

# Haverford Township Adult School



*Spring  
2013*



Registration Begins:  
**Wednesday, January 9**

Classes Begin:  
**Tuesday, February 19**

For information Call:  
**610-446-8022**



*Like us on Facebook*

[www.haverfordadultschool.org](http://www.haverfordadultschool.org)

P.O. Box 806  
Havertown, PA  
19083-0806



Haverford Township Adult School

***Learn, Grow, Connect!***

## Support Haverford Township Adult School

Haverford Township Adult School is an independent, non-profit organization and is not affiliated with or funded by The Haverford Township School District. Course fees provide our sole source of income to cover faculty compensation, facility charges, production and mailing of brochures, and all other operating expenses.

If you wish to join our elite group of donors and make a contribution to the future of adult education, please go to our website:

**[www.haverfordadulthoodschool.org](http://www.haverfordadulthoodschool.org)**

or see our registration form on page 17 of this brochure. Your donation will help keep the cost of our classes at an affordable price and allow us to continually expand our offerings.

### Community Sponsors

Haverford Township Adult School (HTAS) is deeply honored to have the support of the following Community Sponsors.

- **Comcast Internet Service**
- **Beneficial Bank,  
West Township Line Road**

### Individual Donors

HTAS wishes to thank the many individual donors who make us the beneficiary of their generosity and good will.

We hope to expand our partnership with more donors in the future, making it possible to continue our dedicated work to help everyone  
*Learn...Grow...Connect!*

### HTAS congratulates the Haverford Township Civic Council

on the success of the 2012 Music Festival and thanks them for their generous technology grant.



**Like Haverford  
Township Adult School  
on Facebook**

## Administration and Board

### Officers

**President:** Lynne Warshaw  
**Vice-President:** Mary Bear Shannon  
**Treasurer:** Sean Murphy  
**Secretary:** Rosemarie Colantuono

### Administration:

**Coordinator:** Barbara Harrison  
**Building Coordinators:** Frank Batt,  
Marcia Wiker  
**Secretary/Registrar:** Martha Drew,  
Lee Cardinale

### Board of Directors

Lynn Beckwith  
Eileen Belmont  
Janet Boccella  
Annette Cannistraci  
Mary Catherine Dabrowski  
Ginny Girard  
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Annette Pennoni  
Candice Polsky  
Jim Seagrave-Daly  
Joyce Tilli  
Adam Weinstein  
Anne Weisbord  
Marcia Wiker

### Advisors

Bill Alvini      Stuart Leibowitz

### *We wish to thank Suzanne Betz*

who, after 37 years of dedicated service, retired from the Haverford Township Adult School Board of Directors this year.

## Mission Statement

**The mission of the Haverford Township Adult School** is to provide quality education, information, community development and recreation programs that are convenient and affordable. Our programs reflect developing values and needs of a diverse community in a changing world. We serve adults from all backgrounds and educational levels. Participants from all communities are welcome. The Adult School strives to offer programs that enrich personal and professional development, as well as a sense of community spirit and participation.

# Office Location

Visit us at our office

## Havertown Center

(former Brookline School)

1105 Earlington Road, Havertown

610-446-8022

### Walk-in hours:

**Monday – Friday,**

**10:30 AM-1:30 PM**

**Starting Wednesday, January 9  
through Friday, March 1**



## General Information

The **ONLY** number to call for Adult School information is **610-446-8022**. **Starting Wednesday, January 9 – Friday, March 1**, you may call the registrars weekdays from **10:30 AM - 1:30 PM**. At other times you may leave your message on the answering machine. **DO NOT CALL SCHOOLS OR SCHOOL DISTRICT OFFICES.** HTAS is an independent organization.

Now register on-line 24 hours, 7 days a week starting January 9 at:  
**[www.haverfordadultschool.org](http://www.haverfordadultschool.org)**

**(Please note: Golden Agers and other discounted classes will not be available on-line. Please register by mail or in person to receive these discounts.)**

### EMERGENCY SCHOOL CLOSING NUMBER 2480

Radio station KYW (1060 AM or on the web KYW1060.com) will announce 2480 in the event of an emergency closing. Adult School will close if the daytime school (#455) is closed. Closings also posted on [www.haverfordadultschool.org](http://www.haverfordadultschool.org)

## Class Locations

### Haverford Middle School

1701 Darby Road, Havertown 19083

### Haverford Senior High

200 Mill Rd., Havertown 19083

### Chatham Park Elementary School

400 Allston Road, Havertown 19083

### Oakmont Administrative Building

(Former Oakmont School)

50 E. Eagle Rd., Havertown 19083

### Armenian Martyrs Church

Edmonds Ave. & Gladstone Rd,  
Havertown 19083

### The Bead Garden

2122 Darby Road, Havertown 19083  
610-449-2699

### Cerca Trova Yoga Studio

2124 Darby Road,  
Havertown, PA 19083  
610-203-4141

### Cheng's Martial Arts

1720 S. State Road,  
Upper Darby 19082  
610-622-5260

### Maha Yoga Main Line

66 Rittenhouse Place, Ardmore 19003  
215-496-0770

### Havertown Grange Estate

143 Myrtle Ave., Havertown 19083

### Havertown Health & Fitness

34 Brookline Blvd., Havertown 19083  
610-449-1717

### Haverford Township Free Library

Darby and Mill Roads  
Havertown 19083  
610-446-3082

### Madsen Design Center

2901 Springfield Rd., Broomall 19008  
610-356-4800

### MGolf

4000 W. Chester Pike,  
Newtown Square 19073  
610-356-6400

### Movements in Motion

17 Mifflin Ave. Havertown 19083  
610-853-1468

### Row Zone

6 St. Alban's Ave.  
Newtown Square, 19073  
610-353-1115

### Shipley Upper School

814 Yarrow Street, Bryn Mawr 19010

### The Skatium

Darby and Manoa Rds.,  
Havertown 19083

### St. Faith Episcopal Church

Brookline Blvd. & Allston Rd.,  
Havertown 19083

### Yangming

1051 Conestoga Rd.,  
Bryn Mawr 19010  
610-527-3200

### Washington Boxing Academy

201 Simpson Rd. & W. Spring Ave.  
Ardmore 19003  
215-620-5642

DIRECTIONS: go to [www.mapquest.com](http://www.mapquest.com) and type in the address of the facility

610-446-8022 • [www.haverfordadultschool.org](http://www.haverfordadultschool.org)

PARENTING SERIES



301 *Calling All Moms – Your Career Future*

Wed. 7:00-8:30

1 Nt. 4/10

Haverford Township Free Library

\$10

Have you been working full time as a mother and thinking about a future or more immediate return to the workplace? Learn how to keep your skills sharp in your chosen career area. Understand the value of building and nurturing a network that will pave the way to success in your job search. Hear how to maximize the benefits from purposeful volunteering.

Instructor: **Beth Ann Wilson**, M.Ed., CMF, specializes in career planning, management, and transition

Parenting Book Discussion

The Haverford Township Free Library and the Haverford Township Adult School have teamed up to offer this book discussion series for parents at the many different stages of parenting.

Choose one, two or, three classes. Each session is \$15 and includes the book which can be picked up at the Reference Desk at Haverford Township Free Library.



302 *Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep*

by Dr. Jodi Mindell

Wed. 7:00-8:30

1 Nt. 2/20

Haverford Township Free Library

\$15

Come meet author, Dr. Jodi Mindell, as she discusses her perennially popular book *Sleeping Through the Night*. In her book she provides tips and techniques, the answers to commonly asked questions, and information for parents on how to successfully solve their child's sleep problems.

Discussion Facilitator: **Dr. Jodi Mindell**, Associate Director of the Sleep Center at The Children's Hospital of Philadelphia & Professor of Psychology at Saint Joseph's University



303 *Homework: A Parent's Guide to Helping Out Without Freaking Out*

by Neil Mc Nerney

Wed. 7:00-8:30

1 Nt. 3/20

Haverford Township Free Library

\$15

Mr. Mc Nerney's book will show you ways to help your child do better in school without arguments, yelling, or guilt. *Homework* will guide you through a simple process to find a way to help your child based on which faulty coping pattern your child is using.

Discussion Facilitator: **Loralee Kaczynski**, Reading Specialist, 12-year veteran teacher



304 *Building Resilience in Children and Teens: Giving Kids Roots and Wings*

by Dr. Kenneth Ginsburg

Wed. 7:00-8:30

1 Nt. 4/17

Haverford Township Free Library

\$15

Dr. Ginsburg's book offers strategies to help kids from 18 months to 18 years build seven crucial "Cs" — competence, confidence, connection, character, contribution, coping, and control — so they can excel in life and bounce back from challenges.

Discussion Facilitator: **Robert Zeitlin**, Psy.D., Psychologist, Founding Partner of Parenting on the Main Line

305 Havertown Choristers

Mon. 7:30-9:00 9 Wks. 2/25-4/29 (No class 3/25)

Senior High Choral Rm. 104 Free

Choristers welcome singers with adequate pitch accuracy, music reading skills and the ability to sing four-part harmony. Our repertoire is moderately challenging, includes singing in foreign languages and some memorization. Concert date: 4/29 at 8:00 PM in the Senior High Auditorium. \$10 fee due first class. Interested altos, tenors, and basses should call 610-446-1595 for an informal audition before the sectional rehearsals which are held prior to the first full rehearsal.

Conductors: **Ruth Miller Cox & Jennifer Cox**, music educators, share their time and talents with you

306 Social Skills for the Developmentally Disabled Adult

Wed. 7:00-8:30 10 Wks. 2/20-5/1 (No class 3/27)

Sr. High West Commons Area Free

Here is an opportunity for the developmentally disabled adult to gain self-confidence and social skills while learning basic information in nutrition, fitness, grooming, music and dance. The focus will be determined by the interests and concerns of the class members. A \$2/night fee is payable to the instructor. This program is being offered under the direction of the Gertrude A. Stewart Foundation.

