



Spring-Ford Area School District

Fall 2010

Community Education Program

Spring-Ford Area School District, 857 S. Lewis Rd., Royersford, PA 19468

The Spring-Ford Area School District Community Education program intends to educate and exhilarate since learning is a lifelong process that can enhance your career development, family relationships, and personal growth.

TRIP REFUND POLICY: No refunds for “No Shows” day of trip. Full refund will be issued if trip is cancelled. Cancellations 30 days in advance, will receive a refund minus \$5 administration fee as long as a seat replacement is found.

PICK-UP LOCATIONS: Exact bus pick-up locations & times will be determined (1) one week prior to trip and confirmed to all participants with a phone call.

Trips are being sponsored in conjunction with Limerick, Upper Providence, Lower Providence, Skippack & Worcester Townships Park and Recreation Departments.

FALL 2010 BUS TRIPS

WASHINGTON, DC - YOUR WAY OR OURS

Spend the day in the Nation’s Capital. We can get discount tickets to Washington’s newest Museum - the NEWSEUM. After a brief Orientation film, ride the elevator to level 6 for a breathtaking view of the U.S. Capital and the National Mall. Then, as you make your way down each level, be sure to see part of the Berlin Wall, a piece of fuselage from United Flight 93, the door from the Watergate office complex, President FDR’s famous 1933 Inaugural speech, live coverage of John Glenn’s first space flight and dramatic coverage of Hurricane Katrina. Kids of any age will enjoy playing a game at one of dozens of touch-screen stations. Try your hand as a photojournalist or reporter or test your knowledge of current events. Don’t miss the 4-D cinematic recounting of 3 aspiring American journalists or stay on the bus for a visit to the Abraham Lincoln, Korean and Vietnam Memorials, all very impressive and inspiring structures. Then meet the rest of the group for some free time at the Smithsonian before departing for home.

Cost: \$55
Saturday
(1 Day)

September 25
Depart appx. 7:00 a.m.
Depart from DC appx. 6:00 p.m.

NEW YORK CITY - ON YOUR OWN

Spend a day in NYC and leave the driving to us! Our luxury motor coach will drop off travelers in Times Square, near the Visitors’ Center where half price tickets are available to both On and Off-Broadway shows, or stop into the Visitors’ Center to book a ride on a double-decker bus for a tour of the city. Take advantage of this bargain price and design your own itinerary for a day in the Big Apple.

Cost: \$45
Saturday
(1 Day)

October 2
Depart appx. 8:00 a.m.
Depart from NYC appx. 6:00 p.m.

WICKED ON BROADWAY

Join us for a trip to NYC to see Wicked. See what happened before Dorothy’s house fell on the Wicked Witch. This show is amazing; you will NOT be disappointed! We have orchestra/first mezzanine seats for this production.

Cost: \$105
Wednesday
(1 Day)

October 27
Depart appx. 8:00 a.m.
Depart from NYC appx. 6:00 p.m.

LONGWOOD GARDENS & QVC

What better time to visit Longwood Gardens than during the holiday season with their wonderful holiday display. Your trip will include a full course sit-down luncheon at the Farmhouse restaurant, admission to Longwood Gardens and a guided tour of QVC studios.

Cost: \$83
Wednesday
(1 Day)

December 29
Depart appx. 9:30 a.m.
Depart Longwood appx. 5:30 p.m.

ON-CAMPUS LOCATIONS

- 9th Grade Center, 400 South Lewis Road, Royersford
- 8th Grade Center, 700 Washington St., Royersford
- 7th Grade Center, 833 S. Lewis Rd., Royersford
- Brooke Elementary, 339 N. Lewis Rd., Royersford
- Limerick Elementary, 81 Limerick Ctr. Rd., Royersford
- Senior High, 350 South Lewis Road, Royersford

DRIVER EDUCATION 30-HOUR THEORY (AGES 15 THRU 18)

Students will gain knowledge including day-to-day safe driving habits and techniques. Also covered, basic vehicle maintenance, insurance coverage, automobile financing, defensive driving and much more. Upon course completion, students may qualify for insurance discount certificate and possibly for senior license at age 17 ½.



Instructor will provide information for those interested in Behind-the-Wheel lessons.

Cost: \$160

Instructor: Sandra Hemmig, Blue Bell Driving School
Tuesday & Thursday September 14 to October 14
(10 sessions) 6:00 to 9:00 p.m.
Location: 9th Grade Center, Room 409

ARTS, CRAFTS & HOBBIES

INTERMEDIATE BRIDGE I

Intermediate Bridge with strong hands for newer players who want to advance their skills. We will use preset set cards that will show us how to get the most out of each hand. We will cover offense, defense as well as bidding and partner skills.

Cost: \$10

Instructor: Shirley Reddington, ACBL Life Master & Accredited Teacher
Wednesday September 15
(1 Session) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Faculty Lounge

INTERMEDIATE BRIDGE II

Intermediate Bridge strong hands will continue with Stayman, Gerber, and Blackwood conventions.

Cost: \$10

Instructor: Shirley Reddington, ACBL Life Master & Accredited Teacher
Wednesday October 6
(1 Session) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Faculty Lounge

INTERMEDIATE BRIDGE III

Intermediate Bridge for the unusual no trump convention. This convention is much too popular not to understand.

Cost: \$10

Instructor: Shirley Reddington, ACBL Life Master & Accredited Teacher
Wednesday October 20
(1 Session) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Faculty Lounge

For closing info due to inclement weather ...

- Tune to KYW and listen for **Number 308**. When Spring-Ford schools are closed, so are on-campus Community Education classes.
- Check the website at **www.spring-ford.net** and click on Special Message Alert Center.
- Call the Special Message Alert System at **610-705-6100**.
- For off-campus classes contact the location directly.

INTERMEDIATE BRIDGE IV

Intermediate Bridge for the Michael's cue bid. This is another very popular highly used convention. When you know what the opponents are doing, you can defend better so let's learn it well.

Cost: \$10

Instructor: Shirley Reddington, ACBL Life Master & Accredited Teacher

Wednesday November 3
(1 Session) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Faculty Lounge



CARDS, CARDS, CARDS!

Each week two new designs and/or techniques (and new products when available) will be introduced to create greeting cards for every occasion. The design formulas will be ones that will translate to any occasion for card giving. So whether Happy Holidays, Happy Anniversary and even children's cards, you'll have a unique design you can make in minutes. In addition, you will be making a sample book for future reference. Stamps and ink will be available for use, but students are welcome and encouraged to bring their favorite stamps and inks as well.

After the design and technique portion of each class, you will have ample time to create as many cards as you like with as many of the techniques as have been covered. Please bring to each class the following: paper trimmer, scissors, 12-inch ruler, favorite adhesive, pencil, and bone folder. Black ink and brown ink pad for stamping. (Other supplies might be requested during the course session). Also, please bring printed scrapbook paper scraps (at least 5 inches square) to be used as embellishments on your card creation (don't stress over colors or designs). **Kit fee of \$22 to be paid the first night to the instructor.**

Cost: \$70

Instructor: Mindy Horowitz

Tuesday October 19 to November 30
(6 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 305

THE DIGITAL DARKROOM - PHOTOSHOP ELEMENTS

As digital photography has redefined the way we take pictures, it has also changed the chemical darkroom to the computer to process those photos. To help clear some of the confusion, this course will address the new digital darkroom using one of the most popular graphic software applications on the market, Adobe Photoshop Elements. Learn the stages from digital file processing, to getting organized, to sharing photos with family and friends. This course will cover the basics of Photoshop Elements, from improving the looks of your photographs by using layers and adjustments to making fun projects such as photo books and greeting cards all on your home computer.

Cost: \$60

Instructor: Michael Fisher

Thursday December 2 to December 16
(3 sessions) 6:30 to 9:30 p.m.

Location: 8th Grade Center, Room 106

Enter rear of building, door #10

DIGITAL PHOTOGRAPHY

Digital photography has redefined photography in all aspects from the casual snapshot to National Geographic photography. To help eliminate the confusion of digital photography for the everyday person, this course will address equipment, composition and the digital darkroom. Whether you're buying a new camera or confused on how to use your own camera, there's plenty to learn. The course will provide an overview in digital photography and available software, picking the right camera, must-have accessories, tips and tricks of getting that right shot, and introduction to the digital darkroom.

Cost: \$40

Instructor: Michael Fisher

Thursday November 4 & November 11
(2 sessions) 6:30 to 9:30 p.m.

Location: 9th Grade Center, Room 112

FELTED KNIT TOTE

Great Beginner Project! Learn to knit a tote bag in the round on circular needles. You can make a small, medium or large tote with sturdy knitted handles. Learn how to sew it together and the felting technique. **Materials to bring the first night of class - 100% wool in worsted or bulky weights. In worsted you will need 650 yards (for small), 1030 yards (for medium), 1350 yards (for large), in bulky weight it is half the yardage required for worsted weight yarn. US size 13-24 inch circular needles and US size 11 straight needles.**

Teacher will contact students prior to class to discuss materials. Material fee of \$7 payable to instructor first night.

Cost: \$40

Instructor: Janet Kakareka

Wednesday October 13 to November 3
(No class 10/20)

(3 sessions) 6:30 to 8:30 p.m.

Location: 9th Grade Center, Room 204



IRIS FOLDING CARDS BY MILLIE

Iris folding is a technique that originated in Holland. Color coordinated strips of folded paper are taped into place over a pattern, creating a spiraling design that resembles the iris of the human eye. Originally, Dutch crafters would cut their strips from envelopes with patterned interiors, but now it is common to use lightweight papers including those used for origami to create iris folded designs. During each class you will create unique one of a kind cards. **Please bring 6" scissors, scotch tape & double stick tape to each class.**

Cost: \$25 per session

Instructor: Mildred Weigner

Location: 9th Grade Center, Room 410

SESSION I Autumn & Halloween Cards

Tuesday September 21 & September 28
(2 sessions) 6:30 to 8:30 p.m.

SESSION II Thanksgiving & Animal Cards

Tuesday October 19 & October 26
(2 sessions) 6:30 to 8:30 p.m.

SESSION III Holiday Cards

Tuesday November 16 & November 30
(2 sessions) 6:30 to 8:30 p.m.

JEWELRY MAKING

Students will learn to make the following: **Week 1** - Beaded Necklace using Beadalon or Soft Flex beading wire, 16 to 24 inches worth of beads (any kind of beads you want to use, but include about four 6mm size beads in your design if using beads 10mm or bigger), a clasp and two 2x2 crimp beads. **Beaded Bracelet** using Beadalon or Soft Flex beading wire, 6.5 to 8 inches worth of beads any size, but include four 6mm size beads if using 10mm size beads or bigger, a clasp and two 2x2 crimp beads. Note: not required, but you can add metal beads (spacers and bead caps, or Swarovski crystals) to your necklace and bracelet design. **Week 2** - You will make 2 pairs of earrings using four 3-inch 22G headpins (plated), about 10 beads varying in sizes (4mm, 6mm, or 8mm), four plated ear wires (any kind), and about 6 inches of 22G wire. **Week 3** - Wire worked bracelet using both 22G and 20G Silver or Gold Plated wire, about 8 to 10 beads any size, but preferably no larger than 10mm. **Week 4** - Wire worked necklace using both 22G and 20G Silver or Gold Plated wire, about 20 beads any size. **The following is a list of required materials for all 4 weeks: Enough beads for all projects (spacers, bead caps, and crystals are optional), 2x2mm Crimp Beads, 2 clasps, Beadalon (19 strand .010in) or Soft Flex fine beading wire, Bead board, Ten 3" plated head pins, Four plated ear wires (any kind), Pliers (cutters, flat nose, round nose, bent nose), 1 spool 22 Gauge Wire, (Silver or Gold Plated), 1 spool 20 Gauge Wire, (Silver or Gold Plated). Registered students will receive a 10% discount if materials are purchased at The Potomac Bead Company, Phoenixville.**

Cost: \$60

Instructor: Arlene Diaz

Monday October 25 to November 15
(4 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 410

KIMONO SWEATER

Learn to knit with no seams!! This is a great beginner project. You will learn to convert a sweater pattern, knit a versatile, easy fitting cardigan sweater with no seams. This sweater is knit from the bottom up learning the 3-needle bind off, gauge, correct measuring and fit, knitting with circular needles and pick-up stitches. **Supplies you will need the first night of class - 1200 -1600 yards of heavy worsted weight yarn to yield a gauge of 4 stitches to the inch. US size 8 or 9 needles that will yield the correct gauge. Circular needles are best. Teacher will contact students prior to class to discuss supplies further. Material fee of \$5 payable to instructor first night.**

Cost: \$60

Instructor: Janet Kakareka

Monday October 18, November 1, 15 & 29
(No class 10/25, 11/8 & 11/22)

(4 sessions) 6:30 to 8:30 p.m.

Location: 9th Grade Center, Room 204

LEARN CROCHET BASICS

Learn crochet basics including the chain, single crochet, double crochet, half double and treble stitches. Bring a size H, I or J crochet hook and medium (worsted) weight yarn to the first class.

Cost: \$25

Instructor: Janet Kakareka

Tuesday September 21 and September 28
(2 sessions) 6:30 to 8:30 p.m.

Location: 9th Grade Center, Room 204

LEARN TO KNIT

Learn the knitting basics including the cast on, knit and purl stitches, bind off, several stitch patterns including cables, and how to fix mistakes. Bring US size 8, 9 or 10 straight needles and medium worsted weight yarn in a light color to the first class. **Material fee of \$6 payable to instructor first night of class.**

Cost: \$40

Instructor: Janet Kakareka

Monday September 20 to October 11

(No class 10/4)

(3 sessions) 6:30 to 8:30 p.m.

