


**WINTER  
2010**

# Program Guide



## ADULT PROGRAMS *(see reverse for Youth Programs and registration form)*

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### JUST ADDED: PLAYWRITING

Learn how to write a play! Playwrights' Workshop offers new and emerging playwrights opportunities to hone their craft. Classes will include practice in monologue and character construction, dialogue and conflict, and stagecraft for playwrights. Each class will include modeling peer interaction, and focused craft writing. Instructor Sharon Daly Sweeney has taught writing and theater for 25 years and is the English Department Chair and Theater Coordinator at Penncrest High School and instructor for the Pennsylvania Writing and Literature project at West Chester University.

**When:** Thursdays, 7:00-9:00 pm; 6 weeks beginning Feb. 4

**Fee:** \$100; Non-resident \$105

**Instructor:** Sharon Daly Sweeney

**Location:** Lansdowne Theater, second floor screening room. 31 North Lansdowne Avenue

### SOUL LINE DANCING

Have you ever been to a party and wanted to join the line dance fun, but didn't know how? Join the fun! Learn the basics of line dancing, along with terminology of line dance that will make you more comfortable on the dance floor. Wear comfortable clothing and low friction footwear.

**When:** Fridays, 7:00-8:30 pm; Four weeks beginning Feb. 5

**Fee:** \$25; Non-Residents \$30

**Instructor:** Ronnie Williams

### JEWELRY

Learn the advanced techniques of wrapping, twisting, beading, crimping, and designing sets of jewelry. Students will come away with a full set of jewelry, along with extra accessories they will create by hand. In addition, students will experiment with revitalizing old jewelry to make it new as well as incorporating chains into their work.

**When:** Mondays, 6:30-7:30 pm; 3 weeks beginning Feb. 1

**Fee:** \$28 plus \$12 supply fee paid to instructor

**Instructor:** Liz Steele Coats

Except where noted, all programs are held at the Twentieth Century Club, 84 South Lansdowne Ave.

### INTRO TO IMPROV

Improv is a great tool for building self-confidence and your artistic voice, no matter what path your life takes. It's also a great way to meet other people and have fun. Learn to be spontaneous, make discoveries, and grow as a creative individual. No experience necessary but a strong willingness to laugh act silly in front of others, and participate in a fun, supportive and positive environment is a must.

**When:** Mondays, 6:30-8:30 pm; Eight weeks beginning Feb. 1

**Fee:** \$120; Non-resident \$125

**Instructor:** Kelly Jennings

**Location:** Lansdowne Theater, second floor screening room. 31 North Lansdowne Avenue

### YOGA (Beginner/Intermediate)

Learn to reduce stress and pain, increase bone and muscle strength and increase flexibility and range of motion. This course will improve balance, stamina, coordination and posture. Wear comfortable clothing, and bring an accepting attitude towards your body.

**When:** Wednesdays, 7:00-8:00 pm; Seven weeks beginning Jan. 27

**Fee:** \$50; Non-resident \$55

**Instructor:** Patricia Lasseter - Certified Yoga Instructor

### PILATES

Pilates is an exercise program which focuses on one's powerhouse – the stomach, back, hips and buttocks. These unique exercises engage the mind as well as the body for a complete workout for everyone.

**When:** Tuesdays 7:00-8:00 pm; Seven weeks beginning Jan. 26

**Fee:** \$45; Non-resident \$50

**Instructor:** Donna J. Smyth

### TAI CHI

Tai Chi consists of slow, relaxed movements that connect one with the rhythm of nature and promote the healing process. Reduce daily stress and fatigue, improve posture, tone muscles and increase flexibility and balance.

**When:** Tuesdays, 6:00-7:00 pm; 7 weeks beginning Jan. 26

**Fee:** \$45; Non-resident \$50

**Instructor:** Donna J. Smyth



# WINTER 2010 Program Guide

610-284-1493

## YOUTH PROGRAMS *(see reverse for Adult Programs)*

### BEGINNING JEWELRY

Learn the techniques of wrapping, twisting, beading, crimping, and designing sets of jewelry. Students will come away with a full set of jewelry, along with extra accessories which they will create by hand.

**Ages:** 9-15

**When:** Mondays, 5:00-6:00 pm; Three weeks beginning Feb. 1

**Fee:** \$24 plus \$9 supply fee to instructor

**Instructor:** Liz Steele Coats

### DANCE (Tap & Ballet)

Dance classes stress the development of body awareness, strong technique and creativity. Please call Doriann at 484-744-1876 or email doriannkozak@yahoo.com

**Ages:** 4-6

**When:** Mondays 10:00-11:00am beginning Feb. 1 or Saturdays 9:30-10:30 beginning Jan.30

**Ages:** 7-up

**When:** Mondays 11:00-12:00 noon beginning Feb.1 or Saturdays 10:30-11:30 beginning Jan.30

**Fee:** \$100; Non Residents \$105, for 12 weeks

**Instructor:** Doriann Kozak/Lansdowne Dance Academy

### PIANO

Half-hour private lessons available between 4-6 pm. Call to check availability and reserve your time.

**Ages:** 6 and up

**When:** Wednesdays or Thursday, beginning Jan.27

**Fee:** \$130, Non Residents \$135

**Instructor:** Janet Echternach

Except where noted, all programs are held at the Twentieth Century Club, 84 South Lansdowne Ave.

### ART: INTRO TO DRAWING

This class is an exciting introduction into the amazing world of drawing. Learn to sketch using various pencils. Bring a sketchbook.

**Ages:** 8 to 12

**When:** Wednesdays, 4:30-5:30 pm, six weeks beginning Feb. 3

**Fee:** \$30; Non-residents \$35

**Instructor:** Marcus DiSciullo

### PLAY MARBLES!

Play and enjoy the grand game of marbles. Participants are eligible to compete in an upcoming local tournament.

**Ages:** six to 13

**When:** Mondays, 6:00 pm-7:30 pm; 10 weeks beginning Jan. 25

**Fee:** \$15; Non-resident \$20

**Instructor:** Linda McFarland



### PLAN AHEAD FOR SPRING TENNIS!

The Lansdowne Recreation Department and Will2Win Athletics will again be conducting tennis clinics for all ages this spring at Hoffman Park. The cost is only \$55 for five one-hour sessions. Dates and times will be announced soon. For more information, visit [will2winathletics.com](http://will2winathletics.com).

## REGISTRATION FORM *(Pre-registration required for all classes)*

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

PROGRAM: \_\_\_\_\_ CHILD'S AGE: \_\_\_\_\_ FEE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Please fill out form with checks payable to Borough of Lansdowne. Return check and completed form to: **Lansdowne Recreation Department, 84 S. Lansdowne Ave., Lansdowne, PA 19050**. For more information, please call Recreation Director Jeri Staiber at **610-284-1493** or email **20thCenturyClub@comcast.net**