Instructor: **Suzanne McDonough Betz**, specialist on the developmentally disabled

Health care providers can gain re-certification by taking Adult CPR class. Provide original/current CPR card to the instructor at first class.

**CPR — Infant/Child**

**Tues. 6:30-9:30** See dates below  
**Senior High Rm. 207** \$27

Learn to prevent, recognize and provide basic care for breathing and cardiac emergencies for infants and children under age 12 until advanced medical help can take over. **\$40 due first night, no exceptions! No fee=No Certification card. Cash/check payable to: Holly Benner (NOT Adult School.) Supplies are included.**

Instructor: **Holly Benner**, American Heart Association  
**307** 1 Nt 2/26  
**308** 1 Nt. 3/19

**309 Adult CPR**

**Tues. 6:30-9:00** 1 Nt. 4/9  
**Senior High Rm. 207** \$27

Learn to recognize and care for breathing and cardiac emergencies in adults, handling emergency situations until advanced care arrives. Includes disease transmission. Professional and lay recertification welcome. **\$40 due 1st night to instructor, no exceptions! No fee = No Certification card. Cash/checks payable to Holly Benner (NOT Adult School). Supplies are included.**

Instructor: **Holly Benner**, American Heart Association

**310**  **A Beloved Body is Beautiful!**

**Mon. 7:00-8:30** 6 Wks. 2/25-4/8 (No class 3/25)  
**Senior High Rm. 133** \$55

Join us for this hands-on experiential course using writing, creative reflection, and group discussion to empower women to foster a healthier and compassionate relationship with their own bodies. We will do this by creative journaling, group coaching and in-class activities in a safe and respectful atmosphere of like-minded women. Learn how to create a compassionate, relaxed and loving relationship regardless of what the scale, the magazine or the dress size says. Every BODY is welcome!

Instructor: **Jennifer Matlin**, MS, Organizational Psychology, concentration in group process, coaching and consulting

**311 Boating Skills and Seamanship**

**Tues. 6:30-9:30** 10 Wks. 2/19-4/30 (No class 3/26)  
**Senior High Room 208** \$65

All power boaters welcome. After completion of the course, which includes a proctored exam, you are awarded a Boating Safety Certificate which is accepted in PA, NJ, and surrounding states. You may be eligible for boat insurance discounts.

Instructor: **Member - U.S. Coast Guard Auxiliary**

**312 Overview of Family Law in Pennsylvania**

**Tues. 6:00-9:00** 1 Wk. 3/12  
**Senior High Room 202** \$20

This course is designed to provide participants with an overview of family law issues including divorce, custody, child support and protection from abuse.

Instructor: **William Baldwin**, Esq., practicing attorney since 1993



**313 Look and Sound Like A Great Speaker**

**Tues. 7:00-8:00** 5 Wks. 4/2-4/30  
**Senior High Rm. 133** \$55

Public speaking has been rated as the number one fear in the Book of Lists. It is also the number one skill that employers look for in hiring people and is a critical skill for success both personally and professionally. Learn how to overcome speaker anxiety and practice public speaking in a non-threatening environment.

Instructor: **Anne Weisbord**

**314 From Eve to Aisha Women in Abrahamic Scriptures**

**Tues. 7:00-8:30** 4 Wks. 2/26-3/19  
**Senior High Rm. 201** \$45

This course will discuss and compare the similar scriptural roles of women in the Abrahamic faiths: Judaism, Christianity and Islam. Throughout the course, students will compare the roles of women in the Bible/Quran through the categories of: Mother/Creator, Prophetess, Temptress and Medium/Accessory. Using these categories, we will discuss and compare the similarities and differences regarding the narratives of holy women found in the Torah, Old Testament and the Quran.

Instructor: **Kami Knapp** is a rabbinical student at the Reconstructionist Rabbinical College

**Register On-Line**  
**www.haverfordadultschool.org**

**NOTE: All supply fees are due to the instructor at the first class.**

**401 Watercolor Painting**  
Wed. 7:00-9:00 10 Wks. 2/20-5/1 (No class 3/27)  
Senior High Rm. 120 \$90 (GA \$45)

You may be the next Monet—or have fun trying. Learn brush handling, mixing colors, and composition. Techniques will be applied to landscapes and seascapes. Personal instruction and frequent demonstrations. Bring a sketch pad and pencil. **Supplies are additional.**

Instructor: **Jeanne Ryan** studied at the Philadelphia Museum of Art School, graduate of Barnes Foundation

**402 Ceramics Workshop**  
Mon. 6:30-8:30 8 Wks. 2/25- 4/22 (No class 3/25)  
Senior High Rm. 122 \$80

Have you ever wanted to make your own pottery? This ceramics class is designed for both beginner and experienced potters. You will learn basic hand building and glaze techniques. Learning how to throw on a potter's wheel is also an option that you will be able to try. **Supplies: \$25 due at first class.**

Instructor: **Jill Viguers**, Haverford High School Art teacher with concentration in ceramics

**403  Sculpting**  
Thurs. 6:00-8:00 10 Wks. 2/21-5/2 (No class 3/28)  
Senior High Rm. 122 \$90

Both beginners and advanced students will learn and enjoy in the sculpting class. The instructor uses self-hardening clay which does not have to be fired or put in a kiln. You will be thrilled at your finished, painted piece at the end of class. **Supplies: \$10 due at first class.**

Instructor: **Vittia Horwitz**, graduate of Tyler Art School, and Temple Fleisher Art School; experienced art instructor

**404 Foundation Drawing**  
Thurs. 6:30-8:30 5 Wks. 2/21-3/21  
Senior High Rm. 120 \$50

This course provides a comprehensive introduction to the art of drawing. The coursework follows a sequence of studies that introduces basic drawing techniques, media and composition through observation, and analysis of natural and manufactured forms. **Supplies: \$20-\$30 due at first class.**

Instructor: **Robert Krauss**, American contemporary artist and fine arts educator. Studied at Penn State, University of the Arts and Tyler School of Art

**405 Drawing on the Past**  
Thurs. 6:30-8:30 5 Wks. 4/11-5/9  
Senior High Rm. 120 \$50

Join this highly acclaimed teacher in a unique course combining art history with hands on art activities. This course introduces you to art history and the methods used in the discipline, and foundation art making techniques. A principal aim of the course is to give you the opportunity to create a work of art inspired by influential works of the past. Each class focuses on one genre of art history: studying the topic and creating a work of art focused on it.

Instructor: **Robert Krauss**, American contemporary artist and fine arts educator

**406 Beginner Mosaics**  
Tues. 6:30-9:00 3 Wks. 2/19-3/5  
Senior High Rm. 122 \$45

Mosaics is enduring, functional, decorative and FUN! Learn the basics of contemporary mosaics. From broken plates to Murano glass, mosaics can reflect your personal style. No experience is necessary. C'mon let's break some plates! **Supplies: \$50 due at first class**, includes everything you need to finish a mosaic mirror. Bring an old towel or apron and a bag for supplies. See the instructor's work at: [hemsleymosaics.com](http://hemsleymosaics.com).

Instructor: **Carol Hemsley**, experienced mosaicist who studied in Italy

**407 Intermediate Mosaics**  
Tues. 6:30-9:00 6 Wks. 4/2-5/7  
Senior High Rm. 122 \$80


In this relaxed, creative class you will choose your own projects and work at your own pace. From broken plates to Murano glass, mosaics can reflect your personal style. So bring in a tray, mirror, small table or turn that retired bowling ball into a unique and colorful gazing ball for your garden. Introduction to Mosaics or equivalent is prerequisite. **Supplies: approximate cost \$20.**

Instructor: **Carol Hemsley**, creator of mosaics for 7 years and Mosaics class participant in Italy

**408 Sewing 101**  
Tues. 6:30-8:30 10 Wks. 2/19-4/30 (No class 3/26)  
Senior High Rm. 114 \$90

Join us for a fun sewing class especially designed for beginners. If you want to practice and improve your sewing skills or learn how to use a sewing machine, this class is for you! Learn how to make purses, pillow covers, curtains, clothes or any project for your home. Additional materials will be purchased by students – supply list will be sent before the first class.

Instructor: **Eileen Stephy**, Family and Consumer Sciences Teacher

**409  T-Shirt Quilt**  
Wed. 6:30-8:30 10 Wks. 2/20-5/1 (3/27)  
Senior High Rm. 114 \$90

Quilting is back! Make a T-Shirt quilt by gathering up old t-shirts and turning them into a cozy quilt. Great gift for a college student going away this fall! If you have a quilting project that needs finishing, bring it along. Beginners are welcome! Supplies are additional – list provided at the first class.

Instructor: **Christine Belden**, Experienced quilter and past HTAS instructor

**410 Knitting for Everyone**  
Mon. 6:30-8:30 8 Wks. 2/25-4/22 (No class 3/25)  
Senior High Rm. 115 \$80

Knitters at any level will enjoy taking this class to either start an easy project or master more advanced techniques. Beginners: Bring size 8 needles and worsted weight yarn to the first class.

