

• ADULT PROGRAMS •

SATURDAY CLASSES ARE HIGHLIGHTED

CLASSES & WORKSHOPS

NEW! NEW! NEW!

Red Cross Pet First Aid
Fee: \$45.00 Non-res add: \$5.00
 1 Saturday Sep 25 2010
 Ages: 16yrs and over
 This is a perfect program for pet lovers or pet sitters! Participants learn how to give immediate and temporary care to an animal that has become injured or has fallen ill. Participants receive permanent certification in Pet First Aid.
 3860.304 10:00am-12:00pm Sa
 Community Center

Basic Dog Obedience
Fee: \$70.00 Non-res add: \$10.00
 7 Week Session Oct 23 2010 - Dec 04 2010
 Ages: 12yrs and over
 You will be shown how to form a great relationship with your dog. Basic commands for sitting, staying, and coming when called will be taught. We will show you how to walk with your dog on a relaxed leash, and how to meet and greet other dogs. An adult must accompany handlers under age 18. The dog must be at least 12 months old and have all current shots. Please bring the following to the first class: your dog's vaccination records, a six-foot leather or nylon leash, and lots of small soft treats. Registration must be received at least two weeks before the first class. Classes are held at Keystone Canine Training Club, 2942 Industrial Boulevard, 412-833-2211, www.keystonecanine.com.
 3309.301 11:00am-11:50am Sa
 Keystone Canine Training Club

Dog Agility
Fee: \$70.00 Non-res add: \$10.00
 7 Week Session Oct 21 2010 - Dec 02 2010
 Ages: 12yrs and over
 Agility is the popular fun sport for dogs that is sweeping the nation! Your dog will be taught how to go over jumps, run through tunnels, go up and down a see-saw, and handle many other obstacles. An adult must accompany handlers under age 18. The dog must be at least 12 months old and have all current shots and have successfully completed a Basic Obedience class. Please bring the following to the first class: your dog's vaccination records, a six-foot leather or nylon leash, and lots of small soft treats. Registration must be received at least two weeks before the first class. Classes are held at Keystone Canine Training Club, 2942 Industrial Boulevard, 412-833-2211, www.keystonecanine.com.
 3309.303 07:30pm-08:20pm Th
 Keystone Canine Training Club



ARTS & CRAFTS

South Arts
Drawing for Adults
Fee: \$65.00 Non-res add: \$5.00
 6 Week Session Sep 29 2010 - Nov 03 2010
 Ages: 16yrs and over
 Students will learn the basic skills to create many drawings! This relaxed class is for all skill levels! Pencil, pen, and charcoal will be explored. Materials needed will be discussed at the first class.
 3905.352 07:30pm-08:30pm W
 Community Center

Fresh Flower Arranging
Fee: \$10.00 per class Non-res add: \$5.00
Materials: \$25.00 per class, payable to the instructor
 1 Thursday – each class
 4 different classes available
 Ages: 18yrs and over
 Learn to create your own original fresh flower arrangements. These hands-on design workshops will use the beautiful colors and flowers of fall. Instructor Judy Purtell will guide students through easy techniques and professional "tricks" that they can use again and again to create beautiful and unusual fresh flower arrangements. Multiple class discount not available with online registration. The materials fee of \$25 is payable to the instructor at the beginning of each class. Students will take arrangements home from each workshop. Each class will focus on a different type of arrangement.
****SPECIAL OFFER: Sign up for all four of these classes for \$30.00. Must register for all four at the same time for this special offer!**
 3980.302 **Fall Arrangement** September 9
 3980.303 **Elongated Centerpiece** October 28
 3980.304 **Bubble Bowl** November 11
 3980.305 **Holiday Arrangement** December 16
 07:00pm-09:00pm Th
 Community Center

DANCE

Beginner
Ballroom Dance
Couple Fee: \$80.00 Non-res add: \$10.00
Single Fee: \$45.00 Non-res add: \$5.00
 4 Week Session Sep 19 2010 - Oct 10 2010
 Ages: 18yrs and over
 This course will introduce you to Ballroom Dance, including the Foxtrot, Swing, Waltz and Cha Cha. Wear shoes that are comfortable, leather shoes are best. Classes will be held at Dryden Dance Studio, 1948 Painters Run Road. Class size is limited. Single rate is not available with online registration.
 3205.301 07:00pm-08:30pm Su
 Dryden Studio

