

# Fun & Fitness

Spring  
**2018**

Non-credit programs for children and adults



MISERICORDIA  
UNIVERSITY

[misericordia.edu](http://misericordia.edu)

## **CONTACT INFORMATION**

Center for Adult & Continuing Education

Misericordia University

301 Lake Street

Dallas, PA 18612

**Phone:** 570-674-6289

**Email:** [funfitness@misericordia.edu](mailto:funfitness@misericordia.edu)

**Visit us online at** [www.misericordia.edu/funandfitness](http://www.misericordia.edu/funandfitness)

## DEAR FRIENDS,

Spring is a time of new beginnings. Start yours with the pursuit of lifelong learning and personal enrichment with the help of our Fun & Fitness program at Misericordia University.

Choose from our Fitness and Water Aerobics classes, as well Qigong, the ancient Chinese approach to complete health. Also, new to our spring schedule is a Racquetball League!

Take the fear and apprehension of starting a new fitness program with our step-by-step Fitness 101: Getting Started class. Memberships to our state-of-the-art Fitness Center are also available.

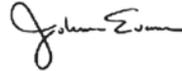
Our non-credit computer classes and workshops can help you brush up on your computer skills, or take your skills to the next level. Or, tap into your creativity with our popular Clay by Hand and Pottery Wheel classes and Writers' Workshop. As a service to our community, a free workshop on Lyme disease prevention is also offered this spring.

Also, the Misericordia University Community Choir, made possible by the Center for Adult and Continuing Education and Fine Arts Department, is accepting new members this spring.

We strive to offer something for everyone, but to accomplish this, we need to hear from you! Is there a non-credit course or program you would like to see offered as part of our Fun & Fitness Program? If so, please call me 570-674-3021 or email me at [jevans@misericordia.edu](mailto:jevans@misericordia.edu). It starts at the arch at Misericordia, and it starts at the arch with you!

On behalf of everyone in the Center for Adult & Continuing Education at Misericordia University, we hope to see you on campus this spring!

Sincerely,



Johnna Evans

Non-Credit and Special Programs Coordinator



## MISSION STATEMENT

The Center for Adult & Continuing Education and Office of Summer Studies embrace a commitment to life-long learning. We provide high-quality programs that drive community and adult education, innovative online learning, hospitality, and service to all.



## MU COMMUNITY CHOIR

This vocal ensemble is open to all students, alumni, faculty, staff, and community members in the local area. Under the direction of Matthew Rupcich, a seasoned conductor, the ensemble will be a mixed chorus (soprano, alto, tenor, and bass) of singers performing repertoire from all periods, both a cappella and with chamber musicians.

**Days/Times:** Rehearsals Thursdays, 6:00 – 8:15 p.m. beginning January 18.

**Instructor:** Matthew Rupcich

**Location:** Ensemble Room (INS 004), located on the lower level of Sandy and Marlene Insalaco Hall

**Cost:** No cost to join.

In addition to concert performances, other opportunities for the choir to perform may include events such as Misericordia's opening convocation, commencement, masses, and holiday shows, as well as at venues both on and off campus.

Although no prior choral experience is required, participants will work with the conductor to determine appropriate placement (SATB) in the ensemble.

## CLAY BY HAND AND POTTERY WHEEL

Adult Basic Clay will instruct artists (ages 14 and older) 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.

**Instructor:** Cathleen Repholz

Cathleen Repholz began studying ceramics while earning her B.S. in Mathematics at Dickinson College. In 2009, she decided to pursue a career in clay and started Bean's Pottery. Cathleen went on to earn her Master of Art in Ceramics from Marywood University in 2011. Her work has been exhibited at many regional fine craft shows and art exhibitions.

### Series 1:

**Mondays:** January 29; February 5, 12, 19, 26; March 5  
**Time:** 6:00–8:00 pm

**Tuesdays:** January 30; February 6, 13, 20, 27; March 6  
**Time:** 1:00–3:00 pm

**Wednesdays:** January 24, 31; February 7, 21, 28;  
March 7 (No class February 14)  
**Time:** 6:00–8:00 pm

### Series 2:

**Mondays:** April 9, 16, 23, 30; May 7, 14 (No class April 2)  
**Time:** 6:00–8:00 pm

**Tuesdays:** April 3, 10, 17, 24; May 1, 8  
**Time:** 1:00–3:00 pm

**Wednesdays:** April 4, 11, 18, 25; May 2, 9  
**Time:** 6:00–8:00 pm

**Cost:** \$130.00 per session and includes first bag of clay. Additional bags can be bought through the studio for \$16.00 per 25lbs bag.

