

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

38. EXPLORING MEDITATION

8 wks (10/5–11/23) • Tuition: \$51 (includes \$2 materials)
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. This course is for anyone interested in regular practice of meditation. Both old and new students are welcome.

Instructor: Lelia Calder's 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

Mon. 10:30–11:45 am • Limit 15

39. NEW! THE GREATEST ENTERTAINERS OF THE 20TH CENTURY

8 wks (10/5–11/23) • Tuition: \$50 (includes \$1 materials)
Who were they or what is it that made them great? We will explore the lives of popular performers such as Judy Garland, Al Jolson, Ethel Merman, Jimmy Durante, Julie Andrews, Louis Armstrong and many more through their recordings and stories.

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 40

40. NEW! A PERSONAL EXPLORATION OF LIFE AND DEATH

2 wks (10/13–10/20) • Tuition: \$12
The subject of death and dying, although an inevitable part of the cycle of life, is a topic of fear and dread for most of us. When given the opportunity to share and explore these thoughts and fears with other people, those topics are illuminated and become more comfortable to discuss. The instructor will lead a surprisingly enlivening dialog that will leave students with an experience of peace and freedom.

Instructor: Laura Matika is an Assistant Energy Healer and an End-of-Life Coach. She believes that this work is her life's calling. Tues. 1–2 pm • Limit 20

41. GENTLE YOGA

8 wks (10/6–11/24) • 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, PA • Tues. 9:30–10:30 am • Limit 35

42. MAH JONGG: BEGINNERS

5 wks (10/27–11/24) • Tuition: \$41
This ancient Chinese tile game involves skill, concentration, and luck. Learn the rules of the game and winning strategies—then play! You can purchase from the instructor the 2015 Mah Jongg card needed for play for \$9.

Instructor: Leah Feigenbaum has been playing Mah Jongg for over 40 years and has taught over 600 students to play the game.

She is a high level tournament player and has taught Mah Jongg on the Main Line, in Cheltenham, and in Plymouth-Whitemarsh. See www.mahjonggmentor.com

Tues. 1–3 pm • Limit 16

43. MAH JONGG: STRATEGY/ SUPERVISED PLAY

3 wks (12/1–12/15) • Tuition: \$37
This course is perfect for those desiring to hone their skills by learning strategy and for those seeking other compatible players. You can purchase from the instructor the 2015 Mah Jongg card for \$9.

Instructor: Leah Feigenbaum has been playing Mah Jongg for over 40 years and has taught over 600 students to play the game. She is a high level tournament player and has taught Mah Jongg on the Main Line, in Cheltenham, and in Plymouth-Whitemarsh. See www.mahjonggmentor.com

Tues. 1–3 pm • Limit 16

44. GET FIT WHERE YOU SIT! CHAIR YOGA

6 wks (10/7–11/18—no class 11/4) • Tuition: \$34
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 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.

Wed. 10–11 am • Limit 15

45. INTRODUCTION TO THE IPHONE AND IPAD: JUST THE BASICS, PLEASE

2 wks (10/14–10/21) • Tuition: \$19
Join this class for a hands-on exploration of the basics of using your Apple iPhone or iPad. If you just got your device or have had it for a while but only use it for one or two things, this is the class for you.

Instructor: Dan Snyder is an enthusiastic, self-taught user of iPhones and iPads. He remembers how enjoyable it is to get comfortable using these gadgets. He has used computers for work and fun since the 1980s.

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

46. INTERMEDIATE IPHONE AND IPAD: WHAT ELSE CAN THESE THINGS DO FOR ME?

3 wks (10/28–11/18—no class 11/4) • Tuition: \$28
If you are familiar with the basics of using your Apple iPhone or iPad, do you want to 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

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

47. TRIP TO HAWK MOUNTAIN

1 wk (10/1) • Tuition: \$32
Join an enthusiastic group of birders at Hawk Mountain in Kempton, PA identifying hawks as they migrate in great numbers south through the mountain gaps. Participants provide own transportation, although carpooling available. BYO binoculars.

Instructor: Laura Matika has extensive experience in several different habitats. She loves sharing her passion and knowledge of how to identify birds by both sight and song.