Intermediate
Ballroom Dance
Couple Fee: \$80.00 Non-res add: \$10.00
Single Fee: \$45.00 Non-res add: \$5.00
 4 Week Session Sep 17 2010 - Oct 08 2010
 Ages: 18yrs and over
PREREQUISITE: Beginner Ballroom Dance class. Take off from the beginner class with variations. Single rate is not available with online registration.
 3205.311 07:00pm-08:30pm F
 Dryden Studio

Belly Dancing
Fee: \$42.00 Non-res add: \$5.00
Twice a week: \$66.00
Material fee: \$25.00
 6 Week Session
 Session #1: Sep 19 2010 - Oct 24 2010
 Session #2: Nov 07 2010 - Dec 19 2010
 Ages: 16yrs and over
No dance experience is necessary! Students will learn the basic dance steps from 9 different styles as well as the history behind each step. Students will also learn a full performance dance and other fun things. This high energy, low impact form of exercise tones the body from head to toe, helps posture and circulation. Join us, have fun and get in shape at the same time. Dress in loose athletic pants or a long skirt with leggings & comfortable shirt and wear ballet style slippers or jazz dance shoes. *Material fee of \$25 covers cost of a mandatory hip scarf, payable to the instructor the first night of class. Twice a week discount rate may be used with other Renea Bishop classes. Twice a week rate is not available with online registration. It is recommended that you take the Core Strengthening and Toning class with Belly Dancing.
NO CLASS ON NOVEMBER 28.
 Instructor: Renea Bishop
 3935.301 Session #1 07:30pm-08:30pm Su
 3935.302 Session #2 07:30pm-08:30pm Su
 Community Center

Beginners
Square Dance
 All Ages!
 Casual attire for this beginner class. FEE: \$4.00 per person per week. Call Vera at 724-941-5436 or Susan at 412-531-0548 for registration and information.
NO CLASS ON NOVEMBER 24.
 3233.301 07:30pm-09:30pm W
 Washington Gym

Friendly Squares
Fee: \$5.00 - \$6.00 per person per week
Varies according to Caller
 Sep 12 2010 - Dec 12 2010

Ages: 15yrs and over
Come and see how much fun square dancing can be! Square Dancing is Plus level with Cued Round Dancing every other tip. Complete schedule is available at the dances or the Recreation Office. FEE: \$5.00 to \$6.00 per person per week. Call Vera at 724-941-5436 or Susan at 412-531-0548 for additional information.
NO DANCE ON OCTOBER 31 & NOVEMBER 28.
 3233.320 07:00pm-09:30pm Su
 BPHS Cafeteria

FITNESS & EXERCISE

20/20/20
Fee: \$35.00 Non-res add: \$5.00
Twice a week: \$55.00
 6 Week Session
 Session #1: Sep 17 2010 - Oct 25 2010
 Session #2: Nov 05 2010 - Dec 20 2010
 Ages: 18yrs and over
 20 minutes of aerobics, 20 minutes of step, and 20 minutes of strength training in one class! Tired of a specific type of class? 20/20/20 is something new and exciting to give you the ultimate well-rounded workout. This is cross-training at its best by getting your heart pumping, burning calories and strengthening your muscles, all in one class! Please bring a mat/towel and light weights. Twice a week discounted rate may be used with other Peg Pardini classes. Twice a week rate is not available with online registration.
NO CLASS ON MONDAY, NOVEMBER 22 & FRIDAY, NOVEMBER 26.
 Instructor: Peg Pardini, ACE certified personal trainer
 3901.301 Session #1 09:30am-10:30am M
 3901.303 Session #1 09:30am-10:30am F
 3901.310 Session #2 09:30am-10:30am M
 3901.313 Session #2 09:30am-10:30am F
 Community Center

SATURDAY CLASSES ARE HIGHLIGHTED

Bodysculpting

Fee: \$35.00 Non-res add: \$5.00

Twice a week: \$55.00

6 Week Session

Session #1: Sep 16 2010 - Oct 25 2010
 Session #2: Nov 04 2010 - Dec 20 2010

Ages: 18yrs and over

All major muscle groups will get a work out in this bodysculpting class designed for beginner and advanced weight lifters. Please bring a mat or towel and light hand weights. Classes will also incorporate balance ball work. Participants should bring their own balance ball. Twice a week rate is not available with online registration. Twice a week discounted rate may be used with other Peg Pardini classes.

