

## FOX CHAPEL AREA ADULT EDUCATION DOWNLOADABLE BROCHURE FALL 2009

- ❑ Mail-in registration begins immediately. Fill out the class registration and release forms from our website ([www.fcaae.org](http://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 p.m. 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 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 meeting.
- ❑ **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)

### GARDENING FOR FALL INTEREST 7-9 p.m.

Fall is one of the most beautiful times to enjoy your garden. It can be hard to pass up the flowering Rhododendrons and Peonies blooming at the nursery at planting time, but a garden predicated on spring color can be unexciting as the growing season continues. This class will open your eyes to perennials, shrubs and trees whose season of glory is the latter half of the year. 1 night: Tuesday, September 15.  
Instructor: Carol Papas Limit: 20  
**Fee: \$15 resident/\$20 non-resident** HS Room 241

### MARATHON RUNNING 101 7-8:30 p.m.

If you're thinking about running a marathon, join us for this seminar and roundtable discussion. No running experience needed. The instructor will share insights and practical tips from her three marathon experiences and explore what it takes mentally, physically, and emotionally to complete this 26.2 mile endeavor. 1 night: Wednesday, September 23.  
Instructor: Karen DiFiore Limit: 20  
**Fee: \$15 resident/\$20 non-resident** HS Room 238

### SUSTAINABLE GARDENING 7-9 p.m.

Organic practices and conservation measures make a garden more sustainable - and a gardener's life easier! Learn

perennials, trees and shrubs that do not demand special growing conditions or large amounts of time to maintain and which can help you create a more sustainable garden. 1 night: Monday, October 5.

Instructor: Linda Roos Limit: 15  
**Fee: \$15 resident/\$20 non-resident** HS Room 241

### JOHN BROWN: FREEDOM FIGHTER OR TERRORIST? 7-8:30 p.m.

Historians agree that John Brown played a major role in starting the Civil War. His actions prior to the Civil War, as an abolitionist, and the tactics he chose still make him a controversial figure today. Join us for this lecture and discussion as we examine John Brown, his role in history and his 1859 raid on the armory at Harper's Ferry which initiated a slave revolt in Virginia. 1 night: Tuesday, October 20.

Instructor: Michael Quinn Limit: 20  
**Fee: \$15 resident/\$20 non-resident** HS Room 230

### 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. 1 night: Wednesday, November 4.

Instructor: Kathy Shomo Limit: 25  
**Fee: \$15 resident/\$20 non-resident** HS Fox Caf 

## 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: 10 weeks (September 12 to November 21)

No Class: September 19

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

- Session B: 6 weeks (December 5 to January 30)

No Class: December 26, January 2, and 16

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

Instructor: Donna Morosky HS 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: pool temperature by law must be set for competitive swimming.** 6 weeks (October 3 to November 14). No Class: November 7.  
Supervisor: Denise Speer HS 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 (October 3 to November 14). No Class: November 7.  
Supervisor: Denise Speer Limit: 40  
**Fee: \$26 resident/\$31 non-resident** HS Pool

## Sunday

**FAMILY SWIMMING** 2-4 p.m.  
See Saturday description. 6 weeks (October 4 to November 15). No Class: November 8  
Supervisor: Maggie Destein HS 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 (October 4 to November 15). No Class: November 8.  
Supervisor: Maggie Destein Limit: 40  
**Fee: \$26 resident/\$31 non-resident** HS Pool

## Monday

**ADULT LAP SWIM** 8:15-9:15 p.m.  
See Saturday description. 8 weeks (September 14 to November 9). No class: September 28. This class is also offered Wednesday, Saturday and Sunday.  
Supervisor: Denise Speer Limit: 40  
**Fee: \$32 resident/\$37 non-resident** HS 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. 8 weeks (September 14 to November 9). No class: September 28. Also offered Wednesday. **Note: pool temperature by law must be set for competitive swimming.**  
Instructor: Denise Speer Limit: 40  
**Fee: \$32 resident/\$37 non-resident** HS Pool

**GREEK COOKING** 6:30 - 9:30 p.m.  
Learn the secrets of Greek cuisine by exploring the flavors of this region's long tradition of sun-kissed and delectable recipes. Step-by-step instructions will take you on a culinary journey of appetizers, side dishes, meat, seafood and vegetarian meals. **Material fee: \$25.** 4 weeks (October 19 to November 9).  
Instructor: Aleka Batis Limit: 20  
**Fee: \$33 resident/\$38 non-resident** HS Cooking Room 201

**INDIAN COOKING** 7-9 p.m.  
Savor the aroma of rich Indian spices as you learn to prepare simple vegetarian home-cooked meals. Menu will focus on dishes from North and South India. **Material fee: \$30.** 2 weeks (October 5 and 12).  
Instructor: Hamsini Rajgopal Limit: 20  
**Fee: \$18 resident/\$23 non-resident** HS Cooking Room 201

**ITALIAN: BEGINNERS** 7-9 p.m.  
For beginners and those with some background in the language. Simple grammar and vocabulary will be developed with an emphasis on everyday conversational skills for travel. Please bring Barron's book Learn Italian the Fast and Fun Way. 8 weeks (September 14 to November 9). No class: September 28.  
Instructor: Peter D. Marsico Limit: 25  
**Fee: \$40 resident/\$45 non-resident** HS 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 (September 14 to November 9). No class: September 28.  
Instructor: Carol Squires Limit: 15  
**Fee: \$40 resident/\$45 non-resident** HS Sewing Room 203

**MEDITATION** 7-8:30 p.m.  
Learn to meditate using simple techniques that teach you to maintain mental and emotional balance in your life. This interactive class will teach people with various physical abilities meditation strategies that can be used in any environment. Bring nothing but yourself! 6 weeks (September 14 to October 26). No class: September 28.  
Instructor: Anjana Vijayvargiya Limit: 25  
**Fee: \$25 resident/\$30 non-resident** HS Room 238

**SOCIAL NETWORKING: THE BASICS** 7-9 p.m.  
Learn to use popular social media sites for your personal use. We will explore the tools in Facebook, LinkedIn and MySpace; join Twitter and review several Twitter applications; and start as well as update a Wordpress blog. 3 weeks (October 19 to November 2).  
Instructor: Dana Sheehan Limit: 20  
**Fee: \$20 resident/\$25 non-resident** HS Room 122

**WOMEN'S FITNESS** 6:30-8 p.m.  
See Saturday description. Also offered on Wednesday and Saturday.  
• Session A: 10 weeks (September 14 to November 23)  
No Class: September 28  
**Fee: \$50 resident/\$55 non-resident**  
• Session B: 6 weeks (December 7 to January 18)  
No Class: December 28.  
**Fee: \$31 resident/\$36 non-resident**  
Instructor: Sue Marinzell HS Fitness Center

**ZUMBA** 6:30-7:30 p.m.  
**NOTE LOCATION per session!** ZUMBA uses a fusion of Latin and International music to create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Participants should bring a water bottle, a towel, and wear supportive athletic shoes. Also offered on Wednesday evening.

• Session A: 8 weeks (September 14 to November 16). No Class: September 28 and October 12.  
**Fee: \$25 resident/\$30 non-resident**  
Location: O'Hara Elementary GYMNASIUM

(Session B listed on next page)

▪ Session B: 6 weeks (December 7 to January 25). No Class: December 28 and January 18.

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

Location: O'Hara Elementary School COMMONS

Instructor: Malinda Jones

Limit: 20

## 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 (September 15 to October 6).

Instructor: LaDonna Bates

Limit: 15

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

HS Room 230

### DIGITAL PHOTOGRAPHY: POINT AND SHOOT

7-9 p.m.

It's time to join the digital age. Bring your point and shoot digital camera and learn to use it to its full potential. In this class, you will learn new functions of your camera, basic photo editing techniques using free software, and ways to upload, organize and share your photos with friends and family. 3 weeks (September 22 to October 6).

Instructor: Amy Mahle

Limit: 20

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

HS Room 122

### GERMAN FOR BEGINNERS

7-9 p.m.

For beginners and those with some background in the language. Simple grammar and vocabulary will be developed with an emphasis on everyday conversational skills for travel and use in social interactions. Please bring Barron's book Learn German the Fast and Fun Way. 8 weeks (September 22 to November 10).

Instructor: Kimberly Price

Limit: 20

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

HS Room 236

### JEWELRY: LOST WAX SILVER CASTING

7-8:30 p.m.

Are you interested in jewelry making? Join us to make wax models and cast those models into rings and pendants in bronze or sterling silver. **Material fee: \$20 includes wax, bronze and other class supplies.** If a student chooses to use sterling silver, there is an additional fee (approximately \$5 per ring). 6 weeks (September 22 to October 27).

Instructor: Ron Frank

Limit: 15

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

HS Room 160

### 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 (September 22 to November 17). No Class: November 3.

Instructor: Jim Harding

Limit: 14

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

Kerr Elem. Multi-Purpose Room

### PILATES

6:15-7:15 p.m.

This workout will engage your mind and body while building overall strength. Emphasis 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. 8 weeks (September 15 to November 10). No class: November 3.

Instructor: Sarah Speer

Limit: 15

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

Fairview Elementary Gym

### YOGA

7:30-9 p.m.

Suitable for all fitness levels. Learn a combination of Kundalini and Hatha Yoga to balance and harmonize mind, body, and spirit while increasing your flexibility and strength. Wear loose, comfortable clothing and bring a towel or mat. 8 weeks (September 15 to November 10). No class: November 3. Also offered on Thursday evening.

Instructor: Diane Prem

Limit: 25

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

Fairview Elementary Gym

## Wednesday

### ADULT LAP SWIM

8:15-9:15 p.m.

See Monday description. 8 weeks (September 9 to November 4). No class: September 16. Also offered on Monday, Saturday and Sunday.

Supervisor: Denise Speer

Limit: 40

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

HS Pool

### AQUA EXERCISE: CO-ED

7:15-8:15 p.m.

See Monday description. 8 weeks (September 9 to November 4). No class: September 16. Also offered on Monday night. **Please note that the pool temperature is set for competitive swimming.**

Instructor: Denise Speer

Limit: 40

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

HS Pool

### BASKETBALL FOR ADULTS

7:30-9:30 p.m.

Keep fit and exercise. Join us for weekly pick-up basketball games. 10 weeks (September 2 to November 11). No class: September 16.

Supervisors: Eugene Cresta/Denis Meinert

Limit: 34

**Fee: \$52 resident/\$57 non-resident**

HS School Gym

### COOKING: COMFORT FOOD

6:30-9:30 p.m.

Prepare and taste a variety of classic home-cooked dishes using poultry, pork or beef. Each week will bring new menus; every class will include several courses (salads, side dishes and/or desserts). **Material Fee: \$35.** 6 weeks (September 23 to October 28).

Instructor: Mike Cynkar

Limit: 15

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

HS Cooking Room 201

### ITALIAN: CONTINUED

7-9 p.m.

Calling all students who have already taken *Italian for Beginners*. This class will continue where the beginner class ended. Improve your grammar and vocabulary with an emphasis on everyday conversational skills for travel. Bring Barron's book Learn Italian the Fast and Fun Way. 8 weeks (September 23 to November 11).

Instructor: Peter D. Marsico

Limit: 25

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

HS Room 236

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

Artists of all levels will learn the fun of acrylic painting to quickly and easily bring your observations to life. For the first class, bring one large tube of white acrylic paint, one tube of any dark color, a 1" brush and a pad of watercolor paper (16"x20"). A materials list will be provided at the first class. 8 weeks (September 23 to November 11).

Instructor: Kitty Spangler Limit: 15  
**Fee: \$50 resident/\$55 non-resident** HS Room 162

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

See Saturday description. Also offered Monday and Saturday.

- **Session A:** 10 weeks (September 9 to November 18)  
No Class: September 16. **Fee: \$50 resident/\$55 non-resident**
- **Session B:** 6 weeks (December 2 to January 20)  
No Class: December 23 & 30. **Fee: \$31 resident/\$36 non-resident**

Instructor: Mary Lou Balkey HS Fitness Center

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

**NOTE THE TIME AND LOCATION per session!**

See Monday description.

- **Session A:** 8 weeks (September 16 to November 11)  
No Class: October 14.  
**Fee: \$25 resident/\$30 non-resident**  
Location: O'Hara Elementary GYMNASIUM
- **Session B:** 6 weeks (December 2 to January 20)  
No Class: December 23 & 30.  
**Fee: \$20 resident/\$25 non-resident**

Location: O'Hara Elementary School COMMONS  
Instructor: Catherine Brennan Limit: 20

## Thursday

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

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, flexible clothing with a well-fitted top and may wish to bring a simple scarf or sash.

8 weeks (September 10 to November 5). No class: October 22.

Instructor: Kristin Ward Limit: 30  
**Fee: \$23 resident/\$28 non-resident**  
Fairview Elementary Gym

## DIGITAL PHOTOGRAPHY: SLR CAMERAS

7-9 p.m.

It's time to join the digital age. Bring your point and shoot digital camera and learn to use it to its full potential. In this class, you will learn new functions of your camera, basic photo editing techniques using free software and ways to upload, organize and share your photos with friends and family. 3 weeks (September 24 to October 8).

Instructor: Amy Mahle Limit: 20  
**Fee: \$20 resident/\$25 non-resident** HS Room 122

## 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 and tuning, as well as 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.

### Need Help Finding Your Classroom?

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. A map showing classroom locations at the high school can be found on our website ([www.fcaae.org](http://www.fcaae.org)).

Next semester, an advanced class will be offered. 8 weeks (September 24 to November 12).

Instructor: Allen Bowers Limit: 15  
**Fee: \$40 resident/\$45 non-resident** HS 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 (September 24 to November 12).

Instructor: Jody Shell Limit: 15  
**Fee: \$50 resident/\$55 non-resident** HS 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 (September 24 to November 12).

Instructor: Martha Ball Limit: 15  
**Fee: \$50 resident/\$55 non-resident** HS Room 162

## SPANISH: AN INTRODUCTION 7-9 p.m.

In this fun and interactive class, students will learn the basics of grammar and conversational Spanish. Bring 30 Days to Great Spanish by Pilar Munday. 8 weeks (September 24 to November 12).

Instructor: Maria Sanz-Ramirez Limit: 15  
**Fee: \$40 resident/\$45 non-resident** HS Room 236

## YOGA 7:30-9 p.m.

See Tuesday description. 8 weeks (September 17 to November 12). No class: October 22.

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