

PSD
COMMUNITY
SCHOOL



CLASSES AND
WORKSHOPS
COURSE CATALOG

FALL 2023



DON'T JUST FLY...

SOAR!

COURSES FOR FALL 2023

ADULT VOLLEYBALL (TUESDAY SESSION): TUESDAYS 10/3 - 12/19

Walk-ins welcome!

FACILITATOR: Rich Loveless

LOCATION: PALMS GYM

COST: \$5/night or \$60/entire session

TIME: 7:30-9:30 PM SESSIONS: 12 Tuesdays

ADULT VOLLEYBALL (THURSDAY SESSION): THURSDAYS 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14

Walk-ins welcome!

FACILITATOR: Rich Loveless

LOCATION: PALMS GYM

COST: \$5/night or \$50/entire session

TIME: 7:30-9:30 PM SESSIONS: 10 Thursdays

AMERICAN HEART ASSOCIATION HEARTSAVER CPR AED COURSE: TUESDAY, 10/24 **OR TUESDAY, 11/21**

The American Heart Association Heartsaver CPR AED course trains participants to provide high quality CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. The course is designed for anyone with little or no medical training who wants to be prepared for an emergency in any setting. We recommend that you wear comfortable clothing to the class. Our class is available for anyone 14 years of age and older. Class size is limited.

INSTRUCTOR: Heather Page, MS, BSN, RN

LOCATION: PHS Library

COST: \$45

TIME: 6:30-8:30 PM SESSIONS: 1 Each

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AT 610-847-5131, EXT. 2401

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BUCKS COUNTY COVERED BRIDGES: TUESDAY 12/12

Bucks County is one of the birthplaces of covered bridge building in America. During the 19th century, more than 50 covered bridges were connected across Bucks County, not only crossing the Delaware River but linking towns across the county so that goods produced by local mills could be traded. The last original covered bridge was built in 1875, only 12 remain in Bucks County today, and almost all are listed on the National Register of Historic Places (NRHP). A self-guided driving/biking tour map can be found online for these historic structures. The Knecht's Covered Bridge is a Springfield Township landmark celebrating its 150th birthday this year with a celebration in the works for Spring of 2024! Join us for a lively, informative presentation about this unique collection of cherished, quintessential Bucks timber structures.

SPEAKER: Jeff Lindtner, Covered Bridge Society

LOCATION: PHS Library

COST: No Cost; Registration Required

TIME: 6:30-8:00 PM **SESSIONS:** 1

DOG OBEDIENCE: MONDAYS 10/9 - 11/13

Clicker train your best friend to heel, sit, stay and come when called. Clickers will be available. This is a results-oriented class! Dogs must have a collar and a six-foot leash. The course fosters confidence in the dog and owner, while teaching them to live compatibly. Come, click and train your best friend.

INSTRUCTOR: Jan Grave

LOCATION: PHS Gold Gym

COST: \$125

TIME: 7:30 PM **SESSIONS:** 6

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DRAWING AND PAINTING WITH ALEXANDRA RUTSTEIN: THURSDAYS 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14

Improve your drawing and painting skills, and create memorable presents for this holiday season with our local artist and Palisades parent Alexandra Rutstein. This course includes warming up exercises, learning about sketching tricks and techniques, discussing and practicing composition, color, light and shade, and, of course, painting. We will be painting with acrylics on canvases. For Teens and Adults. All levels are welcome! Limited to eight participants. (Supply list will be shared upon registration.)

INSTRUCTOR: Alexandra Rutstein

LOCATION: PHS Room 217

COST: \$96

TIME: 6:30-8:00 PM **SESSIONS:** 8 Thursdays

FINANCIAL ASSISTANCE AND STUDENT LOANS: WEDNESDAY, 10/11

FAFSA? And PHEAA? Student loans...oh my! Planning for college can be confusing. If you have questions about financial aid, how to fill out the forms, and important recent changes, this would be a great opportunity to get your questions answered.

FACILITATED BY: Guidance Office/PHEAA

LOCATION: PHS B3

COST: No Cost; Registration Required

TIME: 6:00 PM **SESSIONS:** 1

INTRODUCTION TO ESSENTIAL OILS: MONDAYS 11/20 - 12/18

Using wisdom of the earth, ancient plants, Rocky Mountain oils, lavender oils and more, this class will help you learn the basics about plants and trees in the form of essential oils and the ways in which they help our emotional and physical health and well being. We will also discuss ways to choose a brand, assess quality and answer any questions you may have. A small sample of an essential oil will be given to each week to take home.