**Discounts do not apply.**

**Advance registration required.**

**Location:** Misericordia University Art Studio located at the rear of 50 Lake Street, Dallas, PA

Online registration is available at [misericordia.edu/adultclay](https://www.misericordia.edu/adultclay)

# ONE-DAY WORKSHOPS & COMPUTER CLASSES

Our **one-day workshops** take into account your busy schedule! These workshops, facilitated by experts in their respective fields, provide a wealth of information in a short amount of time. Also, check us out at [www.misericordia.edu/funandfitness](http://www.misericordia.edu/funandfitness) as additional workshops become available for spring.

## ONE DAY WRITING WORKSHOP

Love to write? This one-day workshop will teach some valuable tips on improving your writing and preparing it for publication. Teacher and published writer, Carolyn Oravitz, offers help for beginning writers as well as for those more experienced but in need of reminders on how to keep their submissions out of the publishers' slush pile.

A textbook with concise easy-to-understand lessons is included in the tuition. Join us for this fun-filled workshop and meet others who share a love of writing.

**Date:** Saturday, April 21

**Time:** 1:00–3:30 pm

**Instructor:** Carolyn Oravitz

**Location:** Mercy Hall, Room 044

**Cost:** \$15.00 **Discounts do not apply.**

**Advance registration required.**

## ONE DAY LYME DISEASE PREVENTION

Tick-borne infections are preventable, and awareness is the first step to action. Lyme can be serious if not diagnosed and treated early. Ticks are a state-wide risk, with Pennsylvania leading the nation in new cases. Learn how to prevent tick bites and Lyme and tick-borne diseases. This workshop covers:

- Ticks and tick-borne diseases
- Preventing tick bites
- Acting if bitten by a tick
- Recognizing early symptoms
- Seeking help if you get sick
- And much more

**Date:** Wednesday, April 11

**Time:** 12:30–1:30 pm

**Instructor:** Michele Cassetori

**Location:** Sandy & Marlene Insalaco Hall, Huntzinger (INS 218) and Alden (INS 219) Rooms

**Cost:** Free

**Advance registration required.**

## ONE DAY ADVANCED MS OFFICE TECHNIQUES: LEARN MORE ABOUT MS WORD, EXCEL AND POWERPOINT

In this three-hour session, you will increase your knowledge of MS office and develop skills to advance beyond the basics. We will dedicate time to answer to job-specific challenges – so bring your questions with you!

**Date:** Saturday, March 24

**Time:** 9:00am–12:00 pm

**Instructor:** Rich Fufaro

**Location:** Mercy Hall, Room 349

**Cost:** \$40.00 **Discounts do not apply.**

**Advance registration required.**

## COMPUTERS 110: GETTING STARTED AND MOVING FORWARD

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 and Excel. In this dynamic and interactive class you set the pace.

**Dates:** Wednesday, February 14, 21, 28; March 7, 14

**Time:** 6:00–8:00 pm

**Instructor:** Rich Fufaro

**Location:** Mercy Hall, Room 349

**Cost:** \$95.00 **Discounts do not apply.**

**Advance registration required.**

## ADVANCED COMPUTER TECHNOLOGY

Want to know more? This 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. Learning 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 diagnosis and anti-spyware tools.

**Prerequisite:** Some computer familiarity

**Dates:** Wednesdays, March 28; April 4, 11, 18, 25

**Time:** 6:00–8:00 pm

**Instructor:** Rich Fufaro

**Location:** Mercy Hall, Room 349

**Cost:** \$120.00 **Discounts do not apply.**

**Advance registration required.**

# FITNESS, WATER AEROBICS & RACQUETBALL

## FITNESS CLASSES

With a variety of classes, there is something for everyone! No matter your level, from beginner and beyond, our experienced instructors will strive to help you reach your goals. Available equipment includes: hand weights, weighted body bars, resistance tubing, stability balls, weighted balls, and kettlebells.

**Dates:** January 2 – May 10, 2018

**Cost:** Supersaver \$103.00; Monthly \$35.00; MU students \$35.00 (all semester) **Discounts apply.**

**Cardio with Extended Stretch:** Enjoy the music and this low-impact workout! A relaxed stretch will complete the class.

