

Spring 2012 Course Catalog

FUN 101

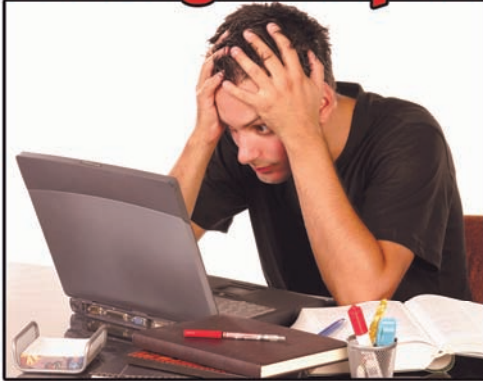


STANCATO

Chester County Night School

Serious Fun for Adults of all Ages!

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Spring 2012 CCNS Course Catalog

MARK YOUR CALENDARS!

Annual CCNS Fashion Show

West Chester Golf & Country Club

- * Luncheon * Silent Auction
 - * Spring Fashions from Nota Bene, OBVI, and other area boutiques
 - * Raffle, cash bar, and more!
- Cost: \$35

Proceeds benefit the CCNS nonprofit program and the unite for HER breast cancer organization.

* Register online: chestercountynightschool.org

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OFFICE HOURS:

Mon - Fri: 9 am to 1 pm

Extended office hours opening week

Mon-Thurs, 3/19-3/22

CHESTER COUNTY NIGHT SCHOOL

222 N. Walnut Street, Suite A

West Chester PA 19380

Tel: 610-692-1964 Fax: 610-692-7566

Website: ChesterCountyNightSchool.org

Email: helpdesk@chestercountynightschool.org

Cover Artist: Michael Stancato

Born in West Chester, PA, Michael graduated with honors from Tyler School of Art in Philadelphia. He worked as an artist for television stations in Philadelphia then moved to Los Angeles continuing his graphics work for film and television. He returned to West Chester recently and loves doing both graphics and fine art.

General Information

5 Ways to Register!

- **ONLINE:** chestercountynightschool.org
- **BY PHONE:** 610-692-1964
- **BY FAX:** 610-692-7566
- **BY MAIL:** See Registration Form, back cover
- **WALK-IN:** By Appointment Only

MasterCard, VISA, Amex, Discover accepted. Make checks or money orders payable to **Chester County Night School**. If registering with a friend or partner, please submit your registrations at the same time.

Course Sell-outs and Cancellations

If your course is filled, your name will be put on a waiting list. If there is insufficient enrollment, Chester County Night School reserves the right to cancel the course; you will be notified and your money will be refunded.

Class Receipts

Class Receipts including class date(s), locations and times will be emailed or mailed to you within 3 business days. If you have not received a receipt within a week, call 610-692-1964 to confirm your registration.

Withdrawals

If you cannot attend a course, you may qualify for a credit voucher for your full tuition (less \$10 processing fee) by notifying the Office in writing at least three (3) business days prior to the first class. Email your request to: info@chestercountynightschool.org. (Exceptions: no withdrawals or refunds for Trips/Tours and Culinary classes.) If you must withdraw after the first class has met, you may qualify for a credit voucher for 50 percent of your tuition by **notifying the Office in writing before the second class**. There are no withdrawals after the second class. Credit vouchers are good for one year and are transferable. **Note: A \$10 processing fee is charged for all withdrawals. No telephone withdrawals will be accepted.**

Refunds

Refunds will be given only if Night School cancels a course. Refunds cannot be issued for classes missed as a result of illness, personal emergencies or any other event beyond our control.

Children Accompanying Adults

Children (**under 16**) **may not** accompany their parents to classes unless the course descriptions specifies parent/child participation or is designed for younger participants.

Liability

Students take courses at their own risk and agree to waive and release Chester County Night School staff and instructors from any and all claims. Night School cannot be responsible for personal property. The opinions and recommendations expressed by instructors are personal, and Night School is not responsible for their views.

course locations

Antique Store

161 W. Lancaster Ave., Wayne, 19087

Ashbridge Manor

971 E. Lancaster Ave., Downingtown, 19335

Chester County Art Association

100 N. Bradford Ave., West Chester, 19382

Collier's of Centreville

Route 52, Centreville, DE, 19807

East Bradford Elementary

820 Frank Road, West Chester, 19380

East Coventry Elementary School

932 Sanatoga Road, Pottstown, 19465

East High School

450 Ellis Lane, West Chester, 19380

Edgmont Country Club

5180 West Chester Pike, Newtown Square, 19073

Exton Elementary

301 S. Hendricks Ave., Exton, 19341

FAST Gym

981 E. Lancaster Ave., Downingtown, 19335

Fern Hill Elementary

915 Lincoln Avenue, West Chester, 19380

Fugett Middle School

500 Ellis Lane, West Chester, 19380

Great Valley Middle School and High School

225 N. Phoenixville Pike, Malvern, 19355

Harriton House

500 Harriton Road, Bryn Mawr, 19010

Henderson High School

400 Montgomery Ave., West Chester, 19380

Joseph Poon's Chef Kitchen

1010 Cherry St., 2nd Floor, Phila., 19107

The Kitchen Workshop

21 Plank Ave., Paoli, 19301

The Lincoln Room

28 W. Market Street, West Chester, 19382

Madsen Kitchen & Bath/Design Center

2901 Springfield Rd. Broomall, 19008

Martial Arts & Fitness Center

400 E. King Street, Malvern, 19355

Master P's Tae Kwon Do

1504 Paoli Pike, West Chester, 19380

MaxOut Training Center

342 North Pottstown Pike, Exton, 19341

Owen J. Roberts High School and Middle School

981 Ridge Road, Pottstown, 19465

Patton Middle School

740 Unionville Road, Kennett Square, 19348

Peirce Middle School

1314 Burke Rd., West Chester, 19380

Penn Oaks Tennis & Fitness

56 Penn Oaks Drive, West Chester, 19382

Pickering Valley Golf Club

450 S. Whitehorse Rd., Phoenixville, 19460

Spirit of Yoga, Downingtown

721 E. Lancaster Ave., Downingtown, 19335

Spirit of Yoga, West Chester

525 E. Gay St., West Chester, 19380

Springhouse Computer School

Eagleview Corporate Center

770 Pennsylvania Ave., Suite 120, Exton, 19341

Stetson Middle School

1060 Wilmington Pike (Rte. 202), WC 19382

Strawberry Bakery

365 Lancaster Ave. (Route 30), Frazer, 19355

Temenos Retreat Center and Farmhouse

1564 Telegraph Road. (Rte. 162), West Chester, 19382

Torchiana Automotive Training Center

1119 West Chester Pike, West Chester, 19382

The Music Center

35 East Uwchlan Ave., Exton, 19341

Toby's K-9 Kamp

705 Old Westtown Road, West Chester, 19382

Unionville High School

740 Unionville Road, Kennett Square, 19348

Valerie's Dance Studio

105 Westtown Road, West Chester, 19380

Victoria J. Irey Studio of Dance

1200 Horseshoe Pike, Glenmoore, 19343

West Chester Billiards

539 E. Gay St., West Chester, 19380

West Chester Senior Center

530 East Union St., West Chester, 19382

West Chester University Recitation Hall

35 W. Rosedale Avenue, West Chester, 19383

Woodcraft

417 Boot Road in Downingtown 19335

Yoga Loft

111 East Cypress Street, Kennett Square, 19348

IN THIS CATALOG:

<i>Art, Music and Theatre</i>	3-6
<i>Business & Money Matters</i>	7-8
<i>Certifications/Cert Prep</i>	10-12
<i>College/Grad Test Taking</i>	9
<i>Computer Classes</i>	13-15
<i>Computer Scholarship</i>	13
<i>Crafts & Hobbies</i>	16-18
<i>Culinary Classes</i>	19-26
<i>Dance Classes</i>	27-28
<i>Fashion Show</i>	Outside Cover
<i>Fitness and Health</i>	29-35
<i>Home and Garden</i>	36-37
<i>Job Skills</i>	38
<i>Languages & Writing</i>	39-20
<i>Personal Interest</i>	41-43
<i>Pets</i>	43
<i>Photography</i>	16-17
<i>Registration Form</i>	Back Cover
<i>Science, History & Culture</i>	44-46
<i>Sports and Games</i>	46-51
<i>Trips and Tours</i>	52

Art Classes

▼ NEW!

Art & Nature Private Museum Tour with Lunch



Brandywine River Museum Staff, instructor

Explore the beauty of the region in the landscape compositions on display at the Brandywine River Museum during this program which will focus on depictions of the outdoors by numerous well-known artists including N.C., Andrew, and Jamie Wyeth, William T. Richards, George Weymouth, William Lathrop, and others. After the private tour, enjoy lunch in the museum restaurant with a view of the Brandywine River bank and native plant gardens. You are free to stroll outside on your own. Price includes museum admission, gallery tour, and lunch voucher.

WHERE:	Brandywine River Museum	SESSIONS:	1	
CRSE#	TIME	DAY	DATE(S)	FEE
AM108	10:45am-1 pm	Thu	5/10	\$22

Acrylic Painting

Justin Phillips, instructor

Explore the dynamic process of creating art through the study of acrylic painting. We will start by setting up your paint palette and learning the importance of color theory. Next, we will study and paint a variety of still life arrangements and explore the exciting subject of abstract art. Beginners are welcome. Supply list will be provided with class receipt (approx. \$40 - \$50).

WHERE:	Peirce M.S.	SESSIONS:	7	
CRSE#	TIME	DAY	DATE(S)	FEE
AM115	6:30-9 pm	Thu	3/22 - 5/24	\$152
No class: 4/5, 4/26 and 5/17				

Abstract Art

Justin Phillips, instructor

Making Abstract art is a great way for people to connect with their creativity. In this class we will study the history of Abstract art and discuss ways in which artists created their images, as we create our very own abstract works of art. The choice medium is up to you whether you want to use acrylic paints, oils, watercolor, collage, or pastels. This is a guided exploration of Abstract art but is in tune with its natural flexibility and expansive nature.

WHERE:	Henderson H.S.	SESSIONS:	7	
CRSE#	TIME	DAY	DATE(S)	FEE
AM116	6:30-9 pm	Wed	3/21 - 5/9	\$152
No class: 4/4				

The Legacy of the Wyeths and Lunch

Brandywine River Museum Staff, instructor

Enjoy a relaxing visit to the Brandywine River Museum to learn about the exceptionally creative Wyeth family of painters: the patriarch and renowned illustrator N.C. Wyeth; his son and one of America's favorite and most prolific artists, Andrew Wyeth; and Jamie Wyeth, who is a third generation Wyeth painter and the younger son of Andrew. The private gallery tour will examine work by all three generations. Take time for lunch in the museum's restaurant after the gallery tour is complete. The program concludes with an off-site tour (shuttle provided) of the N.C. Wyeth House and Studio (less than a mile away). Price includes admission, private museum gallery tour, lunch voucher, shuttle and House/Studio tour.

WHERE:	Brandywine River Museum	SESSIONS:	1	
CRSE#	TIME	DAY	DATE(S)	FEE
AM109	9:45am-1:45 pm	Thu	4/19	\$30

Taming the Wild Watercolor

Chris Chadwick, instructor

Together, we'll work to "tame" the wild medium of watercolor, working step-by-step using a limited five-color palette. You'll start by experimenting with color and abstract design, leading to simple landscapes and later, still life arrangements. Drawing ability is helpful but not required. Bring sketchbook (9"x12") and #2 pencil to first class; supply list will be given for remaining classes (approx. \$65).

WHERE:	Henderson H.S.	SESSIONS:	7	
CRSE#	TIME	DAY	DATE(S)	FEE
AM117	6:15-9 pm	Wed	3/21 - 5/9	\$158
No class: 4/4				

Making World Class Art - Drawing & Painting

Eo Omwake, instructor

This class is for beginners and advanced students interested in both realism and abstraction. Learn according to your interest and skill level. Internationally-acclaimed painter and professor Eo Omwake brings over 20 years' experience to help you hone your skills in basic drawing (charcoal, pencil, pastels) or painting (oil or acrylics). BYO art materials and easel. Recommended supply list will be provided with receipt.

WHERE:	Patton M.S.	SESSIONS:	7	
CRSE#	TIME	DAY	DATE(S)	FEE
AM121	6-8:30 pm	Tue	3/20 - 5/15	\$154
No class: 4/3, 4/24				

Drawing for People Who Can't Draw A Straight Line

Chris Chadwick, instructor

Turn that blank sheet of paper into a world of your own design. You'll work step-by-step with the instructor drawing a variety of subjects including landscape, still life and basic perspective (creating the illusion of 3-dimensional space). In addition to graphite, we'll also use colored pencils. Bring a 9"x12" sketchbook (not newsprint) and a #2 pencil to the first class. A supply list (\$15-\$20) will be provided at first class.

WHERE: Henderson H.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 AM125 6:15-9 pm Mon 3/19 - 5/7 \$158
 No class: 4/2

Drawing, Beyond Beginner

T. Mark Cole, instructor

Learn methods the professionals use to bring their sketches to life! Bring your sketch book and #2 pencils, and get ready to improve your natural talent by applying principles of composition, perspective, shading, and more. We'll practice croquis and cast drawing, work from 3-D models, and apply our new skills to an individual class project.

WHERE: Chester County Art Assn. **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 AM125A 6:30-9 pm Mon 3/19 - 5/7 \$138
 No class: 4/2, 4/16

▼ **NEW!**

Antique Treasures: What's Hot, What's Not

Dale Hunt & Staff, The Antique Store, Wayne

Is your attic filled with hidden treasures, but you don't know their value, history or worth? Learn about current trends in the antiques market. Class is held in The Antique Store where there are over 6,000 square feet of showroom space. Various dealers will discuss their areas of expertise in the antiques field, and you will be given the opportunity to bring in some of your treasures each night for individual appraisals.

WHERE: The Antique Store, Wayne **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 AM127 7-8:30 pm Thu 5/17 - 5/24 \$36

Music Classes



▼ **NEW!**

Introduction to Studio Recording

Glenn Ferracone, instructor

Whether you're a musical artist or just someone who wants to learn behind the scenes in a professional recording studio, you won't want to miss this one-of-a-kind opportunity! Explore the fun, fascinating audio journey of the recording process with a 2011 Grammy nominated recording artist. Fundamentals of sound, microphones, preamplification, signal routing and processing, recorders, mixing and mastering are all addressed. The fee includes the six sessions plus individual studio time for each student to create his own CD mix. No previous experience necessary; all equipment provided.

WHERE: The Music Centre, Exton **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 AM130 6-7:30 pm Thu 3/22 - 4/26 \$255

▼ **NEW!**

Studio Drumming

Glenn Ferracone, instructor

This class is for intermediate to advanced drummers and is a comprehensive course designed to improve functionality in the studio environment. Drum selection, heads, tunings, mic selection, mic placement and studio procedures will be examined. You are provided with professional charts and backing tracks (all rights reserved) and are given the chance for studio time to record your performances.

WHERE: The Music Centre, Exton **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 AM131 7:15-8:45 pm Tue 3/27 - 5/1 \$255

The Chester County Night School Singers

John Coakley, instructor

Come out and enjoy a no-audition, low-stress, and fun environment while learning about correct choral vocal techniques. Your instructor will focus on the fun of choral singing and how to personally sound your best. Although choral experience and note-reading ability are a plus, they are NOT necessary. Note: \$15 music fee due at first class. The class will culminate in a concert for family and friends at the beautiful United Methodist Church sanctuary on May 14th.

WHERE: W.C. United Methodist Church **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 AM135 7-9 pm Mon 3/19 - 5/14 \$45
 No class: 4/2

Learn to Read Music

Terri Weaver, instructor

This course is for the absolute beginner who always wanted to learn how to read music, join a choir, know basic music concepts, chords and key signatures. This course will help you have confidence to read music or play a basic hand instrument. A \$10 supply fee is payable to instructor the first night.

WHERE: Peirce M.S.		SESSIONS: 6		
CRSE#	TIME	DAY	DATE(S)	FEE
AM139	7-9 pm	Thu	3/22 - 5/10	\$104
No class: 4/5, 4/26				

Singing for Beginners

John Coakley, instructor

Have you always wanted to sing but thought you couldn't? Improve your singing voice in a creative and non-threatening environment. You will participate in group songs and exercises designed to improve vocal quality and range, develop musical skills, and learn to express yourself through song. You will receive a private one-on-one vocal evaluation with the instructor.

WHERE: Peirce M.S.		SESSIONS: 6		
CRSE#	TIME	DAY	DATE(S)	FEE
AM140	7-8:30 pm	Tue	3/20 - 5/8	\$90
No class: 4/3, 4/24				

Blues and Jazz Guitar

Robert Hekking, instructor

This course is for students who have mastered basic chords and songs and are ready to start improvising. Instructor will discuss scales and their use, from very basic application to more advanced concepts. There will also be discussion on the art of playing effectively with other players, so bring your guitar and get started!

WHERE: Great Valley M.S.		SESSIONS: 7		
CRSE#	TIME	DAY	DATE(S)	FEE
AM144	7-8 pm	Tue	3/20 - 5/8	\$119
No class: 4/3				



Guitar, Beginning

Rob Dickenson, instructor

Students with little or no musical background will enjoy this introduction to the pleasures of guitar playing. Learn tuning, tablature, note-reading, some simple melodies and chord progressions. Bring your own instrument and a notebook.

WHERE: Henderson H.S.		SESSIONS: 7		
CRSE#	TIME	DAY	DATE(S)	FEE
AM142	7-8 pm	Mon	3/19 - 5/7	\$119
AM143	8-9 pm	Mon	3/19 - 5/7	\$119
No class: 4/2				

▼ NEW!

Guitar, Beginning Part 2

Rob Dickenson, instructor

If you have taken a beginner course with Rob Dickenson or have some previous playing experience, this class will take you to the next level. Bring your instrument and a notebook.

WHERE: Henderson H.S.		SESSIONS: 7		
CRSE#	TIME	DAY	DATE(S)	FEE
AM145	7-8 pm	Wed	3/21 - 5/9	\$119
No class: 4/4				

Beginning Harmonica

James W. Day, Band Leader

We cover the basics of acoustic and amplified harmonica playing in the I IV V progression. We will work on tone, tongue blocking, octaves, and bends. Instructor will provide guitar, music and instrumental CD's so that students can increase their skills and confidence with the final goal of playing at a local open mic.

WHERE: Henderson H.S.		SESSIONS: 6		
CRSE#	TIME	DAY	DATE(S)	FEE
AM147	6:30-8 pm	Wed	3/14 - 5/2	\$94
No class: 4/4				

Drumming for Stress Release and Well Being

Christine Campbell, instructor

Drumming has been used for centuries as stress release and to create well being. Come use hand drums and percussion from various cultures as you experience deep relaxation and renewal. No experience is needed and drums will be provided or you can bring your own. Join us as you use your own innate creativity to access deeper realms of consciousness.

WHERE: Temenos Retreat Center, WC		SESSIONS: 3		
CRSE#	TIME	DAY	DATE(S)	FEE
AM158	7-8:30 pm	Wed	4/11 - 4/25	\$54



Theatre Classes

Introduction to Acting

Cameron Munson, instructor

Here's a great introduction to professional acting in a comfortable, confidence boosting atmosphere. Instructor Cameron Munson, graduate of New York film Academy and American Academy of Dramatic Arts, will cover auditioning, acting on a film set/ stage, improvising, script analysis and character study. Performances take place during final class. No previous experience necessary, but bring notebook and pen. Mature students (17+) welcome.

WHERE: Great Valley M.S.	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
AM164 7-9 pm Tue 3/20 - 5/8 \$112	
No class: 4/3	

▼ **NEW!**

Acting With Direction

Cameron Munson, instructor

Students in this class will have the opportunity to work intensely on a new scene/monologue to perform each week. Analyzing and memorizing scenes, as well as physically creating a character through costume, and setting the scene with props are all required. Mock auditions will take place to make students more comfortable with getting their image seen. Munson will also direct students in their scenes as to further understand the actor/director working relationship. Students must have previously taken an Acting class with Cameron Munson and possess strong memorization skills. Bring notebook/pen.

WHERE: Henderson H.S.	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
AM165 7-9 pm Wed 3/21 - 5/9 \$112	
No class: 4/4	

Intro to Improv Comedy

Dan Stabb, instructor

This introductory course will teach you the art of "making it all up." You will learn the fundamentals of comedy improv, the art of characterization and storytelling, and the ability to step out of your comfort zone to make bold, brave choices that extend well beyond the improv stage. Learn in a fun, non-judgmental atmosphere. No experience required.

WHERE: Patton M.S.	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
AM168 7-8:30 pm Tue 3/20 - 5/15 \$90	
No class: 4/3, 4/24	

▼ **NEW!**

Short Film Directing

Cameron Munson, instructor

An exceptional course for anyone interested in filmmaking, whether posting your videos on YouTube, have a great idea for a movie, or curious as to how a movie is made. Learn the basics of making a low-budget, high-quality short film! From writing the initial story idea, to finding a crew and casting actors, to acquiring permits and shooting, to editing and distributing. No previous experience necessary. Please bring notebook/pen.

WHERE: Henderson H.S.	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
AM192 7-9 pm Mon 3/19 - 5/7 \$112	
No class: 4/2	



▼ **NEW!**

Advanced Short Film Directing

Cameron Munson, instructor

Instructor Cameron Munson will work with students on writing new, original short screenplays each week, as well as compiling directors packets that cover each aspect of the film production process for each new script. Students will direct actors in a scene from one of their scripts, with support from the instructor to help create a directing style. Prerequisite: must have taken a Film class with Cameron Munson.

WHERE: Peirce M.S.	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
AM193 7-9 pm Thu 3/22 - 5/24 \$112	
No class: 4/5, 4/26 and 5/17	

Getting Paid to Talk: Making Money with Your Voice

John Gallogly, credentials, instructor

This exciting class will explore numerous aspects of voiceover work for television, film, radio, audio books, documentaries and the internet. We will cover how to prepare the all-important demo and how to be successful and earn great income in this exciting field. This class is a great first step for anyone interested in voice acting professionally. To make an informed decision if this is the right class for you, visit: www.voicecoaches.com

WHERE: Henderson H.S.	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
AM196 6:30-9 pm Mon 4/23 \$55	

business and money matters

How to Sell on eBay

Nancy White, instructor

Find your way around eBay and Craig'slist and get ready to sell. Learn to use the seller's account and discover how PayPal works. You will use Wizard eBay to create a listing and learn how to manage listings. You must have an eBay ID and password, PayPal user account and password, and familiarity with the Internet.

WHERE: W. C. Senior Center	SESSIONS: 1			
CRSE# BU234	TIME 6-8:30 pm	DAY Tue	DATE(S) 4/10	FEE \$46

Fabulous Fundraising

Peter Mariani, instructor

Whether you're involved with a charity, alumni association, school PTO or business, this course will offer valuable tips for planning the perfect golf outing. Note: Both the first time golf outing planner and the experienced fundraiser will benefit from this class. If your event is not a golf outing, you will still gain valuable fundraising tips.

WHERE: Edgmont Country Club	SESSIONS: 2			
CRSE# BU201	TIME 7-9 pm	DAY Tue	DATE(S) 3/20-3/27	FEE \$29

Financial Finesse for Women

Susan Arnette, ChFC®, instructor

Don't let money control you. Empower yourself by managing your financial future. Designed specifically to meet women's concerns, this workshop is geared to educate you in cash flow management, risk management, setting financial goals and reaching them safely.

