

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

34. EXPLORING MEDITATION

8 wks (9/26–11/21; no class 11/7) • Tuition: \$51

Meditation tames our habitual distraction and takes us on a journey from basic mindfulness practice, being present in the moment, to an open, unconditional awareness in daily life. Explore sitting and walking meditations, listening, sensory awareness, working with emotions, opening the heart, contemplation, and inquiry. This course is for anyone interested in regular practice of meditation. Both old and new students are 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 where she has done extensive retreat practice under the guidance of Pema Chodron, who is her main teacher. See also www.leliacalder.com

Monday 10:30–11:45 am • Limit 18

35. NEW! I COULD HAVE DANCED ALL NIGHT

8 wks (10/10–11/28) • Tuition: \$50 (includes \$1 materials)

...or at least listened to some great classical dance music! We will hear waltzes, mazurkas, Hungarian, Slavonic, Russian, Spanish, Italian, American dances, and more. Dances from operas, ballet and even symphonies. And we will explore the lives of the composers that created this extraordinary music.

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.

Monday 1:00–2:30 pm • Limit 40

36. MAH JONGG

8 wks (9/26–11/28; no class 10/3 and 11/7) • Tuition: \$66

Come play the entertaining and challenging game of Mah Jongg! Open to both beginners and those who want to fine-tune their skills. Learn the basics and game strategy. Play full games with instructor support. Bring a 2016 Mah Jongg card (available at <http://www.nationalmahjonggleague.org/>). You cannot play without a card. If you have a Mah Jongg set, please bring it as well.

Instructor: Amy Graham is a librarian and freelance copy editor. She has been a Mah Jongg player for over fifteen years and has taught the game for the last several years.

Monday 10 am–12 pm • Limit 16

37. GENTLE YOGA—TUESDAY

8 wks (9/27–11/15) • Tuition: \$45

Gently warm up the body through subtle movements connected to breath, combined with Yin postures (seated), and relaxed asanas with longer holds. Move deeper into areas of the body, while guided through breathing and meditative techniques to quiet the mind. Perfect for stress reduction, increasing flexibility, and promoting spinal health. Bring a sticky yoga mat and extra large towel.

Instructor: Shiron Womack has been a certified yoga instructor since 2008. She teaches at the Healthplex.

At Fellowship Hall in Wallingford Presbyterian Church, 110 E. Brookhaven Rd., Wallingford • Tuesday 9:00–10:00 am • Limit 35

39. GET FIT WHERE YOU SIT: CHAIR YOGA

6 wks (9/29–11/10; no class 11/3) Tuition: \$34

Come join a fun, lighthearted class ideal for almost everyone. Learn breathing, stretching, and yoga poses adapted for the chair. Most of the moves can be modified for those with joint restrictions. Breath-connected movement is essential for health and wellness, and it stimulates both the body and the mind.

Instructor: Donna Shumaker, E-RYT, has been practicing yoga for many years and has taught in Delaware County for 16 years. She owns Breathe Om Yoga at Wellness on Park in Swarthmore. She is Kripalu certified in Chair Yoga and is also certified in Hatha, Yin, and Childlight Yoga.

Thursday 10:00–11:00 am • Limit 15

40. T'AI CHI CHIH—FRIDAY

7 wks (9/30–12/2; no class 10/7, 11/4 and 11/25) • Tuition: \$44

T'ai Chi Chih is often referred to as a moving meditation. It is comprised of 19 separate moves and one pose. The movements are repeated on the left and right sides to promote balance and relaxation. It is not a martial art, is completely non-violent, and is practiced for its many health benefits. It is easy to learn, does not require physical fitness or coordination, and movements can be adapted to be done while seated or for physical limitations. For more information please see www.taichichih.org.

Instructor: April Leffler has a master's degree in clinical psychology, is a Reiki Master, an accredited T'ai Chi Chih instructor and a member of The Foundation for Shamanic Studies. She teaches T'ai Chi Chih classes throughout the Philadelphia suburbs in a variety of settings and sees individuals for Reiki and shamanic services in her private practice in Media, PA. April also facilitates workshops on mindfulness and the Mind-Body-Spirit connection. Her website is: www.seek-peace.com.

Friday 9:30–10:45 am • Limit 20

41. NEW! THE WAR IN KOREA 1950–53

4 wks (9/29–10/20) • Tuition \$32 (includes \$1 materials fees)

Korea has been called the Forgotten War, but it will never be forgotten by those who fought it. The decisions made by military and civilian leaders led to the war's lengthening casualties and to the problems that North Korea presents to national security to this day. We will look at the causes of the war, the military and political leaders and their decisions, and how the war needs to be remembered today.

