

Fox Chapel Area Adult Education

Winter/Spring 2012 Downloadable Brochure

Classes Have Varying Start Dates

- ❑ Mail-in registration begins immediately. Fill out the class registration and release forms in this brochure or print one from our website (www.fcaae.org).
- ❑ While every effort will be made to adhere to the schedule as listed, an emergency may cause a class to be rescheduled. In that case, the instructor will work closely with the class to determine the best time for a make-up class.
- ❑ The Adult Education Committee reserves the right to cancel any course because of inadequate registration. Notification of cancellation will be given, refund of tuition is guaranteed, and checks will be returned.
- ❑ The Adult Education Committee reserves the right to substitute instructors when necessary.
- ❑ If Fox Chapel Area Schools are closed for snow or emergency reasons, there will be NO Adult Education that night. Classes will be made up at a later date. Please listen to KDKA or call 412-696-1410 after 5 pm and listen to the recorded message to learn whether classes will be held that evening.
- ❑ **Refund Policy:** A full refund will be given only if your course was cancelled or filled when we received your payment. Partial refunds will be given to any student who is unable to attend a course and has notified the Director at least 48 hours prior to the first meeting. There is a \$5 cancellation fee per course for any refund. Registration in a class represents a commitment; advance enrollment determines whether there is adequate interest and funding to hold the class. There will be no refunds for cancellations or withdrawals if the request is not received at least 48 hours prior to the first class.
- ❑ **Resident/Non-Resident Pricing:** Individuals residing outside the school district are welcome to enroll. However, residents receive a discounted price on classes. All classroom space, classroom tools, maintenance services, heating, and so much more are provided free of charge by the Fox Chapel Area School District to this program. Therefore, Fox Chapel Area taxpayers—both residents and business owners—and district employees receive reduced tuition fees.
- ❑ **Need to Register at the Last Minute?** For students who want the flexibility of not pre-registering for classes, FCAAE is pleased to accommodate walk-in registrations as space permits. The additional fee for each student for each walk-in class is the full class fee plus \$5 and will apply to anyone whose official registration form and payment have not been received at least 24 hours before the start of the class. This policy applies to both district and non-district residents. Please note: students joining classes after the start of the term must pay the FULL class fee plus the walk-in fee.
- ❑ **PLEASE NOTE:** Tobacco products are not permitted in district buildings or on the grounds.

One Night Classes (In Date Order)

JEWELRY REPAIR AND REDESIGN 6:30-9 PM
1 night: Wednesday, March 7
Do you have broken jewelry or pieces that are too long, too short, too outdated, or just not right for you? Gather up all these pieces and learn how to repair or redesign them so that when you leave this class, your old pieces will be new again. Beads, clasps, charms and other items will be available for purchase.
Instructor: Kathy Shomo Limit: 15
Fee: \$15 resident/\$20 non-resident
High School Fox Café

INDIAN COOKING 6:30-9 PM
1 night: Monday, March 12
Savor the aroma of rich Indian spices as you learn to prepare simple vegetarian home-cooked meals. The menu for this demonstration class will focus on various foods and dishes from Northern and Southern India.
Instructor: Hamsini Rajgopal Limit: 20
Fee: \$20 resident/\$25 non-resident
Material fee: \$15. New policy for one-night classes ONLY:
Please include this material fee in the same check as your class fee.
High School Cooking Room 201

**HEARTSAVER CPR & AED TRAINING
INCLUDING INFANT AND CHILD TRAINING** 6-10 PM
1 night: Wednesday, March 14
NEW LOCATION! Learn adult, child and infant CPR, foreign body airway obstruction removal and the use of the AED (automated external defibrillator). Upon successful completion of the course, participants will earn a two-year American Heart Association certification.
Instructor: Gordon Fisher, Foxwall EMS Limit: 15
Fee: \$45 resident/\$50 non-resident
Foxwall EMS, Squaw Run Road

