



CSD Adult Evening School



Winter/Spring 2024 Session



ARTS & CRAFTS

Basic Photography (Meets 6 times)

This course will assist you in understanding photography's technical and aesthetic aspects, including: using digital cameras, managing your photos on your computer, composing images and discussing photographs, art, and more. You will also gain insight into the many roles of photography in our world. A DSLR or digital camera with interchangeable lenses is required, and the user's manual is recommended. Please do not use a cell phone for this class. **Minimum of 8 students.**

When: Wednesdays, 1/10 to 2/21 (no class 2/14)

Time: 7:30 to 9 p.m.

Where: Plymouth Whitmarsh High School, C19

Instructor: Jaci Downs

Cost: \$100

Advanced Photography (Meets 6 times)

Delve deeper into digital photography. It is recommended that you have completed the above photography course or have knowledge of manual exposures. A DSLR or digital camera with interchangeable lenses is required, and the user's manual is recommended. Please do not use a cell phone for this class. **Minimum of 6 students.**

When: Wednesdays, 1/10 to 2/21 (no class 2/14)

Time: 6:30 to 7:30 p.m.

Where: Plymouth Whitmarsh High School, C19

Instructor: Jaci Downs

Cost: \$85

Improv Your Life (Meets 3 times)

This class, meant to teach you the art of improvisation, will be low pressure and lots of fun. Whether you're looking to learn more about the hilarious world of improv comedy, improve your public speaking, and creativity, or just have a great time meeting new and interesting characters, this class will be the right choice for you. Join us. It's going to be fun!

When: Thursdays, 1/11/24 to 1/25/24 or 4/4 to 4/18

Time: 6 to 8:30 p.m.

Where: Plymouth Whitmarsh High School, A27

Instructor: Darryl Spencer, improv comedy actor for 9+ years, coach and teacher

Cost: \$100

Charcuterie Boards with a Twist (Meets once)

Do you want to take your boards to the next level? In this hands-on class, you will learn the ins and outs of making a beautiful charcuterie board blending various cheeses, meats, fruits, and vegetables to create beautiful designs with every ingredient. In addition, you'll find ways to create themes for your boards using color and embellishments to fit every occasion. Become that host/hostess that everyone envies. **Minimum 8 students. Maximum of 25 students.**

When: Thursday, 1/18 or Wednesday 2/7

Time: 7 to 8:30 p.m.

Where: Plymouth Whitmarsh High School, Faculty Dining Room

Instructor: Barb Micucci of Barb's Boards

Cost: \$75 (includes cost for materials)/\$38 for Gold Card/Employees

PERSONAL FINANCE

Breaking the Debt Cycle (Meets once)

Are you shackled by the weight of overwhelming debt? Feeling suffocated by never-ending interest rates and mounting bills? It's time to break free and conquer your financial struggles! This empowering course will equip you with the tools, strategies, and mindset shifts that are necessary to obliterate your debt and regain control of your financial future.

When: Tuesday, 1/23

Time: 7 to 8 p.m.

Where: Plymouth Whitmarsh High School, C17

Instructor: Alex Marukos, CFA, CFP

Cost: \$20

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NEW CLASSES!

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Medicare 101 (Meets once)

This course is intended to be educational for any individual who is aging into Medicare and is unsure of what route to take and how to get started. Learn how Medicare works, how to apply for Medicare, and how all the different parts work together. This class really helps people to understand Medicare so they can make a good decision on choosing their health insurance coverage. Each attendee will receive a Medicare booklet explaining everything needed to apply.

When: Wednesday, 4/17

Time: 6 to 7:30 p.m.

Where: Plymouth Whitmarsh High School, D7

Instructor: Staci Jaffe Tosi of Jaffe Insurance Solutions, LLC, specializing in Medicare for over 22 years

Cost: \$20

**Retirement Planning Today (Meets twice)**

Determine the amount of money you need to retire. Create your own goals for a "successful retirement;" eliminate debt and improve cash flow; properly convert your IRA to a Roth IRA; select the retirement plan distribution choice that is right for you; plan your retirement income to preserve a comfortable standard of living; and transfer the risk of potential financial losses before or during retirement. Participants will receive a 250-page workbook for an additional \$30 fee payable by check to the instructor on the first night of class.

