

Souderton Area School District

Community Education

"Celebrating more than 60 years of Lifelong Learning Through Community Education1962-2024"



- Adult Volleyball Program
- Aquatics Program
- Driver Education
- And more....

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WINTER-SPRING Evening School 2024

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Arts Avenue

Acrylic Painting

Alexandra Schnabel Tuesday 1/23-2/27

6 Sessions 6:30-8:30PM SAHS B116 \$72

Whether it's your first time or you've painted before, you'll come out feeling like painting is a more comfortable language of expression that you navigate with your own style. We'll explore acrylic painting basics including handling of brushes, palette knives, color, shape, use of light and dark, line, design and more. With open prompt and specific themes each week, this supportive class is all about expanding your comfort with painting and creativity! A \$25 materials fee is due to the teacher on the first night. Gold Card \$65

Drawing: Charcoal, Graphite and Pastel NEW

Alexandra Schnabel Thursday 2/1-2/29 5 Sessions 6:30-8:30PM SAHS B118 \$60

Drawing is a wonderful way to approach art making. Drawing simply indicates the medium is dry, therefore rather than "paint," you "draw" he marks. His class will explore many common mediums including charcoal, graphite, pastels and more. We'll experiment with use of selective color, mark making, techniques and approaches. Along the way you'll find yourself developing your own unique style and preferences! The class will use diverse open prompts offering all participants the space, resources and support to be present with your personal creativity and the collective creativity in the classroom. A \$20 material fee is due to the teacher on the first night. Gold Card \$55

Working with Water: Watercolor Painting

Alexandra Schnabel Tuesday 3/5-4/9 6 Sessions 6:30-8:30PM SAHS B118 \$72

Watercolor painting is a bit different than opaque painting as pigments dissolve with water and require us to move with the paint and water rather than the other way around. Come learn to listen to your inner artists' instinct! We all have it and quickly develop it by trying and studying different approaches. As we explore through color, movement and application, we'll slow



down to enjoy the journey, not the destination! It runs, it evaporates, it flows, it allows you to expand your ideas and get creative. A \$20 materials fee is due to the teacher the first night of class.

Gold Card \$65

Collage Workshop **NEW**

Alexandra Schnabel Thursday 3/14-3/21 2 Sessions 6:30-8:30PM SAHS B118 \$30

Collage and mixed media have become increasingly popular as they offer so much creative room with fun rearranging and very little mess! Pages from magazines, text bits, cut outs, tearing... the world is yours! Interesting paper options along with collage mixed media such as modge-podge, tissue, glitter, textiles, make this class an opportunity to explore how 2D imagery can grow and crescendo into new heights. A \$20 material fee is due to the teacher the first night of class. Gold Card \$25

Open Studio Art & Snack

Alexandra Schnabel Tuesday 4/16 1 Session 6:30-8:30PM SAHS B116 \$25

Come for an open studio night to create in community! Bring a project you have in progress, a tutorial project you've been meaning to try or simply come to create! A variety of painting, drawing, crafting and other art materials will be available, but the really wonderful part will be relaxing and creating with others. Bring along a favorite snack or treat to share and come kick back for a night of fun creativity! A \$15 material fee is due to the teacher the first night of class. No Gold Card



Photography for Beginners

Michelle Lanzillotti Monday 1/22-2/5

Sessions 6:30-8:00PM SAHS A106 \$36

We'll learn about the functions of our cameras and explore apertures, depth of field, ISO's and composition. Join us with your manual SLR or digital SLR to learn how to take a great photograph! Gold Card \$32

Zentangle 101: Black on White

David Allen Thursday 1/25-2/8 3 Sessions 6:30-8:30PM SAHS A117 \$40

This is the perfect introduction to the Zentangle method- an easy to learn, fun way to create beautiful images while drawing structured patterns. Relax and do some yoga for your mind! We will learn classic tangles (patterns, drawing with black Micron ink and graphite pencil on white paper. No experience is necessary and no need to bring anything. A \$10 materials fee is due to the teacher at the first class. Gold Card \$35

Zentangle 103: Brown on Tan

David Allen Thursday 2/15-2/29

3 Sessions 6:30-8:30PM SAHS A117 \$40

Time to try a third style of working with the Zentangle method. We will use brown Micron pens on tan paper. More tangles (patterns) to learn and a new look to enjoy with graphite and white pencil shading. Come relax and enjoy our time together. A \$10 material fee is due to the teacher at the first class. Gold Card \$35



Rock Painting **NEW**

Coleen Cooper Tuesday 3/19-3/26

2 Sessions 6:30-8:30PM SAHS B116 \$30

Join us for a fun, interactive way to unleash your imagination! Whether you are a seasoned artist or a first-time painter, this class will help you turn ordinary rocks into art. Keep your rocks as decorations at home or leave them around the neighborhood to brighten someone's day! In each class, we'll paint four rocks,

so you'll have a chance to explore your creative side and develop your unique style. All necessary supplies will be provided to ensure that you have everything you need to bring your rock painting vision to life! A \$20 materials fee is payable to the instructor at the first class. No Gold Card

Creative Crafts

Sewing: Beyond the Basics- Beginner Sewing 2

Brenda Taipale Tuesday 2/13-2/27

3 Sessions 6:30-8:30PM SAHS B110 \$36

This is the second class for Beginner Sewers. Students will learn more about their sewing machine; assuming they have these features: decorative stitching, how to make a buttonhole, how to sew on a button using machine, and how to put a centered zipper into a pillow. We'll incorporate the techniques learned in class to make an 18" throw pillow or two. Students must bring along a fully functioning sewing machine with bobbins, etc. to each class. There will be NO TIME in class to teach students how to use their machines. Basic sewing skills required. Supply list will be emailed prior to the start of class. Gold Card \$32



Sewing: Upcycled Denim Tote NEW

Brenda Taipale Tuesday 3/5-3/19
3 Sessions 6:30-8:30PM SAHS B110 \$36

Learn how to upcycle an old pair of jeans into a fun denim tote for summer or any season. Tote size will depend on the size of jeans used. Time permitting, we'll learn how to make a zippered enclosure and zippered inside pocket. Students must have basic sewing skills and bring along a fully functioning sewing machine to each class. Supply list will be emailed prior to the start of class. Gold Card \$32

Sewing: Baby/Toddler Play Blanket NEW

Bonnie Moyer Thursday 2/22, 2/29, 3/14 NO CLASS 3/7 3 Sessions 6:30-8:30PM SAHS B110 \$36

Great gift for a new baby or toddler's birthday! Perfect sleepover item for Grandma's house! Any child who likes to choose special stuffed animals and books for bedtime or naptime will love this kid-sized blanket with pockets for toys! We'll construct the flannel playtime blanket approximately 45"x45,"entirely by machine. Basic sewing skills required. Materials list will be emailed before start of class.

