

SPRING 2019 ADULT ED OFFERINGS AT SYCSD

Registration deadline is March 1, 2019. Register early to secure your spot in class!

For more information, visit www.sycsd.org under 'Community' and 'Adult Education' or call 717.235.4811, ext. 7231.

Class:	Instructor/s:	Description:	Location/Dates/Time:	Cost:
NEW! Getting Published	Cara Achterberg <i>6 sessions, 2 hours each</i>	Learn various avenues to publication, prepare your writing, learn to build your platform, brand and more. You will have the opportunity to submit your work for publication. Bring notebook, pen or laptop.	Shrewsbury Elementary Library/Tuesdays/March 12 - April 16/7:00-9:00 p.m.	Resident: \$52 Non-resident: \$56 Senior Resident: \$26 Senior non-resident: \$30
Creative Writing	Cara Achterberg <i>6 sessions, 2 hours each</i>	Participants will explore writing from many angles and learn the basics of fiction and creative non-fiction writing. Hands-on class with writing at every session. Bring notebook, pen or laptop.	Shrewsbury Elementary Library/Mondays/March 11 - April 29/7:00-9:00 p.m. (No class on April 1 or 22)	Resident: \$45 Non-resident: \$49 Senior Resident: \$22 Senior non-resident: \$26 An additional amount of \$10 will be payable to the instructor for a blank journal, colored pens and decorating supplies.
Introduction to Digital Photography	David Crough <i>6 sessions, 2 hours each</i>	Participants will learn about camera controls and their effects on the image as well as the use of qualities to make images interesting and attractive to the eye. Bring your digital camera and manual (if available) to class.	Susquehannock High School Room 103/Tuesdays/March 12 - April 16/7:00-9:00 p.m.	Resident: \$48 Non-resident: \$52 Senior Resident: \$24 Senior non-resident: \$28
Intro to Microsoft Word and Excel	Walt Cerkan <i>4 sessions, 2 hours each</i>	Participants will learn the basics of Microsoft Word and Excel. You must bring a USB drive to save files during class.	Southern Elementary School Computer Lab/ March 20, 21 (Word) 27, 28 (Excel)/6:15-8:15 p.m.	Resident: \$30 Non-resident: \$34 Senior Resident: \$15 Senior non-resident: \$19
Small Engine Repair	Henry Hartman <i>8 sessions, 2 hours each</i>	Students will learn the basic principles of 2-stroke and 4-stroke cycle engines, carbureation, fuel systems, governors, ignition systems, general maintenance, overhauls , and valve jobs. Equal time in classroom and hands-on.	Susquehannock High School Rooms 014 & 022/Thursdays/ March 21 - May 16/7:00-9:00 p.m. (No class on April 18)	Resident: \$70 Non-resident: \$74 Senior Resident: \$35 Senior non-resident: \$39
Adult Beginner Spanish Part II	Tracy Noll <i>6 sessions, 1.5 hours each</i>	Review basic grammar concepts of Spanish. Participants will continue with parts of speech, such as object of preposition and direct object pronouns. Ideal for students who took Beginner Spanish or who had Spanish in school. *Not for those who have never taken Spanish.	Susquehannock High School Room 100/Tuesdays/March 12 - April 16/6:30-8:00 p.m.	Resident: \$32 Non-resident: \$36 Senior Resident: \$16 Senior non-resident: \$20
Basic Folk Guitar	Jessica Mary Buck <i>8 sessions, 1 hour each</i>	No prior music training required. You will learn chords and finger picking on acoustic guitar. Bring a playable acoustic guitar, electronic guitar tuner and a 3-ring notebook.	Southern Middle School Orchestra/Wednesdays/March 13 - May 8/7:30-8:30 p.m. (No class on April 17)	Resident: \$32 Non-resident: \$36 Senior Resident: \$16 Senior non-resident: \$20
Over 30 Basketball	Jack Stoneberg <i>8 sessions, 2 hours each</i>	Players over 30 will play full-court "pickup" basketball games. Participants should know basketball rules and be able to compete with a minimum of an average skill level. Bring a light and a dark t-shirt and wear sneakers to play.	Shrewsbury Elementary School Gym/Thursdays/March 7 - May 2/8:00-10:00 p.m. (No class on April 18)	YMCA Member: \$33 Non-Y Member: \$65

SPRING 2019 WELLNESS OFFERINGS AT SOUTHERN YMCA

Cost is \$50 per 10-class session for non-YMCA members (unless otherwise noted). Classes are free for YMCA members (included in membership fees). Classes begin the week of Monday, March 11, 2019.

For class descriptions, visit www.syccd.org under 'Community' and 'Adult Education' or call 717.235.4811, ext. 7231.