**THE GARDEN BELOW:
DESIGNING WITH GROUNDCOVERS** 7-9 PM
1 night: Wednesday, March 21
Careful selection and use of groundcovers can both cut down on maintenance and tie together your garden. Leaving behind the traditional sea of ivy, pachysandra, and myrtle, join us as we explore the incredible array of possibilities now available.
Instructor: Linda Kramer
Limit: 20
Fee: \$15 resident/\$20 non-resident
High School LGI Room

MEDITATION: AN INTRODUCTION 7-8:30 PM
1 night: Tuesday, March 27
Learn a simple technique to help you maintain mental and emotional balance in your life. This introductory class will teach a meditation strategy that can be used anywhere. Bring nothing but yourself!
Instructor: Anjana Vijayvargiya Limit: 25
Fee: \$15 resident/\$20 non-resident
High School Room 238

Questions? Call (412) 696-1410 (direct line) or
email director@fcaae.org or
consult our website: www.fcaae.org

Saturday

WOMEN'S FITNESS/STRENGTH TRAINING 9:30-11 AM
Under the guidance of an exercise professional, learn to use the tools of strength training: fitness machines, your body weight, free weights, and stretch bands. This open gym time allows you to work at your own pace. Part of each class will focus on a targeted set of core exercises; participants are welcome to join this training or continue to exercise on their own.
Also offered Mondays and Wednesdays.
10 weeks (February 11 to April 28). No Class: March 31 / April 7.
Instructor: Donna Morosky Limit: 30
Fee: \$55 resident/\$60 non-resident
High School Fitness Center

FAMILY SWIM 1-3 PM
NEW TIME! Recreational swim for the community. Children MUST be accompanied by an adult who remains in the pool area the entire time. Guests are welcome; the charge is \$5/guest, payable that day. **Note: The pool temperature is set for competitive swimming.**
Also offered Sunday afternoons.
6 weeks (February 11 to March 17).
Supervisor: Denise Speer
High School Pool
Fee: \$45 resident family/\$50 non-resident family

ADULT LAP SWIM 3-4 PM
NEW TIME! Swim laps for exercise, fun, and relaxation. Supervised swim; no instruction provided.
Also offered Sunday afternoon, Monday and Wednesday evenings.
6 weeks (February 11 to March 17).
Supervisor: Denise Speer Limit: 30
Fee: \$30 resident/\$35 non-resident
High School Pool

Sunday

ADULT SWIM LESSONS

12-1 PM

NEW TIME! Beginners to advanced students welcome. Learn breathing, sculling, and competitive stroke techniques; the goal is to relax and learn to enjoy the water.

6 weeks (February 12 to March 18).

Instructor: Maggie Destein Limit: 20

Fee: \$38 resident/\$43 non-resident

High School Pool

FAMILY SWIM

1-3 PM

NEW TIME! Recreational swim for the community. Children **MUST** be accompanied by an adult who remains in the pool area the entire time. Guests are welcome; the charge is \$5/guest, payable that day. **Note: The pool temperature is set for competitive swimming.** Also offered Saturday afternoons.

6 weeks (February 12 to March 18).

Supervisor: Maggie Destein

High School Pool

Fee: \$45 resident family/\$50 non-resident family

ADULT LAP SWIM

3-4 PM

NEW TIME! Swim laps for exercise, fun, and relaxation. Supervised swim; no instruction provided. Also offered Saturday, Monday and Wednesday evenings.

6 weeks (February 12 to March 18).

Supervisor: Maggie Destein Limit: 30

Fee: \$30 resident/\$35 non-resident

High School Pool

Monday

ADULT LAP SWIM

8:15-9:15 PM

Swim laps for exercise, fun, and relaxation. Supervised swim; no instruction provided.

Also offered Saturdays, Sundays and Wednesdays.

8 weeks (February 27 to April 23). No class: April 2.

Supervisor: Maggie Destein/Denise Speer Limit: 30

Fee: \$40 resident/\$45 non-resident

High School Pool

AQUA EXERCISE: CO-ED

7:15-8:15 PM

No swimming skills needed to join this exercise. Develop total body fitness with minimal stress on your joints. Also offered Wednesday evenings. **Please note: The pool temperature is set for competitive swimming.**

8 weeks (February 27 to April 23). No class: April 2.

