

COMMUNITY EDUCATION SCHEDULE

It's that time of year again, and the North East School District welcomes all interested people to take advantage of the Community Education classes. From healthy living to arts and crafts there is a class for just about everyone. Individuals with extraordinary talents, trade skills, and/or experienced hobbyists are encouraged to share with the community by becoming an instructor. If you have any questions regarding the program please feel free to contact the Administration Office at (814)725-8671 ext. 3904 or email to adminoffice@nesd1.org

Community Education Directions:

- A Please provide all the information requested on the registration form.
- A Register early to avoid disappointment.
- A Classes will begin as scheduled in this flier unless otherwise contacted. Refunds are not made after the first class is held.
- A North East senior citizens (60 years of age and older) qualify for a Gold Card discount on most classes.
- A Please visit Administration Office for your card.
- A Some classes (description will indicate) may require an additional fee for supplies or materials.
- A No phone registrations will be accepted.
- A If school is canceled because of bad weather, adult education classes will also be canceled.
- A Instructors will contact you personally if there is a cancellation for any other reason.
- A Unless otherwise noted, classes are open to adult residents and nonresidents who are at least 18 years of age.

When signing up for a class, please mail registrations with check(s) or money order(s) to:
Community Education Program
 50 East Division Street
 North East, PA 1642

Fitness & Wellness

PIYO - Paula Neff

PIYO is a fast-paced, high-intensity, strength training workout that uses your own body weight & Pilates and yoga-inspired moves to build strength, flexibility and balance all while getting your heart pumping. PIYO will have you sweating and moving quickly to choreographed routines that will use your body to sculpt your body in a cardio format. Please bring a yoga mat and water and be ready to sweat and have fun.
 (7 Sessions/Wednesday) DATES: 10/3 - 11/14
 TIME: 5:30 - 6:30 PM LOCATION: Elem. Music Rm.
 FEE: \$45 Gold Card \$40

PILATES - Paula Neff

This full-body Pilates class will focus on the proper set-up, technique and performance of the Pilates exercises. Taught by a certified and experienced instructor, you can feel assured you are learning the "right" way to do Pilates to be safe and effective, and to get the most from your workout!
 (7 Sessions/Tuesday) DATES: 10/9 - 11/20
 TIME: 5:30-6:30 PM LOCATION: 3rd Gr. Core
 FEE: \$45 Gold Card \$40

YOGA* - Sharryn Donn-Campbell, Ph.d.

Learn how to correctly align yourself, build stamina and stability through proper stretching and strengthening. Learn weight bearing, mat, chair, and wall postures. Proper breathing will be taught to help reduce stress. Yoga is adaptable to any age, fitness, ability, health, and body configuration. Please bring your own mat and tie. (7 Sessions/Wednesday) DATES: 10/10 - 11/28
 TIME: 5:45-7:00 PM LOCATION: 3rd Gr. Core Area
 FEE: \$50 Gold Card: \$45

** All Fitness Classes LIMITED TO 20 Participants*

DETOX YOUR LIFE - Stephanie Cullen

Do you pay attention to what you put on your body? Did you know that it can take as little as 26 seconds for what goes on our skin to get into our bloodstream? The products that we use on a daily basis make a direct impact on our health. We'll talk about ingredients, side effects and safer alternatives.
 (3 Sessions/Tuesday) DATES: 10/23, 11/13, 12/11
 TIME: 6:30 - 8:00PM LOCATION: 3rd Gr. Core
 FREE

Arts & Crafts

CAPRI SUN DIY BAG - Susan Scriven

Students will focus on creating a lunch bag or tote by sewing together recycled Capri Sun pouches. If time permits smaller accessories will be made in class. Students will need to bring their sewing machines. Supply kits are available for \$5.00 per kit. (4 Session/Mon.) DATES: 10/15, 22, 29, 11/5
 TIME: 6:30-8:30 PM LOCATION: MS Family Con. Science Room
 FEE: \$30 Gold Card \$25

COMMUNITY EDUCATION

When registering please read all directions which are provided at the top of this page. Classes will run as scheduled unless otherwise notified. There are separate registration processes for Community Education and Hi-Ed Classes, please register accordingly. Gift cards available! Questions? Contact The Administration Office at: adminoffice@nesd1.org or (814)725-8671 ext. 3904

REGISTRATION FORM ~ Community Education

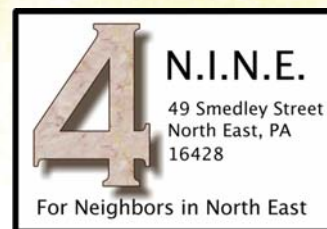
Please print or type all information. Please use one registration per participant. Contact phone number is needed for class updates.

Name:	Phone:
Address:	Email:
1.	Fee:
2.	Fee:
3.	Fee:



REGISTRATION FORM FALL 2018

For questions or more information call, (814)723-3222. Please register early to assure a seat in the class! The Council reserves the right to make, at any time, any changes it deems advisable in scheduling, cancellation, or policies.



NAME		
ADDRESS		
CITY/STATE/ZIP		
Work Phone	Cell Phone	Home Phone
E-mail address		
If course is cancelled, contact me at:		Would you like to be added to our email list for up-coming courses? YES NO

Please check box of course(s) you wish to register for:

Cost	Course Name	<input type="checkbox"/>	Cost	Course Name	<input type="checkbox"/>
Free	Resume Writing F, Sep. 14 and M, Sep. 24; 11:00 am - 1:00 pm CareerLink	<input type="checkbox"/>	Free	Money in the Morning M, Oct. 15; 9:00 - 10:00 am	<input type="checkbox"/>
Free	Interview Skills / Internet to Get a Job F, Sep. 14 and M, Sep. 24; 1:00 pm - 3:00 pm CareerLink	<input type="checkbox"/>	\$1399	Pharmacy Technician Program T & Th, Oct. 16 – Dec 6; 6:00 - 9:30 pm; (textbooks included)	<input type="checkbox"/>
\$19	PowerPoint M, Sep. 24; 5:00 pm - 7:00 pm NEMS \$19	<input type="checkbox"/>	\$49	Wire Jewelry Making (5 different rings) TH, Oct. 18; 5:00 - 7:00 pm; (materials included)	<input type="checkbox"/>
\$39	Professional Development T & Th, Sept. 25 and 27; 5:00 - 7:00 pm; NEMS	<input type="checkbox"/>	\$75	Discipline: Coaching, not Punishment F, Oct. 19; 11:00 am - 1:00 pm	<input type="checkbox"/>
\$59	Yoga M, Oct 1 – Nov 5; 11:00 am - 12:00 pm	<input type="checkbox"/>	Free	Family Money Skills M, Oct. 22; 9:00 - 10:00 am	<input type="checkbox"/>
Free	Healthy Foods TH, Oct 4; 11:00 am - 12:30 pm	<input type="checkbox"/>	\$69	QuickBooks T, Oct. 23; 9:30 am - 3:00 pm	<input type="checkbox"/>
\$59	Acrylic Painting T, Oct. 4; 5:00 - 7:00 pm	<input type="checkbox"/>	Free	OSHA Update: Recordkeeping Standard T, Oct. 23; 11:00 am - 1:00 pm	<input type="checkbox"/>
Free	Stress Mgt for Home/Work – Conflict Res. F, Oct. 5 and M, Oct. 15; 11:00 am - 1:00 pm; CareerLink	<input type="checkbox"/>	\$75	Give it Up: The Art of Delegation F, Oct. 26; 11:00 am - 1:00 pm	<input type="checkbox"/>
Free	Interview Skills / Internet to Get a Job F, Oct. 5 and M, Oct. 15; 1:00 pm - 3:00 pm; CareerLink	<input type="checkbox"/>	Free	Financial Literacy F, Nov. 2 and M, Nov. 19; 11:00 am - 1:00 pm CareerLink	<input type="checkbox"/>
\$75	Motivation: Solving the Mystery F, Oct. 5; 11:00 am - 1:00 pm	<input type="checkbox"/>	Free	Financial Literacy F, Nov. 2 and M, Nov. 19; 1:00 - 3:00 pm CareerLink	<input type="checkbox"/>

Make Checks Payable to: Warren Forest Higher Education Council
 Locations: *4 NINE Center- 103 Clay St. *NEMS- North East Middle School *CareerLink

Total:

*PLEASE NOTE: All classes located at the 4 NINE Center, 103 Clay Street, North East, PA Unless *NEMS or *CareerLink is designated.*

To register, mail form or in person, make checks payable and mail to:
 Warren Forest Higher Education Council
 589 Hospital Drive, STE F
 Warren, PA 16365

CANCELLATION POLICY:

- If you cancel 3 or more business days before the start of class, you will receive a full refund.
- If you cancel less than 3 business days prior to start date of the class, you will receive credit toward the registration fee for another class.
- If you are a no-show for class without prior notification, you will not receive a refund or credit toward another registration fee.
- In the event the Hi-Ed Council cancels the class, you will receive a full refund.