Instructor: Dr. Ted Zeman received his PhD in History from Temple University in 2000 under the direction of the internationally recognized historian Dr. Russell Weigley. Dr. Zeman's main area of study is the American Civil War, but also has taught courses on World War II, the American Revolution, and U.S. Military History. Dr. Zeman currently teaches at St. Joseph's University and Penn State University (Abington).

Thursday 1:00–2:30 pm • Limit 20

BOARD OF DIRECTORS

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CLASS LOCATIONS

Most daytime classes are held at Swarthmore Borough Hall, 121 Park Ave. in the center of town. Most evening classes are held at Strath Haven High School, 205 S. Providence Rd. There are two entrances. Brookhaven Road gives access to the cafeteria as well as the 2nd and 4th level classrooms. Providence Road is your best choice for 300 level classrooms. Confirm the location in the brochure. For information, contact: 610-566-5786 or wscclases@gmail.com.

WSCC is a nonprofit corporation dedicated to providing low-cost education classes for adult residents of the area. Classes are NOT sponsored by the school district, but are organized and administered by a board of directors made of volunteers.

If you have suggestions for classes you would like us to offer, please speak to the on-site administrator or call: 610-566-5786.

REGISTRATION

FALL 2016 • CLASSES BEGIN SEPTEMBER 26 AND 29, UNLESS OTHERWISE NOTED

- **REGISTER ONLINE** to immediately secure your spot in class, with a confirmation email sent. Online payments taken through WSCC use PayPal—the registrant DOES NOT need to have a PayPal account.
- Please **REGISTER EARLY!** Classes with low enrollment may be cancelled.
- Check the list of CLOSED CLASSES on the website to ensure that the class still has openings.
- To pay with a check, **send separate checks and forms for each class.** You are enrolled in the class unless you hear otherwise. Checks may not be deposited until classes begin.
- **NO REFUNDS** will be made except for cancelled classes. Credits are issued at the discretion of the registrar and only before classes begin.
- WSCC offers **ADULT EDUCATION** classes. Children are not permitted to attend classes.
- A student may bring a guest to one class. Contact the Registrar 610-566-5876 for fee information.

- In case of inclement weather, WSCC follows the closure decision of the Wallingford Swarthmore School District. The TV and radio **Emergency ID# is 2499.**

PLEASE PRINT and Mail with full payment to: WSCC, PO Box 141, Wallingford, PA 19086

Course title _____ Course number _____

Tuition \$ _____ Check # _____ Total enclosed \$ _____

Name _____

Email _____ Phone _____

Address _____

Additional Registrant Names (if paying for multiple people): _____



PO BOX 141
WALLINGFORD, PA 19086



RESIDENTIAL CUSTOMER

REGISTER ONLINE NOW TO SECURE YOUR SPOT IN CLASS • www.wscclases.org • 610-566-5786
See back page to register by mail. Fall classes begin September 26 and 29, unless otherwise noted.

NEW CLASSES Monday NIGHT

3. NEW! COMFORT FOOD FOR A WINTER NIGHT

4 wks (9/26–10/24; no class 10/3) • Tuition: \$66 (includes \$25 materials fee)

Warm a cold winter night with good company and wonderful food. This course will explore some of our favorite “comfort” foods but with a modern twist. We will also be stressing proper prep and kitchen techniques to make your cooking experience easier and more fun. Great for the beginner as well as more seasoned cook.

Instructor: Marty Spiegel has been a passionate cook since he was a pre-teen. He has recently retired as Swarthmore Town Center Coordinator, has been manager of the Swarthmore Farmers' Market and has taught several cooking courses for WSCC. Room 349 • 7:00–9:00 pm • Limit 12

13. NEW! UKELELE—HOLIDAY

7 wks (9/26–11/14; no class 10/3) • Tuition: \$38

Students will learn or review the basics of playing the ukulele from a simple understanding of the instrument to chord formation, strumming, picking and song selection. Experienced students can move beyond the basics. We'll include holiday songs and those that challenge the students. Each student must have a ukelele.

Instructor: Steven Bollinger is an architect by trade who is self-taught on the uke and guitar. He plays with the SwUkestra. Steve can provide advice when selecting an instrument.

