



# COMMUNITY

## Education Program

Spring 2022



### Continued Learning

#### North Penn Singers

Love to sing? In our 50th year, our group of vocalists, varying in age, get together and sing, trying out many kinds of well-arranged music. Join us as we rehearse and perform for our community. INST: SONIA BANCROFT

- > ED41S - Tu, 2/22-5/17
- > Emmanuel EC Church > 7-8:30 pm
- > Fee: \$30

#### Digital Photography: Introduction

Learn different camera modes for people, landscapes, sports, flowers, etc. Course includes a trip to Valley Forge Park on 4/2 and a night trip on 4/6. **NOTE: last class will be held on Tuesday, 4/12.** INST: LOU LIGUORI

- > PH10S - We, 3/16-4/12
- > NPHS/K12S > 7-9 pm
- > Fee: \$72

#### Discount Days: SAVE 5%

Thursday, February 3 &  
Monday, February 7, 2022

#### In-person 2-5 pm

Community Education Office  
Educational Services Center  
401 East Hancock Street, Lansdale

#### Online 2-8 pm

[www.northpenncep.org](http://www.northpenncep.org)  
Discount code: ONLINE%

A 5% discount will be given for registrations on these days only. Register and pay online by visiting [www.northpenncep.org](http://www.northpenncep.org) and entering the code ONLINE% between 2-8 pm. When registering in-person, forms should be completed and brought with payment. Registrations can be mailed in at any time but the 5% discount is not valid on mail-in registrations.

#### American Mah Jongg: Level 1

Learn this challenging, exciting game requiring skill and luck at a relaxed pace with opportunities to practice and learn strategies with coached and independent play. INST: SHEILA MAZZOLI

- > ED40S - Tu/Th, 3/22-4/7
- > ESC/Dining Room > 6:30-8:30 pm
- > Fee: \$72/GC: \$36



#### THE FOLLOWING CLASSES ARE OFFERED IN PARTNERSHIP WITH AARP

Contact your insurance carrier for possible premium discounts. Bring a driver's license & check made out to AARP for \$20 (AARP members)/\$25 (Non-Members) (no cash) the night of class.

#### AARP Smart Driver: Refresher

To attend the refresher class, you must have completed the basic class within the last three years. Learn the effects of aging on driving. Participants 55 or older receive a certificate upon completion. Bring a driver's license and a check made out to AARP. INST: MARC SATALOF

- > ED11.1S - Mo, 3/7
- > ED11.2S - Mo, 3/21
- > NPHS/K30 > 5-9 pm
- > Fee: Free but must register & bring check night of class

#### AARP Smart Driver: Basic

Learn the effects of aging on driving. Participants 55+ receive a certificate upon completion. Bring a driver's license and a check made out to AARP. INST: MARC SATALOF

- > ED10.1S - Mo/Tu 3/14-3/15
- > ED10.2S - Mo/Tu 4/4-4/5
- > NPHS/K30 > 5-9 pm
- > Fee: Free but must register & bring check night of class



[www.northpenncep.org](http://www.northpenncep.org)

#### VIRTUAL CLASSES

#### You're On The Air...

##### How To Make It In Voice Overs

Learn to use your speaking voice for commercials, films and videos! Learn a unique, outside-of-the-box way to cash in on one of the most lucrative full-or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time and with practically no overhead! Companies are looking for new voices like never before. INST: SUCH A VOICE

- > ED21SV - Mo, 4/25
- > Virtual > 6:30-8:30 pm
- > Fee: \$30

#### French I

Using authentic materials and situations from French culture, learn fundamental vocabulary and simple grammar that will allow you to begin speaking and reading in the language immediately. Develop comprehension, practice pronunciation and learn about the culture in a relaxed, supportive (and fun!) atmosphere. This class is for beginners or for those who want to brush up on their French. INST: CYNTHIA KING

- > ED12sv - Tu, 2/22-4/12
- > Virtual > 7-8 pm
- > Fee: \$60/GC: \$30

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## Aquatics

### FOR SPRING 2022 NORTH PENN AQUATICS LEARN-TO-SWIM LESSONS VISIT

[www.npenn.org/aquatics](http://www.npenn.org/aquatics)

[www.teamunify.com/manpac](http://www.teamunify.com/manpac)

If you have any questions, please email Rhonda Diliberto, Aquatic Director, at [diliberto@npenn.org](mailto:diliberto@npenn.org).



