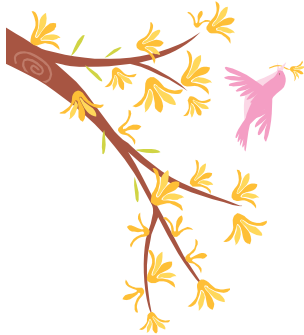


## General Instructions:

To ensure class participation we appreciate that registrations be submitted by **Friday, January 27, 2012**. Registrations will be accepted after this date provided there are still openings and that the class has not already been cancelled due to insufficient enrollment. Most classes need at least five paid registrations to run, please feel free to encourage family members and/or friends to join.

Please mail or drop off your completed registration form with payment to the North East School District, Administration Office at 50 East Division Street, North East, PA 16428. Checks can be made payable to: Community Education.

- Please register early to avoid disappointment.
- All classes will begin as scheduled. If a class is cancelled due to insufficient enrollment, students will be notified with a phone call.
- Please be sure to provide a contact number so you can receive calls from program director and/or instructor.
- Gold Card (GC) Fee applies to North East Senior Citizens (60 years+) and is not applicable on all classes. See brochure for class fees.
- Phone registrations will not be accepted. Please fill out form and mail or drop off at address listed above.
- If school is cancelled because of bad weather, Community Education classes will also be cancelled. Please listen for cancellations on local radio stations and TV.
- REFUNDS ARE NOT POSSIBLE after the first class has been held.
- Unless otherwise noted classes are open to adults (18 years+).
- Class schedules and locations will be printed and displayed on building entrances. Please be sure to check displayed scheduled for most up to date information.



POSTAL PATRON

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North East, PA 16428  
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North East

Community Education  
School District

Winter/Spring 2012

www.nesd1.org

North East School District – Community Education Winter/Spring 2012  
Please print or type all information. Please use one registration per participant. Contact phone number is needed for registration.

<b>Name:</b>	<b>Email:</b>	<b>Start Date/Time:</b>	<b>Class Fee:</b>
<b>Address:</b>	<b>Contact Phone:</b>		
<b>City:</b>	<b>State:</b>	<b>Zip:</b>	
<b>Class Name</b>			
1.			\$
2.			\$
3.			\$
<b>Cash Paid: \$</b>	<b>Check #:</b>	<b>Total Fees:</b>	

**Welcome!** Take advantage of one of the many classes offered to you through the North East Community Education Program. If you have any ideas or special talents you would like to share, please email the program coordinator, Maureen T. Szklenski, at [mszklenski@nesd1.k12.pa.us](mailto:mszklenski@nesd1.k12.pa.us) or you may call her at 725-8671 ext 3904.

## Health & Wellness



### Yoga – Sharryn Donn-Campbell Ph.D. (9 Classes)

Learn how to correctly align yourself, build stamina and stability through proper stretching and strengthening. Proper breathing will be taught to help reduce stress. Yoga is adaptable to any age, fitness, ability, and health and body configuration. Please bring your own mat and tie. Third Grade Core Area Wed. 5:45-6:45  
Feb. 1, 8, 15, 22, 29 Mar. 7, 14, 21, 28 Fee: \$40/GC: \$35

### Meditation – Sharryn Donn-Campbell Ph.D. (4 Classes)

Learn to “let go” of muscle tension, random thoughts, and frustrating feelings. Multi-tasking leads to stress which leads to cortisol production, which leads to extra weight, eventually leading to health problems. Students will practice deep breathing and relaxation techniques. Third Grade Core Wed. 6:45-7:15 Feb. 1, 8, 15, 22 Fee: \$20/GC: \$15

### Stress Management – Joseph Schneider (4 Classes)

This is an intense personal class that will teach individuals how to manage stress by combating it from within. Time will be dedicated to personal reflection, lecture, journaling and instruction. High School Library Feb. 21, 22, 28, 29  
Tues. & Wed. 6:30-8:30 Fee: \$45/GC: \$40

