



HAVERFORD TOWNSHIP ADULT SCHOOL

HOT CLASSES FOR SUMMER 2013

Register on-line at www.haverfordadultschool.org or download the registration form from our website and mail to:

HTAS, P.O. Box 806, Havertown, PA 19083

There will be NO walk-in registration for summer classes at the Adult School office. Questions call 610-446-8022 e-mail support@haverfordadultschool.org
GA Discount – Please mail in GA card along with a self-addressed, stamped envelope for return.

CREATIVE ARTS, HOBBIES AND LEISURE

901 Beading - Fun Summer Projects
Tues. 6:30-8:30 PM 2 Wks. 5/7 and 5/21
The Bead Garden \$20
2122 Darby Rd., Havertown, 610-449-2699

If you have ever wanted to try beading, this is your chance. Take this shortened summer class to get your feet wet. Summer beading classes will be full of new projects. Please join us to make necklaces, bracelets and earrings. All levels of experience are encouraged to join our group of jewelry enthusiasts. **Supplies are additional. The average per project cost will range from \$10-\$40 depending on the supplies you select (price options for every pocketbook.)**
Instructor: **Leslie Mangine**, Owner, The Bead Garden

Cooking – June Outdoor Grilling Classes

Mon. 6 PM until dusk 1 Nt. each
Shipley Upper School \$45
814 Yarrow Rd., Bryn Mawr 610-649-9290

Awesome June 2013 lineup! Don't miss out! Register for these popular summer classes. The summer series of outdoor grilling classes is sure to heat up the backyard. *Thunderstorm date is the following night when possible.*

902 6/3 904 6/17
903 6/10 905 6/24 906 All four dates - \$150

DANCE, FITNESS AND SPORTS

907 Dance it Off
Mon. 7:00-8:00 PM 5 Wks. 6/17-7/15
Movements in Motion \$40
17 Mifflin Ave., Havertown 610-853-1468

Come and dance to 20 minutes of Zumba, 20 minutes of easy dance combinations and 10 minutes of toning the arms followed by cool down stretch. No outside shoes. Please bring a separate pair of sneakers or dance shoes.
Instructor: **Movements in Motion Staff**

908 Zumba Gold
Wed. 6:00-7:00 PM 5 Wks. 6/19-7/17
Movements in Motion \$40
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.
Instructor: **Movements in Motion Staff**

909 Indoor Boot Camp
Thurs. 7:05-7:50 PM 4 Wks. 5/16-6/6
Manoa School All Purpose Room \$30
201 S. Manoa Road, Havertown

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. Instructors: **Carol Katin & Melissa Johnson**

910 Beginner Pilates
Thurs. 6:00-7:00 PM 4 Wks. 5/16-6/6
Manoa School All Purpose Room \$30
201 S. Manoa Road, Havertown

This 4 week session is a great way to take a class you have always wanted to try! Strengthen and tone your core muscles (abs, buttocks and lower back) and increase your flexibility with the Pilates method. Learn how to improve your posture, breathing and concentration through this unique body conditioning system. Please wear comfortable clothing and bring your own mat.
Instructor: **Carol Katin**, ACE & AFAA certified trainer and group fitness instructor with 15 years of experience

911 Indoor Rowing
Wed. 7:30-8:15 PM 8 Wks 5/1-6/19
Row Zone \$75
3608-10 Chapel Ave., Newtown Square 610-353-1115

Our 45 minute class is low impact with a combination of weights, cardio, flexibility and fun – and can 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 will direct the class to make sure that everyone gets a workout perfectly catered to their fitness and ability level. Make-up classes are available for those who will miss a class due to vacations.
Instructor: **Row Zone** instructor

Belly Dance
Mon. (See times below)
Middle School Gym A/B
Take advantage of these 4 weeks to try one of the most popular dance and exercise classes! The beginner class will give you an understanding of the basic belly dance movements like shimmies, undulations and hip circles. The intermediate class will help you to master the basic techniques and learn more complex skills.

4 Wks. 5/20-6/17 (No class 5/27)
\$30
Instructor: **Ewelina Watson**
912 Beginner Belly Dance - 7:00-8:00 PM
913 Intermediate Belly Dance – 8:00-9:00 PM

914 Tai Chi-Beginner Beijing Yang – 24 Form
Tues. 6:00-7:00 PM
Haverford Middle School, Gym A/B
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**

915 Mom or Dad and Baby Yoga
Fri. 10:30-11:30 AM
Cerca TrovaYoga Studio
2124 Darby Rd., Havertown 610-203-4141
Come practice yoga with your babies. If they are awake we can stretch/strengthen with them and if they are sleeping you can sink into your own self and reconnect your body/mind and soul. This is a great way to begin your journey back into shape, get out of the house, and meet other new parents.
Instructor: **Sharlene Bund**, Owner/Teacher Cerca Trova Yoga Studio

916 Gentle Yoga
Wed. 6:00-7:15 PM
Manoa School, All Purpose Room
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 required
Bring: “sticky” YOGA mat and large towel. Instructor: **Shiron Womack**

917 Beginner Yoga
Sun. 10:30 - 11:30 AM
Cerca TrovaYoga Studio
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 TrovaYoga Studio

918 Power Yoga
Wed. 7:30-8:30 PM
Cerca Trova Yoga Studio
2124 Darby Rd., Havertown 610-203-4141
Join Sharlene for an hour of Power Yoga, a vigorous, fitness-based approach to yoga. This Power Yoga class combines Hatha Yoga, Vinyassa Flow and Kundalini yoga styles. Emphasis is on developing and improving one's strength and flexibility, body alignment and mindfulness. Intermediate to experienced fitness level recommended.
Instructor: Sharlene Bund, Owner/Teacher Cerca TrovaYoga Studio

Small Group Training/Boot Camp
7:15 – 8:15 PM (See dates below)
Havertown Health and Fitness, 34 Brookline Blvd., Havertown
This class is a high intensity interval training style workout that keeps your heart rate elevated and burns fat hours after you are done working out. Meet new people while working in groups to help motivate each other while receiving a quick energizing full-body burn. Ages 18 and up.
Instructor: **Havertown Health and Fitness Staff**
919 Mon. 5/13-6/17 (No class 5/27)
920 Thurs. 5/16-6/13

921 Golf Clinic Featuring PGA Professional Stu Ingraham
Tues. 6:00-7:30 PM
MGolf Driving Range
4000 West Chester Pike, Newtown Square 610-356-6400
Gather your family and 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 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: **PGA Professional Stu Ingraham**