

Fun & Fitness

Spring 2017

Non-credit programs for children and adults



MISERICORDIA
UNIVERSITY

Spring 2017 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 and national shows.

Class tuition is \$130.00 for a six-week session and includes first bag of clay.

Due to fuel and added labor, there will be a fee to access the studio during open studio times.

This fee is in addition to the class tuition. Please note that you must be enrolled in a class to use the studio during open times.

Open Studio Pass: \$50.00 for a session pass which will allow access to the studio during open studio times Tuesday through Friday from 9:30 am to 2:30 pm.

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

Online registration is also available at www.misericordia.edu/adultclay

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.

Series 1: January 9–February 15

Mondays: January 9, 16, 23, 30; February 6, 13

Time: 6:00–8:00 pm

Cost: \$130.00

Tuesdays: January 10, 17, 24, 31; February 7, 14

Time: 10:00 am–12:00 pm

Cost: \$130.00

Wednesdays: January 11, 18, 25; February 1, 8, 15

Time: 6:00–8:00 pm

Cost: \$130.00

Please note registrations for Series #1 will close on Friday, January 13.

Series 2: February 27–April 5

Mondays: February 27; March 6, 13, 20, 27; April 3

Time: 6:00–8:00 pm

Cost: \$130.00

Tuesdays: February 28; March 7, 14, 21, 28; April 4

Time: 10:00 am–12:00 pm

Cost: \$130.00

Wednesdays: March 1, 8, 15, 22, 29; April 5

Time: 6:00–8:00 pm

Cost: \$130.00

Please note registrations for Series #2 will close on Friday, March 3.

Series 3: April 17–May 24

Mondays: April 17, 24; May 1, 8, 15, 22

Time: 6:00–8:00 pm

Cost: \$130.00

Tuesdays: April 18, 25; May 2, 9, 16, 23

Time: 10:00 am–12:00 pm

Cost: \$130.00

Wednesdays: April 19, 26; May 3, 10, 17, 24

Time: 6:00–8:00 pm

Cost: \$130.00

Please note registrations for Series #3 will close on Friday, April 21.



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, February 15, 22; March 1, 8
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, March 22, 29; April 5, 12
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, April 26; May 3, 10, 17, 24
Time: 6:00–8:00 pm
Instructor: Rich Fufaro
Location: Mercy Hall, Room 349
Cost: \$120.00

Writing Your Memoir

Ever wanted to write your life story or tell about a personal experience you have had but were not sure how to go about it? This class will teach you how to bring your story to life. Writing Your Memoir will take you through the process of brainstorming ideas, writing a rough draft, using fiction techniques to put pizzazz in your story, revising your draft, and finally preparing your writing for publishing. You can save your memories, a moment in time in your life, or a memorable experience to pass down to your family members or share with your friends and others.

About the Instructor: Carolyn Oravitz has written a regular column on creative writing for *Independent NEPA Magazine* for the past ten years. She is also a feature article and business profile writer for that magazine. Her work has been published in other national and international publications. She has independently published two books and has won awards for her inspirational and humor writing. Carolyn is a certified English teacher and has taught at the college level and in adult & continuing education classes.

Dates: Thursday, April 6, 13, 20, 27
Time: 6:00–7:30 pm

Instructor: Carolyn Oravitz
Location: Mercy Hall, Room 047
Cost: \$120.00 (Includes Carolyn's book, *Twenty Lessons to Improve Your Writing*)

Aerobics

Dates: January 3 – May 19
Cost: Supersaver \$103.00
 Monthly \$35.00
 MU students \$35.00 (all semester)

Fitness classes consist of a variety of Cardio–Strength–Floor Work–Core Conditioning.

Total Body Kick: An intense full-body workout to sculpt and tone every muscle group using kicks, punches, and other movements.

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.

Density: 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	Density	4:30 pm
Wednesday	Head-to-Toe	8:30 am
Thursday	Total Body Kick	4:30 pm
Friday	Head-to-Toe	8:30 am
Saturday	Instructor's Choice	9:00 am

Water Aerobics

Date: January 16 – May 2

Monday–Friday

Time: 8:30–9:30 am

Cost: Supersaver \$120.00 Monthly \$40.00
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. Water aerobics classes are not offered during Spring (March 4–12) and Easter (April 13–17) breaks.*

Yoga

New this spring – Yoga with Geoff Dixon!

Geoff has been studying Yoga, martial arts, meditation, qigong, and exercise science for 36 years. He teaches a holistic and systematic approach to health, fitness, and well-being.

Geoff's approach to yoga is based on his 30 years of teaching to students with a wide range of abilities. The focus, regardless of the difficulty level, is on pain-free movement and eliminating stress in both body and mind.

Dates: Wednesdays, January 3–May 19
Time: 5:15–6:15pm

Dates: Saturdays, January 3–May 19
Time: 10:30–11:30am

Location: Anderson Sports Center Aerobics Room
Cost: \$12.00 per class. Save with an \$80 monthly pass good for 8 classes.

Fitness Center Memberships

Access to our gym facilities includes the pool, basketball courts, racquetball courts, indoor track and weight room. Fitness Center requires ID card access, which is provided upon registration. Replacement cards are \$20, payments can be made in Student Financial Services.

Dates: January 3 – May 19
Cost: \$100.00
Walking Track Only: \$50.00 per semester

Anderson Center Spring Hours 2017
Monday–Friday 6:15 am – 12:00 noon
Saturday 12:00 noon – 5:00 pm
Sunday 3:00 – 10:00 pm

Qigong for Body, Mind & Spirit—A Daily Practice

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: Beginning Thursday March 16 and continuing through Thursday May 11, 2017

Time: 7:00–8:00 pm

Instructor: Mark R. Reinhart

Location: Anderson Sports Center Aerobics Room
Cost: \$100.00

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.

threepureivers.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 between employees? Then contact us today!

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

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.

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 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.

Please Note

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 that our first priority is to our students.

Gift Certificates

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

Discounts

Discounts listed apply to Aerobics, Water Aerobics, and the Fitness Center. They DO NOT apply to Clay, Computer, Writing, Yoga, Qigong, or other specialty classes.

**Only one discount applies.*

Misericordia University Discounts

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

Office Hours for Registrations

- Monday thru Friday 9:00 am – 4:30 pm
Mercy Hall First Floor, Suite 133
Center for Adult and Continuing Education

Anderson Center Hours Spring 2017

Monday – Friday
7:00 am – 12:00 noon

Saturday
12 noon – 5:00 pm

Sunday
3:00 – 10:00 pm

Spring Recess

Regular hours during the spring recess period.

Easter

Closed April 14–17 for Easter break.
Will re-open Tuesday, April 18.

The Anderson Center will be closed

Saturday, May 20 for Spring Commencement.

Registration Misericordia University • Fun & Fitness • Non-Credit Spring 2017

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	<i>First</i>	<i>Last</i>	Sex
Address			Age
City	State		Zip
E-mail address	Home Phone	Cell Phone	

How did you hear about the Fun & Fitness program? _____

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 _____

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

Credit Card: Visa MC Discover

Acct # _____ Exp. Date _____ Three Digit Security Code _____

Signature _____

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 Inquires (570) 674-6289

Make checks payable to Misericordia University