



PENNRIDGE ADULT EVENING SCHOOL SPRING 2010 SCHEDULE

Register now for spring courses. A large selection of old favorites and new offerings provide continuing education opportunities for the community.

ELIGIBILITY – Registration is open to anyone 18 years or older, who no longer attends high school. In the event courses geared toward high school students are added to the curriculum, enrollment in the adult evening school program will be opened to students within the district.

GENERAL INFORMATION – The semester begins Monday, March 1, 2010, and continues weekly for 10 weeks, unless otherwise stated. Check course description for exact date(s), time, location and fee. Classes may be held at Guth, Deibler and Seylar Elementary Schools, Central and South Middle Schools, and Pennridge High School. For those courses offered at Pennridge High School, and classroom is located on the Third Floor, please enter the building at the Blooming Glen Road Pool Entrance. For those courses offered on the Second Floor, please enter the building at the Blooming Glen Road Athletic Entrance. *Smoking is not permitted on school premises. All Pennridge School District rules and regulations are enforced for Adult Evening School.*

REGISTRATION INFORMATION – Completed registration form and course fee is due at the time of registration. Material fees, where applicable, will be collected by the instructor the first night of class. Register in person or by mail. Walk-in registration will be held February 16 and 17, 2010 at the Administrative Offices located next to Pennridge High School, 1200 N. 5th Street, Perkasio from 6:00 pm to 8:00 pm, and Monday through Friday, 9:00 am-2:00 pm at the Evening School Office located in the Annex Building at the Upper Bucks County Technical School, 3115 Ridge Road, Perkasio, PA, 18944. If registering by mail, make checks payable to: *Pennridge School District* and mail check and registration form to:

PSD Adult Evening School
c/o Upper Bucks Tech School
3115 Ridge Road
Perkasio, PA 18944

All registrations must be received by February 24, 2010. The semester begins the week of Monday, March 1, 2010. Please call (215) 795-2011 with any questions.

IMPORTANT NOTICE FOR GOLD CARD HOLDERS:

GOLD CARD HOLDERS (ages 62 and older) are welcome to register. Present Gold Card at time of registration and only **half** the course fee will be charged, unless otherwise stated. Full cost of books and materials will be charged, where applicable. Residents eligible for a Gold Card may obtain one from the Director of Student Activities at Pennridge High School; the Evening School Office located at the Upper Bucks County Technical School; or from any of the following municipal offices: Perkasio, Sellersville, Hilltown, Bedminster, Silverdale and Dublin.

IMPORTANT NOTICE FOR OUT-OF-DISTRICT

REGISTRANTS: Those registrants who do not reside within Pennridge School District are welcome to register. Please include the \$5.00 out-of-district fee in your tuition payment at the time of registration in order to avoid any registration delay.

SCHOOL DISTRICT EMPLOYEES are welcome to register. Present school district employee identification card at time of registration and only **half** the course fee will be charged, unless otherwise stated. Full cost of books and materials will be charged, where applicable.

CANCELED CLASSES – Each course has a limited enrollment and will be closed when the quota is reached. If there is insufficient enrollment, course will be canceled. If day school is closed due to inclement weather, night classes are also canceled. Cancellations will be announced by KYW1060 AM. Listen for evening school closing number: 2757. Also on television: CBS3 and CW57.

NOTE: No classes will be held on 4/1, 4/5 and 4/26/2010. Instructors will notify students of other changes. Canceled classes may be made up at the end of the course.

(Detach Here)

INCLUDE \$5.00 OUT-OF-DISTRICT FEE IF YOU DO NOT RESIDE IN PENNRIDGE SCHOOL DISTRICT.

SPRING 2010 REGISTRATION FORM (One Per Registrant)

INCLUDE FORM WITH YOUR PAYMENT

Course Name _____ Course No. _____
Course Cost \$ _____ + _____ = Total Payment Due _____
(\$5.00 out-of-district fee)
Name _____ Address _____
City/Zip _____ Home Phone _____ Work Phone _____

I hereby release the Pennridge School District from any and all liability for personal injury or property damage that I may suffer or sustain by reason of the use of the school buildings and their entrances and exits, the equipment or facilities or as a result of my attendance at Pennridge Adult Evening School. I understand no confirmation will be sent and registration fees will not be refunded unless the course is canceled.