WHERE: Peirce M.S.	SESSIONS: 1			
CRSE# BU209	TIME 7-9 pm	DAY Thu	DATE(S) 4/19	FEE \$22

Shop Wisely for Financial Advice

Steve Blum, Esq, instructor

This class will broaden your expertise in evaluating financial advisors and financial advice. We will examine how this advice is typically given, "best practices" for financial guidance, and some economic concepts that underlie worthwhile financial advice. Finally, there will be a discussion of "professionalism" as it relates to this topic with a special emphasis on duties owed under current law.

WHERE: Henderson H.S.	SESSIONS: 1			
CRSE# BU212	TIME 6-9 pm	DAY Wed	DATE(S) 3/28	FEE \$29

Are Annuities The Right Choice For Your Retirement?

Steve Blum, Esq, instructor

In light of volatility in financial markets, many people are tempted by investments that offer "guarantees." As a result, sales of variable annuity products have soared. But is an annuity a good choice for you? We will examine the different types of annuities and their tax consequences, how to evaluate them, why they are sold in record numbers, and whether they are the best choice for your investment portfolio. Steve Blum, an attorney and experienced teacher, promises that this class will not be boring; he will make you laugh, cry and leave a wiser investor!

WHERE: Henderson H.S.	SESSIONS: 1			
CRSE# BU213	TIME 6-9 pm	DAY Wed	DATE(S) 5/2	FEE \$29

Complete Financial Management Workshop

Ed Dracup*, CLU®, ChFC®, CFP®, REBC®, CLTC®

In this information-packed seminar, learn how to get the most from your investments, Social Security, retirement plans and more. During the class, you'll assess your own financial situation and, regardless of when you plan to retire, learn practical strategies for retirement planning. The course fee includes a workbook (value \$35). You may bring a spouse free of charge, but he/she must register.

WHERE: Henderson H.S.	SESSIONS: 3			
CRSE# BU220	TIME 6:30-9 pm	DAY Wed	DATE(S) 4/11 - 4/25	FEE \$89

WHERE: Patton M.S.	SESSIONS: 3			
CRSE# BU222	TIME 6:30-9 pm	DAY Tue	DATE(S) 3/20 - 4/10	FEE \$89

No class: 4/3

*Ed Dracup is a registered representative of and offers securities, investment advisory and financial planning services through MML Investors Services, LLC, 100 Corporate Center Dr., #201, Camp Hill, PA 17011, 717-763-7365

business and money matters

Long Term Care

Ed Dracup, CLU®, ChFC®, CFP®, REBC®, CLTC®*

This course will help to educate you on long-term care issues. Specifically, the class will address what long-term care is, how much it may cost and how you may pay for it. The course dispels the Medicare myth, provides discussion on "Long-Term Care Partnership," which offers Pennsylvanians the opportunity to provide for their own needs while helping to conserve taxpayer resources, as well as illustrates real life examples of people dealing with long-term care issues.

WHERE: Henderson H.S.	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
BU223	7-8:30 pm	Wed	5/2	\$22

Landlord and Tenant Issues

Barry Walsh, instructor, Prudential Fox & Roach Realtors

If you're considering renting a home or property or if you're the renter, then there are certain laws and guidelines that you must know. This course will cover general issues in a landlord and tenant relationship. Topics covered will include: qualifying tenants, review of Pennsylvania landlord tenant law, application and lease forms and strategies to protect your security deposit.

WHERE: Peirce M.S.	SESSIONS: 2			
CRSE#	TIME	DAY	DATE(S)	FEE
BU226	7-9 pm	Thu	3/22 - 3/29	\$39

Investing in Real Estate

Barry Walsh and Dave Dunn, Realtors, Prudential Fox and Roach Realtors

Today's market could present the best opportunity to invest in real estate. This revised course will focus on ways to identify investment opportunities in residential income producing properties. Also covered will be analyzing cash flows, qualifying and managing tenants, verifying property data and negotiating. Guest Speaker: a mortgage loan officer.

WHERE: Peirce M.S.	SESSIONS: 6			
CRSE#	TIME	DAY	DATE(S)	FEE
BU230	7-9 pm	Tue	3/20 - 5/8	\$84

No class: 4/3, 4/24

People's Law School

Peter Hart, Esq, instructor

For over twenty years, the Chester County Bar Association People's Law School Program has provided students with an overview of the legal system with an entertaining, down to earth and informative look at the law. Several local Chester County lawyers will provide insight into their areas of legal expertise and will assist you with your individual legal issues. Topics may include: Wills and Estate Planning; Family Law, Real Estate and Landlord Tenant Law, Personal Injury Law, Criminal Law/Constitutional Law, Business Law/Employment Law; Bankruptcy Law and Auto and Homeowners Insurance coverage legal issues.

WHERE: Peirce M.S.	SESSIONS: 7			
CRSE#	TIME	DAY	DATE(S)	FEE
BU232	7-9 pm	Tue	3/20 - 5/15	\$39

No class: 4/3, 4/24

College Finances

In's and Out's of Financial Aid

Dana Parker, Financial Aid Director WCU

Don't let rising college costs get you down! This course will help you understand the financial aid system and how to explore your options for paying for college. Course topics include alternative ways to pay for college if you don't qualify for need-based financial aid and strategies for applying for financial aid for separated/divorced parents. Fee is per family.

WHERE: Henderson H.S.	SESSIONS: 2			
CRSE#	TIME	DAY	DATE(S)	FEE
CL258	6:30-8:30 pm	Wed	3/21 - 3/28	\$39

Financially Preparing for College Today

Michael Skiff, CFP®, instructor

Did you know that college is affordable and attainable for nearly everyone? There's just one catch: you must start early. If your student is a high school freshman, sophomore, or junior, actions taken now will put them in the best position to receive college admission with generous scholarships and grants. This seminar explains the sometimes overwhelming process of applying for college admission and funding. Fee is per family, but all must register.

WHERE: Henderson H.S.	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
CL260	7-8 pm	Wed	4/11	\$15

college/grad: test prep

SAT Verbal Prep and Writing in West Chester

Charles Clay, H.S. English Teacher

This course teaches language enrichment as well as test-taking strategies for the Verbal and Writing portions of the SAT. The course concentrates on reading-for-meaning strategies, but will also delve into vocabulary and grammar enrichment. It is taught by a long-time English and SAT teacher in the West Chester School District. Please purchase the following book and bring to the first class: Barron's SAT with CD-ROM, Sharon Weiner Green M.A. (Author), Ira K. Wolf Ph.D, ISBN 0764197223 (approx. \$20).

WHERE: Henderson H.S.	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
CL263 6-7:30 pm Mon 3/19 - 5/7 \$119	
No class: 4/2	

SAT Verbal Prep and Writing in Great Valley

Jennifer Archibald, SAT tutor

An experienced and dynamic English teacher and tutor will teach you the comprehension, vocabulary, grammar skills and "tricks" needed to tackle the SAT*. Verbal and Writing sections. You will be armed with the strategies you need to improve your scores dramatically. Completion of weekly homework assignments is expected. Check your receipt for details on which book to purchase prior to first class (approx. \$20).

WHERE: Great Valley M.S.	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
CL266 7:30-9 pm Tue 3/20 - 5/8 \$119	
No class: 4/3	

SAT Non-verbal Math Prep in West Chester

Kenneth Gross, SAT tutor

The SAT is one of the more demanding tests a student will take in his or her lifetime, and also one of the most important criteria in determining a student's admission or potential scholarship to college. Learn from an experienced tutor the techniques for improving your score. This class will help refresh the student's skills that were learned in math class while covering popular SAT topics such as: algebra, numbers and operations, geometry, data, statistics, and probability. Please purchase The Official SAT Study Guide, Second Edition, published by The College Board (approx. \$13).

WHERE: Henderson H.S.	SESSIONS: 6
CRSE# TIME DAY DATE(S) FEE	
CL271 6-8 pm Wed 3/21 - 5/2 \$129	
No class: 4/4	

SAT Non-verbal Math Prep in Great Valley

Jennifer Archibald, SAT tutor

Learn some powerful skills to conquer the SAT Math section from an experienced SAT tutor. You will learn the "tricks" needed to solve typical math problems as well as the strategies that will help you improve your score. Check your receipt for details on which book to purchase prior to first class (approx. \$20).

WHERE: Great Valley M.S.	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
CL270 6-7:30 pm Tue 3/20 - 5/8 \$119	
No class: 4/3	

* SAT is a registered trademark of the College Board, which was not involved in the production of, and does not endorse all of the above courses.

Online Classes for GMAT provided by Center for Legal Studies

▼ **NEW!**

GMAT: Verbal and Quantitative Test Prep

In the online format, we offer two separate courses, one to prepare you for the verbal sections of the GMAT and one to prepare you for the quantitative sections. Taking both online courses provides you with test-taking techniques and methods for improving your score on all sections of the GMAT. You can take both courses simultaneously or in separate sessions. The quantitative section of the course features a math review and techniques for tackling the problem solving and data sufficiency questions. The verbal section of the course will cover reading comprehension, sentence corrections, critical reasoning questions, and the analytical writing assessment.

WHERE: Online (you need a computer with Internet access to take this course).

DATES: Option 1: 3/5-4/20 Option 2: 4/30-6/15

Any time during this time period.

FEE: \$125 Verbal

FEE: \$125 Quantitative

To register for this class, please contact CLS directly at: 800-522-7737 and mention that you are taking the class through Chester County Night School; or you may register on the CLS website at www.legalstudies.com

certifications and cert prep

World Instructor Training Schools (WITS) offers programs at hundreds of schools and universities across the country and is a recognized education provider by ACE (American Council on Education). Upon completion of this class and passing of the test, students will receive their WITS Certification in Personal Training, recognized by athletic clubs and gyms across the country.

Personal Trainer Certification

WITS instructor

There is a shortage of certified personal trainers in the workforce. Come join this fun field and be a part of what ABC News states as the 4th hottest job in the U.S. at a national average of \$25 an hour pay. This course is comprised of 16 hours of lecture, 16 hours of practical training and a 30-hour internship. It covers topics including biomechanics, exercise physiology, fitness testing, equipment usage and health assessment. CPR/AED is needed to receive the certificate. WITS is the only major certifying body in the country providing comprehensive practical training and internship components. Textbook is required and not included in course fees. Call to order required text "Fitness Professional's Handbook, 5th Edition" by Edward Howley and B. Franks (\$8197) at 888-330-9487. This is the only course of its kind in the industry! Further information about the program can be found at the WITS website: www.witseducation.com

WHERE: Henderson H.S.	SESSIONS: 12			
CRSE#	TIME	DAY	DATE(S)	FEE
CT201	6-9 pm	Mon, Wed	4/9-5/16	\$699

Monday classes are held at Henderson; Wednesday classes are at Penn Oaks Fitness Club in West Chester.



Condensed Curriculum International, Inc. (CCI) has been assisting in offering innovative health care training and education programs in partnership with hospitals, employment agencies, the military and colleges and universities nationwide. They have trained countless students in the medical and healthcare arena who have continued to have successful careers in these areas.

Pharmacy Technician Certification Prep

CCI Instructor

This comprehensive 50-hour course will prepare you to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. Technicians work in pharmacies under the direction of a pharmacist. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names, dosage calculations, drug compounding, dose conversions, dispensing of prescriptions, and inventory control. NOTE: Textbook is included in the fee. This is a prep class; students must take the Certification exam on their own.

WHERE: Henderson H.S.	SESSIONS: 15			
CRSE#	TIME	DAY	DATE(S)	FEE
CT207	5:30-9 pm	Mon, Wed	3/26 - 5/21	\$999
No class: 4/2, 4/4				

▼ NEW!

Medical Billing and Coding Prep

CCI instructor

Medical Billing and Coding is one of the fastest growing careers in the health care industry today! The need for professionals who understand how to code health care services and procedures for third party insurance reimbursement is growing substantially. Physician practices, hospitals, pharmacies, long-term care facilities, chiropractic practices, physical therapy practices and other health care providers all depend on medical billing and coding for insurance carrier reimbursement. After obtaining the suggested practical work experience, students who complete this course could be qualified to sit for the American Academy of Professional Coders (AAPC) - Certified Professional Coder Exam (CPC or CPC-H - Apprentice); the American Health Information Management Association (AHIMA) Certified Coding Associate (CCA) exam; and/or other National Certification Exams.

WHERE: Henderson H.S.	SESSIONS: 24			
CRSE#	TIME	DAY	DATE(S)	FEE
CT210	5:30-9 pm	Mon, Wed	3/26 - 6/25	\$1799
No class: 4/2, 4/4, 5/28				

certifications and cert prep

Physical Therapy Aide Prep

CCI instructor

This comprehensive program prepares you for the growing field of physical therapy. The Physical Therapy Aide is generally responsible for carrying out the non-technical duties of physical therapy such as preparing treatment areas, ordering devices and supplies, and transporting patients working under the direction of the physical therapist. Physical Therapy Aides may be employed in nursing homes, hospitals, sports rehabilitation centers and some orthopedic clinics. NOTE: Textbook is included in the fee. This is a prep class; students must take the Certification exam on their own.

WHERE: Henderson H.S. **SESSIONS:** 15
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CT212 5:30-9 pm Mon, Wed 3/26 - 5/21 \$999
No class: 4/2, 4/4

▼ **NEW!**

Clinical Medical Assistant Certification Prep

CCI instructor

This program will train you to assist physicians and perform functions of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, and diagnostic testing. In addition, you will review important topics including phlebotomy, pharmacology, the proper use and administration of medications, taking and documenting vital signs, cardiology including proper lead placements, professional workplace behavior, ethics and the legal aspects of healthcare. This program includes 140 hours of classroom lecture and hands-on labs and a clinical internship with a local healthcare provider. To be eligible for the clinical rotation, students must successfully complete the 140 hour program, submit to a thorough background check, drug screening and meet other requirements. Note: Upon successful completion of this program, you will be eligible to sit for the National Healthcareer Association (NHA) Certified Clinical Medical Assistant (CCMA) national examination.

WHERE: Henderson H.S. **SESSIONS:** 40
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CT218 5:30-9 pm Mon, Wed, Thu 3/26 - 7/5 \$2399
No class: 4/2, 4/4, 4/5, 5/28, 7/4

The following two classes are not certification or certification prep courses. They help students develop important skills for obtaining or improving performance on the job.

▼ **NEW!**

Medical Administrative Assistant

CCI instructor

The growth and the complexity of the U.S. health care system have resulted in a substantial increase in the need for qualified medical administrative assistants. This course prepares you to function effectively in many of the administrative and clerical positions in the health care industry. This program covers important background information on medical terminology, insurance billing and coding, medical ethics, customer service and legal aspects. It is intended to provide you with a well-rounded introduction to medical administration so that you can gain the necessary skills required to obtain a medical administrative assistant position in the health care field. Note: This is not a certification class. It prepares you to enter the medical field in an administrative assistant position.

WHERE: Henderson H.S. **SESSIONS:** 15
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CT216 5:30-9 pm Mon, Wed 3/26 - 5/21 \$999
No class: 4/2, 4/4

▼ **NEW!**

Dental Assistant

CCI instructor

This class will prepare you for entry level positions in one of the fastest growing health care fields. The purpose of this course is to familiarize you with all areas of pre-clinical dental assisting and provide training with the professional skills required to function as a dental assistant. It covers administrative areas such as an introduction to the workings of a dental office; and clinical functions such as oral anatomy, equipment, tooth structure and sterilization techniques. In addition to entry-level administrative jobs, this course is ideal for students interested in pursuing a future Dental Hygienist program.

WHERE: Henderson H.S. **SESSIONS:** 17
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CT219 5:30-9 pm Mon, Wed 3/26 - 5/30 \$1199
No class: 4/2, 4/4, 5/28

certifications and cert prep

The Center for Legal Studies (CLS) has educated thousands of students through hundreds of accredited colleges and universities across the country. They are one of the oldest and most respected Legal Education Training Centers in the country!

To register for the following two online classes, please contact CLS directly at: 1-800-522-7737 and mention that you are taking the class through Chester County Night School; or you may register on the CLS website at www.legalstudies.com

Legal Secretary (online)

CLS Instructor

This course will provide those interested in a career change with new, marketable job skills and help those already working as legal secretaries to increase efficiency and productivity in their offices. You will study such topics as legal terminology; legal process; jurisdiction and venue; ethics; written communications including letters, pleadings, discovery, notices and motions; filing procedures, billing and accounting; as well as a host of other topics pertinent to this career. A Certificate is not awarded. NOTE: Fee does not include cost of books (approx. \$73) which student can order when they register.

WHERE: Online (you need a computer with Internet access to take this course).

DATES: Option 1: 3/5-4/20 Option 2: 4/30-6/15
Any time at your convenience during this time period.

FEE: \$575

▼ NEW!

Legal Investigation Certificate Course (online)

CLS Instructor

This exciting course is designed to teach legal investigation to those interested in pursuing a new career and those presently working in the legal field. At the end of the course, you will be qualified to assist attorneys, paralegals, insurance companies and private businesses, as well as state and federal government agencies, in the process of civil and criminal investigation. Included subject areas are: arson investigation, products liability investigation, personal injury and traffic accident forensics, employment accidents, and more. NOTE: Fee does not include cost of books (approx. \$60) which student can order when they register.

WHERE: Online (you need a computer with Internet access to take this course).

DATES: Option 1: 3/5-4/20 Option 2: 4/30-6/15
Any time at your convenience during this time period.

FEE: \$575

Sanitation ServSafe Certification

Jocelyn Wood, Chef, Instructor

Pennsylvania requires all food handlers to pass the ServSafe certification exam. The ServSafe Program, from the National Restaurant Association, leads the way in providing the restaurant and food service industry with an up-to-date, comprehensive food guide. This class will de-mystify some of the more complex materials and prepare you for the certification exam. Exam will be given on the final class, and if you pass, a certificate will be awarded.

NOTE: \$85 book is required for purchase when you register.

WHERE:	Henderson H.S.	SESSIONS:	5	
CRSE#	TIME	DAY	DATE(S)	FEE
CT203	6:30-9 pm	Mon	4/9-5/7	\$150

The following course is not a certification or certification prep class. A Certificate of Completion will be awarded.

Medical Terminology: A Systems Approach

Jan Carley-Turnbow, instructor

This fast-paced course is for those who are working in or wanting to enter the allied health or court reporting field, a medical office, insurance company or a medical billing office. You will learn the basic principles of medical word building while developing an extensive medical vocabulary through the understanding of anatomy and physiology. This course includes the basic anatomy, physiology, word roots, prefixes and suffixes of the body, including the ten major body systems. Note: \$60 book is required for purchase when you register.

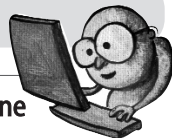
WHERE:	Peirce M.S.	SESSIONS:	8	
CRSE#	TIME	DAY	DATE(S)	FEE
JS880	6-9 pm	Tue	3/20 - 5/22	\$155
No class: 4/3, 4/24				

Medicare 101

Elizabeth D'Angelo, instructor

The Chester County Department of Aging offers free sessions at area Senior Centers to answer your questions about Medicare. Call each Senior Center for further details and to register.

Coatesville	610-383-6900
Downingtown	610-269-3939
Kennett Square	610-444-4819
West Chester	610-431-4242



The In's and Out's of iPad

Chris Penny, Ph.D, Associate Professor, WCU

Taught by Dr. Chris Penny, an Apple Distinguished Educator, this class will cover the basics of setting up your iPad. Manage your photos, use the camera, get to know FaceTime, watch videos, visit the App Store, discover new apps, and much more.

WHERE: West Chester University	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CO300 7-9 pm Mon 3/19 \$42	

Going Further with iPad

Chris Penny, Ph.D, Associate Professor, WCU

Get beyond the basics with your iPad in this hands-on class. You will learn about multitasking, push notifications, copy/paste, and how to print directly from iPad. Plus discover tons of new apps.

WHERE: West Chester University	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CO300A 7-9 pm Mon 3/26 \$42	

iPad Wizard

Chris Penny, Ph.D, Associate Professor, WCU

This workshop will delve deeper into the advanced features of iPad. Participants will learn how to get the most out of iPad in different usage scenarios, and the best apps to use for various tasks.

WHERE: West Chester University	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CO301 7-9 pm Mon 4/9 \$42	

Introduction to Apple iPhone and iPod Touch

Chris Penny, Ph.D, Associate Professor, WCU

This class will cover the basics of setting up your device. Learn how to sync media with your computer using iTunes. Explore Maps and find out how your device knows exactly where you are—and much more.

WHERE: West Chester University	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CO301 7-9 pm Mon 4/16 \$42	

Going Further with Apple iPhone and iPod Touch

Chris Penny, Ph.D, Associate Professor, WCU

Get beyond the basics with your iPhone or iPod Touch in this hands-on class. Learn about multi-tasking, push notifications, copy/paste, and how to pair Bluetooth devices. Discover tons of new apps that extend the functionality of the iPhone and iPod Touch.

WHERE: West Chester University	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CO301A 7-9 pm Mon 4/23 \$42	

Social Networking: Facebook, MySpace, You Tube, Twitter, LinkedIn

Nancy White, instructor

What is meant by "social networking" and how is it used? This course will take you on a tour of Twitter, MySpace, Facebook and LinkedIn, and demonstrate how they are used by individuals and businesses. You will learn how to safeguard your personal identity and make the most of this fascinating social communication medium.

WHERE: W.C. Senior Center	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CO302 6-8:30 pm Tue 5/8 \$46	

Does My Mouse Bite? A Class for Absolute Beginners

Brian Ochieng, instructor

During the rapid growth of the personal computer, you might have been too busy or timid to jump in and learn the ropes. This class is an easy-paced, non-threatening way for you to learn the basics such as working with software, getting on the Internet, email and much more. Booklet is included in class fee.

WHERE: Peirce M.S.	SESSIONS: 5
CRSE# TIME DAY DATE(S) FEE	
CO303A 6-8:30 pm Tue 3/20 - 5/1 \$124	
No class: 4/3, 4/24	

DON WELDON COMPUTER SCHOLARSHIP

We are pleased to announce a Scholarship Fund for two eligible students in memory of **Don Weldon**, a cherished friend of Chester County Night School and a popular computer teacher in our program. Scholarships will be awarded each semester to two recipients who prove financial need or a desire to return to the workforce. The award can be used towards the cost of any course listed in our catalog under "Computer Skills."

To apply, contact us at 610-692-1964 for an application. Application deadline is **March 1, 2012**.

computers and technology

Keyboarding for Beginners

Carolyn Knerr, instructor

No more "hunting and pecking" on the computer keyboard. This course is a great introduction for those who have little or no typing skills or those who want to improve their speed. Note: Workbook (\$50) is required for purchase.

WHERE: Great Valley M.S. **SESSIONS:** 8
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CO304 6:30-8 pm Tue 3/20 - 5/8 \$99
No class: 4/3

Microsoft Word 2007 - Level 1

Linda White, instructor

Geared towards students who have little to no Microsoft Word experience, this class covers the basics of the most popular word processing program. Gain experience in creating new folders; toolbars; opening, saving and closing documents; creating and formatting documents; and text editing. A basic knowledge of computers is recommended.

WHERE: Great Valley M.S. **SESSIONS:** 5
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CO319 6-8 pm Tue 3/20 - 4/24 \$99
No class: 4/3

Microsoft Word 2007 - Level 2

Linda White, instructor

Take your new knowledge of Microsoft Word 2007 to the next level. Learn a variety of tips and shortcuts to streamline your work such as how to use format painter, create Auto Text entries, use Auto Correct, insert hyperlinks, use watermarks, insert pictures with captions, as well as the use of tables.

