



It is the goal of the Community Education Program to offer the opportunity to participate in courses that range from education, fitness and leisure to personal interests and the arts. These courses are offered with an emphasis on quality instruction at affordable prices.

Sandy Bischof, Director 484-357-2607 • Email: bischofs@nasdschools.org • http://www.nasdschools.org/domain/31

Join your community members and have fun, get fit, or try something new!

YIN YANG Yoga - Instructor: Beth Sweetana

5 Weeks, \$25.00. \$6.00 drop in fee.

This class will blend two styles of yoga into one practice- Yang is dynamic and warming, while Yin is slower and cooling. Each class will begin with Yang Yoga, using a vinyasa flow to work on building strength and stamina.

Class will end with Yin Yoga where poses are held passively and longer to improve flexibility and to reduce stress and anxiety. Both Yang and Yin elements create a balanced yoga practice and have a powerful effect on energy levels. Bring your yoga mat.

TUESDAYS, 5 weeks. March 31, April 7,14,21,28.

Make up date: May 12.

TIME: 7:00 PM - 8:00 PM LOCATION: Siegfried MPR. Use ramp entrance.

ZUMBA Instructor: Jessica Ginter

4 Weeks, \$20.00. \$6.00 drop in fee. 3 sessions.

Are you ready to burn serious calories while having fun doing it? Join Zumba Instructor Jessie Ginter for an amazing cardio-dance fitness class. No experience necessary. Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

For everybody and every body. Dance along to pop music with set choreography to get an hour long intense workout. YOU CAN DO IT!

THURSDAYS, 4 weeks.

Session 1: Jan.16,23,30, Feb. 6. Make up date: Feb. 13.

Session 2: Feb. 27, March 5,12,19. Make up dates: Mar. 26, April 2.

Session 3: April 23,30, May 7, 14. Make up date: May 21.

TIME: 7:00 PM - 8:00 PM LOCATION: Siegfried MPR. Use ramp entrance.

Basic Self Defense and Awareness

Instructor: Michael Renner

April 16, 6:30-8:00 PM. \$5.00 per person

This class is an introduction to safety by showing you how to carry yourself, environmental factors, verbal and physical confrontation use of force and attack management. Casual attire, light hands on.

LOCATION: Siegfried MPR. Use ramp entrance.

Please NOTE:

If school is closed during the day; evening classes are cancelled\*

Check with your Physician before starting any strenuous physical activity\* Contact the Director, with any questions\*

Lap Swim 2 Sessions,

\$25.00/5 classes. \$50.00/10 classes. \$6.00 drop in fee.

Looking for a new way to shed some unwanted pounds? Want to get in shape without all the pounding on your joints? Come out and swim laps.

Adults Only. MONDAYS & WEDNESDAYS, 5 weeks.

Session 1: Jan. 27,29. Feb. 3,10,12,19,24,26. March 2,4.

Make up dates: March 9,11,16.

Session 2: March 18,23,25,30. April 1,6,8,15,20,22.

Make up dates: April 27,29.

TIME: 7:30 PM - 8:30 PM; LOCKER ROOM: 7:15 PM

LOCATION: NAMS - Indoor Pool. 'Natatorium'



Water Aerobics. Instructor: Susan Roberts

2 Sessions, Session 1: 10 classes/\$50.00

Session 2: 12 classes/\$60.00

\$6.00 drop in fee.

A 50-60 minute moderate intensity aquatic workout. It is formatted to be FUN by coordinating resistance and cardio moves to a variety of music that makes you want to move! The low impact environment that water provides keeps it easy on the joints!

Maximum 30 students.

LOCKER ROOM: 7:15 pm. TUESDAYS & THURSDAYS, 7:30-8:30 PM,

Session 1: Jan.14,16,21,23,28,30. Feb.4,11,13,18.

Make up dates: Feb.20,25,27.

Session 2: March 31. April 2,7,14,16,21,23,28,30. May 5,7,12.

Make up dates: May 14,19,21.

LOCATION: NAMS Indoor Pool - 'Natatorium'.



American Red Cross Lifeguarding/

First Aid/CPR & AED. Instructor: Colleen Corcoran

Course Fee: \$375. Certification valid for 2 years upon successful completion. Must successfully complete course prerequisites and be 15 by March 29th to participate.

Blended Online/In Person course - Must complete all coursework and attend all sessions.

Will be held in March 2020!

