

Pennsbury Community School Spring 2024 Class Offerings

To register online, proceed to the class offerings listed below.

To register by mail or in person, click [here](#) for the registration form. Please mail the form and check or money order made payable to Pennsbury Community School, 134 Yardley Avenue, Fallsington PA 19058. Please indicate the class(es) on your payment. You may also drop your payment off at the address above Monday Through Friday from 8am to 4pm. Registration by mail will be entered in the order in which it is received.

Paper copies of the registration form are available at the reception area of the Administration Building.

Click [here](#) for General Information and Senior Gold Card Information

FITNESS

Body Sculpting Mondays

This is a non-cardio workout using light hand weights to work all of the major muscle groups. You will gain strength, coordination, and burn calories. Sculpt your body with this fun and easy-to-follow class designed for everyone! Bring light hand weights, mat, towel, and water bottle.

Mondays - 8 sessions

6:00 to 7:00 pm

Pennsbury High School West B Weight Training Room - 608 S. Olds Blvd, Fairless Hills (Keller Hall entrance located at the corner of S.Olds Blvd and Queen Anne Dr)

Keller Hall entrance located at the corner of S. Olds Blvd and Queen Anne Drive

Starts: 2/5/24 (no class 2/19 and 4/1) Ends: 4/8/24

Fee: \$70

Instructor: Sandy Robidoux, Fitness Instructor

Three-In-One!

This hybrid workout burns fat and produces perky bums, toned arms, lean thighs, and flat tummies! Stretch and warm the body with resistance bands, tone with modified ballet-based moves and strength train with hand weights. No dance experience required; all levels are welcome! Bring light hand weights, mat, towel, and water bottle.

Mondays - 8 sessions

7:00 to 8:00 pm

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Starts: 2/5/24 (no class 2/19 and 4/1) Ends: 4/8/24

Fee: \$70

Instructor: Sandy Robidoux, Fitness Instructor

Body Sculpting Wednesdays

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Wednesdays - 8 sessions

4:45 to 5:45 pm

Village Park Cafeteria - 75 Unity Dr, Levittown

Starts: 2/7/24 (no class 2/14) Ends: 4/3/24

Fee: \$70

Instructor: Sandy Robidoux, Fitness Instructor

Zumba

Ditch the workout and let the party begin! Whether you are a first-timer or an experienced “Zumba” follower, this class is for everyone. The cardio class is easy-to-follow, fun, crazy, combined with aerobic moves. You will be energized to move to beats of international music. Move-n-groove! Bring a towel and water bottle.

Wednesdays - 8 sessions

5:45 to 6:30 pm

Village Park Cafeteria - 75 Unity Dr, Levittown

Starts: 2/7/24 (no class 2/14) Ends: 4/3/24

Fee: \$65

Instructor: Sandy Robidoux, Fitness Instructor

Yogalates

The perfect blend of core strengthening that Pilates offers while increasing flexibility, strength, balance and total body relaxation through the ancient practice of Yoga. Enjoy the benefits received from experiencing the union of the best of both systems. Wear comfortable clothing and bring a yoga mat and towel.

Tuesdays - 8 sessions

7:00 to 8:00 pm

Fallsington Elementary School Cafeteria - 134 Yardley Ave, Fallsington

Starts: 2/20/24 Ends: 4/9/24

Fee: \$75

Instructor: June Miller, Fitness Instructor

Gentle Yoga Wednesdays - Class 1

A slower approach to Yoga with poses broken down into easy, accessible movements. Students are taught to modify poses to stay within safe limitations. Perfect for people new to Yoga or anyone experiencing overall stiffness due to lack of activity or other physical limitations. This exercise will leave you energized and deeply relaxed. Wear comfortable clothing and bring a yoga mat and towel.

Wednesdays - 8 sessions

6:00 to 7:00 pm

Pennsbury High School West B Weight Training Room - 608 S. Olds Blvd, Fairless Hills (Keller Hall entrance located at the corner of S.Olds Blvd and Queen Anne Dr)

Starts: 2/21/24 Ends: 4/10/24

Fee: \$75

Instructor: June Miller, Fitness Instructor

Gentle Yoga Wednesdays - Class 2

Wednesdays

7:05 to 8:05 pm - 8 sessions

Pennsbury High School West B Weight Training Room - 608 S. Olds Blvd, Fairless Hills (Keller Hall entrance located at the corner of S.Olds Blvd and Queen Anne Dr)

Starts: 2/21/24 Ends: 4/10/24

Fee: \$75

Instructor: June Miller, Fitness Instructor

Tai Chi Beginners

Tai Chi originated in China as a slow-moving exercise that can improve strength, balance, and concentration. This style of Tai Chi consists of 60 postures. It is a moderate version with emphasis on relaxation and balance improvement. This class is for new and returning students. Wear comfortable clothes.