WHERE: Great Valley M.S. **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CO320 6-8 pm Tue 5/1 - 5/8 \$49

Digital Scrapbooking

Nancy White, instructor

Learn to create beautiful photo albums on your computer. This class will teach you how to organize your digital photos, select and arrange custom page layouts, embellish, add text, edit, save, share and print your digital creation! Your instructor will guide you to free online resources for photo editing and page layouts. Bring your own digitized photos to class, or use practice photos provided.

WHERE: W.C. Senior Center **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CO326 6-8:30 pm Tue 5/15 \$46

Understanding Your Macintosh: The Computer That Has Changed Everything

Chris Penny, Ph.D., WCU Associate Professor

Got a Mac? Now it's time to get acquainted. Attend this hands-on class at West Chester University with Dr. Chris Penny, an Apple Distinguished Educator. He will take you through the basics of setting up your Mac, take you on a tour of your personal computer desktop, and help you get organized with calendars and contacts. Stay in touch with friends using iChat and FaceTime. Browse the web, send email, discover the Mac App Store, and much more.

WHERE: West Chester University **SESSIONS:** 3
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CO322 7-9 pm Mon 4/30-5/14 \$72

Computer Aided Drafting & Design

Mike Berkeihiser, instructor

Come learn AutoCAD, the industry standard used to create a wide variety of technical and architectural drawings. The basics of Computer-Aided Drafting & Design (CADD) will be covered such as interface, command structure and use, drawing setup, dimensioning, scaling and printing. No prior drafting experience necessary, but you should be able to perform simple tasks on a computer. Personal projects are welcome and encouraged.

WHERE: Unionville H.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
CO329 6-9 pm Tue 3/20 - 5/15 \$249
No class: 4/3, 4/24

Think S*A*F*E - A FREE Public Service Child Safety Program

Sponsored by the Chester County Sheriff, Carolyn B. Welsh; Patricia Todd, instructor

Teach your child to Think S*A*F*E: Smart thinking, Act brave, Fly to safety, Eliminate danger. This proactive, "can do," non-threatening presentation instructs children to be "street smart" in handling dangerous situations. Predators, internet safety (e.g. "My Space," etc.), drugs, and peer pressure are covered. Resource materials are provided for all subjects. Note: Week 1 is for adults/parents ONLY; week 2 is a training session for the entire family where kids ages 4+ will learn how to take charge in multiple dangerous situations.

WHERE: Peirce Middle School
DATE/TIME: Tue., 4/10-4/17, 7-9 pm
CRSE#: P11000

REGISTER NOW: 610-692-1964

computers and technology

Convenient Computer Training at Springhouse

Invest in yourself with these hands-on computer workshops at our area's foremost training center, Springhouse Computer School. Springhouse offers comprehensive training in a state-of-the-art computer lab. Training manual and retake guarantee are included in course fee. Springhouse is located at 770 Pennsylvania Ave., Ste. 120, Exton 19341. Full course descriptions can be found on our website: chestercountynightschool.org

NOTE: Due to space limitations, we cannot list the full offering of Springhouse classes. For a complete selection of classes, visit Springhouse's website: www.springhouse.com. If you see a class that's not listed, call us and we will be happy to register you for it.

One Day Classes

Time: 9 am - 4 pm	Fee: \$195
CO330 Microsoft Office 2010	3/28
CO331 Windows 7 Level 1	4/3
CO332 Word 2007 Level 1	4/30
CO334 Word 2007 Level 2	3/19
CO336 Word 2007 Level 3	4/12
CO337 Word 2010 Level 1	4/17
CO338 Word 2010 Level 1	5/21
CO339 Word 2010 Level 2	3/21
CO340 Word 2010 Level 3	3/22
CO341 Excel 2007 Level 1	4/9
CO343 Excel 2007 Level 2	4/18
CO345 Excel 2007 Level 3	5/10
CO346 Excel 2010 Level 1	4/10
CO347 Excel 2010 Level 1	5/24
CO350 Excel 2010 Level 2	4/24
CO351 Excel 2010 Level 2	5/29
CO352 Excel 2010 Level 3	5/1
CO353 PowerPoint 2007 Level 1	3/20
CO354 PowerPoint 2007 Level 2	3/27
CO355 PowerPoint 2010 Level 1	4/11
CO356 PowerPoint 2010 Level 2	4/13
CO358 Outlook 2010 Level 1	5/25
CO360 Outlook 2010 Level 2	4/27
CO361 Access 2007 Level 1	4/10
CO363 Access 2007 Level 2	4/11
CO364 Access 2007 Level 3	4/17
CO365 Access 2010 Level 1	4/24
CO366 Access 2010 Level 2	5/2
CO368 Access 2010 Level 3	5/9

CO370 Quickbooks Pro, Level 1	5/15
CO372 Quickbooks Pro, Level 2	4/4
CO374A Photoshop Elements	5/3

Two Day Classes

Time: 9 am - 4 pm	Fee: \$390
CO375 Photoshop CS5 Level 1	4/11-4/12
CO376 Photoshop CS5 Level 2	5/30-5/31
CO377 InDesign CS5 Level 1	5/22-5/23
CO378 Dreamweaver CS5 Level 1	3/19-3/20
CO379 Dreamweaver CS5 Level 1	4/26-4/27
CO380 Dreamweaver CS5 Level 2	3/27-3/28
CO382 Adobe Flash CS5 Level 1	4/5-4/6

Evening Classes

Time: 6 - 9 pm Mon, Wed	Fee: \$195
CO386 QuickBooks, Level 1	3/26 & 3/28
CO387 Excel 2010, Level 1	5/7 & 5/9
CO388 Excel 2010, Level 2	5/21 & 5/23
CO390 PowerPnt 2010, Level 1	3/26 & 3/28
CO391 Photoshop Elements	4/30 & 5/2



Through our long-time partnership with Springhouse, Night School offers you **GREAT RATES** on a wide variety of computer classes.

The Art of Photography I

Barbara Daugherty Smith, Professional Photographer

In this course, you will explore the artistic side of photography while learning how to use your camera. Exploring different techniques through assigned projects, you will not only learn how to use your camera but spark your creative side as well. We will be printing out and discussing images on a weekly basis. Some of the topics we will explore will be ISO, f/stops and shutter speeds, macro settings, motion, creative lighting, flash, silhouettes, and much more. Students are required to have a digital camera. An image editing program is helpful but not necessary.

WHERE: Patton M.S.		SESSIONS: 7		
CRSE#	TIME	DAY	DATE(S)	FEE
CR402	7:30-9 pm	Tue	3/20 - 5/15	\$144
No class: 4/3, 4/24				

WHERE: Peirce M.S.		SESSIONS: 7		
CRSE#	TIME	DAY	DATE(S)	FEE
CR402A	7:30-9 pm	Thu	3/22 - 5/24	\$144
No class: 4/5, 4/26 and 5/17				

▼ NEW!

The Art of Photography II

Barbara Daugherty Smith, Professional Photographer

This class is designed for students who know how to use their cameras, have a working knowledge of f/stops and shutter speeds but are looking for inspiration to spark their creativity. By exploring advanced elements of composition and lighting techniques including flash and bouncing light. Students will work on such assignments as: advanced portraiture, still life, silhouettes, macro, monochromatic color, and black and white photography. We will be discussing projects on a weekly basis. We will also be discussing Adobe Photoshop techniques and other popular image editing programs. A digital SLR 35mm camera is necessary. A tripod would be helpful to have but not required.

WHERE: Patton M.S.		SESSIONS: 7		
CRSE#	TIME	DAY	DATE(S)	FEE
CR405	6-7:30 pm	Tue	3/20 - 5/15	\$144
No class: 4/3, 4/24				



Better Images with Your Digital SLR Camera

Steve Fredrick, Professional Photographer

Let a pro show you how to take great pictures with your DSLR camera. Not a camera basics class. This class will help you get off "Auto" by providing an in-depth understanding of f-stops, shutter speed, depth of field, and composition. Students will also participate in supportive group reviews of their images. Optional afternoon field trip (date TBD by class); \$20 field trip fee payable to instructor.

WHERE: Henderson H.S.		SESSIONS: 6		
CRSE#	TIME	DAY	DATE(S)	FEE
CR400	7-9 pm	Mon	3/19 - 4/30	\$124
No class: 4/2				

Close-Up Nature Photography

Steve Fredrick, Professional Photographer

This course focuses on close-up and macro photography in nature and is intended for anyone who wants to capture the intricacies of the world around us. Your camera should support interchangeable lenses and overriding the camera's suggested exposure. A macro lens is not required but helpful. A textbook is required and will be discussed at the first class. Weather permitting, an optional field trip (date TBD) will be dedicated to close-up photography of spring wildflowers. Field trip fee of \$20 will be payable directly to instructor.

WHERE: Henderson H.S.		SESSIONS: 6		
CRSE#	TIME	DAY	DATE(S)	FEE
CR406	7-9 pm	Wed	3/21 - 5/2	\$124
No class: 4/4				

Classic Composition for Photographers

Steve Fredrick, Professional Photographer

Photography composition skills mark the difference between a photograph and a snapshot. Sharpen your eye and create memorable photos. You will learn the elements of art and design and theories of visual perception. Then you will learn how these techniques and theories can be used to create interest and impact in your photographs. An optional field trip will be offered; details to be discussed the first night of class.

WHERE: Peirce M.S.		SESSIONS: 5		
CRSE#	TIME	DAY	DATE(S)	FEE
CR407	7-9 pm	Thu	3/22 - 5/3	\$104
No class: 4/5, 4/26				

Studio & Location Portrait Photography

Michael Hagan, Professional Photographer

Learn how to become a better studio and location portrait photographer. Topics include studio and location lighting, camera and lens selection, accessories every portrait photographer should have and more. We'll also discuss how to select a location, set up a pose, and start a home studio. Two classes will be held in the instructor's commercial studio in Wilmington, DE, where you will work with studio lighting and a model (model tip of \$10 payable during class). The last class will be an on-line group meeting where you'll see the instructor's computer on your computer and be shown proper editing skills for finishing the great photos you took during class.

WHERE: Henderson H.S.	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
CR410 6:30-8:30 pm Mon 3/19 - 5/7 \$178	
No class: 4/2	

High Dynamic Range (HDR) Photography

Robert Lott, President, Chester County Camera Club

The human eye sees far more than today's cameras are able to capture in a single image. HDR photography attempts to bridge this gap by capturing multiple images at different shutter speeds from dark to light, and then combining to provide an image with more details in shadow and highlight areas. HDR images have more depth and a richness of color not possible from a single image. You should have a camera that allows setting of shutter speed. A textbook (\$25) will be required; see class receipt for details. Two classes will be Saturday outings (dates TBD by class consensus) to apply your new skills.

WHERE: Peirce M.S.	SESSIONS: 6
CRSE# TIME DAY DATE(S) FEE	
CR413 7-9 pm Thu 3/22 - 5/10 \$124	
No class: 4/5, 4/26	

Calligraphy for Beginners

Jeff Dippel, Ret. HS Art Teacher, instructor

Delight your friends and family with beautiful hand-lettered correspondence as you learn to write in this formal lettering style used for traditional wedding invitations, stationery, envelopes, cards and poetry. Supply list (\$10) provided the first night. Class is designed for right-handed students only.

WHERE: Henderson H.S.	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
CR418 6-7:30 pm Mon 3/19 - 5/7 \$92	
No class: 4/2	

Beading for Beginners

Deena Denesowicz, Neon Rose Design Studio

This class will bring you lots of enjoyment as you make some beautiful pieces of jewelry as gifts for your friends or treasures for your own jewelry box. We will make drop earrings which will teach basic beading techniques. Then in our second class, we'll learn how to create bracelets using cords and various knots. Then we advance to professional looking necklaces that use a variety of jump rings, crimp beads and clasps. In the final class, let your creativity run wild as you create any piece of your own choosing. Supply fee (\$40) due to instructor at first class.

WHERE: Great Valley M.S.	SESSIONS: 4
CRSE# TIME DAY DATE(S) FEE	
CR446 7-9 pm Tue 3/20 - 4/17 \$72	
No class: 4/3	

Woodworking Beg/Inter - Wall Cabinet

Neil Linkmeyer, H.S. Woodshop Teacher

Learn how to construct a wall cabinet using a variety of hand and power tools. You will use all of the equipment in a fully outfitted cabinet shop. Proper and safe use of all equipment will be taught. Intermediate students may have time to build additional projects. Note: A \$35 supply fee is payable to instructor at first class.

WHERE: Unionville H.S Woodshop	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
CR455 6-7:30 pm Tue 3/20 - 5/15 \$112	
No class: 4/3, 4/24	

Advanced Woodworking: Oak End Table with Inlaid Tile Top

Neil Linkmeyer, instructor

In this advanced woodworking class, you'll make a beautiful oak end table with tile inlay. Some students may have time to finish additional projects of their own in this fully outfitted wood shop.



Prerequisite: beginning woodworking class, or experience using woodworking power tools. Note: A \$40 supply fee is payable to instructor at first class.

WHERE: Unionville H.S. Woodshop	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
CR456 7:30-9 pm Tue 3/20 - 5/1 \$112	
No class: 4/3, 4/24	

crafts & hobbies

▼ NEW!

Woodworking For Women: Tiger Maple Jewelry Box

Tom Temple, instructor

Ladies, here's your chance to learn basic wood-working in a fully equipped wood shop under the skillful direction of Woodcraft store owner Tom Temple! By the end of the six sessions, you'll have a stunning Tiger Maple jewelry box you will be proud to display in your home. Highly figured wood and felt lining make this an eye catching piece. Note: a \$45 materials fee will be due to instructor at first class.

WHERE: Woodcraft, Downingtown	SESSIONS: 6			
CRSE#	TIME	DAY	DATE(S)	FEE
CR454	6-8 pm	Wed	3/28 - 5/2	\$119

Woodworking Fundamentals: Make Your Own Cabinet

Tom Temple, instructor

The shop cabinet has been the foundation for learning the skills to build any type of cabinet for shop, garage, kitchen, you name it. In this class, you will be taken through the steps to construct your own unit (face-frame construction with inset panel door). We will utilize special materials making finishing a quick and easy process, insuring professional results. If you want to build just a cabinet or a whole kitchen, this class is for you! Supply fee of \$65 due to instructor at first class.

WHERE: Woodcraft, Downingtown	SESSIONS: 6			
CRSE#	TIME	DAY	DATE(S)	FEE
CR459	6-8 pm	Tue	3/27 - 5/1	\$119

Crochet, Beginning

Heidi Novino, instructor

Once you learn the basic crochet stitches and how to combine them, you can make almost any project. You'll also learn to read and follow printed directions. Supply list (approx. \$10) will be included on class receipt.

WHERE: Peirce M.S.	SESSIONS: 4			
CRSE#	TIME	DAY	DATE(S)	FEE
CR471	7-9 pm	Tue	3/20 - 4/17	\$79
No class: 4/3, 4/24				

▼ NEW!

Sewing for Beginners

Nina Dintaman, Family & Consumer Sciences Educator, instructor

This beginner's sewing class is for anyone new to sewing or in need of a refresher course. You'll practice the basics of threading and operating a sewing machine in the textiles lab at Fugett Middle School. Project suggestions will be made during the first class and you will purchase necessary supplies on your own for the second class. Sewing machines are available, but you are welcome to bring your own if you prefer. With recycling and sustainability in mind, bring along a clothing item in need of repair, hemming, or alteration, which we'll work on in addition to your new project. Class size is limited to 12, so register early!

WHERE: Fugett M.S. Textiles Lab	SESSIONS: 6			
CRSE#	TIME	DAY	DATE(S)	FEE
CR463	6:30-8:30 pm	Tue	3/20 - 5/1	\$119
No class: 4/3				

Knitting, Beginning

Linda Elmer, instructor

Learn the basics of knitting including casting on, knitting, purling, binding off, finishing, and correcting mistakes. Supply list (approx. \$10) will be given on the first night.

WHERE: Henderson H.S.	SESSIONS: 5			
CRSE#	TIME	DAY	DATE(S)	FEE
CR473	7-9 pm	Wed	3/21 - 4/25	\$99
No class: 4/4				

Beginners Counted Cross Stitch

Terry Ceulers, Crafter, instructor

It's easy to learn the basics of counted cross stitch to create beautiful keepsakes for your home, family or friends! You'll be amazed at how quickly you can have a finished piece, how stunning your embroidery looks, and how many ways you can display your new work of art (in a frame, on a pillow, etc.). Choice of popular beginner kits -- springtime or patriotic design -- will be available for purchase from instructor first night of class for \$10, or purchase your own before first class.

WHERE: Henderson H.S.	SESSIONS: 4			
CRSE#	TIME	DAY	DATE(S)	FEE
CR475	7-8:30 pm	Mon	4/9 - 4/30	\$59

Introduction to Beekeeping

Charlie Karat, Professional Beekeeper, instructor

You will learn about bee biology and life cycle, beekeeping in history and culture, products from the hive, modern beekeeping and equipment, native pollinators and other topics based on class interest. Instructor is an experienced beekeeper.

WHERE: Patton M.S.		SESSIONS: 5		
CRSE#	TIME	DAY	DATE(S)	FEE
CR487	7-8 pm	Tue	3/20 - 5/1	\$55
No class: 4/3, 4/24				

▼ **NEW!**

Do-it-Yourself Silk Screening

Megan McCormick, instructor

Don't miss this two-day beginners' workshop intended to guide you step-by-step through the low-tech silkscreening process. You will design, create, and print a one-of-a-kind silkscreen on the fabric or other material of their choice. Additional supply fee (\$12) payable to instructor first class.

WHERE: Peirce M.S.		SESSIONS: 2		
CRSE#	TIME	DAY	DATE(S)	FEE
CR489	6-7:30 pm	Thu	4/12 - 4/19	\$25

▼ **NEW!**

Blacksmithing for Beginners

Bruce Gill, Executive Director, The Harriton Assn.

Practice blacksmithing at Harriton House and learn about the history of the craft. You will make your own ironwork hardware using a coal-fired forge, a leg vise, and anvil and all the necessary tools (which will be provided). Materials fee (\$25) payable to instructor. This class is held outdoors.

WHERE: Harriton House, Bryn Mawr		SESSIONS: 1		
CRSE#	TIME	DAY	DATE(S)	FEE
CR492	9:30 am-3 pm	Sat	5/19	\$82
Raindate: 5/26				

▼ **NEW!**

Turn, Turn, Turn: An Intro to the Lathe

Bruce Gill, Executive Director, The Harriton Assn.

Everything from salad bowls to staircase spindles can be made on the lathe with little instruction. Turn a ballpoint pen or candlestick to take home and gain experience in tool sharpening. Supply fee (\$15) payable to instructor.

WHERE: Harriton House, Bryn Mawr		SESSIONS: 2		
CRSE#	TIME	DAY	DATE(S)	FEE
CR493	6-9 pm	Tue, Thu	3/27, 3/29	\$62

Discover the Birds of Chester County

Elizabeth Alakszay, Master Gardener

Birding is one of the most popular hobbies in the world! This course will teach you skills needed to identify birds and foster your appreciation of the marvelous birds found in Chester County. You will learn about habitat and feeding preferences, bird sounds and calls, and how to create a bird friendly backyard. We will discuss equipment used for observation, feeders, nest boxes and keeping observation notes. The last two classes will be Saturday morning field trips (4/14 and 4/21) to local birding hot spots allowing you to apply your birding skills. Details on class receipt.

WHERE: Peirce M.S.		SESSIONS: 5		
CRSE#	TIME	DAY	DATE(S)	FEE
CR488	6:30-8:30 pm	Tue	3/20 - 4/21	\$84
No class: 4/3				

▼ **NEW!**

Car Care Workshops

Joe Torchiana, One Stop Tire & Auto, instructor

Love your car, hate the worry and expense? Then make sure you're doing what you can to prevent trouble down the road. Attend one or all three of Joe's car care workshops for money-saving maintenance tips and straight talk about automotive maintenance in today's economy.

AN OUNCE OF PREVENTION: CHECK-UPS AND TUNE-UPS

Topics include: how to find a good technician, how to interact with him/her, how to find a good vehicle, definitions of what to do to your vehicle and when.

CRSE#	TIME	DAY	DATE(S)	FEE
CR495	6:30-8 pm	Mon	4/23	\$19

HANDS UNDER THE HOOD: DIY TIPS & TRICKS

Topics include: what you can do for your vehicle, DIY vs DIFM, tour of under hood "do's and don'ts."

CRSE#	TIME	DAY	DATE(S)	FEE
CR496	6:30-8 pm	Mon	4/30	\$19

CAR ON A LIFT: SEE WHAT YOUR TECHNICIAN SEES

Topics include: under vehicle tour, brakes, steering, suspension, and more.

CRSE#	TIME	DAY	DATE(S)	FEE
CR497	6:30-8 pm	Mon	5/7	\$19

ATTEND ALL 3 -- SAVE \$10!

CRSE#	TIME	DAY	DATE(S)	FEE
CR498	6:30-8 pm	Mon	4/23, 4/30, 5/7	\$47

culinary arts

Greek Cooking with Cathy and Nick

Cathy Logothetis, H.S. Home Ec Teacher

Brimming with creativity, this class will deliver recipes and techniques that make eating the Mediterranean way both a healthy option and irresistible temptation. Fresh vegetables hold center stage, transformed by rich and fruity olive oil that transfers into wonderful culinary dishes. This segment will create various mezedes and appetizers as well as authentic desserts. Taste the Mediterranean difference! Recipes will be chosen to reflect the region. Please bring to class a pairing knife, two drying towels and an apron.

WHERE: Henderson H.S.	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU503 6-9 pm Thu 4/12 \$50	

▼ **NEW!**

On Weight Watchers® Learn To Cook Delicious Meals

Cathy Logothetis, H.S. Home Ec Teacher

Are you in a special diet program such as Weight Watchers® or do you simply want to learn how to prepare healthy, low calorie meals? Our first class will cover appetizers and desserts (yes, desserts are legal on Weight Watchers®). Session 2 will cover breakfast, lunch and dinners. Please bring to class a paring knife, 2 drying towels and an apron.

WHERE: Henderson H.S.	SESSIONS: 2
CRSE# TIME DAY DATE(S) FEE	
CU504 6-9 pm Thu 4/19-4/26 \$95	

▼ **NEW!**

Lighten Up: Enticing Spa Recipes with Chef Ann Michele Albertson

Albertson's Cooking School

After a house-bound winter, learn new spa-inspired recipes from Chef Ann-Michelle Albertson that emphasize ease and flavor. It's not just healthy, it's simple to create and delicious to eat. Come learn healthy menus that are short on preparation time and long on flavor.

WHERE: Madsen Kitchen, Broomall	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU516 6:30-9 pm Mon 3/19 \$45	

There are no refunds for our culinary classes because food is purchased in advance. Please send a substitute.

Eat Your Way Through The Italian Market

Albertson's Cooking School

Join Chef Ann-Michelle Albertson for a fun-filled morning of strolling and tasting through the famous "9th St." market. Meet merchants, sample tantalizing foods, learn the colorful history of generations who have maintained the market for over 100 years.

WHERE: Italian Market, Philadelphia	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU517 8:30 am-12:30 pm Sat 3/24 \$50	
CU518 8:30 am-12:30 pm Sat 5/5 \$50	

▼ **NEW!**

Something's Fishy

Albertson's Cooking School

Learn from a pro how to demystify fish by selecting, preparing and presenting various daily catches. Lighten up your diet and boost your omega oils by eating these healthy and delicious recipes!

