 5

6 - 9 p.m. \$87/person (Manual included)

(Attend Excel I & II for \$164 or Excel I, II, III for \$246)

## Excel 2007 Level III

In this course, you will extend your knowledge into some of the more specialized and advanced capabilities of Excel by automating some common tasks, applying advanced analysis techniques to more complex data sets, collaborating on worksheets with others, and sharing Excel data with other applications.

YS036 Y.S. High School - Computer Lab 124

Instructor - Steve Vos

3 Sessions - Thursdays, April 19, 26, May 3

6 - 9 p.m. \$87/person (Manual included)

(Attend Excel I, II, III for \$246)

## Word 2007 Level 1

Microsoft Word is currently the most common word processor on the market and is available for Windows or Macintosh. It allows users to create professional documents such as resumes, letters, fax cover sheets, reports, legal documents, brochures, manuals and much more. You will learn how to use graphics and create tables to organize your information. It is an efficient tool for students, business owners or for everyday use. Prerequisite: Windows experience and basic knowledge of a PC.

YS037 Y.S. High School - Computer Lab 120

Instructor - Steve Vos

3 Sessions - Wednesdays, March 7, 14, 21

6 - 9 p.m. \$87/person (Manual included)

## PowerPoint 2007 Level I

Microsoft PowerPoint is used to display, show or explain any topic or subject. It allows users to create anything from basic slide shows to complex presentations. PowerPoint is often used to create business presentations, but can also be used for educational or informal purposes. The presentations are comprised of slides, which may contain text, images, and other media. The presentation can be printed, displayed live on a computer, or navigated through at the command of the presenter. Prerequisite: Windows experience and basic knowledge of a PC.

YS038 Y.S. High School - Computer Lab 120

Instructor - Steve Vos

3 Sessions - Wednesdays, April 18, 25, May 2

6 - 9 p.m. \$87/person (Manual included)

(Attend PowerPoint I & II for \$164)

## PowerPoint 2007 Level II

If you have completed PowerPoint I or have basic knowledge of PowerPoint and want to take it a few steps further, this class is for you! You will learn how to use other media, such as audio clips and movies with your presentation. Sound effects and animated transitions can also be included to add extra appeal. How to set timing on your slide show, use a master slide to keep or change the uniformity and how to use pre-made templates for specific projects will also be taught. Knowing how to do this will look great on your resume!

YS039 Y.S. High School - Computer Lab 120

Instructor - Steve Vos

3 Sessions - Wednesdays, May 9, 16, 23

6 - 9 p.m. \$87/person (Manual included)

(Attend PowerPoint I & II for \$164)

## Publisher 2007 Level I

Microsoft Publisher is used to make cards, flyers, posters, fancy reports, invitations and more. It contains fancy fonts, lot of clipart, borders, and other creative ways to make your project unique and pleasing to view. It has a vast library of pre-made templates and color schemes that offer short-cuts in creating your projects.

YS040 Y.S. High School - Computer Lab 120

Instructor - Steve Vos

3 Sessions - Wednesdays, March 28, April 4, 11

6 - 9 p.m. \$87/person (Manual included)

Confirmations are not sent! Checks may be held until there are enough students registered to hold the class



## NEW YORK CITY... A DAY ON YOUR OWN!

Saturday, May 19, 2012    \$55.00/ person  
 5:45 a.m. Board bus at Y.S. High School Parking Lot  
 6:00 a.m. Bus departs from H.S.  
 10:00 a.m. Arrive in New York City  
 5:45 p.m. Depart from New York City  
 10:00 p.m. Arrive back to Y.S. parking lot  
 Transportation provided by Bailey's Coach.

Please make check payable to:  
 Mountain View Travel and send to Y.S. School District,  
 Attn. Kathy Meals, 1800 Hollywood Drive, York, PA 17403 along with  
 the Y.S. registration form (Fee transferable but non-refundable)

## York Suburban School District Spring Swim Lessons

Lessons will begin on Monday, March 26  
 and end on Thursday, May 17  
 Registration is on Wednesday, March 7  
 from 6:30 - 8:00 p.m.  
 in the back hallway by the pool.  
 To obtain a registration form for the  
 Y.S. Swim Lessons, go to  
[www.yssd.org](http://www.yssd.org)  
 and click on Community Education.

### You Must Register In Person for the Spring Swim Lessons!



Registration forms  
may be copied so sign up for  
as many classes as you like!