**Head-to-Toe:** With the use of fitness equipment... just the right combination of strength and cardio to start your day! Core strength, balance, and flexibility are emphasized.

**Kick-n-Core:** Our newly-designed fitness class offers a high-intensity/fat-burning workout that will strengthen your core and enhance agility.

**Weekend Workout:** An instructor's choice class, from aerobics to strength, or maybe a step class. Come on in and see what it will be!

## WATER AEROBICS

Our Water Aerobics classes help build cardiovascular fitness and strength in a low-impact format that is suitable for every age and fitness level.

**Dates:** Monday – Friday; January 2 – May 10, 2018

**Time:** 8:30–9:30 am

**Cost:** Supersaver \$120.00 Monthly \$40.00

**Discounts apply.**

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

\*When registering for Supersaver Fitness Classes or Water Aerobics, the indoor walking track will be included in the cost. The indoor walking track is available for use Monday through Friday 6:15 am – 12 pm.

## RACQUETBALL LEAGUE (CO-ED)

The Racquetball League is open to men and women 18 or older. This is an OPEN league, which means that players of different skill levels and genders will play each other. Racquetball is one of the lifetime sports and allows participants to enjoy a great workout, while competing. Eye protection is mandatory and it is expected that each person would purchase and bring a can of racquetballs to use for the duration of the league during their individual match play. Prizes will be awarded for the top finishers. All players will receive a specially designed t-shirt.

**Dates:** Mondays, January 8 – March 26 (12 weeks)

**Game Times:** 5:30, 6:15, 7:30, 8:15, and 9:00 pm

**Location:** Anderson Sports & Health Center's Racquetball Court

**Cost:** \$55.00 per person (\$35.00 for MU staff, faculty, students, and Fitness Center members)

**No additional discounts apply.**

**Advance registration required.**

### Fitness Class Schedule

Monday	Cardio/Extended Stretch	8:00 am
Tuesday	Kick-n-Core	4:30 pm
Wednesday	Head-to-Toe	8:30 am
Thursday	Cardio/Extended Stretch	8:00 am
	Kick-n-Core	4:30 pm
Friday	Head to Toe	8:30 am
Saturday	Weekend Workout	9:00 am



# FITNESS 101 & FIT CENTER MEMBERSHIPS

## FITNESS 101: GETTING STARTED

Intimidated by the gym? Wondering where to start? Before you join a fitness center or buy yet another workout video or piece of equipment, let's talk. This four-week course will cover starting a fitness program in a safe, classroom environment, which will prepare you to walk through those gym doors and sign on the dotted line!

The course covers some fitness center etiquette and provides an overview of cardio and strength machines and how they work. Don't want to join a gym? You'll get some practical ideas of how you can take the first step to better health, too. The course also includes a "field trip" to Misericordia's fitness center to see what it has to offer.

But wait, there's more with our Fitness 101 course! Upon completion of the four-week course, participants will receive a pass to use MU's fitness center free for the month of February.

**About the Instructor:** Mark DiPippa has a BS in Health and Physical Education and an MS in Educational Administration. Mark had a long career with the YMCA in Lock Haven, Berwick, Pittston, and Wilkes-Barre and has helped hundreds of people in the Wyoming Valley start their exercise programs through the years.

**Dates:** Monday, January 8, 15, 22, 29

**Time:** 12:15–12:45 pm

**Instructor:** Mark DiPippa

**Location:** Anderson Sports & Health Center, Room 226

**Cost:** \$50.00

(\$35 for MU employees, students, alum, and seniors). **No additional discounts apply.**

**Advance registration required.**

## FITNESS CENTER MEMBERSHIPS

Our state-of-the-art fitness center allows for a full cardio workout as well as weight-training. Access to our gym facilities also includes the pool, basketball courts, racquetball courts, and indoor walking track. A Misericordia-issued ID card is required for access to the Fitness Center and is provided upon registration. Replacement cards are \$20. Payments can be made in the Center for Adult & Continuing Education.

**Dates:** January 2 – May 10, 2018

**Cost:** \$100.00 **Discounts apply.**

## FITNESS CENTER HOURS FOR SPRING

**Monday – Friday:** 6:00 am – 1:00 pm

**Saturday:** 10:00 am – 5:00 pm

**Sunday:** 12:00 – 10:00 pm

See Important Information section for information on Anderson Center holiday and break schedule.