WHERE: Madsen Kitchen, Broomall	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU519 6:30-9 pm Mon 4/2 \$45	

How To Market And Sell Your Food Product With Liz and Nick Thomas, Founders Chalif

Albertson's Cooking School

Liz & Nick Thomas, founders of Chalif gourmet products, share decades of experience in the food product industry including advertising, distribution, legal inquiries, market research, package design, pricing, and much more! Ask the experts; get honest answers for Paul Newman wannabes.

WHERE: Yangming Restaurant	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU520 9 am-12:30 pm Sat 4/14 \$55	

Italian Wines and Cheeses

Albertson's Cooking School

ALL NEW SELECTIONS! By popular request our favorite "wine guy" Moore Bros and "cheese guy" Di-Bruno take center stage with all new pairings. Register two people and receive one free Grill class from Albertson's Cooking School.

WHERE: Yangming Restaurant	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU524 3-5:15 pm Sun 4/15 \$55	

culinary arts

▼ NEW!

No Sauce Stands Alone With Executive Chef David Gear of La Terrasse

Albertson's Cooking School

New enticing ideas by chef David Gear! This demonstration class will brighten up your menus and wow your guests! Recipes galore! Chef David is an amazing teacher, student favorite!

WHERE: Madsen Kitchen, Broomall **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 CU525 6:30-9 pm Thu 4/19 \$45

▼ NEW!

Napa Valley Spring Entertaining with Chef Ann-Michelle Albertson

Albertson's Cooking School

Join Chef Ann-Michelle Albertson as she demonstrates some new recipes featuring fresh produce and seasonal flavors. All new menus to entertain indoors or outdoors with ease.

WHERE: Madsen Kitchen, Broomall **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 CU526 6:30-9 pm Mon 4/23 \$45

▼ NEW!

Oodles of Noodles with Chef Ryan Thompson from POD

Albertson's Cooking School

Chef Ryan Thompson from the renowned Steven Starr's POD creates enticing cold summer salads, soups, and entrees using Mei Fun rice noodles, Ho Fun thick noodles, Japanese Udon noodles and Thai rice noodles.

WHERE: Madsen Kitchen, Broomall **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 CU528 6:30-9 pm Mon 5/7 \$45

The Chopping Block: Hands-on Knife Skills

Albertson's Cooking School

Learn classic knife skills and techniques, the principles of slicing, dicing, mincing, and julienne, along with how to handle, buy and utilize your knife from Chef David Gear, a long time student favorite.

WHERE: Madsen Kitchen, Broomall **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 CU529 6:30-9 pm Thu 5/3 \$70

Culinary Institute of America Hyde Park, NY

Sponsored by Albertson's Cooking School

Did you know that many of your favorite Food Network TV personalities and other celebrity chefs are all distinguished CIA alumni? Enjoy lunch at 5 star Caterina de Medici restaurant, followed by a student-conducted tour of state-of-the-art facilities, and time to shop! Enjoy muffins and juice outbound ... wine, cheese and fruit homebound aboard a luxury bus. Lunch, gratuity, tour, taxes included. A CIA chef will join us for lunch. There will be pick ups in West Chester and Plymouth Meeting.

Cancellation Deadline: March 30th

CRSE#	TIME	DAY	DATE(S)	FEE
TT1550	7 am-7 pm	Mon	4/30	\$110



The following classes are hands-on in a beautiful kitchen/teaching setting at the **Kitchen Workshop** on Rt. 30 in Paoli. They are all one session

classes, and are taught by **Art Roman**, an entertaining and skilled instructor. Class size limited to 12; for ages 16 and up (unless it's a Parent/Child class). Fee includes instruction, recipes, food and complimentary wine (for adults).

▼ NEW!

Hungry for Hungarian Couples Class

An intermingling of cultures throughout Hungary's history has resulted in a unique and outstanding cuisine. Mouth watering, spicy dishes, hearty soups, rich stews and sauces, and yummy desserts make up this culture's culinary portfolio. There are few other ethnic gastronomies that are so varied, creative and savory than Hungarian cooking.

WHERE:	CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
Kitchen Workshop	CU538	6-9 pm	Fri	3/9	Couple	\$100

Cooking for One or Two

It can sometimes be difficult to scale down recipes to cook for one or two people. Whether you live alone or with another, sometimes you just don't want leftovers. These recipes are designed to serve one or two persons, but many of them can easily be doubled or tripled when the need arises.

WHERE:	CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
Kitchen Workshop	CU538A	6-9 pm	Thu	3/15		\$50

culinary arts

Vegetarian for Couples

Whether you're a longtime vegetarian, just started to change your eating habits or have a family member who you have to cook for, this class will offer you some tasty recipes to bring to your vegetarian dinner table.

WHERE: Kitchen Workshop	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU539 6-9 pm Fri 3/16 Couple	\$100

More Power Foods

Isn't it a shame that the healthy, "power" ingredients are relegated to the side of a plate or hidden in "saucy" recipes? They deserve a bigger piece of real estate on your table. All new dishes that will make you feel vigorous, strong and lively.

WHERE: Kitchen Workshop	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU539A 6-9 pm Tue 3/20 \$50	

Tapas for Couples

In the Mediterranean diet, it is typical to begin the meal with succulent starters to open up the appetite. Tapas means sociability, friends and family! Learn how to incorporate these dishes into your own tapas party or as appetizers to any great meal.

WHERE: Kitchen Workshop	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU540 6-9 pm Fri 3/23 Couple	\$100

Mexican for Couples

If you long to discover the secret of cooking authentic Mexican food, join us for an exploration of one of the most magical and popular cuisines in the world. Immerse yourself in Mexican family tradition with a truly hands-on experience, and learn the artistry behind the Cocina Mexicana.

WHERE: Kitchen Workshop	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU541 6-9 pm Fri 3/30 Couple	\$100

Gluten-Free Cooking

A gluten-free world doesn't have to be boring or unsatisfying. Learn how to create some delicious dishes whose taste isn't compromised for those who are gluten intolerant or allergic to wheat.

WHERE: Kitchen Workshop	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU541A 6-9 pm Tue 4/3 \$50	

Gourmet Pizza from Home for Couples

No need to order out anymore. Learn how to create a delicious oven-baked pizza with creative, gourmet toppings and crust.

WHERE: Kitchen Workshop	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU542 6-9 pm Fri 4/6 Couple	\$100

Cooking from the Spring Produce Basket

Let's take advantage of some of the colorful, nutritious and delicious seasonal produce as we create dishes from nature's fresh bounty.

WHERE: Kitchen Workshop	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU542A 6-9 pm Thu 4/12 \$50	

French Countryside Cooking for Couples

Take a tour of the ingredients and classic recipes of the key regions of France. This seasonal approach is the basis of French country cooking, which gets its appeal not from exotic ingredients or complicated techniques, but from the satisfying tastes and textures of ripe, full-flavored produce and ingredients.

WHERE: Kitchen Workshop	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU543 6-9 pm Fri 4/13 Couple	\$100

Homemade Pasta for Couples

Perk up your pasta dishes with homemade ingredients and throw away those bags of processed noodles. Learn to create a variety of pasta styles as well as sauces, toppings and fillings for simple and delicious dishes.

WHERE: Kitchen Workshop	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU544 6-9 pm Fri 4/20 Couple	\$100

▼ NEW!

Cooking Without A Recipe

True chefs never use a recipe. They cook by "feel, touch and taste" - putting in a pinch of this and a dollop of that. Learn how the experts do it and impress family and friends with your culinary skills.

WHERE: Kitchen Workshop	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU544A 6-9 pm Mon 4/23 \$50	

See page 12 for
Sanitation ServSafe Certification

Indian for Couples

If you don't know an Achaar from a Biryani or Chai from an Idli, then you'll really enjoy this class. Learn recipes that feature a tempting array of authentic Indian dishes using hearty beans, aromatic rice and flavorful vegetable combinations.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU545	6-9 pm	Fri	4/27	Couple \$100

Retro Desserts

Take a stroll down memory lane and prepare the desserts you used to love as a kid. The old-fashioned desserts of yesterday have been revamped for today's kitchen, but they still make Mrs. Cleaver proud!

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU545A	6-9 pm	Wed	5/2	\$50

Perfect Steak Dinner for Couples

Wonder how those famous Steakhouses serve perfectly prepared and flavorful steaks? Learn the secrets to grilling a delicious cut of beef and recipes for the accompaniments to the perfect steak dinner.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU546	6-9 pm	Fri	5/4	Couple \$100

Poolside Appetizers

Even if you don't have a pool, this class is sure to give you many new Summer appetizer recipes. From dips to kebabs to pizza on the grill, this class will have you chomping at the bit to slather up with SPF 40 and hang out at your or your neighbor's pool!

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU546A	6-9 pm	Mon	5/14	\$50

Greek for Couples

Let's take a healthy, delicious and spirited couples culinary trip to the isles of the Mediterranean. Treat your tastebuds to the amazing cuisine of the Athens which is characterized by its flexibility, range of ingredients and its many regional variations. Fee is per couple.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU547	6-9 pm	Fri	5/11	Couple \$100

Secret Restaurant Recipes Revealed

It's no longer necessary to stand in line at TGIFridays or Red Lobster. You can make their signature recipes at home. Let's create some restaurant recipe clones from America's favorite chains. Shhh - don't tell. These recipes are top secret!

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU547A	6-9 pm	Thu	5/17	\$50

▼ NEW!

The Basque Table for Couples

Let's take a culinary journey through the historic Basque region of northern Spain - a region that exemplifies the authentic, uncomplicated dishes characteristic of rustic Basque home cooking. From boldly flavored appetizers to succulent main course dishes, you will love this renowned cuisine. So let's pour a glass of wine and take a seat at the Basque Table for an evening of food and fun!

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU548	6-9 pm	Fri	5/18	Couple \$100

▼ NEW!

It's Ok To Be Crabby

There's something about crabs that make any dish decadent! Those sweet hunks of lump crabmeat taste like pure indulgence. This time of year, crabs are plentiful on the Eastern Shore. Let's take advantage of the sea's bounty, and prepare this delectable crustacean in many delicious ways.

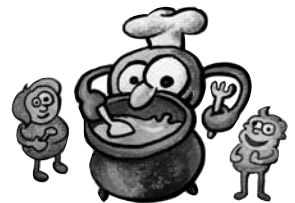
WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU548A	6-9 pm	Tue	5/29	\$50

▼ NEW!

Global Grilling for Couples

Let's take a trip around the world while standing in front of our patio grill. Learn some sizzling international recipes and take an exciting culinary journey.

WHERE: Kitchen Workshop				SESSIONS: 1
CRSE#	TIME	DAY	DATE(S)	FEE
CU549	6-9 pm	Fri	5/25	Couple \$100



More Culinary Classes

Grazing Tour of Reading Terminal Market

City Food Tours guide

The Reading Terminal Market is a Philadelphia icon. This tour will give you a “gourmand’s-eye view” of the market. Exotic teas, Lebanese specialties, homebaked goodies and famous Philly soft pretzels are just some of the treats you’ll discover.

WHERE: Reading Terminal				SESSIONS: 1
CRSE #	TIME	DAY	DATE(S)	FEE
CU570	2-4 pm	Sat	3/24	\$49

▼ **NEW!**

Hawaiian Flavors of the Flower Show

City Food Tours guide

Celebrate the flavors and flowers of Hawaii during this decadent food event inspired by the beauty of the 2012 Philadelphia Flower Show. You will enjoy a decadent 5-chocolate tasting featuring a rarely-tasted Hawaiian varietal, an exotic 3-tea tasting, a delicious fish taco loaded with Mahi-Mahi, and a Mai Tai cocktail, the libation that screams “aloha!”

WHERE: Philadelphia (see below)				SESSIONS: 1
CRSE #	TIME	DAY	DATE(S)	FEE
CU572	2-4 pm	Sun	4/15	\$59

Meet at 11th & Chestnut Sts., Phila. - details on receipt.

▼ **NEW!**

South Philly Ethnic Eats

City Food Tours guide

Everyone loves South Philly! During your enlightening and delicious adventure, you’ll visit a Vietnamese specialty shop and restaurant; a Buddhist Temple to see its elaborate exterior gates, statues and famous mural; and an Asian market to discover key cooking ingredients that create the signature flavors of many Asian cuisines.

WHERE: South Philadelphia				SESSIONS: 1
CRSE #	TIME	DAY	DATE(S)	FEE
CU573	1:30-3pm	Sun	5/6	\$45



▼ **NEW!**

Tea Tasting and Pairing

Susan Johnstone, instructor

Pairing tea with foods is an adventure in flavors. Explore black, green and white teas with savory hors d’oeuvres and sweet desserts.

WHERE: The Lincoln Room, W.C				SESSIONS: 1
CRSE #	TIME	DAY	DATE(S)	FEE
CU574	6:30-8 pm	Thu	4/19	\$20

▼ **NEW!**

Springtime Is Tea Time

Susan Johnstone, instructor

Enjoy a pot of tea, mouthwatering scones and tiny filled sandwiches in a historic room dating back to the start of Mother’s Day in America.

WHERE: The Lincoln Room, W.C				SESSIONS: 1
CRSE #	TIME	DAY	DATE(S)	FEE
CU575	3:30-4:30 pm	Sat	5/5	\$20

▼ **NEW!**

Afternoon Tea and Parlor Games

Susan Johnstone, instructor

Spend an afternoon as if in another era. Come to The Lincoln Room for tea, tea sandwiches and dessert. End the afternoon with an old-fashioned parlor game and a game of Lincoln Trivia Bingo developed by The Lincoln Room staff.

WHERE: The Lincoln Room, W.C				SESSIONS: 1
CRSE #	TIME	DAY	DATE(S)	FEE
CU576	Noon-2 pm	Mon	5/7	\$20

Easter Treats

Jean Pierre Bournazel, French Pastry Chef

Plan a perfect holiday celebration with a “spring” in your step. Recipes will include chocolate cake with ganache, handmade chocolate bunnies, ganache eggs and hot cross buns.

WHERE: Strawberry Bakery				SESSIONS: 1
CRSE #	TIME	DAY	DATE(S)	FEE
CU578	10 am - noon	Sun	3/25	\$40

culinary arts

Simple French Desserts: Cupcakes, Cookies and More

Jean Pierre Bournazel, French Pastry Chef

Don't spend a fortune on those fancy cupcakes at specialty shops. Let Jean Pierre show you how to create miniature "works of art" including cupcakes, chocolate hazelnut cookies and macaroons filled with ganache.

WHERE: Strawberry Bakery	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU579 10 am - noon Sun 4/29 \$40	

Homemade Breads and Croissants

Jean Pierre Bournazel, French Pastry Chef

Let Jean Pierre teach you the simple secrets for perfect bread every time! Menu: French baguettes, bread sticks, cheese bread, ham and cheese croissants, and don't forget dessert: creme brulee.

WHERE: Strawberry Bakery	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU580 10 am - noon Sun 5/6 \$40	

Wok 'N Walk Tour of Chinatown

Chef Joseph Poon, Owner Poon's Chef Kitchen

Chef Joseph Poon's tour was named one of the best culinary tours in the country on Food Network's "The Best of..." The walking tour includes stops at a fortune cookie factory, Asian grocery, Chinese place of worship, a Chinese bakery and more. It is followed by lunch at Joseph Poon's Chef Kitchen which is included in the fee.

WHERE: Chef Kitchen, Philadelphia	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU581 10:30 am-1:30 pm Sat 5/19 \$60	

▼ NEW!

Chinatown Street Food Tour

Chef Joseph Poon, Owner Poon's Chef Kitchen

Chef Joseph Poon will certainly entertain you on this 1½ to 2 hour walk through Philadelphia's Chinatown. We will stop to taste and experience a selection of interesting foods chosen by Chef Poon, and we'll also visit a Fortune Cookie Factory to see how the cookies are made and how the fortunes are put inside.

WHERE: Chef Kitchen, Phila	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU582 2:30-4 pm Sat 3/31 \$60	

Double Happiness: Dim Sum and Sushi Making Class

Chef Joseph Poon, Owner Poon's Chef Kitchen

Two classes for the price of one! In this hands-on class, you will learn to make three types of dim sum (American, Shang Hai and Hong Kong wontons) and six different dumplings. You will also learn to wrap a sushi roll, use a sushi knife, cook Japanese rice, prepare Japanese hot sauces and more. Chef Joe Poon will lead a shopping expedition to an Asian Grocery Store, where you will learn about purchasing the ingredients they will need to make dim sum and sushi at home. The class culminates in a full meal.

WHERE: Chef Kitchen, Philadelphia	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU583 2:30-5:30 pm Sun 5/20 \$120	

▼ NEW!

Popular Asian Stir Fry

Chef Joseph Poon, instructor

In this hands-on class, you will learn the fastest and healthiest way to cook — stir fry. Class includes a trip to the Asian Grocery store to learn about ingredients, herbs and their uses. You will make healthy Asian dishes including General Joe's Chicken (Chef Poon's signature dish) among other favorites.

WHERE: Chef Kitchen, Phila	SESSIONS: 1
CRSE # TIME DAY DATE(S) FEE	
CU582A 2:30 - 4 pm Sat 3/24 \$79	

Make Your Own Beer and Wine

Charlie Karat, instructor

In this class you will learn how to make a quality product at home, and where to purchase equipment and supplies locally. People have been making wine and beer at home for centuries, and it makes a great gift around the holidays-or in any season. There will be two sessions in the classroom and a field trip after class is completed to a local winery or brewery (Date TBA). Note: You must be 21 years or older to take this class. No alcohol will be served in the classrooms.

WHERE: Peirce M.S.	SESSIONS: 3
CRSE# TIME DAY DATE(S) FEE	
CU584 7-8 pm Tue 5/1 - 5/8 \$55	
Field Trip: Date TBA	

Introduction to Single Malt Scotch Whisky

Eric Ludwig, instructor

Can't tell a Bunnahabhain from a Bruichladdich? Wonder what Glenfiddich has in common with Glenlivet? If you are intimidated by the hundreds of single Malts available on the market today, or are a fellow enthusiast, this class is for you. The first session is an in-class experience where students will learn the Whisky regions of Scotland, how Whisky is made and general history. The second session will be a tutored tasting at the Drafting Room in Exton where we will sample various single malts (must be 21 or over to participate in tasting).

WHERE: Peirce M.S.	SESSIONS: 2
CRSE# TIME DAY DATE(S) FEE	
CU585 7:30-9 pm Tue 3/20 - 3/27 \$49	

▼ NEW!

Wine and Cheese Tasting with Kreutz Creek Vineyards and Carlino's of West Chester

Carole Kirkpatrick, proprietor, Kreutz Creek Vineyard

Wine and cheese make the perfect pair as do West Chester's very own Kreutz Creek Vineyards and Carlino's Market. Our wine officianado Carole will pair the vineyard's locally crafted wines with delicious cheeses from around the world. The result? A fun evening of wine, cheese and comradery. 10% discount on bottles of wine the night of the class.

WHERE: Kreutz Creek, West Chester	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU587 7-9 pm Mon 4/9 \$45	

The following classes are specially designed by Collier's of Centreville - a unique source for wine lovers looking for something beyond packaged store labels. Linda's classes are unique, entertaining and very enlightening.

Wine and Chocolate: A Ladies' Night Out

Linda Collier, Cellar Mistress

You asked for it - we are having it. Let's get together and talk about (and sip) wine and indulge in some chocolate. We may solve the problems of the world - who knows? 10% discount on the wines that we discuss on the night of the class. Spend an evening with your girlfriends while indulging in delicious chocolate and wine.

WHERE: Collier's of Centreville	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU592 6:30-8:30 pm Tue 3/27 \$25	

Lesser Known Wines of Italy

Linda Collier, Cellar Mistress

We all know and love Chianti and Pinot Grigio - but it's time to introduce you to some of Italy's other beautiful wines that you may have never tasted or even heard of! These secret gems are certainly not to be missed! Fee includes 10% discount on wines that we discuss on the night of the class

WHERE: Collier's of Centreville	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU594 6:30-8:30 pm Tue 4/17 \$25	

▼ NEW!

Green Wines: The Eco Friendly Choice

Linda Collier, Cellar Mistress

More and more people are buying organic. The practice of biodynamics in viticulture (grape growing) has become popular in recent years in several growing regions around the world. Discover how these eco friendly wines are healthy for you (and the environment) while not sacrificing delicious taste and bouquet. 10% discount on wines that we discuss on the night of the class.

WHERE: Collier's of Centreville	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU593 6:30-8:30 pm Tue 4/10 \$25	

Winning Wines on A Budget

Linda Collier, Cellar Mistress

In this class, you will learn how, why and which wines can be as good, if not better, than their pricier counterparts. This class is all you need to fill your wine cellar for less! 10% discount on wines that we discuss on the night of the class.

WHERE: Collier's of Centreville	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU595 6:30-8:30 pm Tue 4/24 \$25	

Gifted Grape: 90 Points or Higher

Linda Collier, Cellar Mistress

The Wine Advocate and *The Wine Spectator* rate wines around the world, and to exceed a score of 90 is the "Summa Cum Laude" of wine ratings. Let's taste these wines that are at the head of the class and discuss what makes them so exceptional. 10% discount on wines that we discuss the night of the class.

WHERE: Collier's of Centreville	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
CU597 6:30-8:30 pm Tue 5/1 \$25	

dance

Bride/Groom Wedding Dance



Valerie Clemens, instructor

Get ready for your First Dance! This class is designed just for the bride and groom. Valerie specializes in wedding dance choreography. Learn basic steps to "your song" along with an introduction to Foxtrot, Waltz, and slow dancing. Bring a copy of your first dance song on cd. Wear smooth-soled shoes, no spiked heels. Class size is limited; please register early. Fee is per couple.

CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
DA614	9:30-11am	Sat	4/21 - 4/28	2	\$110

Father/Daughter Wedding Dance



Valerie Clemens, instructor

This class is for brides and their Dads. Enjoy one of the most touching moments of your wedding! Bring your song on CD and learn some comfortable steps. Fee is per couple.

CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
DA615	9:30-10:30am	Sat	5/5	1	\$60

Mother/Son Wedding Dance



Valerie Clemens, instructor

This class is for grooms and their Moms. Bring your song on CD and create a memory! Fee is per couple.

CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
DA616	11 am-12 noon	Sat	5/5	1	\$60

Basic Social & Ballroom Dancing

Valerie Clemens, instructor

Gain the skills you need to feel comfortable on the dance floor! In this enjoyable beginner's course, you'll learn the Foxtrot, Waltz, Rumba, Jitterbug, Merengue and more. Partner required. Fee is per couple.

CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
DA618	6:15-7:15 pm	Mon	3/19 - 5/7	7	\$155

No class: 4/2

CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
DA619	6:15-7:15 pm	Tue	3/20 - 5/15	7	\$155

No class: 4/3, 4/24

CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
DA620	6:15-7:15 pm	Wed	3/21 - 5/9	7	\$155

No class: 4/4

Intermediate Social & Ballroom Dancing

Valerie Clemens, instructor

The fun continues in this 1-1/2 hour class as we learn new steps in all social dances! New dances include Tango, Cha Cha, and Mambo. Class includes time to refine basic steps, learn new steps, and develop confidence in footwork, style, and lead/follow techniques. Partner required. Prerequisite: Basic Social & Ballroom Dance. Fee is per couple.

CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
DA622	7:30-9 pm	Mon	3/19 - 5/7	7	\$185

No class: 4/2

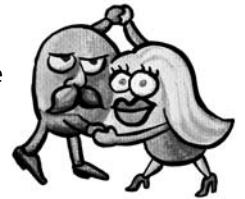
CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
DA623	7:30-9 pm	Tue	3/20 - 5/15	7	\$185

No class: 4/3, 4/24

Advanced Social & Ballroom Dancing

Valerie Clemens, instructor

We'll keep the fun alive in this 1-1/2 hour class as we continue to learn new steps and variations in all social dances! Class includes time to focus on advanced styling, lead/follow techniques, and floorcraft. Partner required. Prerequisite: Intermediate Social & Ballroom Dance. Fee is per couple.



CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
DA627	7:30-9 pm	Wed	3/21 - 5/2	7	\$185

No class: 4/4

▼ NEW!

Motown Oldies Line Dance

Mary Rudolph, instructor

Do you love the Motown music of the 50's, 60's, and 70's and the dances you did as a teenager? Join us in the Beginner Motown Oldies Line Dance class and learn South Philly, Country, Soul Line Dances as well as the Cha-Cha and Bop. This step-by-step instructional class includes the Wagner Walk, Crossfire, Disco Spin, Temptations Cha-Cha and more. No partner is needed for this cardio workout as we exercise and sweat to the Oldies. Wear comfortable clothes and soft-soled shoes.

CRSE#	TIME	DAY	DATE(S)	SESSIONS:	FEE
DA690	7-8:30 pm	Thu	3/22 - 5/24	6	\$79

No class: 4/5, 4/26, 5/17

dance

Hula Dancing

Grace Evans, Native Hawaiian, Personal Trainer



Learn the basic movements and gestures of the beautiful storytelling dances of the Hawaiian Islands! This is a great body workout but very gentle on the joints. Great for all fitness levels.

WHERE: Exton Elementary	SESSIONS: 4
CRSE# TIME DAY DATE(S) FEE	
DA682 7-8 pm Tue 3/20 - 4/17 \$59	
No class: 4/3	

Pole Dancing

Shana Ireland, instructor

This is the hottest new fitness craze that everyone is talking about. Burn more calories than you would doing a normal workout at the gym while exploring your inner beauty through music and movements; increase your endurance, strength, muscle tone and flexibility.

WHERE: Flirtastic Fitness, Glen Mills	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
DA688 6:15-7:25 pm Thu 4/12 - 5/24 \$140	

Beginner Adult Ballet in Downingtown

Victoria J. Irey School of Dance, instructor

Are you someone who always wished you had taken ballet as a child or who would just like to brush up on your skills? This class is designed with you in mind. Come learn and practice basic ballet positions, stretching exercises, traveling movements and combinations. Comfortable clothing and ballet slippers required.

WHERE: Victoria J. Irey School of Dance	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
DA670A 7:45-8:45 pm Tue 3/20 - 5/1 \$115	

Mom Never Gave Me Tap Lessons

Victoria Irey, instructor

Have you always wished your mother had signed you up for tap dance when you were a kid? Are you 50 years old (or over) and looking for a fun new way to exercise? Then this is the class for you. Put on those new tap shoes and release that dancing talent! It's a great way to get moving, regulate weight, generate energy and literally tap your troubles away. Remember: check with your doctor before starting any new exercise program.

WHERE: Victoria J. Irey School of Dance	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
DA671 10:15-11am Mon 3/19 - 4/30 \$98	

Couples Latin Dancing in Downingtown

Al Storz, Victoria Irey School of Dance, instructor

Learn to couples dance to music from different eras. This introductory course includes Swing, Cha Cha, Salsa and Merengue. Gain the knowledge and experience to dance well socially while having fun! Partner required. Fee is per couple.



WHERE: Victoria J. Irey School of Dance	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
DA675 6:45-7:45 pm Tue 3/20 - 5/1 \$145	

Beginner Hip Hop/Breakdance Workshop

Victoria J. Irey School of Dance, instructor

Come try two of today's most popular dance styles, hip hop and breakdance! This intro workshop will teach you basic breakdance moves and hip hop combinations. You'll have fun learning exciting moves to upbeat music and get a great workout, too! Wear sneakers and comfortable clothing.

WHERE: Victoria J. Irey School of Dance	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
DA692 2-3:30 pm Sun 4/22 \$45	

Did you know ... Night School offers a Summer Session, too!



Following this Spring session, the fun and learning will continue during June & July! With our great line-up of course offerings -- golf, dance, cooking, fitness and more -- you just might even discover a new "summer love"! Be watching our website in early May for details: chestercountynightschool.org.



Mind/Body

Core Yoga

Seth Cavallari, RYT, instructor

Core Yoga is a medium to fast-paced challenging class focusing on strengthening the core muscles of the body. This class blends traditional yoga postures with other core exercises including the use of stability balls. This class is aimed at those wanting a challenging but interesting mix of exercises to build core strength.

WHERE: Spirit of Yoga, Downingtown	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH700 6-7 pm Tue 3/20 - 5/1 \$72	

Yoga for Beginners

Barbara Mercer, RYT, instructor

Beginner Yoga is open to all levels and includes mindful, slow-paced floor poses, seated postures, spiral twisting, standing postures, gentle backbends and deep breathing. Props will be used when needed. Great class for those new to yoga and for the experienced student as well.

WHERE: Spirit of Yoga, West Chester	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH701 7:15-8:30 pm Thu 3/22 - 5/3 \$84	

▼ **NEW!**

Stressed out? Try Qigong!

Sandra Belfiore, instructor

Qigong (pronounced "chee-kung") is a gentle form of exercise for decreasing stress, diffusing pain, increasing longevity and promoting overall wellness of body and mind. These exercises can be done while seated or standing and can help you achieve increased mobility and improved range of movement, balance and flexibility. We'll combine Mindful Meditation with our gentle Qigong movements for an energizing mind/body boost. Participants will receive a guided meditation CD and take-home practice materials.

WHERE: Great Valley M.S.	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH703 7:30-8:30 pm Tue 3/20 - 5/8 \$72	
No class: 4/3	

Beginners' Yoga with Pam Walsh

Pam Walsh, Owner, Spirit of Yoga, instructor

Level 1 Yoga includes mindful, slow paced floor poses, seated postures, spinal twisting, standing postures, gentle back bends, and deep breathing. Props will be used when needed. This is an ideal class for those new to yoga, as well as the experienced student who enjoys this gentle approach to their practice. No experience is required.

WHERE: Spirit of Yoga, Downingtown	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH705 7:15-8:30 pm Wed 3/21 - 5/2 \$84	

Yoga for the Rounded Body (Women Only)

Judy Curiel, ERYT, instructor



Yoga for the Rounded Body is a gentle, beginner class with emphasis on the use of props and modifications to accommodate the fuller body. This 60 minute class is for women only.

WHERE: Spirit of Yoga, West Chester	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH706 6-7 pm Mon 3/19 - 4/30 \$72	

50+ Chair Yoga

Geri Fox, Certified Fitness Instructor

Enjoy all the benefits of classical yoga without getting up and down from the floor! 50+ Chair Yoga includes postures, breathing, relaxation and meditation techniques done to music while sitting in a chair, or using a chair for support. This is a great class for anyone with an injury or limitation who wants to firm and tone and improve overall fitness. Wear comfortable clothing and bring your water.

WHERE: Fugett M.S.	SESSIONS: 6
CRSE# TIME DAY DATE(S) FEE	
FH709 7-7:55 pm Mon 3/19 - 4/30 \$62	
No class: 4/2	

Pre Natal Yoga

Sarah Beck, ERYT, instructor

This class will provide a safe and beneficial program of yoga postures for the pregnant woman with emphasis on adapting your yoga practice throughout pregnancy.

WHERE: Spirit of Yoga, West Chester	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH702 9-10:15 am Sun 3/18 - 5/6 \$84	
No class: 4/8	

fitness and health

Therapeutic Yoga For All Levels

Melanie Boyd, RYT, instructor

Therapeutic Yoga is very gentle, acknowledging that participants may not be experienced in the practice of Yoga. Therapeutic Yoga seeks to balance the different systems of the body including the musculature, circulatory, nervous and digestive systems. The sessions will include deep stretching, guided meditation and breath work. This style of Yoga helps students relax while strengthening their bodies and spirits.

WHERE: Yoga Loft, Kennett Square	SESSIONS: 7			
CRSE#	TIME	DAY	DATE(S)	FEE
FH712	6:15-7:15 pm	Tue	3/20 - 5/1	\$72

Yoga and Meditation: Inward Journey for the Beginner Student

Melanie Boyd, RYT, instructor

This class is designed for the student who has little or no Yoga or Meditation experience. Each session attempts to balance the various systems of the body through a sequence of gentle Yoga postures. Each session will include time for relaxation and meditation.

WHERE: Yoga Loft, Kennett Square	SESSIONS: 7			
CRSE#	TIME	DAY	DATE(S)	FEE
FH713	6:15-7:15 pm	Wed	3/21 - 5/2	\$72

Zenhaling: the Art of Breathing

Tim Kelly, instructor

Wouldn't it be great if you could increase your energy with just a few simple breathing techniques? You can! It's called "Zenhaling," a program that combines principles of yoga, martial arts, and zen with proven techniques of effective breathing. In this one-night introductory workshop, you'll learn some specific ways that Zenhaling can be used to overcome stress, reduce fatigue and pain, improve memory and more. For all ages and lifestyles! Wear fitness attire and bring yoga mat if desired. Fee includes instructional DVD.

WHERE: Spirit of Yoga, West Chester	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
FH717	7:30-9 pm	Tue	4/10	\$22

Zenhaling: the Art of Meditation

Tim Kelly, instructor

Learn the secret yet simple Meditation techniques that Yogis, Zen Masters, and Martial Artists have known for years, for better health and well-being. Benefits include: decreased stress and anxiety, decreased muscle tension and headaches, increased serotonin (mood elevation), enhanced immune system, lower blood pressure, and more. This class is for everyone - no yoga experience required! Fee includes instructional DVD.

WHERE: Spirit of Yoga, West Chester	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
FH718	7:30-9 pm	Tue	4/17	\$22

Zenhaling: Z-Stick Movement

Tim Kelly, instructor

Learn how "The Stick" can be your own personal Yoga teacher! This class combines Zen Yoga and Martial Arts moves and exercises with "The Stick", to assist with stretches, posture and alignment. Trim your waist, improve your balance, relieve pain and help heal frozen shoulders, bicep tendonitis and neck problems. Purchase the Z-Stick for \$35 from instructor at first class. Fee includes instructional DVD.

WHERE: Spirit of Yoga, West Chester	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
FH716	7:30-9 pm	Tue	4/24	\$22

Pilates Fundamentals

Melanie Boyd, instructor

Pilates offers an approach to strength and flexibility training with exercises created to strengthen abdominal and back muscles while developing pelvic stability and abdominal control. Pilates promotes ease and efficiency of movement through focused, slow, careful and controlled movements. The mind/body awareness developed in Pilates will improve your posture and form in all areas of your fitness program. All equipment provided. Please bring a bottle of water. All levels welcome.

WHERE: Yoga Loft, Kennett Square	SESSIONS: 7			
CRSE#	TIME	DAY	DATE(S)	FEE
FH722	9:30-10:30 am	Sat	3/24 - 5/5	\$72

Cardio/Toning

Fit Lite

Maureen Collins, AFAA Certified Group Instructor

A low impact cardio class incorporating weights and floor exercises. Sweat, strengthen and tone! Get your heart rate working, then tone them up using weights. There's something for everyone. Bring weights and a floor mat.

Note: On Mon. and Thu. evenings, continue working and relaxing those core muscles with Pilates (To the Core) at 7 pm. On Tue. evenings, continue your workout with Powertone at 7 pm. Descriptions follow.

WHERE: Temenos Retreat Center	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH725A 6-6:50 pm Mon 3/19 - 4/30 \$72	

WHERE: E. Bradford Elementary	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH725B 6-6:50 pm Tue 3/20 - 5/15 \$72	

No class: 4/3, 4/24

WHERE: Exton Elementary	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH725C 6-6:50 pm Thu 3/22 - 5/17 \$72	

No class: 4/5, 4/26

Pilates (To the Core)

Maureen Collins, AFAA Certified Group Instructor

Strengthen and lengthen those core muscles. Improve your breathing and posture; enhance your balance and increase your flexibility. Exercises are geared toward the intermediate/advanced participant. Bring a mat and a 2lb medicine ball (if you want to tone even harder).

WHERE: Temenos Retreat Center	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH727 7-7:50 pm Mon 3/19 - 4/30 \$72	

WHERE: Exton Elementary	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH727A 7-7:50 pm Thu 3/22 - 5/17 \$72	

No class: 4/5, 4/26

Powertone

Maureen Collins, AFAA Certified Group Instructor

This is a sculpting class that will tone the body from head to toe with emphasis on arms, abs, butts and legs. Suitable for all ages and body types. Make it as hard or as easy as you wish. Bring hand weights.

WHERE: E. Bradford Elementary	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH726 7-7:50 pm Tue 3/20 - 5/15 \$72	

No class: 4/3, 4/24

▼ NEW!

Silver Fit

Maureen Collins, AFAA Certified Group Instructor

A safe, conditioning class for fit and active adults as well as those somewhat new to exercise. Moves are modified for all participants. Easy to follow class using chairs and non-impact standing moves. Will increase your strength and improve your flexibility. Guaranteed: Fun! Bring hand weights.

WHERE: Temenos Retreat Center	SESSIONS: 5
CRSE# TIME DAY DATE(S) FEE	
FH728 9-10 am Thu 3/29 - 4/26 \$52	

Zumba! in Downingtown

Sarah Juric, AFAA Certified Group Instructor

Discover why Zumba enthusiasts call it a "Fitness Party" -- a contagious blend of Latin and international rhythms that provides a fun and effective workout! New to Zumba? During this class, we'll introduce all the moves, and go at a slower pace if you need it. Get ready to burn lots of calories and feel great!

WHERE: FAST Gym, Downingtown	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH740 5-5:45 pm Mon 3/19 - 4/30 \$72	

Zumba! in West Chester

Mary Lai, Penn Oaks Fitness, instructor

An easy-to-follow energizing dance class set to Latin music. A great way to get in shape, burn calories and have fun. Try it once and you'll be hooked!

WHERE: Penn Oaks Tennis & Fitness	SESSIONS: 7
CRSE# TIME DAY DATE(S) FEE	
FH751 10:30-11:30 am Sat 3/24 - 5/5 \$72	

fitness and health

▼ NEW!

Turbo Kick®

Sarah Juric, AFAA Certified Group Instructor

A mix of kickboxing and hip hop dance moves, Turbo Kick® provides an ultimate cardiovascular workout that will melt fat and reshape your body. Each full body workout consists of a warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss. No experience or equipment is needed ... just bring a great attitude, a large water bottle, and energy!

WHERE: FAST Gym, Downingtown	SESSIONS: 7			
CRSE#	TIME	DAY	DATE(S)	FEE
FH755	5:30-6:30 pm	Thu	3/22 - 5/3	\$72

▼ NEW!

Seven-Week Core Fusion

Sarah Juric, AFAA Certified Group Instructor

Build a strong core - develop washboard abs - shed pounds, increase energy and more with this 45 minute, 7-week full body workout. Based on core fundamentals, Pilates, and 20 years of fitness expertise, Sarah's new Core class will help you achieve a stronger, more flexible and youthful body.

WHERE: FAST Gym, Downingtown	SESSIONS: 7			
CRSE#	TIME	DAY	DATE(S)	FEE
FH752	6-6:45 pm	Mon	3/19 - 4/30	\$72

Hip Hoops

Danielle Lynch, instructor

This unique class blends invigorating cardio with the mind and body connection of yoga. Hooping is a creative new way to express yourself while burning calories, improving balance, reducing stress and enhancing strength. The instructor will make each student a waist Hula Hoop that is weighted for exercise and core development and an arm Hula Hoop. After class the students will keep the hula hoops. The cost of the hoops will be \$35 payable to instructor at first class.

WHERE: Great Valley M.S.	SESSIONS: 7			
CRSE#	TIME	DAY	DATE(S)	FEE
FH760	6:30-7:30 pm	Tue	3/20 - 5/8	\$72

No class: 4/3

▼ NEW!

Kettlebells and Stretching with Les Jiles

Lester Jiles, instructor

Ditch the dumbbells and fall in love with kettlebells! Discover why kettlebells are called the busy person's solution to fat burning, cardio and fitness. Chester County's top personal trainer Les Jiles will show you the safe, effective way to strengthen, sculpt, and tone your body - plus increase your stamina - with this popular workout. Bring yoga mat or towel.

WHERE: Ashbridge Manor	SESSIONS: 6			
CRSE#	TIME	DAY	DATE(S)	FEE
FH795	8-8:45 pm	Thu	4/19 - 5/24	\$65

▼ NEW!

Rise 'n Shine Outdoor Boot Camp

Lester Jiles, instructor

If you're looking for a workout challenge, or would like to add diversity to your training, consider an early morning boot camp workout with trainer Lester Jiles. We'll do circuit work with kettlebells, dumbbells, plyometrics, and some unusual strong man/woman endurance and strength exercises, then cool down with stretching. Just in time to heighten your training, and get that summer body ready!

WHERE: Bell Tavern Park, Downingtown	SESSIONS: 6			
CRSE#	TIME	DAY	DATE(S)	FEE
FH797	7:30-8:30 am	Sat	4/21-5/26	\$85

Health & Wellness

Stress Reduction Massage for Partners - Family - Friends

Susan Pezzuto, Licensed Massage Therapist

If your muscles are often sore and tight, and you experience a demanding and stressful lifestyle, or your partner complains about your "back rubs," learn authentic Swedish massage techniques. Focus will be on the neck, hands, entire back, arms and shoulders while seated in massage chairs. Wear comfortable clothing. If you don't have a partner, bring a friend or a willingness to partner with another student; we will be working in groups of 2. Please note: course fee is per person.

WHERE: Henderson H.S.	SESSIONS: 2			
CRSE#	TIME	DAY	DATE(S)	FEE
FH731	6:30-9 pm	Wed	4/11 - 4/18	\$55

fitness and health

Reiki I Certification

Diane Radliff, Reiki Master, instructor

"Reiki" -- a Japanese word meaning Universal Life Force Energy -- is a wonderful way to de-stress and relax yourself and others. Reiki accelerates the body's natural ability to heal itself. Learn the history of Reiki, basic hand positions, and ways to use Reiki in your own life and in service to others. You will receive and give a full Reiki treatment. Students must attend both classes to receive the Reiki I Practitioner's Certification. Bring water and a mat, and wear comfortable clothing.

WHERE: Peirce M.S.	SESSIONS: 2			
CRSE#	TIME	DAY	DATE(S)	FEE
FH736	6:30-9 pm	Tue	5/8 - 5/15	\$80

Weigh Less, Live More

Pat Novelli, Founder, Nutrition to Live By

Learn lifestyle changing tips to help you lose weight and get healthy without being fed up with dieting all the time. Natural weight loss is an educational approach to becoming healthy in a holistic manner. This two prong approach to weight issues is about learning to listen to the messages your body, mind and emotions have and also reviewing healthy foods that stimulate weight loss and good health. There's no such thing as a "bad" food. Learn how you can enjoy your favorites occasionally and lose weight without deprivation or gimmicks -- just a common-sense approach that everyone can follow.

WHERE: Great Valley M.S.	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
FH785	7-8:30 pm	Tue	4/17	\$19

Sugar Blues!

Pat Novelli, Founder, Nutrition to Live By

Do you crave sweets and it's getting the best of you? Do you have low energy in the middle of the day? If so, then this workshop could be a turning point in your life. This class is designed to permanently change your relationship with sugar by understanding the causes of your sugar cravings and knowing how to deal with them ... without the side effects or the guilt.

WHERE: Patton M.S.	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
FH786	7-8:30 pm	Tue	4/10	\$19

Fight Cancer With Your Fork!

Susan Silberstein, PhD, Founder, Center for Advancement in Cancer Education

Learn the power of your dietary choices in preventing cancer, and what science says about the role of diet and nutrition in cancer survival. We'll cover the best foods and beverages for fighting cancer and how to create an inner environment that's unfriendly to cancer cells. Susan has authored several books, including "Hungry for Health," is narrator on the video "Breast Cancer: The Diet Connection," and has won several awards for her work in cancer education.

WHERE: Henderson H.S.	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
FH789	7-8:30 pm	Mon	4/23	\$19

Heartsaver CPR - Adult, Child, Infant - with AED

Monica Rhoten, AHA Certified Instructor

If you were with someone who had a heart attack or almost drowned, would you know what to do? If you know how to perform cardiopulmonary resuscitation (CPR), you could save a life. Learn the latest CPR techniques for adults, children, and infants, and also how to use an AED (Automated External Defibrillator) on someone potentially in cardiac arrest. You may apply for a CPR certification card to be mailed (\$7 fee, payable to instructor). Book is available from instructor for \$15. This class is for non-healthcare professionals.

WHERE: Peirce M.S.	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
FH782	6-9 pm	Tue	4/10	\$72
FH782A	6-9 pm	Tue	5/1	\$72

Martial Arts

Introduction to Aikido

Kenneth Cadogan, 3rd Dan USAF, instructor

Aikido is a Japanese martial art that uses dynamic movements to unbalance an attacker and render him harmless. You will learn basic falls and rolls, known as Ukemi, as well as the basic techniques such as takedowns, joint locks and body throws. No previous martial arts experience is needed. Note: Class meets 3 times a week - Mon, Wed & Fri from 6:30-8:30 pm -- for 4 weeks.

WHERE: MaxOut Training Center, Exton	SESSIONS: 12			
CRSE#	TIME	DAY	DATE(S)	FEE
FH775	6:30-8:30 pm	Mon	3/26 - 4/20	\$59

Timeless T'ai Chi

Sara Gellhorn, Black Belt, instructor

T'ai Chi is an ancient martial art proven to increase physical and cognitive abilities for adults of all ages and fitness levels. Through low impact exercise, breathing, stretching, and continual movement, T'ai Chi offers the 4 key components of fitness: flexibility, muscle strength, balance, and aerobic conditioning. T'ai Chi can also help regulate blood pressure, improve coordination, and improve concentration with its slow, controlled movements. Wear comfortable exercise clothes and sneakers.

WHERE: Martial Arts & Fitness, Malvern	SESSIONS: 6			
CRSE#	TIME	DAY	DATE(S)	FEE
FH768	7-8 pm	Tue	3/20 - 4/24	\$62

Tae Kwon Do for Beginners

Master John Pasquantonio (Master P), instructor

Master P's World Class Tae Kwon Do in West Chester is offering a special six week mini-course for all teenagers (16 years and older) and adults. Tae Kwon Do is a Korean martial art, which has the distinction of being an Olympic sport and the world's most practiced martial art. With great emphasis on kicking techniques, it's a martial art of choice for adults who want to burn calories, get toned, and increase flexibility while learning self-defense. Choose a Mon/Wed or Tue/Thu group, two classes per week for six weeks, a total of 12 classes.

WHERE: Master P's Tae Kwon Do	SESSIONS: 12			
CRSE#	TIME	DAY	DATE(S)	FEE
FH770	7:50-8:45 pm	M/W	3/19 - 4/25	\$49
FH770A	7:50-8:45 pm	T/Th	3/20 - 4/26	\$49

Aquatics

Arthritis Foundation Aquatic Program

Aquatics Is, Inc., certified instructors

This class is one of the Arthritis Foundation's Life Improvement Series and is designed for people of any age living with arthritis, rheumatic diseases, and other related musculoskeletal conditions. Exercise in shallow warm water with easy access. No swim skills necessary but aquatic shoes are required. Taught by certified Arthritis Foundation instructors. Attend M, Tu, W, Th, or F for a total of 10 sessions (your choice).