Must bring your own sewing machine to class.

Gold Card \$32



Sewing: How to Hem Pants and Jeans NEW

Bonnie Moyer Thursday 1/25 1 Session 6:30-8:30PM SAHS B110 \$28

Learn how to hem your own dress pants and jeans in this one-night class. Bring along two items for hemming as well as a good sewing scissors, thread, hand needle, sewing tape measure, and pins. You'll need your sewing machine and a heavy duty needle for the machine. We'll learn how to mark the hem, cut off, prepare and complete by machine and by hand. Take home two pairs ready to wear and some professional tips!



Designer Greeting Cards

April Stoudt Monday 2/12, 2/26, 3/11 3 Sessions

6:30-8:30PM SAHS B116 \$40

OR

Thursday 2/15, 2/29, 3/14 3 Sessions

6:30-8:30PM SAHS B116 \$40

Create beautiful handmade greeting cards while learning the art of rubber stamping. Each week you will make four cards while learning new techniques. You will make a selection of cards for

a variety of occasions. For both beginners and those with experience. Material fee of \$15 payable in class to instructor. Bring your favorite adhesive, all other materials provided. Gold Card \$35

Crochet for Beginners

Lisa S. Burger Wednesday 3/6-3/20

3 Sessions 6:30-8:30PM SAHS A117 \$36

Learn the basics of how to crochet starting at the very beginning. In class you will learn how to hold a crochet hook, how to make a slip knot and crochet chain stitch, along with the single and double crochet. We will discuss pattern reading and pattern abbreviations. Supply list to be emailed before start of class. Right hand instruction only.

Gold Card \$32

Crochet: The Next Step

Lisa S. Burger Wednesday 4/3-4/17 3 Sessions 6:30-8:30PM SAHS A117 \$36

Now that you've learned the basics of crochet, you are ready for the next step. In class you will learn crocheting in the round, half double, slip stitch and so much more. Supply list to be emailed before the start of class. Right hand instruction only. Gold Card \$32

Crochet Club

Lisa S. Burger

Monday 2/12, 3/11, 4/15, 5/13, 6/10 5 Sessions 6:30-8:30PM SAHS A117 \$30

Would you enjoy meeting with a group of crocheters to share your love of yarn and crochet ideas? They say "crocheting with others will build both skills and confidence," so grab your yarn stash and current project. You may just gather yourself a room full of new friends. Group meets the second Monday of each month. No Gold Card



Knitting: Introduction to Lace Knitting NEW

Patricia Marvin Wednesday 2/7, 2/21, 3/6

3 Sessions 6:30-8:30PM SAHS B110 \$36

The class project will be a lace knit cowl (works like a scarf, but easier to wear). We'll cover knitting on the round, knitting lace from charts or text, cast on and bind off and finishing knitwear. Select a DK weight yarn, minimum 400 yds. (#3 on label) or worsted weight yarn 500 yds. min. (#4



on label). Hand painted yarn is a beautiful option- no black or dark navy. Check that the yarn is soft enough to not scratch your neck. For DK Weight yarn bring size 5 or 6 circular needles, 24". For Worsted weight, size 7 circular needles, 24". Must be able to knit and purl. Optional knitting notions pack available from instructor-\$5.00. Gold Card \$32



Knitting: Color-blocked Cardigan NEW

Patricia Marvin Wednesday 1/31, 2/14, 2/28

3 Sessions 6:30-8:30PM SAHS B110 \$36

This course will introduce beginning/intermediate knitters to the process of making a sweater. We'll make a color-blocked toddler cardigan. You'll learn how to read a pattern, knit to schematics, increasing, decreasing and buttonholes. The last class will teach finishing so you can complete the sweater. Prerequisite: Must be able to knit and purl.

Students provide three coordinated balls of medium (worsted weight) yarn, 4oz. or 5oz. skeins. Recommend a good quality acrylic (Lion Brand Heartland) no dark colors like black or navy. Size 6 and 7 circular needles 24" in length. Four buttons- ¾". Gold Card \$32

Knitting: Introduction to Wool Applique Embroidery NEW Patricia Marvin Wednesday 3/13, 3/20, 4/3

3 Sessions 6:30-8:30PM SAHS B110 \$36

Working with a pre-cut kit, we'll hand stitch artisan-dyed wool flowers and leaves to a circular 8" black background wool mat. Stitches will include blanket stitch, back stitch, fly stitch and colonial knots. Instruction will be included for preparing the applique and finishing the mat. Kit includes wool, needle, and Valdani threads. \$25 payable to instructor on the first night. Gold Card \$32



Culinary Creations

Quick Tex-Mex Stuffed Peppers NEW

Gina Ellery, RD Wednesday 2/7 1 Session 4:30-6:30PM SAHS B108 \$30

Delicious and nutritious eating does not have to be complicated! Do you want to provide your family with healthy meals but just don't have time to plan and cook? Join registered Dietician and mother of two young children, Gina Ellery, to create an easy, fast, nutritious, delicious dinner for your entire family. We'll discuss the basics of meal planning for your family and end the class by creating Tex-Mex Stuffed Peppers to sample. No Gold Card

