

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

39. EXPLORING MEDITATION 8 wks (starts 9/29) • Tuition \$47

Begin meditation with practices that tame the discursive mind. Explore sensory awareness, listening, working with emotions, heart practices, and meditative contemplation. This course is for anyone interested in regular practice of meditation. Both experienced and novice students are welcome.

Instructor: See #10

Mon. 10:30–11:45 am • Limit 15

40. NEW! FAMOUS FAMILIES IN THE WORLD OF MUSIC: HEREDITY VS ENVIRONMENT 7 wks (starts 10/13) • Tuition: \$43

From Bach to Romero, many family names have been associated with musical creativity. Parents, children, siblings, and even grandchildren seem to share a certain “musical DNA.” Or does environment or a combination of both matter more? Listen to their music on compact disc and discuss the possible factors that influenced their musical genius.

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 32

41. GENTLE YOGA 8 wks (starts 9/29) • Tuition \$44

Gently warm up the body through subtle movements connected to breath. Move deeper into areas of the body, while guided through 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 35

At Fellowship Hall in Wallingford Presbyterian Church, 110 E. Brookhaven Rd., Wallingford, PA 19086

42. NEW! OSCAR WINNERS: ALMOST 6 wks (class meets 10/7; 10/21; Thurs., 10/23; 10/28; 11/18; 11/25) • Tuition: \$62

Since 1929 the Oscar for Best Motion Picture has been awarded annually. What constitutes the best movie has been highly subjective. Join this class to view and discuss six films which, though nominated for best picture, didn’t win. Subject to availability, see such Oscar-losers as *Lost Horizon*, *To Each His Own*, *Now, Voyager*, *Dr. Strangelove*, *Network*, and *The Razor’s Edge*.

Instructor: Richard Monastra has taught American History in senior high schools and community colleges in PA and NJ for 40+ years.

Tues. 1–3:30 pm

43. NEW! PHILADELPHIA THEATER 7 wks (starts 10/1) • Tuition: \$82 (includes tickets to 3 plays; participants provide own transportation)

Attend matinees of three Philadelphia plays: (1) *Arcadia*, by Tom Stoppard, Wed., 10/8 at 2 pm at the Lantern; (2) *Rapture, Bliester, Burn* by Gina Gianfriddo at 2 pm on Sun., Oct. 19 at the Wilma; (3) an adaptation of the Charles Dickens’ *Great Expectations*, at 2 pm on Wed., Nov. 5, at the Arden. Reflect on and discuss these plays.

Instructor: Priscilla F. Clement taught History for over 40 years at Penn State Brandywine. She served for five years as a Barrymore Nominator (Philadelphia equivalent of Tony award).

Wed. 1–2:30 pm • Limit 15

44. NEW! LEARN AND PLAY DUPLICATE BRIDGE 8 wks (10/1-11/19) • Tuition: \$64

If you are a good Bridge player and have always wanted to challenge yourself a bit more, this class is for you. Learn the techniques and strategies for playing that most stimulating type of Bridge—duplicate.

Instructor: See #22

At Marple Bridge Club, 2274 West Chester Pike, Broomall, PA Wed. 1:30–3:30 pm

45. INTRODUCTION TO THE IPHONE AND IPAD: JUST THE BASICS, PLEASE 2 wks (10/1, 10/8) • Tuition \$18

Join this class to learn the basics of using your iPhone or iPad as well as some of the amazing things it can do for you beyond making phone calls or allowing you to send and receive emails.

Instructor: Dan Snyder is an enthusiastic, self-taught user of iPhones and iPads. He has used computers for work and fun since the 1980s.

Wed. 1–2:30 pm • Swarthmore Borough Hall, Council Room
Limit 15

46. INTERMEDIATE IPHONE AND IPAD: WHAT ELSE CAN THESE THINGS DO FOR ME? 2 wks (10/15, 10/22) • Tuition \$18

If you are familiar with the basics of using your Apple iPhone or iPad, learn some of the more advanced things it can do for you. See demonstrations of and practice using features like iCloud, photography, video, iTunes, and the ever-mysterious—Siri.

Instructor: See # 45

Wed. 1–2:30 pm • Swarthmore Borough Hall, Council Room
Limit 15

47. BEGINNING BIRDING** 4 wks (starts 10/2) • Tuition \$27

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

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

Thurs. 7:30–9 am • Limit 15

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

48. RAPTOR MIGRATION TRIP TO HAWK MOUNTAIN 1 wk (10/23) • Tuition: \$32

Join an enthusiastic group of birders at Hawk Mountain in Kempton, PA and spend the morning and afternoon (with a break for lunch) identifying hawks as they migrate in great numbers south through the mountain gaps. Participants provide own transportation, although carpooling available. BYO binoculars.