WHERE: Ashbridge Manor	SESSIONS: 10			
CRSE#	TIME	DAY	DATE(S)	FEE
FH790	2-2:45 pm	Mon	3/5 - 4/13	\$50
FH790A	2-2:45 pm	Mon	4/16 - 5/25	\$50

▼ NEW!

Aqua Zumba

Aquatics Is, Inc. certified instructor

It's a Zumba party in the pool! This new Zumba class combines the winning Zumba formula and philosophy with traditional aqua fitness disciplines for a water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating!

WHERE: Ashbridge Manor	SESSIONS: 6			
CRSE#	TIME	DAY	DATE(S)	FEE
FH794	8-8:45 pm	Mon	2/27 - 4/2	\$65
FH794A	5-5:45 pm	Mon	4/16 - 5/21	\$65

Aquatic Resistance Circuit

Debbie Reuter and Joanne Randell, instructors

Experience the best aquatic equipment available! Includes water spinning bikes, weighted balls, hand weights, patented Aquafit Gear "Noodle Bars," bands, hydrotone fitness equipment, Hydrofit equipment, and new in-water Hydorrider treadmills. Every muscle group will be challenged in this 60-minute class, which includes cardio and strength circuits for legs, arms, and core. Class is moderate to high intensity level; aquatic shoes are required.

WHERE: Ashbridge Manor	SESSIONS: 6			
CRSE#	TIME	DAY	DATE(S)	FEE
FH791	7-8 pm	Wed	2/29 - 4/4	\$65

Aqua Spinning

Debbie Reuter and Joanne Randell, instructors



You'll enjoy this exclusive and unique fitness experience on Hydorrider, the in-water aquatic spinning bikes from Italy! Burn calories, improve endurance,

and strengthen your core while spinning. Excellent for all levels of fitness, beginner to advanced.

Bathing suits, bike shorts, sport tops, board shorts all suitable attire; aquatic shoes required.

WHERE: Ashbridge Manor	SESSIONS: 6			
CRSE#	TIME	DAY	DATE(S)	FEE
FH792	6-6:45 pm	Tue	2/28 - 4/3	\$65
FH792A	8-8:45 pm	Tue	2/28 - 4/3	\$65
FH792B	5-5:45 pm	Wed	2/29 - 4/4	\$65
FH792C	6-6:45 pm	Thu	3/1 - 4/5	\$65
FH792D	5-5:45 pm	Mon	4/16 - 5/21	\$65
FH792E	6-6:45 pm	Tue	4/17 - 5/22	\$65
FH792F	8-8:45 pm	Tue	4/17 - 5/22	\$65
FH792G	5-5:45 pm	Wed	4/18 - 5/23	\$65
FH792H	6-6:45 pm	Thu	4/19 - 5/24	\$65

fitness and health

H2O Pump Cardio Blast

Debbie Reuter, Aquatics Is, Inc., instructor

This class is a total body aquatic fitness experience without joint stress. Classes are designed to improve cardiovascular endurance, muscle tone and strength, flexibility, core and trunk strength, agility, balance and speed. Embrace the awesome power of water, have fun, and get fit! All equipment supplied. Moderate to high intensity level class for both women and men. Choose a once-a-week program, or ramp it up with a twice-a-week (Tu/Th) workout, as shown below.

WHERE: Ashbridge Manor		SESSIONS: 6		
CRSE#	TIME	DAY	DATE(S)	FEE
FH793	7-7:45 pm	Mon	2/27 - 4/2	\$48
FH793B	10-10:45 am	Wed	2/29 - 4/4	\$48
FH793C	9-9:45 am	Sat	3/3 - 4/7	\$48
FH793D	7-7:45 pm	Mon	4/16 - 5/21	\$48
FH793F	10-10:45 am	Wed	4/18 - 5/23	\$48
FH793G	9-9:45 am	Sat	4/21 - 5/26	\$48

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WHERE: Ashbridge Manor		SESSIONS: 12		
CRSE#	TIME	DAY	DATE(S)	FEE
FH793A	7-7:45 pm	Tu/Th	2/28 - 4/5	\$72
FH793E	7-7:45 pm	Tu/Th	4/17 - 5/24	\$72

Adult "SAFE ZONE" Group Swim Lessons are also available – please inquire.

Parent & Tot "SAFE ZONE" Swimming Lessons

Kerry Sherin and Leslie Tellez, instructors



A parent/child interaction with songs and games in a warm water pool. Experienced instructors teach parents to work with their children in aquatic surroundings. For children ages 6 months to 3 years. Fee shown is per couple (that is, one parent with one child).

WHERE: Ashbridge Manor		SESSIONS: 6		
CRSE#	TIME	DAY	DATE(S)	FEE
FH798	9:30-10 am	Tue	2/28 - 4/3	\$90
FH798A	9:30-10 am	Thu	3/1 - 4/5	\$90
FH798B	9:30-10 am	Tue	4/17 - 5/22	\$90
FH798C	9:30-10 am	Thu	4/19 - 5/24	\$90

All CCNS aquatics classes are held in the Fit for Life Studio pool at Ashbridge Manor, 971 E. Lancaster Ave., Downingtown. This is the only aquatics program in our area to offer in-water Hydroider bikes, treadmills, and steppers. Don't miss the fun!



home and garden

Kitchen Design Seminar

Andy Madsen & Associates, instructor
Albertson's Cooking School, sponsor

So you want a new kitchen? This all-encompassing seminar is not to be missed! Andy Madsen and Associates will cover everything you need to know before remodeling or building a new kitchen, including: architectural design, appliances, cabinets, counter tops, flooring, lighting, windows, and more. Save hundreds of shopping hours and \$\$\$.

Bring a heavy bag for informational catalogs!

WHERE: Yangming Restaurant		SESSIONS: 1		
CRSE#	TIME	DAY	DATE(S)	FEE
HG819	8:30 am- 12:30 pm	Sat	4/14	\$55

Bathroom Design Seminar

Andy Madsen & Associates, instructor
Albertson's Cooking School, sponsor

Transform your old bath into one fit for royalty! Let Andy Madsen and Associates show you everything involved with bathroom design, including tubs, toilets, tiles, vanities, exhaust systems, universal bath design elements, and more. Bring a heavy bag for catalogs!

WHERE: Madsen Design, Broomall		SESSIONS: 1		
CRSE#	TIME	DAY	DATE(S)	FEE
HG820	6-9 pm	Tue	4/17	\$40

home and garden

Get Rid of the Clutter!

Brenda Kenny, Busy Bee Organizing Solutions

Are you overwhelmed looking at piles of clutter? Are you not sure how to arrange and store what you have? Learn how to get organized simply so you can find what you need and enjoy a stress-free living space.

WHERE: Henderson H.S. **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
HG804A 7-9 pm Mon 4/23 - 4/30 \$39

WHERE: Great Valley M.S. **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
HG804 7-9 pm Tue 4/24 - 5/1 \$39

"Insider Secrets" to Selling Your House!

Karen Boyd, instructor

Selling your house? Don't be discouraged and don't risk losing both time and money! Get these "Insider Tips" from experienced real estate professionals on how to make your sale a success. From basic prep to targeted marketing, paperwork, negotiations, a smooth closing and more, you'll learn simple and specific techniques to achieving a quicker sale and higher "SOLD" price. Come with your questions! Each attendee will receive a free "Home Sellers Survival Kit." Instructor Karen Boyd is a local top-producing Realtor and is certified as an Accredited Sellers Representative (ASR).

WHERE: Peirce M.S. **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
HG809 6:30-8:30 pm Tue 5/8 \$25

Home Repairs for the Novice

Gary Armstrong, Mechanical Engineer, instructor

This course will teach basic home repairs for the beginner. Whether you are a single woman or new home owner or just someone who wants to learn how to do basic home repairs, this course will help you not have to pay a professional to do some easy tasks that you will learn to do yourself. We'll cover basic plumbing, electrical, heating/cooling, carpentry, appliance and other miscellaneous repairs.

WHERE: Great Valley M.S. **SESSIONS:** 5
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
HG810 7-9 pm Tue 3/20 - 4/24 \$82
No class: 4/3

Home Staging Workshop

Karen Boyd, Accredited Staging Professional

Home Staging is the key to getting top dollar when selling your house in this tough real estate market. At this workshop you'll learn an invaluable process for staging and redesigning that is neither expensive or time-consuming. From creating curb appeal, to removing clutter, to rearranging and repairs, to the final step of adding the "Wow!" factors, come discover how to transform your home into a top contender. You'll see dozens of actual before/after photos to learn how to transform your home! All participants receive a FREE Home Staging Kit to take home and get started.

WHERE: Great Valley M.S. **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
HG808 6:30-8:30 pm Tue 4/24 \$25

WHERE: Patton M.S. **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
HG808A 6:30-8:30 pm Tue 5/1 \$25

WHERE: Peirce M.S. **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
HG808B 6:30-8:30 pm Thu 5/3 \$25

Grow Your Own: Organic Fruits & Vegetables

Elizabeth Alakszay, Master Gardener, instructor



Produce prices keep rising, food safety is questionable, and now climate change is having a substantial impact. Time to GO LOCAL – to your own backyard -- and turn your non-edible lawn into a productive gourmet backyard garden! What most people don't realize is that it is you can grow enough organic fruits, herbs and vegetables for your family in your own suburban backyard or container garden at the fraction of the cost. This course will teach you organic and sustainable methods on how to set up and select the fruits, berries, herbs and vegetables best suited for your family. Students will start transplants of peppers, tomatoes, basil, cucumbers or eggplants to take home.

WHERE: Peirce M.S. **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
HG822 6:30-8:30 pm Thu 3/22 - 4/19 \$64
No class: 4/5

Your Best Flower/Vegetable Garden Ever

Halyna Church, instructor

Now is the time to prepare for a fabulous spring garden, with a long-time gardener as your guide! We'll cover setting up a flower and/or a vegetable garden, bulbs, propagating and transplanting plants, starting seedlings, composting, pruning, soils and fertilizers, identifying and controlling insects and plant disease, and all you need to know for your best garden ever! Topics will be geared to student interests.

WHERE: Peirce M.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 HG824 7-8:30 pm Tue 3/20 - 5/15 \$82
 No class: 4/3, 4/24

Master Rosarian Reveals: Roses are NOT Hard to Grow!

Patricia Bilson, instructor

Roses create a festival of beauty, color, and fragrance in our homes and gardens. But, some new gardeners have the misconception they are hard to grow. Attend this one-night workshop and learn how to plant, prune, nurture and protect your roses. You'll discover how easy it is to enjoy these beauties from May through November with expert growing trips from Master Rosarian Pat Bilson.

WHERE: Great Valley M.S. **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 HG825 7-9 pm Tue 4/17 \$19

Orchid Repotting Workshop

Tracey LeCates, Orchid Doctor



Love orchids, but feel intimidated when it comes to repotting them? Have no fear, Orchid Doctor is here! In this hands-on class, orchid expert Tracey LeCates will reveal her secrets for healthy and happy orchids, and show you how easy orchid repotting

can be. For a \$30 supply fee (payable to instructor night of class) you will receive 3 orchids out of bloom, potting medium, plastic pot and root stimulator. Decorative pots and additional supplies will be available for purchase. Bring a small box to transport your orchids home, and be ready to dig in!

WHERE: Peirce M.S. **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 HG830 6-8:30 pm Tue 3/27 \$29

Creative Curb Appeal

Kate Delaney, Prof'l. Landscape Design, instructor

When you're trying to sell your home, enhancing your home's curb appeal gets the buyers in the door. If you're staying put and want to build equity, it always adds value. Learn from the expert how to tie together all the elements and spend your money wisely -- from paint color and plant material to hardscaping, lighting, and accessories. Showcase your home's best features and camouflage the worst in all four seasons, with solutions that fit every budget. Participants will have the opportunity to address specific problems in class (bring printed photos).

WHERE: Henderson H.S. **SESSIONS:** 2
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 HG828 7-9 pm Mon 3/19 - 3/26 \$32

Deer Proof Your Garden

Kate Delaney, Prof'l. Landscape Design, instructor

Are you frustrated by deer destroying all of your hard work in your garden? Let a professional landscaper teach you what's best to plant and not plant, what repellants are safe to use, and how to keep your garden beautiful all year long -- while keeping it unattractive to the deer.



WHERE: Henderson H.S. **SESSIONS:** 1
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
 HG832 7-9 pm Wed 3/28 \$25

job skills

In a tough job market, what does it take to succeed? Success takes action and action requires the appropriate skills to move ahead. Below are classes that teach general skills that will help you get ahead whether you run your own company or you're a rookie to the job market -- skills that translate across disciplines and can be learned by anyone in any position!

Preparation

Resume Writing and Interviewing

Barbara Fuchs, Career Coach and Author, instructor

This class will help you develop important skills as you move forward in this challenging economic environment. Together, we will critically review your resume to discover patterns that may be holding you back. In addition, discussing and participating in interviewing scenarios will aid in building your confidence and anticipating the most commonly asked questions. Fee includes a \$20 workbook.

WHERE: Great Valley M.S.	SESSIONS: 3			
CRSE#	TIME	DAY	DATE(S)	FEE
JS845	6-8 pm	Tue	3/20-4/10	\$42

No class: 4/3

Planning

Target Your Dream Job

Joanne Vitali, Certified Career Coach

Do you hate Mondays? Are you doing work that isn't satisfying? What if you could have the job of your dreams? Your first step is to realize what your dream is. This workshop isn't about your interests or personality type. It will go much deeper and lead you to discover what will truly make you fulfilled. Get started on defining a new dream today!

WHERE: Great Valley M.S.	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
JS850	7-9 pm	Tue	3/27	\$29

Bringing Your Best In A Competitive Job Environment (For Women)

Mary Hall, Sales & Marketing Professional, instructor

How do you succeed and project the best possible "personal brand" in a competitive job market? Whether you're looking for a job or wanting to improve your current position in the workplace, this class will share the techniques for assessing your current status, creating a workable plan and integrating your desires into achievable goals. This class is for all women, no matter what stage you are in your professional development or personal growth.

WHERE: Great Valley M.S.	SESSIONS: 4			
CRSE#	TIME	DAY	DATE(S)	FEE
JS853	6:30-8:30 pm	Tue	3/20 - 4/17	\$56

No class: 4/3

Negotiating

Getting to Yes: Power Negotiating

Barry Walsh, Prudential Fox & Roach Realtors

What is negotiation? Do you always go for the "win"? Whether you're in the boardroom, classroom, or just in your every day life events, the ability to negotiate is a valuable asset. This class will focus on the strategies and approaches to negotiation, as well as practical application of theories.

WHERE: Peirce M.S.	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
JS852	7-9 pm	Thu	4/19	\$19

Business Skills

Speech Phobia

Robin Hurd-Graham, instructor

No more sweaty palms and racing heart. This class gives you the tools to make effortless, effective presentations. Topics will include dealing with anxiety, analyzing your audience, using audio visuals effectively, planning and preparation, tips on dress, gestures, eye contact, etc. We will role play to help you increase your confidence and comfort level in a non-threatening atmosphere.

WHERE: Henderson H.S.	SESSIONS: 4			
CRSE#	TIME	DAY	DATE(S)	FEE
JS861	7-9 pm	Mon	3/19-4/9	\$56

No class: 4/2

How To Become A Real Estate Agent

Barry Walsh, Prudential Fox & Roach Realtors

Thinking about a career in real estate? Learn what attributes are necessary to become successful in the exciting and rewarding business of residential real estate sales. Topics will include requirements by Pennsylvania for a license, tips on finding an employer, getting your new career off the ground and much more.

WHERE: Peirce M.S.	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
JS856	7-9 pm	Thu	4/12	\$19

languages and writing

American Sign Language, Level 1

Bobbi Caley, MA Deaf Education, instructor

ASL Level 1 is an introductory class that covers basic vocabulary and grammar of American Sign Language. If you have always wanted to learn sign language, come join us. Encourage a friend or family member to sign up also, for practice outside of class. Information and personal experiences will be shared to aid in understanding deafness and deaf culture. DVD (approx. \$25-30) required; see receipt.

WHERE: Great Valley M.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW901 7-9 pm Tue 3/20 - 5/8 \$142
No class: 4/3

Chinese for Beginners

Jihong Sun Korbonits, instructor

This course will cover basic, elementary Mandarin Chinese. It will include Chinese characters, phonetics symbols (pinyin), counting, greetings, Chinese culture, etc. No prior knowledge of Chinese required. Bring notebook or folder for handouts.

WHERE: Henderson H.S. **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW931 7-9 pm Mon 4/9 - 5/14 \$128

Italian For Travelers

Salvatore Faro, instructor

For your next trip to Italy, learn everyday vocabulary from a native speaker. Practice conversation with a good accent, and acquire basic grammar. We'll cover phrases useful in hotels, restaurants, museums, etc. Textbook required (approx. \$9); see receipt for details. No previous experience necessary.

WHERE: Great Valley M.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW902 6:30-8 pm Tue 3/20 - 5/8 \$112
No class: 4/3

Italian, Beginner I

Bruce Garofalo, instructor

For the true beginner! Pronunciation and basic vocabulary will be our focus as we learn to formulate simple sentences, ask and answer questions, and share information about ourselves. We will also explore cultural and historical considerations to round out our appreciation of all things Italian.

WHERE: Henderson H.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW903 6-7:30 pm Mon 3/19 - 5/7 \$112
No class: 4/2

Italian, Intermediate

Bruce Garofalo, instructor

This is the continuation of Italian I, designed to get the student familiar with all the tenses in Italian that were not previously covered. Important differences between English and Italian concerning past tenses, and a preliminary approach to the subjunctive and conditional modes, will be covered.

WHERE: Henderson H.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW904 6-7:30 pm Wed 3/21 - 5/9 \$112
No class: 4/4

Spanish for Beginners - Unionville

Milton Searles, instructor

Learn to speak, read and write Spanish, the second most used language in Chester County and the U.S. Through a variety of classroom activities, you'll work to improve your conversational skills. Reading and writing practice will be provided through exercises completed at home and in class. Textbook required (approx. \$17); see receipt for details. Instructor has taught this class with CCNS for over 30 years.

WHERE: Patton M.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW909 7-9 pm Tue 3/20 - 5/15 \$142
No class: 4/3, 4/24

Spanish for Beginners - West Chester

Janet Larson, instructor

Enjoy learning to read and speak Spanish. Approximately half of our class time we will be conversing in Spanish. Prerequisite: students must have some formal language background.

WHERE: Henderson H.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW910 6:30-8:45 pm Wed 3/21-5/9 \$142
No class: 4/4

Beginning German

Tina Welsch, instructor

This class is for students who have never studied German before. It introduces basic vocabulary, pronunciation and grammar in everyday situations. A variety of activities will be used to teach communication skills. Handouts included in fee.

WHERE: Henderson H.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW923 7-8:30 pm Mon 3/19 - 5/7 \$112
No class: 4/2

languages and writing

▼ NEW!

Intermediate German

Tina Welsch, instructor

This class is designed for students with basic speaking, reading, listening, and writing abilities and some previous experience. Gain confidence by doing real-life tasks, understanding and practicing grammar and using everyday vocabulary. A focus is given to developing your speaking skills.

WHERE: Peirce M.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW924 7-8:30 pm Tue 3/20 - 5/15 \$112
No class: 4/3, 4/24

Write It!

Carol Moroz-Henry, Prof'l. Writer/Illustrator

You are unique. No one else can write your stuff! Work on your own material in a creative and supportive atmosphere. Fiction, non-fiction, children's book, mystery novel, cookbook, family memoirs ... anything goes! You will be inspired to get serious about your writing, to prepare your material for publication, and to value insights other writers have concerning your work. Bring pen, paper or laptop, and a clear idea of what you'd like to work on.

WHERE: Patton M.S. **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW941 6:30-8:30 pm Tue 3/20 - 5/8 \$99
No class: 4/3, 4/24

▼ NEW!

Self-Publish Your Book: Print-On-Demand

Raia King, Published Author, instructor

Print-on-demand (POD) has revolutionized the publishing industry so you no longer need to take the traditional routes to become a published author. Learn how self-publish without spending thousands of dollars to store boxes of books in your basement. In this class we will discuss how to create a professional product and why your book cover is so important. Learn how to get an ISBN, Library of Congress number, and bar code so you can start selling right away. We'll also cover book distribution and promotion. Don't just dream of being a published author, join the publishing revolution and become one!

WHERE: Great Valley M.S. **SESSIONS:** 4
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW954 6:30-8:30 pm Tue 3/20 - 4/17 \$72
No class: 4/3

Your Novel ... in a Flash!

Audra Supplee, Published Author, instructor

Are you a would-be novelist looking for an epic adventure without the hassle of packing a bag? Come join fellow explorers and write your novel in a flash! This interactive class, guided by a published author, offers group support as well as creative ideas to help you turn off your inner critic's snarky voice and catapult you over writer's block to complete your novel in one month. Bring your imagination, your notebook, and your playful energy. A cage for your pesky inner critic will be provided!

WHERE: Henderson H.S. **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW945 6:30-8:30 pm Mon 3/19 - 4/30 \$99
No class: 4/2

Writing History

Claire Mulligan, Published Author, instructor

Do you want to write a gripping story from the past? Get started with this course taught by an award-winning, published author of historical fiction. Topics include: angle of approach, research, plot, dialogue, flashbacks, and character development. Assignments of one page given per class. Class will be divided into one hour of lecture/discussion, one hour of work-shopping assignments.

WHERE: Henderson H.S. **SESSIONS:** 6
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW948 7-9 pm Mon 3/19 - 4/30 \$99
No class: 4/2

▼ NEW!

Poetry Workshop

Megan McCormick, instructor

Release your inner poet! Learn to write both traditional and contemporary verse forms as we focus on theory and practice. You'll have the chance to perform and receive feedback. Participants will be expected to work on their poetry outside of class.

WHERE: Henderson H.S. **SESSIONS:** 7
CRSE# **TIME** **DAY** **DATE(S)** **FEE**
LW953 6:30-7:45 pm Wed 3/21 - 5/9 \$82
No class: 4/4

Angel Readings: Connecting to your Divine Messengers

Denise Povernick, Spiritual Empowerment Coach

In this course you will learn how to contact your five Guardian Angels, learn their names and have a Divine Dialogue with them. You will learn the difference between True and False guidance; how to see, hear, feel, and understand Angel messages for yourself and your friends; basic mediumship training to help you connect with departed loved ones. Set of oracle cards (approx. \$15) will be required. See class receipt for details.

WHERE: Henderson H.S.				SESSIONS: 6
CRSE#	TIME	DAY	DATE(S)	FEE
PI1006	7-9 pm	Mon	3/19 - 4/30	\$119
No class: 4/2				

Advanced Angel Readings: Enhancing the Communications

Denise Povernick, Spiritual Empowerment Coach

This class will continue strengthening the connection between you and your Guardian Angels that was begun in the Divine Messengers class. Your communication will be enhanced through seeing, hearing, feeling and knowing your angels. We will also work directly with Archangels Michael and Raphael. We will use meditation and chakras to advance communication to a higher level.