Location: 9th Grade Center, Room 204

LEARN TO TEACH ARTS & CRAFTS

Do you want to learn ways to teach your children or grandchildren some new crafts but don't know how? No experience necessary for this easy arts & crafts class. Learn about all kinds of crafts that you can teach young children to express themselves. Have fun in a creative way! This class also shows you imaginative ways to recycle household items and helps you to give your child a sense of achievement. Some of the projects to choose from will include: decoupage, coffee can project, snow men, colorful pictures & greeting cards. **Material fee will range from \$1 to \$5 depending on the project, payable to instructor.**

Cost: \$10

Instructor: Debra Chiappetta

Wednesday December 8

(1 session) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 410

POTTERY: AN INTRODUCTION

This introductory class will cover the basics of hand-building and throwing pottery using the instructor's tools. There is a **material fee of \$75** for clay, glazes, firing and studio fee payable to the instructor the first night. The class is limited to 5 students, so there will be lots of individual attention.

PLEASE NOTE: The instructor will call students several days prior to the start of class with directions.

Cost: \$175

Instructor: Pauline Shniper

Wednesday September 15 to November 17

(10 sessions) 7:00 to 9:00 p.m.

Location: Off-Campus, Phoenixville

SPRING-FORD COMMUNITY EDUCATION

**will be closed for On-Campus evening classes
November 2, November 22, 23, 24 & 25.**

**No evening classes in the 9th Grade Center
September 29 due to Back to School Night.**

**No evening classes in the 10-12 Center
September 21 due to Back to School Night.**

**No evening classes in the 7th Grade Center (Flex
School) September 13, 14 & 16**

MUDSLINGERS

Clay is for everyone, no experience necessary for this class that is tailored to each individual. Participants will learn clay basics, advanced techniques, use the pottery wheel with a fool-proof 5-step process to pottery success! Class is focused on the needs and goals of each individual. We will be experimenting in different clays and firing techniques, Hand building, carving and throwing "from the hump", learning about how to make lids and trim "feet" in your bowls. Prepare to learn and enjoy the celebration of your life through creativity! **\$15 material fee payable to instructor first night.**

Cost: \$90

Instructor: Danielle Fisher, Chayote Gallery & Studio

Location: 9th Grade Center, Room 412

SESSION I

**Tuesday
(6 sessions)**

**September 14 to October 19
6:15 to 8:00 p.m.**

SESSION II (Different projects from Session I)

**Tuesday
(6 sessions)**

**October 26 to December 14
(No class 11/2 & 11/23)
6:15 to 8:00 p.m.**

SEWING - MEMORY/T-SHIRT QUILT

A memory/t-shirt quilt is a great way to repurpose sentimental clothing. Take your keepsake t-shirts or other clothes and transform them into a memory quilt. Bring a minimum of 12-16 t-shirts to cut up plus your own sewing machine. **Material fee of \$32 payable to instructor first night.**

Cost: \$55

Instructor: K. C. Agneta, The Diaper Bag Wrangler

Tuesday October 12 to October 26

(3 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 201 (enter door #7)

SILVERSMITHING & STONE SETTING, BEGINNER

Create jewelry designed from silver and other metals and inset stone. Learn the basic skills of sawing, filing, soldering, forging, and stone, bead and pearl setting. Develop at least four different pieces during class. Ongoing advanced students are welcome. **Material fee of \$25 payable to instructor first night.**

Cost: \$65

Instructor: Pat Halsey, Member, PA Guild of Craftsmen

Monday September 20 to October 25

(6 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 300

SILVERSMITHING & STONE SETTING, ADVANCED

Make something special as you continue creating jewelry and design settings. Learn bezel making for stone settings or prong settings, ring wire designing and advanced tooling & sterling sheet metal designing. At least two completed creations during class. **Material fee of \$25 payable to instructor first night. Basic silversmithing required.**

Cost: \$65

Instructor: Pat Halsey, Member, PA Guild of Craftsmen

Monday November 8 to December 20

(6 sessions) (No class 11/22)

7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 300

STAINED GLASS BEGINNER

Enter the beautiful world where color & light join to create amazing pieces of art. In this seven-week class you will learn all of the skills necessary to work in this medium. You will be able to choose one of three stained glass panels and glass to complete during this course. All panels are 10"x16". **Teacher will supply each student with a 28-piece time tested tool kit at the cost of \$185 due first night.**

Cost: \$95

Instructor: Melinda Pasquale

Thursday October 7 to November 18

(7 sessions)

7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 300

COLLEGE BOUND

COLLEGE FINANCIAL PLANNING

This workshop will approach college financial aid from the parents' perspective. You will be armed with as much information as possible to make informed fiscal decisions when preparing for and paying for the often overwhelming cost of a college education. This workshop picks up where typical financial aid nights leave off. It will be explained how to file for financial aid, how schools calculate award packages, including how much of a family's income and assets are factored in. Parents will be taught the financial aid process so you will be better-informed and better-prepared. Learn how state schools can end up costing more than private schools, and the importance of not focusing solely on a school's list price.

Cost: \$10 per session

Instructor: Pete DeWald, College Planning Center

Location: 9th Grade Center, Room 408

SESSION I

Tuesday

(1 session)

September 28

7:00 to 9:00 p.m.

SESSION II

Thursday

(1 session)

September 30

7:00 to 9:00 p.m.

SESSION III

Tuesday

(1 session)

November 30

7:00 to 9:00 p.m.

COMPUTERS

**REGISTRATIONS FOR ALL COMPUTER CLASSES
MUST BE RECEIVED 10 DAYS PRIOR TO THE START
DATE OF CLASS.**

INTERNET WORKSHOP

This three hour hands-on workshop will focus solely on using the Internet. You will learn about the navigation controls and how to move from one website to another. You will also learn how to search the Internet using several search engines (Ask, Google, Yahoo, etc.).

Cost: \$30/\$25 Gold Card

Instructor: Mike Nagel

Thursday

(1 session)

November 4

5:30 to 8:30 p.m.

Location: 9th Grade Center, Room 103

COMPUTERS FOR SENIORS

This course is designed for the beginning computer user. You will learn how to use a mouse and the keyboard, navigate around your computer using My Computer and My Documents, create text files, copy and paste files and data, surf and search the internet and the basics of email. Students without an email address will be provided one.

Cost: \$80

Instructor: Mike Nagel

Tuesday

(4 sessions)

September 14 to October 5

5:30 to 7:30 p.m.

Location: 9th Grade Center, Room 103

EMAIL WORKSHOP

This three hour hands-on workshop will focus solely on email. You will learn how to read and send emails; save drafts, create and save emails to folders; and download and send attachments. Students should already have a valid email address that they can access via the internet.

Cost: \$30/\$25 Gold Card

Instructor: Mike Nagel

Thursday

(1 session)

October 28

5:30 to 8:30 p.m.

Location: 9th Grade Center, Room 103

MICROSOFT EXCEL

Learn the basics of Excel by creating worksheets and workbooks. Learn how to create formulas and calculations. This course will show you how to navigate your way through Excel and create colorful and creative spreadsheets and charts, such as creating a family budget or for checkbook tracking. Pivot tables will be covered time permitting.

Cost: \$90/\$80 Gold Card

Instructor: Mike Nagel

Thursday

(5 sessions)

September 16 to October 14

5:30 to 7:30 p.m.

Location: 9th Grade Center, Room 103

MICROSOFT WORD

Microsoft Word is a word processing application and an essential tool for the creation of documents. Therefore, it is important to become familiar with the various facets of this software. In this course students will learn on the 2007 version of Word, starting with the basics; creating, formatting, saving, retrieving and printing documents, using the tool bars and setting tabs. We will then move on to the more advanced concepts such as columns, tables, headers and footers, creating table of contents and merge documents. Additional features will be included as determined by the needs of students and time permitting.

Cost: \$80/\$70 Gold Card

Instructor: Mike Nagel

Tuesday

(4 sessions)

October 19 to November 16

(No class 11/2)

5:30 to 7:30 p.m.

Location: 9th Grade Center, Room 103

DANCE

BALLROOM DANCING

See why dancing is the nation's #1 sport. Ballroom dancing is not limited to dancing to Big Band music; it is dancing to music from all the different eras right up to the music of today. This introductory course includes the basic movements and variations of the Fox Trot, Waltz, Jitterbug, and Tango. Don't let the next party or special occasion be uncomfortable for you. Learn to dance today and add more fun to your life. Partners recommended but not required.

Cost: \$30/\$25 Gold Card

Instructor: Paul Wilburn

Cut-A-Rug D.J. & Dance Enterprises Inc.

Tuesday November 9 to December 14

(No class 11/23)

(5 sessions) 8:00 to 9:00 p.m.

Location: 9th Grade Center, Cafeteria

BELLY DANCE FOR BEGINNERS

Regardless of your age, size or shape, gain confidence while gaining control of your body! This class is based on muscle isolations and skeletal movements as they relate to Middle Eastern Dance. String them all together and form strong fluid dance combinations! Intro to zils (finger cymbals) if time permits.

Cost: \$70

Instructor: Mira, Eastern PA Middle Eastern Dance Club

Monday

September 13 to December 6

(No class 10/11, 11/22, 11/29)

(10 sessions) 6:30 to 7:30 p.m.

Location: 9th Grade Center, Room 116

COUNTRY WESTERN LINE DANCING

This is the course for people who like Country Western dancing but do not have a partner. The current popular line dances and some of the old favorites will be taught in this course. Dance requests will be taken on the first night of class. Join the fun and sign up today.

Cost: \$30/\$25 Gold Card

Instructor: Paul Wilburn

Cut-A-Rug D.J. & Dance Enterprises Inc.

Tuesday November 9 to December 14

(No class 11/23)

(5 sessions) 7:00 to 8:00 p.m.

Location: 9th Grade Center, Cafeteria

JITTERBUG/SWING

See why Jitterbug, also called Swing, has remained so popular through the years as you dance to songs like "Jailhouse Rock," "Rock Around The Clock," "Baby Come Back" –(Morse Code of Love Song), "Zoot Suit Riot" and more. Basics and variations will be taught and you'll see how easily these new, "old" dance steps can be adapted to the songs of today. Join the revival; Jitterbug is here to stay! Partners recommended but not required.

Cost: \$30/\$25 Gold Card

Instructor: Paul Wilburn

Cut-A-Rug D.J. & Dance Enterprises Inc.

Tuesday November 9 to December 14

(No class 11/23)

(5 sessions) 9:00 to 10:00 p.m.

Location: 9th Grade Center, Cafeteria

EXERCISE & SPORTS

AERO FLEX

Try this high-intensity, low-impact body workout set to fun, lively music. Includes a "Dancing with the Stars" segment to burn calories, strength, and toning exercises with light weights and resistance tubing. Mat work includes Pilates and yoga for a complete workout in one hour. For busy folks of any age. Please bring floor mat.

Instructor: Roxanne Felts, Aerobic Rhythmics

Location: Limerick Elementary, Cafeteria

SESSION I

**Monday & Wednesday
(16 sessions)**

Cost: \$69

**September 13 to November 3
6:30 to 7:30 p.m.**

SESSION II

Monday & Wednesday

(10 sessions)

Cost: \$44

**November 8 to December 15
(No class 11/22 & 11/24)**

6:30 to 7:30 p.m.

GOLF - ADULT (AGES 16+)

Par Breakers clinics cover the basic fundamentals of golf - full swing, pre-shot routine, chipping, putting, sand and golf course simulation. Taught by pros, our clinics are group instruction with some one-on-one instruction. The program consists of six one-hour classes given once a week for six weeks. These programs are great for beginners or golfers who are having problems with their swing and want to review the basics.

Cost: \$80

Instructor: Bernard Sheridan, Par Breakers Golf Academy

Location: 99 Broward Ave., Penn Bldg., Suite 2300, Oaks

SESSION I

**Wednesday
(6 sessions)**

**October 20 to November 24
7:00 to 8:00 p.m.**

SESSION II

**Wednesday
(6 sessions)**

**December 1 to January 5
7:00 to 8:00 p.m.**

INTRO TO PILATES

Pilates improves core strength and posture through specific, slow, controlled and safe exercise. This class tones and tightens the abdomen, buttocks, hips and thighs using the five principles taught by creator Josef Pilates and can be modified for any fitness level or for those with physical challenges. Please bring a mat and towel to class.

Cost: \$45

Instructor: Laurie Higgins, SCOTT PILATES®

Location: 9th Grade Center, Faculty Lounge

SESSION I

**Tuesday
(6 sessions)**

**September 14 to October 19
6:30 to 7:30 p.m.**

SESSION II

**Thursday
(6 sessions)**

**September 16 to October 21
6:30 to 7:30 p.m.**

SESSION III

Tuesday

(6 sessions)

**October 26 to December 14
(No class 11/2 & 11/23)
6:30 to 7:30 p.m.**

SESSION IV

Thursday

(6 sessions)

**October 28 to December 9
(No class 11/25)
6:30 to 7:30 p.m.**

JUMP INTO FITNESS/CARDIO PILATES

This class focuses on results of increased stamina, body toning and shaping. Using both the pilates reformer and the cardio jump board allows you to quickly develop the long, lean body with dramatic definition.

Cost: \$45

Instructor: Cheryl Mann, Certified Pilates Instructor & Certified Personal Trainer

Monday September 13 to October 4
(4 sessions) 3:30 to 4:30 p.m.

Location: Reality Pilates Reformer Studio,
241 Main St., Royersford

MEDITATION AND MINDFULNESS

Although it is hard to define either one of these words, this class will explore how meditation and mindfulness are practiced outside of religious traditions. Focuses will include direction of mental attention for states of relaxation and nonjudgmental present-centered awareness. For those of you who think you cannot sit still for two minutes, have racing minds, or trouble falling asleep, this class is for you.

Cost: \$65

Instructor: Dianna Ellis, Behavior Specialist, M.S.

Tuesday September 14 to October 19
(6 sessions) 7:00 to 7:45 p.m.