Registrant Signature _____ (must be signed to be accepted)

MONDAY

Please Register by Class Number

100 BALLROOM & LATIN DANCING

Dancing is a joy that lasts a lifetime! Come and experience what everyone is talking about: the romance of the ballroom dances, the passion of the Latin dances. Easy-to-follow instructions will get you on the dance floor quickly. Learn the Fox Trot, Swing, Waltz, Rumba, Cha-Cha and more. Singles welcome; however, a partner is encouraged. Please no sneakers or sandals. Maximum: 45 students.

Instructors: Diane & Chris Brown

Monday, 7:00-9:00 pm

10 weeks: 3/1-5/3

Guth Elementary School Cafeteria

Fee: \$60 pp/\$100 couple. NO GOLD CARD OR STAFF ID ACCEPTED.

101 BASKETBALL

Adult basketball for advanced players only. Teams formed each night. Maximum: 30

Instructor: Ray Cooley

Monday, 7:00-9:00 pm

10 weeks: 3/1-5/3

South Middle School Gym

Fee: \$45.

102 DRUM CIRCLE

Rhythm is primal. Students will play in a group drum circle and make music while using rhythm to relax and release stress. Learn the basics of hand drumming, rhythm, time and meter. Tap into the power and energy of rhythm and music to improve and affect your life. Students should bring their own percussion instruments. All levels of hand percussion instruments welcome.

Instructor: Michael Turturro

Monday, 7:00-9:00 pm

5 weeks: 3/1-3/29

PHS Rm 320

Fee: \$60.

103 TWENTIETH CENTURY CHINA

Instructor will discuss Chinese history from the Ching Empire to the birth of the Republic of China to the

establishment of the Peoples Republic of China. Also discussed: the lives of three (3) political leaders: Dr. Sun Yat-sen, Generalissimo Chiang K'ai-shek and Chairman Mao Tse-Tung.

Instructor: Walter Tumiski

Monday, 7:00-8:30 pm

8 weeks: 3/1-4/19

PHS Rm 322

Fee: \$70.

104 AARP DRIVER SAFETY

Refine your existing skills and develop safe, defensive driving techniques. Pennsylvania residents age 55 and over may receive a discount on auto insurance after taking this course. Bring your driver's license to class.

Instructor: Ray Steil

Mon & Wed, 6:00-10:00 pm

2 nights: 5/3&5/5

Pennridge HS Rm 323

Fee: \$12 AARP member/\$14 non-member, check payable to "AARP" due instructor first night of class.

NO GOLD CARD OR STAFF ID ACCEPTED.

106 INTRODUCTION TO COMPUTER KEYBOARDING

This course is for people with little or no keyboarding skill and is required if you are taking any of the introductory computer courses offered, or are not a proficient typist. Students will learn proper keyboard control and will be introduced to "touch typing" for faster data entry. Maximum: 15 students.

Instructor: Robert Garland

Monday, 7:00-9:00 pm

6 weeks: 3/1-4/5

Pennridge HS Rm 222-Computer Lab

Fee: \$120. NO GOLD CARD OR STAFF ID ACCEPTED.

107 COMPUTER BASICS

Prerequisite: Intro to Computer Keyboarding course or previous keyboarding experience. Designed for those who want to learn how to operate a computer. We will cover computer terminology, startup and shutdown, connecting external devices, account names and passwords, how to use the mouse, and navigating the file system. Students

will create, copy, cut, paste and rename folders and files, and launch and close applications. Students will also learn proper handling of removable media such as diskettes, CDs and DVDs, and external memory devices that connect to the USB ports. Maximum: 15 students.

Instructor: Robert Garland

Monday, 7:00-9:00 pm

3 weeks: 4/12-4/26

Pennridge HS Rm 222-Computer Lab

Fee: \$100. NO GOLD CARD OR STAFF ID ACCEPTED.

108 AMERICAN HEART ASSOCIATION HEARTSAVER CPR W/AED

Adult, Child and Infant Heartsaver CPR with AED is designed for individuals needing a CPR card for licensure/OSHA requirements or want more extensive training and practice than a family and friends class would offer. (This course is not recommended for healthcare providers: MD, RN, EMT or Paramedic.)