LOCATION: NAMS Natatorium

For more information, please contact: Colleen Corcoran corcorac@nasdschools.org or 610-428-3023.





# ADULT COMMUNITY EDUCATION PROGRAM

# SPRING 2020

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## Your favorite classes are back! NEW classes have been added!

### Guitar I & II. Instructor: Paul Demarest.

**COST: \$75.00 for 10 Classes**

Open to Adults and young adults 15 years and older.

The class is taught in a group setting. No prior guitar experience is required. If you are new to learning guitar or would like to improve, this class is for you. Students will learn proper picking technique and finger placement on the guitar. Students will also be learning chords in the open position of the guitar along with accompaniment styles. Students will learn how to read music in the open position of the guitar, along with being able to play the pentatonic scale in every key including some basic music theory.

**Materials:** Students will need an acoustic guitar and to purchase "Modern Guitar Method Expanded Grade 1" for \$15.00 payable to the Instructor.

**TUESDAYS, 10 weeks, 6:00-7:00 pm.**

March 3,10,17,24,31. April 7,14,21,28. May 5.

Make up dates: May 12,19.

**TIME: 6:00-7:00 pm. LOCATION: NAMS - Room #245.**



### Adult Men's Basketball

Facilitator: **Ron Gabryluk**

**\$45.00** for 8 weeks. Drop In Fee: **\$6.00** Join us for some fun, exercise and competition! Informal pick-up recreational Basketball. Burn some calories and please tell a friend as we're looking to get a 5 on 5 game. Open to players 18+.

**WEDNESDAYS, 8 Weeks:** March 4,18,25, April 1,8,15,22,29.

**TIME: 6:00 -8:00 PM**

**LOCATION: Siegfried Elementary School Gym.**



### Beginner Country Line Dancing

Instructor: **Brian McNeal**

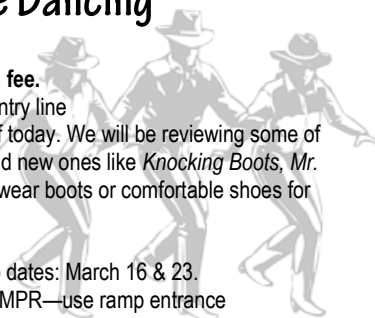
**COST: \$30.00 for 6 weeks. \$6.00 drop in fee.**

You will be learning some of the basic country line dances and some of the popular dances of today. We will be reviewing some of the dances you have learned in the Fall and new ones like *Knocking Boots, Mr. Lonely, Shake it for Me and more*. Please wear boots or comfortable shoes for line dancing.

**MONDAYS, TIME: 6:30-7:30 pm**

Jan. 27, Feb. 3,10,24. March 2,9. Make up dates: March 16 & 23.

**LOCATION: Siegfried Elementary School MPR—use ramp entrance**



### Open Quilting Bring Your Own Project

Instructor: **Eugenia Emert**

**\$45.00 for 6 Classes**

This class is for anyone who wants to learn to quilt or improve their skills. Students will be able to have assistance working on projects that they have not completed. Instructions on various techniques will be given.

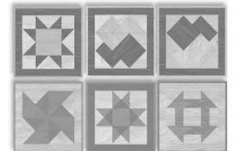
**MONDAYS - 6 Weeks**

Feb. 10,24 March 2,9,16,23.

Make up date: March 30.

**TIME: 7:00 PM – 8:30 PM**

**LOCATION: NAHS Home EC Room #1175.**



**Please register and pay with a credit card** using 'MySchoolBucks' link below.

You need not create an account and there will be no charge for this service.

<https://www.myschoolbucks.com/ver2/stores/catalog/getlistproducts?>

**PAYING BY CHECK?** checks payable to:

Northampton Area School District  
NASD Administration Buiding.  
Community Education,  
2014 Laubach Avenue,  
Northampton, PA 18067

**\*\*\*\* Attention- There will be no classes on Jan. 20, Feb. 14, 17, and Apr. 9, 10, 13 of 2020. \*\*\*\***

## Register NOW!

### NASD COMMUNITY EDUCATION

-----REGISTRATION FORM-----

Course \_\_\_\_\_

Day/Date \_\_\_\_\_ Time \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ \*Cell Phone \_\_\_\_\_

(\*Needed to notify in case of cancellation)

Course \$ \_\_\_\_\_ \*Email \_\_\_\_\_

*Please copy this form if you would like to register for more than one class! One form with payment per class. Thank you.*