Instructor: **Ilana Mondschein**, Former instructor at Ewe & I, current private knitting instructor

**411** **New** **Beginner AND Intermediate Crochet**  
**Wed. 7:00-9:00** 6 Wks. 2/27-4/17 (No class 3/6, 3/27)  
**Senior High Rm. 115** \$60

This course is geared to the completely new AS WELL AS intermediate crochet students. Learn to crochet at your individual skill level and progress at your own pace. Beginners will learn basic crochet stitches, pattern reading, crochet in rows and in rounds, and several stitch patterns and motifs. Intermediate students will learn more advanced stitch combinations and will receive help with patterns and planning crochet projects. Beginners should bring an H or I sized crochet hook, one skein of worsted-weight acrylic yarn and scissors to the first class

Instructor: **Sherrie Jenkins**

**412** **New** **Adventures in Rubber Stamping**  
**Mon. 7:00-9:00** 2 Wks. 3/4-3/11  
**Senior High Rm. 114** \$25

You bought the rubber stamps—now what do you do with them? This hands-on class will teach you about the various inks available, how to stamp on a variety of surfaces, several different ways to color your artwork, and creating more than greeting cards. Come and get in touch with your creative side and get the most out of your stamps.  
**Supplies: \$20 due to instructor at first class.**

Instructor: **Renee Devine**, 15 years experience; shown and published in *Rubber Stamp Madness* magazine

**413** **Beading Fun Spring Projects**  
**Wed. 6:30-8:30** 5 Wks. 2/27-3/27  
**The Bead Garden** \$55  
**2122 Darby Rd., Havertown, 610-449-2699**

Newbies and veteran bead boot campers! Please join us for an assortment of spring jewelry projects. Learn new techniques or sharpen your skills with wire jewelry, stringing, bead weaving and more. We will make necklaces, earrings and bracelets for the fall season. All levels of bead enthusiasts welcome! **Cost: \$10-\$40/project based on your selections (price options for all budgets.)**

Instructor: **Leslie Mangine**, Owner, The Bead Garden

**Mah Jongg for Beginners**

**See times and dates below** 5 Wks.  
**Haverford Free Library** \$60

This ancient Chinese tile game involves skill, concentration and luck. Beginners will learn the rules of the game and winning strategies, then play the game with hands-on instruction. Instructional handouts included in class fee. Playing cards cost – **\$8.00 due first class.**

**414** **Mon. 7:00-8:30** 3/4-4/1

Instructor: **Joan O'Neal**

**415** **Fri. 1:00-2:30** 3/1-4/5 (No class 3/29)

Instructor: **Deb Roberts**



**416** **New** **Duplicate Bridge**  
**Thurs. 6:00-8:00** 10 Wks. 2/21-5/2 (No class 3/28)  
**Senior High Rm. 116** \$90

Learn the basic elements of Duplicate Bridge, including bidding, strategy, conventions and more!

Instructor: **John Pino**, Accredited American Contract Bridge League; winner of 2012 Worldwide Bridge Federation Contest of North America

**417** **Understanding Digital Photography**  
**Thurs. 7:30-9:00** 4 Wks. 4/4-4/25  
**Senior High Rm. 134** \$55

Don't let the "auto" feature limit your creativity! Learn the primary features of your digital camera inside and out so you can achieve amazing portraits, breathtaking candid and true-to-life landscape images. Class includes an in-depth digital tutorial for advanced point-and-shoot and D-SLR cameras, transfer methods and more.

Instructor: **Peter Kerasavich**, wedding, portrait and fashion photographer

**418** **New** **Manage Your Memory Cards and More!**  
**Tues. 7:00-9:00** 4 Wks. 2/26-4/2 (No class 3/5, 3/26)  
**Senior High Rm. 115** \$50

This course consists of two photo solution seminars per week, including: Take Better Photos, Don't Let Your Babies Grow Up to be JPGs, Kick Your Photo Clutter, Managing Your Memories, Slip-N-Slide Album Making, Digital Divas, Totally Tools and Display Away. Learn solutions for organizing, using and displaying your photos in both print and digital formats. Overwhelmed by your photos? These solutions will give you peace of mind over your memories. Optional: bring your camera to the first class.

Instructor: **Sherrie Jenkins**

**419** **Italian Conversation: Beginners**  
**Tues. 6:30-7:30** 10 Wks. 2/19-4/30 (No class 3/26)  
**Senior High Rm. 205** \$80

Like to learn Italian as if you were in Italy? Here's the class for you! Tiziana DeStephanis Murray, a native Italian from Abruzzi, will take you through the basics of Italian communication in a full immersion class that will allow you to learn everyday phrases, vocabulary, and exact pronunciations of this musical language. You will leave the class feeling that you are ready to go to Italy and practice your Italian right away.

Instructor: **Tiziana DeStephanis Murray**

**Register On-Line**  
**www.haverfordadultschool.org**

**420 New Italian Conversation: Intermediate 1**

**Tues. 7:30-8:30 10 Wks. 2/19-4/30 (No class 3/26)**  
**Senior High Rm. 205 \$80**

This class is for the passionate student who comes out of a Beginner class and wants to move forward with Italian. It will be a bridge to the Intermediate 2 level and will provide the basic grammatical knowledge needed to feel more confident with the language. Games and interactive activities will make it fun as well as educational. You are now learning how to get into the Italian spirit!

Instructor: **Tiziana DeStephanis Murray**

**421 Italian Conversation: Intermediate 2**

**Thurs. 6:30-7:30 10 Wks. 2/21-5/2 (No class 3/28)**  
**Senior High Rm. 205 \$80**

If you already know some Italian, you will enjoy this class. You will be fully immersed in the Italian language which will help you release the fear of making mistakes. You will become familiar with real life situations and learn cultural habits and idioms that only a native Italian knows. Grammar is an important part of the course that will improve your ability to write and speak properly.

Instructor: **Tiziana DeStephanis Murray**

**422 Italian Conversation: Advanced**

**Thurs. 7:30-8:30 10 Wks. 2/21-5/2 (No class 3/28)**  
**Senior High Rm. 205 \$80**

Enjoy the Italian language through music, history, culture and entertaining games! This is the class focused on conversation, discussion and interactive role playing. You will experience what it is like to be in Italy in a restaurant, the theater or a bank. The games will develop your ability to think in Italian as well as enriching your vocabulary and grammar.

Instructor: **Tiziana DeStephanis Murray**

**423 Spanish Conversation I**

**Mon. 7:00-8:15 8 Wks. 2/25-4/22 (No class 3/25)**  
**Senior High Rm. 205 \$75 (GA \$40)**

A perfect introduction to speaking, reading, and writing Spanish, especially helpful for travelers. You'll use simple learning materials that are fun and practical. **\$15 textbook fee collected in class - please bring cash or check made out to HTAS the first night.**

Instructor: **Jorge Severini**, journalist, native Argentinian

**424 Garden Basics**

**Wed. 7:00-8:30 1 Nt. 3/20**  
**Senior High Rm. 205 \$25**

Beginning to garden? This class is for you. A most elementary class for the person who asks where do I start? What do I plant? What is an annual? What is a perennial? Learn the importance of good soil and proper planting. Come with questions and get the answers.

Instructor: **Master Gardeners Joe Daniels and Janae Alberts**



**425 Shade Gardening**

**Wed. 7:00-8:30 1 Nt. 4/3**  
**Senior High Rm. 205 \$25**

A challenge and an opportunity....There are many lovely choices of plant material for your shady property.. What plants do best in shade? There are lots and lots of options for shade gardening. Come listen and learn as Master Gardeners Janae Alberts and Joe Daniels take you through the darker side of gardening.

Instructor: **Master Gardeners Joe Daniels and Janae Alberts**

**426 Herb Gardening**

**Wed. 7:00-8:30 1 Nt. 4/17**  
**Senior High Rm. 205 \$25**

Herbs are easy to grow and can have many uses. Find out which herbs like which conditions. Perfect plants for containers. Learn what to do to keep them happy.

Instructor: **Master Gardeners Joe Daniels and Janae Alberts**

**427 Hands on Container Workshop**

**Wed. 7:00-8:30 1 Nt. 4/24**  
**Havertown Grange Estate \$25**  
**143 Myrtle Ave, Havertown**

Join us at The Historic Grange Estate and see a hands on demonstration as we plant the containers for the mansion's front porch. Learn how to plan and design attractive containers and properly plant and tend them for a season of satisfaction.

Instructor: **Master Gardeners Joe Daniels and Janae Alberts**

**428 Basic Cake Decorating**

**Tues. 7:00-9:00 4 Wks. 2/26-3/19**  
**Senior High Rm. 116 \$50**

Begin with the basics in cake decorating. Learn how to cut pastry bags, how to use tips to make several designs, how to frost a cake smooth like velvet, how to pipe the rose, drop flowers and several borders. Then learn how to cover a cake with fondant. **Supply fee due first night: \$50-\$60 paid to instructor.** Bring a box to take finished products home.

Instructor: **Carolyn Randolph**, 20 year veteran of cake decorating instruction

**429 New Introduction to Vegan Cooking**

**Mon. 7:00-8:30 5 Wks. 3/4-4/9 (No class 3/25)**  
**Senior High Rm. 116 \$60**

After taking this class, you will know how to identify and cook most plant-based protein sources (legumes, grains and nuts). You will also learn how to prepare delicious, nutritious and inexpensive meals quickly for you and every member of your family.

Instructor: **Roberta Srinivasan**, experienced Vegan cook

**Register On-Line**  
**www.haverfordadultschool.org**

**All profits from Albertson's Cooking School classes go to Alex's Lemonade Stand.**

**430 New Escape to the Caribbean**

**Tues. 6:30-9:00** 1 Nt. 3/5  
**Madsen Design Center** \$45  
**2901 Springfield Rd., Broomall**

Save the airfare and throw a party at home! Join Chef David Grear for a menu including Island Jerk Tilapia with garlic lime butter, Citrus Couscous, Grilled Pineapple and Jicama Caribbean Salad, Key Lime Dressing, Pina Colada Cake, and Caribbean Momma.