When: Thursdays, 2/22 and 2/29

Time: 7 to 9:30 p.m.

Where: Plymouth Whitmarsh High School, C19

Instructor: James McGoldrick, CLU, CASL, ChFC, and James Boyd, CFP

Cost: \$25

Workers' Compensation (Meets once)

If you are hurt on the job and cannot work, how are you going to pay your bills? Who will pay for the medical care that you need? What if your employer refuses to pay your benefits? These and other questions will be answered at this one-night seminar. Topics include eligibility, benefits, litigation, medical care, lump sum settlements, and more. Learn your rights and obligations under Pennsylvania law from an attorney certified as a workers' compensation specialist by the Pennsylvania Bar.

When: Tuesday, 1/23

Time: 7 to 9 p.m.

Where: Plymouth Whitmarsh High School, C10

Instructor: Jim Monaghan, Certified Workers' Compensation Attorney

Cost: \$20

LANGUAGES**Spanish for Beginners - (Meets 15 times)**

This class is for those who might have a basic Spanish foundation and those who want to learn the basic grammar rules. Students will be expected to purchase a textbook (*Easy Spanish: Step-by-Step* by Barbara Bregstein) in advance. **Minimum of 7 students. Maximum of 12 students.**

When: Thursdays, 1/11 to 4/25 (no class 3/28)

Time: 5 to 6 p.m.

Where: Virtual (link will be sent to registered participants 2-3 days before class begins)

Instructor: Laura Kanavy, CHI Certified Spanish Medical Interpreter/ MLSN Spanish Instructor/ Native Spanish speaker

Cost: \$150 (\$75 for Gold Card/Employees)

DANCE**Ballroom Dance (Meets 10 times)**

Learn the basics of waltz, fox trot, swing, and tango in this upbeat and fun class taught to lively music. Bring a partner and enjoy improving your skills on the dance floor!

When: Mondays, 1/8 to 4/1 (no class 1/15, 2/19 or 3/25, class on 3/18 will be in the LGI)

Time: 6 to 7 p.m.

Where: Plymouth Whitmarsh High School, Cafeteria

Instructor: Joe Rossano, associate ballroom dance instructor at Philadelphia's Dance Partners Dance Studio

Cost: \$60 (\$30 for Gold Card/Employees)

Latin Dance (Meets 10 times)

Learn the moves for rumba, cha cha, salsa, and merengue in 10 quick classes. Coming with a partner is highly recommended.

When: Mondays, 1/8 to 4/1 (no class 1/15, 2/19 or 3/25, class on 3/18 will be in the LGI)

Time: 7 to 8 p.m.

Where: Plymouth Whitmarsh High School, Cafeteria

Instructor: Joe Rossano, associate ballroom dance instructor at Philadelphia's Dance Partners Dance Studio

Cost: \$60 (\$30 for Gold Card/Employees)

Line Dance Fusion All Levels (8 or 4 meetings)

If you haven't noticed yet, Line Dance is back, and it's energized! It's varied and inclusive, which means you learn all kinds of dance moves to a huge variety of music. What a cool way to get the physical, mental, and social benefits of solo dancing! Appropriate for all levels, from those new to dance through experienced dancers. Wear comfortable, resilient footwear, and dress in layers/comfortable clothing.

When: Mondays, 1/22 to 3/18 (no class 2/19) and 4/8 to 4/29
Time: 6:45 to 7:45 p.m.
Where: Colonial Elementary School, Cafeteria
Instructor: Lynne Stevens, Masters of Education in Dance
Cost: \$88 for 8-week session or \$44 for 4-week session

West Coast Swing Basics & More (8 or 4 meetings)
From sophisticated to playful, West Coast Swing is a wonderful dance to watch and even more wonderful to do. It is danced to a huge variety of music, which keeps it continually interesting and fun. If you're new to West Coast Swing, check out this creative and addictive partner dance by searching YouTube for "This is West Coast Swing" by Maxence Gross. Partners greatly appreciated but not required.

