



Spring-Ford Area School District Spring 2010 Community Education Program

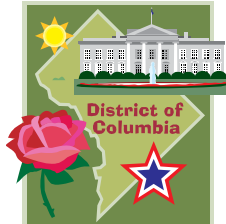


Spring-Ford Area School District, 857 S. Lewis Rd., Royersford, PA 19468

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.

WASHINGTON, D.C. IN THE SPRING

Enjoy a day of free time in Washington DC. We will arrive in DC approximately 10 a.m. and be dropped off at the Ronald Regan Building and International Trade Center. The day will be yours to explore the city. With some luck maybe the cherry blossoms will still be in bloom. We will be picked up at the Ronald Regan Building at 3 p.m. and head to Union Station. This historic train station houses numerous tourist shops, restaurants and an upscale shopping mall. We will depart Union Station at 6 p.m. and head home, arriving back at the 9th Gr Ctr approximately 9 p.m. Bus driver gratuity included in cost of trip.



Cost: \$55
Saturday
(1 Day)

April 10, SIGN-UP BY MARCH 8
Depart 7 a.m., 9th Gr Ctr Parking Lot



STONE HARBOR 48TH ANNUAL CRAFT SHOW

We will arrive in beautiful, quaint, Stone Harbor, NJ for their annual craft show approximately 10 a.m. 275 artists and crafters will display and sell their goods along with food vendors. The location of the show is across from the ocean. Come along to shop and relax by the sea. We will depart Stone Harbor at 4 p.m. and arrive back at the 9th Gr Ctr approximately 7 p.m. Bus driver gratuity included in cost of trip.

Cost: \$50
Sunday
(1 Day)

August 8, SIGN-UP BY JULY 1
Depart 7 a.m., 9th Gr Ctr Parking Lot

BOATING SKILLS AND SEAMANSHIP (AGES 13 THRU ADULT)

A basic power boating course taught by U. S. Coast Guard Auxiliary Instructors. If you're thinking about buying a boat, need a Safe Boating Certification or just want to refresh your boating knowledge, this is the course for you. Learn basic boat and engine nomenclature; how to launch your boat safely; safety equipment options and requirements; weather; plotting; radio telephone operations; and more. Most importantly, safe boating/navigational rules and regulations will be stressed to help you obtain the PA Safe Boating Certificate required for PWC owners and operators. **Upon successful completion of this course you will be awarded a U.S. Coast Guard Auxiliary Certificate and with application and \$10 fee (payable to instructor) a PA Safe Boating Certificate reciprocal with requirements of New Jersey, Delaware & Maryland. Cost of course includes Seaman book.**



Cost: \$65
Instructor: Ken Solntzeff, U. S. Coast Guard Auxiliary
Monday February 22 to May 3
(No class 4/5)
(10 sessions) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 409

SPRING-FORD SENIOR HIGH DRAMA CLUB PRESENTS:

BEAUTY AND THE BEAST

True love will prevail, as beauty is within.

Senior Citizen Preview
Cost: Free

Thursday
March 25, 4:00 p.m.

Regular Performances

Friday 7:30 p.m. March 26
Saturday 7:30 p.m. March 27

Location: Sr. High, 10-12 Center, Auditorium
Cost: \$10 Adults, \$8 Students & Senior Citizens

ON-CAMPUS LOCATIONS

9th Gr Ctr, 400 South Lewis Road, Royersford
8th Gr Ctr, 700 Washington St., Royersford
7th Gr Ctr, 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+)

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 February 9 to March 11
(10 sessions) 6:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 409

FOOD CERTIFICATION (AGES 16+)

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 APRIL 7.

Cost: \$260

Instructor: John Miraglia, Ed.D.
Monday & Wednesday May 3 to May 12
(4 sessions) 5:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 406

FOOD RECERTIFICATION (AGES 16+)

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.
Monday & Wednesday May 17 & May 19
(2 sessions) 5:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 406

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.

ARTS, CRAFTS & HOBBIES

ADVANCED KNITTING - WHAT'S NEXT?

So you know the knitting basics of cast on, knit and purl - what's next? This class includes several types of cast ons and bind off and when to use them, more increases and decreases, mitered squares, lace knitting and reading lace charts, two color knitting and reading color charts, how to fix mistakes, and have all your knitting questions answered. Bring U. S. size 8, 9 or 10 knitting needles and a light colored worsted (medium) weight yarn to class.

Cost: \$45

Instructor: Janet Kakareka
Monday February 8 to March 1
(No class 2/15)
(3 sessions) 6:30 to 8:30 p.m.
Location: 9th Gr Ctr, Room 204

BEADING FOR BEGINNERS

Class One: Drop earrings using headpins, ear wires, clip wires, chain nose or round nose pliers and wire cutters. Class Two: Stretchy beaded bracelet, experimenting with different types of beads. Class Three: Beaded necklace using jump rings, crimp beads and a variety of clasps. Class Four: Originality counts here when you design a piece of your own choosing!

\$40 material fee payable to instructor first night.

Cost: \$55/\$50 Gold Card

Instructor: Deena Denesowicz, Neon Rose Art & Design
Monday March 1 to March 22
(4 sessions) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 412

BEADING, INTERMEDIATE

Class One: Compound necklaces, using semi-precious, glass, silver-plated and other various beading supplies. Class Two: Chain cutting, cabochon setting to create necklaces, earrings or bracelets. Class Three: Using beading wire and lightweight beads to create a special piece of your own design. Class Four: Incorporating techniques learned from previous three classes to create an original masterpiece! **Material fee of \$50 payable to instructor first night of class.**

Cost: \$55/\$50 Gold Card

Instructor: Deena Denesowicz, Neon Rose Art & Design
Monday April 12 to May 3
(4 sessions) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 412

DRAWING

In this class you will see, feel, and draw like an artist. You will learn how to make your art look three-dimensional and real. You will also learn light and shade on objects and how shadows are vital. You will discover texture of objects, center of interest, focal point, perspective and proportions. You will be able to see from your many drawings in class; your progress and enjoy the process of learning how to draw like an artist. Materials to bring to class: set of artist drawing pencils that have the "H" series and the "B" series, drawing sketch pad, either 11"x14" or 12"x16", and a kneaded eraser.

Cost: \$40

Instructor: Anne Marie Daywalt
Monday April 12 to May 10
(5 sessions) 7:00 to 8:00 p.m.
Location: 9th Gr Ctr, Room 410

DRAWING WITH PASTELS

Drawing with pastels can be fun, exciting and relaxing. Together we will enjoy making many works of art from still-life to landscapes. This bright and colorful form of art is peaceful, fun and free-flowing. Drawing with pastels will put you at ease while you are learning. You will learn how to make your pastel work look real and enjoy learning the process. You might even want to frame and display your own work at home. Materials to bring to class: oil or chalk pastels (your preference), a multi-colored pastel pad 9"x12" or 12"x16" or you can bring colored individual sheets of pastel paper, and an artist chamois which is perfect for blending (this is optional).

Cost: \$40

Instructor: Anne Marie Daywalt

Monday April 12 to May 10

(5 sessions) 8:15 to 9:15 p.m.

Location: 9th Gr Ctr, Room 410

INTRO TO CALLIGRAPHY

Literally translated from the Greek, calligraphy means "beautiful writing." This course will teach you several styles of calligraphy so that you'll be able to design your own gift cards, invitations, and signs. In fact, you'll have a chance to use calligraphy every time you write. The class will cover the history and basics of calligraphy. You will learn different fonts and develop your own personal style. The instructor will show you how to do scroll work and create your own border using gold or silver leaf.

Material fee of \$35 payable to instructor first night.

Cost: \$55

Instructor: Deena Denesowicz, Neon Rose Art & Design

Wednesday March 3 to March 24

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

Location: 9th Gr Ctr, Room 412

LEARN TO KNIT SOCKS

Learn to make custom fit socks for any size using double pointed needles or one circular needle (called the "magic loop" method). Learn knitting in the round, how to turn a heel, make a gusset, pick up stitches, toe shaping by decreasing and the kitchener stitch, a grafted toe. Must know how to cast on, knit and purl. Bring 400 yards of sock yarn which is fingering weight yarn in a lighter color. **\$10 material fee for knitting needles payable to instructor first night.**

Cost: \$45

Instructor: Janet Kakareka

Monday March 8 to March 29

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

Location: 9th Gr Ctr, Room 204

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 March 3 to May 19

(No class 4/7 & 4/14)

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

Location: Off-Campus, Phoenixville

SCRAPBOOKING CROPS

Friday night open crops onsite at Scrap with Shelby. Crop from 7pm - midnight. Fee includes snacks, sodas and the use of some basic tools. Unlimited use of a Cricut Expression available for an additional \$1 (optional, payable to instructor). Complete store available onsite with over 800 items including adhesives, printed papers, embellishments, an "embellishment bar" (brads, buttons, ribbon etc...) and over 50 shades of cardstock. Bring your own supplies or purchase onsite (trimmers and tools are not available for sale, only adhesives). Help and free instruction available for beginners. Participants limited to 10 per crop night - first come first serve, must sign up in advance of each crop.

