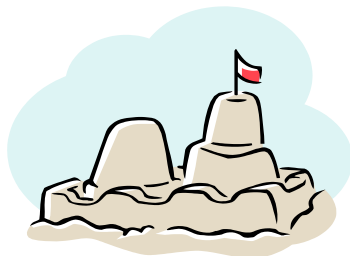


HAVERFORD TOWNSHIP ADULT SCHOOL

HOT CLASSES FOR SUMMER 2010



Register on-line at 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

CREATIVE ARTS, HOBBIES AND LEISURE

901 Beading

Freshwater Pearl/Leather Lariat and Freshwater Pearl Cluster Earrings

Wed. 6:00-8:00

1 Nt. 6/16

The Bead Garden

\$15

2122 Darby Rd., Havertown, 610-449-2699

Casual simple and for summer....think Sundance Catalog for much less. Freshwater pearls, Sterling Silver and Leather. **Approximate supply cost for necklace and earrings \$25-\$30.**

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

902 Beading

Elegant Wire Crochet Necklace

Wed. 6:00-8:00

1 Nt. 6/23

The Bead Garden

\$15

2122 Darby Rd., Havertown, 610-449-2699

Fun to make, beautiful to wear. Basic chain crochet and beads. You will need to stop in the store prior to class to purchase your supplies and to get your "prep instructions". **Approximate cost, depending on how fancy you get, \$20-\$35.**

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

Grill Classes at Albertson Cooking School!

6:00 PM until dusk

\$45 each class

ShIPLEY School (outdoors), 814 Yarrow Street, Bryn Mawr

Don't miss out! Register for our popular summer 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. Printed recipes provided. Classes are informal, questions are encouraged. Sample tastings, lemonade, ice tea and water provided. *Thunderstorm date is the following night when possible.*

903 Mon. 6/7: Executive Chef Terence Feury, Fork Restaurant

904 Tues. 6/15: Executive Chef Walter Staub, City Tavern Restaurant

905 Mon. 6/21: Executive Chef Robert Tyson, Denver, Colorado

906 Thurs. 6/24: Executive Chef Roberta Adamo, Penne Restaurant

HEATH, FITNESS AND SPORTS

907 Tai Chi

Beginner Beijing Yang - 24 Form.

Thurs. 6:00-7:00

5Wks. 5/20-6/17

Coopertown School Gym

\$35 (GA \$20)

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.

Instructors: **Lucy Coren/Louie Yue**

908 Gentle Hatha Yoga

Wed. 6:00-7:00

5 Wks. 6/9, 6/16, 6/23 7/7, 7/14

Armenian Martyrs Church,

\$35 (GA \$20)

Edmonds Ave. & Gladstone Rd, Havertown

Achieve balance & harmony between the mind, body & spirit through the use of gentle 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

909 Hatha Yoga – All Level Class

Wed. 7:05-8:30

5 Wks. 6/9, 6/16, 6/23, 7/7, 7/14

Armenian Martyrs Church

\$45 (GA \$25)

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 & 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

910 Dancercise

Mon. 8:00-9:00

5 Wks. 5/17-6/21 (No class 5/31)

Movements in Motion

\$35

17 Mifflin Ave. Havertown — 610-853-1468

The ultimate calorie burner! Start with half the class focusing on dance fitness incorporating dance to an aerobic setting. The last half is a Pilates/Yoga style stretch.

NO outside shoes, please bring a separate pair of sneakers to work out in.

Instructor: **Movements in Motion Staff**

911 Zumba! ©

Wed. 7:30-8:30

5 Wks. 5/19-6/16

Movements in Motion

\$40

17 Mifflin Ave. Havertown - 610-853-1468

Zumba incorporates the Latin rhythms and easy to follow moves to create a dynamic fitness program. Meant to tone and sculpt your body while burning fat and having fun. This class is designed for the individual that wants more from their traditional workouts.

No outside shoes, please bring a separate pair of sneakers to dance in.

