The Wallenpaupack Area School District will provide accommodations for any person who is in need of additional services while participating in the Community Education Program.
WALLENPAUPACK AREA SCHOOL DISTRICT
COMMUNITY EDUCATION PROGRAM

SUMMER 2016

The Wallenpaupack Area School District announces its Community Education Program of Summer activities and classes. The following programs will be included:

Summer Recreation and Sports Programs

COME AND JOIN US THIS SUMMER FOR LEARNING, RECREATION AND ENJOYMENT FOR EVERYONE.

Registration will be done by mail only. You may begin mailing in your registration forms and checks on May 16, 2016. Registration will end on June 3, 2016. Additional registration forms may be obtained by visiting our website at www.wallenpaupack.org.

Registration fee is payable at time of registration and varies with the type and duration of class offered. Consult listings for schedule and details. Enrollments are limited in certain courses because of the nature of instruction. Classes with insufficient enrollment will not operate and the registration fees will be returned. The grade level indicated is for those students who are entering the grade in September 2016.

You will be notified ONLY IF A CLASS IS CANCELLED. If you are not notified from the Community Education Office, come to the class(es) for which you have registered your children or yourself. Discipline problems may result in dismissal and forfeiture of fees.
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## STUDENT ACTIVITIES AT NORTH CAMPUS

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PLEASE NOTE:

Upon receipt of your paid registration – you can assume that you are registered for the class. We DO NOT send class confirmations, ONLY cancellation refunds.

NO refunds will be given after the first class!
**WALLENPAUPACK AREA SCHOOL DISTRICT PURPLE AND WHITE CARD**

Wallenpaupack Area School District proposes to offer residents of the school district, **62 years of age or older**, a Purple and White Card. Cardholders would be entitled to free general admission to any Wallenpaupack Area School District athletic event and most fine arts or other school district-sponsored activities, at the discretion of the event sponsor. The card would only be valid at events sponsored on school properties or facilities and cannot be used at play-off games.

To apply, residents need to contact Mrs. Pauline Savage at the Administrative Office of Wallenpaupack Area School District in writing, by e-mail at savagepa@wallenpaupack.org, or by calling **570-226-4557 ex.3000**. A purple and white plastic card with the applicants name and date of issue will be created by an administrative assistant and then mailed by central administration. A record of resident’s name and address will be kept in the district’s database for future reference.

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**BE A TEACHER ~ SUGGEST A COURSE**

We welcome suggestions for new courses and are always searching for individuals qualified to teach a non-credited course. If you have a skill, talent or special knowledge you would like to share, we would appreciate hearing from you!

Call Pauline Savage at (570) 226-4557 Ext: 3000
or via E-Mail at: savagepa@wallenpaupack.org
ADULT PROGRAMS

100 - Creative Insights to Writing
Have you ever wanted to express your creative thoughts about food, sex, mysticisms, or pain, but didn’t know where to begin? Have you ever thought about self-publishing your work? As a beginner or experienced writer, let Creative Insights to Writing encourage you to tap your strengths, find your voice, and learn new techniques to express yourself through writing and gain different ideas for getting published.
Minimum 5 – Maximum 20
Tuesdays: June 21st thru July 19th 6:00pm – 8:00pm
Location: High School Room 305
Age Requirement: Adult
Cost: $45.00
Instructor: Z. Kohloa

101 - Crochet (Beginner)
This crochet class is for the beginner ONLY! Come out and learn a handy new craft while making new friends. We will learn the basics needed to crochet an easy project that the instructor has chosen. Please bring a crochet hook (size J) and a skein of Red Heart (4 ply) yarn in a solid color). This class is sure to be a fun and relaxing night out.
Minimum 6 – Maximum 10
Thursdays: June 23rd thru July 28th 7:00pm – 8:00pm
Location: High School Room 303
Age Requirement: Adult
Cost: $25.00
Instructor: S. Guie

102 - Drum Lesson
Interested in a crash course on the drums and drum set playing? Come out for an evening of banging on the drums and a lot of fun! This local drum instructor is experienced and has been playing and touring with bands for over 30 years. Come on out, relieve some tension, make some music, and get interested in a new hobby!
Minimum 4 – Maximum 12
Wednesday: June 22nd 6:00pm – 7pm
Location: High School Band Room 203
Age Requirement: Adult
Cost: $10.00
Instructor: M. Gray