### YORK SUBURBAN SCHOOL DISTRICT ADULT EDUCATION REGISTRATION FORM - Spring 2012

Name \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Fee Enclosed \$ \_\_\_\_\_ Course Number \_\_\_\_\_  
 Course Title \_\_\_\_\_

**I fully understand the risks involved in participating in any strenuous activity and I absolve the York Suburban School District from all liability for any personal injury incurred through my participation in any York Suburban School District sponsored Community Education program.**

\_\_\_\_\_  
 (Signature) (Date)

**Note: Please submit a separate form and separate check for each course in which you wish to enroll. Please make checks payable to York Suburban School District, send to attention Kathy Meals, 1800 Hollywood Drive, York PA 17403**



The Adult & Continuing Education Center  
YORK COUNTY SCHOOL OF TECHNOLOGY

Workforce Development is Education



## New! Automotive Diploma Programs

Automotive Technology  
Collision Repair Technician  
Diesel Mechanics  
Diesel Technology/CDL Class A Program  
Small Gas Engine Technician  
For More Information Call 741.0820 Ext. 4300

Emission Recertification, Emission Inspector Training and State Inspection Technician classes are available monthly year round.

For more information visit our website [www.ycstech.org](http://www.ycstech.org) call 741.0820 Ext. 4300



## Welding Program

Learn Arc, MIG/Fluxcore, TIG, or Pipe Welding in our state-of-the-art shop. Hands-on classes meet:

- Mon & Weds evenings or
- Tues & Thurs evenings or
- Saturday mornings.

Theory classes are also available:

- BP Reading for Welders
- Welding Metallurgy
- Welding Inspection
- Pipe Welding Theory
- Pipe Fabrication

As a remote testing facility for the Welder Training & Testing Institute we offer certification tests to national AWS welding codes.

Call 741.0820 ext. 4300 for more information and to schedule testing.

## Tractor Trailer Driver Training Class A or B

Prepare for a career that offers  
high pay and job security.

Learn to drive the big rigs and prepare to pass the CDL.

We offer both day and evening classes.

Our program is certified by the  
Professional Truck Driver Institute.

**Financial Aid is available for those who qualify.**

For training schedules, call Ed Delridge 846.0137

Our training facility is located at 400 Mulberry Street, York, PA 17402



Celebrating Our 21st Anniversary!



## The Adult & Continuing Education Center YORK COUNTY SCHOOL OF TECHNOLOGY



**The Adult & Continuing Education Center says  
THANK YOU  
for your service to our country. Use your VA  
benefits and get a discount on your tuition.  
CALL 741-0820 EXT. 4303 FOR DETAILS**

### Cosmetology

Train for an exciting career as a skilled professional in Personal Services Field in our state-of-the-art cosmetology clinic and classrooms.



Our expanded program offers full and part-time day and evening classes. Payment plans available to qualified students.

- ~ Hair Stylist
- ~ Nail Tech
- ~ Esthetic Skin Care
- ~ Cosmetology Teacher Program

**For More Information Call 741.0820 ext. 4300**

FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY



#### Pie Basics

Capture that down home flavor with a Homemade Pie. Participants will learn "how to" make the perfect flaky pie, lattice top fruit pies and to take the mystery out of Meringue.

Cost: \$75.00

Date: Sat. April 21, 2012

Time: 8:00–12:00 pm



#### Bread-Making

Ever thought of making your own bread? Join us for a day of making dough, brioche, onion, cheese & herb. French and braided breads, Pizza will be made for lunch. Participants will take home recipes and other goodies made in class.

Cost: \$75.00

Date: Sat. February 11, 2010

Time: 8:00–3:00 pm



#### For the Love of Chocolate

Create melt-in-your-mouth chocolates in this hands-on course. Learn to temper chocolate, create infusion for ganache and make truffles complete with dipping.

Cost: \$75.00

Date: Sat. March 17, 2012

Time: 8:00–3:00 pm

**Call 741-0820 Ext. 4300 For Information**

Workforce Development is Education

# Y.C. School of Technology



The Adult & Continuing Education Center  
YORK COUNTY SCHOOL OF TECHNOLOGY

Workforce Development is Education

## ALLIED HEALTH PROGRAMS

- EKG Technician
- Medical Billing & Coding
- Medical Secretary
- Medical Transcription
- Nurse Aide
- Phlebotomy
- Practical Nursing



### MEDICAL ASSISTANT

- Expanded Comprehensive Program
- High Demand Occupation

Accredited by: National Health care Association, National League for Nursing Accrediting Commission, Inc., Pennsylvania Department of Education

## Career & Technical Education Can Take You To The Next Level! **Be Prepared!**

The economy is beginning to rebound and you need to be well-trained to land the job of your dreams!