NO CLASS ON MONDAY, NOVEMBER 22 & THURSDAY, NOVEMBER 25.

Instructor: Peg Pardini, ACE certified personal trainer

3920.310 Session #1 07:00pm-08:00pm M
 3920.311 Session #1 07:00pm-08:00pm Th

3920.320 Session #2 07:00pm-08:00pm M
 3920.321 Session #2 07:00pm-08:00pm Th

Community Center

Cardio-kickboxing

Fee: \$40.00 Non-res add: \$5.00

7 Week Session

Session #1: Sep 14 2010 - Oct 26 2010
 Session #2: Nov 02 2010 - Dec 21 2010

Ages: 18yrs and over

This low impact, high intensity exercise is great for beginners and advanced students. Class includes warm-up, 30 minutes of cardio-kick and floor work, followed by cool down. Please bring a mat or towel and light weights.

NO CLASS ON NOVEMBER 23.

Instructor: Lauren Bilohlavek

3925.301 Session #1 07:15pm-08:15pm Tu
 3925.302 Session #2 07:15pm-08:15pm Tu

Community Center

Cardio Pulse

Fee: \$42.00 Non-res add: \$5.00

Twice a week: \$66.00

6 Week Session

Session #1: Sep 15 2010 - Oct 20 2010
 Session #2: Nov 03 2010 - Dec 15 2010

Ages: 16yrs and over

Come Dance for Fitness! Cardio Pulse is a high-energy dance class. Each week we will be learning a new dance style while achieving a cardio work out. Some dance forms that will be used in this class include Latin, Hawaiian, Belly Dance, Jazz, and Hip-Hop. The dances are choreographed to high-energy music to really get your heart rate going! Aerobic activity strengthens your heart and lungs, burns calories, and lowers total cholesterol, best of all it decreases stress! This class is for all levels of fitness and no dance experience is necessary. Twice a week discount rate may be used with other Renea Bishop classes. Twice a week rate is not available with online registration.

NO CLASS ON NOVEMBER 24.

Instructor: Renea Bishop

3935.311 Session #1 07:30pm-08:30pm W
 3935.312 Session #2 07:30pm-08:30pm W

Community Center

NEW! NEW! NEW!

Beginner Core Strengthening and Toning

Fee: \$42.00 Non-res add: \$5.00

Twice a week: \$66.00

6 Week Session

Session #1: Sep 15 2010 - Oct 24 2010
 Session #2: Nov 03 2010 - Dec 19 2010

Ages: 16yrs and over

We will explore simple stretches & core routines. We will also learn some basic techniques to enhance our daily health & wellbeing. Stretches are based on natural movements of the body and each one takes less than a minute to complete. Our physical, mental & emotional energy is invigorated & muscular tension is released. Our posture & whole range of movement improves! This program is suitable for all levels of fitness and beneficial for everyone! Take this class twice a week or add it to any other Renea Bishop class to make a great combination and get the twice a week discount. Twice a week rate is not available with online registration. Bring a floor mat to class.

NO CLASS ON WEDNESDAY, NOVEMBER 24, and SUNDAY, NOVEMBER 28.

Instructor: Renea Bishop

3935.306 Session #1 05:30pm-06:30pm W
 3935.307 Session #1 05:30pm-06:30pm Su

Core Strengthening and Toning

Fee: \$42.00 Non-res add: \$5.00

Twice a week: \$66.00

6 Week Session

Session #1: Sep 15 2010 - Oct 24 2010
 Session #2: Nov 03 2010 - Dec 19 2010

Ages: 16yrs and over

This class is designed to reshape and define your body. Students will be able to work with instructor to customize their workout to low or high impact, depending on each student's needs. It will help you turn flab into muscle and to regain balance and poise. If you are also taking Belly Dancing, take this class to make a great combination. Twice a week discount rate may be used with other Renea Bishop classes. Twice a week rate is not available with online registration. Bring a floor mat and light hand weights (optional) to class.

NO CLASS ON WEDNESDAY, NOVEMBER 24 and SUNDAY, NOVEMBER 28.