Instructor: Maggie Destein/Denise Speer Limit: 30

Fee: \$35 resident/\$40 non-resident

High School Pool

ITALIAN: CONTINUED

7-9 PM

Calling all students who have already taken *Italian for Beginners*. This class is designed for you. Continue learning where the beginner class left off. Improve your grammar and vocabulary with an emphasis on everyday conversational skills for travel. Bring Baron's book Learn Italian the Fast and Fun Way.

8 weeks (February 27 to April 23). No class: April 2.

Instructor: Peter D. Marsico Limit: 25

Fee: \$45 resident/\$50 non-resident

High School Room 236

KNITTING

7-9 PM

Learn to knit by completing a simple project. Beginners will learn basic stitches: knit, purl, increase, and decrease. Experienced knitters can start a new project or continue an uncompleted one with supervision.

8 weeks (February 27 to April 23). No Class: April 2.

Instructor: Carol Squires Limit: 15

Fee: \$42 resident/\$47 non-resident

High School Sewing Room 203

THE JOY OF DRAWING

7-9 PM

Do you find yourself doodling while thinking about something else?

Do you wish you could work on your drawing skills in an environment as relaxed as your free form doodles? Join us and review drawing basics and then find the joy of making doodles gone wild and the expressive use of color.

6 weeks (March 12 to April 23). No class: April 2.

Instructor: Jody Shell Limit: 15

Fee: \$30 resident/\$35 non-resident

High School Room 162

WOMEN'S FITNESS/STRENGTH TRAINING

6:30-8 PM

Strength training is the most important exercise for women. It improves bone density, reduces body fat, increases strength, and helps burn calories at rest. Learn to use weight training equipment under the guidance of exercise professionals.

Also offered on Wednesdays and Saturdays.

10 weeks (February 6 to April 23). No class: February 20, April 2.

Instructor: Sue Marinzal Limit: 30

Fee: \$55 resident/\$60 non-resident

High School Fitness Center

YOGA

7:15-8:45 PM

Suitable for all fitness levels. Learn a combination of Kundalini and Hatha Yoga to balance and harmonize mind, body, and spirit while increasing flexibility and strength. Wear comfortable clothing and bring a towel or mat.

Also offered on Thursday evenings.

8 weeks (March 5 to May 7). No Class: April 2 and 9.

Instructor: Diane Prem Limit: 25

Fee: \$42 resident/\$47 non-resident

Hartwood Elementary Gym

ZUMBA FOR BEGINNERS

6:30-7:30 PM

ZUMBA uses a fusion of Latin, International, and Hip-Hop music. Routines feature aerobic/fitness interval training using a combination of fast and slow rhythms to tone and sculpt the body. Participants should bring a water bottle, a towel, and wear supportive athletic shoes.

Also offered Tuesday and Wednesday evenings.

10 weeks (March 5 to May 14).

No class: April 2

Instructor: Jessica Mink

Limit: 35

Fee: \$50 resident/\$55 non-resident

O'Hara Elementary Gymnasium

Tuesday

CLUTTER AND TIME MANAGEMENT

6:30-8:30 PM

For dropouts and flunkouts of other clutter and time management systems. Channel your bursts of energy, enthusiasm, short attention span. Reduce clutter and procrastination, set priorities, meet deadlines, get places on time and do paperwork.

4 weeks (March 6 to March 27).

Instructor: LaDonna Bates Limit: 15

Fee: \$25 resident/\$30 non-resident

High School Room 230

CONVERSATIONAL GERMAN FOR BEGINNERS

7-9 PM

Learn to speak German using everyday vocabulary. Master basic grammar, explore German culture, and develop basic conversational skills for travel and use in social interactions. Beginners and moderately experienced speakers will enjoy this interactive experience.

8 weeks (February 28 to April 24). No Class: April 3.

