

# Special Interest

All classes and trips are open to the public. Classes in which holidays occur are prorated.

Early registration is our only way of knowing that you plan to take a class. Cancellations are made at least 48 hours before each class is scheduled to begin, so please register early! Our minimum registration varies according to class. Please contact Amy Jimison, Informal Education Coordinator, at 478-9622, ext. 27, if you have a question.

## HATHA YOGA

[04501]

Hatha Yoga is a basic course for beginners. It is a gentle, enjoyable experience. Deep breathing and relaxation techniques are combined with postures that are designed to increase flexibility and reduce stress and tension. Class is held in a quiet, darkened room with soft music. Students move at their own pace, in a gentle, non-competitive atmosphere. Class begins with the "wake up" routine, then into basic yoga postures and ends with relaxation and visualization – creating peace and well being in body and mind. Wear loose clothing and bring a mat or thick towel.

*Day/Times:*

*Tue 6:15-7:15 pm or 7:15-8:15 pm*

**Fees:**

**Session I: Full Members FREE / Program Members + Public \$84**

**Session II: Full Members FREE / Program Members + Public \$96**

*Day/Times:*

*Thu 6:15-7:15 pm or 7:15-8:15 pm*

**Fees:**

**Session I: Full Members FREE / Program Members + Public \$60**

*(No class 09/10/09 & 10/08/09)*

**Session II: Full Members FREE / Program Members + Public \$60**

*(No class 11/12/09, 11/26/09, & 12/10/09)*

## MEDITATION

[04502]

Develop your body's own healing, stress relieving abilities. What a wonderful way to wind down! Bring a mat or thick towel.

*Day/Time: Tue 8:15-8:45 pm*

**Fees:**

**Sessions I: Full Members \$28 / Program Members + Public \$35**

**Sessions II: Full Members \$32 / Program Members + Public \$40**

*Day/Time: Thu 8:15-8:45 pm*

**Fees:**

**Session I: Full Members \$21 / Program Members + Public \$31**

*(No class 09/10/09 & 10/08/09)*

**Session II: Full Members \$21 / Program Members + Public \$31**

*(No class 11/12/09, 11/26/09, & 12/10/09)*

## LUNCH TIME YOGA

[04520]

A special Hatha Yoga class for your convenience! PLEASE NOTE: Class is now on Monday afternoon. A perfect stress relieving midday activity for all ages! Wear loose clothing and bring a mat or thick towel. Baby sitting available for members.

*Day/Time: Mon 12:30-1:25 pm*

**Fees:**

**Session I: Full Members FREE / Program Members + Public \$72**

**Session II: Full Members FREE / Program Members + Public \$96**

## YOGA FOR KIDS

[04428]

*Ages 5-14*

Have fun with girls and boys your age as you learn the basics of yoga postures and breath work. Increase your flexibility, endurance, strength, balance, and coordination. It will be very helpful in all your sports programs! Parents are welcome to drop in and join a class when space is available. Register at the front desk.

*Day/Times:*

*Ages 5-8: Mon 4:00-4:25 pm*

*Age 9-14: Mon 4:30-4:55 pm*

**Fees:**

**Session I: Full Members FREE / Program Members + Public \$35**

*(Class begins 09/21/09)*

**Session II: Full Members FREE / Program Members + Public \$56**

**FOR AN INTERESTING ALTERNATIVE, BE SURE TO CHECK OUT OUR KARATE PROGRAM! SEE THE SPORTS SECTION FOR MORE INFORMATION.**

## KNITTING

[04564]

*Ages 16-Adult*

Try this great class and learn a valuable skill and pastime! Learn the basics of knitting. This class is for both beginners and experienced knitters. Bring a ball of worsted weight yarn and size 8 needles or your current project to class the first night. There will be new technique or topic each week.

*Day/Time: Thu 7:30-9:30 pm*

**Fees:**

**Session I & II: Full Members \$49 / Program Members + Public \$56**

FYI: Check out the YOUNG KNITTER CLASS on the Youth Enrichment page.

## HAVE NO FEAR - IT'S ONLY A PLAY

[04505]

*Ages 16-Adult*

Acting for Beginners and Experienced Actors. Get in touch with your body and release your voice (Elements of Laban and Roy Hart – physical and vocal work). Look and listen - the actor's tools - observation and concentration. We will play games and express emotion through movement as we cover such topics as interpreting the text, creating a character, exploring the monologue, and working a scene. Bring a yoga mat or towel and a monologue of your choice to class. Wear comfortable clothes. This class is taught by actor/director Tanya Lazar. Tanya has a B.A. in theater and has studied here and abroad. She has worked with most area theaters and acted professionally for the past two years. For more information call Amy Jimison 302-478-7622 ext. 27.

*Session: 09/28/09-11/02/09*

*Day/Time: Mon 7:00-9:00 pm*

**Fees: Full Members \$90 / Program Members + Public \$102**

## ADULT FICTION WRITING WORKSHOP

[04506]

Calling all closet writers! Dust off your manuscripts and bring them to class, where we'll discuss the craft of creative writing, as well as workshop your short stories and novel excerpts (no poetry, please). Want to try your hand at writing but have nothing prepared? We'll do weekly writing exercises to help you get those juices flowing – and get your ideas onto a page. Our instructor is award winning young adult novelist and college instructor Lara Zeises, whose novel True Confessions of a Hollywood Starlet (written under her pseudonym Lola Douglas) was recently made into a Lifetime television movie. Past class members are welcome to join us to continue with your work. Class is limited to 10 students.

*Session: 10/01/09-11/05/09*

*Day/Times: Thu 7:00-8:00 pm*

**Fees: Full Members \$48 / Program Members + Public \$54**

## GREEN AND SERENE WORKSHOP

[04504]

This class is full of tips to help you save money and the environment. This crash course will help you enhance your wardrobe, prepare nutritional low-cost meals, make your own inexpensive household cleaning products, clear out your clutter, etc. Work on your serenity with tips for organizing your life with good time management. Plenty of class demonstrations and hand-outs to take home! Bring along your ideas to share with the class. This class has something for everyone.

*Day/Time: Thu 10/08/09 6:30-8:00 pm*

**Fees: Full Members \$5 / Program Members + Public \$10**

## HEALTHY COOKING CLASSES FOR ALL AGES

\* Please note for all cooking classes – not recommended for people with food allergies.

### HEALTHY COOKING PARENT/CHILD CLASS

[04603]

*Ages 6 and over*

Share some special time with your child in a great cooking class. Work as a team as you both learn how to prepare yummy and healthy food that will fit into your budget. Good nutrition will be easy as you learn tricks of the trade from a home economic teacher. Be prepared to taste your special creations! Register early as class size is limited. Price includes parent and one child.

*Day/Time: Thu 09/24/09 6:00-7:00 pm*

**Fees: Full Members \$15 / Program Members + Public \$20**

### KIDS COOK'N CLASS

[04440]

*Ages 8 and over*

Calling all Junior Chefs! Try something new! Join us for a fun Saturday morning cooking class as you learn how to make a yummy healthy dish. Surprise your parents and friends with your culinary skills. Be prepared to taste your special creations! Register early as class size is limited.

*Day/Time: Sat 11/07/09 9:00-10:30 am*

**Fees: Full Members \$18 / Program Members + Public \$22**



# Special Interest

## ARTS AND CRAFTS

### ACRYLIC PAINTING CLASS

[04558]

*Ages: 15 - Adult*

Come join us for a new evening art class that will let your creative side shine through as you learn the basics of acrylic painting. On the first day of class please bring a picture or an object that you would like to use as a subject to paint. The Instructor will also have pictures to choose from for inspiration. Your work of art may be realistic or abstract. You will also learn how to make a glass pallet and the proper way to set up your paints. Supply list: canvas, acrylic paints, different size brushes, picture or objects for a still life, vine charcoal, rags, 11x14 inexpensive frame with glass, pad of drawing paper, masking tape, container for water and mod podge. For more information contact Amy Jimison at 302-478-9622, ext. 27.

*Session: 09/22/09-10/27/09*

*Days/Times: Tue 6:30-8:00 pm*

**Fees: Full Members \$48 / Program Members + Public \$54**

### GLASS PAINTING

[04515]

*Ages: Adult*

Join a fun class where you will paint a Halloween theme on glass to give as a gift or to use yourself. Learn this useful skill to make many more gifts at home! You will learn brushwork, shading and highlighting as you have a fun evening. Be sure to look for a sample at the front desk. A \$10 material fee must be paid to the instructor, Karen Snyder.

*Day/Time: Wed 10/14/09 7:00-9:00 pm*

**Fee: Full Members \$12 / Program Members + Public \$15**

### HOLIDAY GLASS PAINTING

[04512]

*Adult*

Decorate wine glasses with holiday designs to give as a gift or to use yourself. Learn this useful skill to make many more gifts at home! You will learn brushwork, shading and highlighting as you have a fun evening. Be sure to look for a sample at the front desk. A \$10 material fee must be paid to the instructor, Karen Snyder.

*Day/Time: Wed 11/18/09 7:00-9:00 pm*

**Fee: Full Members \$12 / Program Members + Public \$15**

### YOUTH SEWING WORKSHOP

#### - DOLL CLOTHING

[04530]

*Ages 7-10*

Learn sewing skills as you make a special item for your favorite doll! Make your choice of a piece of clothing, a small blanket, or pillow. Bring your doll to class so you can be sure of the size. Doll clothing and accessories are expensive; with your new skills you can make more clothes at home. Dolls should be an American Girls Doll or one at least 12" or taller. Supplies are included in the price. Past class members are welcome! Register early, class size is limited.

*Day/Time: Sat 10/03/09 9:00-11:00 am*

**Fees: Full Members \$16 / Program Members + Public \$20**

### PARENT AND CHILD CRAFT CLASS

[04560]

*Ages 6 and over*

Share some special time with your child as you make seasonal appliqué T-shirts. You can make matching shirts or each make your own design with many choices of fabrics. Learn this skill and make more at home to give for gifts. Some easy hand sewing included in this class. Please bring two solid color T-shirts in your sizes to class. Look for a sample at the front desk. Register early as this class is popular and class size is limited. Price includes parent and one child. A small material fee must be paid to the instructor the night of class.

*Day/Time: Thu. 11/19/09 6:00-8:00 pm*

**Fee: Full Members \$12 / Program Members + Public \$15**

### HOLIDAY CRAFT WORKSHOP

(04507)

*Ages: Adult*

Make a unique holiday tree by learning to paint basic brushstrokes on wooden ornaments. This will be a great decoration for your home or to give as a gift. Be sure to look for the sample at the front desk. A material fee of \$10 must be paid to the instructor, Karen Snyder.

*Day/Time: Wed 12/09/09 7:00-9:00 pm*

**Fee: Full Members \$12 / Program Members + Public \$15**



## BUS TRIPS

### SATURDAY NYC BUS TRIP

[04702]

After a hard week at work treat yourself to a special Saturday trip to New York City! Take advantage of matinee theater bargains (cash or travelers checks only at TKS box office). See the famous sights, visit art museums, or shop! You are on your own for the day. Maps and tour information are available. These trips are growing in popularity, so don't miss out on a great day! Register early to reserve a seat.

*Day/Time: Sat 10/24/09*

*Meet in YMCA lobby at 7:15 am. Bus departs promptly at 7:30 am and returns to YMCA 9:00 pm.*

**Fees: \$44/person**

### HOLIDAY NYC BUS TRIP

[04703]

Join us for our traditional holiday NYC bus trip. Take in all the glitter and attractions of Rockefeller Center at this sparkling time of year, visit the museums, do your holiday shopping, or enjoy a bargain matinee theater performance (cash or traveler's checks only at TKS box office). It's a special time of the year to be in NYC! REGISTRATION BEGINS OCTOBER 12TH. Register early as this trip sells out fast!!! Please note: do not purchase tickets in advance for performances that begin before 12:00 pm due to the uncertainty of travel time in holiday traffic.

*Day/Time: Wed 12/02/09*

*Meet in YMCA lobby at 7:15 am. Bus departs promptly at 7:30 am and returns to YMCA 9:00 pm.*

**Fees: \$44/person**

Just a reminder – no smoking or alcoholic beverages allowed on the bus.

Watch for our upcoming Philadelphia Flower Show and Spring NYC bus trips!

## Y BOOK CLUBS – DROP IN

Are you looking to meet new people? Do you enjoy reading? If so, come out to one of the Y Book Clubs! The Daytime Book Club meets on the third Thursday of the month at 9:30 am in the Edgemoor classroom. The Evening Book Club meets on the first Wednesday of the month at 7:30 pm in the Holly Oak classroom. The book selected at each meeting will be discussed at the following month's meeting. Everyone is welcome! If you have any questions, please contact Melina Gillis at [agillis@ymcade.org](mailto:agillis@ymcade.org) (Daytime Book Club) or Karen Mann at [kmann@ymcade.org](mailto:kmann@ymcade.org) or at ext. 58 (Evening Book Club).

*Dates/Time:*

*Daytime Book Club*

*09/17/09 at 9:30 am*

*10/15/09 at 9:30 am*

*11/19/09 at 9:30 am*

*12/17/09 at 9:30 am*

**Fees: Full Members FREE**

*Evening Book Club*

*09/02/09 at 7:30 pm*

*10/07/09 at 7:30 pm*

*11/04/09 at 7:30 pm*

*12/02/09 at 7:30 pm*

