

# Perkiomen Valley School District Community Education Brochure Late Spring/Summer 2012

# **Swimming & First Aid**

#### SUMMER SWIM LESSONS

For child(ren) ages 6 months to 3 years who will be accompanied in the water by a parent. All classes are 30-minute sessions. **Registration is on a walk-in basis only.** No mail or email registrations will be accepted as each child needs to be tested for the appropriate level. Please bring bathing suit and towel in order to be tested.

Level 1: Tadpole—Beginner

Level 2: Tuna—Advanced Beginner

Level 3: Starfish—Intermediate

Level 4: Seahorse—Advanced Intermediate

Level 5: Swordfish—Advanced I

Level 6: Marlin-Advanced II

Level 7: Competitive Diving Instruction

Level 8: Adult Swimming Improvement

Level 9: Parent and Child

## **Registration Location**

PV High School Pool Back Entrance Door **\*V.\***Follow the driveway past the new gym to the parking lot toward the back of the building.

#### **Registration Dates**

Saturday, 5/19/12 8:30 am to 12:30 pm Monday, 6/4/12 6:00 to 8:00 pm Monday, 6/11/12 6:00 to 8:00 pm

# First \$ession-7/2/12 to 7/6/12 (no class 7/4/12)

**Times:** 12:30-1 pm, 1:05-1:35 pm, 1:40-2:10 pm, 2:15-2:45 pm

**Cost:** \$35 (Private-\$65)

## \$econd \$ession-7/9/12-7/13/12

**Times:** 12:30-1 pm, 1:05-1:35 pm, 1:40-2:10 pm, 2:15-2:45 pm **Cost:** \$43.50 (Private-\$82.25)

#### Third Session-7/16/12-7/20/12

**Times:** 12:30-1 pm, 1:05-1:35 pm, 1:40-2:10 pm, 2:15-2:45 pm

Cost: \$43.50 (Private-\$82.25)



#### Fourth \$ession-7/23/12-7/27/12

**Times:** 12:30-1 pm, 1:05-1:35 pm, 1:40-2:10 pm, 2:15-2:45 pm **Cost:** \$43.50 (Private-\$82.25)

# **FAMILY SWIM & ADULT LAP SWIM**

Fridays—7:00 to 9:00 pm to 6/8/12 \$aturdays—1:00 to 3:00 pm to 6/9/12 Cost: \$3/child (ages 3-17) or \$5/adult (over 18) No Family \$wim 4/6, 4/7, 5/25 & 5/26/12

# **CHILDREN'S BIRTHDAY PARTIES**

# Available during Family Swim through 6/9/12

Cost: \$7/person

Tables will be available in the main hallway outside the pool for your child's celebration. Food and drinks will not be provided, but may be brought. No food is permitted in the pool area. Pre-registration is required.

For more information or for available dates, please contact Fran Wieber at fewiebs@comcast.net.



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# Swimming (continued from page 1)

## **STROKE-N-TURN CLINIC**

All four competitive strokes, starts, and turns will be taught by qualified personnel. Emphasis will be placed on proper stroke technique.

When: Mondays/Wednesdays/Fridays, 4/23/12 to 5/4/12

Mondays through Thursdays, 5/7/12 to 5/24/12

Time: 5:15 to 6:30 pm Where: PVHS Pool

Cost: \$80

**Notes** The first two weeks, the clinic will meet Mondays, Wednesdays, and Fridays due to the Middle School water polo clinic. Beginning on May 7, 2012, the clinic will run Mondays through Thursdays.

## **SCUBA**

Learn how to dive before your next vacation. Participants must be 10 or older.

**When:** Wednesday, 5/2/12, and Thursdays 5/10/12, 5/17/12, 5/31/12 and 6/7/12 (Certification dates to be announced later)

Times 8:15 to 10:00 pm on 5/2/12, 7:00 to 10:00 pm the rest of the

**Instructor:** Brett Galambos

Where: PVHS Room 139 and Pool

**Cost:** \$225 (includes books, DVD, certification card, rental of scuba equipment)

### CONDITIONING

This program is for competitive swimmers who want to continue training to be prepared for the summer competitive season. Daily training workouts by PVAC coaches will help build endurance and stamina.

