



Steppin' Out

with Chester County Night School!

**Owen J. Roberts
Spring 2012 Lifelong Learning
Course Catalog**

Register Online: ChesterCountyNightSchool.org



Feel strong inside and out! Join the fun at Reality Pilates Reformer Studio

At Reality Pilates Reformer, we're committed to helping you achieve your fitness goals in an environment that fosters respect, motivation, and the joy of movement.

Our highly adaptable program uses the Pilates Reformer machine, proven to stretch, strengthen and balance the body without stress and strain. Because the Reformer is suitable for everyone, we can offer an individualized program to fit your needs -- whether you are training for a marathon, reconditioning after a surgery, or simply ready to try a new approach to wellness.



Our highly adaptable program uses the Pilates Reformer machine, proven to stretch, strengthen and balance the body without stress and strain. Because the Reformer is suitable for everyone, we can offer an individualized program to fit your needs -- whether you are training for a marathon, reconditioning after a surgery, or simply ready to try a new approach to wellness.

In addition to Reformer, Mat, and Stick Pilates classes, we offer:

- Core Pole Full-Body Conditioning
- Age-Friendly Yoga & Chair Exercises
- Pain Management Programs
- Massage Therapy, Food Therapy, more!

Come meet our certified fitness professionals, including owners Dianna and Ken, and let us assist you with your fitness goals. We're open 7 days a week with classes every Mon. through Fri.

Call to register: 610-787-2237
www.realitypilatesreformer.com

REGISTER NOW for these Spring classes: : ● Reformer
● Core Pole ● Pilates for Golfers ● Qigong ● Yoga Over 40/Plus Size

Reality Pilates Reformer Studio
241 Main St., Royersford PA 19475
Tel: 610.787.2237
Follow us on Facebook

TRY OUR NEW CORE POLE CLASS-- ONLY AT REALITY!

... the best kept secret in Royersford!



CCNS-OJR Spring 2012 Course Catalog

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Course Locations:

Brandywine River Museum

U.S. Route 1, Chadds Ford, 19317

City Food Tours/Reading Terminal Market

12th & Filbert Sts., Philadelphia, 19107

Conestoga Cashmere Soap

3108 Conestoga Road, Glenmoore, 19348

East Coventry Elementary School

932 Sanatoga Road, Pottstown, 19465

East Vincent Elementary School

340 Ridge Road (Rte. 23), Spring City, 19475

French Creek Elementary School

3590 Coventryville Road, Pottstown, 19465

Great Valley Nature Center

Rt. 29 & Hollow Road, Devault, 19342

Joseph Poon's Chef Kitchen

1010 Cherry St., 2nd Floor, Phila., 19107

Kitchen Workshop

21 Plank Ave., Paoli, 19301

Music House of St. Peters

1972 Ridge Road (Rte. 23), St. Peters, 19465

Owen J. Roberts High School

981 Ridge Road, Pottstown, 19465

Owen J. Roberts Middle School

881 Ridge Road, Pottstown, 19465

Phoenix Village Art Center

207 Bridge Street, Phoenixville, 19460

Pickering Valley Golf Club

450 S. Whitehorse Rd., Phoenixville 19460

Reality Pilates Reformer Studio

241 Main St., Royersford, 19468

Roggio Silversmiths Studio

1776 Sheeder Mill Road, Spring City, 19475

Springhouse Computer Corp.

770 Pennsylvania Ave., Suite 120, Exton 19341

St. Mary's of Providence

227 Isabella Road, Elverson, 19520

West Vincent Elementary School

2750 Conestoga Rd (Rte. 401), Chester Springs, 19425

Yangming Restaurant

1051 Conestoga Road Bryn Mawr, 19010

4 Ways to Register:

■ REGISTER ONLINE

ChesterCountyNightSchool.org

MasterCard, VISA, Amex, Discover accepted.

■ REGISTER BY PHONE

Call: 610-692-1964

Please have credit card information handy.

■ REGISTER BY MAIL

See Registration Form on page 24.

Make checks and money orders payable to Chester County Night School.

■ REGISTER BY FAX

Fax with cc info to: 610-692-7566

CHESTER COUNTY NIGHT SCHOOL

222 N. Walnut Street, Suite A
West Chester PA 19380

Tel: 610-692-1964 Fax: 610-692-7566

Website: ChesterCountyNightSchool.org

Email: info@chestercountynightschool.org

NEW! Certification Courses

READY FOR A NEW DIRECTION?

Good news! Night School is now partnering with CCI and WITS, two of today's leading career training institutes, to bring you these popular certification/prep courses. Get started on that new career in pharm tech or personal training! All classes are held at OJR. For more information, visit our website or call 610-692-1964.

Pharmacy Technician Certification Prep

Condensed Curriculum Int'l., instructor

This comprehensive 50 hour course will prepare you to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. Technicians work in pharmacies under the direction of a pharmacist. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names, dosage calculations, drug compounding, dose conversions, dispensing of prescriptions, and inventory control.

NOTE: Textbook is included in the fee. This is a prep class; students must take the Certification exam on their own.

WHERE: Owen J. Roberts M.S. **SESSIONS:** 15
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RCT207 6-9:30 pm Tue, Thu 3/27 - 5/22 \$999
 No Class: 4/3, 4/5



Personal Trainer Certification

World Instructor Training Schools (WITS), instructor

There is a shortage of personal trainers in the workforce. Come join this fun field and be a part of what ABC NEWS.com states as the 4th hottest job in the U.S. at a national average of \$25 an hour. Whether a career move or for your own personal knowledge, get all the information you need to become a Certified Personal Trainer. This course is formatted as a 62-hour program and is comprised of 16 hours of lecture, 16 hours of practical training and a 30-hour internship. It covers topics including biomechanics, exercise physiology, fitness testing, equipment usage and health assessment. W.I.T.S. is the only major certifying body in the country providing comprehensive practical training and internship components. Students must be a high school graduate or have their GED as a prerequisite for the course. Textbook is required and not included in course fees; see class receipt for details.

WHERE: Owen J. Roberts M.S. **SESSIONS:** 12
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RCT201 6-9 pm Tue, Thu 3/20 - 5/3 \$699
 No Class: 4/3, 4/5

Visit chestercountynightschool.org for more details!

art, music and theatre

Pottery, An Introduction

Pauline Shniper, Professional Potter, instructor

Learn to craft beautiful pottery pieces with hands-on instruction. This introductory class will cover the basics of hand-building and throwing. Take home your beautiful handcrafted treasures! Note: A \$80 fee is payable to the instructor on the first night of class for the clay, glazes, firing and studio fee. All tools will be provided.

WHERE: Phoenix Village Art Center **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RAM002 7-9 pm Tue 3/20 - 5/8 \$160
 RAM004 9:30-11:30 am Tue 3/20 - 5/8 \$160
 RAM006 7-9 pm Thu 3/22 - 5/10 \$160

▼ NEW!

Watercolor Express

Michael Stancato, CCNS cover artist, instructor

All levels are welcome as we start with basic materials and techniques. We'll use classic and modern study of color and light for capturing realism. Drawing will be emphasized as a starting point and thumb nail sketches will develop into 3 small paintings. We'll experiment with finishing expressive pieces.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RAM020 7-9 pm Tue 3/20 - 4/10 \$60
 No class: 4/3

▼ **NEW!**

The Legacy of the Wyeths and Lunch

Brandywine River Museum Staff, instructor

Enjoy a relaxing visit to the Brandywine River Museum to learn about the exceptionally creative Wyeth family of painters: the patriarch and renowned illustrator N.C. Wyeth; his son and one of America's favorite and most prolific artists, Andrew Wyeth; and Jamie Wyeth, who is a third generation Wyeth painter and the younger son of Andrew. The private gallery tour will examine work by all three generations. Take time for lunch in the museum's restaurant after the gallery tour is complete. The program concludes with an off-site tour (shuttle provided) of the N.C. Wyeth House and Studio (less than a mile away). Price includes admission, private museum gallery tour, lunch voucher, shuttle and House/Studio tour.

WHERE: Brandywine River Museum	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
RAM029 9:45 am-1:45 pm Thu 5/3 \$30	

Coventry Community Chorus

George Myers, Conductor, instructor

Do you like to sing but feel you don't have the experience? Perhaps our growing adult community chorus would be your "cup of tea." The chorus will include songs in four voice parts (soprano, alto, tenor, bass), a mixed chorus. Depending on enrollment, there could be songs for women's and men's chorus. Emphasis will be on a variety of styles including pop, show tunes, spirituals and some classical pieces. Range of difficulty will depend on availability of voices. All singers welcome. Have fun singing and performing at public concerts and events! A music material fee for the term is \$15 payable to the instructor the first night.

WHERE: French Creek Elementary	SESSIONS: 9
CRSE# TIME DAY DATE(S) FEE	
RAM050 7-8:30 pm Wed 3/14 - 5/9 \$20	
No class: 4/4	



"Portrait of Mary"
by P. Willmoth, OJR
Night School art student

Love to teach? Have a great course idea? THEN WE WANT YOU!



Submit your credentials and course suggestions online at chestercountynightschool.org -- become part of a local tradition!

Guitar from the Beginning

Joe Guaracino, Guitarist, instructor

Students with little or no musical background will enjoy this introduction to guitar playing. Designed to get you playing and having fun! All basic concepts will be covered including tuning, note reading, tablature, picking, strumming, and chord progressions. Bring your own instrument. Course materials are included. Class size limited to 6.

