

West York Community Education



Fall 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. \$37/person (min 6-max 12)

Sunday, October 11, 2015

Basket Weaving

Nesting Apple Baskets

Weave two baskets one with a 8" round wood base and one with a 6" round wood base. Color reed, braided sea grass and an Apple Basket Buckle will be added to your basket. Small basket will be 6 1/2" high x 9" diameter.

Instructor: Melanie Alagood

West York High School, Room 115

2 Nights Thursday, October 14 and 21 6:00-9:00 PM

Cost is \$60/per person



Sammy McSnow Basket

This cute basket will be woven on a 6x20 D handle. Basket will be about 14" tall. When you are done weaving your basket we will paint the top part of the handle black, paint the bottom half of the basket white then add buttons to make a face a piece of material for a scarf.

Instructor: Melanie Alagood

West York High School, Room 115

2 Nights Thursday, December 3 and 10 6:00-9:00 PM

Cost is \$42/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 – August 10, 12, 17, 19

Class 2 - 4 Sessions - Tue/Thu – August 11, 13, 18, 20

Class 3 - 4 Sessions - Mon/Wed – September 9, 14, 16, 20

Class 4 - 4 Sessions - Tue/Thu – September 8, 10, 15, 17

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

24 Sessions - Mondays and Wednesdays – September 14, 16, 21, 23, 28, 30, October 5, 7, 12, 14, 19, 21, 26, 28, November 2, 4, 9, 11, 16, 18, 23, 25, 30, December 2, 2015

6:30 - 7:30 p.m. \$47 (1x/week) \$67 (2x/week)

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

20 Sessions – Mon/Wed – September 14, 16 21, 23, 28, 30, October 5, 7, 12, 14, 19, 21, 26, 28, November 2, 4, 9, 11, 16, 18, 2015

6-7 p.m. \$62 (1x/week) \$87 (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

10 Sessions – Mondays, September 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 2015

7:30 - 8:45 p.m. \$82/person

Understanding your Digital Camera

This class you will examine the camera buttons, settings and modes that effect basic camera operation, composition and allow you to be creative with lighting. Learn good exposure techniques, proper format choices, correct use of the flash, and how to handle your images after the capture. Although this class is intended for DSLR owners, all camera enthusiasts will get something from it. Students should bring their own digital camera and camera manual.

West York High School, Room 103

Instructor - Bob Lenz

3 Sessions - Tuesdays, September 15, 22, 29, 2015

6 – 8 p.m. \$67/person

Advanced Digital Camera Workshop

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, October 6, 13, 20

6 – 8 p.m. \$67/person

An Introduction to Photoshop

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, October 27, November 3, 10, 17, 2015

6 – 8 p.m. \$99/person

(Attend Introduction & Intermediate Photoshop for \$186)

Intermediate Photoshop

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, November 24, December 1, 8, 2015

6 – 8:30 p.m. \$92/person

Moravian Star* **NEW*

Learn how to make this beautiful 4” x 4” Moravian paper star ornament for the holiday. The Moravian Star is said to symbolize hope and peace, and represent the star of Bethlehem. It will make a wonderful gift for friends and family.

All supplies, including three practice stars, wire hangar, and gift box, are included. A pair of scissors and ruler is all you need to bring.

Lincolnway Elementary School, Library

Instructor – Angie Thumma

1 Session – Wednesday, November 4, 2015

6:00-8:00 p.m. \$30/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

10 Sessions – Wednesdays, September 16, 23, 30, October 7, 14, 21, 28, November 4, 11, 18, 2015

5:30 – 6:15 p.m. \$60/person

Tai Chi/Qi Qong

Tai Chi with Lori combines Gentle Tai chi movements, Qi Qong, Guided Imagery, Laughter Wellness, and Mindfulness Meditation to reduce stress, calm the mind, relax the body, reduce muscular tension and strain, and improve flexibility. You will learn to increase the vital life force in the body, remove energy blocks, improve concentration and focus, and regain your “youthful spirit.” Wear comfortable clothing and bring water. Suitable for all levels

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

Instructor - Lori Edwards

16 sessions - Mon/Wed., September 14, 16, 21, 23, 28, 30, October 5, 7, 12, 14, 19, 21, 26, 28, November 2, 4, 2015

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

Zumba Fitness® Class by 2daMax Fitness

Who are we? We are...pretty much the most awesome workout ever. Dance to great music, with great people and burn a ton of calories without even realizing it. Zumba Class. The class that started the dance=fitness revolution and changed the way we look at “workout” forever. It’s fun, effective and best of all? Made for everyone.

Lincolnway Elementary School, Cafeteria

Instructor - Patti Krigbaum

20 Sessions Tues./Thurs., September 15, 17, 22, 24, 29, October 1, 6, 8, 13, 15, 20, 22, 27, 29, November 3, 5, 10, 12, 17, 19, 2015

6:30 - 7:30 p.m. \$80/person (2xwk), \$52/person (1xwk)

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

FALL 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.