Instructor: Jim Smedberg, BSN/RN EMT

Mon&Tues, 6:30-9:00 pm

2 nights: 3/8&3/9

Guth Elementary School Library

Fee: \$55 (plus \$25 materials fee to instructor). NO GOLD CARD OR STAFF ID ACCEPTED.

109 COLLEGE ACADEMIC, ADMISSIONS & FINANCIAL READINESS

Parents will be introduced to the concepts and strategies needed to efficiently navigate the college process, and to ensure student competitiveness and college success while maintaining institutional affordability. Topics will include college best-fit implementation, career and Major determination, CLEP and AP, Admissions strategies, scholarships, grants, loans, tax incentives, paying for college without depending on financial aid, marketing the student athlete, and more.

Instructors: Thomas Domin, B.S., MBA, Certified College

**Planner/Theodore Brent, M.S.,
Ed.S., Certified Guidance
Counselor**

Monday, 6:30-8:00 pm
2 nights: 3/8&3/15
PHS Rm 318

**Fee: \$20 (plus \$3 materials fee to
instructor first night of class).**

110 INTRO TO MS ACCESS 2007

Prerequisite: Computer Basics course
or prior computer experience. This
beginners' course will teach students
how to create tables, relationships,
custom data entry forms, queries,
mailing labels, reports, macros and
more.

Instructor: Harry Branson

Monday, 6:30-8:30 pm
6 weeks: 3/1-4/5

Pennridge HS Rm 345-Computer Lab

**Fee: \$130. NO GOLD CARD OR
STAFF ID ACCEPTED.**

111 PRICING YOUR HOME TO SELL

Learn how licensed realtors utilize
data from recent sales in your
neighborhood to determine a starting
asking price for your home. The
"seller's disclosure" will be reviewed.
The sale process from prepping your
home's curb appeal to settlement date
and title transfer will be covered.

**Presenter: Gregory Darlak, PA
Licensed Realtor-Keller Williams
Real Estate**

Monday, 7:00-8:30 pm
1 night: 3/1

PHS Rm 324

Fee: \$20.

112 BUYING YOUR NEXT (OR FIRST) HOME

This course will help you choose
where to live, the importance of the
credit report, and the need to get pre-
approval from a mortgage company,
before you "fall in love" with a house.
Participants will also learn how to
analyze the offer you wish to submit,
how to apply for a title and setting the
settlement date.

**Presenter: Gregory Darlak, PA
Licensed Realtor-Keller Williams
Real Estate**

Monday, 7:00-8:30 pm
1 night: 3/8

PHS Rm 324
Fee: \$20.

114 PLANNING/PLANTING AN HERB GARDEN

Explore the many varieties and uses of
herb plants. Learn plant identification
and how to incorporate these useful
plants into your life as done in
colonial times. Learn which herbs are
great for fragrance and which are good
for cooking. Then, design your own
herb garden. We will view scenes of
colonial gardens in a slide show. Each
participant will receive recipe hand-
outs. Additionally, some herb plants
and items will be available to purchase
from instructor (optional).

Instructor: Lois Wismer, Herb Shed
Monday, 7:00-9:00 pm

1 night: 4/12

Pennridge HS Rm 328-Art Rm

**Fee: \$15 (plus \$10 materials fee due
instructor).**

121 EAT HEALTHY & LOSE WEIGHT WITH HYPNOTHERAPY

Bathing suit season is quickly
approaching!! Lose weight now! The
power is within you to reshape your
body, make healthier food choices and
to lead a healthier, happier life.
Hypnosis works by making positive
acceptable suggestions directly to the
subconscious mind at a time when you
truly want those changes to take place.

**Instructor: Alisa Levin, MSW,
LSW, CHt.**

Monday, 8:15-10:00 pm

3 weeks: 3/8-3/22

To be held at instructor's office
located in West Rockhill Township.

**Fee: \$75. NO GOLD CARD OR
STAFF ID ACCEPTED.**

122 HYPNOTHERAPY FOR HEALTH & EXERCISE MOTIVATION

Healthy movement and exercise are
the keys to maintaining your health
and prolonging your life. For those
that lack motivation, this one-night
hypnotherapy class will reconnect
your desire to maintain your health
and reclaim your motivation to

energize yourself and enhance your
life with exercise.