WHERE: Music House of St. Peters	SESSIONS: 8
CRSE# TIME DAY DATE(S) FEE	
RAM060 7-7:50 pm Tue 3/20 - 5/8 \$70	
RAM061 6:30-7:20 pm Wed 3/21 - 5/9 \$70	
RAM062 7:30-8:20 pm Wed 3/21 - 5/9 \$70	

▼ **One Night Only!**

Getting Paid to Talk: Introduction to Professional Voiceovers

John Gallogly, instructor

This exciting class will explore numerous aspects of voiceover work for television, film, radio, audio books, documentaries and the internet. We will cover how to prepare the all-important demo and how to be successful and earn great income in this exciting field. This class is a great first step for anyone interested in voice acting professionally. To make an informed decision if this is the right class for you, visit: www.voicecoaches.com

WHERE: Owen J. Roberts High School	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
RAM073 6:30-9 pm Tue 4/24 \$45	

Trade Secrets for Buying or Selling a Home with Success in 2012

Joanne Sheldon, Certified Realtor, instructor

Whether you have never bought a home before or you are simply blown away by all the changes in today's buyer's market; this class is perfect for you. We have joined two popular classes into one! This class is geared towards the challenges facing buyers and sellers of the current real estate market. All your questions will be answered. We will be covering closing costs, seller-assists, short sales, foreclosures, home staging, curb appeal, marketing, appraisals, home inspections, home values, credit issues, neighborhood "comps," clear title, pre-approvals, mortgage commitments, and financing issues facing today's buyers.

WHERE: Owen J. Roberts High School **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RBU006 6:30-8:30 pm Tue 4/24 \$25

Real Estate: Know Your Way Around a Real Estate Transaction

David Megay, Esq., instructor

Ready to buy or sell real estate? We'll review issues surrounding buying and selling real estate both with and without a real estate agent. Learn the common issues and pitfalls. Being knowledgeable will strengthen your buying and/or selling position.

WHERE: Owen J. Roberts High School **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RBU008 6:30-8:30 pm Wed 3/21 \$25

Complete Financial Management Workshop

Richard Hand, Certified Financial Planner, instructor

The Complete Financial Management Workshop™ is a comprehensive, in-depth financial education course that covers the six important areas of personal financial planning: risk management and insurance, cash management and use of credit, investments, tax planning, retirement planning, and estate conservation. There will be special emphasis placed on retirement planning, including Social Security, employer sponsored plans, the use of IRA's, and retirement income planning. This course is appropriate for pre- and post- retirees, as well as those just entering the workforce. Fee includes comprehensive workbook. Spouse may come for free but must call to register.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 3
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RBU032 7-9 pm Tue 4/10 - 4/24 \$50

Navigating Social Security

Richard Hand, Certified Financial Planner, instructor

If you are a pre-retiree or an adult child assisting your parents, this class will help you make informed decisions about your Social Security benefit options. You will be able to select the optimal mix of benefits based on your individual situation. Topics will include early retirement, normal retirement, dependent and survivor benefits.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RBU034 6:30-8:30 pm Tue 3/20 \$25

Starting Your Own Business: A Legal Standpoint

David Megay, Esq., instructor

We'll talk about the pros and cons, and legal issues, of starting your own business, forming your "business team," the different types of business entities from which to choose, the need for shareholder/partnership agreements, fictitious name registrations and other details -- all from a legal perspective.

WHERE: Owen J. Roberts High School **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RBU040 6:30-8:30 pm Wed 3/21 \$25

▼ NEW!

People's Law School

Peter Hart, Esq., instructor

For over twenty years, the Chester County Bar Association People's Law School Program has provided students with an overview of the legal system with an entertaining, down to earth and informative look at the law. Several local Chester County lawyers will provide insight into their areas of legal expertise and will assist you with your individual legal issues. Topics may include Wills and Estate Planning; Family Law, Real Estate and Landlord Tenant Law, Personal Injury Law, Criminal Law/Constitutional Law, Business Law/Employment Law; Bankruptcy Law and Auto and Homeowners Insurance coverage issues. Students will choose the topics they would like to cover during the seven week course at the first class. Resource materials and a course book will be provided.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RBU050 7-9 pm Thu 3/22 - 5/3 \$39
 No class: 4/5

business and money matters

Long Term Care Planning

April Heiser, Independence Planning Group

Americans are living longer than ever before. With a long life, sometimes come increased medical needs. The chance that an individual will someday need long term care is substantial. Class will discuss common misconceptions of long term care, options and costs for care, as well as ways to pay for care. This class is geared towards ages 50 - 70.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RBU030 6:30-7:30 pm Thu 5/3 - 5/10 \$25

Grant Writing for Nonprofits

Jessica H. Schneider, Nonprofit Administrator

Learn the basics of grant writing for nonprofit organizations. Learn how to research grants, how to write a basic grant proposal based on the Delaware Valley Grantmakers Common Grant Application form, what attachments are included, how to package and mail your grant and much more. Learn tips from a seasoned nonprofit fundraising professional with over 14 years of experience in the field. Each person who attends all 3 sessions receives one FREE grant proofreading by the instructor.

WHERE: Owen J. Roberts High School **SESSIONS:** 3
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RBU045 7-8:30 pm Wed 4/11-4/25 \$45

Getting Your High School Junior/Senior Collegebound!

Susan Pritt, H.S. Guidance Counselor, instructor

We cover the "must-dos" of any college-bound high school junior or senior. Junior year topics include: taking the PSAT's, SAT's, and the ACT's; keeping grades high; involvement in activities; and visiting colleges of interest. We'll discuss "dream schools" vs. "safety schools," knowing your high school's graduation requirements, NCAA requirements, and attending college open houses. The senior year segment will include SAT's and ACT's, applying to colleges (including how to sell yourself on the essay), letters of recommendation, applying for scholarships and financial aid, early decision vs. waiting, applying early vs. waiting, and finally sending transcripts and your application.

WHERE: Owen J. Roberts High School **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCL003 6:30-8:30 pm Wed 3/21 - 3/28 \$40



computer/technology classes

Using your iPhone or iPad as a Productivity Tool

Brenda Kenny, instructor

It slices, it dices, it keeps you connected and now it helps keep you organized! This workshop will help you set up your iPhone or iPad to be a productivity super-center. We'll cover free and inexpensive apps that can help you get the most out of your device. Note: Students are required to bring their iPhone or iPad with them to class and must have an active iTunes account set up in advance.

WHERE: Owen J. Roberts High School **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCO031 7-9 pm Wed 3/28 \$30

Going Further with iPad

Brenda Kenny, instructor

Now that you know how to use your iPad, this class will help you take it to the next level by learning advanced techniques and lots of cool apps. Note: Students are required to bring their iPhone or iPad with them to class and must have an active iTunes account set up in advance.

WHERE: Owen J. Roberts High School **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCO032 7-9 pm Wed 4/11 \$30

computer/technology classes

Convenient Computer Training at Springhouse Computers

Invest in yourself with these hands-on computer workshops at our area's foremost training center, Springhouse Computer School. Springhouse offers comprehensive training in a state-of-the-art computer lab. Training manual and retake guarantee are included in course fee.

Located off Route 100 in the Eagleview Corporate Center, just 8 miles from Pottstown!



One-Day Workshops

Time: 9 am - 4 pm

Fee: Just \$195 -- Special CCNS Rate!

CO362	Access 2007, Level 1	4/10
CO363	Access 2007, Level 2	4/11
CO364	Access 2007, Level 3	4/17
CO365	Access 2010, Level 1	4/24
CO366	Access 2010, Level 2	5/2
CO368	Access 2010, Level 3	5/9
CO341	Excel 2007, Level 1	4/9
CO343	Excel 2007, Level 2	4/18
CO345	Excel 2007, Level 3	5/10
CO346	Excel 2010, Level 1	4/10
CO347	Excel 2010, Level 1	5/24
CO350	Excel 2010, Level 2	4/24
CO351	Excel 2010, Level 2	5/29
CO352	Excel 2010, Level 3	5/1
CO357	Outlook 2007, Level 1	6/1
CO358	Outlook 2010, Level 1	5/25
CO360	Outlook 2010, Level 2	4/27
CO374A	Photoshop Elements	5/3

Visit www.springhouse.com for a full listing of available daytime classes. If you see a class on the Springhouse website that is not shown here, please call us at 610-692-1964 and we'll be happy to get you registered at our preferred group rate (where applicable).

CO354	PowerPoint 2007 Level 2	3/27
CO353	PowerPoint 2007, Level 1	3/20
CO355	PowerPoint 2010, Level 1	4/11
CO356	PowerPoint 2010, Level 2	4/13
CO370	Quickbooks Pro, Level 1	4/3
CO371	Quickbooks Pro, Level 1	5/15
CO372	Quickbooks Pro, Level 2	4/4
CO331	Windows 7 Level 1	4/3
CO332	Word 2007, Level 1	4/30
CO334	Word 2007, Level 2	3/19
CO336	Word 2007, Level 3	4/12
CO337	Word 2010, Level 1	4/17
CO338	Word 2010, Level 1	5/21
CO339	Word 2010, Level 2	3/21
CO340	Word 2010, Level 3	3/22

Evening Classes

Time: 6 - 9 pm Mon/Wed

Fee: Just \$195 -- Special CCNS Rate!

CO386	QuickBooks, Level 1	3/26 & 3/28
CO387	Excel 2010, Level 1	5/7 & 5/9
CO388	Excel 2010, Level 2	5/21 & 5/23
CO390	PowerPoint 2010, Level 1	3/26 & 3/28
CO391	Photoshop Elements	4/30 & 5/2

computer/technology classes

Computer Friendly

Nancy Cahill, instructor

During the rapid growth of the personal computer, you might have been too busy or timid to jump in and learn the ropes. This class is an easy paced, non-threatening way for you to learn the basics such as understanding the hardware, keyboard, mouse, software, the Internet and much more!