Dinner Club

Lisa S. Burger Thursday 2/1, 3/7, 4/4, 5/2, 6/6

5 Sessions 6:00-8:00PM Various Locations \$30

Meet new friends and engage in lively conversation all while enjoying new dining opportunities. Did you ever want "try that place" but had no one to go with? Join the Dinner Club! The group meets at local restaurants on the first Thursday of each month. Meal cost on your own. No Gold Card

Dance

Traditional Ballroom – Beginner

Stan and Jan Malc Thursday 1/25-3/14

8 Sessions 7:00-9:00PM ICMS Cafeteria \$70

Even if you're not light on your feet, you'll have fun learning the basic steps for dances such as the waltz, fox trot, cha cha, rumba and swing! Featuring Big Band tunes and from the 50's and 60's through today. No experience needed. Please sign up with a partner. Cost is per person. Gold Card \$60

Belly Dance -All Levels

Patricia Czapp-Rotondi Thursday 3/7-4/25 NO CLASS 3/28, 4/4

6 Sessions 6:30-7:30PM Salford Hills Cafeteria \$50

Did you ever wonder how Belly Dancers move so effortlessly and with so much confidence? Come out and learn the steps and moves, plus get a great workout while doing it! Great for slimming those hips, toning the



thighs and strengthening your abs! Helps increase flexibility too. Hip scarfs are welcome. Wear loose comfortable clothing. For both beginner and those with experience. Gold Card \$45

Country and Popular Line Dance

Robyn Earl Tuesday 1/23-2/27

6 Sessions 7:00-8:30PM FR Cafeteria \$60

This fun dance class will feature Country, Pop, Classical and Latinas well as other dances popular at weddings and other venues. For beginners or those with experience. Please bring a water bottle and wear comfortable shoes. Gold Card \$55

Line Dance Fun

Ken Woulfe Wednesday 2/7-3/20 NO CLASS 3/13 6 Sessions 7:00-8:30PM ICMS Cafeteria \$50

A fun mix of current music and oldies will keep you moving all night! Class will start with some beginner level dances and progress to more difficult dances as the dancers gain experience in the various steps. Participants will be ready for a variety of country and popular dances at local venues and events. Gold Card \$45

Family Fun



Finger-painting for Adults and Families (Parent & One Child)

NEW Alexandra Schnabel Thursday 5/2 1 Session 6:30-8:30PM SAHS B116 \$25

Finger-painting is often associated with kindergarten and children's activities, but in this class participants of all ages are invited to expand your comfort zone and come smear paint around! We'll use mid-grade tempra paint as it is non-toxic and easy to clean up. The idea is the same as any painting- move the paint around. Artists move and push and

smear the paint with brushes, but we will simply skip the brushes and have fun interacting directly with the paint! A \$15 material fee is due to the teacher the night of class. Ages 5-17 welcome with an adult. Extra child - \$10. No Gold Card

Open Studio- Family Night Art n' Snack NEW

(Parent & One Child)

Alexandra Schnabel Thursday 2/1
1 Session 6:30-8:30PM SAHS B116 \$25
Bring friends and family along for a creative night of

community and art! There will be a variety of painting, drawing, craft and other materials to choose from, or you can bring your own project to work on. The really wonderful part of an open studio is relaxing with others



and sharing your creative exploring. Feel free to bring your favorite treat to share. A \$20 material fee is due to the teacher the night of class. Ages 6-17 welcome with an adult. Extra child - \$10. No Gold Card

Family Self-Defense (Parent & One Child)

child - \$10. No Gold Card

Mark Cashatt

1 Session

6:30-7:15PM

1 VMS Cafeteria

\$25

This is a basic self-defense class geared towards families with children age six and up. There will be instruction in the do's and don'ts with simple avoidance tactics and blocking. Master instructor Mark Cashatt, 8th Degree Black Belt, will lead the class and make it fun, exciting and educational for every member of the family. Extra



Fun & Games

Pinochle for Beginners

Susan Evans Tuesday 1/30-2/6 2 Sessions 6:30-8:30PM SAHS B108 \$25

This classic card game is back and everyone wants to learn! Pinochle is a card game designed to be played by two, four or more players. Learning the basic rules of the game takes only a few minutes, but the fast-paced excitement bidding, melds and tricks can provide countless hours of fun! No Gold Card



Playing Pinochle

Susan Evans Tuesday 2/20, 3/19, 4/16 3 Sessions 6:30-8:30PM SAHS B108 \$25

Let the fun begin! This classic card game is making a come back. Pinochle is a thinking game of bidding, naming trump, taking tricks and strategizing with partners. New and experienced players welcome for this great social outing. Come ready to play! No Gold Card

Health, Fitness & Exercise

Adult Self-Defense

Mark Cashatt Thursday 2/8 1 Session 6:30-7:15PM IVMS Cafeteria \$25

This is a basic self-defense class geared towards adults. Participants will learn the "frontal 5" and "dirty ½ dozen" self-defense routines along with tips on staying safe. Master instructor Mark Cashatt, 8th Degree Black Belt will lead the class and make it exciting and educational. No Gold Card



Tai Chi

Mark Cashatt Tuesday 1/30-4/12
10 Sessions 7:00-7:45PM IVMS Cafeteria \$65

Take part in this introductory course in the ancient art of Tai Chi. Instructor Mark Cashatt created "Happy Thoughts Tai Chi Program" as an easy way to quickly feel the benefits of Tai Chi training. Tai Chi is relaxing exercise. workout involves every muscle and every joint in the body. Participants will learn a Yang style form along with lots of *chi-kong*. No Gold Card

Total Body Sculpting

Lorraine Cohan Monday/Wednesday 1/29-5/8 NO CLASS 2/19, 3/27, 4/1

27 Sessions 4:30-5:30PM IVMS Cafeteria \$120

This fitness workshop features Hi/Lo Cardio, Aerobic and Strength Training that will work all the muscle groups. The cardio section will include a variety of heart conditioning exercises. We will also focus on developing core strength and stability in abdominals, hips and lower back. Bring a mat, resistance tubing bands and dumbbells weighing five pounds or less. Gold Card \$110



