

# Haverford Township Adult School

# Spring

# 2014

Classes Begin: **Tuesday, February 18**

Registration Begins: **Wednesday, January 8**

*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

The Haverford Township Adult School is a private, non-profit, educational organization which seeks to promote adult education and recreation for Haverford Township and surrounding communities. The school is governed by an all volunteer board of directors and is entirely self-supporting. **It receives no financial support from the school district, recreation department or taxpayers.**

HTAS enriches the community by providing more than one hundred low-cost classes each fall and spring semester. The increasing overhead, including instructor and office staff salaries, facility charges, and production and mailing of brochures make it increasingly difficult to provide high-quality classes in a cost-efficient manner.

Please consider making a tax-deductible contribution to help us continue to offer quality classes that you have come to expect! You can donate directly from our website at [www.haverfordadultschool.com](http://www.haverfordadultschool.com) or see our form on page 18 to include your donation with your class registration.

### Community Sponsors

Haverford Township Adult School (HTAS) is grateful for the support of the following community sponsors:

- **Comcast Internet Service**
- **Haverford Township Civic Council**

Thank you to the many individuals who have donated to HTAS over the past year. You have made it possible to continue our dedicated work to help our students *Learn...Grow...Connect!*

## Administration and Board

### Officers

**President:** Mary Bear Shannon

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Bill Alvini      Stuart Leibowitz

Ramakrishna Pathangi



**Like: Haverford Township Adult School  
on Facebook**

## 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.

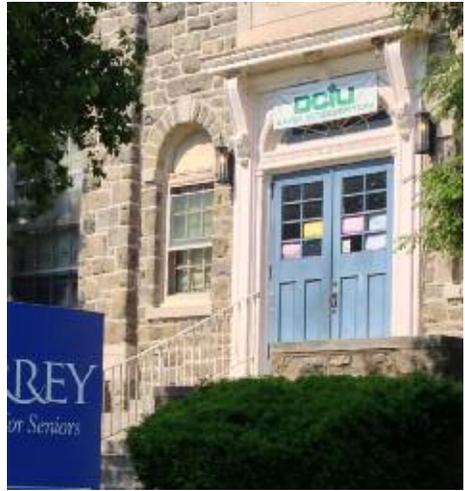
# Office Location

Visit us at our office  
1105 Earlington Road, Havertown  
(Outside sign reads Surrey Services for Seniors)  
610-446-8022

## Walk-in hours:

**Monday – Friday,  
10:30 AM-1:30 PM**

**Starting Wednesday, January 8  
through Friday, February 28**



## General Information

The **ONLY** number to call for Adult School information is **610-446-8022**. **Starting Wednesday, January 8 through Friday, February 28**, 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 8 at:  
**[www.haverfordadulthoodschool.org](http://www.haverfordadulthoodschool.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.haverfordadulthoodschool.org](http://www.haverfordadulthoodschool.org)

## Class Locations

### Haverford Middle School

1701 Darby Rd., Havertown 19083

### Haverford Senior High

200 Mill Rd., Havertown 19083

### Chatham Park Elementary School

400 Allston Rd., Havertown 19083

### Chestnutwold

630 Lorraine Ave.  
Ardmore, PA 19003

### Coopertown Elementary School

800 Coopertown Rd.,  
Bryn Mawr, 19010

### Oakmont Administrative Building

(Former Oakmont School)  
50 E. Eagle Rd., Havertown 19083

### The Bead Garden

2122 Darby Rd., Havertown 19083  
610-449-2699

### Cerca Trova Yoga Studio

2124 Darby Rd., Havertown, PA 19083  
610-203-4141

### Havertown Grange Estate

143 Myrtle Ave., Havertown 19083

### Havertown Health & Fitness

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

### Haverford Township Free Library

Darby & Mill Rd., Havertown 19083  
610-446-3082

### Madsen Design Center

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

### Maha Yoga

66 Rittenhouse Place, Ardmore 19003  
215-496-0770

### MGolf

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

### Movements in Motion

17 Mifflin Ave., Havertown 19083  
610-853-1468

### Oakmont Farmers Market

At Grace Chapel  
1 West Eagle Rd., Havertown 19083

### The Quadrangle

3300 Darby Rd., Haverford, 19041

### Row Zone

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

### Shipley Upper School

814 Yarrow Rd., Bryn Mawr 19010

### The Skatium

Darby & Manoa Rds., Havertown 19083

### St. Faith Episcopal Church

1105 Earlington Rd., Havertown, 19083

### Surrey at Havertown

1105 Earlington Rd., Havertown, 19083

### Yangming

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

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

*New This Semester!*

The Haverford Township Adult School, in conjunction with Main Line School Night, is pleased to announce a joint venture to bring you New daytime classes.

**Mommy & Me Fat Burning Workout:**  
pg. 12

**The American Presidents:**  
pg. 6

**T-Shirt Rag Rug:**  
pg. 5

**Classes held at:**  
Surrey at Havertown  
1105 Earlington Rd., Havertown

**301 Havertown Choristers**  
**Mon. 7:30-9:00** 10 Wks. 2/24-4/28  
**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: 4/28 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

**302 Social Skills for the Developmentally Disabled Adult**  
**Wed. 7:00-8:30** 10 Wks. 2/19-4/30 (No class 4/16)  
**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

**303 Boating Skills and Seamanship**  
**Mon. 6:30-9:30** 10 Wks. 2/24-5/5 (No class 4/14)  
**Senior High Room 133** \$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**

**304 Sports/Performance Psychology**  
**Mon. 7:00-8:30** 5 Wks. 3/3-3/31  
**Senior High Rm. 203** \$60

Want to be the best you can be? The physical is only part of the battle. The mental edge in performance is critical. You can run faster, score more points, win your case, help your team win more games, hit the high notes, you name it! A person's mental state plays an enormous role in performance success. The course will provide an overview of the essential ingredients for performance excellence. This course will cover the importance of goal setting, relaxation, visualization, establishment of routines, self-talk and achieving flow.

Instructor: **Joseph T. Havlick, Ph.D.**, Sports Psychology; coach and lifetime athlete.

**305 New The Emotional Home**  
**Wed. 6:30-8:30** 1 Nt. 2/26  
**Senior High Rm. 202** \$20

Your home is a reflection of you. What is it saying? Getting to know yourself is a great way to discover how your home could look and function. Learn step-by-step ways to find your own personal style, tame your house's unruly "hotspots", and create a beautiful, feeling, and functional home. Once you take this class—whether it's to create more love in the bedroom, more warmth in the family room, or simply a place for relaxation and renewal—your home will help you thrive personally and prepare you for the coming attractions in your life.

Instructor: **Pamela Kenney**, over a decade of experience in the design and furnishings industry

**306 New Living An Inspired Life**  
**Tues. 7:00-8:30** 3 Wks. 3/11-3/25  
**Senior High Rm. 202** \$45

Start living life more fully and eliminate unnecessary stress. Take your life to the next level, whatever it is, by seeing your strengths and building upon them to rewire your self image. Identify what is truly important right now and let go of things dragging you down. Exercises in class will show you where there are imbalances in your life. Come and see your goodness.