### Breakfast – Katie Rowan (1 Class)

Breakfast is one of the most important meals of the day! Learn how to prepare creative and healthy breakfast alternatives for everyone enjoy. MS FCS Room  
Mon. 6:00-8:00 Mar. 5 Fee: \$15/GC: \$10

### Time Management – Joseph Schneider (4 Classes)

This is the perfect class for those who may have a busy lifestyle and could use a bit of assistance in learning how to prioritize daily tasks. This class will teach participants helpful methods of compartmentalizing, ordering and preparing, all in part to achieve a successful time management lifestyle. High School Library Tues. & Wed. 6:30-8:30  
March 6, 7, 13, 14 Fee: \$45/GC: \$40

### Adult Swim Lessons – Kim Girts (9 Classes)

Beginner swim lesson for adults (18+). Instructor will spend time teaching basic usage of floats and being comfortable in the water, eventually progressing to very beginner freestyle including breath control and flutter-kick. Pool NEEC  
Mon. & Wed. 6:30-7:30  
Mar. 12, 14, 19, 21, 26, 28 Apr. 11, 16, 18  
Fee: \$50/CG: \$45



## Self Defense – Steve Smith (1 Class)

This is a free class offered to the first 25 registrants and is a workshop-style class designed to teach women essential self-defense techniques. Limit 25 People Board Room  
Monday 6:30-8:00 Mar. 12 Fee: FREE

## Beginners Golf Lessons – Jon Sedelmyer (4 Classes)

This class offers some golf basics. Participants will learn fundamental techniques of grip, stance, and posture. Students will also learn to develop a smooth swing. Class members must bring clubs. Tennis Court area  
Thurs. 6:00-7:00 May 3, 10, 17, 24 Fee: \$30/GC: \$25

## Crafts

### Table Topper Quilting – Darlene Orschek (2 Classes)

Crazy Eight Table Topper--Make this complicated looking table topper using strip piecing techniques. Only takes eight fabrics. MS FCS Room Wed. 6:00-9:00  
Apr. 4, 11 Fee: \$30/GC: \$25

### Holiday Quilting – Darlene Orschek (2 Classes)

Oh, Christmas Tree! It’s never too early to start a Christmas project. Make a dimensional tree with foundation piecing techniques. Middle School FCS Room Wed. 6:00-9:00  
Apr. 18, 25 Fee: \$30/GC: \$25

## Finance & Technology

### Financial Workshop – Joellen Nelson (4 Classes)

This class covers the basics of investing, examines reasons why investment goals fail, money management tips, and rules that investors should know and follow. Learn how to increase investment income, reduce taxes on investments, participate in the stock market, & save for retirement or college. HS Library Mon. 5:00-7:00  
Apr. 16, 23, 30, May 7 Fee: FREE

### Excel – Diane Wickles (6 Classes)

Learn basic skills such as creating a spreadsheet, entering data & formulas, editing cells, and creating simple charts. The essential features under Word’s command structure of tabs, ribbons, as well as the Quick Access Toolbar, shortcuts, and the Help function. MS Comp. Lab Mon. 6:00-8:00  
Apr. 16, 23, 30, May 7, 14, 21 Fee: \$45/GC: \$40

## Pets

### S.T.A.R. Puppy Training – Tammy Baker (7 Classes)

Open to puppies (4 months – 1 year) and their owners. Take advantage of this specialized class designed to teach you how to teach your new pet basic manners and obedience. Full participation in this class will allow your pet to earn his/her S.T.A.R. Certificate. Pet owners’ must provide current immunization proof, clean up bags, form of ID for pet, leash, collar or harness, and food treats for their pet. LGI Room NEEC  
Tues. 5:30-7:00 Apr. 3, 10, 17, 24, May 1, 8, 15  
Fee: \$50/GC: \$45