**Albertson's Cooking School**

**431 New Deals for Real Meals**

**Thurs. 6:30-9:00** 1 Nt. 3/14  
**Madsen Design Center** \$45  
**2901 Springfield Rd., Broomall**

Does your grocery store trip empty your wallet? Do you want to learn to make meals under \$10? Master a few tricks to win the rising food cost battle. It can be done! Sesame Chicken, Tortilla Soup, Vegetable Quesadillas and more!

**Albertson's Cooking School**

**432 New Passover Class**

**Mon. 6:30-9:00** 1 Nt. 3/11  
**Madsen Design Center** \$45  
**2901 Springfield Rd., Broomall**

Join Chef Cohen, graduate of The California School of Culinary Arts, as he brings a modern flare to a traditional meal. Chef Cohen has extensive experience in Kosher cooking, having worked for Max and David's Kosher Caterer and enhanced his culinary skills while working for Stephen Starr at Tangerine.

**Albertson's Cooking School**

**433 Kitchen Design Seminar**

**Sat. 8:30 AM-12:30 PM** 1 Day 4/13  
**Madsen Design Center** \$55  
**2901 Springfield Rd., Broomall**

So you want a new kitchen? Andy Madsen and Associates share valuable information. EVERYTHING you want to know BEFORE building or remodeling! Covers architectural design, flooring, cabinets, counter tops, lighting, appliances, windows...Take home printed material. Save hundreds of shopping hours and money. Not to be missed. Rave reviews last year.

**Albertson's Cooking School**

**434 How to Market and Sell Your Food Product**

**Sat. 9:00 AM-12:30 PM** 1 Day 4/13  
**Yangming Restaurant** \$55  
**1051 Conestoga Rd., Bryn Mawr**

Liz and Nick Thomas, founders of Chalif Mustards, share decades of experience in the food product industry. Covers market research, pricing, package design, zoning, distribution, advertising, legal queries, and much more! Ask the experts; get honest answers for Paul Newman wannabes. Valuable handouts.

**Albertson's Cooking School**

**435 Bathroom Design Seminar**

**Tues. 6:30-9:00** 1 Nt. 4/16  
**Madsen Design Center** \$45  
**2901 Springfield Rd., Broomall**

You never realized there is so much to learn! Transform your old bath into one fit for royalty. Andy Madsen and Associates will cover everything you need to know: design, lighting, vanity options, shower, Jacuzzi and more. Priceless hand outs.

**Albertson's Cooking School**



**436 New Wines & Cheeses for Easy Entertaining**

**Sun. 3:00-5:00** 1 Day 4/14  
**Yangming Restaurant, Bryn Mawr** \$55  
**1051 Conestoga Rd., Bryn Mawr**

Come join one of our most popular entertaining and educational annual event. Pair new selections of wines and cheese to make entertaining easy under the direction of the "The Cheese Guy" Emilio Mignucci, DiBruno House of Cheese and "The Wine Guy" from Moore Brothers Wine Company. Zagat awarded Moore Bros. BEST wine buys, BEST top service, BEST overall wines, BEST shopping experience.

**Albertson's Cooking School**

**437 New Hands On Paella Party!**

**Mon. 6:30-9:00** 1 Nt. 4/8  
**Madsen Design Center** \$70  
**2901 Springfield Rd., Broomall**  
**Chef David Grear, Seasons**

Paella, a sophisticated, sumptuous mixture of Spanish ingredients and flavors, is the ultimate one dish meal. You will be divided into groups to prepare your own paella party! Menu: Chicken and Artichoke Paella, Shrimp and Mussels Paella, Calamari Paella, Chorizo and Roasted Tomato Paella.

**Albertson's Cooking School**

## creative arts, hobbies, leisure

All times are P.M. unless A.M. is noted

438

**New**

**Brunch  
Done Right!**

Mon. 6:30-9:00

Madsen Design Center

2901 Springfield Rd., Broomall

Chef Ann-Michelle Albertson shows how to create a tantalizing brunch to please a crowd and free up kitchen time. Menu: Gingered Fruit, Loaded Vegetable Frittata, Herb Roasted Potatoes, Chocolate Zucchini Bread.

Albertson's Cooking School

1 Nt. 4/29

\$45

**Eat Your Way Through the  
Italian Market**

Sat. 8:30 AM-12:30 PM

(See dates below)

Meet at Italian Market

\$ 50

610-649-9290, Directions: e-mailed 1 week in advance

Walking tour introduces you to merchants, tantalizing foods and colorful history of century old "9th St" Market. Discover great buys, special discounts. BRING: baseball hat (meat market), ice chest for perishables if weather warm. Great birthday, anniversary, special occasion gift!

Albertson's Cooking School

439 Sat. 4/6

441 Sat. 4/27

440 Sat. 4/20

442 Sat. 5/4

443

**Chopping Block:  
Hands-On Knife Skills**

Thurs 6:30-9:00

Madsen Design Center

2901 Springfield Rd., Broomall

Chef David Gear teaches this highly requested class. Practice 11 knife cuts, techniques, how to choose and care for knives. Bring chef's knife and cutting board. Crudites served with dip. (does not constitute dinner)

Albertson's Cooking School

1 Nt. 5/9

\$70

444

**Hands-on Rustic Breads**

Sat. 9:30 AM-1:15 PM

Shipley Upper School Kitchen

814 Yarrow Rd., Bryn Mawr

Experience the pleasure of "hot out of the oven" home-baked breads from freshly mixed dough. Master a simple bread making formula that allows you to create a variety of breads from foccoccia to multi-grain rolls. Our expert baker guides you through the magical process of making dough, forming loaves and baking the crusty masterpieces to take home.

Albertson's's Cooking School

1 Day 3/9

\$70

445

**Hands-on Desserts**

Sat. 9:30 AM-1:15 PM

Shipley Upper School Kitchen

814 Yarrow Rd, Bryn Mawr

Cookies, confections and more! Chef Lynn Lindquist, formerly of Le Bec-Fin, shows you how to master desserts for yourself. Recipes include dark salt caramels, pecan buttercrunch, peppermint bark and Shirley's famous chocolate crinkle cookies. Equipment list emailed to attendees.

Albertson's Cooking School

1 Day 3/2

\$70

446

**New**

**Get  
Caught**

Tues. 6:30-9:00

Madsen Design Center

2901 Springfield Rd., Broomall

2901 Springfield Rd., Broomall

Learn from a Pro to demystify fish: how to select, prepare, cook and present various seafood dishes. Lighten up your diet with healthy delicious recipes. Menu: Fish in Salt Crust, Halibut and Braised Fennel, Frutti di mare Salad (Mussels, Clams and Squid) and more!

Albertson's Cooking School

1 Nt. 3/19

\$50

610-356-4800

All times are P.M. unless A.M. is noted



## drama, music & dance

502

**New**

**U Can Uke!**

Tues. 7:00-8:00

10 Wks. 2/19-4/30 (No class 3/26)

Senior High Rm. 104

Senior High Rm. 104

The ukulele is a fun affordable way to make music. After learning only two chords, students will be able to play many songs. The uke is portable; you can take the fun wherever you go. This class is for beginners looking for a fun new way to make music. \$30 fee paid to instructor the first night of class for a ukulele. No charge if you bring your own!

Instructor: Marty Hyde, music teacher who has been using the ukulele in the classroom for 30 years

\$75

501

**Guitar – Beginner**

Wed. 7:00-8:00

10 Wks. 2/20-5/1 (No class 3/27)

Senior High Rm. 104

Senior High Rm. 104

A dynamic chord and theory course designed to get your fingers working. Whether you're new or experienced, this course has much to offer you. Bring guitar to first class.

Cost of class includes music copies.

Instructor: Mark Marchesano, studio/performing musician

\$75

**Register On-Line**  
[www.haverfordadultschool.org](http://www.haverfordadultschool.org)

**NOTE: For classes 503-505, you must register by mail or in person to receive the GA or two person rate.**

**503 Ballroom Dancing**  
**Tues. 6:40-7:30 10 Wks. 2/19-4/30 (No class 3/26)**  
**Oakmont Admin. Bldg.\* \$80 (GA \$45)/\$135/two**

Dancing is fun and great exercise. We specialize in providing a friendly, social environment. Everyone can learn the classy ballroom dances featured on Dancing With the Stars. Come experience Foxtrot, Swing, Tango and Waltz in a ten-week course with one night at a dance club. Come with or without a partner. All ages welcome! Take both classes for faster progress.

Instructor: **Tish Sweeney**, Certified Dance Instructor

**504 Social, Ballroom and Latin Dance Mix**  
**Tues. 7:35-8:25 10 Wks. 2/19-4/30 (No class 3/26)**  
**Oakmont Admin. Bldg.\* \$80 (GA \$45)/\$135/two**

Can't decide which dance class is for you? Try this combined class and get a little of everything! You will learn the basics of the Fox Trot, Waltz, Tango, Swing along with the Salsa, Rumba and Cha Cha. Come and dance like the stars!!

Instructor: **Tish Sweeney**, Certified Dance Instructor

**505 Modern Western Square Dancing: Part 2**  
**Wed. 7:00-9:00 10 Wks. 2/20-5/1 (No class 3/27)**  
**Oakmont Admin. Bldg.\* \$55 (GA \$30)**

You may remember square dancing from your school days or from old time movies. If so, you will hardly recognize square dancing today! Set to all types of music, this dance is a great calorie burner, cardiovascular conditioning, weight-bearing and mental exercise and stress reliever. No partner required. Pre-requisite: Square Dancing I or some square dance experience.

