



# COMMUNITY

## Education Program

Fall & Winter 2023-2024



### Mental Health & Wellness

#### Introduction to Mindfulness Meditation - NEW

Have deeper concentration and gain insight into your life by combining meditation and mindfulness. Become more aware of your thoughts, feelings, and sensations. Learn ways to deal with difficult emotions and challenges. With continued practice you can create changes in your brain function and reshape your mind. INST: DONNA CHAMBERS

- **MH10F.1** - Tu, 10/3-10/17 ➤ 7-8 pm
- NPHS/K125 ➤ **Fee: \$38**

#### Learn to Save Lives - NEW

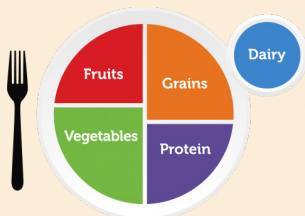
Gain the confidence and knowledge to perform life saving skills. This American Heart Association Adult CPR/AED course teaches how to perform Adult CPR chest compressions with use of an AED (Automated External Defibrillator). First Aid course may be added for an additional fee due directly to instructor.

INST: SAFESENSE EMERGENCY TRAINING

- **MH14F.1** - Tu, 10/17 ➤ 6-9 pm
- ESC Conference Room ➤ **Fee: \$108 CPR**
- **Fee: \$138 CPR+ First Aid**

#### Nutrition 101 - NEW

A Licensed Dietitian will cover the foundations of a healthy lifestyle, including the USDA's MyPlate. Learn to read and compare food labels. Macronutrients, including their functions, sources and how to balance them on your plate will be discussed. Learn about healthy alternatives and concepts. INST: OLIVIA JAWORSKI, MS, RD, LDN



- **MH11F.1** - We, 10/18 ➤ 7-8 pm
- **MH11W.1** - Th, 1/11 ➤ 7-8 pm
- NPHS/K30 ➤ **Fee: \$30**

#### DiSC Personalities: Understanding Yourself and Others - NEW

Determine your own DiSC style and examine yourself in week one. In week two, use your understanding of DiSC to interact more effectively with others. INST: ROMAINE WRIGHT

- **MH13F.1** - Th, 10/19-10/26 ➤ 6-8 pm
- NPHS/K30 ➤ **Fee: \$48**

#### Balance Your Blood Sugar - NEW

Taught by a Licensed Dietitian, learn tips and tricks to maintain a healthy blood sugar level, preventing spikes, dips and diseases like diabetes, and even how to reverse pre-diabetes. Learn to meal plan, shop and eat for your blood sugar levels benefiting mostly those with pre-diabetes, diabetes, athletes and those with PCOS. INST: OLIVIA JAWORSKI, MS, RD, LDN

- **MH12F.1** - We, 10/25 ➤ 7-8 pm
- **MH12W.1** - We, 1/17 ➤ 7-8 pm
- NPHS/K30 ➤ **Fee: \$30**



#### Mark Your Calendar: FREE NPSD Sponsored

#### Mental Health & Wellness Events

As part of the NPSD's Wellness Policy, events will be held throughout the year for students, staff and community members. Please consider joining us. Visit [www.npenn.org](http://www.npenn.org) for more information about the District Wellness Policy.

#### Mental Health & Wellness Fair

##### Connect to Resources for Your Whole Self

Families, community members and employees are welcome to attend the Mental Health & Wellness Fair. Experts, including mental health providers, wellness coaches, nutritionists, fitness trainers and much more will provide information, resources and/or interactive sessions to help with all aspects of a person's health. Visit [www.npenn.org/for\\_families/mental\\_health\\_and\\_wellness\\_resource\\_fair](http://www.npenn.org/for_families/mental_health_and_wellness_resource_fair) for a listing of participating partners (updated frequently).

- No registration - We, 11/1 ➤ 6-8 pm
- PB/Gym ➤ **Fee: FREE**



### Family and Community Engagement (FACE) Time

#### English For Everyone: 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

- **ED105F** - Tu, 9/19-12/5 ➤ 6:30-8:30 pm
- No Class: 10/31, 11/21
- KN/Library ➤ **Fee: \$10**



### Aquatics

#### Fall 2023 North Penn Aquatics Learn-to-Swim Lessons

visit [www.npenn.org/aquatics](http://www.npenn.org/aquatics) or [www.teamunify.com/manpac](http://www.teamunify.com/manpac)

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

- **SP13F** - We, 9/20-11/15 ➤ 7-9 pm  
➤ No Class: 10/11  
➤ PB/Gym ➤ **Fee: \$88**
- **SP13W** - We, 1/10-2/7 ➤ 7-9 pm  
➤ PB/Gym ➤ **Fee: \$68**

## Golf For Adults

Learn the basics of golf: iron play, wood play, chipping and putting, rules of play & golf terminology. There is a \$12 fee for a bucket of balls paid to Freddy Hill daily. INST: MIKE DAVIS

- **SP28F.1** - Mo, 9/11-9/25 ➤ 5:45-6:45 pm  
➤ Freddy Hill Fun Center ➤ **Fee: \$48**

## Indoor Soccer For Adults

Co-ed soccer, 5v5 and 6v6. Non-competitive fun, all skill levels welcome. INST: KEVIN SMITH

- **SP12F.1** - Mo, 9/18-12/11 ➤ 7-8:30 pm  
➤ No Class: 9/25, 11/6, 11/20  
➤ PF/Gym ➤ **Fee: \$64**
- **SP12F.2** - We, 9/20-12/6 ➤ 7-8:30 pm  
➤ No Class: 11/22  
➤ PF/Gym ➤ **Fee: \$68**
- **SP12F.3** - Mo/We, 9/18-12/11 ➤ 7-8:30 pm  
➤ No Class: 9/25, 11/6, 11/20, 11/22  
➤ PF/Gym ➤ **Fee: \$120**
- **SP10W** - Mo/We, 1/8-2/7 ➤ 7-8:30 pm  
➤ No Class: 1/15  
➤ PF/Gym ➤ **Fee: \$64**

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

## 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.

- **SP30F.1** - Th, 10/5-12/7 ➤ 10:30-11:20 am  
➤ No Class: 11/23  
➤ Lansdale YMCA ➤ **Fee: \$72/GC: \$36**

## AOA Cardio Tone

Inspired workout to challenge cardio fitness with easy to follow movement patterns.

- **SP96F.1** - Th, 10/5-12/21 ➤ 9:30-10:15 am  
➤ No Class: 11/23  
➤ Indian Valley YMCA ➤ **Fee: \$72/GC: \$36**

## AOA Chair Yoga

Gentle yoga practiced sitting in a chair and standing using a chair for support. Improve flexibility, strength, balance and concentration. Class flows with intention linking breath to movement. All levels welcome.

- **S114F.1** - Mo, 10/9-12/18 ➤ 11:45 am-12:30 pm  
➤ Indian Valley YMCA ➤ **Fee: \$72/GC: \$36**

## AOA Glide and Tone

Cardio workout using gliders under your feet. Pilates circles for toning. Chair compatible.

- **SP113F.1** - We, 10/4-12/20 ➤ 11-11:45 am  
➤ Indian Valley YMCA ➤ **Fee: \$72/GC: \$36**

## Les Mills BODYBALANCE™

All level yoga-based class that improves your mind, body and life as you bend and stretch through a series of yoga moves and embrace elements of Tai Chi and Pilates. Bring towel, yoga mat and water.

- **SP65F.1** - We 10/4-12/20 ➤ 6-7 pm
- **SP65F.2** - Sa 10/7-12/23 ➤ 9:15-10:15 am
- Indian Valley YMCA ➤ **Fee: \$75/GC: \$37.50**

## Les Mills BODYPUMP™

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

- **SP112F.1** - Mo, 10/2-12/4 ➤ 6-7 pm
- **SP112F.2** - We, 10/4-12/6 ➤ 6-7 pm
- Lansdale YMCA ➤ **Fee: \$75/GC: \$37.50**
- **SP112F.3** - Th, 10/5-12/21 ➤ 6-7 pm  
➤ No Class: 11/23
- **SP112F.4** - Tu, 10/10-12/19 ➤ 6-7 pm
- Indian Valley YMCA ➤ **Fee: \$75/GC: \$37.50**

## Cardio Interval

Alternate between aerobic exercise and strength training for an all body workout

- **SP93F.1** - Tu 10/3-12/5 ➤ 6:30-7:25 pm  
➤ Lansdale YMCA ➤ **Fee: \$72/GC: \$36**

## Cardio Step Tone

Fun, total body workout that incorporates step aerobics and strength training into one workout.

- **SP90F.1** - Tu 10/3-12/5 ➤ 5:30-6:25 pm  
➤ Lansdale YMCA ➤ **Fee: \$72/GC: \$36**

## Fast & Furious (INT/ADV)

Boot camp style class that includes high energy cardio intervals mixed with strength training.

- **SP86F.1** - Sa, 10/7-12/9 ➤ 10-11 am  
➤ Lansdale YMCA ➤ **Fee: \$72/GC: \$36**

## HIIT (INT/ADV)

Get a strong, lean core with this sweat drenching workout using your own body and light weights.

- **SP95F.1** - Sa, 10/7-12/9 ➤ 8:30-9:25 am
- Lansdale YMCA ➤ **Fee: \$72/GC: \$36**

## Indoor Cycling

Climb hills, sprint, race and more with music in a group setting. New and cycling enthusiasts welcome.

- **SP29F.2** - Mo, 10/2-12/4 ➤ 5:30-6:25 pm  
➤ Lansdale YMCA ➤ **Fee: \$72/GC: \$36**

## Latin HIIT (INT/ADV)

Burn calories while shaking up your workout through Latin-fused dance moves and music. Tabata and toning are included so get ready to sweat and sculpt. Weights and mats are used.

- **SP82F.1** - Th, 10/5-12/7 ➤ 6:30-7:25 pm  
➤ No Class: 11/23  
➤ Indian Valley YMCA ➤ **Fee: \$72/GC: \$36**

## Pilates

Strengthen and lengthen your entire body with the main focus being on the "core" abs and back. Stability balls and Pilates rings may be used.

- **SP20F.1** - Th, 10/5-12/7 ➤ 6-6:55 pm  
➤ No Class: 11/23  
➤ Lansdale YMCA ➤ **Fee: \$72/GC: \$36**
- **SP20F.2** - Th, 10/5-12/21 ➤ 8:30-9:30 am  
➤ No Class: 11/23  
➤ Indian Valley YMCA ➤ **Fee: \$75/GC: \$37.50**

## Pure Strength

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

- **SP84F.1** - Th, 10/5-12/7 ➤ 10:30-11:20 am  
➤ No Class: 11/23  
➤ Lansdale YMCA ➤ **Fee: \$72/GC: \$36**

## Silver Sneaker Circuit

Strengthen muscles and increase range of movement for daily life activities. A chair can be used for seated exercises or standing support.

- **SP110F.1** - Fr, 10/6-12/22 ➤ 9:30-10:30 am  
➤ Indian Valley YMCA ➤ **Fee: \$75/GC: \$37.50**

## Silver Sneaker Splash

Entirely in the pool. The water is the best way to move and build muscles while staying cool and putting the least amount of strain on your body.

- **SP111F.1** - Fr, 10/6-12/22 ➤ 10-10:45 am  
➤ Indian Valley YMCA ➤ **Fee: \$75/GC: \$37.50**

## Stretch Pilates

Strengthen and lengthen your entire body with the main focus being on stretching the abs and back.

- **SP88F.1** - Mo, 10/2-12/4 ➤ 11:30 am-12:25 pm  
➤ Lansdale YMCA ➤ **Fee: \$72/GC: \$36**

## Tai Chi

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.

- **SP22F.1** - We, 10/4-12/6 ➤ 11:30 am-12:20 pm
- Lansdale YMCA ➤ **Fee: \$72/GC: \$36**
- **SP22F.2** - Th, 10/5-12/21 ➤ 9:45 am-10:30 am
- No Class: 11/23
- Indian Valley YMCA ➤ **Fee: \$75/GC: \$37.50**

## Walking to the Oldies

Join a walking workout to the music of the 60's, 70's and 80's. This is a safe alternative to walking outside. Weight bearing and balancing exercises also incorporated.

- **SP101F.1** - Fr, 10/6-12/22 ➤ 8-9 am
- Indian Valley YMCA ➤ **Fee: \$75/GC: \$37.50**

## Yoga

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

- **SP77F.3** - Su, 10/1-12/3 ➤ 10-11 am
- **SP77F.4** - Sa, 10/7-12/9 ➤ 10:30-11:30 am
- Lansdale YMCA ➤ **Fee: \$72/GC: \$36**
- **SP77F.2** - Mo, 10/9-12/18 ➤ 6-7 pm
- Indian Valley YMCA ➤ **Fee: \$72/GC: \$36**

## Vinyasa Flow Yoga

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

- **SP108F.1** - Fr, 10/6-12/8 ➤ 10:30-11:20 am
- **SP108F.2** - Mo, 10/2-12/4 ➤ 10:30-11:30 am
- Lansdale YMCA ➤ **Fee: \$72/GC: \$36**

## Zumba

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

- **SP24F.2** - Sa, 10/7-12/9 ➤ 9:30-10:20 am
- Lansdale YMCA ➤ **Fee: \$72/GC: \$36**

## Zumba Gold Toning

Low-impact fitness class with simple moves. It combines Zumba Gold Fitness with light hand weights to enhance muscle strength, tone and endurance. AOA appropriate class.

- **SP48F.1** - Tu, 10/3-12/5 ➤ 8:30-9:30 am
- Lansdale YMCA ➤ **Fee: \$72/GC: \$36**
- **SP48F.2** - Tu, 10/10-12/19 ➤ 9:30-10:30 am
- Indian Valley YMCA ➤ **Fee: \$75/GC: \$37.50**



## Continued Learning

### North Penn Singers

A group of vocalists, varying in age, get together and sing well-arranged musical pieces. We Perform in the community. INST: SONIA BANCROFT

- **ED41F** - Tu, 9/5-12/19 ➤ 7-8:30 pm
- Emmanuel EC Church ➤ **Fee: \$30**

### 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. Materials fee due first class to instructor. INST: SHEILA MAZZOLI

- **ED40F** - Tu/Th, 10/3-10/26 ➤ 6:30-8:30 pm
- No Class: 10/10, 10/19
- **ED40W** - Tu/Th, 1/11-2/1 ➤ 6:30-8:30 pm
- No Class: 1/18
- **ED40S** - Tu/Th, 2/20-3/7 ➤ 6:30-8:30 pm
- ESC/Faculty Room ➤ **Fee: \$76/GC: \$38/ Mat: \$15**

### Plant Fall Bulbs for Spring Flowers - NEW

Learn about bulbs, making selections and how to plant and maintain them.

INST: JOHN MARCARELLI, Master Gardener

- **ED48F** - Th, 10/5 ➤ 7-8 pm
- NPHS/K30 ➤ **Fee: \$30**

### Spanish for Travelers - NEW

Learn basic terms to help you get around and fun and simple phrases for travelers. INST: GILBERT ROLON

- **ED45F** - Mo, 10/9-11/13 ➤ 7-8 pm
- NPHS/K125 ➤ **Fee: \$55/GC: \$27.50**

### Home Vegetable Garden - NEW

Learn how to plan, create, and maintain a home vegetable garden. Soil test kits from Penn State Extension will be available for purchase for \$10 at class. INST: JOHN MARCARELLI, Master Gardener

- **ED46F** - Th, 10/19 ➤ 7-8 pm
- NPHS/K124 ➤ **Fee: \$30**

### AARP Smart Driver (Age 55+)

Learn the effects of aging on driving. Receive a completion certificate. Insurance carriers may offer premium discounts. Bring driver's license and check made out to AARP.

**AARP Member \$20; Non-AARP Member \$25.**

#### Basic Course

- **ED10F** - Mo-Tu, 10/23-24 ➤ 5-9 pm
- NPHS/K30

#### Refresher Course

- **ED11W** - Tu, 1/9 ➤ 5-9 pm
- NPHS/K30

## At Home Composting - NEW

From kitchen to garden, learn techniques to set up your own composting including outdoor bin systems to in-kitchen composters to readily dispose of kitchen scraps and yard waste, and turn them into garden-enriching compost.

INST: JOHN MARCARELLI, Master Gardener

- **ED47F** - Th, 11/2 ➤ 7-8 pm
- NPHS/K30 ➤ **Fee: \$30**

### French I - Virtual

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

- **ED12FV** - Mo, 10/2-11/20 ➤ 7-8 pm
- Virtual ➤ **Fee: \$62/GC: \$31**

### You're on the Air: How to Really Make it in Voice-Overs - Virtual

Learn how you could begin using your speaking voice for commercials, films and videos from our professional voice coach. Learn a unique, out-of-the-box way to break in on one of the most lucrative full- or part-time careers. Handle this on your own terms, your own turf, in your own time and with practically no overhead. Companies are looking for new voices. INST: SUCH A VOICE

- **ED21FV** - Th, 11/30 ➤ 6:30-8:30 pm
- Virtual ➤ **Fee: \$30**

### Spanish I - Virtual

Learn fundamental vocabulary and simple grammar that will allow you to begin reading and speaking basic conversations.

INST: JENNIFER AINGE

- **ED15W.1** - We, 1/24-2/28 ➤ 6:30-7:30 pm
- Virtual ➤ **Fee: \$54/GC: \$27**



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

## WEATHER CANCELLATIONS

Inclement weather in the forecast?  
Check if classes are still being held on:

- [www.npenn.org](http://www.npenn.org)
- Twitter @NPSD
- NPTV Comcast Channel 28/  
Verizon FIOS Channel 29
- WNPV 98.5 FM
- KYW





## Arts & Crafts

### THE FOLLOWING WREATH MAKING CLASSES ARE OFFERED IN PARTNERSHIP WITH HAGUE'S CHRISTMAS TREES

Demonstration of award-winning wreaths, materials, and hardware are provided. Bring hand pruners and garden gloves. Visit [www.hagueschristmastrees.com](http://www.hagueschristmastrees.com) for samples. Materials fee (mat) due at class to instructor.

#### Evergreen Wreath

Create a 24" simply or fancy decorated evergreen wreath. Make a bow and finish with ribbons, greens and decorations. Bring needle nose pliers, wire cutters, and glue-gun with glue sticks.

- AR28F - We, 11/29 ➤ 7-9 pm
- Hague's Christmas Trees ➤ Fee: \$30+\$24 mat

#### Horse, Deer, Rudolph or Dog Wreath

Use a wooden form, greenery, ribbon and ornaments to create a replica of a prize-winning decoration.



- AR53F - We, 12/6 ➤ 7-9 pm
- Hague's Christmas Trees ➤ Fee: \$30+ \$37 mat (Horse, Deer, Rudolph)
- Fee: \$30+ \$27 mat (Dog)

#### Table Top Christmas Tree Arrangement or Holiday Centerpiece

Create a centerpiece in an Oasis bowl using a candle, greens, cones, winterberry and other decorations OR an award-winning table-top Christmas tree arrangement (18"h x 10"w) using an Oasis bowl, greens, bow and decorations.

- AR11F - Tu, 12/12 ➤ 7-9 pm
- Hague's Christmas Trees ➤ Fee: \$30+\$24 mat

#### Greens-Filled Log Arrangement

Arrange greens, cones, winterberry, bow and other decorations to create an arrangement in a rustic box. Learn to make a bow and how to use other given materials.

- AR12F - We, 12/13 ➤ 7-9 pm
- Hague's Christmas Trees ➤ Fee: \$30+\$24 mat

### The Zentangle® Method: Intro

The Zentangle Method is an easy, relaxing way to create beautiful images by drawing patterns, called tangles, using simple strokes. It gives a sense of focus, artistic satisfaction and personal wellness and requires no previous artistic experience. Materials fee due first night to instructor.

INST: DESIREE KUEMMERLE

- AR93F.1 - Th, 10/12-10/26 ➤ 6-8 pm
- NPHS/K125 ➤ Fee: \$55/\$20 mat

### The Zentangle® Method: Ornament

Create a tile and tangle an ornament while focusing on new tangles and methods. Materials fee due first class to instructor.

INST: DESIREE KUEMMERLE

- AR93F.5 - Th, 11/9 ➤ 6-8 pm
- NPHS/K125 ➤ Fee: \$30/\$5 mat



• Saturday, November 18, 2023

• 9:30 am-4:30 pm

• North Penn High School

1340 Valley Forge Road  
Lansdale, PA 19446



Present this coupon at the admission gate for a \$1 admission discount off the \$5 individual admission price. One coupon per adult. Children 12 and under are free (no strollers). This outstanding show of traditional and contemporary work with 95 craft artists features pottery, jewelry, woodcarving, tin ware, baskets, folk art, furniture, ceramics, calligraphy, dolls and more. Lunch is available and parking is free. Sponsored by the North Penn International Friendship Committee. Proceeds benefit the North Penn High School International Youth Exchange Program.

### THE FOLLOWING CLASSES ARE OFFERED IN PARTNERSHIP WITH NP ARTS ALLIANCE

#### OIL/ACRYLICS (AGES 10+)

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

- AR20F - Sa, 9/9-11/11 ➤ 11 am-1 pm
- NPHS/J7 ➤ Fee: \$134

#### Abstract Art

Learn new techniques and painting departures by experimenting with colors, defining shapes, and creating mark-making. Explore a series of artistic prompts/exercises, create Richter-inspired squeegee paintings, and Matisse-inspired cut-out paintings. Materials fee due first night to instructor. INST: COLLEEN BRAND

- AR51F - We, 10/18-11/8 ➤ 6-8 pm
- NPHS/J12 ➤ Fee: \$62/Mat: \$25

#### Neurographic Art

A meditative drawing process that combines psychology and art while linking your conscious and subconscious mind to create new neural pathways. Create and color a complex drawing resembling neurons by drawing smooth, controlled curves and smoothing out edges. No previous drawing experience required. Bring painters tape, mixed-media paper, fine line and ultra fine black sharpie markers (not oil based) and watercolors (Tombox Dual Brush or Crayola Washable) or colored pencils. INST: COLLEEN BRAND

- AR94F.1 - Sa, 11/4 ➤ 12:30-3:30 pm
- NPHS/J12 ➤ Fee: \$30



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

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# NORTH PENN

## Custom Tees

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**484-515-0268**



## Dog Obedience

### 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.

- **LR17F.6** - Mo, 9/18-10/23 ➤ 6:45 pm
- **LR17F.7** - Mo, 9/18-10/23 ➤ 8 pm
- **LR17F.1** - We, 9/20-10/25 ➤ 6:45 pm
- **LR17F.3** - Sa, 9/23-10/28 ➤ 1 pm
- **LR10W.3** - Mo, 1/8-2/12 ➤ 6:45 pm
- **LR10W.1** - We, 1/10-2/14 ➤ 6:45 pm
- Molly's Country Kennels ➤ **Fee: \$195**

INST: ROSALIE COULTER

### Canine Good Citizen

This class is for those who want to obtain the AKC Canine Good Citizen title for their dogs. A maximum of six dogs and handlers will learn the skills needed to pass the test which will be given at the final class. Prerequisite: Level 1 Obedience Training (puppy kindergarten is not sufficient).

- **LR18F.1** - Su, 9/24-10/22 ➤ 9 am
- **LR18F.5** - We, 9/20-10/25 ➤ 8 pm
- **LR18W.2** - We, 1/10-2/14 ➤ 8 pm
- Molly's Country Kennels ➤ **Fee: \$195**



## Just For Kids

### Junior Golf (Ages 7-12)

Learn the basics of the golf swing, iron play, wood play, chipping and putting, rules and terminology. There is a \$12 fee for a bucket of balls paid to Freddy Hill daily. Clubs available. INST: MIKE DAVIS

- **KD54F** - Sa, 9/16-9/30 ➤ 2-3 pm
- Freddy Hill Fun Center ➤ **Fee: \$48**

### Self Confidence in Martial Arts (Self Defense) (Ages 6+)

Build confidence utilizing traditional Taekwondo techniques helping your child defend themselves without being the aggressor by using their voice. Children will learn to be calm and collective and help them defend themselves properly and use their hands and feet as defensive tools and not weapons. INST: MASTER ERIC WILLIAMS

➤ Red Dragon Martial Arts

➤ Attend 1-3 sessions per week (Tu, Th, Fr)

- **KD57F.1** - 9/19-10/6 ➤ 6-6:45 pm
- **KD57F.2** - 9/19-10/6 ➤ 6:45-7:30 pm
- **Fee: \$70**
- **KD61F.1** - 9/19-10/20 ➤ 6-6:45 pm
- **KD61F.2** - 9/19-10/20 ➤ 6:45-7:30 pm
- **Fee: \$110**
- **KD63F.1** - 9/19-11/3 ➤ 6-6:45 pm
- **KD63F.2** - 9/19-11/3 ➤ 6:45-7:30 pm
- **Fee: \$150**
- **KD64F.1** - 9/19-11/17 ➤ 6-6:45 pm
- **KD64F.2** - 9/19-11/17 ➤ 6:45-7:30 pm
- **Fee: \$170**

## Summer Camp

Information available  
March 2024

Art • Discovery • Music • Sports  
STEM • Theatre

### Ultimate Frisbee Clinic (Ages 13-16)

Learn the basics of the game, strategies, skills, and participate in scrimmages. Beginners and intermediate players will participate in development, drills and games. Bring a water bottle, both a black and white shirt, and be dressed for physical activity. INST: MATT OLINIK/DAVID BAER

- **KD65F** - Sa, 9/23 ➤ 9 am-12 pm
- NPHS/Athletic Field ➤ **Fee: \$45**

### Winter Play Production - The Somewhat True Tale of Robin Hood - Mary Lynn Dobson

(Grades 7-12) - NEW

A hysterical medieval period farce, including a vain Robin eager to be bowling for victory, bumbling merry men complete with wooden spoons for swords, a skin-condition obsessed Lady Marian, and a moody, spoiled Prince John.

PRODUCER: Will Liegel; DIRECTOR: Noelle Gambale

- **KD69F** - Th & Sa, 9/28-11/18 ➤ **Fee: \$80**
- Auditions - Sa, 9/23 ➤ 10 am-12 pm
- Auditions - Th, 9/28 ➤ 7-9 pm
- Rehearsals - Th, 10/5-11/16 ➤ 7-9 pm
- Rehearsals - Sa, 9/30-11/18 ➤ 10 am-1 pm
- NPHS/F123 & F124
- Rehearsals - Thanksgiving Week
- Location and time TBD
- Performance - Sa 12/2 ➤ 2 pm & 7 pm
- MG

### Fall & Winter Theme Painting Class (Ages 8-12) - NEW

Paint fall and winter themed paintings, like snowy landscapes, plump pumpkins, cheery snowmen and more using acrylic paint. Follow a step by step process. Each image will be painted on a 16x20 canvas. Acrylic paint can stain clothing so dress accordingly. Materials fee due first class to instructor. INST: DIANE DEROGATIS

- **KD66F** - Sa, 9/30-10/21 ➤ 10 am-12 pm
- NPHS/J6 ➤ **Fee: \$62/Mat: \$10**

### Grid Drawing - Portraits (Ages 12-16) - NEW

Use the Grid Method to accurately reproduce and enlarge an image by dividing it into a series of smaller sections. This works with landscapes, portraits, still lives and more. Bring an 8x10 image of any person or animal to replicate.

INST: DIANE DEROGATIS

- **KD67F** - Sa, 10/28-11/11 ➤ 10 am-12 pm
- **KD67W** - Sa, 1/13-1/27 ➤ 10 am-12 pm
- NPHS/J6 ➤ **Fee: \$50/Mat: \$5**

### Cheerleading Clinic (Grades K-6)

Join NPHS 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

- **KD56F** - Sa, 12/16 ➤ 9 am-3 pm
- NPHS/Gyms ➤ **Fee: \$65**

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CodeWizardsHQ

### Coding for Students

Open a new world of knowledge with THE essential skill for the future

Ages 8-18

Use Code: NORTH PENN and Save \$25!

[www.codewizardshq.com](http://www.codewizardshq.com)





# NP NPHS Renovations



**NPHS is in need of renovation!**  
Join the conversation by visiting  
the Reimagining NPHS website.



[reimagingnphs.my.canva.site](https://reimagingnphs.my.canva.site)



*Planetarium*

All programs available for adults and children ages 5+. Children ages 5-12 must be accompanied by an adult. 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: \$12 Adults/\$10 students/GC: One free  
(If free GC class has not already been redeemed)

## Totality - NEW

Learn about eclipses from lunar to total solar, including how they occur, what happens when they do, and how to properly view them. Be prepared for two upcoming eclipses and where to witness them on 10/14 and 4/8. Our goal is for you to be able to help others safely view an eclipse.

➤ SK40F.1-SK40F.2 - Mo, 9/18  
➤ SK40F.3-SK40F.4 - Mo, 12/18

## Wonders of the Autumn Sky

Learn about the winged horse of Pegasus, the beautiful princess Andromeda and other Fall Sky constellations. Also learn how to find the most distant object your eyes can see, the Andromeda Galaxy.

➤ SK10F.1-SK10F.2 - Mo, 10/16

## Telescope Basics

Learn the basics of how to use any telescope. Be able to use your telescope to explore the night sky. Bring your own or use one of the scopes in the planetarium. Weather permitting, we will spend time outside calibrating and using telescopes.

➤ SK20F.1-SK10F.2 - Mo, 11/13

## Wonders of the Winter Sky

Discover the secrets of Orion the Hunter and the Orion Nebula, plus other sights in our winter sky.

➤ SK12W.3-SK12W.4 - Mo, 1/22

## DISCOUNT DAY-SAVE 5%

Thursday, September 7, 2023

### 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 this day 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. Discount not applicable on Aquatics registrations.

## Employment Opportunities with NPSD



### Extended School Care Assistants & Substitutes

7-9 am and/or 3:15-6 pm

\$16.03/hour

+ NP Healthcare Center Access

Apply by calling

215-853-1038



### School Nutrition Services

Flexible Hours

\$16.31/hour

+NP Healthcare Center Access

Apply by visiting

[www.applitrack.com/](http://www.applitrack.com/)

[npenn/onlineapp](http://npenn/onlineapp)

Click "Service Workers"



### Transportation

School Bus Drivers \$26.45/hour

Substitute Bus Drivers \$22.85/hour

Substitute Van Drivers \$17.55/hour

Substitute Aides \$13.63/hour

Apply by visiting

[www.applitrack.com/](http://www.applitrack.com/)

[npenn/onlineapp](http://npenn/onlineapp)

Click "Service Workers"

# 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, September 7  
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.
- For Planetarium visits with multiple registrants, please include a list of names with contact information along with payment.
- 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
  - WNPV 98.5 FM
  - KYW

## CLASS LOCATIONS

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

Freddy Hill Farm  
1440 Sumneytown Pike, Lansdale, PA 19446

Hague's Christmas Tree Farm  
755 Forty Foot Road, Lansdale, PA 19446

Indian Valley YMCA  
890 Maple Avenue, Harleysville, PA 19438

(KN) - Knapp Elementary  
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

(PB) - Pennbrook Middle School  
1201 North Wales Road, North Wales, PA 19454

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



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

## COURSE ENROLLMENT FORM

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

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

**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.

**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

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## Gold Card Fall Highlights

- November 16, 17, 18 - NPHS Theater Fall Show, 7:30 pm
- November 18 - Holiday Craft Market, NPHS\*
- November 19 - NPHS Theater Fall Show, 2 pm
- November 28 - Sinfonia, Sinfonietta, HS Chamber Strings Concert, PD, 7 pm
- December 18 - NPHS Winter Concert, 7 pm

\*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 2023-2024 activities calendar, available at the Office of School and Community Engagement.



## Seminars

### Investing: Rules of the Road - NEW

Review the "10 Rules of the Road to Investing" and learn about common investing mistakes and how to avoid them, investing strategies to help reach long-term goals and what to do to prepare for retirement. INST: DUNCAN REED, CFP®, AAMS®

- **FN57F** - Mo, 10/2
- 6-8 pm
- **Fee: \$30/GC: FREE**
- NPHS/K30

### 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®

- **FN53F** - Mo, 10/9
- 6-8pm
- **Fee: \$30/GC: FREE**
- NPHS/K30

### Getting Started with Medicare

Learn the current Medicare coverage options, the key points to consider and benefits and costs of each plan. INST: ANTHONY SPANGLER, CHFC, CLU, CASL

- **FN14F.1** - We, 10/11
- 7-8:30 pm
- **Fee: \$30/GC: FREE**
- **FN14F.2** - Mo, 11/13
- 7-8:30 pm
- NPHS/K30

### Health Care & Your Retirement - NEW

Planning to retire in the next 5-15 years? Learn how to prepare for future health care costs and ensure savings. INST: DUNCAN REED, CFP®, AAMS®

- **FN58F** - Mo, 10/23
- 6-8pm
- **Fee: \$30/GC: FREE**
- NPHS/K124

### Fundamentals of Estate Planning & Taxation

Estate planning applies to everyone. Learn the seven important topics affecting most families: probate and trusts; estate taxes; income taxes; protection from creditors; divorce/remarriage; incapacity; and gifting and gift tax. INST: MICHAEL MENNINGER, CFP®

- **FN47F.1** - We, 10/25
- 6-8 pm
- **Fee: \$30/GC: FREE**
- **FN47F.2** - Th, 11/16
- 6-8 pm
- NPHS/K125

### How to Shop Smarter During the Holiday Season - NEW

Learn practical strategies to make your holiday budget stretch further without compromising on joy and celebration. You will be able to set realistic financial goals, create a holiday budget, and find balance between generosity and responsible spending. INST: ALEX MARUKOS, CFA, CFP®

- **FN59F** - Th, 11/18
- 7-9 pm
- **Fee: \$30/GC: FREE**
- NPHS/K30



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



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:** Todd M. Bauer, Ed.D

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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).