WHERE: Owen J. Roberts High School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCO002 6:30-8:30 pm Wed 3/21-5/16 \$160
No class: 4/4

Excel 2007, Level 1 Overview

Nancy Cahill, instructor

Learn how to design a basic spreadsheet, create a list and perform calculations with this basic overview of Microsoft Excel 2007.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCO008 6:30-9 pm Tue 4/24-5/15 \$100

Microsoft Word Overview

Nancy Cahill, instructor

This course is designed for students who are interested in learning the fundamentals of Microsoft Word 2007. It will provide you with an overview of how to create a word document and develop basic editing skills.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCO006 6:30-9 pm Tue 3/20-4/17 \$100
No class: 4/3



crafts and hobbies

Knitting for Beginners

Nancy Stiles, instructor

Learn to knit, purl, cast on and off, increase and decrease, do the garter, stockinette, seed, even cable stitch and ribbing. Make scarves, hats, fingerless mitts, or purses for spring. Learn how to read labels and patterns.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCR001 6-7:30 pm Tue 3/20 - 5/8 \$90
No class: 4/3

Goat Milk Soap Making

Mary Nestorick, instructor

Focus is on the technique of soapmaking using goat milk as a special moisturizing ingredient. Learn the history and technique of soap making in a small group setting. Tools, ingredients, and equipment will be supplied. Students will go home with 4 curing bars of soap in a covered container.

WHERE: Conestoga Cashmere Soap **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCR010 7-9 pm Tue 4/17 \$45

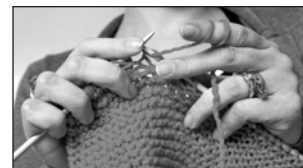
▼ NEW!

Knitted Kimono Sweater

Janet Kakareka, instructor

Knit an easy fitting kimono style cardigan sweater for sizes extra small to extra large. Select any medium weight yarn you like and knit this sweater in garter stitch throughout learning to make a sweater with no seams, and convert a classic sweater pattern. For beginner knitters with basic knowledge. Supply list will be provided on class receipt; a \$7 pattern fee (cash only) is payable to instructor first night of class.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCR005 6:30-8:30 pm Thu 3/22, 4/12, 4/26, 5/10 \$55



crafts and hobbies

▼ NEW!

Custom Fit Socks

Janet Kakareka, instructor

Nothing feels better on your feet than a pair of custom fit, warm wool socks. This is a basic sock pattern with the custom fit twist. The socks will fit any size feet just by learning how to measure correctly. You will learn all the elements of knitting socks using double pointed needles. This will include how to knit in the round, selecting your own rib stitch for the cuffs, the heel flap, the turning of the heel, the gusset, toe shaping and the kitchener stitch for grafting the toe. Supply list will be provided on class receipt; a \$3 pattern fee (cash only) is payable to instructor first night of class.

WHERE: Owen J. Roberts Middle School	SESSIONS: 4			
CRSE#	TIME	DAY	DATE(S)	FEE
RCR004	6:30-8:30 pm	Tue	3/27, 4/17, 5/1, 5/15	\$55

Jewelry Making in Mixed Metals

Sue Roggio, instructor

Spend one full day in the Roggio jewelry studio learning age old techniques to design and produce jewelry made of copper, silver and brass. We will explore cutting, filing, hammering and shaping our metals into wearable objects of beauty. Lots of focus on surface design and texture. No prior experience needed and all tools will be provided. \$20 materials fee paid to instructor at class.

WHERE: Roggio Silversmiths Studio	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
RCR020	10-4 pm	Sat	4/14	\$85

▼ NEW!

Garden Ornaments in Copper

Sue Roggio, instructor

After learning metal smithing techniques of cutting, hammering, and filing copper, we will create imaginative flowers, fish, dragonflies and more. Perfect for mother's day gifts or treasures to keep yourself. These will be pretty enough to enjoy all year long. Bring a notebook, a lunch and dress comfortably. All tools will be provided; no experience necessary. A \$20 materials fee will be payable to instructor the day of class.

WHERE: Roggio Silversmiths Studio	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
RCR023	10-4 pm	Sat	4/21	\$85

Mosaics for Beginners

Deena Denesowicz, Owner, Neon Rose Art & Design

You will learn arrangement of varying patterns to create a shape, figure and design with beautiful mosaic tiles. Students will make either an 8 x 10 picture frame, a medium sized decorative bowl, or a decorative tray. A materials fee of \$45 is payable to the instructor first night of class.

WHERE: Owen J. Roberts High School	SESSIONS: 3			
CRSE#	TIME	DAY	DATE(S)	FEE
RCR040	7-9 pm	Wed	3/21 - 4/11	\$42
No class: 4/4				

▼ NEW!

Intermediate Mosaics

Deena Denesowicz, instructor

Take the skills and tools learned in a beginner's mosaic class and learn to tile a non-flat surface. Bowls, rounded shapes, small jars and votive candles will come into play as we take the next step in mosaics. A materials fee of \$45 is payable to the instructor first night of class.

WHERE: Owen J. Roberts High School	SESSIONS: 3			
CRSE#	TIME	DAY	DATE(S)	FEE
RCR041	7-9 pm	Wed	4/18 - 5/2	\$42

▼ NEW!

Calligraphy for Beginners

Deena Denesowicz, instructor

"The Art of Beautiful Writing" brings penmanship to a wonderful level! After a brief overview of the basics of calligraphy where we'll cover the various styles, handwritten fonts and tools of the trade, students will experiment with their own Calligraphy kits. The first, second and third classes pay attention to detail, learning how to hold the pen, letter formation, various styles and creativity. The fourth class brings it all together, allowing the students to incorporate what they have learned and use their own design and favorite font to create an elegant message... a quote, psalm, poem, phrase, saying or whatever they would like to create, using hand-tooled borders suitable for framing! A materials fee of \$40 is payable to the instructor first night of class.

WHERE: Owen J. Roberts Middle School	SESSIONS: 4			
CRSE#	TIME	DAY	DATE(S)	FEE
RCR045	7-9 pm	Thu	4/12 - 5/3	\$55

crafts and hobbies

Digital Photography, Beginning

Gail McVicker, Photojournalist, instructor

This class is for true beginners who want to take great photographs and understand their digital camera. We'll cover camera anatomy, operation, symbols, menus, features, automatic and semi-automatic mode settings, composition and more. Demonstrations include downloading images from camera to computer, saving/sizing photographs for print and email and basic photo manipulation. Constructive feedback will be given on your photographs. \$20 book fee payable to instructor the first night. Bring camera and manual.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCR068 6:30-9 pm Tue 3/20 - 4/17 \$120
No class: 4/3

WHERE: Owen J. Roberts High School **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCR068A 6:30-9 pm Wed 3/21 - 4/11 \$120
No class: 4/4

WHERE: Owen J. Roberts Middle School **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CR068B 6:30-9 pm Thu 3/22 - 4/19 \$120
No class: 4/5

▼ NEW!

Do-it-Yourself Silk Screening

Megan McCormick, instructor

A two-day beginners' workshop intended to guide participants step by step through the low-tech silkscreening process. Participants will design, create, and print a one-of-a-kind silkscreen on the fabric or other material of their choice. Bring your own t-shirt, fabric, or other material for printing day. You may bring your own pens/pencils and sketchbooks if desired. Additional supply fee (\$12) payable to instructor.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCR048 6-7:30 pm Thu 5/17, 5/24 \$25

Digital Photography, Intermediate

Gail McVicker, Photojournalist, instructor

For students who want to get off the automatic mode and advance to the more creative modes of the digital camera. Content includes mastering advanced modes (A, S, T, and P), exposure, depth-of-field, action shots, panoramic shots, black and white, lighting, constructive critiques of student photographs, etc. Includes demonstrations of image manipulation tricks and techniques, class shoots, and constructive critiques of student photographs. \$20 book fee payable to instructor the first night. Bring camera and manual.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCR070 6:30-9 pm Tue 4/24 - 5/15 \$120

WHERE: Owen J. Roberts High School **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CR070A 6:30-9 pm Wed 4/25 - 5/16 \$120

WHERE: Owen J. Roberts Middle School **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CR070B 6:30-9 pm Thu 4/26 - 5/17 \$120

▼ NEW!

Beginners Counted Cross Stitch

Terry Ceulers, instructor

It's easy to learn the basics of counted cross stitch to create beautiful keepsakes for your home, family or friends! You'll be amazed at how quickly you can have a finished piece, how stunning your embroidery looks, and how many ways you can display your new work of art (in a frame, on a pillow, etc.). Choice of popular beginner kits -- springtime or patriotic design -- will be available for purchase from instructor first night of class for \$10, or purchase your own before first class.

WHERE: Owen J. Roberts High School **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RCR050 7-8:30 pm Wed 4/11-5/2 \$42

**NOTE: All Owen J. Roberts schools are closed the week of April 2-6 for Spring Break.
Night School classes scheduled for OJR school locations will not meet that week.**

ENJOY SPRING BREAK!



culinary classes



The following cooking classes are hands-on in a beautiful kitchen/teaching setting at the **Kitchen**

Workshop on Rt. 30 in Paoli. They are single-session classes taught by Kitchen Workshop owner and Night School partner **Art Roman**, an entertaining and skilled instructor. Class size is limited to 12, and is designed for ages 16 and up. Fee includes instruction, recipes, food and complimentary wine (for adults).