Instructor: **George Polk**, Square Dance Caller, Member of Callerlab

\* Oakmont Admin. Bldg. 50 E. Eagle Rd., Havertown



**506 Beginner Belly Dance**  
**Mon. 7:00-8:00 10 Wks. 2/25-5/6 (No class 3/25)**  
**Chatham Park Gym \$75**  
**400 Allston Rd., Havertown**

Learn fun and beautiful basic belly dance movements like shimmies, undulations, hip circles, figure-eights, and snake arms, along with body isolations, posture, and body lines and cultural and historical background of the dance will be covered. Gain the foundations of the art form, tons of great new moves, body control and awareness, improved health and self-image, and cultural appreciation of the Arab world.

Instructor: **Ewelina Watson**, experienced belly dance instructor

**507 Intermediate Belly Dance**  
**Mon. 8:00-9:00 10 Wks. 2/25-5/6 (No class 3/25)**  
**Chatham Park Gym \$75**  
**400 Allston Rd., Havertown**

Know your basic belly dance vocabulary (shimmies, hips circles, and snake arms)? Then this class is your next step. We will continue to master the basic techniques, as well as learn more complex skills such as shimmy layering; traveling steps; expressing personality, and dynamic combinations, technique, and concepts. Topics range from technique and concepts for drum solos, improvisation, performance/stage skills, professionalism, folk dances, rhythm work, musicality and creativity.

Instructor: **Ewelina Watson**, experienced belly dance instructor

**508 Dance It Off**  
**Mon. 7:00-8:00 10 Wks. 2/25-5/6 (No class 3/25)**  
**Movements in Motion \$80**  
**17 Mifflin Ave., Havertown 610-853-1468**

Come and dance to 20 mins of Zumba, 20 mins of easy dance combinations, 10 mins of toning the arms followed by a cool down stretch. You are getting a little of everything in this workout. **No outside shoes; bring a separate pair of shoes.**

Instructors: **Movements in Motion Staff**

**509 Red Hot Dance Fitness**  
**Wed. 7:30-8:30 10 Wks. 2/20-5/1 (No class 3/27)**  
**Movements in Motion \$80**  
**17 Mifflin Avenue, Havertown 610-853-1468**

Brand new dance based fitness workout that anyone can do. This class combines the hottest music with easy dance combinations. An invigorating, liberating and calorie burning dance party that will have you addicted from the first beat. Hot moves + hot music= Red Hot Fitness. **No outside shoes; bring a separate pair of shoes.**

Instructor: **Movements in Motion Staff**

**510 Jazz It Up**  
**Wed. 7:30-8:30 10 Wks. 2/20-5/1 (No class 3/27)**  
**Movements in Motion \$80**  
**17 Mifflin Avenue, Havertown 610-853-1468**

This is a basic jazz technique class designed in a dance fitness environment. You will be learning the basic jazz steps like chasse and kick ball change to name a few, then combining in a dance fitness routine. No outside shoes, please bring a separate pair of sneakers or dance shoes.

Instructor: **Movements in Motion Staff**

**511 New BARRE**  
**Thurs. 8:00-9:00 10 Wks. 2/21-5/2 (No class 3/28)**  
**Movements in Motion \$80**  
**17 Mifflin Avenue, Havertown 610-853-1468**

This stretch class utilizes the ballet barre along with ballet movements. This class is designed for anyone who wants to take the ballet class mixed with Pilates stretching. You may wear ballet shoes — no shoes or socks please.

Instructor: **Movements in Motion Staff**

**601 Tai Chi**  
**Beginner Beijing Yang—24 Form**  
**Mon. 6:00-6:55 10 Wks. 2/25-5/6 (No class 3/25)**  
**Haverford Middle School Gym A/B \$75 (GA \$40)**


Tai Chi, the ancient Chinese exercise, features relaxed movement, which helps to maintain good health and harmony between mind and body. Yang Style of Tai Chi has gentle, flowing and graceful movements combined with breathing exercises. The 24 forms of Tai Chi stimulate the central nervous system, which increases the well-being of all internal organs of the human body. Suitable for people of all ages and requires no special equipment.

Instructors: **Lucy Coren/Louie Yue**

**602 Yoga Basics for Beginners**  
**Mon. 6:00-7:00 10 Wks. 2/25-4/29**  
**Maha Yoga Studio \$75**  
**66 Rittenhouse Place, Ardmore**  
**www.mahayogastudio.com 215-496-0770**

Moderately-paced, information-filled class with emphasis on safety, learning poses and proper alignment in practice. Recommended for beginners, but all will benefit and enjoy.

Instructor: **Liana Cameris**

**603  Beginning Yoga**  
**Wed. 10:30 AM-11:30 AM 10 Wks. 2/20-4/20**  
**Cerca Trova Yoga Studio \$80**  
**2124 Darby Rd., Havertown 610-203-4141**

Like to try yoga but you've never done it before, or, like to start-up again? This gentle introduction to yoga class is for you. Start here as we explore a variety of breathing styles, postures, meditation techniques and discuss the history and philosophy of yoga. Learn stretching, strengthening and relaxation. Everyone is welcome!

Instructor: **Sharlene Bund**, Owner/Teacher Cerca Trova Yoga Studio

**604 Gentle Yoga**  
**Thurs. 6:00-7:15 10 Wks. 2/21-5/9 (No class 3/7, 3/28)**  
**Armenian Martyrs Church \$80 (GA \$45)**  
**Edmonds Ave. & Gladstone Rd., Havertown.**

Gently warm up the body through subtle movements connected to breath, combined with Yin postures (seated, relaxed asanas with longer holds). Move deeper into areas of the body, while guided through breathing and meditative techniques to quiet the mind. Perfect for stress reduction, increasing flexibility and promoting spinal health. It is suitable for all levels as well as those with specific conditions or injuries. Each person will be accommodated. No experience. **Bring: "sticky" YOGA mat, large towel and two yoga blocks.**

Instructor: **Shiron Womack**, Certified Yoga Instructor, high school English teacher and Jazz vocalist

**605 Gentle Yoga**  
**Wed. 6:00-7:15 10 Wks. 2/20-4/24**  
**Haverford Township Free Library \$80 (GA \$45)**  
**Darby and Mill Rds., Havertown**

Same as class 604. **Note location change!**

**606 Slow Flow Yoga**  
**Thurs. 7:20-8:35 10 Wks. 2/21-5/9 (No class 3/7, 3/28)**  
**Armenian Martyrs Church \$80 (GA \$45)**  
**Edmonds Ave. & Gladstone Rd., Havertown.**

Enjoy a perfect combination of Yin and Yang by slowly working the muscles with the Sun Salute and then lengthening the connective tissues with Yin Yoga postures. Class ends with relaxation. Perhaps a more apt description would be a YinYin Yoga class—A time to flow and build strength, and then hold and let go. Special attention is given to modifications so that all levels can enjoy. **Necessary props: "sticky" YOGA mat, extra large towel or small blanket and two yoga blocks**

Instructor: **Shiron Womack**, Certified Yoga Instructor

**Power Yoga**  
**Day/Time See Below 10 Wks.**  
**Cerca Trova Yoga Studio \$80**  
**2124 Darby Rd., Havertown 610-203-4141**

Join Sharlene for an hour of PowerYoga, a vigorous, fitness-based approach to yoga. This Power Yoga class combines Hatha yoga, Vinyasa Flow and Kundalini yoga styles. Emphasis is on developing and improving one's strength and flexibility, body alignment and mindfulness. We hold poses, we dance from one posture to another choreographing movement with our breath and work through advanced postures. Intermediate to experienced fitness level recommended.

Instructor: **Sharlene Bund**, Owner/Teacher Cerca Trova Yoga Studio

**607 Tues. 9:30 AM-10:30 AM 2/19-4/23**  
**608 Wed. 7:30-8:30 2/20-4/24**

**609 Prenatal Yoga**  
**Tues. 7:30-8:30 10 Wks. 2/19-4/23**  
**Cerca Trova Yoga Studio \$80**  
**2124 Darby Rd., Havertown 610-203-4141**

Having a baby? Do you want to quiet down and connect with yourself and your baby? Come do a little stretching and strengthening as well as learn wonderful breathing techniques and meditations that will help you during your pregnancy and birthing experience. All levels welcome. Wear loose fitting clothing, and bring a water bottle and a yoga mat. (Mats are available to borrow) Class Size: Max of 10 beautiful pregnant women.

Instructor: **Sharlene**, Owner/Instructor at Cerca Trova Yoga Studio

**610 Over 60's Yoga**  
**Mon. 10:30 AM-11:30 AM 10 Wks. 2/25-4/29**  
**Cerca Trova Yoga Studio \$80**  
**2124 Darby Rd., Havertown 610-203-4141**

It is never too late to start practicing Yoga! Yoga, like any practice, can be carried as far as the person practicing it wants to go. Class includes floor work so you must be able to get up and down on the floor. Small class size: Max of 10 people

Instructor: **Sharlene**, Owner/Instructor at Cerca Trova Yoga Studio

**611 Seniors Chair Yoga**  
**Mon. 1:00-2:00** 10 Wks. 2/25-4/29  
**Cerca Trova Yoga Studio** \$80  
**2124 Darby Rd., Havertown** 610-203-4141

Having trouble getting on the floor to exercise? Join us for Chair Yoga. We will use our chairs and explore simple movements combined with breathing and meditation techniques. We enjoy conversation, stories, laughter and even a cup of tea from time to time. Small class size: Max of 10 people

Instructor: **Sharlene**, Owner/Instructor at Cerca Trova Yoga Studio

**612 Just Strolling**  
**Tues. 10:00 AM-11:00 AM** 10 Wks. 2/19-4/30 (No class 3/26)  
**Movements in Motion** \$80  
**17 Mifflin Avenue, Havertown** 610-853-1468

This class, designed for mummies and babies, is a great way to bond and get your workout on. It's a circuit style class that incorporates strength, cardio and core flexibility work. Strollers are recommended and anything else you need for your baby.