## INDOOR WALKING TRACK

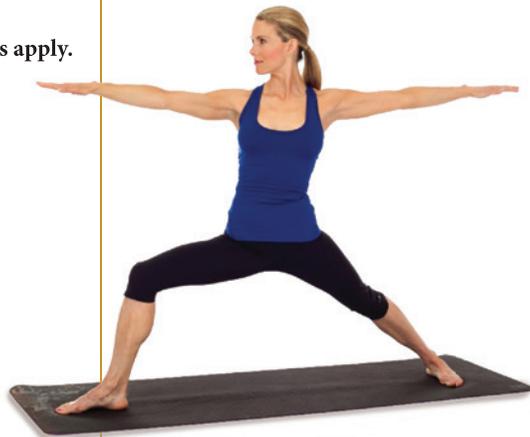
The indoor walking track located in the Anderson Sports and Health Center at Misericordia provides a safe and comfortable environment for walking year-round.

**Dates:** Monday through Friday; January 2 – May 10, 2018

**Time:** 6:00 am – 12:00 pm

**Cost:** \$50.00 per semester. **Discounts apply.**

See Important Information section for information on Anderson Center holiday and break schedule.





## QIGONG: EMOTIONAL BALANCING, A DAILY ROUTINE

Join Mark R. Reinhart for this nine-week session during which you will learn a complete Qigong Set for daily practice designed to address all aspects of health and wellbeing. Qigong (pronounced: 'chee gong') is an ancient Chinese approach to complete health. Regardless of your state of health, whether you are coping with a medical condition or are just interested in learning a viable and easy to do daily regimen, this is the class for you.

Not only will you learn a series of simple but effective movement exercises, but you will also learn about the centuries-old Chinese approach to balance and health.

The program will include:

- A warm-up set to increase blood circulation and warm the muscles in preparation for more involved movements.
- An exercise which focuses on strength training and muscular development (The Exercise of the Monk)
- A series of 8 movements designed to circulate healing energies throughout the entire body (Ji Ben Qigong)
- Both stationary and moving meditations to help quiet the mind, understand stress and help regulate/balance the entire body.

**Dates:** Thursdays, March 15, 22, 29; April 5, 12, 19, 26; May 3, 10

**Time:** 7:00–8:00 pm

**Instructor:** Mark R. Reinhart

**Location:** Anderson Sports & Health Center  
Aerobics Room

**Cost:** \$100.00 **Discounts do not apply.**

**Advance registration required.**

### Mark R. Reinhart, MMQ

Mark has been a practitioner of the energetic arts for over half a century, and has been involved with the Eastern philosophical, martial and healing arts since the late 1960s. He has extensive and ongoing training in all aspects of both Traditional and Classical Chinese health and wellbeing practices along with numerous styles and systems of Qigong and Taijiquan. Mark has been a Professional Member of the National Qigong Association (NQA) since 2006, served on its Board of Directors for seven years and as NQA President for four years. He is a regular presenter at the annual NQA Conferences. He lectures and teaches across the country and can be contacted at Three Pure Rivers Studio for the Arts in Drums, PA. [www.threepurerivers.com](http://www.threepurerivers.com).

# STEP INTO ADVENTURE!

## MU'S OUTDOOR CLASSROOM CHALLENGE COURSE

The Outdoor Classroom at Misericordia University features a low ropes course of 12 elements and a high course of 4 elements. We are dedicated to providing quality programming to the community. We handle all types of requests such as sports teams, school classes and grades, corporate functions, birthday parties, outing clubs, and teacher co-horts.

Need an idea? Give us a call! We can focus on any of these objectives: communication, leadership, team-building, problem-solving, support, collaboration, fun!

Programs are designed with you based on your own goals, the length of time, and the participant size. Program lengths can range from as little as an hour to multi-day events.

**Climbing and Zip-line.** Want to take a ride on our 375-foot-long zip-line with a few friends? We schedule families and groups simply for our climbing and zip-line adventure!

**Corporations.** Want to work on some team building? Want a unique experience to draw out better communication among employees? Then contact us today!

**How Do I Book Today?** Contact the Outdoor Classroom Office today at **570-674-6411** to find a time that works for you. We will discuss your goals, objectives, and opportunities for your group.