## Sports & Fitness

### Basketball For Adults

Calling all basketball players for recreational play. New pickup teams compete each week in "call your own rules" play. INST: ANDREW THOMPSON

- **SP13S** - We, 2/23-4/6
- PB/Gym
- **Fee: \$80**

### Golf For Adults

Learn the basics of golf - iron play, wood play, chipping and putting, rules of play & golf terminology. There is a \$10 fee for a bucket of balls paid to Freddy Hill daily. Clubs available. INST: MIKE DAVIS

- **SP28S.1** - Th, 3/31-4/14
- **SP28S.2** - Th, 4/21-5/5
- Freddy Hill Fun Center
- **Fee: \$45**

### Indoor Soccer For Adults

Friendly co-ed soccer, 5v5 and 6v6. All skill levels welcome. INST: KEVIN SMITH

- **SP12S.1** - Mo, 2/28-4/11 (NC: 3/28)
- **SP12S.2** - We, 3/2-4/6
- PF/Gym
- **Fee: \$64**
- **SP12F.3** - Mo/We, 2/28-4/11 (NC: 3/28)
- PF/Gym
- **Fee: \$116**

### Orienteering For Beginners

Learn and experience what Orienteering is all about in this one day program led by an experienced instructor of over 30 years. Learn how to read an orienteering map with a compass and experience a course. Discuss your experience and gain insight for improvement. INST: MARY FRANK, Delaware Valley Orienteering Association

- **SP60S** - Sa, 3/12
- Lower Perkiomen Park, Oaks
- **Fee: \$30**

### THE FOLLOWING CLASSES ARE OFFERED IN PARTNERSHIP WITH THE INDIAN VALLEY AND/OR THE LANSDALE YMCA

### AOA Ball Stability

Focus balance and core strengthening basics.

- **SP89S** - Mo, 2/28-4/18
- Indian Valley YMCA
- **Fee: \$63/GC: \$30**

### AOA Body Toning

Incorporates weights, balls, elastic bands and other equipment with cardiorespiratory fitness and core exercise to strengthen the entire body. Involves prolonged standing and some floor work.

- **SP30S.1** - Tu, 3/1-4/19
- Lansdale YMCA
- **Fee: \$60/GC: \$30**

### AOA Cardio Tone

Standing, low-impact choreography alternated with standing upper body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is welcome for standing support.

- **SP96S.1** - Th, 3/3-4/21
- Indian Valley YMCA
- **Fee: \$54/GC: \$27**

### Barrelates

Barre meets Pilates. Combine the dynamic, dance-inspired movements of barre with the lengthening, strengthening exercises of mat Pilates.

- **SP82S.1** - Fr, 3/4-4/22
- Lansdale YMCA
- **Fee: \$60/GC: \$30**

### Breathe & Balance

Similar to chair yoga with the focus on breathing, posture, balance, stretching and flexibility through slow intentional movements.

- **SP94S.1** - We, 3/2-4/20
- Lansdale YMCA
- **Fee: \$54/GC: \$27**

### Cardio Blast Tone

Get ready for this fun, total body workout that incorporates step aerobics and strength training into one workout.

- **SP90S.1** - Th, 3/3-4/21
- Lansdale YMCA
- **Fee: \$60/GC: \$30**

### Cardio Interval

Alternate between aerobic exercise and strength training for a full body workout.

- **SP39S.1** - Tu, 3/1-4/19
- Lansdale YMCA
- **Fee: \$60/GC: \$30**

### Cardio Kickboxing

A form of martial arts that involves punches and kicks at four contact points; the two hands and feet. Cardio kickboxing is a good form of cardiovascular exercise and has been shown to improve participants VO2 max and decrease resting heart rate.

- **SP81S.1** - Sa, 3/5-4/23
- Indian Valley YMCA
- **Fee: \$60/GC: \$30**

### Fast & Furious (INT/ADV)

A bootcamp style class that includes high energy cardio intervals mixed with strength training exercises.

- **SP77S.1** - Sa, 3/5-4/23
- Lansdale YMCA
- **Fee: \$60/GC: \$30**

### Gentle Yoga

This class begins with breath work to warm up the body and settle the mind, then will move into mindful movements, balancing and stretching, ending with a little time to yourself.

- **SP78S.1** - Su, 2/27-4/24 (NC: 4/17)
- Indian Valley YMCA
- **Fee: \$60/GC: \$30**

### Hard Core (INT/ADV)

Get ready to get a strong and lean core with a sweat drenching workout using your own body weight and light weights.

- **SP95S.1** - We, 3/2-4/20
- Lansdale YMCA
- **Fee: \$60/GC: \$30**

### Indoor Cycling

Climb hills, sprint and race in a group setting. New riders and cycling enthusiasts are welcome.

- **SP29S.1** - Su, 2/27-4/24 (NC: 4/17)
- Indian Valley YMCA
- **Fee: \$54/GC: \$27**
- **SP29S.2** - We, 3/2-4/20
- Lansdale YMCA
- **Fee: \$54/GC: \$27**
- **SP29S.3** - Sa, 3/5-4/23
- Indian Valley YMCA
- **Fee: \$54/GC: \$27**

### Latin Fitness/Zumba

Beginner or advanced dancers will enjoy this class of fun fitness dancing moves inspired by Latin American dance styles.