103 - Effective On-Line Business Marketing
Interested in learning how to market your business effectively on-line? Come out and learn some valuable marketing techniques and watch how fast your company can grow!
Minimum 3 – Maximum 10
Thursday: July 14th 6:00pm – 7:00pm
Location: High School Room 305
Age Requirement: Adult
Cost: $11.00
Instructor: E. Alli
104 - Emergency First Response – CPR & AED
The Emergency First Response – CPR & AED course teaches lay people how to provide emergency care for someone who may be in need. This course provides a non-stressful environment in which participants practice and apply emergency care skills. The course is designed to: 1) help participants remember emergency care procedures during times of need, and 2) encourage them to apply those procedures by assisting those needing emergency care. Completed certification is good for two years.
Minimum 7 – Maximum 15
Wednesdays: June 22nd thru July 27th 6:00pm – 8:30pm
Location: North Primary Cafeteria
Age Requirement: Adult
Cost: $46.00 PLUS an additional fee of $30.00 for supplies due to Instructor at first class.
Instructor: B. Yablon

105 – Get More Money for YOUR Children’s College!
Come and learn the proven strategies that can help to reduce your child’s college education! You will also learn how it is possible to reduce your FAFSA score and get more financial aid! A FASFA consultation is included for parents. There are little-known strategies that you can take advantage of to get more money for college - especially if you have a higher net-worth; but every parent can save money with these strategies! Parents will receive a $1,000 Tuition Rewards College Scholarship for their child just for attending! Come out and learn how we can help save you up to $50,000 off the cost of college for your child.
Minimum 5 - Maximum 30
Tuesday: July 19th 7:00pm – 8:00pm
Location: High School Room 241
Age Requirement: Adult
Cost: FREE
Instructor: M. Dillon/College Planning Services

106 – Growing Your Business through Relationships & Referrals
It is a well-known fact that businesses grow through relationships and referrals. Come out and learn how to make the most out of these valuable assets and allow them to help make your business grow.
Minimum 5 - Maximum 30
Thursday: July 28th 6:00pm – 7:00pm
Location: High School Room 305
Age Requirement: Adult
Cost: $15.00
Instructor: E. Alli

107 – Knitting (Beginner)
This knitting class is for the beginner ONLY! Come out for a new craft while meeting new friends. We will learn the basics needed to knit an easy project that the instructor has chosen. This class is sure to be a lot of fun and exciting! Please bring a pair of size #10 short knitting needles and a skein of Red Heart (4 ply) yarn in a solid color.
Minimum 6 - Maximum 10
Thursdays: June 23rd thru July 28th 6:00 – 7:00pm
Location: High School Room 303
Age Requirement: Adult
Cost: $25.00
Instructor: S. Guie
108 – Landscape Painting and Drawing
Animated film background artist will hold classes in landscape painting and drawing. The first session will be monochrome only (Black, Burnt Sienna and Raw Umber). Students must bring a drawing pad no smaller than 14” X 16” or 18”. Sessions will be outside when weather permits.
Minimum 4 - Maximum 10
Tuesdays: June 21st thru July 26th 10:00am – 12:00pm
Location: High School Room 282
Age Requirement: Adult
Cost: $65.00
Instructor: P. Byron

109 – Maximize YOUR Social Security Benefits!
Come and learn the most up-to-date rules and strategies to get the most out of YOUR Social Security Retirement benefits – including how to get 67% more in Social Security income, minimizing the 85% of your benefits that can be taxed. Congress also recently made drastic changes to Social Security that will affect retirees in 2016, and going forward. Come and learn how these changes will affect you and your spouse. Additional topics include: Spousal-Benefit strategies, Divorced Benefits, Survivor Benefits, and ‘Starting and Stopping’ Social Security. You will also learn how to co-ordinate your Social Security benefits with your other retirement incomes and minimize your taxes! A free, customized Flexible Retirement Plan will be available.
Minimum 5 - Maximum 30
Tuesday: June 28th 7:00pm – 8:00pm
Location: High School Room 241
Age Requirement: Retirement Age Adults (55+)
Cost: FREE (Seating is limited – so register early.)
Complimentary coffee and dessert will be served.
Instructor: M. Dillon

