

## FOX CHAPEL AREA ADULT EDUCATION WINTER/SPRING BROCHURE

- ❑ Mail-in registration begins immediately. Download and complete the class registration and release forms from our website ([www.FCAAE.org](http://www.FCAAE.org)).
- ❑ Our website, [www.FCAAE.org](http://www.FCAAE.org), has links that can update you as to any class's time changes, sold-out status, etc. Weather and other updates can be found there, too.
- ❑ While every effort will be made to adhere to the schedule as listed, an emergency may cause a class to be rescheduled. The instructor will then 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. You may consult KDKA or call 412-696-1410 after 5 p.m. for a recorded message or consult our website to learn whether or not 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 to hold the class. Thus there will be no refunds for cancellations or withdrawals if the request is not received at least 48 hours in advance of 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.
- ❑ Please check our website ([www.fcaae.org](http://www.fcaae.org)) for policies regarding students under 18 years of age.

### One Night Classes (In Date Order)

Wednesday, March 10

#### THE GARDENERS' YEAR: A MONTH-BY-

#### MONTH GUIDE TO GARDEN CHORES 7-9 p.m.

Do you wonder when to cut back your Hydrangea? Prune your plants? Start your tomatoes? Come learn important lessons every gardener should know. Topics will include how to plan your garden during the winter, when to buy plants, when/how to divide perennials, the best time to apply fertilizer, and other maintenance topics.

Instructor: Carol Papas Limit: 20

**Fee: \$15 resident/\$20 non-resident**

High School Room 241

Thursday, March 18

#### GETTYSBURG: PICKETT'S CHARGE 7-8:30 p.m.

Join us for an analysis and discussion of Robert E. Lee's attack on the Union center at Gettysburg on July 3, 1863. Was this attack doomed from the beginning or did General Lee's subordinates fail him?

Instructor: Michael Quinn Limit: 20

**Fee: \$15 resident/\$20 non-resident**  
High School Room 230

Tuesday, March 23

#### HOLIDAY BEAD-A-THON 6:30-9 p.m.

Come alone or bring a friend age 10 and over. Using beautiful beads from around the world, spend the evening creating jewelry, beaded watches, eyeglass holders, and more.

**Material fee: depends on project(s) you choose**, starting at \$10 for a pair of sterling silver earrings to \$30 for a beaded watch.

Instructor: Kathy Shomo Limit: 25

**Fee: \$15 resident/\$20 non-resident**  
High School Fox Café

Wednesday, April 14

#### INVITING DEER OUT OF YOUR GARDEN

7-9 p.m.

Does it seem like deer are getting the best of your garden? What makes them zero in on certain plants and leave others completely alone? Join us and learn about successful gardening in deer country.

Instructor: Linda Kramer Limit: 20

**Fee: \$15 resident/\$20 non-resident**

High School Room 241

Thursday, May 6

#### THINKING OUTSIDE THE POT 7-9 p.m.

Say good-bye to the old spike, geranium and vinca. These aren't your grandmother's containers. Join us as we learn new ways to fill the garden pots which will grace your home this summer. Add "wow" to your curb appeal.

Instructor: Jean Bongiovanni Limit: 15

**Fee: \$15 resident/\$20 non-resident**

High School LGI Room

### Saturday

#### WOMEN'S FITNESS 9:30-11 a.m.

Get in shape by exercising with fitness machines under the guidance of exercise professionals. Also offered Monday and Wednesday.

Session A: 6 weeks (February 20 to March 27)

**Fee: \$31 resident/\$36 non-resident**

## Saturday (cont'd)

### WOMEN'S FITNESS (cont'd)

Session B: 7 weeks (April 10 to May 22)

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

Instructor: Donna Morosky  
High School Fitness Center

### FAMILY SWIMMING 2-4 p.m.

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.** 6 weeks (February 6 to March 13).

Supervisor: Denise Speer  
High School Pool

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

### ADULT LAP SWIM 4-5 p.m.

Swim laps for exercise, fun, and relaxation. Supervised swim; no instruction provided. Also offered Sunday, Monday and Wednesday. 6 weeks (February 6 to March 13).

Supervisor: Denise Speer Limit: 40

**Fee: \$26 resident/\$31 non-resident**

High School Pool

## Sunday

### ADULT SWIM LESSONS 1-2 p.m.

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 7 to March 14).

Instructor: Maggie Destein Limit: 20

**Fee: \$32 resident/\$37 non-resident**

High School Pool

### FAMILY SWIMMING 2-4 p.m.

See Saturday description. 6 weeks (February 7 to March 14).