Hand Made Pasta and Sauces

Perk up your pasta dishes with homemade ingredients and throw away those bags of processed noodles. Learn to create a variety of pasta styles as well as sauces, toppings and fillings for simple and delicious dishes.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
RCU002	6-9 pm	Mon	3/19	\$50

Great Grains and Elegant Beans

We all know that eating whole grains and fiber-enriched beans is good for us, but are they really tasty to eat? Let us show you how to turn these nutritional powerhouses into delicious appetizers, entrees, side dishes and more.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
RCU003	6-9 pm	Thu	4/5	\$50

Mile High Pies

Have you ever been tantalized by the dessert cases in diners where the pies reach to the ceiling? Let's fill our pies with fresh fruits and fillings for mouth-watering appetizers, entrees and desserts.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
RCU004	6-9 pm	Mon	4/16	\$50

Rockin' Out with Moroccan

Let's enter the land of the Kasbah and discover the riches of authentic Moroccan cuisine that abound with blends of flavorful herbs and spices, savory meats and lush produce. This class combines contemporary and classic recipes to highlight the very best of this exquisite culinary tradition. You will be stunned and delighted by the simplicity of the ingredients and seduced by Moroccan food's vibrant flavors.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
RCU005	6-9 pm	Mon	4/30	\$50

Mexican Madness

If you long to discover the secret of cooking authentic Mexican food, join us for an exploration of one of the most magical and popular cuisines in the world. Immerse yourself in Mexican family tradition with a truly hands-on experience, and learn the artistry behind the Cocina Mexicana.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
RCU006	6-9 pm	Thu	5/3	\$50

Summer Poolside Appetizers

Even if you don't have a pool, this class is sure to give you many new Summer appetizer recipes. From dips to kebabs to pizza on the grill, this class will have you chomping at the bit to slather up with SPF 40 and hang out at your or your neighbor's pool!

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
RCU007	6-9 pm	Tue	5/15	\$50

The "New" Dinner Party

Celebrate the company of friends and the joys of the table with this collection of no-fuss, delicious recipes. Fabulous food and good times are on the menu to help you entertain with style!

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
RCU008	6-9 pm	Mon	5/21	\$50

Because food is purchased in advance for hands-on cooking classes, there are no refunds or withdrawals. You may send a substitute.

culinary classes

Cooking for One or Two

It can sometimes be difficult to scale down recipes to cook for one or two people. Whether you live alone or with another, sometimes you just don't want leftovers. These recipes are designed to serve one or two persons, but many of them can easily be doubled or tripled when the need arises.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU538A	6-9 pm	Thur	3/15	\$50

Gluten-Free Cooking

A gluten-free world doesn't have to be boring or unsatisfying. Learn how to create some delicious dishes whose taste isn't compromised for those who are gluten intolerant or allergic to wheat.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU541A	6-9 pm	Tues	4/3	\$50

Cooking Without A Recipe

True chefs never use a recipe. They cook by "feel, touch and taste" -- putting in a pinch of this and a dollop of that. Learn how the experts do it and impress family and friends with your culinary skills.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU544A	6-9 pm	Mon	4/23	\$50

Greek for Couples

Let's take a healthy, delicious and spirited couples culinary trip to the isles of the Mediterranean. Treat your tastebuds to the amazing cuisine of Athens which is characterized by its flexibility, range of ingredients and its many regional variations. Fee is per person.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU547	6-9 pm	Fri	5/11	\$50

Secret Restaurant Recipes Revealed

It's no longer necessary to stand in line at TGI Fridays or Red Lobster. You can make their signature recipes at home. Let's create some restaurant recipe clones from America's favorite chains. Shhh - don't tell. These recipes are top secret!

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU547A	6-9 pm	Thu	5/17	\$50



Culinary Institute of America Bus Trip - Hyde Park, NY - Mon. April 30

Sponsored by Albertson's Cooking School

If you have a passion for food and a craving to learn from top culinary experts, this is the trip for you! Did you know that many of your favorite Food Network TV personalities and other celebrity chefs -- including Cat Cora, Rocco DiSpirito, Todd English, Thomas Keller -- are all distinguished CIA alumni? It's the place to be for the latest trends and recipes, emerging news, and newsmakers in the world of food. Enjoy lunch at 5 star Caterina de Medici restaurant, followed by student-conducted tour of state of the art facilities, and time to shop! Enjoy muffins and juice outbound ... wine, cheese and fruit homebound aboard a luxury bus. Lunch, gratuity, tour, taxes included. A CIA chef and graduate of Radnor will join us for lunch. There will be pick ups in West Chester (at the Park and Ride, near Kmart) and Plymouth Meeting. See your receipt for details.

Cancellation Deadline: April 2.

CRSE#	TIME	DAY	DATE(S)	FEE
TT1550	7 am-7 pm	Mon	4/30	\$110

culinary classes

Eat Your Way Through The Italian Market

Albertson's Cooking School

Join Chef Ann-Michelle Albertson for a fun-filled morning of strolling and tasting through the famous "9th St." market. Meet merchants, sample tantalizing foods, learn the colorful history of generations who have maintained the market for over 100 years. Directions will be on class receipt. Limited enrollment - fills quickly!

WHERE: Italian Market, Philadelphia **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CU517 8:30 am-12:30 pm Sat 3/24 \$50

▼ NEW!

How To Market And Sell Your Food Product With Liz and Nick Thomas, Chalif Gourmet

Albertson's Cooking School

Liz & Nick Thomas, founders of Chalif gourmet products, share decades of experience in the food product industry including advertising, distribution, legal inquiries, market research, package design, pricing, and much more! Ask the experts; get honest answers for Paul Newman wannabes.

WHERE: Yangming Restaurant, Bryn Mawr **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CU520 9 am-12:30 pm Sat 4/14 \$55

Wok 'N Walk Tour of Chinatown

Chef Joseph Poon, instructor

This tour was named one of the best culinary tours in the country on Food Network's "The Best of..." and Chef Poon is a James Beard award winner. The walking tour includes stops at a fortune cookie factory, Asian Grocery, Chinese place of worship, and a Chinese bakery followed by dinner at Poon's Chef Kitchen (included in fee).

WHERE: Chef Kitchen, Phila **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CU581 2:30 - 5:30 pm Sat 5/19 \$60

▼ NEW!

Chinatown Street Food Tour

Chef Joseph Poon, instructor

Chef Joseph Poon will have the kids giggling on this 1½ to 2 hour walk through Philadelphia's Chinatown. We will stop to taste and experience a selection of interesting foods chosen by Chef Poon, including fresh Roast Duck, Roast Pig, Roast Pork and amazing street food desserts. We'll also visit a Fortune Cookie Factory to see how the cookies are made and how the fortunes are put inside. It's a fun afternoon for the entire family to enjoy!

WHERE: Chef Kitchen, Phila **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CU582 2:30-4 pm Sat 3/31 \$50

Grazing Tour of Reading Terminal Market

City Food Tours, instructor

The Reading Terminal Market is a Philadelphia icon. This tour will give you a "gourmand's-eye view" of the market. Your stops may include (subject to availability): Tea Leaf Inc. where you will unwind with two heavenly teas; Fair Food Farmstand, known for its unparalleled array of artisanal foods from small, family farms; Kamal's Middle Eastern Specialties where you'll indulge in a variety of flavorful Lebanese eats; Flying Monkey Bakery where your tastebuds will do back flips after just one bite of their sinfully-rich chocolate cake truffles; and Miller's Twist. What's Philadelphia without a classic soft pretzel?

WHERE: Reading Terminal **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CU570 1:30-3:30 pm Sat 3/24 \$49

▼ NEW!

Hawaiian Flavors of the Flower Show

City Food Tours, instructor

Celebrate the flavors and flowers of Hawaii during this decadent food event inspired by the beauty of the 2012 Philadelphia Flower Show. Guests will enjoy world-class delights, all with fascinating connections to the splendor of Hawaii, including: a decadent 5-chocolate tasting featuring a rarely-tasted Hawaiian varietal (you'll be taking lots of chocolate home), an exotic 3-tea tasting, a delicious fish taco loaded with Mahi-Mahi, and a Mai Tai cocktail, the libation that screams "aloha!"

WHERE: Reading Terminal **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CU573 2-4 pm Sun 4/15 \$59

Meet at 11th & Chestnut Sts., Phila. - details on receipt.

dance

Dancing: Country/Western Line

Paul Wilburn, Cut-A-Rug Dance Instructor

Come kick up your heels with some Country Western dancing! Learn the current popular line dances and some of the old favorites. White soled sneakers are required, but a partner is not!

WHERE: Owen J. Roberts Middle School **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RDA030 6-7 pm Tue 3/20 - 5/1 \$50
No class: 4/3

Dancing: Ballroom, Basic

Paul Wilburn, Cut-A-Rug Dance Instructor

Join the phenomenal ballroom dance craze sweeping the nation! Don't just wish you could Fox Trot, get up and get moving! See why dancing is the nation's #1 sport. Ballroom dancing is not limited to dancing to Big Band music but includes all eras, even today's music. This introductory course includes the basic movements and variations of the Fox Trot, Waltz, Jitterbug, and Tango. Don't let the next party or special occasion be uncomfortable for you. Learn to dance today and add more fun to your life. Partner recommended, but not required. White soled sneakers are required.



WHERE: Owen J. Roberts Middle School **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RDA040 8-9 pm Tue 3/20 - 5/1 \$50
No class: 4/3

Tap Dancing for Adults, Beginner

Sharon Ingraham, Dance Instructor

Exercise and have fun learning the basic tap steps, combinations and putting it all together in a routine. Tap shoes preferred.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RDA061 7-8 pm Tue 3/20 - 5/15 \$70
No class: 4/3

Tap Dancing for Adults, Beyond Beginner

Sharon Ingraham, Dance Instructor

Dance your stress away! Here is a class for those of you who have mastered basic tap steps. Focus will be on dance routines involving advanced combinations. Tap shoes preferred.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RDA063 6-7 pm Tue 3/20 - 5/15 \$70
No class: 4/3

Ballet for Adults

Sharon Ingraham, Dance Instructor

Now is your turn to learn ballet positions and fundamentals. This is a great way to relax, exercise and have fun while working at your own level.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RDA065 8-9 pm Tue 3/20-5/15 \$70
No class: 4/3

Beginner Middle Eastern Dance

Sauna Seese, Dance Instructor

Learn the basics of the ancient art form of belly dance. Come sashay, twist and turn as we blend traditional belly dance moves and combinations into several choreographed dances. Go home with the confidence necessary to perform these dances in front of family and friends.

