



## HAVERFORD TOWNSHIP ADULT SCHOOL

### HOT CLASSES FOR SUMMER 2014

Register on-line at [www.haverfordadultschool.org](http://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](mailto: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

Wed. 6:30-8:30 PM 3 Wks. 5/28 – 6/11  
The Bead Garden \$35  
2122 Darby Rd., Havertown, 610-449-2699

Get ready for summer with a three week summer themed mini-bead camp for adults. You will make a Sea Glass Brick Stitch Pendant Necklace, Sea Glass Earrings, and a Sea Glass and Leather Bracelet **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

#### 902 10 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 them 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

### Intro Summer Grill Classes

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

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.

903 6/2 905 6/16 907 All four dates - \$150  
904 6/9 906 6/23

#### 908 Mah Jongg for Beginners Mon. 1:00-2:30 7 Wks. 5/5-6/23 (No class 5/26) 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**

### DANCE, FITNESS AND SPORTS

#### 909 Tai Chi-Beginner Beijing Yang – 24 Form Tues. 6:00-7:00 PM 5 Wks. 5/13-6/10 Haverford Middle School, Gym A/B \$40 (GA \$30)

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**

#### 910 Gentle Yoga Thurs. 7:00-8:00 5 Wks. 5/8-6/5 Maha Yoga \$45

66 Rittenhouse Place, Ardmore  
[www.mahayogastudio.com](http://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**

**911** **Gentle Yoga**  
**Tues. 6:00-7:15 PM** **4 Wks. 5/20-6/10**  
**Chatham Park School Gym** **\$40 (GA \$30)**  
 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. 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**

**912** **Slow Flow Yoga**  
**Tues. 7:20-8:35 PM** **4 Wks. 5/20-6/10**  
**Chatham Park School Gym** **\$40 (GA \$30)**  
 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. 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

**913** **Power Yoga**  
**Wed. 7:30-8:30 PM** **5 Wks. 5/7-6/4**  
**Cerca Trova Yoga Studio** **\$45**  
**2124 Darby Rd., Havertown 610-203-4141**  
 Power Yoga, a vigorous, fitness-based approach to yoga. This Power Yoga class emphasis is on developing and improving one's strength and flexibility, body alignment and mindfulness. We hold poses, we move 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

**914** **Meditation**  
**Fri. 10:30-11:30 AM** **5 Wks. 5/9-6/6**  
**Cerca Trova Yoga Studio** **\$45**  
**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**

**915** **The Soft Touch—A Gentle Workout**  
**Mon. 6:00-7:00** **4 Wks. 5/12-6/9 (No class 5/26)**  
**St. Faith Episcopal Church** **\$38 (GA \$25)**  
**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

**916** **Pink Dynamite! Mom and Daughter Fitness**  
**Mom and Daughter Fitness Class**  
**Tues. 7:15-8:00** **4 Wks. 5/13-6/3**  
**Chestnutwold School Gym** **\$40**  
 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

**917** **Beginner Mat Pilates**  
**Thurs. 6:00-6:55 PM** **4 Wks. 5/15-6/5**  
**Haverford Middle School Gym A/B** **\$30**  
 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

**918** **Beginner Aqua Aerobics**  
**Tues. 7:00-8:00** **10 Wks. 5/6- 7/8**  
**The Quadrangle** **\$95**  
**3300 Darby Rd, Haverford**  
 This engaging class offers 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**