Instructor: See #47

Thurs. 8 am–4 pm

49. MAH JONGG 6 wks (10/9–11/20; no class 11/6) • Tuition \$48 (plus \$9 for ’14 card)

Join us to perfect your skills playing one of the oldest, most entertaining, and challenging games. Bring your 2013 Mah Jongg card obtained from the National Mah Jongg League at www.nationalmahjonggleague.org/. Beginners—YOU CAN’T PLAY WITHOUT THE CARD (cost \$9).

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

Thurs. 10 am–noon

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

50. NEW! THE CIVIL WAR IN 1864 6 wks (10/9–11/20; no class 11/6) • Tuition: \$36

Satisfy your love of history and of the Civil War by turning the clock back to the year General Ulysses S. Grant became General in Chief of the Union Armies and led the campaign against Confederate General Robert E. Lee in the East, and General William T. Sherman began a campaign that took his army from Atlanta to the sea. The outcome of these campaigns ultimately decided the Presidential Election of 1864 and whether the North would prevail.

Instructor: Theodore Zeman received his PhD from Temple U in American Military History. He has taught extensively on the American Civil War at St. Joseph U and Holy Family U.

Thurs. 1–2:30 pm

51. NEW! CREATING A PHOTO BOOK** 2 wks (10/17–10/24) • Tuition: \$24

Bring your memories to life with a beautiful, unique photo book. Bring your computer filled with photos. Explore what to think about when shooting and organizing photos, the variety of layouts, colors, and texts. Finish by making a coffee table photo album.

***Cost of album extra.*

Instructor: Susan Eisenhower has a BA in Fashion Design and is the retired owner of a manufacturing company.

Fri. 10 am–noon • Swarthmore Borough Hall, Council Room

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 wscclasses@gmail.com.

REGISTRATION

FALL 2014 • CLASSES BEGIN SEPTEMBER 29 AND OCTOBER 2, 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 has been eliminated.

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): _____



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OUR 49TH YEAR OF SERVICE
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See back page to register by mail. Fall classes begin September 29 and October 2, unless otherwise noted.

NEW CLASSES Monday NIGHT

28. RESISTANCE TRAINING** 8 wks (Class starts Oct 2) • Tuition: \$44; materials extra

Tone all your muscles using your own body strength with the aid of resistance bands also known as tubes. With bands, adjust the difficulty of your exercise according to your fitness and comfort levels.

Instructor: Mary Kingston has 20 years experience in strength training with free weights, weight machines and resistance bands. She is a Certified Fitness Trainer with ISSA.

Cafeteria • 7:30–8:30 pm • Limit 25

***Bring a towel, a mat, water, and light, medium, or heavy resistance bands. Buy at Five Below or Modell’s. Wear comfortable workout shoes.*

2. FANCY COOKIE FUN 3 wks (10/13–10/27) • Tuition: \$37

Attention all those who are or know cookie monsters! Join this hands-on introductory course to learn step-by-step the process of making and using 00 pm Royal Icing (the kind that hardens) to create gorgeous, themed cookies for special occasions. Take home, for the cookie monsters in your life, ½ dozen decorated cookies after each session. Bring a cookie sheet with you to class.

Instructor: Katie German holds a Masters Degree in Education and enjoys creating whimsical cookies as gifts for family and friends.

Room 349 • 7–8:30 pm • Limit 10

NEW CLASSES Thursday NIGHT

20. INTRODUCTION TO FAMILY GENEALOGY 3 wks (11/6–11/20) • Tuition: \$38

Learn the basics of family genealogy—the process of searching out your ancestors. Learn how to search records, do oral histories, and document your work. Discover that finding an ancestor is one thing, and proving that ancestor existed is yet another.

Instructor: Bob Brooke has been writing about genealogy for the past 20 years. He has given lectures, and taught courses in basic genealogy and writing family history and memoir writing. His column, “Everyday Genealogy,” soon to be a book, has appeared in *Antique Week* and online at GenealogyToday.com.

Room 310 • 7–9 pm • Limit 15

16. CAN SOLAR POWER MY HOME? 1 wk (10/16) • Tuition: \$9

Have you ever wondered if solar could power your home? Find out what solar will look like on your home and rooftop, and how many solar panels you will need for your home. Discover how much it will cost.