Instructor: **Renee Whitehead**, Certified Holistic Health Coach

**307 New Autism Awareness: Resources and Strategies**  
**Tues. 7:00-9:00** 1 Wk. 3/11  
**Senior High Rm. 203** \$20

Living with a loved one who has been diagnosed with an autism spectrum disorder can be difficult on many levels. Please join us as we share our experiences navigating "the system" (health care, education, community resources, etc.). We will share our successes and our failures, in the hopes of increasing awareness and decreasing the feelings of being overwhelmed that many families encounter on a daily basis. A representative from The Kinney Center for Autism Education at St. Joseph's University will be on hand to discuss the center and its' programs

Instructor: **Jim and Deanna Segrave-Daly**, parents of a six-year-old on the autism spectrum.

**308** **New** **The Burden of Being a Boomer**

**Wed. 6:30-8:30** **1 Nt. 3/5**  
**Senior High Rm. 202** **\$20**

We will discuss how to deal with your aging parents' lifetime of "Stuff." You will also learn how to make small modifications to your home to make it easier for your parents to visit.

Instructor: **Pamela Kenney**, over a decade of experience in the design and furnishings industry

**309** **New** **Age-In-Place: How to Plan your Best Home Ever**

**Wed. 6:30-8:30** **1 Nt. 3/12**  
**Senior High Rm. 202** **\$20**

We're all getting older and most people want to stay in their homes in a familiar neighborhood as they age. In this class, you will learn how to eliminate obstacle courses and booby traps in your home before you get to the "elderly" stage.

Instructor: **Pamela Kenney**, over a decade of experience in the design and furnishings industry

**creative arts, hobbies, leisure**

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

**400** **New** **Learning to See Art Appreciation**

**Mon. 6:30-8:30** **5 Wks. 3/17-4/21 (No class 4/14)**  
**Senior High, Rm. 131** **\$100**  
**Philadelphia Museum of Art Tour** **Sat. 4/12**  
**10:00 AM-12:00 PM**

Haverford Adult School is pleased to work in conjunction with The Violette de Mazia Foundation to present this exceptional class! Art is everywhere, learn to see and better appreciate it. What are paintings and why do we continue to look at them? What do paintings have in common with sculpture, music or poetry? Explore these questions and begin to experience the arts in a new and fresh way. Appropriate for the seasoned art enthusiast as well as the curious beginner. Five sessions will be in the classroom with a sixth Saturday session at the Philadelphia Museum of Art (transportation on your own) for a guided tour by your instructor to view art from many eras and traditions, mostly European and American. Museum entrance fee is included in the price of class.

Instructor: **David Nolan**, Delaware artist and instructor with the Violette de Mazia Foundation

**401** **New** **The Decisions Artists Make****A Tour of the Pennsylvania Academy of the Fine Arts**

**Sat. 10:00 AM – 12:00 PM** **1 Day 5/3**  
**PA Academy of Fine Arts** **\$35**  
**118 N. Broad Street, Philadelphia**

Haverford Adult School is pleased to work in conjunction with The Violette de Mazia Foundation to present this guided tour! When an architect designs a museum, what decisions are made in order to entice the public to enter and open themselves to the viewing experience inside? How does a painter choose the colors used in a painting? When a sculptor carves a piece of wood, how does the wood grain relate to the final art object? Are initial decisions altered as the artist engages in the expressive process? These questions, and others, will be addressed through guided observations of select works in the collection of the historic Pennsylvania Academy of the Fine Arts. Join us for this experience exploring aesthetic decision making in the marvelous atmosphere of the Academy. (Transportation on your own)

Instructor: **Christine Stoughton**, PhD; Pennsylvania Academy of the Fine Arts Certified; Senior Instructor, Violette de Mazia Foundation.

**402** **Watercolor Painting**

**Wed. 7:00-9:00** **10 Wks. 2/19-4/30 (No class 4/16)**  
**Senior High Rm. 120** **\$95 (GA \$50)**

Learn brush handling, color mixing, and composition, along with techniques and practical tips that will help you find your own voice and mode of self-expression. There will be one-on-one instruction as well as frequent demonstrations. Please bring an 11x14 sketch pad and pencils (HB-2H) and any watercolor supplies you might already have. Instructor will send an email about **supplies, which are additional**, and discuss at class.

Instructor: **Murray Callahan**, Moore College of Art graduate; member of Haverford Guild of Craftsmen

**403** **Ceramics Workshop**

**Mon. 6:30-8:30** **8 Wks. 2/24-4/21 (No class 4/14)**  
**Senior High Rm. 122** **\$85**

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

**404** **Quilting 101**

**Wed. 6:30-8:30** **10 Wks. 2/19-4/30 (No class 4/16)**  
**Senior High 114** **\$92**

Learn the basics of machine piecing and quilting. We will make a lap quilt incorporating your new skills. No experience is necessary, just a willingness to learn. Experienced quilters welcome, if you have a project that needs finishing sign up and join the fun. Supply list provided the first night of class.

Instructor: **Tina Belden**, experienced quilter

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

**405 Sewing 101**  
**Tues. 6:30-8:30 10 Wks. 2/18-4/29 (No class 4/15)**  
**Senior High Rm. 114 \$95**

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 alter, hem and repair clothing. Bring in your garments and matching threads. 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 Stephey**, Family and Consumer Sciences Teacher

**406  Sewing 101: Learn to Sew a Hem**  
**Mon. 6:30-8:30 1 Nt. 2/24**  
**Senior High Rm. 114 \$20**

Think of the money you will save by learning to hem all by yourself! Bring in an item of clothing that needs a hem. Learn how to prepare the garment and hand stitch the hem. Materials needed: garment, matching thread, hand sewing needle, pins, scissors, seam ripper, tape measure, bobbin and sewing machine needles for Janome sewing machine.

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

**407  Sewing 101: Replacing a Broken Zipper**  
**Mon. 6:30-8:30 2 Wks. 3/10-3/17**  
**Senior High Rm. 114 \$40**

Think of how frustrating it is to have something you love with a broken zipper! Learn how to save that piece of clothing or item. Bring in something that needs a new zipper. Learn how to remove and replace it with a new one. Materials needed: garment, new zipper (size of the broken one), matching thread, scissors, pins, seam ripper, bobbin and sewing machine needles for Janome sewing machine

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

**408  Sewing 101: Making a Tote Bag!**  
**Mon. 6:30-8:30 4 Wks. 3/31-4/28 (No class 4/14)**  
**Senior High Rm. 114 \$55**

Cut out and sew a 12" x 17" x 6" tote bag by following written directions and demos by the instructor. Learn how to thread and use a sewing machine. List of materials: fabric, matching thread, pins, scissors, tape measure, size 14 standard sewing machine needles and bobbins for Janome sewing machine.

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

**409 Knitting for Everyone**  
**Mon. 7:00-9:00 8 Wks. 2/24-4/21 (No class 4/14)**  
**Senior High Rm. 115 \$83**

You will enjoy taking this class regardless of your skill level. Beginners will learn the basics and knit a simple project. Beyond beginners will learn more advanced techniques as well as select and knit intermediate level projects of their choice. Included are: selecting a pattern and the appropriate yarn and needle sizes; casting on, binding off, increasing and decreasing stitches; knitting in the round, cables, using stash yarn, and mitred squares to name a few. Beginners: please bring size 8 needles and worsted weight yarn to the first class. Beyond beginners/Intermediate knitters: please bring a project started or not.