Cost: \$6

Instructor: Michelle Shaw, Scrap with Shelby

Location: 55 Glen Farms Rd., Collegeville

SESSION I

Friday February 26

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

SESSION II

Friday March 19

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

SESSION III

Friday April 16

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

SESSION IV

Friday May 14

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

SCRAP WITH SHELBY

Complete an entire album (20-24 pages) over 6 sessions. In this class you will learn scrapbooking techniques while you complete pages ready for pictures (no need to bring pictures to class). Suitable for all levels - no experience necessary. Beginners will learn the basics of tools, terminology and techniques. More advanced scrapbookers will pick up some tricks and techniques while completing finished pages. **Material fee of \$60 payable to instructor first session, will cover all paper, embellishments and supplies for all 6 sessions.** Students only need to bring a basic class kit to each class (a 12 inch paper trimmer - any brand, scissors, flat glue dots, a glue pen and tape runner. Glue dots, glue pen and tape runner may be purchased at the first class at a discount from the instructor. Questions about the class can be directed to the instructor at shelby@scrapwithshelby.com? **Must sign up by 1/26/10.**

Cost: \$100

Instructor: Michelle Shaw, Scrap with Shelby

Tuesday February 9, March 9, March 23,

April 27, May 4, May 18

(6 sessions) 6:30 to 9:30 p.m.

Location: 9th Gr Ctr, Media Center

SEWING - BEGINNER

Ideal for anyone who wants to learn basic sewing skills. This beginner sewing course will teach you the basics of using your sewing machine plus hand and machine sewing techniques. As a project you will make a tote bag. Students must bring their own sewing machine. **Material fee of \$15 payable to instructor first night of class.**

Cost: \$35

Instructor: K.C. Agneta

Tuesday March 9 to March 23

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

Location: 9th Gr Ctr, Room 201

SEWING - T-SHIRT QUILT

Ideal for anyone with basic sewing skills. Take your keepsake tee shirts and transform them into a memory quilt. Each student must bring a minimum of 10 t-shirts to cut up for the quilt panels plus their own sewing machine. **Material fee of \$22 payable to instructor first night of class.**

Cost: \$35

Instructor: K.C. Agneta

Tuesday April 13 to April 27

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

Location: 9th Gr Ctr, Room 201

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. **Material fee of \$20 payable to instructor first night.**

Cost: \$60

Instructor: Pat Halsey, Member, PA Guild of Craftsmen

Monday February 8 to March 22

(No class 2/15)

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

Location: 9th Gr Ctr, Room 300

SILVERSMITHING & STONE SETTING, ADVANCED

Make something special as you continue creating jewelry and design settings. Learn bezel making for stone settings, ring wire designing and advanced tooling & sterling sheet metal designing. At least 2 completed creations during class.

Material fee of \$25 payable to instructor first night. Basic silversmithing required.

Cost: \$60

Instructor: Pat Halsey, Member, PA Guild of Craftsmen

Monday April 12 to May 17

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

Location: 9th Gr Ctr, Room 300

STAINED GLASS BEGINNER (AGES 16+)

Enter the beautiful world where color and light join to create amazing pieces of art. In this seven week class you will learn all of the skills necessary to work confidently in this medium.

You will be able to choose one of five stained glass panels to complete during the course. All panels are 10" x 16". **You can expect to spend approximately \$175 - \$225 for tools and supplies depending on which panel you choose.**

Cost: \$95

Instructor: Malinda Pasquale, Inspirations, Inc.

Thursday February 11 to March 25

(7 Sessions) 6:30 to 8:30 p.m.

Location: 9th Gr Ctr, Room 300

SPRING-FORD COMMUNITY EDUCATION

will be closed for On-Campus evening classes
February 15, March 31, April 1 & April 5.

COLLEGE PREP

Offered by The Brandywine Learning Center



**** Cancellation Policy: The Brandywine Learning Center does not cancel its test preparation classes as long as there is at least one child registered.** Spring-Ford Community Education will honor this policy, however, no refunds or credits will be given for any withdrawals.**

TWO-DAY SAT IMMERSION LAB

Time and finances are tight. Prepare intelligently! The SAT is a test unlike any other test that your child has taken. It is not the standard curriculum-based test. It is a test of reasoning. Straight knowledge is not enough to do well on this test. Learning to strategically and aggressively take this test is key to success. This **hands-on** practical lab is effective for students anywhere in the SAT or PSAT preparation process – whether they are getting an initial exposure, starting to prepare, or readying for the next official sitting. **The first day** of this 2-day program includes a seminar focusing on the key **STRATEGIES** of **HOW** to take this test, followed by topic-specific strategies relating to each portion of the test. Some of the major techniques to be covered include when and how to guess, which questions to skip and which to focus upon, and how to prep independently. The second day provides the opportunity to apply the strategies through completion of a **full-length, proctored SAT practice test**. Within three weeks, families receive a diagnostic analysis of the test results via email or mail. **Students should bring a scientific or graphing calculator, two pencils, a highlighter, and snacks.** Please provide your email address when registering.

Cost: \$150

Instructor: Certified Instructor with The Brandywine Learning Center

Thursday & Saturday

March 4 & March 6

(2 sessions)

3/4, 6:00 to 8:30 p.m.

Location: 9th Gr Ctr, Room 109 3/6, 9:00 a.m. to 1:00 p.m.

Your SAT & ACT scores will play a vital role in the admissions process. According to a 2006 study by the National Association of College Counselors (NACAC) entitled *State of College Admission Report for 2006*, "Admission Test Scores (ACT or SAT)" ranked second in importance, only behind "Grades in College Prep Courses." Kaplan, 2009

PSAT, SAT, ACT, SAT II SUBJECT TESTS, AND NATIONAL MERIT SCHOLARSHIPS

This class is part of the College Timeline Series -- for parents and their high schoolers. Which test? When to take and retake? Where to go? How many times? How to prep? Prep for both? What is the National Merit Scholarship? The most important strategies to know for the key tests are explained.

Cost: \$30 per family

Instructor: Certified Instructor with The Brandywine Learning Center

Thursday

March 11

(1 session)

6:30 to 8:00 p.m.

Location: 9th Gr Ctr, Room 112

TWO-DAY ACT IMMERSION LAB

The ACT is now being accepted on equal standing at the majority of East Coast schools. This is significant news for students that struggle with the reasoning approach of the SAT. It is strongly recommended that students at least initially pursue both tests in order to determine their stronger assessment. The ACT differs from the SAT in multiple ways including the scoring and a different approach to "skipping" vs. attacking questions. The content differs as well. The ACT, for example, includes science, and trigonometry. There are many key differences that once understood, make a decisive difference in ACT and SAT success. One of the most effective ways to prepare is to take actual practice tests and to learn the strategies of test taking to apply in future ACT practice. This course is a hands-on, practical lab highly effective for students anywhere in their ACT preparation. During the first session, students will experience a seminar of the top strategies including pacing, scoring, and educated guessing, followed by topic-specific strategies relating to each portion of the test including the optional writing portion. The second session will involve the administration of a full-length, proctored ACT during which students apply the strategies discussed in class. Within three weeks, families will receive a diagnostic analysis of the test results via email or mail. Students should bring a scientific calculator, highlighter, two pencils, snacks and a drink to each session.

Cost: \$150

Instructor: Certified Instructor with The Brandywine Learning Center

Thursday & Saturday **March 25 & March 27**
(2 sessions) **3/25, 6:00 to 8:00 p.m.**
Location: 9th Gr Ctr, Room 109 **3/27 9:00 a.m. to 1:00 p.m.**

COLLEGE TIMELINE SEMINAR FOR PARENTS & HIGH SCHOOLERS

College entrance timeline! A seminar for parents and their children. The process of applying to college can be daunting. There are many questions - SAT? ACT? Which test? When? Where? How many times? What do colleges want? What are the shortcuts? When should we do what? This seminar relieves the stress of the unknown. It provides a month-by-month outline of what to do when in the college application process, and answers the questions that you have and those you have not yet thought to ask.

Cost: \$30 per family

Instructor: Certified Instructor with The Brandywine Learning Center

Monday **February 22**
(1 session) **6:30 to 8:00 p.m.**
Location: 9th Gr Ctr, Room 112

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

COMPUTERS

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

COMPUTERS FOR SENIORS (BEGINNERS)

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 **February 9 to March 2**
(4 sessions) **5:30 to 7:30 p.m.**
Location: 9th Gr Ctr, 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.