Yoga for Beginners

Lorraine Cohan Wednesday 4/3-5/1 5 Sessions 5:45-6:45PM IVMS Cafeteria \$40

Gentle postures, stretching, breathing techniques, and relaxation exercises to tune up the body and mind. Class designed for beginners, but those with yoga experience are welcome to attend. Class held on hard floor. Avoid eating two hours before class. Please bring a mat and/or blocks/strap. Gold Card \$35

Kettlebell HIIT and Core Strength NEW

Jill Stoltzfus, PhD. Monday 1/22-3/18 NO CLASS 2/19

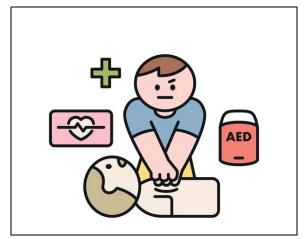
8 Sessions 5:30-6:15PM FR Gym \$65

Get ready to supercharge your fitness routine in the New Year! This class combines cardio and strength training using kettlebells and hi intensity interval training (HIIT). HIIT combines short periods of intense exercise with longer periods of recovery, with researched-backed benefits for heart health, metabolism and more. If you're new to exercising, you can still participate, as I always provide lower-intensity modifications. There is also a five-minute warm up and cool-down/stretching periods. Participants should bring a water bottle, exercise mat and at least one appropriate weight kettlebell. Gold Card \$55

Evidence-based Wellness Tips for Healthy Living NEW

Jill Stoltzfus, PhD. Tuesday 1/30-2/13 3 Sessions 7:00-9:00PM SAHS A107 \$36

There's so much health and wellness information out there. How can we make sense of it all—and know who to trust? In this course, I do all the hard work for you by looking closely at the scientific evidence, then summarizing the results into practical tips you can use to improve your health. Knowledge is power, and you deserve to have accurate knowledge to help you feel your best! Topics include food choices, exercise, emotional wellbeing, and how to know whether to buy a wellness product that sounds too good to be true. Gold Card \$32



BLS- Basic Lifesaving Skills NEW

Mary Bruno, RN, BSN Thursday (Select one date) 2/15 or 3/21 or 4/4 or 5/2

1 Session 7:00-9:00PM SAHS A109 \$60

BLS is Basic Lifesaving Skills. It is a good basic course that includes CPR (one and two person, adult and infant). Class covers adult and infant choking and includes AED use. Meets certification needs for healthcare workers. Successful participants will pass both skills and written tests to be certified.

No Gold Card

Heartsaver with First Aid NEW

Mary Bruno, RN, BSN Thursday (Select one date) 1/25 or 2/29 or 3/14 or 4/18

1 Session 6:00-9:00PM SAHS A109 \$75

Heartsaver is a more comprehensive course designed for the general public. Teaches skills in one-person CPR adult and infant. Includes two-person CPR and choking for adult and infant. Class will demonstrate AED use and First Aid for varying scenarios. No testing required for this class. Students are provided with a manual to take home for further learning. No Gold Card

Discover Your Intuitive Self

Rev. Michael Barnett, M. Div., M.Ed. Thursday 3/14-5/2 7 Sessions 7:00-9:00PM ICMS A109 \$70

When you trust your "gut feeling," you go with it and everything goes well. In this experiential class, we will learn what "intuition" is and how we use it to make our lives better and enjoy happiness. Please join our supportive group as we explore this extraordinary gift and wisdom. Gold Card \$60

Intuitive Tarot

Rev. Michael Barnett, M. Div., M.Ed. Tuesday 3/12-4/16

7 Sessions 7:00-9:00PM ICMS A109 \$70

We will learn the significance of the Tarot and how to read the cards intuitively guided by the Divine. We'll practice how to be a conduit of the Divine reading the tarot for ourselves and others. Please bring your favorite Tarot deck to work with in class. Gold Card \$60

Indoor Walking Club

Community Education

Monday – Thursday 6:30-8:30PM 1/2-5/16 NO WALKING 2/16, 2/19, 3/8, 3/27, 3/28, 3/294/1. 4/23 SAHS First Floor Hallway \$15

Take advantage of the Indoor Walking Club to keep getting your evening steps in. Come as often as you can on designated evenings. All walkers should attend the "Welcome Night" on Monday, January 29 at 6:30pm, at the Main Entrance Lobby. You will receive a "Walking Club" badge.

History, Language & Literature

Bon Voyage et Ratrappez-Vous!

Susan Roncoroni Tues., Wed., Thurs. 3/5-3/7, 3/12,3/14, 3/19-3/21

6 Sessions 7:00-8:30PM SAHS B120 \$75

Prepare for our trip to France and "brush up" on your French. Practice in real life situations to reactivate or learn more of a specific language area. This includes: useful expressions, numbers, days and months, weather, clothing, necessities and food. Gold Card \$65



Book of The Month

Lisa S. Burger Monday 2/5, 3/4, 4/8, 5/6, 6/3

5 Sessions 6:30-8:30PM SAHS A117 \$30

Meaning to treat yourself to a new experience? Love to talk books? You will meet interesting people and read books you wouldn't otherwise read. Some books just need to be discussed! The club will meet on the first Monday of each month. When you register you will be notified of the first book to read for the first meeting. No Gold Card



The Commanding Presence of George Washington NEW Michael Jesberger Thursday 2/22 1 Session 7:00-9:00PM SAHS A107 \$30

Throughout our American military history, we've had talented, inspirational leaders. But an army's ability to fight and win doesn't rest alone on weapons and training. It also rests on the character, skill and leadership of a commanding general with great presence. George Washington was such a commander. At six feet two inches in stocking feet, weighing 175 pounds, he was always the tallest man in the room. His public life began on the battlefields of the French and Indian War, then the Revolutionary War and memorable Valley Forge. On to his role as president, he was one of history's most impressive figures.

