

**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

45. GENTLE YOGA *8 wks • (10/1–11/19) • Tuition \$42*

Gently warm up the body through subtle movements connected to breath, combined with Yin postures (seated), relaxed asanas with longer holds. Move deeper into guided breathing and meditative techniques. 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.

Tues. 9:30–10:30 am • Limit 30
Fellowship Hall in Wallingford Presbyterian Church, 110 E. Brookhaven Rd., Wallingford, PA 19086

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

46. QI GONG (“chee-GONG”)
8 wks • (10/1–11/26; no class 10/22) • Tuition \$42

Learn Qi Gong, the practice of simple exercises for health and relaxation. Anyone can do these slow, easy Chinese exercises, and each semester students learn new ones. Benefits include stress relief, added flexibility, increased strength and stamina, a stronger immune system, and deep relaxation.

Instructor: Kit Raven has studied Qi Gong with Yang Jwing-Ming and Hou Faxiang and has taught it for 7 years. She previously practiced and taught Aikido, specializing in sword and staff.

Tues. 10–11 am • Council Room • Limit 15

47. NEW! WE’RE TALKIN’ BASEBALL
4 wks • (10/1–10/22) • Tuition \$30

Whether you’re an avid “seamhead” or a casual fan, this course is for you! Explore everything from esoteric baseball trivia to more substantial topics as you study this American institution with all its majesty and intrigue.

Instructor: Richard Monastra played and coached high school baseball, taught history and economics of baseball, and is a 30 year season ticket holder with the Phillies.

Tues. 1–2:30 pm

48. INTERMEDIATE BRIDGE
8 wks • (9/25–11/20; no class 11/6) • Tuition \$45

Bring your game to a new level. Learn the most popular modern conventions and treatments. No text. Hand-outs provided. Classes will be approximately one-half lecture and one-half play.

Instructor: Bern Rehberg is a Gold Life Master, Certified Director, and avid club and tournament player.

Wed. 9:30–11 am • Limit 16

49. NEW! PHILADELPHIA THEATER
7 wks • (10/2–11/13) • Tuition \$89

(includes tickets to 3 plays; participants provide own transportation)
Join this class for an exciting discussion of the vibrant theater scene in Philadelphia. Attend matinees of three plays in which women are central: *Emma* at the Lantern; *4000 Miles* a new play by Amy Herzog at Philadelphia Theater Company; and *The Convert* at the Wilma.

Instructor: Priscilla F. Clement taught History for over 40 years at Penn State Brandywine. She published several books and articles and won three teaching awards. She is an avid theatergoer and served for five years as a Barrymore Nominator (Philadelphia equivalent of the Tony award).

Wed. 1–2:30 pm • Limit 15

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.

50. NEW! THE EARLY FILMS OF ALFRED HITCHCOCK
6 wks (10/2-11/13; no class 11/6) • Tuition \$44

View and discuss the early screen gems directed by Alfred Hitchcock. These masterpieces demonstrated Hitchcock’s nascent flair for mystery and irony, while illuminating the darker side of the human psyche. Learn how these films served as showcases for the talents of actors such as Lawrence Olivier, Cary Grant, and Ingrid Bergman.

Instructor: Richard Monastra has taught American History in high schools and community colleges in PA and NJ for 40+ years. BA LaSalle U., MA Temple U., MA Drexel U. He has taken classes at the Bryn Mawr Film Institute and taught collaborative film courses.

Wed. 1–3:30 pm • Council Room

51. BEGINNER BIRDING** *4 wks (10/3-10/24) • Tuition \$29*

Identify birds at your feeder and beyond. By the end of this class you will be able to identify 20+ birds using binoculars and a field guide.

Instructor: Laura Matika has been birding since age 7 and has extensive experience in several different habitats.

Thurs., 7:30–9 am • Limit 20

****If you have them, bring binoculars and a field guide to class.**

52. TRIP TO HAWK MOUNTAIN *1 wk (10/31) • Tuition \$27*

(Participants provide own transport though carpooling possible.)

Trail fee \$8 extra

Identify many species of hawks, falcons, eagles, and vultures as they migrate south. Visit www.hawkmountain.org for details about the sanctuary. Depart from Swarthmore Library. Phone teacher re carpooling (610–853-9766). Bring lunch, binoculars, and \$8 trail fee. Light hiking required. Wear supportive shoes.

Instructor: SEE #51

Thurs, 8 am–4 pm

53. MAH JONGG
6 wks (9/26-10/31) • Tuition \$42 (plus \$8 for '13 card)

Learn and perfect your skills playing one of the oldest, most entertaining, and challenging games. Play full games with instructor support. Bring your 2013 Mah Jongg card obtained from the National Mah Jongg League at <http://www.nationalmahjonggleague.org/>. Beginners—YOU CAN’T PLAY WITHOUT THE CARD (cost \$8).

Instructor: Barbara Penny is a lawyer and experienced Mah Jongg player. She has been teaching the game for many years.

Thurs. 10 am–noon • Limit 15

54. NEW! CIVIL WAR IN 1863
6 wks (10/3-11/14; no class 11/7) • Tuition \$36

Explore the great battles of ‘63 including Chancellorsville, Gettysburg, Vicksburg, Chickamauga, and Chattanooga. Learn how the Union gained the upper hand as General Ulysses S. Grant emerged as the man Lincoln needed to defeat the Confederacy and end the war.

Instructor: SEE #41

Thurs. 1–2:30 pm

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.



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OUR 48TH YEAR OF SERVICE
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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 30 unless otherwise noted.

NEW CLASSES MONDAY NIGHT
Classes start Sept. 30

2. NEW! ORIGAMI FOR THE HOLIDAYS

3 wks • (11/4–11/18) • Tuition \$34

Bring out your inner-artist by learning origami, the Japanese art of paper folding. Join us as we magically transform paper squares into unique holiday cards, gifts, and decorations. All materials included.

Instructor: Lois Zinn has taught art in the Philadelphia and NYC public schools. She has been doing origami since 1983 and is a member of Origami USA.

Room 351 • 7–8:30 pm

5. NEW! BEGINNING CANNING

3 wks • (10/7–10/21) • Tuition \$53

Learn the basics of hot water bath canning. Make sweet preserves and can fresh tomatoes. Take home two jars of each preserve made in class.

Instructor: Corrinne Fahl, who has been canning for several years, was originally inspired by the seasonal bounty at local farmers’ markets.

Room 349 • 7–9 pm • Limit 10

**MORE NEW CLASSES CAN BE FOUND
THROUGHOUT THE CATALOG.**

NEW CLASSES THURSDAY NIGHT
Classes start Sept. 26

17. NEW! INTRODUCTION TO INVESTING

4 wks • (9/26–10/17) • Tuition \$28

Want to understand better how to manage your money? Are you puzzled by the differences between stocks and bonds? Learn from an expert about the stock and bond markets and other investments.

Instructor: Joseph Sheehan has more than 18 years experience in the financial industry and is currently the vice president of a major investment firm. He has a BS in finance and marketing from Temple U.

Room 308 • 7:30–9 pm

19. NEW! BUTTONS, BEADS, WINE BAGS AND MORE
4 wks • (9/26–10/17) • Tuition \$44

Use scraps of material to fashion placemats, napkins, wine bags, iPad® covers, glasses cases, and more. Learn to sew the project you choose and make beads, buttons, or charms out of polymer clay to decorate it. Bring your own scissors and needles. Clay, yarns, ribbons, and cording will be available for purchase.

Instructor: Susan Heaver is a jewelry artist, wearable arts creator, and potter. She has conducted workshops in jewelry making, floral arrangement, and decorative arts.

Room 351 • 7–9 pm • Limit 10

FOR MORE INFORMATION ABOUT WSCC CLASSES, CALL OUR INFORMATION LINE AT 610-566-5786
OR EMAIL: WSCCLASSES@GMAIL.COM.
DO NOT CALL ANY SCHOOL OFFICE, AS THEY DO NOT HAVE INFORMATION ABOUT WSCC.

REGISTRATION

FALL 2013 CLASSES BEGIN SEPTEMBER 26 AND 30 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.
- To pay with a check, send full payment with the form below. Send separate checks and forms for each class. You are enrolled in the class unless you hear otherwise from us. Checks may not be deposited until a class is full.
- **NO REFUNDS** will be made except for cancelled classes. Credits are issued at the discretion of the registrar before classes begin. No credits will be issued after the semester begins.
- We offer adult education classes. We cannot accommodate children of students or instructors.
- A student may bring a guest to one class. Contact the registrar 610-566-5786 for fee information.
- In case of inclement weather, the TV and radio emergency ID# is **2499**.
- Walk-in registration is on September 19 from 7:30–8:30 pm at Strath Haven High School (Brookhaven entrance).

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): _____

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

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: See #4

Room 310 • 7–9 pm • Limit 12

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 WSCC 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 349 • 7–9 pm • Limit 10

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 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

25. NEW! MASTER GARDENING TECHNIQUES

3 wks • (10/3,10/10,10/17) • Tuition \$24

1. Putting Your Garden to Bed: Learn the steps for proper garden maintenance for perennial beds, shrubs, trees, and lawn.

2. Self-Sustaining Garden Design: Learn what plants require less care but stand up well in our region. Know the plants you have and what to add to make less work for you in the future.

3. Integrated Gardening: Discover how to successfully integrate your garden’s palette with interesting veggies, herbs, perennials, annuals, bulbs, and shrubs for a more cohesive look.

Instructor: Joe Daniels is a Penn State certified Master Gardener.

Room 313 • 7:00–8:30 pm

26. GUITAR

8 wks • Tuition \$38

Learn the basics of note reading, single note playing, chords, and right-hand techniques. All you need is a guitar and Hal Leonard’s *Guitar Methods (Book 1)*.

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.

The Shop • 7:30–9 pm • Limit 10

28. UNCOMMON APPROACHES TO AMERICAN REVOLUTION

4 wks • (9/26–10/17) • Tuition \$28

Are you a history buff? Take a new, uncommon look at early American history. When did it begin—1776 or 1215? Were its causes social, economic, or political? Find out how women contributed.

Instructor: Donald Applestein is a retired lawyer and a docent at the National Constitution Center in Philadelphia.

Room 306 • 7:30–9 pm

TUESDAY EVENING WINE TASTING

15. BORDEAUX—THE MOTHER OF ALL WINE REGIONS

1 wk (10/8) • Tuition \$30

Classified as a Chateau 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

Classes meet from 7:30–9 pm at *Hobbs Coffee House at 1 Park Ave., Swarthmore* • Limit 30 per class

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 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.

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

THURSDAY NIGHT SPORTS FUN FITNESS • Classes start Sept. 26

36. NEW! RED HOT DANCE FITNESS

8 wks • Tuition \$42

Learn the hottest dance moves while dancing to the hottest music. Beginners build confidence with easy to follow dance moves, while the advanced dancer is challenged with more difficult choreography. You’ll be addicted to this invigorating, exhilarating, liberating, and calorie burning dance party from the first beat.

Instructor: Heather Fili tried various exercise programs, and discovered Red Hot Dance Fitness, which she loved so much she became a certified teacher of the program.

2nd Floor Hallway • 6:30–7:25 pm

37. CARDIO-KICKBOXING**

8 wks • Tuition \$42

Description of class and instructor, see #31

Cafeteria • 6:45–7:45 pm • Limit 30

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

38. ZUMBA® FITNESS

8 wks • Tuition: \$42

Description of class and instructor, see #33

Cafeteria • 8–9 pm • Limit 30

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 WSCC since 2001.

Cafeteria • 6:45–7:45 pm • Limit 20

35. CO-ED RECREATIONAL VOLLEYBALL

8 wks • Tuition \$44

Get into shape by playing volleyball! Learn the fundamentals of serving, digging, and spiking. All ability levels welcome.

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

Gym • 7:30–9 pm • Limit 30

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