



Penn-Trafford Adult Education Volunteers Serving the Community Winter 2010 Class Schedule

www.ptae.org

Monday

ZUMBA EXERCISE DANCE 6:00-7:00 -8 weeks
**** Class begins on Monday, January 4 ****

Zumba is the best dance and workout routine you will ever do. Zumba is a fusion of Latin and International music. The routines feature aerobic/fitness, interval training with a combination of fast and slow rhythms that tone and sculpt your body. Anyone young, old, or in between can catch the Zumba fever. Certified instructor will help you follow the easy steps like the meringue, salsa, cumbia, mambo, samba and flamenco. You don't have to know how to dance; the only requirement is to have "fun"

LIMIT: 35
 INSTRUCTOR: Leisa Maghery CLASS FEE: \$20.00
 CLASS REP: Devra Cherrone Trafford Middle School

ZUMBA EXERCISE DANCE 7:15-8:15 p.m. - 8 weeks
*** Class begins Monday, January 4 ****

Zumba is the best dance and workout routine you will ever do. Zumba is a fusion of Latin and International music. The routines feature aerobic/fitness, interval training with a combination of fast and slow rhythms that tone and sculpt your body. Anyone young, old, or in between can catch the Zumba fever. Certified instructor will help you follow the easy steps. You don't have to know how to dance; the only requirement is to have "fun".

LIMIT: 35
 INSTRUCTOR: Leisa Maghery CLASS FEE: \$20.00
 CLASS REP: Devra Cherrone Trafford Middle School

Tuesday

CARDIO STEP AND TONE 6:30-7:30 p.m. - 8 weeks
**** Class begins Tuesday January 5 ****

Come join us for a mix of aerobic and step moves combined with weights designed to increase muscle and cardio fitness for a total body work out. Please bring a step, 3-5 lbs. weights and a mat.

LIMIT: 20
 INSTRUCTOR: Amy Hedfors CLASS FEE: \$16.00
 CLASS REP: Anne Boro Sunrise Elementary School

YOGA MOVES 6:15-7:30 p.m. -8 weeks
**** Class begins Tuesday, January 5 ****

De-stress, become more flexible and work out at your own level in this calm atmosphere. From breathing exercises to strength work, we combine gentle yoga with some active moves to leave you feeling rejuvenated! Appropriate for all levels of fitness. Please bring a mat if you have one.

LIMIT: 25
 INSTRUCTOR: Mary Beth Kellogg CLASS FEE: \$20.00
 CLASS REP: Gini Newell Level Green Elementary

**WATER AEROBICS/
 STRENGTH TRAINING 6:30-7:30 p.m. - 8 weeks**

****Class begins Tuesday, January 5 ****

Shallow and deep water exercises. Good cardiovascular workout and muscle toning.

LIMIT: 20
 INSTRUCTOR: Lisa Yauger CLASS FEE: \$18.00
 CLASS REP: Norma Ludwig High School Pool

**WATER AEROBICS/
 STRENGTH TRAINING 7:30-8:30 p.m. - 8 weeks**

****Class begins Tuesday, January 5 ****

Shallow and deep water exercises. Good cardiovascular workout and muscle toning.

LIMIT: 20
 INSTRUCTOR: Lisa Yauger CLASS FEE: \$18.00
 CLASS REP: Norma Ludwig High School Pool

Thursday

BODY SCULPTING 6:30-7:30 p.m. - 8 weeks
**** Class begins Thursday, January 7 ****

Tone upper and lower body with this total body sculpting workout. Designed to build lean muscle and burn fat.

Please bring a mat or towel, water bottle, resistance band and 3-5 lb. weights.

LIMIT: 28
 INSTRUCTOR: Amy Hedfors CLASS FEE: \$16.00
 CLASS REP: Barbara Tray Sunrise Elementary

REGISTRATION INFORMATION

PLEASE READ CAREFULLY

Registration Dates

Registration ends one week before the class begins unless otherwise noted. Classes begin as noted in the class description.

How do I Register?

- Complete a separate registration form (found in this brochure) for each class for which you want to register and for each person being registered. If you need additional forms, please make copies.
- For each class you are registering for, enclose a check or money order for the "class fee" noted in the description made payable to Penn-Trafford Adult Education or PTAE. Please do not combine amounts for different classes into one check. If you are a non-resident of the Penn-Trafford School district, the class fee is \$3.00 over the regular fee.

- If the class has a materials fee noted in the description, include a separate check or money order with your registration made payable to the instructor.

- For each class, mail the registration form and check(s) to the class representative shown in the class description, so that it is received no later than the registration deadline noted above. Addresses for the class representatives are listed in this brochure.

DO NOT call or send your registration form to the administration building of the Penn-Trafford School District. Registration forms MUST be sent to the appropriate class representative to ensure enrollment in class.

Registrations are filled in the order received. Some class sizes are limited. No discounts are honored.

Who Can Take the Classes?

Classes are for adults who are residents or non-residents of the Penn-Trafford School District. Non-residents pay a higher class fee, which is \$3 above the regular fee.

Students in grades 9-12 may enroll with written permission of their parents. Children are not permitted to accompany parents or teachers to classes.

Am I in the Class?

The class will be held, and you are in the class unless you are notified by the class representative to the contrary. Simply report to the class, at the location listed in the class description, on the first night.

Classes may be canceled if they do not meet minimum enrollment. You will be contacted if the class is canceled. Checks for canceled classes will be destroyed. No refunds will be made after the registration deadline.

There are NO REFUNDS for missed classes.

School Rules

Except where noted, all classes are held in Penn-Trafford School buildings. Smoking is NOT permitted in the school buildings.

Adult education classes will **NOT MEET** when school is not in session. Class hours will be adjusted by mutual agreement between the instructor and students.

The Penn-Trafford School District does not carry insurance to cover the medical costs of participants in the adult education program. All participants enter the programs at their own risk.

Doors will only be opened 10 minutes before your class is to begin. Please be prompt, as doors will be locked after class starts!

Class Representatives

Devra Cherrone, Chairperson/Publicity
314 Country View Drive, Irwin, PA 15642
724-744-2303

Gini Newell, Vice Chairperson / Co-Brochure Coord.
129 Painter Street, Trafford, PA 15085
412-372-7542

Anne Boro
101 Yeagers Lane, Irwin, PA 15642
724-744-3283

Norma Ludwig
1 Sandy Drive, Jeannette, PA 15644
724-744-2619

Barbara Tray
6011 Brookside Drive, Export, PA 15632
724-733-7593

* REGISTRATION FORM*

Please complete one registration form and enclose one set of checks (class fee and materials fee if applicable) for each separate class.

Make check for the "class fee" payable to **Penn-Trafford Adult Education** or **PTAE**, unless otherwise noted in the class description. Make the check for the "materials fee" out as indicated in the class description.

I hereby waive the Adult Education Program and the Penn-Trafford School District from any responsibility if I should sustain injury during my class.

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Resident _____ Non-Resident _____ HS Student _____

Class: _____

Class Begins: Day of Week: _____

Date: _____ Time: _____

Class Fee: _____ Materials Fee: _____

Non-Resident Fee: _____ (\$3.00)

Location: _____