

Spring 2019 Adult Education Program

| 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 Classes

Classes take place at the Southern Branch YMCA and are taught by certified instructors.
Classes are FREE for YMCA members and \$50 for non-members per class 10-week session.

| Class: | Description: | Day/Dates/Time: |
|--|--|--|
| X-Bike: Mountain Biking Indoors | 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! | Mondays: 3/11 - 5/13/19, 5:30-6:00 p.m. Tuesdays: 3/12 - 5/14/19, 6:30-7:00 p.m. Thursdays: 3/14 - 5/16/19, 6:30-7:00 p.m. |
| 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. | Thursdays: 3/14 - 5/16/19, 6:30-7:30 p.m. |
| 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! | Mondays: 3/11 -5/13/19, 6:30-7:30 p.m. Wednesdays: 3/13 - 5/15/19, 5:30-6:30 p.m. Saturdays: 3/16 - 5/18/19, 9:00-10:00 a.m. |
| Yoga | Strengthen and re-energize by challenging your muscular strength, flexibility, and balance while training the mind to be focused. | Mondays: 3/11 -5/13/19, 5:00-6:00 p.m. Tuesdays: 3/12 - 5/14/19, 1:00-2:00 p.m. Thursdays: 3/14 - 5/16/19, 10:30-11:30 a.m. |
| NEW! 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. | Wednesdays: 3/13 -5/15/19, 5:00-6:00 p.m. |
| Intro to 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! | Tuesdays: 3/12 - 5/14/19, 6:30-7:30 p.m. |
| Circuit Class | Cardio, endurance and strength make up this class! | Fridays: 3/15 -5/17/19, 9:15-10:15 a.m. |
| 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. | Mondays: 3/11 -5/13/19, 8:00-9:00 a.m. Tuesdays: 3/12 - 5/14/19, 11:30 a.m.-12:30 p.m. |
| Seated Tai Chi | Tai chi class executed in a seated position. | Fridays: 3/15 -5/17/19, 12:30-1:30 p.m. |
| 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! | Thursdays: 3/14 - 5/16/19, 5:15-6:00 p.m. |
| Pilates | This class provides a safe, non-impact workout that builds core muscles to stabilize the spine and protect your back. A yoga/pilates mat is provided. | Wednesdays: 3/13 -5/15/19, 9:00-10:00 a.m. Fridays: 3/15 -5/17/19, 9:00-10:00 a.m. |
| Abulous! | Moves, sequences and routines put together to target and strengthen the abdominal region. | Mondays: 3/11 -5/13/19, 10:00-10:20 a.m. Tuesdays: 3/12 - 5/14/19, 5:30-6:00 p.m. |
| Zumba | Ditch the workout and join the party! Easy-to-follow Latin-inspired dance workout. | Wednesdays: 3/13 - 5/15/19, 9:15-10:15 a.m. |
| Total Body Conditioning | This sculpting and toning class starts with a warm up and moves into exercises with resistance and stability balls. | Wednesdays: 3/13 - 5/15/19, 10:15-11:15 a.m. Wednesdays: 3/13 - 5/15/19, 6:30-7:30 p.m. |
| 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! | Mondays: 3/11 -5/13/19, 6:15-6:45 p.m. Saturdays: 3/16 - 5/18/19, 10:00-10:30 a.m. |
| 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. | Tuesdays: 3/12 - 5/14/19, 10:15-11:15 a.m. Fridays: 3/15 -5/17/19, 10:30-11:30 a.m. Saturdays: 3/16 - 5/18/19, 9:00-10:00 a.m. |

Spring 2019 Adult Education Registration Form

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 Y 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: _____