Instructor: Ulrich Kolbe Limit: 15

Fee: \$40 resident/\$45 non-resident

High School Room 236

DIGITAL PHOTOGRAPHY: POINT AND SHOOT

7-9 PM

Join the digital age. Bring your point and shoot digital camera and learn to use it to its full potential. You will learn tips on taking better photos, new functions of your camera, basic photo editing techniques using free software, and ways to upload, organize and share your photos with family and friends.

4 weeks (March 6 to March 27).

Instructor: Max Kondziolka Limit: 20

Fee: \$30 resident/\$35 non-resident

High School Room 119

Tuesday (continued)

MUAY THAI KICKBOXING AND SELF-DEFENSE 7:30-8:30 PM

For beginners and experienced students. Great for strength training, kickboxing is a total body workout. Learn basic self-defense techniques and the proper techniques and fundamentals of punches, kicks, and ways to use your knees and elbows. Students must bring their own bag gloves.

8 weeks (March 6 to May 1). No class: April 3.

Instructor: Jim Harding Limit: 14

Fee: \$30 resident/\$35 non-resident

Kerr Elementary Gymnasium

PILATES FOR BEGINNERS 6:15-7:15 PM

For students looking to learn the basics of Pilates, those who are just starting an exercise program, or those wanting to work out at a slower pace. The Pilates method focuses on correct alignment, breathing, joint release, and extending range of motion. Exercises work every muscle in the body while focusing on core control—strengthening the deep abdominal and back muscles. Bring a mat, towel and water bottle.

10 weeks (March 6 to May 15). No class: April 3

Instructor: Cara Metallo Limit: 20

Fee: \$50 resident/\$55 non-resident

Fairview Elementary Gym

ZUMBA: BEYOND BEGINNERS 6:15-7:15 PM

Get ready to sweat! For students who have previous Zumba experience or the ability to exercise consistently for one hour. Routines use Latin, International and Hip-Hop music and feature aerobic/fitness moves using traditional and popular dance steps. Isolation and body sculpting with light weights will be part of each class. Bring a water bottle, towel, light weights, and wear athletic shoes. Also offered Thursdays.

10 weeks (March 6 to May 15). No Class: April 3.

Instructor: Cindy Minogue Limit: 30

Fee: \$50 resident/\$55 non-resident

Kerr Elementary Gymnasium

ZUMBA FOR BEGINNERS 7:30-8:30 PM

ZUMBA uses a fusion of Latin, International, and Hip-Hop music. Routines feature aerobic/fitness interval training using a combination of fast and slow rhythms to tone and sculpt the body. Participants should bring a water bottle, a towel, and wear supportive athletic shoes. Also offered Monday and Wednesday evenings.

10 weeks (March 6 to May 15). No class: April 3.

Instructor: Jessica Mink Limit: 35

Fee: \$50 resident/\$55 non-resident

Fairview Elementary Gymnasium

Wednesday

ADULT LAP SWIM 8:15-9:15 PM

Swim laps for exercise, fun, and relaxation. Supervised swim; no instruction provided. Also offered Saturday and Sunday afternoons, as well as Monday evenings.

8 weeks (February 29 to April 25). No Class: April 4.

Supervisor: Maggie Destein/Denise Speer Limit: 30

Fee: \$40 resident/\$45 non-resident

High School Pool

AQUA EXERCISE: CO-ED 7:15-8:15 PM

No swimming skills needed to participate in this exercise. Develop total body fitness with minimal stress on your joints. Also offered Monday evenings. **Please note: The pool temperature is set for competitive swimming.**

8 weeks (February 29 to April 25). No Class: April 4.

Instructor: Maggie Destein/Denise Speer Limit: 30

Fee: \$35 resident/\$40 non-resident

High School Pool

BASKETBALL FOR ADULTS 7:30-9:30 PM

NOTE: The first four weeks, we will use the gym at Dorseyville Middle School; the remaining six weeks of games will be played at the High School gym. Keep fit and exercise.

Join us for weekly pick-up basketball games. Invite your friends to register; all players are welcome.

