Fall 2014 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, September 9, 16, 23, 30
October 7, 14
Time: 4:00–6:00 pm

Session #2
Date: Tuesday, October 21, 28, November 4, 11, 18, 25
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 #1
Date: Tuesday, September 9, 16, 23, 30
October 7, 14
Time: 10:00 am–12:00 pm
Date: Wednesday, September 10, 17, 24, October 1, 8, 15
Time: 6:00–8:00 pm
Instructor: Skip Sensbach
Cost per Series: $130.00

Session #2
Date: Tuesday, October 21, 28, November 4, 11, 18, 25
Time: 10:00 am–12:00 pm
Date: Wednesday, October 22, 29, November 5, 12, 19, December 3
Time: 6:00–8:00 pm
Instructor: Skip Sensbach
Cost per Series: $130.00
Piano by Tsukasa
Ages 5 and older
A native of Japan, Tsukasa Mizuguchi-Waltich received her bachelor’s degree from Wilkes University and master’s degree from the State University of New York at Binghamton. During her time in school, she studied piano with Thomas Hrynkiw, Ann Liva, and Walter Poncze. She has performed solo recitals, chamber music, and piano concertos, including the Mendelssohn’s piano concerto, Saint-Saëns’ second piano concerto, and Beethoven’s first and fourth piano concertos. She has worked with the Wilkes Community Conservatory, Robert Dale Chorale, Lyric Consort, Encore Music Camp, the Performing Arts Institute, the Catholic Choral Society, and other organizations throughout the United States.

Currently, Mrs. Waltich is employed as a piano instructor, accompanist, and pianist for Wyoming Seminary, Wilkes University, Misericordia University, Marywood University, Blair Academy in New Jersey, Arcadia Chorale, and the Northeastern Pennsylvania Philharmonic Orchestra. She is also an official accompanist of the Music Teacher’s National Association and has an active performing and teaching schedule both in the United States and Japan.

**Session #1**
**Date:** Wednesday
September 3, 10, 17, 24 and October 1, 8, 15
**Time:** 1:30 – 7:00 pm
**Date:** Thursday
September 4, 11, 18, 25, and October 2, 9, 16
**Time:** 9:00 am – 12:00 noon

**Session #2**
**Date:** Wednesday
October 22, 29, November 5, 12, 19, and December 3, 10
**Time:** 1:30 pm – 7:00 pm

**Date:** Thursday
October 23, 30, November 6, 13, 20, and December 4, 11
**Time:** 9:00 am -12:00 noon
**Cost:** $210.00 (Seven 30-minute sessions)
Ages 5 and older

Please call (570) 674-6289 to schedule your session.

**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:** Wednesday, September 3, 10, 17, 24
**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:** Wednesday, October 1, 8, 15, 22
**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:** Wednesday, October 29
November 5, 12, 19, December 3
**Time:** 6:00–8:00 pm
**Instructor:** Rich Fufaro
**Location:** Mercy Hall, Room 349
**Cost:** $120.00

**Aerobics**
**Date:** August 26 – December 23
**Cost:** Supersaver $103.00
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, and 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.

**Kick-n-Core:** This class will give you a full body workout using authentic moves from several martial arts disciplines. Once you’ve mastered the moves, you’ll have a feeling of confidence and strength that only comes from facing your opponent head-on! Good for all fitness levels.

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

**Monday**
Cardio Combo 8:00 am

**Tuesday**
Kick-n-Core 4:30 pm

**Wednesday**
Head-to-Toe 8:30 am

**Thursday**
Cardio Combo 8:00 am
Kick-n-Core 4:30 pm

**Friday**
Head-to-Toe 8:30 am

**Saturday**
Instructor’s Choice 9:00 am

**Water Aerobics**
**Date:** August 25 – December 12
**Time:** 8:30-9:30 am
**Cost:** Supersaver $120.00
Monthly $40.00; $6.00 per class

**Water Aerobics**
**Date:** August 25 – December 12
**Time:** 8:30-9:30 am
**Cost:** Supersaver $120.00
Monthly $40.00; $6.00 per class

*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.*
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: Wednesday, September 3, 10, 17, 24 October 1, 8, 15, 22, 29 November 5, 12, 19, December 3, 10
Time: 6:00–8:00 pm
Instructor: Mark R. Reinhart, NMT, 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 15 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, NMT, MMQ
馬克永學
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).

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.

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, WLK, 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 50%
• 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 December 13 and 14 for Winter Commencement.
Registration  Misericordia University • Fun & Fitness • Non-Credit Fall 2014

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

PLEASE PRINT CLEARLY.

Participant  First  Last  Sex

Address

City  State  Zip

E-mail address  Home Phone  Cell Phone

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

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Credit Card:  □ Visa  □ MC  □ Discover

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Please Note: Schedule subject to change without notice. Misericordia University reserves the right to adjust classes/space as needed.

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 Inquiries (570) 674-6289  Make checks payable to Misericordia University