

Community Education Program



Methacton
SCHOOL DISTRICT

Winter 2012
610.489.5000 ext. 15007

Growing Opportunities

610.489.5000 ext. 15007

www.methacton.org



South Pacific Show & Snack

March 1
4:00 p.m.

Methacton High School students will present an enthusiastic performance of a South Pacific musical. Come enjoy the show and during intermission appetizers will be provided for you.

PROGRAM IS FULL

Thursdays, March 1st

MHS Auditorium

Cost: \$16

Includes admission and intermission snack

907

Senior Citizen Day

Senior Citizens are invited to a day of fun, food and entertainment provided by high school students. The day will begin at Methacton High School B101 where you will receive a schedule of events for the day including a delicious luncheon and an opportunity to meet some of our fine students. The deadline to register is **April 19, 2012**. Please park in the rear of the high school and report directly to room B101.

Tuesday, May 1, 2012 ~ 9a.m.

MHS/Room B101

Cost: \$5.00

908

Register Early to Avoid Disappointment !

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Bus Trips

Aloha! Flower Show

Enjoy the sights and smells at the Philadelphia Flower Show. This year's theme is *Hawaii: Islands of Aloha*. Bring your camera and comfortable shoes to stroll the gardens and admire the beauty of the islands. Refreshments are available to purchase at the show.



CANCELED

From \$16 per person

(includes admission and transportation)

Departs: 10:00 a.m.

Returns: approximately 4:00 p.m.

Participants will be picked up by school bus from the Arcola Intermediate School

New York City



Treat your mom to a visit to NYC! The coach bus will drop you off near Times Square and you decide how to spend the day...shopping, at a Broadway show, ice skating, visiting a museum, visiting NBC for a studio tour....the choice is yours! We provide the relaxing Hagey Coach bus transportation and you decide how to spend the day in this exciting city.

Sunday, May 13

\$42 per person Departs: 8:00 a.m. (transportation only)

Returns: approximately 8:30 p.m.

Participants will be picked up by tour bus from the Methacton High School - East Wing.

When it is necessary to cancel MSD

Community Education Program classes in the case of inclement weather, a cancellation notice will be posted on the district's website at www.methacton.org.

Around the House & Pet Training

Growing Opportunities

610.489.5000 ext. 15007

www.methacton.org



Clever Couponing

Are you someone who clips out coupons but never uses them? Do you have coupons in envelopes that often expire? This is the class for you. In this class you will learn how to organize your coupons, earn rewards and look at websites that have great ways to save money.

Instructor: Barbara Scholl,
Arcola Library 7 - 9 p.m. **Cost:** \$20
January 30 April 2

508

509

Learn French the Fast and Fun Way!

If you plan to travel to France or if you just want to have fun learning a beautiful language, this class is for you! Using authentic materials and situations from French culture, you'll learn fundamental vocabulary and simple grammar that will allow you to begin speaking and reading in the language immediately. You'll develop comprehension, practice pronunciation, and learn about French culture in a relaxed, supportive (and fun!) atmosphere. (This class is for beginners or for those who studied French long ago.)

Instructor: Cynthia King
Wednesdays (10 sessions) January 18 to March 21
Arcola, Room 162 7 - 9 p.m.
Cost: \$75/\$70 GOLD CARD

521



Beginner Sewing

Learn the basics of sewing, and create a simple project! Bring your own fabric. Students need to bring their own fabric to the second class night. There will be a \$20 supply fee, due to the instructor the first day of class.
Instructor: Nina Owens. Limit is 12 people.

Mondays (5 weeks) January 23 to Feb. 27
(no class Feb. 20)
Arcola Room FDR 7:00 - 9:00 p.m.
Cost: \$75/\$70 GOLD CARD MEMBERS

511

Dog Agility Training

Agility is a sport for dogs which involves a series of obstacles that the dog and owner must navigate through. This is a sport for dog owners who would like to take their relationship with their dogs to a much higher level. Six weekly one-hour classes will take you and your dog through the basic agility obstacles. Your dog will learn to go over jumps, race through a rigid tunnel, run through a collapsed tunnel, walk the "teeter," go up the ramp of the dog walk, climb the A-frame and descend the other side, jump through an elevated tire, and jump onto a table and lie down to wait for your next instruction. Class size is limited to six students. **Instructor:** John Bickel, CKO, Member APDT

Sundays, (6 sessions) Begins March 4
Cost: \$195 1:30 p.m.
Molly's Country Kennels 2205 Wentz
Church Road Lansdale, PA 19446

409

Dog Obedience Training

Learn to make your dog a better companion through the teaching of behavior oriented exercises. Goals: by the end of the course dogs should do the following on leash exercises; sit, lie down, stand, stay, some when called, walk on lead without pulling, and remain in control when touched by a stranger. Motivation is stressed; correction or punishment is de-emphasized. Class size is limited to six students. Puppies are welcome, the minimum age is eight weeks.