When: Mondays, 1/22 to 3/18 (no class 2/19) and 4/8 to 4/29
Time: 7:55 to 8:55 p.m.
Where: Colonial Elementary School, Cafeteria
Instructor: Lynne Stevens, Masters of Education in Dance
Cost: \$96 for 8-week session or \$48 for 4-week session

Social Dance 101 (Meets 10 times)
With this class, you'll feel more confident getting out on the dance floor at weddings and any social event with music. Dancing to slow ballads or upbeat tempos, you'll have fun and get moving with easy-to-learn steps. Join with or without a partner.

When: Tuesdays, 1/9 to 3/19 (no class 1/23)
Time: 7 to 8 p.m.
Where: Colonial Middle School, First Floor Commons Area
Instructor: Mary Carpenter, certified instructor through Dance Masters of America, Dance Educators of America, Fred Astaire Dance Studios, and the International Ballroom and Theater Arts
Cost: \$60 (\$30 for Gold Card/Employees)

Social Dance/American Rhythms (Meets 10 times)
This class is designed to get you up and out on the dance floor! You'll learn classic American swing dance, hustle, and freestyle club dancing. The moves will be perfect for dancing to Big Band music, rock, country, or pop. Add a few dips and tricks, and you'll be ready to shine on the dance floor, whatever the music.

When: Tuesdays, 1/9 to 3/19 (no class 1/23)
Time: 8 to 9 p.m.
Where: Colonial Middle School, First Floor Commons Area
Instructor: Mary Carpenter, certified instructor through Dance Masters of America, Dance Educators of America, Fred Astaire Dance Studios and the International Ballroom and Theater Arts
Cost: \$60 (\$30 for Gold Card/Employees)

Did you know you can skip the paper and register online?
Go to www.colonialsd.org/aes (4.37% service fee applied)



CSD Adult Evening School

CSD Adult Evening School Registration Form
Winter/Spring 2024

Course Title <i>(Please include class dates if more than one session is offered for the selected course)</i>	Cost

Make checks payable to "Colonial School District"

Check #: _____ Amount: _____

Gold Card Member? Yes No

CSD Employee? Yes No

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

Please print clearly. Mail or drop off registration to:

Adult Evening School
ATTN: Lori Ferro
Colonial School District
230 Flourtown Road
Plymouth Meeting, PA 19462

Social Dance/Latin Vibes (Meets 10 times)

If you love the vitality and joy of moving to Latin music, this is your class. You'll learn the slow, romantic, and very versatile rumba, the sultry bachata, a little Argentine tango, some flirty cha cha, as well as lively salsa! The class will be a great way to reduce stress, strengthen muscles, and improve posture while enjoying beautiful music. Make new friends while dancing the night away.

When: Wednesdays, 1/10 to 3/13

Time: 7 to 8 p.m.

Where: Colonial Middle School, First Floor Commons Area

Instructor: Mary Carpenter, certified instructor through Dance Masters of America, Dance Educators of America, Fred Astaire Dance Studios and the International Ballroom and Theater Arts

Cost: \$60 (\$30 for Gold Card/Employees)

Wedding Dance Prep (Meets 10 times)

Learn the basic steps and figures of wedding dance styles and how to add the beauty of "dips" and "oversways" to make the first dance with your spouse memorable on your special day. Presentation and performance will help you master your skills. Perfect for those who will be in wedding parties or dancing as parent/child. All are welcome. Get ready to "wow" your wedding guests.

When: Wednesdays, 1/10 to 3/13

Time: 8 to 9 p.m.

Where: Colonial Middle School, First Floor Commons Area

Instructor: Mary Carpenter, certified instructor through Dance Masters of America, Dance Educators of America, Fred Astaire Dance Studios and the International Ballroom and Theater Arts

Cost: \$60 (\$30 for Gold Card/Employees)

EXERCISE**Chair Yoga (7 or 5 meetings)**

This is a gentle form of yoga that is practiced seated on a chair or standing, using a chair for support. It is ideal for those seeking the physical and mental benefits of yoga but may have limited mobility or balance as a result of the aging process, injury, or other medical issues. Expect to experience the many benefits of practice, including stress reduction, increased flexibility and strength, and cultivation of the mind-body connection.