Instructor: Renea Bishop

3935.304 Session #1 06:30pm-07:30pm W
 3935.303 Session #1 06:30pm-07:30pm Su

3935.314 Session #2 06:30pm-07:30pm W
 3935.313 Session #2 06:30pm-07:30pm Su

Community Center

Peg's Power Hour

Fee: \$35.00 Non-res add: \$5.00

Twice a week: \$55.00

6 Week Session

Session #1: Sep 14 2010 - Oct 25 2010
 Session #2: Nov 02 2010 - Dec 20 2010

Ages: 18yrs and over

Students will participate in a "boot camp like" fitness class by ACE certified personal trainer Peg Pardini. Class is designed for women and men of all ages- beginners to advanced. Class will challenge students through cardio, strength training, agility, balance and core work. Both indoor and outdoor facilities may be used. Please bring light weights and a mat. Twice a week rate is not available with online registration. Twice a week discount rate may be used with other Peg Pardini classes.

NO CLASS ON MONDAY, NOVEMBER 22, TUESDAY, NOVEMBER 23 & THURSDAY, NOVEMBER 25.

Instructor: Peg Pardini, ACE certified personal trainer

3910.311 Session #1 08:00pm-09:00pm M
 3910.313 Session #1 10:00am-11:00am Tu
 3910.351 Session #1 10:00am-11:00am Th

3910.312 Session #2 08:00pm-09:00pm M
 3910.314 Session #2 10:00am-11:00am Tu

3910.352 Session #2 10:00am-11:00am Th
 Community Center



Tai Chi

Fee: \$36.00 Non-res add: \$5.00

6 Week Session

Session #1: Sep 14 2010 - Oct 19 2010
 Session #2: Nov 02 2010 - Dec 07 2010

Ages: 16yrs and over

Learn Tai Chi, a non-competitive, self-paced system of gentle physical exercises. Students will learn to move all parts of the body in unison, exerting little energy while strengthening the bones. In practicing simple postures, "doing less" will actually give you more energy, and improve memory and circulation. Practiced regularly, Tai Chi has been shown to reduce stress, increase flexibility, improve muscle strength and increase feelings of well being. This class is appropriate for any student regardless of age or physical ability.

3932.303 Session #1 12:45pm-01:30pm Tu
 3932.301 Session #1 06:00pm-06:45pm Tu

3932.304 Session #2 12:45pm-01:30pm Tu
 3932.302 Session #2 06:00pm-06:45pm Tu

Community Center

Weight Loss Challenge

Fee: \$42.00 Non-res add: \$5.00

Twice a week: \$66.00

6 Week Session

Session #1: Sep 19 2010 - Oct 24 2010
 Session #2: Nov 07 2010 - Dec 19 2010

Ages: 16yrs and over

There is more to weight loss than just eating. Each student will work with the instructor to develop a personalized plan that will work to achieve HIS or HER individual goals. This is not a cookie cutter or one-size-fits-all diet plan, but a self-designed plan that includes exercise, education, nutrition information, and support. Each week students will learn a fun new way to exercise. Workouts are safe for all fitness levels and will include different styles of walking, stretching, toning and strength exercises. By the end of this class, students will have the knowledge to achieve their personal goal. Twice a week discount rate may be used with other Renea Bishop classes.

Twice a week rate is not available with online registration.

NO CLASS ON NOVEMBER 28.

Instructor: Renea Bishop

3935.305 Session #1 04:30pm-05:30pm Su
 3935.315 Session #2 04:30pm-05:30pm Su

Community Center

Yoga for Beginners

Fee: \$45.00 Non-res add: \$5.00

Twice a week: \$70.00

7 Week Session

Session #1: Sep 09 2010 - Oct 25 2010
 Session #2: Oct 28 2010 - Dec 16 2010

Ages: 18yrs and over

In this ideal introduction to yoga you can forget about intimidating pretzel poses. This class is a gentle, accessible approach to yoga. Open your heart, relax your mind and see how yoga postures provide both energy and a sense of wellbeing. Many feel yoga helps them to feel better, reclaim energy and enjoy a more joyful, stress-free life. Please bring a yoga mat. THIS IS A FRAGRANCE FREE CLASS. Discounted rate may be used with other Lynn Duda classes that are held in the same location.

NO CLASS ON THURSDAY, NOVEMBER 25.

