



Center for Adult and Continuing Education

**MISERICORDIA
UNIVERSITY**

301 Lake Street, Dallas, PA 18612

P R S R T S T D
NON PROFIT ORG
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MISERICORDIA
UNIVERSITY

Spring 2012

Fun & Fitness

Non-credit programs
for children and adults



Misericordia University

Non-credit programs for children and adults

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Fun & Fitness



Photo credit: Marlon Bunday

All art classes will take place in the Misericordia Art Studio located at the rear of 50 Lake Street, Dallas PA. Art Studio classes will fill quickly as space is limited.

PLEASE NOTE: Registrations will close prior to class start date as stated in each class description to allow for ordering and delivery of class supplies.

Cancellation of Non-Credit Art Classes at Misericordia University Art Studio: When cancellation is necessary due to weather, Misericordia University posts notices on local TV stations. Should a cancellation be necessary due to a specific issue that affects only art studio classes, the instructor will contact students by the phone number provided during class registration. In the case of any cancellation, arrangements to complete unfinished work will be established by each instructor on an individual basis, if such opportunity is possible. As per Misericordia Fun and Fitness policy, refunds are not given due to weather or personal cancellation. If a class is cancelled due to under-enrollment, a refund will be issued, or the student may choose to apply the refund to another class. Should a student cancel by withdrawing from the class at least 3 working days prior to start date, they will be refunded class cost, less the cost of materials and a \$5.00 processing fee.

For safety reasons, all children ages 13 and younger must be signed in to each class by a parent or guardian, and must be escorted from the room by a parent or guardian at the end of class (young students may not be dropped off and picked up from a car in the parking lot). There is no before or after class child care, classes open no earlier than 5 minutes prior to start and all students must be picked up promptly at class end. Art class participants should dress in comfortable appropriate clothing. Some materials used may stain fabric.

Non-Credit Art Classes at Misericordia University Art Studio

Fine Art on Paper and Canvas

Erin Anderson

Erin Anderson graduated from Miami University with a bachelor's degree in Social Psychology and a minor in Entrepreneurship. After college, she decided to pursue her passion and enroll in the Ani Academy Waichulis fine art atelier, well known for students who master skill in exceptionally realistic art. The focus of Erin's work is portraiture and the human figure. Specifically, her interests lie in the emotional nature of human dynamics, both internal and interpersonal while simultaneously exploring the duality of spirituality and consciousness throughout the course of people's everyday lives and interactions.

Erin has been recognized as a finalist in Southwest Arts Magazine's 2011 Competition, the Art Renewal Center International Salon 2011 Competition, Artist's Magazine's 2010 Portrait Competition, and the Art Kudos 2010 Competition. She has also been awarded scholarships in 2009 and 2010 by the Portrait Society of America.

Erin's work, along with other artist's of the Waichulis Art Academy, was shown in the Pauly Friedman Art Gallery on the Misericordia University Campus from October through December of 2011.

Portraits in Charcoal

Ages 13 to adult

This class is an introduction to fundamental drawing skills with a focus on portraiture. Students will learn techniques and exercises to train both their eye and hand so they may create an accurate likeness. Although this class is focused on portraiture, the skills learned can be applied to any genre.

Date: Wednesdays, March 7, 14, 21, 28; April 4, 11

Time: 6:00–8:00 pm

Registration for this class closes two weeks prior to start date.

Instructor: Erin Anderson
Cost: \$168 includes 12 hours of instruction and materials

Georgiana Cray Bart

Georgiana Cray Bart lives and has her studio in Wilkes-Barre, Pennsylvania. Best known for her pastel still-life paintings in a style related to Fauvism and Impressionism, she also paints portraits and landscape subjects. Graduating cum laude from Wilkes University in Fine Arts and Art Education, Georgiana holds a master's degree from the University of Pittsburgh and has taught art at all levels; from youth to adult and to College and University students.

Georgiana has received over fifty awards and honors at national and regional exhibitions. She is listed in *Who's Who in America*, *The World's Who's Who of Women*,

and *Who's Who in American Art*. She is an elected member of the Salmagundi Club, National Association of Women Artists, American Society of Contemporary Artists, Audubon Artists, Catherine Lorillard Wolfe Art Club and an elected signature member of the Pastel Society of America. Georgiana Bart's still life paintings have been published in books and magazines, such as Rockport Publisher's *The Best of Oil Painting and The Best of Pastel* and North Light Book's *Pure Color: The Best of Pastel*, Sorrell Publishers: *Best of New York: Impressions in Continuity, American Artist Magazine* and *Pastel Journal Magazine*. To learn more about Georgiana and her art work see her website at www.gcraybart-artworks.com.

Georgiana's pastel work was displayed in the Pauly Friedman Art Gallery on the Misericordia University campus during the Luzerne County Women in Pastel Invitational in March and April of 2011.

Introduction to Pastel

Ages 13 to adult

Introduction to Pastels will provide lessons in the essential basic skills and techniques associated with the artistic medium of pastel.

Date: Tuesdays, March 6, 13, 20, 27

Time: 6:00–8:00 pm

Registration for this class closes two weeks prior to start date.

