



WALLENPAUPACK AREA SCHOOL DISTRICT

Community Education



2016

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

SUMMER 2016

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

Summer Recreation and Sports Programs

COME AND JOIN US THIS SUMMER 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 **May 16, 2016**. Registration will end on **June 3, 2016**. 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 the registration fees will be returned. **The grade level indicated is for those students who are entering the grade in September 2016.**

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 your children or yourself. Discipline problems may result in dismissal and forfeiture of fees.

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PLEASE NOTE:

Upon receipt of your paid registration – you can assume that you are registered for the class. We **DO NOT** send class confirmations, **ONLY** cancellation refunds.

NO refunds will be given after the first class!

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**

ADULT PROGRAMS

100 - Creative Insights to Writing

Have you ever wanted to express your creative thoughts about food, sex, mysticisms, or pain, but didn't know where to begin? Have you ever thought about self-publishing your work? As a beginner or experienced writer, let Creative Insights to Writing encourage you to tap your strengths, find your voice, and learn new techniques to express yourself through writing and gain different ideas for getting published.

Minimum 5 – Maximum 20

Tuesdays: June 21st thru July 19th 6:00pm – 8:00pm

Location: High School Room 305

Age Requirement: Adult

Cost: \$45.00

Instructor: Z. Kohloa

101 - Crochet (Beginner)

This crochet class is for the beginner ONLY! Come out and learn a handy new craft while making new friends. We will learn the basics needed to crochet an easy project that the instructor has chosen. Please bring a crochet hook (size J) and a skein of Red Heart (4 ply) yarn in a solid color). This class is sure to be a fun and relaxing night out.

Minimum 6 – Maximum 10

Thursdays: June 23rd thru July 28th 7:00pm – 8:00pm

Location: High School Room 303

Age Requirement: Adult

Cost: \$25.00

Instructor: S. Guie

102 - Drum Lesson

Interested in a crash course on the drums and drum set playing? Come out for an evening of banging on the drums and a lot of fun! 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!

Minimum 4 – Maximum 12

Wednesday: June 22nd 6:00pm – 7pm

Location: High School Band Room 203

Age Requirement: Adult

Cost: \$10.00

Instructor: M. Gray

103 - Effective On-Line Business Marketing

Interested in learning how to market your business effectively on-line? Come out and learn some valuable marketing techniques and watch how fast your company can grow!

Minimum 3 – Maximum 10

Thursday: July 14th 6:00pm – 7:00pm

Location: High School Room 305

Age Requirement: Adult

Cost: \$11.00

Instructor: E. Alli

104 - Emergency First Response – CPR & AED

The Emergency First Response – CPR & AED course teaches lay people how to provide emergency care for someone who may be in need. This course provides a non-stressful environment in which participants practice and apply emergency care skills. The course is designed to: 1) help participants remember emergency care procedures during times of need, and 2) encourage them to apply those procedures by assisting those needing emergency care. Completed certification is good for two years.

Minimum 7 – Maximum 15

Wednesdays: June 22nd thru July 27th 6:00pm – 8:30pm

Location: North Primary Cafeteria

Age Requirement: Adult

Cost: \$46.00 PLUS an additional fee of \$30.00 for supplies due to Instructor at first class.

Instructor: B. Yablon

105 – Get More Money for YOUR Children's College!

Come and learn the proven strategies that can help to reduce your child's college education! You will also learn how it is possible to reduce your FAFSA score and get more financial aid! A FAFSA consultation is included for parents. There are little-known strategies that you can take advantage of to get more money for college - especially if you have a higher net-worth; but every parent can save money with these strategies! Parents will receive a \$1,000 Tuition Rewards College Scholarship for their child just for attending! Come out and learn how we can help save you up to \$50,000 off the cost of college for your child.

Minimum 5 - Maximum 30

Tuesday: July 19th 7:00pm – 8:00pm

Location: High School Room 241

Age Requirement: Adult

Cost: FREE

Instructor: M. Dillon/College Planning Services

106 – Growing Your Business through Relationships & Referrals

It is a well-known fact that businesses grow through relationships and referrals. Come out and learn how to make the most out of these valuable assets and allow them to help make your business grow.