110 – Protecting YOUR Home and Assets
As much as you may not like to think about it, you may need to liquidate all of your assets, and possibly even your home, to pay for Long-Term Care someday. Attend this workshop, and you will learn how you can protect yourself and the assets that you’ve worked so hard to accumulate! This is an unfortunate reality that a lot of people are forced to face. This informative workshop will cover the latest strategies that can help you protect your home, portfolio and assets from the high cost of Long-Term Care. (The Pennsylvania average annual cost is currently over $107,000 annually.) Come out and learn how to live more contently, knowing that you have been given the tools and have taken the necessary steps to protect yourself and your family! An optional, free consultation with a Financial Planner and/or Estate Planning Attorney will be offered.
Minimum 5 - Maximum 30
Tuesday: July 12th 7:00pm – 8:00pm
Location: High School Room 241
Age Requirement: Adult
Cost: FREE
Instructor: M. Dillon
111 – Support Your Family’s Health with Essential Oils
Have you ever squeezed an orange peel or walked through a garden of flowers and enjoyed their fragrances? If so, you have already experienced an example of the aromatic qualities of essential oils. Essential oils are found in the bark, seeds, stems, roots, flowers, and other parts of plants. While essential oils are vital in the development and health of plants, individuals have long been able to benefit from their natural benefits in many aspects of day-to-day life. Come out and learn how to support your family’s health holistically using some of the essential oils.
Minimum 2 - Maximum 10
Thursday: June 23rd 6:00pm – 7:00pm
Location: South Elementary School Faculty Room
Age Requirement: Adult
Cost: $15.00
Instructor: E. Alli

112 - The Power of Words
Do words have power? One might say that words have no power at all and they are just words. If that is true, then why do people use words to manipulate, tear down, and express love or praise? The Power of Words participants will engage in a group setting using words to find ways to learn to respond in situations rather than react. Please anticipate the possibility of intense topic discussions leading to your learning new ways to do an introspection of self-using words.
Minimum 4 – Maximum 50
Wednesdays: June 22nd thru July 20th 6:30pm – 8:00pm
Location: Middle School Library
Age Requirement: Adults
Cost: $40.00
Instructor: Z. Kohloa

113 – Top Essential Oils to Support the Caregiver
Being a caregiver can be extremely tough but essential oils can help. Essential oils can help boost the immune system and elevate your moods. Essential oils are found in the bark, seeds, stems, roots, flowers, and other parts of plants. While essential oils are vital in the development and health of plants and individuals have long been able to benefit from their natural benefits in many aspects of day-to-day life. Come and learn the top oils to support not only you but the person you care for as well.
Minimum 2 - Maximum 10
Thursday: June 30th 6:00pm – 7:00pm
Location: South Elementary School Faculty Room
Age Requirement: Adult
Cost: $15.00
Instructor: E. Alli

114 - Understanding Different Retirement Strategies
If you are nearing retirement age or have already retired - then this “Understanding Different Retirement Strategies” workshop is for you! Come and learn some valuable information about how to keep your money safe with no fluctuation of principal and earn an attractive rate of return. You will also learn how to not outlive your income during retirement, achieve your long-term financial goals, and where you should never put your IRA. Seating is limited so reserve your spot early.
Minimum 5
Tuesday: June 21st 6:00pm – 7:00pm
Location: High School Computer Lab 241 & Room 211
Age Requirement: Adults 55+
Cost: FREE (Complimentary gourmet dinner will be served.)
Instructor: M. Dillon
115 – Using Essential Oils to Help Your Pets
Our pets are important too! Essential oils are found in the bark, seeds, stems, roots, flowers, and other parts of plants. While these oils are vital in the development and health of plants, individuals have long been able to benefit from their natural benefits in many aspects of day-to-day life. Did you know that your pets can benefit from Essential Oils, also? Come and learn how to use Essential Oils effectively with your pets.
Minimum 2 - Maximum 10
Thursday: July 7th 6:00pm – 7:00pm
Location: South Elementary School Faculty Room
Age Requirement: Adult
Cost: $15.00
Instructor: E. Alli

