

West York Community Education



Spring Adult Education Classes
are Now Forming

West York

2605 West Market Street, York PA 17404

717.792.2796 ext. 1010

email: sstream@wyasd.k12.pa.us

Adult Mini Horsemanship Lesson

Adults ages 18 to 99 will participate in a mini horsemanship lesson. This will include a tour of the Farm, basic feeding, parts of the horse, grooming and tacking up a horse and of course the experience of riding a well-trained horse. Heart and Hands Equine Center has an indoor and an outdoor arena. Lesson held rain or shine. Website: www.heartandhandsequinecenter.com.

Heart and Hands Equine Center, 2215 Pinetown Road, Lewisberry, Pa 17339

Certified CHA Instructor: Haley Rudacille

3 - 5 p.m. \$42/person (min 6-max 12)

Sunday, March 22, 2015

Basket Weaving

Best Friend's Pet Basket

A 12x20 oblong wood base is used to weave this perfect basket for a small pet to lay in or store their toys in. A stoneware name tag will be added.

Instructor: Melanie Alagood

West York High School, Room 115

2 Nights Thursday, April 23 and 30 6:00-9:00 PM

Cost is \$57/per person



Onion & Garlic Basket

We will make two baskets one to hold your onions and one for garlic. Color reed of your choice can be added.

Instructor: Melanie Alagood

West York High School, Room 115

1 Night Wednesday, May 20 6:00-9:00 PM

Cost is \$32/per person



Briarwood Golf Clinics

Classes for beginners/intermediates meet twice per week for two weeks (6 hours). PGA professional instructor stresses fundamentals (grip, stance, alignment, swing, putting, chipping, sand play and rules). Bring 7 and 9 irons and putter to first class. Equipment is provided if needed, and a 9-hole playing opportunity is included. Please specify which class.

Briarwood Golf Course, 4775 W. Market St.

Instructor - PGA Professional Instructor

6 - 7:30 p.m. \$85/person per class

Class 1 - 4 Sessions - Mon/Wed – April 13, 15, 20, 22

Class 2 - 4 Sessions - Tue/Thu – April 14, 16, 21, 23

Class 3 - 4 Sessions - Mon/Wed – May 11, 13, 18, 20

Class 4 - 4 Sessions - Tue/Thu – May 12, 14, 19, 21

Define Yourself

This entry-level strength training class is designed to teach the basics through sets, repetitions, and dumbbells. Abdominal and back conditioning is included with stretching for increased flexibility. The bottom line is a basic strength-training program enabling men and women (even over the age of 50) to add muscle, reduce fat and eat more food. (Please bring your own mat and weights - 2 lbs.-10 lbs. suggested).

Trimmer Elementary School, Cafeteria

Instructor - Darlene Freeman

16 Sessions - Mondays and Wednesdays – March 30, April 1, 6, 8, 13, 15, 20, 22, 27, 29, May 4, 11, 13, 18, 20, 27, 2015

6:30 - 7:30 p.m. \$37 (1x/week) \$57 (2x/week) (Need min. enrollment of 10 paid)

Fit N Slim

Get results with this 60-minute class! Burn body fat and build lean muscle and boost your metabolism. When combined with healthy eating, Fit-N-Slim can help you manage your weight. Resistance training tones muscle and improves your strength. Please bring 3-5 lb. weights and a mat.

Spring Session Lincolnway Elementary School, Cafeteria

Instructor-See and Feel the Difference

16 Sessions – Mon/Wed – March 30, April 1, 6, 8, 13, 15, 20, 22, 27, 29, May 4, 6, 11, 13, 18, 20, 2015

6-7 p.m. \$53 (1x/week) \$73 (2x/week)

Gentle Yoga

This class is great for beginners (newbies welcome) as well as practicing students to come and unwind after a busy day. The class focuses on building strength, yogic breathing and relaxation through warm ups, a mixed series of postures as well as incorporating a mini gentle flow. This class calms, gently stretches and strengthens the body. De-stress from the world around you and end on a meditative note that is a perfect way to end the night. Please bring a yoga block and yoga mat.

Lincolnway Elementary School, Cafeteria

Instructor – Karen Dietrich

6 Sessions – Mondays, April 13, 20, 27, May 4, 11, 18, 2015

7:30 - 8:45 p.m. \$52/person

Advanced Digital Camera Workshop* **NEW*

This class is a practical workshop for digital photographers who want to learn more than just the “point and shoot” aspect of photography. Students will learn the benefits of working in manual mode and regaining creative control of their images. This class is intended for **DSLR** camera users who have mastered the basic camera operations and would like to know more about white balance, aperture & shutter speed controls, exposure values, correct ISO settings, various camera techniques and more. Please bring your DSLR camera and manual to class. (Prerequisite for this Course - Completion of Understanding Your Digital Camera)

West York High School, Room 103

Instructor - Bob Lenz

3 Sessions - Tuesdays, February 24, March 3, 10

6 – 8 p.m. \$67/person

(Attend Introduction & Intermediate Photoshop for \$186)

***An Introduction to Photoshop* NEW**

Join Bob in taking your digital photography to the next level with a look into this industry standard image editing software used by photographers, graphic artists, designers, and other creative professionals. Learn how to properly use the basic tools and techniques to perfect and transform your digital photos like a pro. This is a hands-on step-by-step course taught by an experienced instructor and photographer. Please bring your digital images with you to class.
* **Note:** This class works as a fine introduction to **Photoshop Elements** as well. (Prerequisite for this Course - basic computer knowledge.)