Instructor: **Movements in Motion Staff**

**613 PINK DYNAMITE**  
**Mom and Daughter Fitness Class**  
**Mon. 7:15-8:00** 8 wks 3/4-4/22  
**Haverford Twp. Free Library Community Rm.** \$75

Moms and daughters (ages 7 to adult) will laugh and learn while getting healthier and stronger together! Set to fun party music, this class is a fusion of aerobics, strengthening exercises, stretching and yoga poses for a complete conditioning program. Be a great role model, show that exercise is a priority and experience together how uplifting and rewarding it is!

Instructor: **Debbi Coren**, Certified Personal Trainer since 1995, Owner "Personal Power" Fitness for Females, www.PersonalPowerWithDeb.com

**614 Reality Based Self-Defense for Women**  
**Tues. 7:00-8:00** 5 Wks. 2/19-3/19  
**Chatham Park Cafeteria** \$55

No woman should pass up this class! You will learn to maintain boundaries, take control of your surroundings and learn basic hand-to-hand combat. Please wear loose and comfortable clothing. No jewelry please.

Instructor: **Paul Cheng**

**615 Beginner Mat Pilates**  
**Thurs. 6:00-7:00** 10 Wks. 2/21-5/2 (No class 3/28)  
**Chatham Park Gym** \$70

The Pilates method of body conditioning is a system of exercises that strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamlined shape. Learn proper spinal alignment and how to initiate body movements from the "powerhouse" to relieve stress points in your body and enhance overall daily movements. Wear comfortable clothes and bring a mat or towel.

Instructor: **Carol Katin**, ACE & AFAA certified trainer and group fitness instructor with 15 years of experience

**616 The Soft Touch—A Gentle Workout**  
**Mon. 6:00-7:00** 10 Wks. 2/25-4/29  
**St. Faith Episcopal Church** \$80 (GA \$45)  
**Brookline Blvd. & Allston Rd., Havertown**

Unique moves and total body conditioning begin on a chair (beginner/intermediate level). Pilates basics provide abdominal and back strength. We will focus on balance and coordination, body awareness and fall-prevention. Exertube strengthening and weight-bearing exercises make everything you do easier! (no floor work) Stretches increase flexibility, dance moves burn calories while ballet, tai chi, and yoga cool-down conclude this mind and body session. **(Limit of 15) Exertube included in fee.**

Instructor: **Nancy Cohn**, American College of Sports Medicine and ACE certified

**617 Zumba Gold® (Beginner)**  
**Tues. 6:00-7:00** 10 Wks. 2/19-4/30 (No class 3/26)  
**Movements in Motion** \$80  
**17 Mifflin Ave., Havertown** 610-853-1468

Zumba Gold is dedicated to the Zumba beginner. We learn the latest Latin moves in Zumba but at a slower pace. This class is geared toward the individual that needs more time to pick up the steps or prefers a slower pace teaching environment. No outside shoes; please bring a separate pair of sneakers to dance in.

Instructor: **Movements in Motion Staff**

**Zumba®**  
**Day/Time See Below** 10 Wks.  
**Movements in Motion** \$80  
**17 Mifflin Ave., Havertown** 610-853-1468

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out and get hooked. No outside shoes; please bring a separate pair of sneakers to dance in.

Instructor: **Movements in Motion Staff**

**618 Mon. 7:00-8:00** 2/25-5/6 (No class 3/25)

**619 Sat. 12:00-1:00** 2/23-5/4 (No class 3/30)

**620 New Zumba®**  
**Thurs. 10:00-11:00 AM** 10wks. 2/21-4/25  
**Havertown Health & Fitness** \$80  
**34 Brookline Blvd., Havertown** 610-449-1717

Tired of your workout playlist? Come lose yourself in world rhythms while dancing to easy breakdowns of Merengue, Mambo, Flamenco, Salsa, Soca, Bollywood, Cha Cha, Cumbia, Raggaeation, Samba, Hip Hop and more, all in a great party atmosphere! "There are shortcuts to happiness, and dancing is one of them." All ages are welcome. A low tread sneaker is recommended.

Instructor: **Lizette Senatore**, experienced Zumba & Latin dance party instructor

**Register On-Line**  
**www.haverfordadultschool.org**

**621 Zumba® Toning**  
**Tues. 7:00-8:00 10 Wks. 2/19-4/30 (No class 3/26)**  
**Movements in Motion \$80**  
**17 Mifflin Avenue, Havertown 610-853-1468**

Zumba® Toning takes the original Zumba® dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of lightweight toning sticks. Created to emphasize muscle work along ethnic rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training to improve overall performance. No outside shoes; please bring a separate pair of sneakers to dance in. **SUPPLY FEE: \$20 due to instructor first night for toning sticks.**

Instructor: **Movements in Motion Staff**

**622 Zumba® Circuit**  
**Thurs. 6:30-7:30 10 Wks. 2/21-5/2 (No class 3/28)**  
**Movements in Motion \$80**  
**17 Mifflin Ave., Havertown 610-853-1468**

This Latin-inspired program has dance fitness moves with circuit training, as well as a series of strength exercises at timed intervals. Zumba® Circuit moves students from one exercise station to the next to the thumping beats of salsa, meringue, and more. No outside shoes, please bring a separate pair of sneakers to dance in.

Instructor: **Movements in Motion Staff**

**623 Strengthen and Stretch the Pilates Way**  
**Mon. 7:00-7:55 10 Wks. 2/25-5/6 (No class 3/25)**  
**Middle School Gym A/B \$70 (GA \$35)**

Experience strengthening exercises, stretches and the basic core stabilization principles of Pilates. Learn proper spinal alignment and core (abdominals and back) strengthening exercises to help relieve stress points in your body. Improve balance and enhance overall movement. For beginner to intermediate fitness levels. Those with prior knee, back and shoulder injuries require a physician's note. Bring a mat or towel and a stretchy band. **Dynabands are \$5 payable to instructor.**

Instructor: **Carol Katin, ACE & AFAA certified trainer and group fitness instructor with 15 years of experience**

**Spinning™**  
**Day/Time See Below 10 Wks.**  
**Havertown Health & Fitness \$75**  
**34 Brookline Blvd., Havertown 610-449-1717**

Burn calories and have fun in this indoor cycling workout. Participants will be guided through a cardiovascular workout on a stationary bike that simulates riding outdoors, while listening to motivating music. No coordination required—just sit and pedal! All fitness levels welcome. Bring a towel and water bottle. **Register early—class limit 12.**

Instructor: **Haverford Health and Fitness Staff**

**624 Wed. 7:00-8:00 2/20-4/24**

**625 Wed. 8:00-9:00 2/20-4/24**

**Indoor Rowing**  
**Day/Time See Below 8 Wks**  
**Row Zone \$75**  
**6 St. Alban's Ave., Newtown Square 610-353-1115**

Our 45 minute class is low impact with a combination of weights, cardio, flexibility and fun—burn over 500 calories. This heart healthy exercise is a full-body workout that uses every major muscle in your body. A certified personal trainer directs the class to ensure everyone gets a workout catered to their fitness and ability level.

Instructor: **Row Zone instructor**

**626 Wed. 7:30-8:15 2/20-4/10**

**627 Thurs. 7:30-8:15 2/21-4/11**

**628 New Aerobic Kickboxing**  
**Mon. 8:00-8:45 10 Wks. 2/25-5/6 (No class 3/25)**  
**Middle School Gym A/B \$70**

Punch and kick yourself into shape! Learn basic kickboxing moves such as uppercuts, blocks, and kicks; put them together for a great cardiovascular and muscle conditioning workout. Kickboxing is easy to learn and a great calorie burner. No prior experience necessary. **Dynabands can be purchased for \$5 payable to instructor.**

Instructor: **Carol Katin, ACE & AFAA certified trainer/group fitness instructor, 15 years experience**

**629 Indoor Boot Camp**  
**Thurs. 7:00-7:45 10 Wks. 2/21-5/2 (No class 3/28)**  
**Chatham Park Gym \$70**

Non-stop action from start to finish! Aerobics, calisthenics, and kickboxing drills with intervals of strength and power segments make for a total body workout. Modifications will be given for all exercises making this class appropriate for men and women of all fitness levels. Bring a mat, water bottle and set of hand-held weights.

Instructor: **Carol Katin, ACE & AFAA certified trainer and group fitness instructor with 15 years of experience**

**630 New Small Group Training/Boot Camp**  
**Mon. 7:15-8:15 10 Wks. 2/25-4/29**  
**Havertown Health & Fitness \$80**  
**34 Brookline Blvd., Havertown**

Come join us for a fun way to get real results. This class is a H.I.I.T. (high intensity interval training) style workout that keeps your heart rate elevated and burns fat hours after you're done working out. Meet new people while working in groups to help motivate each other while receiving a quick and energizing full-body burn. Ages 18 and up.

Instructor: **Havertown Health and Fitness Staff**


**631 New Small Group Training with Weights**  
**Thurs. 7:15 -8:15 10 Wks. 2/21-4/25**  
**Havertown Health & Fitness \$80**  
**34 Brookline Blvd., Havertown**

Learn new resistance training exercises using dumbbells, bands, and medicine balls. Work in groups to keep the energy high while also motivating each other along the way. High-intensity circuits will keep you busy while you burn fat and build lean muscle.

Instructor: **Havertown Health and Fitness Staff**


**Register On-Line**

**www.haverfordadultschool.org**

**632**  **Lena's Latin Cardio Jam**  
**Tues. 7:00-8:00** 10 Wks. 2/19-4/30 (No class 3/26)  
**Chatham Park Gym** \$70

Join us for our Latin Fiesta – fast-paced, high-energy, low-impact aerobic workout motivated by great Latin music and lots of hip and body shaking! No partner required, just bring a smile!

