



Penn-Trafford Adult Education Volunteers Serving the Community* Spring 2018 Class Schedule

www.ptae.org

Monday

MONDAY YOGA 7:00-8:00 p.m. – 8 weeks

**** Class begins on Monday, March 12 ****

Yoga is intended to help you calm the mind and build strength and flexibility. Class is led by a certified 200-hour Registered Yoga Teacher. Class is suitable for all levels. Please bring a yoga mat, block, a strap, water and a heavy towel or blanket. LIMIT: 25

INSTRUCTOR: Kristie Killen CLASS FEE: \$24.00
CLASS REP: Vicki Nejak Sunrise Elementary

ZUMBA EXERCISE DANCE 6:30-7:30 p.m. – 8 weeks

**** Class begins Monday, March 19 ****

Zumba is a fusion of Latin and International music. The routines feature aerobic fitness and interval training with a combination of fast and slow rhythms that tone and sculpt your body. A certified instructor will help you follow the easy steps like the meringue, salsa, cumbia, mambo, samba and flamenco. No matter your age-catch the Zumba fever! LIMIT: 20

INSTRUCTOR: Charlotte Hartman CLASS FEE: \$24.00
CLASS REP: Devra Cherrone Penn Middle School

PERSONAL ENERGY MANAGEMENT 7:00-9:00 p.m. -1 week

****Class held on Monday, April 9****

Ever feel so rundown you just want to crawl back under the covers and never come out? Now you can learn tips and techniques that will help you balance your personal energy. Techniques will be practiced in class and handouts sent home. Join me for a fun and stress-free interactive couple of hours. LIMIT: 30

INSTRUCTOR: Linda Yarbrough CLASS FEE: \$6.00
CLASS REP: Judy Ryaby Penn-Trafford HS

LINE DANCE 7:00-9:00 p.m. – 7 weeks

**** Class begins Monday, April 9****

Fun and Easy! Line Dances are formatted for beginners with a couple more challenging dances for intermediate dancers. No partner needed. LIMIT: 30

INSTRUCTOR: Deb Snyder CLASS FEE: \$42.00
CLASS REP: Bern Skoczylas Harrison Park All Purpose

Tuesday

MAXIMIZING

COLLEGE FUNDING: 7:00-9:00 p.m. – 1 week

**** Class held Tuesday, March 27 ****

Learn the secrets of picking colleges that give you the best financial aid package with more free money and

fewer loans. See how to legally arrange your income and assets to maximize financial aid. LIMIT:25
INSTRUCTOR: Greg Phillips CLASS FEE: \$6.00
CLASS REP: Judy Ryaby Penn-Trafford HS

WATER AEROBICS STRENGTH TRAINING 6:30-7:30 p.m. – 8 weeks

****Class begins Tuesday, March 13****

Learn shallow and deep-water exercises for a good cardiovascular workout and muscle toning. LIMIT: 25
INSTRUCTOR: Michelle Kozubal CLASS FEE: \$24.00
Class rep: Karen Smith Penn-Trafford HS Pool

COMPUTER BASICS 6:30-8:00 p.m. – 3 weeks

****Class begins Tuesday, March 6****

The class is a beginner's guide to computer basics and will cover security on the internet, maintenance, and internet application basics in everyday tasks. LIMIT: 10
INSTRUCTOR: Brandon Lacina CLASS FEE: \$14.00
CLASS REP: Bern Skoczylas 430 Brinton Ave., Trafford

ALL ABOUT YOUR IPAD 6:30-8:00 p.m. – 1 week

**** Class held Tuesday, March 27****

Maximize how to use your iPad to get the most out of apps and programs. LIMIT: 10
INSTRUCTOR: Brandon Lacina CLASS FEE: \$5.00
CLASS REP: Bern Skoczylas 430 Brinton Ave., Trafford

Wednesday

GLIDE, TONE, STRETCH

ALL-IN-ONE 6:30-7:30 p.m. – 8 weeks

**** Class begins Wednesday, March 14 ****

These exercises help you firm, tone, and build long, lean muscles. There will be ½ hour of gliding with cardio and ½ hour of sculpting with weights. Your outer thighs will burn, and you will see results within weeks if you stay focused on your workout. Gliding discs, which will be provided, simply add a different kind of intensity. You choose the weight that is comfortable for you. Bring a mat, weights and a water bottle. LIMIT: 20

INSTRUCTOR: Cathy Sudo CLASS FEE: \$24.00
CLASS REP: Anne Boro McCullough Elem. School

WEDNESDAY YOGA 6:45-7:45 p.m. – 8 weeks

**** Class begins Wednesday, March 14 ****

This class builds strength and flexibility by focusing on good posture in each pose. Class is suitable for all levels-especially for beginners, seniors, and men. Bringing a yoga mat, blocks, a strap, and a heavy blanket or towel is highly recommended. LIMIT: 30
INSTRUCTOR: Rudy Abt CLASS FEE: \$24.00
CLASS REP: Gini Newell Sunrise Elementary

TAI CHI 7:00-8:00 p.m. – 6 weeks
****Class begins on Thursday, March 14****
Learn Tai Chi moves, and all the benefits from a Master with many years of experience. LIMIT: 12
INSTRUCTOR: Mitzie Marricco CLASS FEE: \$18.00
CLASS REP: Bibi Peduzzi Penn Middle School