Thursday 10/1 from 8:00 am–4:00 pm • Limit 14

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

48. BEGINNING BIRDING 3 wks (10/15–10/29) • Tuition: \$28**

Learn to use binoculars and the field guide to identify different species of birds. Practice and develop your skills in 4 different habitats while learning to identify 20+ birds by sight and by song.

Instructor: Laura Matika has been birding since age 7. She has a BS in Biology from Purdue U and has worked in two nature centers including as director of the Summer Nature Program at Pocono Lake Preserve.

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

Thurs., 7:30–9 am • Limit 18

49. NEW! THE CIVIL WAR

6 wks (10/1–11/12—no class 11/5) • Tuition: \$37
The year 1865 witnessed the final campaigns of the Civil War and the assassination of President Abraham Lincoln. The culminating year of the war would witness triumph and tragedy and the beginning of the long struggle to reconcile North and South and race relations in the United States.

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

Thurs., 1–2:30 pm

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.

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 2015 • CLASSES BEGIN OCTOBER 1 AND 5, 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 _____

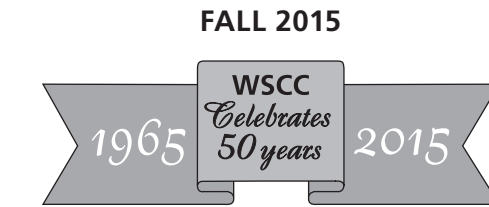
Email _____ Phone _____

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.wscclasses.org • 610-566-5786
See back page to register by mail. Fall classes begin October 1 and 5, unless otherwise noted.

NEW CLASSES Monday NIGHT

1. NEW! HISTORY OF ROCK EXPANDED—A RADIO POINT OF VIEW

4 wks (10/5–10/26) • Tuition: \$31
Come join the popular radio host of *Harvey in the Morning* as he takes you through the evolution of Rock n' Roll. Start with the pre-rock music of the 1930s and 1940s, which leads up to the period 1955–64 when bands like the Beatles began to define the genre. After a look at the impact of the British Invasion of 1964–67, the course examines musicians such as Jimi Hendrix and the Woodstock experience. Throughout the course Harvey peppers the lessons with his own stories.

Instructor: John Harvey has 35 years' experience in TV and radio, 22 years as the radio host of *Harvey in the Morning*. He is the owner/engineer of Barndance Productions.

Room 308 • 7–8:30 pm • Limit 30

11. NEW! LISTENING SKILLS

2 wks (10/26–11/2) • Tuition: \$25
Listening is a skill that is a cornerstone in successful professional and personal relationships. It is also a gift to the person being heard and a great benefit to the listener. But in our super-busy distraction-filled world listening is increasingly difficult to do. Learn to build your listening skills using a combination of lecture, exercises, experiential activities, and take-away practices.

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

Room 315 • 7–9 pm

NEW CLASSES Thursday NIGHT

20. NEW! SONGWRITING: WRITE FROM THE HEART

6 wks (10/15–11/19) Tuition: \$25
This writing course explores combining words and music to create songs. Topics include contrasting songwriting with other creative writing, song ideas, rhyme and meter and song structures. Musical knowledge or proficiency is not required.

Instructor: Jack Scott has written over 200 songs, many recorded by local artists. He sings, plays banjo and guitar and records with two bands.

Room 308 • 7:00–8:00 pm

19. NEW! A TASTE OF THE MEDITERRANEAN

4 wks (10/8–10/29) • Tuition: \$66 (includes \$25 materials)
The cultures that make up the Mediterranean region have produced some of the world's most popular dishes. We will take a culinary tour of the cuisine of the Mediterranean, including Italy, Spain, Greece, and Morocco, exploring the wide variety of tastes, flavors and aromas that make this area such a culinary delight. Come cook and taste!

Instructor: Marty Spiegel has been manager of the Swarthmore Farmers' Market and has taught several cooking courses for WSCC.

Room 349 • 7–9 pm • Limit 10

MORE NEW CLASSES CAN BE FOUND THROUGHOUT THE CATALOG.

FOR MORE INFORMATION ABOUT WSCC CLASSES, CALL 610-566-5786, OR EMAIL: WSCCLASSES@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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MONDAY NIGHT • Classes start October 5 (unless otherwise indicated)

2. NEW! COLLECTING AFFORDABLE ANTIQUES

3 wks (11/9–11/23) • Tuition: \$40 (includes \$3 materials fee)

Many decorative objects, mainly from the 19th and early 20th centuries, are affordable. Find out what to collect while learning about styles, materials, and makers of American antiques from 1830–1910. A show and tell session featuring some of the Instructor’s collectibles will wrap up the course.

