PENN-DELCO SCHOOL DISTRICT

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COMMUNITY EDUCATION

Spring 2017

Table of Contents

- **Competitive Recreational Volleyball "A" (starts 1/31/17)**
  - Tuesdays – 7:50 – 9:50pm
- **Competitive Recreational Volleyball "B" (starts 2/1/17)**
  - Wednesdays – 7:30 – 9:30pm
- **Yoga Fitness (starts 1/30/17)**
  - Mondays – 6:30 – 7:30pm
- **Aquatic Body Conditioning (starts 1/31/17)**
  - Tuesday/Thursday mornings – 7:35 – 8:20am

- **Instructions and Requirements for Enrollment**
- **Cancellations, Planned Closure Dates, Refunds and Credits**
- **Registration Forms**

COMPETITIVE RECREATIONAL VOLLEYBALL "A"

Course Description: Have fun while getting some exercise. Do you like to play volleyball and need a place to play? Or would you simply enjoy a little friendly competition? If so, please come out and experience this course for yourself. All that is required are comfortable clothing, sneakers, and a desire to have a good time.

Instructor:	Dwain Darkow
Duration:	10 weeks
Day:	Tuesdays
Time:	7:50 – 9:50pm
Location:	Northley Middle School Gym
Class Begins:	Tuesday, January 31, 2017
Registration Fee:	$45

COMPETITIVE RECREATIONAL VOLLEYBALL "B"

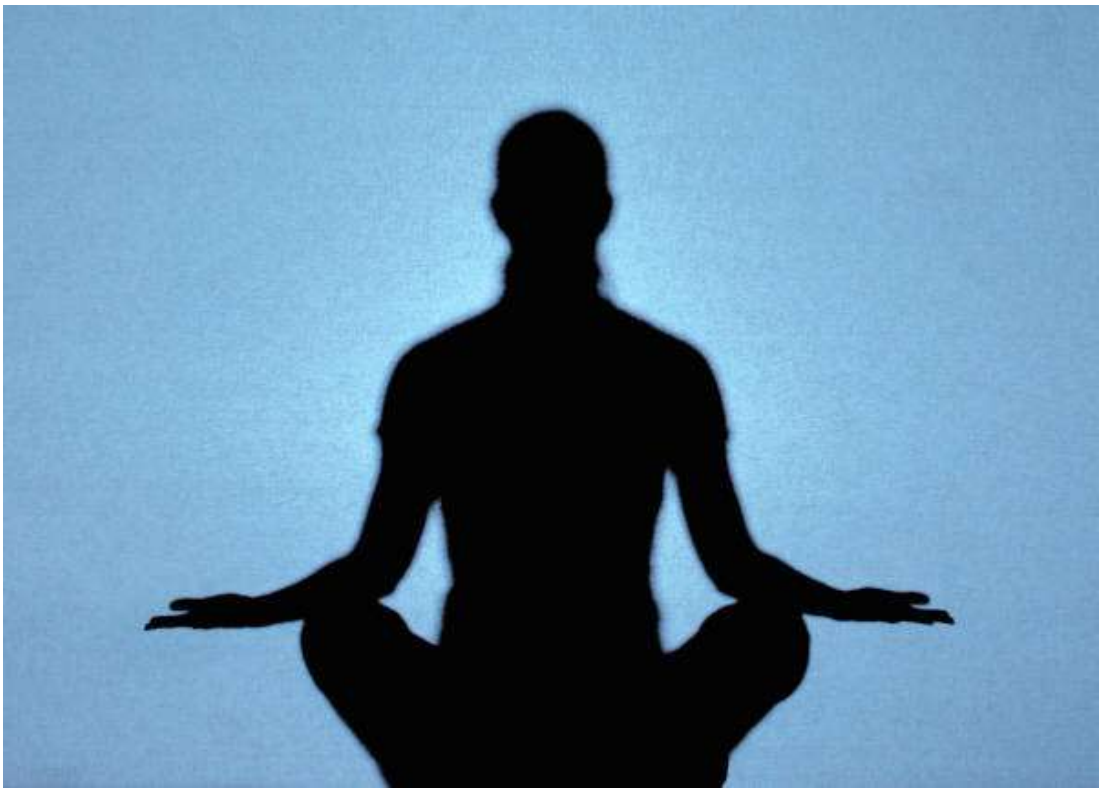
Course Description: Have fun while getting some exercise. Do you like to play volleyball and need a place to play? Or would you simply enjoy a little friendly competition? If so, please come out and experience this course for yourself. All that is required are comfortable clothing, sneakers, and a desire to have a good time.

Instructor:	Debbie Clowesley
Duration:	10 weeks
Day:	Wednesdays
Time:	7:30 – 9:30pm
Location:	Northley Middle School Gym
Class Begins:	Wednesday, February 1, 2017
Registration Fee:	$45

YOGA FITNESS

Course Description: Yoga-styled practice focusing on alignment, flexibility and connecting the mind and body. Stretch, breathe, let go of stress and feel rejuvenated after each practice. Please bring water and a yoga mat to each class. Contact Instructor with any questions at Avafitnesswellness@gmail.com. No experience is necessary and of course modifications will be given based on each person's abilities.