**Instructor: Alisa Levin, MSW,
LSW, CHt.**

Monday, 8:15-10:00 pm
1 night: 3/29

To be held at instructor's office
located in West Rockhill Township.

**Fee: \$50. NO GOLD CARD OR
STAFF ID ACCEPTED.**

125 INTRODUCTION TO MS WORD 2007

Prerequisite: Basic computer
experience. Students will learn the
basics of MS Word to compose, edit
and enhance letters to create
professional looking documents.

Instructor: Dennis Hendricks

Monday, 6:30-8:30 pm

5 weeks: 3/1-3/29

PHS Rm 371-Computer Lab

**Fee: \$120. NO GOLD CARD OR
STAFF ID ACCEPTED.**

126 UNDERSTANDING MEDICARE

Need help understanding Part A, B, C
& D? Want to know the difference
between the Medicare Advantage
Plans available in your county? This
course will answer these Medicare
questions and more.

Instructor: Bill Kiss

Mon&Tues, 6:00-9:00 pm

2 nights: 4/12&4/13

PHS Rm 321

**Fee: \$40 (plus \$5 materials fee to
instructor).**

127 LIFE RETIREMENT STRATEGIES

This course will help you prepare for
what can be the most rewarding time
of their life. Topics will include
income protection, residence location,
travel/potential cautions, health
insurance/Medicare, health care/long-
term care, taxes, budgeting and
reverse mortgage considerations,
estate preservation/Living Trust
alternatives to the Will.

Instructor: Bill Kiss

Mon&Tues, 6:00-9:00 pm

2 nights: 4/19&4/20

PHS Rm 321

Fee: \$40.

128 ESTATE PRESERVATION

This course will introduce you to the purpose of a Living Trust. Learn how to minimize estate taxes through comprehensive planning while you are still alive, as well as ensure that your wishes are followed after your demise. We will discuss why a Living Trust makes the old-fashioned will obsolete and guarantees a timely distribution of your assets to your heirs.

Instructor: Bill Kiss

Mon&Tues, 6:00-9:00 pm

2 nights: 5/3&5/4

PHS Rm 321

Fee: \$40 (plus \$30 materials fee to instructor first night of class).

TUESDAY

Please Register by Class Number

200 HOME DOWNSIZING IN FOUR EASY STEPS

You've spent a lifetime accumulating assets. Now you are ready to downsize your home. Michael Ivankovich is a licensed Auctioneer in Pennsylvania, and has been involved with the antiques and collectibles business for more than 35 years. He will show you how to determine whether you have any hidden treasures and how you can get top dollar for them. Students will learn how to sell-off excess and un-needed personal property and household items for the greatest amount of cash, with the least amount of work, in the shortest amount of time. Students are welcome to bring in one item for an informal appraisal.

Instructor: Michael Ivankovich, GPPA, MPPA

Tuesday, 7:00-9:30 pm

1 night: 3/2

PHS Rm 323

Fee: \$30. NO GOLD CARD OR STAFF ID ACCEPTED.

201 BASKETBALL FOR THE OVER THIRTY CROWD

This course is for those who enjoy this sport and are looking for some exercise.

Maximum: 18.

Instructor: Herb Laird

Tuesday, 6:30-8:30 pm

12 weeks: 3/2-5/18

Seylar Elementary School Gym

Fee: \$50. NO GOLD CARD OR STAFF ID ACCEPTED.

203 CLASSICAL YOGA

This beginner/intermediate course will focus on the basic fundamentals of yoga: pranayama, asanas and meditation. Everyone is welcome. Please bring sticky mat to class.

Instructor: Brenda Haslego

Tuesday, 6:30-7:30 pm

10 wks: 3/2-5/4

South MS Cafeteria

Fee: \$75.

204 ADOBE PHOTOSHOP FOR BEGINNERS

This course focuses on using image editing software to improve the quality of the digital image. Although Adobe Photoshop CS3 will be used, editing techniques learned in this class will be applicable to many other software programs. Topics will include global (entire image) corrections such as removing unwanted elements from the scene, retouching red-eye, removing blemishes and wrinkles, and even performing some minor plastic surgery—plus much, much more! Students are encouraged to bring their own digital photos to each class on a CD, flash drive or memory card; otherwise, practice images will be provided.