CLASS Days Offered/Class Time	CLASS Days Offered/Class Time	CLASS Days Offered/Class Time
X-BIKE Mon 5:30-6:00 p.m., Tues 6:30-7:00 p.m., Thur 6:30-7:00 p.m.	CARDIO BARRE Thur 6:30-7:30 p.m.	BODY COMBAT Mon 6:30-7:30 p.m., Wed 5:30-6:30 p.m., Sat 9:00-10:00 a.m.
PILATES Wed and Fri 9-10 a.m.	CIRCUIT Fri 9:15-10:15 sa.m.	YOGA Mon 5:00-6:00 p.m., Tues 1:00-2:00 p.m., Thurs 10:30-11:30 a.m.
TAI CHI MOVEMENTS Mon 8:00-9:00 a.m., Tues 11:30 a.m.-12:30 p.m.	CARDIO BARRE Thurs 6:30-7:30 p.m.	FLOW YOGA Weds 5:00-6:00 p.m.
TAI CHI FIT Thurs 5:15-6:00 p.m.	ABULOUS! Mon 10:00-10:20 a.m., Tues 5:30-6:00 p.m.	ZUMBA Wed 9:15-10:15 a.m.
SEATED TAI CHI Fri 12:30-1:30 p.m.	TOTAL BODY CONDITIONING Weds 10:15-11:15 a.m., 6:30-7:30 p.m.	ACTIVE OLDER ADULT YOGA Wed 11:30 a.m. - 12:15 p.m.
CARDIO DANCE FITNESS Fri 9:15-10:15 a.m.	STEP Tues 9:15-10:15 a.m.	KETTLEBELL MON 6:15-6:45 p.m., Sat 10:00-10:30 a.m.
POWER PUMP TUES 10:15-11:15 a.m., Fri 10:30-11:30 a.m. Sat 9:00-10:00 a.m.		

SPRING 2019 ADULT EDUCATION REGISTRATION FORM DEADLINE IS MARCH 1, 2019

Please make checks payable to "Southern York County School District" and mail to:

Southern York County School District, Office of Community Relations , P.O. Box 128 , Glen Rock, PA 17327-0128



Name _____

Address _____ City _____ Zip _____

Email Address _____ Phone _____

Alternate Phone _____

Southern York Co. School District Resident? ___ Yes ___ No

Senior Citizen (62 years or older)? ___ Yes ___ No

FOR WELLNESS CLASSES ONLY: YMCA Member? ___ Yes ___ No

Fee Enclosed: \$ _____ Course Name: _____

2nd Course Choice: _____

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

Signature: _____

Spring 2019 SYCSD ADULT EDUCATION WELLNESS CLASSES

CLASS DESCRIPTIONS

PILATES

This class provides a safe, non-impact workout that builds core strength to stabilize the spine and protect the back. A yoga/Pilates mat is provided.

X-BIKE

Outdoor attitude brought indoors. This is no spin class- X-bikes have handlebars that move and are weighted to involve the upper body, too! This is mountain biking! Join the ride!

TAI CHI FIT

Tai Chi Fit is all about finding FLOW! There's no memorization here, just following the movement. This class includes simple to complex Tai Chi patterns that build leg strength. This is a place where body and mind function in harmony, allowing you to find the flow within!

TAI CHI MOVEMENTS

A standing series of Tai Chi movements is a choreographed routine where one movement links into another continuously. After warming up with traditional Tai Chi techniques and preparatory exercises, the focus will be on learning the sequence of forms.

SEATED TAI CHI

Tai Chi class executed in a seated position.

YOGA

Strengthen and re-energize by challenging your muscular strength, flexibility, and balance while training the mind to be focused.

FLOW YOGA

Flow yoga encourages a more mobile practice where the poses are held for shorter periods but are linked with dynamic movements. Following the breath keeps this form of yoga engaging and physical while still slow enough for a mindful experience.

BODYCOMBAT

This empowering group cardio program is inspired by mixed martial arts and draws from disciplines such as karate, boxing, taekwondo, tai chi, and muay thai. Get unleashed!

ZUMBA

Ditch the workout and join the party! Easy-to-follow Latin-inspired dance workout.

CARDIO HOOP

Start your journey to learning how to hoop to fitness! We provide hoops for this workshop style class designed to get your heart-rate up while learning a new skill! Build your core, posture, balance, and waistline by hooping with weighted hoops. Beginners to intermediate are welcome!

CIRCUIT

Circuit provides a dynamic total body workout that rotates participants through different strength training and cardio stations. Keep your muscles guessing to burn calories and build strength.

CARDIO BARRE

We believe that everyone is capable of rocking our classes: no dance experience required! As long as you can hold a ballet barre, you can do this class.

POWER PUMP

Increase muscular strength and endurance through the use of bars and rubber plates. This class will work your whole body, including arms, legs, core and more! Using barbells to do everything from lunges and squats to chest presses and crunches, this is a total-body program.

ABULOUS!

Moves, sequences and routines put together to target and strengthen the abdominal region.

TOTAL BODY CONDITIONING

Total body conditioning is for all levels “beginner to advance.” The one-hour class consists of a warm-up, combination of cardio, strength training with a focus on posture and balance. Weights are used with a lot of repetition to give you a total body workout. The format is basic and easy to follow. Modify to make it your own class “basic or intense”. You’ll leave the class feeling challenged and motivated, ready to come back for more.

KETTLEBELL

Develop strength and muscle endurance with compound exercises that work multiple muscle groups simultaneously giving you an overall body workout. From the basics of a kettlebell swing, to functional movements like the triangle, you’ll get a workout like no other!