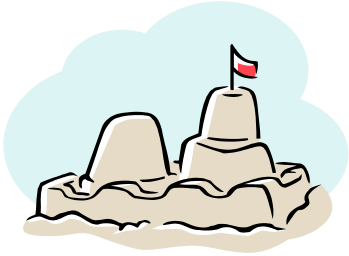


# HAVERFORD TOWNSHIP ADULT SCHOOL HOT CLASSES FOR SUMMER '09



Register on-line at [www.haverfordadultschool.org](http://www.haverfordadultschool.org) or download the registration form and mail to **HTAS, P.O. Box 806, Havertown, PA 19083.** There will be NO walk-in registration for summer classes. Questions call 610-446-8022

## Hobbies/Crafts

### Two-Week Jewelry Program at The Bead Garden

Learn to make a beautiful summer necklace/earrings set in just two classes.

#### 601 Summer Jewelry – Week 1

Wed. 6:30-8:30 5/20

The Bead Garden \$15

2122 Darby Road, Havertown

Learn to make a beautiful “Y” necklace on chain employing clustered dangles of pearls, glass, crystal and semi-precious beads. **Estimated materials cost \$20 -\$45 depending on materials you select. (There are *always* budget options!)**

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

#### 602 Summer Jewelry – Week 2

Wed. 6:30-8:30 5/27

The Bead Garden \$15

2122 Darby Road, Havertown

Whether you take the first class or not – you will love to make the matching clustered, dangly earrings. **Estimated materials cost \$5 -\$20 depending on materials you select. (There are *always* budget options!)**

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

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

# Dance

## 603 Belly Dancing Basics

Wed. 7:00-7:55 5 Wks. 5/20-6/17

St. Faith Church \$35

Brookline Blvd. and Allston Rd, Havertown

Belly dancing is a fun way to exercise while improving grace, flexibility, and strength. Starting with basic walks, the class will move on to drills for developing strong hips, fluid arm movements and good balance. Wear comfortable, non-restrictive clothing, dance shoes, socks or bare feet.

Instructor: **Emma Kelly**, [www.amaliadance.com](http://www.amaliadance.com)

## 604 Belly Dancing: Beyond Basics

Wed. 8:00-9:00 5 Wks. 5/20-6/17

St. Faith Church \$35

Brookline Blvd. and Allston Rd, Havertown

For students with some previous belly dance experience, this class will begin with a review of basic movements which we will build on in the following weeks. Bring your dancing to the next level with exercises to improve fluidity, grace, and balance, and increase your repertoire of steps.

Wear comfortable, non-restrictive clothing, dance shoes, socks or bare feet.

Instructor: **Emma Kelly**, [www.amaliadance.com](http://www.amaliadance.com)

## 605 Hip-Hop/Funk

Wed. 8:30-9:30 5 Wks. 5/20-6/17

Movements in Motion \$35

101 W. Eagle Rd., Havertown - 610-853-1468

Dance like they do on MTV and in the clubs today. If you ever wanted to learn how to get your groove on, this is the class for you! It is a beginner Hip-Hop/Funk class where we do a dance warm-up, learn the latest moves, then do a short dance combination. No experience necessary.

**Sneakers required – no shoes allowed in studio.**

Instructor: **Movements in Motion** dance teacher

## 606 Jazz It Up!

Mon. 7:00-9:00 5 Wks. 5/18-6/22 (No class 5/25)

Movements in Motion \$35

101 W. Eagle Rd. – 610-853-1468

If you enjoy dancing, you will enjoy this class which boosts the aerobic intensity through the roof with funky jazz dance routines that give you energy and keep you fit.

No prior dance experience necessary. **Sneakers required – no outside shoes allowed in dance studio.**

Instructor: **Genesa Kenney**, Owner, Movements in Motion

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

## Health, Fitness and Sports

### 607 Spinning

Wed. 7:00-8:00 5 Wks. 5/20-6/17

Havertown Health & Fitness \$35

34 Brookline Blvd., Havertown 610-449-1717

Burn calories and have fun in this indoor cycling workout. Participants 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.

Instructor: **Haverford Health and Fitness Staff**

### 608 Dancercise

Wed. 7:30-8:30 5 Wks. 5/20-6/17

Movements in Motion \$35

101 W. Eagle Rd.—610-853-1468

The ultimate calorie burner. In this class we combine the art form of dance and put it to an aerobic setting to create an exciting workout –then we cool you down Pilates-style! No prior dance experience necessary. Bring your own mat for our cool down. **Sneakers required –no outside shoes allowed in dance studio**

Instructor: **Genesa M. Kenney**, Owner, Movements In Motion

### 609 Basketball

Thurs. 7:30-9:00 5 Wks. 5/21-6/18

Coopertown School Gym \$25

800 Coopertown Rd

Bryn Mawr, PA 19010

Have fun and improve your fitness. Emphasis is on unsupervised recreational basketball.