WHERE: Owen J. Roberts High School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RDA077 7:15-8:15 pm Wed 3/21 - 5/16 \$70
No class: 4/4

Beginner Middle Eastern Dance for Mothers and Daughters

Sauna Seese, Dance Instructor

What great fun for mothers and daughters to learn the ancient art form of belly dance together! Go home with the confidence necessary to perform these dances in front of family and friends. Ages 10+ please. Fee is per couple; one child per adult. Note: If you would like to sign up more than one child, you must call to register; each additional child is \$15.

WHERE: Owen J. Roberts High School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RDA079 6:15-7:15 pm Wed 3/21 - 5/16 \$85
No class: 4/3

▼ **NEW!**

Sugar Blues

Pat Novelli, Founder, Nutrition to Live By

Do you crave sweets and it's getting the best of you? Do you have low energy in the middle of the day? If so, then this workshop could be a turning point in your life. This class is designed to permanently change your relationship with sugar by understanding the causes of your sugar cravings and knowing how to deal with them ... without the side effects or the guilt.

WHERE: Owen J. Roberts High School	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
RFH001 7-8:30 pm Wed 3/21 \$19	

▼ **NEW!**

Pain Management/Gentle Movement

Dianna Ellis, Owner, Reality Pilates

Do you moan when you stand? Does low back pain wake you up? This class helps you learn gentle movements using a theraband, phisoball, steps, chairs, and poles. Learn to focus on repatterning muscle movements and integrate methods of softening knees, aligning feet hips and shoulders into everyday activities. Reconnect with the joy of movement.

WHERE: Reality Pilates Reformer	SESSIONS: 4
CRSE# TIME DAY DATE(S) FEE	
RFH002 5:15-6 pm Tue 3/20 - 4/10 \$80	

Total Body Strengthen and Tone

Karen Czajka, Lifetime Fitness, instructor

Tone, trim and firm up your entire body! We'll use hand-held weights and Dynabands to strengthen and tone arms, chest, shoulders and back and teach you the most effective exercises to flatten your stomach, trim your thighs and firm your fanny. Experience increased energy, improved posture, greater strength and flexibility and looser fitting clothes!

WHERE: E. Coventry Elementary	SESSIONS: 8
CRSE# TIME DAY DATE(S) FEE	
RFH004 6:30-7:30 pm Mon 3/19 - 5/14 \$65	

No class: 4/2

Kick & Core Workout

Karen Czajka, Lifetime Fitness, instructor

Get it all with this heart-pumping, body-sculpting class! Burn calories and melt fat with cardio kick-boxing, followed by an amazing abdominal workout to define and tone your core "powerhouse." You'll improve strength, balance and posture. Bring a mat, small towel and water.

WHERE: E. Coventry Elementary	SESSIONS: 8
CRSE# TIME DAY DATE(S) FEE	
RFH005 7:40-8:30 pm Mon 3/19 - 5/14 \$65	

No class: 4/2

Yoga/Pilates Fusion

Sue Roggio, Lifetime Fitness, instructor

Get the best of both! The combined benefits of Yoga and Pilates include greater strength and flexibility, improved balance and posture, deeper relaxation, greater awareness of the body, and an overall sense of well-being. Additional results often include improved circulation, lower blood pressure, and a reduction of chronic back, shoulder and neck pain. Wear loose, comfortable clothes and bring a yoga "sticky" mat.

WHERE: W. Vincent Elementary	SESSIONS: 8
CRSE# TIME DAY DATE(S) FEE	
RFH006 7:30-8:20 pm Thu 3/29 - 5/24 \$65	

No class: 4/5

Body Sculpting with Weights and Bands

Sue Roggio, Lifetime Fitness, instructor

This total body workout will rev up your metabolism, build energy, strengthen your bones, reduce the risk of disease and help you look and feel younger! You'll improve muscle tone and strength, burn fat and increase flexibility with this effective combination of exercises using hand-held weights, Dynabands and classic floorwork routines. See receipt for equipment.

WHERE: W. Vincent Elementary	SESSIONS: 8
CRSE# TIME DAY DATE(S) FEE	
RFH003 7:30-8:20 pm Wed 3/28 - 5/23 \$65	

No class: 4/4

fitness and health

Yoga for Beginners

Dr. Ramesh, instructor

Re-establish the body's own self-regulating mechanism through the internal massage of yoga exercise. Breathing dynamics, meditation for inner focusing, relaxation techniques, and basic postures will follow the principles of Yoga Master Swami Vignanananda. Wear loose clothing and bring a towel and notebook. Ages 15+ and up.

WHERE: E. Vincent Elementary **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RFH008 6:30-7:30 pm Mon 3/19 - 5/14 \$60
No class: 4/2

Yoga, Intermediate

Dr. Ramesh, instructor

Go to the next level of yoga for deeper relaxation and peace. Control, health, faith, and trust means knowing the mind. Wear loose clothing and bring a towel and notebook.

WHERE: E. Vincent Elementary **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RFH010 7:45-8:45 pm Mon 3/19 - 5/14 \$60
No class: 4/2

▼ NEW!

Zumba Plus Toning (Thursday)

Sue Roggio, Lifetime Fitness, instructor

Come Join the Party! Zumba (Spanish slang meaning "to move fast and have fun") is easy-to-follow aerobic/dance moves performed to traditional Latin salsa and meringue music. Bring a pair of 3 to 5 lb weights, as we'll be adding some toning exercises to the Zumba cardio. Bring a towel and water.

WHERE: W. Vincent Elementary **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RFH020 6:30-7:15 pm Thu 3/29 - 5/24 \$65
No class: 4/5

▼ NEW!

Mixed Martial Arts for Beginners

Joe Varady, Sensei, 5th degree Black Belt

MMA, or mixed martial arts, is a popular new sport which combines boxing, kicking, and grappling, while teaching strength and stamina training. Strong emphasis on safety with trained instructors. Contact will be minimal; safety equipment provided.

WHERE: Satori Dojo Studio, Phoenixville **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RSP020 7-8:30 pm Wed 3/21 - 5/9 \$80

Zumba (Wednesday)

Sue Roggio, Lifetime Fitness, instructor

Experience the fun for yourself! Everyone is talking about Zumba, the fastest-growing dance-based fitness program in the country. Zumba's easy-to-follow aerobic dance moves are performed to traditional Latin salsa and meringue music. It's cardio, it's toning, it's exhilarating and fun.

WHERE: W. Vincent Elementary **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RFH022 6:30-7:15 pm Wed 3/28-5/23 \$65
No class: 4/4

Reiki I Certification

Diane Radliff, instructor

"Reiki" is a Japanese word meaning Universal Life Force Energy. When activated and applied, Reiki accelerates the body's natural ability to heal itself. Learn the history of Reiki, basic hand positions, and ways to use Reiki in your own life and in service to others. You will receive and give a full Reiki treatment. Students must attend both classes to receive the Reiki I Practitioner's Certification.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RFH030 6:30-9 pm Tue 4/24 - 5/1 \$80

Tai Chi for Beginners

Phil Haddad, instructor

Learn gentle stretching, balance exercises, Eight Section Brocade, practice, and understanding individual postures. Yang Style Tai Chi, which is a slow moving, deep breathing, easy-on-the-joints exercise.

WHERE: E. Vincent Elementary **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RFH032 6:30-7:30 pm Thu 3/22 - 5/17 \$60
No class: 4/5

Basic Self-Defense for Everyone

Mark Elphinstone, 5th Degree Master, instructor

Have you ever wanted to learn self-defense? This fun and exciting class focuses on basic martial arts techniques (striking, kicking, releases, etc.) and simple self-defense concepts that are effective and easy to learn. Ages 15 and up with an adult. Wear comfortable workout clothes.

WHERE: E. Coventry Elementary **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RFH034 6:30-8 pm Thu 4/12 \$25

Taekwondo: An Introduction to Martial Arts

Mark Elphinstone, instructor

Taekwondo is the Korean Martial Art of mind and body that promotes self-confidence, mental discipline, and self-control. Its physical training helps reduce stress while improving coordination, flexibility, and overall fitness. This non-contact class focuses on basic techniques (punching, kicking, and blocking), conditioning and self defense. Wear comfortable workout clothes. Teens are welcome with participating parents. Fee is per person.

WHERE: E. Coventry Elementary	SESSIONS: 4
CRSE# TIME DAY DATE(S) FEE	
RFH036 6:30-7:30 pm Thu 3/22 - 4/19 \$40	
No class: 4/5	

▼ NEW!

Core Pole Class

Ken Sheppard, Reality Pilates, instructor

It's called the Core Pole but it works more than just your core! Designed like an old-fashioned May pole, it's a vertical pole with bands that pull out from the center. The resistance based class provides movements in a multi-planar environment to incorporate functionality, strength, and cardio moves. The 45 minute class incorporates sports specific conditioning by breaking a plateau of muscle patterns and is also age-friendly by focusing on integrated movement patterns that require practice of balance and stability.