Instructor: **Sharon Richman**, degree in Fine Arts, former manager of The Knitting Store

**410 Crocheting for Everyone**  
**Wed. 7:00-9:00 8 Wks. 2/26-4/30 (No class 3/26, 4/16)**  
**Senior High Rm. 115 \$75**

This class is for you: a complete beginner, crocheter or one who wants to brush up and learn new techniques. Come for crochet support or to get help starting or finishing a project. We will cover skills at all levels from holding the yarn, creating stitches, reading patterns, and learning new stitch patterns, to providing pattern and project inspiration and assistance. Specifics about crochet tools, hooks and yarn will also be covered. Beginners should bring one skein of cotton or acrylic, worsted weight yarn in a solid, light color (not dark or variegated) and a metal crochet hook sized H or I to the first class. Instructor will email more information before first class.

Instructor: **Sherrie Jenkins**

**411 Crochet a Rag Rug**  
**Tues. 6:30-8:30 2 Wks. 3/4-3/11**  
**Senior High Rm. 120 \$30**

Learn to make an oval crocheted rag rug. You will need a sharp pair of fabric scissors, a size Q crochet hook, and approximately 10 yards of various fabric cut into one and a half inch strips. A detailed supply list will be e-mailed to you for first class.

Instructor: **Cathy Hetznecker**, Owner of Rag Rugs, President of Haverford Guild Of Craftsmen

**412  T-Shirt Rag Rug**  
**Mon. 12:30 -2:30 2 Wks. 3/24-3/31**  
**Surrey at Havertown 1105 Earlington Rd., Havertown \$40**

Do you or someone in your family have their drawers overflowing with t-shirts that they won't say goodbye to? Learn how to crochet an oval rug out of old t-shirts! Bring 24 t-shirts in a wide range of colors, a Q size crochet hook and a sharp pair of fabric scissors to class.

Instructor: **Cathy Hetznecker**, Owner, Cathy Hetznecker Rag Rugs; President, Havertown Guild of Craftsmen

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

**413 Pinterest-ing Crafts**  
Wed. 7:00-9:00 5 Wks. 3/5-4/2  
Senior High Rm. 122 \$50

Have you heard of Pinterest? This popular pin-board sharing website lets people post pictures and links to their favorite craft ideas and products. Each week we will use Pinterest ideas as inspiration to transform simple household & crafting materials into treasures you and your loved ones can enjoy in person! **\$50 supply fee due to instructor at first class.**

Instructor: **Janiene Kwoczak**, graduate of Tyler School of Art with concentration in Sculpture.

**414 Beading Fun Spring Projects**  
Wed. 6:30-8:30 5 Wks. 3/5-4/2  
The Bead Garden \$57  
2122 Darby Rd., Havertown, 610-449-2699

Welcome spring at The Bead Garden with five new jewelry projects. You will learn new techniques to add to your jewelry making skills and gain inspiration for your future projects. Focusing on classic designs and current trends, this class is suitable for all levels of experience. **Cost: \$10-\$40/project based on your selections, pricing for all budgets!**

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

**415 New Basic Bird-Watching**  
Wed. 6:00-7:30 6 Wks. 3/26- 5/7 (No class 4/16)  
Senior High Rm. 202 \$65

This introductory course is designed to help you feel comfortable and proficient in one of the USA's most popular hobbies. We assume that you have a minimal knowledge of birds but desire to acquire skills to identify birds by sight and sound. Learn how to find, identify, attract and enjoy the birds of the tri-state area. Last class will be field trip in the outdoors!

Instructor: **Stan LeQuire**, life-long bird-watcher and nature guide.

**416 Mah Jongg for Beginners**  
Mon. 6:45 - 8:15 7 Wks. 2/24-4/7  
Haverford Township Free Library \$75

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. Cards cost: **\$8.00 due to instructor at first class.**

Instructor: **Joan O'Neill**

**417 Understanding Digital Photography**  
Thurs. 7:30-9:00 4 Wks. 3/20-4/10  
Senior High Rm. 201 \$57

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 The American Presidents**  
Tues. 1:00-2:30 2 Wks. 3/18-3/25  
Surrey at Havertown \$25

1105 Earlington Rd., Havertown

With the birth of a new nation came the unprecedented idea for a new type of leadership. Although we have come to expect a peaceful transfer of power, this is not the case throughout much of the world. Join us to learn about the office of the presidency and many of the men that have occupied executive branch, from colonial times to present day.

Instructor: **Jim Segrave-Daly**, B.A. History; direct descendant of Revolutionary War veteran

**419 New American History: Isolation to War (1938-1942)**  
Wed. 7:00-8:00 3 Wks. 3/5-3/19  
Senior High Rm. 201 \$30

This course will examine the political and social issues in the United States from 1938-1942. American isolationism, World War II, and FDR's presidency will be among the main topics for discussion. "1940: FDR, Willkie, Lindbergh, Hitler – the Election Amid the Storm" is the recommended book for this course.

Instructor: **John Kederis**, experienced history teacher

**420 Italian Conversation: Beginners**  
Tues. 6:30-7:30 10 Wks. 2/18-4/29 (No class 4/15)  
Senior High Rm. 205 \$83

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**

**421 Italian Conversation: Intermediate 1**  
Tues. 7:30-8:30 10 Wks. 2/18-4/29 (No class 4/15)  
Senior High Rm. 205 \$83

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**

**422 Italian Conversation: Intermediate 2**  
Thurs. 6:30-7:30 10 Wks. 2/20-5/1 (No class 4/17)  
Senior High Rm. 205 \$83

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**  
www.haverfordadultschool.org

**423 Italian Conversation: Advanced**  
**Thurs. 7:30-8:30 10 Wks. 2/20-5/1 (No class 4/17)**  
**Senior High Rm. 205 \$83**

Enjoy the Italian language through music, history, culture and games! This class is focused on conversation, discussion and interactive role playing. Experience what it is like to be in Italy at 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**

**424 Spanish Conversation I**  
**Mon. 7:00-8:30 7 Wks. 2/24-4/7**  
**Senior High Rm. 207 \$83**

Are you ready to learn Spanish? In this class you will be exposed to the basics of Spanish communication including simple expressions, everyday vocabulary and the correct spelling and pronunciation. Join us for this fun and practical class, especially helpful for travelers. **\$16 textbook fee due first class, please bring cash or check made out to HTAS the first night.**

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

**425 Spanish Conversation II**  
**Wed. 7:00-8:30 7 Wks. 2/19-4/2**  
**Senior High Rm 207 \$83**

Designed for students interested in a step higher than beginners, this class will cover basic grammar concepts of verb conjugation, writing, spelling, reading and proper pronunciation. The class will help to make you feel confident of your ability to keep learning this romantic language. You will be exposed to the rich cultural traditions of different Spanish speaking countries. **\$16 textbook fee due first class, bring exact cash or check made out to HTAS (Textbook is the same as Spanish Conversation I)**

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

**426 Basic Chinese**  
**Wed. 6:30-7:30 10 Wks. 2/19-4/30 (No class 4/16)**  
**Senior High Room 208 \$85**

This course is structured for beginners and travelers. Pronunciation system, survival and conversational expressions and some characters (for sign reading) will be introduced along with Chinese culture and customs. The topic of the conversation will be dining, shopping, asking directions, and transportation (bus, subway and taxi). Price of class includes cost of handouts.

