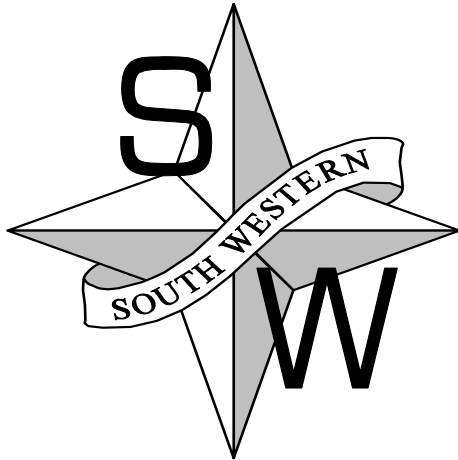


*Spring 2012*

*Vol. 1, No. 1*



**“Instruction ends in the  
school-room, but  
education ends only  
with life.”**

**Frederick W. Robertson**

## *Community Adult Education Classes*

### **CLASS TOPICS:**

***Intro to Microsoft Office 2010 (Word, PowerPoint and Excel)***

***The Financial Physical: An Overview of Financial Planning for Retirement***

***Saving Money through Couponing and other Resources***

***Ballroom/Social Dancing for Beginners***

***ZUMBA—Multiple Sessions Available***

***YOGA***

***Open Volleyball***

***Community Swim***

***Trips with Mountain View Travel***

**Welcome to South Western School District’s Community Adult Education Program!!!** Thank you for continuing to support our efforts in bringing to you a variety of workshops in order to keep you active, informed and involved.



**PLEASE GET THE WORD OUT:** We are always looking for ways to enhance the available workshops so that there will be something for everyone. So, if you have an idea for a class or if you are an entrepreneur, hobbyist, a craft or trades person, a musician, or a business person and would like to share your talent and knowledge, our community can benefit from your expertise!!

We would love to hear from you. Email your ideas to Kathy Boone at: [Kathy\\_boone@swsd.k12.pa.us](mailto:Kathy_boone@swsd.k12.pa.us) or call 717-632-2548 x20110.

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## COURSE DESCRIPTIONS

**ARE YOU FAMILIAR WITH MICROSOFT PROGRAMS? DON'T STRESS OUT!! CHECK OUT THIS GREAT CLASS!!!!**



### **NEW INTRO TO MICROSOFT PROGRAMS 2010**

This is an introductory class for anyone looking to acquire the essential skills for producing professional work with the Microsoft Office suite, to include Word, Excel, PowerPoint and more. Using Word 2010, you will learn to create amazing documents using the latest word processing software in Word. Organize, analyze and chart data for home or the office using Microsoft Excel. You will learn tips and tricks on how to design presentations with PowerPoint 2010...including how to integrate videos!! These are great programs to know and use at home or in the office!!!

SWSP2012.01 – **EHMIS, Room 141**

Instructor: Bryan Tayman

3 Session: **Tuesdays**, April 24, May 1, 8

6:30 PM -8:00 PM, \$40/pp

**IT'S YOUR MONEY....LEARN HOW TO SAVE AND PLAN WITH THESE GREAT CLASSES!!**

### **FREE THE FINANCIAL PHYSICAL: An overview of financial planning for retirement**

Join Ryan Fox, Roger Bair, and Chuck Bender from the Financial Consulate, Inc. for a one night seminar covering the topic of money. Money is not the source of power, nor is it the source of success and it's not even the root of all evil. In fact, money is merely a neutral tool. If used wisely, it will not master you, but you will be its master. The Financial Consulate is a fee only financial advisory firm with a team of certified financial planners who accept no commissions with locations in Gettysburg, PA and Hunt Valley, MD.



During this educational session, we will discuss and provide information on the keys to successful financial planning, goals and risk tolerances, styles of investment management, retirement cash flow analysis needs, types of accounts including IRAs, honest thoughts on long term care insurance and other insurances, pension plan decision making for individuals and business owners, social security decisions on when to collect, and the basics of estate planning including wills, powers of attorney, and other vital documents, and a brief overview of identity theft. This will be an interactive experience with a number of opportunities for questions.

We will also discuss some of the common pitfalls encountered when dealing with the financial services industry and how to avoid the issues surrounding products and conflicts of interest. When you leave this seminar, you will be largely equipped to negotiate a path towards your own financial planning needs with eyes wide open to the common needs and issues you likely will encounter.

SWSP2012.02 – **Administration Office**

**Two Sessions – Pick and Register for One Session: Thursday 3/15 or Thursday 4/19**

6:00 pm to 8:30 pm; FREE

## **NEW SAVE MONEY THROUGH COUPONING AND OTHER RESOURCES**

Learn what so many other people already know!!! Take one class or all three!!!!