Minimum 5 - Maximum 30

Thursday: July 28th 6:00pm – 7:00pm

Location: High School Room 305

Age Requirement: Adult

Cost: \$15.00

Instructor: E. Alli

107 – Knitting (Beginner)

This knitting class is for the beginner ONLY! Come out for a new craft while meeting new friends. We will learn the basics needed to knit an easy project that the instructor has chosen. This class is sure to be a lot of fun and exciting! Please bring a pair of size #10 short knitting needles and a skein of Red Heart (4 ply) yarn in a solid color.

Minimum 6 - Maximum 10

Thursdays: June 23rd thru July 28th 6:00 – 7:00pm

Location: High School Room 303

Age Requirement: Adult

Cost: \$25.00

Instructor: S. Guie

108 – Landscape Painting and Drawing

Animated film background artist will hold classes in landscape painting and drawing. The first session will be monochrome only (Black, Burnt Sienna and Raw Umber). Students must bring a drawing pad no smaller than 14" X 16" or 18". Sessions will be outside when weather permits.

Minimum 4 - Maximum 10

Tuesdays: June 21st thru July 26th 10:00am – 12:00pm

Location: High School Room 282

Age Requirement: Adult

Cost: \$65.00

Instructor: P. Byron

109 – Maximize YOUR Social Security Benefits!

Come and learn the most up-to-date rules and strategies to get the most out of YOUR Social Security Retirement benefits – including how to get 67% more in Social Security income, minimizing the 85% of your benefits that can be taxed. Congress also recently made drastic changes to Social Security that will affect retirees in 2016, and going forward. Come and learn how these changes will affect you and your spouse. Additional topics include: Spousal-Benefit strategies, Divorced Benefits, Survivor Benefits, and 'Starting and Stopping' Social Security. You will also learn how to co-ordinate your Social Security benefits with your other retirement incomes and minimize your taxes! A free, customized *Flexible Retirement Plan* will be available.

Minimum 5 - Maximum 30

Tuesday: June 28th 7:00pm – 8:00pm

Location: High School Room 241

Age Requirement: Retirement Age Adults (55+)

Cost: FREE (Seating is limited – so register early.)

Complimentary coffee and dessert will be served.

Instructor: M. Dillon

110 – Protecting YOUR Home and Assets

As much as you may not like to think about it, you may need to liquidate all of your assets, and possibly even your home, to pay for Long-Term Care someday. Attend this workshop, and you will learn how you can protect yourself and the assets that you've worked so hard to accumulate! This is an unfortunate reality that a lot of people are forced to face. This informative workshop will cover the latest strategies that can help you protect your home, portfolio and assets from the high cost of Long-Term Care. (The Pennsylvania average annual cost is currently over \$107,000 annually.) Come out and learn how to live more contently, knowing that you have been given the tools and have taken the necessary steps to protect yourself and your family! An optional, free consultation with a Financial Planner and/or Estate Planning Attorney will be offered.

Minimum 5 - Maximum 30

Tuesday: July 12th 7:00pm – 8:00pm

Location: High School Room 241

Age Requirement: Adult

Cost: FREE

Instructor: M. Dillon

111 – Support Your Family’s Health with Essential Oils

Have you ever squeezed an orange peel or walked through a garden of flowers and enjoyed their fragrances? If so, you have already experienced an example of the aromatic qualities of essential oils. Essential oils are found in the bark, seeds, stems, roots, flowers, and other parts of plants. While essential oils are vital in the development and health of plants, individuals have long been able to benefit from their natural benefits in many aspects of day-to-day life. Come out and learn how to support your family’s health holistically using some of the essential oils.

Minimum 2 - Maximum 10

Thursday: June 23rd 6:00pm – 7:00pm

Location: South Elementary School Faculty Room

Age Requirement: Adult

Cost: \$15.00

Instructor: E. Alli

112 - The Power of Words

Do words have power? One might say that words have no power at all and they are just words. If that is true, then why do people use words to manipulate, tear down, and express love or praise? The Power of Words participants will engage in a group setting using words to find ways to learn to respond in situations rather than react. Please anticipate the possibility of intense topic discussions leading to your learning new ways to do an introspection of self-using words.

