

WHITEHALL-COPLAY SCHOOL DISTRICT

Adult Community Education Program

Spring 2008

All classes will be held in Whitehall-Coplay Middle School

JAZZERCISE

Instructor: Lori Yanders

Class description: A powerful fun and effective workout that will lift your spirits and strengthen your heart, muscles, and core. Each class is approximately 60 minutes and incorporates a warm-up segment comprising gentle movement and isolations for individual muscle groups, an aerobic segment to increase cardiovascular fitness and burn calories. An Aerobic cool down segment to reduce heart rate, a muscle-toning segment with weights to strengthen hips, thighs, torso, and a final cool down stretch segment to return heart rate to normal.

Intended audience: Ages 16 & up (male & female)

Materials needed: floor mat, hand weights (optional)

Dates: Wednesdays for 8 weeks (2/20/08-4/9/08) 7:00pm to 8:00pm

Location: Middle School- Gym

Fee: \$15.00

ANIMATION

Instructor: Dan Danneker

Class description: The focus of this class is to bring the characters and environments from the imagination to life. Students will learn to animate two and three-dimensional figures. The class will create simple 2-cell roll animations, flip books, stop action animation such as a car or toy animation, and kinestasis (cut-paper animation). Students will have the opportunity to see how animations are made from the drawing table to the screen.

Materials needed: Digital camera and items will be suggested but not required

Intended audience: 14 years and up

Dates: Wednesdays for 8 weeks (3/12/08-4/30/08) 6:30pm to 8:30pm

Location: Middle School-Room 220

Fee: \$40.00 plus supplies

FUN EVENING OF CARD MAKING

Instructor: Connie Beidleman

Class descriptions: Spend an evening creating greeting cards. Learn to use paper scraps, ribbon, stickers of all kinds, and paper punches. All materials will be supplied for the class. However, if you have supplies/materials you would like to bring to class, please feel free.

Dates: Wednesday, 2/ 20/08-6:30pm-9:00pm

Or

Wednesday, 3 /19/08-6:30pm-9:00pm

Location: Middle School-Room 119

Fee: \$15.00

CREATIVE MEMORIES

Instructor: Celeste Abruzzi

Class description: If you love sharing your memories, consider Scrapbooking. Enrich your present by learning how to preserve the past. Bring 5-10 pictures and your imagination and I'll help you create a wonderful new way of preserving them.

Materials needed: 5-10 of your own photos

Dates: Wednesday, 4/16/08- 7:00pm to 8:30pm

Location: Middle School-Room 119

Fee: \$15.00

RUNNING YOUR WAY TO HEALTH

Instructor: Michael Yadush

Class description: You will be introduced the joys of jogging. You will learn to stretch properly to avoid common running injuries. You will learn how to keep a running log, while learning how to develop running programs to meet your needs and schedules.

Materials needed: Sneakers, Shorts/Jogging Pants, Good Attitude

Dates: Wednesdays for 6 wks (3/26/08-4/30/08) 7:00pm to 8:30pm

Location: Football Track

Fee: \$15.00

AARP Driver Safety Program

Instructor: TBA

Class description: This 8-hour classroom refresher/defensive driving course is open to all drivers 50 & older. There are no tests and membership in AARP is not necessary. All automobile insurance companies doing business in Pennsylvania are required by state law to give an additional discount of at least 5% to all qualified policyholders who take the course. Check with your insurance agent for details. Class is taught by volunteer instructors, and given in a two-day period in two four-hour sessions. A \$10.00 non-refundable fee per person is paid in advance when registering. **Payment is made by check or money order payable to AARP**, registration and check to be mailed to school district. Class size is limited, so advanced reservations are advised to assure placement in class. Those completing the course will be given a certificate, which is valid for three years.

Materials needed: Driver's license and a pen

Dates: 3/26/08 & 4/2/08—Both nights-6:00PM-10:00 PM

Location: Middle School-Auditorium

Fee: \$10.00

SCRAPBOOKING WITH KATHY

Instructor: Kathy Walck

Class description: Whether you are a beginner wanting to learn the "how-to's" in scrap booking or you are an experienced scrap booker who would like to spread out your photos and scrap away w/out interruption, see what others are doing, what supplies they are using or just need helpful suggestions, this is the class for you.

Materials needed: 5-10 of your own photos: take a common theme, ex: 1st day of school, bridal or baby shower, vacation-acid-free paper-colors coordinating w/pictures, anything you might want to experiment with. Seasoned scrappers bring what you are working on and your scrapbooks so we can ooh & ahh.