Instructor:	Ava Woodring-Eminson
Duration:	10 weeks
Day:	Mondays
Time:	6:30 – 7:30pm
Location:	Northley Middle School Gym
Class Begins:	Monday, January 30, 2017
Registration Fee:	$45



AQUATIC BODY CONDITIONING

Course Description: Class starts with water walking warm-up, toning and conditioning exercises with the use of resistance equipment, and ends with a cool down/stretch. The therapeutic effect of working against the resistance of water helps develop and condition muscles, increasing and improving strength and flexibility. All of this is done to music in the shallow end of the pool. This is an excellent overall body workout.

Instructor:	Karen Sullivan
Duration:	10 weeks
Day:	Tuesdays/Thursday
Time:	7:35 – 8:20am
Location:	Northley Middle School Pool
Class Begins:	Tuesday, January 31, 2017
Registration Fee:	20 classes (2 days a week for 10 weeks) - $70

Register by mail, in person or online via PaySchools at www.pdsd.org

Payment in full is due at the time of registration. You may also bring your registration form and payment to the Administration Building during normal business hours:

Monday – Friday 7:30 am – 4:00 pm, prior to the deadline.

PaySchools Online

Making payments has become a lot easier since Penn-Delco began offering the services of PaySchools. Parents, students and community members can now create accounts and pay for items and activities on-line. Penn-Delco will now include Adult School classes for on-line payment. Financial Information is not stored, easing the concerns of new users to internet purchasing and ensuring the transactions remain private and secure.

Please visit our website at www.pdsd.org and select the **PaySchools-Online** link under the **Information** menu on the left side of the screen to begin the process.

Registration and Payment

Please use the forms provided in this brochure for all registrations. The registration deadline to pay for courses by check is **Friday, January 27, 2017**. ***You may still register after the registration deadline, however, at that time all payments must be made in cash or via payschools.*** Registration forms received with checks after the deadline will not be accepted, and will be returned. **A separate check is required for each class that a person is registering for**. Checks should be made payable to Penn-Delco School District unless otherwise noted.

Minimum Enrollment

All classes require a minimum of 10 individuals enrolled in order to run, so it is possible that a course may be cancelled due to low enrollment. Should this occur, you will be notified and your payment will be returned.

Returned Checks

A check returned for insufficient funds will be subject to a $25.00 service charge which must be paid along with the original class fee by bank check or cash prior to participation in that course.

Proration

No class/course fees will be pro-rated for any reason. If you intend to take a class, the full class fee must be paid. Class fees are listed in the description of the course.

Weather Cancellation

If the Penn-Delco School District closes for inclement weather, the Adult School will also be closed. Cancellations will be announced on KYW (1060 AM) by School District Number 456, the District web site www.pdsd.org, and the District television channel. All make-up classes for weather related cancellations by the District will be added on at the end of each course.

Planned Closure Dates

There will be no classes held February 20, 2017.

Refunds and Credits

You may withdraw from class and receive a full refund at any time prior to the first class meeting. These refunds will be processed in as timely a manner as possible. However, registration fees cannot be refunded or credited on/or after the first night of the course for any reason.

Medical Releases

Please be sure to check with your physician prior to signing up for any class listed in our brochure to make sure that it is medically advisable for you to participate in the class. Please do not sign up for a class if your physician advises against your participation. Our Adult Education Instructors may require, based on any given medical condition, that they are provided with a physician's statement releasing the person to participate in the scheduled activities.

Contact Information

You may contact the Penn-Delco Adult School Coordinator, Jo-Ell Robinson, by phone at (610) 497-6300 ext. 1310, or by e-mail at jrobinson@pdsd.org.

Pool Temperature

The temperature of the pool will be maintained at a range between 78-82 degrees.

Completing your registration Form

Please print all information as clearly as possible in blue or black ink. **One form per person, one form per course and one check per person/ per course required**. **Checks for multiple class registration fees will not be accepted and will be returned**. Please be sure to complete all fields provided on the form. Please submit registration forms and course fees to:

Penn-Delco School District
Adult Education
2821 Concord Road
Aston, PA 19014

REGISTRATION DEADLINE (for payment by check): Friday, January 27, 2017

REGISTRATION FORM

(PLEASE PRINT IN BLUE OR BLACK INK)

ONE REGISTRATION FORM PER PERSON FOR EACH CLASS – ONE CHECK PER PERSON FOR EACH CLASS

Mail Check and Form To:

Penn-Delco Adult School - 2821 Concord Road - Aston, PA 19014

First Name | Last Name

Address

City | State | Zip Code

Daytime Phone Number | Evening Phone Number

E-Mail Address

Course Name | Day | Time

Please list any medical conditions that you are currently being treated for below:

Registration forms will be given to the instructors prior to the first night of class for contact information. If your contact information changes during the course of the semester, please be sure to let the instructor know so that they can update your information in their files. Instructors will contact you if there is a change in the normal schedule or change in location for their class. Weather related closures and delays will be announced on KYW 1060AM (school number 456), on the District website www.pdsd.org, and on the District television channel (Channel 11 for Comcast and Channel 40 for Verizon). If the schools are closed during the day, adult school classes are cancelled for that evening. Instructors will only call with changes in days/times and locations, they will not call for weather delays or cancellations, so please check the sources listed above.