Instructor: John Bickel, CKO, Member APDT
Wednesdays (6 sessions) Begins Feb. 29
Cost: \$195 6:45 p.m.
Molly's Country Kennels 2205 Wentz Church Road
Lansdale, PA 19446

410

Intermediate Sewing

The next step - learn more advanced sewing techniques. Create a project from a pattern - your choice.
Instructor: Nina Owens. Limit is 12 people.

Mondays (5 weeks) March 5 to April 2
Arcola Room FDR 7:00 - 9:00 p.m.
Cost: \$75/&70 GOLD CARD MEMBERS

512

Acrylic painting



Oil Painting



Learn the technique of oil painting. Refine your artistic oil painting skills with a master of oil painting! Develop your talent with color, shape, lighting and shadow. Bring your supplies: oil paints, paper, palette, Bristol brushes (#1 flat& #5 round for oils), canvas (11x14), table easel, palette knife, favorite photo references, colors: white, yellow ochre, red light, green & blue. Music will be provided for you!

Instructor: Marilyn Schassberger

Mondays (10 weeks) Jan. 23 to April 16
(No class Feb. 20, April 9)

Arcola: Room 113 7- 9 p.m.

Cost: \$75/\$70 GOLD CARD

504

Beginner Watercolor

Beat the winter blues and try watercolor media. Each class consists of a teacher demonstration; drawing principals, color mixtures, painting techniques regarding each class session's subject material are discussed and shown. Students work from still life set ups and from their own photos. Students may bring their own supplies or pick up a suggested materials list at Rainbow Arts and Crafts and purchase items at a special student discount. Limit: 15.

Instructor: Becky Postell

Thursdays (10 weeks) January 19 to March 22

Arcola: Room 113 6:30 - 8:30 p.m.

Cost: \$75 plus supplies \$70 GOLD CARD

505

Intermediate Watercolor

This intermediate class is for those interested in taking their art work to the next level. Concentration will be on composition, technique, color mixing, and most of all, having fun. Limit: 15.

Instructor: Laurie Daddona

Wednesdays (10 weeks) January 18 to March 21

Arcola: Room 113 7 - 9:30 p.m.

Cost: \$80 + supplies \$75 GOLD CARD

506

This class is open to beginners, those who have dabbled in the art of acrylic painting or anyone who wishes to renew their interest in painting.

You will learn the art of color mixing for depth and enrichment, brush techniques and methods of bringing out the light and luminosity in your work.

In the first class, you will work with color mixing and brush usage. Please bring at least three acrylic brushes in a variety of sizes, tubes of acrylic paint in various colors, such as an old cookie sheet, wax paper or aluminum foil. Please feel free to bring supplies that you already own. We will discuss in class what supplies you will need for future classes.

Instructor: Beverly Blahut

Wednesdays, January 25 to March 28

Arrowhead: Art Room 4:00 p.m.to 5:30p.m.

Cost: \$70/\$65 Gold Card plus supplies 507

Basic Digital Photography

Are you looking to better understand your camera? Do you want to feel more confident in taking photos? This class is for you! This photography class will teach you all about your point and shoot camera. You will learn how to take better photographs by using different functions on your camera along with different techniques that will make you understand and feel more confident while taking photographs. We will have assignments to complete and go over as a group each week. Jody will go over different software that you may use now or can use to make your images stand out.

Instructor: Jody Robinson

Mondays (5 weeks) February 6 to March 13

Arcola Library Computer Lab 7 - 9 p.m.

Cost: \$45 plus supplies \$40 GOLD CARD 519

Intermediate Digital Photography

Next step in Digital Photography. This class will focus on how to use a digital camera from basic camera settings, camera modes, saving and editing your files to advanced composition. This class will also provide hands-on demonstrations featuring the latest in digital photography tips and tricks of getting that right shot and using the digital darkroom to complete your images. Instructor: Jody Robinson

Mondays (5 weeks) April 16 to May 14

Arcola Library Computer Lab 7 - 9 p.m.

Cost: \$45 plus supplies \$40 GOLD CARD (optional book) 520

Computer & Personal Business

Growing Opportunities

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www.methacton.org

Beginning Computers for Seniors I

Have you always wanted to learn how to use a computer but were afraid to try or felt they were too complicated? Would you like to learn how to use a computer to stay in touch with distant family and friends or use a computer to keep track of your community activities? This course is designed specifically to introduce seniors to the computer at a comfortable pace and without the pressure or fear of making a mistake. You're never too old to learn! Instructor: Steve O'Hara

~~Tuesdays (6 weeks) Jan. 24 to March 6~~

Tuesdays (6 weeks) March 13 to April 17

Skyview, S105 6:30 - 8:30 p.m.