Instructor: Lynn Duda, RYT

3203.301 Session #1 09:30am-10:30am M
 3203.302 Session #1 07:15pm-08:15pm M
 3203.303 Session #1 07:15pm-08:15pm Th

3203.320 Session #2 09:30am-10:30am M
 3203.321 Session #2 07:15pm-08:15pm M
 3203.322 Session #2 07:15pm-08:15pm Th

John McMillan Church

**The FINAL TWO
 RECREATION FLEA MARKETS
 of 2010 will be held
 AUGUST 21 & SEPTEMBER 18
 8:00 AM-2:00 PM
 Port Authority Parking Lot,
 at the corner of Lytle and
 Brightwood Roads**

SATURDAY CLASSES ARE HIGHLIGHTED

Yoga Flow

Fee: \$45.00 Non-res add: \$5.00
Twice a week: \$70.00

7 Week Session
 Session #1: Sep 09 2010 - Oct 26 2010
 Session #2: Oct 28 2010 - Dec 16 2010

Ages: 18yrs and over

Yoga Flow, a style that is suitable for many levels of healthy students, includes body and breath awareness, breathing exercises, Sun Salutations, Yoga postures in a flowing sequence, and seated poses. Increases in balance, muscle strength, endurance, coordination, flexibility and relaxation are some benefits you may experience. Beginner class recommended for new students. Please bring a yoga mat. Twice a week discounted rate is not available with online registration. Discounted rate may be used with other Lynn Duda classes that are held in the same location.

NO CLASS ON THURSDAY, NOVEMBER 25.

Instructor: Lynn Duda, RYT

3203.350	Session #1	05:45pm-07:00pm	M
3203.352	Session #1	09:30am-10:30am	Tu
3203.351	Session #1	05:45pm-07:00pm	Th
3203.353	Session #1	09:30am-10:30am	F

3203.355	Session #2	05:45pm-07:00pm	M
3203.357	Session #2	09:30am-10:30am	Tu
3203.356	Session #2	05:45pm-07:00pm	Th
3203.358	Session #2	09:30am-10:30am	F

John McMillan Church

Light Yoga

Fee: \$45.00 Non-res add: \$5.00

7 Week Session
 Session #1: Sep 09 2010 - Oct 21 2010
 Session #2: Oct 28 2010 - Dec 16 2010

Ages: 18yrs and over

Enjoy the benefits of yoga in a light yoga class. We will concentrate on Yoga breathing, easy postures, and relaxation. Proper alignment and movement techniques will be taught for standing and seated poses. Muscle strength, endurance, flexibility, increased confidence and relaxation are some of the benefits you may expect to gain from this happy yoga class. Please bring a yoga mat.

NO CLASS ON NOVEMBER 25.

Instructor: Lynn Duda, RYT

3990.301	Session #1	09:30am-10:30am	Th
3990.302	Session #2	09:30am-10:30am	Th

Community Center

Therapeutic Recreation Beginner Yoga

Fee: \$50.00 Non-res add: \$5.00

7 Week Session Sep 11 2010 - Oct 23 2010
 Ages: 18yrs and over with special needs.

No yoga experience is necessary. This is a class for all skill levels. Come and join us, wear comfortable clothes and bring a quiet mind. Basic yoga poses will be taught. This program will teach those in wheelchairs and their caregivers how to free themselves from stress. Equipment will be provided. Class is sponsored by PA Connecting Communities who serves individuals with various types of disabilities. Please call Peggy at PACC for more details at 412-621-6151.

NO CLASS ON SEPTEMBER 25.

3955.301	11:45am-01:00pm	Sa
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Community Center

ZUMBA GOLD

Fee: \$40.00 Non-res add: \$5.00
Twice a week: \$65.00

7 Week Session
 Session #1: Sep 07 2010 - Oct 21 2010
 Session #2: Oct 26 2010 - Dec 16 2010

Ages: 18yrs and over

Dance your way to vibrant health. Zumba Gold is the beginner's level of aerobic dance which breaks down the step work of Zumba. It is perfect for anyone just starting out in Zumba Fitness. Zumba Gold uses the same great Latin music and easy dance moves as the original Zumba class, but is done at a lower intensity. This FUN exercise program features aerobic interval training that burns calories, fat and sculpts the body. Twice a week rate is not available with online registration.

NO CLASS ON TUESDAY, NOVEMBER 23, WEDNESDAY, NOVEMBER 24 & THURSDAY, NOVEMBER 25.