For a complete listing of programs, visit our web site [www.ycstech.org](http://www.ycstech.org)  
or

Call our Admission Counselors for an appointment 741.0820, ext. 4300

*FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY*

## THINKING OF MAKING A CHANGE?

Check us out at YCST's web site...  
[www.ycstech.org](http://www.ycstech.org)

There's lots happening at the  
Adult & Continuing Education Center of the  
York County School of Technology

### TRADE AND TECHNICAL PROGRAMS:

Carpentry, Cabinetmaking, Commercial & Residential Wiring,  
Metallurgy, Precision Metal & Advanced Precision Metal (NIMS),  
Small Engine Repair, Welding, HVAC, Blue Print Reading, Industrial  
Controls Automation Technology (ICAT), CDL-Class A & B

### ALLIED HEALTH PROGRAMS:

Medical Assistant, Medical Billing & Coding, Medical Secretary, EKG  
Technician, Phlebotomist and Practical Nursing, Nurse Aide

### COSMETOLOGY AND PERSONAL SERVICES PROGRAMS:

Cosmetologist, Cosmetology Teacher Program, Manicurist/Nail  
Technician, Esthetician

### INFORMATION TECHNOLOGY PROGRAMS:

CompTIA's Network+, Certified Network Associate (CCNA), Microsoft  
Word, Excel and Access courses



Check us out!

# Attention Adult Education Registrants

**Register Early...**Prompt registration helps avoid disappointment when classes fill quickly. It also helps avoid the disappointment of canceling a class due to low enrollment, only to find that last minute registrations would have filled it.

**Register for a Class in any School District...**You can register for any class in any of the Cooperating School Districts at no additional cost.

**No News is Good News...**Consider yourself registered for a class unless you receive your check back in the mail. Your check may be held until the registration deadline to be sure there are enough registrants to hold the class. To help keep the classes reasonably priced, we do not send out confirmation notices.

**For Emergency Cancellations...**When bad weather or other emergencies cause cancellation of the regular school day, Community Education activities scheduled during that evening will not be held. Please tune into your local radio station for school cancellations

**Spring Class Registration deadline is February 27  
Unless otherwise noted**

## Common Registration Guidelines

- Use a separate registration form and send a separate check for each class
- Advanced registration is required for all classes
- Refund requests will be reviewed, and processed or declined on an individual basis
- Admission to courses will be determined by the date the registration form and check are received
- Courses are for adults (ages 18 and older) unless otherwise noted in the course description
- Children of class participants are not permitted to attend any adult courses
- Senior citizens (ages 62 years and older) will be enrolled in some courses at a reduced rate. Check the course pricing information
- Directions to all schools can be found on each district's web site (see the upper right corner of each section for the district web address and phone number)
- Reminders/confirmations are not sent. Unless otherwise notified, you will be enrolled in the course of your choice and should report to class as scheduled

**Interested in daytime classes? Contact Osher Life Long Learning at Penn State York. Call 717-771-4015 or visit our website at <http://olli.yk.psu.edu>. Our courses are designed for mature adults who never stop experiencing life.**

## Spring Class Registration deadline is February 27

### Save This Catalog!

**These new classes will fill up quickly. Sign up today!**

**Unleash Your Brain, Change Your Life!**

**Farrow Memory Program - Page 5**

This session will change your life by improving your memory with just one class, using techniques developed by a Guinness record holder for greatest memory!

**The Law of Attraction - Change your Life - Page 8**

Using the law of attraction learn how to eliminate unwanted habits, lose weight and have a healthy body.

**Silent Flow Yoga with Lori Hartlaub - Page 14**

This gentle form of yoga combines movement and holding of postures to promote flexibility of the body's connective tissues and joints, plus reduces stress, eliminates cycles of pain and builds strength to support healthy mobility.

**Couponsing Basics - page 16**

Looking for an easy way to save money without cutting costs? Learn couponsing basics and other money & time saving strategies in this class!

**Digital Story Telling - page 21**

Learn a powerful method of preserving and sharing your digital photos. Skills learned include: captions, narrations, transitions and special effects

**Communicating in Spanish - Page 22**

When visiting a Spanish speaking country or dealing with a Spanish native speaker /friend/co-worker, wouldn't it be great if you were able to communicate in the language?

**For the Love Of Chocolate - page 29**

Create melt-in-your-mouth chocolates in this hands-on course.