Location: Reality Pilates Reformer Studio
241 Main St., Royersford

PILATES POWER MAT

This class moves fairly quickly with exercises back-to-back. It requires concentration and mind-body awareness to effectively utilize the exercises for best results. By strengthening the core muscles of the body, lengthening and strengthening the skeletal muscles, and harnessing the power of the breath, your body will become leaner, stronger, more elastic, fluid in motion, and less prone to injury. Stott Pilates® is the biomechanical approach to improving core strength and posture through specific, SLOW, controlled exercises. Please bring your own mat, large towel and a bottle of water.

Cost: \$45

Instructor: Laurie Higgins, SCOTT PILATES®

Location: 9th Grade Center, Faculty Lounge

SESSION I

Tuesday September 14 to October 19
(6 sessions) 7:30 to 8:30 p.m.

SESSION II

Thursday September 16 to October 21
(6 sessions) 7:30 to 8:30

SESSION III

Tuesday October 26 to December 14
(6 sessions) (No class 11/2 & 11/23)
7:30 to 8:30 p.m.

SESSION IV

Thursday October 28 to December 9
(6 sessions) (No class 11/25)
7:30 to 8:30 p.m.

PILATES REFORMER AT REALITY

The Pilates method is a different approach to exercise that helps reshape the body without the no-pain, no-gain mentality. The reformer is a machine that allows you to use simple techniques for a strong, lithe, healthier body. Classes are 45 minutes and led by a certified Pilates instructor. We welcome seniors, individuals with knee and hip replacements, and those with scoliosis or back problems. If you are seeking athletic training or just want to quickly tone or reshape your body this is the place for you.

Cost: \$65/\$55 Gold Card

Instructor: Dianna Ellis, Certified Pilates Instructor

Location: Reality Pilates Reformer Studio
241 Main St., Royersford

(6 sessions)

You choose the start date and time for your six 45-minute classes.

Class Times

Monday & Thursday 9:00, 10:00 & 11:00 a.m.
4:30, 5:30, 6:30 p.m.

Tuesday & Wednesday 9:00, 10:00 & 11:00 a.m.
4:15, 5:00, 6:00, 7:00 p.m.

PILATES REFORMER FOR MEN

Men are usually reluctant to attempt Pilates or Pilates on the Reformer. This class is designed by a man who now enjoys the new found muscle development, reduced waist, pain-free lower back, and sense of flexibility that work on the Pilates Reformer can provide. Weights and Reformer movements are specific for men. The Reformer has been used by NFL players and those in their 80's seeking to have a healthier body.

Cost: \$65/\$55 Gold Card

Instructor: Kenneth Sheppard

Thursday September 16 to October 21
(6 sessions) 7:15 to 8:00 p.m.

Location: Reality Pilates Reformer Studio
241 Main St., Royersford

RESTORATIVE REFORMER

Seniors, do you have trouble tying your shoes, using steps, joint issues, foot or knee problems? This class uses the reformer to allow you to stretch, build strength, and improve gait, balance and posture. The focus is on muscles around joints and pain free movements. The movements are also weight bearing exercises.

Cost: \$45

Instructor: Nancy Louise, Corrective Medical Muscle Therapist

Wednesday September 15 to October 6
(4 sessions) 11:45 to 12:30 p.m.

Location: Reality Pilates Reformer Studio
241 Main St., Royersford

STRENGTH TRAINING AT HOME

Pressed for time? No gym membership? Come learn some easy-to-do-at-home exercises with little or no equipment. Every class will be a workout, and will teach you simple yet effective exercises to do on your own at home, too. A perfect complement to your existing walking/running program.

Cost: \$60

Instructor: Aimee Rodriguez

Tuesday October 5 to December 7
(8 sessions) (No class 11/2 & 11/23)

6:00 to 7:00 p.m.
Location: 7th Grade Center, Room C102 (Enter door #2)

**REGISTRATIONS MUST BE
RECEIVED 7 DAYS PRIOR TO THE
START DATE OF EACH CLASS,
UNLESS OTHERWISE INDICATED.**

TAI CHI

Learn the Yang style short form of Tai Chi. Tai Chi is a slow moving, meditative form based on martial arts. Because it is slow and gentle, it can be done throughout one's life. Benefits of Tai Chi include: increased flexibility, improved oxygen intake and circulation, improved cognitive function and focus, improved balance with increased core muscle and leg strength, and can help with weight loss. One to two Tai Chi positions will be taught each week along with general relaxation techniques.

Cost: \$100

Instructor: Tammy Rosebrook, White Eagle Martial Arts
Monday September 13 to November 15
(10 sessions) 6:00 to 7:00 p.m.
Location: 8th Grade Center, Cafeteria,
Enter rear of building, door #10

TAI CHI AT REALITY

Tai Chi is the practice of a soft, slow, solo routine in a complete natural range of motion to encourage circulation, retrain posture, maintain flexibility through joints, reduce the risk of falls, and promote a great sense of well-being. Baby-boomers very welcome!!

Cost: \$35

Instructor: Darrel Bryant, Certified Tai Chi Instructor
Monday September 13 to October 4
(4 sessions) 7:30 to 8:30 p.m.
Location: Reality Pilates Reformer Studio
241 Main St., Royersford

YOGA CONNECTION

Launch your body into a healthy lifestyle with the YogaFit program. This course is a complete body & mind workout. Appropriate for all ages and fitness levels, including beginners and those continuing their yoga practice. Benefits of this program include: increased flexibility, balance, strength, grace as well as maximum stress reduction. Please bring a yoga mat to class.

Instructor: Mary Kay Gvodas, Certified Yoga Fit
Instructor, Aerobic Rhythmics
Location: Brooke Elementary, Gym (enter door #2)

SESSION I Cost: \$58
Monday September 13 to November 1
(8 sessions) 6:15 to 7:30 p.m.

SESSION II Cost: \$36
Monday November 8 to December 13
(5 sessions) (No class 11/22)
6:15 to 7:30 p.m.

YOGA FOR DEEP RELAXATION

Learn gentle yoga postures and deep guided relaxation to release tension on the physical, mental and emotional levels. Based on the practice of Yoga Nidra (yogic sleep). All levels welcome. Please bring a yoga mat and blanket to class.

Cost: \$100

Instructor: Pamela Luton
Thursday September 16 to November 18
(10 sessions) 7:00 to 8:30 p.m.
Location: 9th Grade Center, Media Center

YOGA FOR ADULTS (CLASSICAL)

Classical Yoga emphasizes teaching the traditional and fundamental purpose of yoga; to quiet the mind. This course will focus on yoga postures, breathing exercises, strength building, and relaxation. Yoga helps reduce stress and stress-related problems, increases lung capacity and reduces discomfort due to nasal allergies, increases flexibility, and improves physical and mental well-being. Appropriate for beginners or existing yoga practitioners; not recommended for individuals seeking a vigorous or power yoga workout. Please bring a yoga mat to class. Register early as class has limited openings.

Cost: \$100

Instructor: Benita Mukerji, Certified Yoga Instructor
Wednesday September 15 to November 17
(10 sessions) 6:15 to 7:30 p.m.
Location: 8th Grade Center, Cafeteria,
Enter rear of building, door #10

ZUMBA AT REALITY

First, get your body warm, moving, and feeling the beat. Then, use those loosened hips, knees, and lower back to dance to light cardio moves. Non-dancers, those who are challenged with rhythm, and people wanting to laugh are very welcome.

Cost: \$65

Instructor: Nathan Dawley, Certified Dance Instructor
Wednesday September 15 to October 20
(6 sessions) 6:30 to 7:30 p.m.
Location: Reality Pilates Reformer Studio
241 Main St., Royersford

FINANCE & LEGAL

ABC'S OF ESTATE PLANNING

Protect your family and assets when you die or become disabled. Learn about wills, trusts, powers of attorney and living wills, federal estate and Pennsylvania inheritance taxes, recent tax changes, and techniques to reduce your liability and minimize probate costs. Bring your estate planning questions. Partner registers free of charge.

Cost: \$28

Instructor: Bonnie Ostrofsky, P. C.
Monday September 27
(1 session) 6:45 to 9:00 p.m.
Location: 9th Grade Center, Room 114

BANKRUPTCY

If you are buried in debt and have lost your job, suffered an injury, divorced or experienced some other event that has affected your ability to meet your monthly financial obligations, this course will help you to identify resources available to you and show you how to keep your head above water. Learn how to protect your assets and income at this one night seminar.

Cost: \$20/\$15 Gold Card

Instructor: James Monaghan, Solomon, Berschler,
Schatz & Monaghan
Wednesday September 22
(1 session) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 402

COMPLETE FINANCIAL MANAGEMENT

This workshop is a comprehensive course and provides an in-depth financial education. It covers the six areas of personal financial planning: risk management and insurance, cash management and use of credit, investments, tax planning, retirement planning, and estate conservation. There will be special emphasis placed on retirement planning, including Social Security, employer sponsored plans, the use of IRA's, and retirement income planning. This course is appropriate for pre and post retirees, as well as those who are just entering the workforce. There is a material fee of \$25 for a comprehensive workbook that helps reinforce topics covered in class. **This fee is payable to instructor the first night of class.**

Cost: \$65

Instructor: Richard Hand, CFP

Wednesday November 3 to November 17
(3 sessions) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 405

ECONOMICS OF DIVORCE

This class would introduce people to the basic laws in PA related to the economics of divorce: Who gets what? What is spousal support/alimony/child support? How are these decisions made? What is a marital asset? How can I protect myself if I am contemplating divorce?

Cost: \$10

Instructor: Jennifer J. Riley, Esq.

Wednesday September 22
(1 session) 6:30 to 8:30 p.m.
Location: 9th Grade Center, Room 114

DIVORCE, CUSTODY & CHILD SUPPORT

There is no "good time" to get a divorce. However, it is best if you are educated on the implications of your decisions before you make them. This course delves into all issues surrounding divorce, custody and child support including a discussion regarding the Pennsylvania Support Guidelines. Learn how to insure that you are making the best decisions regarding your loved ones and your finances.

Cost: \$20/\$15 Gold Card

Instructor: James Monaghan, Solomon, Berschler, Schatz & Monaghan

Tuesday September 28
(1 session) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 402

ELDER LAW

This class will help senior citizens learn more about their legal rights, as well as community resources available to assist them. Covered topics will include veterans' benefits, Medicare, Medicaid, powers of attorney, financial planning, and social security. You will also be introduced to various community and state resources designed to assist senior citizens in avoiding fraud and scams.

Cost: \$10

Instructor: Jennifer J. Riley, Esq.

Wednesday October 13
(1 session) 6:30 to 8:30 p.m.
Location: 9th Grade Center, Room 114

FAMILY LAW

For anyone contemplating or divorce, or presently going through a divorce, this class is designed to provide a basic introduction to your legal rights, and what to expect in terms of: financial considerations, support, equitable distribution, child custody, and child support. You will be introduced to your basic legal rights, as well as a guideline of the steps necessary to finalize divorce or custody proceedings.

Cost: \$10

Instructor: Jennifer J. Riley, Esq.

Wednesday October 27
(1 session) 6:30 to 8:30
Location: 9th Grade Center, Room 114

FINANCIAL PLANNING FOR MOMS

This is an interactive series of classes that examines the special concerns and needs of moms in particular, but women in general. It focuses on special financial planning concerns that are necessary as a result of having children, and as a result of being a woman. Individual sessions will concentrate on why planning now will help in the future in terms of making sure your children understand finances; and assuring that there are enough funds for college. In addition, we will examine why there are differences in how women invest, what special insurance needs they have, as well as how women's estate planning needs are different from men's. Week 1: Strong Women, Powerful Financial Planning Strategies and Women and Investing. Week 2: How to Finance a College Education and How to Raise Financially Aware Kids. Week 3: Insuring What Matters Most and Estate Planning for Women.

Cost: \$55

Instructor: Terence Kita, MBA, CFP, CDFA and Robert Gorman, CFP, CDFA

Tuesday October 5 to October 19
(3 sessions) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 114

HOW TO START & OPERATE A SMALL BUSINESS

The many things to consider in starting a business and keeping it running.

Cost: \$20

Instructor: Dave Prince & Bill Hoke, SCORE

Tuesday September 14
(1 session) 6:30 to 8:30 p.m.
Location: 9th Grade Center, Room 112

PRINCIPLES OF EFFICIENT INVESTING

Inefficient investing is like putting a horse in the Kentucky Derby with a 300 pound jockey. Increasing your portfolio efficiency can increase your investment returns without increasing your investment risk. Come and learn why your investment portfolio might not be as efficient as you think and how you can improve its efficiency without taking on more risk or changing your allocation.

Cost: \$20

Instructor: Joseph Bucara, CFP®

Tuesday September 28
(1 session) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 403

Once you register, remember to keep your brochure...you'll need it for class dates, times, and meet locations.

LEARN TO TRADE LIKE A PRO

Online Trading Academy will teach you the same proven principles and methods that Wall Street professionals use. This workshop focuses on capital preservation.

Cost: \$5

Instructor: Mike Kasza, Online Trading Company

Location: 9th Grade Center, Room 401

SESSION I

Tuesday **September 21**
(1 session) **7:00 to 9:00 p.m.**

SESSION II

Tuesday **October 5**
(1 session) **7:00 to 9:00 p.m.**

SESSION III

Tuesday **October 19**
(1 session) **7:00 to 9:00 p.m.**

SESSION IV

Tuesday **November 9**
(1 session) **7:00 to 9:00 p.m.**

RAISING FINANCIALLY RESPONSIBLE CHILDREN

Would you like to know how to teach children about the value and responsible use of money? If so, don't miss this seminar created by noted financial expert, television personality, and New York Times Best Selling Author, Neale S. Godfrey. During this program, you will discover age-appropriate ways to teach kids how to.....

- Earn and Appreciate their Allowance,
- Develop Good Savings and Investing Habits,
- Separate Wants and Needs,
- Become Disciplined Shoppers....and so much more.