Cost: \$45 GOLD CARDS NOT HONORED

101

101B

Beginning Computers for Seniors II

This course is designed as an extension of the original Beginning Computers for Seniors. The primary emphasis of this course will be a more in-depth discussion/tutorial of email as a means to keep in touch with distant friends and relatives. Some topics covered will include sending/receiving messages, adding attachments, and setting up a contact list.

Instructor: Steve O'Hara

~~Thursdays (6 weeks) Jan. 26 to March 1~~

Thursdays (6 weeks) March 15 to May 3

Skyview, S105 6:30 - 8:30 p.m.

Cost: \$45 GOLD CARDS NOT HONORED

102

102B

Intro to Computers - Word and Excel

A hands-on approach will be used to teach you the basics of Microsoft Windows including word processing using Word and spreadsheets using Excel. You will learn to work within Windows, prepare documents and generate spreadsheets for various purposes (address book, personal budget, etc). Other topics include mouse operation and file management.

Instructor: Don Marzewski

Mondays & Wed. (5 weeks) Jan. 23 to Feb. 29

Skyview, S105 (no class Feb. 20, 22) 7 - 9 p.m.

Cost: \$85/\$80 GOLD CARD

104

Intro to PowerPoint

Participants would learn how to use Power Point to create presentations for both professional and personal use. Participants will begin with the basics of Power Point creating simple presentations. Students will learn how to create presentations on flash drives or CDs and learn how to create slideshows that will capture their memories.

Instructor: Mike Clarke

Tuesdays (5 weeks) Jan. 24 to Feb. 28 (no class Feb. 21)

Arcola, Library Computer Lab 7 - 9 p.m.

Cost: \$45/\$40 GOLD CARD MEMBER

110

Retirement Planning Today

How much money do you need to retire? Learn how to improve retirement income; convert IRAs to tax free income; proper distribution planning; improve standard of living; understand risk before and during retirement; asset allocation; taxes and estate planning. Additional fee of \$24 payable to teacher first night for cost of book. Guest is free. Instructor: Mark J. Gerdemann, Hoffman Financial Group

Arcola, Library

7 - 9:30 p.m.

Cost: \$25

Tuesdays, March 6 & March 13

Or

March 19 & March 26

105

106

Mallon Planetarium

The Mallon Planetarium is located at

Arcola Intermediate School

4001 Eagleville Road

Eagleville, PA

Adults: \$7

Children & Senior Citizens \$6

Please park in the back of Arcola.

Doors will open 15 minutes before the show.

Follow the Drinking Gourd

Follow Molly, Hattie, old James and young George as this enslaved family escapes the plantation through the stars and follows the Underground Railroad to freedom. Learn the song and message as to how you can find the land of freedom (Canada.) Today, many refer to the Big Dipper without realizing it's importance as a 'Drinking Gourd' to slave families and their children. Follow their Journey, learn the song, and view the stars around Polaris. Finding them is made easier with the construction of a 'Dipper Clock' as part of the presentation. Test it out in the planetarium sky. This is a family oriented presentation.

February 23

7:00 p.m.

810

Hubble Vision

Learn about the space telescope that enhances our view and understanding of the Universe. Future generations may look back on the Hubble Space Telescope as the most revolutionary invention of the 20th century. Imagery captured and discoveries made with the telescope may have more of an effect on our understanding of celestial phenomena than any other astronomical tool thus far. This presentation explains the challenges and celebrates the successes of Hubble, and the astronauts that assisted in the mission. This presentation is intended to audience.

Mar

CANCELED

811

Men's Basketball

This program is full court basketball for beginners and experienced players alike. Breaks and subs. Limit to 20 players. Instructor: Sean McCracken

Thursdays (10 weeks) Jan. 19 to March 22
Arcola Boys Gym 7 - 9 p.m.

Cost: \$65/\$60 GOLD CARD Walk Ins: \$8

300

Co-ed Recreational Volleyball

Come meet new friends and have fun playing a great sport on Wednesday nights. This is a recreational group of players where friendly volleyball, good sportsmanship and fun are emphasized. Players must be at least 21 years old. Instructor: Joanne Lewis

Wednesdays (10 weeks) Jan. 18 to March 21
Arcola Big Gym 7 - 9 p.m.