Instructor: **Honglei Yuan**, Chinese native speaker; Chinese language teacher at local colleges

**427 Houseplants: The Care and Feeding**  
**Wed. 7:00-8:30 1 Wk. 3/19**  
**Senior High Rm. 135 \$25**

What do they need? How much water? How much light? Will they bloom again? Pampering, propagating, pruning and preening as we discuss the most common and popular houseplants. Add a little green indoors! Come with questions and get the answers.

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

**428 Pruning**  
**Wed. 7:00-8:30 1 Wk. 3/26**  
**Senior High Rm. 135 \$25**

Learn what, when and how to prune for size, shape, better blooms and healthier plants.

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

**429 Pest Control**  
**Wed. 7:00-8:30 1 Wk. 4/2**  
**Senior High Rm. 135 \$25**

The good, the bad and the buggy! Learn about the most common insect problems and what pest controls are working. Bring your questions.

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

**430 Weeds!**  
**Wed. 7:00-8:30 1 Wk. 4/9**  
**Senior High Rm. 135 \$25**

They say a weed is defined as just a plant in the wrong place, but why do they thrive in my landscape? Learn all about weed control and weed prevention through good gardening practice. Maximize control by learning how to identify weeds and how they spread.

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

**431 Ground Covers**  
**Wed. 7:00-8:30 1 Wk. 4/23**  
**Senior High Rm. 135 \$25**

Low and slow! Many ground covers are the perfect solution to trouble spots, and are often the ideal plant for low maintenance. Plants that bloom, that are evergreen or fragrant... which would you choose? Master Gardeners will help you pick the right ground cover for the site.

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

**432 Hands-on Container Workshop**  
**Wed. 7:00-8:30 1 Wk. 5/7**  
**Havertown Grange Estate \$25**  
**143 Myrtle Ave, Havertown**

Join us at The Historic Grange Estate for this one and see a hands on workshop as we plant the containers for the mansion's front porch. Bring your garden gloves, your trowel and dig in. 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**

**433 Living With Food Allergies**  
**Thurs. 7:00-9:00 3 Wks. 2/20-3/5**  
**Senior High Rm. 201 \$35**

Do you have a loved one with food allergies? Have you recently discovered food intolerances? Navigating your food limitations can be overwhelming. This class is led by a mother who has lived and breathed multiple food allergies for over 5 years. Join the class to learn some tips, cooking substitutions, and food shopping help.

Instructor: **Corinne Katrina**, mother of child with life threatening food allergies

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

**434** **New** **What's the Buzz about Local and Sustainable Foods?**  
**Cooking the Locavore Way from the Oakmont Farmers Market**  
**Wed. See times below** **3 Wks. 5/14-5/28**  
**Senior High Rm. 116** **\$45**  
**Oakmont Farmers Market (Grace Chapel),**  
**1 West Eagle Rd, Havertown**

The Haverford Township Farmers Market Association, a not-for-profit educational organization, was formed in 2009 in order to manage the market, provide healthy eating lessons and support for local business and farms. Explore local, organic and sustainable food systems and learn practical ways to use fresh, local foods in everyday meals. Learn about Pennsylvania farm products and processes, how to navigate a farmers market, and how to confidently make a scratch meal. Class includes:

**Week 1: 5/14, 6:00-8:00**  
**Senior High Rm. 116:** Presentation  
**Week 2: 5/21, 6:00-7:00** (Meet at market)  
**Oakmont Farmer's Market:** Tour  
**Week 3: 5/28, 6:00-9:00**  
**Farmer's Market:** Shopping trip  
**Senior High:** Cooking demonstration

Information at: [www.oakmontfarmersmarket.org](http://www.oakmontfarmersmarket.org)

Instructor: **Dr. Janet Chrzan**, Nutritional Anthropologist, University of Pennsylvania; founder, Oakmont Farmers Market, 2007.

**435** **Introduction to Vegan Cooking**  
**Mon. 7:00-8:30** **5 Wks. 2/24-3/24**  
**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

**436** **New** **Feed Multitudes With Few Dollars Cooking Vegan**  
**Mon. 7:00-8:30** **5 Wks. 4/7-5/12 (No class 4/14)**  
**Senior High Rm. 116** **\$60**

Non-profits, cafeteria managers, and others, who need to feed lots of people in need will learn how to provide delicious, nutritious meals using a vegan diet. Vegan meals are high in protein and fiber, can be inexpensive, and the ingredients don't spoil easily, hence don't require lots of refrigeration. The ingredients can be deployed and cooked fresh in faraway places with only a gas burner. Transportation and storage costs are minimal. The meals presented in this 5-week course will be adaptable to feed adults and children who find themselves in need of getting a meal from one of these organizations.

Instructor: **Roberta Srinivasan**, Vegan cook

**437** **Summer Gluten-Free Cooking**  
**Thurs. 6:30-9:00** **1 Nt. 5/15**  
**Madsen Design Center** **\$45**  
**2901 Springfield Rd. Broomall**

Judy Matusky, Bryn Mawr Hospital dietician and Chef David Grear, certified gluten-free instructor, creates lighter menus for warm-weather dining.

Albertson's Cooking School

**438** **Eat Your Way Through the Italian Market**  
**Sat. 8:30 AM-12:30 PM** **1 Day 5/10**  
**Meet at Italian Market** **\$50**  
**610-649-9290, Directions: e-mailed 1 week in advance**

Explore the oldest outdoor market in the U.S., Philly's own Italian Market with tour guide Ann-Michelle Albertson. Meet merchants, taste the unique flavors, receive special bargains. Children 8 and older welcome. **NO REFUNDS:** you may send a substitute

Albertson's Cooking School

**439** **Wines & Cheeses for Easy Entertaining**  
**Sun. 3:00-5:00 PM** **1 Day 4/27**  
**Yangming Restaurant** **\$55**  
**1051 Conestoga Rd., Bryn Mawr**

Join one of our most popular, entertaining and educational annual events. 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

**440** **New** **Hands-On Spring Pies, Tarts**  
**Sat. 9:30 AM - 1 PM** **1 Day 3/1**  
**Shipley School** **\$70**  
**814 Yarrow Rd., Bryn Mawr**

Chef Lynn trained at the Culinary Institute of America and the Restaurant School. She brings her expertise in the art of pastry making to show you how easy it is to make scrumptious desserts for gift giving or dessert parties! **NO REFUNDS:** you may send a substitute.

Albertson's Cooking School

**441** **New** **A Month of Meatless Mondays**  
**Mon., 6:30-9:00** **1 Nt. 3/3**  
**Madsen Design Center** **\$45**  
**2901 Springfield Rd., Broomall**

Join us to make four meatless meals, one for each Monday of the month. Chef Ann-Michelle creates seasonal recipes with a flare on flavor and ease. Menu: Tomato and Asparagus "Carbonara"; Soba Noodles with Miso-Glazed Tofu and Vegetables; Fresh Vegetable Crepes; Spicy Sloppy Joes and more. **NO REFUNDS:** you may send a substitute.

Albertson's Cooking School

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

**442 Hands On Rustic Breads**  
**Sat. 9:30 AM-1:00 PM** 1 Day 3/8  
**ShIPLEY School** \$70  
**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 focaccia to multigrain rolls. Our expert baker guides you through the magical process of making dough, forming loaves and baking the crusty masterpieces to take home. **NO REFUNDS:** you may send a substitute.