Georgiana Cray Bart,
pastel instructor



Instructor: Georgiana Cray Bart
Cost: \$145 includes 8 hours of instruction and materials

Pastel Portraits

Ages 13 to adult

Pastel Portraiture will introduce drawing and pastel skills that will enable each participant to capture a portrait that is a true likeness of the subject. During this class artists will complete a color portrait.

Date: Tuesdays, April 3, 10, 17, 24

Time: 6:00–8:00 pm

Registration for this class closes two weeks prior to start date.

Instructor: Georgiana Cray Bart
Cost: \$146 includes 8 hours of instruction and materials

Drawing Flowers in Pastel

Ages 13 to adult

Drawing Flowers in Pastel will include instruction in concepts such as constructing flowers from basic shapes, using ellipses and understanding foreshortening and pastel techniques. Participants will complete a floral pastel painting!

Date: Tuesdays, May 1, 8, 15, 22

Time: 6:00–8:00 pm

Registration for this class closes two weeks prior to start date.

Instructor: Georgiana Cray Bart
Cost: \$145 includes 8 hours of instruction and materials

"Moments of Lucidity" charcoal
by Erin Anderson



Fine Art on Paper and Canvas *con't.*

Nina Davidowitz

Nina S. Davidowitz has been working as a professional artist for over twenty-five years. A native of Kingston, PA, she is a graduate of Wyoming Seminary High School. Nina received a B.A. in Art History from Mount Holyoke College and an M.F.A. in Design from Marywood University. Ms. Davidowitz was a selected participant in the Governor's Awards for the Arts in Pennsylvania in 2006, as well as in the noteworthy show "The Art of the State: Pennsylvania 2011" at the State Museum of Pennsylvania in Harrisburg. Nina enjoys teaching both adults and children and claims that one of her best accomplishments in life is that she has taught over 2,000 people how to draw.

Nina's art work, along with the work of clay artist Skip Sensbach, will be shown in the Pauly Friedman Art Gallery on the Misericordia University campus in April of 2012.

Learn to Draw 1 Youth

Ages 10 to 14

Students will learn the basics of drawing realistically with fun exercises and weekly projects. We will look at the works of famous artists for inspiration. Everyone will complete a realistic work of art!

Date: Tuesdays, March 6, 13, 20, 27

Time: 4:30–6:00 pm

Registration for this class closes two weeks prior to start date.

Instructor: Nina Davidowitz
Cost: \$77 includes 6 hours of instruction and materials

Learn to Draw 1

Ages 15 to adult

This fun class is geared towards beginners. Everyone can learn to draw! Move beyond the stick figure by learning to see things the way an artist does in order to draw realistically. Special projects and exercises will focus on contours, positive and negative space, and other essential techniques used in realistic drawing.

Date: Mondays, March 5, 12, 19, 26

Time: 6:00–8:00 pm

Registration for this class closes two weeks prior to start date.

Instructor: Nina Davidowitz
Cost: \$99 includes 8 hours of instruction and materials

Learn to Draw 2 Youth

Ages 10 to 14

We will continue to learn the basics of realistic drawing with creative exercises and fun projects. Students will complete a still life drawing by exploring contours, shading, and textures. It is helpful to have taken "Learning to Draw, Part I"; however, anyone can join this class!

Date: Tuesdays, April 3, 10, 17, 24

Time: 4:30–6:00 pm

Registration for this class closes two weeks prior to start date.

Instructor: Nina Davidowitz
Cost: \$77 includes 6 hours of instruction and materials



"Doc's Daydream" Acrylic painting on canvas by Nina Davidowitz

Learn to Draw 2

Ages 15 to adult

Whether you are a beginner or someone who has formerly taken art lessons, you will find this class to be lots of fun and will learn valuable lessons about drawing. Students will complete a realistic still life drawing by exploring contours, shading, and textures. Drawing skills are important for further work in any medium!

Date: Mondays, April 2, 9, 16, 23

Time: 6:00–8:00 pm

Registration for this class closes two weeks prior to start date.

Instructor: Nina Davidowitz
Cost: \$99 includes 8 hours of instruction and materials

Exploring Color Youth

Ages 10 to 14

4 one and one-half hour sessions Using colored pencils, students will have fun learning to mix colors—it's magic! Our exercises and projects will include realistic as well as imaginative ways to incorporate color into their work.

Date: Tuesdays, May 1, 8, 15, 22

Time: 4:30-6:00 PM

Registration for this class closes two weeks prior to start date.

Instructor: Nina Davidowitz
Cost: \$94 includes 6 hours of instruction and materials:

Exploring Color

Ages 15 to adult

Color adds so much to artwork! Using colored pencils we will learn to mix colors accurately, explore highlights, shadow and color temperature. These basic principles of color mixing can be applied to any medium student may choose to work with in the future.

Date: Mondays, April 30; May 7, 14, 21

Time: 6:00–8:00 pm

Registration for this class closes two weeks prior to start date.

Instructor: Nina Davidowitz
Cost: \$115 includes 8 hours of instruction and materials:

Independent Study

Ages 15 to adult

Having trouble getting your next project started? Or, feeling like you need some input to make your current artwork

really shine? Challenges and "problems" will be resolved through discussion, examples and exercises. Basic studio supplies will be provided, however students will bring in their own drawing or painting supplies to work on their projects.