The topics of these classes are as follows:

**Couponless Class:** Will give you the tips and tricks on how to save you money without clipping coupons.

**Couponing 101:** Learn couponing organization, coupon language, locating coupon, anatomy coupon usage and policies.

**Couponing 102:** Shop at Rite Aid and CVS using rebates, online shopping and lots more!!

SWSP2012.03 – **Administration Office**

Instructor – Danielle Lew

Couponless Class – Wednesday, April 4<sup>th</sup> **OR** May 16<sup>th</sup>, 7:00 pm – 9:00 pm, \$10.00/pp

Couponing 101 – Wednesday, April 18<sup>th</sup> **OR** May 30<sup>th</sup>, 7:00 pm – 9:00 pm, \$15.00/pp

Couponing 102 – Wednesday, May 2<sup>nd</sup> **OR** June 6<sup>th</sup>, 7:00 pm – 9:00 pm, \$15.00/pp

\*\*Take both Couponing 101 and 102 and receive a discount of \$5.00\*\*



## **NEW BALLROOM/SOCIAL DANCING FOR BEGINNERS**

Bring a partner and learn the basics in ballroom dancing. Learn the Foxtrot, Waltz, Ruma, Cha Cha, Tango, Swing and Hustle. Feel confident as you attend any ballroom dance venue or just impress your family and friends at weddings, parties, ect.

SWSP2012.04 – **West Manheim Elementary**

Instructor – Will Harmon

10 Sessions (**Tuesdays**) – March 20, 27, April 3, 10, 17, 24, May 1, 8, 15, 22

7:00 PM – 9:00 PM, \$50.00/pp

## **ARE YOU READY FOR THE BEACH? DANCE YOUR WAY INTO SHAPE WITH ZUMBA!!!!**

### **ZUMBA**

Start your week with a one hour blast!!!! Dance your way to a healthier you. Zumba fitness uses Latin and international rhythms along with easy to follow routines to blast calories, tone muscles, and burn fat. Have fun while getting a great cardio workout. Come salsa and merengue with me!!! Working out has never been so much fun!!!! **BRING A FRIEND!!!** Days and payment options are flexible to fit your busy schedule!!

SWSP2012.02 – **Park Hills Elementary**

Instructor: Crysti Cromer

(**Mondays**) NOW through April 30<sup>th</sup>

4:00 PM – 5:00 PM, \$5.00/per class \*\*Pay in advance, \$45.00, for 10 sessions and get one session free **OR** pay \$5.00 at the door for each class you attend\*\*

**SWSP2012.03 – West Manheim Elementary**

Instructor: Bonnie Wege Deck

(Mondays) March 12, 19, 26, April 2, 16, 23, 30, May 7, 14

6:00 PM – 7:00 PM, \$45/pp

**SWSP2012.04 – Manheim Elementary**

Instructor: Takela Bivins

(Wednesdays) NOW through April 25th

6:00 pm – 7:00 pm; \$5.00/per class



**SWSP2012.05 – West Manheim Elementary**

Instructor: Crysti Cromer

(Thursdays) NOW through April 27th

4:00 PM – 5:00 PM, \$5.00/per class \*\*Pay in advance, \$45.00, for 10 sessions and get one session free OR pay \$5.00 at the door for each class you attend\*\*

**FEEL OFF BALANCE?  
CREATE A SENSE OF UNION WITH YOUR BODY, MIND AND  
SPIRIT THROUGH YOGA!!**



**YOGA**

Come enjoy the many benefits that Yoga has to offer. Yoga can reduce stress, tone the entire body, lubricate joints and tendons, increase energy and flexibility, improve digestion, lower blood pressure, and reduce headaches, depression and anxiety. Please bring a Yoga mat if you own one (mats can be provided if you do not have one). No experience needed. Class will be adjusted to meet the needs of those attending.

**SWSP2012.06 – Baresville Elementary**

Instructor: Misty Stillman

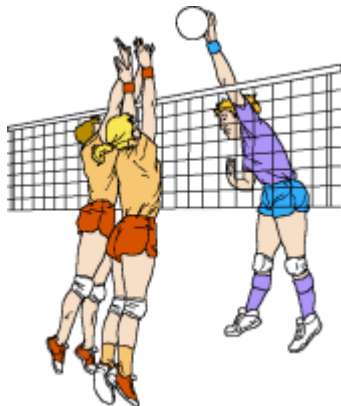
Session I

6 Sessions: (Thursdays) March 1, 15, 22, 29, and April 12, 19

Session II

6 Sessions: (Thursdays) April 26 and May 3, 10, 17, 24, 31

3:35 PM – 4:35 PM, \$50.00/per 6 week session



**OPEN VOLLEYBALL AND COMMUNITY SWIM**

**VOLLEYBALL**

Get your heart pumping and enjoy the fun every Wednesday evening!!!

