

WALLENPAUPACK AREA SCHOOL DISTRICT

COMMUNITY EDUCATION PROGRAMS



SPRING 2017

The Wallenpaupack Area School District will provide accommodations for any person who is in need of additional services while participating in the Community Education Program.

WALLENPAUPACK AREA SCHOOL DISTRICT COMMUNITY EDUCATION PROGRAM

SPRING 2017

The Wallenpaupack Area School District announces its Community Education Program of activities and classes. The following programs will be included:

Recreation, Special Events and Personal Enrichment Programs

COME AND JOIN US THIS SPRING FOR LEARNING, RECREATION AND ENJOYMENT FOR EVERYONE!

Registration will be done by mail only. You may begin mailing in your registration forms and checks on February 1, 2017. Registration will end on March 6, 2017. Additional registration forms may be obtained by visiting our website at www.wallenpaupack.org.

Registration fee is payable at time of registration and varies with the type and duration of class offered. Consult listings for schedule and details. Enrollments are limited in certain courses because of the nature of instruction. Classes with insufficient enrollment will not operate and registration fees will be returned.

You will be notified **ONLY IF A CLASS IS CANCELLED**. If you are not notified from the Community Education Office, come to the class(es) for which you have registered.

WALLENPAUPACK AREA SCHOOL DISTRICT PURPLE AND WHITE CARD

Wallenpaupack Area School District proposes to offer **residents** of the school district, **62 years of age or older**, a Purple and White Card. Cardholders would be entitled to free general admission to any Wallenpaupack Area School District athletic event and most fine arts or other school district-sponsored activities, at the discretion of the event sponsor. The card would only be valid at events sponsored on school properties or facilities and cannot be used at play-off games.

To apply, residents need to contact Mrs. Pauline Savage at the Administrative Office of Wallenpaupack Area School District in writing, by e-mail at savagepa@wallenpaupack.org, or by calling **570-226-4557 ex.3000**. A purple and white plastic card with the applicants name and date of issue will be created by an administrative assistant and then mailed by central administration. A record of resident's name and address will be kept in the district's database for future reference.



BE A TEACHER ~ SUGGEST A COURSE

We welcome suggestions for new courses and are always searching for individuals qualified to teach a non-credited course. If you have a skill, talent or special knowledge you would like to share, we would appreciate hearing from you!

**Call Pauline Savage at (570) 226-4557 Ext: 3000
or via E-Mail at: savagepa@wallenpaupack.org**

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Important Note:
Please register early to avoid class cancellation due to lack of enrollment.

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PERSONAL ENRICHMENT

100 - 109

100 - Basic Dog Obedience

This is an introduction to basic obedience principles for both dog and handler. Bring a leash, treats and water for the pet. Dogs of all ages welcome.

Minimum 3 – Maximum 10

Thursday: April 6th thru April 20th 6:00 – 7:00pm

Location: Middle School Parking Lot

Age Requirement: Ages 12 thru Adult (Children under age 14 must have adult supervision.)

Cost: \$25.00

Instructor: C. Doty

101 - Basketry: Ribs Galore!

Come out and learn how to weave a great Scottish Yarn Basket! This basket could be used for holding yarn, lost socks, cat toys, and oh so much more. This basket size is 14" X 14" which is the perfect size for a beginner basket. Students will learn how to make a "God's Eye" and the proper placement of ribs. Multiple colors will be available. Students must bring a pan for water, scissors, tape measure, rag towel, and a pencil to class.

Minimum 5 – Maximum 8

Monday: March 20th thru March 27th 6:30 – 9:30pm

Location: Middle School Art Room 101

Age Requirement: Adult

Cost: \$29.00 PLUS an additional \$42.00 for supplies is due to Instructor at 1st class.

Instructor: L. Hopkins

102 - Basketry: Wall or Door Basket

We will be weaving a great basket to decorate for all seasons. This basket can be hung on an inside or outside door. This fun, hand-made creation will be a great gift to yourself or makes a wonderful gift to give to a loved one. The finished basket can be filled with live and/or artificial flowers. The finished basket measures 7" Wide X 13" High X 2" Deep. Students must bring a pan for water, scissors, tape measure, rag towel, clothes pins, and a pencil to class.

Minimum 5 – Maximum 8

Monday: April 3rd thru April 10th 6:30 – 9:30pm

Location: Middle School Art Room 101

Age Requirement: Adult

Cost: \$29.00 PLUS an additional \$28.00 for supplies is due to Instructor at 1st class.

Instructor: L. Hopkins

103 - Crochet (Beginner)

This crochet class is for the beginner **ONLY!** Come out for a relaxing and fun night out! We will learn the basics and crochet an easy project that the instructor has chosen. Please bring a skein of Red Heart (4 ply) yarn in a solid color and a crochet (size J) hook. Sign up, meet new friends, and learn a “handy new habit!”

Minimum 6 – Maximum 10

Thursdays: March 23rd thru May 4th 8:00 – 9:00pm

Location: High School Room 304

Age Requirement: Adult

Cost: \$29.00

Instructor: S. Guie

104 - Drum Lesson

Interested in a crash course on the drums and drum set playing? Come out for an evening of banging on the drums! This local drum instructor is experienced and has been playing and touring with bands for over 30 years. Come on out, relieve some tension, make some music, and get interested in a new hobby. Lets Rock!!

Minimum 3

Wednesday: March 22nd 6 - 7pm

Location: High School Band Room 203

Age Requirement: Adult

Cost: \$11.00

Instructor: M. Gray

105 – Evening Amphibian Hunt

After a short lecture and an amphibian game, we will go outside to listen and look for spring peepers, pickerel frogs, and salamanders.

Minimum 4 – Maximum 25

Tuesday: April 11th 7:00 – 8:30pm

Location: High School Cafeteria

Age Requirement: Adult

Cost: \$11.00

Instructor: A. Tews

106 - Knitting (Beginner)

This knitting class is for the beginner **ONLY!** Sign up, meet new friends, and learn the basics needed to knit an easy project that the instructor has chosen. This class is sure to be fun and relaxing. Please bring a skein of Red Heart (4 ply) yarn in a solid color and a pair of (size 10) short knitting needles.

Minimum 6 – Maximum 10

Thursdays: March 23rd thru May 4th 7:00 – 8:00pm

Location: High School Room 303

Age Requirement: Adult

Cost: \$29.00

Instructor: S. Guie

107 - PA State Inspection Mechanic's Licensing

Upon successful completion of course requirements, the applicant will be certified as a licensed inspector. Applicant must be at least 18 years of age at registration and have a current PA Photo Driver's License throughout the course. Those looking for additional certification categories are also welcome. Call for more information. Register early as class fills quickly.

Maximum 15

Monday, Tuesday, and Monday: March 20, 21, and March 27th 6:00 – 10:00pm

Location: High School Power Mechanics – Room 291

Age Requirement: Adult

Cost: \$150.00 (\$75.00 each additional class)

Instructor: M. Watson

108 - Watercolor and Oil Painting

Learn the basics of watercolor or oil painting. Learn a new medium! Advance to a new level. The teacher will share her supplies with any new students for the first night. A supply list will be given on the first day of class.

Minimum 7 – Maximum 10

Tuesdays: March 21st thru May 2nd 5:30 – 8:30pm

Location: South Elementary School Art Room 201

Age Requirement: Adult

Cost: \$70.00

Instructor: L. Nakielny

109 - World War II Veterans



The Wallenpaupack Area School District Board of Directors has established a program to honor World War II veterans who were forced to leave high school to serve their country. This program provides for the awarding of a Wallenpaupack High School Diploma to honorably discharged World War II veterans who did not graduate from a local high school. A diploma may be awarded posthumously to an eligible veteran through this program. Those eligible include honorable discharged veterans of United States military service in World War II between September 16, 1940 and December 31, 1946, and who attended any school that now comprise the current Wallenpaupack Area School District boundaries. Please contact Dr. Joann Hudak, Wallenpaupack Area School District Assistant Superintendent at 570-226-4557 ext. 3000 for further information and an application for a diploma under this program.



WELLNESS

200 - 211

200 – Beginner Circuit Training Course

Basic body conditioning or resistance training performed in a circuit fashion to elevate the heart rate as well as building strength and muscular endurance, using basic exercises. Come out and let's exercise together!

Minimum 4 – Maximum 10

Wednesdays: March 22nd thru May 3rd 5:30 – 6:30pm

Location: High School Auxiliary Gym

Age Requirement: Adult

Cost: \$40.00

Instructor: G. Spinelli

201 - Country Line Dancing

Come out and learn the basic line dance steps and dances. Beginner dance steps will be taught the first 45 minutes and then intermediate dance steps will be taught the last 45 minutes of class.

Minimum 7 – Maximum 15

Thursdays: March 23rd thru April 27th 7:00 – 8:30pm

Location: High School Cafeteria

Age Requirement: Adult

Cost: \$30.00

Instructor: J. Kristofits

202 - Core and More

Compliment your existing training with specific core conditioning which focuses on the core stability muscles in the abdominal and lower back region. The "MORE" part of this exercise class encompasses flexibility techniques to compliment the class. All fitness levels welcomed. Please bring an exercise mat and a pair of dumbbells to class.

Minimum 6 – Maximum 20

Fridays: March 24th thru May 5th 5:30 – 6:30pm

No class on April 14th

Location: South Elementary School Gym/Cafeteria

Age Requirement: Adult

Cost: \$25.00

Instructor: D. Krautter

203 – Fitness Yoga

Relax and relish in a yoga class designed to improve the health, performance and emotional awareness of one's life. Fitness yoga is built on Hatha yoga, a user-friendly style, blending balance, strength and flexibility with an overall feeling of bliss for all levels of fitness. Student must bring a yoga mat, towel, and a water bottle.

Minimum 5 – Maximum 15

Thursdays: March 23 thru April 20th 6:30 – 7:30pm

Location: Middle School Library

Age Requirement: Adult

Cost: \$25.00

Instructor: A. Merola

204 - Happy Vibe Meditation for Health

This class combines mindfulness based stress reduction practice, guided imagery, self-reflection, breath work, and deep relaxation. Students learn self-help tools to develop a regular practice of health for mind, body, and spirit. Mindfulness practice allows the individual to focus on the present moment, which quiets the mind. We will explore standing, seated, and reclined meditation practices while enjoying a combination of instruction, practice, and discussion. Please bring a cushion or pillow to support the seated meditation, and a yoga mat. Chairs will be provided.

Minimum 5 – Maximum 25

Tuesdays: March 21st thru May 5th 6:30 – 7:30pm

Location: North Intermediate School Music Room 111

Age Requirement: Adult

Cost: \$33.00

Instructor: S. Rinpoche, RYT 500

205 - Happy Vibe Yoga 101

Come and enjoy a mindful, accessible practice that serves the needs of students who are looking to learn the basics of Vinyasa Yoga. Flowing standing movement incorporating lunges and balance work along with use of seated postures to reduce stress to the spine and promote joint stability. Class will include breathing practices, beneficial twists and folds, meditation time, and deep reclined relaxation. Students must bring a yoga mat, water bottle, and a blanket to class. Chairs will be available.

Minimum 5 – Maximum 25

Wednesdays: March 22nd thru May 3rd 6:30 – 7:30pm

Location: Middle School Music Room

Age Requirement: Adult

Cost: \$33.00

Instructor: T. Bradburn

206 - In-School Walking Program – WMH

Participants must register with Wayne Memorial Hospital and receive an ID Badge. Those previously registered will need to re-register to up-date WMH records but will not have to pay the \$5 if they have their badge from previous years, but, they must place the “10” sticker WMH sends them on their badge. The walkers will be required to wear badges when walking and to log in and out in a notebook provided by Wayne Memorial Hospital.

Monday – Fridays: September 7th thru May 26th 6 – 8pm

Location: South Elementary and High School

Age Requirement: Adult

TO REGISTER: Call WMH COMMUNITY HEALTH DEPARTMENT AT 253-8422 TO REGISTER

Cost \$5.00

207 - Mat Pilates

The Pilates method was developed by Joseph H. Pilates. This Pilates class focuses on conditioning the body from the inside out with a concentration of the breath and flow. The movements may relieve stress and tension of everyday life, and increase your postural and muscular awareness. Please bring a yoga mat, a towel, and a water bottle.

Minimum 5 – Maximum 15

Thursdays: March 23rd thru April 20th 5:30 – 6:30pm

Location: Middle School Library

Age Requirement: Adult

Cost: \$25.00

Instructor: A. Merola

208 - Men's Recreation

Pickup games of basketball post high school.

Mondays: 6 – 9pm

(No games when school is cancelled or not in session)

Location: Middle School/North Intermediate Gym

Age Requirement: Adult

Cost: \$4.00 per night

Instructor: A. Holtzer & V. Waldron

209 - Pound Workout

Come out, sweat, and rock with this cardio workout inspired by drumming! Pound is a cardio jam session using Ripstix, lightly weighted drumsticks. This class is designed for all fitness levels. This full-body workout combines cardio, conditioning, and strength training with yoga and Pilates inspired movements. Students need to bring a yoga mat, towel and water bottle to class. The Ripstix will be provided.

Minimum 4 – Maximum 12

Tuesdays: March 21st thru May 2nd 5:30 – 6:30pm

Location: High School Aux. Gym

Age Requirement: Adult

Cost: \$40.00

Instructor: M. Thompson

210 - STRONG by Zumba

This class combines high intensity interval training with science of synched music motivation. In every class, music and moves sync to push you past your perceived limits, to reach your fitness goals faster.

Minimum 8 – Maximum 20

Fridays: March 24th thru May 5th 3:30 – 4:30pm

No class April 14.

Location: High School Cafeteria

Age Requirement: Adult

Cost: \$20.00

Instructor: M. Monte

211 – 30-30-30 Workout

This class will include 30 minutes of cardio activities such as step aerobics or cardio-kickboxing, 30 minutes of muscle toning exercises (with and without weights) and 30 minutes of stretching. Please wear good sneakers and bring a water bottle, hand towel, and hand-held weights (dumbbells).

Minimum 8 – Maximum 20

Wednesdays: March 22nd thru May 3rd 5:30 – 7:00pm

Location: South Elementary School Gym/Cafeteria

Age Requirement: Adult

Cost: \$32.00

Instructor: D. Krautter



FINANCE / INVESTMENT / RETIREMENT **300-302**

300 – Health Care and Your Retirement

This seminar will focus on the potential impact of rising health care costs and how it can have an impact on your retirement savings.

Minimum 4 – Maximum 6

Wednesday: April 26th 7:00 – 8:00pm

Location: High School Room 310

Age Requirement: Adult

Cost: FREE

Instructor: S. Bauer

301 - Maximize Your Social Security Benefits!

Are you nearing retirement, or have you recently retired? Attend this free workshop, and you will learn the essential strategies to maximize YOUR Social Security Retirement benefits, as well as strategies that can help you minimize income-taxes on as much as 85% of your Social Security benefits. Also, learn how Congress's recent changes to Social Security could affect you and your spouse. Additional topics will include: Spousal-Benefits, Divorced & Survivor Benefits, and alternative programs that can also provide you with guaranteed income for life – just like social security. Come learn optimal ways to coordinate your social security benefits with your other retirement income.

Minimum 5 – Maximum 30

Wednesday: March 29th 7:00 – 8:00pm

Location: High School Room 241

Age Requirement: Adult

Cost: FREE

Instructor: M. Dillon

302 - Standing Guard

Learn how to protect what you've worked so hard for. Strategies designed to help guard your valuable assets and protect pre and post retirement income(s) will be shared and discussed.

Minimum 4 – Maximum 6

Wednesday: March 29th 7:00 – 8:00pm

Location: High School Room 302

Age Requirement: Adult

Cost: FREE

Instructor: S. Bauer



COMPUTERS

400

400 – Basic Computer Concepts

This class will cover the basic computer concepts for the “Beginner.” How computers work, internet and email, applications, and computer security are some of the topics to be covered.

Minimum 6 – Maximum 10

Tuesdays: March 21st thru April 25th 6:00 – 8:00pm

Location: High School Computer Room 247

Age Requirement: Adult

Cost: \$45.00

Instructor: J. Winagle

401 – How to eBay In Real Life

Come and learn the fundamentals of listing on eBay from a top rated power seller and learn how to eBay in real life. Come and learn the basics of listing an item to sell, writing an effective ad, how to liquidate your unwanted junk, and much more in this hands-on 3 evening jammed packed course. A basic knowledge of email, and navigating online is helpful, this class is intended for those intending to sell something on eBay. Must have a valid email prior to taking class to receive prerequisites from the class instructor.

Minimum 5 – Maximum 18

Thursdays: March 23rd thru April 6th 5:30 – 8:30pm

Location: High School Computer Room 243

Age Requirement: Adult

Cost: \$40.00

Instructor: J. Richner

402 – Photoshop Magic

Have you ever wondered, “How did they do that” with Photoshop? Well, wonder no more! This class will introduce a powerful imaging software and students will create beautiful works of art!

Minimum 6 – Maximum 10

Thursdays: March 23rd thru April 27th 6:00 – 8:00pm

Location: High School Computer Room 247

Age Requirement: Adult

Cost: \$45.00

Instructor: J. Winagle

**The Deadline for Registration Is March 6, 2017.
Any Registration Post Marked After That Date Will Be Returned.**

Registration will be done by mail only. Additional registration forms may be obtained by going on line to www.wallenzaupack.org and clicking on *Community Education*. **Mail your registration form and a separate check for each class as soon as possible.** Classes that do not have a registration fee still require individuals to register for the class.

Complete a section for each course and mail to: **WASD - COMMUNITY EDUCATION, 2552 Route 6 Hawley, PA 18428-7045.** Enclose your check or checks **payable to: Wallenzaupack Area School District** unless otherwise indicated.

You will be notified only if a class is cancelled.

WRITE A SEPARATE CHECK AND REGISTRATION FORM FOR EACH COURSE

Name: _____	
Address: _____	
Daytime Phone: _____	Course # _____
Course Title: _____	Cost: \$ _____

Name: _____	
Address: _____	
Daytime Phone: _____	Course # _____
Course Title: _____	Cost: \$ _____

Name: _____	
Address: _____	
Daytime Phone: _____	Course # _____
Course Title: _____	Cost: \$ _____

Name: _____	
Address: _____	
Daytime Phone: _____	Course # _____
Course Title: _____	Cost: \$ _____