Financial Responsibility: It could be the most valuable skill you ever teach your children.

Cost: \$20

Instructor: Nicolette Antell, New York Life Insurance Co.

Tuesday **October 12**
(1 session) **7:00 to 9:00 p.m.**

Location: 9th Grade Center, Room 402

ROTH IRA CONVERSION

This workshop explains all of the Roth IRA conversion strategies. In 2010, the Roth IRA law offers a one-time opportunity to pay the taxes over 2 years (2011 & 2012). Additionally, the law eliminates the \$100,000 adjusted gross income restrictions. Now, anyone is eligible to convert Traditional IRA assets to a Roth IRA.

Cost: \$20

Instructor: Richard Hand, CFP

Monday **September 27**
(1 session) **7:00 to 9:00 p.m.**

Location: 9th Grade Center, Room 405

TAX DEFERRED STRATEGIES FOR REAL ESTATE

This educational workshop will provide an overview of several tax-deferral strategies available to real property owners. We will provide an overview of 1031 exchanges and their many benefits as one option for tax deferral. We will also discuss the benefits of how structured sales can be used to defer taxes through the installment sale method.

Cost: \$10

Instructor: Susan Umstead, CES®

Certified Exchange Specialist

Wednesday **October 13**
(1 session) **6:30 to 8:30 p.m.**

Location: 9th Grade Center, Room 406

WORKERS COMPENSATION

If you are hurt on the job and cannot work, how are you going to pay your bills? Who will pay for medical care that you need? What if your employer refuses to pay your benefits? These and other questions will be answered at this one night seminar. Topics include eligibility, benefits, litigation, medical care, lump sum settlements and more. Learn your rights and obligations under Pennsylvania Law.

Cost: \$20/\$15 Gold Card

Thursday **September 23**
(1 session) **7:00 to 9:00 p.m.**

Location: 9th Grade Center, Room 402

FOOD

ARE YOU READY FOR A THROWDOWN?

Attention all Bobby Flay fans! Learn to cook some of the best recipes from his hit series "Throwdown." Dishes like Kentucky Hot Brown and Muffaletta are just some of the delicious recipes you'll make. **Bring a chef knife, a large skillet, a large soup pot, 2 large mixing bowls, 2 mixing spoons, tongs and a ladle. A \$15 food fee will be collected at the start of the class. Bring containers to take home samples.**

Cost: \$25

Instructor: Chef Deb Leotta

Tuesday **October 5**
(1 session) **6:30 to 9:30 p.m.**

Location: 9th Grade Center, Room 205

BASIC CAKE DECORATING

Learn some basic cake decorating skills. You will learn boarders, daisies, leaves, basket weave and writing. The second night you'll see a demonstration and get to decorate your own cake to take home. All you need to bring is yourself and something to drink. **Kit fee of \$38 payable to instructor first night.** Kit includes, all your tools, turntable, cake and icing.

Cost: \$38 plus kit fee

Instructor: BJ Amerine, Confetti Mountain Cookies

Thursday **November 4 & November 11**
(2 sessions) **6:30 to 8:00 p.m.**

Location: 9th Grade Center, Room 205

**Have a question??
Call the Community
Education office
610-705-6138**



CHOCOLATE TASTING

Chocolate has amazing complexities and levels of flavor. Come and experiment! We will sample a wide selection of high quality milk and dark chocolates. This tasting offers an opportunity to try and compare them side by side and to find out which ones you prefer. **Material fee of \$10 payable to instructor.**

Cost: \$10 plus material fee

Instructor: Connie Lawson, Sweet Ashley's Chocolate

Monday October 18
(1 session) 7:00 to 8:00 p.m.

Location: 9th Grade Center, Room 205

CHOCOLATE MAKING

Would you like to make your family and friends some great chocolate gifts for this upcoming Thanksgiving? Then this is the class for you! You will learn to make pretzel knots, rods, graham crackers, nut clusters, marshmallows and nonpareils. Your chocolate treats will be sent home in personalized candy boxes for you to give as a great gift or to keep for yourself.

Material fee of \$12 payable to instructor.

Cost: \$15

Instructor: Connie Lawson, Sweet Ashley's Chocolate

Wednesday November 3
(1 session) 7:00 to 8:30 p.m.

Location: 9th Grade Center, Room 205

FESTIVE FALL TEA

Relax at this autumn evening tea complete with fine linens, vintage china, and silver. We'll serve you and friends that you invite our homemade menu, which includes choice of tea, cold drink, warm cinnamon sticks, an assortment of tea sandwiches, warm scones with preserves and Welsh Cream and dessert. A brief history of tea called "Steeped in Tradition" will be given to educate guests. Please join us for an evening of pampering and relaxation.

Cost: \$28

Instructor: Kelly LeMarbe, Tea Celebrations

Thursday October 14
(1 session) 6:30 to 8:30 p.m.

Location: 9th Grade Center, Room 205

THE FLAVORS OF GREECE

Explore the exotic flavors of the Greek Isles in this class that features dishes like Spanakopita, Moussaka, and others. **Bring a chef knife, a large skillet, a large soup pot, 2 large mixing bowls, 2 mixing spoons, measuring cups and spoons, tongs and a ladle. A \$15 food fee will be collected at the start of the class. Bring containers to take home samples.**

Cost: \$25

Instructor: Chef Deb Leotta

Tuesday November 16
(1 session) 6:30 to 9:30 p.m.

Location: 9th Grade Center, Room 205

HOLIDAY JAMS & JELLIES

Learn to make special holiday treats, jams and jellies for friends and family. The class will involve hands-on activity. Each participant will leave with a product to keep or share. **Please bring an apron. Material fee of \$7 payable to instructor.**

Cost: \$20

Instructor: Mandel J. Smith

Wednesday December 15
(1 session) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 205

HOLIDAY GENERATIONS TEA

Enjoy a lovely evening with that special young lady in your life. We provide the service and clean-up as you enjoy a special tea featuring holiday linens and menu with vintage china and silver. We'll present our homemade menu including choice of tea, appetizer, soup, tea sandwiches, warm scones with preserves and Welsh Cream and dessert. A brief history of tea called "Steeped in Tradition" will be given. **Please advise the number of children and adults when registering.**

Cost: \$28

Instructor: Kelly LeMarbe, Tea Celebrations

Thursday December 16
(1 session) 6:30 to 8:30 p.m.

Location: 9th Grade Center, Room 205

KNIFE SKILLS

Learn how to properly use your chef knife and prep food like a professional chef. It will revolutionize the way you cook! **Bring a chef knife, a large soup pot, 2 large mixing bowls, 2 mixing spoons and a ladle. A \$15 food fee will be collected at the start of the class. Bring containers to take home samples.**

Cost: \$25

Instructor: Chef Deb Leotta

Thursday September 23
(1 session) 6:30 to 9:30 p.m.

Location: 9th Grade Center, Room 205

SOUPS & STEWS

Get ready to settle in for a long, cold winter with lots of new and hearty soup and stew recipes. **Bring a chef knife, a large soup pot, 2 large mixing bowls, 2 mixing spoons, measuring cups and spoons, tongs and a ladle. A \$15 food fee will be collected at the start of the class. Bring containers to take home samples.**

Cost: \$25

Instructor: Chef Deb Leotta

Monday December 6
(1 session) 6:30 to 9:30 p.m.

Location: 9th Grade Center, Room 205

HEALTH & WELLNESS

THE 1, 2, 3's OF VITAMINS A, B, C

With all the types of vitamins and supplements out there on the market, come learn the do's and don't's of vitamin supplementation. Learn what constitutes a good quality vitamin, the best time of day to take your vitamins/minerals to get the most "bang for your buck" and what vitamins you should really be taking. While the material is designed to answer the basic questions of vitamin supplementation, feel free to bring/ask more specific questions regarding your own health concerns.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Bill Keenan

Monday October 18
(1 session) 7:00 to 8:00 p.m.

Location: 9th Grade Center, Room 402

THE 3 DEVASTATING CAUSES OF POOR HEALTH

Do you know what they are? Do you subject yourself to them every day? Find out how to prevent or minimize the effects of these causes. Is it too late? See what you can do to get your life back and save your family.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Steve Fleisher

Wednesday September 15
(1 session) 7:00 to 8:00 p.m.
Location: 9th Grade Center, Room 407

THE 5 SECRETS OF PERMANENT WEIGHT LOSS

Do you have some weight you would like to lose and don't want to go to the gym? Don't want to try another fad diet? No gimmicks. It is easier than you think.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Steve Fleisher

Wednesday November 10
(1 session) 7:00 to 8:00 p.m.
Location: 9th Grade Center, Room 407

ARTHRITIS: PREVENTABLE, REVERSIBLE

Most of us believe that arthritis is a normal part of aging. Learn why it is not and how it can be stopped or avoided completely.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Bill Keenan

Monday September 27
(1 session) 7:00 to 8:00 p.m.
Location: 9th Grade Center, Room 402

BALANCING HORMONES NATURALLY

Are you estrogen dominant? Problems with your cycle? Infertility? The dreaded menopause and its symptoms have you hot & bothered? What's iodine have to do with it? Want balance back in your life? If you answered yes to any of the above, you need this class.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Steve Fleisher

Wednesday October 13
(1 session) 7:00 to 8:00 p.m.
Location: 9th Grade Center, Room 407

BALANCING YOUR ENERGY

Do you ever feel tired or "out of sorts" and don't know why? Perhaps your energy is "out of balance". In this interactive class, we will explore the body's energy (chakra) system through music, movement, Feng Shui and meditation to learn new ways to bring your mind, body and spirit back into balance. You'll leave the class feeling calm and relaxed, with a clear mind and new insight into your spiritual journey. So come and join the fun as we learn valuable tools to enhance your life. Bring a mat & water to class.

Cost: \$55

Instructor: Diane Radliff

Monday October 25 to November 15
(4 sessions) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 114

CARPAL TUNNEL SYNDROME (CTS)

Do you or someone you love suffer from pain, tingling, weakness of grip, loss of dexterity, stiffness, cramping, numbness, coldness, and burning in your hands? These are symptoms of carpal tunnel syndrome. Did you know that CTS is the number one reported problem at work, responsible for about 50% of all work-related injuries? Learn what you can do to relieve the pain, and get help without surgery.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Joseph Baker

Wednesday November 3
(1 session) 7:00 to 8:00 p.m.
Location: 9th Grade Center, Room 407

CHOLESTEROL: THE BIG FAT LIE

Learn the truth no one is telling you about your cholesterol. The facts are that high cholesterol does not cause heart disease. Most heart attacks occur in people with normal cholesterol levels. Heart disease remains the leading killer of men and women.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Bill Keenan

Monday December 6
(1 session) 7:00 to 8:00 p.m.
Location: 9th Grade Center, Room 402

5 WAYS TO BOOST YOUR IMMUNE SYSTEM

Do you always feel run down? Are you constantly going from one illness to another? Learn how to boost your immune system, protect yourself and get rid of colds faster by attending this workshop. This workshop will discuss five key ways you can fire up your immune system, and keep your body healthier throughout the year.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Joseph Baker

Wednesday October 6
(1 session) 7:00 to 8:00 p.m.
Location: 9th Grade Center, Room 407

HEADACHE: TRIGGERS & TREATMENTS

It is estimated that between 40 and 50 million Americans suffer from chronic or repeated headaches. Headaches may be the most common reason for missing work or school in this country. Learn what can cause or trigger a headache, and what you can do to relieve the pain.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Joseph Baker

Wednesday September 22
(1 session) 7:00 to 8:00 p.m.
Location: 9th Grade Center, Room 407

For closing info due to inclement weather...

- Tune to KYW and listen for Number 308. When Spring-Ford schools are closed, so are on-campus Community Education classes
- Check the website at www.spring-ford.net and click on Special Message Alert Center
- Call the Special Message Alert system at 610-705-6100
- For off-campus classes check that location directly

INCREASE YOUR ENERGY

Are you tired all of the time? When you wake in the morning, do you feel like a bus hit you? Would you like more energy to keep you going? If you answered yes to any of these questions, this workshop is for you! This workshop reveals the secrets of how to increase your energy and feel better every day.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Joseph Baker

Wednesday

November 17

(1 session)

7:00 to 8:00 p.m.

Location: 9th Grade Center, Room 407

PREVENTING & REVERSING TYPE II DIABETES

Are you at risk? Do you have Type II Diabetes already and you don't even know it? What are the warning signs? Find out how to prevent one of the fastest growing diseases in the US from happening to you and your loved ones.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Steve Fleisher

Wednesday

December 1

(1 session)

7:00 to 8:00 p.m.

Location: 9th Grade Center, Room 407

PREVENTING OSTEOPOROSIS

Dem Bones, Dem Bones...How solid are yours? How effective is your calcium supplement? Are tums really a good source of calcium? Are you doing things that actually cause osteoporosis? Do you know the truth?

Cost: \$10/\$5 Gold Card

Instructor: Dr. Steve Fleisher

Wednesday

October 27

(1 session)

7:00 to 8:00 p.m.

Location: 9th Grade Center, Room 407

REIKI I CERTIFICATION

Reiki (pronounced ray key) is Japanese and means "universal life energy". It is a gentle, but powerful light touch energy that activates the bodies own natural ability to heal itself, and reduce stress. Reiki is passed on from teacher to student by the process of an attunement, which opens the mind and body to receive the universal life force energy. In Reiki I, you will receive an attunement, learn the history of Reiki, the basic hand positions, ways to use Reiki in your daily life and you will give and receive a complete Reiki treatment. Please bring a mat and water to class. You will be a Reiki practitioner at the completion of this course and receive a certificate.

Cost: \$80

Instructor: Diane Radliff

Monday

October 11 & October 18

(2 sessions)

7:00 to 9:30 p.m.

