

**DAYTIME CLASSES (CONT.), SWARTHMORE BOROUGH HALL COMMUNITY ROOM, unless noted.
DAYS and DATES SHOWN**

41. NEW! GETTYSBURG: TOUR OF THE BATTLEFIELD
1 wk (10/5; rain date 10/12) • Tuition \$32

Join an expert to tour the battlefield. Focus on key points, people, and the decisions they made that shaped the battle. Participants provide their own transportation and should bring a lunch. Dinner can be purchased at one of the restaurants in the town.

Instructor: Theodore Zeman received his PhD from Temple U. in American Military History and specialized in the American Civil War. Sat. 10 am–5 pm (the instructor will notify where to meet)

42. EXPLORING MEDITATION 8 wks • (9/30–11/18) • Tuition \$44

For course description and instructor, see #8

Mon. 10:30–11:45 am • Limit 15

43. NEW! GREAT OLÉ CLASSICAL MUSIC OF SPANISH ORIGIN

8 wks (10/7–11/25) • Tuition \$44

Learn about music of Spanish origin from Spain, Portugal, South and Central America, and Cuba. Explore composers and performances and listen to their works on compact disc recordings. Determine what it is that makes this music so special.

Instructor: Bruce Bogdanoff was a piano soloist with the Philadelphia Orchestra. He is a writer and editor of program notes for their student concerts and a founding member of the Rose Valley Chamber Ensemble.

Mon. 1–2:30 pm • Limit 30

44. NEW! CHANGING FACES OF THE NEWS
4 wks • (10/7–10/28) • Tuition \$28

Ever wonder who determines what ‘news’ we will see and hear on any given day? Can we trust these people? Discuss “mainstream” media, talk radio hosts, and cable news pundits. Examine the impact of social media, such as Twitter, Facebook, and Google, on how we see the world.

Instructor: Joe Biscontini began his career as a reporter and editor for the now-defunct *Philadelphia Evening and Sunday Bulletin*. For 35 years, he was a public relations executive in higher education. In his post-retirement career, he has been a freelance writer and instructor at Penn State Brandywine. BA Penn State and MA Syracuse U.

Mon. 3–4:30 • Limit 30

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Mon. 1–2:30 pm • Limit 30

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MONDAY NIGHT • Classes start Sept. 30 (unless otherwise indicated)**1. NEW! GHOSTS and HAUNTINGS IN THE DELAWARE VALLEY**

4 wks • (10/7–10/28) • Tuition \$28
Explore richly illustrated accounts of ghosts and their appearance throughout the Delaware Valley. Discover the scholarly research that demonstrates the specific reasons to account for why spirits return, why they manifest as they do, and why we use certain methods to get rid of them.

Instructor: J. Joseph Edgette, PhD, is Professor Emeritus and Folklorist Emeritus at Widener U., where he taught for 29 years.
Room 312 • 7:30–9 pm

3. CREATING STAINED GLASS

8 wks • Tuition \$50; materials extra
Those new to the art will learn to cut glass, use foil, solder, and make several small pieces. More advanced students will work on their own pieces with advice from the teacher. The cost of tools, supplies and glass (which may be \$100) will be discussed the first night of class.

Instructor: Betty T. McConnell is the owner of Creations in Stained Glass in Prospect Park.

Room: SHHS Shop • 7–9 pm • Limit 14

4. DIGITAL PHOTOGRAPHY I

5 wks • (10/14–11/11) • Tuition \$40
Learn how to use that new digital camera—whether simple or complex. Get the basics on digital technology and start to compose great photos. Take lots of photos for weekly assignments and learn how to edit them using simple photo editing techniques.

Instructor: Bob Brooke's photos have appeared in many travel and antiques magazines. He's anchor for Temple's digital photo program in Ft. Washington.

Room 310 • 7–9 pm • Limit 12

6. NEW! THE ART OF BECOMING A GREAT COOK

4 wks • (10/28–11/18) • Tuition \$54
Improve your basic cooking skills, using techniques gathered from some of the world's best cooking schools. Enjoy demonstrations and lots of hands-on experience in every class.

Instructor: Jack Cavanaugh is the former GM (now retired) of the Swarthmore Co-op. Marty Spiegel, Swarthmore Town Center Coordinator and accomplished amateur cook, will assist Jack.

Room 349 • 7–9 pm • Limit 15

7. SHARPEN YOUR KNIFE SKILLS

1 wk (10/7) • Tuition \$22
Improve your slicing, dicing, cutting and mincing skills. Receive one-on-one instruction so that you will be a chopping champ by the end of the evening. Bring your kitchen knives for sharpening.

Instructor: Jack Cavanaugh. See #6
Room 349 • 7–9 pm • Limit 12

8. EXPLORING MEDITATION

8 wks • Tuition \$44
Meditation changes the way we live by teaching us to think differently. Begin with practices that tame the discursive mind and bring your awareness into the present moment with sitting and walking. Explore sensory awareness, listening, working with emotions, heart practices, and meditative contemplation. Both old and new students welcome.