Minimum 4 – Maximum 50

Wednesdays: June 22nd thru July 20th 6:30pm – 8:00pm

Location: Middle School Library

Age Requirement: Adults

Cost: \$40.00

Instructor: Z. Kohloa

113 – Top Essential Oils to Support the Caregiver

Being a caregiver can be extremely tough but essential oils can help. Essential oils can help boost the immune system and elevate your moods. Essential oils are found in the bark, seeds, stems, roots, flowers, and other parts of plants. While essential oils are vital in the development and health of plants and individuals have long been able to benefit from their natural benefits in many aspects of day-to-day life. Come and learn the top oils to support not only you but the person you care for as well.

Minimum 2 - Maximum 10

Thursday: June 30th 6:00pm – 7:00pm

Location: South Elementary School Faculty Room

Age Requirement: Adult

Cost: \$15.00

Instructor: E. Alli

114 - Understanding Different Retirement Strategies

If you are nearing retirement age or have already retired - then this “Understanding Different Retirement Strategies” workshop is for you! Come and learn some valuable information about how to keep your money safe with no fluctuation of principal and earn an attractive rate of return. You will also learn how to not outlive your income during retirement, achieve your long-term financial goals, and where you should never put your IRA. Seating is limited so reserve your spot early.

Minimum 5

Tuesday: June 21st 6:00pm – 7:00pm

Location: High School Computer Lab 241 & Room 211

Age Requirement: Adults 55+

Cost: FREE (Complimentary gourmet dinner will be served.)

Instructor: M. Dillon

115 – Using Essential Oils to Help Your Pets

Our pets are important too! Essential oils are found in the bark, seeds, stems, roots, flowers, and other parts of plants. While these oils are vital in the development and health of plants, individuals have long been able to benefit from their natural benefits in many aspects of day-to-day life. Did you know that your pets can benefit from Essential Oils, also? Come and learn how to use Essential Oils effectively with your pets.

Minimum 2 - Maximum 10

Thursday: July 7th 6:00pm – 7:00pm

Location: South Elementary School Faculty Room

Age Requirement: Adult

Cost: \$15.00

Instructor: E. Alli

116 – Wreath Decorating

This wreath decorating class will cover the basics of materials and know how to complete a grapevine wreath project. Come out, have fun, construct a wreath to decorate an outside door or to hang inside the home to display your creative new hobby. A supply list will be given out on the first day of class.

Minimum 6 - Maximum 10

Thursdays: June 23rd thru July 28th 8:00pm – 9:00pm

Location: High School Art Room 282

Age Requirement: Adult

Cost: \$25.00

Instructor: S. Guie

EXERCISE CLASSES AT NORTH AND SOUTH CAMPUS

200 - 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. Bring a yoga mat, and cushion or pillow to support seated meditation. Chairs will be available.

Minimum 4 – Maximum 25

Wednesdays: June 22nd thru July 27th 6:30pm – 7:30pm

Location: North Intermediate School Cafeteria

Age Requirement: Adult

Cost: \$42.00

Instructor: S. Rinpoche, RYT 500

201 - 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 and use of seated postures to reduce stress to spine and promote joint stability. Class will include breathing practices, beneficial twists and folds, meditation time, and deep reclined relaxation. Bring a yoga mat, water bottle, and a blanket. Chairs will be available.

Minimum 5 – Maximum 25

Wednesdays: June 22nd thru July 27th 6:30pm – 7:30pm

Location: Middle School Cafeteria

Age Requirement: Adult

Cost: \$40.00

Instructor: T. Bradburn

202 - Happy Vibe Yoga to the Rescue

Our Vinyasa Yoga class uses Sun Salutation to generate heat. Enjoy all the arms of Yoga as we integrate reflective meditation, breathing exercises, mindful asana, and restorative postures. These powerful tools create the building blocks for embodied awareness and lasting change. Use of essential oils, mudra, mantra and Sanskrit labels enhance this flowing Yoga practice for beginner through intermediate level students.