- **SP82S.1** - We, 3/2-4/20
- Indian Valley YMCA
- **Fee: \$60/GC: \$30**

## Les Mills Body Flow®

Ideal for anyone and everyone, BODYFLOW® is the yoga-based class that improves your mind, your body and your life. During BODYFLOW®, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

### ➤ SP65S.1 - We, 3/2-4/20

➤ Indian Valley YMCA ➤ 6-7 pm

➤ Fee: \$60/GC: \$30

### ➤ SP65S.2 - Sa, 3/5-4/23

➤ Indian Valley YMCA ➤ 9:15-10:15 am

➤ Fee: \$60/GC: \$30

## Les Mills Body Pump®

Body Pump is the original barbell workout for anyone looking to get lean, toned and fit - fast.

### ➤ SP21S.1 - Su, 2/27-4/24 (NC: 4/17)

➤ Lansdale YMCA ➤ 9:30-10:30 am

➤ Fee: \$60/GC: \$30

### ➤ SP21S.2 - Su, 2/27-4/24 (NC: 4/17)

➤ Indian Valley YMCA ➤ 10:30-11:30 am

➤ Fee: \$60/GC: \$30

### ➤ SP21S.3 - Mo, 2/28-4/18

➤ Lansdale YMCA ➤ 6-7 pm

➤ Fee: \$60/GC: \$30

### ➤ SP21F.4 - Tu, 3/1-4/19

➤ Indian Valley YMCA ➤ 6-7 pm

➤ Fee: \$60/GC: \$30

## Pickleball (Ages 25+)

Learn the fundamentals in step-by-step lessons. This combination of table tennis, badminton, and tennis will get you up and moving while having fun.

### ➤ SP100S.1 - Tu, 3/1-4/19

➤ Indian Valley YMCA ➤ 11:30 am-1:30 pm

➤ Fee: \$88/GC: \$44

### ➤ SP100S.2 - Th, 3/3-4/21

➤ Indian Valley YMCA ➤ 11:30 am-1:30 pm

➤ Fee: \$88/GC: \$44

## Pilates

Strengthen and lengthen your entire body with the main focus being on the "core" abs and back. All levels are welcome.

### ➤ SP77F.3 - Th, 3/3-4/21

➤ Lansdale YMCA ➤ 6-6:55 pm

➤ Fee: \$60/GC: \$30

## Pilates with a Pop (INT)

Pilates exercises, choreographed dance and the energy of music result in an intense workout that is fun and effective. .

### ➤ SP88S.1 - Mo, 2/28-4/18

➤ Lansdale YMCA ➤ 9:30-10:25 am

➤ Fee: \$60/GC: \$30

## Pure Strength (INT/ADV)

Designed to build strength, add definition, increase your bone density and decrease your body fat by increasing your lean muscle.

### ➤ SP84S.1 - Th, 3/3-4/21

➤ Lansdale YMCA ➤ 10:30-11:20 am

➤ Fee: \$60/GC: \$30

## Silver Sneakers Boom

Dance inspired workout to challenge cardio fitness with easy to follow movement patterns.

### ➤ SP97S.1 - Th, 3/3-4/21

➤ Indian Valley YMCA ➤ 11-11:30 am

➤ Fee: \$48/GC: \$24

## Silver Sneakers Classic

Focus on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair can be used for seated exercises or standing support.

### ➤ SP91S.1 - Tu, 3/1-4/19

➤ Indian Valley YMCA ➤ 11:45 am-12:30 pm

➤ Fee: \$54/GC: \$27

## Silver Sneakers Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered if needed. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### ➤ SP98S.1 - Th, 3/3-4/21

➤ Indian Valley YMCA ➤ 11:45 am-12:30 pm

➤ Fee: \$60/GC: \$30

## Strong Nation

A combination of body weight, muscle condition, cardio and plyometric training moves synced to original music specifically designed to match every single move.

### ➤ SP83S.1 - Mo, 2/28-4/18

➤ Lansdale YMCA ➤ 10:30-11:20 am

➤ Fee: \$54/GC: \$27

## Tabata HIIT

Designed for MAXIMUM calorie burn in the shortest amount of time. Combines strength, cardio, muscle endurance, flexibility and core.

### ➤ SP74S.1 - Mo, 2/28-4/18

➤ Lansdale YMCA ➤ 6:30-7:30 pm

➤ Fee: \$60/GC: \$30

## Tai Chi

A series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Tai Chi is one of the most effective exercises for health of mind and uses slow movements and deep breaths.

### ➤ SP22S.1 - We, 3/2-4/20

➤ Lansdale YMCA ➤ 11:30 am-12:20 pm

➤ Fee: \$60/GC: \$30

### ➤ SP22S.1 - Sa, 3/5-4/23

➤ Lansdale YMCA ➤ 11:10 am-12 pm

➤ Fee: \$60/GC: \$30

## Walking to the Oldies

Join us for a walking workout to music of the 60's, 70's and 80's led by a group exercise instructor. This is a safe alternative to walking outside. Incorporate weight bearing balancing exercises.

### ➤ SP29S.1 - Fr, 3/4-4/22

➤ Indian Valley YMCA ➤ 8-8:45 am

➤ Fee: \$60/GC: \$30

## Yoga

Release stress, increase flexibility and build strength while moving at a steady pace through yoga postures.