INSTRUCTOR: Liza Beasley

LOCATION: PHS Cafeteria

COST: \$10 (per class)

TIME: 7:45-9:00 PM **SESSIONS:** 5

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~~INTRO TO KNITTING FOR ADULTS: FRIDAYS, 11/3, 11/10, 11/17, 12/1~~ **CLASS CANCELLED**

Learn the basics of knitting – casting on, purl stitch, knit stitch and casting off. More advanced techniques such as cabling, increasing and decreasing will be introduced during the subsequent classes. Each student will advance and proceed with projects at their own pace. Susana Ash has had a love of textiles for her whole life. She was sewing, knitting and crafting at an early age. After obtaining a degree in Apparel Design, she worked professionally in the New York and Philadelphia garment districts as a Technical Designer. Susana has a studio in Doylestown and has been teaching sewing and other needlecrafts to kids, teens and adults in the Bucks County area for 15 years.

INSTRUCTOR: Susanna Ash, Selvedge Studio

LOCATION: PHS Library

COST: \$140

TIME: 6:30-8:30 PM SESSIONS: 4

~~PHOTOSHOP BASICS: THURSDAYS 10/12 - 11/16~~ **CLASS CANCELLED**

Want to learn how to resize your photography for printing or emailing? Want to learn how to remove an object in the background of your photo, change the colors or crop? This fundamental course is the perfect first step towards learning how to use Photoshop with confidence. It covers Adobe Photoshop's most commonly used tools, menus and panels. You'll learn all the basics of Photoshop to effectively work with retouching and enhancing existing images, resizing and cropping. We will even cover the very basics on Layers, which will allow you to take your photography to the next level! Impress your business organization, friends and family by enhancing their photos and create magazine cover quality enhanced images. A survey will be sent before the class starts to gauge what you would like to learn in Photoshop. Taught by a local alumni with over 20 years of experience in the design field! Computers with Photoshop will be provided.

INSTRUCTOR: Katrina Laubach

LOCATION: PHS 118

COST: \$70

TIME: 7:00-8:30 PM (90 minutes) SESSIONS: 6

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PICKLEBALL: THURSDAYS 10/5 - 11/16

Have you heard about Pickleball?! It's a very popular racket/paddle sport in which two or four players hit a perforated, hollow plastic ball with paddles over a net until one side is unable to return the ball or commits an infraction. This class is for those interested in learning the game or improving their game play. Class size is limited and fills up FAST so register now!

FACILITATOR: Chris Cunnane

LOCATION: PHS Gold Gym

COST: \$5/Night

TIME: 7:30-9:30 PM **SESSIONS:** 6

QI GONG: MONDAYS 11/27 - 12/18

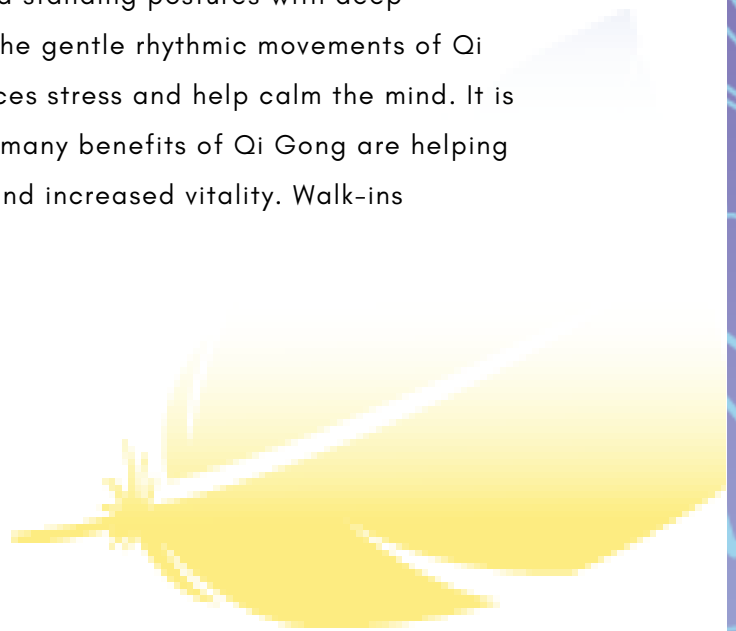
Health Qi Gong (pronounced chee gong) is an ancient form of exercise that combines stretches, flowing movements and standing postures with deep breathing to enhance the flow of energy. The gentle rhythmic movements of Qi Gong clear tension from the muscles, reduces stress and help calm the mind. It is both energizing and relaxing. Some of the many benefits of Qi Gong are helping boost the immune system, better balance and increased vitality. Walk-ins welcome!