**Birthday Parties.** Want to have a unique outdoor birthday party? How about a climbing adventure or a ride on the zip-line? Or both! Parties involve an hour and 15 minutes of climbing and/or zip lining followed by access to our activity field and picnic tables.

**Prices start at \$140.**

**Note:** Climbing minimum age 5, zip line minimum age 13.

**How Do I Book Today?** Contact the Outdoor Classroom Office today at **570-674-6411** to find a time that works for you. We will discuss your goals, objectives, and opportunities for your group.



# IMPORTANT INFORMATION

## GENERAL INQUIRIES

570-674-6289

## EMAIL

funfitness@misericordia.edu

## WEB

www.misericordia.edu/funandfitness

## CENTER FOR ADULT & CONTINUING EDUCATION OFFICE HOURS FOR REGISTRATIONS

Monday thru Friday 9:00 am – 4:00 pm

301 Lake Street, Dallas

Mercy Hall, First Floor, Suite 133

## ANDERSON POOL INFORMATION

Monthly calendars, including OPEN POOL HOURS are posted at the pool and at the Anderson Safety Desk. Groups of 7 or more planning to attend an open swim time or inquire about private lessons should contact the Anderson pool in advance at 570-674-6446.

## ANDERSON CENTER HOURS FOR SPRING

**Monday – Friday:** 6:00 am – 10:00 pm

**Saturday:** 10:00 am – 5:00 pm

**Sunday:** 12:00 – 10:00 pm

*Note: Anderson Center Hours are subject to change. Also, please check the hours for your specific program and/or membership.*

## SPRING BREAK HOURS

**Friday, March 2:** 6:15 am to 6:00 pm

**Saturday, March 3 and Sunday, March 4:** 12:00 to 5:00 pm

**Monday, March 5 to Friday, March 9:** 6:15 am to 8:00 pm

**Saturday, March 10:** 12:00 to 5:00 pm.

**Sunday, March 11:** Normal hours resume.

**Easter Break:** Closed March 30 – April 2 for Easter break. Will re-open Tuesday, April 3.

**Spring Commencement:** The Anderson Center will be closed Saturday, May 12 for Spring Commencement.

## 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.

## DISCOUNTS

Discounts listed below apply only to Fitness Classes, Water Aerobics, and the Fitness Center. They DO NOT apply specialty classes. Only one discount applies.

## MISERICORDIA UNIVERSITY DISCOUNTS

- MU Student 50%
- MU Alumni 50%
- MU Employee 50%
- Senior Citizen 30%
- Immediate Family 20%  
of Students, and Employees

## GIFT CERTIFICATES

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

## REGISTRATION

Advance registration is required on most programs as indicated.

## REFUNDS/CANCELLATIONS

Refunds are not given AFTER class has occurred for personal reasons, or natural weather phenomenon. Cancellations made at least 3 working days prior to the start of the program are eligible for a monetary refund.

## SCHEDULES

Schedules are subject to change without notice. Misericordia reserves the right to adjust classes/spaces as needed when programs conflict with student activities. We appreciate your consideration and understanding.



# Registration Misericordia University • Fun & Fitness • Non-Credit Spring 2018

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

PLEASE PRINT CLEARLY. ONE REGISTRATION FORM REQUIRED FOR EACH CAMP PARTICIPANT.

Participant *First* \_\_\_\_\_ *Last* \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ Age \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent or Guardian *First* \_\_\_\_\_ *Last* \_\_\_\_\_

E-mail address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

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

**Credit Card:**  Visa  MC  Discover Acct # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

Person authorized to pick up child participant or provide temporary care if you are not available:

\_\_\_\_\_

**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 \_\_\_\_\_

Phone \_\_\_\_\_

Additional emergency contact person and phone \_\_\_\_\_

**Fun & Fitness Registration**  
 Fill out and return by mail or in person to:  
 Misericordia University  
 Center for Adult and Continuing Education  
 Room 133, Mercy Hall  
 301 Lake Street  
 Dallas, PA 18612-1090  
 Fax 570-674-6232  
 General Inquiries 570-674-6289  
 Make checks payable to  
 Misericordia University

*It starts at the*  
**ARCH**



**MISERICORDIA**  
**UNIVERSITY**

**301 Lake Street, Dallas, PA 18612-1090**

*Founded by the Sisters of Mercy*