Dates: Wednesday, 3/5/08 & 3/12--7:00pm to 8:30pm

Location: Middle School-Room 119

Fee: \$20.00

BASEBALL INSTRUCTION FOR PARENTS/LITTLE LEAGUE COACHES

Instructor: Steven Rau

Class description: So your child wants to play ball and is counting on you for advice and your support. As a parent or even a little league coach, you would like to learn more and feel more confident about the game, then this is the class that will do that for you. You will learn about baseball fundamentals, rules, and techniques through demonstrations, lectures, and video.

Dates: Wednesday, 3/12/08 & 3/26--6:00pm to 8:00pm

Location: Middle School -Room 243

Fee: \$15.

ADDITIONAL COMMUNITY EDUCATION CLASSES OFFERED THROUGH LCCC

The following classes are being offered through Lehigh Carbon Community College, but are being housed at **Whitehall-Coplay Middle School**. If interested in any of the classes listed below, please register through LCCC. You may go online to www.lccc.edu or register by phone-LCCC's 24-hour phone registration system, by dialing 610-799-1998. Please have Social Security number, course numbers and credit card information available when you call.

You may also refer to the college's Spring/Summer 2008 NONCREDIT SCHEDULE-which was mailed to all local households.

PLEASE DO NOT MAIL TO OR CALL WHITEHALL-COPLAY SCHOOL DISTRICT FOR INFORMATION-CALL LCCC IF YOU HAVE ANY QUESTIONS CONCERNING THESE CLASSES

LCCC-Only Beginning Computer Class

Class description: If you are comfortable with the keyboard and are ready for a full dose of computer learning, join our beginning computer class. Learn about Windows, how to manage files & disks, and begin working with Microsoft Word and Excel.

Course#	DATE (S)	TIME	DAY (S)	ROOM	COST
COM 402-52	2/20/08-4/23/08 (For 10 weeks)	6:30-8:30 PM	W	MS-141	\$229.00

LCCC-Practical Word & Excel (MS Office 2007)

Class description: Learn everyday use for Word & Excel.

Course#	DATE (S)	TIME	DAY (S)	ROOM	COST
COM 976-50	3/5/08-5/7/08 (For 10 weeks)	6:30-8:30 PM	W	MS-241	\$189.00

LCCC-Conversational Spanish

Class description: This course—one component of our extensive Spanish language program—is designed for the individual interested in learning basic grammar, writing, and speaking skills. Students will learn vocabulary and foundation sentence structure to gain a working knowledge of the language and culture of the Spanish people. Text included.

<u>Course#</u>	<u>DATE (S)</u>	<u>TIME</u>	<u>DAY(S)</u>	<u>ROOM</u>	<u>COST</u>
LAN 494-51	2/20-4/23 (For 10weeks)	6:30-8:00 PM	W	MS-144	\$140.00

LCCC-“Phun” With Phyllo!

Class description: You say “filo”—I say “Phyllo.” In the end we’re left with incredibly versatile, paper-thin pastry dough that can be stuffed with the most interesting savory fillings for bite-size hors d’oeuvres, an unexpectedly delicious light lunch, or a distinctly delicious special occasion dinner. And deserts made with Phyllo are out of this world! They can be prepared in advance or even frozen and baked at the last moment. Once you are comfortable working with this dough, your repertoire will be limited only by your imagination. Hands-on class.

Materials fee: \$10.00 payable to instructor.

<u>Course#</u>	<u>DATE (S)</u>	<u>TIME</u>	<u>DAY (S)</u>	<u>ROOM</u>	<u>COST</u>
COO 537-51	4/2/08	6:30-9:30 PM	W	MS-121	\$40.00

LCCC-Mama Mia: Hors D’oeuvres

Class description: Learn to make stuffed mushrooms, savory bruschetta, & crostini—tempting beginnings to usher in any great meal. These & other Italian appetizers are impressive but deceptively easy to make. Hand-on class.

Materials fee: \$9.00 payable to instructor.

<u>Course#</u>	<u>DATE (S)</u>	<u>TIME</u>	<u>DAY (S)</u>	<u>ROOM</u>	<u>COST</u>
COO 840-51	4/9/08	6:30-8:30 PM	W	MS-121	\$20.00

LCCC-Marinade Madness

Class description: Whether you are roasting, baking, or grilling, a well-seasoned marinade can tremendously enhance the flavor and moisture of your fish, poultry or beef dishes. Light vinaigrettes for salads will also be included. Hands-on class.

