

Spring 2008 Adult Education Class Schedule

Basic Introduction to Computers

Dates: Tuesday, May 6, 13, 20

Time: 6:00 - 8:00 p.m.

Tuition: \$15

Instructor: Chris Foster

If you are interested in purchasing a computer, this will be a great class for you. Basic Introduction to Computers is designed for beginners and will introduce the desktop and control panels, basic terms, an introduction to word processing and navigating the World Wide Web.

Introduction to Excel

Dates: Thursday, May 1, 8, 15, 22

Time: 6:00 - 8:00 p.m.

Tuition: \$20

Instructor: Chris Foster

Microsoft Excel is a spreadsheet application that uses numbers and calculations. Spreadsheets are helpful because they can be set-up to do the calculation for you automatically! This course will use basic commands to develop appointment lists, budgets, checkbook and payroll registers, and the creation of various charge charts.

YOGA: Basics

Dates: Wednesday, March 26,

April 2, 9, 16, 23, 30

May 7, 14

Time: 5:30 - 6:30

Location: Central Elementary Multi-Purpose Room

Tuition: \$40

Instructor: Linda Frost

Perfect for the new student or for **any** student who would like to slow down, breathe and stretch. This class will concentrate on fundamental yoga postures with an emphasis on basic breath support, alignment and appropriate modifications. Please bring your yoga mat and a large towel or sturdy cotton blanket. (and if you have a yoga strap and one or two yoga blocks)

Mosaic Stained Glass Stepping Stones

Dates: Monday, April 7, 14, 21, 28,

May 5

Time: 6 - 8:30

Location: High School Art Lab

Tuition: \$25

Instructor: Wesley Luckey

Students will explore the artistry of mosaic construction and stained glass by creating individual size and shape stepping stones for garden or yard. No experience with mosaics or stained glass is necessary. Minimal additional cost will be needed for materials.

YOGA: Flow Yoga

Dates: Wednesday, March 26,

April 2, 9, 16, 23, 30

May 7, 14

Time: 6:35 - 8:35

Location: Central Elementary Multi-Purpose Room

Tuition: \$40 (if also taking Basics \$25)

Instructor: Linda Frost

This class will guide all levels of students (beginners and up) through a well-rounded practice including seated meditation, pranayama (breathing exercises), and a flowing asana practice exploring variations of Surya Namaskara (Sun Salutations), a wide range of standing and seated poses, and beginning arm balances and inversions. Please bring your yoga mat and a large towel or sturdy cotton blanket. (and if you have a yoga strap and one or two yoga blocks)

Swimming for Fitness

Dates: Wednesday, April 2, 9, 16,

23, 30 May 7, 14, 21

Time: 7 - 8

Location: High School Pool

Tuition: \$40

Instructor: Tammy Blackwood

An open pool environment will give participants access to a variety of aquatic activities. Individuals will be assisted with their personal exercise needs.

REGISTRATION INFORMATION

Send your check made out to Elizabeth Forward School District and the information on the form below to Mrs. Jane Milner, 401 Rock Run Road, Elizabeth, PA 15037. You will receive a phone call before the first night of class as a reminder of the class.

*Adult
Education
Program
Registration
Form*

Name _____

Address _____

Telephone Number _____ e-mail _____

Name of Class _____