Location: 9th Grade Center, Media Center

STRESS BUSTERS THAT PROMOTE BETTER HEALTH

We are living with 1,000 times more stress than people did 100 years ago. More than 90% of all stressors are not psychological; they are physical, chemical, and electromagnetic in nature. All stressors cause the same response in the body & mind--the fight or flight response. This response causes chronic muscle tension, digestive upsets and much more--learn simple things you can do to help relieve tension and stress in your body.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Joseph Baker

Wednesday

October 20

(1 session)

7:00 to 8:00 p.m.

Location: 9th Grade Center, Room 407

WHAT YOU SHOULD KNOW ABOUT LONG TERM CARE?

Review important issues, including: what Medicare/Medicaid/Health Insurance covers, tax deductions, the actual cost of care in our area, Nursing Homes vs. Assisted Living Facilities vs. Continuing Care Communities vs. Home Care. Remove the confusion from LTC insurance so you can understand and compare policies, features and pricing. Highly informative and NOT a sales pitch!

Cost: \$15

Instructor: Charles Klayman, C.S.A., C.L.T.C.

Thursday

September 30

(1 session)

7:00 to 9:15 p.m.

Location: 9th Grade Center, Room 114

HOME & GARDEN

CLUTTER BE GONE!

Are you overwhelmed looking at piles of clutter? Are you not sure how to arrange and store what you have? Learn how to get organized simply. There's no mention of complex filing systems or expensive cabinetry systems here, just practical ideas for having a clutter-free life. So take a deep, relaxing breath, and let's dig-in!

Cost: \$40

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Monday

October 4 & October 11

(2 sessions)

7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 403

CLUTTER FREE FOR LIFE

Remember how lovely the house used to look way-back-when? You can regain the uncluttered, orderly spaces again by learning clutter resistance techniques, smart space planning and efficient de-cluttering strategies. (Paper clutter will not be covered; see separate course offering.)

Cost: \$30/\$25 Gold Card

Instructor: Ann Pilkington, All In Place

Monday

October 18 & October 25

(2 sessions)

7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 111

CREDIT CARDS ACCEPTED!!



COLOR IN INTERIOR DESIGN

For those who wish to surround themselves with sumptuous color, this lively workshop helps you discover the unique color harmonies that saturate your home with life giving energies to nurture spiritually, emotionally and physically. Uncover your most uplifting personal palette using the artist's eye each of us possesses, creative visualization, energy from the Universe and traditional color study. Discover why white is in many cases the least favorable wall color option and loads of other color secrets! Interior design with a new age spin. **Textbook available from instructor first night for \$12.95.**

Cost: \$65

Instructor: Patricia Lebow

Tuesday September 14 to October 12
(5 sessions) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 407

CONQUERING PAPER CLUTTER

Are papers driving you wild? If you are spending time searching for misplaced papers that never had a good home to begin with, then this class is for you! You will learn simple systems for dealing with mail, receipts, recipes, coupons, files, miscellaneous papers and important documents. Learn how to use a tickler file, to-do book, and to set-up an efficient filing system and office in your home.



Cost: \$30/\$25 Gold Card

Instructor: Ann Pilkington, All In Place

Monday October 4 & October 11
(2 sessions) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 111

FRUGAL LIVING

This course covers conventional, as well as unconventional ways to live a more frugal life. This includes topics such as bargain hunting, couponing, the art of haggling, homemade remedies, travel tips and creative ways to recycle used items. Students will come away with tips that will help them to save money and live a more simple life. **Material fee of \$20 payable to instructor first night for Organized Couponing Kit.**

Cost: \$40

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Monday October 18 & October 25
(2 sessions) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 403

ORGANIZE YOUR CRAFT SPACE

Does the amount of craft supplies you own rival that of an A.C. Moore? Whether you're a scrapbooker, knitter, artist, cross-stitcher or other crafter, this class will give you some tips to get your supplies in order and ready for use.

Cost: \$20

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Monday November 1
(1 session) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 403

REDUCING THE HOLIDAY HUSTLE AND BUSTLE

Gifts, decorations, parties and dinners. There's a lot to do at the holidays and our goal for this class is to put together a project plan/task list with realistic deadlines that can help reduce the hustle, bustle and stress.

Cost: \$20

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Monday December 6
(1 session) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 403

ORGANIZE YOUR PHOTOS

It's time to dig-out your photos from the drawers and shoe boxes! This hands-on workshop will help students sort through their photos and preserve their memories for years to come. Students should come prepared with a stack or box of photos that need to be sorted. **\$35 material fee for Photo Sorting Box payable to instructor.**

Cost: \$20

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Monday September 20
(1 session) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 412

SELLING YOUR HOME YOURSELF - PROFESSIONAL SECRETS!

This class covers everything you need to know to sell your home yourself. Advertising, contracts, safety, home-staging and the art of negotiating are among the many subjects discussed. Books and material recommendations will be provided. This class will be a surprising and enjoyable experience. Bring a pen and paper to take notes.

Cost: \$70

Instructor: Aura Rose

Tuesday October 26 to December 14
(No class 11/2 & 11/23)
(6 sessions) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 405

SO MUCH TO DO, SO LITTLE TIME: MAKING EFFECTIVE USE OF TO-DO LISTS

We have all heard of using to-do lists as a time management tool, but using them is another thing. This class will look at ways to make practical to-do lists comprised of meaningful tasks that fit into your life goals.

Cost: \$20

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Monday December 6
(1 session) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 403

STAGING YOUR HOME TO SELL

In this power-point presentation you will see before and after pictures of homes, and enhancements you can make to various areas, oftentimes using what you already own.

Cost: \$30/\$25 Gold Card

Instructor: Ann Pilkington, All In Place

Monday November 29
(1 session) 6:30 to 9:00 p.m.
Location: 9th Grade Center, Room 205

KID'S PROGRAMS

SPEED CLEANING

In this fun course you will learn that by working with a system and knowing the proper and inexpensive tools to use, you can actually cut your house cleaning time in half – while doing a better job! We will take you step-by-step through each phase of your weekly cleaning, showing you the tricks of the cleaning trade! No matter how many years you've been cleaning, you'll be amazed at what you learn!

Cost: \$30/\$25 Gold Card

Instructor: Ann Pilkington, All In Place

Monday November 1 & November 8

(2 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 205

TAMING THE TECHNOLOGY TIGER

If your inbox is out of control and you can't find a file to save your life, this is the class for you. We'll cover topics such as managing email, organizing files and tools that can help you to work more efficiently.

Cost: \$20

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Monday November 8

(1 session) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 109

USING YOUR IPHONE PRODUCTIVITY TOOL

It slices, it dices, it keeps you connected and now it helps keep you organized! This workshop will help you set up your iPhone to be a productivity super-center. We'll cover free and inexpensive apps that can help you get the most out of your iPhone. **Note: Students are required to bring their iPhone with them to class and must have an active iTunes account set up in advance.**

Cost: \$20

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Monday November 29

(1 session) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 403

WHAT DO YOU MEAN THERE ARE ONLY 24 HOURS IN A DAY?

Life today is more fast-paced than ever. Most of us feel overwhelmed with packed calendars and tons of to-do items. This course will help you make the most of your precious time and tame the to-do list.

Cost: \$20

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Monday September 27

(1 session) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 403

BABYSITTING

This two-week course will prepare sitters age 11 and older for the challenge of baby-sitting. Instructor reviews techniques for childcare from birth to age six. The program addresses responsibility and play activities for each age group. The course focus also includes personal, home and child safety, accident prevention, CPR, and first-aid for emergency situations. The American Heart Association CPR Anytime program is included with this course. Students will learn CPR in the class and be able to take the kit home for their families who can then become trained in the comfort of their homes. Each CPR Anytime for Family and Friends kit contains a personal, inflatable mannequin – "Mini Anne," CPR Anytime Skills Practice DVD, an American Heart Association CPR for Family and Friends booklet and accessories for the program. **Please bring a bag lunch and drink to class.**

Cost: \$95

Instructor: Cathy Thompson, North Penn VNA

Saturday October 23 & October 30

(2 sessions) 9:00 a.m. to 1:30 p.m.

Location: 9th Grade Center, Room 111

DRAMA KIDS

This internationally acclaimed program includes drama and theater activities to develop speaking skills, social skills, and self-confidence in children from ages 5-12. Whether they are destined for the stage or the boardroom, this program can help put children on a path for lifelong success. Children learn to speak up clearly with confidence, and use their creativity in a fast-paced and FUN environment.

Cost: \$168

Instructor: Bill Algeo/Michela Bird

**Location: 9th Grade Center, 9/15 to 12/1 Cafeteria
12/8 & 12/15 Auditorium**

AGES 5-8

Wednesday

(12 sessions)

5:00 to 6:00 p.m.

September 15 to December 15

(No class 9/29 & 11/24)

AGES 9-12

Wednesday

(12 sessions)

6:00 to 7:00 p.m.

September 15 to December 15

(No class 9/29 & 11/24)

VEHICLES ENGINEERING™ AND BUILDING

Using very advanced LEGO® parts and pieces, this very exciting class has students building 13 different vehicles capped off with a final project. Some of these vehicles haven't even been invented in the "real" world, yet! Projects include Adjustable Crane, Bobcat, Flipper Car, Forklift, Inch-worm Car, Motor Cycle, Motorized Wheelchair, Rally Car, Riding Mower, Scissor Car, Space Cruiser, Steamroller & Submarine.

Cost: \$99

Instructor: All About Learning

Tuesday

(4 sessions)

October 5 to October 26

6:30 to 7:30 p.m.

Location: 9th Grade Center, Cafeteria

CHESS CLUB

Learn how to play chess from a Silver Knights chess coach! Coaches are highly-rated professional chess instructors. They have taught tens of thousands of children to play, including the 2008 national champions for first and second grade. Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skills. Students will have the opportunity to play in local, state and national tournaments. All chess supplies provided.

Cost: \$120

Instructor: Silver Knights Chess Coach

MUST INDICATE ON FORM METHOD OF PICK-UP .

Chess - Evans

Monday September 27 to December 6
(No class 11/22)

(10 sessions) 4:00 to 5:00 p.m.

Location: Evans Elementary, 125 Sunset Road, Limerick, Media Center

Chess - Spring City

Monday September 27 to December 6
(No class 11/22)

(10 sessions) 4:00 to 5:00 p.m.

Location: Spring City Elementary, 190 S. Wall Street, Spring City, Media Center

Chess - Limerick

Tuesday September 28 to December 14
(No class 11/2 & 11/23)

(10 sessions) 4:00 to 5:00 p.m.

Location: Limerick Elementary, 81 Limerick Center Rd., Royersford, Media Center

Chess - Brooke

Tuesday September 28 to December 14
(No class 11/2 & 11/23)

(10 sessions) 4:00 to 5:00 p.m.

Location: Brooke Elementary, 339 N. Lewis Rd., Royersford, Media Center

Chess - Oaks

Wednesday September 29 to December 8
(No class 11/24)

(10 sessions) 4:00 to 5:00 p.m.

Location: Oaks Elementary, Oaks School Dr., Oaks, Media Center

Chess - Upper Providence

Thursday September 30 to December 9
(No class 11/25)

**Location: Upper Providence Elementary
833 S. Lewis Rd., Royersford, Media Center**

Chess - Royersford

Thursday September 30 to December 9
(No class 11/25)

Location: Royersford Elementary, 450 Spring Street, Royersford, Media Center

GOLF - JUNIOR CLINIC (AGES 6 TO 15)

Par Breakers clinics cover the basic fundamentals of golf - grip, posture, set-up, full swing, chipping, pitching, and putting. Taught by pros, our clinics are group instruction with some one-on-one instruction. The program consists of six one-hour classes given once a week for six weeks. These programs are great for beginners or golfers who are having problems with their swing and want to review the basics.

Cost: \$80

Instructor: Bernard Sheridan, Par Breakers Golf Academy

Location: 99 Broward Ave., Penn Bldg., Suite 2300, Oaks

SESSION I

Wednesday
(6 sessions)

September 15 to October 20
6:00 to 7:00 p.m.

SESSION II

Wednesday
(6 sessions)

October 27 to December 1
6:00 to 7:00 p.m.

MIX IT UP WITH THE PLAYFUL CHEF (Ages 5 to 11)

A Cooking Class for the Younger Chef! Do you have a budding young chef in your home? If the answer is yes, then this class is for them. Things will be heating up this spring as the children mix it up with The Playful Chef. The children will create two recipes, one entree and one dessert item, each week, which they will enjoy in class or take home and share with their families. The children will have fun learning new cooking skills, creating new recipes, making a cooking-related craft, and most of all having fun in the kitchen. So, put on a pair of clothes that can get messy, bring your imagination and your appetite then get ready to have some fun! **\$15 material fee payable to instructor.**

Cost: \$10

Instructor: Alisa Tammaro, The Playful Chef

Wednesday November 10
(1 session) 5:30 to 7:00 p.m.

Location: 9th Grade Center, Room 205

MUDPUPPIES (AGES 5-12)

A unique pottery class for children ages 5 to 12. Classes meet each week for a great hands-on celebration of creativity, with a different clay project each week. Students will become confident in their ability to perform clay basics, which make a foundation for projects in all types of clay. They will also learn CLAYOTE's unique 5 rules to the pottery wheel and receive 1:1 pottery throwing instruction, as well as different glaze techniques. Projects change each session so there is always something new to make! Come spend time with experienced staff that are passionate about art and children! This class is for EVERYONE! **\$15 material fee payable to instructor first night.**

Cost: \$80 per session

Instructor: Danielle Fisher, Chayote Gallery & Studio

Location: 9th Grade Center, Room 412

SESSION I

Tuesday
(6 sessions)

September 14 to October 19
5:00 to 6:00 p.m.

SESSION II (All new projects from Session I)

Tuesday
(6 sessions)

October 26 to December 14
(No class 11/2 & 11/23)
5:00 to 6:00 p.m.