Minimum 5 – Maximum 25

Thursdays: June 23rd thru July 28th 6:30pm – 8:00pm

Location: North Intermediate School Cafeteria

Age Requirement: Adult

Cost: \$40.00

Instructor: S. Rinpoche, RYT 500

STUDENT ACTIVITIES AT NORTH CAMPUS

300 - Act 'N' Play

Are you interested in acting and performing? Want to do something creative and new over summer vacation? If you answered yes – then come out and join our class! We will be making costumes, having a lot of fun, and putting on a real show!

Minimum 12 – Maximum 16

Tuesdays and Thursdays: July 12th thru July 28th 9:00am – 12:00pm

Location: North Intermediate School Cafeteria

Age Requirement: Grades 4 - 6

Cost: \$65.00

Instructor: K. & K. Lynch

301 - Aloha Art

Think “BEACH!” In this art workshop we will be crafting Hawaiian leis, painting with sand, making shell molds, and exploring the Tropics!

Minimum 5 – Maximum 15

Thursdays and Fridays: July 21st thru July 29th 2:15pm – 3:15pm

Location: High School Room 200

Age Requirement: Ages 4 – 10

Cost: \$20.00 PLUS an additional fee of \$10.00 for supplies due to Instructor at first class.

Instructor: S. Rosencrance

302 - Celebrating the Seasons

We will be creating and designing seasonal crafts in this work-shop class! Sure to be a lot of fun! Students will enjoy learning about holidays that occur throughout each season!

Minimum 5 – Maximum 15

Thursdays and Fridays: July 21st thru July 29th 11am – 12:30pm

Location: High School Room 200

Age Requirement: Ages 4 – 10

Cost: \$28.00 PLUS an additional \$15.00 for supplies due to the Instructor at first class.

Instructor: S. Rosencrance

303 - "Kids Cooking Rocks"

Kitchen fun is a can-do for kids! *Using Kid's Cooking Rocks! Rachael Ray 30-Minute Meals for Kids*, we will be dishing-up some simple, super-delish, concoctions JUST for kids.

Minimum 5 – Maximum 15

Thursday and Friday: July 7th and July 8th 12:30pm – 3:00pm

Location: High School Room 213

Age Requirement: Ages 7 – 12

Cost: \$30.00 PLUS an additional \$15.00 for supplies due to the Instructor at first class.

Instructor: S. Rosencrance

304 - Kindergarten Readiness

Come ready to learn, sing, play, and have some fun! This class is for children entering kindergarten in the fall of 2016! Please dress comfortably and bring a small snack.

Minimum 7 – Maximum 10

Week 1: Monday, Wednesday, and Friday: June 27th thru July 1st 9:00am – 12:00pm

Week 2: Wednesday, Thursday, and Friday: July 6th thru July 8th 9:00am – 12:00pm

Location: Middle School Home Ec. Room 206 and Art Room 101

Age Requirement: Children entering Kindergarten in the fall.

Cost: \$55.00

Instructor: V. Hyduchak

305 - Once upon a Fairy Tale

Explore fairy tales through stories, art, snacks and crafts. Crowns and tiaras, frogs and princes – it's time to think like Cinderella and Prince Charming. We'll also help the Gingerbread Man decorate cookies, and create living fairy gardens!

Minimum 5 – Maximum 15

Thursdays and Fridays: July 21st thru July 29th 1:00pm – 2:00pm

Location: High School Room 200

Age Requirement: Ages 4 – 10

Cost: \$20.00 PLUS an additional fee of \$20.00 for supplies due to Instructor at first class.

Instructor: S. Rosencrance

306 - Pizza, Pizza, Pizza!

Experiment with dough, sauces, and toppings! We will create breakfast, supreme, and even dessert pizza! Participants will take home a variety of different creations for their family to enjoy also!

Minimum 5 – Maximum 15

Thursday and Friday: July 7th and July 8th 8:30am – 12:00pm

Location: High School Room 213

Age Requirement: Ages 7 – 12

Cost: \$25.00 PLUS an additional fee of \$15.00 for supplies due to Instructor at first class.

Instructor: S. Rosencrance

307 - Pretty Princesses

Does your child love Snow White, Ariel, Belle, Cinderella, Ana, Elsa, and Jasmine? We will be making princess crafts, listening to stories, and attending a princess tea. Get ready to dress up as your favorite princess!