WHERE: Henderson H.S.				SESSIONS: 6
CRSE#	TIME	DAY	DATE(S)	FEE
PI1007	7-9 pm	Wed	3/21 - 5/2	\$119
No class: 4/4				

▼ **NEW!**

Dream Interpretation: Unlock Your True Potential

Denise Povernick, Spiritual Empowerment Coach

Do you ever wonder why we dream? What purpose do dreams serve? In this course we will discuss different types of dreams, different dream states and the personal meaning contained in the dreams. Come learn about dream clues, dream characters, dream signs and hidden meanings. Come learn the lessons your dreams are teaching you and how they can unlock your potential in your waking life. Bring a notebook or 3-ring binder for your Dream Journal, along with a pen and highlighter.

WHERE: Peirce M.S.				SESSIONS: 5
CRSE#	TIME	DAY	DATE(S)	FEE
PI1008	7-9 pm	Thu	3/22 - 5/3	\$99
No class: 4/5, 4/26				

Vision Boards: Attracting the Life of Your Dreams

Annamarie Kelly, instructor

You've heard about the Law of Attraction for creating the life you want. Now, it's time to get busy and start using it. Your Vision Board will help you attract personal and professional goals, reshape your life around one theme, or develop a deeper life experience. It will become one of your most powerful tools for achieving goals and attracting the life of your dreams!

WHERE: Henderson H.S.				SESSIONS: 3
CRSE#	TIME	DAY	DATE(S)	FEE
PI1009	7-8:30 pm	Mon	3/19 - 4/9	\$49
No class: 4/2				

Hunting Ghosts: The Basics

Deborah Estep, instructor

Get out of the living room and into the field. Don't just watch those other guys on TV, learn the basics of paranormal investigation and experience the thrill for yourself. Explore the fascinating world of ghosts, poltergeists and other paranormal phenomena. Learn how to effectively use your camera, a voice recorder, EMF meter and other basic pieces of equipment in the field. Put the theory into practice by participating in a field investigation at a local site and share in the process of review and reveal. You may be surprised at what goes bump in the night.

WHERE: Henderson H.S.				SESSIONS: 4
CRSE#	TIME	DAY	DATE(S)	FEE
PI1018	7-9 pm	Mon	3/19 - 4/16	\$79
No class: 4/2				

Reincarnation: How It Influences Your Life

Jay Gullo, instructor

With over 30 years of experience as a Spiritual Counselor/Medium, Jay has helped his clients address personal issues by giving them past life information as part of their readings. This knowledge has aided them in understanding why they have faced certain circumstances in this lifetime. If you have had events in your life that seem unreal or unusual, these classes could give you a clearer understanding. Regardless of whether you believe in reincarnation or not, these sessions will be very informative as well as entertaining.

WHERE: Henderson H.S.				SESSIONS: 4
CRSE#	TIME	DAY	DATE(S)	FEE
PI1019	7-8 pm	Mon	4/9 - 4/30	\$45

personal interest

▼ NEW!

Do You Know Your Astrological Profile?

Jay Gullo, instructor

The Astrological Trinity (your Sun Sign, your Moon Sign, and your Rising Sign) is the basis of who you are. The position of your Sun Sign contains the male qualities or your personality, whereas the position of the Moon describes the feminine qualities of your personality. Or, as some Astrologers say, your Yang and Yin characteristics. Your Rising Sign, also called your Ascendant, describes how you direct your personal characteristics outwardly, i.e. what you show to the world. Special Note: Students must submit their birth date, exact birth time and place of birth prior to taking this course.

WHERE: Henderson H.S.	SESSIONS: 4			
CRSE#	TIME	DAY	DATE(S)	FEE
PI1021	8-9 pm	Mon	4/9 - 4/30	\$45

Divorce Course for Women

Susan Arnette, ChFC and Andrea Pettine, Esq.

Women considering or going through divorce will learn to successfully navigate the issues surrounding the divorce process. Topics will include how to choose the right attorney and keep legal costs down; what you can expect from the legal process; alimony and child support; and the major financial pitfalls of divorce. A confirmation is sent automatically with online registration; if you require confidentiality, please register by phone.

WHERE: Peirce M.S.	SESSIONS: 5			
CRSE#	TIME	DAY	DATE(S)	FEE
PI1022	7-9 pm	Tue	3/20 - 5/1	\$79
No class: 4/3				

Moves for Memory - And More!

Adele Juzi, Licensed Brain Gym® instructor

Learn to train your recall, as well as avoid "brain freeze." This course is based on the Brain Gym® system of easy and enjoyable physical activities that enhance brain function. These techniques are being practiced in over 80 countries worldwide to improve focus, communication, organization, and to relieve stress. Brain Gym(R) is a program of the Educational Kinesiology Foundation, specialists in movement based learning.

WHERE: Temenos Retreat Center	SESSIONS: 3			
CRSE#	TIME	DAY	DATE(S)	FEE
PI1040	7-8:30 pm	Wed	3/21-4/4	\$45

Easy Meditation: For Those Who Think They Can't

Deborah Estep, instructor

Would you enjoy an opportunity to relax, reflect and rejuvenate? Discover how simple the practice of meditation can be. If you have ever struggled to "empty your mind" or "quiet the chatter," then you will enjoy exploring some of these easy, painless and transformational meditation techniques. You can easily incorporate these exercises into your daily life, achieving that sense of tranquility and bliss that helps restore our sense of wellness. Learn the Egyptian Posture, the Dead Man's Pose, Walking Meditation, and more. Lighten up, let go and live fully!

WHERE: Peirce M.S.	SESSIONS: 4			
CRSE#	TIME	DAY	DATE(S)	FEE
PI1044	7-9 pm	Tue	3/20 - 4/17	\$79
No class: 4/3				

▼ NEW!

Radical Kindness: The Simple Way to Personal Peace

Christine Campbell, instructor

"Do you want to be happy or right?" asked Wayne Dyer in one of his books. In this workshop, we will explore another way of being in relationship with our communities and family. Using ancient and modern wisdom we will challenge some of the assumptions of modern society. What does it really mean to "turn the other cheek," what does it require of us to be a "good neighbor"? How can we be in peace when we live in a competitive world? Come prepared for a lively engaging discussion.

WHERE: Temenos Farmhouse	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
PI1046	7:30-9 pm	Wed	3/28	\$19

▼ NEW!

Anti-Anxiety Toolkit

Janet Burgoon, instructor

Learn rapid, simple techniques to help relieve anxiety to improve your health, sleep better and enjoy life more. Learn how the stress of worries and thoughts affects your body and why it is so important to have skills to "de-stress" yourself. In this course, participants will learn and practice simple but very effective techniques to handle the stress in their lives. Reducing mental anxiety often results in improved sleep and a reduction in chronic pain and other physical issues.

WHERE: Great Valley M.S.	SESSIONS: 4			
CRSE#	TIME	DAY	DATE(S)	FEE
PI1060	7-8:30 pm	Tue	4/10 - 5/1	\$59

personal interest

▼ NEW!

The Zen of Nature: The Art of Deep Listening

Christine Campbell, instructor

In this class we will enter Nature with the intention to recognize "Nature as Mirror and Teacher". The process, tools and techniques we learn and use in Nature Observation will develop our own self-awareness. Nature provides a mirror, which allows us to discern our own limitations and blocks. The places in ourselves that hold stress are revealed and we are able to come more fully into the circle of community. We will use the qualities of self-awareness to engage more fully with the world around us. Bring an offering for Nature (birdseed, sage, tobacco), a light packed lunch, and journal/writing materials. Please wear good treaded footwear and weather appropriate clothes.

WHERE: Temenos Farmhouse	SESSIONS: 2
CRSE# TIME DAY DATE(S) FEE	
PI1048 7-9 pm Wed 5/9 - 5/16 \$39	

▼ NEW!

Messing With Your Head: Indian Head Massage for Stress Relief

Deborah Estep, instructor

Indian Head Massage, an ancient tradition of touch therapy, can be practiced by individuals on themselves for relief of many of the negative side-effects of modern stress. In this class you will learn simple exercises that can be used in the workplace or anywhere to relieve the aches and pains caused by long hours in front of the computer or sitting at your desk. The simple techniques taught in this class will help you maintain a sense of peace and tranquility. Indian Head Massage does not require the use of any oils or creams and is done fully clothed while sitting.

WHERE: Peirce M.S.	SESSIONS: 2
CRSE# TIME DAY DATE(S) FEE	
PI1042 7-9 pm Thu 3/22 - 3/29 \$39	

pets

Beginning Dog Obedience

Debbie DeSantis, CPDT-KA, Certified Professional Dog Trainer and Behavior Specialist

Basic commands will be taught, such as: attention, come, sit/stay, down/stay, and loose leash walking. We'll address common problem behaviors, including jumping, food stealing, and chewing on inappropriate items. Waiting by a door will also be worked on as will the "release" and "leave it" commands. Note: Your dog should be six months or older. Owners should bring soft, healthy, tasty treats that their dogs love. A copy of vaccinations appropriate to your dog's or puppy's age must be brought to the first class (such as the rabies vaccine, DHLPP, and bordetella (kennel cough) vaccine).

WHERE: Toby's K-9 Kamp, West Chester	SESSIONS: 6
CRSE# TIME DAY DATE(S) FEE	
PT1180 7-8 pm Thu 3/22-5/3 \$140	
No class: 4/5	

Puppy Kindergarten

Debbie DeSantis, instructor

Learn to positively train your pup and avoid problem behaviors that will have to later be corrected. Typical puppy issues and behaviors will be addressed: mouthing, housetraining and introducing a puppy to a crate, jumping, chewing, and handling. Obedience exercises will include: attention, come, sit, down, loose leash walking, and handling for grooming. Some socialization exercises with people and other dogs will be included. Note: Class is appropriate for puppies from 10 weeks to five months old. Owners should bring soft, healthy, tasty treats that their puppies love. A copy of vaccinations appropriate to your dog's or puppy's age must be brought to the first class (such as the rabies vaccine, DHLPP, and bordetella (kennel cough) vaccine).

WHERE: Toby's K-9 Kamp, West Chester	SESSIONS: 6
CRSE# TIME DAY DATE(S) FEE	
PT1181 8:05-9:05 pm Thu 3/22-5/3 \$140	
No class: 4/5	

NOTE: All West Chester, Great Valley, Unionville/Chadds Ford, and OJR district schools are closed April 2-6 for Spring Break. Night School classes scheduled for these school locations will not meet that week. "No class" dates are noted with each listing as a reminder.

ENJOY SPRING BREAK!

science, history and culture

▼ NEW!

Highlight Tour of Washington, DC

Tom Swift, instructor

Want a great way to spend a Saturday in the spring? Looking for something to do with the family? Want your young adult children to gain a better appreciation of our government? If so, travel by luxury coach bus to Washington, DC to become engaged in a highlight tour of our nation's capital. The action-packed day will include a guided tour of the Capitol, visits to the Library of Congress, Supreme Court, Botanical Gardens, Memorials on "The Mall" and a walking tour of the sites with a knowledgeable guide who will tell stories of DC and its landmarks. You will have some free time to explore the Smithsonian Institutes and to have a meal while in the city. Attendees should be able to walk over 2 miles during the length of the day. Wear comfortable shoes! Bring snacks for the bus ride to and from. Bus driver tip included.

REGISTRATION/CANCELLATION DEADLINE:
APRIL 5

WHERE: Depart Stetson M.S. Parking Lot **SESSIONS:** 1

CRSE#	TIME	DAY	DATE(S)
SC1200	8 am-9 pm	Sat	5/12

FEE: \$60 per adult (age 18+), \$45 per child (12+) Please call to register if you are bringing a child.

Discover Mr. Lincoln with Roger Arthur: Bus Trip to Washington, DC

Roger Arthur, Historian, M.A., B.S. Ed., instructor

This one-day bus trip will visit Lincoln's 'Summer Home' at the Soldier's Home in Washington. During this trip historian, Roger Arthur, will relate Lincoln's struggle with the army, slavery and what ultimately became the country's "new birth of freedom" using much of Lincoln's own words and correspondence. Learn how the President moved from saying he had no power or inclination to free slaves in his inaugural address to issuing the Emancipation Proclamation just eighteen months later. Bring \$\$ for a stop for lunch on return home.

REGISTRATION/CANCELLATION DEADLINE:
MARCH 1

WHERE: Depart Patton M.S. Parking Lot **SESSIONS:** 1

CRSE#	TIME	DAY	DATE(S)	FEE
SC1202	7:30 am-5:30 pm	Sat	3/24	\$100

▼ NEW!

1862: The Turning Point -- Civil War Series

Roger Arthur, Historian, M.A., B.S. Ed., instructor

This course follows the second year of the Rebellion from great Union victories to terrible reversals; from saving a slave country to "a new birth of freedom." It follows the emergence of the Lee-Jackson alliance and how they almost won the war. It ends with Lincoln's greatest risk.

WHERE: Peirce M.S.

SESSIONS: 3

CRSE#	TIME	DAY	DATE(S)	FEE
SC1210	7-9 pm	Tue	3/20 - 4/10	\$59

No class: 4/3

Astronomy for the Rest of Us

Peter Kellermann, instructor

Do you have that Christmas telescope that you still haven't figured out? Would you like to impress your friends that you actually know what those little pin points of lights in the sky really are. Would you like to go beyond just pictures in magazines and see the actual thing? This this is the class for you. This is an astronomy class for the pure enjoyment of the sky, no heavy math, no test either! Bring along your telescope or binoculars to see our closest neighbor, the Moon, or far-off galaxies. Dress warmly. Bring a telescope if you have one!

WHERE: Peirce M.S.

SESSIONS: 4

CRSE#	TIME	DAY	DATE(S)	FEE
SC1213	7:30-9 pm	Tue	3/20 - 4/17	\$62

No class: 4/3

▼ NEW!

Special Events Series: 200th Anniversary of the War of 1812

Thomas M. Walsh, Historian, M.Ed., instructor

This special 200th Anniversary one-night course will cover overall causes and events for the War of 1812 together with Chester County's involvement in the War.

WHERE: Henderson H.S.

SESSIONS: 1

CRSE#	TIME	DAY	DATE(S)	FEE
SC1220	7-8:30 pm	Wed	3/21	\$25

▼ **NEW!**

Special Events Series: 150th Anniversary of the Civil War - Chester County's Role

Thomas M. Walsh, Historian, M.Ed., instructor

This special 150th Anniversary course is one of a series that will be offered during the anniversary years. Learn the background events in Chester County, the War in 1861, and events through the first half of 1862

WHERE: Henderson H.S.		SESSIONS: 4		
CRSE#	TIME	DAY	DATE(S)	FEE
SC1222	7-8:30 pm	Wed	4/11 - 5/2	\$69

History of West Chester Part II

Thomas M. Walsh, Historian, M.Ed., instructor

Following in the tradition of the late local historian, Paul Rodebaugh, this is the second in a series to explore the history of West Chester and surrounding areas. It will cover the development of the Borough from 1801 to 1900 and includes an optional field trip. Each History of West Chester course is independent of the other and may be taken in any order.

WHERE: Henderson H.S.		SESSIONS: 7		
CRSE#	TIME	DAY	DATE(S)	FEE
SC1240	7-8:30 pm	Mon	3/19 - 5/7	\$90
No class: 4/2				

2nd Friday Walking Tour of West Chester: Church St. South of the Mansion House

Thomas M. Walsh, Historian, M.Ed., instructor

Join us for a fun evening on South Church and Darlington Streets. We will start at Wollerton Farm where some famous people have slept. See everything from row homes to mansions to corner stores and an industrial complex ... maybe even the "Invisible Man." Rain date Saturday, April 14, 7-9 pm.

WHERE: Sen. Dinnaman's Office.		SESSIONS: 1		
CRSE#	TIME	DAY	DATE(S)	FEE
TT1546	7-9 pm	Fri	4/13	\$25

2nd Friday Walking Tour: West Chester Univ.

Thomas M. Walsh, Historian, M.Ed., instructor

Meet at Asplundh Hall (formerly Philips Memorial Hall) and tour the original WCU campus. We will see everything from a stone farmhouse to contemporary classroom buildings. Get ready for your final exam! Rain date: Saturday, May 12, 7-9 pm.

WHERE: Asplundh Hall, WCU		SESSIONS: 1		
CRSE#	TIME	DAY	DATE(S)	FEE
TT1547	7-9 pm	Fri	5/11	\$25

2nd Friday Walking Tour of West Chester - "The High Street Dinky"

Thomas M. Walsh, Historian, M.Ed., instructor

The High Street trolley won't be running on June 8th, so bring your walking shoes. We will meet at the site of the old trolley barn and go south to Rosedale Avenue (8 blocks each way). If the time permits we will venture toward the northern terminus (Marshall Street). Save your money for ice cream when we are finished.

WHERE: High Street Parking Garage		SESSIONS: 1		
CRSE#	TIME	DAY	DATE(S)	FEE
MTT1548	7-9 pm	Fri	6/8	\$25

▼ **Must Register by Apr. 30**

Historic Tour of Martin's Tavern and Lunch at the Marshalton Inn

Alma Lyng, instructor

Enjoy the historic district of Marshallton with a tour of the remains of Martin's Tavern as it related to the Revolutionary War. We will start with lunch at The Marshalton Inn and proceed to the village Blacksmith Shop where you will see the same forge and wheelwright shop that was used from 1750 until 1950. From there we will go to Martin's Tavern for an explanation of the tavern's role in the Revolutionary War and its importance to Humphry Marshall, world-renowned botanist, whose house is across the street. Fee includes lunch. Menu selections will be sent to you. **REGISTER BY MON.**

APRIL 30TH. There are no refunds or withdrawals; however, you may send a substitute.

WHERE: Marshalton Inn, West Chester		SESSIONS: 1		
CRSE#	TIME	DAY	DATE(S)	FEE
TT1530	12 Noon-2:30 pm	Sat	5/12	\$35

In Stitches: Unraveling Their Stories - Exhibit, Lecture and Tea

Ellen Endslo, Curator, CC Historical Society
Susan Johnstone, Proprietor, The Lincoln Room

Lovers of historic needlework will enjoy this unique one-night lecture at the Chester County Historical Society by curator Ellen Endslo on their exhibit of historic samplers. Class begins at CCHS with a lecture by Collections Curator Ellen Endslo and a tour of the exhibit followed by a short guided walking tour to The Lincoln Room for afternoon tea.

WHERE: Chester County Historical Society		SESSIONS: 1		
CRSE#	TIME	DAY	DATE(S)	FEE
SC1252	2-4:30 pm	Sat	3/31	\$35

science, history and culture

▼ NEW!

Breakfast and Historic Walking Tour of West Chester

Malcolm Johnstone, Lecturer and Local Tour Guide

West Chester has more than 4,200 structures on the National Register of Historic Places. Enjoy breakfast in one of West Chester's most historic buildings followed by a guided walking tour through the streets and alleys of West Chester. Hear about West Chester's Underground Railroad, view buildings designed by famous architects and learn about how West Chester helped Abraham Lincoln become president.

WHERE: The Lincoln Room, West Chester **SESSIONS:** 1

CRSE#	TIME	DAY	DATE(S)	FEE
SC1258	8-11 am	Sat	5/5	\$25

▼ NEW!

Christianity 101: An Overview

Vicar Carmine Pernini, instructor

It is estimated that 2.2 billion people throughout the world follow Christianity. If you would like to know more about the history, appeal, and beliefs associated with this major world religion – or perhaps you were raised in a Catholic or Protestant household and are looking for a “refresher” course – then this class is for you. We will focus our four sessions on discovering what each of the four New Testament Gospels reveals about Jesus' life and teachings. Our discussions will include Christian beliefs concerning prayer, sin, salvation, life and death. Bring your questions and a Bible. If you do not have one, a Bible will be provided.

WHERE: Peirce M.S.

SESSIONS: 4

CRSE#	TIME	DAY	DATE(S)	FEE
SC1260	7-8 pm	Tue	4/10 - 5/8	\$40

No class: 4/24

sports and games

Dog Scootering--An Introduction to Dog-Powered Sports

David Ryan, instructor

Pulling a scooter is the perfect (and fun) way to exercise your medium to large dog. The concepts and commands are the same for pulling a scooter, skier, bicycle or inline skater. The first night of class is without your dog at Owen J. Roberts Middle School where you will learn the basics (NO DOGS). The second session will be held on Saturday, 3/31, in Valley Forge Park's Pawling Farm section, where you will watch the instructor and his dogs demonstrate dog scootering, and you will have the opportunity to harness your own dog to a scooter. This is an excellent way to see how well you and your dog enjoy the sport without buying any equipment.

WHERE: Owen J. Roberts Middle School **SESSIONS:** 2

CRSE#	TIME	DAY	DATE(S)	FEE
RSP003	7-9 pm	Thu	3/29	\$45
	9 am-12 noon	Sat	3/31	

Get Ready for Golf with Bobby/Indoors

*Bobby Bohrer, Head Golf Professional,
Pickering Valley Golf Club, instructor*

A dynamic course designed to teach the fundamentals of golf. Geared toward all levels of skill, this course will improve the low handicap golfer's score while teaching the fundamentals to new golfers and high handicappers. Irons, woods, short game, putting and course management will be covered. Please bring a carpet square and a 7 iron to the first class. Junior golfers, ages 8 and up, are welcome to register with an adult.

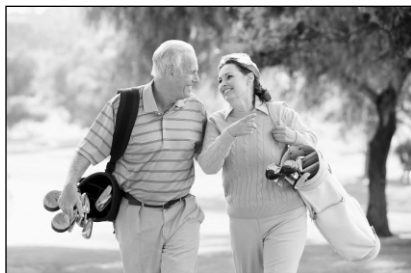
WHERE: E. Coventry Elementary

SESSIONS: 6

CRSE#	TIME	DAY	DATE(S)	FEE
RSP004	7-8 pm	Tue	3/6 - 4/24	\$80

No class: 3/20, 4/3

sports and games



Golf Skills: Short Game

Bobby Bohrer, instructor

This will be a co-ed, soup-to-nuts short game clinic at a major 18-hole golf course's training facility. Chipping, pitching, sand, and lob shots will all be covered in this class. The facility has a beautiful layout for the entire course. Your number one road to a lower score is to improve your game from 50 yards and closer. The club's head professional will address all of your particular issues. Bring your clubs; buckets of balls available for use at \$4 each.

WHERE: Pickering Valley Golf Club	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
RSP005	7:15-8:30 pm	Mon	5/21	\$40

Golf for Beginners - Coed - Outdoors at Pickering Valley

Bobby Bohrer, instructor

Learn to play golf at a beautiful 18-hole course in Great Valley. Learn with a pro the proper stance, grip, and alignment for a beautiful swing, plus short game techniques of chipping, pitching, and putting. If you've never played, this is a great introduction to golf course set-up, the rules of the game, etiquette, cart safety and more. Bring your clubs; buckets of balls available for use at \$4 each.

WHERE: Pickering Valley Golf Club	SESSIONS: 7			
CRSE#	TIME	DAY	DATE(S)	FEE
RSP006	6:15-7:15 pm	Tue	5/8 - 6/19	\$150
RSP006A	7:15-8:15 pm	Tue	5/8 - 6/19	\$150

Golf for Beginners - Ladies Only - Outdoors at Pickering Valley

Bobby Bohrer, instructor

Same description as Coed class above RSP006, but for women only.