Albertson's Cooking School

**443 New New Twists on Passover**  
**Mon. 6:30-9:00** 1 Day 3/10  
**Madsen Design Center** \$45  
**2901 Springfield Rd., Broomall**

Chef Jared is a personal chef with extensive experience in kosher cooking and preparation. He demonstrates more new twists on the traditional Passover Seder. His modern take on this centuries old celebration will give you recipes and techniques to celebrate tradition with a modern flair. Aunt Sadie will rave! **NO REFUNDS:** you may send a substitute

Albertson's Cooking School

**444 New Explore the Pastabilities**  
**Tues. 6:30 - 9:00** 1 Nt. 3/11  
**Madsen Design Center** \$45  
**2901 Springfield Rd., Broomall**

Join us for a fun evening! Student favorite Chef David Gear creates endless pastabilities demonstrating ways to make, shape and cook pasta all with a focus on fresh seasonal ingredients. Return to your kitchen to bring tantalizing dishes to the table that stir your appetite with boundless ideas to get you cooking! **NO REFUNDS:** you may send a substitute

Albertson's Cooking School

**445 How to Market & Sell Your Food Product**  
**Sat. 9:00 AM - 12:30 PM** 1 Day 4/26  
**Yangming Restaurant** \$55  
**1051 Conestoga Rd., Bryn Mawr**

Liz and Nick Thomas, founders Chalif Mustards, share decades of experience in the food product industry. Covers market research, pricing, package design, zoning, distribution, advertising, legal queries, much more! Ask the experts; get honest answers for Paul Newman wannabes. Valuable handouts. **NO REFUNDS:** you may send a substitute

Albertson's Cooking School

**446 New Get Saucy!**  
**Mon. 6:30-9:30** 1 Nt. 4/28  
**Madsen Design Center** \$45  
**2901 Springfield Rd., Broomall**

These are NOT your mother's sauces! Chef Gear demonstrates twists on common sauces, new ways to sauce up a recipe and unique ways to enhance any meal. All NEW recipes! Learn how Chef Gear works his magic and shows how different proteins can be used to create delectable meals. Recipes and tastings included. **NO REFUNDS:** you may send a substitute

Albertson's Cooking School

**447 Kitchen Design Seminar**  
**Sat. 8:30 AM-12:30 PM** 1 Day 4/26  
**Yangming Restaurant** \$55  
**1051 Conestoga Rd., Bryn Mawr**

Presented by Andy Madsen & Associates, Madsen Design Center. 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. **NO REFUNDS:** you may send a substitute

Albertson's Cooking School

**448 Bathroom Design Seminar**  
**Tues. 6:30-9:30 PM** 1 Nt. 4/29  
**Madsen Design Center** \$40  
**2901 Springfield Rd., Broomall**

Presented by Andy Madsen & Associates, Madsen Design Center. 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. **NO REFUNDS:** you may send a substitute

Albertson's Cooking School

**449 Culinary Institute of America: Luxury Bus Tour**  
**Tues. 7:00 AM - 7:00 PM** 1 Day 5/6  
**Culinary Institute of America** \$120  
**Hyde Park, NY**

Join the fun aboard a luxury bus to the home of America's future chefs. Includes gourmet lunch at one of CIA's five-star restaurants, a student conducted tour of state-of-the-art equipped classrooms and facilities. Juice and muffins served while viewing culinary videos outbound. Wine, fruit and cheese served on homeward trip.. A SUPERB day! Makes a great gift. **NO REFUNDS:** you may send a substitute

Albertson's Cooking School

**450 The Chopping Block: Knife Skills**  
**Thurs. 6:30-9:00** 1 Nt. 5/8  
**Madsen Design Center** \$70  
**2901 Springfield Rd., Broomall**

Learn classic knife skills and techniques, including the principles of slicing, dicing, mincing, and julienne, along with how to handle, buy and utilize your knife from Chef David Gear, a long-time student favorite. Bring your chef's knife and get on the cutting edge! Limited enrollment. Cut crudités will be served with an assortment of dips (class does not constitute dinner) **NO REFUNDS:** you may send a substitute

Albertson's Cooking School

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

## Into Summer Grill Classes

Mon. 6:00 til dusk

Shipley School, 814 Yarrow Rd., Bryn Mawr

See Dates Below

\$45 (All four classes: \$150)

Don't miss out! Register for our popular summer classes. Register for complete series and be eligible to sous chef at a grill class. The summer series of outdoor grilling classes is soon to heat up the backyard! Come gather at the grill, learn new recipes and techniques, classes fill quickly. Thunderstorm date is the following night when possible. **NO REFUNDS:** you may send a substitute

## Albertson's Cooking School

451 Mon. 6/2

453 Mon. 6/16

455 All 4 classes (\$150)

452 Mon. 6/9

454 Mon. 6/23

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

## drama, music &amp; dance

500 **New** Harmonica for Beginners

Wed. 6:30-8:00

8 Wks. 2/19 - 4/9

Senior High Rm. 133

\$85

Play simple, traditional folk songs and elementary blues on one of America's most popular, portable instruments: the harmonica! Learn basic techniques such as bending, trilling, tongue blocking, vibrato, and "wah-wah." Individual attention is given to each student. No musical background required. **\$8.00 manual fee**, due first night. Bring a 10-hole diatonic key of C major harmonica (eg. Hohner Special 20 or Hohner Pro Harp) to first class. (Optional: recording device)

Instructor: **Seth Holzman**, B.A. in Music; performer in several bands

501 **Guitar – Beginner**

Wed. 7:00-8:00

10 Wks. 2/19-4/30 (No class 4/16)

Senior High Rm. 104

\$80

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

502 **U Can Uke!**

Tues. 7:00-8:00 10 Wks. 2/18-4/29 (No class 4/15)

Senior High Rm. 104

\$77

Join us for one of last semester's most popular classes! 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. If needed **ukuleles are available from instructor; price e-mailed before the start of class, or bring your own.**

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

503 **New** **A Capella Singing**

Thurs. 7:00-8:00 9 Wks. 2/20-4/24 (No class 4/17)

Senior High Rm. 104

\$70

Join us for this very popular form of choral singing where we will use our voices as beautiful instruments! Students will be taught the fundamentals of A Cappella singing. All levels welcome; choral singing experience is helpful. A small performance will be included at the end of the class. Class fee includes cost of music.

Instructor: **Jennifer Creed**, Bachelor of Music in Voice Performance, choral/vocal director, Merion Mercy Academy.



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

504 **Ballroom Dancing**

Tues. 6:40-7:30 10 Wks. 2/18-4/29 (No class 4/15)

Oakmont Admin. Bldg. \$85 (GA \$55), \$140/two

Unleash your fun side, get a great cardio workout, and learn dazzling dance steps from stylish ballroom dances including the Foxtrot, Swing, Tango, and Waltz featured on the hit TV show, Dancing With the Stars. This ten-week class is perfect for making new friends, strengthening relationships, and improving social skills. All ages welcome! Class includes one week at a local dance club.