### ➤ SP77S.1 - Su, 2/27-4/24 (NC: 4/17)

➤ Lansdale YMCA ➤ 10-11 am

➤ Fee: \$60/GC: \$30

### ➤ SP77S.3 - Tu, 3/1-4/19

➤ Lansdale YMCA ➤ 5:30-6:25 pm

➤ Fee: \$60/GC: \$30

### ➤ SP77S.2 - We, 3/2-4/20

➤ Indian Valley YMCA ➤ 12-1 pm

➤ Fee: \$60/GC: \$30

### ➤ SP77S.4 - Fr, 3/4-4/22

➤ Lansdale YMCA ➤ 10:30-11:20 am

➤ Fee: \$60/GC: \$30

## Zumba

A fitness program that combines Latin and International music with dance moves, alternating fast and slow rhythms to improve cardiovascular fitness.

### ➤ SP24F.1 - Mo, 2/28-4/18

➤ Indian Valley YMCA ➤ 6-7 pm

➤ Fee: \$60/GC: \$30

### ➤ SP24F.2 - Sa, 3/5-4/23

➤ Lansdale YMCA ➤ 9-9:55 am

➤ Fee: \$60/GC: \$30

## Zumba Gold Toning

Combines fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout using hand-held weights, elastic tubing alternating with non-impact aerobic choreography. A chair can be offered for support.

### ➤ SP99S.1 - Tu, 3/1-4/19

➤ Indian Valley YMCA ➤ 9:30-10:30 am

➤ Fee: \$60/GC: \$30



## Baking & Cooking



## Arts & Crafts

### THE FOLLOWING CLASSES ARE OFFERED IN PARTNERSHIP WITH KITCHEN WIZARDS

INST: KATHY WOLPER

#### VIRTUAL CLASSES

### Bring on Brunch

Prepare an overnight brunch casserole, yogurt/granola parfaits, dried cherry buttermilk scones and lemon curd.

➤ AE72VS - Su, 3/6

➤ Virtual ➤ 10 am-12 pm

➤ Fee: \$25

### Spring Break Camp - Fruits & Veggies Never Tasted So Good

You'll love learning to prepare mouthwatering recipes where fruit and veggies are the stars!

➤ AE78VS - Th, 4/14; Fr, 4/15; Mo, 4/18

➤ Virtual ➤ 1-3 pm

➤ Fee: \$60

### Say Cheese (Parent/Child Ages 5-10)

Kids and parents will explore recipes where CHEESE is the Big Cheese, the main ingredient, the star of the show. Each week, we'll prepare two recipes.

➤ AE79VS - Sa, 3/5-3/19

➤ Virtual ➤ 1:30-3 pm

➤ Fee: \$50

### Rainbow Connection

(Parent/Child Ages 5-10)

If your child is a fan of the colors of the rainbow, they'll learn all about ROY G. BIV as they prepare Unicorn Dip and Dinosaur Eggs.

➤ AE31VS - Sa, 5/14

➤ Virtual ➤ 11 am-12 pm

➤ Fee: \$20



## Dog Obedience

### THE FOLLOWING CLASSES ARE OFFERED IN PARTNERSHIP WITH MOLLY'S COUNTRY KENNELS. INST: ROSALIE COULTER

### Basic Beginner Crochet

Get "hooked!" Learn to read a pattern and create a scarf using a foundation chain and single crochet. Bring a size I crochet hook and two 7-oz skeins of acrylic yarn (size 4). Lighter colors recommended. INST: HELEN TORRES

➤ AR33S.1 - Tu, 4/5-4/12

➤ BP/101 ➤ 6-8 pm

➤ Fee: \$48

### The Zentangle Method: Intro

The Zentangle® Method is an easy, relaxing way to create beautiful images by drawing patterns, called tangles, using simple strokes we already know! It gives a sense of focus, artistic satisfaction and personal wellness and requires no previous artistic experience.

INST: DESIREE KUEMMERLE

➤ AR93S.1 - Th, 4/21-5/5

➤ NPHS/K125 ➤ 6-8 pm

➤ Fee: \$54 ➤ Mats Fee: \$20

### The Zentangle Method: Meet the Molygon, Level 2 - NEW

The Zentangle® Method is an easy, relaxing way to create beautiful images by drawing tangles. Molygon is an easy and interesting tangle. It offers a new kind of shape (or reticula) to fill with any tangle (or fragment) your journey leads you on. INST: DESIREE KUEMMERLE

➤ AR93S.3 - Th, 5/19-6/2

➤ NPHS/K125 ➤ 6-8 pm

➤ Fee: \$54 ➤ Mats Fee: \$15

### Dog Obedience Training

Teach your dog to be a better companion through behavior-oriented exercises. Dogs learn to sit, lie down, stay, stand, heel (walk by your side w/o pulling), come when called and remain in control when approached/touched by a stranger. Motivation is stressed, correction/punishment is de-emphasized. Minimum age of dog is eight weeks.