Instructor: Lelia Calder has studied and practiced many different kinds of meditation. Her training as a meditation instructor is in the Tibetan Buddhist tradition.
See also www.leliacalder.com

Room 355 • 7:15–8:30 pm • Limit 15

9. ITALIAN FOR BEGINNERS

8 wks • Tuition \$44

Learn everyday vocabulary for your next trip to Italy from a native speaker. Practice conversation with a good accent and learn basic grammar. Bring *Italian Now, Level I* by Marcel Danesi (Barron's) to the first class.

Instructor: Salvatore Faro earned an MA from the University of Turin in Italy. He has taught Italian to high school students for 25 years.
Room 306 • 6:30–7:55 pm • Limit 14

10. ITALIAN CONVERSATION—ADVANCED

8 wks • Tuition \$40

If you have well-established Italian skills—roughly equivalent to two years or more of study—join our conversation! Discuss current events; practice your slang and idiomatic expressions. Improve your speaking, grammar, vocabulary, and pronunciation.

Instructor: See #9
Room 306 • 8–9:00 pm • Limit 14

11. NEW! GERMAN CONVERSATION

8 wks • Tuition \$44

Are you planning a trip to a German-speaking country? Enjoy an evening of German conversation. Take part in lively discussions in German based on German news articles, film, folktales, and more. Anyone with basic to advanced German language skills is welcome. Willkommen!

Instructor: Jeff Durst has a BA in German Studies and History. He lived in Germany for two years and travelled widely in German-speaking countries.
Room 313 • 7–8:30 pm

12. BACKYARD CHICKENS

2 wks • (11/18, 11/23) • Tuition \$20

Come learn the benefits of keeping a small-scale backyard chicken coop for your natural fresh egg supply. This two-part workshop begins with a slide show, coop designs, breed selections, and chicken-care basics and concludes at Amy's home for a tour of her backyard chicken operation.

Instructor: Amy Johnson has almost 15 years experience in organic agriculture. She started Red Hill Farm, a 120 member CSA, and has since become director of outreach for Hillside Farm. Visit her at www.secondandedgemont.com

11/18: 7:30–9:00 pm • Room 308 • Strath Haven High School
11/23: 1–2:30 pm • 121 Edgemont St., Media, PA • Limit 25

13. SMALL SCALE GARDENING

2 wks • (9/30, 10/5) • Tuition \$20

Do you have a limited amount of growing space? Come learn creative ways to grow a variety of plants in a small space. Learn to inter-plant vegetables, fruits, and herbs with perennial flowers, incorporate them into pots and planters, grow them almost anywhere. This is a two-part class with the second part a garden tour at the instructor's house.

Instructor: See #12
9/30: 7:30–9 pm • Room 308 • Strath Haven High School
10/5: 1–2:30 pm • 121 Edgemont St., Media

Limit 25

TUESDAY EVENING BEER TASTING**14. CRAFT BEER TASTING** 1 wk (10/29) • Tuition \$34

Explore the principles of pairing craft beer with fine cheeses and other foods. We'll try complex Belgian ales with creamy triple-crème cheese and big, bold imperial stouts with rich artisanal blue cheeses.

Instructor: Daniel Shaw has worked in different craft breweries including 3 years as manager of Pinocchio's Beer Garden To Go, 2011 Best of Philly Best Beer Shop. He is one of several certified Cicerones (similar to sommeliers) in PA.

Class held at Pinocchio's Beer Garden To Go, 131 East Baltimore Pike, Media • 7:30–9 pm • Limit 30 per class

THURSDAY NIGHT • Classes start Sept. 26 (unless otherwise indicated)**18. NEW! THE ART OF ZENTANGLE**

4 wks • (10/3–10/24) • Tuition \$37 (includes materials)

Learn an easy, relaxing, and fun way to create beautiful images by drawing structured patterns. Zentangle is not limited by technology, and it doesn't need batteries or electricity. It provides a welcome counterbalance to the use of computers and cell phones. Manipulate symbols. Put marks on paper. Your creativity is your only limit.

Instructor: Leslie Coren is a professional calligrapher, the president of the Philadelphia Calligraphers' Society, and a certified Zentangle teacher.
Room 315 • 7–8:30 pm • Limit 15

20. NEW! TAKING BETTER CELL PHONE PHOTOS

2 wks • (9/26–10/3) • Tuition \$25

Learn how to take superior photos with your cell phone. Discover the things you can do with a cell phone camera that you can do with a digital camera, but learn the differences between the two as well.

Instructor: See #4
Room 310 • 7–9 pm • Limit 12

21. NEW! DIGITAL PHOTO II

4 wks • (10/17–11/7) • Tuition \$36

Learn your camera's advanced features such as the histogram, tone control, color management, controlling noise, image stabilization, and how to read the light. Digital Photography I required.

Instructor: Tony D'Addono has taught jazz, blues, rock, and classical music and has performed for 40 years. He has written compositions and arrangements for solo guitar.
Room 304 • 7:30–8:30 pm • Limit 12

27. WOODCARVING

8 wks • Tuition \$44

Carve a variety of caricatures including Santa Clauses and cowboys.