Cost: \$30

Instructor: Mike Nagel

Tuesday **April 20**
(1 session) **5:30 to 8:30 p.m.**
Location: 9th Gr Ctr, Room 103

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

Instructor: Mike Nagel

Tuesday **April 27**
(1 session) **5:30 to 8:30 p.m.**
Location: 9th Gr Ctr, 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 **February 11 to March 11**
(5 sessions) **5:30 to 7:30 p.m.**
Location: 9th Gr Ctr, 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 March 16 to April 13
(No class 3/30)

(4 sessions) 5:30 to 7:30 p.m.

Location: 9th Gr Ctr, Room 103

DANCE

BALLROOM-BEGINNER

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: \$40/\$30 Gold Card

Instructor: Paul Willburn,

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

Tuesday February 16 to March 16
(5 sessions) 8:00 to 9:00 p.m.

Location: 9th Gr Ctr, Cafeteria

BALLROOM-INTERMEDIATE

This class begins where the beginners class ended. Fox Trot, Waltz, Jitterbug, and an introduction to the Cha-Cha will be included with techniques in leading and following, (the secret to dancing with a partner). Don't miss this class! It will add style to your dancing!! Partners recommended but not required.

Cost: \$40/\$30 Gold Card

Instructor: Paul Willburn,

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

Tuesday April 6 to May 4
(5 sessions) 8:00 to 9:00 p.m.

Location: 9th Gr Ctr, Cafeteria

COUNTRY WESTERN, I

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: \$40/\$30 Gold Card

Instructor: Paul Willburn,

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

Tuesday February 16 to March 16
(5 sessions) 7:00 to 8:00 p.m.

Location: 9th Gr Ctr, Cafeteria

COUNTRY WESTERN, II

If you enjoyed the first Country Western Line Dancing class, then you'll enjoy this class. This class will be a continuation of the first Country Western Line Dance course. The dances in this course will be a little more complex.

Cost: \$40/\$30 Gold Card

Instructor: Paul Willburn,

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

Tuesday April 6 to May 4
(5 sessions) 7:00 to 8:00 p.m.

Location: 9th Gr Ctr, 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: \$40/\$30 Gold Card

Instructor: Paul Willburn,

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

Tuesday February 16 to March 16
(5 sessions) 9:00 to 10:00 p.m.

Location: 9th Gr Ctr, Cafeteria

LATIN DANCING

This introductory course is the ultimate in dance. The basics and variations of the romantic dances of the Tango and Rumba plus the hot dances of the Salsa and Cha Cha will be taught in this course. Other Latin dances may also be taught. Partners recommended but not required.

Cost: \$40/\$30 Gold Card

Instructor: Paul Willburn,

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

Tuesday April 6 to May 4
(5 sessions) 9:00 to 10:00 p.m.

Location: 9th Gr Ctr, Cafeteria

EXERCISE & SPORTS

ARMCHAIR PILATES

This class is ideal for individuals with mobility limitations, arthritis, or the mature exerciser who is just getting started, this seated routine of gentle stretching, strengthening and breathing works the arms, legs, and torso. Flex-bands and toning balls may be used and are available for use during class.

Cost: \$55

Instructor: Laurie Higgins, SCOTT PILATES @
Certified Instructor

Thursday February 11 to March 18
(6 sessions) 7:00 to 8:00 p.m.

Location: 9th Gr Ctr, Media Center

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

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.

Cost: \$69

Instructor: Roxanne Felts, Aerobic Rhythmic

Monday & Wednesday March 1 to April 28

(No class 3/31 & 4/5)

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

Location: Limerick Elementary, Cafeteria

BODIES IN MOTION PILATES

Specific strength and flexibility are needed by people who do repetitive movements. If you are doing an exercise without activating correct muscles, you could injure yourself or end up not getting the results you want. By using the reformer and the mat you learn to get the most out of exercise. Please bring a mat to class.

Cost: \$65/\$55 Gold Card

Instructor: Laurie Higgins, SCOTT PILATES®

Certified Instructor

Monday February 8 to March 15

(6 sessions) 6:45 to 7:30 p.m.

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

E-CENTRIC STRENGTH & THE REFORMER

E-Centric strength and the reformer focuses on e-centric muscle contraction in which a muscle moves from a shortened position to a lengthened position while under resistance. This class uses a mixture of holistic and biomechanical approaches with movements and posture on the mat and on the reformer. Please bring a mat to class.

Cost: \$75

**Instructor: Dave Scully, Licensed Acupuncturist &
Herbalist**

Saturday February 13 to March 20

(6 sessions) 1:00 to 2:00 p.m.

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

GOLF - ADULT (AGES 16+)

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 February 17 to March 24

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

SESSION II

Wednesday April 7 to May 12

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

INTRO TO PILATES

Pilates improves core strength and posture through specific, slow, controlled and safe exercise. This 55-minute 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: \$65

Instructor: Laurie Higgins, SCOTT PILATES®

Certified Instructor

Thursday April 8 to May 20

(7 sessions) 7:00 to 7:55 p.m.

**Location: 7th Gr Ctr, Auxiliary Gym, C102
(Enter door #2)**

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: \$65

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

Monday February 8 to March 15

(6 sessions) 3:30 to 4:45 p.m.

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

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.

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: \$65

**Instructor: Nancy Louise, Corrective Medical Muscle
Therapist**

Wednesday February 10 to March 17

(6 sessions) 11:45 a.m. to 12:30 p.m.

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

PILATES REFORMER

This 45-minute class will focus on stretching and toning using the Pilates Reformer. The reformer is a sled-like piece of equipment that provides a total body workout. The class is led by a Certified Personal Trainer and Pilates instructor. This class is perfect for beginners and those with back, knee, weight problems or arthritis.

Cost: \$65

Instructor: Deb Fronheiser, Certified Personal Trainer & Pilates Instructor

Location: Healthy Step, 634 King St., Pottstown

SESSION I

Tuesday February 23 to March 30
(6 sessions) 4:45 to 5:30 p.m.

SESSION II

Thursday February 25 to April 1
(6 sessions) 11:00 to 11:45 p.m.

RUN YOUR FIRST 5k

If you've been walking or jogging on your own and are ready for the next step, this class is for you! Coach Aimee Rodriguez will teach you basic running techniques, exercise principles, and general fitness guidelines. After 8 weeks of training, you will be ready to run your first 5k race! No previous running experience is necessary. Please bring a towel to class.

Cost: \$75

Instructor: Aimee Rodriguez

Monday March 22 to May 17
(8 sessions) (No class 4/5) 6:00 to 7:30 p.m.

Location: Brooke Elementary, Cafeteria (enter door #2)

YOGA AND PILATES REFORMER

Are you interested in having long, lean muscles and a supple youthful spine while you develop body awareness? Using the Pilates Reformer to assist with increased flexibility allows you to engage more readily while doing traditional yoga postures.

Cost: \$55/\$45 Gold Card

Instructor: Nathan Dawley, Certified Yoga Instructor

Thursday February 11 to March 18
(6 sessions) 6:45 to 7:30 p.m.

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

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: \$60

Instructor: Benita Mukerji, Certified Yoga Teacher

Wednesday March 3 to April 28
(8 sessions) (No class 3/31) 6:15 to 7:30 p.m.

Location: 8th Gr Ctr, Cafeteria, enter rear of bldg, door 10

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 YogaFit Instructor, Aerobic Rhythmics

Location: Brooke Elementary, 2/8 Cafeteria, 2/22 on Gym (enter door #2)

SESSION I

Monday February 8 to March 29
(7 sessions) (No class 2/15) 6:15 to 7:30 p.m.

SESSION II

Monday April 12 to May 17
(6 sessions) 6:15 to 7:30 p.m.

YOGA: GENTLE YOGA FOR THE REST OF US!

Our goal is to learn a simple routine that may be accomplished at home which helps stretch and relay your body in an enjoyable manner. This is a gentle class that can be adjusted individually to as easy or as challenging as you want it to be. Your knowledgeable instructor integrates multiple yoga techniques and addresses your personal needs. Bring a pillow, yoga mat and yoga strap to class. Please wear comfortable clothing.

Cost: \$55

Instructor: Aura Rose

Location: 7th Gr Ctr, Room C102, Auxiliary Gym (Enter door #2)

SESSION I

Thursday February 11 to March 18
(6 sessions) 6:30 to 7:30 p.m.

SESSION II

Thursday April 8 to May 13
(6 sessions) 6:30 to 7:30 p.m.

YOGA FOR WEIGHT LOSS

Learn to use basic yoga postures, breathing techniques and the principles and philosophy of yoga to become more aware of your eating habits, slim down and cultivate a positive self image. Please bring a yoga mat to class. All levels welcome, from beginner to advanced!

Cost: \$85

Instructor: Pamela Luton

Tuesday February 9 to April 13
(10 sessions) 7:00 to 8:30 p.m.

Location: 9th Gr Ctr, Faculty Lounge

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



FINANCIAL & 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, Esq.

Tuesday February 23
(1 session) 6:45 to 9:00 p.m.

Location: 9th Gr Ctr, Media Center

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 April 7 to April 21
(3 sessions) 7:00 to 9:00 p.m.