Series #1

Date: Saturdays, March 3, 10, 17, 24

Time: 1:00–3:00 pm

Series #2

Date: Saturdays, March 31; April 14, 21, 28

Time: 1:00–3:00 pm

Series #3

Date: Saturdays, May 5, 12, 19, 26

Time: 1:00–3:00 pm

Registration for each series closes two weeks prior to start date.

Instructor: Nina Davidowitz
Cost: \$95.00 per series includes 8 hours of instruction and basic materials. Students will supply additional materials as needed.



Fine Crafts

Joe Ackourey

Joe Ackourey has over 42 years of fly fishing and fly tying experience; his fly tying education began at age 6 with instruction by his father, Dick Ackourey, a widely respected fly fisherman and fly tying expert. Joe's exceptional work is showcased at the Catskill Fly Fishing Center and Museum. Joe has been published in over 50 fly fishing journals and is currently writing his own book on this subject. His first love is teaching, and he is happiest when instructing eager students, whether casting on the river or behind the vise in a fly tying class. Joe feels that opening new doors for both beginning and experienced fly tiers is one of his greatest accomplishments.

Joe is an experienced instructor with many satisfied students who have benefited from his instructional style which includes not only teaching fly tying skills, but detailed educational handouts, home assignments and entomology as well, in his very comprehensive format. At completion of the two part series of courses, students will have the necessary skills and confidence to take on any traditional trout fly pattern. Don't miss this unique opportunity—the spring fishing season is only a few months away!



Joe Ackourey teaching a fly tying student.

Basic Fly Tying

Ages 12 to adult

This course lays a foundation of basic skills which will give each participant the confidence to tackle any traditional fly pattern. Instruction will include techniques, entomology discussions and homework assignments. Students will receive a vise and tool kit which can be used again in the intermediate level class, as well as detailed handouts for each fly pattern and enough fly tying materials to complete all in-class and homework assignments.

Date: Saturdays, January 28; February 4, 11, 18, 25; March 3, 10, 17, 24, 31

Time: 10:00–12:00 Noon

Registration for this class closes two weeks prior to start date.

Instructor: Joe Ackourey

Cost: \$256 includes 20 hours of instruction, handouts, vise and tool kit and tying materials:

Intermediate Fly Tying

Ages 12 to adult

This course will give each participant the skills and confidence to tackle more complex and challenging fly patterns. Techniques taught in this class will add sophisticated final touches and finesse to the flies student learn to create. Additional entomology discussions and challenging homework assignments will be provided. Students will receive detailed handouts for each fly pattern and enough fly tying materials to complete all in-class and homework assignments. Those students who have not completed Joe's basic class will provide their own vise and tool kit; a list of specific tools re-

quired should be requested at registration.

Date: Saturdays, April 14, 21, 28; May 5, 12, 19, 26

Time: 10:00–12:00 Noon

Registration for this class closes two weeks prior to start date.

Instructor: Joe Ackourey

Cost: \$146 includes 14 hours of instruction, handouts and materials

In the Fall of 2012 students who have completed Joe's fly tying courses can look forward to registering for an advanced fly tying class, with an emphasis on creativity and the creation of show piece quality flies worthy of display!

Gwen Harleman

Gwen Harleman has always found herself creating from an intuitive force within. From an early age, Gwen collected interesting objects and was influenced by a love of pattern, color and design, often thinking "what can I make with this?" Today this resonates in her passion for fiber, color and collage, and incorporating these elements into her artwork. Gwen refers to a favorite quote from artist Burnell Yowl, "There are no rules only materials." Whether crayons or fabric dye it is all about coloring her world, not staying within the lines, and then sharing her passion for art with others.

Gwen attended Misericordia and Edinboro State University, studying Fine Arts and Art Education. She has taught art for over 10 years to members of the community, instructing students from ages 1 to 92. Gwen is also the Arts Coordinator for the Deutsch Institute's Verve Vertu art studio.