Instructor: Dennis Hendricks

Tuesday, 6:30-8:30 pm

6 weeks: 3/23-4/27

PHS Rm 345-Computer Lab

Fee: \$120. NO GOLD CARD OR STAFF ID ACCEPTED.

206 GOLF LESSONS

For the beginner or if you're just getting back into the game, lessons will cover all aspects of golf. Learn what equipment is best for you, how to hold a club, correct posture and swing. Also, tips on how to practice and where to play. Individual attention is given to each participant. Bring a set of golf clubs if available. Maximum: 12 students.

Instructor: Richard Yoder

Tuesday, 4:30-5:30 pm

4 weeks: 4/13-5/4

Location: East Rockhill Driving Range

Fee: \$45 (plus bring \$5 each week to class for golf ball tokens). NO GOLD CARD OR STAFF ID ACCEPTED.

208 GOLF LESSONS

See course #206 for description.

Instructor: Richard Yoder

Tuesday, 6:00-7:00 pm

4 weeks: 4/13-5/4

Location: East Rockhill Driving Range

Fee: \$45 (plus bring \$5 each week to class for golf ball tokens). NO GOLD CARD OR STAFF ID ACCEPTED.

211 TAI-CHI CHUAN FOR BEGINNERS

Tai Chi Chuan is an ancient martial art that has many health benefits. The gentle, flowing movements of Tai Chi are suitable for all ages. Please wear loose comfortable clothing and a smile to class.

Instructor: Lisa Raezer

Tuesday, 6:30-7:30 pm

10 weeks: 3/2-5/4

Location: Guth Elementary Cafeteria

Fee: \$60.

212 TAI-CHI CHUAN-INTERMEDIATE

See course #211 for description.

Instructor: Lisa Raezer

Tuesday, 7:30-8:30 pm

10 weeks: 3/2-5/4

Location: Guth Elementary Cafeteria

Fee: \$60.

214 CO-ED VOLLEYBALL

For men and women who know the basic rules of the game and want to improve their skills, while having fun. Max: 28 students.

Instructors: Donna Snider-Sitler

Tuesday, 7:00-9:00 pm

10 weeks: 3/2-5/4

South Middle School Gym

Fee: \$40. NO GOLD CARD OR STAFF ID ACCEPTED.

216 CREDIT SCORES

This course is a must for anyone thinking of buying a home in the near future! Learn how to get a free copy of your credit report, common

misconceptions on credit scoring and how credit scores affect your options when it comes to mortgage programs, interest rates and mortgage insurance premiums. This course will also provide tips on how to improve your credit score.

Instructors: John Gardner/Steve Salemno, Realtors

Tuesday, 6:30-8:30 pm

1 night: 4/20

PHS Rm 322

Fee: \$20.

217 CURRENT HOUSING MARKET CONDITIONS

Not sure how the downturn has affected the price of your home? You may be surprised to learn that our area is probably not as bad as the national media may portray. This course will cover market conditions from the 1990's to the current market conditions in our local areas. Average prices, average days on the market, percentage of list price vs. sold price and what to expect in the years to come will be discussed.

Instructors: John Gardner/Steve Salemno, Realtors

Tuesday, 6:30-8:30 pm

1 night: 4/27

PHS Rm 322

Fee: \$20.

220 YOU'RE ON THE AIR!

You don't have to be an actor to get voice-over work. In this class you will learn about an exciting new way to turn voice-overs into a thriving full or part-time business! Rob Scigliompaglia, successful voice-over artist (PBS, AMD, Dean Koontz, Court TV, etc.) will demonstrate voice-over techniques and introduce students to the voice-over business. He will talk about the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You will step up to the microphone to do some practice recording, and best of all, hear the results!

Instructor: Rob Scigliompaglia

Tuesday, 7:00-9:00 pm

1 night: 3/30

PHS Rm 323

Fee: \$25.