Supervisor: Maggie Destein  
High School Pool

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

### ADULT LAP SWIM 4-5 p.m.

See Saturday description. Also offered Monday and Wednesday evenings. 6 weeks (February 7 to March 14).

Supervisor: Maggie Destein Limit: 40

**Fee: \$26 resident/\$31 non-resident**

High School Pool

## Monday

### ADULT LAP SWIM 8:15-9:15 p.m.

See Saturday description. 10 weeks (February 22 to May 3).

No class: March 29. This class is also offered Wednesday, Saturday and Sunday.

Supervisor: Denise Speer Limit: 40

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

High School Pool

### AQUA EXERCISE: CO-ED 7:15-8:15 p.m.

No swimming skills needed to participate in this exercise.

Develop total body fitness with minimal stress on your joints.

10 weeks (February 22 to May 3). No class: March 29. Also offered Wednesday. **Note: the pool temperature is set**

**for competitive swimming.**

Instructor: Denise Speer Limit: 40

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

High School Pool

### GREEK COOKING 6:30 - 9 p.m.

Learn the secrets of Greek cuisine by exploring the flavors of this region's sun-kissed recipes. This instructor-led demonstration class will feature appetizers, side dishes, entrees and desserts. **Material fee: \$30.** 4 weeks (February 22 to March 15).

Instructor: Aleka Batis Limit: 20

**Fee: \$33 resident/\$38 non-resident**

High School Cooking Room 201

### INDIAN COOKING 7-9 p.m.

Savor the aroma of Indian spices as you learn to prepare vegetarian home-cooked meals. This demonstration class will feature dishes from North and South India. **Material fee: \$30.** 2 weeks (April 5 and 12).

Instructor: Hamsini Rajgopal Limit: 20

**Fee: \$18 resident/\$23 non-resident**

High School Cooking Room 201

### ITALIAN: BEGINNERS 7-9 p.m.

For beginners and students with some background in the language. Learn simple grammar, vocabulary, and everyday conversational skills for travel. Please bring Barron's book

Learn Italian the Fast and Fun Way. 8 weeks (February 22 to April 19). No class: March 29.

Instructor: Peter D. Marsico

Limit: 25

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

High School Room 236

### KNITTING 7-9 p.m.

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 22 to April 19). No class: March 29.

Instructor: Carol Squires

Limit: 15

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

High School Sewing Room 203

### MEDITATION 7-8:30 p.m.

Learn simple techniques to help you maintain mental and emotional balance in your life. This interactive class will teach meditation strategies that can be used anywhere. Bring nothing but yourself! 6 weeks (March 1 to April 12). No class: March 29.

Instructor: Anjana Vijayvargiya

Limit: 25

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

High School Room 238

### WEBSITE DESIGN: THE BASICS 7-9 p.m.

Create a website using WordPress, a free on-line tool. This class is ideal for anyone wanting to build a website for personal, organization or small business use. At the end of the course, students will have a complete website. 3 weeks (March 1 to March 15).

Instructor: Dana Sheehan

Limit: 20

**Fee: \$20 resident/\$25 non-resident**

High School Room 122

### WOMEN'S FITNESS 6:30-8 p.m.

See Saturday description. Also offered on Wednesday and Saturday.

Session A: 6 weeks (February 1 to March 15)

No Class: February 15.

**Fee: \$31 resident/\$36 non-resident**

Session B: 7 weeks (April 5 to May 17)

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

Instructor: Sue Marinzell

High School Fitness Center

## Monday (cont'd)

### ZUMBA 6:30-7:30 p.m.

ZUMBA uses a fusion of Latin and International 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 Wednesday. 9 weeks (March 8 to May 17). No Class: March 29 and May 3. Instructor: Malinda Jones Limit: 20

**Fee: \$30 resident/\$35 non-resident**  
O'Hara Elementary Gymnasium

## Tuesday

### CLUTTER AND TIME MANAGEMENT

6:30-8:30 p.m.  
Channel your bursts of energy and enthusiasm, short attention span, and tendency to do several things at once into your own creative approach. Reduce clutter and procrastination, set priorities, meet deadlines, get places on time, and do paperwork. 4 weeks (March 2 to 23). Instructor: LaDonna Bates Limit: 15

**Fee: \$23 resident/\$28 non-resident**  
High School Room 230

### CONVERSATIONAL GERMAN FOR BEGINNERS

7-9 p.m.  
Learn to speak German! Using everyday vocabulary, we will 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. Please bring Barron's book Learn German the Fast and Fun Way, second edition. 6 weeks (April 6 to May 11).

Instructor: Kimberly Price Limit: 20  
**Fee: \$30 resident/\$35 non-resident**  
High School Room 236

### DANCE: LATIN, RHYTHM, & SWING 7:30-9 p.m.

Calling students age 15 and older. Come by yourself or bring a partner. Beginners and more experienced dancers will enjoy learning a variety of high energy and smooth dances like the salsa, merengue, tango, and swing. 4 weeks (April 20 to May 11).

Instructor: Mary Margaret Zugell Limit: 20  
**Fee: \$20 resident/\$25 non-resident**  
Fairview Elementary Gym

### KICKBOXING FOR BEGINNERS 7-8 p.m.

Great for cardio and strength training, Muay Thai kickboxing is a total body workout. Join us and learn the proper techniques and fundamentals of punches and kicks as well as ways to use your knees and elbows. Students must bring their own bag gloves. 8 weeks (March 2 to May 4). No Class: March 23 and 30.

Instructor: Jim Harding Limit: 14  
**Fee: \$25 resident/\$30 non-resident**  
Kerr Elementary Gymnasium

### PAINTING ON GLASS 7-9 p.m.

Come learn the techniques of painting on glass. Enjoy creating a spring plate using reverse painting techniques. In the second class, we invite you to bring your own glass piece so you can continue to master your new techniques. **Material Fee: \$10.** 2 weeks (March 2 to March 9).

Instructor: Eileen Schmidt Limit: 12  
**Fee: \$18 resident/\$23 non-resident**  
High School Room 224

### PILATES 6:15-7:15 p.m.

This workout will engage your mind and body while building overall strength. Emphasis is placed on breathing, control and alignment to strengthen the body from the inside out. Aids in relaxation, decreased tension, increased flexibility, core stability, and balance. Participants should bring mat, towel and water bottle. 10 weeks (February 23 to May 4). No class: March 30.

Instructor: Cara Metallo Limit: 20  
**Fee: \$38 resident/\$43 non-resident**  
Fairview Elementary Gym

### YOGA 7:15-8:45 p.m.

NOTE: NEW LOCATION AND TIME! 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. 8 weeks (March 16 to May 11). No class: March 30. Also offered on Thursday evening.

Instructor: Diane Prem Limit: 25  
**Fee: \$32 resident/\$37 non-resident**  
Hartwood Elementary Gym

## Wednesday

### ADULT LAP SWIM 8:15-9:15 p.m.

See Monday description. 10 weeks (February 24 to May 5). No class: March 31. Also offered on Monday, Sat and Sun. Supervisor: Denise Speer Limit: 40  
**Fee: \$40 resident/\$45 non-resident**  
High School Pool

### AQUA EXERCISE: CO-ED 7:15-8:15 p.m.

See Monday description. 10 weeks (February 24 to May 5). No class: March 31. Also offered on Monday night. **Please note that the pool temperature is set for competitive swimming.**

Instructor: Denise Speer Limit: 40  
**Fee: \$40 resident/\$45 non-resident**  
High School Pool

### BASKETBALL FOR ADULTS

**(VARIED 8-10 pm and 7:30-9:30 pm- SEE NOTE)**

**NOTE: The first two weeks, we will use the gym at Dorseyville Middle School from 8-10 p.m.; the remaining seven weeks of games will be played at the High School gym from 7:30-9:30 p.m.** Keep fit and exercise. Join us for weekly pick-up basketball games. 9 weeks (March 17 to May 19). No class: March 31.

Supervisors: Eugene Cresta/Denis Meinert Limit: 34  
**Fee: \$48 resident/\$53 non-resident**  
DMS/High School Gym

### BRUSHSTROKES, BORDERS AND BOTANICALS

7-9 p.m.  
Come learn all basic brushstrokes in decorative painting using acrylic paints, blending mediums, and glazes. Experience the magic of double-loading, blending, and shading to create beautiful and simple borders. Our final project will be a botanical on canvas with a border. A materials list will be provided at the first class. 2 weeks (April 7 to 14).

Instructor: Cheryl Deal Limit: 25  
**Fee: \$18 resident/\$23 non-resident**  
High School Room 224

### COOKING: ITALIAN FOOD 6:30-9:30 p.m.

Make and taste a variety of Italian culinary delights: soup, salads, entrees, and desserts. Each week will bring new

menus; every class will include several courses (salads, side dishes, entrees, and/or desserts). **Material Fee: \$35.** 6 weeks (February 10 to March 17).

Instructor: Mike Cynkar Limit: 15

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

High School Cooking Room 201

### WHIMSICAL FLOOR CLOTHS 7-9 p.m.

Come try your hand at creating a one of a kind floor cloth to accent a room in your home or to give as a gift. This class will allow the confident painter as well as the novice the fun of making a functional project. Create floor cloths, table runners, placemats, pet food or highchair mats. **Material Fee: \$25.** 4 weeks (February 3 to 24).

Instructor: Jody Shell

Limit: 15

**Fee: \$23 resident/\$28 non-resident**

High School Room 162

### WOMEN'S FITNESS 6:30-8 p.m.

See Saturday description. Also offered Monday and Saturday.

▪ **Session A:** 6 weeks (February 3 to March 17)

No Class: February 17. **Fee: \$31 resident/\$36 non-resident**

▪ **Session B:** 7 weeks (April 7 to May 19)

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

Instructor: Mary Lou Balkey

High School Fitness Center

### ZUMBA 6:30-7:30 p.m.

**NOTE THE TIME AND LOCATION!** See Monday

description. Participants should bring a water bottle, a towel, and wear supportive athletic shoes. 9 weeks (March 10 to May 19). No Class: March 31 and May 5.

Instructor: Malinda Jones

Limit: 30

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

O'Hara Elementary Gymnasium

## Thursday

### BELLY DANCE AEROBICS 6:15-7:15 p.m.

**NEW LOCATION!** 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, while shoulder isolations work the upper body. Participants should wear comfortable clothing with a well-fitted top and may wish to bring a simple scarf or sash. 8 weeks (March 11 to May 6). No class April 1.

Instructor: Kristin Ward

Limit: 30

**Fee: \$23 resident/\$28 non-resident** Kerr Elementary Gymnasium

### GUITAR 6:30-8:30 p.m.

For beginner and intermediate guitar players age 15 and over. Learn non-classical styles of playing. Set-up, tuning, strumming, picking, chording and scales will be introduced. Lesson will consist of group instruction followed by one-on-one attention. Students **MUST** have own guitar. 8 weeks (February 18 to April 15). No Class: April 1.

Instructor: Allen Bowers

Limit: 15

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

High School Room 241

### HANDS IN CLAY 6:30-9 p.m.

Try your hand at throwing on the wheel and hand building with clay. Use the class as studio time or follow directed projects creating containers for your garden. **Material Fee: \$25 includes 25-lb. bag of clay, glazes, and use of kiln. Under glazes and extra supplies are available for purchase.** 8 weeks (February 25 to April 22). No Class: April 1.

Instructor: Jody Shell

Limit: 15

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

High School Room 164

### PAINTING WITH OILS 7-9:30 p.m.

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 (February 18 to April 15). No Class: April 1.

Instructor: Martha Ball

Limit: 15

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

High School Room 162

### PILATES 6:15-7:15 p.m.

See Tuesday description. Participants should bring mat, towel and water bottle. 10 weeks (February 25 to May 13). No class: March 18 and April 1.

Instructor: Sarah Speer

Limit: 20

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

Fairview Elementary Gym

### PRACTICAL SPANISH FOR BEGINNERS

6:30-8:30 p.m.

This course is intended for students with no previous knowledge of the Spanish language. Join us for a beginning course which emphasizes basic conversation on topics useful for travel and social interactions. Learn useful vocabulary, expressions, correct pronunciation and intonation, and only the grammar and structure that are absolutely necessary for speaking. 8 weeks (February 25 to April 29). No Class: March 25 and April 1.

Instructor: Maria Sanz-Ramirez

Limit: 15

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

High School Room 236

### YOGA 7:15-8:45 p.m.

**NOTE: NEW LOCATION AND TIME!** See Tuesday description. Wear comfortable clothing and bring a towel or mat. 8 weeks (March 18 to May 13). No class: April 1.

Instructor: Diane Prem

Limit: 25

**Fee: \$32 resident/\$37 non-resident**

Hartwood Elementary Gym

## May Children Attend FCAAE Classes?

*Family Swim* is the only FCAAE class designed for adults with minors. And out of respect for other students, adults are not allowed to bring children with them to classes.

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 minor students be identified by name and age. FCAAE reserves the right to refuse entry and to deny a refund to anyone who provides false information.