When: Monday through Thursday, 4/10/12 through 5/24/12

Time: 6:30 to 7:30 pm Instructor: Fran Wieber Where: PVHS pool

**Cests** \$100 for entire season or \$5 per day (payable at the door). Ten coupons can be purchased for \$45 in lieu of cash at the door. For more info, contact Fran Wieber at fewiebs@comcast.net

#### CPR/AED ADULT, CHILD & INFANT TRAINING

Learn how to perform cardiopulmonary resuscitation and use an automated external defibrillator. Upon successful completion of BOTH classes, participants will receive certification in CPR/AED Adult and Pediatrics.

When: To be announced on Community Ed webpage Time: To be announced on Community Ed webpage

Instructor: Fran Wieber Where: PVHS Room 138

Cost: \$75

# **WATER POLO CLINIC**

This co-ed summer water polo clinic for boys and girls in grades 6-9 is a great opportunity to learn the game from coaches and players.



No prior water polo experience is needed, but players should be able to swing 25 yards and tread water for one minute. Space is limited.

When: Mondays-Fridays, 7/16/12-7/20/12

Time: 2:30 to 4:30 pm Instructor: Kate Klinger Where: PVHS pool Cost: \$70 per player

# RANGER AOUATIC AND SCUBA CAMP

Learn different aquatic safety techniques while trying fun water activities. Activities include scuba, snorkeling, basic Red Cross water safety and rescue skills, first aid/CPR/AED (no certifications given), and kayaking at Lock 60 Mont Clare. Each day a new activity will be introduced with practice of each skill in the pool. Our final day will be at Lock 60 for a full camp day kayaking the Schuylkill River canal system. Each camper is provided with their own personal mask and snorkel to take home at the end of their full-week excursion. Basic water comfort and swimming skill a must to sign up for this class. (Ages 10-14)

**When:** 7/23/12 to 7/27/12 **Time:** 10:00 am to 4:00 pm

**Instructors:** Fran Wieber and Brett Galambos

Where: PVHS Pool

**Costs** \$285.00 (includes kayak rental, safety gear, scuba equipment rental and tank fills, and take home mask/snorkel combo)

# **AOUASIZE**

An energetic class designed to burn calories, increase endurance, build strength, and tone your body — all of this without taxing your joints. This class is for men and women, all ages and fitness levels. You do not need to be a swimmer to take this class. You will see great results while having fun in the water. Please bring a towel to class.

When: Tuesdays and Thursdays, 5/1/12 to 6/14/12

**Time:** 7:45 to 8:45 p.m.

**Instructor:** Aerobic Rhythmics

Cost: \$70

# Four Ways to Register:

# By Mail:

 Complete the registration form and mail it with your check or money order (payable to PVSD) to 3 Iron Bridge Drive, Collegeville, PA 19426, or bring it in person to the District Office at the same address.

### **Online:**

 Registrations will also be accepted online at <u>www.pvsd.org</u>. Go to the Community Education link and click on ONLINE REGISTRA-TION. At this time, payment must still be mailed or dropped off at the District Office.

#### In Person:

 Complete the registration form and bring it with your check or money order (payable to PVSD) to 3 Iron Bridge Drive, Collegeville, PA 19426, or bring it in person to the District Office at the same address.

# **By Phone:**

 Call our office at (610) 489-8506, ext. 1125, to reserve a place in a class (your registration isn't complete until we receive payment).

#### The Details:

- Registrations will be accepted in the order in which they are received and payment must accompany registration.
- Classes will only be offered with sufficient enrollment. Fees are
   NOT refundable unless the class is cancelled.
- Once you send in your registration, there will be no formal notification or receipt issued unless the class is cancelled. Your check will not be cashed until we are certain the class you have registered for is running.
- If schools are closed, or have an early dismissal due to inclement weather, all Community Education classes are cancelled. If schools are open, but weather conditions worsen during the day, please visit the web site <u>www.pvsd.org</u> or listen to local television and radio stations for our number—317.
- Classes will take place on teacher in-service days, but not on holidays.
- Perkiomen Valley School District residents age 60 and over are welcome to join the district's Gold Card Club, and enroll in many of our classes at a savings of 50%, unless otherwise noted. To apply for a Gold Card or to learn more information about its benefits, call (610) 489-8506, or visit the District Office at 3 Iron Bridge Drive, Collegeville. Proof of age is required. A registration form can be found on page 5.
- Classes are designed for adults, 18 years and older, unless otherwise specified.
- PVSD employees can enroll in any program/class for a 10% discount.