INSTRUCTOR: Diane Alex

LOCATION: PALMS Cafeteria

COST: \$60

TIME: 6:00-7:00 PM **SESSIONS:** 4



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REAL ESTATE - THE MARKET & MAXIMIZING YOUR MARKETING POWER: TUESDAY, 10/24

You've heard the national statistics. Now hear what is happening in the Palisades real estate market. Sales, days on market, sale to list price ratios and more. We will explore the different marketing options for your property and how to position your home for the maximum impact and profit. There have been several changes in the past year with the mortgage market. Jessica Davis from Univest will be on hand to explain those changes and what they mean to buyers and sellers. Open discussion.

FACILITATOR: Scott Freeman, Coldwell Banker Hearthside

LOCATION: PHS B5 **COST:** No Fee; Donations to PCF accepted (registration required)

TIME: 6:30-8:00 PM **SESSIONS:** 1

REAL ESTATE - FIRST TIME HOME BUYER: THURSDAY, 10/5

Want to take advantage of the Buyer's market but not sure how or where to start? Do I need a Realtor? What is a Short Sale? How much are Closing Costs? What types of loans are out there? Can I buy a house with NO Money Down? Mortgage Pre-Qualification - do I need this? We will cover all of these questions and much more. Jessica Davis from Univest will be on hand from Univest to discuss mortgage info. Scott was featured on TLC's "My First Home."

FACILITATOR: Scott Freeman, Coldwell Banker Hearthside

LOCATION: PHS B5 **COST:** No Fee; Donations to PCF accepted (registration required)

TIME: 6:30-8:00 PM **SESSIONS:** 1

REAL ESTATE - INTRO TO REAL ESTATE INVESTMENTS: TUESDAY, 10/17

Have you thought about "house flipping" or owning rental properties but you're not sure where to start? Reality real estate shows have your sledgehammer looking for a project? We will discuss the pros and cons of real estate investing from a practical standpoint. A commercial lender will be present to answer your financing questions. Class will cover property evaluation, creating your investment team, financing, tax implications, Cap rate, 1031 exchanges and more!

FACILITATOR: Scott Freeman, Coldwell Banker Hearthside

LOCATION: PHS B5 **COST:** No Fee; Donations to PCF accepted (registration required)

TIME: 6:30-8:00 PM **SESSIONS:** 1

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TAI CHI: MONDAYS 10/23 - 12/11*

Tai Chi, often described as a moving meditation, is a series of movements performed in a slow, focused manner accompanied by deep breathing. Some of the health benefits of Tai Chi include improved balance, less stress, more energy, and a greater sense of health and wellbeing. Five participant minimum.

INSTRUCTOR: Diane Alex

LOCATION: PALMS Cafeteria

COST: \$90

TIME: 7:15-8:15 PM SESSIONS: 6 *NO CLASSES ON 11/13 AND 11/20

WORLD FAMOUS HARLEM WIZARDS MONDAY, 11/13

The World Famous Harlem Wizards are coming to Palisades High School on Monday, November 13th so mark your calendar for this popular, family fun event! Tickets go on sale starting October 2nd! The link to purchase tickets online will be posted on the Community Foundation's website. Food and Wizards gear available for purchase.

LOCATION: PHS Purple Gym

COST: \$20 in advance; \$25 at the door

TIME: Doors open at 6:00 PM; Tip-off at 7:00 PM

YOGA: MONDAYS 10/16 - 12/18

All levels are welcome. Mat yoga poses and breathing techniques for calming, stretches, core work and balance. Ending with meditation and reflection. Please bring your own mat, towel and water bottle.

INSTRUCTOR: Liza Beasley

LOCATION: PHS Cafeteria (PLEASE NOTE: ON 11/13 CLASS WILL BE HELD IN PHS GOLD GYM; ON 11/20 CLASS WILL BE HELD IN PHS PURPLE GYM)

COST: \$60

TIME: 6:30-7:30 PM SESSIONS: 10

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NO. AND COURSE TITLE

NAME AND ADDRESS

E-MAIL ADDRESS: _____

PHONE NO: _____

FEE: _____ CK. NO. _____

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Signature

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FITNESS CENTER INFORMATION FOR 2023-2024

Open to the Community during the following hours:

Tuesday, Wednesday, and Thursday from 6-9pm

Saturdays from 8am-12pm

Fees:

\$5 per visit

\$25 per month

\$200 for entire year (ex. September to September)

Current Palisades Students, Staff, Local Firefighters and EMS—Free with ID

***College Students—\$50 for Summer with College ID**

Please enter at the back of the building on Saturdays. (Use the walkway which takes you to the back door.)

The Fitness Center is CLOSED when schools and offices are closed. Please check the calendar posted each month at the Fitness Center or our webpage.

Children under the age of 12 are not permitted in the Center.

Students ages 12-16 must be accompanied by an adult.



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