Instructor: **Lena Arbutina**

**633**  **Introduction to Adult Karate**  
**Thurs. 7:30-8:30** 10 Wks. 2/21-4/25  
**Cheng's Martial Arts** \$120  
**1720 S. State Rd., Upper Darby** 610-622-5260

Join our Martial Arts program which focuses on the mind and body while teaching techniques of practical movement and self defense. Help relieve stress and improve your health and fitness. **\$45 uniform fee due to instructor the first night of class.**

Instructor: 5th Dan-Master Cheng

**634** **Boxing Work-Out**  
**Mon. 6:00-7:00** 10 Wks. 2/25-4/29  
**Washington Boxing Academy** \$80  
**201 Simpson Rd. & W. Spring Ave, Ardmore**  
**215-620-5642**

Learn a professional boxing workout program without the contact. This class consists of skipping rope, shadow boxing and heavy and speed bag contact. **Everlast Boxing Gloves: \$36 to instructor first night of class.**

Instructor: **Alden Washington**, certified Olympic boxing coach, 4 black belts

**635** **Ice Skating**  
**Wed. 8:00-9:00** 6 Wks. 2/13-3/20  
**The Skatium** \$95  
**Darby & Manoa Rds., Havertown**

Join us at The Skatium to practice your skating skill! It's great fun and terrific exercise. Half-hour lessons begin each session, followed by individual practice. Admission and skate rental included. Bring thin socks to wear under your ice skates. Hat, gloves, and jacket recommended.

Instructors: **Jane Searfoss and Karen Boornazian**, Teaching Professionals, The Skatium

**636** **Golf**  
**Sat. 11:00 AM-12:30 PM** 4 Wks. 4/20-5/11  
**MGolf** \$125  
**4000 West Chester Pike, Newtown Square**  
**610-853-1468**

Gather your family or friends and sign up for the best golf clinic you will ever attend. Directed by PGA Golf Professional Stu Ingraham—former PGA tour player and member of the PGA since 1987. We guarantee that you will take strokes off your score and improve your game. In addition, we focus on chipping, pitching and greenside bunker play.

Instructor: **Stu Ingraham**, PGA Golf Professional



**637** **Volleyball I: Recreational**  
**Tues. 8:30-10:00** 10 Wks. 2/19-4/30 (No class 3/26)  
**Middle School Gym A/B** \$70

Emphasis on playing with minimal time spent on skill work. For the recreational volleyball player. **Limit 30 students.**

Instructor: **Ed Brocklesby**, player and instructor

**638** **Beginner Tennis**  
**Tues. 7:00-8:00** 8 Wks. 2/19-4/16 (No class 3/26)  
**Middle School Gym B** \$55

Learn the four basic tennis strokes: forehand, backhand, serve and volley. Bring a racquet and wear sneakers. Tennis balls will be provided

Instructor: **Jack Rice**, teacher/pro, Granite Run Tennis Club, Tennis Coach – Springfield High School

**639** **Intermediate Tennis**  
**Tues. 6:00-7:00** 4 Wks. 5/7-5/28  
**Middle School Tennis Courts** \$40

This four-week class will be held outside (weather permitting) on school district tennis courts. It is for the students who have completed the beginner tennis class and want more advanced instruction. Meet on courts.

Instructor: **Jack Rice**

**640** **Basketball**  
**Thurs. 7:00-10:00** 16 Wks. 2/21-6/13 (No class 3/28)  
**Middle School Gym D** \$80

Have fun and improve your fitness. Emphasis is on unsupervised recreational basketball.

**641** **Basketball for Men Over 40**  
**Wed. 7:30-9:00** 10 Wks. 3/6-5/15 (No class 3/27)  
**Middle School Gym A/B** \$50

Are you over 40 but not yet "over the hill"? Come for a run and some good clean fun. Emphasis is on unsupervised recreational basketball. **Limit 22 students.**

**Register On-Line**  
**www.haverfordadultschool.org**



**700 Introduction: Microsoft Word and Excel\***  
**Mon. 6:30-8:00** 5 Wks. 2/25-4/1 (No class 3/25)  
**Senior High Rm. 134** \$55

Learn the basic tools and navigational functions of word processing and spreadsheet management using Microsoft Word and Excel. This will prepare you for integration with the entire MS Office Suite and the next skill levels of Microsoft Word and Excel. Basic computer knowledge is necessary for this class.

Instructor: **David Malandra**, Certified in Microsoft Word and Certified Help Desk Manager

**701 Intermediate Microsoft Word and Excel\***  
**Mon. 6:30-8:00** 5 Wks. 4/15-5/13  
**Senior High Rm. 134** \$55

Learn more advanced features of Microsoft Word and Excel. MS Word features include mail merge, tracking changes and managing styles and formats. MS Excel features include using formulas, creating charts, sorting data and pivot tables. We'll highlight the two programs working together for tasks and projects. A working knowledge of both programs is required.

Instructor: **Mark Anderson**, Information Technology Specialist

*\*Note: Microsoft Office 2010 used in classes 700 and 701*

**702** **New** **Introduction to Social Networking**

**Mon. 7:00-8:30** 2 Wks. 3/25-4/1  
**Haverford Township Free Library** \$25  
**Computer /Hub Room**

Wondering what the social networking hype is all about? Trying to figure out how to keep up with it all? This class is an introduction to the many social networking sites that are available today. Find out which ones would be of most benefit to you. Explore Facebook, Twitter, Google+, Pinterest and more. You are welcome to bring a laptop, Ipad, tablet or smart phone to follow along, however, it is not a requirement for the course.

Instructor: **Mark Anderson**, Information Technology Specialist

**703 Home Buyer Seminar**  
**Tues. 7:00-8:30** 1 Nt. 3/12  
**Senior High Rm. 133** \$18

First Time Home Buyers? Why pay rent when you can buy a home? Learn about opportunities in the current market. How to get approved for a mortgage? How much house can you afford? What can your rent buy? How are home values determined? There is plenty of mortgage money for buyers with good credit. Learn how to improve your credit score and about Buyer Agency. Ask questions about home inspections and what happens at settlement.

**Janae Alberts**, Realtor, Prudential Fox and Roach, ABR (Accredited Buyer's Representative) CRS, GRI, and SRES

**704 Seniors: Getting Ready to Sell Your House**  
**Thurs. 7:00-8:30** 1 Nt. 3/14  
**Senior High Rm. 133** \$18

Selling your home for the most money with the least hassle is the primary goal of every seller. Seniors often have a whole lifetime of memories and possessions in the mix. Where to start? What to do first? How to get your mind around the process? We will discuss current market conditions, determining a market sensitive price in any market, and proven marketing and staging tips.

**Janae Alberts**, Realtor, Prudential Fox and Roach, SRES (Senior Real Estate Specialist) ABR, GRI, and CRS

**Register On-Line**  
**www.haverfordadultschool.org**

**Instructors & Ideas Wanted**

Have an idea for a course, workshop or trip?  
 We're always looking for new ideas and instructors.

Please visit our website  
<http://www.haverfordadultschool.org>  
 click "contact us" link to suggest a course.

Or, send a written proposal to  
 HTAS, Box 806,  
 Havertown, PA 19083-0806

**a** Adult CPR ..... 4  
**NEW** Aerobic Kickboxing ..... 13

**b** Ballroom Dancing ..... 10  
**NEW** Barre Dance ..... 10  
 Basketball ..... 14  
 Basketball: Over 40 ..... 14  
 Bathroom Design Seminar ..... 8  
 Beading ..... 6  
 Belly Dance: Beginner and Intermediate .. 10  
 Beginner Mat Pilates ..... 12  
**NEW** Beloved Body is Beautiful ..... 4  
 Boating Skills and Seamanship ..... 4  
 Boxing Workout ..... 14  
**NEW** Bridge ..... 6  
**NEW** Brunch Done Right ..... 9  
**NEW** Building Resilience in Children and Teens .. 3

**c** Cake Decorating ..... 7  
 Ceramics Workshop ..... 5  
 Choristers ..... 3  
 Cooking ..... 7-9  
 CPR ..... 4  
 Crochet ..... 5

**d** Dance ..... 10  
 Dance It Off ..... 10  
**NEW** Deals for Real Meals ..... 8  
 Digital Photography ..... 6  
 Drawing ..... 5  
 Drawing on the Past ..... 5

**e** Eat Your Way Through the Italian Market .. 9  
**NEW** Escape to the Caribbean ..... 8  
 Exercise and Fitness ..... 11-14

**f** Family Law in Pennsylvania ..... 4  
 Foundation Drawing ..... 5  
 From Eve to Aisha: Women in  
 Abrahamic Scriptures ..... 4

**g** Gardening ..... 7  
 Gentle Yoga ..... 11  
 Gentle Yoga for Seniors ..... 11  
**NEW** Get Caught: Cooking Fish ..... 9  
 Getting Ready to Sell Your Home  
 for Seniors ..... 15  
 Golf ..... 14  
 Guitar: Beginner ..... 9

**h** Hands-on Container Gardening Workshop .. 7  
 Hands-on Desserts ..... 9  
 Hands-On Knife Skills ..... 9  
**NEW** Hands On Paella Party ..... 8  
 Hands-on Rustic Breads ..... 8  
 Havertown Choristers ..... 3  
 Herb Gardening ..... 7  
**NEW** Homework: Parenting Series ..... 3  
 Home Buyer Seminar ..... 15  
 Home Seller for Seniors ..... 15  
 How to Market and Sell Your Food Product .. 8