Room 304 • 7:30–8:30 pm

NEW CLASS Thursday NIGHT

22. NEW! JAZZ IMPROVISATION

8 wks (9/29–11/17) • Tuition: \$45

This is a beginning “hands on” jazz improvisation class; students will be required to bring and play their instruments. The class will explore various standard tunes, blues and modal chord progressions. A very basic ability to play through major/minor scales on your instrument is all that is needed to have fun and move forward in this class. We will learn various scales and how to use those scales to improvise solos. Learning how to be creative and have fun on your instrument are the focus of this class.

Instructor: See #18.

Room 306 • 7:45–8:45 pm • Limit 12

NEW CLASS DAYTIME Wednesday

38. PRESIDENTIAL ELECTION 2016

4 wks (10/5–10/26) • Tuition: \$33 (includes \$2 materials fee)

After a prolonged and contentious primary election season and political party conventions, “We The People” will participate in the constitutionally mandated process to select a president. This class will examine the electoral process, the political parties involved and their platforms, and the persons who seek this high office as well as how these elements evolved historically.

Instructor: Rich Monastra holds BA and MA degrees in American History and a MS in Economics. He taught in high schools and community colleges for over 40 years.

Wednesday 1:00–2:30 pm • Limit 25

MORE NEW CLASSES CAN BE FOUND THROUGHOUT THE CATALOG.

FOR MORE INFORMATION ABOUT WSCC CLASSES, CALL 610-566-5786, OR EMAIL: [WSCCLASSES@GMAIL.COM](mailto:wscclases@gmail.com).

DO NOT CALL ANY SCHOOL OFFICE, BOROUGH HALL, OR SWARTHMORE LIBRARY, AS THEY DO NOT HAVE INFORMATION ABOUT WSCC.

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TIME VALUE

MONDAY NIGHT • Classes start September 26 (unless otherwise indicated)

1. CREATIVE WRITING WORKSHOP

6 wks (10/10–11/14) • *Tuition: \$49*

This course will present the fundamentals of story design, including plot, structure, voice, and character. It is designed for writers of both fiction and non-fiction. Students will study short works of prose and will complete writing exercises for discussion. You must bring a notebook or journal.

Instructor: Erin Entrada Kelly has published more than 30 short stories and essays in publications worldwide. She is a 2-time Pushcart Prize nominee. Her debut novel, *Blackbird Fly*, was released by Harper Collins in March 2015.

Room 315 • 6:00–8:00 pm • Limit 12

2. THE MAGIC OF GREEN SMOOTHIES

1 wk (10/24) • *Tuition: \$39 (includes \$5 materials fee)*

Learn how one simple habit change can help improve mental clarity, promote weight loss, strengthen immune system, increase energy, and provide the foundation for long term health and well-being. Class includes a demo and instructions for how to make smoothies, what ingredients can be used, recipes for home, and samples of the smoothies made in class.

Instructor: Janna Hasbrouck CHC, AADP—Private Coach for those who want to live a life with meaning, purpose and vibrant health. Owner of www.livingwithoutlimits.today.

Room 311 • 7:00–8:30 pm • Limit 30

4. NEW! HEALTHY WHOLESOME SNACKS

1 wk (11/14) • *Tuition: \$14 (includes \$5 materials fee)*

Rather than grabbing a bag of pretzels, how about a handful of kale chips? Or to satisfy that afternoon sweet craving, put down that candy bar and grab a few sunflower seed coconut balls. Come learn how to make a variety of healthy snacks with wholesome ingredients such as nuts, seeds, dried fruit, whole grains, maple syrup, and yes, even kale, that will keep you energized throughout the day.

Instructor: Amy Johnson is a writer, photographer, gardener, teacher, mother, and wife. She creates space for beauty and simplicity in all that she does. Visit her at www.secondandedgemont.com.