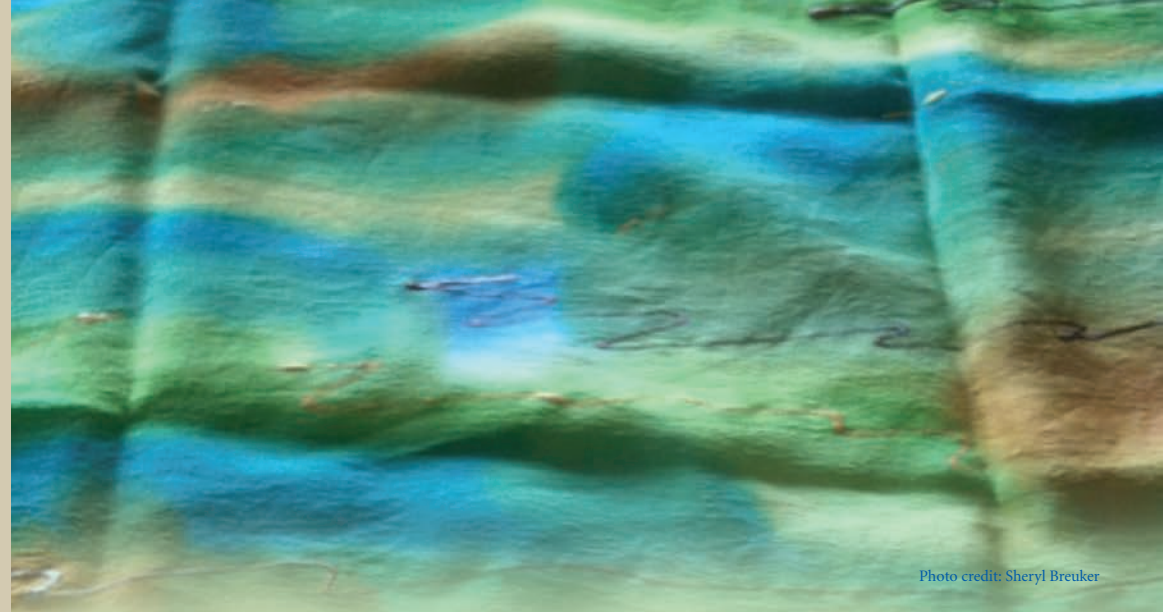


Photo credit: Sheryl Breuker

Youth Silk Scarf Painting

Ages 10 to 15 years

This course will inspire each participant to express their inner designer while they create a unique piece of wearable art on a 9 x 54 silk scarf. This is a favorite!

Date: Monday, March 12

Time: 6:00 – 8:00 pm

Registration for this class closes one week prior to start date.

Instructor: Gwen Harleman

Cost: \$65 includes 2 hours of instruction and materials

Silk Scarf Painting

Ages 13 to adult

This course will inspire each participant to express their inner designer while they create a unique piece of wearable art on a 9 x 54 silk scarf. This is a favorite!

Date: Monday, March 19

Time: 6:00–8:00 pm

Registration for this class closes one week prior to start date.

Instructor: Gwen Harleman

Cost: \$65 includes 2 hours of instruction and materials.

Vision Boarding

Ages 13 to adult

Create a beautiful beneficial collage of images which will empower you to manifest dreams and desires thru positive visual affirmation. Classes will begin with a few minutes of meditation allowing the mind to be free to create. You may bring images you have already collected, however all supplies will be available.

Date: Thursdays, March 8, 15

Time: 6:00 – 7:30 pm

Registration for this class closes one week prior to start date.

Instructor: Gwen Harleman

Cost: \$65 includes 3 hours of instruction and materials

Batik

Ages 16 to adult

Batik is an introduction to a fascinating ancient Indonesian art form. Participants will be taught how to apply a variety of resist techniques with wax and gutta, and dye application. Students will gain experience by making samples on natural fibers, such as silk, muslin and rice paper. The class will

culminate in a creative composition of batik pieces created in this class resulting in a unique collage art work.

Date: Mondays, April 16, 23, 30
Time: 6:00 – 8:00 pm

Registration for this class closes one week prior to start date.

Instructor: Gwen Harleman

Cost: \$125 includes 6 hours of instruction and materials:

Needle Felted Pin

Ages 13 to adult

Felted Pin participants will enjoy this fun and easy class that will inspire their designing nature. Students will learn needle techniques and work colorful roving and interesting findings on a wool base to create a wearable piece of art. Some simple sewing skills are necessary.

Date: Thursday, March 22

Time: 6:00–8:00 pm

Registration for this class closes one week prior to start date.

Instructor: Gwen Harleman

Cost: \$21 includes 1.5 hours of instruction and materials

Clay by Hand and Pottery Wheel

Skip Sensbach

Skip Sensbach received his Bachelor's degree in Visual Communication and worked as an award winning graphic designer in New Jersey. After moving to Pennsylvania in 1994 Sensbach began working in clay. He opened Green Dog Pottery in Dallas Pennsylvania in 1998. His studio work focuses on functional clay work as well as teaching. In 2008 He entered the MFA Ceramics program at Marywood University in Scranton Pennsylvania and started to concentrate on sculptural expressions mixing clay with other materials.

Sensbach was the 2010 winner of the Ruanne Graduate Award for Artistic Excellence. Skip's ceramic work, both functional and sculptural, has been recognized in many regional shows including, first place awards in craft and sculpture in Wilkes-Barre's Fine Arts Fiesta and an Honorable Mention in Binghamton's WSKG Art In Motion competition. Recently, Sensbach's work was accepted in the 2011 Art of the State exhibit at the State Museum in Harrisburg PA. Skip Sensbach has exhibited work at King's College, Misericordia University, Marquis Art and Frame Second Story Galleries, and his work is permanently on display at Red Run Gallery. Skip is currently the Artist in Residence at Misericordia University Art Studios.

Skip's art work, along with the work of artist Nina Davidowitz, will be shown in the Pauly Friedman Art Gallery on the Misericordia University campus in April of 2012.

Cost for all Clay classes includes a 25 pound bag of clay. Additional Clay may be purchased from the instructor as needed. Basic tools will be shared, however it is suggested that serious students who plan on taking more than one series purchase a personal tool kit. See instructor for kit information.

Youth Clay Basics

Ages 10 to 15 years

Youth Clay Basics will teach young artists ceramic clay skills such as hand building, introduction to the wheel and glazing techniques. Projects will be fired in the kiln.