10 weeks (March 7 to May 16). No class: April 4.

Supervisors: Denis Meinert/Ben Miller Limit: 34

Fee: \$60 resident/\$65 non-resident

DMS/High School Gym

COOKING: HEART HEALTHY DISHES 6:30-9 PM

Join the Pittsburgh Field Club's Executive Chef for a hands-on class where you will make and taste a variety of heart healthy dishes. Learn healthy cooking methods, techniques, and recipes. Enjoy wonderful flavors and presentations using multiple proteins, vegetables and some new starches. Each week will bring new menus; every class will include several courses (soups, salads, entrees, and/or desserts).

5 weeks (February 29 to March 28).

Instructor: Stephen Grottenthaler Limit: 15

Fee: \$35 resident/\$40 non-resident

Material Fee: \$25 (pay first night to instructor)

High School Cooking Room 201

GRAPHIC ARTS: AN INTRODUCTION 7-9 PM

Produce printed materials of your own design—a business card, letterhead, brochure, and poster are just some examples—in a print shop! Learn basic computerized layout and printing techniques using Adobe software (primary emphasis will be on Adobe

Illustrator). Bring a flash drive to class.

6 weeks (February 22 to March 28).

Instructor: Ken Oleksa Limit: 15

Fee: \$36 resident/\$41 non-resident

Material Fee: Will vary for production materials depending on your project.

High School Room 163

WOMEN'S FITNESS/STRENGTH TRAINING 6:30-8 PM

Under the guidance of an exercise professional, learn to use the tools of strength training: fitness machines, your body weight, free weights, and stretch bands. This open gym time allows you to work at your own pace. Part of each class will focus on a targeted set of core exercises; participants are welcome to join this training or continue to exercise on their own.

Also offered Monday evenings and Saturday mornings.

10 weeks (February 8 to April 18). No Class: April 4.

Instructor: Mary Lou Balkey Limit: 30

Fee: \$55 resident/\$60 non-resident

High School Fitness Center

ZUMBA FOR BEGINNERS 6:30-7:30 PM

ZUMBA uses a fusion of Latin, International, and Hip-Hop music. Routines feature aerobic/fitness interval training using a combination of fast and slow rhythms to tone and sculpt the body. Participants should bring a water bottle, a towel, and wear supportive athletic shoes.

Also offered Monday and Tuesday evenings.

8 weeks (March 7 to May 2). No Class: April 4.

Instructor: Jessica Mink Limit: 35

Fee: \$40 resident/\$45 non-resident

O'Hara Elementary Gymnasium

Did you know we post
Sold-Out, Almost Sold-Out, and Cancelled
classes on www.fcaae.org, Twitter and our
Facebook page?

Get our Tweets:

Start a new text to this number: **40404**

Text the following message: **FOLLOW FCAAdultEd**
Press "SEND" and you will receive our Tweets.

"Like" us on Facebook:

Either click on the "Like" icon on our home page of

www.fcaae.org

or go to

<http://www.facebook.com/FoxChapelAreaAdultEducation>

Thursday

BELLY DANCE AEROBICS

7:30-8:30 PM

NEW TIME! This low-impact workout is a fun way to burn calories and tone muscle while dancing to a mix of Arabic and American music. Hip isolations strengthen and tighten the core and glutes; shoulder isolations work the upper body. Wear comfortable clothing with a well-fitted top; you may wish to bring a simple scarf. 8 weeks (March 8 to May 3). No Class: April 5.
Instructor: Kristin Ward Limit: 30
Fee: \$40 resident/\$45 non-resident
Kerr Elementary Gymnasium

HANDS IN CLAY

6:30-9 PM

Try your hand at throwing on the wheel and hand building with clay. Use class as studio time or follow projects directed by the teacher. 8 weeks (March 1 to April 26). No Class: April 5.
Instructor: Jen Armenis Limit: 15
Material Fee (pay first night to instructor): \$25, includes 25-lb. bag of clay, glazes, and use of kiln. Under glazes and extra supplies are available for purchase.
Fee: \$55 resident/\$60 non-resident
High School Room 164

MANDARIN CHINESE: LANGUAGE AND CULTURE 7-8:30 PM

Whether you are interested for travel or business, learning conversational Chinese is surprisingly easy. Class will start with the basics of learning sounds and tones and before long, students will be stringing together sentences and having a complete conversation in Chinese. 8 weeks (March 1 to May 3). No Class: March 29 and April 5.
Instructor: Heather McNaught Limit: 20
Fee: \$32 resident/\$37 non-resident
High School Room 236

PAINTING WITH OILS

7-9:30 PM

Artists of all levels will enjoy the satisfying, productive pastime of painting with oils on stretched canvas. Learn basic color theory, composition, choosing materials, and what it means to "make a picture." A materials list will be provided at the first class. 8 weeks (March 15 to May 10). No Class: April 5.
Instructor: Martha Ball Limit: 15
Fee: \$55 resident/\$60 non-resident
High School Room 162

PILATES FOR BEGINNERS

6:15-7:15 PM

For students looking to learn the basics of Pilates, those who are just starting an exercise program, or those wanting to work out at a slower pace. The Pilates method focuses on correct alignment, breathing, joint release, and extending range of motion. Exercises work every muscle in the body while focusing on core control—

strengthening the deep abdominal and back muscles. Bring a mat, towel and water bottle. 8 weeks (March 1 to April 26). No class: April 5.
Instructor: Cara Metallo Limit: 20
Fee: \$40 resident/\$45 non-resident
Fairview Elementary Gym

YOGA

7:15-8:45 PM

Suitable for all fitness levels. Learn a combination of Kundalini and Hatha Yoga to balance and harmonize mind, body, and spirit while increasing flexibility and strength. Wear comfortable clothing and bring a towel or mat. Suitable for all fitness levels. Wear comfortable clothes and bring a towel or mat. 7 weeks (March 15 to May 3). No Class: April 5.
Instructor: Diane Prem Limit: 25
Fee: \$37 resident/\$42 non-resident
Hartwood Elementary Gym

ZUMBA: BEYOND BEGINNERS

6:15-7:15 PM

Get ready to sweat! For students who have previous Zumba experience or the ability to exercise consistently for one hour. Routines use Latin, International and Hip-Hop music and feature aerobic/fitness moves using traditional and popular dance steps. Isolation and body sculpting with light weights will be part of each class. Bring a water bottle, towel, light weights and wear supportive athletic shoes. 8 weeks (March 8 to May 3). No Class: April 5.
Instructor: Cindy Minogue Limit: 20
Fee: \$40 resident/\$45 non-resident
Kerr Elementary Gymnasium

MAY CHILDREN ATTEND CLASSES?

Family Swim is the only FCAAE class designed for adults with minors. Periodically, our brochure will designate other classes permitting attendance by children of specified ages. However, note that adult registration takes priority—no minor may take a slot that could be filled by an adult. Other conditions:

- Both the Executive Director and the Instructor must pre-approve the registration for any class other than Family Swim. **Please contact the Executive Director directly.**
- To meet the liability requirements of our program, an adult must register, pay for, and attend every session of the class that a minor wishes to attend.

Please note: On the release form, we ask that a minor student be identified by name and that their age be provided. FCAAE reserves the right to refuse entry and to deny a refund to anyone who provides false information on this form.

NEED HELP FINDING YOUR CLASSROOM?

A printable map showing parking and classroom locations at the high school can be found www.fcaae.org

If your high school classroom **begins with the number 200**, it is easiest to park in the upper lot off Field Club Road and enter through the front office doors. Any classroom number **starting with 100**, as well as the Fitness Center, Gym, LGI room, Library and Swimming Pool, can be more easily accessed by parking in the large parking lot behind the high school, closest to the tennis courts, and entering the doors by the statue of the fox (Activities Entrance). The auditorium entrance is also located behind the high school, but it is less convenient for reaching the majority of the classrooms used by FCAAE.