Spring 2015 Non-Credit Classes

Clay by Hand and Pottery Wheel

Skip Sensbach
Skip Sensbach worked as an award-winning graphic designer in New Jersey prior to opening Green Dog Pottery in Dallas, PA in 1998. Skip’s ceramic work, both functional and sculptural, has been recognized in many regional shows.

Cost for all clay classes includes a 25-pound bag of clay.

For questions regarding these courses, please e-mail hsensbac@misericordia.edu.

Youth Clay Basics
Ages 11–15 years
6 two-hour class sessions per series
Youth Basic Clay will teach young artists (ages 11–15) ceramic clay skills such as hand building, introduction to the wheel and glazing techniques. Projects will be fired in the kiln.

Session #1
Date: Tuesday, January 6, 13, 20, 27
February 3, 10
Time: 4:00–6:00 pm

Session #2
Date: Tuesday, February 24
March 3, 10, 17, 24, 31
Time: 4:00–6:00 pm

Session #3
Date: Tuesday, April 14, 21, 28
May 5, 12, 19
Time: 4:00–6:00 pm
Instructor: Skip Sensbach
Cost per Series: $130.00

Adult Clay Basics
Ages 16 to adult
6 two-hour class sessions per series
Adult Basic Clay will instruct mature artists (ages 16 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.

Session #2
Date: Tuesday, February 24
March 3, 10, 17, 24, 31
Time: 10:00 am–12:00 pm

Session #3
Date: Wednesday, January 7, 14, 21, 28
February 4, 11
Time: 6:00–8:00 pm

Session #2
Date: Tuesday, February 24
March 3, 10, 17, 24, 31
Time: 10:00 am–12:00 pm

Session #3
Date: Wednesday, February 25
March 4, 11, 18, 25
April 1
Time: 6:00–8:00 pm

Session #3
Date: Tuesday, April 14, 21, 28
May 5, 12, 19
Time: 4:00–6:00 pm

Date: Wednesday, April 15, 22
May 29, 6, 13, 20
Time: 6:00–8:00 pm
Instructor: Skip Sensbach
Cost per Series: $130.00

Clay by Hand and Pottery Wheel

Spring 2015
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.

Dates: February 4, 11, 18, 25
Time: 6:00–8:00 pm
Instructor: Rich Fufaro
Location: Mercy Hall, Room 349
Cost: $95.00

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 is suitable for newcomers as well.

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

Dates: March 11, 18, 25
April 1
Time: 6:00–8:00 pm
Instructor: Rich Fufaro
Location: Mercy Hall, Room 349
Cost: $95.00

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. 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, a love for learning, and a sense of humor!

Date: April 15, 22, 29
May 6, 13
Time: 6:00–8:00 pm
Instructor: Rich Fufaro
Location: Mercy Hall, Room 349
Cost: $120.00

Zumba Fitness
Interested in keeping in shape while having fun? Then Zumba is the fit for you! Burn fat, lose calories, and have an awesome time during an energetic and upbeat workout. Get in shape while listening to music from traditional Latin styles to your favorite pop songs and more!

Dates: Mondays
January 12, 19, 26
February 2, 9, 16, 23
March 9, 16, 23, 30
April 6, 13, 20, 27
May 4
Time: 6:00–7:00 pm
Cost: $15.00 per class

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. These are powerful tools to incorporate into one’s daily life.

Dates: March 4, 11, 18, 25
April 1, 8, 15, 22, 29
May 6, 13, 20, 27
June 3, 10
Time: 6:00–8:00 pm
Instructor: Mark R. Reinhart, NMT, MMQ
Location: Anderson Sports Center Aerobic Room
Cost: $150.00

Water Aerobics
Date: January 12
May 1
Monday–Friday
Time: 8:30–9:30 am
Cost: Supersaver $120.00
Monthly $40.00; $6.00 per class

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

When registering for Supersaver Aerobics or Water Aerobics, 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.

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 programs conflict or coincide with student activities.

Mark R. Reinhart, NMT, MMQ
translator
Mark 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 is the current President of the National Qigong Association (NQA).

Cake Decorating
Have you ever wondered how bakeries decorate birthday cake, or how to make a flower on top of your cupcake? If so this class is perfect for you! Learn all essentials to making beautiful and easy cake designs for any occasion.

**Dates:** Mondays
February 2, 9, 16, 23
March 9, 16

**Time:** 6:00–7:30 pm

**Instructor:** Nicole Pietrzykoski

**Cost:** $110.00 includes a 24 piece icing tip set that is yours to keep!

**Register fast! Space limited to 10 people.**

Conversational Spanish
This workshop is designed to teach the basic fundamentals of Spanish Language. It will prepare participants to become a second language learner while having fun. In a non-threatening environment participants will have the opportunity to speak Spanish and acquire some Basic Interpersonal Communication Skills (BICS). Latino deep culture will be a component of the workshop, understanding culture is an important part of learning a language.

**Dates:** Thursdays
January 22, 29
February 5, 12, 19

**Time:** 6:00–8:30 pm

**Instructor:** Joyce Avila

**Cost:** ???

Fitness Center Memberships
Access to our gym facilities including the pool, basketball courts, racquetball courts, indoor track, and weight room.

**Dates:**
First quarter January 1
Second quarter April 1, June 30
Third quarter July 1, September 30
Fourth quarter October 1, December 31

**Cost:** $70.00 per quarter

### Important 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 inquire about private lessons, please contact the Anderson pool at 570-674-6446 in advance.

**Consult Your Physician**
The American College of Sports Medicine strongly suggests the 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 reasons, 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, and WBRE TV 28. Or, call the MU HOTLINE, 570-674-6311.

**Fun-damental Fitness**
ATTENTION LOCAL BUSINESSES, your employees and immediate families can benefit from a 10% discount on regular monthly and Supersaver rates for Fun & Fitness programs!

**Discounts**
Discounts listed below apply to regular monthly and Supersaver Fun & Fitness programs such as Aerobics, and Wateraerobics. They are NOT APPLICABLE on art studio and specialty programs, pool fees, pro-rated fees, or daily fees.

*Only one discount applies.*

**Misericordia University Discounts**
- Misericordia University Student 50%
- Misericordia University Alumni 50%
- Misericordia University Employee 10%
- Immediate Family 10%
- Currently Enrolled student from any college/high school 10%

Must show college/high school ID at time of registration

**Office Hours**
- Monday thru Thursday 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/spaces as needed. We appreciate your consideration and understanding when Fun and Fitness Aquatics programs conflict or coincide with student activities.

**Anderson Center Hours Fall 2014**

**Monday–Friday**
7:00 am–12:00 noon

**Saturday**
12 noon–5:00 pm

**Labor Day**
Closed Monday September 1

**Fall Recess**
Regular hours during the Fall Recess period

**Thanksgiving**
Open 7:00 am–12:00 noon on Wednesday, November 26.
Closed Thursday, November 27 – Sunday, November 30.
Will reopen 7:00 am, Monday December 1.

**Christmas**
Closed Tuesday December 23 at 4:00 pm.
Reopens January 2, 2015 at 7:00 am

The Anderson Center will be closed May 15 and 16 for Spring Commencement.
Expect To Be There! Confirmation will not be sent. If there is a problem with your registration, we will contact you.

 PLEASE PRINT CLEARLY.

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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 and phone

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 (570) 674-6232
General Inquires (570) 674-6289
Make checks payable to Misericordia University