Tuesdays - 8 sessions

7:45 to 8:45 pm

Village Park Cafeteria - 75 Unity Dr, Levittown

Starts: 2/13/24 Ends: 4/12/24

Fee: \$70

Instructor: Glenn Swann, Fitness Instructor

Tai Chi II

This class is a continuation of the Tai Chi Beginners class. It is open to students who have already completed at least one of the Beginner classes. Wear comfortable clothes.

Tuesdays - 8 sessions

6:30 to 7:30 pm

Village Park Cafeteria - 75 Unity Dr, Levittown

Starts: 2/13/24 Ends: 4/12/24

Fee: \$70

Instructor: Glenn Swann, Fitness Instructor

SPORTS

Pickleball for Beginners

Pickleball is a fun and fast paced game that is a combination of badminton, tennis and table tennis. For beginners who want to learn how to play and practice basic skills. Players will learn how to keep score and learn where to stand. This fun, no-pressure class will help you feel comfortable on the court. Bring your own paddles.

Monday - 8 sessions

6:00 to 8:00 pm

Eleanor Roosevelt Elementary School Gymnasium - 185 Walton Dr, Morrisville

Starts: 2/12/24 (no class 2/19 & 4/1) Ends: 4/15/23

Fee: \$160

Instructors: Brian Doron, PE Educator

Class Max: 16

Pickleball **NEW CLASS**

For beginners and intermediate players who know how to keep score and know the basic rules. Although these players are still learning the game and practicing their skills, they can play a game of pickleball without hands on instruction. Bring your own paddles.

Mondays - 8 sessions

6:00 to 8:00 pm

Afton Elementary School Gymnasium - 1673 Quarry Rd, Yardley

Starts: 2/12/24 (no class 2/19 & 4/1) Ends: 4/15/23

Fee: \$160

Instructors: Bob Wright & Craig VanDemark, PE Educators

Class Max: 16

Pickleball for Beginners

Pickleball is a fun and fast paced game that is a combination of badminton, tennis and table tennis. For beginners who want to learn how to play and practice basic skills. Players will learn how to keep score and learn where to stand. This fun, no-pressure class will help you feel comfortable on the court. Bring your own paddles.

Tuesdays

6:00 to 8:00 pm - 8 sessions

Afton Elementary School Gymnasium - 1673 Quarry Rd, Yardley

Starts: 2/13/24 Ends: 4/2/24

Fee: \$160

Instructors: Bob Wright & Craig VanDemark, PE Educators

Class Max: 16

RECREATION

Country Line Dancing - Beginner & Intermediate

Whether you're a beginner or an experienced dancer, our instructor will guide you through the steps and showcase the dance for everyone to enjoy. Individuals of any skill level can partake in the excitement. Learn basic dance steps: kicking, brushing, vine, jazz box, shuffle, and many others. Learn the popular dances, meet new people, and have fun! Please wear lightweight, smooth-soled casual shoes, preferably not sneakers.

Country Line Dancing Tuesdays

7:00 to 8:00 pm - 8 sessions

Pennsbury High School West Falcon Cafeteria - 608 S. Olds Blvd, Fairless Hills (entrance located at the corner of S.Olds Blvd and Queen Anne Dr)

Starts: 2/27/24 Ends: 4/16/24

Fee: \$65

Instructor: JoAnn Lawrence, Fitness Instructor

Country Line Dancing Wednesdays

7:00 to 8:00 pm - 8 sessions

Makefield Elementary School Cafeteria

Starts: 2/28/24 (no class 3/6) Ends: 4/24/24

Fee: \$65

Instructor: JoAnn Lawrence, Fitness Instructor

HEALTH & WELLNESS

The Foundations of Mindfulness

Begin this new year with self-care! Discover how Mindfulness can support you in developing awareness, resilience, balance, and well-being. In this eight-week series, you will explore the principles and practices of mindfulness and how to incorporate these into your life. You will learn about mindfulness of body, thoughts, and emotions, and discover methods that nurture presence, kindness, and compassion for self and others. This series will also include an exploration into the neuroscience of mindfulness, some readings, and guided instruction to support your personal mindfulness and meditation practice. Discover the transformative power of the mindful approach to life in 2024

Tuesdays - 8 sessions

6:00 to 8:00pm

Pennsbury High School West Room B158 - 608 S. Olds Blvd, Fairless Hills (entrance is located at the corner of S.Olds Blvd and Queen Anne Dr)

Starts: 3/5/24 Ends: 4/23/24

Fee: \$100

Instructor: Lina Blanchet M. Ed. with a concentration in Mindfulness for Educators; Adjunct Instructor in the Mindfulness for Educators Certificate and M.Ed. program at Antioch University's Graduate School of Education

Class Max: 16

LANGUAGE

Introduction to American Sign Language

Introduces the basic American Sign Language (ASL) skills, focusing on communication in a cultural context. Covers fingerspelling, basic vocabulary and grammatical structures, and the development of visual receptive and gestural expressive skills. Designed for students with little or no previous knowledge of ASL.

Tuesdays - 8 sessions

6:30 to 8:30 pm

Pennsbury High School West B159 - 608 S. Olds Blvd, Fairless Hills (entrance is located at the corner of S.Olds Blvd and Queen Anne Dr)

Starts: 2/13/24 Ends: 4/2/24

Fee: \$65

Instructor: Michelle Evans, EIPA Certified Instructor

American Sign Language 2

ASL 2 is a continuation of Introduction to ASL. This course is designed to continue development of ASL expressive and receptive skills, grammar, vocabulary, cultural awareness, and related terminology.

Wednesdays - 8 sessions

6:30 to 8:30 pm

Pennsbury High School West B159 - 608 S. Olds Blvd, Fairless Hills (entrance is located at the corner of S.Olds Blvd and Queen Anne Dr)

Starts: 2/14/24 Ends: 4/3/24

Fee: \$65

Instructor: Michelle Evans, EIPA Certified Instructor

FINE ARTS & CRAFTS

Basic Sewing & Quilting

Learn all the basics of the timeless craft of sewing including basic sewing skills, sewing machine & tools basics and basic quilting techniques. We will make a tote to carry supplies, a 10 x 10 quilted trivet and zipper pouches. By the end of the course we hope you will be comfortable enough in your sewing skills to explore and experiment at home. This course is recommended for those who have little to no experience in sewing or haven't done any in years and need a refresher.

Thursdays - 8 sessions

6:00 to 8:00 pm

Pennsbury High School West F100 - 608 S. Olds Blvd, Fairless Hills (entrance located at the corner of S.Olds Blvd and Queen Anne Dr)

Starts: 2/15/24 (no class 3/28) Ends: 4/11/24

Fee: \$80

Instructor: Annette Kolb, Family & Consumer Science Educator

Class Max: 22

Creative Mosaics With Maryanne

Learn the basic tools, materials and techniques in mosaic art. This informative class covers how to cut glass and tile, different types of adhesives, layout design and grouting. Students will have the opportunity to complete 2 projects such as a mirror, stepping stone, frame, glass vase, planter, house number. Learn to use loved ones' special dishes, jewelry, seashells or even coins to add to your memory piece. This is an easy, fun and very rewarding class!!

Wednesdays - 6 sessions

6:00 to 8:00pm

William Penn Middle School Room E110 - 1524 Derbyshire Rd, Yardley

Starts: 2/21/24 (no class 3/20) Ends: 4/3/24

Registration: \$75 and a materials fee of \$15 payable to the instructor at the first class

Instructor: Maryanne Lalli, Fine Arts & Crafts Instructor

Class Max: 15

Nature's Palette: Drawing & PaintingNEW CLASS******

Discover the artistry of nature in "Nature's Palette: Drawing and Painting." Whether you're a beginner or an experienced artist, this course invites you to explore the beauty of the natural world through drawing and painting. From landscapes to botanicals, we'll cover pastels, watercolors, and acrylic techniques. Through a blend of hands-on exercises, insightful guidance, and supportive group discussions, you will learn to translate the enchanting essence of nature onto your canvas or paper. You will leave the course with final works and valuable knowledge to inspire your future artistic endeavors. Join us and unlock your creativity!

Thursdays - 8 sessions

6:30 to 8:30 pm

Pennsbury High School East 124 - 705 Hood Boulevard (please park at the bus dock and enter at the noodle overhang)

Starts: 2/15/24 (no class 3/28) Ends: 4/11/24

Fee \$80

Instructor: Kelsey Adair, Art Educator

Class Max: 15

Stained Glass *NEW CLASS*****

Basic stained glass techniques are taught resulting in at least two projects. Students will learn how to safely cut glass, wrap cut pieces, solder together, patina and polish the finished piece. Class projects include a simple suncatcher and a larger panel or a 3D piece. Join us to create your own beautiful stained glass art!

Tuesdays - 8 sessions

6:00 to 8:00 pm

Pennsbury High School East B105 - 705 Hood Boulevard (please park at the bus dock and enter at the noodle overhang)

Starts: 2/20/24 Ends: 4/9/24

Fee \$120.

Instructor: Curtis May, Art Educator

Class Max: 14

LIFE PLANNING

Financial Aid For Higher Education - 1 NIGHT ONLY

This presentation provides an early understanding of the financial decisions students need to make concerning higher education. We discuss higher education costs, the types of financial aid available, and how to apply for financial aid. This is a great opportunity for parents and students to learn about the Financial Aid application process!

Monday

3/18/24

6:00 to 7:00 pm

Pennsbury High School East 134 - 705 Hood Boulevard. Please park outside of Door A1 which faces Hood Blvd and someone will be there to check you in. The Door A1 sits opposite the main office entrance.

Fee: \$10

Presented by Fran McKeown, Pennsylvania Higher Education Assistance Agency in partnership with Alexis