WHERE: Pickering Valley Golf Club	SESSIONS: 7			
CRSE#	TIME	DAY	DATE(S)	FEE
RSP007	6:15-7:15 pm	Wed	5/9 - 6/20	\$150
RSP007A	7:15-8:15 pm	Wed	5/9 - 6/20	\$150

Improve Your Golf Game with Pro Bobby at Pickering Valley

Bobby Bohrer, instructor

This class is geared toward improving your existing skills, with a focus on shot selection and the proper way to execute different shots. In addition to stance, grip, alignment and weight balance transfer, we'll practice different shots for different situations and work on improving your overall short game, which is essential for a good golf score. Bring your clubs; buckets of balls available for purchase at \$4 each.

WHERE: Pickering Valley Golf Club	SESSIONS: 7			
CRSE#	TIME	DAY	DATE(S)	FEE
RSP008	6:15-7:15 pm	Thu	5/10 - 6/21	\$150
RSP008A	7:15-8:15 pm	Thu	5/10 - 6/21	\$150

Orienteering: Finding Your Way!

Tom Olds, instructor

Do you enjoy exercising your mind as well as your body? Orienteering combines both mental and physical challenges that will give you a sense of accomplishment like no other sport. It challenges you to read a map, make decisions, plan a route, all while moving through woods, across streams or along scenic trails in the Delaware Valley's most beautiful parks. Whether you are 8 or 80, looking for recreation or competition, going it alone or in a group, orientation is for everyone! Learn about the fundamentals of the sport in the classroom, then take your knowledge into the field on a guided group field trip (Sunday date TBD).

WHERE: Henderson H.S.	SESSIONS: 4			
CRSE#	TIME	DAY	DATE(S)	FEE
SP1301	7-9 pm	Wed	4/11, 4/18, 5/2	\$49
Plus Sunday Field Trip, date TBD				

Appalachian Trail Day Hike

Jay Erb, Experiential Education, instructor

Enjoy this guided hike of moderate intensity on the scenic Appalachian Trail. You'll enjoy panoramic views from Pulpit Rock and the Pinnacle (said by some to be one of the most spectacular views in southeastern PA). Bring your binoculars, a hearty lunch, and water. Wear hiking boots or high topped shoes. Dress comfortably in layers. Does not include transportation to the site. Meet at Warwick County Park (382 County Park Road, Pottstown) for carpooling to our destination site.

WHERE: Meet at Warwick County Park	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
SP1303	9 am-5 pm	Sat	4/14	\$35

sports and games

High Rope Challenge Course

Jay Erb, Experiential Education, instructor

An exciting day of "safe fun" 30' to 70' up in the trees on a "high obstacle course" in Devon. Participants will be on a top rope safety system at all times. Test your "perceived limits" and discover what you can truly accomplish in a safe, supportive environment. Bring a hearty lunch, water, and dress comfortably in layers.

WHERE: Delaware County Christian School **SESSIONS:** 1

CRSE#	TIME	DAY	DATE(S)	FEE
SP1305	9:30-3:30 pm	Sat	5/12	\$70

Tennis, Beginner Outdoors

Ed J. McLorie, instructor

Come learn the basics of forehand, backhand, volley and serve. Drill and play with the idea of gaining knowledge and skills of tennis. Wear sneakers and bring a tennis racket. Balls provided.

WHERE: WC East H.S. Tennis Courts **SESSIONS:** 6

CRSE#	TIME	DAY	DATE(S)	FEE
SP1329	6-6:55 pm	Wed	4/11 - 5/16	\$102

Tennis, Advanced Beginner Outdoors

Ed J. McLorie, instructor

This class is designed for those who have basic tennis skills and who want to delve further into perfecting their forehand, backhand, volley, and serving skills. Wear sneakers and bring a tennis racket. Balls provided.

WHERE: WC East H.S. Tennis Courts **SESSIONS:** 6

CRSE#	TIME	DAY	DATE(S)	FEE
SP1330	7-7:55 pm	Wed	4/11 - 5/16	\$102

Tennis, Intermediate Outdoors

Ed J. McLorie, instructor

This is for players who have some experience or who have taken the Advanced Beginner class. Learn to improve the mechanics of your game, your movement, and your ability to stay in and play out points to produce better results. This class is not for advanced players.

WHERE: WC East H.S. Tennis Courts **SESSIONS:** 6

CRSE#	TIME	DAY	DATE(S)	FEE
SP1328	6-6:55 pm	Thu	4/12 - 5/17	\$102

Tennis Novice

Tony DeFelice, instructor

Come learn the basics -- forehand, backhand, volley, serve -- while you drill and play! Wear sneakers and bring your tennis racket; balls will be provided. This is a beginner class for ages 19 and up.

WHERE: Unionville H.S. Tennis Courts **SESSIONS:** 6

CRSE#	TIME	DAY	DATE(S)	FEE
SP1332	6-6:55 pm	Wed	3/14 - 4/18	\$102

Tennis with Tony: Outdoors Intermediate

Tony DeFelice, instructor

Learn from the #1 Tennis Pro in Philadelphia. For players at level 30 and up who have mastered the basics and want to improve their stroke, footwork and strategy. Instructor will evaluate your game. Wear sneakers and bring a tennis racket; balls will be provided. For ages 18 and up.

WHERE: Unionville H.S. Tennis Courts **SESSIONS:** 6

CRSE#	TIME	DAY	DATE(S)	FEE
SP1333	6-6:55 pm	Fri	3/16 - 4/20	\$102

Tennis Cardio Workout

Tony DeFelice, instructor

Cardio Tennis is a new, fun, group activity, featuring drills to give players of all abilities an ultimate, high-energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If present or new players are looking for a great new way to get in shape and to burn calories, try Cardio Tennis.

WHERE: Unionville H.S. Tennis Courts **SESSIONS:** 6

CRSE#	TIME	DAY	DATE(S)	FEE
SP1334	8-9:30 am	Sun	3/18 - 4/22	\$102

Open Coed Volleyball Night

Instructor TBA

These evenings are designed for beginner/intermediate level players. Level of play is at least a recreational C level. Knowledge of the rules of organized volleyball and a fun attitude are required. Each session will begin with 15 minutes of warm-up, followed by 75 minutes of play. Wear sneakers. Sessions facilitated by qualified instructors.

WHERE: Henderson H.S. **SESSIONS:** 7

CRSE#	TIME	DAY	DATE(S)	FEE
SP1337	7:15-8:45 pm	Wed	3/21 - 5/9	\$75

No class: 4/4

sports and games

Basketball for Men

Len Chylack, instructor

Join us for competitive "hoops" in a FUN environment. Keep fit with an evening of vigorous exercise on the court. Some prior playing experience is required. Bring a dark and white shirt to each class.

WHERE: WC East H.S. Gym			SESSIONS: 8	
CRSE#	TIME	DAY	DATE(S)	FEE
SP1340	7:30-9:30 pm	Mon	3/19-5/14	\$79
No class: 4/2				

WHERE: Henderson H.S.			SESSIONS: 8	
CRSE#	TIME	DAY	DATE(S)	FEE
SP1342	7:30-9:30 pm	Th	3/22-5/17	\$79
No class: 4/5				

Basketball for Women

Dana Hillsinger, instructor



Ladies, it's your turn to "hoop it up" for an evening of fun and vigorous exercise with our new women's basketball program. Bring a dark-colored shirt and light-colored shirt to each class, as teams will be rotated weekly. We'll start promptly at 7:30 pm and scrimmage until 9:30 pm.

Space is limited to 20, so register early.

WHERE: Peirce M.S.			SESSIONS: 7	
CRSE#	TIME	DAY	DATE(S)	FEE
SP1344	7:30-9:30 pm	Tu	3/20-5/15	\$69
No class: 4/3, 4/24				

Bicycle Repair & Maintenance

Gil Torres, West Chester Cycle Club, instructor

Save money and aggravation and keep yourself safe with this comprehensive course on bike repair and maintenance. West Chester Cycle Club member Gil Torres will show you easy and proper ways to extend the life of your bike and its components, how to fix a flat, how to perform simple adjustments on brakes and shifters, how to clean and oil your bike, and more. He'll also provide riding tips and information on bike touring. Optional: you may bring your bike and workstand to both classes.

WHERE: Henderson H.S.			SESSIONS: 2	
CRSE#	TIME	DAY	DATE(S)	FEE
SP1348	6:30-9 pm	Mon	3/19 - 3/26	\$45

Boating Skills and Seamanship

Peter Lacey, U.S. Coast Guard Auxiliary, instructor

Be safe and confident on the water by learning about maneuvering, marlinspike seamanship, navigation, "rules of the water," knots, charts and compass, marine engines, weather, radio-telephone, safe motor boat operation, trailering and much more taught by certified U.S. Coast Guard Auxiliary instructors. If you are thinking about buying a power boat or just want to refresh your boating knowledge, this is the class for you. Tuition includes textbook. For adults and children ages 12+.



WHERE: Henderson H.S.			SESSIONS: 9	
CRSE#	TIME	DAY	DATE(S)	FEE
SP1376	7-9 pm	Mon	3/19 - 5/21	\$85
No class: 4/2				

Sailing Skills and Seamanship

Peter Lacey, U.S. Coast Guard Auxiliary, instructor

This class is for beginning and experienced sailors alike. Covers equipment, nomenclature, maneuvering and navigation, rules of the water and safety, plus topics specific to sailing such as sail handling, sail hardware, fundamentals of rigging, and operating a boat under sail. Textbook provided first night. For adults and children ages 12+.



WHERE: Peirce M.S.			SESSIONS: 9	
CRSE#	TIME	DAY	DATE(S)	FEE
SP1378	7-9 pm	Tue	3/20 - 5/29	\$85
No class: 4/3				

Both BS&S and SS&S are approved by the National Association of State Boating Law Administrators. A U.S. Coast Guard Auxiliary Certificate is presented upon successful completion of course exam. Go to chestercountynightschool.org for more information.

sports and games

Paddlesports America

Peter Lacey, U.S. Coast Guard Auxiliary, instructor

Paddlesports America is a new classroom safety course designed to address the needs of new paddle enthusiasts (canoeists, kayakers). Students will learn about paddle craft characteristics, capacity checks, responsibilities, Aids to Navigation, requirements, and boating emergency procedures. The course is taught by certified instructors of the U. S. Coast Guard Auxiliary. Students will receive a 47 page manual. Upon successful completion of an exam, students will receive a certificate from the U.S.C.G.A.

WHERE: Peirce M.S.	SESSIONS: 3			
CRSE#	TIME	DAY	DATE(S)	FEE
SP1379	7-9 pm	Thu	4/5 - 4/19	\$35

▼ **NEW!**

In-Water Kayaking Instruction

Adam Smith, Great Valley Nature Center, instructor

Join us for a day of kayak instruction for beginners or anyone who may need a refresher. We start our day on dry land learning the basics of kayaking before heading to the Schuylkill Canal for some in-water instruction. We will cover paddling techniques, maneuvering the kayak, and safety on the water. We finish the day with an easy paddle on the Schuylkill River. All equipment and transportation provided.

WHERE: Great Valley Nature Center	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
SP1380	9:30 am-3:30 pm	Wed	4/25	\$50

Sail Course @ Great Valley

Pete Lacey, U.S. Power Squadron, instructor

This sail course was created to serve the needs of the novice and experienced sailor, as well as the non-sailor, for basic skills and knowledge. The course starts with basic sailboat designs and nomenclature, rigging, safety, and sail processes and then tackles the physical aspects of sailing forces and techniques, sail applications, helmsmanship and handling of more difficult sailing conditions, navigation rules, and an introduction to heavy weather sailing. Manual required; \$25 fee payable to instructor first night.

WHERE: Great Valley M.S.	SESSIONS: 8			
CRSE#	TIME	DAY	DATE(S)	FEE
SP1381	7 pm-9 am	Tue	3/20 - 5/15	\$80

No class: 4/3

Piloting/Boat Navigation @ Great Valley

Russ Jones, U.S. Power Squadron, instructor

The Piloting course provides students with information on navigation, covering the basics of coastal and inland navigation. Some of the topics covered will include: navigation using GPS; use of typical GPS displays and the information they provide; charts and their interpretation; navigation aids and how they mark safe water; plotting courses and determining direction and distance; the mariner's compass; and converting between true and magnetic courses and bearings. A \$55 fee for manual, plotting tool, and plotting dividers, is due to instructor first night of class (cash or check).

WHERE: Great Valley M.S.	SESSIONS: 8			
CRSE#	TIME	DAY	DATE(S)	FEE
SP1382	7-9 pm	Tue	3/20 - 5/15	\$80

No class: 4/3

▼ **NEW!**

Marine Communications Systems for Boaters

Gary Armstrong, U.S. Power Squadron, instructor

Marine Radio Communications explains Digital Selective Calling (DSC), Global Maritime Distress and Safety System (GMDSS), Rescue 21, satellite communications, Single Side Band (SSB), Emergency Position Indicating Radio Beacon (EPIRB), radio waves and transmitters, receivers and transceivers, antennas and transmission lines, FCC Rules, Regulations and Frequency Plan, and other communication services such as amateur radio. Manual required; \$25 fee payable to instructor first night.

WHERE: Great Valley M.S.	SESSIONS: 8			
CRSE#	TIME	DAY	DATE(S)	FEE
SP1384	7-9 pm	Tue	3/20 - 5/15	\$80

No class: 4/3

Sassafras River, Maryland Kayaking

Adam Smith, Great Valley Nature Center, instructor

This small river along the Upper Chesapeake Bay is truly a hidden treasure. We'll paddle this calm waterway where kayakers can easily maneuver and search for wildlife. Local wildlife includes bald eagles, osprey, red-tailed hawks and a great blue heron rookery. We'll spend time exploring this area as well as some side streams. This is a good trip for beginners as well as the seasoned paddler. Boats, paddles, life jackets or PFD's, transportation and instruction all provided.

WHERE: Great Valley Nature Center	SESSIONS: 1			
CRSE#	TIME	DAY	DATE(S)	FEE
SP1383	8:30 am-6 pm	Wed	5/2	\$55

Evening Canoe Trip with Dinner

Adam Smith, Great Valley Nature Center, instructor

Looking for a great way to get out in the middle of the week to relax? We paddle down the river as the sun sets, then portage to the canal where we will eat dinner on the outside deck of Fitzwater Station Restaurant. After dinner we paddle along the canal in the twilight to our endpoint. This trip is always a favorite and many guests have come back to celebrate a birthday or anniversary with us. Beginners are highly encouraged to come. Transportation, boats, paddles, life jackets or PFD's and dinner provided. An experienced naturalist/guide will be your host.

WHERE: Great Valley Nature Center	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
SP1386 5-10 pm Tue 5/15 \$60	

▼ **NEW!**

Marsh Creek Moms Kayaking

Adam Smith, Great Valley Nature Center, instructor

Moms, how about a quiet, relaxing getaway on the water? Join us at Marsh Creek as we paddle around the lake, enjoying the wildlife and scenery. Herons, kingfishers, ducks, hawks, and osprey are commonly seen on Marsh Creek Lake. Equipment, guide, and transportation from GVNC provided.

WHERE: Great Valley Nature Center	SESSIONS: 1
CRSE# TIME DAY DATE(S) FEE	
SP1387 9:30 am-2 pm Fri 5/25 \$50	

Flyfishing, An Introduction

Gerry Brunner, instructor

This class is designed to introduce participants to "the quiet sport" of flyfishing. Areas of study will include: choosing the right gear, fishing laws and regulations, casting, fly selection, and where to catch fish. Participants will need to purchase a PA fishing license and necessary basic gear after the first class. Field trip will be Saturday, 4/21, 8 to 12 noon.

WHERE: Peirce M.S.	SESSIONS: 4
CRSE# TIME DAY DATE(S) FEE	
SP1393 7-9 pm Thu 3/22 - 4/19 \$92	
Field Trip: Sat. 4/21	

Who, Me, Juggle? Absolutely!

Randy Lyons, Turks Head Jugglers, instructor

In four fun-filled sessions, you can be on your way to becoming a juggling star -- using anything from peas to grapefruit, and beyond! Randy Lyons, professional juggler and leader of Turks Head Jugglers, will teach you not only the basic three-ball pattern, but also share some more advanced tips and tricks to impress any audience. Bring your own juggling balls or purchase a quality set from the instructor for \$25.

WHERE: Henderson H.S.	SESSIONS: 4
CRSE# TIME DAY DATE(S) FEE	
SP1350 6:30-8 pm Mon 4/9 - 4/30 \$59	

Billiards for Beginners

David Gorgas, West Chester Billiards, instructor

This course is perfect for beginners as well as players needing to improve their technique. Suitable for women and men of all ages. Enrollment is limited to 10, two players to a table. Class is held in a private room at West Chester Billiards, the premier instructional facility in our area. Cues are provided, or bring your own. You'll improve your game while having lots of fun!

WHERE: West Chester Billiards	SESSIONS: 5
CRSE# TIME DAY DATE(S) FEE	
SP1346 7:30-9 pm Wed 3/14 - 4/11 \$112	

trips and tours

Circle New York Sight Seeing Cruise -- Sat. April 21, 2012

Suzanne Weber, Trip Escort

This is a fun trip for all ages! First stop is 42nd Street, where you'll have free time to explore the Intrepid Sea-Air-Space Museum, Madame Tussauds Wax Museum, the Theatre District and Times Square. Our main event, the Circle Line Sightseeing Cruise, is a 3-hour narrated tour around Manhattan, with views of world renowned landmarks including the Statue of Liberty. The ship offers both enclosed and open decks. Afterward, we'll reboard our motorcoach for the South Street Seaport along the East River, with cobbled streets, historic buildings, shops at Pier 17, and lots of restaurant choices for dinner on your own. Cost includes restroom-equipped, climate-controlled motorcoach, transportation and cruise admission ticket. Meals not included. **Cancellation Deadline: Feb. 17, 2012**

DEPARTURE:		RETURN:	
Owen J. Roberts HS Flagpole: 7:45 am		10:15 pm	
Exton Mall Sears Automotive Lot: 8:30 am		9:30 pm	
CRSE#	DAY	DATE	FEE
RTT009	Sat	4/21	\$110

Port Deposit, MD, Riverboat Cruise & Lunch -- Sat. May 19, 2012

Suzanne Weber, Trip Escort

A local guide will join us for the day. We'll tour Port Deposit, a unique waterfront town on the Susquehanna with an interesting history and architecture, and also the site for Exelon's Conowingo Dam hydroelectric power plant. There's good birding at the dam, so bring your binoculars to search for gulls, bald eagles, herons and more. For lunch, we'll feast at the Wellwood Club - all you can eat steamed Maryland blue crabs or Maryland fried chicken. From Havre de Grace, we'll board the Lantern Queen riverboat for a water tour of upper Chesapeake Bay and Susquehanna River. Before heading home, we'll stop at local favorite Bomboy's ice cream and candy shop. Cost includes climate-controlled restroom-equipped motorcoach transportation, local guide service, Wellwood Club lunch, and cruise. **Cancellation Deadline: Mar. 16, 2012**

DEPARTURE:		RETURN:	
Owen J. Roberts HS Flagpole: 7:15 am		8:15 pm	
Exton Mall Sears Automotive Lot: 7:45 am		7:30 pm	
CRSE#	DAY	DATE	FEE
RTT010	Sat	5/19	\$135

TRIPS & TOURS POLICIES



Deadlines for each trip are located in the trip description. No credits will be issued for any reason after the cancellation deadline. Refunds will be issued for any trip cancelled and not rescheduled due to weather conditions or low enrollments.

Noshing in Downtown New York -- Sat. Nov. 3, 2012

Suzanne Weber, Trip Escort

Nosh your way through New York City's downtown! First stop is Chelsea Market, an indoor concourse with specialty shops and famous bakeries. Re-board the motorcoach to Union Square and the city's largest greenmarket. Shop ABC Home & Carpet and Fishs Eddy close by. Last stop SoHo, at the delightful food emporium of Dean and DeLuca. This flagship store is what foodies dream of! Walk a few blocks and you are in Little Italy with its friendly restaurants and Ferrara's Italian Bakery. Turn a corner and you are in Chinatown, teeming with grocery stores, gift shops, and Chinese restaurants. To the east is the Lower East Side with Katz's Deli, Economy Candy, and Russ & Daughters. You may leave packages on the coach as we travel from point to point. Cost includes driver gratuity and climate-controlled restroom-equipped motorcoach transportation.

Cancellation Deadline: Sept. 21, 2012

DEPARTURE:		RETURN:	
Owen J. Roberts HS Flagpole: 8:30 am		9 pm	
Exton Mall Sears Automotive Lot: 9:05 am		8:30 pm	
CRSE#	DAY	DATE	FEE
RTT011	Sat	11/3	\$85

Don't miss these other outings:

Discover Mr. Lincoln/Wash. DC
Sat. Mar. 24 See catalog p. 44

Culinary Institute of America, NY
Sat. April 30 See catalog p. 21

Highlight Tour of Washington DC
Sat. May 12 See catalog p. 44

Historic Tour of Martin's Tavern
Sat. May 12 See catalog p. 45

Spring 2012 Registration Form

CHESTER COUNTY NIGHT SCHOOL

MAIL TO: 222 N. WALNUT ST., SUITE A, WEST CHESTER PA 19380

CALL: 610-692-1964 | FAX: 610-692-7566

REGISTER ONLINE: CHESTERCOUNTYNIGHTSCHOOL.ORG

First Name Middle Initial Last Name

Home Address (please include number and street or box number)

City State Zip

Day Phone Evening Phone

Cell Phone E-mail Address

Course No.	Course Name	Start Date	Tuition
			\$
			\$
			\$
			\$
			\$
* Registration Fee (per person/per semester, non-refundable)			\$ 5.00

TOTAL \$

Check or money order is enclosed, made payable to: **Chester County Night School**. Please provide a separate check or money order for each course, in the event that a selection is sold out.

Charge my: VISA MasterCard American Express Discover

Account Number Expiration Date

Credit Card Billing Address (if different than above)

A Class Receipt including class dates, times and locations will be emailed or mailed to you within 3 business days; if not received within a week, please call 610-692-1964 to confirm your registration. **Refunds will be given only in the event that Chester County Night School cancels a course.** Refunds cannot be issued for classes missed as a result of illness, personal emergencies, or any event beyond our control.

* **CHESTER COUNTY NIGHT SCHOOL** is a nonprofit 501(c)(3) organization. We are independent of the local school districts and must pay rent for school classrooms. As a result, we charge a \$5 registration processing fee to cover these expenses and to keep class fees low. This is a per person, per term fee regardless of the number of classes you take.

THANK YOU FOR YOUR SUPPORT!

Registration for Spring Session 2012 Is Now Open

There's always something **NEW** at Night School, and this Spring 2012 session is no exception! We've got over 50 new courses in this catalog PLUS a fabulous first-time-ever Night School fashion show event on April 28. So make sure you're part of all the fun -- register online or call **610-692-1964** today!



Save the Date!

Saturday, April 28, 2012 ~ 11:30 am to 2 pm

1st Annual West Chester CCNS Fashion Show & Fundraiser

- Location: West Chester Golf & Country Club
Admission: \$35 Festivities include:
- ★ Luncheon
 - ★ Silent Auction
 - ★ Spring Fashions from Nota Bene, OBVI, and more
 - ★ Raffle, cash bar, and fun!

Proceeds benefit the CCNS nonprofit program and the Unite for HER breast cancer organization. Don't miss this great event - register NOW!

CHESTER COUNTY NIGHT SCHOOL

222 N. Walnut St., Suite A
West Chester, PA 19380
(610) 692-1964 phone
(610) 692-7566 fax

Nonprofit Organization
U.S. Postage
PAID

West Chester, PA
Permit No. 60

chestercountynightschool.org

POSTAL CUSTOMER

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