Location: 9th Gr Ctr, Room 405

TAX DEFERRED STRATEGIES FOR INVESTMENT 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: \$24

Instructor: Susan Umstead, CES, Certified Exchange Specialist

Thursday March 25
(1 session) 7:00 to 9:00 p.m.

Location: 9th Gr Ctr, Room 114

HOW TO START A SMALL BUSINESS

Learn the basics, pro and con, for starting a business. Find out whether to go for financing and the fundamentals for writing a business plan. What type of license will you need? What is your income expectation? With this nuts and bolts course, you can begin to set your dream into motion.

Cost: \$20

Instructor: Dave Prince, SCORE

Tuesday April 6
(1 session) 6:30 to 8:30 p.m.

Location: 9th Gr Ctr, 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, CDFP and Robert Gorman, CFP, CDFP

Tuesday February 23 to March 9
(3 sessions) 7:00 to 9:00 p.m.

Location: 9th Gr Ctr, Room 114

SEPARATION & DIVORCE: YOUR LEGAL RIGHTS

Confusion, fear, anger, depression and anxiety are all normal emotions for someone considering separation or divorce. During separation and divorce, couples must make some of the most important decisions in their lifetime. An Alpha Center Attorney-Mediator will discuss and offer clarity on many of the legal, financial and practical matters that must be considered by both individuals. This informative course will also discuss divorce mediation as an alternative to litigation.

Cost: \$20

Instructor: Attorney Mediator for Alpha Center for Divorce Mediation

Tuesday April 13
(1 session) 7:00 to 9:00 p.m.

Location: 9th Gr Ctr, Room 114

FOOD

CHOCOLATE MAKING

Do you want to make your family and friends some great chocolate treats? Then this class is for you. You will make over 1 lb. of milk chocolate using real milk chocolate. You can learn to make pretzel knots and rods, graham crackers, nut, cashews, raisin & toasted coconut clusters, marshmallows and nonpareils. All your treats will be sent home in a personalized candy box for you to give as a gift or to keep as a gift for yourself. **Material fee of \$12 payable to instructor.**

Cost: \$15

Instructor: Connie Lawson, Sweet Ashley's Chocolates

Wednesday March 10
(1 session) 7:00 to 8:30 p.m.

Location: 9th Gr Ctr, Room 205

CHOCOLATE TASTING

Chocolate has amazing complexities and levels of flavor. Come and experiment! We'll have a wide selection of milk and dark chocolates. This chocolate tasting offers an opportunity to try and compare a number of different varieties of chocolate and find out what the differences are and which you prefer. **Material fee of \$10 payable to instructor.**

Cost: \$10

Instructor: Connie Lawson, Sweet Ashley's Chocolates

Location: 9th Gr Ctr, Room 205

SESSION I

Wednesday February 10
(1 session) 7:00 to 8:00 p.m.

SESSION II

Tuesday March 23
(1 session) 7:00 to 8:00 p.m.

COOKING BASICS 101

Learn easy prep techniques and all the kitchen basics with Chef Deb Leotta, Private Chef and Creator of "Be Your Own Chef At Home" cooking classes. Don't be embarrassed if you're not a whiz in the kitchen. Here's your chance to gain the confidence you need to produce great food in no time at all. Session One: Knife Skills. Bring your favorite chef knife and learn how to easily prep fresh fruits and vegetables for quick and healthy meals. Session Two: The Well-Stocked Pantry. Discover the fundamentals of stocking your kitchen for easy and economical meal planning. Bring containers to class to carry home samples. You will receive a supply list before class. **Material Fee of \$25 payable to instructor at first class.**

Cost: \$55

Instructor: Chef Deb Leotta, Be Your Own Chef at Home

Thursday February 18 & February 25
(2 sessions) 7:00 to 9:00 p.m.

Location: Senior High, Room 111 (enter door #4)

GENERATIONS TEA (AGES 6+)

Celebrate Mother's Day with that special person 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 May 6
(1 session) 6:30 to 8:30 p.m.

Location: 9th Gr Ctr, Room 205

WINTER WARMTH TEA

Winter is the perfect season to enjoy the comforts of tea! Relax with fine linens, vintage china and let us pamper you!! Tea includes: Choice of Tea, Appetizer, Soup, Tea Sandwiches, Salad, Warm Scone, Jam and Welsh Cream and Dessert. A lesson on the history of tea called "Steeped in Tradition" completes this special evening tea.

Cost: \$28

Instructor: Kelly LeMarbe, Tea Celebrations

Thursday February 25
(1 session) 6:30 to 8:30 p.m.

Location: 9th Gr Ctr, Room 205

INTERNATIONAL CUISINE

Explore flavors from around the world with Chef Deb Leotta, Private Chef and Creator of "Be Your Own Chef At Home" cooking classes. This 3-part series presents the cuisines of Southeast Asia, the Mediterranean and Latin America.

Demystify the exotic ingredients that make up each country's unique flavors. Come to class hungry – You'll be EATING your homework!! Bring containers to class as well to carry home samples. You will receive a supply list before class.

Material Fee of \$35 payable to instructor at first class.

Cost: \$60

Instructor: Chef Deb Leotta, Be Your Own Chef at Home

Thursday March 11 to March 25
(3 sessions) 7:00 to 9:00 p.m.

Location: Senior High, Room 111 (enter door #4)

LA CUCINA FRESCA

Establish a 'Fresh Kitchen' with Chef Deb Leotta using fresh foods that are simply prepared. Be introduced to concepts like Slow Food, Whole Food, Raw Food and Sustainable Food. Learn easy and delicious recipes while unveiling the nutritional benefits of eating fresh wholesome food. You'll be preparing and enjoying lots of great food so bring containers to class to carry home samples. You will receive a supply list before class. **Material Fee of \$35 payable to instructor at first class.**

Cost: \$60

Instructor: Chef Deb Leotta, Be Your Own Chef at Home

Thursday April 15 to April 29
(3 sessions) 7:00 to 9:00 p.m.

Location: Senior High, Room 111 (enter door #4)

PASTA PARTY

There is nothing like homemade pasta! We will make homemade pasta from scratch using semolina, eggs, etc. Volunteers are encouraged to help roll and cut into spaghetti. After cutting the pasta, we will all enjoy a plate of the homemade pasta with Bolognese Sauce (meat sauce) and cheese. **Material fee of \$3 payable to instructor.**

Cost: \$17

Instructor: Sue Fazio

Location: 9th Gr Ctr, Room 205

SESSION I

Tuesday February 9
(1 session) 7:00 to 8:00 p.m.

SESSION II

Tuesday May 4
(1 session) 7:00 to 8:00 p.m.

SPRING CAKE DECORATING

Learn some basic cake decorating skills. You will receive a kit with all the tools you will need including a light weight turntable. You will learn borders, 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. **Material fee of \$38 payable to instructor first night. Kit includes, all your tools, turntable, cake and icing.**

Cost: \$37

Instructor: BJ Amerine, Confetti Mountain Cookies

Thursday March 18 & March 25
(2 sessions) 6:30 to 8:00 p.m.

Location: 9th Gr Ctr, Room 205

HEALTH & WELLNESS

ADD/ADHD: WHAT ARE YOUR OPTIONS?

Has the school told you that your child is unruly, disruptive, and won't sit still and focus on his/her work? Have they told you the only way to fix these problems are medication and sedation? Learn what your options are, and how to stop this epidemic of over medicated kids!

Cost: \$10/\$5 Gold Card

Instructor: Dr. Joseph Baker

Wednesday February 24
(1 session) 7:00 to 8:00 p.m.

Location: 9th Gr Ctr, Room 407

AUTISM TODAY - CURRENT RESEARCH AND NEWS

This two part course will review current research in the field of Applied Behavior Analysis, as well as any current events relevant to autism.

Cost: \$30

Instructor: Mary Lewis, M.S., BCBA

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

Location: 9th Gr Ctr, Room 112

BALANCING YOUR HORMONES

Find out how to naturally balance your hormones and help aid in the relief and/or prevention of hormone replacement therapy, fatigue, PMS, anxiety, depression, endometriosis, hair loss, dizziness, osteoporosis, UTI's, fibroids, weight gain, water retention/bloating and infertility.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Steven Fleisher

Wednesday April 14
(1 session) 7:00 to 8:00 p.m.

Location: 9th Gr Ctr, Room 407

DIABETES

Diabetes is not just for adults anymore. Hear about the different types, how it affects you, how it develops, prevention and living with the disease.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Steven Fleisher

Wednesday March 17
(1 session) 7:00 to 8:00 p.m.

Location: 9th Gr Ctr, Room 407

ESTABLISHING RAPPORT WITH CHILDREN WITH AUTISM

This course will provide an introduction to effective methods that can be used to establish a rapport with individuals with autism including pairing with reinforcement, understanding motivating operations, and mand training. Establishing rapport leads to a fun learning environment for learners and teachers, and leads to a better quality of life for children and parents.