Series #1

Date: Tuesdays, January 17, 24, 31; February 7, 14, 21

Time: 4:30 – 6:00 pm

Series #2

Date: Tuesdays, February 28; March 6, 13, 20, 27; April 3

Time: 4:30 – 6:00 pm

Series #3

Date: Tuesdays, April 10, 17, 24; May 1, 8, 15

Time: 4:30 – 6:00 pm

Registration for each session closes one week prior to start date.

Instructor: Skip Sensbach

Cost: \$100.00 per series includes 9 hours of instruction and first bag of clay

Adult Clay Basics

Ages 16 to adult

Adult Clay Basics will instruct mature artists in hand building and pottery wheel skills, as well as decorative and glazing techniques that will enhance their work. Projects will be fired in the kiln.



Skip Sensbach, clay instructor

Series #1

Date: Wednesdays, January 18, 25; February 1, 8, 15, 22

Time: 6:00 – 8:00 pm

Series #2

Date: Wednesdays, February 29; March 7, 14, 21, 28; April 4

Time: 6:00 – 8:00 pm

Series #3

Date: Wednesdays, April 11, 18, 25; May 2, 9, 16

Time: 6:00 – 8:00 PM

Registration for each session closes one week prior to start date.

Instructor: Skip Sensbach

Cost: \$130.00 per series includes 12 hours of instruction and first bag of clay

Advanced ceramic community classes will be offered in the future for students who have mastered basic clay skills!

Other Non-Credit Classes

Computers 101: Getting Started and Beyond

Take the mystery out of your computer. It is never too late to learn! In this class you will discover the fundamentals of today's computer technology and the basics of Microsoft Office, with an emphasis on Word. In this dynamic and interactive class you set the pace.

Date: February 29; March 9, 14, 21

Time: 6:00 – 8:00 pm

Instructor: Rich Fufaro

Location: Mercy Hall, Room 349

Cost: \$75.00

Students must bring their own flash drives for class.

Computers 201: Moving forward

In this course we will continue with Word and further explore Microsoft Office. This class is a perfect add-on to Computers 101 and suitable for newcomers as well.

Learn to create documents, set-up and use databases, create spreadsheets, and present your creations in style.

Date: April 4, 11, 18, 25

Time: 6:00 – 8:00 pm

Instructor: Rich Fufaro

Location: Mercy Hall, Room 349

Cost: \$75.00

Students must bring their own flash drives for class.

Advanced Computer Technology

Want to know more? This newly created class is designed for those with a desire to advance their knowledge of computers. Discover the more powerful features of Microsoft Office, including elements of MS PowerPoint and MS Access.

Learn to master the Internet and the virtual world is at your fingertips. Get the most from your computer—maintain your computer's performance and privacy through diagnostics and anti-spyware tools. *Prerequisite:* some computer familiarity, a love for learning and a sense of humor!

Date: May 9, 16, 23, 30

Time: 6:00 – 8:00 pm

Instructor: Rich Fufaro

Location: Mercy Hall, Room 349

Cost: \$75.00

Students must bring their own flash drives for class.

Instant Piano For Hopelessly Busy People!

If you yearn to experience the joy of playing piano, but you don't want years of weekly lessons, this short course is for you. In just a few hours you can learn enough secrets of the trade to make piano playing a part of your life.

How is it done? Typical piano lessons teach you note reading, but piano professionals use chords. You will learn all the chords needed to play any pop song in this one session: any song, any style, any key... and you'll get a healthy dose of insider secrets.

If you already know your way around a keyboard a little, you know enough to enroll in this workshop.

David Haynes' background combines a Master's Degree in music education with 27 years of teaching experience in band, choir, handbells, instruments and piano.

Date: March 28

Time: 6:00 – 9:30 pm

\$25 material fee, payable to instructor, for 60 minute instructional CD and 32-page book of songs.

Instructor: David Haynes

Location: TBA

Cost: \$60.00

Discounts do not apply to these non-credit classes.



Learn to Swim Programs

Under the Direction of Aquatics Director, Jason Morini

Jason Morini is in his eighth season as Head Coach for the Misericordia University men's and women's teams. After leading the teams to a combined 19 school records in his first two seasons, Morini led the cougars to 11 more school records in 2007. Morini holds a Bachelor's Degree in Anthropology from Ithaca College. He earned his Master's Degree in Professional Studies in Community Service Administration from Alfred University.

Little Lappers

- Pre-school ages 2, 3 and 4
- Pre-swim and Safety Program
- Acquaint young toddlers to basic but essential pre-swimming techniques through individualized attention and instruction
- Water proof diapers only
- No disposable diapers, please

Week I

Date: April 9–13

Time: 6:15–6:45 pm

Cost: \$45

Week II

Date: April 16–20

Time: 6:15–6:45 pm

Cost: \$45

Week III

Date: April 23–27

Time: 6:15–6:45 pm

Cost: \$45

- Parents of Little Lappers are required to wait upstairs in the Anderson lobby.
- All hours and programs are subject to change/alteration at the discretion of the Aquatics Director. Adjustments will be posted at the pool.