116 – Wreath Decorating
This wreath decorating class will cover the basics of materials and know how to complete a grapevine wreath project. Come out, have fun, construct a wreath to decorate an outside door or to hang inside the home to display your creative new hobby. A supply list will be given out on the first day of class.
Minimum 6 - Maximum 10
Thursdays: June 23rd thru July 28th 8:00pm – 9:00pm
Location: High School Art Room 282
Age Requirement: Adult
Cost: $25.00
Instructor: S. Guie

EXERCISE CLASSES AT NORTH AND SOUTH CAMPUS

200 – Happy Vibe Meditation for Health
This class combines mindfulness based stress reduction practice, guided imagery, self-reflection, breath work and deep relaxation. Students learn self-help tools to develop a regular practice of health for mind, body and spirit. Mindfulness practice allows the individual to focus on the present moment, which quiets the mind. We will explore standing, seated and reclined meditation practices while enjoying a combination of instruction, practice and discussion. Bring a yoga mat, and cushion or pillow to support seated meditation. Chairs will be available.
Minimum 4 – Maximum 25
Wednesdays: June 22nd thru July 27th 6:30pm – 7:30pm
Location: North Intermediate School Cafeteria
Age Requirement: Adult
Cost: $42.00
Instructor: S. Rinpoche, RYT 500

201 – Happy Vibe Yoga 101
Come and enjoy a mindful, accessible practice that serves the needs of students who are looking to learn the basics of Vinyasa Yoga. Flowing standing movement incorporating lunges and balance work and use of seated postures to reduce stress to spine and promote joint stability. Class will include breathing practices, beneficial twists and folds, meditation time, and deep reclined relaxation. Bring a yoga mat, water bottle, and a blanket. Chairs will be available.
Minimum 5 – Maximum 25
Wednesdays: June 22nd thru July 27th 6:30pm – 7:30pm
Location: Middle School Cafeteria
Age Requirement: Adult
Cost: $40.00
Instructor: T. Bradburn
202 - Happy Vibe Yoga to the Rescue
Our Vinyasa Yoga class uses Sun Salutation to generate heat. Enjoy all the arms of Yoga as we integrate reflective meditation, breathing exercises, mindful asana, and restorative postures. These powerful tools create the building blocks for embodied awareness and lasting change. Use of essential oils, mudra, mantra and Sanskrit labels enhance this flowing Yoga practice for beginner through intermediate level students.
Minimum 5 – Maximum 25
Thursdays: June 23rd thru July 28th 6:30pm – 8:00pm
Location: North Intermediate School Cafeteria
Age Requirement: Adult
Cost: $40.00
Instructor: S. Rinpoche, RYT 500

STUDENT ACTIVITIES AT NORTH CAMPUS

300 - Act ‘N’ Play
Are you interested in acting and preforming? Want to do something creative and new over summer vacation? If you answered yes – then come out and join our class! We will be making costumes, having a lot of fun, and putting on a real show!
Minimum 12 – Maximum 16
Tuesdays and Thursdays: July 12th thru July 28th 9:00am – 12:00pm
Location: North Intermediate School Cafeteria
Age Requirement: Grades 4 - 6
Cost: $65.00
Instructor: K. & K. Lynch

301 - Aloha Art
Think “BEACH!” In this art workshop we will be crafting Hawaiian leis, painting with sand, making shell molds, and exploring the Tropics!
Minimum 5 – Maximum 15
Thursdays and Fridays: July 21st thru July 29th 2:15pm – 3:15pm
Location: High School Room 200
Age Requirement: Ages 4 – 10
Cost: $20.00 PLUS an additional fee of $10.00 for supplies due to Instructor at first class.
Instructor: S. Rosencrance

302 - Celebrating the Seasons
We will be creating and designing seasonal crafts in this work-shop class! Sure to be a lot of fun! Students will enjoy learning about holidays that occur throughout each season!
Minimum 5 – Maximum 15
Thursdays and Fridays: July 21st thru July 29th 11am – 12:30pm
Location: High School Room 200
Age Requirement: Ages 4 – 10
Cost: $28.00 PLUS an additional $15.00 for supplies due to the Instructor at first class.
Instructor: S. Rosencrance
303 - “Kids Cooking Rocks”
Kitchen fun is a can-do for kids! Using Kid’s Cooking Rocks! Rachael Ray 30-Minute Meals for Kids, we will be dishing-up some simple, super-delish, concoctions JUST for kids.
Minimum 5 – Maximum 15
Thursday and Friday: July 7th and July 8th 12:30pm – 3:00pm
Location: High School Room 213
Age Requirement: Ages 7 – 12
Cost: $30.00 PLUS an additional $15.00 for supplies due to the Instructor at first class.
Instructor: S. Rosencrance

