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

36. EXPLORING MEDITATION

8 wks (3/2) • Tuition: \$43 (includes \$1 materials)

Meditation 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. 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.

Mon. 10:30-11:45 am • Limit 15

37. NEW! THE BEST OF THE "BIG FIVE"

8 wks (starts 3/9) • Tuition: \$50 (includes \$1 materials

Thinking "Big Five" college basketball? No, we're talking the Philadelphia Orchestra—one of America's top five orchestras. Examine our city's cultural ambassador abroad. Study its 114 year history, listen to the conductors, soloists, and players that propelled it to the top of America's elite five orchestras.

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

38. NEW! WEATHER WIZARDS 101

6 wks (3/9-4/20 no class 3/30) • Tuition: \$37

This is a very introductory course for would-be weather wizards designed to present a few critical topics that will help in understanding how the atmosphere works over both short and longer time scales.

Instructor: John Ousey taught meteorology at PSU Brandywine for over 30 years. He has a BS from LaSalle U., MA's from PSU and Drexel U., and a PhD from PSU.

Mon. 3–4:30 pm • *Limit 20*

39. GENTLE YOGA

8 wks (3/3-4/21) • Tuition: \$45 Gently warm up the body through subtle movements connected to breath, combined with Yin postures (seated), and relaxed asanas. 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 19086 • Tues. 9:30-10:30 am

40. NEW! MAH JONGG: BEGINNERS

4 wks (3/3-3/31) • Tuition: \$41

This ancient Chinese tile game involves skill, concentration, and luck. Learn the rules of the game and winning strategies in this class for new players and those needing a refresher course. You can purchase from the instructor the 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. See www.mahjonggmentor.com

Tues. 1–3 pm • Limit 16

41. NEW! MAH JONGG: STRATEGY/SUPERVISED PLAY

4 wks (4/7-4/28) • Tuition: \$41

If you have already taken the Mah Jongg Beginner course or have some prior experience playing the game, this course is for you! It 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: See #40

Tues. 1–3 pm • Limit 16

42. NEW! GET FIT WHERE YOU SIT! CHAIR YOGA

8 wks (3/4-4/22) • Tuition: \$45

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 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

43. NEW! PHILADELPHIA THEATER

5 wks (3/18-4/22 no class 4/1) • Tuition: \$81 (includes \$50 for tix to 3 plays; participants provide own transportation)

Join this class for an introduction to the vibrant theater scene in Philadelphia. Attend matinees of 3 intriguing Philadelphia theatrical productions: (1) a classic musical about early 20th Century America: *Ragtime* at Bristol Riverside Theater on Wed., Mar. 25 at 2 pm; (2) a new play about the futuristic prospects of androids and science by Thomas Gibbons: Uncanny Valley on Sun., Apr. 12 at 2 pm; (3) a modern take on *The Scarlet Letter* by Pulitzer Prize winner Suzan-Lori Parks: *In the Blood* on Sun., Apr. 19 at 2 pm at Theater Horizon. Discuss these plays with fellow theater buffs.

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

Swarthmore Borough Hall, Community Room, Wed., 1–2:30 pm

44. INTRODUCTION TO THE IPHONE AND IPAD: JUST THE BASICS, PLEASE 2 wks (3/25, 4/1) • Tuition: \$19

Join this class to learn the basics of using your Apple 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

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

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

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

3 wks (4/8-4/22) • Tuition: \$28

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 vou. See demonstrations of and practice using features like iCloud, photography, video, iTunes, and the ever-mysterious— Siri. Bring your questions and get answers!

Instructor: See #45

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

46. NEW! LAUGHTER YOGA**

8 wks (3/4-5/6 no class 3/30) • Tuition: \$45

Laughter Yoga is a unique concept, which includes self-induced laughter, relaxation techniques and yogic breathing. Forced laughter soon turns into real and contagious laughter—bringing joy and chasing depression. No previous yoga experience

Instructor: Alexa Drubay has studied Laughter Yoga in India with the movement's founder, Dr. Madan Kataria

Wed., 3-4 pm **Bring a yoga mat and water

47. BEGINNING BIRDING**

4 wks (starts 4/9-4/30) • Tuition: \$31.50 (includes \$.50 materials) Learn to use binoculars and the field guide to identify different species of birds. Practice and develop your skills by birding 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.

Thurs.. 7:30-9 am • Limit 18

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

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

BOARD OF DIRECTORS

Allen Becton Susan Larson Betty Becton Pat Morlok Peg Christensen Vicki Nees Priscilla Clement Phyllis Raymond Jill Cortazzo Lynn Meza, Registrar Jane Standish, Administrator Carol Fanconi

REGISTRATION

SPRING 2015 • CLASSES BEGIN MARCH 2 AND MARCH 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.
- 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):		

SPRING 2015



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SWARTHMORE

COMMUNITY

CLASSES

REGISTER ONLINE NOW TO SECURE YOUR SPOT IN CLASS • www.wscclasses.org • 610-566-5786 See back page to register by mail. Spring classes begin March 2 and March 5, unless otherwise noted.

NEW CLASS MONDAY NIGHT Class starts March 9

1. NEW! THE COMPLETE HISTORY OF ROCK—ABRIDGED

3 wks (3/9-3/23) • Tuition: \$28 Come join the popular radio host of *Harvey in the Morning* for an enjoyable trip back in time to the roots of rock

n'roll. Recall the music of the pre-rock era of the 1930s and 1940s. Feel again the excitement of the time when rock took off in popularity between 1955 and 1964. Remember its legendary stars. Finally, finish up with the 1964–67 era with the British Invasion and the Beatles.

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

NEW CLASS THURSDAY NIGHT Class starts April 9

16. NEW! BUILDING YOUR CONFLICT COMPETENCE

3 wks (4/9-4/23) • Tuition: \$28

Much as we seek peace, conflict is always with us. Learn to deal with conflict in your personal and professional life more competently by examining conflict concepts, conflict styles, listening skills and communication methods. Practice what you learn in class between sessions and build your conflict competence.

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

Room 306 • 7-8:30 pm

NEW CLASS TUESDAY NIGHT Class starts March 12

15. NEW! LAW FOR THE LAYMAN

6 wks (3/12-4/23 no class 4/2) • Tuition: \$49

Join this class for an exciting and rare opportunity to learn about different aspects of the law from legal experts in our community. John M. Gallagher, Media lawyer, who will lead the Mar. 12 class on Constitutional Law, oversees the whole course. Subsequent topics include: Criminal and Juvenile Law; Wills, Trusts, Real Estate, Tax Assessment; Personal Injury, Torts, Employment and Insurance Law; Divorce, Separation and Cohabitation; concluding with A Critical View of the Legal System.

Instructor: John M. Gallagher, a graduate of St. Joseph's College and Temple U. School of Law, has been practicing in Delaware Co. since 1969. He is past president of the Delaware County Bar Assoc.

Room 351 • 7–9 pm

NEW FITNESS CLASS MONDAY NIGHT Class starts March 2

24. NEW! BOOTCAMP** 8 wks (no class 3/30) • Tuition: \$45

Ready to get in great physical shape in 2015? Then join this exciting new high intensity interval training bootcamp which is a type of fitness training in which short, very high intensity intervals of activity alternate with longer, slower intervals of recovery. This bootcamp involves a 2:1 ratio—meaning recovery intervals are twice as long as work intervals.

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

2nd Floor Hallway • 7:45-8:45 pm • Limit 30 **Bring a yoga mat and a medium or heavy resistance band.

MORE NEW CLASSES CAN BE FOUND THROUGHOUT THE CATALOG.

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.

MONDAY NIGHT • Classes start March 2 (unless otherwise indicated)

2. NEW! SOULCOLLAGE®—YOUR STORY

6 wks (no class 3/30) • Tuition: \$61 (includes \$12 materials) Create a personal deck of collaged cards that will provide helpful insight to your life questions. With scissors and glue, and choosing from unique images, design cards that reflect your influences, your personality, and your guides. No prior artistic skill is necessary.

Instructor: Diane Scott is a trained SoulCollage® Facilitator who has led workshops in this wonderful, creative technique.

Room 351 • 7–9 pm • Limit 14

3. SMALL SCALE GARDENING 2 wks (4/6, 4/12) • Tuition: \$19

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. Now is the time to plant for Fall and prepare for Spring! This is a two-part class with the second part a garden tour at the instructor's house.

Instructor: Amy Johnson has 15 years experience in organic agriculture. She started Red Hill Farm, a 120 member CSA and is director of outreach for Hillside Farm. Amy lives in a small twin with a tiny backyard. She embraces the challenge of fitting in veggies, fruit, herbs, flowers, a living roof, chickens and a rabbit. Visit her at www.secondandedgemont.com

Room 308 • Mon. 4/6, 7–8:30 pm • Strath Haven High School Sun. 4/12, 1–2:00 pm • 121 Edgemont St., Media, PA

4. NEW! CREATING SPACE FOR BEAUTY AND SIMPLICITY IN THE HOME (4/20, 4/26) • Tuition: \$19

Come learn simple practices and ideas for creating cozy corners and vignettes. Discover how to incorporate the seasons into your décor and how to arrange both the beautiful and the useful in your home.

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

Room 308 • Mon. 4/20, 7–8:30 pm • Strath Haven High School Sun. 4/26, 1–2:30 pm • 121 Edgemont St. Media, PA Limit 20

5. CREATING STAINED GLASS

8 wks (no class 3/30) • Tuition: \$64 (materials extra)

Join an exciting class for lovers of stained glass—an art form that originated 1000 years ago. 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

6. DIGITAL PHOTOGRAPHY I

5 wks (no class 3/30) • 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

7. U CAN UKE—UKELELE 101 5 wks (no class 3/30) • Tuition: \$21 Learn the ukulele and a few songs to boot! Absorb the basics, from a simple understanding of the instrument to chord formation, strumming, and song selection. The focus is on a selected

list of songs, but you can select additional songs that challenge and excite you. Those with more experience can move beyond the basics. Each student must have a ukulele, and the instructor can advise you about selecting an instrument.

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 where to buy them.

Room 304 • 7:30-8:30 pm

8. ITALIAN FOR BEGINNERS 8 wks (no class 3/30) • 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

9. ITALIAN CONVERSATION— ADVANCED

8 wks (no class 3/30) • 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

10. NEW! BEGINNER SPANISH 8 wks (no class 3/30) • Tuition: \$49 (Book TBD purchased separately by student)

Have you always wanted to speak Spanish or do you know a little and want to speak it better? In this class, which focuses on conversation in an atmosphere of acceptance, you will gain confidence in your Spanish language skills.

Instructor: Elizabeth Bromley lived for 12 years in Costa Rica where she founded a language institute. She is an adjunct teacher of Spanish at Neumann University.

Room 312 • 7–8:30 pm

11. EXPLORING MEDITATION 8 wks

(no class 3/30) • Tuition \$43 (includes \$1 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. 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 experienced and novice students are welcome.

Instructor: Jacqui Merrell has studied and practiced meditation for more than 14 years, mostly in the Tibetan Buddhist

Room 355 • 7:15-8:30 pm • Limit 15

THURSDAY NIGHT • Classes start March 5 (unless otherwise indicated)

17. INTRODUCTION TO FAMILY GENEALOGY

4 wks (4/9-4/30) • Tuition: \$44 (includes \$3 materials)

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 20 years. He has lectured and taught courses in genealogy and 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

18. DIGITAL PHOTOGRAPHY II

4 wks (no class 4/2) • Tuition: \$44 (includes \$3 materials) If you have taken Digital Photography I and want to become even more expert at using your camera, this is the course for you. 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

19. BRIDGE FOR EVERYONE 8 wks (no class 4/2) • Tuition: \$33

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 • 6:30-7:30 pm

20. PLAY BRIDGE

8 wks (no class 4/2) • Tuition: \$66

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 #19

Room 312 • 7:30-9:30 pm

TUESDAY EVENING BEER TASTING

12. BELGIAN BEER TASTING

1 wk (3/24) • Tuition: \$25 (includes \$16 materials)

Come experience the history and flavors of the great beer nation of Belgium. Explore different styles including dark Trappist beers, elegant golden ales, complex, spontaneouslyfermented lambics, and more. Sample both iconic Belgian classics and innovative American versions of Belgian styles.

Instructor: Daniel Shaw has worked in 3 different craft breweries including 5 years as manager of Pinocchio's Beer Garden To Go, 2011 Best of Philly Best Beer Shop.

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

21. GUITAR

8 wks (no class 4/2) • 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

22. WOODCARVING

8 wks (no class 4/2) • 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 pm • Limit 10

23. KITCHEN PLANNING 101

3 wks (4/16-4/30) • Tuition: \$39 (includes \$2 materials)

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

TUESDAY EVENING WINE TASTING

13. THE MANY, MANY EXPRESSIONS OF SANGIOVESE

1 wk (3/10) • Tuition: \$30 (includes \$15 materials)

Chianti and Tuscany have been synonymous with Sangiovese for three centuries. Chianti was one of the first regions to be designated a fine wine region in the 1750s. Sangiovese, the main varietal in the Chianti formula, has many different mutations from the delicate floral aromas of Montefalco Rosso to the intensely dark and tanic wines of Brunello. Explore some of the more prominent varieties of this unique grape such as Morellino di Scansano, Vino Nobile de Montepulciano, Super-Tuscans, and others.

14. NAPA VALLEY

1 wk (4/7) • Tuition: \$30 (includes \$15 materials)

The Napa Valley is famous for starting the wine revolution in the US as well as having a tremendous impact on world wine culture through its modern wine making innovations. Explore the most famous AVA's (American Viticulture Areas) like Rutherford, Howell Mountain, and others to become familiar with each area's variety, richness, past glories, and future prospects.

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.

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

MONDAY NIGHT SPORTS FUN FITNESS • Classes start March 2

25. RESISTANCE TRAINING**

8 wks • (no class 3/30) • Tuition: \$45; 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. 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

26. CARDIO KICKBOXING** 8 wks (no class 3/30) • Tuition: \$45

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 an instructor at Ridley Sports Club.

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

** Wear comfortable clothing and bring a mat

27. ZUMBA® FITNESS 8 wks • (no class 3/30) • 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: See #25

Cafeteria • 6:30–7:30 pm • Limit 25

28. PILATES MAT: LEVEL I** 8 wks (no class 3/30) • Tuition: \$45 Focus on the fundamental principles of Pilates: controlling and concentrating for mind-body connection; working from the center (core); aligning the body with precision of movement; sequencing the body to avoid overuse of any one muscle group; and breathing.

Instructor: Maureen Fleagle has been a practicing physical therapist for over 30 years. She is presently employed by Main Line Health System. She attained her Pilates certification in 2005.

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

29. PILATES MAT: LEVEL II** 8 wks (no class 3/30) • Tuition: \$45 Have you already taken the first level Pilates class at WSCC or have you had a beginner session of mat Pilates elsewhere? Join this Level II class, which incorporates movement to enhance core strength, increase flexibility, and strengthen the student's practice.

Instructor: See #28

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

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

30. CO-ED RECREATIONAL VOLLEYBALL

8 wks (no class 3/30) • Tuition: \$49

Get into shape this fall by playing volleyball! Enjoy practicing 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 pm • Limit 20

THURSDAY NIGHT SPORTS FUN FITNESS • Classes start March 5

31. TOTAL BODY SCULPT 8 wks • (no class 4/2) • 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

Instructor: See #26

Cafeteria • 6:40 and 7:40 pm • Limit 25

32. LINE DANCING

8 wks (no class 4/2) • 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 been teaching country line and

couples dancing since 1994. For the past 13 years she has taught

options in this class. Please bring a mat and hand towel to class.

weekly at the Wilmington Elks Lodge. 2nd Floor Hallway • 7:30-8:30 pm • Limit 25

33. RED HOT DANCE FITNESS

8 wks • (no class 4/2) • Tuition: \$45

DANCE, SWEAT, and BURN CALORIES—all while feeling like Beyonce's backup dancer. Beginners through advanced dancers can all enjoy this class because 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

34. HATHA YOGA** 6 wks (3/5-4/16 no class 4/2) • Tuition: \$34 Gain strength and flexibility while learning to relax and surrender your body and mind in 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.

35. NEW! ASHTANGA-VINYASA YOGA**

Cafeteria • 7:45-8:45 pm **Bring a yoga mat.

8 wks (no class 4/2) • Tuition: \$45

Do you love yoga but want to try a more challenging form? You will move through a set series of postures to increase flexibility and strengthen the body while experiencing a calming, meditative effect. Postures can be modified for each level of physical wellness. Instructor: Sherri Grande is a Registered Yoga Teacher of Ashtanga-Vinyasa and Santosha Restorative Yoga. She is certified through Yoga Alliance and teaches yoga in Media and Wayne.

WSCC is a nonprofit corporation dedicated to providing lowcost 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.