TEEN CAKE DECORATING (Ages 12 to 17)

Learn some basic cake decorating skills. You will learn boarders, daisies, leaves, basket weave and writing. The second night you'll see a demonstration and get to decorate your own cake to take home. All you need to bring is yourself and something to drink. **Kit fee of \$38 payable to instructor first night.** Kit includes, all your tools, turntable, cake and icing.

Cost: \$35

Instructor: BJ Amerine, Confetti Mountain Cookies

Thursday October 21 & October 28

(2 sessions)

6:30 to 8:00 p.m.

Location: 9th Grade Center, Room 205

LANGUAGE

ENGLISH AS A SECOND LANGUAGE (ESL)

Let us help you learn English as a Second Language. All are welcome. This class is appropriate for beginners, advanced and in between. Topics include listening and speaking skills, vocabulary, pronunciation, grammar and American slang works. Learn to speak like an American.

Cost: \$50

Instructor: Debra Chiappetta

Wednesday

September 22 to November 17

(No class 9/29)

(8 sessions)

7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 404

"PARLIAMO ITALIANO!" - LEARNING ITALIAN BASICS

"Parliamo in Italiano!" Let's speak Italian! Have you always wondered what Italians were saying? Have you always wanted to learn the language as well as understand more of the culture? Come and learn with a native Italian in a no-pressure course designed for beginners. "Parliamo in Italiano" is a fun introductory course which will expose you to the Italian culture and provide you with a basic foundation to the Italian language. "Parliamo in Italiano" will start to make an Italian out of you! **Material fee of \$12 payable to instructor first night.**

Cost: \$85

Instructor: Francesca Calabretta

Thursday

September 16 to November 11

(9 sessions)

6:30 to 8:00 p.m.

Location: 9th Grade Center, Room 301

SPANISH III

Learn more vocabulary, songs and conversations in Spanish. Excellent as a continuation of previous courses and for basic level fluent students. Ven a Aprender Español con nosotros y te divertirás. Te esperamos!

Cost: \$65

Instructor: Paul Enrique Umana

Tuesday

September 21 to October 26

(6 Sessions)

7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 404

PET CORNER

BEGINNER AGILITY

Agility is a sport for dogs which involves a series of obstacles that the dog and owner must navigate through. This is a sport for dog owners who would like to take their relationship with their dogs to a much higher level. Six weekly one-hour classes will take you and your dog through the basic agility obstacles. Your dog will learn to go over jumps, race through a rigid tunnel, run through a collapsed tunnel, walk the "teeter," go up the ramp of the dog walk, climb the A-frame and descend the other side, jump through an elevated tire, and jump onto a table and lie down to wait for your next instruction. Class size is limited to six students.

Cost: \$195

Instructor: John Bickel, CKO, Member APDT

Sunday

September 26 to October 31

(6 sessions)

1:30 to 2:30 p.m.

Location: Molly's Country Kennels

CANINE GOOD CITIZEN/THERAPY DOG CERTIFICATION

The purpose of this class is for those who want to obtain the AKC Canine Good Citizen (CGC) title for their dogs and also to certify their dogs with TDI (Therapy Dogs International). This six-week class will have a maximum of six dogs and will teach the skills needed by both the handler and dog to pass both tests. The CGC and TDI tests will be given at the final class meeting for those who feel ready.

Cost: \$195

Instructor: John Bickel, CKO, Member APDT

Sunday

September 26 to October 31

(6 sessions)

12:15 to 1:15 p.m.

Location: Molly's Country Kennels

OBEDIENCE, LEVEL I

The aim of this 6-week class is to make your dog a better companion through the teaching of behavior-oriented exercise. The course fee includes the purchase of a training collar and lead, a textbook, and a workbook for home practice. Puppies are welcome – minimum age of dog is eight weeks. Goals: by the end of the course, dogs should do the following on lead - Sit, Lie down, Stay, Come, (when called), and Walk, (on lead without pulling). The length of the class is six sessions, and class size is limited to six students.

Cost: \$195

Location: Molly's Country Kennels

SESSION I

Instructor: Kathy Norsworthy, CAPCT

Tuesday

September 28 to November 2

(6 sessions)

6:45 to 7:45 p.m.

SESSION II

Instructor: Rosalie Coulter, CAPCT

Wednesday

September 29 to November 3

(6 sessions)

6:45 to 7:45 p.m.

SESSION III

Instructor: Rosalie Coulter, CAPCT

Saturday

October 2 to November 6

(6 sessions)

12:15 to 1:15 p.m.

FUN TRICKS

This class we increase your bond with your dog and demonstrate to you how smart dogs truly are. In this class you will have fun teaching your dog a variety of tricks. Tricks including, play dead, roll over, sit pretty, jump through hoops and many more. Come join the fun!

Cost: \$195

Instructor: Kathy Norsworthy, CAPCT

Tuesday September 28 to November 2
(6 sessions) 8:00 to 9:00 p.m.

Location: Molly's Country Kennels

SELF-IMPROVEMENT

COLOR ANALYSIS/IMAGE UPDATE WORKSHOP

Learn inexpensive ways to freshen your look and wardrobe on a budget, including use of scarves and jewelry. Fabric will be used to determine your "season" of colors. Please do not wear makeup to class. **Material fee of \$1 payable to instructor.**

Cost: \$25/\$20 Gold Card

Instructor: Meredith Birchall, Your Best Image

Tuesday October 12
(1 session) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Media Center

CORE WARDROBE SHOPPING FOR WOMEN

Shop with Meredith at a variety of clothing stores and learn how to put together a personal core wardrobe. Learn how to choose the correct styles, colors and accessories. We will meet at Chico's in the Philadelphia Premium Outlet center in Limerick. **Pre-requisite: Color Analysis**

Cost: \$20/\$15 Gold Card

Instructor: Meredith Birchall, Your Best Image

Tuesday October 19
(1 session) 6:30 to 9:00 p.m.

Location: Philadelphia Premium Outlets, Limerick

DRIVER IMPROVEMENT- FIRST TIME OFFENDER

This 6-hour course is for drivers who have been referred or elect to attend the program as a result of a single traffic offense. Drivers who successfully complete a recognized or approved program may receive a point reduction or citation dismissal. This program may also be taken on a voluntary basis. Drivers successfully completing may be eligible to receive insurance premium discounts.

Cost: \$35 AAA Member: \$30

Instructor: Gerald Metalavage, Blue Bell Driving School

Wednesday & September 15 & September 16
Thursday

(2 sessions) 6:00 to 9:00 p.m.

Location: 9th Grade Center, Room 401

DRIVER IMPROVEMENT FOR MATURE DRIVERS

This 6-hour course is designed to meet the information needs and interests of drivers over 55 years of age. Drivers who successfully complete the driver improvement program might be eligible to receive insurance premium discounts.

Cost: \$35 AAA Member: \$30

Instructor: Gerald Metalavage, Blue Bell Driving School

Monday & Tuesday September 13 & September 14
(2 sessions) 6:00 to 9:00 p.m.

Location: 9th Grade Center, Room 401

EMPLOYMENT ASSISTANCE

This class will instruct candidates on resume writing, job searches, follow-ups, interview skills, attire and acceptable on-the-job behavior (such as attendance, attitude, dress codes, etc.).

Cost: \$60

Instructor: Joan Aresco

Wednesday October 6 to October 27
(4 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 109

FOOD CERTIFICATION

The ServSafe course is a complete educational program designed to address critical food safety issues through the Hazard Analysis Critical Control Point, (HACCP) system. The object is to improve the foodservice manager's understanding of the relationship between food-borne diseases and sanitation. The Applied Foodservice Sanitation course is the most recognized, widely accepted food safety and certification program available for managers today. Note: The current text is mandatory for the course and the exam; it contains the answer form for the National Restaurant Association graded exam. (Fee includes registration and textbook w/exam answer sheet. If you require a textbook in a language other than English please indicate when registering.) **REGISTRATION MUST BE RECEIVED BY 11/6/10.**

Cost: \$260

Instructor: John Miraglia, Ed.D.

Monday & Wednesday December 6 to December 15
(4 sessions) 5:00 to 9:00 p.m.

Location: 9th Grade Center, Room 406

FOOD RECERTIFICATION

The Montgomery County Health Department – as part of the continuing education in Foodservice Sanitation Techniques mandates this program. All individuals registered with the Montgomery County Health Department as Certified Food Handlers are required to apply for recertification every three years and must meet educational requirements of the Health Department. Student should bring textbook from Certification course and will be updated during class review.

Cost: \$100

Instructor: John Miraglia, Ed.D.

Tuesday & Thursday
November 30 & December 2
(2 sessions) 5:00 to 9:00 p.m.

Location: 9th Grade Center, Room 406

Spring-Ford's Community Education program instructors share their interests and skills with the community. Instructors express their own views and the opinions and advice communicated in the classroom do not necessarily reflect the perspective or beliefs of Spring-Ford Area School District.

GETTING PAID TO TALK - AN INTRODUCTION TO PROFESSIONAL VOICE OVERS

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited, and registration closes one week prior to class, so register early. For additional information visit <http://www.voicecoaches.com/gppt>.

Cost: \$30

Instructor: Creative Voice Development Group

Monday September 27
(1 session) 6:30 to 9:00 p.m.
Location: 9th Grade Center, Room 112

HENNA - BODY ART FOR DAUGHTERS AND MOMS

Henna tattooing can last for several days and is usually applied to the hands. Mittika will provide the materials and instructions to adorn the hands and arms with beautiful temporary patterns. A wonderful, fun, intimate experience for mothers and daughters (or best friends).

Cost: \$25

Instructor: Mittika

Saturday September 25
(1 session) 12:00 to 2:00 p.m.
Location: Reality Pilates Reformer Studio
241 Main St., Royersford

MAKE-UP APPLICATION FOR WOMEN

Ever wonder if the cosmetic colors you use are really the best choices for you? In this fun and interactive class you "play" with make-up. Learn tips and techniques to enhance your best features, with an emphasis on learning your most flattering shades. Do not wear make-up to class. You may bring your current shades to see if they are good for you. Material fee of \$2 payable to instructor.

Cost: \$25/\$20 Gold Card

Instructor: Meredith Birchall, Your Best Image

Tuesday November 9
(1 session) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Media Center

SAVE THE DATE AND YOUR HAIR!!

This class is designed to help you maintain your hair's beauty at home. Topics include: product knowledge (what to use and how, in order to maximize benefits for all hair types), tips for safely styling your hair (blow dry, flat iron, curling, etc.), as well as personalized questions & answers.

Cost: \$45

Instructor: Dawn Steelman

Thursday October 21 to November 4
(3 sessions) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 204

JUST FOR FUN!!

ASTROLOGY 101

Go beyond simple horoscopes and learn the basics of the natal chart. Each student will receive his/her own birth chart to learn the signs, planets, and houses. Understanding the natal chart is like having an owner's manual to understand your own strengths and tendencies. Birth information (time, date, place) required (exact time is best, but an approximation is acceptable). Instructor will contact students a week prior to class for birth information.

Cost: \$60

Instructor: Aimee Rodriguez

Thursday October 7 to October 28
(4 sessions) 6:00 to 8:00 p.m.
Location: 9th Grade Center, Room 404

DREAM INTERPRETATION

Interested in intuition and understanding your dreams better? Then join us on an amazing journey as we explore the wonderful and sometimes whacky world of your dreams! Dreams are, as Freud said, the royal road to the unconscious. We learn more about ourselves by analyzing our dreams. They aren't weird or strange, they just seem that way when we don't understand their meaning. During this class, we'll go over the basics so you will know how to interpret some of your own dreams. We'll discuss why dreams are useful and how you can tap into them to successfully overcome obstacles and create new goals. Please bring your sense of humor, an open mind and a recent dream that you are willing to share with the group.

Cost: \$35/\$25 Gold Card

Instructor: Ellen Hennesy, Soulology Coaching
Thursday October 14 & October 21
(2 sessions) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 403

GENEALOGY ON THE INTERNET: DOING IT RIGHT

In Depth Genealogy - A lot of time and resources are inadvertently wasted by people working on their family histories online simply because they have been unsure of the procedures involved in building a strong structure on which to work. It is so easy to be led down the wrong path. This course shows how to create and build a sound foundation for family research, explore the most correct resources, work the U. S. censuses to extract hidden source documents, find the repositories for those sources, to record documents correctly, network with existing family surname sources, and to construct a pedigree that will stand up under evidence scrutiny. Computer literacy required. Beginners welcome.

Cost: \$80/\$70 Gold Card

Instructor: Marilyn Toole

Tuesday September 21 to October 26
(6 sessions) 7:00 to 9:00 p.m.
Location: 9th Grade Center, Room 109

HAUNTED FORTS OF THE MID-ATLANTIC REGION

Where soldiers tread...spirits follow. Come join me as we take a look at the history and paranormal activity of some of the mid-Atlantic region's most common tourist destinations: Fort Mifflin, Fort Mott, Fort Delaware, Fort McHenry, Fort Sumter, and Fort Niagara. The speaker will showcase some of the photographic highlights, ghost pictures, and EVPs of these field investigations. **(Note: optional field trip,, October 31, TBD by class interest.) Material fee of \$10 payable to instructor first night.**

Cost: \$35

Instructor: Lesley M. Wood

Monday October 11 to October 25
(3 sessions) 8:00 to 9:30 p.m.

Location: 9th Grade Center, Room 413

HISTORICAL RESEARCH FOR THE GHOST HUNTER OR GHOST STORY WRITER

Come explore "hands-on" history as we delve into the sometimes complex process of historical research. We will discuss various research methodologies, including the use of web based data in context of writing ghost stories or investigating the paranormal; additionally, we will visit several local historical society libraries or museums to see how information is cataloged and archived. Students will have an opportunity to investigate a "mystery" of their choice and present their findings to the class. **Material fee of \$10 payable to instructor first night.**

Cost: \$45

Instructor: Lesley M. Wood

Monday September 13 to October 4
(4 sessions) 8:00 to 9:30 p.m.