304 - Kindergarten Readiness
Come ready to learn, sing, play, and have some fun! This class is for children entering kindergarten in the fall of 2016! Please dress comfortably and bring a small snack.
Minimum 7 – Maximum 10
Week 1: Monday, Wednesday, and Friday: June 27th thru July 1st 9:00am – 12:00pm
Week 2: Wednesday, Thursday, and Friday: July 6th thru July 8th 9:00am – 12:00pm
Location: Middle School Home Ec. Room 206 and Art Room 101
Age Requirement: Children entering Kindergarten in the fall.
Cost: $55.00
Instructor: V. Hyduchak

305 - Once upon a Fairy Tale
Explore fairy tales through stories, art, snacks and crafts. Crowns and tiaras, frogs and primes – it’s time to think like Cinderella and Prince Charming. We’ll also help the Gingerbread Man decorate cookies, and create living fairy gardens!
Minimum 5 – Maximum 15
Thursdays and Fridays: July 21st thru July 29th 1:00pm – 2:00pm
Location: High School Room 200
Age Requirement: Ages 4 – 10
Cost: $20.00 PLUS an additional fee of $20.00 for supplies due to Instructor at first class.
Instructor: S. Rosencrance

306 - Pizza, Pizza, Pizza!
Experiment with dough, sauces, and toppings! We will create breakfast, supreme, and even dessert pizza! Participants will take home a variety of different creations for their family to enjoy also!
Minimum 5 – Maximum 15
Thursday and Friday: July 7th and July 8th 8:30am – 12:00pm
Location: High School Room 213
Age Requirement: Ages 7 – 12
Cost: $25.00 PLUS an additional fee of $15.00 for supplies due to Instructor at first class.
Instructor: S. Rosencrance

307 - Pretty Princesses
Does your child love Snow White, Ariel, Belle, Cinderella, Ana, Elsa, and Jasmine? We will be making princess crafts, listening to stories, and attending a princess tea. Get ready to dress up as your favorite princess!
Minimum 5 – Maximum 15
Thursdays and Fridays: July 21st thru July 29th 9:30am – 10:30am
Location: High School Room 200
Age Requirement: Ages 4 – 10
Cost: $20.00 PLUS an additional fee of $15.00 for supplies due to Instructor at first class.
Instructor: S. Rosencrance
STUDENT ACTIVITIES AT SOUTH CAMPUS

400 – Arts ‘N’ Crafts
From flowers to magical mason jars – come join us for a creative session of Arts ‘N’ Crafts! Students should bring a snack and an art smock or old shirt with them to class.
Minimum 6 – Maximum 20
Monday – Thursday: July 18th thru July 21st 2:00pm – 4:30pm
Location: South Elementary Faculty Room
Age Requirement: Grades 1 - 5
Cost: $37.00
Instructor: C. Guerrieri

401 - Nature All Around Us!
Come and explore the nature that we all can find in our own back yard. We will take walks on a nature trail at the Newfoundland Park, check out some birds, look for cool insects, test our skills on catching crawfish in the stream, and collect items to create special nature inspired projects.
Minimum 5 – Maximum 10
Monday thru Friday: June 20th thru June 24th 1:00pm – 3:00pm
Location: South School Art Room 201
Age Requirement: Grades 1 - 3
Cost: $45.00
Instructor: L. Ostrowski

402 - Princess Tea Party
All little girl’s dream of being a princess. Well, now is their chance! Children are asked to come to class dressed as their favorite princess as we will be baking homemade goodies, learning princess etiquette, and drinking princess tea!
Minimum 5 – Maximum 10
Monday thru Friday: June 20th thru June 24th 9:00am – 11:00am
Location: South Elementary Faculty Room
Age Requirement: Grades K - 2
Cost: $45.00
Instructor: L. Ostrowski