Cost: \$65/\$60 GOLD CARD

305

Yoga Connection

Launch your body into a healthy lifestyle with the YogaFit program. This course is a complete body and mind workout. Appropriate for all ages and fitness levels, including beginners and those continuing their Yoga practice. Benefits of the program include increased flexibility, balance, strength, grace, as well as maximum stress reduction. Students should bring a mat or towel to class.

Instructor: Aerobic Rhythmics Limited to 20 participants.

Cost: \$59 \$55 GOLD CARD

Arcola Girls Gym

301

Tuesdays (8 weeks) Jan. 24 to March 20
(no class Feb. 21) 6:15 - 7:15 p.m.

301B

Tuesdays (8 weeks) Jan. 24 to March 20
(no class Feb. 21) 7:30 - 8:30 p.m.

301C

Thursdays (8 weeks) Jan. 26 to March 15
6:30 - 7:30 p.m.

Mind/ Body Workout Through Pilates & Meditation

Get your body in shape and manage your stress levels this year in time for the holidays. Great for any fitness level especially those just starting an exercise program. Pilates focuses on core abdominal muscles, strengthening back muscles and increasing flexibility. Brief meditation will be incorporated using breathing & relaxation techniques to reduce stress. Participants should bring a mat. Instructor: Lori Shaw

Tuesdays (10 weeks) Jan. 24 to April 10
(no class Feb. 21, March 6)
Worcester Library 7 - 8 p.m.

Cost: \$55 /\$45 GOLD CARD

306

Cardio Tone

Cardio Tone is a fun way to get moving and tone your body.

The cardio segment will focus on elevating your heart rate

while **CANCELED** music.

Toni 1, 3 or

5 pound hand weights. Please bring a mat.

Instructor: Lori Shaw.

Tuesdays (10 weeks) Jan. 24 to April 10
Worcester Library (no class Feb. 21, March 6)
Cost: \$55 /\$50 GOLD CARD 6 - 7 p.m.

307

AeroFlex

A high intensity, low impact whole body workout set to fun, lively music. Thirty minutes of cardio dance followed by thirty minutes of strength training. For all ages and fitness levels.

Students should bring a resistance tube, light hand weights, mat and water bottle to class. Instructor: Aerobic Rhythmics

Monday & Wednesdays (8 weeks) Jan. 23 to Mar. 19
Skyview Upper Lobby 7:30 - 8:30 p.m.
(no class Feb. 20)

Cost: \$70 (two days)/ \$65 GOLD CARD

\$40 (one day per week)

322

Reformer Pilates

The pilates reformer is a machine that allows use of simple techniques for a strong, lithe, healthier body. An alternative approach to fitness to help reshape the body without the "no-pain, no-gain" mentality. Recommended by doctors to help strengthen the abdominals and core muscles. Whether training for a 5K run, recovering from back issues, wanting to improve your golf game, or thinking about knee replacement these classes welcome those of all levels of fitness.

Instructor: Dianna Ellis Reality Pilates Reformer

Wednesdays, Jan. 25, Feb. 1, 8, 15, 22, 29 6:00-6:45 pm

Cost: \$55

5 Location: Reality Pilates Reformer, Royersford

309



After School Stress Release...

Zumba!

Need we say more? "Ditch the Workout, Join the Party." Zumba combines Latin and International music and incorporates a multitude of different dance disciplines. This is the class to take when you want to let your hair down and just simply enjoy yourself while getting a great workout.

Tuesdays (8 weeks) Jan. 24 to March 20
(no class Feb. 21)

Skyview Cafe 4 - 5 p.m.
Cost: \$60

360

Yoga

Our yoga classes are designed for the beginner to moderate level Yogi. We incorporate different yoga styles to create a perfectly gentle, flowing, yet challenging class.

Thursdays (8 weeks) Jan 26 to Mar. 22
(no class Mar, 8)

Arcola FDR 4 - 5 p.m.
Cost: \$60

362



Website: WholisticFitnessOnline.Com

Zumba for Girls! (Ages 12-17)

Getting and staying in shape for teen girls has never been so much fun! Zumba for girls is a fun filled 8 week dance class with easy to learn steps that keep teens moving. This class will improve coordination, promotes healthy weight and self-esteem. We provide a supportive, safe environment for teens to hang out and meet new friends while doing something fun and active! This highly energetic class combines the modern music that teens love and recognize with the traditional Zumba tunes for a special teen flare. Dress comfy and causal :)

Thursdays (8 weeks) January 26 to March 15
Arcola Faculty Dining Rm. Time: 3 - 4 p.m.