West York High School, Room 103

Instructor - Bob Lenz

4 Sessions – Tuesdays, March 17, 24, 31, April 7

6 – 8 p.m. \$99/person

(Attend Introduction & Intermediate Photoshop for \$186)

***Intermediate Photoshop* NEW**

Bob will advance your Photoshop skills to the next level by demystifying layers, teaching students layer manipulation, masking, advanced sharpening techniques, and how the use of various artistic filters and modes can enhance your photos even further! (Prerequisite for this Course – Introduction to Photoshop)

West York High School, Room 103

Instructor - Bob Lenz

3 Sessions – Tuesdays, April 14, 21, 28

6 – 8:30 p.m. \$92/person

Oil Painting

Learn the basics of oil painting, formatting an image, and transferring an image to canvas~without having to draw. Develop your own style using basic principles of art and the classical technique of building layers used by the Old Masters, also will be introducing the use of metallic colors to enhance & illuminate your works. Bring with you several photographs of what you would like to paint, this class is designed to create self-motivated & self-directed artist. I will help you to become the artist that you were born to be. This is an exciting opportunity for beginning and advanced painters. Participants will need to furnish their own supplies; a list will be mailed out in advance. Class is limited to 12 participants.

West York High School, Room 112

Instructor – Kristy Kilpatrick

6 Sessions – Wednesdays, April 8, 15, 22, 29, May 6, 13, 2015

6:30 – 8:30 p.m. \$100/person

Pilates

Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. It is for people who are strong or weak, flexible or inflexible. Pilates is for those who seek balance in life, wanting to change their lives for the better by enhancing the mind while strengthening the body. Instructor will demonstrate modified positions for those with limitations. Yoga mat is required. There will be a segment of body toning using hand weights. Please bring 2 to 5 lb. weights (not mandatory).

Trimmer Elementary School, Cafeteria

Instructor - Cindy Strickler

8 Sessions – Wednesdays, March 11, 18, 25, April 1, 8, 15, 22, 29, 2015

5:30 – 6:15 p.m. \$55/person

Qigong and Tai Chi Class

Blending two ancient Chinese Practices, Qigong (Qi Gong) and Tai Chi, this class is focused on the Healer Within. Reduce stress and anxiety, improve balance and coordination, Increase energy and build stamina, heal and prevent disease, relieve chronic pain, improve sleep and improve mood and support inner peace. You will feel rejuvenated after this class. Men and women of all fitness levels welcomed.

Wear comfortable clothes.

Lincolnway Elementary School, Cafeteria

Instructor – See and Feel the Difference

10 Sessions – Tuesdays, March 24, 31, April 7, 14, 21, 28,

May 5, 12, 19, 26, 2015

6:00-7:00 p.m. \$67/person

Tai Chi for Health

Tai Chi for Health with Lori...a spa for your mind and body. Tia Chi for Health includes smooth, serene, gentle calming movements based on the Sun style Tai Chi. Tai Chi for Health with Lori includes Qi Gong breathing, mindfulness meditation, and laughter wellness. Qi Gong breathing benefits all body systems. Qi is the life energy essential to health and longevity. Mindfulness meditation calms the mind and provides a gentle retreat from daily stress and concerns. Laughter wellness puts a smile on your face.. This instructor is certified through the National Arthritis Organization and Tai Chi for Health Institute. Wear comfortable shoes and clothing. Bring water bottle.

WY Middle School, 1st Fl. Atrium, 6th Gr. Wing

Instructor - Lori Edwards

16 sessions - Mon/Thur., March 16, 19, 23, 26, 30, April 2, 6, 9, 13, 16, 20, 23,

May 4, 7, 11, 14

6 - 7 p.m. \$117/person (2xwk), \$77/person (1xwk)

Zumba Fitness® Class by 2daMax Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagiously fun dance steps to form a "fitness-party" that is downright addictive. So let's get ready to PAAAAARRRRRTTYYYYY!!!

Lincolnway Elementary School, Cafeteria

Instructor - Patti Krigbaum

7 Sessions Thursdays – Begins April 2, 9, 16, 23, 30, May 7, 14, 2015

6:30 - 7:30 p.m. \$40/person

No news is good news!

Confirmations are not sent! If you don't receive your check back you are registered for the class.

On occasion things get lost in the mail, so feel free to give us a call to confirm. Registration forms may be copied so sign up for as many classes as you like!

WEST YORK AREA SCHOOL DISTRICT ADULT
EDUCATION REGISTRATION FORM

SPRING SEMESTER 2015

Name _____ Date _____

Address _____

Home

Phone _____

Cell

Phone _____

Email _____

Fee Enclosed \$ _____ Check Number _____

Course Title _____

I fully understand the risks involved in participating in any strenuous activity and I absolve the West York School District from all liability for any personal injury incurred through my participation in any West York Area School District sponsored Community Education program.

(Signature) (Date)

Note: Please make checks payable to West York School District, send to attention Sondra Ream, 2605 West Market St., York, PA 17404.