SPORT ACTIVITIES

500 - Basketball Basics
This course will focus on basketball basics such as dribbling, shooting, rebounding, passing, and defense. Pick-up games will be played during each session. Please wear comfortable clothes, bring a water bottle, and get ready to have some fun!
Minimum 12 – Maximum 22
Tuesdays and Thursdays: June 28th thru July 28th 9:00am – 10:30am
Location: South School Gym & Basketball Courts
Age Requirement: Grades 4 - 7
Cost: $30.00
Instructor: J. Yatsonsky
501 - Co-Ed Basketball Camp (Grade 6 – 8)
This basketball camp is for boys and girls interested in taking their basketball skills to the next level through drills and playing the game. This instructor is a member of the University of Scranton Women’s Basketball Team and would enjoy showing you some of the skills that she has learned while playing at the college level. Please bring a water bottle and a light snack to camp.
Minimum 8
Monday thru Friday: August 1st thru August 5th 9:00am – 11:30am
Location: South School Gym
Age Requirement: Grades 6 - 8
Cost: $35.00
Instructor: B. & C. Mann

502 - Co-Ed Basketball Camp (Grade 2 – 5)
This basketball camp is for boys and girls interested in learning and/or taking their basketball skills to the next level while having a great time with drills and playing the game. This instructor is a member of the University of Scranton Women’s Basketball Team and would enjoy teaching and sharing with you some of the skills that she has learned while playing at the college level. Please bring a water bottle, light snack, a positive attitude, and get ready to play some basketball!
Minimum 8
Monday thru Friday: July 25th thru July 29th 11:00am – 12:30pm
Location: South School Gym
Age Requirement: Grades 2 - 5
Cost: $23.00
Instructor: B. & C. Mann

503 - Co-Ed Instructional Tennis Camp (Grades K – 5)
This course is designed to teach the basic skills in tennis. Students will learn the fundamentals in the game of tennis such as the ground strokes, learning to serve, rules of the game and score keeping. Students will perform drills, play skill building games and play matches with compression tennis balls. Good sportsmanship is encouraged in a fun atmosphere. Students are required to wear proper footwear and dress in athletic clothing. Racquets, compression tennis balls and water will be provided by the instructor.
Minimum 8 – Maximum 20
Tuesdays and Thursdays: July 1st thru July 31st 8:00am – 11:30am
Location: Middle School and North Intermediate School Tennis Courts
Age Requirement: Grades K - 5
Cost: $44.00
Instructor: S. Washburn

504 - Co-Ed Instructional Tennis (Grades 6 - 8)
This course is designed for the beginner tennis player as well as the novice player. Students will review and build on skills like: Tennis ground strokes, serving skills, and playing single and doubles matches. Good sportsmanship is encouraged in a competitive and fun atmosphere. Students are required to wear athletic clothing and appropriate footwear. Racquets, tennis balls and water are provided by the instructor.
Minimum 8 – Maximum 20
Tuesdays and Thursdays: June 21st thru July 21st 8am – 9:30am
Location: Middle School and North Intermediate School Tennis Courts
Age Requirement: Grades 6 - 8
Cost: $44.00
Instructor: S. Washburn
505 - Co-Ed Instructional Tennis (Grades 9 – 12)
This course is designed for the High School student to build and improve upon their tennis skills. Students in this clinic will perform cardio and footwork drills. Aside from this, students will build and improve upon their groundstrokes, serves, and tennis strategies. Students will practice good sportsmanship while playing doubles, mixed doubles and singles matches. Students are required to wear athletic clothing and tennis sneakers. Racquets, tennis balls and water will be provided by the instructor.
Minimum 8 – Maximum 20
Monday, Wednesday and Fridays: June 20th thru July 22nd 8am – 10am
No class on July 4th.
Location: Middle School and North Intermediate School Tennis Courts
Age Requirement: Grades 9 - 12
Cost: $75.00
Instructor: S. Washburn

PLEASE NOTE:
Upon receipt of your paid registration – you can assume that you are registered for the class(es). We **DO NOT** send class confirmations, ONLY cancellation refunds.