When: Tuesdays, 1/23 to 3/12 (no class 2/27) or 4/2 to 4/30

Time: 6:30 to 7:30 p.m.

Where: Plymouth Whitmarsh High School, A27

Instructor: Sharon Marino of Yoga Home, 200-hour Yoga Teacher Certification

Cost: \$70 for 7 classes, \$50 for 5 classes

**Dance Aerobics**

Dance Aerobics is back with all new routines! The class is a fun-filled, high-energy night of non-stop cardio! Enjoy a variety of music and dance styles including jazz, hip-hop, Latin, disco, and even a little kickboxing incorporated into an aerobic workout. Designed for most fitness levels. Join the party!

When: Mondays

Session 1: 1/8 to 2/26 - no class 1/15 or 2/19 (Meets 6 times)

Session 2: 4/1 to 5/6 (Meets 6 times)

Wednesdays

Session 1: 1/10 to 2/28 (Meets 8 times)

Session 2: 4/3 to 5/8 - no class 4/10 (Meets 5 times)

Mondays and Wednesdays

Session 1: 1/8 to 2/28 - no class 1/15 or 2/19 (Meets 14 times)

Session 2: 4/1 to 5/8 - no class 4/10 (Meets 11 times)

Time: 6 to 7 p.m.

Where: Colonial Middle School, Cafeteria

Instructor: Gail Bingham, ACE-certified instructor of kickboxing and dance aerobics for over 25 years

Cost:

\$35 for 5 classes

\$45 for 6 classes

\$55 for 8 classes

\$75 for 11 classes (\$38 for Gold Card/Employees)

\$95 for 14 classes (\$48 for Gold Card/Employees)

Kickboxing (6 or 5 meetings)

This is a great workout! Men and women will enjoy and benefit from this high-intensity, low-impact cardio and strengthening workout. You will learn the proper technique for the basic punches and kicks and develop easy-to-follow combinations that will leave you feeling confident, powerful, and energized! Wear sneakers, bring a water bottle, and have a towel handy for the sweat!

When: Mondays 1/8 to 2/26 (no class 1/15 or 2/19) or 4/1 to 4/29

Time: 7:10 to 8:10 p.m.

Where: Colonial Middle School, Cafeteria

Instructor: Gail Bingham, ACE-certified instructor of kickboxing and dance aerobics for over 25 years

Cost: \$45 for 6 classes, \$35 for 5 classes

Pilates Mat Basics (Meets 6 times)

Pilates Mat Basics is a total body "strengthening while lengthening" exercise class inspired by Joseph Pilates. Core muscles are strengthened — the abdomen, hips, legs, and shoulders — without adding bulk. Flexibility also increases. This class is ideal for beginners or those wanting to refine

foundational elements. Please bring a yoga/Pilates mat, a 7-9 inch slightly soft core training ball, light hand weights (1-4 lbs), and water. Note: For individuals who can get up and down from the floor easily. **Maximum of 17 students.**

When: Wednesdays, 1/10 to 2/7 and Tuesday, 2/13 (no class 2/21 or 2/28) or Tuesday, 3/5, and Wednesdays, 3/13 to 4/24 (no class 3/27 or 4/10)

Time: 5 to 6 p.m.

Where: Plymouth Whitemarsh High School, D50

Instructor: Kimberly Brock, Twisters Ballet Barre/Pilates Training; 25+ years teaching experience

Cost: \$50

Water Aerobics (10 or 20 meetings)

Water aerobics is a low impact exercise class. This is an excellent class for people who have trouble exercising on land. This class is excellent for toning your muscles and is also a great cardio workout. There is no need to know how to swim to take this class. **Minimum 10 students.**

When: Mondays, 2/26 to 5/6 (no class 3/25) and/or Wednesdays, 2/28 to 5/22 (no class 3/6, 3/27 or 4/10)

Time: 8:15 to 9:15 p.m.

Where: Plymouth Whitemarsh High School, Pool

Instructor: Joanne Dunne

Cost: \$80 for 10 classes (\$40 for Gold Card/employees) or \$160 for 20 classes (\$80 for Gold Card/employees)

Thrive: All Level Vinyasa Yoga with Liz Bradley (6 or 8 meetings)

Vinyasa yoga is a style of yoga that is practiced by linking conscious breath with fluid movement. A number of yoga postures (Asanas) are linked together in a sequence, which flows together a little bit like dance. The breath is controlled and directs the timing and coordination of the movement in flow. This class helps build overall strength and flexibility. Please bring a yoga mat, two yoga blocks, and water. Wear loose, comfortable clothing. Beginners to advanced practitioners welcome. **Maximum 30 participants.**

When: Mondays, 1/8 to 2/26 (no class 1/15 or 2/19) or 3/4 to 4/29 (no class 3/25)

Time: 7 to 8:15 p.m.

Where: Colonial Elementary School, Auditorium

Instructor: Liz Bradley, Registered Yoga Teacher

Cost: \$75 for 6 classes, \$100 for 8 classes

Yoga Basics (Meets 6 or 7 times)

Learn a slower, mindful, flowing practice that helps to improve core strength, posture, balance, and flexibility. The practice helps to soothe the nervous system, reduce stress levels, restore energy, and improve mental focus. Great for beginners or anyone wanting to refine foundational elements. Modifications and hands-on assists are offered to address individual needs and provide relaxing massage. This class includes breathing exercises. Wear loose comfortable clothing, and bring water and a yoga mat to class. Note: For individuals who can get up and down from the floor easily. **Maximum of 17 students.**

When: Mondays, 1/8 to 3/4 (no class 1/15, 2/19 or 2/26) or 3/11 to 4/29 (no class 3/25)

Time: 5:30 to 6:45 p.m.

Where: Plymouth Whitemarsh High School, D50

Instructor: Kimberly Brock, 200-hour Yoga Teacher Certification, 25+ years teaching experience

Cost: \$55 for 6 classes, \$60 for 7 classes

Yoga for Golfers (Meets 8 times)

Yoga can be key to helping you score better and feel better while playing the game of golf. Golf requires flexibility, strength, and focus — all of which can be gained through practicing yoga. Learn how to warm up effectively, get more leverage from your swing, build the strength and flexibility to swing with more ease, and use breath to calm your nerves. Wear comfortable clothing and bring a mat.

When: Mondays, 3/4 to 4/29 (no class 3/25)

Time: 6 to 7 p.m.

Where: Colonial Middle School, Second Floor Commons Area

Instructor: Brian Hanlon of Yoga Home, 200-hour Yoga Teacher Certification

Cost: \$80

Body-Swing Connection - Titleist Performance Institute (Meets once)

Titleist Performance Institute (TPI) is the world's leading educational organization dedicated to the study of how the human body functions in relation to the golf swing. This class will incorporate TPI research to help you to swing a golf club in the most efficient way possible. We will also explore how physical limitations in a player's body can adversely affect the golf swing and potentially lead to injury.

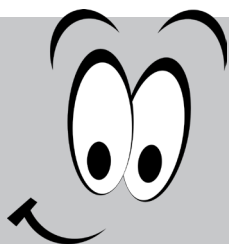
When: Tuesday, 3/5

Time: 6 to 7 p.m.

Where: Plymouth Whitemarsh High School, Library

Instructor: Tyler Sauder, Doctor of Physical Therapy and TPI-Certified

Cost: \$20



BE ON THE LOOKOUT FOR ONLINE UPDATES!

Keep an eye on www.colonialsd.org/aes for the latest information about our classes. New offerings are sometimes added once our brochure has been mailed out, so that is the best way to stay current. You can also sign up for Adult Evening School email alerts. Visit www.colonialsd.org/community/adult-evening-school and look for the "What's New" box. Click the bell icon to receive email notifications when new information is posted.

WELLNESS

Healthy Weight, Healthy Body, Healthy Mind (Meets 4 times)

Whether you want to lose weight or you are just plain frustrated with your eating and exercise habits, this class is for you. As part of this series, you will assess where you are, set weekly goals and action steps, and develop a plan to make changes that last. A workbook will help you meet your weekly goals. Time permitting, we will do a short stretching and breathing exercise in our chairs. **Minimum of 6. Maximum of 15.**

When: Tuesdays, 1/16 to 2/6

Time: 5:30 to 6:45 p.m.

Where: Plymouth Whitmarsh High School, C10

Instructor: Mary Anne Sylvester, Certified Yoga Instructor, M.Ed. in Exercise Physiology and Certified ICF Life Coach

Cost: \$80, plus \$5 for workbook due to instructor first night of class

Mantra Meditation (Meets 4 times)

Learn to meditate effectively, easily and effortlessly in this four-week class:

- Week One: Introduction to basic principles, history, and the importance of your mantra.
- Week Two: Receive personal instruction in your Primordial Sound mantra and learn how to use it.
- Week Three: Learn the practical aspects of meditation, share your experience, ask questions, and practice meditation.
- Week Four: Learn about the higher states of consciousness achieved with regular Mantra Meditation practice.

Meditation is recommended for anyone and everyone. There are so many benefits in so many areas, both mentally and physically, that it has become the most accessible and fastest growing health practice.

When: Tuesdays, 4/2 to 4/23

Time: 6:30 to 8 p.m.

Where: Plymouth Whitmarsh High School, C19

Instructor: Robin Sherman, Certified Transformational Coach, Meditation and Health Instructor

Cost: \$130

Unleash Your Inner Happiness (Meets once)

Change how you look at things and walk in a state of grace where your inner happiness is preserved. This class is for those who want to leave a different kind of legacy - one that inspires future generations to live authentically, love fully, and know how to be happy from the inside out.

When: Thursday, 3/21 or Tuesday, 4/30 (same class offered both nights)

Time: 6:30 to 8 p.m.

Where: Plymouth Whitmarsh High School, C19

Instructor: Robin Sherman, Certified Transformational Coach, Meditation and Health Instructor

Cost: \$25

Reclaim Your Health and Get Your Groove Back (Meets once)

If you are ready for a better life instead of another pill, this is the class for you! Many of us struggle with physical, mental, or emotional health issues that aren't resolved through Western medicine. Learn how you can reveal and heal the root causes of your health issues in a more natural way. You will learn about several powerful natural health modalities that can quickly restore balance to your mind, body, and soul so that you can get your groove back and enjoy radiant health again.

When: Monday, 1/29, Tuesdays 2/27 or 3/12, Thursday, 4/11, or Wednesday 4/17 (same class offered each night)

Time: 6:30 to 8:30 p.m.

Where: Colonial Elementary School, General Meeting Room

Instructor: Renee Lennox, Certified Holistic Health Care Practitioner

Cost: \$25

Self Care: Emotional and Social Wellness (Meets once)

This class will equip participants with daily tools to increase overall emotional and social wellness through sharing of self-care tips and the use of engaging activities and dialogue (using safe space protocols).

When: Tuesdays, 2/6 or 3/5 (same class offered both nights)

Time: 6 to 8 p.m.

Where: Plymouth Whitmarsh High School, C15

Instructor: Gail Plant, Masters of Leadership Development, Women's Entrepreneurial Certificate

Cost: \$30, plus \$10 materials fee due to instructor the first night of class

Tai Chi and Qigong for Wellness (14 meetings)

Tai Chi and Qigong are ancient holistic health systems that unify the practitioner's mind, body, spirit, and emotions by cultivating life energy (Chi or Qi), with synchronized breath and smooth relaxed movements. This mindful movement offering will address Tai Chi's unified health model, by practicing breathing methods, mind focusing, Qi awareness techniques, basic Tai Chi Qigong posturing, balancing, and stepping techniques. Participants will benefit from relaxation, grounding, stagnation release, increased circulation, self awareness, and overall health and healing of the body's diverse systems. Holistic wellness will be progressively assessed, adjusted, and systematically regulated as a result of engaging in this well-balanced program. Wear comfortable clothing.

When: Wednesdays, 1/10 to 5/1 (no class 3/27, 4/10 or 4/17)

Time: 6:15 to 7:15 p.m.

Where: Colonial Elementary School, Cafeteria

Instructor: Hasan Rucker

Cost: \$140 (\$70 for Gold Card/Employees)

CARD GAMES

Canasta for Beginners/Advanced Beginners (Meets 10 times)

Over 10 sessions, you will learn the basics of the card game canasta or improve your game if you already know the basics. Learn the rules, special hands, special canastas, melding, and a brief overview of signaling seven. **Minimum of 4 students. Maximum of 16 students.**

When: Mondays, 1/8 to 4/1 (No class 1/15, 2/19 or 3/25)

Time: 7 to 9 p.m.

Where: Plymouth Whitmarsh High School, Library

Instructor: Hali Freeman

Cost: \$70 (\$35 for Gold Card/Employees)

voice ideas. Write your media pitch and create a media list. This is your chance to gain hands-on experience and get feedback and help from your instructors. (Bring a laptop for this class.)

When: Thursdays, 1/11 to 1/25

Time: 7 to 8:30 p.m.

Where: Plymouth Whitmarsh High School, Library

Instructors: Jenny Troester of Dreamwalker Productions Graphic Design and Illustration Studio, and Edel Howlin of Untapped Communications

Cost: \$100, plus a \$20 fee for a handbook due the first night of class

WORKSHOPS

Graphics 101 and Media Training (Meets three times)

Learn how to promote your business, side hustle, or volunteer efforts through graphic design and media training with two experienced local professionals. Learn how to refresh your business or organization’s look through branding. Help tell the story of your business/side hustle/non-profit organization far and wide by learning how journalists think, how to reach them, and how to write a perfect press release for your business or event. The three classes will focus on the following:

- Graphics 101: Learn how to craft your business branding and differentiate yourself from your competition by establishing visual and message consistency through logo design, color theory, and proper font selection.
- Media Training: Learn about different media needs (radio, TV, print, and online), understand what drives a story, and how to write a perfect media pitch.
- Workshopping: Take some time to workshop your logo, brand, or

Hybrid CPR Course (Meets once in-person, 2 hours of virtual instruction required before in-person class)

The American Heart Association Heartsaver course is for anyone with little or no medical training who needs a course completion card for their job or for anyone who wants to be prepared for an emergency. In order to take this class, participants must complete an online pre-course (a link will be sent to you once the minimum class registration number is met). The pre-course consists of watching videos online from the convenience of your home and answering questions about the curriculum. Once complete, you will receive a certificate that you will be required to bring to an in-person class. The at-home, pre-course portion should take approximately two hours to complete. During the in-person class, you will meet your instructor, review the curriculum, and use manikins to master your skills. Those who finish the class will receive an American Heart Association card.

Basic Life Support certification is available upon request — check with the instructor. **Maximum of 9 students.**

When: Tuesday, 2/20

Time: 6:30 to 8:30 p.m.

Where: Plymouth Whitmarsh High School, Library

Instructor: Jessica DeLuise, PA-C, Physician Assistant for AFC Urgent Care

Cost: \$100

Colonial

SCHOOL DISTRICT

All residents of the Colonial School District who are 65 years of age or older are eligible for membership in the Gold Card program. The Gold Card allows senior citizens free access to one Adult Evening School class per session (except where a discounted Gold Card rate has already been applied) and free admission to regular season home athletic events, concerts, musicals, and other District activities. Please complete this form and send it to ATTN: Gold Card Program, 230 Flourtown Road, Plymouth Meeting, PA 19462. You may also fill out this form online at www.colonialsd.org/goldcard.

Gold Card Application Form

For Residents Ages 65+

First Name: _____

Last Name: _____

Street Address: _____

City: _____

Zip Code: _____

Email: _____

Phone Number: _____

Date of Birth (for verification of age): _____

Colonial

SCHOOL DISTRICT

230 Flourtown Road

Plymouth Meeting, PA 19462

www.colonialsd.org/AES

COMPUTERS

Website Creation Course (Meets twice)

Build your own website from scratch! We will use a template, and discuss the website editor dashboard. You'll learn to change colors, fonts, add images, text, buttons, links, and a menu. Your website will have a content management system that will enable you to share a blog, promote events, display a photo gallery, or have a shop. You'll learn the ways to set your website up so that search engines can understand what's on your website, and marketing strategies to make your business easy to find. No knowledge of code is needed for class, but you must have a laptop (no phones).

The website editor, domain and hosting fee for one year is \$300 - this is due after the first two classes if you'd like to continue building your website (either through additional classes or on your own).

When: Thursdays, 1/11 and 1/18, or 4/4 and 4/11

Time: 6 to 8 p.m.

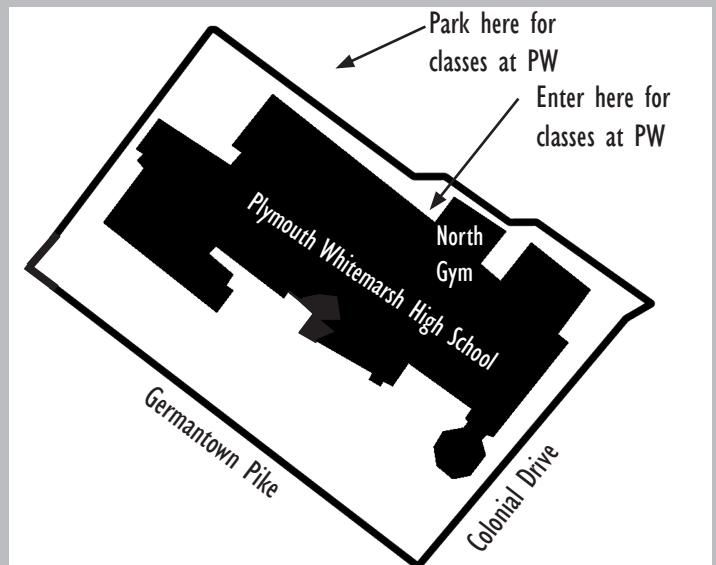
Where: Plymouth Whitemarsh High School, C18

Instructor: Jen Merritt has been building websites since 2003. She supports artists, healers, and small businesses with building presences online. Visit her site at www.ConsciousWebPresence.com

Cost: \$60

REGISTRATION INFORMATION

- Classes are held in Plymouth Whitemarsh High School (201 E. Germantown Pike, Plymouth Meeting), Colonial Elementary School (230 Flourtown Road, Plymouth Meeting), and Colonial Middle School (716 Belvoir Road, Plymouth Meeting). See map at right for information on the entrance to Plymouth Whitemarsh High School.
- Participants will be contacted if a class is cancelled. Registrants providing an email address will receive confirmation the week before classes begin.
- Refunds or transfers will be allowed only if a course has been cancelled or if a participant must miss class due to illness or injury.
- Senior citizens aged 65 or older residing within the Colonial School District and Colonial School District employees may attend one class per session (fall or winter/spring) free or at a reduced rate. Only one free/reduced rate class per session is allowed. **Please note the winter/spring session is considered a single session.**
- A class registration form can be found on page 3.
- Registration can also be done online at www.colonialsd.org/aes. If you register online and are a Gold Card member or employee, please select the class labeled "GC/EMP" to register at no cost or at a discounted rate. When registering online, you may not see classes that appear in the brochure if it is close to or after the date



the class is to begin. If you do not see your class listed and want to register late, please call 610.834.1670, ext. 2119 or 2115. Class pricing will not be pro-rated due to missed classes.

- Cancellations due to inclement weather will be posted on the District website at www.colonialsd.org.

Still have a question? Visit our FAQ section on the website: colonialsd.org/AdultEveningSchoolFAQs