Minimum 5 – Maximum 15

Thursdays and Fridays: July 21st thru July 29th 9:30am – 10:30am

Location: High School Room 200

Age Requirement: Ages 4 – 10

Cost: \$20.00 PLUS an additional fee of \$15.00 for supplies due to Instructor at first class.

Instructor: S. Rosencrance

STUDENT ACTIVITIES AT SOUTH CAMPUS

400 – Arts ‘N’ Crafts

From flowers to magical mason jars – come join us for a creative session of Arts ‘N’ Crafts! Students should bring a snack and an art smock or old shirt with them to class.

Minimum 6 – Maximum 20

Monday – Thursday: July 18th thru July 21st 2:00pm – 4:30pm

Location: South Elementary Faculty Room

Age Requirement: Grades 1 - 5

Cost: \$37.00

Instructor: C. Guerrieri

401 - Nature All Around Us!

Come and explore the nature that we all can find in our own back yard. We will take walks on a nature trail at the Newfoundland Park, check out some birds, look for cool insects, test our skills on catching crawfish in the stream, and collect items to create special nature inspired projects.

Minimum 5 – Maximum 10

Monday thru Friday: June 20th thru June 24th 1:00pm – 3:00pm

Location: South School Art Room 201

Age Requirement: Grades 1 - 3

Cost: \$45.00

Instructor: L. Ostrowski

402 - Princess Tea Party

All little girl's dream of being a princess. Well, now is their chance! Children are asked to come to class dressed as their favorite princess as we will be baking homemade goodies, learning princess etiquette, and drinking princess tea!

Minimum 5 – Maximum 10

Monday thru Friday: June 20th thru June 24th 9:00am – 11:00am

Location: South Elementary Faculty Room

Age Requirement: Grades K - 2

Cost: \$45.00

Instructor: L. Ostrowski

SPORT ACTIVITIES

500 - Basketball Basics

This course will focus on basketball basics such as dribbling, shooting, rebounding, passing, and defense. Pick-up games will be played during each session. Please wear comfortable clothes, bring a water bottle, and get ready to have some fun!

Minimum 12 – Maximum 22

Tuesdays and Thursdays: June 28th thru July 28th 9:00am – 10:30am

Location: South School Gym & Basketball Courts

Age Requirement: Grades 4 - 7

Cost: \$30.00

Instructor: J. Yatsonsky

501 - Co-Ed Basketball Camp (Grade 6 – 8)

This basketball camp is for boys and girls interested in taking their basketball skills to the next level through drills and playing the game. This instructor is a member of the University of Scranton Women's Basketball Team and would enjoy showing you some of the skills that she has learned while playing at the college level. Please bring a water bottle and a light snack to camp.

Minimum 8

Monday thru Friday: August 1st thru August 5th 9:00am – 11:30am

Location: South School Gym

Age Requirement: Grades 6 - 8

Cost: \$35.00

Instructor: B. & C. Mann

502 - Co-Ed Basketball Camp (Grade 2 – 5)

This basketball camp is for boys and girls interested in learning and/or taking their basketball skills to the next level while having a great time with drills and playing the game. This instructor is a member of the University of Scranton Women's Basketball Team and would enjoy teaching and sharing with you some of the skills that she has learned while playing at the college level. Please bring a water bottle, light snack, a positive attitude, and get ready to play some basketball!

Minimum 8

Monday thru Friday: July 25th thru July 29th 11:00am – 12:30pm

Location: South School Gym

Age Requirement: Grades 2 - 5

Cost: \$23.00

Instructor: B. & C. Mann

503 - Co-Ed Instructional Tennis Camp (Grades K – 5)

This course is designed to teach the basic skills in tennis. Students will learn the fundamentals in the game of tennis such as the ground strokes, learning to serve, rules of the game and score keeping. Students will perform drills, play skill building games and play matches with compression tennis balls. Good sportsmanship is encouraged in a fun atmosphere. Students are required to wear proper footwear and dress in athletic clothing. Racquets, compression tennis balls and water will be provided by the instructor.