Room 349 • 7:30–9:00 pm • Limit 15

5. CREATING STAINED GLASS

8 wks (9/26–11/21; no class 10/3) • *Tuition: \$66 (materials extra)*

Join an exciting class for lovers of stained glass. Those new to the art will learn to cut glass, use foil, solder, and create 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 • 7:00–9:00 pm • Limit 14

6. DIGITAL PHOTOGRAPHY I

5 wks (9/26–10/31; no class 10/3) • *Tuition: \$44 (includes \$3 materials)*

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 • 7:00–9:00 pm • Limit 12

7. DIGITAL PHOTOGRAPHY II

3 wks (11/7–11/21) • *Tuition: \$40 (includes \$3 materials fee)*

Now that you’ve learned the basics of digital photography, you’ll want to learn some advanced techniques. You’ll learn about advanced composition, reading histograms, advanced tone control, digital dodging and burning, controlling noise, adding mood to your photos, quality of light, and image stabilization, plus how to use your camera’s advanced features. PREREQUISITE: WSCC Digital Photography I

Instructor: See #6

Room 310 • 7:00–9:00 pm • Limit 12

8. EXPLORE AND ENJOY WATERCOLOR

4 wks (10/24–11/21; no class 10/31) • *Tuition: \$41 (\$15 materials fee extra to be paid to instructor)*

An introduction to the many styles of watercolor: bold and free with big brushes, to the fine and controlled lines of Chinese brush stroke. Enjoy and explore!

Instructor: Joanne Dozor owns Firefly Gallery in Surf City, NJ. Her teachers include Phil Blank, Domenic DiStefano, Nancy Barch, Jane Miluski, Josephine Tsa, Nanette Noone and Lisa Budd.

Room—Art Room • 7:00–9:00 pm

9. AMERICAN SIGN LANGUAGE

8 wks (9/26–11/28; no class 10/3 and 10/31) • *Tuition: \$52 (includes \$3 materials fee)*

In this hands-on and highly interactive introductory class students will have the opportunity to learn basic vocabulary and grammar.

Instructor: Bridget Carroll has 20+ years of signing, including working with deaf and mentally disabled adults, teaching at the Pennsylvania School of the Deaf, and years of teaching hearing adults A.S.L.

Room 311 • 7:00–8:30 pm • Limit 15

10. ITALIAN FOR BEGINNERS

8 wks (9/26–11/21; no class 10/3) • *Tuition: \$49*

Learn everyday vocabulary 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 15

11. ITALIAN CONVERSATION—ADVANCED

8 wks (9/26–11/21; no class 10/3) • *Tuition: \$45*

If you have well-established Italian skills—roughly equivalent to 2 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 #10.

Room 306 • 8:00–9:00 pm • Limit 15

12. LISTENING SKILLS

2 wks (10/10–10/17) • *Tuition: \$25*

Listening is a gift to the person being heard and a benefit to the listener. You will learn to build listening skills using a combination of lecture, exercises, experiential activities, and take-away practices. Both workshops are part of the Building Conflict Competence Series.

Instructor: Ellen Morfei is a mediator, conflict coach, and owner of Progressive Conflict Solutions in Media.

Room 313 • 7:00–9:00 pm

THURSDAY NIGHT • Classes start September 29 (unless otherwise indicated)

16. INTRODUCTION TO ZENTANGLE

5 wks (10/6–11/3) • *Tuition: \$54 (includes \$13 materials fee)*

Zentangle is an easy to learn method of creating beautiful works of art by drawing structural patterns. Anyone can be successful regardless of age or skill level. Students are introduced to the principles and patterns of Zentangle in an easy step by step fashion.

Instructor: Sheryl Bruch has led Zentangle workshops at the Community Arts Center, schools, hospitals, and libraries.

Room 313 • 6:30–8:30 pm • Limit 20

17. INTRODUCTION TO FAMILY GENEALOGY

4 wks (10/20–11/17; no class 10/27) • *Tuition: \$44 (includes \$3 materials fee)*

Learn the basics of family genealogy. Learn how to search records, create oral histories, and keep track of your documentation. Discover that finding an ancestor is one thing, and proving that ancestor existed is yet another. Students will be eligible to join the WSCC Genealogy Email Group for updates on information.

Instructor: Bob Brooke has given lectures, and taught courses in basic genealogy, writing family history, and memoir writing. His long-standing column, “Everyday Genealogy,” soon to be a book, has appeared in *Antique Week* and online at GenealogyToday.com.

Room 310 • 7:00–9:00 pm • Limit 12

18. BLUEGRASS JAM

8 wks (9/29–11/17) • *Tuition: \$45*

Designed for beginner bluegrassers wanting to learn how to play along in a bluegrass jam circle. Guitar, mandolin, fiddle (violin), bass, dobro, and banjo players must have basic beginning skills on their instrument and be able to play some basic chords or be able to find notes on their instrument. Students will bring their instrument to class, learn simple bluegrass melodies, and then learn to take turns taking a solo. All tunes will be played at a slow, easy pace.

Instructor: Michael Duffy graduated with honors from Indiana University of Pennsylvania with a degree in guitar and voice performance. His personal study of the guitar has led him through classical, jazz, blues, folk, rock bluegrass style with a focus on the work of David Grier, Charlie Christian, Joe Pass, Wes Montgomery, Doc Watson, B.B. King, Django Reinhardt, Bryan Sutton, and many more. Mike currently plays with the bluegrass band Southwoods and performs in various jazz ensembles in the Philadelphia area.

Room 306 • 6:30–7:30 pm • Limit 12

19. MODERN BRIDGE CONVENTIONS

8 wks (9/29–12/1; no class 11/10) • *Tuition: \$66*

Learn the most popular conventions used today. Topics include Transfers, Stayman, Jacoby 2NT, Weak 2-Bids, Weak Jump Shifts, Michaels, Ace-Asking bids, Leads and Discards. Basic bridge knowledge required. This is NOT a beginner course.

Instructor: Bern Rehberg is a *Gold Life Master*, certified director, and avid club and tournament player. He previously taught WSCC bridge courses from 2009–2013.

Room 312 • 7:00–9:00 pm • Limit 16

20. GUITAR

8 wks (9/29–11/17) • *Tuition: \$45*

Learn the basics of guitar playing, including note reading, single note playing and chords. All you need is a guitar and the Hal Leonard *Guitar Methods (Book One)*. This course is great for both beginners and those with some experience playing guitar.

Instructor: Tony D’Addono has taught jazz, blues, rock, and classical music and has performed solo and with a group for 40 years. He has written many compositions and arrangements for solo guitar. His

arrangements of “Rhapsody in Blue” and “The Nutcracker Suite” are published by Hal Leonard.

Room 304 • 7:30–8:30 pm • Limit 12

21. NEW! MAKE APPETIZERS INTO MEALS

2 wks (10/13–10/20) • *Tuition: \$31 (includes \$12 materials fee)*

Put more zing into entertaining family and friends by observing how to prepare and serve both casual and more formal appetizers turned into meals. Watch and learn tips on menu planning (balancing flavors, colors, presentation), food handling (do you know how to seed a pomegranate?) and pleasing your guests. Come hungry and taste the instructor-prepared food. Leave with new ideas and recipes for home. THIS COURSE IS OBERVATION-BASED, NOT HANDS-ON PRACTICE.

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

Room 349 • 7:00–8:30 pm • Limit 10

23. NEW! HANDMADE STATIONARY AND WATERCOLOR WORKSHOP

2 wks (10/13–10/20) • *Tuition: \$24 (includes \$5 materials fee)*

Students will learn a variety of basic watercolor techniques to apply to the design of the greeting card. During the second class students will create their own envelope using designed and/or upcycled paper.

Instructor: Colleen Hancher has taught art workshops on watercolor techniques, use of templates, and recycled art materials.

Room Art Room • 7:00–8:30 pm • Limit 30

24. NEW! FROM BAD TO GREAT PHOTOS WITH YOUR SMARTPHONE

2 wks (9/29 and 10/13) • *Tuition: \$27 (includes \$2 materials fee)*

Do you have a high-tech smartphone, but you just can’t seem to take a good photo? The Camera and Gallery apps that came with your smartphone have evolved into powerful tools for taking, viewing, editing and sharing photos. But do you really know how to use them? Learn how to take great photos with your smartphone.

Instructor: See #6

Room 310 • 7:00–9:00 pm • Limit 12

TUESDAY EVENING WINE TASTING

14. ITALIAN WINE STARS

1 wk (10/18) • *Tuition: \$45 (includes \$15 materials fee)*

Italy has over 900 wine grapes, but we will be concentrating on some of the best known and revered offerings. Wines like Amarone, Barolo, and Brunello will be featured along with some new stars on the scene from all around the boot.

15. PINOT NOIRS OF THE WORLD

1 wk (11/15) • *Tuition: \$45 (includes \$15 materials fee)*

It is no surprise that Pinot Noir is the most popular wine in the current market. We’ll start with France, the traditional home of Pinot Noir, and trace its journey around the globe to show its development and success in other climates.

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

Hobbs Coffee House, 1 Park Ave., Swarthmore • 7:30–9:30 pm Limit 34

MONDAY NIGHT SPORTS FUN FITNESS • Classes start September 26

25. CARDIO KICKBOXING

8 wks (9/26–11/28; no class 10/3 or 10/31) • *Tuition: \$45*

Bored with cardiovascular activities in the weight room? 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. Wear comfortable clothing and bring a mat.

Instructor: Bridget Pothier is a graduate of Strong, Stretched and Centered of Maui, HI. She is certified in personal training, group exercise and yoga. She is currently group exercise instructor, personal trainer and belly dance instructor at Ridley Sports Club.

2nd Floor Hallway • 6:40–7:40 pm • Limit 25

26. ZUMBA® FITNESS

8 wks (9/26–11/21; no class 10/3) • *Tuition: \$45*

Come join this exhilarating, easy-to-follow, Latin-inspired, calorie burning dance fitness party. Zumba® features exotic rhythms set to high energy Latin and international beats. You’ll have a blast while working up a sweat.

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

Cafeteria • 7:15–8:15 pm • Limit 25

27. PILATES MAT: LEVEL I

8 wks • (9/26–11/21; no class 10/3) • *Tuition: \$45*

Discover a way to reduce back pain, improve your posture, and energize your lifestyle. Join this beginner mat class to focus on the fundamental principles of Pilates: controlling and concentrating for mind-body connection; working from the center (core); aligning the body properly with precision of movement; sequencing the body to avoid overuse of any one muscle group; and breathing properly, which pulls it all together. A cushioned Pilates mat is highly recommended.

Instructor: See #26

4th Floor Hallway • 6:05–7:05 pm • Limit 30

THURSDAY NIGHT SPORTS FUN FITNESS • Classes start September 29

30. TOTAL BODY SCULPT

8 wks (9/29–11/17) • *Tuition: \$45*

Discover how to sculpt and tone your entire body. Focus on and completely isolate parts of the body in different segments of the course. Enjoy ample time to build and create long and lean muscles. Persons of all ages and fitness levels will find plenty of exercise options in this class. Please bring a mat and hand towel to class.

Instructor: See #25

Cafeteria • 6:40–7:40 pm • Limit 25

31. COUNTRY LINE DANCING

8 wks (9/29–11/17) • *Tuition: \$45*

If you are a beginner or have tried line dancing, come and learn the basic dance steps in Country Line Dancing. We’ll have lots of fun.

Instructor: Pepper Walling has 22 years experience teaching country line and couples dancing. For the past 14 years she has taught weekly at the Wilmington Elks Lodge.

2nd Floor Hallway • 7:00–8:00 pm • Limit 25

28. PILATES MAT: LEVEL II

8 wks (9/26–11/21; no class 10/3) • *Tuition: \$45*

Have you already taken the first level Pilates class at WSCC 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. A cushioned Pilates mat is highly recommended.

Instructor: See #27.

4th Floor Hallway • 7:15–8:15 pm • Limit 30

29. CO-ED RECREATIONAL VOLLEYBALL

8 wks (9/26–11/21; no class 10/3) *Tuition: \$68*

Get into shape this fall by playing volleyball! Enjoy serving, digging, and spiking in a great atmosphere. All ability levels welcome.

Instructor: Kevin Haney is an English Instructor in the WSSD and has been a head volleyball coach for many years. He received his BA in English and Secondary Education from Widener and his MA from the University of the Arts.

SHHS Gym • 7:30–9:00 pm • Limit 30

32. HATHA YOGA

6 wks (9/29–11/3) • *Tuition: \$34*

Unwind with this gentle but challenging ancient form of exercise. Gain strength and flexibility while learning to relax and surrender your body and mind in these therapeutic poses. This class will not only guide you through physical poses, but through deep breathing and meditation exercises as well. No previous yoga experience necessary. Bring a sticky mat.

Instructor: Heather Dyas-Fried is a certified Kripalu Yoga teacher. She has also completed teacher trainings in Prenatal Yoga and Mom/Baby Yoga.

4th Floor Hallway • 6:45–7:45 pm • Limit 25

33. ASHTANGA YOGA

8 wks (9/29–11/17) • *Tuition: \$45*

In this course we will practice the Primary Series of Ashtanga Yoga. This will include Sun Salutations to warm up the body followed by standing, seated, and finishing sequence. Expect to explore powerful yoga postures with energizing breath! Beginners welcome. Bring a yoga mat and available props (blocks, straps).

Instructor: Lorelei DeMan is certified in Ashtanga Yoga. She has been practicing yoga for 18 years.

4th Floor Hallway • 8:00–9:00 pm