Gold Card \$25

The Tragic Month of April 1865 NEW Michael Jesberger Thursday 3/21 1 Session 7:00-9:00PM SAHS A107 \$30

Four days after Robert E. Lee's surrender, the nation was rocked by the assassination of President Lincoln. In the following weeks, the pursuit and capture of John Wilkes Booth and his co-conspirators dominated the headlines. Lost in the glare of those epochal events were the tragic sinking of two rivercraft- *Sultana* and *Black Diamond*—with a death toll never before seen in U.S. maritime history. Join this class which will expose these mostly-forgotten disasters in April 1865. Gold Card \$25

The Conflict Ignites-- Lexington and Concord NEW Michael Jesberger Thursday 4/18 1 Session 7:00-9:00PM SAHS A107 \$30

Early in the morning of April 19, 1775, the battles at Lexington and Concord, just outside Boston, triggered an eight-year global war known as the American War for Independence. This class will explore many of the participants from the Lexington community who played a role in these important events. We'll discuss the political and social climate that led to



the armed confrontation and explore what the choices made on April 19 meant for the American Colonists in the years to come. Gold Card \$25

The Johnstown Flood of 1889 NEW Michael Jesberger Thursday 5/23 1 Session 7:00-9:00PM SAHS A107 \$30

In 1889, Johnstown, Pennsylvania was a substantial industrial town of coal and steel, heavily populated with hard-working families looking for a way to make a living as the U.S. expanded west and industries were prospering. Located in the mountains above Johnstown, an old earthen dam was hastily rebuilt to create a lake for a private summer resort created by Pittsburgh's elite businessmen, among them, Andrew Carnegie, Henry Clay Frick and Andrew Mellon. Despite repeated warnings about the potential threat of a break, nothing was ever done about the dam. On Friday, May 31, 1889, the dam weakened and burst, sending a wall of water thundering down the mountain through the Conemaugh Valley, reaching Johnstown and killing more than 2,000 people. Come learn about this tragedy of epic proportions and the national scandal that still echoes through the region today. Gold Card \$25

Life Planning



Five Keys to Retiring Fearlessly NEW

Amanda Schuleberg and Rebecca Wise-Thrivent Thurs. 3/21 OR Tues. 4/16 1 Session Select best date when registering

7:00-8:30PM SAHS A108 \$25

Thinking about retirement? Questions you may be asking: Will I have enough? How will my taxes impact retirement? Will I be able to leave a legacy? Will I be a burden on my loved ones? We can help provide clarity to your retirement concerns. No Gold Card



Securing Social Security

Jason Bishop, Financial Planner Thursday 4/25 1 Session 6:30-8:00PM SAHS A109 \$25

"What's your social security strategy?" This presentation will educate you on the many decisions involved in claiming Social Security, as well as their consequences, and provide strategies to maximize your benefits. No Gold Card

Medicare: Getting Started Anthony Spangler – Thrivent

Tuesday 3/12

1 Session 7:00-8:30PM SAHS A109 \$30 This informational session will help you make the best Medicare decisions. You'll learn:

- *Your current Medicare coverage options
- *Benefits and costs of each plan
- *Keys point to consider with each plan No Gold Card



Fundamentals of Investing

Matthew T. Novak, CFA Wednesday 2/26-3/4 2 Sessions 6:30-8:30PM SAHS A109 \$30

Learn the basic types of financial investment vehicles: stocks, bonds and cash and the various ways to invest. Understanding the tradeoff between risk and return, and the principles of diversification, will provide a foundation to a successful investment program. Online investor resources, as well as low-cost investment opportunities will be explained. Free handouts and a one-year complimentary E membership to the Association of Individual Investors (AAII) provided. Gold Card \$25

Selling on eBay

Michelle Deimeyer Thursday 2/1-2/15 3 Sessions 6:30-8:30PM SAHS A108 \$36

How would you like to boost your income? Cleaning out your house? Or just need a hobby? Learn the basics of reselling on eBay as well as other online platforms. It is easier than you think. You will learn the different ways to source items, how to take pictures, how to price your item, and how to list it. Together we will list your very first item. We will also cover shipping and keeping track of inventory. So whether you are selling clothes, books, antiques, car parts, golf clubs, or craft supplies, there is a market for it online. Gold Card \$32

Sports

Recreational Volleyball - Tuesday

Kristin Stiles / Jackie Bricker Tuesday 1/23-4/16

13 Sessions 7:00-9:00PM WBS Gym \$112

For players with intermediate skills. The night features competitive co-ed play in a relaxed, informal setting. Teams are formed and everyone plays. Bring your own water bottle. Enroll early—class fills quickly! Gold Card \$102

Recreational Volleyball – Monday

Sue Barrick / Richard Goodwin Monday 2/5-4/29 NO CLASS 2/19, 4/1

11 Sessions 7:00-9:00PM SH Gym \$98

For players with intermediate skills eager for competitive play in a relaxed, informal setting. Co-ed teams are formed each night and everyone plays. Enroll early—class fills quickly!

No Gold Card

Basketball - Co-Ed Wednesday

Clarke "Chip" Geiger Wednesday 1/31-4/10 NO CLASS 3/27

12 Sessions 6:30-9:30PM IVMS Gym \$70

Are you looking for a night of recreational co-ed basketball? Grab a friend for "pick-up" style games with both men and women. All levels welcome. Everyone plays 8-minute, full court periods, then substitutes. Bring a white and dark shirt each night. Ages 19 years or older. Limited registration. Gold Card \$65

Basketball - Monday

Clarke "Chip" Geiger Monday 1/29-4/29

NO CLASS 2/19, 4/1

12 Sessions 6:30-9:30PM ICMS Gym \$70

Need to get out of the house for some exercise? If basketball is your game, this is your night! Teams formed on a "pick up" basis for a night of recreational basketball. Everyone plays 8-minute, full court periods, then substitutes. Bring a white and dark shirt each night. Registration is limited. For ages 19 years old and up. All levels welcome.

Gold Card \$65

Fly Tying- Intermediate

 Sam Vigorita
 Tuesday
 2/6-3/12

 6 Sessions
 6:30-8:30PM
 ICMS A108
 \$65

Intermediate Fly Tying will be geared to anyone

having some experience tying trout flies. First night will be

tying Catskill and style dry fly. Students may use the teacher's materials at the first class but will need their own vice and tools. (Use Rte. 113 Gym entrance to enter the building). Gold Card \$55



Sam Vigorita Tuesday 2/26-3/25

5 Sessions 6:30-8:30PM ICMS A108 \$60

Class covers all aspects of fly fishing from setting up your equipment to learning how to read the waters of a trout stream. An excellent class for experienced fly fishers, but also very informative for beginning fly fishermen and women. (Use Rte. 113 Gym entrance to enter the building). Gold Card \$50



TUESDAYS

coordination.

Souderton Area Community Education is proud to partner with the North Penn YMCA to offer you some group exercise opportunities at the Indian Valley Branch. All classes listed below will be held at the Indian Valley YMCA located at 890 Maple Ave., Harleysville, PA 19438.

SESSION 1: 1/22-3/30 SESSION 2: 4/1-6/8

Select the class(es) you'd like to take. Classes run weekly at times listed. **Cost is \$90 for 10 weeks.** Register and pay online **HERE**, and show up for your class at the YMCA. Please arrive 15 minutes early for your first class to check in at the YMCA reception desk. If you have any questions regarding the classes listed below, please contact the YMCA at 215-723-3569.

MONDAYS Tabata Boot Camp- 9:30-10:30 a.m. Very Intense form of interval training. Short bursts of cardiovascular drills combined with strength exercises.

Active Older Adults Ball Stability- 10:45-11:30 a.m. Focuses on the basics of balance and core strengthening. May use chair.

Active Chair Yoga- 11:45 a.m.-12:30 p.m. Gentle form of yoga practiced sitting in a chair and standing using a chair for support. Can improve flexibility, strength, balance and concentration while boosting mood and reducing stress and joint strain. All levels.

Zumba- 6:00-6:45 p.m. Latin-inspired dance workout. Aerobic exercise that's lots of fun! **Zumba Gold- 9:30-10:15 a.m.** Modified Zumba for the active older adult that recreates the moves you love at a lower intensity. Focuses on balance, range of motion and

15

WEDNESDAYS Cardio Kickboxing- 8:15-9:15 a.m. A form of martial arts that involves punches and kicks

at four contact points- the two hands and feet. A good form of cardiovascular exercise.

All That Strength- 9:30-10:15 a.m. A full strength body work out. May use free weights, bars, tubing and a step. Bring towel, water bottle and yoga amt.

Restorative Stretching- 12:00-12:45 p.m. Focused on spending time in various posed with the purpose of flexibility and relaxation. Chair compatible.

Bodybalance- 6:00-7:00 p.m. A new generation yoga class that will improve mind, body and life. Expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates, while an inspiring soundtrack plays.

THURSDAYS Tabata - 8:00-9:00 a.m. Very Intense form of interval training. Short bursts of

cardiovascular drills combined with strength exercises.

Pilates- 8:30-9:30 a.m. A form of exercise which concentrates on strengthening the body with emphasis on core strength. Helps improve general fitness and overall well-being. **Active Older Adult Cardio Fusion- 10:30-11:00 a.m.** Dance inspired workout to challenge cardio fitness with easy to follow movement patterns.

FRIDAYS Silver Sneakers Circuit ™ – 9:30-10:15 a.m. Combine fun with fitness to increase

cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work and hand-held weights, tubing with handles and Silver Sneakers ™ ball is alternated with non-impact aerobic choreography.

Silver Sneakers Splash $_{\text{TM}}$ – 10:00-10:45 a.m. A water aerobics and strength class designed for all skill levels, even non-swimmers. A high energy workout that reduces impact on your knees and back.

SATURDAYS RPM ™ 8:30-9:15 a.m. Experience the ride of your lifetime with this fun, athletic,

cycling workout. Set to a jamming soundtrack, it's known as "the rock concert on wheels!"

AQUATICS

Swim Lessons are a great way to ensure your child develops a respect and love of the water. Small class size provides safety and maximum individual attention. Group lessons are taught by qualified instructors. Registration is first come, first serve and classes fill quickly. Make up classes will NOT be available for swimmers who miss classes.

NOTE- All lesson participants must be at least three years old and fully potty trained.

Please do your best to select your child's level based on the skill sets outlined below. Adjustments can be made at first lesson to appropriately place swimmers. Registration is first come, first served.

SKILL LEVELS:

Level 1: If your child hasn't had any prior swim instruction or is fearful/hesitant to swim, please list **Level 1** when registering online.

Level 2: If your child has no hesitancy towards swimming and getting their face wet. But cannot swim independently, please list **Level 2** when registering online.

Level 3: If your child can swim independently a few yards but struggles with longer distances and needs stroke development, please list **Level 3** when registering online.

Level 4: If your child can swim 25 yards on their front and 25 yards on their back but needs to master technique for all four competitive strokes, please list **Level 4** when registering online.

<u>Aquatics Director</u>: Louis Williams, <u>aquatics@soudertonsd.org</u>,

Souderton Area Community Education offers a full spectrum of aquatic programs. All Aquatics programs are held at the Souderton Area High School indoor swimming pool, located at 625 Lower Road, Souderton, PA. Souderton Area Community Education. (SACE) Aquatic Program is subject to all policy and procedures of the Souderton Area School District

GROUP Swim Lessons Note: For Group Swim Lessons, child must be at least **five years old and fully potty trained.** For Private Lessons, age and water skill levels must be discussed with Aquatics before scheduling.

WEEK NIGHTS

Each session listed below consists of six (6) classes that run 6:00-6:30 p.m.

Program fee: \$90

Session 1- 2/13, 2/15, 2/20, 2/22, 2/27, 2/29

Session 2- 3/5, 3/7, 3/12, 3/14, 3/19, 3/21

Session 3- 4/9, 4/11, 4/16, 4/18, 4/23, 4/25

Session 4- 5/7, 5/9, 5/14, 5/16, 5/21, 5/23

FRIDAY NIGHTS

Each session listed below consists of four (4) 30-minute classes at times noted.