Minimum 8 – Maximum 20

Tuesdays and Thursdays: July 1st thru July 31st 8:00am – 11:30am

Location: Middle School and North Intermediate School Tennis Courts

Age Requirement: Grades K - 5

Cost: \$44.00

Instructor: S. Washburn

504 - Co-Ed Instructional Tennis (Grades 6 - 8)

This course is designed for the beginner tennis player as well as the novice player. Students will review and build on skills like: Tennis ground strokes, serving skills, and playing single and doubles matches. Good sportsmanship is encouraged in a competitive and fun atmosphere. Students are required to wear athletic clothing and appropriate footwear. Racquets, tennis balls and water are provided by the instructor.

Minimum 8 – Maximum 20

Tuesdays and Thursdays: June 21st thru July 21st 8am – 9:30am

Location: Middle School and North Intermediate School Tennis Courts

Age Requirement: Grades 6 - 8

Cost: \$44.00

Instructor: S. Washburn

505 - Co-Ed Instructional Tennis (Grades 9 – 12)

This course is designed for the High School student to build and improve upon their tennis skills. Students in this clinic will perform cardio and footwork drills. Aside from this, students will build and improve upon their groundstrokes, serves, and tennis strategies. Students will practice good sportsmanship while playing doubles, mixed doubles and singles matches. Students are required to wear athletic clothing and tennis sneakers. Racquets, tennis balls and water will be provided by the instructor.

Minimum 8 – Maximum 20

Monday, Wednesday and Fridays: June 20th thru July 22nd 8am – 10am

No class on July 4th.

Location: Middle School and North Intermediate School Tennis Courts

Age Requirement: Grades 9 - 12

Cost: \$75.00

Instructor: S. Washburn

PLEASE NOTE:

Upon receipt of your paid registration – you can assume that you are registered for the class(es). We DO NOT send class confirmations, ONLY cancellation refunds.

NO refunds will be given after the first class!

SPECIAL PROGRAMS

600 - Basic Boating Safety Courses

Presented by Waterways Conservation Officer Bob Plumb of the Pennsylvania Fish and Boat Commission. Boating Safety Education Certificates are required to operate a personal watercraft (such as a Jet Ski) in PA. Certificates are also required for persons born on or after January 1, 1982 in order to operate boats powered by motors greater than 25 horsepower. Boat terminology, legal requirements, water activities, safety, and water rescue topics will be discussed. Students who then pass the exam at the end of the course can apply for their boating safety education certificate from the Pennsylvania Fish and Boat Commission. Must be 12 years of age or older and prior registration is required.

Saturday: May 7th OR June 11th 9:00am – 4:00pm

Location: Lake Wallenpaupack Environmental Center

Age Requirement: Ages 12 and up.

Cost: FREE but must be registered.

To register: Contact Michelle at the Environmental Learning Center at (570) 226-3170.

601 - Head Start – Pre K (2016 - 17)

Early Head Start programs (serving children from birth – 5 years of age) is now available FREE to eligible families. We are currently accepting applications for the 2016 – 2017 school year. Full and part day programs are available. Classes will be located in Hawley and the South Elementary School in Newfoundland. Please call to set-up an appointment.

Monday thru Friday: 2016 – 17 School year

To register: Contact Head Start at (570) 963-6633.

602 - Waterfront Program at Palmyra Township Public Beach

Palmyra Township Public Beach will be offering swimming lessons in two week sessions beginning June 20 thru August 12, 2016. **ALL** ability levels are welcome! The public beach on Lake Wallenpaupack will be open from Memorial Day to Labor Day – 11:00am to 5:00pm daily.

Location: Palmyra Township Beach on Route 6 (Behind the Welcome Center)

Cost: \$70.00 per two week session

To register: Complete the swimming registration form at the end of this booklet or by calling 570-226-2230 (Ext. 101) OR the Palmyra Township Beach at 570-226-9290.

603 – Youth Mental Health First Aid Training

Youth Mental Health First Aid is an 8-hour certification course that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds an understanding of the importance of early intervention, and teaches how to help an adolescent in crisis or experiencing a mental health or substance use challenge. Course fee includes all course materials, Continental breakfast and lunch will be included! For additional information – see attached sheet at the end of this brochure.