WHERE: Reality Pilates Reformer	SESSIONS: 6
CRSE# TIME DAY DATE(S) FEE	
RFH038 6-6:45 pm Wed 3/21 - 4/25 \$55	

Pilates Reformer Class

Dianna Ellis, Reality Pilates, instructor

The Pilates Reformer is a machine that is an alternative pilates approach to fitness that helps strengthen and reshape the body with the "no-pain, no-gain" mentality. The reformer has been recommended by doctors to help strengthen abdominals and core muscles. Whether training for a 5K, helping back issues, wanting to improve your golf game, or dealing with knee replacement, these classes help those at all levels of fitness. Schedule for classes can be flexible with dates and times.

WHERE: Reality Pilates Reformer	SESSIONS: 6
CRSE# TIME DAY DATE(S) FEE	
RFH040 7-7:45 pm Wed 3/21 - 4/25 \$55	

▼ NEW!

Golfers Pilates/Core Pole

Dianna Ellis, Reality Pilates, instructor

Functional training on the pilates reformer and core pole to help golfers strengthen and stretch muscles for increased rotation, balance, and stability. By strengthening the core, including the back and shoulder girdle, golfers can hit the ball further and decrease the risk of injury.

WHERE: Reality Pilates Reformer	SESSIONS: 6
CRSE# TIME DAY DATE(S) FEE	
RFH038 6-7 pm Tue 3/20 - 4/24 \$65	

Qigong

Dave Scully, Reality Pilates, instructor

This ancient Chinese form of movement can help improve balance, strength and flexibility. These gentle, 45 minute classes can help many with feelings of relaxation and increased mobility.

WHERE: Reality Pilates Reformer	SESSIONS: 4
CRSE# TIME DAY DATE(S) FEE	
RFH043 7-7:45 pm Tue 3/20 - 4/10 \$45	

Yoga Over 40 and/or Plus Size

Danielle Moore, Reality Pilates, instructor

Beginning yoga with use of a chair and props when indicated to help class members support joints and align the body. In this 60 minute class, traditional Asanas are learned in a non-painful practice.

WHERE: Reality Pilates Reformer	SESSIONS: 6
CRSE# TIME DAY DATE(S) FEE	
RFH044 6-7 pm Mon 3/19 - 4/23 \$65	

Aqua Aerobics in Elverson

Julie Seville, Owner, Lifetime Fitness #RFH057

Gary Nurse, Lifetime Fitness, instructor #RFH058

This total body workout makes creative use of water's buoyancy and resistance to give you maximum results with minimum risk of injury.

WHERE: St. Mary's of Providence Pool	SESSIONS: 10
CRSE# TIME DAY DATE(S) FEE	
RFH057 6:30-7:30 pm Mon 3/19 - 5/21 \$100	
RFH058 6:30-7:30 pm Wed 3/21 - 5/23 \$100	

home and garden

Get Rid of the Clutter!

Brenda Kenny, Busy Bee Organizing Solutions, Instructor

Are you overwhelmed looking at piles of clutter? Are you not sure how to arrange and store what you have? Learn how to get organized simply so you can find what you need and enjoy a stress-free living space.

WHERE: Owen J. Roberts High School **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RHG005 7-9 pm Wed 4/25 - 5/2 \$39

Interior Design

Cristiana Ferraro, Interior Designer

Design and decorate a room in your house or office. Learn how to do a floor plan and how to place furniture and decorative accessories. Learn about materials, color schemes, and painting techniques. Develop your own ideas and learn how simple design can do wonders. For the first class, bring in photos of any rooms you wish to redo. Each project will be discussed individually and in class. Materials fee (\$5) due to instructor first night of class.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RHG006 8-9 pm Thu 3/22 - 5/3 \$60
No class: 4/5

Home Staging Workshop

Karen Boyd, Realtor, Accredited Staging Professional

Home Staging is key to getting top dollar when selling your house in this tough real estate market. At this workshop you'll learn an invaluable process for staging and redesigning that is neither expensive or time-consuming. From creating curb appeal, to removing clutter, to rearranging and repairs, to the final step of adding the "Wow!" factors, come discover how to transform your home into a top contender. You'll see dozens of actual before/after photos to learn how to transform your home! All participants receive a FREE Home Staging Kit to take home and get started.

WHERE: Owen J. Roberts High School **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RHG014 6:30-8:30 pm Wed 5/9 \$25

Think S*A*F*E - A FREE Public Service Child Safety Program

Think S*A*F*E*

Sponsored by the Chester County Sheriff, Carolyn B. Welsh; Patricia Todd, instructor

Teach your child to Think S*A*F*E*: Smart thinking, Act brave, Fly to safety, Eliminate danger. This proactive, "can do," non-threatening presentation instructs children to be "street smart" in handling dangerous situations. Predators, internet safety (e.g. "My Space," etc.), drugs, and peer pressure are covered. Resource materials are provided for all subjects. THIS CLASS IS FOR ADULTS ONLY. A later scheduled family night will be held based on interest.

WHERE: Owen J. Roberts High School
DATE/TIME: Tues., 4/24, from 7-9 pm
CRSE#: RPI099

Class is FREE, but registration is required.

REGISTER NOW: 610-692-1964

Landscaping 101: Timeless Landscape Design Basics

Galen Brown, Landscape Architect, instructor

Emphasis will be on landscape design and practical, beautiful solutions unique to your property. Landscaping basics such as grading, walk construction, planing and pruning, and tips on ground covers will be addressed. Bring printed photos of your property that show your problem garden spots for class discussion.

WHERE: Owen J. Roberts High School **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RHG025 7-9 pm Wed 3/21 - 5/2 \$80
No class: 4/4

Fall Pruning: The Well-Tended Garden

Galen Brown, Landscape Architect, instructor

Galen will take you through pruning hedges to fruit trees to topiaries. Learn the right cuts for attractive and healthy trees and bushes. Weather permitting, the second class will move to an outside location for a hands-on workshop.

WHERE: Owen J. Roberts High School **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RHG027 6:30-8:30 pm Wed 5/9 - 5/16 \$39

Medical Coding Career - Is This Career Right For Me?

Jill Walsh, Certified Professional Coder, instructor

Medical coding is one of the fastest growing segments in the rapidly expanding health information industry. If you are interested in the healthcare field but not in a hands-on patient role, come for an introduction to the skills required and the coding sets, and walk through a few coding examples to see if this fascinating career option is for you. This is an exploratory session and not full training as a medical coder!

WHERE: Owen J. Roberts Middle School **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RJS008 6:30-8:30 pm Thu 3/29 \$25

▼ **NEW!**

Need A Better Resume?

Carolyn Cott, Prof'l. Resume Writer, instructor

Let an expert with 25 years of professional resume writing experience help you turn your current resume into one that is powerful, truthful, and yields results. Relevant for people in all professions, this class will detail what is most effective in selling yourself in the current market. Bring 10 copies of your resume to class if you would like it to be worked on. Gain insights and experience by participating in reviewing others' resumes.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RJS022 6-9 pm Tue 3/27 \$35

Medical Terminology A Systems Approach

Jan Carley-Turnbow, instructor

This fast-paced 30-hour course is for those who are working in, or want to enter, the allied health or court reporting field, a medical office, insurance company or a medical billing office. You will learn the basic principles of medical word building while developing an extensive medical vocabulary through the understanding of anatomy and physiology. This course includes the basic anatomy, physiology, word roots, prefixes and suffixes of the body, including the ten major body systems. Note: class fee includes a \$60 book which will be available at the first class.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RJS012 6-9 pm Tue 3/20 - 5/15 \$215
 No class: 4/3

languages and writing

American Sign Language Level 1

Bobbi Caley, MA Deaf Education, instructor

ASL Level 1 is an introductory level class that covers the basic vocabulary and grammar of American Sign Language. If you have always wanted to learn sign language, come join us. Encourage a friend or family member to sign up also, for practice outside of class. Information and personal experiences will be shared to aid in understanding deafness and deaf culture. Textbook and/or DVD (approx. \$25-30) required for class. See receipt for details.

WHERE: Owen J. Roberts High School **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RLW002 7-9 pm Wed 3/21-5/9 \$142
 No class: 4/4

Art of Signing for Early Childhood Learning

Suzanne Pascale, Mothers of Preschoolers, instructor

Learn American Sign Language that is geared specifically for babies and young children to learn and use. In addition to parents, we recommend this class to those working in careers with children such as therapists, teachers, daycare providers, au pairs, babysitters and emergency personnel. When we teach sign language, we are encompassing the entire brain and developing language and memory skills. Adults only.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RLW001 6-7:30 pm Tue 3/20 - 4/24 \$75
 No class: 4/3

languages and writing

English as a Second Language

Debra Chiappetta, instructor

Have you been in the U.S. for a long time and still wonder what Americans are saying? Join our class to learn about clichés, slang, idioms, contractions, and other English language challenges that mystify learners. All are welcome. Supply fee (\$5) payable to instructor the first night.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RLW005 7-9 pm Tue 3/20 - 5/1 \$95
No class: 4/3

Italian: Beginners I

Cristiana Ferarro, MA, Italian for Teachers, instructor

If you have little or no knowledge of Italian, this is the course for you. Learn basic grammar, conversation, pronunciation, and common phrases to prepare you for your first trip to Italy. You'll have fun learning and a great opportunity to increase your vocabulary and comprehension through role-playing in an everyday situation. Parli Italiano? Textbook fee (\$25) payable to instructor the first night.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RLW007 6-8 pm Thu 3/22 - 5/17 \$120
No class: 4/5

French for Beginners

Nancy Stiles, instructor

The class will listen to, speak, read, and even write in French, all in a light-hearted, relaxed atmosphere conducive to learning a new language. Students will learn to order food and drinks in a cafe, practice greetings and leave-takings, and explore basic grammar. Textbook (\$10) required; see receipt.

