



Penn-Trafford Adult Education Volunteers Serving the Community Winter 2012/13 Class Schedule

www.ptae.org

Monday

ZUMBA EXERCISE DANCE 6:30-7:30 p.m. – 8 weeks
**** Class begins Monday, January 7 ****

Zumba is the best dance and workout routine! It 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. A certified instructor will help you follow the easy steps like the meringue, salsa, cumbia, mambo, samba and flamenco. No matter your age, catch the Zumba fever!
 LIMIT: 35
 INSTRUCTOR: Leisa Maghern CLASS FEE: \$24.00
 CLASS REP: Devra Cherrone Penn Middle School

Tuesday

**WATER AEROBICS/
STRENGTH TRAINING 6:30-7:30 p.m. – 6 weeks**
**** Class begins Tuesday, January 8 ****

Shallow and deep water exercises. Good cardiovascular workout and muscle toning.
 LIMIT: 23
 INSTRUCTOR: Michelle Kozubal CLASS FEE: \$18.00
 CLASS REP: Penny King High School Pool

Wednesday

**GLIDING AND SCULPTING
WORKOUT 6:00-7:00 p.m. – 6 weeks**
**** Class begins Wednesday, January 9 ****

These exercises help you firm, tone, and build long, lean muscles. There will be ½ hour of gliding with cardio and ½ hour sculpting with weights. Your outer thighs will burn and you will see results within weeks, if you stay focused on your workout. Gliding discs, which will be provided, simply add a different kind of intensity. You choose the weight you feel comfortable with. Bring a mat, weights, and a water bottle.
 LIMIT: 25
 INSTRUCTOR: Cathy Sudo CLASS FEE: \$18.00
 CLASS REP: Anne Boro McCullough Elem. School

**ONE MINUTE INTERVAL
TRAINING 7:00-8:00 p.m. - 6 weeks**
**** Class begins Wednesday, January 9 ****

You will use resistance bands and free weights while you do one minute intervals, but NO jumping is involved. This will tone your lower/upper body and core. Come prepared to try sculpting and do standing abdominal work. You will not get bored with this ever changing class. Please bring weights and bands of your choice.
 LIMIT: 25
 INSTRUCTOR: Cathy Sudo CLASS FEE: \$18.00
 CLASS REP: Anne Boro McCullough Elem. School

ZUMBA EXERCISE DANCE 6:30-7:30 p.m. – 8 weeks
**** Class begins Wednesday, January 9 ****

Zumba is the best dance and workout routine! Please see complete description for Monday's Zumba class.
 LIMIT: 25
 INSTRUCTOR: Leisa Maghern CLASS FEE: \$24.00
 CLASS REP: Devra Cherrone Penn Middle School

Thursday

YOGA 7:00-8:00 p.m. – 8 weeks
**** Class begins Thursday, January 10 ****

This class builds strength and flexibility by focusing on good posture in each pose. Class is suitable for all levels and especially for beginners, seniors and men. Bring a mat. Blocks, a strap and a heavy blanket or towel are highly recommended.
 LIMIT: 24
 INSTRUCTOR: Ruth Abt CLASS FEE: \$24.00
 CLASS REP: Gini Newell Warrior Center

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 \$4.00 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. Materials Fee is non-refundable.

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 \$4 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

Penny King, Treasurer
5015 Bushy Run Road, Jeannette, PA 15644
724-523-8931

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

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: _____ (\$4.00)

Location: _____

Learning Never Ends