**i** Ice Skating ..... 14  
 Indoor Boot Camp ..... 13  
 Indoor Rowing ..... 13  
 Infant/Child CPR ..... 4  
 Italian: Beginner, Intermediate, Advanced ... 6-7

**j** Jazz It Up ..... 10  
 Just Strolling ..... 12

**k** Karate: Introduction ..... 14  
**NEW** Kickboxing ..... 13  
 Knitting ..... 5  
 Kitchen Design Seminar ..... 8

**l** Latin Cardio ..... 14  
 Look and Sound Like a Great Speaker ..... 4

**m** Mah Jongg: Beginners ..... 6  
**NEW** Manage Your Memory Cards and More ... 6  
 Microsoft Word and Excel ..... 15  
 Mosaics: Beginner and Intermediate ..... 5

**o** Over 60 Yoga ..... 11

**p** Painting ..... 5  
 Parenting Series ..... 3  
**NEW** Parenting Book Discussion ..... 3  
**NEW** Passover Cooking Class ..... 8  
 Photography ..... 6  
 Pilates ..... 12 & 13  
 Pink Dynamite: Mom and Daughter Fitness .. 12  
 Power Yoga ..... 11  
 Prenatal Yoga ..... 11  
 Public Speaking ..... 4

**q** Quilting ..... 5

**r** Red Hot Dance Fitness ..... 10  
 Rowing ..... 13  
**NEW** Rubber Stamping ..... 6

**s** Sculpting ..... 5  
**NEW** Self-Defense for Women ..... 12  
 Seniors Chair Yoga ..... 12  
 Seniors: Getting Ready to Sell Your Home ... 15  
 Sewing ..... 5  
 Shade Gardening ..... 7  
**NEW** Sleeping Through the Night: Parenting Series .. 3  
 Slow Flow Yoga ..... 11  
**NEW** Small Group Training/Boot Camp ..... 13  
**NEW** Small Group Training with Weights ..... 13  
 Social, Ballroom and Latin Dance Mix ... 10  
**NEW** Social Networking – Introduction ..... 15  
 Social Skills for the Developmentally Disabled 3  
 Soft Tough: Gentle Workout ..... 12  
 Spanish ..... 7  
 Spinning ..... 13  
 Square Dance ..... 10  
 Strengthen and Stretch Pilates ..... 13

**t** Tai Chi ..... 11  
 Tennis: Basic and Intermediate ..... 14  
**NEW** T-Shirt Quilt ..... 5

**u** U Can Uke! – Beginner Ukulele ..... 9

**v** Vegan Cooking: Introduction ..... 7  
**NEW** Volleyball: Recreational ..... 14

**w** Watercolor Painting ..... 5  
 Wine and Cheese ..... 7  
 Word and Excel: Introduction/Intermediate. 15

**y** Yoga ..... 11  
**NEW** Yoga: Beginning ..... 11

**z** Zumba® ..... 12-13

## Registration Information

**Now ON-LINE**



**Now register on-line at:**  
**[www.haverfordadultschool.org](http://www.haverfordadultschool.org)**  
24 hours, 7 days a week  
**Beginning Wed. January 9**  
(Please note: Golden Agers and other discounted classes will not be available on-line. Please register by mail or in person to receive these discounts.)

### BY MAIL:

1. Mail payment and registration form (pg. 18 or download from: [www.haverfordadultschool.org](http://www.haverfordadultschool.org)) to: **P.O. Box 806 Haverford, PA 19083-0806.** (Do NOT mail to Adult School Office, Earlington Road or Haverford School District Offices). We are not responsible for anything mailed to another address. Mail early to be sure of the class of your choice – **classes fill quickly.** Early registration may avoid having to cancel a class because of low enrollment.
2. Class confirmations are sent via e-mail. Please provide us with an e-mail address for contact information throughout the semester. We do not sell student information.
3. Classes will be filled on a first-come, first-served basis.

### IN PERSON:

Havertown Center  
(former Brookline School,  
Up stairs to first floor),  
1105 Earlington Road,  
Havertown

#### Walk-in hours:

**Daytime Registration**  
**Monday to Friday Starting**  
**Wednesday, January 9**  
**through Friday, March 1**  
**10:30 AM-1:30 PM**  
*Register on site!*

**NOTE:** Register early, even for classes starting later in the semester, to avoid being shut out of limited enrollment classes. All classes have a minimum number of students needed to run so registering early will also avoid cancellation of classes due to low enrollment. You may register for classes on the first evening only if there are openings.

## General Policies

**COURSE CANCELLATIONS:** Haverford Township Adult School reserves the right to cancel classes based on low enrollment, instructor non-availability or related reasons. Notification of cancellations will be made by phone or e-mail.

**REFUNDS:** Refunds will be given by check only in the event of a cancelled class. If you are not satisfied with your course after the first class has met or if you **WITHDRAW** because of illness, personal emergencies, moving or any other event beyond our control, you will be issued a **WEB CREDIT** for a maximum of 50% of the tuition fee. To qualify, you must notify HTAS office in writing. If you notify the office of **WITHDRAWAL** at least three (3) days prior to the first class, you will qualify for a **web credit** for your full tuition.

**TRANSFERS:** You may transfer from one class to another if space is available by paying a \$5 fee for each transfer.

**SINGLE SESSION ADMISSION:** You can buy a "Try a Class" ticket for any unfilled course of four sessions or more the night of the first class for a \$5 fee. This fee will be credited toward your tuition if you stay for the term.

**HIGH SCHOOL STUDENTS:** Students in **grades 9-12** must have parent signature when registering (included on the mail-in registration form).

**SMOKING:** Smoking is prohibited on school properties.

**ACCESSIBILITY:** The Middle School & Senior High are accessible to persons with disabilities. Please call Adult School office **at least one week** before classes begin if you need any special arrangements.

### ★ GOLDEN AGERS ★

**Only Haverford Township residents 65 and over** are entitled to a special "GA" discount price for some courses (as indicated in descriptions). **Please mail your "Golden Age Card" with registration and a self-addressed, stamped envelope** for its return or present GA card or proof of age and residency at office. You may obtain a "GA Card" at the School District office switchboard (610-853-5900), in Oakmont Administration Building on Eagle Rd. **NOTE: GA classes will not be available on-line. Please register by mail or in person to receive this discount.**

Haverford Township Adult School is an independent, non-profit organization and is not affiliated with The Haverford School District. Course fees and donations provide our sole source of income to cover faculty compensation, facility charges, production and mailing of brochures, and all other operating expenses.

#### Disclaimer

The HTAS admits students without regard to race, color, religious creed, or national origin and operates in a totally nondiscriminatory manner.

HTAS is not responsible for the views, opinions, recommendations or statements (collectively, "statements") of its instructors. All such statements expressed by HTAS instructors are personal and do not represent or reflect those of HTAS, its directors, administrators or staff.

While HTAS makes every effort to maintain the integrity and quality of its classes, HTAS does not take the responsibility for any class content.

HTAS instructors may not solicit business from the students. Any business relationship between an instructor and student is purely voluntary on the part of the student and is undertaken at the student's own risk. HTAS does not endorse or support such relationships and is not in any way responsible for their success or failure.

Students of HTAS take all courses at their own risk and agree to waive and release HTAS and its directors, administrators and staff from any and all claims of any kind or nature. Any student enrolling in a course involving physical activity represents that he or she is physically capable of taking such class and does so at their own risk.

**NOTE: Please keep your brochure for Class Dates, Times & Room Information.**

**THREE WAYS TO REGISTER FOR CLASSES – YOUR CHOICE\***

**1. Register on-line. 24 hours a day—7 days a week!**  
 Visit: [www.haverfordadultschool.org](http://www.haverfordadultschool.org)  
 and follow the simple steps. (Registration opens 1/9)

*Don't forget  
to mark class dates on  
your calendar!*

**2. Mail Your Registration Today. Many classes fill quickly!**  
*You may use one check for several classes*

**Haverford Township Adult School  
 SPRING 2013 REGISTRATION FORM**

Last Name: \_\_\_\_\_ Frst Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_  
 (E-Mail address required to send updated class information and weather related cancellations)

Address: \_\_\_\_\_  
 STREET

CITY STATE ZIP

Phone (day) \_\_\_\_\_ Phone (eve.) \_\_\_\_\_

**COURSE INFORMATION**

Course #	Course Title	Tuition
		\$
		\$
		\$

**Donation:** \$ \_\_\_\_\_  
**Total:** \$ \_\_\_\_\_

Check payments should be payable to: HTAS and mailed to:  
 HTAS, P.O. Box 806, Havertown, PA 19083-0806

High School Students under the age of 18 need permission from parents to take a HTAS course;

Parent Signature \_\_\_\_\_

**We Need  
You!**

If you love taking our classes, please consider volunteering for the Haverford Township Adult School Board! For more information, mail this section with your registration. Or, call the school office at **610-446-8022**.

I'm interested in becoming a member of the Haverford Township Adult School Board.

**Name** \_\_\_\_\_

**Phone Number** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**NOTE:** No refunds except for cancelled classes. Your cancelled check is your receipt.  
 E-mail confirmation with all class information will be sent upon registration.

**3. Register in Person:**

**Daytime — 10:30 AM–1:30 PM, Monday to Friday, January 9 – March 1**  
**Haverford Township Adult School Office**  
**Havertown Center, 1105 Earlington Rd., Havertown**

*\*Additional Registration Information on Page 17*



Haverford Township Adult School

**Learn, Grow, Connect!**

P.O. Box 806  
Havertown, PA  
19083-0806



*Like us on Facebook*



*Visit us On-Line /Register at:*

**[www.haverfordadultschool.org](http://www.haverfordadultschool.org)**

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