WEDNESDAY

Please Register by Class Number

300 RECHARGE & LOSE WEIGHT WITH HYPNOTHERAPY

This course is for those who have previously attended the three-night hypnosis/weight loss program and are in need of that extra boost right before bikini season. This one-night "recharge" will energize you and support your continued weight loss.

Instructor: Alisa Levin, MSW, LSW, CHt.

Wednesday, 8:15-10:00 pm

1 night: 3/31

To be held at instructor's office located in West Rockhill Township.

Fee: \$50. NO GOLD CARD OR STAFF ID ACCEPTED.

305 TENNIS I & II

Beginners will learn fundamental strokes: forehand, backhand, serve and volley. Emphasis will be given to scoring, rules and basic etiquette. More advanced players will review basic strokes. Final class will consist of all students actually playing singles and doubles. Please bring your own racquet.

Instructor: Joe Kotulka

Wednesday, 6:45-8:45 pm

10 weeks: 3/3-5/5

Central Middle School Gym

Fee: \$60.

306 POWER VOLLEYBALL-COED

Not a beginner's course. Experienced Level BB and above only, please. Maximum: 22 students.

Coordinators: Eileen Bailey & Ross Gardner

Wednesday, 7:00-9:30 pm

10 weeks: 3/3-5/5

South Middle School Gym

Fee: \$45 (plus \$2 materials fee to instructor first night for volleyballs). NO GOLD CARD OR STAFF ID ACCEPTED.

307 AARP DRIVER SAFETY REFRESHER

Prerequisite: Proof of previously attending 8-hour AARP Driver Safety

course. Also, bring driver's license to class.

Instructor: Ray Steil

Wednesday, 6:00-10:00 pm

1 night: 4/21

Penridge HS Rm 323

Fee: \$12 AARP member/\$14 non-member, check payable to "AARP" is due to instructor. NO GOLD CARD OR STAFF ID ACCEPTED.

310 ZUMBA!

Ditch the workout and join the party! Get into shape with the hottest new fitness program around! Zumba combines easy-to-follow dance steps with hot Latin rhythms to help you shed pounds and inches fast. Using the principles of interval and resistance training, Zumba is sure to give you a total body workout that is not only effective, but so much fun you'll be coming back for more!

Instructor: Karen Sylsberry

Wednesday, 7:00-8:00 pm

10 weeks: 3/3-5/5

Guth Elementary Cafeteria

Fee: \$75. NO GOLD CARD OR STAFF ID ACCEPTED.

311 PRICING YOUR HOME TO SELL

See course #111 for description.

Presenter: Gregory Darlak, PA Licensed Realtor-Keller Williams Real Estate

Wednesday, 7:00-8:30 pm

1 night: 4/7

PHS Rm 324

Fee: \$20.

312 BUYING YOUR NEXT (OR FIRST) HOME

See course #112 for description.

Presenter: Gregory Darlak, PA Licensed Realtor-Keller Williams Real Estate

Wednesday, 7:00-8:30 pm

1 night: 4/14

PHS Rm 324

Fee: \$20.

313 FRESH FLORAL CENTERPIECE

Try your hand at fresh flower arranging as you make a beautiful floral arrangement for your spring entertaining. Made with traditional and seasonal flowers, this arrangement

is sure to be the highlight of your table—also makes a terrific hostess gift.

Instructor: Lois Wismer, Herb Shed
Wednesday, 7:00-9:00 pm
1 night: 4/21
Pennridge HS Rm 328-Art Rm
Fee: \$15 (plus \$30 materials fee due instructor).

326 ADOBE PHOTOSHOP-PART II

Prerequisite: Adobe Photoshop for Beginners. Students will learn color correction, panoramas, photo collages, special effects, multi-photo poster layouts, and advanced sharpening (luminosity, two-pass, and edge-sharpening). Time will be provided to practice image editing skills on your own photos. Students are encouraged to bring their own digital photos to each class on a CD, flash drive or memory card; otherwise, practice images will be provided.

Instructor: Dennis Hendricks
Wednesday, 6:30-8:30 pm
4 weeks: 4/14-5/5
PHS Rm 345-Computer Lab
Fee: \$100. NO GOLD CARD OR STAFF ID ACCEPTED.