Feel free to bring works in progress and hand tools.

Instructor: Richard McCall has been carving for 25 years with Delaware Valley Carvers, the National Woodcarvers Association and William Rush Wood Carvers.

22. NEW! INTRODUCTION TO EMAIL

2 wks • (9/26–10/3) • Tuition \$24

Learn all you need to know about how to use email effectively and safely. If you can use a computer mouse, you're qualified to join this class.

Instructor: John Kraus has been involved with home computing since its inception and has taught beginners at WSSC for more than 10 years.
Room 207 • 7–9 pm • Limit 12

23. NEW! LEARN TO COOK

4 wks • (9/26–10/17) • Tuition \$54

Get hands-on cooking experience working on gold-standard recipes for hors d'oeuvres, main dishes, side dishes, and desserts. Bring an apron!

Instructor: Nancy Curran has catered and prepared customized meals through her business, Red Tomato.

Room 306 • 7:30–9 pm

24. SHARPEN YOUR KNIFE SKILLS

1 wk (11/14) • Tuition \$22

For course description and instructor, see #6.

Room 349 • 7–9 pm • Limit 12

TUESDAY EVENING WINE TASTING**15. BORDEAUX—THE MOTHER OF ALL WINE REGIONS**

1 wk (10/8) • Tuition \$30

Classified as a Chateaux in 1855, Bordeaux is the most coveted wine region in the world thanks to wines that are both high quality and long lived. Sample a selection of these fine wines.

Instructors: Richard Unti and Robert Peters have taught at the Main Line School, Ambler Campus of Temple U., and the Restaurant School at Walnut Hill. They are members of the Society of Wine Educators.

16. SPARKLE PLENTY

1 wk (11/19) • Tuition \$30

Now is the time to broaden your perspective and learn to enjoy sparkling wine on just about any occasion. When tasting champagne for the first time, Dom Perignon reportedly said, "I'm tasting stars." Join us for a "starry night" of sampling sparkling wines from around the world.

Instructors: See #15

38. ZUMBA® FITNESS

8 wks • Tuition: \$42

Description of class and instructor, see #33

Cafeteria • 8–9 pm • Limit 30

MONDAY NIGHT SPORTS FUN FITNESS • Classes start Sept. 30**29. PILATES MAT: LEVEL I****

8 wks • Tuition \$42

Discover a way to reduce back pain, improve your posture, and energize your lifestyle. Focus on concentrating for mind-body connection; working from the center (core); aligning the body; avoiding overuse of any one muscle group; and breathing properly.

Instructor: Maureen Fleagle is a physical therapist and has been practicing for over twenty years. She is currently employed in the Crozer-Keystone system. She is Pilates certified.

4th Floor Hallway • 6:30–7:30 pm • Limit 25

30. PILATES MAT: LEVEL II**

8 wks • Tuition \$42

Have you already taken the first level Pilates class at WSSC or have you had a beginner session of mat Pilates elsewhere? If this describes you, join this Level II class, which will incorporate movement beyond the fundamentals to enhance core strength, increase flexibility, and strengthen the student's practice.

Instructor: See #29

4th Floor Hallway • 7:40–8:40 pm • Limit 20

****A cushioned Pilates mat is required for both courses.**

31. CARDIO KICKBOXING**

8 wks • Tuition \$42

Try Cardio Kickboxing and improve your strength, cardio fitness, and flexibility using martial arts and boxing techniques. Learn easy-to-follow combinations for a total body workout.

Instructor: Bridget Pothier is a graduate of Strong, Stretched and Centered of Maui, HI. She is certified in personal training, group exercise and yoga.

2nd Floor Hallway • 6:45–7:45 pm • Limit 25

**** Wear comfortable clothing and bring a mat.**

32. BELLY DANCING

8 wks • Tuition \$42

Come burn off calories and work up a sweat as you learn the exotic style and art of belly dancing. Fun, easy, and effective. No dance experience required.

Instructor: See #31

2nd Floor Hallway • 7:55–8:55 pm • Limit 25

33. ZUMBA® FITNESS

8 wks • Tuition \$42

Come join this exhilarating, Latin-inspired fitness class. A mix of cardio and toning moves will help you shed calories and give you both confidence and desired physical results.

Instructor: Mary Kingston has 30 years dance experience, 20 in fitness. After she discovered Zumba® 4 years ago, she became licensed to teach several of the Zumba formats.

Cafeteria • 8–9 pm • Limit 25

34. DANCE, DANCE, DANCE! SWING and FOX TROT

8 wks • Tuition \$42

Learn two of the most upbeat of all ballroom dances. No experience necessary! Have a wedding in your future or some other special occasion? Prepare to dazzle all those who see you dance.

Instructor: Joseph Rossano has been teaching for the Tish Sweeney School of Dance for more than 10 years. He also taught at the Newtown School of Dance and Dance Partners. He has been teaching for WSSC since 2001.

Cafeteria • 6:45–7:45 pm • Limit 20