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# Registration Form

Mail to: PVSD Community Education Program 3 Iron Bridge Drive, Collegeville, PA 19426 Make checks payable to "PVSD"

Your Name	
Street Address	
City, State, ZIP	
Email Address	
Home Phone	
Participant Name	

Courte Name	Fee \$
Total Fee Due	

Payment Information:	
Check #	Date:

Please note that fees are <u>NOT</u> refundable unless the class is cancelled!

# **PERKIOMEN VALLEY SCHOOL DISTRICT**

3 Iron Bridge Drive · Collegeville, PA 19426 · (610) 489-8506 · communityed@pvsd.org

BOARD OF \$CHOOL DIRECTOR\$

Lynn Bigelow, President Lori Snyder, Vice President Gerry Barnefiher Randy Bennett John King Diane Landes
Ann Mantey
Capt. Sam Schweigert
David Warren
Dr. Clifford L. Rogers, Superintendent

# **COMMUNITY EDUCATION STAFF**

Jessica Lester, Manager, School & Community Engagement Cheryl Leh, Secretary

# **Sports & Exercise Programs**

# **INDOOR GOLF CLINIC**

Learn the game of golf from beginning. If you are new to the game, this class will prepare you with the correct fundamentals. If you are a veteran, it will work to correct bad habits and create a better game for you. Wear rubber-



soled shoes and comfortable clothes, and bring a 7 iron to the first class.

**When:** Thursdays, 4/12/12 to 5/17/12

Time: 7:00 to 8:00 pm

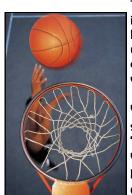
Where: Evergreen Elementary School, Gym

**Instructor:** Tom Dodds

Cost: \$90

Cost: \$65

## MEN'S ADVANCED BASKETBALL



This program calls for the participant to be in good physical shape and to have a good knowledge of the game. Teams are made up of 5, 6, or 7 players. The games are full court and highly competitive. These are 10-week sessions.

When: Tuesdays, 4/24 to 6/12/12 (8 week-sessions)

Time: 6:30 to 8:30 pm

Where: PV Middle School East Gym

Instructor: Dick Weinstein

Cost: \$50/session

# **ADULT VOLLEYBALL**

This adults-only program combines Intermediate and Power Volleyball into one! Focus is on the development of volleyball skills and techniques as a group. For more information you may contact the instructor, Eric at (610) 489-6541. This program will run continuously throughout the school year.

When: Wednesdays, currently through 6/20/12

Time: 7:00 to 10:00 pm

Where: PV Middle School East Gym Instructor: Eric Hundertmark Cost: \$150/year or \$5/night

# THE PERKIOMEN VALLEY SCHOOL DISTRICT COMMUNITY EDUCATION PROGRAM MISSION

It is the mission of the Perkiomen Valley Community Education Program to encourage parent and community involvement in public education, to promote activities that address community needs, and to facilitate the use of district facilities for the greater good of the community.

# **SUMMER TENNIS CAMPS**

Camps are offered for ages 4 to adult. Please click here for a separate flyer about dates, times and clinic descriptions.

When: Camps run from 6/25/12 through 8/10/12
Time: Various
Where: PVHS Tennis Courts

Instructor: Jennifer Dixon
Costs: \$70 per 1-hour session,

\$105 per 1.5-hour session



# PRIVATE GROUP TENNIS LESSONS

Customize your own small group lessons this spring with instructor and tennis coach Jennifer Dixon. All levels and ages are welcome. Times and availability are limited. For more information contact Coach Dixon at 484-902-8456 or email at jdixon@pvsd.org.