Instructor: **Movements in Motion Staff**

912 Zumba Gold©**Mon. 6:00-7:00** **5 Wks. 5/17-6/21 (No class 5/31)****Movements in Motion** **\$40****17 Mifflin Ave., Havertown**

Zumba Gold is dedicated for the Zumba beginner. We learn the latest Latin moves in Zumba but at a slower pace. Geared toward the individual **that needs more time to pick up the steps or prefers a**

Instructor: **Movements in Motion Staff**

913 Spinning**Wed. 7:00-8:00** **5 Wks. 5/12-6/9****Havertown Health and Fitness** **\$40****34 Brookline Blvd., Havertown**

Burn calories and have fun in this indoor cycling work-out. Participants will be guided through a cardiovascular workout on a stationary bike that simulates riding out-doors, while listening to motivating music. No coordination required – just sit and pedal! All fitness levels welcome. Bring a towel and water bottle. **Register quickly – class limit 12.**

914 Boxing Work-Out**Mon. 7:00-8:00** **10 Wks. 5/17-7/26 (No class 5/31)****Washington Boxing Academy** **\$65****201 Simpson Rd. & W. Spring Ave, Ardmore****215-620-5642**

Learn a professional boxing workout program without the contact. This class consists of skipping rope, shadow boxing and heavy and speed bag contact.

Everlast Boxing Gloves Required: \$36 to instructor first night of class.

Instructor: **Alden Washington**, certified Olympic boxing coach, 4 black belts.

915 Boxing Work-Out**Wed. 7:00-8:00** **10 Wks. 5/19-7/21****Washington Boxing Academy** **\$65****201 Simpson Rd. & W. Spring Ave, Ardmore****215.620.5642**

Same as class 914

Instructor: **Alden Washington**, certified Olympic boxing coach, 4 black belts.

916 Strengthen & Stretch the Pilates Way**Thurs. 6:15-7:05** **5 Wks. 5/20-6/17****Manoa School Gym** **\$35**

Using the core stabilization principles of Pilates you will strengthen and tone your entire body while increasing flexibility, breathing, and concentration. Learn how to improve posture, balance, and overall movement patterns helping to relieve tension and stress points in the body. Suitable for beginner/intermediate levels. Wear comfortable clothing and bring a mat and stretchy band. Dynabands can be purchased for \$5. **May 27th class will be held at the Chatham Park School Gym**

Instructor: **Carol Katin**

917 Kick and Core**Thurs. 7:15-8:15** **5 Wks. 5/20-6/17****Manoa School Gym** **\$35**

Cardio, strength, flexibility, and abs...this class is a complete total body workout including all your fitness components. First kick and punch yourself into shape using basic kickboxing moves such as jabs, uppercuts and kicks for a great cardiovascular and muscle conditioning workout that burns lots of calories. Core strengthening and stretching completes the workout with a combination of Pilates exercises, awesome abdominal work and flexibility. Wear comfortable clothes and sneakers. Bring a mat, water bottle and stretchy band. Dynabands can be purchased for \$5.

May 27th class will be held at the Chatham Park School Gym

Instructor: **Carol Katin**

**918 Fundamentals of Golf
At MGOLF Driving Range**

Tues. 6:30-7:30

5 Wks. 5/25-6/29

MGolf Driving Range

\$100

400 W. Chester Pike, Newtown Square

Kick off the summer season with instruction from "2009 Philadelphia Player of the Year" Stu Ingraham who will bolster confidence and create consistency in your play. Learn the fundamentals of the golf swing and improve your short and long game. Focus on chipping, pitching, rules and more. Practice on the range in small group clinics.

Instructor: Stu Ingrahm, Head Golf Professional at MGOLF.

**919 Fundamentals of Golf
At MGOLF Driving Range**

Tues. 7:30-8:30

5 Wks. 5/25-6/29

MGolf Driving Range

\$100

400 W. Chester Pike, Newtown Square

Same as course 918

920 Basketball

Thurs. 7:30-9:00

5 Wks. 5/27-6/24

Coopertown Gym

\$25

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

921 Basketball for Men Over 40

Wed. 7:30-9:00

5Wks. 5/19-6/16

Manoa School Gym

\$25

Are you over 40 but not yet "over the hill"? Come for a run and some good clean fun. Emphasis is on unsupervised recreational basketball.

**SUMMER 2010
HAVERFORD TOWNSHIP ADULT SCHOOL
MAIL-IN REGISTRATION FORM**

Last Name: _____ First Name: _____

E-Mail: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone (day): _____ Phone (eve): _____

COURSE INFORMATION

Course #	Course Title	Tuition
		\$
		\$
		\$

DONATION: \$ _____

TOTAL: \$ _____

Check payments should be payable to: Haverford Township Adult School or HTAS
and mailed to: HTAS, P.O. Box 806, Havertown, PA 19083-0806