Cost: \$20

Instructor: Mary Lewis, M.S., BCBA

Tuesday February 23
(1 session) 7:00 to 9:00 p.m.

Location: 9th Gr Ctr, Room 112

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 March 10
(1 session) 7:00 to 8:00 p.m.

Location: 9th Gr Ctr, 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 March 24
(1 session) 7:00 to 8:00 p.m.

Location: 9th Gr Ctr, Room 407

HEALTH CARE REFORM

In this session you will learn the secrets that the media is not telling you. To find out the truth about health care in America as well as learn how to protect yourself and your family to insure good health now and in the future. You will receive invaluable information you can use today.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Steven Fleisher

Wednesday February 17
(1 session) 7:00 to 8:00 p.m.

Location: 9th Gr Ctr, Room 407

HEALTHY YOU

A definition of "holistic" is: emphasizing the organic or functional relation between parts and the whole. Come learn about how the parts; your environment, food intake, supplements, and energy sources affect the whole - YOU! You'll understand why fad diets don't work. Try natural foods, drinks, sweeteners, herbs, and spices. Learn alternative ways to combat cravings, fatigue, and seasonal illness. Get the tools that you and your family need to live your healthiest life. Come enjoy a fun approach to healthy living!

Cost: \$30/\$25 Gold Card

Instructor: Megan Bolger

Monday February 22 to March 8
(3 sessions) 6:30 to 8:00 p.m.

Location: 9th Gr Ctr, Room 400

IMMUNIZATIONS

A highly controversial topic. Come learn the facts and decide for yourself. Every parent and parent-to-be should not miss this workshop. Learn the myths and truths about what is safe and what isn't. Learn what is in the immunizations and how they are supposed to work. Learn what really was the cause for the decline of childhood diseases in the mid 1900's.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Steven Fleisher

Wednesday May 5
(1 session) 7:00 to 8:00 p.m.

Location: 9th Gr Ctr, Room 407

HEARTSAVER FIRST AID WITH CPR & AED

This American Heart Association Heartsaver First Aid Course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general principles, medical emergencies, injury emergencies, environmental emergencies, adult, child and infant CPR and use of the automated external defibrillator (AED). For those who have a duty to respond to a first aid or cardiac emergency because of job responsibilities or regulatory requirements must have a credential (card) documenting successful completion of a CPR course. This course meets OSHA regulations.

Cost: \$90

Instructor: North Penn Visiting Nurses Assoc. CPR Staff
Tuesday April 20 & April 27
(2 sessions) 6:00 to 10:00 p.m.
Location: 9th Gr Ctr, Room 114

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 April 7
(1 session) 7:00 to 8:00 p.m.
Location: 9th Gr Ctr, Room 407

SAFETY PIN CYCLE

Learn how the brain controls your entire body. Did you know that the brain communicates with the body using your spine and nerves? If the spinal pathway is blocked or broken - communication breaks down. We will explain the "safety pin cycle" and what it means to your overall health.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Joseph Baker
Wednesday February 10
(1 session) 7:00 to 8:00 p.m.
Location: 9th Gr Ctr, Room 407

NUTRITION

Learn how a healthy diet helps your body and simple tips on improving your own diet. Variations of this lecture include: Exercise & Weight Loss and Rocket Fuel Nutrition - how to eat for more energy.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Steven Fleisher
Wednesday March 3
(1 session) 7:00 to 8:00 p.m.
Location: 9th Gr Ctr, 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

OSTEOPOROSIS

One of the most popular workshops offered by Dr. Fleisher. All women must come to this talk. What is osteoporosis and what are the causes? Hear the myths of calcium and what are the best ways to prevent it and ways to help reverse it naturally without dangerous hormone replacement therapy and/or drugs.

Cost: \$10/\$5 Gold Card

Instructor: Dr. Steven Fleisher
Wednesday April 28
(1 session) 7:00 to 8:00 p.m.
Location: 9th Gr Ctr, Room 407

REIKI I CERTIFICATION

Reiki literally means "universal energy". It is a gentle, but powerful light touch energy that activates the body's own natural ability to heal itself. Reiki is passed on from teacher to student by the process of an attunement. 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 Reiki treatment. Please bring a mat and water to class. At the completion of this class you will receive a Reiki I certificate. CEU's are now available for this course. Limit 12 students.

Cost: \$90

Instructor: Diane Bevan-Radliff
Wednesday May 5 to May 19
(3 sessions) 7:00 to 9:30 p.m.
Location: 9th Gr Ctr, Media Center

NATURAL REMEDIES TO STOP SMOKING

This class will go over natural ways to help you stop smoking. We will be looking at acupuncture protocols that have a high success rate, herbs that help with everything from decreasing nicotine cravings to repairing damaged lungs and meditative breathing techniques to help curb cravings, strengthen the lungs and calm the nerves. Behavioral cues, modifications, and methods of changing patterns will be examined.

Cost: \$65 w/o acupuncture/\$75 w/acupuncture

Instructor: Dave Scully, Licensed Acupuncturist & Herbalist
Wednesday February 17 to March 24
(6 sessions) 6:00 to 6:45 p.m.
Location: Reality Pilates Reformer Studio, 241 Main St., Royersford

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 April 21
(1 session) 7:00 to 8:00 p.m.
Location: 9th Gr Ctr, Room 407

THE ABC'S OF ELIMINATING CHALLENGING BEHAVIOR IN CHILDREN WITH AUTISM, PART I

This course will provide an introduction to how challenging behavior is maintained in children with autism and how to eliminate it. Topics include examining the functions of problem behavior, functional behavior assessments and analysis.

Cost: \$20

Instructor: Mary Lewis, M.S., BCBA

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

Location: 9th Gr Ctr, Room 112

THE ABC'S OF ELIMINATING CHALLENGING BEHAVIOR IN CHILDREN WITH AUTISM, PART II

This course will review key elements of Part I and build on them by providing an overview on how to eliminate challenging behavior and shape appropriate replacement behaviors.

Cost: \$20

Instructor: Mary Lewis, M.S., BCBA

Tuesday February 16
(1 session) 7:00 to 9:00 p.m.

Location: 9th Gr Ctr, Room 112

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 March 25
(1 session) 7:00 to 9:15 p.m.

Location: 9th Gr Ctr, Room 112

HOME & GARDEN

CLUTTER FREE FOR LIFE!

Feeling overwhelmed by all the stuff lying around? Find your way back to a peaceful home! Come learn clutter resistance techniques and smart space planning, based on logic, from attic to basement. We'll discuss the clutter/time management correlation, efficient decluttering and how to stay clutter-free for life! (Paper Clutter will not be covered; see separate course offering.)

Cost: \$30/\$25 Gold Card

Instructor: Ann Pilkington, Professional Organizer & Feng Shui Practitioner

Monday April 26 & May 3
(2 sessions) 7:00 to 9:00 p.m.

Location: 9th Gr Ctr, Room 402

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 \$12.95 available from instructor first night.

Cost: \$65

Instructor: Patricia Lebow

Wednesday March 3 to April 7
(No class 3/31)

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

Location: 9th Gr Ctr, Room 404

FRUGAL LIVING

You'll learn about conventional, as well as unconventional ways to live a more frugal life. Topics include: flea-marketing, e-bay, selective trash picking, the art of haggling, shopping hints, travel tips and creative ways to recycle used items. You'll learn ways to save money and live more economically.

Cost: \$30/\$25 Gold Card

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Thursday March 11 & March 18
(2 sessions) 7:00 to 9:00 p.m.

Location: 9th Gr Ctr, Room 406

JUMP START SPRING DE-CLUTTERING

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 impossible goals here, just practical ideas for having an organized, clutter-free life. So take a deep, relaxing breath, and let's dig-in!

Cost: \$30/\$25 Gold Card

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Thursday April 8 & April 15
(2 sessions) 7:00 to 9:00 p.m.

Location: 9th Gr Ctr, Room 406

ORGANIZING 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/\$15 Gold Card

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Thursday March 25
(1 session) 7:00 to 9:00 p.m.

Location: 9th Gr Ctr, Room 406

CREDIT CARDS ACCEPTED!!



ORGANIZING FOR DIRECT SALES

Calling all direct sales consultants - Avon, Mary Kay, Creative Memories, Silpada, Tastefully Simple and many others. Are you experiencing challenges organizing your inventory, managing orders and keeping up with a growing schedule of demos? Are your organizational challenges hurting your profits? This workshop will teach participants organizing skills specific to running a profitable direct sales business. We'll cover everything from maintaining an appointment calendar to simplifying demo set-ups to tracking client orders.