➤ LR16S.1 - We, 2/23-3/30

➤ Molly's Country Kennels ➤ 6:45 pm

➤ Fee: \$195

➤ LR16S.2 - We, 2/23-3/30

➤ Molly's Country Kennels ➤ 8 pm

➤ Fee: \$195

➤ LR16S.3 - Sa, 2/26-4/2

➤ Molly's Country Kennels ➤ 12:30 pm

➤ Fee: \$195

### THE FOLLOWING CLASSES ARE OFFERED IN PARTNERSHIP WITH

#### NP ARTS ALLIANCE

### Abstract Painting

Learn new techniques and painting departures by experimenting with layering colors, adding texture, creating mark-making, and dripping paints. Explore a series of artistic prompts/exercises to support letting go, connecting to intuition and stop judging your work. Instructor will provide basic supplies and supplemental supply list.

INST: COLLEEN BRAND

➤ AR51S - Sa, 5/7

➤ NPHS/J12 ➤ 12:30-3:30 pm

➤ Fee: \$30 ➤ Mats Fee: \$22

### Oil/Acrylics

Beginning and skilled artists will learn basic oil painting techniques, color theory, composition and rules of perspective. Parents are required to attend the first class with school-aged children to get information regarding materials needed.

INST: WILLIAM LETVENKO

➤ AR20S.1 (AGES 15+) - Tu, 2/22-5/10 (NC: 3/8, 5/3)

➤ NPHS/J7 ➤ 6-8 pm

➤ Fee: \$129

➤ AR20S.2 (AGES 10+) - Sa, 2/26-4/30

➤ NPHS/J7 ➤ 11 am-1 pm

➤ Fee: \$129

### Alcohol Inks Workshop

This mercurial, vibrant, wildly colorful medium is a fun way to jump start your creativity. Perfect for beginners or skilled artists, while creating one of a kind artwork great for framing and gift giving. Wear old clothes or bring a smock. Supply list will be provided. INST: BARBARA MOSS BUSCHER

➤ AR90S - Mo, 4/4-4/11

➤ NPHS/J18/J6 ➤ 7-9 pm

➤ Fee: \$48

### Canine Good Citizen & Therapy Dog Training

For those who want to obtain the AKC Canine Good Citizen title for their dogs and also to certify their dogs with TDI: Therapy Dogs International. A maximum of six dogs and handlers will learn the skills needed to pass both tests, which will be given at the final class. Pre-requisite: Level I Obedience Training (puppy kindergarten is not sufficient).

➤ LR17S - Su, 2/27-3/27

➤ Molly's Country Kennels ➤ 9 am

➤ Fee: \$195





## Family and Community Engagement (FACE) Time

### English For Everyday: Adult Beginner ELD

Learn and use basic vocabulary for use at work, home and in the community. Programs and services provided by the school district and community will also be discussed. INST: ALICE MURPHY

- **ED105S** - Mo, 3/7-5/2
- KN/Library
- **Fee: \$10**

### Diversity Data Deep Dive

In this session, district leaders will take participants through a deep dive of district data, exploring demographic data through a diversity lens. Specific data related to disproportionality, discipline and disability categories will be examined. (In-person and recorded)

PRESENTERS: DR. D'ANA WATERS, MEGAN MCGEE, DR. PAMULA HART, CHRISTINA CARTER, TONYA SWAVELY

- **ED108S** - We, 3/9
- ESC/Conf. Room A
- **Fee: FREE; registration is required**

### Curriculum Highlights

In this session, the NPSD Curriculum Department will highlight the steps being taken to ensure the curricula meets the needs of all North Penn students and reflects a diverse perspective. (In-person and recorded)

PRESENTERS: NPSD CURRICULUM DEPARTMENT, NICK TAYLOR

- **ED109S** - Tu, 3/29
- ESC/Conf. Room A
- **Fee: FREE; registration is required**

### Year in Review

District leaders will review the progress made to achieve North Penn's Cultural Proficiency and Equity goals. (In-person and streamed)

PRESENTERS: DR. D'ANA WATERS, MEGAN MCGEE, DR. PAMULA HART

- **ED110S** - We, 5/4
- ESC/Conf. Room A
- **Fee: FREE; registration is required**

### Instilling an Attitude of Gratitude in the "Entitled Generation"

It can seem that children today are more materialistic and have come to expect that more and more be done for them rather than feeling grateful for what they have and accepting responsibility for their own lives. In this workshop, explore the issue of over-indulgence: what it

is, where it comes from and what you can do to shift your children from materialism and a sense of entitlement to gratitude and personal responsibility. (In-person and streamed)

PRESENTER: Center for Parenting Education

- **ED111S** - Th, 4/7
- ESC/Conf. Room A
- **Fee: FREE; registration is required**



## Just For Kids

### Introduction to Baton Twirling

(Grades 3-6)