### 610 Introduction to Tai Chi

Mon. 6:00-7:00 4 Wks. 5/18-6/15 (No class 5/25)

Manoa School Gym \$25

101 S Manoa Rd., Havertown

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 movement combined with breathing exercises. The 24 forms of Tai Chi stimulate the central nervous system, which increases the wellbeing of all internal organs of the human body. Suitable for people of all ages and requires no special equipment. The instructor is an authentic Chinese trainer.

Instructors: **Louie Yue / Lucy Coren**

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

## Health, Fitness and Sports (Continued)

### 611 Beginner's Hatha Yoga

Wed. 6:00-7:00 5 Wks. 5/20-6/17

Armenian Martyrs Church, \$30

Edmonds Ave. & Gladstone Rd, Havertown.

Achieve balance & harmony between the mind, body & spirit through the use of yoga postures, breathing techniques and meditation. Increase strength & flexibility, rejuvenate the spirit, reduce stress & anxiety and develop a deeper inner awareness by connecting to your breath and moving your body. Bring a sticky yoga mat.

Instructor: **Diane Dibeler**, Certified Yoga Instructor

### 612 Hatha Yoga – All Level Class

Wed. 7:05-8:30 5 Wks. 5/20-6/17

Armenian Martyrs Church \$45

Edmonds Ave. & Gladstone Rd, Havertown.

Explore a wider variety of poses with a longer period of relaxation. Achieve balance & harmony between mind, body & spirit through the use of yoga postures, breathing techniques and meditation. Increase strength & flexibility, rejuvenate the spirit, reduce stress & anxiety & develop a deeper inner awareness with breath connection & body movement. Bring a sticky yoga mat.

Instructor: **Diane Dibeler**, Certified Yoga Instructor

### 613 Yin Yoga

Tues. 8:15-9:15 5 Weeks 5/19-6/16

Main Line Yoga \$35

66 Rittenhouse Place, Ardmore

[www.mainlineyoga.com](http://www.mainlineyoga.com) 610-645-7900

This series will explore yin yoga as a process of moving into a sitting meditative practice. As we put ourselves into shapes which encourage us to open, deepen and surrender, we will discover how yin yoga is an effective support for contemplation. We will feel, first hand, the solidity and space created in our bodies with yin yoga, as well as the disappearance of the energetic and physical blockages which often inhibit our meditation practice. The quiet power of yin yoga is perfect for learning how to embrace our resistance whether manifests as distracting thoughts and judgments, pain and tension in the body, or emotional distress which ultimately leaves us in the grace of silence.

Instructor: **Main Line Yoga Staff**

### 614 Partner Yoga for Couples

Fri. 6:00-8:00 1 Wk. 5/29

Main Line Yoga \$40 per couple

66 Rittenhouse Place, Ardmore

[www.mainlineyoga.com](http://www.mainlineyoga.com) 610-645-7900

With four hands, four feet and two hearts, we stretch our one soul higher towards greater, fuller love. With six eyes we gaze even deeper into the mirrored pools of ourselves. Giving melts into receiving, receiving pours back into giving, until we find ourselves beyond roles and firmly placed in the essence of true generosity. This class is designed to be beautiful and accessible to our partners who may not practice yoga regularly, while still being enlightening to the more.

**Enroll as couples only.**

Instructor: **Main Line Yoga Staff**

## Health, Fitness and Sports (Continued)

### **615 Beginner Pilates**

**Thurs. 7:05-8:05** 5 Wks 5/21-6/18

**Chatham Park School Gym** \$30

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: **Michelle Collier**, Founder, Performance Fitness, LLC

[www.performancefitnessllc.com](http://www.performancefitnessllc.com)

### **616 Mixed Level Pilates**

**Thurs. 6:00-7:00** 5 Wks. 5/21-6/18

**Chatham Park School Gym** \$30

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. This mixed level class is appropriate for beginner through intermediate level participants. Please wear comfortable clothing and bring your own mat.

Instructor: **Michelle Collier**, Founder, Performance Fitness, LLC

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

# Cooking

## 617 Eat Your Way Through The Italian Market

Sat. 8:15 – Noon 5/16

Meet in market at 8:15 Sharp \$50

The walking tour to introduce you to varied merchants, tantalizing food and colorful history of generations that have maintained the market for over 100 years. Guided by our own Ann-Michelle Albertson, you'll meet shop keepers, discover great bargains, and get discounts. Bring a baseball cap and ice chest. Fills quickly! (Directions provided). **NO REFUNDS:** you may send a substitute.

Albertson Cooking School - 610-649-9290

## Summer Grilling Classes

Don't miss out! Register for these popular summer grilling classes. 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.**

### 618 Grilling Made Easy

Tues. 6:00 PM 6/16

ShIPLEY Upper School \$45

814 Yarrow Road, Bryn Mawr

### 619 Grill Fever

Thurs. 6:00 PM 6/18

ShIPLEY Upper School \$45

814 Yarrow Road, Bryn Mawr

### 620 Party at the Grill

Mon. 6:00 PM 6/22

ShIPLEY Upper School \$45

814 Yarrow Road, Bryn Mawr

### 621 Seafood and More

Wed. 6:00 PM 6/24

ShIPLEY Upper School \$45

814 Yarrow Road, Bryn Mawr

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