Cost: \$60

363

~~Thursday (8 weeks) January 26 to March 22~~

~~Location: Skyview Lobby Time: 7-8 p.m.~~

Cost: \$60

363B

Self Defense Workshop for Women and Girls

An informative, practical, and eye opening self-defense program for women and girls. This workshop is designed to learn strategies to defend and escape an attacker. You will be taught how to bring your own strengths to a conflict while minimizing the strengths of the attacker with easy to remember movements. A must have for all women! One in four (1 in 4) girls will be a victim of at least an attempted sexual assault in their college years. Women between the ages of 16-24 are at the highest risk (4 times more likely than any other age group to be a victim of a sexual assault.

Thursday April 26
Skyview Upper Lobby 6 - 9 p.m.

Cost: \$30 adults/\$20 girls

365

Pilates

Famous for developing core strength, flexibility, and awareness. Pilates exercises are done on a mat, are low impact, and help to strengthen your muscles, especially the abdominal and back muscles.

Wednesdays (10 weeks) Jan. 25 to Mar. 28
Arcola Library 4 - 5 p.m.

Cost: \$60

361

CANCELED

Yoga for Teens (12- 17 years)



We will experience basic Hatha Yoga poses that will be **CANCELED** help develop

include: better self-esteem, stress reduction, coping skills and many more. Instructor: Debbie Smith (200 RYT)

Mondays (10 weeks) Jan. 23 to April 2
(no class Feb. 20)

Arrowhead 4:30 - 6:00 p.m.

Cost: \$70

364



Line Dancing

Looking for a fun way to meet friends and get some exercise? Come learn Line Dancing! These dances are Philly Line Dances. Music from 50's and 60's Jerry Blavat Era. Great exercise for men and women of all ages.

Instructor: Patty Damiani

Mondays (5 weeks) Jan. 23 to Feb. 27 (no class Feb. 20)

Skysview Lobby 7 - 8 p.m.

Cost: \$45/\$40 GOLD CARD

201

American Ballroom Styles

Learn the basics and several variations of the ballroom classics: Foxtrot, Waltz and Tango. These are the dances that move to Sinatra, Mathis and Iglesias. At the end of 5 weeks, you will be able to enjoy dancing in any venue; weddings, cruises, reunions, etc. to a variety of music. Teaching is based on clear explanation, demonstration, repetition, patience...and fun! It's a great way to get started or to reinforce the fundamentals.

Thursdays, (5 weeks)

Arrowhead Gym

Cost: \$50/\$45 GOLD CARD

Jan. 26 to Feb. 23

7 - 8 p.m.

203

American Rhythm Series

Five weeks of introduction to the latin inspired dances: Rumba, ChaCha and Swing. These are the dances with heavy percussion and pounding latin beat...Aguliera, Lopez, Anthony. You'll get a workout without even noticing because it's so much fun. At the end of 5 weeks, you will be able to enjoy dancing in any venue; weddings, cruises, reunions, etc to a variety of music. Teaching is based on clear explanation, demonstration, repetition, patience...and fun! It's a great way to get started or to reinforce the fundamentals.

Thursdays, (5 weeks)

Arrowhead Gym

Cost: \$50/\$45 GOLD CARD

Jan. 26 to Feb. 23

8 - 9 p.m.

204

Latin Club Dances

Five weeks of introduction to the most popular latin club dances: Salsa, Bachata and Merengue. These are all fast dances to keep up with the pulsating rhythms of a latin nightclub. We focus on rhythm, variety and constant movement to leave you breathless but smiling. At the end of 5 weeks, you will be able to enjoy dancing in local clubs, or in Miami! Teaching is based on clear explanation, demonstration, repetition, patience...and fun! It's a great way to get started or to reinforce the fundamentals.

Thursdays, (5 weeks)

Arrowhead Gym

Cost: \$50/\$45 GOLD CARD

Jan. 26 to Feb. 23

9 - 10 p.m.

205

Sing, Sing, Sing, Barbershop

Women who like to sing will participate in a few rehearsals with the Ringing Hills Chorus of Sweet Adelines International. This is a great way to be introduced to a wonderful, creative hobby. The chorus sings four-part harmony with no instrumental accompaniment. It's barbershop style for women's voices. We focus on learning songs, vocal production, ear training, showmanship, and other skills important to this uniquely American style of singing. One Sweet Adeline from our region, MAXX Factor participated in the NBC's nationally televised "The Sing-Off!" Although some singing experience is useful, participants do not have to be able to read music nor have extensive prior vocal training or experience. Instructor: Tony Russo, Ringing Hills Sweet Adeline's

Tuesdays,

MHS, Choral Room

Cost: \$10/\$5 Gold Card

TBD

7- 9 p.m.

206



Middle Eastern Dance

Regardless of your age, size or shape, gain confidence while gaining control of your body! This class is based on muscle isolations and skeletal movements as they relate to movement and form

CANCELED

Instructor: Mary DiGennaro

Wednesdays, (8 sessions)

Arcola FDR

Cost: \$70/\$65 GOLD CARD

Jan. 25 to March 14

6:30 p.m. - 7:30 p.m.