Program fee: \$60

Session 5A- 6:00-6:30 p.m. 2/9, 2/23, 3/1, 3/15 NO CLASS 2/16, 3/8

Session 5B- 6:40-7:10 p.m. 2/9, 2/23, 3/1, 3/15 NO CLASS 2/16, 3/8

Session 6A- 6:00-6:30 p.m. 4/5, 4/12, 4/19, 4/26

Session 6B- 6:40-7:10 p.m. 4/5, 4/12, 4/19, 4/26

Session 7A- 6:00-6:30 p.m. 5/10, 5/17, 5/24, 5/31

Session 7B- 6:40-7:10 p.m. 5/10, 5/17, 5/24, 5/31

For PRIVATE and SEMI-PRIVATE Lessons- Scheduling MUST be completed via email BEFORE processing payment and official online registration. Please contact the Aquatics office at aquatics@soudertonsd.org to schedule PRIVATE and SEMI-PRIVATE lessons. Lessons will be scheduled based on pool and staff availability.

PRIVATE Swim Lessons

Program fee: \$175

Each package of private swim lessons consists of five (5) 30-minute lessons.

One-to-one instruction for children age three and older. **MUST BE POTTY TRAINED**.

Adult students are welcome.

SEMI-PRIVATE Swim Lessons

Program fee: \$225

Each package of semi-private swim lessons consists of five (5) 30-minute lessons.

One instructor- two students of similar skill levels. Children must be from the same family and **MUST**

BE POTTY TRAINED. Both swimmers must be at the same skill level in the water.

CLINICS & TRAINING

STROKE & TURN Program fee: \$105

Seven (7) classes- Participants must be skilled, comfortable swimmers; they must know all four strokes. This course is designed to build on existing swimming skills and focus on individual strokes in a competitive swimming environment. **This is not a lesson.**

Mon. and Wed.. – 6:00-7:00 p.m. 3/18, 3/20, 3/25, 3/27, 4/3, 4/8, 4/10 (No Class 4/1)

SPRING TRAINING Program fees: 10 Sessions \$175 20 Sessions \$300

Preparation for Summer swim team participation. A great opportunity to build endurance before the start of Summer season. Participants must be able to swim 25 yards on their front and back. Flexible registration.

Mon., Tues., Wed,, Thurs.- 6:00-7:30 p.m. 4/15, 4/16, 4/17, 4/18, 4/22, 4/23, 4/24, 4/25, 4/29, 4/30, 5/1, 5/2, 5/6, 5/7, 5/8, 5/9, 5/13, 5/14, 5/15, 5/16

LIFEGUARD CERTIFICATION and RE-CERTIFICATION

NOTE: Course dates, times and prerequisites will be finalized on the SACE website and course registration page when the American Red Cross 2024 updates become available.

Program fee: Certification \$325

MANDATORY ATTENDANCE THREE DAYS (two Saturdays and one Sunday) 9:00 a.m.-5:00 p.m. PLUS ONLINE COURSEWORK REQUIRED

Upon successful completion, students will receive American Red Cross Lifeguarding, Standard First Aid, CPR for the Professional Rescuer, and AED for Adult and Child certificate. You must be 15 years or older to take this class.

Program Fee: Re-certification \$125

MUST ATTEND FULL DAY (one Saturday) 9:00 a.m.-5:00 p.m.

Upon successful completion, students will receive American Red Cross Lifeguarding, Standard First Aid, CPR for the Professional Rescuer, and AED for Adult and Child certificate. You must already hold a lifeguarding certificate to take this class.

OPEN SWIM: January-May

Swimmers of all ages and abilities are welcome during Open Swim sessions. Pool pass cards will be issued and mailed out for each session registered. Swimmers must check in with Aquatics staff upon entering the pool area.

An Open-Swim schedule will be available at the pool office once the session starts and emailed monthly to participants.

Note: Times may vary based on other pool activities. Check weekly via email with the Aquatics Office for available open swim times- aquatics@soudertonsd.org

Individual	(18-61)	\$60	Student	(5-17)	\$40
Gold Card ((62+)	\$40	Family	(up to 5 members)	\$135

Power Volleyball Leagues

Power Leagues play at Indian Crest Middle School and Indian Valley Middle School.

Power Leagues meet Monday-Thursday according to the league in which the team is playing.

Openings available for experienced players interested in joining a team. Three matches of three games per night. Matches run 6:30-10:30PM. Starting times vary. 9-12 weeks per season.

Call William Berry, Volleyball Director at 215-407-1337 for team assignments and other information.

Team Captains must register by January 15, 2024 online at:

https://www.soudertonsd.org/community/education/adult/power-volleyball

Men's BB-B	Monday	Fee \$300 / Team
Men's AA-A Fours	Tuesday	Fee \$245 / Team
Coed A Four	Thursday	Fee \$245 / Team
Women's A/BB/B	Tuesday	Fee \$245 / Team
Coed BB-B Fours	Wednesday	Fee \$245 / Team

Driver Education for Teens

Wednesday Thursday

 2/7 to 4/17
 NO CLASS 3/27
 2/8 to 4/18
 NO CLASS 3/28

 10 Sessions
 6:00-9:00PM
 10 Sessions
 6:00-9:00PM

 SAHS A106
 \$150
 \$AHS A106
 \$150

Driver Training Services will provide 30 hours of PA Department of Education approved classroom instruction designed to develop positive attitudes toward driving. Students are required to complete all 30 hours to receive a certificate. Instructors will also focus on defensive driving techniques and managing distractions while behind the wheel. This class fulfills insurance company standards for driver education classroom theory. To register, students must be 16 years old before starting class. Obtaining a Driver's Permit before the class is recommended.

Students must take Classroom Theory before taking Behind the Wheel. (Behind the Wheel training available through North Montco Technical School 215-855-3931.