**NO** refunds will be given after the first class!
600 - Basic Boating Safety Courses
Presented by Waterways Conservation Officer Bob Plumb of the Pennsylvania Fish and Boat Commission. Boating Safety Education Certificates are required to operate a personal watercraft (such as a Jet Ski) in PA. Certificates are also required for persons born on or after January 1, 1982 in order to operate boats powered by motors greater than 25 horsepower. Boat terminology, legal requirements, water activities, safety, and water rescue topics will be discussed. Students who then pass the exam at the end of the course can apply for their boating safety education certificate from the Pennsylvania Fish and Boat Commission. Must be 12 years of age or older and prior registration is required.
**Saturday: May 7th OR June 11th 9:00am – 4:00pm**
**Location: Lake Wallenpaupack Environmental Center**
**Age Requirement: Ages 12 and up.**
**Cost: **FREE but must be registered.
To register: Contact Michelle at the Environmental Learning Center at (570) 226-3170.

601 - Head Start – Pre K (2016 - 17)
Early Head Start programs (serving children from birth – 5 years of age) is now available FREE to eligible families. We are currently accepting applications for the 2016 – 2017 school year. Full and part day programs are available. Classes will be located in Hawley and the South Elementary School in Newfoundland. Please call to set-up an appointment.
**Monday thru Friday: 2016 – 17 School year**
To register: Contact Head Start at (570) 963-6633.

602 - Waterfront Program at Palmyra Township Public Beach
Palmyra Township Public Beach will be offering swimming lessons in two week sessions beginning June 20 thru August 12, 2016. ALL ability levels are welcome! The public beach on Lake Wallenpaupack will be open from Memorial Day to Labor Day – 11:00am to 5:00pm daily.
**Location: Palmyra Township Beach on Route 6 (Behind the Welcome Center)**
**Cost: **$70.00 per two week session
To register: Complete the swimming registration form at the end of this booklet or by calling 570-226-2230 (Ext. 101) OR the Palmyra Township Beach at 570-226-9290.

603 – Youth Mental Health First Aid Training
Youth Mental Health First Aid is an 8-hour certification course that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds an understanding of the importance of early intervention, and teaches how to help an adolescent in crisis or experiencing a mental health or substance use challenge. Course fee includes all course materials. Continental breakfast and lunch will be included! For additional information – see attached sheet at the end of this brochure.
**Wednesday: July 6th 8:00am – 4:30pm**
**Location: Middle School Room 204**
**Cost: **$10.00
To register: Contact Kat Werner at kwerner@ecpaahec.org or by phone at (610) 379-2001. Registration must be done by July 6th.
The Deadline for Registration Is June 3, 2016. Any Registration Post Marked After That Date Will Be Returned.

Registration will be done by mail only. Additional registration forms may be obtained by going on line to www.wallenpaupack.org and clicking on Community Education. Mail in your registration form and a separate check for each class as soon as possible. Classes that do not have a registration fee still require individuals to register for the class.

Complete a section for each course and mail to: Wallenpaupack Area School District, COMMUNITY EDUCATION, 2552 Route 6 Hawley, PA 18428-7045. Enclose your check or checks payable to: Wallenpaupack Area School District unless otherwise indicated. You will be notified only if a class is cancelled.

WRITE A SEPARATE CHECK AND REGISTRATION FORM FOR EACH COURSE

| Name: | ______________________________________________________________ |
| Address: | __________________________________________________________________ |
| Daytime Phone: | ___________________________ | Course # _________ |
| Course Title: | ___________________________ | Cost: $___________ |

| Name: | ______________________________________________________________ |
| Address: | __________________________________________________________________ |
| Daytime Phone: | ___________________________ | Course # _________ |
| Course Title: | ___________________________ | Cost: $___________ |

| Name: | ______________________________________________________________ |
| Address: | __________________________________________________________________ |
| Daytime Phone: | ___________________________ | Course # _________ |
| Course Title: | ___________________________ | Cost: $___________ |
Waterfront Program at Palmyra Township Public Beach

Swimming Lessons

Lessons are conducted 5 days a week, weather permitting. Parent Aquatics Class, “Baby and Me,” is for Level 1 swimmers who need extra assistance. A parent or guardian must accompany swimmer in the water. Level 1 is for beginners. Students will learn how to enter the water and feel comfortable. Level 6 is for advanced swimmers. Students swim a minimum of 500 yards daily. This lesson is conducted like a swim practice. The cost of any two week session is only $70.00 and covers the Red Cross certification card given at completion. Any additional questions regarding lessons, please call Palmyra Township at 226-2230 (Ext. 101) or the Palmyra Township Beach at 226-9290 during beach operation hours (Memorial Day to Labor Day – 11:00 AM to 5:00 PM).