207

Zumba(R) Ditch the Workout, Join the Party!

Get your body in shape before the holidays are here. All ages & abilities welcome to join. Our Latin inspired program will help you burn up to 1000 calories in a 1 hour easy-to-follow dance/fitness class. It's healthy, beneficial, rewarding and most of all, FUN. (You will learn Merengue, Salsa, Cha Cha rhythms and more.)

Instructor: Mary Ellen Meehan

Tuesdays (10 weeks)

Arrowhead Gym

~~7 - 8 p.m.~~

CLASS IS FULL

Cost: \$50/\$45 GOLD CARD

Jan. 24 to April 3

(no class Feb. 21)

8- 9 p.m.

317B



Aquatics

Growing Opportunities

610.489.5000 ext. 15007

www.methacton.org

Membership Information

Membership is required of all participants from age 5 years and above. A membership card will be issued with payment for any aquatic class. Membership is good from September through June.

Membership Fees

\$15 resident, \$20 non-resident

\$35 resident family, \$50 non-resident family

FREE For Gold Card Members

Rules and Regulations

- Proper bathing attire is required to enter the pool.
- All swimmers are encouraged to shower before entering the pool.
- Children who are not toilet trained must wear tight fitting plastic pants or disposable swim diapers.
- Food and beverages are not permitted in the pool area.
- Floatation devices are permitted at the Family Swim.
- Children under age 12 are required to be supervised by an adult at all times.
- Parents are asked to wait in the waiting area during instruction.

Friday Recreational Swim

Splash the night away with family and friends.

Children under 12 must be accompanied by an adult.

Date: Feb. 3 to May. 18

Time: 7:30 - 9:30 p.m.

Instructor: Lifeguard Staff

Cost: \$35.00 Single

\$45.00 Family (2 to 4 people)

\$60.00 Family (5 or more people)

\$5.00 Walk-Ins

Pool Closed Feb. 10, 17, Mar. 30, Apr. 6, 27, May 4

310

Water Aerobics by Aerobic Rhythmics

Get energized and burn calories without taxing your joints. A lively, varied, fun class to increase stamina, strength, and tone. The class is for all ages and fitness levels. Friendly atmosphere. Instructor: Aerobic Rhythmics

Mondays and Wednesdays (8 weeks) Jan. 23 to Mar. 19
(no class Jan. 20) 7:45-8:45 p.m.

Cost: \$70

\$60 GOLD CARD MEMBERS

314

Saturday Swim Lesson Information

Dates: Mar. 3, 17, 24, 31, Apr. 14, 21, May 12, 19

<i>Fees Per Session</i>
<i>\$65—1 Child</i>
<i>\$60- 2nd Children</i>
<i>\$55- 3rd Children</i>

In- person registration and swim placement at the Methacton High School Pool
March 2, 6:30 p.m.—7:30 p.m.

Koala changing tables are available in our locker rooms.

Parents & Tots

Parent must be in the water with toddler.

Toddlers will learn to become water friendly with adult reassurance. Basic water orientation, kicking, floating and introduction to basic swimming skills.

Time 9:00 - 9:30 a.m.

Ages: 12-18 months

311

Learn to Swim Levels 1- 4

Training in Red Cross Basic Swimming under Red Cross Water Safety Instructor's supervision. All students receive a progress report at the conclusion of each session.

Date: Check Schedule Times: 10:30 - 11:00

Cost: Check Schedule or 11:05-11:35

Limit: 15 per level per time

319

319B

Advanced Toddler

These lessons are for children 3 to 5 years of age who are able to learn to swim from an instructor.

Time 10:00 - 10:30 a.m.

318

Parents & Toddlers

Parents must be in the water with toddler. Basic water orientation, kicking, floating and introduction to basic swimming skills, blowing bubbles, and water entry and exit will be practiced. **Time 9:30 - 10:00 a.m.**

Ages: 18-36 months

312

Competitive Edge Swim Program

Keep up with your swimming skills during these five week programs. These programs provide additional opportunities to strengthen your swimming experience.

Session I: February 13 to March 16
Session II: May 7 to June 8

Level 1-Beginner

Beginner—Learn basic skills and drills to swim a lap of the pool. Practice freestyle and learn important skills in order to join a swim team.

Mondays & Wednesdays 5:30 p.m. to 6:30 p.m.

Cost: \$100

Plus Membership Fees

Session I

Session II

930

930B

Level 3- Advanced

Learn more techniques and refine your skills to move up to the elite group.

Mondays thru Thurs. Times: 5:30p.m. to 7:30 p.m.

Cost: \$125

Plus Membership Fees

Session I

Session II

932

932B

Level 2-Intermediate

Intermediate— Do you already know how to swim a lap, but need to refine and practice your skills? Join this group of swimmers who know how to swim but need technique work.

Mondays Thru Thurs. 6:30 p.m. to 7:30 p.m.

Cost: \$100

Plus Membership Fees

Session I

Session II

931

931B

Level 4 –Elite

Advanced— Are you competing in USS Swimming and need some stroke tweaking but also need yardage? This class will focus on perfecting your swimming.

Mondays thru Thurs. Times: 5:30p.m. to 7:30 p.m.

Cost: \$125

Plus Membership Fees

Session I

Session II

933

933B

Kayak

Learn the fundamentals of kayaking with this hands-on experience in a pool environment. Kayaks, paddles and life jackets provided. Bring a bathing suit and towel and indicate on enrollment form if you are an adult or child.

Instructor Craig Andrussier, Great Pond Adventures is PA State and Coast Guard Certified in boating safety. Limited enrollment. Class size is limited to 6, so register early.

Dates: May 1, 8

MHS Pool

Cost: \$40

7:30 p.m.

380

7:30p.m.

380B

SCUBA

Scuba diving allows you to add adventure to your family's vacation and discover the colorful world under the sea. This exciting course will teach you the basics of Scuba diving with state of the art diving equipment supplied by Divers Den North Inc. Trained NAUI instructors will share their experience and prepare you for certification in the sport of Scuba diving. This nine week program consists of classroom lectures and pool sessions each Tuesday night. Participants must have basic swimming ability. We supply all the scuba gear for the pool sessions just bring your bathing suit and towel to the first class. Some additional fees are required for final certification. Contact Divers Den North Inc. for more information at 215-361-8181.

Instructor : Paul Highland

Tuesdays (10 weeks)

Methacton High School Pool

Jan. 24 to April 3

6:30-7:45 p.m.

Water Time: 7:45-9:15 p.m.

Cost: \$160

350

Super Science Sleuthers with Science Explorers

Become a Science Explorers CSI ! For the first half of our club we'll be using forensic techniques to solve the mystery of "Who Done It". Lift fingerprints, complete an analysis of unknown substances, conduct simulated blood testing and use a black light to reveal glowing evidence. See if you'll be the one to crack the case! For the second half of our club you'll be a part of our scientific research team! Which potato chips are the crunchiest? Which cookies have the most chocolate chips? Which bubble gum makes the biggest bubbles? Test these products and more as we use scientific methods to enter the world of quality control!

(10 weeks) 3:40 p.m. -4:40 p.m. Cost: \$145

- full 802 Worcester: Art Room ~~Mondays, Jan. 23 - Apr. 2~~
- 802B Woodland: Art Room Mondays, Jan. 23 - Apr.2
- full 802C Audubon: Art Room ~~Tues., Jan. 24 - April 3~~
- full 802D Eagleville: Art Room ~~Thurs., Jan. 26 - Mar. 29~~
- full 802E Arrowhead: Art Room ~~Thurs., Jan. 26 - Mar. 29~~
- 802F Skyview: Science Room Tues., Jan. 24 - April 3

(3:20 p.m.-4:20 p.m.)

802G - NEW Super Sleuthers at Worcester II - Tues., Jan. 24 - April 3

(no class February 20, 21)

802H - NEW Super Sleuthers at Night! (for grades1-4) - Wed., Feb. 15-April 25
7-8pm at Skyview Room A14

Elementary Engineering

(Grades 4-8)

Students will creatively build and modify machines applying basic engineering principles and using our unique LEGO kits. This is an integrated science and math class.

Mondays (4 weeks) March 5, 12, 19, 26
Skyview: Media Center 3:20 - 5:20 p.m.
Cost: \$100

803

When it is necessary to cancel Methacton Community Education Program classes in the case of inclement weather, a cancellation notice will be posted on the district's website at www.methacton.org.



Design 3D Video Animations

(Grades 7th & 8th)

Children in 7th – 8th grades will learn how to create their own 3D video w...ld however they wa... will be chosen...e children will love how creative they can be with 3D in this advanced course. Computer Explorers

CANCELED

Thursdays (10 weeks) January 26 to March 29
Arcola Computer Library 3:00 - 4:00 p.m.
Cost: \$125

806

Yoga for Kids (7 to 12 years old)

Is your child interested in practicing yoga? then this is the class for you! Many interesting yoga poses will be taught through interactive games and activities. No prior yoga experience is required.

Materials needed: yoga mat and water bottle

Instructor: Stefania Davidsee

Mondays , March 5, 12, 19, 26
Arrowhead OT Room 3:45 - 4:45 p.m.

Cost: \$40

807

Create Your Own Video Game

(Grades 5th & 6th)

Children will have fun and success as they creatively design, build and edit...action will take pla... in the action a... manipulate characters and scenes. Computer Explorers

CLASS IS FULL

Wednesdays (10 weeks) January 25 to March 28
Skyview, \$105 3:20 - 4:20 p.m.
Cost: \$125

805

Chess

Play and learn about chess from the Silver Knights chess coaches! Our coaches are highly rated professional chess instructors who have taught tens of thousands of children to play, many of whom have won state and national championships. Students are broken up into groups by skill level, so we accept anyone from total beginners up through experienced and highly-rated tournament players. Activities include learning openings, tactics, endgames, studying master games, playing rated games against fellow students and analyzing the students' games. For more information, see our website at www.silverknightschess.com.

(10 weeks) 3:40 -4:40 p.m. Cost: \$120

- 801 Audubon: Library, Mondays, Jan. 23 - Apr. 2
- 801B Arrowhead: Library. Tuesdays, Jan. 24 - Apr. 3
- 801C Eagleville: Library, Wednesdays, Jan. 25 -Apr. 4
- 801D Worcester: Library, Thursdays, Jan. 26- Mar. 29
- 801E Skyview: Library , Thursdays, Jan. 26-Mar.29

Registration Information

Growing Opportunities

610.489.5000 ext. 15007

www.methacton.org

- To register by mail, complete the registration form in this brochure and mail it with your check or credit card information to the community education office.
- **NEW! Online registration is now available at www.methacton.org on the community education page.**
- **A convenience fee of \$5 will be added to your total to process credit card payments.**
- Please include a separate check for each class selection.
- Registrations will be accepted in the order they are received and payment must accompany registration.
- Confirmation will be sent via email. No confirmation will be mailed, unless a self addressed, stamped envelope is enclosed.
- Fees are NOT refundable unless the class is cancelled.
- Classes will only be offered with sufficient enrollment.
- School closings due to inclement weather, All evening programs are cancelled.
- Gold Cards are available to residents more than 60 years old. Please include a copy of your driver's license showing proof of residence and age.
- The Community Education Program is under the auspices of the Methacton School District, is self-supporting, and is a not-for-profit organization.

REGISTRATION FORM– Winter 2012

**Mail to: Methacton School District, Community Education
1001 Kriebel Mill Road
Eagleville PA 19403
Phone: 610-489-5000**

Name _____ Date: _____
 Address _____ City _____ Zip _____
 Home Phone _____ Cell _____ Office _____
 Email address _____

Participant(s)	Course #	Course Title	Date	Time	Regular Fee	Gold Card Fee

Cash ___ Check ___ **Payable to MSD** Credit Card ___ VISA/ MC +\$5 convenience fee



CC # _____ - _____ - _____ - _____

Exp _____ CID # _____ Name as it appears on credit card _____

I, the undersigned, release the Methacton School District from any and all liability for injury or property damage that I or my child may suffer or sustain by reason of the use of the school buildings and their entrances or exits, the equipment for facilities, or as a result of my participation or my child's participation in any Community Education program. Any photos of me participating in classes or activities can be used for promotional uses by the district.

Signature of Adult Participant or Parent/Guardian _____
 _____ Date _____

FOR OFFICE USE ONLY

Payment Method:
 Cash _____ Amount: _____
 Credit Card: _____ Plus \$5 _____
 Check#: _____ Amount: _____
 Initials: _____ Date entered: _____

**Community
Education
Program**



Methacton
SCHOOL DISTRICT

1001 Kriebel Mill Road
Eagleville, PA 19403-1047

**NON-PROFIT
ORGANIZATION**

**U.S. POSTAGE
PAID**

**SOUTHEASTERN, PA
Permit No. 6524**

**Methacton School District
Board of School Directors**

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Methacton School District

Dr. Timothy Quinn, Superintendent
Janeen Marzewski, Program Coordinator
Kathy Kifer, Program Assistant

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Community Education Program classes in the case
of inclement weather, a cancellation notice will be
posted on the district's website at
www.methacton.org.**

The Methacton School District Board of School Directors is committed to use of school facilities by the community it serves. The Methacton School District Community Education Program is one way that we strive to accomplish that goal. The program is designed to offer a host of cost effective, interesting enrichment programs for individuals of all ages, while fostering a love of life-long learning. The program is, whenever possible, self-supported. If you have any questions about the program, have an idea for a class, or would like to become an instructor, please contact the community education office at 610.-489-5000, ext. 15007.