



Penn-Trafford Adult Education Volunteers Serving the Community* Spring 2019 Class Schedule

www.ptae.org

Monday

MONDAY YOGA 7:00-8:00 p.m. – 8 weeks
**** Class begins on Monday, March 18 ****

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 18 ****

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

LINE DANCE 7:00-9:00 p.m. – 7 weeks
**** Class begins Monday, March 25 ****

Fun and easy! Line dances are formatted for beginners with a couple more **BALANCING OUR** for intermediate dancers. No partner needed.
 INSTRUCTOR: Deb Snyder CLASS FEE: \$42.00
 CLASS REP: Bern Skoczylas Harrison Park All Purpose

Tuesday

**COLLEGE FUNDING:
MAXIMIZING IT** 7:00-9:00 p.m. – 1 week
**** Class held Tuesday, March April 9 ****

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: NONE
 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 19 ****

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

**ESSENTIAL OILS
FOR CHILDREN** 7:00-9:00 p.m. – 1 week
**** Class held on Tuesday, April 30 ****

You have all heard the buzz about the benefits of essential oils, but are they safe for children? They have similar yet different needs physically and emotionally than adults. Children are just that, children, not mini-adults. Essential oils can have numerous benefits to children if used properly. We will discuss those benefits and how to choose and safely use essential oils on your child. LIMIT: 25
 INSTRUCTOR: Linda Yarbrough CLASS FEE: \$6.00
 CLASS REP: Judy Ryaby Penn-Trafford HS

**DIGITAL PHOTO AND VIDEO ARCHIVING
AND PRESENTATION** 6:30-8:00 p.m. – 2 weeks
**** Class begins Tuesday, March 12 ****

Learn how to preserve your photos, films and prints in both digital & print formats. Class will focus on scanning, editing on PC; printing, and saving your memories as family heirlooms for years to come. LIMIT: 10
 INSTRUCTOR: Brandon Lacina CLASS FEE: \$9.00
 CLASS REP: Vicki Nejak 430 Brinton Ave., Trafford

PERSONAL ENERGY 7:00-9:00 p.m. – 1 week
**** Class held on Tuesday, April 16 ****

Do you feel sluggish, weighed down, unhappy, emotionally drained at times, and unsure why? Perhaps your personal energy is being depleted by circumstances of which you are unaware. We will discuss why this can happen, and how you can use some easy techniques to bring your energy into alignment. You will then have these practices to take with you and will be able to balance your energy yourself. LIMIT: 30

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

HEALING WITH COLOR 6:30 -8:30 p.m. – 1 week
**** Class held on Tuesday, March 19 ****

Color is a wonderous experience. Each color can touch us physically, emotionally, mentally and spiritually. Some colors are warm, some are cool. Some sooth while others stimulate. We will work with color in different ways during class to help you determine how you can use it to bring joy into your life and improve your health. LIMIT: 20
 INSTRUCTOR: Linda Yarbrough CLASS FEE: \$6.00
 CLASS REP: Judy Ryaby Penn-Trafford HS

Wednesday

GLIDE, TONE, STRETCH

ALL-IN-ONE 6:30-7:30 p.m. – 8 weeks

**** Class begins Wednesday, March 20 ****

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. 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: Devra Cherrone McCullough Elem. School

WEDNESDAY YOGA

6:45-7:45 p.m. – 8 weeks

**** Class begins Wednesday, March 20 ****

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

GLASS PAINTING

6:30-8:30 p.m. – 3 weeks

**** Class begins on Wednesday, March 6 ****

Learn to paint on wine glasses. It's easy and enjoyable plus mistakes are easily fixed. Anyone can do it! There are many variations of products you can paint on as will be shown in class. Personalize your wine glasses and/or make them a treasured gift. You may bring your own wine glasses (or vase if you prefer.) **Please bring a separate check for a material fee of approximately \$10.00-\$15.00.** LIMIT: None
INSTRUCTOR: Barbara Legal CLASS FEE: \$18.00
CLASS REP: Bern Skoczylas Harrison Park Art Room

Thursday

DECORATIVE WINE

BOTTLE CRAFT 6:45-9:15 p.m. – 1 week

**** Class held Thursday, March 7 ****

Recycle an empty wine bottle into a beautiful decorative craft. Bring an empty wine bottle with labels removed if possible. I will also have some on hand. Materials provided: yarn, jute, glass gems, grape leaves, cork, and tacky glue. **Please include a separate check for \$5.00 made payable to the instructor for material fees.** LIMIT: 20
INSTRUCTOR: Deb Snyder CLASS FEE: \$8.00
CLASS REP: Bern Skoczylas Harrison Park Art Room

MAXIMIZE

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

**** Class held Thursday, March 21 ****

Secrets of how to pick colleges that give you the best financial aid package, more free money, and less loans. Also, learn how to legally arrange your income and assets to maximize financial aid. LIMIT: None
INSTRUCTOR: Greg Phillips CLASS FEE: \$6.00
CLASS REP: Judy Ryaby Penn-Trafford HS

PAINT NIGHT

7:00-9:00 p.m. – 1 week

**** Class held Thursday, March 28 ****

Paint Night at Feathers! Step by step instructions will be given with all materials provided (apron included). Leave with your very own masterpiece! **Please enclose a separate check for \$19.00 made payable to the instructor for material fees.** LIMIT: 15
INSTRUCTOR: Tracy Alaia CLASS FEE: \$6.00
CLASS REP: Vicki Nejak Feathers Artist Market & Gifts
402 4th St. Irwin

WHAT DO YOUR DREAMS MEAN?

6:30-8:30 p.m. – 1 week

**** Class held Thursday, May 9 ****

Learn how to make sense of your dreams by cracking the code to understanding the language of dreams. Discover the easy way of interpretation and how to analyze dreams for the sensible and beneficial hidden messages they contain. LIMIT: None
INSTRUCTOR: Betty J. Rapin CLASS FEE: \$6.00
CLASS REP: Judy Pekich Penn-Trafford HS

SPRING WREATH CRAFT

6:45-9:15 p.m. – 1 week

**** Class held Thursday, March 14 ****

Decorate your home with a Spring Tulle Wreath! All materials (large Styrofoam wreath, spring tulle, spring decorations & hot glue) will be provided. **Please enclose a separate check for \$14.00 made payable to the instructor for material fees.** LIMIT: 20
INSTRUCTOR: Deb Snyder CLASS FEE: \$8.00
CLASS REP: Bern Skoczylas Harrison Park Art Room

OPTIMIZE YOUR HEALTH WITH

PLANT-BASED EATING 7:00-8:30 p.m. – 1 week

**** Class held Thursday, April 4 ****

Plant-based eating can prevent and even reverse chronic health problems (including diabetes, heart disease, high blood pressure, autoimmune diseases and cancer). Discover what a plant-based diet is and why it's important for long-term health. The class will include practical tips for shopping and meal preparation, plus helpful resources. LIMIT: 30
INSTRUCTOR: Sally Lipsky, PHD CLASS FEE: \$5.00
CLASS REP: Gini Newell Penn-Trafford HS

INTRODUCTORY GOLF 6:30-8:00 p.m. – 4 weeks

**** Class begins on Thursday, May 2 ****

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: Bibi Peduzzi McDain's Driving Range

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

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

Bernadette Skoczylas
7 Highview Circle, Harrison City, PA. 15636
412-953-7012

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

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 Run Dr., Harrison City, PA 15636
412-849-6940

*** 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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Want to become a member of the committee or teach a class for us? (Instructors are paid). Contact any class representative for information or visit our web site – www.ptae.org