Materials fee: \$10.00 payable to instructor.

<u>Course#</u>	<u>DATE (S)</u>	<u>TIME</u>	<u>DAY (S)</u>	<u>ROOM</u>	<u>COST</u>
COO 665-51	4/23/08	6:30-8:30 PM	W	MS-121	\$20.00

LCCC-Kiffles with Eva

Class description: Learn the secret of making these delicate European pastries. A step-by-step demonstration will show you the tricks of the trade. Partial hands-on class

Materials fee: \$8.00 payable to instructor.

<u>Course#</u>	<u>DATE (S)</u>	<u>TIME</u>	<u>DAY(S)</u>	<u>ROOM</u>	<u>COST</u>
COO 636-51	3/5/08	7:00-8:30 PM	W	MS-121	\$15.00

LCCC-Basket Weaving: Full Muffin Basket

Class description: Weave this slightly-bigger-than-normal muffin basket with fine rows of weaving. This rectangular basket with side handles and a unique design on the side is a beautiful serving basket for any table and a perfect size for your company. Woven with flat and flat oval reed with dyed accents.

Materials fee: \$13.00 payable to instructor

<u>Course#</u>	<u>DATE (S)</u>	<u>TIME</u>	<u>DAY (S)</u>	<u>ROOM</u>	<u>COST</u>
CRA 600-51	3/5/08	6:00-9:00 PM	W	MS-142	\$30.00

LCCC-Sign Language, Level I

Class description: This course introduces the student to the vocabulary and grammar of sign language. Topics covered include fingerspelling, numbers, money, and time. The class also develops an understanding of deaf community and culture. Text additional.

<u>Course#</u>	<u>DATE (S)</u>	<u>TIME</u>	<u>DAY(S)</u>	<u>ROOM</u>	<u>COST</u>
LAN 900-50	2/20/08-4/23/08	6:30-8:30 PM	W	Room 143	\$140.00
	(For 10weeks)				

LCCC-Back Yard Composting 101

Class description: Backyard composting gives you an important edge! Learn the basics of composting by turning garden refuse, yard waste, and other natural materials into rich, organic soil. This class provides the basic skills of gardening for the novice, laying the foundation for a successful garden. A terrific class for a parent and child to take together!

<u>Course#</u>	<u>DATE (S)</u>	<u>TIME</u>	<u>DAY(S)</u>	<u>ROOM</u>	<u>COST</u>
OUT638-51	4/2/08	6:30-8:30 PM	W	119	\$20.00

LCCC-Landscape: Front Yard

Class description: Learn how to create a front yard or street-side landscape that will set off your home as well as complement and add character to your entire neighborhood. Design techniques and maintenance guidelines will be covered.

<u>Course#</u>	<u>DATE (S)</u>	<u>TIME</u>	<u>DAY(S)</u>	<u>ROOM</u>	<u>COST</u>
OUT624-51	3/26/08-4/9/08	7:00-9:00 PM	W	142	\$54.00
	(For 3 weeks)				

Whitehall-Coplay School District
Registration Form for Adult Community Education Program
Spring 2008

Print Name _____
(Last) (First) (MI)

Home address: _____
(Number and Street)

(City) (State) (Zip)

Phone: Home () _____ Work () _____

E-mail _____

I am interested in the following class/classes:

1) Class title _____ Date _____ Fee\$ _____

2) Class title _____ Date _____ Fee\$ _____

3) Class title _____ Date _____ Fee\$ _____

4) Class title _____ Date _____ Fee\$ _____

Total amount enclosed: \$ _____

Signature _____ Date _____

Please send completed form and payment to:

(Payment must accompany registration, payable to Whitehall-Coplay School District)

Community Education Program
Whitehall-Coplay School District
2940 MacArthur Road
Whitehall, PA 18052

(or) you may drop form and pay off
at our District Office, at the same
address

(AARP class only - payable to AARP)

All classes will be held in our Middle School, parking and entrance to building is in the rear of building.

Whitehall-Coplay School District urges you to register as early as possible and at least two weeks prior to the class start date. Classes with inadequate enrollment are cancelled seven days prior to the start date. If you choose to register within several days of a course start date, we recommend that you call our Curriculum office at 610-439-1431, ext 1013 to verify course space availability.

This form is to register for Whitehall's classes only; LCCC is registered through the college, payable to the college, but class is held at Whitehall-Coplay Middle School.