WHERE: Owen J. Roberts High School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RLW009 6-7:30 pm Wed 3/21 - 5/16 \$90
No class: 4/4

French: Beyond Beginner

Nancy Stiles, instructor

Increase your vocabulary and fluency with this next level French class. Prerequisite: Beginners French. Textbook (\$10) required; see receipt for details.

WHERE: Owen J. Roberts High School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RLW010 7:30-9 pm Wed 3/21 - 5/16 \$90
No class: 4/4

German I: Basic Language and Travel Tips

Paul Saltzer, instructor

Are you interested in learning the basics of speaking German, while learning about travel traditions in Germany, Austria, and Switzerland? German-born instructor Paul Saltzer will get you ready for your next trip abroad with travel slides and conversational basics. Don't miss the fun!

WHERE: Owen J. Roberts Middle School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RLW015 6:30-8 pm Tue 3/20 - 5/15 \$80
No class: 4/3

German II: Beyond Beginner

Paul Saltzer, instructor

Improve your German speaking skills as you learn more about word order, sentence structure, guided conversation, and useful phrases. Paul will provide you with an intermediate level glimpse of the German language as it is actually spoken, explore new vocabulary and parts of speech, and have you reading and writing in German. Instructor will share his travel experiences in Germany, Austria, and Switzerland. Prerequisite: German I or an equivalent.

WHERE: Owen J. Roberts High School **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RLW016 6:30-8 pm Wed 3/21 - 5/16 \$80
No class: 4/4

Introduction to Magazine Writing

Christine Tarlecki, Prof'l. Writer, instructor

Always wanted to publish a magazine article? Have knowledge that you wish to share with others? Looking for some extra income? This course is intended to help writers of all skill levels get on the right track to become published, via blogs, articles online, or in print. We'll be writing during class, so bring your laptop or notebook.

WHERE: Owen J. Roberts High School **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
RLW023 7-9 pm Tue 3/20 - 5/1 \$75
No class: 4/3

personal enrichment

Self Hypnosis: Manage Stress

Tony Longobardi, Certified Hypnotist, instructor

All hypnosis is self hypnosis. Learn progressive relaxation inductions and deeper hypnotic inductions. Hypnosis can help you: manage stress, fears and pain; increase confidence and self esteem; relax and sleep better; retain memories and set goals. Establish a goal and use self hypnosis to accomplish it. Plenty of practice included. Register early - class size is limited to 10.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 6

CRSE#	TIME	DAY	DATE(S)	FEE
RFH070	6:30-8:30 pm	Tue	3/20 - 5/1	\$80
No class: 4/3				

Self Hypnosis to Lose Weight

Tony Longobardi, Certified Hypnotist, instructor

Do you ever eat for the following reasons: anger, boredom, sadness, companionship, reward, time of day, other people, stress? Then self hypnosis is for you. You will learn self hypnosis to specifically change your unhealthy eating habits, manage cravings, resist problem foods, motivate you to eat healthy and exercise so you can lose weight. Each class will include a group hypnosis session for weight loss. Class size is limited to 10.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 6

CRSE#	TIME	DAY	DATE(S)	FEE
RFH072	6:30-8:30 pm	Thu	3/22 - 5/3	\$80
No class: 4/5				

Elder Law Issues

Kathleen Martin, CELA, instructor

Are you or your parents or other loved ones facing possible need for long term care? Join Kathleen Martin, Certified as an Elder Law Attorney, to discuss long term care options, ways to pay for them, asset protection strategies after the Deficit Reduction Act of 2006, and questions that many people have as they face life on a fixed income. Additional issues confronting elders will be discussed.

WHERE: Owen J. Roberts High School **SESSIONS:** 1

CRSE#	TIME	DAY	DATE(S)	FEE
RPI042	7-8:30 pm	Wed	4/11	\$20

Beyond the Simple Will

Kathleen Martin, CELA, instructor

Dust off that Will that you made years ago, or at least the promise to yourself to make a Will someday. This class will discuss the need for estate planning for after death and what things you need to think about before going to an attorney. Estate planning for life includes a power of attorney and a living will. Discussion will include the importance of a power of attorney for finances and healthcare, as well as the need for advance directives.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 1

CRSE#	TIME	DAY	DATE(S)	FEE
RPI044	7-8:30 pm	Thu	4/19	\$20

Events and Party Planning

Christine Tarlecki, Event Planner, instructor

Not sure how to throw a great party - what caterer to call, how to get the house ready, picking appropriate themes for various occasions? This course will help you do it all from the seating plan to partying gifts. Fundraising and corporate events will also be discussed.

WHERE: Owen J. Roberts High School **SESSIONS:** 4

CRSE#	TIME	DAY	DATE(S)	FEE
RPI052	7-9 pm	Wed	3/21-4/18	\$60
No class: 4/4				

How to Communicate Assertively

Alisa Oswald, instructor

Are you stretched too thin or do you get side-tracked by other people's demands? Do you waste time stewing over personal problems? Are you afraid to take action, fearing you'll make matters worse? Learn to speak up, set limits and say "no" while maintaining respect for yourself and others.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 1

CRSE#	TIME	DAY	DATE(S)	FEE
RPI036	7-9 pm	Tue	4/24	\$30

Dog Scootering--An Introduction to Dog-Powered Sports

David Ryan, instructor

Pulling a scooter is the perfect (and fun) way to exercise your medium to large dog. The concepts and commands are the same for pulling a scooter, skier, bicycle or inline skater. The first night of class is without your dog at Owen J. Roberts Middle School where you will learn the basics (NO DOGS). The second session will be held on Saturday, 3/31, in Valley Forge Park's Pawling Farm section, where you will watch the instructor and his dogs demonstrate dog scootering, and you will have the opportunity to harness your own dog to a scooter. This is an excellent way to see how well you and your dog enjoy the sport without buying any equipment.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RSP003 7-9 pm Thu & Sat 3/29 - 3/31 \$45

Get Ready for Golf with Bobby/Indoors

Bobby Bohrer, Head Golf Professional, Pickering Valley Golf Club, instructor

A dynamic course designed to teach the fundamentals of golf. Geared toward all levels of skill, this course will improve the low handicap golfer's score while teaching the fundamentals to new golfers and high handicappers. Irons, woods, short game, putting and course management will be covered. Please bring a carpet square and a 7 iron to the first class. Junior golfers, ages 8 to 18, are welcome to register with an adult.

WHERE: E. Coventry Elementary **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RSP004 7-8 pm Tue 3/6 - 4/24 \$80
 No class: 3/20, 4/3

Golf Skills: Short Game

Bobby Bohrer, instructor

This will be a co-ed, soup-to-nuts short game clinic at a major 18-hole golf course's training facility. Chipping, pitching, sand, and lob shots will all be covered in this class. The facility has a beautiful layout for the entire course. Your number one road to a lower score is to improve your game from 50 yards and closer. The club's head professional will address all of your particular issues. Bring your clubs; buckets of balls available for use at \$4 each.

WHERE: Pickering Valley Golf Club **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RSP005 7:15-8:30 pm Mon 5/21 \$40

Golf for Beginners - Coed - Outdoors at Pickering Valley

Bobby Bohrer, instructor

Learn to play golf at a beautiful 18-hole course in Great Valley. Learn with a pro the proper stance, grip, and alignment for a beautiful swing, plus short game techniques of chipping, pitching, and putting. If you've never played, this is a great introduction to golf course set-up, the rules of the game, etiquette, cart safety and more. Bring your clubs; buckets of balls available for use at \$4 each.

WHERE: Pickering Valley Golf Club **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RSP006 6:15-7:15 pm Tue 5/8 - 6/19 \$150
 RSP006A 7:15-8:15 pm Tue 5/8 - 6/19 \$150

Golf for Beginners - Ladies Only - Outdoors at Pickering Valley

Bobby Bohrer, instructor

Same description as Coed class above RSP006, but for women only.

WHERE: Pickering Valley Golf Club **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RSP007 6:15-7:15 pm Wed 5/9 - 6/20 \$150
 RSP007A 7:15-8:15 pm Wed 5/9 - 6/20 \$150

Improve Your Golf Game with Pro Bobby at Pickering Valley

Bobby Bohrer, instructor

This class is geared toward improving your existing skills, with a focus on shot selection and the proper way to execute different shots. In addition to stance, grip, alignment and weight balance transfer, we'll practice different shots for different situations and work on improving your overall short game, which is essential for a good golf score. Bring your clubs; buckets of balls available for purchase at \$4 each.

WHERE: Pickering Valley Golf Club **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 RSP008 6:15-7:15 pm Thu 5/10 - 6/21 \$150
 RSP008A 7:15-8:15 pm Thu 5/10 - 6/21 \$150



GET IN SHAPE FOR THE SEASON!
GOLFERS PILATES/CORE CONDITIONING
 See p.16

Golf Skills: Long Game/Woods

Bobby Bohrer, instructor

This one day co-ed class is targeted to all golfers interested in improving their ability to hit tee shots with woods as well as fairway shots with woods. The course will address the correct positioning of the ball on the tee in relationship to the club position; correct stance for tee shots and the difference in the actual swing plane between tee shots with woods and irons. The fairway portion of the class will address ball position on the fairway, setup for the shot and what wood to use for each particular shot. Juniors (14+) are also welcomed.

WHERE: Pickering Valley Golf Club	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
RMSP009 7-8:15 pm Mon 6/11 \$40	

▼ NEW!

Golf Lecture/Discussion

Bobby Bohrer, instructor

This new class, taught by Pickering's Head Golf Pro, Bobby, gives answers to all the questions that arise from the outdoor classes. Class will cover type of clubs, handicaps, slope rating, yard markers, out of bounds, outings, types of balls and gloves, and anything else you would like answered. You will walk away with a better understanding of your equipment and surroundings.

