



# COMMUNITY Education Program

Spring 2024



## Seminars

### Homebuyers Seminar

Learn about homebuying during the current market. We will explore programs, mortgages, Zero Money VA Loans, navigating costs, inspections, investing, credit repair and more.

INST: SUZI JANSENS & JULIET HAROUTUNIAN

- > FN10S.1 - Mo, 3/18 > 7-9 pm
- > NPHS/K125 > Fee: \$30/GC: Free

### Fundamentals of Estate Planning & Taxation

Estate planning applies to everyone, not just the wealthy. Learn the seven important topics that affect the majority of families: Probate and Trusts; Estate Taxes; Income Taxes; Protection from Creditors; Divorce/Remarriage; Incapacity; and Gifting and Gift Tax.

INST: MICHAEL MENNINGER, CFP®

- > FN47S.1 - Tu, 3/19 > 6-8 pm
- > NPHS/K127 > Fee: \$30/GC: Free

### 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®

- > FN39S - Mo, 4/15 > 6-8 pm
- > NPHS/K125 > Fee: \$30/GC: Free

### Medicare 101

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

- > FN14S.1 - Tu, 3/19
- > FN14S.2 - Tu, 4/9
- > NPHS/K125 > 7-8:30 pm
- > Fee: \$30/GC: Free

### Fundamentals of Taxation & Tax Planning Strategies - NEW

Proper tax planning effectively results in more money in your pocket. Almost every financial decision you ever make will have a tax effect. In this class we begin with the foundation of understanding the tax laws but in a very simplistic and easy to understand manner. From there, the instructor provides creative ideas to help implement tax strategies, many of which apply to retirement planning - before AND after retirement. INST: Michael Menninger, CFP®

- > FN50S.1 - We, 3/6 > 6-8 pm
- > NPHS/K127 > Fee: \$30/GC: Free

### What Happens After the Paychecks Stop? - NEW

Examine how to budget for retirement expenses, identify potential sources of retirement income and review potential risks to retirement income such as LTC and health care costs.

INST: DUNCAN REED, CFP®, AAMS®

- > FN48S - Mo, 4/1 > 6-8 pm
- > NPHS/K125 > Fee: \$30/GC: Free

### Simplify Your Spending and Savings Strategies - NEW

Review the importance of personal financial goals; learning to balance saving, spending and borrowing to achieve those goals; and identify strategies to control debt, improve credit scores, and save for retirement.

INST: DUNCAN REED, CFP®, AAMS®

- > FN49S - Mo, 4/8 > 6-8 pm
- > NPHS/K125 > Fee: \$30/GC: Free



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## Indoor Soccer For Adults

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

- **SP12S.1** - Mo, 2/26-4/22 (NC: 3/25)
- PF/Gym ➤ 7-8:30 pm
- **Fee: \$78**

- **SP12S.2** - We, 2/21-4/24 (NC: 3/27, 4/10)
- PF/Gym ➤ 7-8:30 pm
- **Fee: \$78**

- **SP12S.3** - Mo/We, 2/21-4/24 (NC: 3/25, 3/27, 4/10)
- PF/Gym ➤ 7-8:30 pm
- **Fee: \$136**

## 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, 2/28-4/24 (NC: 3/27, 4/10)
- PB/Gym ➤ 7-9 pm
- **Fee: \$88**

## 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. Clubs available. Arrive 15 minutes early for each session. INST: MIKE DAVIS

- **SP28S.1** - Tu, 4/2-4/16
- Freddy Hill Fun Center ➤ 6-7 pm
- **Fee: \$45**

- **SP28S.3** - Tu, 4/23-5/7
- Freddy Hill Fun Center ➤ 6-7 pm
- **Fee: \$45**

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

## AOA Cardio Fusion

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

- **SP114S.1** - Th, 2/29-4/18 ➤ **Fee: \$64/GC: \$32**
- **SP114S.2** - Th, 4/25-6/13 ➤ **Fee: \$64/GC: \$32**
- **SP114S.3** - Th, 6/20-8/22 ➤ **Fee: \$68/GC: \$34**
- Indian Valley YMCA ➤ 10:30-11:15 am

## AOA Ball Stability

Focus balance and core strengthening basics. Chair may be used.

- **SP89S.1** - Mo, 2/26-4/15 ➤ **Fee: \$64/GC: \$38**
- **SP89S.2** - Mo, 4/22-6/10 ➤ **Fee: \$64/GC: \$38**
- **SP89S.3** - Mo, 6/17-8/19 ➤ **Fee: \$68/GC: \$34**
- Indian Valley YMCA ➤ 10:45-11:30 am

## 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** - Th, 2/29-4/18 ➤ **Fee: \$64/GC: \$32**
- **SP30S.2** - Th, 4/25-6/13 ➤ **Fee: \$64/GC: \$32**
- **SP30S.3** - Th, 6/20-8/22 ➤ **Fee: \$68/GC: \$34**
- Lansdale YMCA ➤ 10:30-11:20 am

## 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, 2/29-4/18 ➤ **Fee: \$64/GC: \$32**
- **SP96S.2** - Th, 4/25-6/13 ➤ **Fee: \$64/GC: \$32**
- **SP96S.3** - Th, 6/20-8/22 ➤ **Fee: \$68/GC: \$34**
- Indian Valley YMCA ➤ 9:30-10:15 am

## AOA Zumba Gold™ Toning

Zumba Gold Toning provides 1 and 2.5lb. sand filled toning sticks for a safe and effective total body toning workout for our active older adults, seniors, beginners or anyone needing modification in their exercise routine.

- **SP84S.1** - Tu, 2/27-4/16 ➤ **Fee: \$64/GC: \$32**
- **SP84S.2** - Tu, 4/23-6/11 ➤ **Fee: \$64/GC: \$32**
- **SP84S.3** - Tu, 6/18-8/20 ➤ **Fee: \$68/GC: \$34**
- Lansdale YMCA ➤ 8:30-9:15 am

## CIRCL Mobility™

A full wellness experience based on the science of function movement. Focus on flexibility, breathwork and mobility exercises.

- **SP115S.1** - Mo, 2/26-4/15 ➤ **Fee: \$64/GC: \$32**
- **SP115S.2** - Mo, 4/22-6/10 ➤ **Fee: \$64/GC: \$32**
- **SP115S.3** - Mo, 6/17-8/19 ➤ **Fee: \$68/GC: \$34**
- Lansdale YMCA ➤ 10:30-11:25 am

## Kickboxing Circuit

High intensity interval (all levels) kickboxing workout with a series of punch and kick combinations that can be modified to be low or high impact. Workout includes weights.

- **SP117S.1** - Mo, 2/26-4/15 ➤ **Fee: \$64/GC: \$32**
- **SP117S.2** - Mo, 4/22-6/10 ➤ **Fee: \$64/GC: \$32**
- **SP117S.3** - Mo, 6/17-8/19 ➤ **Fee: \$68/GC: \$34**
- Indian Valley YMCA ➤ 5-6 pm

## Cardio Step Tone

Not Your Traditional Step Class! Get ready for this fun, total body workout that incorporates Step Aerobics and Strength Training into 1 workout.

- **SP106S.1** - Tu, 2/27-4/16 ➤ **Fee: \$68/GC: \$34**
- **SP106S.2** - Tu, 4/23-6/11 ➤ **Fee: \$68/GC: \$34**
- **SP106S.3** - Tu, 6/18-8/20 ➤ **Fee: \$72/GC: \$36**
- Lansdale YMCA ➤ 5:30-6:25 pm

## Cardio Boxing

An intense workout with a mix of cardiovascular high impact movements and basic boxing skills. Bring a towel and water.

- **SP81S.1** - Su, 3/3-4/21 ➤ **Fee: \$68/GC: \$34**
- **SP81S.2** - Su, 4/28-6/16 ➤ **Fee: \$68/GC: \$34**
- **SP81S.3** - Su, 6/23-8/25 ➤ **Fee: \$72/GC: \$36**
- Lansdale YMCA ➤ 11:15-12:15 am

## Cycling

Work out on stationary bikes, climb hills, sprint and race in a group setting. New riders and cycling enthusiasts welcome.

- **SP29S.1** - Mo, 2/26-4/15 ➤ **Fee: \$68/GC: \$34**
- **SP29S.2** - Mo, 4/22-6/10 ➤ **Fee: \$68/GC: \$34**
- **SP29S.3** - Mo, 6/17-8/19 ➤ **Fee: \$72/GC: \$36**
- Lansdale YMCA ➤ 5:30-6:30 pm

## 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. Bring a well cushioned mat and wear comfortable clothing.

- **SP103S.1** - Su, 3/3-4/21 ➤ **Fee: \$68/GC: \$34**
- **SP103S.2** - Su, 4/28-6/16 ➤ **Fee: \$68/GC: \$34**
- **SP103S.3** - Su, 6/23-8/25 ➤ **Fee: \$72/GC: \$36**
- Indian Valley YMCA ➤ 11:45 am-12:45 pm

## Hatha Yoga - NEW

Willful and active practices that aim to achieve harmony and balance in the mind, body and spirit. This approach to yoga is often called "the forceful path" and includes the practice of physical postures and breathing techniques.

- **SP17S.1** - Fr, 3/1-4/19 ➤ **Fee: \$68/GC: \$34**
- **SP17S.2** - Fr, 4/26-6/14 ➤ **Fee: \$68/GC: \$34**
- **SP17S.3** - Fr, 6/21-8/23 ➤ **Fee: \$72/GC: \$36**
- Indian Valley YMCA ➤ 8-9 am

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## HIIT (INT/ADV)

HIIT is a rigorous interval training sequence with high intensity exercises. HIIT gets and keeps your heart rate up and burns more fat in less time. This is a total body workout with lots of burn.

- **SP105S.1** - Sa, 3/2-4/20    ➤ **Fee: \$68/GC: \$34**
- **SP105S.2** - Sa, 4/27-6/15    ➤ **Fee: \$68/GC: \$34**
- **SP105S.3** - Sa, 6/22-8/24    ➤ **Fee: \$72/GC: \$36**
- Lansdale YMCA    ➤ 8:30-9:25 am

## Les Mills BODYBALANCE®

Ideal for everyone. A yoga-based class that improves your mind, body, and life. During BODY BALANCE, 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, 2/28-4/17    ➤ **Fee: \$68/GC: \$34**
- **SP65S.2** - We, 4/24-6/12    ➤ **Fee: \$68/GC: \$34**
- **SP65S.3** - We, 6/19-8/21    ➤ **Fee: \$72/GC: \$36**
- Indian Valley YMCA    ➤ 6-7 pm
- **SP65S.4** - Sa, 3/2-4/20    ➤ **Fee: \$68/GC: \$34**
- **SP65S.5** - Sa, 4/27-6/15    ➤ **Fee: \$68/GC: \$34**
- **SP65S.6** - Sa, 6/22-8/24    ➤ **Fee: \$72/GC: \$36**
- Indian Valley YMCA    ➤ 9:15-10:15 am

## Les Mills BODYPUMP®

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

- **SP21S.1** - Tu, 2/27-4/16    ➤ **Fee: \$68/GC: \$34**
- **SP21S.2** - Tu, 4/23-6/11    ➤ **Fee: \$68/GC: \$34**
- **SP21S.3** - Tu, 6/18-8/20    ➤ **Fee: \$72/GC: \$36**
- Indian Valley YMCA    ➤ 6-7 pm
- **SP21S.4** - We, 2/28-4/17    ➤ **Fee: \$68/GC: \$34**
- **SP21S.5** - We, 4/24-6/12    ➤ **Fee: \$68/GC: \$34**
- **SP21S.6** - We, 6/19-8/21    ➤ **Fee: \$72/GC: \$36**
- Lansdale YMCA    ➤ 9:30-10:30 am
- **SP21S.7** - We, 2/28-4/17    ➤ **Fee: \$68/GC: \$34**
- **SP21S.8** - We, 4/24-6/12    ➤ **Fee: \$68/GC: \$34**
- **SP21S.9** - We, 6/19-8/21    ➤ **Fee: \$72/GC: \$36**
- Lansdale YMCA    ➤ 6-7 pm

## Pilates

Stretch, strengthen and lengthen your entire body with the main focus being on abs and back. All levels welcome.

- **SP20S.4** - Th, 2/29-4/18    ➤ **Fee: \$68/GC: \$34**
- **SP20S.5** - Th, 4/25-6/13    ➤ **Fee: \$68/GC: \$34**
- **SP20S.6** - Th, 6/20-8/22    ➤ **Fee: \$72/GC: \$36**
- Lansdale YMCA    ➤ 6-6:55 pm

## Pilates With a Pop

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

- **SP20S.1** - Mo, 2/26-4/15    ➤ **Fee: \$68/GC: \$34**
- **SP20S.2** - Mo, 4/22-6/10    ➤ **Fee: \$68/GC: \$34**
- **SP20S.3** - Mo, 6/17-8/19    ➤ **Fee: \$72/GC: \$36**
- Lansdale YMCA    ➤ 7:05-8 pm

## Pure Strength

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

- **SP117S.1** - Th, 2/29-4/18    ➤ **Fee: \$68/GC: \$34**
- **SP117S.2** - Th, 4/25-6/13    ➤ **Fee: \$68/GC: \$34**
- **SP117S.3** - Th, 6/20-8/22    ➤ **Fee: \$72/GC: \$36**
- Lansdale YMCA    ➤ 10:30-11:20 am

## Restorative Stretching

Spend time in various poses with the purpose of flexibility and relaxation. Chair compatible.

- **SP99S.1** - We, 2/28-4/17    ➤ **Fee: \$68/GC: \$34**
- **SP99S.2** - We, 4/24-6/12    ➤ **Fee: \$68/GC: \$34**
- **SP99S.3** - We, 6/19-8/21    ➤ **Fee: \$72/GC: \$36**
- Indian Valley YMCA    ➤ 12-12:45 pm

## Stretch Pilates

Combining the best of Pilates floor work with a concentration of exercises that work on muscle elasticity.

- **SP117S.1** - Mo, 2/26-4/15    ➤ **Fee: \$68/GC: \$34**
- **SP117S.2** - Mo, 4/22-6/10    ➤ **Fee: \$68/GC: \$34**
- **SP117S.3** - Mo, 6/17-8/19    ➤ **Fee: \$72/GC: \$36**
- Lansdale YMCA    ➤ 11:30 am-12:25 pm

## Silver Sneakers Circuit™

Silver Sneakers Circuit Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball is alternated with non-impact aerobics choreography.

- **SP110S.1** - Fr, 3/1-4/19    ➤ **Fee: \$68/GC: \$34**
- **SP110S.2** - Fr, 4/26-6/14    ➤ **Fee: \$68/GC: \$34**
- **SP110S.3** - Fr, 6/21-8/23    ➤ **Fee: \$72/GC: \$36**
- Indian Valley YMCA    ➤ 9:30-10:15 am

## Silver Sneakers Boom™

This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music.

- **SP97S.1** - We, 2/28-4/11    ➤ **Fee: \$50/GC: \$25**
- **SP97S.2** - We, 4/24-6/12    ➤ **Fee: \$50/GC: \$25**
- **SP97S.3** - We, 6/19-8/21    ➤ **Fee: \$54/GC: \$27**
- Lansdale YMCA    ➤ 8:30-9 am

## 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, 2/28-4/17    ➤ **Fee: \$64/GC: \$32**
- **SP22S.2** - We, 4/24-6/12    ➤ **Fee: \$64/GC: \$32**
- **SP22S.3** - We, 6/19-8/21    ➤ **Fee: \$68/GC: \$34**
- Lansdale YMCA    ➤ 11:40 am-12:30 pm

## Tai Chi (continued)

- **SP22S.4** - Th, 2/29-4/18    ➤ **Fee: \$64/GC: \$32**
- **SP22S.5** - Th, 4/25-6/13    ➤ **Fee: \$64/GC: \$32**
- **SP22S.6** - Th, 6/20-8/22    ➤ **Fee: \$68/GC: \$34**
- Indian Valley YMCA    ➤ 9:45-10:30 am

## Yoga

Learn various styles of yoga combining fast and slow rhythms that tone and sculpt the body. Bring a well cushioned mat and wear comfortable clothing.

- **SP77S.1** - Mo, 2/26-4/15    ➤ **Fee: \$68/GC: \$34**
- **SP77S.2** - Mo, 4/22-6/10    ➤ **Fee: \$68/GC: \$34**
- **SP77S.3** - Mo, 6/17-8/19    ➤ **Fee: \$72/GC: \$36**
- Indian Valley YMCA    ➤ 6-7 pm
- **SP77S.4** - Sa, 3/2-4/20    ➤ **Fee: \$64/GC: \$32**
- **SP77S.5** - Sa, 4/27-6/15    ➤ **Fee: \$64/GC: \$32**
- **SP77S.6** - Sa, 6/22-8/24    ➤ **Fee: \$68/GC: \$34**
- Lansdale YMCA    ➤ 10:30-11:25 am

## Zumba

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

- **SP26S.1** - Mo, 2/26-4/15    ➤ **Fee: \$68/GC: \$34**
- **SP26S.2** - Mo, 4/22-6/10    ➤ **Fee: \$68/GC: \$34**
- **SP26S.3** - Mo, 6/17-8/19    ➤ **Fee: \$72/GC: \$36**
- Indian Valley YMCA    ➤ 6-7 pm

## Zumba Gold™

A modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity.

- **SP48S.1** - Tu, 2/27-4/16    ➤ **Fee: \$64/GC: \$32**
- **SP48S.2** - Tu, 4/23-6/11    ➤ **Fee: \$64/GC: \$32**
- **SP48S.3** - Tu, 6/18-8/20    ➤ **Fee: \$68/GC: \$34**
- Indian Valley YMCA    ➤ 9:30-10:15 am

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# IRONKNIGHT TRIATHLON

**May 18, 2024**

(rain date of May 19th)

**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 4/18!**

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.



*Just For Kids*

## Girls Lacrosse Clinic (Grades K-9)

Learn the fundamental of girls lacrosse. Focus will include proper throwing, catching and dodging techniques as well as advanced stickhandling, draws, checking, shooting and defensive footwork  
INST: JAMI BEHM

- **KD55S** - Sa, 3/2
- NPHS/Turf
- **Fee: \$45**
- 9 am- 12 pm

## Cheerleading Clinic (Grades K-6)

Join NP Cheerleading's stunt and cheer clinic. Learn sideline football cheers, stunting skills and a band dance, all of which will be incorporated into a game day routine. INST: EMILY HAMON

- **KD56S** - Sa, 4/6
- NPHS/Gym
- **Fee: \$60**
- 9 am-3 pm

## Junior Golf (Ages 7-12)

Learn the basics of the golf swing, iron play, wood play, chipping and putting, rules of play and golf terminology. There is a \$12 fee for a bucket of balls paid to Freddy Hill daily. Clubs available. Arrive 15 minutes early for each session. INST: MIKE DAVIS

- **KD54S.1** - Sa, 3/30-4/13
- **KD45S.2** - Sa, 4/20-5/4
- Freddy Hill Fun Center
- **Fee: \$45**
- 2-3 pm

## Spring & Summer Themed

### Paintings (Ages 8-12)

Students will be painting flowers, sunny beaches, garden creatures and more by following a step by step process. Each image will be painted on a 16x20 canvas using acrylic paint. Dress appropriately or bring a smock as acrylic paint will stain.  
INST: DIANE DEROGATIS

- **KD66S.1** - Sa, 2/24-3/16
- NPHS/J12
- **Fee: \$62**
- 10 am-12 pm
- **Mats Fee: \$10**

### Theater Basics (Grades 1-6)

Each week we will discuss a new topic, including acting, music, improv, character development and style. The last class includes a 30-minute demo performance for families.  
INST: WILL LIEGEL & NOELLE GAMBALE

- **KD72S** - Sa, 3/2-5/11 (NC: 3/23, 3/30, 4/20)
- NPHS/F123 & F124
- **Fee: \$88**
- 10 am-12 pm



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

## Cupcake Decorating (Ages 7-14)

Each registrant should bring six pre-made un-iced cupcakes to decorate and take home. Light snacks and water will be provided. Materials fee due each class to instructor. INST: ODALYS ORTIZ

- NPHS/F131
- **Fee: \$30/registrant/class**
- 10 am-12 pm
- **Mats Fee: \$5**

- Easter Cupcakes
- **AE75S.1** - Sa, 3/16

- Spring Colors Cupcakes
- **AE73S.1** - Sa, 4/13

- Mother's Day Cupcakes
- **AE78S.1** - Sa, 5/4

**THE FOLLOWING CLASSES ARE OFFERED IN PARTNERSHIP WITH RED DRAGON MARTIAL ARTS** INST: Master Eric Williams

## Build Confidence in MMA

(Ages 6+) - NEW

Build confidence in our Bully Defense class. We utilize Mixed Martial Arts (MMA) which combines our Taekwondo, Muay Thai Kickboxing, and some Group Techniques from Brazilian Jiu Jitsu, in a real world atmosphere and situations geared towards helping your child defend themselves without being the aggressor by using their voice first. Using fun exercises and team building games and techniques, we teach children how to be calm and collective and help them defend themselves properly by using our three strike Voice Technique and use their hands and feet as defensive helping tools and NOT weapons.

- Attend 1-3 sessions per week
- Red Dragon Martial Arts
- **KD57S.1** - Mo, Tu, Th, 3/11-3/25
- 6:15-7 pm
- **Fee: \$90**
- **KD61S.1** - Mo, Tu, Th, 3/11-4/18
- 6:15-7 pm
- **Fee: \$180**



**COMMUNITY EDUCATION PROGRAM**

**Summer Camp**

**MORE INFORMATION COMING MARCH 2024**

Art • Cooking  
Discovery • Music  
Sports • STEM • Theatre

**FIND WEATHER RELATED CANCELLATIONS ON**

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



## Arts & Crafts

### 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. Materials fee due first class to instructor. INST: DESIREE KUEMMERLE

- **AR93S.1** - Th, 4/11-4/25
- NPHS/K127
- **Fee: \$54**
- 6-8 pm
- **Mats Fee: \$20**

### The Zentangle® Method: Let's Light Up our Tangles

Let's create a tile together, focusing on new tangles and methods in your Zentangle journey! Materials fee due first class to instructor.

- INST: DESIREE KUEMMERLE
- **AR93S.5** - Th, 5/9
- NPHS/K127
- **Fee: \$30**
- 6-8 pm
- **Mats Fee: \$10**

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

#### Abstract Painting

Learn new techniques and painting departures by experimenting with layering colors, defining shapes, and creating mark-making. We will focus on shapes and colors, and follow instructions to create your own "Matisse Cut-Out and Miro paintings". Materials fee due first class to instructor. INST: COLLEEN BRAND

- **AR51S** - We, 3/13-4/3 (NC: 3/27)
- NPHS/J12
- **Fee: \$60**
- 6-8 pm
- **Mats Fee: \$25**

#### Oil/Acrylics (Ages 10+)

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** - Sa, 3/2-5/4 (NC: 3/30, 4/20)
- NPHS/J7
- **Fee: \$126**
- 11 am-1 pm

#### May the Fourth Be With You:

##### Baby Yoda Painting Class

Create your own unique Baby Yoda masterpiece. Learn a brief history of Star Wars and listen to Star Wars instrumental music while painting. Materials fee due first class to instructor.

- INST: COLLEEN BRAND
- **AR95S.1** - Sa, 5/4
- NPHS/J18/J6
- **Fee: \$30**
- 12:30-3:30 pm
- **Mats Fee: \$10**

#### Neurographic Art

This meditative drawing process combines psychology and art and links your conscious and subconscious mind to create new neural pathways. By drawing smooth, controlled curves and smoothing out the edges, we will create a complex drawing that looks similar to neurons. Then add color! No previous drawing experience required. Bring to class: watercolor paper, sharpie markers (not oil based) and watercolors or colored pencils. Optional: painters tape and white posca paint marker. INST: COLLEEN BRAND

- **AR94S.1** - Sa, 4/27
- NPHS/J7
- **Fee: \$30**
- 12:30-3:30 pm



## Dog Obedience

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

Molly's Country Kennels Fee: \$195

### 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.2 - Mo 3/4-4/8
- LR16S.5 - Mo 3/4-4/8
- LR16S.1 - We 3/6-4/10
- LR16S.3 - Sa 3/9-4/13
- LR16S.6 - Mo 5/6-6/17 (NC:5/27)
- LR16S.7 - We 5/8-6/12
- 6:45 pm
- 8 pm
- 6:45 pm
- 1 pm
- 6:45 pm
- 6:45 pm

### Canine Good Citizen

For those who want to obtain the Canine Good Citizen (CGC) title for their dogs. A maximum of six dogs and handlers will learn the skills needed to pass the CGC test. The test will be given at the final class. Pre-requisite: Level I Obedience Training (puppy kindergarten is not sufficient).

- **LR18S.1** - Su, 3/10-4/14
- Molly's Country Kennels
- **Fee: \$195**
- 9 am

### Therapy Dog International

For those wanting to have their dogs certified as Therapy Dogs. It will teach a maximum of six dogs and handlers skills to pass the TDI test. The TDI test will be given at the final class. Pre-requisite: Canine Good Citizen Certified.

- **LR19S.1** - We, 3/6-4/3
- Molly's Country Kennels
- **Fee: \$195**
- 8 pm



### Mark Your Calendar

#### Knights of Honor Celebration

Join us to pay tribute to notable North Penn community members, former staff members and alumni who have brought honor and outstanding service to NPSD.

Thursday, March 7, 2024 at 6 pm  
North Penn High School  
1340 Valley Forge Road, Lansdale

Visit [npenn.org](http://npenn.org) for more information about the program and this year's honorees.

## Discount Days: SAVE 5%

Friday, February 2, 2024  
Monday, February 5, 2024

#### 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. Discount not valid on Aquatics registrations.



## 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

- > ED41S - Tu, 1/30-5/28 > 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

- > ED40S - Tu/Th, 2/22-3/14 (NC: 3/12)
- > 6:30-8:30 pm
- > ESC/Faculty Room > Fee: \$76/GC: \$38/ Mat: \$15

### Home Vegetable Garden

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

- > ED46S - Tu, 3/19 > 7-8 pm
- > NPHS/K12S > 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.

#### Basic Course

- > ED10S - Mo-Tu, 4/8-9 > 5-9 pm
- > Ing/Library > AARP Member \$20 Non-Member \$25



## Aquatics

For Spring 2024 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)

## FIND WEATHER RELATED CANCELLATIONS ON

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- Twitter @NPSD
- NPTV Comcast Channel 28/  
Verizon FIOS Channel 29
- KYW Radio

### At Home Composting

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

- > ED47S - Tu, 4/30 > 7-8 pm
- > NPHS/K12S > 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

- > ED12S - Mo, 3/4-4/22 > 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

- > ED21S - We, 4/3 > 6:30-8:30 pm
- > Virtual > Fee: \$30

### Exploring Spanish I - Virtual

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

INST: JENNIFER AINGE

- > ED15S.1 - We, 7/10-8/14 > 6:30-7:30 pm
- > Virtual > Fee: \$64/GC: \$32



## Family and Community Engagement (FACE) Time

### English for Everyday:

#### Adult Beginner ESL/ELD (Age 18+)

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 - Tu, 3/12-5/21 (NC: 3/26)
- > KN/Library > 6:30-8:30 pm
- > Fee: \$10



## Planetarium

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

- > NPHS Planetarium/C25 > 7:30-8:30 pm
- > Fee: \$12 Adults/\$10 Students/GC: One free (if free GC class has not already been utilized this season)

### Forward to the Moon!

Kari Byron from *Crash Test World* and *Myth Busters* launches us on a journey beyond the Earth towards a sustainable future in space. NASA's 21st century The Artemis program, named after the Greek Moon Goddess and twin of Apollo, is the next step in our mission to explore the universe and land the first woman and person of color on the surface of the Moon. Produced by Fiske Planetarium in collaboration with TEND Studio with funding from NASA SSERVI and Lockheed Martin.

- > SK37S.1 - Mo, 2/26 (adults)
- > SK37S.2 - Mo, 2/26 (students)

### Totality

Learn about lunar to total solar eclipses - how they occur and what happens when they do. We look back to the proof of general relativity and look forward to upcoming eclipses and where to witness them. The next solar eclipses will be visible from the Continental US on 4/8/24. Learn the causes of the eclipses and how to view them safely.

- > SK40S.1 - Mo, 3/18 (adults)
- > SK40S.2 - Mo, 3/18 (students)

### 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 - Mo, 4/15 (adults)
- > SK11S.2 - Mo, 4/15 (students)

### Celestial Highlights of the Summer Sky

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

- > SK13S.1 - Mo, 5/20 (adults)
- > SK13S.2 - Mo, 5/20 (students)



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

# North Penn Community Education Program

401 E. Hancock Street | Lansdale, PA 19446 | 215-853-1029 | [beigelg@npenn.org](mailto:beigelg@npenn.org) | [www.northpenncep.org](http://www.northpenncep.org)

## Registration Information

### Discount

- Save 5% during Registration Discount Days on 2/2 & 2/5/24
  - In-person from 2-5 pm
  - Online from 2-8 pmenter discount code: ONLINE%

### Registration

- Registrants should assume acceptance unless otherwise notified in all cases.
- Register early to avoid disappointment.
- No phone registrations will be accepted.
- Return checks are subject to a \$30 Return Check Fee.

### Cancellations and Refunds

- No refunds after the first class is held. There will be a \$10 non-refundable registration fee on all cancellations made by the registrant.
- If a course is cancelled due to low enrollment by the Community Education Program (CEP), registrants will be notified for a full refund.
- Inclement weather class cancellations will be posted on [www.npenn.org](http://www.npenn.org) and on NPTV on Comcast Cable channel 28/Verizon FIOS channel 29.

### Ages and Credentials

- Unless otherwise noted, classes are intended for adults 18 years or older.
- Not designed for high school or college credit.

### Gold Card Registration and Program Details

- Gold Card Registrations accepted in-person or by mail only.

#### About the Gold Card Program

North Penn School District residents who are 60 years of age or better may register to become members of the Gold Club Card. Visit the Office of School & Community Engagement, located at 401 East Hancock Street, Lansdale, PA, Monday-Friday between 8 am-4 pm. A current driver's license/identification card will be needed to verify your mailing address.

Members may participate in one course during the Spring, Fall and Winter terms at the Gold Card rate. Some programs do not qualify for Gold Card discounts, so please check the program description.

Gold Card members may also receive free admission to art, drama, music and athletic events (excluding playoff games) sponsored by NPSD.

Please check the Activities Calendar at [www.npenn.org](http://www.npenn.org) for a listing of events.

## Ways to Register



In-person registration and payment to the Community Education Program office Monday-Friday from 8:30-4 pm.



Mail registration and payment to: Community Education Program, 401 E. Hancock St., Lansdale, PA 19446



Online registration and payment at [www.northpenncep.org](http://www.northpenncep.org)

## Class Locations

Emmanuel EC Church - 100 S. Main Street, Hatfield

ESC - Educational Services Center  
401 East Hancock Street, Lansdale

Freddy Hill Fun Center  
1440 Sumneytown Pike, Lansdale

Indian Valley YMCA - 890 Maple Avenue, Harleysville

ING - Inglewood Elementary School  
1313 Allentown Road, Lansdale

KN - Knapp Elementary School  
698 Knapp Road, Lansdale

Lansdale YMCA - 608 E. Main Street, Lansdale

Molly's Country Kennel  
2205 Wentz Church Road, Lansdale

NPHS - North Penn High School  
1340 Valley Forge Road, Lansdale

PB - Pennbrook Middle School  
1201 North Wales Road, North Wales

PF - Pennfield Middle School  
726 Forty Foot Road, Hatfield

Red Dragon Martial Arts  
1150 Bethlehem Pike, Hatfield

## COURSE ENROLLMENT FORM

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

|           |                                  |  |         |   |  |
|-----------|----------------------------------|--|---------|---|--|
| Activity: |                                  |  |         |   | Activity #:                              |
| Time:     | am/pm<br><small>(circle)</small> | Day: Mo/Tu/We/Th/Fr/Sa/Su<br><small>(circle)</small> | Fee: \$ | Gold Card: Y/N<br><small>(circle)</small> | Grade:<br><small>(if Kids Class)</small> |
| 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.

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



### Knights of Honor Celebration

Join us to pay tribute to notable North Penn community members, former staff members and alumni who have brought honor and outstanding service to NPSD.

Thursday, March 7, 2024 at 6 pm

North Penn High School, 1340 Valley Forge Road, Lansdale

Visit [www.npenn.org](http://www.npenn.org) for more information about the program and this year's honorees.

### Gold Card Spring Highlights

- 5/1 NPHS Theatre Show Matinee, 1 pm
  - 5/2-4 NPHS Theater Show, 7:30 pm
  - 5/5 NPHS Theatre Show, 2 pm
  - 5/7 NPHS Orchestra Concert, 7 pm
  - 5/16 NPHS Band Concert 7 pm
  - 5/23 NPHS Chorus Concert, 7 pm
- Fees may be associated with events.*

For all events please visit the online calendar at [www.npenn.org](http://www.npenn.org) or check the 2023-2024 activities calendar. Gold Card questions, call 215-853-1029.



### Mental Health & Wellness

### Introduction to Mindfulness Meditation

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

- > MH10S.1 - Th, 2/22-3/21 (NC: 3/7) > 7-8 pm
- > NPHS/K125 > Fee: \$38

### Safesense CPR

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: SHAUN STEWART

- > MH14S.1 - We, 4/17 > 6-9 pm
- > ESC/Conference Room > Fee: \$108 CPR
- > Fee: \$138 CPR+ First Aid



[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

#### Board of School Directors:

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

#### Director of School & Community Engagement:

Christine Liberaski

#### Advertising and Marketing Specialist:

Erika Shaedle

Produced by the  
Office of School & Community Engagement

GET NOTICED THROUGH THE NPSD ADVERTISING PROGRAM

- Activities Calendar
- Community Education Catalogs
- E-Matters E-Newsletter
- Signage & Banners

NP ADvantage program

[WWW.NPENN.ORG/ADVANTAGE](http://WWW.NPENN.ORG/ADVANTAGE)  
215-853-1027

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Monday, February 5, 2024

### In-person 2-5 pm

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Educational Services Center  
401 East Hancock Street, Lansdale

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