Instructors: Michael Matotek and Joe Coyle are the co-owners of Open Sky Energy, in Swarthmore since 2007. Open Sky specializes in solar systems for home and business owners.

Room 351 • 7–8:30 pm • Limit 12

MORE NEW CLASSES CAN BE FOUND THROUGHOUT THE CATALOG.

**FOR MORE INFORMATION ABOUT WSCC CLASSES, CALL 610–566-5786, OR EMAIL: WSCCCLASSES@GMAIL.COM.
DO NOT CALL ANY SCHOOL OFFICE, BOROUGH HALL, OR SWARTHMORE LIBRARY,
AS THEY DO NOT HAVE INFORMATION ABOUT WSCC.**

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

1. DELAWARE COUNTY’S GHOSTLY HAUNTS

4 wks (9/29–10/20) • Tuition: \$30

Like most localities, Delaware County has a rich oral tradition of ghostly places. Join this class and learn about some of our county sites that are known to be “haunted.” Learn the fascinating details of how these ghostly places came into being.

Instructor: J. Joseph Edgette, Ph.D. is Professor Emeritus and Folklorist Emeritus at Widener University, where he served for 29 years in the areas of teaching, administration, and research.

Room 312 • 7–8:30 pm

3. NEW! NUTRITION: TOO GOOD TO BE TRUE?

2 wks (10/27–11/3) Tuition: \$18

Every week news outlets report some miraculous new way of eating differently that produces a remarkable outcome and yet—shortly thereafter this amazing nutrition breakthrough is found to be false. How do you decide what to eat or not to eat? Learn how to distinguish what makes good nutritional sense from what does not.

Instructor: Connie Holt is a registered dietician and professor emeritus of Widener U. where she taught in the School of Hospitality Management for 16 years.

Room 308 • 7–8:30 pm

4. SMALL SCALE GARDENING

2 wks (10/6, 10/12) • Tuition: \$18

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

Mon. 10/6 • 7:00–8:30 pm • Room 308 • Strath Haven High School
Sun. 10/12 • 1–2:00 pm • 121 Edgemont St., Media, PA • Limit 25

5. CREATING STAINED GLASS

8 wks • Tuition: \$64; 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 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 class.

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

Room: SHHS Shop • 7–9 pm • Limit 14

6. DIGITAL PHOTOGRAPHY I

5 wks • Tuition: \$42

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

7. U CAN UKE: HOLIDAY EDITION

5 wks • Tuition: \$20

Learn the ukulele and a few holiday songs to boot! Absorb the basics, from an understanding of the instrument to chord formation, strumming, and song selection. Those with more experience can move beyond the basics. Each student must have a ukulele.

Instructor: Steven Bolinger is an architect by trade who happens to play the ukulele with the group the Swukestra. He can recommend ukes in several price ranges and suggest where to buy them.

Room 304 • 7:30–8:30 pm

8. ITALIAN FOR BEGINNERS

8 wks • Tuition: \$48

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 high school Italian for 25 years.

Room 306 • 6:30–7:55 pm • Limit 14

9. ITALIAN CONVERSATION—ADVANCED

8 wks • Tuition: \$32

If you have well-established Italian skills—roughly equivalent to two years or more of study—join our conversation! Improve your speaking, grammar, vocabulary and pronunciation.

Instructor: See #8

Room 306 • 8-9 pm • Limit 14

10. EXPLORING MEDITATION

8 wks • Tuition \$41

Meditation tames our habitual distraction and takes us from basic mindfulness practice, to an open awareness in daily life. Explore sitting and walking meditations, listening, sensory awareness, working with emotions, opening the heart, contemplation, and inquiry. Both experienced and novice students are welcome.

Instructor: Lelia Calder's training as a meditation instructor is in the Tibetan Buddhist tradition where she has also done extensive retreat practice under the guidance of Pema Chodron, who is her main teacher. See also www.leliacalder.com

Room 355 • 7:15–8:30 pm • Limit 15

TUESDAY EVENING WINE TASTING

12. WINES OF THE VENETO AND NORTHEASTERN ITALY

1 wk (10/21) • Tuition: \$30

Explore with us the wines of the fertile countryside around Venice. Wines like Prosecco, Amarone, Valpolicella, and Pinot Grigio have a long history on American wine shelves. Come and taste these as well as others like Bardolino, Lugana.

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.