Have fun learning basic twirls and focusing on good posture and coordination. Students will perform a routine at the last class. Batons may be borrowed or purchased from instructor. Sneakers are required. INST: JESSICA BEHRLE

- **KD78S.1** - Th, 3/3-4/7
- PD/Gym
- **Fee: \$60**

### Intermediate Baton Twirling

(Grades 4-7)

Students who have taken the introduction class will build upon their skills with more advanced twirls while focusing on good posture and coordination. Students perform a routine at the last class. Batons may be borrowed or purchased from instructor. Sneakers are required. INST: JESSICA BEHRLE

- **KD78S.2** - Th, 3/3-4/7
- PD/Gym
- **Fee: \$60**

### Junior Golf (Ages 13-18)

Learn the basics of the golf swing, iron play, wood play, chipping and putting, rules and terminology. There is a \$10 fee for a bucket of balls paid to Freddy Hill daily. Clubs available. INST: MIKE DAVIS

- **KD54S** - Sa, 4/16-4/30
- Freddy Hill Fun Center
- **Fee: \$45**

### Cheerleading Clinic (Grades K-6)

Join NP Cheerleading during a clinic to learn sideline football cheers, a band dance, and more, all of which will be performed during a game day routine at the end of the clinic. INST: EMILY HAMON

- **KD56S** - Sa, 5/21
- NPHS/Gym
- **Fee: \$60**

## 10TH ANNUAL IRONKNIGHT TRIATHLON

May 14, 2022

(rain date of May 15th)

7:30 am - 4 pm

(division start times vary)

Open to North Penn elementary school students. Divisions are as follows:

**K-2, 3-4, 5-6**

Top three girl & boy division finishers receive an IRONKnight trophy. All participants receive a t-shirt.

Participants provide their own equipment; helmets required for biking.

**REGISTRATION ENDS 4/16!**

Visit [www.npenn.org/for\\_families/iron\\_knights\\_triathlon](http://www.npenn.org/for_families/iron_knights_triathlon) for registration and payment information.

For more information, contact your student's Physical Education teacher.



**MORE INFORMATION  
COMING MARCH 2022**

Art • Aquatics • Cooking  
Discovery • Music  
Sports • STEM  
Theatre



All programs available for adults and children ages 5 and up. Children ages 5-12 must be accompanied by an adult. These guidelines do not indicate age appropriateness of the program. Telescope viewing and stargazing follows each program, weather permitting. INST: JAMES BAUMAN, NPHS INSTRUCTOR

➤ NPHS Planetarium/C25

➤ 7:30-8:30 pm

➤ Fee: \$11 Adults/\$9 students/GC: One free (if free GC class has not already been utilized this season.)

## What's Out There? Deep Sky Objects!

What is a galaxy, a nebula or a star cluster? Find out as we take a tour of the night sky and learn about these distant objects and what they mean to us here on Earth!

➤ SK22S.1-SK22S.1 - Tu, 2/22

## Celestial Highlights Of The Spring Sky

Learn how Leo the Lion roars through our Spring sky. We will also discover many other Spring constellations and deep sky objects.

➤ SK11S.1 - SK11S.2 - Mo, 3/21

## Celestial Highlights Of The Summer Sky

Discover how to find our Milky Way and the many wonders it holds. We will also learn how to find the Summer Triangle and Scorpius the Scorpion.

➤ SK13S.3-SK13S.4 - Mo, 5/16

## REGISTER NOW FOR SPRING LASER LIGHT SHOWS

All shows run approximately 45 minutes and involve flashing lights set to music.

Visit [www.npenn.org](http://www.npenn.org), click For Families, Planetarium to find track lists for all shows.

### Legends of the Night Sky - Perseus & Andromeda

Interested in Greco-Roman Mythology? Love the stories behind the stars? Join us for a family-friendly story about Perseus, Andromeda, Orion and his dogs.

➤ SK31S.1 - SK31S.2 - Th, 4/28 ➤ 6-7 pm

➤ SK31S.3 - SK31S.4 - Sa, 4/30 ➤ 1:30-2:30 pm

### Laser Queen

Experience the music of Queen in this unique setting. Join us for an immersive experience of a fulldome laser show set to Bohemian Rhapsody, Killer Queen and more.

➤ SK32S.1 - SK32S.2 - Th, 4/28 ➤ 7:30-8:30 pm

➤ SK32S.3 - SK32S.4 - Sa, 4/30 ➤ 4-5 pm

### Laser Vinyl

Experience Classic Rock music with a laser show that takes you back to the 70s and 80s. Featuring music from AC/DC, Van Halen, Aerosmith and Boston.

➤ SK18S.1 - SK18S.2 - Fr, 4/29 ➤ 6:15-7:15 pm

### Rocketman

Join us in the planetarium as the music of Elton John is brought to life through an immersive fulldome laser light show. Sit back and enjoy Philadelphia Freedom, Crocodile Rock, Saturday Night's Alright and more.

➤ SK34S.1 - SK34S.2 - Fr, 4/29 ➤ 7:30-8:30 pm

➤ SK34S.3 - SK34S.4 - Sa, 4/30 ➤ 5:15-6:15 pm

### Pink Floyd's Dark Side of the Moon

The classic album Dark Side of the Moon in its entirety, brought to life through an immersive fulldome laser light show. Experience Pink Floyd as you never have before.

➤ SK35S.1 - SK35S.2 - Sa, 4/30 ➤ 2:45-3:45 pm

## Discount Days: SAVE 5%

**Thursday, February 3 &  
Monday, February 7, 2022**

### In-person 2-5 pm

Community Education Office  
Educational Services Center  
401 East Hancock Street, Lansdale

### Online 2-8 pm

[www.northpenncep.org](http://www.northpenncep.org)  
Discount code: ONLINE%

A 5% discount will be given for registrations on these days only. Register and pay online by visiting [www.northpenncep.org](http://www.northpenncep.org) and entering the code ONLINE% between 2-8 pm. When registering in-person, forms should be completed and brought with payment. Registrations can be mailed in at any time but the 5% discount is not valid on mail-in registrations.

## TRAINING THAT WORKS

• Career Training for Adults

• CDL Training and Testing  
*PennDot Certified Testing Site*

• Driver Training for High School Students  
*PA State Drivers Exam Included*



Technical Career Center  
Continuing Education

1265 Sumneytown Pike, Lansdale, PA 19446  
[www.nmtcc.org](http://www.nmtcc.org) | 215-855-3931

# North Penn Community Education Program

401 E. Hancock Street | Lansdale, PA 19446 | 215-853-1029 | beigelg@npenn.org | www.northpenncep.org

- Online registration is available at [www.northpenncep.org](http://www.northpenncep.org)
- Mail registration to the Community Education Program with check, charge number or money order: Community Education Program, 401 E. Hancock St., Lansdale, PA 19446

Discount Day: Save 5%: Thursday, February 3 & Monday, February 7, 2022  
In-person from 2-5 pm; Online from 2-8 pm enter discount code: ONLINE%

## REGISTRATION INFORMATION

- REGISTRANTS SHOULD ASSUME ACCEPTANCE UNLESS OTHERWISE NOTIFIED IN ALL CASES.
- REGISTER EARLY to avoid disappointment at [www.northpenncep.org](http://www.northpenncep.org). NO PHONE REGISTRATIONS will be accepted.
- Gold Card Registrations accepted in-person or by mail only.
- Payment can be made by check or money order made out to "North Penn Community Education" or with VISA/MASTERCARD.
- Return checks are subject to a \$30 Return Check Fee.
- Enrollment verification will be sent via email when an email address is provided. Please print clearly.
- Refunds will not be made after the first class is held.
- There will be a \$10 non-refundable registration fee on all cancellations.
- Courses may be canceled when enrollment is insufficient. Registrants affected will be contacted for a full refund.
- Unless otherwise noted, classes are intended for adults 18 years or older.
- Not designed for high school or college credit.
- Cancellation of classes due to inclement weather is announced on:
  - [www.npenn.org](http://www.npenn.org)
  - Twitter @NPSD
  - NPTV Comcast Channel 28/Verizon FIOS Channel 29
  - KYW-Snow Number 303

## CLASS LOCATIONS

**(BP) - Bridle Path Elementary**  
200 Bridle Path Road, Lansdale, PA 19446

**Emmanuel EC Church**  
100 South Main Street, Hatfield, PA 19440

**(ESC) Educational Services Center**  
401 East Hancock Street, Lansdale, PA 19446

**Freddy Hill Farm**  
1440 Sumneytown Pike, Lansdale, PA 19446

**Indian Valley YMCA**  
890 Maple Avenue, Harleysville, PA 19438

**(KN) - Knapp Elementary School**  
698 Knapp Road, Lansdale, PA 19446

**Lansdale YMCA**  
608 E. Main Street, Lansdale, PA 19446

**Molly's Country Kennel**  
2205 Wentz Church Road, Lansdale, PA 19446

**(NPHS) - North Penn High School**  
1340 Valley Forge Road, Lansdale, PA 19446

**(PD) - Pennedale Middle School**  
400 Penn Street, Lansdale, PA 19446

**(PF) - Pennfield Middle School**  
726 Forty Foot Road, Hatfield, PA 19440

## COURSE ENROLLMENT FORM

Mail to: North Penn Community Education Program | 401 E. Hancock St., Lansdale, PA 19446

<b>Activity:</b>		<b>Activity #:</b>		
<b>Time:</b> _____ (circle)	<b>Day:</b> Mo/Tu/We/Th/Fr/Sa/Su (circle)	<b>Fee:</b> \$ _____	<b>Gold Card:</b> Y/N (circle)	<b>Grade:</b> _____ (if Kids Class)
<b>Name:</b> _____		<b>Date of Birth:</b> _____		
<b>Address:</b> _____		<b>City:</b> _____		<b>Zip:</b> _____
<b>Phone:</b> _____	<b>Cell:</b> _____	<b>Email:</b> _____		

**Waiver:** I/we hereby release the North Penn School District, and its employees, agents, or servants from any and all causes of action and claims for injury or damage arising out of participation of any Community Education Program courses/camps that I or my child(ren) have registered for. I acknowledge that I have been informed that serious injury, including catastrophic injuries, paralysis, or even death, even under careful supervision, can result from accidents during any of the NPSD Community Education courses/camps. Photography/video may be used from NPSD Community Education classes/courses. To opt out of photography/video release, please visit [www.npenn.org](http://www.npenn.org), "For Families" section, for a Publicity Refusal Form.

I agree to follow all COVID requirements in effect at the time of class.

**NOTE:** Attach check or money order payable to: NORTH PENN COMMUNITY EDUCATION.

**ENROLLMENT VERIFICATION IS SENT VIA EMAIL. There will be a \$10 non-refundable registration fee on all cancellations.**

☐ VISA ☐ Mastercard

Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Card Number: \_\_\_\_\_

Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_



# COMMUNITY

## Education Program

401 East Hancock Street  
Lansdale, PA 19446

Non-Profit Organization  
U.S. Postage  
PAID  
Lansdale, PA 19446  
Permit NO. 286

## Gold Card Spring Highlights

- April 27: NPHS Theater Spring Gold Card Matinée
- April 28, 29, 30, May 1: NPHS Theater Spring Show
- May 10: NPHS Orchestra Concert
- May 19: NPHS Band Concert
- May 26: NPHS Choral Concert

\*Fees may be associated with event.

For all events please visit the online calendar at [www.npenn.org](http://www.npenn.org) or check the 2021-2022 activities calendar, available at the Office of School & Community Engagement. Gold Card questions, call 215-853-1029.



### Homebuyers Seminar

Homebuying through COVID. We will explore programs, mortgages, Zero Money VA Loans, navigating costs, inspections, investing, credit repair and more. Build equity and reach the American dream. INST: SUZI JANSSENS

- **FN10S.1** - Mo, 3/7
  - NPHS/K32
  - **Fee: \$30/GC: Free**
- 7-9 pm

### Getting Started with Medicare

Enrolling in Medicare can feel like opening a puzzle that's all sky. Learn the current Medicare coverage options, key points to consider and the benefits and costs of each plan.

INST: ANTHONY SPANGLER, CHFC, CLU, CASL

- **FN14S.1** - Tu, 3/22
  - NPHS/K30
  - **Fee: \$30/GC: Free**
- 7-8:30 pm

- **FN14S.2** - Tu, 3/29
  - NPHS/K32
  - **Fee: \$30/GC: Free**
- 7-8:30 pm



[www.northpenncep.org](http://www.northpenncep.org)

### Retirement: Making Your Money Last

Geared toward individuals retiring in the next ten years, learn to effectively plan for retirement with consideration to strategies regarding social security, retirement accounts and preparing for the unexpected. INST: DUNCAN REED, CFP®, AAMS®

- **FN35S** - Mo, 3/21
  - NPHS/K32
  - **Fee: \$30/GC: Free**
- 6-8pm

### Ready or Not? Preparing for the Unexpected - NEW

Together we can develop a proactive strategy for you and your family to help prepare you for the unexpected. We will review important steps like maintaining an emergency fund, establishing line of credit and ensuring you are fully protected through insurance and liability protection.

INST: DUNCAN REED, CFP®, AAMS®

- **FN36S** - Mo, 4/4
  - NPHS/K30
  - **Fee: \$30/GC: Free**
- 6-8 pm

### Leave It, Move It, Roll It, Take It

Learn how to handle a 401(k), pension or other employer-sponsored retirement when leaving or changing jobs. INST: DUNCAN REED, CFP®, AAMS®

- **FN54S** - Mo, 4/11
  - NPHS/K30
  - **Fee: \$30/GC: Free**
- 6-8 pm



The North Penn School District sponsored Community Education Program provides unlimited educational and recreational opportunities for residents of all ages. Support for the community school and aquatic program demonstrates that members of the board of school directors and district administrators are committed to community use of facilities.

**Superintendent:** Curtis R. Dietrich, Ed.D

#### Board of School Directors:

Tina Stoll (President);  
Christian D. Fusco (Vice President);  
Dr. Elisha K. Gee, Jonathan M. Kassa,  
Dr. Wanda Lewis-Campbell, Timothy MacBain,  
Juliane Ramic', Al Roesch, Cathy Wesley

#### Director of School & Community Engagement:

Christine Liberaski

#### Advertising and Marketing Specialist:

Erika Shaedle

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Office of School & Community Engagement**

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to the North Penn Community

Reserve your space now for the 2022-2023 Activities Calendar!

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E-Matters e-Newsletter | Signage & Banners



For information and pricing, contact Erika Shaedle at [shaedle@npenn.org](mailto:shaedle@npenn.org), call 215-853-1027 or visit [www.npenn.org/advantage](http://www.npenn.org/advantage).