Costs \$50 per hour

# **ZUMBA — JOIN THE PARTY!**



The zumba program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements — creating a dynamic, exciting, exhilarating and effective fitness system. A zumba class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique, blended balance of cardio and muscletoning benefits. Students should wear comfortable clothing and sneakers. You may also want to bring a towel and water.

**When:** Wednesdays, 5/9/12 to 6/27/12 **Time:** 7:30 to 8:30 pm

Where: Evergreen Elementary School
Instructor: Casey Kolunie, licensed instructor
Cost: \$80



# WANT EMAIL UPDATES ABOUT COMMUNITY ED PROGRAMS?

Occasionally, we post updates about new programs and classes that are added later in the year. If you would like to receive email updates from us, please <u>click here</u> to provide us with your email address.

# Workshops

# **LONG-TERM CARE PLANNING**

Americans are living longer than ever before. With a long life, medical needs may increase. The chance that an individual will

someday need long term care is substantial. This class will discuss common misconceptions of long term care, as well as ways to pay for care. Note: This class is geared towards ages 45-65. (2 sessions)

**When:** Tuesdays, 5/8/12 & 5/15/12

Time: 6:30 to 7:30 pm

Where: Evergreen Elementary School,

Lounge

Instructor: April Heisler, Financial

Specialist **Cost:** \$25



# SAVVY SOCIAL SECURITY PLANNING — WHAT BABY BOOMERS NEED TO KNOW TO MAXIMIZE RETIREMENT INCOME

After being told for years that Social Security is "going broke," Baby Boomers are realizing that it will soon be their turn to collect. But the decisions made now can have a tremendous impact on benefits received over a lifetime. This informative workshop covers the basics of Social Security and reveals strategies for maximizing benefits.

**When:** 5/15/12 **Time:** 6:30 to 9:30 pm **Where:** PVHS, Room 137

Instructors John J. Crowley of Stonehenge Advisor Group, LLC

**Cost:** \$30

# SAVVY MEDICARE PLANNING — WHAT BABY BOOMERS NEED TO KNOW TO MINIMIZE MEDICARE COSTS

With 10,000 Baby Boomers retiring every day, there is a strain on the Social Security Trust and Medicare subsidies are going away as a result of the health care reform act. This will have a major impact on how much retirees pay for their health care. This informative workshop covers the basics of Medicare planning and reveals strategies for maximizing benefits while minimizing costs.

**When:** 5/16/12 and 5/17/12 **Time:** 6:30 to 9:30 pm **Where:** PVHS, Room 137

Instructor: John J. Crowley of Stonehenge Advisor Group, LLC

Cost: \$60

#### SEPARATION & DIVORCE: YOUR LEGAL RIGHTS

Confusion. Fear. Anger. Depression. Anxiety. These are normal emotions for someone who is considering separation or divorce. During separation and divorce, couples must make some of the most important decisions in their lifetime. An Alpha Center Attorney-Mediator will discuss and offer clarity on many of the legal, financial, and practical matters that must be considered by both individuals. This informational class will also discuss divorce mediation as an alternative to litigation. **Class minimum 5.** 

When: Tuesday, 6/5/12
Time: 7:00 to 9:00 pm
Where: PV Middle School West, LGI
Instructor: Alpha Resource

Cost: \$50

## ON THE ROAD DRIVER'S EDUCATION

Attention all junior and senior students living in the Perkiomen Valley School District. If you are presently taking or have taken the classroom theory Driver's Education Course, we are offering the onthe-road course. This course includes 6 hours of on-the-road driving plus the Pennsylvania State Driver's Test. Lessons are scheduled after school, Saturday mornings, and throughout the summer at the Perkiomen Valley High School. For more information about the On the Road Driver's Education Course, please contact Cheryl Leh at (610) 489-8506, ext. 1125, or email cleh@pvsd.org.

When: Currently scheduling for July/August Where: PV High School
Cost: \$325

A DETAIL

# PVSD GOLD CARD APPLICATION

Name	
Street Address	
City, State, ZIP	
Email Address	Telephone Number
Date of Birth	ID/Proof of Age

Perkiomen Valley School District residents age 60 and over are welcome to join the school district's Gold Card Club and enroll in many of our classes at a savings of 50%.