EHMIS – Gymnasium

Wednesday Evenings (**ONLY** when school is in session)

7:30 PM – 9:30 PM

\$2.00/person (collected at the door)

No Registration Needed Starts September 22<sup>nd</sup> and Ends May 25<sup>th</sup>

## COMMUNITY SWIM

Take a lap around the pool!!!! Open to all community members. Families are welcomed!!!

EHMIS – Pool

Mondays and Wednesdays (**ONLY** when school is in session)

7:00 PM – 8:45 PM

\$1.00/person, \$3.00/family (collected at the door)

No Registration Needed Starts September 27<sup>th</sup> and Ends May



**MOUNTAIN VIEW TRAVEL AND SOUTH WESTERN COMMUNITY ADULT  
EDUCATION PRESENTS:**

***2012-2013 Schedule***

Booking already in progress for these travel itineraries....call immediately

***Greek Isles & Mediterranean Cruise***

*July 21-August 3, 2012      Booking now..call immediately!*

Our itinerary for the Greek Isles has arrived and an exciting one it is!!!! This journey will round trip to/from Barcelona, Spain and include such wonderful ports of call as Rome and Naples/Capri in Italy, Athens, Greece and Ephesus, Turkey. The Greek Isles of Santorini and Mykonos are included as well! Ever been to island of Malta? No? Me, either!!! Come and hear about this exciting part of the world where people talk with their hands, kiss on the cheek and live life to the utmost!!

***Canada/New England Cruise*** Oct. 6-20, 2012

Join us on this beautiful Fall Foliage Cruise that round trips from New Jersey but, also, makes its way down the St. Lawrence Seaway to overnight in Quebec City, Yes, you heard correctly. NO FLIGHTS NECESSARY!!! Unpack once and enjoy this picturesque mix of steely blue Atlantic, mammoth granite cliffs and the renowned colors of Autumn!!      Booking Now...call.

New!! Spectacular ***South Africa ~ Culture & Nature in Harmony***

One country with a world of treasures, South Africa awaits your arrival. Breathtaking mountain scenery, winding coastlines, remarkable cultural diversity and abundant wildlife in its natural habitat comprise this incredible experience.

Day trips:      Weekend Trip: Norfolk Azalea Festival/International Military Tattoo    April 28-29  
Fall trip:      **Branson's Veteran's Day Tribute**      November 7-13, 2012

Mark your calendars!

**Educational Meetings:      York Suburban Middle School    Cafeteria**

455 Sundale Drive, York, PA 17402

~~Tuesday, March 13, 2012	<b>South Africa (Guest Speaker)</b>	7:00 PM
~~Tuesday, February 28, 2012	<b>Mediterranean/Greek Isles</b>	7:00 PM
~~Tuesday, April 17, 2012	<b>Canada/New England</b>	7:00 PM

Please call if you are interested for more details. 717-444-3131

Looking forward to the future!! 2013!!!

Summer- Baltic Region: Norway, Sweden, Denmark and Russia  
Fall-California Wine Country

## **COMMON REGISTRATION GUIDELINES:**

- Advanced registration is required for all classes.
- Refund requests will be reviewed, and processed or declined on an individual basis.
- Admission to courses will be determined by the date the registration form and check are received.
- Courses are for adults (ages 18 and older) unless otherwise noted in the course description.
- Children of class participants are not permitted to attend any adult courses.
- Directions to all the schools can be found on the District's website:  
<http://www.swsd.k12.pa.us>
- Reminders/confirmations are not sent. Unless otherwise notified, you will be enrolled in the course of your choice and should report to class as scheduled.

**\*\*Please Make Checks Payable to South Western School District\*\***

# SOUTH WESTERN SCHOOL DISTRICT ADULT EDUCATION REGISTRATION FORM

## Spring 2012

NAME: \_\_\_\_\_ Date: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

FEE ENCLOSED \$ \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

COURSE # \_\_\_\_\_ COURSE TITLE: \_\_\_\_\_

COURSE # \_\_\_\_\_ COURSE TITLE: \_\_\_\_\_

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COURSE # \_\_\_\_\_ COURSE TITLE: \_\_\_\_\_

I fully understand the risks involved in participating in any strenuous activity and I absolve the South Western School District from all liability for any personal injury incurred through my participation in any South Western School District sponsored Community Education program.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

**NOTE:** Please make checks payable to **South Western School District**, send attention to **Kathy Boone**,  
225 Bowman Road, Hanover, PA 17331