Cost: \$20/\$15 Gold Card

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Wednesday May 19
(1 session) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 408

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. **A \$40 material fee for Power Sort Box is due to the instructor.**

Cost: \$20/\$15 Gold Card

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Thursday March 4
(1 session) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 406

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

We've 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/\$15 Gold Card

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Thursday April 29 & May 6
(2 sessions) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 408

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

Instructor: Ann Pilkington, Professional Organizer & Feng Shui Practitioner

Monday March 1 & March 8
(2 sessions) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 402

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. Students are welcome to bring laptops if they have them, but it is not required.

Cost: \$30/\$25 Gold Card

Instructor: Brenda Kenny, Busy Bee Organizing Solutions

Thursday April 29 & May 6
(2 sessions) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 107

UNDERSTANDING FENG SHUI

This course is about the practical, down-to-earth side of Feng Shui – without the mysticism. Learn why it has lasted for thousands of years, is still widely used today, and used by the wealthy and prominent. Learn how you can be affected by the unseen energy in your home by what you choose to place in it, where you choose to place things, the effects of electromagnetic frequencies, clutter, and more.

Cost: \$30

Instructor: Ann Pilkington, Professional Organizer & Feng Shui Practitioner

Monday April 12 & April 19
(2 sessions) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 402

WHAT TO DO WITH ALL THESE PAPERS?

Are papers driving you wild? If you are spending time searching for misplaced papers that never had a good place to begin with, then this class is for you! You will learn simple systems for dealing with mail, to-do lists, children's school papers, miscellaneous papers, the tickler file, receipts, recipes, setting up a workable filing system, setting up and maintaining an office area in your home, plus some feng shui tips.

Cost: \$30/\$25 Gold Card

Instructor: Ann Pilkington, Professional Organizer & Feng Shui Practitioner

Monday March 15 & March 22
(2 sessions) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 402

KIDS' PROGRAMS

VEHICLES ENGINEERING (AGES 8-12)

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. **(Enrollment deadline 3/2)**

Cost: \$99

Instructor: All About Learning, Inc.

Tuesday March 23 to April 13
(4 sessions) 4:00 to 6:00 p.m.
Location: 9th Grade Center, Room 309

BATTLE BOTS (AGES 8-12)

Using very advanced LEGO® parts and pieces, students learn to design and build their own motorized battle cars and other vehicles. By using principles of simple and complex machines, gearing, and mechanical advantage, students then try flip, push, or smash their opponent's battle vehicles. Brain over brawn through applied physics. Each team attempts to exploit the design weaknesses or the incidental mechanical advantage of their opponent's bot. Lessons demonstrate the use of mechanical lifts, nets, drills, ramps and more, to disable or overcome other bots.

(Enrollment deadline 3/2)

Cost: \$99

Instructor: All About Learning, Inc.

Tuesday March 23 to April 13

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

Location: 9th Grade Center, Room 309

ART - PARENT/GRANDPARENT & CHILD (AGES 5+)

What better way to spend some quality time with your child or grand child? Come paint, draw, sculpt and have fun! Creative art has power. Recent studies show that a child's psychological growth, school performance, and future learning can be positively effected by a focus on their artistic talent. Painting and drawing require concentration and cultivate self-discipline. Today's children are continuously bombarded by high-tech graphics and special effects on television, websites, movies and computer games. All this rapidly advancing technology, intimidates and causes them to question the value and acceptance of their own personal imagination and creativity. There is a solution. Children must continue to create art. Also, it is by their artwork that adults can see how their children are growing, intellectually and emotionally. **\$5 material fee payable to instructor first night of class. Please dress accordingly.**

Cost: \$55

Instructor: Pat Mescher, KidzArt

SESSION I

Monday February 22 to March 29

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

Location: 9th Gr Ctr, Room 410

SESSION II

Wednesday April 14 to May 19

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

Location: 9th Gr Ctr, Room 412

CREATING THE FAMILY KITCHEN

This class is designed to bring families together in the kitchen. Spend some quality time with your children while creating the family meal. Adults will create the entrée and sides under the instruction of Chef Deb Leotta, Private Chef, while the children prepare the appetizer and dessert led by The Playful Chef, Alisa Tammaro. Wear old clothes, things can get messy. Bring Mom, Dad or a Grandparent and plan to have lots of fun – plus you get to eat your homework!

Material Fee of \$25 (per adult/child pair) payable to instructor.

Cost: \$30 pair

Instructor: Chef Deb Leotta & Chef Alisa Tammaro

Thursday February 11

(1 session) 5:30 to 7:45 p.m.

Location: Senior High, Room 111 (enter door #4)

BABYSITTING SAFETY (AGES 11+)

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: \$90

**Instructor: American Heart Association Instructor
from North Penn Visiting Nurses Assoc.**

Saturday March 20 & March 27

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

Location: 9th Gr Ctr, Room 111 (enter at Auditorium)

CHOCOLATE MAKING FOR TEENS (AGES 11 TO 17)

Do you want to make your family and friends some great chocolate treats? Then this class is for you. You will make over 1 lb. of milk chocolate using real milk chocolate. You can learn to make pretzel knots and rods, graham crackers, nut, cashews, raisin & toasted coconut clusters, marshmallows and non-pariils. All your treats will be sent home in a personalized candy box for you to give as a gift or to keep as a gift for yourself. **Material fee of \$12 payable to instructor.**

Cost: \$15

Instructor: Connie Lawson, Sweet Ashley's Chocolates

Wednesday May 5

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

Location: 9th Gr Ctr, Room 205

CRAFTS FOR KIDS! (AGES 9 TO 13)

In this class you will be decorating cookies, making paper mache, colorful string bracelets, various puppets, cool masks, watercolor paintings, origami, and much more! It's a time for kids to have fun and relax from all their school work. **Material fee of \$5 payable to instructor first night.**

Cost: \$40

Instructor: Asia Abney

Tuesday March 23 to April 13

(4 sessions) 5:30 to 7:30 p.m.

Location: 9th Gr Ctr, Room 410

FRIENDSHIP BRACELETS

Students will learn five different friendship bracelets throughout the course of five weeks. Trade with friends, make as gifts or keep for yourself. **Material fee of \$5 payable to the instructor first night of class.**

Cost: \$35

Instructor: Tammy Tarloski

Tuesday February 23 to March 23

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

Location: 9th Gr Ctr, Room 412

DRAMA KIDS INTERNATIONAL

This internationally acclaimed program develops speaking skills, confidence, and acting skills 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: \$195

Instructor: Bill Algeo/Michela Bird

Location: 9th Gr Ctr, Auditorium

AGES 5-8
Wednesday
(14 sessions)

5:00 to 6:00 p.m.
February 10 to May 19
(No class 3/31)

AGES 9-12
Wednesday
(14 sessions)

6:00 to 7:00 p.m.
February 10 to May 19
(No class 3/31)

GOLF - JUNIOR CLINIC, I (AGES 6 TO 15)

This Junior Golf clinic is for kids ages 6 to 15. We'll cover rules, the basic fundamentals of golf - grip, posture, set-up, full swing, chipping, pitching, and putting. Taught by pros, our clinics are group instruction and simulator play.

Cost: \$80

Instructor: Bernard Sheridan, Par Breakers Golf Academy

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

SESSION I

Wednesday
(6 sessions)

February 17 to March 24
6:00 to 7:00 p.m.

SESSION II

Wednesday
(6 sessions)

April 7 to May 12
6:00 to 7:00 p.m.

MIX IT UP WITH THE PLAYFUL CHEF (4 TO 6 YEARS OLD)

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! **\$30 material fee payable to instructor the first night of class.**

Cost: \$25

Instructor: Alisa Tamaro, The Playful Chef

Location: 9th Gr Ctr, Room 205

AGES 4 TO 6

Tuesday
(2 sessions)

February 16 & February 23
5:30 to 7:00 p.m.

AGES 7 to 12

Tuesday
(2 sessions)

April 13 to April 20
5:30 to 7:00 p.m.

KIDS' CUPCAKE PARTY (AGES 5-9)

Hey kids, come out and have some fun with cupcakes and icing!! You will see a cake decorating demonstration and learn how the pros do it. You will also be decorating your own hat and apron to take home. Then you'll be decorating a cupcake to eat and one to take home to show off. **Material fee of \$6 payable to the instructor that night. Fee includes apron, hat and cupcakes.** Bring something to drink and be ready to have some fun!! Sign-up early, space is limited.

Cost: \$15

Instructor: BJ Amerine, Confetti Mountain Cookies

Wednesday
(1 session)

April 14
6:30 to 7:45 p.m.

Location: 9th Gr Ctr, Room 205

PEACEFUL SOLUTION CHARACTER EDUCATION PROGRAM (AGES 9 TO 13)

This is a peace-promoting program that encourages character education as its main tool for positive character development. Exciting, practical and creative classes that will teach you how to be a leader and become a great one in the movement towards practicing and teaching peace. You will learn how to communicate better with your parents and peers through fun exercises, solve conflicts, how to make right choices, tips for self-control, and respect for nature. We need peace and character education most today! There is no program as complete and thorough, yet easy to follow, as the Peaceful Solution. The program includes: exciting activities such as music, movies, role-plays, craft making and hands-on projects. This will be an experience students will never forget!

