

High School & Adult Enrichment Courses - Spring 2012

Please check back for updates in class listings.

100. Drivers Education

Mondays & Wednesdays - Feb. 27 - April 25 (No classes April 2 & 4)

(15 classes plus 1 make up class)

7:00 pm-9:00 pm

High School Room 101

Cost:\$110.00

What better way to learn than in a classroom setting for these important life saving lessons. This thirty hour course satisfies the theoretical classroom requirement of most insurance carriers for premium reductions. Please note that in order to apply for a Senior Driver's License, the Department of Education requires 6 hours of practice driving instruction which is not provided with this program. Attendance is mandatory for certification with only one make up date. A \$10.00 fee will be charged for any extra copies of certificates.

Instructor: Bill Dunas is a PA State Licensed and certified Driver Education Instructor.

101. Water Aerobics

Tuesdays & Thursdays - Feb. 21 - April 26 (No classes Apr. 3 & 5)

Total of 18 Classes

8:15pm-9:00pm

High School Pool

Cost: \$90

Feel-good exercise for all fitness levels. Use the resistance of the water to get a great cardio and muscular workout. No swimming skill necessary. Just bring your suit and a smile.

Instructor: Amanda Lessig. Amanda is certified as a Water Aerobics Instructor by the Aquatic Exercise Association and by SCW Fitness. She graduated from Muhlenberg College with a B.A. in Communications and from Roehampton University with an M.A. in Sport and Culture.

102. Men's Basketball

Monday & Wednesday starting Jan. 2 - June 20 (No Games April 2 or 4)

6:30 pm - 8:30pm

High School Gym

Cost: \$100.00 with pay as you go options available

Men ages 35 to 60

Come work out and have fun playing half and full-court pick-up depending on the number present. Limited space is available. Please mail in registration or pay instructor on the first night. Please contact Jack Fazio at LMBBALL@JackFazio.com with your interest.

Instructor: Jack Fazio is a former HVAA President and the coordinator.

103. Boxing Safe with Ron Aurit

Mondays starting January 9 - March 26 (No classes Jan. 16 & Feb. 20)

7:00 pm-8:00 pm

High School Wrestling Room

Cost: \$100.00 for 1 session of (10 weeks) Plus the cost of supplies.

Ages 14 to adult

Please email the instructor for an exact list of what to buy: gloves, mouthpieces and handwraps. Boxing is a sport which has found new recognition in our society. People are looking for a safe boxing program that demands a sense of professionalism with proper instruction. This boxing course offers a complete package of boxing, self-defense, conditioning and confidence. You will be boxing for real without getting hurt. There will be a 2nd advanced course offered when the session is over. If you have any questions regarding this course please contact Ron Aurit at BSF1989@verizon.net

104. Skating Classes at Wintersport - Learning to Skate

All Ages

Cost: \$99.00 for 7 weeks

Times: Please specify which day for lessons.

Saturdays 11:25am - 12:25pm,

Sundays 11:50am - 12:50pm, OR
Wednesdays 4:50pm - 5:50pm.

Dates:

Session IV

Sat- 2/25-4/14- skip Easter- 4/7
Sun- 2/26- 4/15- skip Easter- 4/8
Wed- 2/29-4/11

Session V

Sat- 4/21-6/9- skip Memorial Day Weekend 5/26
Sun- 4/22- 6/10- skip Mem Day 5/27
Wed- 4/18-5/30

Lessons are offered to children and adults. Helmets are required for age 8 and under. Instructors are certified. Participants are on the ice for 1 hour, that is, a half hour with instructor, and a half hour practice. If parents are not themselves registered for lessons, but would like to join their child on the practice half, they can pay an additional \$30 for a parent pass.

105. ZUMBA

Thursday starting February 23 to March 29 (No class April 5) 6 week session

6:30pm - 7:30pm

Murray Avenue Lower Gym

Cost: \$60.00

Do you have the passion for dance, and the desire for a great workout... but not necessarily the time, discover Zumba Fitness!! The latest craze in exercising. You will move every part of your body for a great workout. Join us for an hour, have a blast and you won't realize you are exercising
Instructor: Amy Campbell has a BFA in Dance from Temple University, attained her certification to teach in June 2011, and a Zumba Toning certification since September 2011.