Location: 9th Grade Center, Room 413

INTRO TO SOCIAL MEDIA FOR BUSINESS

Business owners will learn how to utilize Twitter, Facebook, LinkedIn to network, prospect and market their business online. We will set up basic profiles and give strategies to help create a social media framework. Students will learn basic social media etiquette along with best practices to increase market share and online visibility for targeted leads & engagement. **Material fee of \$10 payable to instructor first night.**

Cost: \$25/\$20 Gold Card

Instructor: Hannah Tighe & Linda Bandura

Monday October 4 & October 11
(2 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 112

MANSIONS AND MANOR HOMES OF THE DELAWARE VALLEY

Journey back in time to the 18th and 19th centuries and to the stately homes of the Delaware Valley: Springton Manor, Hibernia Mansion, Oakbourne Mansion, Nolde Park Mansion, St. Mary's of Providence, Rockwood Mansion, Voigt Mansion, and many others. We will have lively discussions about each home's distinct architecture, family hierarchy and ancestry, the lifestyles - "upstairs" and "downstairs," and social standing within the community. You will tour one of these homes as part of the course, as well as enjoy a Victorian Tea at Rockwood Mansion or another local tea room. **(Note: House Tour/Tea Room fee separate, October 30 TBD by class interest.) Material fee of \$10 payable to instructor first night.**

Cost: \$35

Instructor: Lesley M. Wood

Monday October 11 to October 25
(3 sessions) 6:00 to 7:30 p.m.

Location: 9th Grade Center, Room 413

PARTY PLANNING

Planning a birthday, anniversary, engagement, wedding, etc.??? Join me on discussing resources and planning for your special event!

Cost: \$60

Instructor: Dawn Hacker

Wednesday October 6 to October 27
(4 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 403

POKER SUCCESS

Chaos Poker will teach new players the fundamentals of Texas Hold 'Em Poker. The class will also cover different strategies of the modern game, tournament play, heads up play, and cash game strategy will be discussed.

Cost: \$150

Instructor: Tom Rhymer, Chaos Poker

Monday September 13 to November 1
(8 sessions) 7:00 to 10:00 p.m.

Location: 9th Grade Center, Room 305

PENNSYLVANIA PARANORMAL I

It appears that many people from all over the world experience the paranormal. What, then, lurks in our own backyards? From Bigfoot to UFOs, aliens to lake monsters, and urban legends to the supernatural - we'll explore it all! This is an introductory course which covers the common jargon used in paranormal circles. Come prepared to share your stories or adventures of the paranormal; learn to keep a paranormal journal. Ghost tour/investigation of Voigt Mansion (Note: optional/field trip, September 18, TBD by class interest/fee separate). **Material fee of \$10 payable to instructor first night.**

Cost: \$45

Instructor: Lesley M. Wood

Tuesday September 14 to October 13
(4 sessions) 6:00 to 7:30 p.m.

Location: 9th Grade Center, Room 413

**HAVE AN IDEA FOR A NEW CLASS FOR
UPCOMING SEMESTERS?
COMPLETE THE FORM ON PAGE 27
AND RETURN TO THE DISTRICT
OFFICE.**

WE APPRECIATE YOUR INPUT.



PENNSYLVANIA PARANORMAL II

If you enjoy watching Monsterquest, Ghost Hunters, Paranormal State, or UFO Files, then this is the course for you! Join us as we continue our classroom expeditions into the world of the unknown. We will expand our discussion of popular topics from paranormal I such as UFOs and the Great Lakes Triangle. Sacred Places and Stones, Haunted Objects and Haunted Houses, and Mothman and Werewolves. Come prepared to share your stories or adventures of the paranormal. Students will learn how to keep a field journal/log, as well as be introduced to the scientific method of research. (Note: optional/field trip, October 3, TBD by class interest, fee separate.) Paranormal I is not a prerequisite. **Material fee of \$10 payable to instructor first night.**

Cost: \$45

Instructor: Lesley M. Wood

Tuesday September 14 to October 13
(4 sessions) 8:00 to 9:30 p.m.

Location: 9th Grade Center, Room 413

SISTERS, SING BARBERSHOP!

Women who like to sing will participate in a few rehearsals with the Ringing Hills Chorus of Sweet Adelines International. This is a great way to be introduced to a wonderful, creative hobby. The chorus sings four-part harmony with no instrumental accompaniment. It's barbershop style for women's voices. We focus on learning songs, vocal production, ear training, showmanship, and other skills important to this uniquely American style of singing. Voice lessons are more expensive and not nearly as much fun! Sweet Adelines also has many quartets among its members. One from our region, MAXX Factor participated in the NBC's nationally televised "The Sing-Off!" We compete with the best! Although some singing experience is useful, participants do not have to be able to read music nor have extensive prior vocal training or experience. Come try us out! You will be in for an evening of fun!

Cost: \$20/\$10 Gold Card

Instructor: Tony Russo, Ringing Hills Chorus of Sweet Adelines

Tuesday September 14 to September 21
(2 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 118

TAROT FOR BEGINNERS

Tarot Reading is an intriguing practice. Many find Tarot so fascinating that they devote themselves to continuous study. Here we explore Ancient Tarot Origins, Myths and Symbolism in a straightforward and fun manner. Learn the divinatory meanings of the Cards as well as simple Card Spreads. Your teacher, Aura Rose is a world renowned reader with over 20 years of experience. Students should bring a Tarot Deck of their choice (found in Book Stores, online or in your neighborhood), a folder to keep class hand-outs, paper & pen to take notes. Anyone can take this course! **Material fee of \$5 payable to instructor first night.**

Cost: \$75

Instructor: Aura Rose

Thursday September 16 to October 21
(6 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 305

TAROT FOR BEGINNERS, TOO!

This is a continuation of our Beginners Class that is open to all levels. First-Timers encouraged! We will further study the Major Arcana as well as covering whatever interests the class. Tarot Reading is an intriguing practice. Many find Tarot so fascinating that they devote themselves to continuous study. Here we Explore Ancient Tarot Origins, Myths and Symbolism in a straightforward and fun manner. Learn the divinatory meanings of the Cards as well as simple Card Spreads. Your teacher, Aura Rose, is a world renowned reader with over 20 years of experience. Students should bring a "Universal Waite" Tarot Deck or your choice deck, a folder to keep class hand-outs, paper and pen to take notes. **Material fee of \$5 payable to instructor first night.**

Cost: \$75

Instructor: Aura Rose

Thursday October 28 to December 9
(No class 11/25)

(6 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 305

TWITTER, FACEBOOK, LINKEDIN, OH MY!

This class is for the average person looking to learn what all the buzz is about! We will discuss the basics of each social network, how they work and how to set up basic profiles. Students will learn how to use these networks to keep in touch with friends, colleagues and potential employers, and how to join the social media revolution.

Material fee of \$10 payable to instructor first night.

Cost: \$25/\$20 Gold Card

Instructor: Hannah Tighe & Linda Bandura

Monday October 18 & October 25
(2 sessions) 7:00 to 9:00 p.m.

Location: 9th Grade Center, Room 112

WRITING THE GHOST STORY

Do you often read ghost stories written by other authors? Do you have a ghost story or story idea that you would like to develop? Do you enjoy history? History and ghost story writing go hand-in-hand. Let me explain: Ghost stories are often garnered from e.g., folklore, historic people, places and events, family and personal experiences, and eyewitness accounts. In this class, we'll examine some of the important steps necessary to writing a ghost story including 1) finding the story, 2) documenting the story, 3) checking facts and information sources, 4) conducting the eyewitness interview, and 5) fleshing out a story with historical anecdotes, maps and photographs. Students will have an opportunity to share their "story in progress" or "finished story" in class. Some prior writing experience is helpful, but not necessary.

Cost: \$45

Instructor: Lesley M. Wood

Monday September 13 to October 4
(4 sessions) 6:00 to 7:30 p.m.

Location: 9th Grade Center, Room 413

AMERICA'S GOT TALENT.....DO YOU?

Learn the art of Performing Songs. Classes will include technique and presentation, coaching, staging, externalizing what the song says....here's your chance to sing! **\$25 material fee payable to instructor first night.**

Cost: \$70

Instructor: H. John Henry

Tuesday September 28 to December 14
(No class 11/2 & 11/23)

(10 sessions) 7:00 to 8:00 p.m.

Location: 9th Grade Center, Room 116



COMMUNITY EDUCATION
will be closed for On-Campus evening classes
November 2, 22, 23, 24 & 25

Classes will not be held in the school listed below on the indicated dates:

- High School, September 21
- 9th Grade Center, September 29
- 7th Grade Center (Flex School), September 13, 14 & 16

Off-Site Class Locations:

Molly's Country Kennels

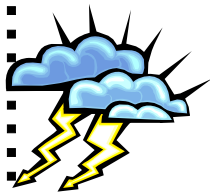
2205 Wentz Church Road
Lansdale, PA 19446
Tel: 610-584-6515
www.mollyscountrykennels.com

Par Breakers Golf Academy

99 Brower Ave., Penn Building, Ste. 2300
Oaks, PA 19456
Tel: 610-666-9000
www.parbreakers.com

Reality Pilates Reformer Studio

241 Main Street
Royersford, PA 19468
Tel: 610-787-2237
www.RealityPilatesReformer.com



For closing info due to inclement weather ...

- Tune to KYW and listen for **Number 308**. When Spring-Ford schools are closed, so are on-campus Community Education classes
- Check the website at www.spring-ford.net and click on Special Message Alert Center
- Call the Special Message Alert System at **610-705-6100**
- **For off-campus classes contact the location directly.**

DO YOU QUALIFY FOR A GOLD CARD?

If you are at least 62 years of age, you can apply for a Gold Card. Stop by the District Office at 857 S. Lewis Road, Royersford, PA during business hours (8 a.m. to 4 p.m., Monday thru Friday). The Gold Card entitles you to a discount on specially marked Community Education courses, as well as free admission to the preview performance of the District musical and athletic events.



DIRECTIONS TO SPRING-FORD (ON-CAMPUS) EVENING SCHOOL LOCATIONS

9th Grade Center - 400 South Lewis Road, Royersford, PA 19468

From Rt. 422 East – Exit Royersford. Turn right onto S. Township Line Road. * Turn left onto Walnut Street. Turn left onto South Lewis Road. The 9th Gr Ctr will be approximately ¼ mile on your right.

From Rt. 422 West – Exit Royersford. Turn left onto S. Township Line Road and follow from * above.

From Phoenixville – Rt. 113 North, pass Parker House Geriatric center. Turn left onto Bechtel Road (on right is Hopwood Rd.). Follow Bechtel Road, making hard right at stop sign (right turn keeps moving) to stay on Bechtel Rd. Go straight through next stop sign, road is now S. Lewis Rd. Follow South Lewis to next stop sign (right turn keeps moving) turning right to stay on S. Lewis Rd., 9th Gr Ctr is ¼ mile on your left.

8th Grade Center - 700 Washington Street, Royersford, PA 19468

From Rt. 422 East – Exit Royersford. Turn right onto S. Township Line Road. * Turn left onto Walnut Street. Turn left onto South Lewis Road. Turn right onto Washington Street. 8th Gr Ctr will be on your left.

From Rt. 422 West – Exit Royersford. Turn left onto S. Township Line Road and follow from * above.

From Phoenixville – Rt. 113 North, pass Parker House Geriatric center. Turn left onto Bechtel Road (on right is Hopwood Rd.). Follow Bechtel Road, making hard right at stop sign (right turn keeps moving) to stay on Bechtel Rd. Go straight through next stop sign, road is now S. Lewis Rd. Follow South Lewis to next stop sign (right turn keeps moving) turning right to stay on S. Lewis Rd., pass 9th Gr Ctr on your left, at next street turn Left onto Washington Street. 8th Gr Ctr will be on your left.

7th Gr Ctr - 833 South Lewis Road, Royersford, PA 19468

From Rt. 422 East – Exit Royersford. Turn right onto S. Township Line Road. *Turn left onto Walnut Street. Turn left onto South Lewis Road and travel approximately ½ mile, turn left to stay on South Lewis (no stop sign). School will be approximately ½ mile on your left. Upon entering the campus Upper Providence Elementary School will be to your right, turn LEFT to the 7th Gr Ctr.

From Rt. 422 West – Exit Royersford. Turn left onto S. Township Line Road and follow from * above.

From Phoenixville – Rt. 113 North, pass Parker House Geriatric center. Turn left onto Bechtel Road (on right is Hopwood Rd.). Follow Bechtel Road, making hard right at stop sign (right turn keeps moving) to stay on Bechtel Rd. Go straight through next stop sign, road is now S. Lewis Rd. School will be approximately ½ mile on your right. Upon entering the campus Upper Providence Elementary School will be to your right, turn LEFT to the 7th Gr Ctr.

Limerick Elementary - 81 Limerick Center Road, Royersford, PA 19468

From Rt. 422 East - Exit Limerick/Linfield. Turn left onto N. Lewis Road at end of ramp. *Travel approximately ½ mile and turn Left onto W. Cherry Street. In another ½ mile turn Right onto Limerick Center Road. Limerick Elementary will be approximately ½ mile on your right.

From Rt. 422 West - Exit Limerick/Linfield. Turn right onto N. Lewis Road at end of ramp and follow from * above.

Brooke Elementary - 339 N. Lewis Rd., Royersford 19468

From Rt. 422 East - Exit Royersford. Turn right onto S. Township Line Road. *Travel approximately 1/4 mile and turn right onto N. Lewis Road. Brooke Elementary will be approximately 1/2 mile on your left.

From Rt. 422 West - Exit Royersford. Turn left onto S. Township Line Road. Continue from * above.