Cost: \$60

Instructor: Asia Abney

Wednesday
(7 sessions)

March 24 to May 12
(No class 3/31)
5:00 to 7:00 p.m.

Location: 9th Gr Ctr, Room 401

MOLECULAR MONDAY SCIENCE CLUB FOR TEENS (AGES 12 & 13)

If you have a strong interest in science, science theory, and math, this class is for you. How are the fake pimentos held together in olives? What did the ancient Greek Archimedes and Count Ferdinand vonZeppelin have in common? We will discover together!! We will be observing the chemistry of alginate, a common food ingredient. Applying the Archimedes Principle, the buoyancy theorem! Observing Chemiluminescence...plus more!!! (All experiments are guided by the Academic Standards for Mathematics, Science & Technology, PA Dept. of Education.)

Material fee of \$20 payable to instructor first night.

Cost: \$60

Instructor: Kimberly Smith, Certified Teacher & Dr. Garry Smith

Monday
(6 sessions)

February 8 to March 22
(No class 2/15)
5:00 to 6:30 p.m.

Location: 9th Gr Ctr, Room 306

KIDS' SUMMER PROGRAMS

COOL DRAMA IN THE HOT SUMMER (AGES 6-11)

Get ready for a spectacular week of fun with Drama Kids International! Join us for a week of summer fun for campers ages 6-11. Drama Kids Summer Camp includes a unique combination of fun, creative, and entertaining activities such as large group improvisations, silent scenes, dialogue development, scene starters, and theater games. Each week will also include a special theme, fun dress-up days, and culminate in a fabulous presentation for family and friends. Price includes camp shirt and supplies.

Instructor: Bill Algeo/Michela Bird

Monday thru Friday August 9 to August 13

Location: 7th Gr Ctr, Cafetorium (Enter door #21 in Rear of building)

1/2 DAY PROGRAM Cost: \$135
(5 sessions) 9:00 a.m. to 12:00 p.m.

FULL DAY PROGRAM Cost: \$225
(5 sessions) 9:00 a.m. to 4:00 p.m.

ITALIAN LANGUAGE CAMP (AGES 8-11)

Italian Language Camp. Explore Italian language while having fun! The camp is a dynamic, fast paced language course for ages 8-11 taught by a native speaker. Camp includes two lessons a day plus Italian language songs, cultural anecdotes, Italian sports, food and crafts. Your child will be fully immersed in the language and culture and learn common phrases and terms. Campers receive a photo CD of the week and a certificate of completion. All materials and camp workbook are included. Learn more at: www.italianooggi.com. Last summer the children didn't want to leave!! "I wish Italian Camp would last forever?" "Can we come back next year?" "This is the best camp ever!"

Cost: \$135

Instructor: Francesca Calabretta

Monday thru Friday June 28 to July 2

(5 days) 9:00 a.m. to 12:00 p.m.

Location: Royersford Area, Exact location TBD.

LANGUAGE

ESL (ENGLISH AS A SECOND LANGUAGE) - CONQUERING ENGLISH THROUGH CONVERSATION

Have you been in the United States for a long time and still wonder what Americans are saying? Join our class to learn about clichés, slang, idioms, and other English language challenges that mystify learners. Sharpen your speaking and listening skills. Learn how to speak like an American. Returning students receive a 10% discount.

Cost: \$65

Instructor: Debra Chiappetta

Wednesday March 10 to May 19
(No class 3/31)

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

Location: 9th Gr Ctr, Room 402

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

Tuesday February 9 to April 27

(12 sessions) 6:30 to 8:00 p.m.

Location: 9th Gr Ctr, Room 402

SPANISH BEGINNERS CONVERSATION

¡Bienvenidos al Mundo en Español! Learn the basics on grammar, pronunciation, and talk to your classmates in Spanish. Enrich your vocabulary and practice conversations in a new language. ¡Hasta Pronto!

Cost: \$55

Instructor: Paul Umana

Tuesday February 16 to March 23

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

Location: 9th Gr Ctr, Room 404

SPANISH CONVERSATION II

¿Hablas Español? Practice real life conversations, and discover how closely related the foundations of the Spanish language are to English. You will be amazed when you find yourself thinking in a new language. ¡Animate!

Cost: \$55

Instructor: Paul Umana

Tuesday April 6 to May 11

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

Location: 9th Gr Ctr, Room 404

OUTDOOR ADVENTURE

MILL CREEK & FURNACE BAY, MD KAYAK

Paddling in this small bay gives you a great chance to see many birds and other wildlife up close and personal. Herons, Bald Eagles and Hawks are seen regularly on this trip. The flat water on the bay and creek make this an easy and enjoyable paddle for beginners and experienced paddlers alike. Please bring a lunch and appropriate clothing. Transportation, experienced naturalist/guide, equipment provided.

Cost: \$60

Instructor: Great Valley Nature Center Naturalist/Guide

Friday May 7

(1 session) 8:30 a.m. to 6:00 p.m.

Location: Great Valley Nature Center

OWL PROWL WITH DINNER

Join us for a fun evening of dinner, live animals, and an outdoor night hike. We will begin our night with dinner and then a live demonstration with the predator of the night. Following our demonstration we will go on a short hike to call, listen for, and watch for owls. Cost includes dinner, transportation, and a guide.

Cost: \$50

Instructor: Great Valley Nature Center Naturalist/Guide
Saturday February 27
(1 session) 5:00 to 10:00 p.m.
Location: Great Valley Nature Center

SASSAFRAS RIVER, MD KAYAK

This small river along the Upper Chesapeake Bay is truly a hidden treasure. We'll paddle this calm waterway where kayaks can easily maneuver and search for wildlife. Local wildlife includes Bald Eagles, Osprey, Red-tailed Hawks and a Great Blue Heron Rookery. We'll spend time exploring this area as well as some side streams. This is a good trip for beginners as well as the seasoned paddler. Transportation, boats, paddles and instruction all provided. Please bring lunch and appropriate clothing.

Cost: \$55

Instructor: Great Valley Nature Center Naturalist/Guide
Saturday April 24
(1 session) 8:30 a.m. to 6:00 p.m.
Location: Great Valley Nature Center

PET CORNER

PET HEALTH SEMINAR: ARTHRITIS & WEIGHT MANAGEMENT

Arthritis and overweight/obesity are two serious diseases commonly diagnosed in our pets. Proper management of these conditions can add quality years to your dog or cat's life. This course will educate the concerned pet owner on the importance of healthy weight management, techniques for alleviating pain, and proper exercise strategies to improve muscle tone and overall fitness.

Cost: \$20

Instructor: Ann Caulfield, VMD
Wednesday May 12
(1 session) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Room 114

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
Saturday March 6 to April 17
(no class 4/3)
(6 sessions) 1:30 to 2:30 p.m.
Location: Molly's Country Kennels

AGILITY TRAINING, LEVEL 1

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 February 28 to April 11
(No class 4/4)
(6 sessions) 1:30 to 2:30 p.m.
Location: Molly's Country Kennels

LEVEL I OBEDIENCE

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 March 2 to April 6
(6 sessions) 6:45 to 7:45 p.m.

SESSION II

Instructor: Rosalie Coulter, CAPCT
Wednesday March 3 to April 7
(6 sessions) 6:45 to 7:45 p.m.

SESSION III

Instructor: Rosalie Coulter, CAPCT
Wednesday March 3 to April 7
(6 sessions) 8:00 to 9:00 p.m.

SESSION IV

Instructor: Kathy Norsworthy, CAPCT
Thursday March 4 to April 8
(6 sessions) 6:45 to 7:45 p.m.

SESSION V

Instructor: Kathy Norsworthy, CAPCT
Thursday March 4 to April 8
(6 sessions) 8:00 to 9:00 p.m.

SESSION VI

Instructor: Rosalie Coulter, CAPCT
Saturday March 6 to April 17
(No class 4/3)
(6 sessions) 12:15 to 1:15 pm

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 February 28 to April 11
(No class 4/4)
(6 sessions) 12:15 to 1:15 p.m.
Location: Molly's Country Kennels

SELF-IMPROVEMENT

COLOR ANALYSIS/IMAGE UPDATE

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, Image Consultant
Tuesday March 16
(1 session) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, 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, Image Consultant
Tuesday April 13
(1 session) 6:30 to 9:00 p.m.
Location: Philadelphia Premium Outlets, Limerick

MAKE-UP APPLICATION

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.