<table>
<thead>
<tr>
<th>Session #</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>Monday, June 20 – Friday, July 1</td>
</tr>
<tr>
<td>#2</td>
<td>Monday, July 5 – Friday, July 15</td>
</tr>
<tr>
<td>#3</td>
<td>Monday, July 18 – Friday, July 29</td>
</tr>
<tr>
<td>#4</td>
<td>Monday, August 1 – Friday, August 12</td>
</tr>
</tbody>
</table>

Palmyra Township Public Beach on Lake Wallenpaupack offers lifeguards on duty, snack bar, picnic area with BBQ’s and volleyball. Open to the public seven (7) days a week from 11 AM to 5 PM (weather permitting). The beach is located on Route 6 – behind the Wallenpaupack Visitors Center.

Time/Level for Summer 2016

<table>
<thead>
<tr>
<th>Level</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 6 – (Advanced)</td>
<td>10:30 – 11:30 AM</td>
</tr>
<tr>
<td>Level 5</td>
<td>10:30 – 11:15 AM</td>
</tr>
<tr>
<td>Level 4</td>
<td>12:30 – 1:15 PM</td>
</tr>
<tr>
<td>Level 3</td>
<td>1:15 – 2:00 PM</td>
</tr>
<tr>
<td>Level 2</td>
<td>2:00 – 2:45 PM</td>
</tr>
<tr>
<td>Level 1 – (Beginners)</td>
<td>2:45 – 3:30 PM</td>
</tr>
<tr>
<td>Parent Aquatics “Baby and Me”</td>
<td>3:30 – 4:00 PM</td>
</tr>
</tbody>
</table>

Registration for swim lessons can be accepted at any time. You may mail the registration forms and checks prior to the start of the sessions, visit the Palmyra Township Beach prior to the start of lessons, or sign up as lessons begin. Below you will find the registration form. Please complete a separate form for each child you are registering. Any questions regarding the swim/lesson program please call 226-2230 (Ext. 101) or 226-9290. Please make checks payable to: “Palmyra Township.”

Childs Name: ________________________________

Parent/Guardian Name: ________________________________

Address: ____________________________________________

Email: ___________________________ Phone: ___________________________ Cell Phone: __________

Age: _______ Level: _______ Session: _______

Send checks and completed registration to: Palmyra Township/Pike County
115 Buehler Lane
Paupack, PA 18451
603 - **YOUTH MENTAL HEALTH FIRST AID TRAINING**

**Date:** Wednesday, July 13, 2016  
**Time:** 8am-4:30pm  
**Location:** Wallenpaupack Middle School Room 204  

Youth Mental Health First Aid is an 8-hour certification course that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds an understanding of the importance of early intervention, and teaches how to help an adolescent in crisis or experiencing a mental health or substance use challenge.

**Who should take the Youth Mental Health First Aid Training?**  
*Adults whom regularly interact with adolescents (12 to 18 years old)*  
- Teachers, Coaches, Youth Leaders  
- Juvenile Justice Professionals  
- Nurses  
- First-responders, Fire, Police  
- Parents, Volunteers and the General Public

**What will participants learn?**  
The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder.  
**Participants do not learn to diagnose, nor how to provide any therapy or counseling** – rather, participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis.  
Youth Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, and self-help care.  

*Youth Mental Health First Aid is listed in SAMHSA’s National Registry of Evidenced Based Programs and Practices and is approved as one of the curriculums that meet the professional development requirement of Act 71. Professionals and educators may be eligible for CEU’s.*

*To register, e-mail kwerner@ecpahec.org by July 6, 2016*  
**Course fee:** $10 (make check payable to ECPA AHEC)  
*(Fee includes all course materials, Continental breakfast and lunch!)*

Send Course Fee to:  
ECPA AHEC  
5662 Interchange Road  
Lehighton, PA 18235  
Supported By: