

FALL 2016

COMMUNITY & ADULT
EDUCATION PROGRAMS



INTRODUCTION TO DIGITAL PHOTOGRAPHY

CY001 Central York High School, Library
Instructor: Christi Bernlohr

4 Sessions – Tuesdays, August 30, September 6, 13, 20

Time: 6:30-8 PM Cost \$75/person

This class is geared toward the beginning photographer who wants to learn about their particular camera as well as photography concepts in general. Classes will devote time to hands on instruction with each student's camera, as well as cover topics such as exposure, perspective, focus, light and composition. Critique of student's work and an introduction to photo editing will also be included. Emphasis will be put on learning skills needed to ensure you get the shot. **Space is limited. Sign up now!**

DIGITAL PHOTOGRAPHY: BEYOND BEGINNER New!

CY002 Central York High School, Library
Instructor: Christi Bernlohr

4 Sessions – Wednesdays, September 21, 28, October 5, 12

Time: 6:30-8 PM Cost \$75/person

Do you want more out of your photographs? This class will take an advanced look at aperture, shutter speeds, ISO, and how they are used together to create an outstanding photograph. Learn how to operate your camera in semi-automatic and manual modes while also diving into depth of field. We will also explore flash and natural lighting techniques including on and off the camera lighting. We will consider the photographic power available with digital cameras that will help you become the master of your photographs. We will also present images for group critique. Because of the advanced nature of this class, a DSLR camera and a basic understanding of photography concepts are an important prerequisite for this class.

RETIREMENT PLANNING TODAY

CY003 Central York High School, Room 133
Instructor: Michael Nigro, MBA, CLTC

Session I -Wednesdays, September 7 & 14, 6:30 to 9:30 PM, OR

Session II -Tuesdays, September 13 & 20, 6:30 to 9:30 PM Cost: \$49/person

Please designate Session I or II on your registration form.

Participants will learn the elements that go into a retirement plan. We will cover how to manage risks in assuring the plan executes as was intended. Investment risk and reward, long term health risks, tax efficiency, inflation, social security, asset allocation and distribution strategies are just some of the topics covered in

the workbook you will receive. Students will have the opportunity to have a plan drawn up for them in an optional planning consultation meeting, which is included in the course fee. This consultation is private. Your personal finances will not be discussed in class. This course is educational in nature; neither specific companies nor products will be mentioned. Bring your spouse/ guest at no extra charge

BRAIDED RIBBONS BASKET New!

CY004 Sinking Springs Elementary School, Faculty Room

Instructor: Melanie Alagood

2 Sessions - Wednesdays, October 5 & 12 Time: 6-9 PM Cost: \$ 47/person

A 9"x 4" slotted wood base and black leather handles, will be used to make this cute basket. Color reed will be used for the braiding in the middle.

Basket is 11" long, 6" wide & 9" tall. It will be a beautiful addition to your home, or a great gift!



WILLIAMSBURG BASKET New!

CY005 Sinking Springs Elementary School,
Faculty Room

Instructor: Melanie Alagood

**2 Sessions - Wednesdays, November 2
& 9 Time: 6-9 PM Cost: \$40/person**

A 10" Williamsburg Handle will be used on this basket. Handle is 10" wide at the bottom and gets wider at the top. Color reed will be added. This makes a nice storage basket. **Makes a great gift!**

HENNA (TATTOO) DESIGN FOR BEGINNERS

CY006 Sinking Springs Elementary, Art Room
Instructor: Manju Gupta

3 Sessions – November 2, 3, 4

Time: 6-7:30 PM Cost: \$65/person

Learn the basics of Indian Tattoo, (Henna)! You will make various tattoo designs on your palm, leg or anywhere on your body using a paste made of natural herbs, (Henna). It is used to decorate our bodies for special festive occasions and it also gives a relaxing feeling. You will learn to make your own paste from leaves or henna powder, make your own creative designs or select one from a print. You will also learn curing techniques to achieve the best results, in easy steps. Please email the instructor at edha_gupta@yahoo.com - if you have questions about this art, or this class.

AUTHENTIC INDIAN SNACKS

CY007 Central York High School, Room 403,
Culinary Lab Instructor: Manju Gupta

**Date: Wednesday, November 9 Time:
6-8 PM Cost: \$65/person**

Have you ever tried cooking mouth-watering Indian Snacks? If not, come and learn to cook snacks with Indian Sauces. This is a hands-on class, and you will learn to make these from scratch. Surprise your family and friends! All ingredients are provided. Bring an apron, and your appetite!



BBQ SURF & TURF

CY008 Central York High School
(Patio behind Natatorium)

Instructor: Terrie D'Amato, Pit Master

Date: Saturday, Sept. 10

Time: 8:30AM-3:30 PM

Cost: \$85/person

Let's get together and cook the ultimate BBQ challenge, beef brisket! Along the way, let's get some shrimp on the barbie and other BBQ favorites such as stuffed BBQ meat loaf and beef ribs. After the demonstration, students will feast on all that we cook, so bring your appetite! This will be a full day of learning, participating & eating. Bring a note pad and pen to take notes; recipes will be provided.

POLKA DANCE

CY009 Sinking Springs Elementary, Cafeteria
Instructors: Dave and Anne Loeffler

**5 Sessions & 1 Dance – Class Sessions
are, Tuesdays, Sept 13, 20, Oct 4, 11, 18
and a free, White Rose Polka Dancers
Association, Dance Admission, on Oct 1
Time: 7-9 PM Cost: \$49/person**

Learn one of Pennsylvania's favorite fun dances! This class will include basic polka

& figure dances. Easy step-by-step instructions will be given and no partner is necessary. Completion of five of six sessions, will entitle attendees to a one-year free membership in the White Rose Polka Dancers Association. Wear comfortable clothes and hard-soled shoes. It's impossible to Polka and frown at the same time!

BALLROOM DANCING 1

CY010 Sinking Springs Elementary, Cafeteria
Instructors: Ken & Carol Crone

**10 Sessions: Mondays, August 29 –
November 14, (no classes Sept 5 &
October 10) Time: 7-9 PM Cost \$57/
person**

Beginner Class. Learn the basic steps in Foxtrot, Waltz, Tango, Rumba, Cha Cha, and Swing. Feel great on the dance floor at weddings, parties, etc. Invite a partner and learn together. Bring two left feet, two right feet, or one of each. Come and have fun with us! **Final Dance: Wednesday, November 17, 7-9 PM**

BALLROOM DANCING 3

CY011 Sinking Springs Elementary, Cafeteria

Instructors: Ken & Carol Crone

10 Sessions: Wednesdays, September 7 - November 9 Time: 7-8:30 PM Cost: \$57/person

Add to your repertoire of bronze dance figures. This class will focus on the American Style Foxtrot, Waltz, Tango, and Viennese Waltz as well as Rumba, Cha Cha and Swing. You must know the basic figures to take this class. **Final Dance: Wednesday, November 17, 7-9 PM**

BALLROOM DANCING 5

New!

CY012 Sinking Springs Elementary, Cafeteria

Instructors: Ken & Carol Crone

10 Sessions: Thursdays, September 1-November 10

***NOTE: NO CLASS on 9/15**

Time: 7-8:30 PM Cost: \$57/person

Continue to grow your dance repertoire with additional American Style dance figures including some open footwork in foxtrot and waltz. You must have some dance experience and know the basic figures to take this class. **Final Dance: Wednesday, November 17, 7-9 PM**

WEST COAST SWING

CY013 Sinking Springs Elementary, Cafeteria

Instructors: Ken & Carol Crone

4 Sessions: Wednesdays, Jan. 11, 18, 25, Feb. 1 Time: 7-9 PM Cost: \$24/person

Learn a different swing as you start your dancing adventure for 2017! Join us for four weeks of West Coast Swing and Night Club 2-Step, in this winter mini-class at Sinking Springs Elementary School. This session will start with the basic steps and then add more advanced figures. Bring a partner and come have a good time with us!