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

505 **Social, Ballroom and Latin Dance Mix**

Tues. 7:35-8:25 10 Wks. 2/18-4/29 (No class 4/15)

Oakmont Admin. Cafeteria \$85 (GA \$55)/\$140/two

Variety is the spice of life. This action-packed beginners dance class teaches you the perfect blend of basic steps from traditional and popular dances including the Fox Trot, Waltz, Tango, Swing, Salsa, Rumba, and Cha Cha designed to get your hips moving, legs grooving, and feet feeling the rhythm of the beat for ten-weeks of fun and fitness. Class includes one week at a local dance club.

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

506 **Beginner Belly Dance**

Mon. 7:00-8:00 10 Wks. 2/24-5/5 (No class 4/14)

Chatham Park Cafeteria

\$77

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. 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

## drama, music & dance

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

**507 Intermediate Belly Dance**  
Mon. 8:00-9:00 10 Wks. 2/24-5/5 (No class 4/14)  
Chatham Park Cafeteria \$77  
400 Allston Rd., Havertown

Know your basic belly dance vocabulary (shimmies, hip 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: **Ewelin Watson**, experienced belly dance instructor

**508 Dance It Off**  
Mon. 7:00-8:00 10 Wks. 2/24-5/5 (No class 4/14)  
Movements in Motion \$80  
17 Mifflin Ave., Havertown 610-853-1468

Come and dance it off as we dance to all different types of dance from Jazz, Broadway, Pop, Ballet to Latin all to current dance top hits. You are getting a little of everything in this workout. **No outside shoes, please bring a separate pair of sneakers to dance in.**

Instructors: **Movements in Motion Staff**

**509 House Party Fitness®**  
Wed. 7:30-8:30 10 Wks. 2/19-4/30 (No class 4/16)  
Movements in Motion \$80  
17 Mifflin Ave., Havertown 610-853-1468

Brand new dance fitness and branded cardio hip-hop program that uses the hottest music and moves that can translate to the dance floor. Step outside the box and into my house! No outside shoes – please bring a separate pair of sneakers to dance in.

Instructor: **Movements in Motion Staff**

**510 Barre in Motion**  
Tues. 8:00-9:00 10 Wks. 2/18-4/29 (No class 4/15)  
Movements in Motion \$80  
17 Mifflin Ave., Havertown 610-853-1468

This class is for anyone who wants to tone and sculpt his/her body utilizing the ballet barre. Combine the ballet world with the fitness world all set to current music. You may wear ballet shoes or dance in bare feet – no shoes or socks please.. Bring an exercise mat.

Instructor: **Movements in Motion Staff**

## health, fitness and sports

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

**Tai Chi**  
**Beginner Beijing Yang: 24 Form**  
See dates, times and location below 10 Wks.  
\$77 (GA \$42)

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.

Instructor: **Lucy Coren**

**600 Mon. 10:30-11:30 AM 2/24-4/28**  
Haverford Township Free Library

**601 Mon. 6:00-7:00 2/24-5/5 (No class 4/14)**  
Middle School Gym A/B

**602 Gentle Yoga**  
Thurs. 7:00-8:00 10 Wks. 2/20-4/24  
Maha Yoga \$80  
66 Rittenhouse Place, Ardmore  
www.mahayogastudio.com 215-496-0770

Gentle yoga is a compassionate and reverent practice for all levels. Release tension and explore alignment with a less vigorous practice. Great for beginners or anyone looking for a softer, laid-back yoga class.

Instructor: **Steph Davaro**

**603 Beginning Yoga**  
Wed. 10:30 AM-11:30 AM 8 Wks. 2/19-4/9  
Cerca Trova Yoga Studio \$75  
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 McKinley**, Owner/Teacher Cerca Trova Yoga Studio

**604 Gentle Yoga**  
Tues. 6:00-7:15 10 Wks. 2/18-4/29 (No class 4/15)  
Chatham Park School Gym \$83 (GA \$48)

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 and large towel.

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

## Register On-Line

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

**605 Gentle Yoga**  
**Mon. 6:00-7:15** 10 Wks. 2/24-5/5 (No class 4/15)  
**Chatham Park School Gym** \$83 (GA \$48)  
 Same as class 604.

**606 Slow Flow Yoga**  
**Tues. 7:20-8:35** 10 Wks. 2/18-4/29 (No class 4/15)  
**Chatham Park School Gym** \$83 (GA\$48)

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 Yin 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. Bring sticky yoga mat and large towel.

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

**Power Yoga**  
**Day/Time See Below** 8 Wks.  
**Cerca Trova Yoga Studio** \$75  
**2124 Darby Rd., Havertown** 610-203-4141

Join Sharlene for an hour of PowerYoga, a vigorous, fitness-based approach to yoga. We combine Hatha yoga, Vinyassa 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 McKinley**, Owner/Teacher Cerca Trova Yoga Studio

**607 Tues. 9:30 AM-10:30 AM** 2/18-4/8  
**608 Wed. 7:30-8:30 PM** 2/19-4/9

**609 Prenatal Yoga**  
**Tues. 7:00-8:00** 8 Wks. 2/18-4/8  
**Cerca Trova Yoga Studio** \$75  
**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 McKinley**, Owner/Instructor at Cerca Trova Yoga Studio

**610 Meditation**  
**Fri. 10:30-11:30 AM** 8 Wks. 2/21-4/11  
**Cerca Trova Yoga Studio** \$80  
**2124 Darby Rd., Havertown** 610-203-4141

Meditation helps us to understand our own mind. It helps us overcome stress, illness, and find inner peace and balance. By studying and practicing meditation we learn how to transform our mind from negative to positive, from disturbed to peaceful, from unhappy to happy. Learn how to cultivate constructive thoughts, release yourself from the grasp of negative thoughts and help bring the mind, body and soul into balance. All welcome!

Instructor: **Sharlene McKinley**

610-446-8022

**611  Stroller Strides**  
**Mon. 6:30-7:30 PM** 6 Wks. 3/3-4/7  
**Coopertown School Gym** \$50

Stroller Strides is a total fitness program that moms can do with their babies. Each class includes cardio, intervals of strength and body toning. The instructor will weave songs and activities into the routine designed to entertain and engage baby, while moms are led through a series of exercises specific to her role as mom. All participants must have babies/toddlers in a sturdy stroller at all times. Please bring plenty of water and a mat or towel. For more class information, see [www.media.fit4mom.com](http://www.media.fit4mom.com)

Instructor: **Erin Ryma**, Owner, Fit4Mom and certified instructor in both pre and post natal fitness.

**612  Mommy and Me Fat Burning Workout**  
**Mon. 1:00-1:45 PM** 8 Wks. 3/3-4/21  
**Surrey at Havertown** \$80  
**1105 Earlington Rd., Havertown**

Join us for this great workout class that you and your newborn can share. Enjoy quality bonding time with your baby while doing something positive for yourself. During this workout, you will strengthen and tone your entire body while burning calories increasing cardiovascular endurance. Your baby will take part in the exercises with you by providing you with challenging resistance for exercises such as squats and chest presses. This is a great opportunity to focus on no one but baby and you! For newborns to 6 month old babies and their moms!

Instructor: **Debbie Coren**

**613 PINK DYNAMITE: Mom and Daughter Fitness Class**  
**Wed. 7:15-8:00** 8 Wks. 3/5-4/30 (No class 4/16)  
**Chestnutwold School Gym** \$80

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! Please bring an exercise mat. **Price includes mother and daughter.**

Instructor: **Debbi Coren**, Certified Personal Trainer since 1995, Owner "Personal Power" Fitness for Females, [www.PersonalPowerWithDeb.com](http://www.PersonalPowerWithDeb.com)

**614 Beginner Mat Pilates**  
**Thurs. 6:00-6:55** 10 Wks. 2/20-5/1 (No class 4/17)  
**Chatham Park Gym** \$73

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



**615 The Soft Touch—A Gentle Workout**  
**Mon. 6:00-7:00** 10 Wks. 2/24-4/28  
**St. Faith Episcopal Church** \$83 (GA \$48)  
**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. Exer-tubes strengthening and weight-bearing exercises make everything you do easier! (no floor work) Learn fitness basics and how to incorporate them into your daily activities. Stretches increase flexibility, dance moves burn calories while ballet, t'ai chi, and yoga cool-down conclude this mind and body session. **(Limit: 15) Fee includes Exer-tubes.**

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

**616 Zumba Gold® (Beginner)**  
**Tues. 6:00-7:00** 10 Wks. 2/18-4/29 (No class 4/15)  
**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 who needs more time to pick up the steps or prefers a slower paced teaching environment. No outside shoes; please bring a separate pair of sneakers to dance in.

Instructor: **Movements in Motion Staff**

**617 Zumba®**  
**Thurs. 7:30-8:30** 10 Wks. 2/20-5/1 (No class 4/17)  
**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 Zumba® Toning**  
**Tues. 7:00-8:00** 10 Wks. 2/18-4/29 (No class 4/15)  
**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**

**619 Strengthen and Stretch the Pilates Way**  
**Mon. 7:00-7:55** 10 Wks. 2/24-5/5 (No class 4/14)  
**Midde School Gym A/B** \$73 (GA \$40)

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. 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



**620 New Beginner Aqua Aerobics**  
**Tues. 7:00-8:00** 10 Wks. 2/18-4/22  
**The Quadrangle** \$95  
**3300 Darby Rd, Haverford**

This engaging class offers offering a complete low-impact workout in the pool. Work at your own intensity; modifications for all fitness levels. No swimming skills required. Benefits include increased cardiovascular function, strong muscles and flexibility. Join us for this workout in a heated, therapy pool.

Instructor: **Aude Robinson**

**Spinning™**  
**Time and dates see below** 10 Wks.  
**Havertown Health & Fitness** \$80  
**34 Brookline Blvd., Havertown** 610-449-1717

Burn calories and have fun in this indoor cycling workout. You 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**

**621 Wed. 7:00-8:00** 2/19-4/23  
**622 Wed. 8:00-9:00** 2/19-4/23

**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**

**623 Wed. 7:30-8:15** 2/19-4/23  
**624 Thurs. 7:30-8:15** 2/20-4/24

**625 Cardio and Core**  
**Mon. 8:00-8:45 10 Wks. 2/24-5/5 (No class 4/14)**  
**Middle School Gym A/B \$73**

Rev up your heart rate and tighten your abs with a different style of cardiovascular exercise each week – 30 minutes of cardio and 30 minutes of core. Aerobic dance, kickboxing, step mat, and salsa are a few of the awesome formats you'll experience to work up a sweat and burn calories. Then fire up the abs with Pilates-based core work fused with Boot Camp style moves. Modifications make this class appropriate for men and women of all fitness levels. Bring a mat and water bottle and be prepared to work!

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

**626 Small Group**  
**Training/Boot Camp**  
**Mon. 8:00-9:00 10 Wks. 2/24-4/28**  
**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**

**627 Ice Skating**  
**Wed. 8:00-9:00 8 Wks. 3/5-4/23**  
**The Skatium \$100**  
**Darby & Manoa Rds., Havertown**

Join us at The Skatium to practice your skating skills! 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

**628 Golf**  
**Sat. 9:30 AM - 11:00 AM 4 Wks. 4/26-5/17**  
**MGolf \$125**  
**4000 West Chester Pike, Newtown Square**  
**610-356-6400**

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. 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



**629 Volleyball I: Recreational**  
**Tues. 8:30-10:00 10 Wks. 2/18-4/29 (No class 4/15)**  
**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

**630 Beginner Tennis**  
**Tues. 7:00-8:00 8 Wks. 2/18-4/8**  
**Middle School Gym B \$60**

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

**631 Intermediate Tennis**  
**Tues. 6:00-7:30 4 Wks. 5/6-5/27**  
**Haverford School District Tennis Courts \$55**

This four-week course will be held outside (weather permitting) on school district tennis courts. It is for students who have completed the beginner's tennis class and want more advanced instruction. Meet on tennis court. In case of rain, makeup class will be added. Please check e-mail for cancellation message.

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

**632 Basketball**  
**Thurs. 7:00-10:00 16 Wks. 2/20-6/12 (No class 4/17)**  
**Middle School Gym D \$80**

Have fun and improve your fitness. Emphasis is on unsupervised recreational basketball. Open to men and women over the age of 25

**633 Basketball for Men Over 40**  
**Wed. 7:30-9:00 10 Wks. 2/19-4/30 (No class 4/16)**  
**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**

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

**700 Introduction: Microsoft Word and Excel\***  
**Wed. 6:30-8:00 5 Wks. 2/19-3/19**  
**Senior High Rm. 134 \$60**

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: **Chris Broomes**, 20 year Information Technology veteran, 15 years protecting the infrastructures of major corporations.

**701 Intermediate Microsoft Word and Excel\***  
**Mon. 6:30-8:00 5 Wks. 3/24-4/28 (No class 4/14)**  
**Senior High Rm. 134 \$60**

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

**702 Computer Security For The Home**  
**Tues. 6:30-8:00 3 Wks. 3/11-3/25**  
**Haverford Township Free Library \$50**

Protection from dangers on the Internet shouldn't only be available to businesses and large corporations. Learn how to fine-tune your home computer system to keep it free of viruses, malware, and spam as well as how to protect yourself from identity theft on the internet. Be prepared to be hands-on in this class. Please bring your own laptop – some will be available if you do not have one.

Instructor: **Chris Broomes**, 20 year Information Technology veteran, 15 years protecting the infrastructures of major corporations.

**703 Understanding Financial Markets**  
**Tues. 8:00-9:00 PM 4 Wks. 3/4 – 3/25**  
**Senior High, Rm. 201 \$40**

This course is designed as an introduction to financial markets including topics such as public and private equity, bonds, options and other derivatives. An explanation of the role of investment banks, advisors, mutual fund companies, the banking system, the Fed and the effects of government policies will be provided.

Instructor: **Laurence Kagan**, attorney, owner of a registered investment advisory firm

**704 Home Buyer Seminar**  
**Tues. 7:00-8:30 1 Nt. 3/11**  
**Senior High Rm. 133 \$20**

Why pay rent when you can buy a home. Learn about opportunities in the current market? How do you get approved for a mortgage? How much house can you afford? How are home values determined? Find out ways to improve your credit score. Includes information on Buyer Agency and more. Find out how much house that monthly rent payment can buy.

Instructor: **Janae Alberts**, Realtor, Berkshire Hathaway Home Services, ABR (Accredited Buyer's Representative) CRS, GRI, and SRES

**705 Getting Ready To Be A Seller For Seniors**  
**Thurs. 7:00-8:30 1 Nt. 3/13**  
**Senior High Rm. 133 \$20**

Selling your home for the most amount of 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.

Instructor: **Janae Alberts**, Realtor, Berkshire Hathaway Home Services, ABR (Accredited Buyer's Representative) CRS, GRI, and SRES

## Instructors and Ideas Wanted

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

Please visit:

<http://www.haverfordadultschool.org>  
 click "contact us" link to suggest a course. Or, write to: HTAS, Box 806, Havertown, PA 19083-0806

**Register On-Line**

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

<b>a</b>		<b>k</b>	
<b>NEW</b>	A Capella Singing . . . . .		Kitchen Design Seminar . . . . . 9
<b>NEW</b>	Age in Place . . . . .		Knife Skills . . . . . 9
<b>NEW</b>	American History: Isolation to War (1938-42) . 6		Knitting for Everyone 5 . . . . . 5
<b>NEW</b>	American Presidents . . . . . 6	<b>NEW</b>	Learn to Sew a Hem . . . . . 5
<b>NEW</b>	Aqua Aerobics . . . . . 13	<b>NEW</b>	Learning to See: Art Appreciation . . . . . 4
<b>NEW</b>	Art Appreciation . . . . . 4	<b>NEW</b>	Living an Inspired Life . . . . . 3
<b>NEW</b>	Autism Awareness: Resources and Strategies 3	<b>NEW</b>	Living with Food Allergies . . . . . 7
<b>b</b>		<b>NEW</b>	Local and Sustainable Foods . . . . . 8
	Ballroom Dancing . . . . . 10	<b>m</b>	
	Barre in Motion . . . . . 11		Mah Jongg: Beginners . . . . . 6
<b>NEW</b>	Basic Bird Watching . . . . . 6	<b>NEW</b>	Making a Tote Bag . . . . . 5
	Basketball . . . . . 14		Meditation . . . . . 12
	Bathroom Design Seminar . . . . . 9		Microsoft Word/Excel: Beg. & Int . . . . . 15
	Beading Fun Spring Projects . . . . . 6		Mommy and Me Fat Burning Workout . . . 12
	Beginner Yoga . . . . . 11	<b>NEW</b>	Month of Meatless Mondays . . . . . 8
	Belly Dance: Beginner and Intermediate 10-11	<b>o</b>	
	Boating Skills and Seamanship . . . . . 3		Over 40 Basketball . . . . . 14
	Boot Camp: Small Group . . . . . 14	<b>p</b>	
<b>NEW</b>	Burden of Being a Boomer . . . . . 4		Painting . . . . . 4
<b>c</b>		<b>NEW</b>	Passover Cooking . . . . . 9
	Ceramics Workshop . . . . . 4	<b>NEW</b>	Pennsylvania Academy of Fine Arts Tour . . 4
<b>NEW</b>	Chinese, Basic . . . . . 7	<b>NEW</b>	Pest Control . . . . . 7
	Choristers . . . . . 3		Pilates . . . . . 12/13
<b>NEW</b>	Computer Security for the Home . . . . . 15		Pink Dynamite: Mom and Daughter Fitness 12
	Computers . . . . . 15		Pinteresting Crafts . . . . . 6
	Cooking . . . . . 7-10		Power Yoga . . . . . 12
	Crochet a Rag Rug . . . . . 5		Prenatal Yoga . . . . . 12
	Crocheting for Everyone . . . . . 5	<b>NEW</b>	Pruning . . . . . 7
	Culinary Institute of America: Luxury Bus Tour 9	<b>q</b>	
<b>d</b>			Quilting 101 . . . . . 4
	Dance . . . . . 10-11	<b>r</b>	
	Dance It Off . . . . . 10	<b>NEW</b>	Replacing a Broken Zipper . . . . . 5
<b>NEW</b>	Decisions Artists Make: Tour of PA Academy of Fine Arts . . . . . 4	<b>s</b>	
	Digital Photography . . . . . 6		Sewing 101 . . . . . 5
<b>e</b>			Slow Flow Yoga . . . . . 12
	Eat Your Way Through the Italian Market . . 8		Social Skills for the Developmentally Delayed . 3
<b>NEW</b>	Emotional Home . . . . . 3		Social, Ballroom and Latin Mix: Dance . . . 10
	Exercise and Fitness . . . . . 10-14		Soft Touch: Gentle Workout . . . . . 13
<b>NEW</b>	Explore the Patabilities: Cooking . . . . . 9		Spanish: Beginner and Intermediate . . . . . 7
<b>g</b>			Spinning . . . . . 13
	Gardening . . . . . 7		Sports/Performance Psychology . . . . . 3
	Gentle Yoga . . . . . 11		Strengthen and Stretch Pilates . . . . . 13
<b>NEW</b>	Get Saucy . . . . . 9	<b>NEW</b>	Stroller Strides . . . . . 12
	Getting Ready To Be a Seller for Seniors . . 15		Summer Grilling . . . . . 10
<b>NEW</b>	Gluten Free Cooking for Summer . . . . . 8	<b>t</b>	
	Golf . . . . . 14		Tai Chi . . . . . 11
<b>NEW</b>	Ground Covers (Gardening) . . . . . 7		Tennis: Beginner/Intermediate . . . . . 14
	Guitar: Beginners . . . . . 10	<b>NEW</b>	T-Shirt Rag Rug . . . . . 5
<b>h</b>		<b>u</b>	
<b>NEW</b>	Hands On Spring Pies, Tarts . . . . . 8		U Can Uke! Beginner Ukulele . . . . . 10
	Hands-on Container Gardening . . . . . 7		Understanding Digital Photography . . . . . 6
	Hands-on Rustic Breads . . . . . 9	<b>NEW</b>	Understanding Financial Market . . . . . 15
<b>NEW</b>	Harmonica for Beginners . . . . . 10	<b>v</b>	
	Havertown Choristers . . . . . 3	<b>NEW</b>	Vegan Cooking: Introduction and Feed
	Home Buyer Seminar . . . . . 15		Multitudes . . . . . 8
	House Patry Fitness . . . . . 11		Volleyball: Recreational . . . . . 14
	Houseplants: Care and Feeding . . . . . 7	<b>NEW</b>	Water Aerobics . . . . . 13
	How to Market and Sell Your Food Product . 9		Watercolor Painting . . . . . 4
<b>i</b>		<b>NEW</b>	Weeds . . . . . 7
	Ice Skating . . . . . 14		Wine and Cheese for Easy Entertaining . . . 8
	Indoor Rowing . . . . . 13	<b>y</b>	
	Intermediate Tennis . . . . . 14		Yoga . . . . . 11-12
	Italian: Beginner, Intermediate, Advanced . . 6-7	<b>z</b>	
	Italian Market Tour . . . . . 8		Zumba® . . . . . 13
			Zumba® Gold . . . . . 13
			Zumba® Toning . . . . . 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 8**  
(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:

1105 Earlington Road,  
Havertown  
Up stairs to first floor  
(Former Brookline School  
Sign reads Surrey Services for  
Seniors),

### Walk-in hours:

**Daytime Registration**  
**Monday to Friday Starting**  
**Wednesday, January 8**  
**through Friday, February 28**  
**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 the HTAS office in writing. If you notify the office of **WITHDRAWAL** at least five (5) 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 1/8)

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 2014 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 8-February 28**  
**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



Visit us/Register at: [www.haverfordadultschool.org](http://www.haverfordadultschool.org)

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