- We appreciate your consideration and understanding when Fun & Fitness Aquatics programs conflict or coincide with student activities.

School Age Swim for Boys and Girls 5–14

All classes Levels 1–7

Week I

Date: April 9–13

Scheduled Times:

Levels 1–2 5:00–5:30 pm

Levels 3–7 5:45–6:15 pm

Cost: \$40

Week II

Date: April 16–20

Scheduled Times:

Levels 1–2 5:00–5:30 pm

Levels 3–7 5:45–6:15 pm

Cost: \$40

Week III

Date: April 23–27

Scheduled Times:

Levels 1–2 5:00–5:30 pm

Levels 3–7 5:45–6:15 pm

Cost: \$40

Beginner Blue, Level 1

- Comfortable in the water
- Fully submerge face
- Demonstrate basic breathing
- Enter and exit the water independently
- Learn basic water safety rules

Beginner Blue, Level 2

- Fully submerge face
- Retrieve underwater objects
- Unsupported front and back float or glide
- Perform flutter kick on front and back
- Turn over, back to front and front to back

Beginner Gold, Level 3

- Retrieve object, unsupported with eyes open
- Demonstrate bobbing
- Dive, side of pool, kneeling and compact
- Coordinate components of the front and back crawl
- Fundamentals of elementary back stroke and treading
- Reverse direction while swimming on front

Beginner Gold, Level 4

- Demonstrate deep water bobbing, breathing
- Dive, side of pool, stride and standing positions
- Build endurance; swim elementary backstroke, front and back crawl at increased distances
- Learn alternative kicks for treading water

Intermediate Levels 5 & 6

- Enhance ability to perform strokes introduced at previous levels, while learning to increase distance and endurance
- Introduce: butterfly, dolphin kick, approach stroke, tuck and pike surface divers, turns, etc.
- Demonstrate alternate breathing
- Recognize signs of spinal injury; learn throwing rescue

Advanced, Level 7

- Review and perfect all strokes and skills
- Incorporate swim skills into lifetime fitness habits
- Perform in-water rescue using equipment
- Assist with backboard rescue
- Explore alternative aquatic activities



SOAR Programs

Patrick McKamy, MS, Director Mr. McKamy will be entering his fifth year as the Coordinator of Student Activities at Misericordia. He holds a BS in Adventure Recreation, a BA in History Education, and a MS in Organizational Management. At Misericordia, he directs the SOAR program (student outdoor adventure and recreation) and holds an AMGA (American Mountain Guides Association) Rock Wall Instructor — Lead certification, COPE (Ropes Course) Director, Leave No Trace trainer, Wilderness First Responder, and Level 2 Mountain Travel and Rescue.

Early Rox Climbers

Date: Saturday June 16th or Thursday July 19th

Cost: \$70 per person (ages 9-13) includes lunch, gear, and individual photo, scheduled individually with each family (minimum of 3 participants, discounts for 5 or more)

Cliff Climbers

Date: Sunday May 20th or Wednesday July 18th

Cost: \$70 per person (ages 14-18) includes lunch, gear, and individual photo, scheduled individually with each family

(minimum of 3 participants, Discounts for 5 or more)

Mom and Me Rock Climbing

Date: Saturday June 9th or Thursday July 12th

Cost: \$140 Mom and Me (ages 8-18) includes lunch, gear, and individual photo, scheduled individually with each family

Dad and Me Rock Climbing

Date: Sunday June 17th

(Fathers Day 2012) or Wednesday July 11th

Cost: \$140 Dad and Me (ages 8-18) includes lunch, gear, and individual photo, scheduled individually with each family

Rock Climbing 101

Date: Saturday May 13th or Sunday June 10th

NEW Create-Your-Own FAMILY Adventure

Cost: \$70 per person includes lunch, gear, and individual photo, scheduled individually with each family (minimum of 3 participants, Discounts for 5 or more)

Want to try climbing with your whole family? Skip movie night

and head to the local crag for a family adventure! Come and build the trust and rewarding experience that climbing can have on the family dynamic. Schedule a program to fit your needs that your whole family can walk away with positive memories of an adventure to last.

NEW Create-Your-Own FRIENDS Adventure

Cost: \$70 per person includes lunch, gear, and individual photo, scheduled individually with each set of friends (minimum of 3 participants, Discounts for 5 or more)

Tired of the same old bowling night? Ready for an adventure that rivals the movie screen? Get together with your friends for an all-day adventure rock climbing in the great outdoors! Get to know your friends better, or have an experience to remember. Call to schedule a program to fit your needs that you can share with all your friends.

If you have any questions regarding these programs please call the Director of SOAR Program at Misericordia University Patrick McKamy (570) 674-6411 or e-mail pmckamy@misericordia.edu.

Aerobics, Yoga, Fitness

Aerobics

Dates: January 2 – May 28
Cost: Supersaver \$140.00
Monthly \$35.00; \$6.00 per class
MU students \$35.00 (all semester)

Fitness classes consist of a variety of Cardio–Strength–Floor Work–Core Conditioning. Instructors utilize aerobics, hand weights, body bars, resistance tubes and the stability ball to help you reach your fitness goals.

