



**MARBLES**

Learn to play and enjoy the grand game of marbles. Participants are eligible to compete in an upcoming local tournament. In 2011, one of our students ranked 6th in the National Marbles Tournament in Wildwood, NJ!

**ADULT CLASSES  
& REGISTRATION  
FORM ON REVERSE**

- Ages:** 6 to 13
- When:** Thursdays, 5:30-7:00 pm;  
Ten weeks, Jan 19 to Mar 22
- Fee:** \$15; Non-resident \$20
- Instructor:** Linda McFarland
- Location:** St Paul's Lutheran Church,  
50 E Plumstead Avenue

**PLEASE NOTE:** Due to renovations at the Twentieth Century Club, most classes for this session have been moved to either St Paul's Lutheran Church or the First Presbyterian Church of Lansdowne. Please see individual class descriptions for exact locations.

**SUZUKI MUSIC FOR  
BABIES AND TODDLERS**

This interactive music class is open to babies and toddlers ages 3 months to 3 years. One parent or caregiver per child must attend the class and will thus learn ways to develop the child's musical, cognitive, physical, and social skills. This class utilizes the Suzuki methodology, centering on the concept that all children have the ability to learn and excel if given a nurturing environment to promote growth through sequential instruction and positive feedback.

- Ages:** 3 Months to 3 Years
- When:** Sundays, 1:00-2:00 pm;  
Eight Weeks, Jan 22 to Mar 18
- Fee:** \$125; Non-resident \$130  
Discount given for children in same family.
- Instructor:** Shelley Beard Schleigh
- Location:** Twentieth Century Club,  
84 S. Lansdowne Avenue

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

WINTER 2012

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

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

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

PROGRAM(S): \_\_\_\_\_

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

**NOTE:** Please register early, as classes may be cancelled due to low participation. Make checks payable to the ***instructor listed for the class***. Return check **AND** fully completed registration form to **Lansdowne Parks and Recreation Department, 84 S. Lansdowne Avenue, Lansdowne, PA 19050.**

For additional information about classes or background on instructors, please visit [www.lansdowneborough.com/recreation-newsletter](http://www.lansdowneborough.com/recreation-newsletter) or contact **Erica Sollberger** at **610-284-1493.**



### **SOUL LINE DANCE (BASIC)**

This class is designed for the Soul Line Dance novice. If you think you can't do it, this class is for you. Learn the basic rhythms, cadence and moves of soul line dancing as well as terminology and protocols to make you more comfortable on the dance floor. Learn easy line dance classics and something new. All are welcome. Wear low friction footwear.

**When:** Mondays, 6:00-7:00 pm;  
Six weeks, Jan 16 to Feb 20  
**Fee:** \$38; Non-Resident \$43  
**Instructor:** Veronica "Ronnie" Williams  
**Location:** St Paul's Lutheran Church,  
50 E. Plumstead Avenue

### **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, 7:00-8:00 pm;  
Ten weeks, Jan 17 to Mar 20  
**Fee:** \$70; Non-resident \$75  
**Instructor:** Tim Brown  
**Location:** St Paul's Lutheran Church,  
50 E. Plumstead Avenue

### **DRAGON SPIRIT YOGA™**

This fusion style of Yoga meets Chi-Kung brings together the Taoist Internal Arts of Chi-Kung/Kung-Fu & the Ayurvedic Arts of Hatha/Vinyasa Yoga. It is rooted in traditional disciplines that explore a series of still restorative poses (Asana), self-massage techniques (Tao Yin) & breath-work exercises (Pranayama) with a focus on synchronizing breathing in combination with sequences of vigorous movement (Vinyasa). We will meditate on stillness, balance like the roots of trees, embody our peaceful warriors & swim in the vein of dancing dragons to bring harmony (Yin/Yang) & cultivate the flow of vital energy (Chi) in the body, mind & spirit!

Wear comfortable/stretchy clothing appropriate for practice. Feel free to bring your own yoga mat as well as any additional props to assist with postures. This class is suitable for all levels of experience (modified poses will be offered). Arrive a few minutes early to set up. For more info email [LungShen@earthtones.com](mailto:LungShen@earthtones.com) or call 484-557-9605

**Days:** Tuesdays, 9:30 - 10:45 am; Eight weeks  
Jan 31 to Mar 27 (No Class 2/28)  
**Evenings:** Thursdays, 6:00 - 7:15 pm; Eight weeks  
Feb 2 to Mar 29 (No Class 3/1)  
**Fee:** \$88 (per day or evening series only);  
Non-resident \$93. Drop in rate, \$15 per session  
**Instructor:** Gabrielle de Burke, Certified Yoga Instructor  
**Location:** First Presbyterian Church of Lansdowne,  
140 N Lansdowne Avenue

### **ZUMBA**

Zumba is a Latin-inspired dance-fitness program that incorporates Latin and International music and dance movements. It combines fast and slow rhythms that tone and sculpt the body. Come ready to dance and have fun. You will probably move parts of your body that you didn't know exist but don't feel ashamed. We are here to have fun and feel the music.

If you have them, please wear smooth bottom dance sneakers and bring plenty of water.

**When:** Thursdays, 7:00-8:00 pm; Six weeks, Jan 19 to Feb 23  
**Fee:** \$42; Non-resident \$48  
**Instructor:** Vonda Pearson, Certified Zumba Instructor  
**Location:** St Paul's Lutheran Church, 50 E. Plumstead Avenue

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