Instructor: Kathy Raeder

3930.302	Session #1	09:30am-10:30am	Tu
3930.301	Session #1	07:00pm-08:00pm	Tu
3930.304	Session #1	09:30am-10:30am	W
3930.309	Session #1	09:30am-10:30am	Th
3930.308	Session #1	06:00pm-07:00pm	Th

3930.310	Session #2	09:30am-10:30am	Tu
3930.311	Session #2	07:00pm-08:00pm	Tu
3930.314	Session #2	09:30am-10:30am	W
3930.312	Session #2	09:30am-10:30am	Th
3930.318	Session #2	06:00pm-07:00pm	Th

Community Center

ZUMBA Fitness

Fee: \$35.00 Non-res add: \$5.00

Twice a week: \$55.00

6 Week Session
 Session #1: Sep 16 2010 - Oct 25 2010
 Session #2: Nov 04 2010 - Dec 20 2010

Ages: 18yrs and over

ZUMBA is a high-energy workout combining aerobic/fitness interval training with dynamic Latin music. The ZUMBA concept uses interval and resistance training for a high calorie, fat burning, total body workout. Dance your way to fitness with very easy to follow steps! Please bring a mat or towel. Twice a week rate is not available with online registration. Twice a week-discounted rate may be used with other Peg Pardini classes.

NO CLASS ON MONDAY, NOVEMBER 22, THURSDAY, NOVEMBER 25 & SATURDAY, NOVEMBER 27.

Instructor: Peg Pardini, ACE certified personal trainer.

3930.303	Session #1	06:00pm-07:00pm	M
3930.305	Session #1	06:00pm-07:00pm	Th
3930.306	Session #1	08:00pm-09:00pm	Th
3930.307	Session #1	10:30am-11:30am	Sa

3930.313	Session #2	06:00pm-07:00pm	M
3930.315	Session #2	06:00pm-07:00pm	Th
3930.316	Session #2	08:00pm-09:00pm	Th
3930.317	Session #2	10:30am-11:30am	Sa

Community Center

SPORTS

Pick Tuesday, Thursday or Both!

Basketball

Fee: \$45.00 Non-res add: \$5.00

Twice a week: \$80.00

12 Week Session Sep 16 2010 - Dec 09 2010

Ages: 18yrs and over

Purchase a FALL PASS to play on Tuesday and/or Thursday. Limited number of passes available. Everyone MUST register and prepay to participate. Discount fee to play twice a week is not available with online registration.

NO BASKETBALL ON THURSDAY, NOVEMBER 25.

3207.310	08:30pm-10:00pm	Tu
3207.320	08:30pm-10:00pm	Th

IMS Gym

Ladies Only

Basketball Non-res add: \$5.00
Fee: \$45.00 Sep 22 2010 - Dec 15 2010

12 Week Session

Ages: 18yrs and over

Ladies play on Wednesday evenings. Everyone MUST register and prepay to participate.

NO BASKETBALL ON NOVEMBER 24.

3207.304	08:30pm-10:30pm	W
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Comm. Ctr. Gym

Couch Potato Basketball

Fee: \$45.00 Non-res add: \$5.00

12 Week Session

Sep 13 2010 - Dec 06 2010

Ages: 35yrs and over

Get off the couch and join us! Enjoy an evening of basketball and make new friends! Everyone MUST register and prepay to participate.

NO BASKETBALL ON NOVEMBER 29 & DECEMBER 13.

3207.330	09:00pm-10:30pm	M
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Neil Armstrong Gym

Ages 9 to Adult!

Foil Fencing

Fee: \$100.00 Non-res add: \$5.00

8 Week Session

Session #1: Aug 23 2010 - Oct 18 2010

Session #2: Nov 01 2010 - Dec 20 2011

Ages: 9yrs and over

Come take a look at a fun, challenging Olympic sport. Students will learn fundamental footwork as well as offensive and defensive moves. Each week you will practice basic fencing skills as well as drills that encourage the development of fencing tactics and strategy. This is a great class for athletes who are looking for a way to stay in shape in the off-season. All skill levels welcome.

Note: All essential equipment will be provided by the instructors, but students will be required to wear comfortable pants as well as athletic shoes. Shorts or jeans will not be permitted. Official fencing gloves are not required but are available at class for \$10.

NO CLASS ON SEPTEMBER 6.

3140.301	Session #1	07:00pm-08:30pm	M
3140.302	Session #2	07:00pm-08:30pm	M

Comm. Ctr. Gym

Golf @ Cool Springs

Fee: \$89.00 Non-res add: \$10.00

5 Week Session Sep 18 2010 - Oct 16 2010

Ages: 18yrs and over

Classes will be taught by a Cool Springs Golf and Family Recreation Center professional. Student to teacher ratio is 6:1. Extra charge for range golf balls. See below.