Head to Toe: Combine just the right amount of cardio with weights / body bars / stability balls or resistance tubing. Attention on core strength, balance, stretching & flexibility are emphasized. You will be amazed at the things you can do and the results you can achieve!

Cardio Combo: This 60-minute workout combines hi/lo aerobics, floor work and toning. You will love this high energy class.

Advanced Strength & Sculpt: This class will burn calories and build muscle. This class will conclude with toning and sculpting exercises using hand held weights and resistance tubing. Build your body for a better you!

Instructor's Choice: Come on in and be surprised! It could be a scheduled class or something completely new. It's anyone's guess!

Zumba®: When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class

like a Zumba® Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Please note schedule is subject to change.

Monday

Advanced Strength & Sculpt
8:00 am

Tuesday

Cardio Combo 8:00 am

Wednesday

Head to Toe 8:15 am

Thursday

Advanced Strength & Sculpt
8:00 am
Zumba 4:30 pm

Friday

Head to Toe 8:15 am

Saturday

Instructor's Choice 9:00 am

Wateraerobics

Date: January 2 – May 28
Time: 8:30–9:30 am
Cost: Supersaver \$120.00
Monthly \$40.00; \$6.00 per class

Schedule subject to change without notice. MU reserves the right to adjust classes/space as needed. We appreciate your consideration and understanding when Fun & Fitness Aquatics programs conflict or coincide with student activities.

Please note that pool is kept at NCAA water temperature standards which is 79-81 degrees F.

Hatha Yoga

Date: January 2 – May 28
Time: 10:45 am – 12:15 pm
Tuesday and Thursday
Cost: Supersaver \$160
Monthly \$40; \$8 per class

Schedule subject to change based on availability. Call to check Anderson schedule during the holidays (570) 674-6476

Fitness Program

Date: January 2 – June 30
Cost: \$140.00

Date: April 1 – June 30
Cost: \$70.00

Discounts do not apply to the Fitness Program.

Alumni discount for Fitness Program and enrollment please contact Lailani Augustine at (570) 674-6764 in the Alumni Office, Misericordia University. This membership includes the use of the new Fitness Center.

Fitness Center

Monday-Friday 8:30 am-12 noon

Walking Track

Monday-Friday 8:30 am-12 noon

Racquetball

Monday-Friday 8:30 am-12 noon

Please Note: The walking track is not open to Fun & Fitness members on Saturday and Sunday, nor is it open to anyone who is waiting for those in swim or aerobics classes. Thank you for your cooperation.

***When registering for Supersaver Aerobics, Wateraerobics or Yoga, the Walking track will be included in the cost. The Walking track is available for use Monday through Friday 8:30 am – 12:00 noon**

Anderson Center Hours Spring Season 2012

The Anderson Center will re-open on Monday, January 2, 2012 following Christmas break.

January 2 through 15

Monday–Friday

8:00 am – 8:00 pm

Saturday

12 noon – 5:00 pm

Sunday

1:00 – 5:00 pm

The Anderson Center will resume regular hours starting January 16, 2012.

Monday – Friday

8:00 am – 10:00 pm

All Non-Credit Programs must be finished by 10:00 pm.

All patrons must exit the building by 10:00 pm

Spring Break Hours

March 2 – 11

Monday – Friday

8:00 am – 8:00 pm

Saturday

12 noon – 5:00 pm

Sunday

1:00 – 5:00 pm

March 2, the Anderson Center will close at 8:00 pm.

Easter Recess

Closed from April 5 – 8

Closed April 4 at 5:00 pm

Re-open April 9 at 3:00 pm for regular hours

Graduation

The Anderson Center Arena will close Wednesday, May 9 for graduation preparation and re-open Tuesday, May 22. The Aerobics room will close Monday, May 14 for graduation preparation and will re-open Tuesday, May 22.

The building will close Friday, May 25 at 5:00 pm – Monday, May 28 for Memorial Day.

Beginning the Monday after graduation, the building will close Monday through Friday at 8:00 pm.

Qigong/Taji Classes

Qigong/Taiji Class

The two-hour class will focus on providing a solid foundation and experiential understanding of the basic concepts and principles at the heart of the Chinese movement arts. This class is open to anyone, of any age or fitness level. The movements range from low, or no impact, to a bit more strenuous but can be modified to suit anyone. Powerful tools to incorporate into ones' daily life.

Dates: Wednesday's

March 7, 14, 21, 28

April 4, 11, 18, 25

May 2, 9, 23, 30

June 6, 13

Time: 6:00 – 8:00 pm

Instructor: Mark R. Reinhart, MMQ

Location: Anderson Sports Center Aerobic Room

Cost: \$150.00

Exercises to be taught:

- A wide array of Qigong exercises ranging from the very simple to more complex will be covered in the 14 weeks
- Complete warm-up sets with neurological balancing components
- Short sets for balancing and cleansing (used by many for weight loss)
- Meditation (standing, moving, seated)

Topics to be covered:

- Alignment
- Biomechanics
- Proper Breathing
- Mindful Movement

Mark R. Reinhart, MMQ

馬克永學 三清河道

has been a practitioner of the arts for fifty years, and has been involved in the Eastern Healing/Martial/Philosophical arts since the late '60s. He is a Fifth Generation student/practitioner/teacher of the Yang, Jian-Hou Medium Frame style of Yang Taijiquan, and is trained in Sun Style as he is a certified instructor of Dr. Paul Lam's *Tai Chi for Health Programs*®. Reinhart's training covers a wide array of Qigong styles and systems. He is the founder and creator of *San Qing He Dao* (三清河道) *The Path of Three Pure Rivers* which is dedicated to rebalancing and harmonizing the body and mind of all people through empowered education and cultivation.