Cost: \$25/\$20 Gold Card

Instructor: Meredith Birchall, Image Consultant
Thursday April 22
(1 session) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Media Center

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
Tuesday May 11
(1 session) 6:30 to 9:00 p.m.
Location: 9th Gr Ctr, Room 112

SURVIVING JOB LOSS: TAKING THE NEXT STEP

Are you one of the millions of employees who have lost their jobs? Have you had negative feelings like anger, grief and loss of self-worth? Come to this workshop to learn how to survive and thrive! In this workshop, you will learn to identify and manage the emotional response to job loss. We will identify your needs and desires to determine next steps through critical review of your resume, possibilities list and other strategies. Job loss provides enormous opportunities for exploration and reflection to take a bold next step. Don't waste it! **Material fee of \$5 payable to instructor first night.**

Cost: \$25

Instructor: Barbara A Fuchs, Life Coach, EPIQ Services, LLC
Wednesday April 7 & April 14
(2 sessions) 6:00 to 8:00 p.m.
Location: 9th Gr Ctr, Room 114

VOCABULARY FOR \$100, ALEX

Did you ever wonder how those folks on Jeopardy know all those vocabulary words? Are you interested in expanding your vocabulary? Are you jealous of those who complete the NY Times crossword puzzle in ink? Do you want to know the difference between prone and supine? Join us as we explore the captivating world of words rarely used, used improperly, and abused. Student participation encouraged: bring your favorite words, expressions, and terminology to class.

Cost: \$30

Instructor: Elizabeth Sabia
Tuesday February 9 to March 9
(5 sessions) 6:00 to 7:30 p.m.
Location: 9th Gr Ctr, Room 403

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.

YOUR PURPOSE AND POTENTIAL - THE SEARCH BEGINS

There are times in our lives where we stand at a crossroad. It can be due to a life event such as divorce, the death of a loved one or a life phase such as mid-life crisis or menopause. You can reach a crossroad when you recognize that you are not living a life of joy and abundance. Learn how to assess where you are now and what you want for the future. Night one includes an exploration of current doing and thinking, how to become "unstuck" to pursue purpose and meaning in our lives. Night Two continues to examine personal potential, identify strategies to achieve success, and understanding that we are human beings not human doings!

Material fee of \$5 payable to instructor first night.

Cost: \$25

**Instructor: Barbara A Fuchs, Life Coach,
EPIQ Services, LLC**

**Wednesday April 21 & April 28
(2 sessions) 6:00 to 8:00 p.m.
Location: 9th Gr Ctr, Room 406**

A HISTORY OF SPRING CITY & ROYERSFORD, THEN & NOW

If you're an old timer, you'll enjoy the memories. If you're new to the area, you'll benefit from learning about your new hometown. Learn about the rivalries between the two communities, which would eventually join to become today's Spring-Ford. Night one will consist of a two hour lecture on local history of the two towns, Spring City and Royersford, concentrating on the time period beginning with the canal (1824) and ending with the jointure of the school district (1955-1956). Each person will receive a handout package consisting of 80 pages. Night two will feature an interactive slide show loosely based on the "Then & Now Book". All "now" views have been updated and are in color. On night three, participants will meet at the Spring-Ford Historical Museum for a guided tour of the barn museum, cobbler shop and main house. **Material fee of \$5 payable to instructor for 100 page book used during class, however, can be returned at the end of session.**

Cost: \$30/\$25 Gold Card

**Instructor: William C. Brunner, Spring-Ford Area
Historical Society**

**Tuesday April 6 to April 20
(3 sessions) 7:00 to 9:00 p.m.
Location: 9th Gr Ctr, Media Center**

**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.



JUST FOR FUN!

DREAM INTERPRETATION

Interested in intuition and understanding your dreams better? Are you up for a fun class and ready to make new friends? 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 help us process current issues with more insight and also help us anticipate future events. They aren't weird or strange, they just seem that way when we don't understand their meaning. During this class, Ellen will briefly summarize the history of dreams and recent scientific findings. We'll go over the basics so you will know how to interpret some of your own dreams. Please bring your sense of humor, a willingness to tap into your intuition and a recent dream that you are willing to share with the group.

Cost: \$25/\$20 Gold Card

**Instructor: Ellen Hennesy, Soulology Coaching
Wednesday February 17 & February 24
(2 sessions) 7:00 to 9:00 p.m.**

Location: 9th Gr Ctr, Room 112

BRIDGE I

This eight week course is a well balanced overview of bidding, play, and defense. Learn the skills to play with friends, clubs, tournaments, and online. Topics will include overcalls, pre-emptive bids, doubles, scoring, vulnerability, and competitive auctions.

Cost: \$80/\$70 Gold Card

**Instructor: Shirley Reddington, ACBL Life Master &
Accredited Teacher**

SESSION I

**Monday February 8 to April 19
(No class 2/15, 3/15 & 4/5)**

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

Location: 9th Gr Ctr, Faculty Lounge

SESSION II

**Wednesday March 24 to May 19
(No class 3/31)**

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

Location: 9th Gr Ctr, Faculty Lounge

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
Wednesday April 14 to May 19
(6 sessions) 7:00 to 9:00 p.m.**

Location: 9th Gr Ctr, Room 109

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!

Cost: \$75

Instructor: Aura Rose

Wednesday February 10 to March 17
(6 sessions) 6:30 to 8:30 p.m.

Location: 9th Gr Ctr, Room 305

TAROT MEDITATIONS: UNLOCKING THE CODE

In this class we discuss and meditate upon the deeper meaning of the Tarot Cards. Using the Major Arcana we develop the skill to Unlock The Code of how to Understand the Tarot Card Language and use the deeper meaning they bring to our lives. Bring Tarot Deck - "Universal Waite" or "Rider Waite", package of crayons or colored pencil set with sharpener. Open to all levels.

Cost: \$75

Instructor: Aura Rose

Wednesday April 7 to May 12
(6 sessions) 6:30 to 8:30 p.m.

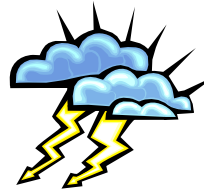
Location: 9th Gr Ctr, Room 305

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 Rd., Royersford, PA during business hours (8 am to 4 pm, 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.



COMMUNITY EDUCATION
will be closed for **On-Campus evening classes**
February 15, March 31, April 1 & April 5.



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.**

Off-Site Class Locations:

Great Valley Nature Center

Route 29 & Hollow Rd.
Devault, PA 19432
Tel: 610-935-9777
www.gvnc.org/locallinks.html

Healthy Step Gym

c/o Gateway Counseling
634 King St.
Pottstown, PA 19464
Tel: 610-323-8866

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

Scrap with Shelby

55 Glen Farms Road
Collegeville, PA 19426
Tel: 484-868-1173
www.scrapwithshelby.com

ATTENTION GOLD CARD MEMBERS!!!



**AT SOME OF THE
CLASSES THAT ARE
DISCOUNTED FOR YOU!!**

Beading for Beginners
Beading, Intermediate
Microsoft Excel
Microsoft Word
Ballroom Dancing
Country Western Dancing
Jitterbug/Swing
Latin Dancing
Bodies in Motion Pilates
Pilates Reformer at Reality
Yoga & Pilates Reformer
Balancing Your Hormones
Diabetes
Healthy You
Health Care Reform
Immunizations
Increase Your Energy
Nutrition
Osteoporosis
Safety Pin Cycle
Clutter Free For Life!
Frugal Living
Organizing Your Craft
Make-Up Application

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

9th Gr Ctr - 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 Gr Ctr - 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 Gr Ctr

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 610-705-6253

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.**
- **REGISTRATIONS WILL BE ACCEPTED IN THE ORDER RECEIVED AND PAYMENT MUST ACCOMPANY REGISTRATION.**
- **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 FEBRUARY 15, MARCH 31, APRIL 1 & APRIL 5.**
- **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 610-705-6253.
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 NOT be issued for student-initiated withdrawals from classes. Refunds will NOT be issued for classes missed as a result of illness, personal emergencies or any other event beyond our control.

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.

REGISTRATION FORM- Spring 2010

**Mail to: Spring-Ford Area School District Community Education Office
857 S. Lewis Rd., Royersford, PA 19468
610-705-6138 Fax: 610-705-6253**

Name _____
Address _____ City _____ Zip _____

Home Tel _____ Cell _____ Office _____

Email address _____ DOB (if required) _____

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

CC # _____ - _____ - _____ - _____ Exp _____

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.**

Participant(s)	Course Title	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 _____

REGISTRATION FORM - Spring 2010

**Mail to: Spring-Ford Area School District Community Education Office
857 S. Lewis Rd., Royersford, PA 19468
610-705-6138 Fax: 610-705-6253**

Name _____
Address _____ City _____ Zip _____

Home Tel _____ Cell _____ Office _____

Email address _____ DOB (if required) _____

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

CC # _____ - _____ - _____ - _____ Exp _____

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.**

Participant(s)	Course Title	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 _____

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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
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Thomas J. DiBello
Edward T. Dressler, Jr.
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Julie A. Mullin
Bernard F. Pettit
David R. Shafer
Donna L. Williams

Michael John, Student Representative
Kathie Kotch, Principal, Spring City Elementary
Carol Mays, Secretary, Community Education

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.