Wednesday: July 6th 8:00am – 4:30pm

Location: Middle School Room 204

Cost: \$10.00

To register: Contact Kat Werner at kwerner@ecpaahec.org or by phone at (610) 379-2001.

Registration must be done by July 6th.

**The Deadline for Registration Is June 3, 2016.
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 in 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: **Wallenzaupack Area School District, 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: \$ _____

602 – Waterfront Program at Palmyra Township Public Beach

Swimming Lessons

Lessons are conducted 5 days a week, weather permitting. Parent Aquatics Class, “Baby and Me,” is for Level 1 swimmers who need extra assistance. A parent or guardian must accompany swimmer in the water. Level 1 is for beginners. Students will learn how to enter the water and feel comfortable. Level 6 is for advanced swimmers. Students swim a minimum of 500 yards daily. This lesson is conducted like a swim practice. The cost of any two week session is only \$70.00 and covers the Red Cross certification card given at completion. Any additional questions regarding lessons, please call Palmyra Township at 226-2230 (Ext. 101) or the Palmyra Township Beach at 226-9290 during beach operation hours (Memorial Day to Labor Day – 11:00 AM to 5:00 PM).

Session #1	Monday, June 20 – Friday, July 1
Session #2	Monday, July 5 – Friday, July 15
Session #3	Monday, July 18 – Friday, July 29
Session #4	Monday, August 1 – Friday, August 12

Palmyra Township Public Beach on Lake Wallenpaupack offers lifeguards on duty, snack bar, picnic area with BBQ's and volleyball. Open to the public seven (7) days a week from 11 AM to 5 PM (weather permitting). The beach is located on Route 6 – behind the Wallenpaupack Visitors Center.

Time/Level for Summer 2016

Level 6 – (Advanced)	10:30 – 11:30 AM
Level 5	10:30 – 11:15 AM
Level 4	12:30 – 1:15 PM
Level 3	1:15 – 2:00 PM
Level 2	2:00 – 2:45 PM
Level 1 – (Beginners)	2:45 – 3:30 PM
Parent Aquatics “Baby and Me”	3:30 – 4:00 PM

Registration for swim lessons can be accepted at any time. You may mail the registration forms and checks prior to the start of the sessions, visit the Palmyra Township Beach prior to the start of lessons, or sign up as lessons begin. Below you will find the registration form. Please complete a separate form for each child you are registering. **Any questions regarding the swim/lesson program please call 226-2230 (Ext. 101) or 226-9290. Please make checks payable to: “Palmyra Township.”**

Childs Name: _____

Parent/Guardian Name: _____

Address: _____

Email: _____ Phone: _____ Cell Phone: _____

Age: _____ Level: _____ Session: _____

Send checks and completed registration to: **Palmyra Township/Pike County**
115 Buehler Lane
Paupack, PA 18451





603 - YOUTH MENTAL HEALTH FIRST AID TRAINING

Date: Wednesday, July 13, 2016

Time: 8am-4:30pm

Location: Wallenpaupack Middle School Room 204

Youth Mental Health First Aid is an 8-hour certification course that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds an understanding of the importance of early intervention, and teaches how to help an adolescent in crisis or experiencing a mental health or substance use challenge.

Who should take the Youth Mental Health First Aid Training?

Adults whom regularly interact with adolescents (12 to 18 years old)

- Teachers, Coaches, Youth Leaders
- Juvenile Justice Professionals
- Nurses
- First-responders, Fire, Police
- Parents, Volunteers and the General Public



What will participants learn?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder.

Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis.

Youth Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, and self-help care.

Youth Mental Health First Aid is listed in SAMHSA's National Registry of Evidenced Based Programs and Practices and is approved as one of the curriculums that meet the professional development requirement of Act 71. Professionals and educators may be eligible for CEU's.

To register, e-mail kwerner@ecpaahec.org by July 6, 2016

Course fee: \$10 (make check payable to ECPA AHEC)

(Fee includes all course materials, Continental breakfast and lunch!)

Send Course Fee to:

ECPA AHEC

5662 Interchange Road

Lehigh, PA 18235

Supported By:

