



CSD Adult Evening School



Fall 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 6 students.**

When: Wednesdays, 10/2 to 11/13 (no class 10/30)

Time: 7:30 to 9 p.m.

Where: Plymouth Whitemarsh 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, aperture, and shutter speed. 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 5 students.**

When: Wednesdays, 10/2 to 11/13 (no class 10/30)

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

Where: Plymouth Whitemarsh High School, C19

Instructor: Jaci Downs

Cost: \$85



Improv Your Life (Meets 3 times)

This workshop is designed to provide a fun, enriching experience that will tap into participants' creative sides while also introducing them to the often hilarious world of improv. Participants will experience the power of teamwork and self-expression demonstrated in the games and exercises being played in a supportive atmosphere. As participants depart, they'll most certainly carry with them a sense of joy, relaxation, and eagerness to come back and do it all again.

When: Wednesdays, 10/16 to 10/30

Time: 6 to 8 p.m.

Where: Colonial Middle School, 201

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

Cost: \$60

PERSONAL FINANCE

Medicare 101 (Meets once)

This informative and engaging seminar will help you navigate the complexities of Medicare with ease. The session will cover: Medicare basics, eligibility and enrollment, Medicare costs, Medicare Advantage Plans, supplemental insurance (Medigap), and prescription drug coverage. Staci will guide you through the often confusing world of Medicare. With extensive knowledge and a commitment to helping seniors, you'll receive the support needed to make confident healthcare decisions.

When: Wednesday, 9/18 or 11/13 (same class offered each night)

Time: 6 to 7:30 p.m.

Where: Plymouth Whitemarsh High School, D7

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

Cost: \$20

INDEX

Arts & Crafts.....p. 1	Exercise.....p. 3-5
Personal Finance.....p. 1-2	Wellness.....p. 6
Dance.....p. 2-3	Card Games.....p. 6
Registration Form.....p. 3	Computers.....p. 7
Gold Card Application.....p. 3	Workshops.....p. 7-8

NEW CLASSES!

- ◆ Zumba, p. 4
- ◆ Self Defense, p. 6
- ◆ Feel the Beat, p. 2
- ◆ How to Develop a Grant Proposal, p. 7
- ◆ Functional Yoga for Athletes, p. 5
- ◆ Manage Your Kid's Clutter, p. 7

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: Tuesdays, 10/8 and 10/15

Time: 7 to 9:30 p.m.

Where: Plymouth Whitemarsh 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: Thursday, 9/19

Time: 7 to 9 p.m.

Where: Plymouth Whitemarsh High School, C10

Instructor: Jim Monaghan, Certified Workers' Compensation Attorney

Cost: \$20

DANCE**Ballroom Dance (Meets 9 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, 9/16 to 11/18 (no class 10/21)

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

Where: Plymouth Whitemarsh High School, Cafeteria

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

Cost: \$55

Latin Dance (Meets 9 times)

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

When: Mondays, 9/16 to 11/18 (no class 10/21)

Time: 7:30 to 8:30 p.m.

Where: Plymouth Whitemarsh High School, Cafeteria

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

Cost: \$55

Line Dance Fusion All Levels (8 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. **Minimum of 12 students.**

When: Mondays, 9/23 to 11/11

Time: 6:45 to 7:45 p.m.

Where: Plymouth Whitemarsh High School, LG1

Instructor: Lynne Stevens, Masters of Education in Dance

Cost: \$88

West Coast Swing Basics & More (8 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. Wear comfortable, secure footwear - no heels greater than 1½ inches (chunky).

When: Mondays, 9/23 to 11/11

Time: 7:55 to 8:55 p.m.

Where: Plymouth Whitemarsh High School, LG1

Instructor: Lynne Stevens, Masters of Education in Dance

Cost: \$98

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, 9/10 to 11/12

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)

Feel the Beat (Meets 10 times)

Fun rhythm dances like swing, bachata, hustle, and salsa are all danced in one spot. This makes them perfect dances for nightclubs, business functions, or informal gatherings. Develop your own personal style with fun, easy moving steps! Join with or without partner. Come out and "Feel the Beat."

When: Tuesdays, 9/10 to 11/12

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)

Social Dance 102 (Meets 10 times)

If you have taken Social Dance 101 or have any previous dance experience, you'll love this class. You'll learn all the fundamentals and basics with a little extra flair and style, as well as a few new dances. Join this class and enjoy the benefits of socialization, recreation, and health. Register with or without partner.

When: Wednesdays, 9/11 to 11/13

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, 9/11 to 11/13

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 Basics for Beginners (8 or 4 classes)

This class is designed for students who are new to yoga or new to chair yoga or need a refresher on the basics. Chair Yoga is a gentle form of yoga that is practiced seated on a chair or standing using a chair for support. Chair yoga is ideal for those seeking the physical and mental benefits of yoga and 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 cultivating the mind-body connection.

When: Wednesdays, 9/11 to 10/30 or 11/13 to 12/11 (no class 11/27)

Time: 6 to 6:45 p.m.

Where: Plymouth Whitemarsh High School, Library

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

Cost: \$80 for 8 classes, \$40 for 4 classes

**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 Registration Form

Fall 2024

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

Make checks payable to "Colonial School District"

Gold Card Member? Yes No

CSD Employee? Yes No

Name: _____

Street: _____

City: _____ Zip: _____

Phone: _____ Email: _____

We will not be accepting in-person registrations this year due to construction at Colonial Elementary School. Mail your registration to: Adult Evening School, Colonial School District, 230 Flourtown Road, Plymouth Meeting, PA 19462

Gold Card Application Form (Residents Ages 65+)

Colonial School District residents who are 65 years of age or older are eligible for Gold Cards. 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.

Name: _____

Street: _____

City: _____ Zip Code: _____

Email: _____ Phone Number: _____

Date of Birth (for verification of age): _____

Chair Yoga (8 or 4 classes)

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: Wednesdays, 9/11 to 10/30 or 11/13 to 12/11 (no class 11/27)

Time: 7 to 8 p.m.

Where: Plymouth Whitmarsh High School, Library

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

Cost: \$80 for 8 classes, \$40 for 4 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

Section 1: 9/9 to 10/14 - no class 9/23 (meets 5 times)

Section 2: 10/21 to 11/18 (meets 5 times)

Wednesdays

Section 1: 9/11 to 10/16 (meets 6 times)

Section 2: 10/23 to 11/20 (meets 5 times)

Mondays and Wednesdays

Section 1: 9/9 to 10/16 - no class 9/23 (meets 11 times)

Section 2: 10/21 to 11/20 (meets 10 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

\$70 for 10 classes (\$35 for Gold Card/Employees)

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

**Kickboxing (5 classes)**

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

Section 1: 9/9 to 10/14 (no class 9/23)

Section 2: 10/21 to 11/18

Time: 7:10 to 8 p.m.

Where: Colonial Middle School, Cafeteria

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

Cost: \$35

Zumba (Meets 10 times)

Join in on a full blown cardio workout. Zumba focuses on using classic aerobics while adding a Latin flare. Moving and shaking while working out to Latin classics and today's hits.

When: Thursdays, 9/12 to 12/5 (no class 10/3, 10/17 or 11/28)

Time: 7 to 8 p.m.

Where: Colonial Elementary School, Gym

Instructor: Alexandra Peterkin

Cost: \$135 (\$65 for Gold Card/Employees)

Pilates Mat Basics (Meets 9 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 (except where noted): 10/2, 10/9, 10/16, 10/23, 10/29 (Tuesday), 11/6, 11/13, 11/20, and 11/26 (Tuesday)

Time: 5 to 6 p.m.

**BE ON THE LOOKOUT FOR ONLINE UPDATES!**

Sometimes new classes are added after this brochure has been mailed out, so be aware that we post updates online. There are several ways you can stay current. You can sign up for Adult Evening School email alerts by visiting www.colonialsd.org/community/adult-evening-school and looking for the "What's New" box. Click the bell icon to receive email notifications when new information is posted. You can also download the Colonial School District app for free from the App Store or Google Play. Opt in to receive push notifications by selecting the Adult Evening School Reminder List under "Notifications." You can also follow Colonial School District on Facebook and Instagram, or just make it a habit to visit our webstore periodically at www.colonialsd.org/aes.

Where: Plymouth Whitemarsh High School, D50

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

Cost: \$75

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, 9/9 to 11/11 and/or Wednesdays, 9/11 to 11/13

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)

Yoga Basics (Meets 9 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, 9/30 to 11/25

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: \$85

Blossom with Cheryl Ann (Gentle Yoga) (Meets 10 times)

Blossom from within! Gain strength, flexibility, relieve stress, and find inner peace through this class. Cheryl Ann teaches lighthearted, gentle yoga. Beginners are welcome. Wear comfortable clothing, and bring your own yoga mat, and a bottle of water (blocks optional).

When: Mondays, 9/23 to 11/25

Time: 5 to 6 p.m.

Where: Plymouth Whitemarsh High School, North Gym

Instructor: Cheryl Ann Ratoskey, 500 Registered Yoga Teacher/Advanced Teacher of Therapeutic Yoga

Cost: \$100 (\$50 for Gold Card/Employees)

Yoga Home Gentle Yoga (Meets 6 times)

Participants will practice slow, easy movement, and breathing for a closer connection with themselves and the world around them. The focus of this class is stress release and gentle stretching. Appropriate for students of

all levels and ages, the lessons will include a mix of seated and standing poses. This is a mat-based class and best for those who can transition to the floor without support.

When: Tuesdays, 9/10 to 10/15

Time: 6 to 7 p.m.

Where: Plymouth Whitemarsh High School, A27

Instructor: Kris Samuel, 200-hour Certified Yoga Instructor

Cost: \$60

Functional Yoga for Athletes (Meets 4 times)

Have you desired to continue to be able to play sports or enjoy other athletic endeavors throughout your adult life? Come learn with Brian Hanlon how to start a daily routine for physical and mental clarity, learn to access "The Zone" for peak performance, and keep your body limber and strong as you age. Each week participants will learn different movements which are all designed to address functional mobility, breathing, and mindfulness. This course will enable you to learn and practice these approaches to life to keep you more focused, grounded, and energized — especially while playing the sports you love. Please bring a yoga mat.

When: Mondays, 11/11 to 12/2

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: \$40

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, 9/9 to 11/4 (no class 9/23)

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, 11/12

Time: 6 to 7 p.m.

Where: Plymouth Whitemarsh High School, Library

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

Cost: \$20

WELLNESS**Tai Chi and Qigong 1: Foundations for Wellness (10 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 of this program 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.

When: Wednesdays, 9/18 to 12/4 (no class 10/30 or 11/27)

Time: 6 to 7 p.m.

Where: Plymouth Whitemarsh High School, Cafeteria

Instructor: Hasan Rucker

Cost: \$130 (\$65 for Gold Card/Employees)

Tai Chi and Qigong 2: Form and Flow (10 meetings)

This class is a continuation of the principles and foundations of balance, movement, relaxation, and flow learned from Tai Chi and Qigong 1 (see above). Students will be guided into higher levels of movement complexity, stylized postures, meditation, relaxation, grounding, and Qi energy awareness. Practitioners will also explore learning elements of the Yang style 24 Tai chi chuan routine. Completion of Tai Chi and Qigong 1 is a pre-requisite.

When: Wednesdays, 9/18 to 12/4 (no class 10/30 or 11/27)

Time: 7 to 8 p.m.

Where: Plymouth Whitemarsh High School, Cafeteria

Instructor: Hasan Rucker

Cost: \$130 (\$65 for Gold Card/Employees)

Create Your Own Self Defense

Self-defense is more than punches and kicks. This class takes a holistic approach to self-defense that includes preventive planning, situational awareness, and harm reduction. We will combine discussion, practice, and collaboration so that you can create your own defensive techniques best suited for your capabilities. The goal is to learn how to teach yourself defense, so that you can craft your own safety plan. No fitness or martial arts experience is required. Everyday attire is recommended to simulate a real-life experience.



When: Wednesday, 9/11

Time: 6:30 to 8:30 pm

Where: Plymouth Whitemarsh High School, C17

Instructor: Emily Dolan is a long-time resident of Conshohocken with a black belt in taekwondo and years of experience training in aikido and MMA. She is passionate about educating others, and empowering them to harness their innate strength.

Cost: \$35

The Joy of Self Care (Meets once)

This course is designed to equip participants with daily tools to embrace self care and overall personal wellness. Participants will leave the course with the ability to recognize their value, exhibit their value, and be empowered to see the value in others.

When: Tuesday, 9/17 or 9/24 (Same content offered each night)

Time: 6:30 to 8 p.m.

Where: Plymouth Whitemarsh High School, C15

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

Cost: \$35, plus \$10 materials fee due to instructor the first night of class

CARD GAMES**Canasta for 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, 9/16 to 11/18

Time: 7 to 9 p.m.

Where: Plymouth Whitemarsh High School, Library

Instructor: Hali Freeman

Cost: \$70 (\$35 for Gold Card members)

Canasta Strategy (Meets 5 times)

This class is for people who want to up their canasta game and learn how to easily count cards. Players will have more in-depth conversation about signaling seven, special hands, when to hold your cards, and when to play your cards. Participants must have a complete understanding of all rules in canasta in order to take this class. Intermediate and experienced players only.

When: Mondays, 10/21 to 11/18

Time: 7 to 9 p.m.

Where: Plymouth Whitemarsh High School, Library

Instructor: Hali Freeman

Cost: \$35



Have an idea for a class? Email or call us to share: jlester@colonialsd.org or 610.834.1670, ext. 2115

COMPUTERS

Website Design 101: What to Know Before You Build (5 classes)

Have you been considering building a website or redesigning the one you currently have? Learn from an experienced website designer about what goes into building/redesigning a website before hiring someone to do the job. In the first class, come prepared to discuss your website goals, target audience, and key features and content. Then group up with others to discuss logos, colors, fonts, and websites that you like and don't like. Learn about what's needed to update and maintain a website and collaborate with classmates. You'll leave with a better understanding of how to set yourself up for website success once you decide to build — whether it's by hiring a professional or doing it yourself. An initial consultation with the instructor about your needs is recommended prior to the start of classes. Participants should have a basic understanding of browsers, commonly used software applications, an active email address, and a laptop.

When: Wednesdays, 10/23 to 12/4 (no class on 10/30 or 11/27)

Time: 6 to 7:30 p.m.

Where: Plymouth Whitmarsh 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: \$150

DIY Website

In this three-part course, web designer Jennifer Merritt will walk you through the steps of building a website from scratch. Take all three parts, or just one or two. Participants should have a basic understanding of browsers, commonly used software applications, an active email address, a laptop, and be able to resize and crop photos.

- Part 1 (Meets twice) — Developing your Website's Brand: Gathering and organizing content before building your website is essential to maintaining a consistent and effective message. Develop your brand and prepare your content and decide on essential branding elements such as logos, colors, and fonts.
- Part 2 (Meets four times) — Build Your Website: This class is perfect for DIYers, small business owners, and anyone looking to create a portfolio or blog. You'll build a website in a supportive group setting, learning the essentials of web design and navigation through a user-friendly website editor.
- Part 3 (Meets twice) — Search Engine Optimization (SEO) for Small Businesses: Learn key concepts in local SEO, traditional SEO, and image SEO and gain practical skills in setting up your website for long-term growth. Develop a deeper understanding of how search engines find websites, and advance quickly with the resources and check-lists while planning your SEO strategy.

When: Tuesdays, 9/10 and 9/17 (Part 1), 9/24 to 10/15 (Part 2) and/or 10/22 and 10/29 (Part 3)

Time: 6 to 8 p.m.

Where: Plymouth Whitmarsh 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 for Part 1 or 3; \$120 for Part 2, or take all three for \$240

WORKSHOPS

Manage Your Kid's Clutter (Meets once)

If your kid's clutter (and nagging them to pick it up) has you frustrated and fed up, this class is for you! Join us to learn how to have the clean and organized home you've always wanted without having to do it all yourself! An added bonus: When kids learn how to do chores their learning improves and the whole family scores.

When: Tuesdays, 9/10, 10/8, or 11/12 (same class offered each night)

Time: 7 to 8:30 pm

Where: Plymouth Whitmarsh High School, C12

Instructor: Farnaz Dar

Cost: \$35

How to Develop a Grant Proposal (Meets 3 times)

Interested in getting a grant for a special project or start-up? Do you need to write grant proposals for work? This workshop introduces participants to the basic skills of finding "good-fit" funding, and developing key elements for a persuasive proposal including a Needs Statement, Program Description (Logic Model), Budget and Budget Narrative, Evaluation Plan, and Sustainability Plan. Participants will take away one "boiler plate" proposal that can be adapted for various application formats, and also develop skills in grant seeking and in telling funders what they need to know. Feedback from the instructor will be provided to strengthen draft proposals.

When: Tuesdays, 10/1, 10/22, and 11/19

Time: 6 to 8 p.m.

Where: Plymouth Whitmarsh High School, C12

Instructor: Jill Sinha

Cost: \$275

Graphics 101 and Media Training (Meets two times)

Whether you are starting a business, already have a side hustle, or are a long-time entrepreneur, this class will help you refresh your look or get branding started. We'll also help you publicize your business/side hustle by learning how to write a perfect pitch and how to get the attention of journalists. This class will meet twice, with the first meeting focused on developing your brand (visual and voice); learning about logos; learning how media works; researching brands and media; and finding software to help with your brand and media. The second meeting will focus on workshopping your logo, brand, or voice ideas, as well as crafting your media pitch and creating a media list. Bring a laptop for this class.

When: Thursdays, 9/19 and 9/26

Time: 6:30 to 8 p.m.

Where: Plymouth Whitmarsh High School, A27

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

See back page for additional workshop

Colonial

SCHOOL DISTRICT

230 Flourtown Road
Plymouth Meeting, PA 19462
www.colonialsd.org/AES

Non-Profit Org.
U.S. Postage
PAID
Reading, PA
Permit #4528

Continued from Workshops listed on page 7

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. **Minimum of 4 students. Maximum of 9 students.**

When: Thursday, 9/26

Time: 5:30 to 7:30 p.m.

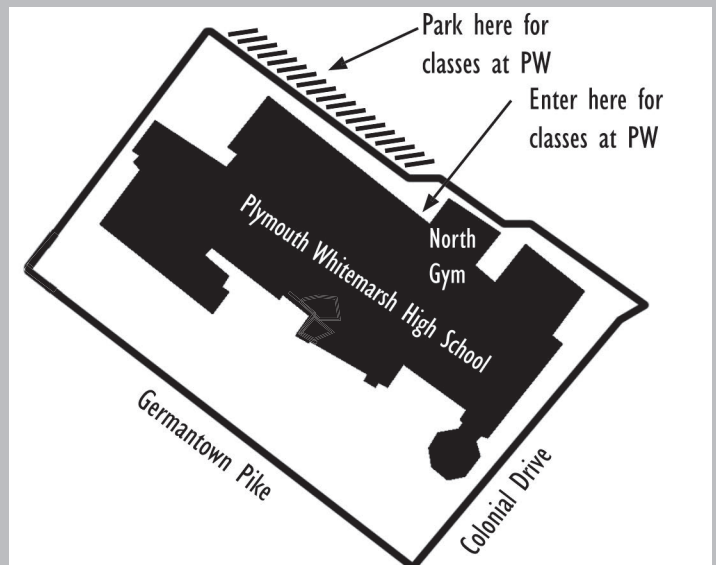
Where: Plymouth Whitmarsh High School, Library

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

Cost: \$120

REGISTRATION INFORMATION

- Classes are held in Plymouth Whitmarsh 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 Whitmarsh High School.
- Participants will be contacted if a class is cancelled. Registrants providing an email address will receive confirmation 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