WHERE: Pickering Valley Golf Club	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
RMSP011 7-8:30 pm Mon 6/4 \$40	

▼ NEW!

An Introduction to Fly Fishing

Gerry Brunner, instructor

This class is designed to introduce participants to "the quiet sport" of flyfishing. Areas of study will include: choosing the right gear, fishing laws and regulations, casting, fly selection, and where to catch fish. Participants will need to purchase a PA fishing license and necessary basic gear after the first class. Fee includes field trip on Saturday, 5/5, from 8 am to 12 noon.

WHERE: Owen J. Roberts Middle School	SESSIONS: 4
CRSE# TIME DAY DATE(S) FEE	
RSP033 7-9 pm Tue, Thu 4/24, 4/26, 5/1, 5/3 \$92	

Brandywine Kayaking

Great Valley Nature Center, instructor

Spend the day with us as we take a relaxing paddle through southeastern PA and northern DE. Waterfowl and birds of prey are regularly sighted. This is a wonderful trip passing through beautiful pastoral areas and Brandywine Creek State Park in Delaware. Beginners are encouraged to join us. Boats, paddles, life jackets or PFD's, transportation, and instruction by an experienced naturalist/guide are provided. Bring lunch and water.

WHERE: Great Valley Nature Center	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
RSP082 9:30 am-4 pm Fri 4/27 \$50	

Mill Creek and Furnace Bay, MD Kayaking

Great Valley Nature Center, instructor

Paddling in this small bay gives you a great change to see many birds and other wildlife up close and personal. Herons, bald eagles and hawks are seen regularly on this trip. The flat water on the bay and creek make this an easy and enjoyable paddle for beginners and experienced paddlers alike. Transportation, boats, paddles, life jackets or PFD's, and instruction by an experienced naturalist/guide are provided. Bring lunch and appropriate clothing.

WHERE: Great Valley Nature Center	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
RSP084 8:30 am-6 pm Mon 5/7 \$60	

Evening Canoe Trip with Dinner

Great Valley Nature Center, instructor

Looking for a great way to get out in the middle of the week to relax? We paddle down the river as the sun sets, then portage to the canal where we will eat dinner on the outside deck of Fitzwater Station Restaurant. After dinner we paddle along the canal in the twilight to our endpoint. This trip is always a favorite and many guests have come back to celebrate a birthday or anniversary with us. Beginners are highly encouraged to come. Transportation, boats, paddles, life jackets or PFD's and dinner provided. An experienced naturalist/guide will be your host.

WHERE: Great Valley Nature Center	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
RSP086 5-10 pm Wed 5/23 \$60	

trips and tours

Circle New York Sight Seeing Cruise -- Sat. April 21, 2012

Suzanne Weber, Trip Escort

This is a fun trip for all ages! First stop is 42nd Street, where you'll have free time to explore the Intrepid Sea-Air-Space Museum, Madame Tussauds Wax Museum, the Theatre District and Times Square. Our main event, the Circle Line Sightseeing Cruise, is a 3-hour narrated tour around Manhattan, with views of world renowned landmarks including the Statue of Liberty. The ship offers both enclosed and open decks. Afterward, we'll reboard our motorcoach for the South Street Seaport along the East River, with cobbled streets, historic buildings, shops at Pier 17, and lots of restaurant choices for dinner on your own. Cost includes restroom-equipped, climate-controlled motorcoach, tip, transportation and cruise admission ticket. Meals not included. **Cancellation Deadline: Feb. 17, 2012**

DEPARTURE:		RETURN:	
Owen J. Roberts HS Flagpole: 7:45 am		10:15 pm	
Exton Mall Sears Automotive Lot: 8:30 am		9:30 pm	
CRSE#	TIME	DAY	DATE
RTT008	7:45 am-10:15 pm	Sat	4/21
			FEE
			\$110

Port Deposit, MD, Riverboat Cruise & Lunch -- Sat. May 19, 2012

Suzanne Weber, Trip Escort

A local guide will join us for the day. We'll tour Port Deposit, a unique waterfront town on the Susquehanna with an interesting history and architecture, and also the site for Exelon's Conowingo Dam hydroelectric power plant. There's good birding at the dam, so bring your binoculars to search for gulls, bald eagles, herons and more. For lunch, we'll feast at the Wellwood Club - all you can eat steamed Maryland blue crabs or Maryland fried chicken. From Havre de Grace, we'll board the Lantern Queen riverboat for a water tour of upper Chesapeake Bay and Susquehanna River. Before heading home, we'll stop at local favorite Bomboy's ice cream and candy shop. Cost includes climate-controlled restroom-equipped motorcoach transportation, local guide service, Wellwood Club lunch, and cruise. **Cancellation Deadline: Mar. 16, 2012**

DEPARTURE:		RETURN:	
Owen J. Roberts HS Flagpole: 7:45 am		10:15 pm	
Exton Mall Sears Automotive Lot: 8:30 am		9:30 pm	
CRSE#	TIME	DAY	DATE
RTT010	7:45 am-10:15 pm	Sat	5/19
			FEE
			\$135

TRIPS & TOURS POLICIES



Deadlines for each trip are located in the trip description. No credits will be issued for any reason after the cancellation deadline. Refunds will be issued for any trip canceled and not rescheduled due to weather conditions or low enrollments.

Noshing in Downtown New York -- Sat. Nov. 3, 2012

Suzanne Weber, Trip Escort

Nosh your way through New York City's downtown! First stop is Chelsea Market, an indoor concourse with specialty shops and famous bakeries. Re-board the motorcoach to Union Square and the city's largest greenmarket. Shop ABC Home & Carpet and Fishs Eddy close by. Last stop SoHo, at the delightful food emporium of Dean and DeLuca. This flagship store is what foodies dream of! Walk a few blocks and you are in Little Italy with its friendly restaurants and Ferrara's Italian Bakery. Turn a corner and you are in Chinatown, teeming with grocery stores, gift shops, and Chinese restaurants. To the east is the Lower East Side with Katz's Deli, Economy Candy, and Russ & Daughters. You may leave packages on the coach as we travel from point to point. Cost includes driver gratuity and climate-controlled restroom-equipped motorcoach transportation.

Cancellation Deadline: Sept. 21, 2012

DEPARTURE:		RETURN:	
Owen J. Roberts HS Flagpole: 8:30 am		9 pm	
Exton Mall Sears Automotive Lot: 9:05 am		8:30 pm	
CRSE#	TIME	DAY	DATE
RTT011	8:30 am-9 pm	Sat	11/3
			FEE
			\$85

**Visit our website
chestercountynightschool.org
for more upcoming trips:**

Discover Mr. Lincoln/Wash. DC
Sat. Mar. 24 Guide: Roger Arthur

Culinary Institute of America, NY
Sat. April 30 See catalog p. 11

Highlight Tour of Washington DC
Sat. May 12 Guide: Tom Swift

CCNS-OJR Spring 2012 Registration Form

CHESTER COUNTY NIGHT SCHOOL

Mail to: 222 N. Walnut St., Suite A, West Chester PA 19380

Or Call: 610-692-1964 | **Fax:** 610-692-7566

Register Online: chestercountynightschool.org

First Name Middle Initial Last Name

Home Address (please include number and street or box number)

City State Zip

Day Phone Evening Phone

Cell Phone E-mail Address

Course No.	Course Name	Start Date	Tuition
			\$
			\$
			\$
* Registration Fee (per person/per semester, non-refundable)			\$ 5.00
TOTAL			\$

Check or money order is enclosed, made payable to: **Chester County Night School**. Please provide a separate check or money order for each course, in the event that a selection is sold out.

Charge my: VISA MasterCard American Express Discover

Account Number Expiration Date

Credit Card Billing Address (if different than above)

A Class Receipt including class dates, times and locations will be emailed or mailed to you within three (3) business days; if not received within a week, please call 610-692-1964 to confirm your registration.

Refunds will be given only in the event that Chester County Night School cancels a course. Refunds cannot be issued for classes missed as a result of illness, personal emergencies, or any event beyond our control. **Withdrawals:** If you cannot attend a course, you may qualify for a credit voucher for your full tuition – less a \$10 processing fee – by emailing the Office in writing at least three (3) business days prior to the first class. Email your request to: info@chestercountynightschool.org. Please note that for certain types of classes (culinary, trips, etc.) no withdrawals are accepted; you may send a substitute.

* **CHESTER COUNTY NIGHT SCHOOL** is an independent, nonprofit 501(c)(3) organization that relies solely on registration revenue for its operation. Pay one \$5 per person per term registration fee, and enroll in as many classes as you wish. This non-refundable fee helps cover administrative expenses. **THANK YOU FOR YOUR SUPPORT!**

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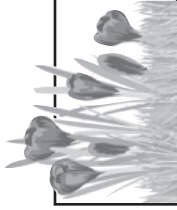


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CHESTER COUNTY NIGHT SCHOOL

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TIME SENSITIVE MATERIAL



**Registration Now Open
 for Spring 2012 Adult Ed Classes at OJR**

Postal Customer

**Come "Steppin' Out" this Spring --
 for fun and learning at Night School!**

SEE INSIDE FOR THESE NEW CLASSES:

- Going Further with Your iPad
- Calligraphy for Beginners
- Watercolor Express
- Pilates for Golfers
- Introduction to Fly Fishing
- Personal Trainer Certification
- Secret Restaurant Recipes Revealed
- Bus Trip: Noshing in Downtown New York
- Get a Better Resume
- Pharmacy Technician Certification Prep
- Counted Cross Stitch, Silkscreening, more!

ADDED AT PRESS TIME:

- Hike the Appalachian Trail - Sat. April 14
 - Studio Recording with Glenn Ferracone
- Call or see website for details!

Register Online Today
chestercountynightschool.org
Or call: 610-692-1964