13. WINES OF TUSCANY

1 wk (11/18) • Tuition: \$30

Enjoy Chianti, Brunello, Vino Nobile de Montepulciano, as well as unique dry whites and dessert wine. In the 1970s Tuscans began using non-Italian grapes to create a popular new style. Taste this as well.

Instructor: See #12

Both wine classes meet from 7:30–9:30 pm at Hobbs Coffee House at 1 Park Ave., Swarthmore. • Limit 32 per class.

THURSDAY NIGHT • Classes start October 2 (unless otherwise indicated)

14. NEW! SOUPS FOR ALL SEASONS

2 wks (10/9–10/16) • Tuition: \$68

Learn several easy recipes and techniques for making soups you’ll be proud to serve at any gathering. Explore delightful flavors from different continents.

Instructor: Marty Spiegel is Swarthmore Town Center Coordinator and an accomplished amateur cook.

Room 349 • 7:30–9 pm • Limit 12

15. NEW! WINE 101: I HEARD IT THROUGH THE GRAPEVINE

4 wks (10/16–11/6) • Tuition: \$20

Learn basic grape varieties, key wine producing regions, how to serve and store wine, and how to select a wine in a retail store and in a restaurant. This is a class about wine, not a wine-tasting class.

Instructor: Nicole Lorentz has worked in the wine industry for 10 years. She holds certificates from the Wine and Spirits Educational Trust and an intermediate certificate from the Court of Master Sommeliers.

Room 308 • 7:15–8:15 pm

17. NEW! THE ART OF CALLIGRAPHY

6 wks (10/9–11/13) • Tuition: \$36; materials extra

Try the art of calligraphy! Even if you know something about calligraphy, you will learn more in this class. NOTE: Materials are extra and cost about \$12. You will receive a list of the supplies to bring

Instructor: Grace Heslin attended the Philadelphia Art Institute and Neumann U. She has taught art and calligraphy for over 23 years.

Room 306 • 7-8:30 pm • Limit 20

18. NEW! PATRIOTS IN PETTICOATS AND FOUNDING FATHERS UNVARNISHED

2 wks (10/2–10/9) • Tuition: \$18

Learn the role and status of women in the Revolutionary Era and the vital roles Deborah Simpson, Mary Hart, and Sybil Ludington played. Discover much about the early lives of George Washington, Alexander Hamilton, Benjamin Franklin, and Thomas Jefferson. Find out their relationships with their parents, their wives, and others.

Instructor: Donald Applestein is a retired lawyer, a docent at the National Constitution Center, and a lecturer in Early American History.

Room 308 • 7:30–9 pm

19. CHANGING FACES OF THE NEWS

4 wks (10/16–11/6) • Tuition: \$30

How do we get “fair and balanced” news coverage? Join an accomplished journalist to discuss “mainstream” media, talk radio hosts, and cable news pundits. Examine the impact of social media.

Instructor: Joe Biscontini was a reporter and editor for the now-defunct *Philadelphia Evening and Sunday Bulletin* and later, a public relations executive in higher education. He has a BA in Journalism from Penn State and an MA in Communications from Syracuse U.

Room 302 • 7–8:30 pm

TUESDAY EVENING BEER TASTING

11. CRAFT BEER TASTING

1 wk (10/14) • Tuition \$25

Come 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*.

Class held at PINOCCHIO’S BEER GARDEN TO GO, 131 East Baltimore Pike, Media, PA • 7:30–9 pm • Limit 30

21. DIGITAL PHOTOGRAPHY II

5 wks (10/2–10/30) • Tuition: \$42

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

Instructor: See #6.

Room 310 • 7–9 pm • Limit 12

22. BRIDGE FOR EVERYONE

8 wks • Tuition: \$35

Learn 21st Century Bridge bidding and the latest Bridge conventions. Discover how to play hands and how to play defense. Meet new and interesting people while playing a great game.

Instructor: John Pino is an American Contract Bridge League “Life Master” and has also earned the title “Grand Master” in the Worldwide Bridge Federation. He is an accredited Bridge teacher.

Room 312 • 6:30–7:30 pm

23. NEW! PLAY BRIDGE

8 wks • Tuition: \$67

For all players! Start each class with a mini lesson on an important element of play in Bridge. Follow up with a duplicate Bridge game in a “real play” environment.

Instructor: See #22

Room 312 • 7:30–9:30 pm

24. GUITAR

8 wks • Tuition: \$32

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

Room 304 • 7:30–8:30 pm • Limit 12

25. WOODCARVING

8 wks • Tuition: \$63

Carve a variety of caricatures including Santa Clauses and cowboys. Bring your own hand tools—required. Feel free to bring works in progress. Please indicate on the registration if you have any experience.