Registration available on-line:

https://www.soudertonsd.org/community/education/driver-ed

*FREE PARENT INFORMATION SESSION: The Parent Information Session. Held at 6:00 PM on the first night of class, allows parents the opportunity to meet the instructor and review the curriculum that will be taught during the 30 hours of classroom instruction. Valuable information will be provided on how parents can help enhance their child's experience during the behind the wheel practice.

Evening School Employment

We are looking for new instructors, new classes and new ideas for the Souderton Area Community Education, Evening School Program. Call us with your ideas at 215.721.1551 or fill out the <u>Application</u> with <u>Course Proposal</u> and mail to:

Souderton Area Community Education, 760 Lower Road, Souderton, PA 18964

REGISTRATION & POLICY INFORMATION

SACE Policy: Payment is due at time of registration. Where applicable, material fees or supply costs are payable to the instructor in class. Classes are filled on a first-received basis. Pre-registration is required for all classes. Please note some classes/trips have a registration deadline. SACE reserves the right to make necessary changes in instructors and class size without prior notification to participants. Enrollment verification will be sent via email if email address is provided. Unless noted, classes are for those 18 and older. Please do not register or bring children to an adult class. All Souderton Area School District rules and regulations are enforced by SACE. Hospitalization/Insurance is the responsibility of every Community Education Participant.

Gold Card Policy: All residents of the SASD who are 62 years of age or older are eligible to receive a Gold Card. Gold Cards may be obtained from SASD District Office, 760 Lower Road, Souderton, PA with a completed registration form (more information about Gold Cards). Gold Card holders may attend some courses offered by SACE at a discounted rate (although there may be a charge for supplies/materials.) Please provide Gold Card number at time of class registration. Refund Policy: Applies to all programs offered through SACE as well as Souderton Area Aquatics Program. A \$25 non-refundable registration fee is included in each course. Course/Workshop/Driver Education cancellations must be received two weeks prior to the start of class to receive a refund (less the registration fee). Trip cancellations must be received one month before departure of trip. If SACE cancels a class or trip a refund will be issued. SACE programs will not be prorated under any circumstances. Refunds or credits cannot be given for forgotten classes/lessons.

School Closing Information: If the schools in the Souderton Area School District are closed in the daytime, Evening School classes are automatically canceled. School closing: SASD website; SATV (Verizon Fios Ch. 46 or Comcast Ch. 28); and the school district Hot Line 215.723.4272. Make up classes will be scheduled.

*Register with email to receive message alerting you to school closing.

REGISTER EARLY to avoid disappointment! Classes and trips may be cancelled due to insufficient enrollment.					
REGISTRATIO	N FORM Detach He	ere			
Souderton Area Community E	ducation Registration Fo	orm			
Course Name	Cost \$	Name:			
Course Name	Cost \$	Address:			
Course Name	Cost \$	City, State, Zip:			
Course Name	Cost \$	Phone:			
		Email:			
PAYMENT METHOD:Cl Gold Card (provide #)		sterCardDiscover			
Credit Card #		Exp.:			
SACE Program Participants p	lease read and sign:				
I or my child may suffer or susta equipment at facilities, or as a re program. Any photos of me part	in by any reason of the us sult of my participation or icipating in classes or active sent via email along with	trict from any and all liability for injury or property damage that e of the school buildings and their entrances and exits, the my child's participation in any Community Education vities can be used for promotional purposes by the district. I SACE updates, if email address is provided. I understand cancelled.			
Signature of Adult Participant or	Parent/Guardian:	·			
MAIL TO: SACE, 760 Lower	Rd., Souderton, PA 1896	54			

Souderton Area School District - Map Key

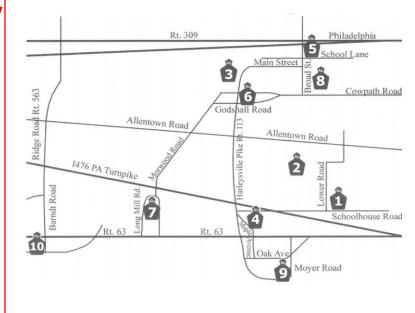
- 1 DO **District Administrative Offices**: 760 Lower Road, Souderton, PA
- 2 SAHS **Souderton Area High School**: 625 Lower Road, Souderton, PA
- 3 ICMS Indian Crest Middle School:
 - 139 Harleysville Pike, Souderton, PA
- 4 IVMS **Indian Valley Middle School**: 130 Maple Avenue, Harleysville, PA
- 5 EMC **E.M. Crouthamel Elementary School**: 143 S. School Lane, Souderton, PA
- 6 FR **Franconia Elementary School**: 366 Harleysville Pike, Souderton, PA
- 7 VF **Vernfield Elementary School**: 960 Long Mill Road, Telford, PA
- 8 WBS West Broad Street Elementary School: 342 W. Broad Street, Souderton, PA
- 9 OR Oak Ridge Elementary School: 465 Moyer Road, Harleysville, PA
- 10 SH **Salford Hills Elementary School**: 2721 Barndt Road, Harleysville, PA

SACE SUMMER ADVENTURE DAY CAMP



Full day includes free extended care, lunch, snacks and lots of fun. Check website for details and registration in early spring.

https://www.soudertonsd.org/community/education



SCHOOL BOARD OF DIRECTORS

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Souderton Area Community Education

Operates under the auspices of the Souderton Area School Board. NON-DISCRIMINATION POLICY:

The Souderton Area School District is an equal opportunity education institution and will not discriminate on the basis of race, color, national origin, sex, or handicap in its activities, programs, or employment practices as required by Title IX, and Section 504. For further information regarding civil rights or grievance procedures, contact Dr. Christopher Hey, Title IX Coordinator and Section 504 Coordinator.

Souderton Area School District, 760 Lower Road, Souderton PA, 18964. (215) 723-6061

Learn something new!



Have Some Fun!



Make new friends



Join us the Winter-Spring for the Souderton Area Community Education Evening School Program

Keep moving...