3219.320	01:00pm-02:00pm	Sa
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Cool Springs Golf

Driving Range Golf Card

Fee: \$30.00

All ages

A \$40 Cool Springs Bonus Ball Card may be purchased for \$30 through the Recreation Office. Pay for the card at the Recreation Office, then take the receipt to the Pro Shop at Cool Springs Golf and Family Recreation Center to obtain the card. Cards are good through the 2010 season. This offer is ONLY available at the Recreation Office.

3313.301	Cool Springs Golf
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Tennis

Oct 04 2010 - Dec 05 2010

Ages: 18yrs and over

Clinics are offered for ALL skill levels. See Tennis on page 36 for schedule. Call 412-257-2998 for registration and information.

3237.301	USC Tennis Center
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**CHECK OUT THE
FARMERS MARKET
TUESDAYS, 3:00 – 7:00 PM**

Until October 19

Bethel Park Community Center
 Children's Playground
 Parking Lot

SATURDAY CLASSES ARE HIGHLIGHTED

Not for beginners!

Ladies Volleyball**Fee: \$20.00**

Non-res add: \$5.00

8 Week Session

Session #1: Sep 13 2010 - Nov 01 2010

Session #2: Nov 08 2010 - Dec 27 2010

Ages: 18yrs and over

Ladies play on Monday nights at the Community Center Gymnasium. Previous volleyball experience is required. Everyone MUST register and prepay to participate.

3239.310 Session #1 08:30pm-10:30pm M

3239.311 Session #2 08:30pm-10:30pm M

Comm. Ctr. Gym

Men ONLY!

Volleyball**Fee: \$40.00**

Non-res add: \$5.00

16 Week Session

Sep 08 2010 - Dec 22 2010

Ages: 18yrs and over

Men play on Wednesday nights at IMS Gymnasium. Previous volleyball experience is required. Everyone MUST register and prepay to participate.

3239.320 08:30pm-10:00pm W

IMS Gym

NEW! NEW! NEW!

Adult "Drop-in" Volleyball

Sundays

7:00-9:00pm

October 12 – November 21

Ages: 18 years and older

Looking for some fun, "backyard" style volleyball play? This is a drop-in format for co-ed volleyball play. No pre-registration required.

No Volleyball on October 31

SILVER SCHOLARS**Basic Computer Classes**

Silver Scholars teaches computer classes specifically designed for individuals over the age of 50, but all are invited. The classes are fun, interactive, begin with the basics, and will help you become a computer wiz! All classes will be held at the Community Center. A class consists of two, two-hour sessions and includes a step-by-step instruction booklet. To enhance learning, all classes are limited to 10 students, so register early.

Basic Computers 1 & 2**Fee: \$46.00**

Non-res add: \$5.00

2 Classes

Sep 20 2010 & Sep 27 2010

Ages: 50yrs and over

No previous computer knowledge is required. Basic Computers will provide hands on experience. The first class will explain how to turn a computer on and off, the basic functions of the mouse & keyboard, how to use Windows, search menus and more. The second class will provide time for review and progress to understanding scroll bars, using drop down menus and other ways to interact with your computer.

3940.301 09:30am-11:30am M
Community Center**The Internet 1 & 2****Fee: \$46.00**

Non-res add: \$5.00

2 Classes

Oct 04 2010 & Oct 11 2010

Ages: 50yrs and over

Prerequisite: Basic Computers 1 & 2 or equivalent knowledge.

Searching the Internet will provide hands on experience. The first class will explain the basics of search engines and browsers. You will learn how to connect to the Internet and how to navigate your way around the World Wide Web. The second class will provide time for review and practice. You will also learn how to find web sites more quickly. The second class will discuss browsers in more detail, show you how to download programs, search more effectively, and avoid viruses.

3940.351 09:30am-11:30am M
Community Center**E-Mail 1 & 2****Fee: \$46.00**

Non-res add: \$5.00

2 Classes

Oct 18 2010 & Oct 25 2010

Ages: 50yrs and over

Prerequisite: Basic Computers Parts 1 & 2 or equivalent knowledge.

This class will provide hands on experience while you learn the basics of e-mail. Find out how e-mail works and learn to read, write, send, forward, and reply to messages. The second class will provide time for review; explore setting up your address book, sending to multiple recipients, sending attachments, and more. This class will be taught using Outlook Express.