To apply for a Gold Card, please bring this application along with proof of age (driver's license, Social Security card, or PA I.D.) to Perkiomen Valley School District, 3 Iron Bridge Drive, Collegeville, PA 19426.

For more information, please call (610) 489-8506, extension 1125, or email communityed@pvsd.org. Thank you!

# 6

# Arts and Music for Kids and Adults

## INTRODUCTION TO STRINGS

This week is designed for current second- or third-grade students who are thinking about starting a stringed instrument in the fall. Students will have 45 minutes a day in small group lessons.

**When:** 7/23/12 to 7/27/12 **Time:** 10 am, 11 am or 3 pm

Where: Perkiomen Valley Middle School East

Instructors: Stan Yoder, Elizabeth Burns and Deb Chrisman

Cost: \$40

## **PUSD ORCHESTRA ACTIVITY WEEK**

For students in grades 3-8, this program will include group instruction, a preview of some music that is performed in orchestra, tips for practicing and more. The week will culminate with a performance for parents.

When: 7/23/12 to 7/27/12

Time: 1 to 5 pm

Where: Perkiomen Valley Middle School East

Instructors: Stan Yoder, Elizabeth Burns and Deb Chrisman

Cost: \$80

### INTERMEDIATE PHOTOGRAPHY

Learn in-depth skills for photographing people, flowers, sporting events, and more. This course includes a Saturday field trip to Elmwood Zoo on Saturday, 5/12 and a night trip on 5/8, plus a photo assignment each week for "how to" experience. Your photos will be critiqued the following week in terms of lighting, composition, and camera technique. Students must have a 35mm camera, a digital camera, or a point & shoot 35mm camera with a zoom lens. A tripod is also suggested.

When: Tuesdays, 4/17, 4/24, 5/1, 5/8, 5/12, & 5/15/12

Time: 6:30 to 8:30 pm

Where: PV High School, Room 132

Instructor: Lou Liguori

**Cost:** \$60

## **ANIMATION AND GAME PROGRAMMING**

During four days, students in grades 3-5 will learn the basics of the computer program Scratch, allowing them to create animations and simple games. Scratch is programming language which was developed by the Lifelong Kindergarten Group at the MIT Media Lab. The program makes it easy to create interactive animations and games. Additionally, each day students will be provided with a healthy snack and playtime outside.

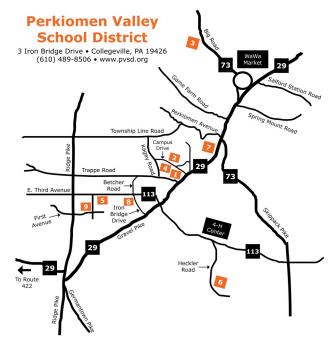
When: 7/9/12 to 7/12/12 or 7/16/12 to 7/19/12

Time: Session 1, 8:30 to 11:30 am or 12:30 to 3:30 pm

Where: Schwenksville Elementary School

**Instructor:** Walt Silver

Costs: \$75



1	Perkiomen Valley High School 509 Gravel Pike
	Collegeville, PA 19426
2	Perkiomen Valley Middle School East 100 Kagey Road
	Collegeville, PA 19426
3	Perkiomen Valley Middle School West 220 Big Road
	Zieglerville, PA 19492
4	Evergreen Elementary School 98 Kagey Road
	Collegeville, PA 19426
5	South Elementary School 200 East Third Avenue
	Trappe, PA 19426
6	Skippack Elementary School 4081 Heckler Road
	Collegeville, PA 19426
7	Schwenksville Elementary School 55 Second Street
	Schwenksville, PA 19473
8	District Administrative Offices 3 Iron Bridge Drive
	Collegeville, PA 19426
9	Trappe Building 29 East First Avenue
	Trappe, PA 19426



Interested in teaching your own course? Contact Jessica Lester, <u>ilester@pvsd.org</u>, or at (610) 489-8506, ext. 1142, to propose a new class for the PVSD Community Education program.