THURSDAY

Please Register by Class Number

400 CLAY WORKS

Join us as Loretta Belac of Belacraft, Quakertown, PA, guides you in the process of creating your own hand-crafted “one of a kind” creation. You will be introduced to the fine art of glazes to give your work that professional finish. For the beginner or advanced student. Come in your play clothes and prepare to have fun! Maximum: 20 students.

Instructor: Loretta Belac
Thursday, 7:00- 9:00 pm
10 weeks:3/4-5/6
Pennridge HS Rm 326-Art Rm
Fee: \$70 (plus materials fee to instructor for clay as it is used. Cost of firing and paints included in clay price). NO GOLD CARD OR STAFF ID ACCEPTED.

401 SEPARATION & DIVORCE: YOUR LEGAL RIGHTS

Confusion, fear, anger, depression and anxiety are all normal emotions for someone considering separation or divorce. An Alpha Center Attorney-Mediator will discuss and offer clarity on many of the legal, financial and practical matters that must be considered by both individuals. This informative course will also discuss divorce mediation as an alternative to litigation.

Instructor: Attorney/Mediator-Alpha Center for Divorce Mediation, Inc.
Thursday, 7:00-9:00 pm
1 night: 4/22
Pennridge HS Rm 320
Fee: \$20.

402 CONVERSATIONAL GERMAN

This intermediate course offers students an overview of the German language and culture with reading, news items, songs, etc. It is also an opportunity for native speakers to refresh and enjoy the German language.

Instructor: Elisabeth Christ
Thursday, 7:00-9:00 pm
8 wks: 3/4-4/22
Pennridge HS Rm 323
Fee: \$70 (plus \$5 materials fee to instructor first night of class).

403 BELLYDANCE-INTERMEDIATE

See course #404 for description.
Instructor: Lisa Raezer
Thursday, 6:15-7:15 pm
10 weeks: 3/4-5/6
Location: Guth Elementary Cafeteria
Fee: \$60.

404 BELLYDANCE FOR BEGINNERS

Join us in this ancient and beautiful art form that helps to build strength, flexibility, coordination and confidence while letting women experience the joy and camaraderie of the dance. Class is open to all women regardless of age, size or shape. Students should wear comfortable clothing that allows for freedom of

movement. You are not required to bare your belly but bring a pretty scarf to tie around your hips and a smile!

Instructor: Lisa Raezer
Thursday, 7:15-8:15 pm
10 weeks: 3/4-5/6
Location: Guth Elementary Cafeteria
Fee: \$60.

405 SPANISH I

This basic beginner’s course is for those with no previous knowledge or if you are looking to refresh basic Spanish-speaking skills. You will learn simple grammatical concepts and idiomatic expressions while developing your vocabulary and knowledge of the Spanish language.

Instructor: Valeria Sgarlata
Thursday, 7:00-9:00 pm
8 weeks: 3/4-4/29
Pennridge HS Rm 324
Fee: \$70 (plus \$5 materials fee due instructor first night of class).

409 INTRODUCTION TO AMATEUR RADIO

Also known as “Ham” radio, this FCC-licensed two-way radio service provides an opportunity for self-training, intercommunication and technical investigation. Amateur Radio provides communications in times of emergency, when infrastructure-based systems such as cell phones and public service radio systems go down. Instructor will provide information regarding future radio license classes.

Instructor: Robert Garland
Thursday, 7:00-9:00 pm
1 night: 3/4
Pennridge HS Rm 321
Fee: \$15.

410 WEB PAGE DESIGN

Prerequisite: Experience with Windows and using the Internet. Students will create a web site using Extensible HyperText Markup Language (XHTML) and Cascading Style Sheets (CSS). If available in the lab, Macromedia Dreamweaver will be examined but will not be the principal tool used for design in this course. Students should bring an external memory device (thumb drive) to class.

Instructor: Robert Garland
Thursday, 7:00-9:00 pm

6 weeks: 4/8-5/13

Pennridge HS Rm 222-Computer Lab

Fee: \$130. NO GOLD CARD OR STAFF ID ACCEPTED.

411 INTRODUCTION TO THE INTERNET

Prerequisite: Prior computer experience or Computer Basics course. This course will cover setting browser options, using search engines, creating free e-mail accounts, various services offered on the Internet such as letter or package tracking, and locating government information. Internet addressing and how to use the Internet to research topics of interest will also be covered.