3940.352 09:30am-11:30am M
Community Center**Basic Computers 3 & 4****Fee: \$46.00**

Non-res add: \$5.00

2 Classes

Nov 01 2010 & Nov 08 2010

Ages: 50yrs and over

Prerequisite: Basic Computers Parts 1 & 2 or equivalent knowledge.

If you enjoyed Basic Computers 1 & 2, you'll love this class! Basic Computers parts 3 & 4 apply and review the skills learned in parts 1 & 2. This class offers hands on experience practicing the fundamentals while taking your knowledge to the next level. You will learn how to easily save information, find it, and create shortcuts on your computer. You will also learn how to install new programs and customize your computer to fit your specific needs. After this class, working with your computer will be easier and more fun!

3940.305 09:30am-11:30am M
Community Center**Basic Microsoft Word 1 & 2****Fee: \$46.00**

Non-res add: \$5.00

2 Classes

Nov 15 2010 & Nov 22 2010

Ages: 50yrs and over

Prerequisite: Basic Computers Parts 1 & 2 or equivalent knowledge.

These classes will provide hands on experience while you learn the basics of Microsoft Word. You will learn how to create new documents, edit your work, change font sizes, shapes, alignment, and more. Word will allow you to create letters, record important information, and write stories with greater ease than ever before. Students will also learn to save and retrieve documents effectively. These classes will provide you with time for review and practice.

3940.302 09:30am-11:30am M
Community Center**Basic Microsoft Word 3 & 4****Fee: \$46.00**

Non-res add: \$5.00

2 Classes

Nov 29 2010 & Dec 06 2010

Ages: 50yrs and over

Prerequisite: Microsoft Word Parts 1 & 2 or equivalent knowledge.

These classes will provide hands on experience while you review the basics of Microsoft Word. You will learn how to create documents, signs, and letters that people will swear were done by a professional. We will have fun inserting pictures, borders, and so much more. This class will also cover creating bulleted and numbered lists and customizing your work to fit your specific needs. Watch out Hemmingway, Microsoft Word experts are on their way!

3940.304 09:30am-11:30am M
Community Center**Gold Card Club****Fee: \$5.00**

Jan 01 2010 - Dec 31 2010

Ages: 60yrs and over

The Gold Card Club, a social and fellowship organization for seniors, was organized by the *Department of Recreation and Leisure Services* for the benefit of Bethel Park residents who are 60 years of age and over, or a resident on disability retirement and not less than 50 years of age. A spouse not less than 55 years of age may join with his/her spouse if he/she meets the 60-year age minimum. The title GOLD CARD CLUB came from the color of the membership card, not for playing cards.

Dues run from January 1 through December 31. Annual membership dues are \$5.00 per person per calendar year, January 1 through December 31. Annual dues shall be paid beginning at the January general meeting. Current members whose dues are not paid by March 31 of the calendar year shall be dropped from active membership. Renewals paid after March 31 of the calendar year shall be assessed a \$1.00 reinstatement fee. New members will be accepted at any time during the calendar year. Dues can be paid at the monthly meeting or a check made payable to the GOLD CARD CLUB can be sent to:

Patricia Lonett, Membership Chairperson
7168 Baptist Road, Apt. 409
Bethel Park, PA 15102

Current dues cannot be accepted for more than one (1) year. When paying dues by mail, please enclose a self-addressed stamped envelope so the membership card can be mailed back to you. Information required to process membership is: your name, spouse's name (if he/she is also joining), birth dates for both, address and telephone number.

Membership in the GOLD CARD CLUB entitles the members to reduced rates for some special school activities and 1/2 price to participate in some Recreation programs conducted by Recreation Department staff. (All Aquatic programs and contracted activities, such as golf, tennis or aerobics, are full price.) Any material fee is a separate charge.

Monthly meetings are held at the Bethel Park Community Center on the second Thursday of each month (except July and August) at 1:00 p.m. Sign-in begins at 12:30 pm. After a brief meeting, enjoy excellent entertainment, light refreshments and several games of bingo. In addition to two indoor picnics, there is an Anniversary luncheon and a Christmas luncheon at an outside banquet facility.

A monthly newsletter, prepared by the Corresponding Secretary, is sent to all members who are CURRENT on their membership dues. Questions regarding membership should be directed to Patricia Lonett, 412-831-1861. 3217.300 01:00pm-04:00pm Th
Community Center