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

Room: SHHS Shop • 7:30–9 pm • Limit 10

26. MASTER GARDENING TECHNIQUES

3 wks (10/2–10/16) • Tuition: \$27

1) Success with Herbs: Learn helpful tips about growing, harvesting, and incorporating herbs in your landscape and in your cooking. 2) Bulbs in your Landscape: Flowering bulbs for multi-season blooms. Learn the correct techniques for planting. 3) Winterizing Your Garden: Learn tips to protect and ready your shrubs, turf, and perennials.

Instructor: Holly Thorpe and Joe Daniel are Penn State certified Master Gardeners.

Room 313 • 7–8:30 pm

27. KITCHEN PLANNING 101

3 wks (10/16–10/30) • Tuition: \$36

Empower yourself to tackle the most important room in your house. Learn the basics of good kitchen design and layout including how to assess your space and compare materials.

Instructor: Dan Meza, AIA, is an architect with over 15 yrs. experience in commercial, institutional, and residential design and construction.

Room 315 • 7–9 pm • Limit 15

MONDAY NIGHT SPORTS FUN FITNESS • Classes start September 29

29. CARDIO KICKBOXING**

8 wks • Tuition \$44

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. She is currently group exercise instructor, personal trainer and belly dance instructor at Ridley Sports Club.

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

** Wear comfortable clothing and bring a mat

30. ZUMBA® FITNESS

8 wks • Tuition: \$44

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.

Instructor: See #28 (on front cover)

Cafeteria • 6:30–7:30 pm • Limit 25

31. PILATES MAT: LEVEL I**

8 wks • Tuition \$44

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; sequencing the body to avoid overuse of any one muscle group; and breathing properly.

Instructor: Maureen Fleagle has been a practicing physical therapist for over 30 years. She is presently employed by Main Line Health System at Lankenau Outpatient Rehabilitation Center in Wynnewood.

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

THURSDAY NIGHT SPORTS FUN FITNESS • Classes start October 2

34. NEW! FENCING FOR FITNESS

8 wks • Tuition: \$44

Fascinated by fencing and swordplay you have seen in films, on TV and on the stage? Join this class to become more physically fit using fencing training. Discover how fencing moves work to tighten muscles but avoid large build-up in muscle size.

Instructor: Milos Vasic was the National Coach of the Serbian Fencing Federation and is now an assistant fencing coach at the University of Pennsylvania.

Cafeteria • 8–9 pm • Limit 30

35. TOTAL BODY SCULPT

8 wks • Tuition: \$44

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 #29

Cafeteria • 6:40–7:40 pm • Limit 25

36. LINE DANCING

8 wks • Tuition: \$44

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

Instructor: Pepper Walling has been teaching country line and couples dancing since 1994. For the past 13 years she has taught weekly at the Wilmington Elks Lodge.

2nd Floor Hallway • 7:30–8:30 pm • Limit 25

32. PILATES MAT: LEVEL II**

8 wks • Tuition \$44

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 incorporates movement beyond the fundamentals to enhance core strength, increase flexibility, and strengthen the student’s practice.

Instructor: See #23

4th Floor Hallway • 7:40–8:40 pm • Limit 25

**A *cushioned* Pilates mat is highly recommended for both courses.

33. CO-ED RECREATIONAL VOLLEYBALL

8 wks • Tuition \$48

Get into shape this fall by playing volleyball! Learn the fundamentals of 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 U. of the Arts.

SHHS Gym • 7:30–9 pm • Limit 30

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.

37. RED HOT DANCE FITNESS

8 wks • Tuition \$44

Are you ready to learn the hottest dance moves while dancing to the hottest music? Beginners build confidence with easy to follow dance moves set to your favorite songs, while the advanced dancer is challenged as more difficult choreography is layered in. You’ll be addicted to this invigorating, exhilarating, liberating, and calorie burning dance party from the first beat.

Instructor: Heather Fili has loved to dance ever since she was a kid. She 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

38. HATHA YOGA**

6 wks (10/9–11/13) • Tuition: \$33

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.

Instructor: Heather Dyas-Fried is a certified Kripalu Yoga teacher. She has a BA in Theatre Arts and has been working as an actor/activist since 1990.

4th Floor Hallway • 7–8 pm • Limit 20

**Bring a sticky mat.