Reinhart holds a Masters in Medical Qigong and is a Medical Qigong Therapist of record at the *Henan University of Traditional Chinese Medicine* (China).



Information

General Inquiries

570-674-6289

Anderson Pool Information

Monthly calendars, including OPEN POOL HOURS, are posted at the pool and at Anderson Safety Desk. Groups of 7 or more planning to attend an open swim time or to request a pool party (swim only), or inquiry about private lessons need to contact Jason Morini at the pool, 674-6446, in advance.

Consult Your Physician

The American College of Sports Medicine strongly suggests that individuals receive medical approval from a physician before beginning an exercise program. Every participant should recognize that it is the individual's responsibility to prevent injury by being aware of their own state of health and limits of exercise. Misericordia University or Anderson Center personnel are not responsible for damages or injuries that may occur while using facilities or equipment.

Refunds/Cancellations

Refunds are not given AFTER class has occurred, for personal

reason or natural weather phenomenon. Cancellations made at least 3 working days prior to the program are eligible for a monetary refund, less a \$5.00 processing fee.

Gift Certificates

Give a gift of Fun & Fitness! Any value amount can be purchased. Great for birthdays or that hard-to-buy-for person!

Hotline

Watch for closings due to extreme weather conditions announced on radio and TV stations: WARM, WILK, WKRZ, WEJK, WNEP TV 16, WBRE TV 28 or call the Misericordia University HOTLINE, 674-6311.

Fun-damental Fitness

ATTENTION LOCAL BUSINESSES Your employees and immediate families can benefit from a 10% discount on regular monthly and Super Saver rates for Fun & Fitness programs!

Discounts

Discounts listed below apply to regular monthly and supersaver Fun & Fitness programs such as Aerobics, Wateraerobics, Yoga, Learn-to-Swim programs. They

are NOT APPLICABLE on sports camps, art studio and specialty programs, pool fees, pro-rated fees, or daily rates.

**Only one discount applies.*

Misericordia University Discounts

- Misericordia University Student 50%
- Immediate Family 10%
presently in the SAME home
- Misericordia University Alumni 50%
- Immediate Family 10%
presently in the SAME home
- Misericordia University Employee 50%
- Immediate Family 10%
presently in the SAME home
- Currently enrolled student from any other college/high school 10%
Must show college/high school ID at time of registration
- Fun-damental Fitness 10%
- AAA Discount 10%
- The Pines 50%
- Masonic Village 50%
- Mercy Center Employees 50%
- Generation to Generation 50%
- Senior Citizen 30%

***Discounts do not apply to art studio classes or the Fitness Program.**

Office Hours:

- Monday-Friday 8:30 am-4:30 pm
- Friday 8:30 am-4:00 pm

Please Note: Schedule subject to change without notice. Misericordia University reserves the right to adjust classes/space as needed. We appreciate your consideration and understanding when Fun & fitness Aquatics programs conflicts or coincide with student activity.

Registration Misericordia University • Fun & Fitness • Non-Credit Spring 2012

Expect To Be There! Confirmation will not be sent. If there is a problem with your registration, we will contact you.

Fill out and return by mail, fax or in person to:
Misericordia University
Center for Adult and Continuing Education
Room 133, Mercy Hall
301 Lake Street, Dallas, PA 18612-1090
Fax 674-6232 General Inquires 674-6155
Make checks payable to Misericordia University

Participant *First* _____ *Last* _____ Sex _____

Address _____ Age _____

City _____ State _____ Zip _____

Phone *Work* _____ *Home* _____ *Cell* _____

Release & Medical Consent: I agree to the above named person's participation in Misericordia University's non-credit programs, and waive, discharge and forever hold harmless Misericordia University, its officers, directors, employees and all other liabilities, claims, cause, damages or demands resulting from participation in usage of equipment. In event of an emergency, I authorize that medical attention be administered to the participant named above.

Signature of Participant/Parent or Legal Guardian of Minor _____

For Release and Medical Consent above.

To avoid and delay in processing, be sure form is signed, unsigned forms will be returned.

Additional emergency contact person _____ Phone _____

Program Name Payment must accompany registration	Month	Full Cost	Minus Discount	Discount Reason	Final Cost	Office Use Payment By	
						Cc see below	Check #
		\$	\$				<input type="checkbox"/>
		\$	\$				<input type="checkbox"/>
		\$	\$				<input type="checkbox"/>
		\$	\$				<input type="checkbox"/>

Credit Card: Visa MC Discover Acct # _____ Exp. Date _____ Signature _____

Please Note: Schedule subject to change without notice. Misericordia University reserves the right to adjust classes/space as needed. We appreciate your consideration and understanding when Fun & Fitness Aquatics programs conflicts or coincide with student activity.