Instructor: Robert Garland

Thursday, 7:00-9:00 pm

3 weeks: 3/11-3/25

Pennridge HS Rm 222-Computer Lab

Fee: \$100. NO GOLD CARD OR STAFF ID ACCEPTED.

413 HOME STAGING

Thinking of selling but not sure how to make your home show its best? This course will provide tips and suggestions on how to stage your home to stand out from the competition.

Instructor: John Gardner/Steve Salemno, Realtors, Realtors

Thursday, 6:30-8:00 pm

1 night: 3/11

PHS Rm 322

Fee: \$20.

414 HOME INSPECTIONS

This course is perfect for buyers or sellers. We will go over the major mechanical systems of a home, structural components/issues, maintenance items, etc. Sellers will learn what to work on before putting your home on the market. Buyers will learn how to choose an inspector, what's covered during an inspection and what to do with the information contained in your report.

Instructor: John Gardner/Steve Salemno, Realtors

Thursday, 8:00-9:30 pm

1 night: 3/11

PHS Rm 322

Fee: \$20.

415 INTERMEDIATE VOLLEYBALL

Designed for people with intermediate skills (must know basic rules). We will focus on competitive games during class. Maximum: 28 students.

Instructor: Donna Snider

Thursday, 6:45-9:15 pm

10 wks: 3/4-5/6

South Middle School Gym

Fee: \$45. NO GOLD CARD OR STAFF ID ACCEPTED.

417 POLISH FOR BEGINNERS

This course will cover vocabulary for most every day situations from meeting and greeting people, asking for directions and handling simple business transactions; perfect if you are planning a trip to Poland or would just like to improve your level of communication with Polish people. Please bring notebook and pen to class.

Instructor: Maria Rada

Thursday, 7:00-9:00 pm

6 wks: 3/4-4/8

Pennridge HS Rm 320

Fee: \$70.

418 STOP SMOKING NOW WITH HYPNOTHERAPY

Make the decision to stop smoking and take better care of yourself for the rest of your life. Hypnosis works by making positive acceptable suggestions directly to the subconscious mind at a time when you truly want those changes to take place.

Instructor: Alisa Levin, MSW, LSW, CHt.

Thursday, 8:15-10:00 pm

2 weeks: 3/18&3/25

To be held at instructor's office located in West Rockhill Township.

Fee: \$75. NO GOLD CARD OR STAFF ID ACCEPTED.

419 EAT HEALTHY & LOSE WEIGHT WITH HYPNOTHERAPY

See course #121 for description.

Instructor: Alisa Levin, MSW, LSW, CHt.

Thursday, 8:15-10:00 pm

3 weeks: 4/8-4/22

To be held at instructor's office located in West Rockhill Township.

Fee: \$75. NO GOLD CARD OR STAFF ID ACCEPTED.

420 HYPNOTHERAPY FOR HEALTH & EXERCISE MOTIVATION

See course #122 for description.

Instructor: Alisa Levin, MSW, LSW, CHt.

Thursday, 8:15-10:00 pm

1 night: 4/29

To be held at instructor's office located in West Rockhill Township.

Fee: \$50. NO GOLD CARD OR STAFF ID ACCEPTED.

425 INTRODUCTION TO MS EXCEL 2007

Prerequisite: Must have basic computer experience. This beginner's course will show students how to create a worksheet, enter data, use formulas and functions to manipulate the appearance of spreadsheets.

Instructor: Dennis Hendricks

Thursday, 6:30-8:30 pm

4 weeks: 3/4-3/25

PHS Rm 371-Computer Lab

Fee: \$120. NO GOLD CARD OR STAFF ID ACCEPTED.

426 IMAGE EDITING WITH PHOTOSHOP

Prerequisite: Adobe Photoshop for Beginners or prior image editing knowledge. Students will edit their own photos using Adobe Photoshop. Bring photos to be edited on a flash drive, CD or other storage device.

Instructor: Dennis Hendricks

Thursday, 6:30-8:30 pm

4 weeks: 4/15-5/6

PHS Rm 345-Computer Lab

Fee: \$110. NO GOLD CARD OR STAFF ID ACCEPTED.