Area Map

Map—9th Grade Center

FEEDBACK FORM

SPRING-FORD IS COMMITTED TO A QUALITY COMMUNITY EDUCATION PROGRAM. IN ORDER FOR US TO CONTINUE OFFERING YOU QUALITY CLASSES, WE NEED TO HEAR FROM YOU. PLEASE TELL US WHAT YOU HAVE LIKED ABOUT A CLASS OR WHAT MAY INTEREST YOU.

THIS IS WHAT I LIKED _____

WISH WE HAD _____

IS THERE A CLASS THAT YOU WOULD BE INTERESTED IN TAKING AND WE HAVEN'T YET OFFERED? LET US KNOW.

WE ARE ALWAYS LOOKING FOR PEOPLE WHO HAVE A SPECIAL SKILL OR INTEREST THAT THEY WOULD LIKE TO SHARE WITH THE COMMUNITY. IF YOU WOULD LIKE YOUR IDEA FOR A CLASS TO BE CONSIDERED FOR THE NEXT SEMESTER, SEND A COURSE DESCRIPTION TO THE DISTRICT OFFICE.

NAME _____ DAYTIME PHONE _____

EMAIL ADDRESS _____

ADDRESS _____

FORWARD COMPLETED FORM TO:

**SPRING-FORD DISTRICT OFFICE
COMMUNITY EDUCATION
857 S. LEWIS RD.
ROYERSFORD, PA 19468**

OR FAX TO 610-705-6245

PROGRAM INFORMATION, REGISTRATION POLICY
PLEASE READ BEFORE REGISTERING FOR A COURSE OR TRIP

- **NO CONFIRMATIONS OR TICKETS WILL BE MAILED. YOU WILL BE NOTIFIED ONLY IF CLASS IS FILLED OR CANCELLED.**
- **STUDENTS ARE URGED TO REGISTER EARLY SINCE MANY COURSES FILL QUICKLY. CLASSES WILL ONLY RUN WITH SUFFICIENT ENROLLMENT.**
- **ALL COURSES MUST BE PRE-REGISTERED. REGISTRATION FOR COMPUTER CLASSES MUST BE RECEIVED AT LEAST 10 DAYS PRIOR TO START DATE. ALL OTHER CLASSES MUST BE REGISTERED 7 DAYS PRIOR TO START DATE.**
- **CLASSES ARE DESIGNED FOR ADULTS OVER 18 UNLESS OTHERWISE INDICATED.**
- **NO ON-CAMPUS EVENING CLASSES NOVEMBER 2, 22, 23, 24 & 25.**
- **CLASSES WILL NOT BE HELD IN THE SCHOOL LISTED BELOW ON THE INDICATED DATES:**
 - **HIGH SCHOOL, SEPTEMBER 21**
 - **9TH GRADE CENTER, SEPTEMBER 29**
 - **7TH GRADE CENTER (FLEX SCHOOL), SEPTEMBER 13, 14 & 16**
- **REGISTRATION DOES NOT COVER THE COST OF MATERIALS IN SOME OF THE CLASSES. PLEASE READ THE DESCRIPTIONS CAREFULLY.**

FOUR EASY WAYS TO REGISTER

1. By mail with check payable to "SFASD" or credit card, VISA, MASTERCARD or DISCOVER only.
2. By Phone 8 a.m. to 4 p.m. with credit card payment only at 610-705-6138.
3. By fax - send completed registration form showing credit card number, signature and expiration date to 610-705-6245.
4. In person, District Office, 857 S. Lewis Rd., Royersford, PA, 8 a.m. to 4 p.m. check, cash or credit card.

REFUND/CREDIT POLICY

- The decision to hold classes is based on enrollment.
- Full refunds will be issued for any class or trip cancelled by SFASD or you may apply the tuition towards another course or trip, subject to availability.
- Refunds will only be honored **10 days before the class begins.** Refunds will be processed approximately 4 weeks after request. Refunds will **NOT** be issued for classes missed as a result of illness, personal emergencies or any other event beyond our control.
- Students who withdraw from a course where the instructor buys the supplies prior to the start of class are subject to pay the supply fees.
- Fees are not pro-rated for any reason, including, but not limited to late admissions and/or absences.

WEATHER CANCELLATION

- If school is closed due to inclement weather, all on-campus Community Education classes will be cancelled. If school is open but weather conditions worsen during the day, check the district's website: www.spring-ford.net, click on Special Message Alert Center or call the Special Message Alert Center 610-705-6100 or listen for number **308** on kyw radio.
- For off-campus classes check with the individual off-site location. Phone numbers provided on page 22.

GOLD CARD

- Spring-Ford Area School District residents aged 62 and over are eligible to enroll at the Gold Card rate as indicated. **To apply for a Gold Card**, stop by the District Office, 857 S. Lewis Rd., Royersford, PA 19468.

ADULT - REGISTRATION FORM- Fall 2010

Mail to: Spring-Ford Area School District Community Education Office

857 S. Lewis Rd., Royersford, PA 19468

Phone: 610-705-6138 Fax: 610-705-6245

Name _____

Address _____ City _____ Zip _____

Home Phone _____ Cell _____ Office _____

Email address _____

Cash ___ Check ___ **Payable to SFASD** Credit Card ___ VISA MC DISC

CC # _____ - _____ - _____ - _____ Exp _____ CID # _____

Name as it appears on credit card _____

FOR OFFICE USE ONLY

Check No _____ Amt _____

Check No _____ Amt _____

Date entered _____ Initials _____

If signing up for a friend please include their phone number.**Confirmations will NOT be sent. We will contact you only if a class is cancelled or full.**

Participant(s)	Course Title	Location	Date	Time	Fee

I, the undersigned, release the Spring-Ford Area School District from any and all liability for injury or property damage that I or my child may suffer or sustain by reason of the use of the school buildings and their entrances or exits, the equipment for facilities, or as a result of my participation or my child's participation in any Community Education program. Any photos of me participating in classes or activities can be used for promotional uses by the district.

Signature of Adult Participant or Parent/Guardian _____ Date _____

CHILD - REGISTRATION FORM - Fall 2010

Mail to: Spring-Ford Area School District Community Education Office

857 S. Lewis Rd., Royersford, PA 19468

Phone: 610-705-6138 Fax: 610-705-6245

Parent Name _____

Address _____ City _____ Zip _____

Home Phone _____ Cell _____ Office _____

Email address _____ **CHILD'S DATE OF BIRTH** _____Cash ___ Check ___ **Payable to SFASD** Credit Card ___ VISA MC DISC

CC # _____ - _____ - _____ - _____ Exp _____ CID # _____

Name as it appears on credit card _____

FOR OFFICE USE ONLY

Check No _____ Amt _____

Check No _____ Amt _____

Date entered _____ Initials _____

Method of Pick-Up for Chess Club ONLY Parent Pick-Up ___ After Care ___

Participant(s)	Course Title	Location	Date	Time	Fee

Confirmations will NOT be sent. We will contact you only if a class is cancelled or full.

I, the undersigned, release the Spring-Ford Area School District from any and all liability for injury or property damage that I or my child may suffer or sustain by reason of the use of the school buildings and their entrances or exits, the equipment for facilities, or as a result of my participation or my child's participation in any Community Education program. Any photos of me participating in classes or activities can be used for promotional uses by the district.

Signature of Adult Participant or Parent/Guardian _____ Date _____

Index of Courses

<u>Course Name</u>	<u>Page</u>	<u>Name</u>	<u>Page</u>
5 Ways to Boost Your Immune System	12	Festival Fall Tea	11
ABC's of Estate Planning	8	Financial Planning for Moms	9
Aero-Flex	6	Food Certification	18
America's Got Talent	21	Food Recertification	18
Are You Ready for a Throwdown?	10	Frugal Living	14
Arthritis: Preventable, Reversible	12	Fun Tricks	18
Astrology 101	19	Genealogy on the Internet	19
Babysitting Safety (Ages 11+)	15	Holiday Generations Tea (Ages 6+)	11
Balancing Hormones Naturally	12	Getting Paid to Talk	19
Balancing Your Energy	12	Golf - Adult	6
Ballroom Dancing	6	Golf - Junior Clinic (Ages 6 to 15)	16
Bankruptcy	8	Haunted Forts of the Mid-Atlantic Region	20
Basic Cake Decorating	10	Headache: Triggers & Treatments	12
Beginner Agility	17	Henna - Body Art for Daughters & Moms	19
Belly Dance Beginners	6	Historical Research for the Ghost Hunter	20
Bridge - Intermediate	2	Holiday Jams & Jellies	11
Canine Good Citizen/Therapy Dog Cert.	17	How to Start & Operate a Small Business	9
Cards, Cards, Cards!	2	Increase Your Energy	13
Carpal Tunnel Syndrome (CTS)	12	Internet Workshop	5
Chess	16	Intro to Pilates	6
Chocolate Making	11	Intro to Social Media for Business	20
Chocolate Tasting	11	Iris Folding Cards with Millie	3
Cholesterol: The Big Fat Lie	12	Jewelry Making	3
Clutter Be Gone!	13	Jitterbug/Swing Dancing	6
Clutter Free for Life	13	Jump Into Fitness/Cardio Pilates	7
College Financial Planning I	5	Kimono Sweater	3
Color Analysis/Image Update Workshop	18	Knife Skills	11
Color in Interior Design	14	Learn Crochet Basics	3
Complete Financial Management	9	Learn to Knit	4
Computers for Seniors (Beginners)	5	Learn to Teach Arts & Crafts	4
Conquering Paper Clutter	14	Learn to Trade Like a Pro	10
Core Wardrobe Shopping for Women	18	Longwood Gardens & QVC	1
Country Western Dancing	6	Make-Up Application	19
Digital Photography	3	Mansions & Manor Homes of the Delaware Valley	20
Divorce, Custody & Child Support	9	Meditation & Mindfulness	7
Drama Kids International	15	Microsoft Excel	5
Dream Interpretation	19	Microsoft Word	5
Driver Education 30 Hour Theory	2	Mix it up with The Playful Chef	16
Driver Improvement – First Time Offender	18	Mudpuppies	16
Driver Improvement for Mature Drivers	18	Mudslingers	4
Economics of Divorce	9	New York City	1
Elder Law	9	Obedience, Level I	17
Email Workshop	5	Organize Your Craft Space	14
Employment Assistance	18	Organize Your Photos	14
English as a Second Language	17	“Parliamo Italiano!” - Learn Italian Basics	17
Family Law	9	Party Planning	20
Felted Knit Tote	3		

<u>Name</u>	<u>Page</u>	<u>Name</u>	<u>Page</u>
Pennsylvania Paranormal I	20	What You Should Know About	
Pennsylvania Paranormal II	21	Long-Term Care	13
Pilates Power Mat	7	Wicked on Broadway	1
Pilates Reformer at Reality	7	Workers Compensation	10
Pilates Reformer for Men	7	Writing the Ghost Story	21
Poker Success	20	Yoga Connection	8
Pottery: An Introduction	4	Yoga for Adults (Classical)	8
Preventing & Reversing Type II Diabetes	13	Yoga for Deep Relaxation	8
Preventing Osteoporosis	13	Zumba at Reality	8
Principles of Efficient Investing	9		
Raising Financially Responsible Children	10		
Reducing the Holiday Hustle & Bustle	14		
Reiki I Certification	13		
Restorative Reformer	7		
Roth IRA Conversion	10		
Save the Date & Your Hair	19		
Sell Your Home Yourself	14		
Sewing - Memory/T-Shirt Quilt	4		
Silversmithing & Stone Setting	4		
Sisters, Sing Barbershop!	21		
So Much to Do, So Little Time	14		
Soups & Stews	11		
Spanish III	17		
Speed Cleaning	15		
Staging Your Home to Sell	14		
Stained Glass Beginner	5		
Strength Training at Home	7		
Stress Busters That Promote Better Health	13		
Tai Chi	8		
Tai Chi at Reality	8		
Taming the Technology Tiger	15		
Tarot for Beginners	21		
Tarot for Beginners Too!	21		
Tax Deferred Strategies for Real Estate	10		
Teen Cake Decorating	17		
The 1, 2, 3's of Vitamins A, B C	11		
The 3 Devastating Causes of Poor Health	12		
The 5 Secrets of Permanent Weight Loss	12		
The Digital Darkroom-Photoshop Elements	2		
The Flavors of Greece	11		
Twitter, Facebook, LinkedIn, Oh My!	21		
Using Your iPhone as a Productivity Tool	15		
Vehicles Engineering and Building (Ages 8-12)	15		
Washington DC	1		
What Do You Mean There Are Only 24 Hours in a Day?	15		



**SPRING-FORD AREA SCHOOL
DISTRICT COMMUNITY
EDUCATION PROGRAM SEEKS
INSTRUCTORS**

Do you have a hobby or special skill that you would like to share? Would you like to make extra income? The Spring-Ford Community Education Program is seeking new instructors to teach new and/or existing program classes. If you are interested, or would like more information, please contact the Community Education Office at 610-705-6138.

Spring-Ford Area School District
857 S. Lewis Road
Royersford, PA 19468

indicia



**Spring-Ford Area School District
Community Education Program
Telephone: 610-705-6138**

Dr. Marsha R. Hurda, Superintendent
Dr. Kenneth P. Donahue, Assistant Superintendent

Board of School Directors

Mark P. Dehnert
Joseph P. Ciresi
Thomas J. DiBello
Edward T. Dressler, Jr.
Clara M. Gudolonis
Julie A. Mullin
Bernard F. Pettit
David R. Shafer
Donna L. Williams

Taylor Daily, Student Representative

The Spring-Ford Area School District Community Education Program is dedicated to offering educational opportunities to all members of the Spring-Ford community. Learning is a life-long process and through education, we can improve our lives and the quality of life in our community.

The Community Education Program will be mailed to residents twice annually to inform you of exciting classes.