Thursday

INTRODUCTORY GOLF 6:30-8:00 p.m. – 4 weeks
****Class begins on Thursday, May 3****
Instruction will be given to develop a quality swing. Included are the techniques of grip, stance, take-away, backswing, downswing and follow-through. Chipping and putting techniques will also be taught. There will be practice drills at each session. **Each student must purchase a bucket of golf balls at each class**

LIMIT: 8
INSTRUCTOR: Jim Desch CLASS FEE: \$18.00
CLASS REP: Barbara Tray McDain's Driving Range

EXTRA SENSORY PERCEPTION 7:00-9:00 p.m. – 1 week
****Class begins Thursday, May 3****
The ability to perceive information beyond the ordinary senses is a faculty we all have to some degree. Learn how to recognize and develop these senses with step-by-step instructions. LIMIT: None
INSTRUCTOR: Betty J Rapin CLASS FEE: \$6.00
CLASS REP: Judy Pekich Penn-Trafford HS

WILDLIFE WEBCAMS AND MOTION ACTIVATED WILDLIFE CAMERAS CSE 7:00-9:00 p.m. – 1 week
****Class begins on Thursday, March 15****
Come learn about the art of motion-activated wildlife photography by Bill Powers. The class will cover the history back to the 19th century to the current state-of-the-art technology used today including the new controller for DSLR cameras (enables home users to capture back yard wildlife.) Photos and videos of local wildlife and the equipment used will also be shown. Information about streaming webcam technology and the popular Bald Eagle camera in Pittsburgh will also be provided. LIMIT: 25
INSTRUCTOR: Bille Powers CSE CLASS FEE: \$6.00
CLASS REP: Anne Boro Penn Middle School

REGISTRATION INFORMATION

PLEASE READ CAREFULLY

Registration Dates

Registration ends one week before the class begins unless otherwise noted. Classes begin as noted in the class description.

How do I Register?

Complete a separate registration form (found in this brochure) for each class for which you want to register and for each person being registered. If you need additional forms, please make copies.

Register for each class by enclosing a check or money order for the "class fee" which is noted in the description. Make checks payable to Penn-Trafford Adult Education or PTAE. Please do not combine amounts for different classes into one check

If the class has a materials fee noted in the description, include a separate check or money order with your registration made payable to the instructor. Materials fees are non-refundable.

For each class, mail the registration form and check(s) to the class representative shown in the class description so that it is received no later than the registration deadline noted previously. Addresses for the class representatives are listed in this brochure.

DO NOT call or send your registration form to the administration building of the Penn-Trafford School District. Registration forms MUST be sent to the appropriate class representative to ensure enrollment in class.

Registrations are filled in the order received. Some class sizes are limited. No discounts are honored.

Who Can Take the Classes?

Classes are for adults who are residents or non-residents of the Penn-Trafford School District.

Students in grades 9-12 may enroll with written permission of their parents. Children are not permitted to accompany parents or teachers to classes.

Am I in the Class?

The class will be held, and you are in the class, unless you are notified by the class representative to the contrary. Simply report to the class, at the location listed in the class description on the first night.

Classes may be canceled if they do not meet minimum enrollment. You will be contacted if the class is canceled. Checks for canceled classes will be destroyed. **No refunds will be made after the registration deadline.**

There are NO REFUNDS for missed classes.

School Rules

Except where noted, all classes are held in Penn-Trafford School buildings. Smoking is NOT permitted in the school buildings.

Adult education classes will **NOT MEET** when school is not in session. Class hours will be adjusted by mutual agreement between the instructor and students.

The Penn-Trafford School District does not carry insurance to cover the medical costs of participants in the adult education program. All participants enter the programs at their own risk.

Class Representatives

Devra Cherrone, Chairperson/Publicity
314 Country View Drive, Irwin, PA 15642
724-744-2303

Gini Newell, Vice Chairperson / Co-Brochure Coord.
401 Brandywine Drive, Irwin, PA 15642
412-372-7542

Anne Boro
101 Yeagers Lane, Irwin, PA 15642
724-744-3283

Judy Ryaby, Corresponding Secretary
216 Connor Drive, Jeannette, PA 15644
724-523-8131

Bernadette Skoczylas
7 Highview Circle, Harrison City, PA. 15636
724-744-4525

Judy Pekich
79 Berlin Road, Jeannette, PA 1564
724-527-2995 (H)

Bibi Peduzzi
314 Rowe Rd., Harrison City, PA 15636
412-373-0721

Vicki Nejak
505 Cherry Drive, Level Green, PA 15085
412-372-9012

Karen Smith
129 Buck Dr., Harrison City, PA 15636
412-849-6940

Barb Tray
1193 Bedford Rd., N Huntingdon, PA 15642
412-841-7800

****Penn-Trafford Adult Education (PTAE) is an all-volunteer organization where class fees pay our instructors salaries, operational expenses, and award Penn Trafford College Scholarships to students with Active Community Service***

****REGISTRATION FORM****

Please complete one registration form and enclose one set of checks (class fee and materials fee, if applicable) for each separate class.

Make check for the "class fee" payable to **Penn-Trafford Adult Education or PTAE**, unless otherwise noted in the class description. Make the check for the "materials fee" out as indicated in the class description.

I hereby waive the Adult Education Program and the Penn-Trafford School District from any responsibility if I should sustain injury during my class.

Name: _____

Address: _____

Phone: _____

E-Mail: _____

HS Student _____

Class: _____

Class Begins: Date _____ Time: _____

Class Fee: _____ Materials Fee: _____

Location: _____

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