Instructor: Bob Brooke is an avid antiques collector who specializes in writing about antiques. His articles have appeared in publications including *British Heritage*, *AntiqueWeek*, *American Antiquities*, *Southeastern Antiquing* and *Collecting Magazine*. He has published two books: *How to Start Your Own Antiques Business in Your Home* and *Recognizing and Refinishing Antiques for Pleasure and Profit*.

Room 310 • 7–9 pm • Limit 12

3. NEW! HOW TO BREAK UP WITH SUGAR

3 wks (10/12–10/26) • Tuition: \$38 (includes \$10 materials fee)

Are you tired of sugar controlling your life? Learn about the consequences sugar consumption can have on your health and why craving sugar is not your fault. After a demonstration on how to make healthy treats from natural ingredients, develop a plan to change your eating habits.

Instructor: Janna Hasbrouck is a certified holistic health counselor with a background in professional cooking. She is certified with the American Association of Drugless Practitioners (AADP).

Room 349 • 7:00–8:30 pm • Limit 30

4. NEW! CREATING SPACE FOR BEAUTY AND SIMPLICITY FOR THE HOLIDAYS

1 wk (11/23) • Tuition: \$9

Learn how to create a simple and beautiful holiday with a natural flare, including tips on foraging right in your own neighborhood to create décor that reflects originality in your home for the holidays.

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

Room 308 • 7:00–8:30 pm • Limit 20

5. NEW! INTRODUCTION TO ZENTANGLE

2 wks (10/19–10/26) • Tuition: \$30 (includes \$5 materials)

Zentangle is an easy to learn method of creating beautiful works of art by drawing structural patterns. The beauty of Zentangle is that anyone can be successful regardless of age or skill level. In Zentangle workshops students learn about the principles of Zentangle and are introduced to patterns in an easy step by step fashion.

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

Room 13 • 6:30–8:30 pm • Limit 20

6. CREATING STAINED GLASS

8 wks (10/5–11/23) • 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 • 7–9 pm • Limit 14

7. DIGITAL PHOTOGRAPHY I

5 wks (10/5–11/2) • 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. For the last decade he has explored digital photography with many cameras. He’s anchor for Temple’s digital photo program in Ft. Washington.

Room 310 • 7–9 pm • Limit 12

8. NEW! ORIGAMI

8 wks (10/5–11/23) • Tuition: \$59 (includes \$10 materials fee)

Learn the techniques of the ancient art of paper folding and turn a flat piece of paper into a beautiful work of art. Practice making different forms including animals, flowers and containers to produce both decorative and useful pieces.

Instructor: Jesse Crew holds a BS in Education/Art. She is the Recreation Director at Riddle Hospital and has won various awards for her creations.

Room 304 • 7:00–8:30 pm

9. ITALIAN FOR BEGINNERS

8 wks (10/5–11/23) • Tuition: \$49

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 15

10. ITALIAN CONVERSATION—ADVANCED

8 wks (10/5–11/23) • Tuition: \$33

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 #9

Room 306 • 8–9 pm • Limit 15

12. BRIDGE FOR EVERYONE

8 wks (10/5–11/23) • Tuition: \$69 (includes \$3 materials fee)

If you are a new Bridge player or a former player, this course is for you. Learn 21st Century Bridge bidding and the latest Bridge conventions. Discover how to play hands and how to play defense. Enjoy the stimulation and the opportunity to 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 and an American Contract Bridge Director.

Room 312 • 6:30–8:30 pm

THURSDAY NIGHT • Classes start October 1 (unless otherwise indicated)

16. LAW FOR THE LAYPERSON

7 wks (10/8–11/19) • Tuition: \$58

Learn about different aspects of the law from legal experts in our community. John M. Gallagher will lead the first class on Constitutional Law. Subsequent topics include: Criminal and Juvenile Law; Wills, Trusts, Real Estate, Tax Assessment; Contracts and Consumerism; Personal Injury, Torts, Employment and Insurance Law; Divorce, Separation and Cohabitation; and A Critical View of the Legal System.

Instructor: John M. Gallagher, Esquire, is a graduate of St. Joseph’s College and Temple University School of Law. He has been practicing in Delaware County since 1969.

Room 311 • 7–9 pm

17. NEW! CREATIVE WRITING WORKSHOP*

5 wks (10/1–11/5 no class 10/29) • Tuition: \$41

This course will present the fundamentals of story design including plot, structure, voice and character development It is designed for writers of both fiction and non-fiction in any genre. Students will study short works of prose to illustrate touchstones of effective writing. * Students must bring a notebook or journal.

Instructor: Erin Entrada Kelly has published more than 30 short stories and essays. She is a 2-time Pushcart Prize nominee. Her novel *Blackbird Fly* was released by Harper Collins in March 2015. She studied at the Vermont College of Fine Arts Writers’ Workshop and worked as a journalist and magazine editor.

Room 306 • 6:30–8:30 pm • Limit 12

18. INTRODUCTION TO FAMILY GENEALOGY

4 wks (10/15–11/12—no class 10/29) Tuition: \$44 (includes \$3 materials)

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 and 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 • 7–9 pm • Limit 12

21. BRIDGE PLAYING INTERMEDIATE/ADVANCED

8 wks (10/1–11/19) Tuition: \$69 (includes \$3 materials)

Learn latest Bridge conventions in a friendly environment with friends and neighbors. The class will include learning and the play of the hand as well as good defense strategies. Class will include a “duplicate” bridge game in a real play environment.

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 and an American Contract Bridge Director.

Room 312 • 6:30–8:30 pm

22. GUITAR

8 wks (10/1–11/19) • Tuition: \$33

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. He has written many compositions and arrangements for solo guitar.

Room 304 • 7:30–8:30 pm • Limit 12

23. WOODCARVING

8 wks (10/1–11/19) • Tuition: \$59 (includes \$10 materials)

Come carve with us! We’ll be carving 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 are a beginner or 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 • 7:30–9:00 pm • Limit 10

24. NEW! LET’S TALK SOUP

1 wk (11/5) • Tuition: \$17 (includes \$5 materials)

Come learn just how fast and easy it can be to get steaming bowls of comfort on the table without even following a recipe! In this class we will be making and tasting soup together.

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.

Room 349 • 7–9 pm • Limit 15 **25. NEW! UNDERSTANDING MR. JEFFERSON**

1 wk (10/15) • Tuition: \$9

He wrote equality, yet he owned slaves. When he was governor and president he had power but did nothing about slavery. He called for small government yet doubled the size of the country. How do we understand Jefferson?

Instructor: Donald Applestein is a retired lawyer. He is a docent at the National Constitution Center and a lecturer on early American History.

Room 315 • 7:30–9 pm

TUESDAY EVENING WINE TASTING

14. WINES OF THE SOUTHERN HEMISPHERE

1 wk (10/13) • Tuition: \$30 (includes \$15 materials)

Join us as we explore some of the best wines and *terroirs* of the Southern Hemisphere. Terroir is the French term for all the physical and climactic elements that are unique to the wine growing areas. We hope to show the subtle differences that distinguish them from counterparts elsewhere in the world. Wines from Chile, Argentina, Australia, New Zealand, and South Africa among others will be served.

15. WINES OF SPAIN

1 wk (11/3) • Tuition: \$30 (includes \$15 materials)

Traditionally the wines of Spain were best known mostly within its borders. Spanish winemakers are seeking to revive forgotten varietals and seeking new terrain for growing wine grapes. With this approach, value wines are being kept in the mix along with the increasing quality and prices of traditional better-known products. We will cover traditional regions like Rioja, Ribero del Duero, Rias Baixas and Priorat and will try to find new offerings in the value price/high quality category as well.

Instructors for both courses: 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.

Both courses are located at Hobbs Coffee House, 1 Park Ave., Swarthmore. • 7:30–9:30 pm • Limit 32

MONDAY NIGHT SPORTS FUN FITNESS • Classes start October 5

26. RESISTANCE TRAINING**

8 wks (10/5–11/23) • Tuition: \$45; materials extra

Tone your muscles with the aid of resistance bands. Adjust the difficulty of your exercise according to your fitness and comfort levels.

Instructor: Mary Kingston has Body Works training with LA Fitness International. She is also a Certified Fitness Trainer with ISSA.

Cafeteria • 7:35–8:35 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.**

27. CARDIO KICKBOXING**

8 wks (10/5–11/23) • Tuition: \$45

Improve your strength, cardio fitness and flexibility using martial arts and boxing techniques. Learn easy-to-follow combinations.

Instructor: Bridget Pothier is certified in personal training, group exercise and yoga.

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

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

TUESDAY EVENING BEER TASTING

13. BELGIAN BEER TASTING

1 wk (11/10) • Tuition: \$25 (includes \$15 materials)

Experience the history and flavors of Belgium. Explore dark Trappist beers, golden ales, spontaneously-fermented lambics, and more. Sample both Belgian classics and American versions.

Instructor: Daniel Shaw has worked in 3 craft breweries including 5 years as manager of Pinocchio’s Beer Garden To Go, 2011 *Best of Philly Best Beer Shop*. He is a certified Pennsylvania Cicerone (a Cicerone is similar to a sommelier for beer).

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

THURSDAY NIGHT SPORTS FUN FITNESS • Classes start October 1 (unless otherwise indicated)

32. TOTAL BODY SCULPT

8 wks (10/1–11/19) • Tuition: \$45

Persons of all ages and fitness levels will discover how to sculpt and tone their entire body. Please bring a mat and hand towel.

Instructor: See #27

Cafeteria • 6:40–7:40 pm • Limit 25

33. COUNTRY LINE DANCING

8 wks (10/1–11/19) • 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 21 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 • 7:30–8:30 pm • Limit 25

34. RED HOT DANCE FITNESS

8 wks (10/1–11/19) • Tuition: \$45

DANCE, SWEAT, and BURN CALORIES! The instructor teaches to multiple levels and abilities. This class is for anyone who loves to dance—any size, any age, any background.

Instructor: Heather Fili is a Red Hot Dance Fitness Elite Team Member, RHDF Gold Certified Instructor, and RHDF Gold Certified Barre Instructor.

Room—2nd Floor Hallway • 6:30–7:25 pm • Limit 25

35. HATHA YOGA**

6 wks (10/8–11/12) • Tuition: \$34

Gain strength and flexibility while learning to relax your body and mind in these therapeutic poses and also through deep breathing

28. ZUMBA® FITNESS

8 wks (10/5–11/23) • Tuition: \$45

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: Mary Kingston has 30 years dance experience, 20 in fitness. She is licensed to teach several of the Zumba® formats.

Cafeteria • 6:30–7:30 pm • Limit 25

29. PILATES MAT: LEVEL I**

8 wks (10/5–11/23) • 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.

Instructor: Maureen Fleagle has been a practicing physical therapist for over 30 years. She attained her Pilates certification in 2005.

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

30. PILATES MAT: LEVEL II**

8 wks (10/5–11/23) • Tuition: \$45

If you have already taken the first level WSCC Pilates class or have had a beginner session of mat Pilates elsewhere, join this Level II class.

Instructor: See #29

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

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

31. CO-ED RECREATIONAL VOLLEYBALL

8 wks (10/5–11/23) • Tuition: \$54

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.

SHHS Gym • 7:30–9 pm • Limit 30

and meditation exercises. No previous yoga experience necessary.

Instructor: Heather Dyas-Fried is a certified Kripalu Yoga teacher.

4th Floor Hallway • 6:45–7:45 pm • Limit 20

****Bring a sticky mat.**

36. ASHTANGA-VINYASA YOGA**

8 wks (10/1–11/19) • Tuition: \$45

Do you love yoga but want to try a more challenging form? Join this class in which you will move through a set series of postures to increase flexibility and strengthen the body while experiencing a calming, meditative effect.

Instructor: Sherri Grande is a Registered Yoga Teacher of Ashtanga-Vinyasa and Santosha Restorative Yoga.

4th Floor Hallway • 7:50–8:50 pm

****Bring a yoga mat.**

37. NEW! OUTDOOR BOOTCAMP**

8 wks (10/1–11/19) • Tuition: \$45

Outdoor Bootcamp is an exercise class that mixes traditional calisthenics and body weight exercises with interval and strength training. During inclement weather class will be held indoors.

Instructor: Kyla Preto is a Certified Personal Trainer and Group Exercise Instructor with AAAI-ISMA.

Cafeteria • 7:45–8:45 pm • Limit 30

****Bring a yoga mat and a medium or heavy resistance band.**