

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

36. EXPLORING MEDITATION
8 wks (2/29–4/25) • 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. Explore sitting and walking meditations, listening, sensory awareness, working with emotions, opening the heart, contemplation, and inquiry. This course is for anyone interested in regular practice of meditation. Both old and new students are welcome.

INSTRUCTOR: Lelia Calder has studied and practiced many different kinds of meditation. Her training as a meditation instructor is in the Tibetan Buddhist tradition where she has done extensive retreat practice under the guidance of Pema Chodron, who is her main teacher. See also www.eliacalder.com

Monday • 10:30–11:45 am • Limit 20

37. NEW! THE GREATEST ENTERTAINERS OF THE 20TH CENTURY—PART II
8 wks (3/7–4/25) • Tuition: \$50 (includes \$1 materials)

In Part I we featured great entertainers including Al Jolson, Barbra Streisand, Judy Garland, Jimmy Durante, and more, discussing their lives and listening to wonderful compact discs. So who's left? Be ready for some great entertainment and several surprises!

INSTRUCTOR: Bruce Bogdanoff was a piano soloist with the Philadelphia Orchestra. He is a writer and editor of program notes for their student concerts and a founding member of the Rose Valley Chamber Ensemble.

Monday • 1–2:30 pm • Limit 40

38. A PERSONAL EXPLORATION OF LIFE AND DEATH—AN INTRODUCTION
2 wks (3/1–3/8) • 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, those topics are illuminated and become more comfortable to discuss. We will engage in an open dialog style contemplative discussion about life, death and dying—our thoughts, beliefs, fears, stories and questions. The instructor will lead an 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.
Tuesday • 11:15–12:15 pm • Limit 15

39. A PERSONAL EXPLORATION OF LIFE AND DEATH
5 wks (3/22–4/19) • Tuition: \$21

By popular demand—this is a continuation of the two-week course #38, to allow an opportunity for more in-depth exploration and discussion. The two-week course is not a prerequisite.

INSTRUCTOR: See #38

Tuesday • 11:15–12:15 pm • Limit 15

40. GENTLE YOGA 8 wks (3/1–4/19) • 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 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.

Fellowship Hall in Wallingford Presbyterian Church, 110 E. Brookhaven Rd., Wallingford • Tuesday • 9:30–10:30 am • Limit 35

41. NEW! “YOU WANNA DO WHAT?!”—THE 2016 ELECTION
4 wks (3/9–3/30) • Tuition: \$32 (includes \$1 materials)

With this exclamatory reaction from his mother, George W. Bush launched the controversial campaign that resulted in his election to the Presidency. This class will examine the process by which candidates aspire to this high calling, a process marked by drama, intrigue, subterfuge, comedy and emotion. In the words of Gore Vidal, will this process give “...the best man...” or woman?

INSTRUCTOR: Rich Monastra holds BA and MA degrees in American History and a BS in Economics. He taught in high schools and community colleges for over 40 years. He is a member of the National History Society, the National Council for Social Sciences, and the American Historical Associations.

Wednesday • 1–2:30 pm • Limit 25

42. GET FIT WHERE YOU SIT: CHAIR YOGA
6 wks (3/3–4/7) • Tuition: \$34

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

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

Thursday • 10–11 am • Limit 15

43. INTRODUCTION TO IPHONE AND IPAD: JUST THE BASICS, PLEASE
2 wks (3/30–4/6) • Tuition: \$39

Join this class for a hands-on exploration of the basics of using your Apple iPhone or iPad. If you just got your iPhone/iPad, or have had it for a while but only use it for one or two things, this is the class for you. We will cover the basics of using the devices' controls (buttons and touch screen) and of using apps (downloading, opening and closing, switching among apps, and deleting them). You'll also be given exercises so you can practice the things we did in class at home.

*The class is designed for devices using the current version of the operating system iOS 9.1 (although the previous version would also work). If you're not sure which version your device has, and/or need help updating it, contact the instructor by emailing your request for help to wscclasses@gmail.com at least one week before class starts.

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.

Wednesday • 1–2:30 pm • Limit 15

44. INTERMEDIATE IPHONE AND IPAD: WHAT ELSE CAN THESE THINGS DO FOR ME? 3 wks (4/13–4/27) • Tuition: \$28

If you are familiar with the basics of using your Apple iPhone or iPad's controls and some apps, and would now like to learn some of the more interesting things it can do for you, this is the class for you. You will get hands-on practice learning many features, including your device's camera, the various things iCloud can do for you, Apple Music, GPS/route finding and the ever mysterious Siri. Bring your questions and get answers! You'll also be given exercises so you can practice the things we do together in class at home.

(continues on next page)

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

*The class is designed for devices using the current version of the operating system iOS 9.1 (although the previous version would also work). If you're not sure which version your device has, and/or need help updating it, contact the instructor by emailing your request for help to wscclasses@gmail.com at least one week before class starts.

INSTRUCTOR: See #43

Wednesday • 1–2:30 pm • Limit 15

45. NEW! T'AI CHI CHIH 8 wks (3/1–4/19) • Tuition: \$45

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

INSTRUCTOR: April Leffler has a master's degree in clinical psychology, is a Reiki Master, an accredited T'ai Chi Chih instructor and a member of The Foundation for Shamanic Studies. Her website is: www.seek-peace.com.

Tuesday • 10–11 am • Limit 20

46. BEGINNING BIRDING 4 wks (4/14–5/5) • Tuition: \$31

Learn to use binoculars and the field guide to identify different species of birds. Practice and develop your skills by birding in four different habitats while learning to identify 20+ birds by sight and by song. If you have them, bring binoculars and a field guide to class.

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.

Thursday • 7:30–9 am • Limit 18

47. NEW! “THE SUPREMES”—THE COURT’S GREATEST HITS: LAST TERM AND THIS TERM
4 wks (3/31–4/21) • Tuition: \$34 (includes \$2.50 materials fees)

From same-sex marriage to the health care subsidies, from voting rights to cruel and unusual punishment, e.g., lethal injection, the Supreme Court has issued and is poised to issue additional major decisions. We will explore some of these decisions and their implications.

INSTRUCTOR: Carol Nackenoff holds a PhD from the University of Chicago and is the Richter Professor of Political Science at Swarthmore College. She has 25 years teaching American Constitutional Law, including the Swarthmore College honors seminar. She has published on constitutional issues in law journals.

Thursday • 1–2:30 pm • Limit 20

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.

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REGISTRATION

SPRING 2016 • CLASSES BEGIN FEBRUARY 29 AND MARCH 3, 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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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 February 29 and March 3, unless otherwise noted.

NEW CLASS MONDAY NIGHT
March 14

5) NEW! NATURALLY DYED EGGS
1 wk (3/14) • Tuition: \$17 (includes \$5 materials)

This hands-on workshop will introduce how common food items such as red cabbage, beets, onion skins, and coffee can be transformed into beautiful and colorful egg dyes. We will also experiment by making patterns with leaves and flowers to create a cynotype effect. Participants will each go home with six dyed eggs.

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 349 • 7–9 pm • Limit 15

NEW CLASS TUESDAY NIGHT
Classes start Feb. 29 • No class 3/22

8) NEW! ENJOY AND EXPLORE WATERCOLOR TECHNIQUES
6 wks (2/29–4/11) • Tuition: \$49 (\$15 materials fee extra to be paid to instructor)

An introduction to the many styles of watercolor: bold, free, with bright colors and large brushes. Fine and delicate with Chinese brush stroke. Learn, explore, and most of all enjoy!

INSTRUCTOR: Joanne Dozor has owned Firefly Gallery in Surf City, NJ for 13 years. She has sold many original watercolors through her own and other galleries in the Delaware Valley. Her teachers include Phil Bland, Domenic DiStefano, Jane Miluski, Nanette Noone, and Henry Martin.

Room: Art Room • 7–9 pm

NEW CLASS THURSDAY NIGHT • Class starts March 3
No class at SHHS on 3/24—WSSD Spring Break

20. NEW! BLUEGRASS JAM
8 wks (3/3–4/28) • Tuition: \$49

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

INSTRUCTOR: Michael Duffy graduated with honors from Indiana University of Pennsylvania with a degree in guitar and voice performance. He has taught in the classroom and given private lessons for more than 40 years. His personal study of the instrument has led him through classical, jazz, blues, folk, rock and more recently bluegrass styles. He has studied with David Grier, Kenny Smith, Mark Cosgrove, Wayne Henderson, Robin Kessinger and many more. Mike plays with the bluegrass band “Southwoods” and performs in music festivals throughout the tri-state area.

Room 302 • 7–8:30 pm • Limit 12

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 Feb. 29 • No Evening Classes at SHHS on 3/21—WSSD Spring Break

1. THE COMPLETE STORY OF ROCK—ABRIDGED

4 wks (3/7–4/4) • 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 an in-depth look at the British Invasion of 1964–67, examine musicians such as Jimi Hendrix and the Woodstock experience.

INSTRUCTOR: John Harvey has 35 years experience in TV and radio, with 22 years as the radio host of Harvey in the Morning.

Room 304 • 7–8:30 pm • Limit 30

2. CREATIVE WRITING WORKSHOP

6 wks (3/28–5/2) • Tuition: \$49

This course will present the fundamentals of story design. It is designed for writers of both fiction and non-fiction. Students will study short works of prose and will complete writing exercises for discussion. 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 debut novel *Blackbird Fly* was released by Harper Collins in March, 2015.

Room 315 • 6–8 pm • Limit 12

3. NEW! THE MAGIC OF GREEN SMOOTHIES

1 wk (3/14) • Tuition: \$14 (includes \$5 materials fee)

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

INSTRUCTOR: Janna Hasbrouck CHC, AADP—Private Coach. Owner of www.livingwithoutlimits.today.

Room 313 • 7–8:30 pm • Limit 30

4. SUGAR SMACKDOWN—HOW TO END CRAVINGS

1 wk (3/7) • Tuition: \$14 (includes \$5 materials fee)

Learn why craving sugar is not your fault and about the consequences to your health. We will develop a personal plan to so that you can easily and naturally make the best choices for your energy and health. Includes worksheet and samples of a healthy treat.

INSTRUCTOR: See #3

Room 349 • 7–8:30 pm • Limit 30

6. CREATING STAINED GLASS

8 wks (2/29–4/25) • Tuition: \$66 (materials extra)

Beginners 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. Connell 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 (3/7–4/11) • Tuition: \$44 (includes \$3 materials)

Get the basics on digital technology and start to compose great photos. Take numerous 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

9. INTRODUCTION TO ZENTANGLE

4 wks (3/28–4/18) • Tuition: \$49 (includes \$8 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 this Zentangle workshop students are introduced to patterns in an easy step by step fashion.

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

Room 313 • 6:30–8:30 pm • Limit 20

10. ITALIAN FOR BEGINNERS

8 wks (2/29–4/25) • Tuition: \$66

Learn 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

11) ITALIAN CONVERSATION—ADVANCED

8 wks (2/29–4/25) • Tuition: \$33

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

INSTRUCTOR: See #10

Room 306 • 8–9 pm • Limit 15

12. BEGINNER SPANISH

8 wks (2/29–4/25) • Tuition: \$36 (includes \$3 materials)

This class will focus on basic conversation, salutations, common terms, and phrases to help you get around in situations such as airports and restaurants. Learn about the difference between the language as spoken in Spain and as spoken in Latin America.

INSTRUCTOR: Isabel Dever is fluent in English, French, and the Mexican and Castilian dialects of Spanish. She taught after-school Spanish at local elementary schools and at Cabrini College. She currently teaches at at the French International School in Bala Cynwyd, LingoKids, Inc., and the Escuela de Español.

Room 308 • 7–8 pm

13. NEW! IS THERE A BOOMERANG IN YOUR EMPTY NEST? MANAGING INTER-GENERATIONAL CONFLICT UNDER ONE ROOF

2 wks (2/29–3/7) • Tuition: \$25

It’s hard on both parents and adult child when the child moves back home. All generations are invited to join this workshop to better understand the common emotional and economic factors that underpin these inter-generational conflicts and to develop skills and strategies to increase peace and well-being.

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

Room 315 • 7–9 pm

14. BRIDGE FOR EVERYONE

8 wks (2/29–4/25) • Tuition: \$69 (includes \$3 materials fee)

Learn 21st Century Bridge bidding and the latest Bridge conventions. Discover how to play hands and how to play defense. Enjoy the opportunity to meet new and interesting people.

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

Room 312 • 6:30–8:30 pm

THURSDAY NIGHT • Classes start March 3 • No Evening Classes at SHHS on 3/24—WSSD Spring Break

17. DIGITAL PHOTOGRAPHY II

4 wks (3/3–3/31) • 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 #7

Room 310 • 7–9 pm • Limit 12

18. NEW! AMERICAN SIGN LANGUAGE

8 wks (3/3–4/28) • Tuition: \$52 (includes \$3 materials)

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

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

Room 306 • 7–8:30 pm • Limit 15

19. INTRODUCTION TO FAMILY GENEALOGY

4 wks (4/7–4/28) • Tuition: \$44 (includes \$3 materials)

Learn the basics of family genealogy—the process of searching out your ancestors. 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 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 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 (3/3–4/28) • Tuition: \$69 (includes \$3 materials)

Learn latest Bridge conventions in a congenial 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: See #14

Room 312 • 6:30–8:30 pm

22. GUITAR

8 wks (3/3–4/28) • 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. NEW! SPRING SOUPS

1 wk (4/11) • Tuition: \$17 (includes \$5 materials)

If you think of soup as only a meal to have on a cold winter day, think again! A good soup is a great meal anytime of the year. Come learn just how fast and easy it can be to get a healthy meal on the table without even following a recipe! In this class we will focus on making and tasting soups using fresh spring greens and herbs.

INSTRUCTOR: Amy Johnson has almost 15 years’ experience in organic agriculture. She started Red Hill Farm, a 120 member CSA & 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 349 • 7–9 pm • Limit 15

24. NEW! PATRIOTS IN PETTICOATS

1 wk (3/3) • Tuition: \$9

Look at the vital role that the revolutionary women played in winning the war. Learn about Deborah Sampson, Mary Hart, and Abigail Adams.

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

15. OLD WORLD/NEW WORLD WINES

1 wk (3/29) • Tuition: \$45 (includes \$15 materials)

We will be looking at the shining stars of the old world, grape varieties from traditional European growing areas and comparing them to new world varieties of equal stature, seeing how they stack up against each other. As usual we will search out the best possible candidates and compare/contrast soils, growing areas, vineyard techniques and winemaking practices. The usual suspects of Cabernet Sauvignon, Chardonnay, Pinot Noir will be included as well as other great 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.

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

16. CALIFORNIA ROADS LESS TRAVELLED

1 wk (4/19) • Tuition: \$45 (includes \$15 materials)

This tasting offers California wines from areas less popular than Napa and Sonoma. These areas like the Central Coast/ Monterey, the El Dorado/Amador County region, Lodi and possibly even Southern California offer diverse wines of high quality that don’t get the credit they deserve. We think you will find them just as exciting and tasty as the Big Two.

INSTRUCTORS: See #15

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

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.

MONDAY NIGHT FITNESS • Classes start Feb. 29 • No Evening Classes at SHHS on 3/21—SHHS Spring Break

25. CARDIO KICKBOXING 8 wks (2/29–4/25) • Tuition: \$45
Bored with cardiovascular activities in the weight room? Try Cardio Kickboxing and improve your strength, cardio fitness and flexibility using martial arts and boxing techniques. Learn easy-to-follow combinations for a total body workout. Wear comfortable clothing and bring a mat.

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

2nd Floor Hallway • 6:40–7:40 pm

26. ZUMBA®FITNESS

8 wks (2/29–4/25) • Tuition: \$45

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

INSTRUCTOR: Mary Kingston has 30 years dance experience, 20 in fitness. After she discovered Zumba®4 years ago, she became licensed to teach several of the Zumba® formats.

Cafeteria • 6:30–7:30 pm • Limit 25

27. PILATES MAT: LEVEL I

8 wks (2/29–4/25) • Tuition: \$45

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

THURSDAY NIGHT FITNESS • Classes start March 3 • No Evening Classes at SHHS on 3/24—SHHS Spring Break

30. EXPLORING MEDITATION

8 wks (3/3–4/28) • Tuition \$44 (includes \$3 materials)

We’ll explore meditation practices rooted in the Buddhist tradition, including calm abiding (shamatha) and insight (vipashyana) techniques, as well as practices for opening the heart and working with the emotions and distractions of our daily lives. Students are asked to commit to a daily meditation practice for the duration of the course. Both experienced and new meditators are welcome.

INSTRUCTOR: Jacqui Merrell has studied and practiced meditation, primarily in the Tibetan Buddhist tradition, for more than 15 years.

Room 355 • 7:15–8:30 pm • Limit 12

31. TOTAL BODY SCULPT

8 wks (3/3–4-28) • Tuition: \$45

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

INSTRUCTOR: See #25

Cafeteria • 6:40–7:40 pm • Limit 25

32. COUNTRY LINE DANCING

8 wks (3/3–4/28) • 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 • 7–8 pm • Limit 25

and breathing properly which pulls it all together. A cushioned Pilates mat is highly recommended.

INSTRUCTOR: Maureen Fleagle has been a practicing physical therapist for over 30 years. She is presently employed by Main Line Health System and specializes in women’s health and lymphedema management. She attained her Pilates certification in 2005.

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

28. PILATES MAT: LEVEL II

8 wks (2/29–4/25) • Tuition: \$45

Have you already taken the first level Pilates class at WSCC or have you had a beginner session of mat Pilates elsewhere? If this describes you, join this Level II class, which will incorporate movement beyond the fundamentals to enhance core strength, increase flexibility, and strengthen the student’s practice. A cushioned Pilates mat is highly recommended.

INSTRUCTOR: See #27

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

29. CO-ED RECREATIONAL VOLLEYBALL

8 wks (2/29–4/25) • Tuition: \$68

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

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

SHHS Gym • 7:30–9 pm • Limit 30

33. HATHA YOGA

6 wks (3/3–4/14) • Tuition: \$34

Unwind with this gentle but challenging 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 as well. No previous yoga experience necessary. Bring a sticky mat.

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

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

34. ASHTANGA-VINYASA YOGA

8 wks (3/3–4/28) • Tuition: \$45

Try this more challenging form of yoga, in which you will increase flexibility and strengthen the body while experiencing a calming, meditative effect. Very physical postures can be modified to meet each student at their level of physical wellness. Bring a yoga mat.

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.

4th Floor Hallway • 8–9 pm

35. OUTDOOR BOOTCAMP

8 wks (3/3–4/28) • 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. Bring a yoga mat and a medium or heavy resistance band.

INSTRUCTOR: Kyla Preto is a Certified Personal Trainer and Group Exercise Instructor with AAAI-ISMA. She is currently a group exercise instructor at Ellis Athletic Center in Newtown Square.

Cafeteria • 7:45–8:45 pm • Limit 30