

Spring 2012 Adult Education Class Schedule

Adult Education classes are open to residents and non residents 16 years of age and older.

All classes will be held at McGuffey Middle/High School. Classes will begin the week of March 5, 2012. **The fee for each class is \$40.** Whether or not a class is held is determined by the number of **pre-registered** participants. It is very important that you mail your registration form (or drop it off at the McGuffey Administration Offices located behind the McGuffey Middle/High School complex) as soon as possible and no later than **March 1, 2012**. If you wait to sign up, the class may have been cancelled. If a class is cancelled due to a lack of participants, you will receive a refund. Otherwise, no refunds will be issued. **You will only be contacted if the class is cancelled.**

McGuffey Adult Education Registration Form

Name _____

Address: _____

Home Telephone: _____ Cell Telephone: _____

Name of Course (s) _____

Amount Enclosed: _____ (make checks payable to McGuffey Adult Education)

Mail to: Michele Watson, Adult Education Coordinator
90 McGuffey Drive
Claysville, PA 15323

If you have any questions, please call 724-255-0098. **Please check room assignments under the Adult Education link on the district's website (www.mcguffey.k12.pa.us) prior to the start of classes.**

AEROBICS

Tuesdays & Thursdays
8 weeks beginning March 6, 2012

Beth D'Allesandro
6:30 - 7:30 p.m.

Fun, low impact aerobics set to Top 40 music focusing on raising the heart rate and burning fat. You will incorporate major muscle groups including quads, glutes, and chest followed by a floor workout of abdominals and legs, then finally a cool down and stretch.

BASIC COMPUTER SKILLS FOR THE 21ST CENTURY

Mondays
8 weeks beginning March 5, 2012

Eric Cunningham
6:30 - 8:00 p.m.

This class is designed to teach basic computer skills needed for the 21st century computer user. The class will start with basic typing skills. Then it progresses through basic usage of Microsoft Office programs Word, PowerPoint, and Excel. The class will then focus on Internet searching, uploading and downloading files. Finally, the class will teach participants how to transfer and create presentations using Microsoft Movie Maker. Computer novices are welcome.

COUNTRY LINE DANCING

Wednesdays
8 weeks beginning March 7, 2012

Susan Simms
6:30 - 8:00 p.m.

Fun, easy to learn, only 12 basic steps to become a great line

dancer. This class is for both men and women. There will be good instruction, lots of practice, and even more fun. Learn one or two dances each week. The more the merrier, so bring a friend along with you. See you there! Please wear tennis shoes or rubber soled shoes due to using the gym floor.

FLY CASTING TECHNIQUES (Basic and Advanced)

Thursdays
8 weeks beginning March 8, 2012

Jed Hamberger

6:00 - 8:00 p.m.

The fly casting class will be presented by a Federation of Fly Fishers certified casting instructor. The class will cover basic and advanced fly casting techniques, based on the skill level of the students who enroll in the class. There will be something for every level of fly fisherman in this class. Equipment needed for the class will be a fly rod (5 wt.) and fly reel with line and backing.

INTRO TO PHOTOGRAPHY

Wednesdays
8 weeks beginning March 7, 2012

Tom Petraglia
6:30 - 8:30 p.m.

This is an introductory course regarding the basics of using digital cameras. Students will learn about resolution while utilizing proper composition, color, aperture, lighting, and shutter speed.

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KNITTING FOR EVERYONE

Mondays

8 weeks beginning March 5, 2012

Beginners should bring size 11 knitting needles and a ball of yarn to make a scarf. If you can already knit and want to learn more, bring your pattern, yarn, and needles and learn to read your pattern and do more...or just join us to knit and have fun. All levels of knitters are welcome.

Bonnie Lushen

6:30 - 8:30 p.m.

YOGA

Tuesdays

8 weeks beginning March 6, 2012

Yoga is a system of relieving stress and improving flexibility without strenuous or repetitive exercises. This class is for both male and female, young and old, athletic or non-athletic. Be able to improve your performance, keep control, and prevent athletic injuries. Each participant will move at his/her own pace.

Christy Wildman

6:30 - 8:00 p.m.

ZUMBA

Tuesdays

8 weeks beginning March 6, 2012

Zumba is an easy-to-follow, Latin-inspired, calorie-burning dance fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! Come join the party!

Christy Fennell

6:30 - 7:30 p.m.

Looking ahead . . .

McGuffey Adult Education Fall 2012 classes

- If you have a great idea for a class;
- If you have a special talent you would like to share with others;
- If you always had the desire to teach;

Then let us know by emailing your suggestions to mwatson.adulted@mcguffey.k12.pa.us or call 724-255-0098.

