

# The Southern Way



THE NEWSLETTER OF THE SOUTHERN YORK COUNTY SCHOOL DISTRICT  
 SEPTEMBER 2018 EDITION

## Welcome Back, Warriors!

**Dr. Sandra Lemmon**

*We are thrilled to welcome back all of our students including the Class of 2031 to Southern York County School District!*

*Our staff have been working hard all summer to ensure that this is the best year ever for our students. Staff development focused on many different areas including training on new elementary math curriculum, new teaching methods to encourage innovation and collaboration, methods to continue to build positive relationships with all students, and enhanced safety procedures. We know that the students graduating in the future will need different skill sets for success than their parents, in this ever changing world. Our commitment to you is to ensure our learning environment best prepares our students for the future.*

*All of our staff - teachers, support personnel, bus drivers, food service workers, and our operations department welcome our families back and look forward to another outstanding year! We will continue to make a difference in the lives of our students... one Warrior at a time!*



## SCYSD School Board Approves Revision to Senior Citizen Tax Rebate Program for 18-19

Southern York County School District Board of Education approved a revised Senior Citizen Property Tax Rebate Resolution at the June 21, 2018 board meeting, which expands the program allowing more residents to be eligible for a rebate. The resolution mirrors the Pennsylvania State Property Tax Rebate program with respect to the income thresholds and rebates issued.

The District's household earnings threshold will increase from \$25,000 to \$35,000 under the new program for the 2018-19 fiscal year. The new program includes four income thresholds, which replaces the previous program's three thresholds. The revised rebate amounts are as follows:

Income	Rebate
\$0 - \$8,000	\$650
\$8,001 - \$15,000	\$500
\$15,001 - \$18,000	\$300
\$18,001 - \$35,000	\$250

The program guidelines are very similar to the state's program. Only one-half of social security is included in the calculation of income for purposes of the program. The Senior Citizen Property Tax Rebate application will be available in late January 2019 for the 2018-19 fiscal year.

## SYCSD Welcomes New Full-Time School Resource Officer for 2018-19

We welcome Officer William "Bill" Hanson as Southern York County School District's new armed full-time School Resource Officer contracted from Southern York Regional Police Department. Officer Hanson is specifically trained through the National Association of School Resource Officers as a school resource officer and is a great fit for Southern because of his 20 years of law enforcement experience and his experience teaching homeland security at York County School of Technology. He is also a proud graduate of Susquehannock High School.

Officer Hanson will join Officer Mendez to provide security throughout our District campuses. He is looking forward to building positive relationships with our students.



*Right: Officer William "Bill" Hanson is the District's new full-time School Resource Officer.*

See pages 8-9 for  
 Fall Adult Education Class Schedule

## SYCSD Welcomes New and Transferred Staff 2018-19



Kirstin Blass  
SHS Learning Support  
Teacher



Lisa Boyer  
FES Principal



Richard Brooks  
SMS Head Custodian



Alexis Brown  
FES Learning Support  
Teacher



Kristin Carpio  
ShES Learning Support  
Teacher



Holly Chisolm  
ShES Paraprofessional



Kimberly Dahr  
SHS Biology  
Teacher



Jenki Deter  
SES 1st Grade  
Teacher



Anne Eichelberger  
ShES Paraprofessional



Anna Elliot  
SES 2nd Grade  
Teacher



Michelle Hamill  
SES Paraprofessional



Officer Bill Hanson  
SRO



Dianne Hartsock  
SES Paraprofessional



Teresa Hebel  
FES Paraprofessional



Lauren Hoffman  
Psychologist  
Admin



Amanda Hoover  
Transportation  
Admin



Angie Jordan  
ShES 2nd Grade  
Teacher



Emilee Krewson  
SMS Custodian



Hayley Leach  
SES 4th Grade  
Teacher



Samuel LeBlanc  
ShES Phys Ed  
Teacher



Rachel Lenhart  
SES 4th Grade  
Teacher



Lillie Manning  
FES Kindergarten



Beverly Marhevka  
SMS Phys Ed



Pam Marshner  
Cabinet Secretary  
Admin



Lisa Little  
Cabinet Secretary  
Admin



Valerie Ludwig  
District EL  
Teacher



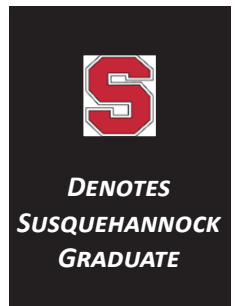
Kristin Mikita  
SMS Phys Ed



Kara Miller  
SHS Paraprofessional



Dempsey Murphy  
SMS Science



## SYCSD Welcomes New and Transferred Staff 2018-19, continued



Carl Myers  
SES Custodian



Jamie Paterniti  
SHS Learning Support



Jeanine Santoro  
ShHS Paraprofessional



Catherine Scholles  
Instructional Tech  
Specialist



Abigail Shenot  
SHS Social Studies  
Teacher



Jessica Sowers  
FES Paraprofessional



Deborah Stone  
FES Assistant Principal



Christine Thomas  
SHS Paraprofessional



Jylana Thomas  
SMS Paraprofessional



Sheila Tyler  
FES Admin Asst.



Shannon Walker  
FES 3rd Grade  
Teacher



Tia Walker  
Cabinet Secretary  
Admin



Jennifer Webb  
FES Paraprofessional



Noelle Wilson  
ShES Paraprofessional



Karin Wright  
SHS Admin Asst. II



Stephanie Wright  
SES Paraprofessional



Kerri Younkin  
SHS Biology  
Teacher



## SYCSD Seeks Parents/Community Members for Wellness Committee

The Southern York County School district has several parent/community member openings for its Wellness Committee.

Chief Financial and Operations Officer, Susan Green, oversees the committee, which is comprised of parents, community members, district staff members, Metz staff members, and student representatives. The Wellness Committee serves as an advisory committee regarding school health issues. The committee meets three times a year at 6:00 p.m.

Any parent or community member interested in applying for this committee should send a letter of interest to

Susan Green, Chief Financial and Operations Officer, at [susan.green@syncsd.org](mailto:susan.green@syncsd.org).

Upon receipt of the letters of interest, members selected to participate on the committee will be notified by Mrs. Green.

The meeting dates for the 2018-2019 school year are as follows:

September 25, 2018  
December 11, 2018  
March 12, 2019

## SOUTHERN YORK COUNTY SCHOOL DISTRICT IMPORTANT DATES:

<b>Sept. 8</b> ..... ACT Testing at SHS 7:30 AM	<b>Oct. 12</b> ..... SHS Homecoming Game 7:00 PM
<b>Sept. 20</b> ..... School Board Meeting 7:00 PM	<b>Oct. 13</b> ..... SHS Homecoming Dance 7:00 - 10:00 PM
<b>Sept. 21</b> ..... Early Dismissal/Teacher In-Service Day Secondary 11:44 AM, Elementary 12:30 PM	<b>Oct. 24</b> ..... October Fun Night at SHS 6:00 - 8:00 PM
<b>Sept. 24</b> ..... SYCSD Safety and Security Information Night at SHS 7:00 PM	<b>Oct. 25</b> ..... School Board Meeting 7:00 PM
<b>Oct. 6</b> ..... SAT Testing at SHS 7:30 AM	<b>Oct. 26</b> ..... End of First Marking Period, Early Dismissal/Teacher In-Service Secondary 11:44 AM, Elementary 12:30 PM
<b>Oct. 8</b> ..... No School/Teacher In-Service Day	
<b>Oct. 10</b> ..... PSAT Testing at SHS	

*For a full calendar of dates, please visit the District website at [www.sycsd.org](http://www.sycsd.org).*

## SES Teacher Receives Presidential Award for Excellence in Mathematics and Science Teaching

Southern Elementary School kindergarten teacher Deanna Fearon was recently awarded a Presidential Award for Excellence in Mathematics and Science Teaching (PAEMST).

“Receiving the Presidential Award for Excellence in Mathematics and Science Teaching was an amazing and humbling experience,” said Fearon, who recently traveled to Washington D.C. for recognition events and professional development. “I met many incredibly talented colleagues from across the United States who share my passion for teaching science, technology, engineering, and mathematics (STEM). We had the opportunity to help revise the new five year federal strategic plan for STEM,” she said. “This has fueled my already strong passion for inspiring my students to become STEM thinkers, innovators, and learners,” said Fearon.

Fearon earned a bachelor’s degree in elementary education from York College of Pennsylvania with minors in reading and psychology. She earned her master’s degree in reading at York College, and she has been teaching at Southern

York County School District for 16 years. “Congratulations to Deanna on this well-deserved and extremely prestigious award,” said Southern York County School District Superintendent Dr. Sandra Lemmon. “We are truly blessed to have such an amazing teacher in our District,” Lemmon said.

The PAEMST are the highest honors bestowed by the United States government specifically for K-12 mathematics and science teaching. Congress established the awards in 1983, and the President may recognize up to 108 exemplary teachers each year. The awards recognize teachers who develop and implement a high-quality instructional program informed by content knowledge and enhancing student learning.



*Left: SES kindergarten teacher Deanna Fearon and her students at the SYCSD School Board Meeting on August 16, 2018, where she was honored.*

## Alumni Plan Homecoming for Community

Southern York County School District students, staff, alumni, and community members are invited to Susquehannock High School’s annual homecoming festivities Friday, October 12, 2018.

An alumni reception will be held from 6:00 p.m. until halftime at the Dale R. Keagy Plaza, located at the Susquehannock Alumni Field House. Alumni are invited to visit the Alumni Association’s registration booth to receive a bag of free gifts, including a collectible alumni homecoming button. Alumni are also encouraged to wear their varsity jackets.

Homecoming festivities will begin on the field at 6:25 p.m. and the game against Eastern York Area High School starts at 7:00 p.m.

*Right: The presentation of the Spirit Award 2017 to Chuck Abbott.*

**BOARD OF SCHOOL DIRECTORS**

Robert Schefter ..... President  
 James Holley ..... Vice President  
 Bruce Bauman ..... Treasurer  
 Susan Green ..... Secretary (Non-Member)  
 Judi Fisher ..... Member  
 Jerri Groncki ..... Member  
 Ronald Groncki ..... Member  
 Karen Hellwig ..... Member  
 Deborah Kalina ..... Member  
 Allie Waldron ..... Member  
 Andrea Hebel ..... Student Representative

**ADMINISTRATION**

Dr. Sandra L. Lemmon ..... Superintendent  
 Dr. Robert J. Bryson ..... Asst. Superintendent  
 Susan Green ..... CFOO

**BOARD MEETINGS**

The Southern York County School District Board of Education holds meetings on the third Thursday of January through November, and the first Thursday of December, unless otherwise noted. Meetings are held at 7 p.m. in the Conference Room of the District Administration building. Meetings are also televised live via Comcast’s Cable TV Channel 99.

**CONTACTING THE SCHOOL DISTRICT**

(717) 235-4811  
[www.sycsd.org](http://www.sycsd.org)

**2018-19 LEGAL NOTICES**

Legal notices and important information for 2018-19 can be found on the District website at [www.sycsd.org](http://www.sycsd.org). Click on ‘Legal Notices and Important Information’ under the ‘District’ tab.

Updated notices include the following: (a) Annual Public Notice of Special Education Services and Programs, Protected Handicapped Students, and Gifted Students, (b) Family Educational Rights and Privacy Act of 1974 (FERPA), (c) Parents’ Access to Education Records, (d) Parent Right-To-Know, (e) Asbestos Program Notice, (f) Use of Students’ Photos for Publicity, (g) Pest Management Notice, (h) Use of Audio and Video Monitoring Equipment, (i) Public Notice of Special Education Destruction of Records, (j) Procedural Safeguards, (k) Release of Student Names, Addresses, Phone Numbers, (l) Right-to-Know, and (m) Educational Records.



## Public Safety Information: Use of Audio and Video Monitoring Equipment

Protecting the safety of students, staff and others on school buses and school property is a paramount concern to the Southern York County School District. Safeguarding school property and maintaining student discipline are also very important goals.

To help achieve these objectives, the Board authorizes the use of audio and video monitoring equipment in school buses and in “public areas” on school property. The Board is mindful of privacy issues, and laws prohibiting interception of oral communications where the speaker has a reasonable expectation of privacy.

Please note there should be no expectation of privacy with respect to actions or oral communications recorded. Images and sounds recorded using the audio and video monitoring equipment may be used as evidence in disciplinary proceedings conducted by the school district. Such information also may be shared with law enforcement officials, if school officials reasonably believe that it constitutes evidence of a crime.

For additional information, please refer to Board Policy 705.1.



## Use of Students' Photos for Publicity

Throughout the school year, the Southern York County School District may have opportunities to share newsworthy information and/or pictures of its students with local newspapers and throughout various District publications or videotaped productions. In addition, the District maintains a Web page for use by students, school personnel, and community members. At times, we may wish to share newsworthy information about our students, using names, photos, and/or student work (drawings, poems, creative writings, etc.) on our Web pages.

If the opportunity arises for your child to be part of a news event, we shall assume we have your implied consent to use his/her name and/or picture, unless you provide us with prior written notice to the contrary. If you prefer that your child's name and/or identifiable picture (name printed in caption of a group or individual photo, or identified in some other manner), or appearance in any videotaped productions not be used, please send a letter to your child's building principal. The letter should state that you do not wish your child's name or identifiable picture be used in any District publication, news items sent to the local media, or on the District's web page, nor do you want your child to appear in any videotaped productions.

## Asbestos Program Notice

In April and October, the Asbestos Program Manager conducts a visual inspection of asbestos-containing materials in the District's buildings. This enables the Asbestos Program Manager to take action before these materials present any risk to our staff and other occupants. The written report becomes part of the District's Management Plan and is available within 30 days after the examination, along with the decisions of the School District, with regard to dealing with any unusual circumstances. Inspection of the District's formal plan is available by appointments through the Asbestos Program Manager's office.

## Pest Management Notice for 2018-19

The Southern York County School District uses an Integrated Pest Management (IPM) approach for managing insects, rodents, and weeds. Our goal is to protect every student from pesticide exposure by using an IPM approach to pest management. Our IPM approach focuses on making the school building and grounds an unfavorable habitat for these pests by removing food and water sources and eliminating their hiding and breeding places. We accomplish this through routine cleaning and maintenance. We routinely monitor the school buildings and grounds to detect any pests that are present. Pest sightings are reported to the IPM coordinator who evaluates the problem and determines the appropriate measures to take. The techniques can include increasing sanitation, modifying storage practices, sealing entry points, physically removing the pest, etc.

From time to time, it may be necessary to use pesticides registered by the Environmental Protection Agency to manage a pest problem. A pesticide is only used when necessary and is not routinely applied. Pesticide applications are made only when unauthorized persons do

not have access to the area(s) being treated. Notices are posted in these areas 72 hours prior to application and for two days following. All applicators are trained and certified by the Pennsylvania Department of Agriculture.

Parents or guardians of students enrolled in the school may request notification of specific pesticide applications made at the school. To receive notification, you must be placed on the School District's notification registry. If you would like to be placed on this registry, please notify the IPM Manager (Director of Operations) in writing. Please include your e-mail address if you would like to be notified electronically.

If a pesticide application must be made to control an emergency pest problem, notice will be provided by telephone to any parent or guardian who has requested such notification in writing. Exemptions to this notification include disinfectants and antimicrobial products, self-containerized baits placed in areas not accessible to students, and gel type baits placed in cracks, crevices, or voids.

# Special Education Services and Programs

Under the federal law, the Individuals with Disabilities Education Act (IDEA), it is the responsibility of the Pennsylvania Department of Education to ensure that all children with disabilities residing in the Commonwealth, regardless of the severity of their disability, and who are in need of special education and related services, are located, evaluated, and identified.

A full range of special education services are provided by the Southern York County School District. Programs provided directly by the District include those for students who have a specific learning disability, emotional disturbance, mental retardation, speech or language impairment, a hearing impairment, autism, traumatic brain injury, or other health impairment. Services are also provided for mentally gifted students. Additional services, provided by the Lincoln Intermediate Unit #12 for the District, include those for early intervention, deafness, deaf/blind, blind, or multiple disabilities. Other related services are also provided, such as occupational therapy and physical therapy, for those who require them in order to access a free and appropriate education.

Efforts to identify special needs students in Southern York County School District's schools are varied. Preschool students between ages three and five are identified through services provided by the LIU #12, including children identified as developmentally delayed. A child who is less than the age of beginners and at least three years of age is considered to have a developmental delay when one of the following exists: The child's score, on a developmental assessment device, on an assessment instrument which yields a score in months, indicates that the child is delayed by 25% of the child's chronological age in one or more developmental areas. The child is delayed in one or more of the developmental areas, as documented by test performance of 1.5 standard deviations below the mean on standardized tests.

Kindergarten students are screened formally and informally in vision, hearing, health, and speech/language areas. Kindergarten teachers also informally screen during the fall of each year for motor and academic skills. Kindergarten registration is scheduled in April by appointment at

the elementary school in which the student would attend. On-going screening is conducted for new resident students at the building level through a review of school records and parent/student interviews at the time of enrollment.

When teachers, staff, or parents suspect that a student might be in need of specially designed instruction due to difficulty in school, a school team reviews screening data, educational records, and diagnostic data. A pre-referral team recommends instructional interventions, adaptations, or modifications to the student's educational program to address the student needs. If the student continues to have difficulty, a referral for a multidisciplinary evaluation and further assessment with written and informed parent consent may be made.

Parents may request a multidisciplinary evaluation at any time in writing to their child's building principal. A formal response to the request is made in a timely manner by the building principal. Parents must give informed consent by signing the Permission to Evaluate form provided by the school. Parents of resident students not attending Southern York County School District schools follow the same procedures, but should send the written request to the Director of Special Education.

A multidisciplinary evaluation must be conducted in accordance with specific timelines and follow protection-in-evaluation procedures. The evaluation must be conducted within 60 calendar days of obtaining Permission to Evaluate from the student's parents. The evaluation is conducted by a team, which includes the parents, and is conducted through the use of a variety of assessment measures individually selected for the student. A single test or procedure cannot be the sole factor in determining that a child has a disability. The results of the evaluation are summarized in an Evaluation Report, with conclusions and recommendations specifying the educational program that is appropriate to meet the student's educational needs. Parents also have the right to obtain an independent educational evaluation if they are dissatisfied with the outcome of the District's multidisciplinary evaluation. Southern York County School District will provide, upon request, information about

where an independent evaluation may be obtained. Such an evaluation may be obtained at public expense under certain circumstances, but parents may choose to have an independent evaluation conducted at private expense following the District's evaluation criteria. The outcome of an independent evaluation must be considered by the school district in respect to the provision of a free and appropriate education to the child.

If the student is determined to have a disability and is in need of specially designed instruction based on the results of the Evaluation Report, the Individual Educational Program Team (IEP), which includes the parents, develops a written educational plan called an IEP. The IEP identifies the type of services, level of intervention, and location of intervention within the least restrictive environment. It also describes the current educational levels, goals, and related services the student will receive. All students must be educated to the maximum extent appropriate with students who are not disabled as determined by the IEP team. The IEP is reviewed at least on an annual basis. For additional information, contact Southern York County School District Director of Special Education at 717-235-4811, Extension 7229.

## ***Procedural Safeguards***

Procedural safeguards protect the rights of parents and students. These safeguards include parental consent for evaluations, re-evaluations, release of information, and placement of a child with a disability in a special education placement. The Southern York County School District must notify parents when special education services are changed or discontinued or when parent requests for an evaluation, an independent evaluation, or a change in an IEP are refused. Safeguards also include dispute resolution procedures, such as the right to pre-conference meetings, mediation, or impartial due process hearings. Such requests are made on a Notice of Recommended Educational Placement form or by letter. A full explanation of procedural safeguards is given in the "Procedural Safeguards Notice" which is available upon request by calling the Special Education Office at 717-235-4811, Extension 7229.

All communications regarding special education services are provided in English or,

if necessary, in other languages solely used by parents. If a person does not understand any written information, further explanation may be requested by contacting the school district. When necessary, the District will also arrange for an interpreter for parents with limited English proficiency, or if a parent is deaf or blind or has no written language, the school district will arrange for communication in the mode normally used by the parent (e.g. sign language, Braille, or oral communication).

For more information, contact the Director of Special Education, Southern York County School District, 717-235-4811, extension 7229.

### **Annual Notice to Parents of Protected Handicapped Students**

In compliance with state and federal law, the Southern York County School District will provide each “protected handicapped student,” without discrimination or cost to the student or family, those related aids, services, or accommodations which are needed to provide equal opportunity to participate in and obtain the benefits of the school program and extracurricular activities to the maximum extent appropriate to the student’s abilities. In order to qualify as a “protected handicapped student,” the child must be of school age with a physical or mental disability, which substantially limits or prohibits participation in or access to an aspect of the school program. Such services are distinct from those provided to students with a disability and eligible for special education programs. The school may initiate an evaluation of a student with informed parental consent. Parents may also request an evaluation by contacting the Director of Special Education at 717-235-4811, Extension 7229.

### **Confidentiality**

Southern York County School District protects the confidentiality of personally identifiable information for all students, screened for or enrolled as a child with a disability in accordance with the Family Educational Rights and Privacy Act of 1974 (FERPA) and other applicable federal and state laws.

### **Parents’ Access to Educational Records**

Parents have the right to inspect and review their child’s educational record. If parents request copies of the records, a copying fee

may be charged. Parents may request amending the student’s records if they believe the educational record is inaccurate, misleading, or violates the privacy or other rights of their child. The Southern York County School District will respond to such requests in writing. Confidential records will not be released to outside parties without the written consent of the parents, except under limited circumstances outlined in Board Policy 216 or in Pennsylvania School Code. Consent means that parents have been informed of the activity requiring consent, that they agree in writing to the activity, and that consent is voluntary and may be withdrawn at any time. Consent is transferred to the student when the student is 21 years of age and has graduated from a school program or has withdrawn from a school program.

Parents have the right to file a complaint with the U.S. Department of Education if it is believed that the district fails to comply with FERPA. The District will provide a copy of its confidentiality policy upon request.

### **Parent Right to Know**

Section 1111(h)(6) of the No Child Left Behind Act (NCLB) outlines “parent-right-to-know” requirements. It requires that school districts receiving Title 1, Part A funds notify parents at the beginning of each school year of their right to request information, regarding the professional qualifications of the child’s teacher and/ or paraprofessional.

Parents are entitled to have access, upon request, to the following information:

- Whether the teacher has met state qualifications for licensure in the grade levels and subject areas in which he/she teaches;
- The level of state teacher certification: Emergency, Instructional I, Instructional II, etc., held by the teacher;
- The baccalaureate degree major of the teacher and any other graduate certification or degree held by the teacher, and the field of discipline of the certification or degree; and
- Qualifications of the para professionals working with the child.

Parent right-to-know requirements also state that a school district must provide timely notification to parents when a teacher, who is not highly qualified, has instructed their child for more than four consecutive weeks.

Additionally, parents must be given information regarding the level of achievement their child has attained on the PSSA. All parent right-to-know notifications must be written in a format that is easily understandable by parents and, if practicable, in a language that parents understand. Any questions or inquiries in this regard should be directed to the child’s building principal.

### **Title I Instructors**

Parents with students in the Title 1 program may request from the District information regarding the professional qualifications of the students’ classroom teachers. Requests should be made to the Assistant Superintendent of Southern York County School District at 717-235-4811.

### **Gifted Programs**

The District provides mentally gifted programs at all grade levels, kindergarten through grade 12. The primary emphasis is on enrichment and acceleration of the regular education curriculum through differentiated instruction, either within regular education classes or in a separate setting. The referral process for a gifted evaluation can be initiated by teachers or parents who suspect that the child is in need of specially designed instruction beyond the required 22 Pa. School Code §4 (relating to academic standards and assessments), and may request in writing to the building principal that the child be evaluated under the criteria of 22 Pa. School Code §16.22. For more information, contact the Director of Special Education at 717-235-4811, Extension 7229.

**For further information and the most current special education services and program notices, please visit our website at [www.sycsd.org](http://www.sycsd.org), ‘Departments,’ and ‘Special Education.’**



## Southern Middle School Students Received American Legion Honors

Southern Middle School students Arianna Davis and Roman Davis received the American Legion Award for 2018. This is the highest award that the American Legion gives to middle school students.

The annual award represents honor, courage, scholarship, leadership, and Americanism. Glen

Rock American Legion Post 403 2nd Vice Commander Eric Mueller and Auxiliary President Sharon Krout presented the students with their awards at the end of the 2017-18 school year. The students are in ninth grade at Susquehannock High School this fall.

*Right: The 2018 American Legion Award recipients at Southern Middle School.*



## FALL 2018 ADULT ED OFFERINGS AT SYCSD

Registration deadline is September 28, 2018. Register early to secure your spot in class!

For more information, visit [www.sycsd.org](http://www.sycsd.org) under 'Community' and 'Adult Education' or call 717.235.4811, ext. 7231.

Class:	Instructor/ Sessions:	Description:	Location/Dates/Time:	Cost:
<b>Small Engine Repair</b>  <i>This class starts September 18th ... register early to reserve your spot!</i>	Henry Hartman  8 classes, 2 hours each	Students will learn the basic principles of 2-stroke and 4-stroke cycle engines, carbureation, fuel systems, governors, ignition systems, general maintenance, overhauls, and valve jobs. Equal time in classroom and hands-on.	Susquehannock High Rooms 014 & 022/Tuesdays/September 18 - November 20/7:00-9:00 p.m.  (No class on 10/9 or 11/13)	Resident: \$70 Non-resident: \$74 Senior Resident: \$35 Senior non-resident: \$39
<b>NEW CLASS: Introduction to Architecture</b>	Tara Labosky  7 classes, 2 hours each	An interactive introduction to the art and science of architecture. Discussions on topics including history, movements, theory and criticism. Acquire a deeper appreciation of the built environment. Students will develop their talent for creative, freehand architectural drawing and design.	Susquehannock High School Room 102/Mondays/October 8-November 19 /6:30-8:30 p.m.	Resident: \$60 Non-resident: \$64 Senior Resident: \$30 Senior non-resident: \$34
<b>Basic Microsoft Word and Excel</b>	Walt Cerkan  4 classes, 2 hours each	Participants will learn basic to intermediate Microsoft Word and Excel skills. Students must bring a USB drive to class.	Southern Elementary School Computer Lab/October 9, 10, 16, & 17/6:15-8:15 p.m.	Resident: \$40 Non-resident: \$44 Senior Resident: \$20 Senior non-resident: \$24
<b>NEW CLASS: English as a Second Language (ESL) Professional Skills Workshop</b>	Cayla Poborsky  6 classes, 1.5 hours each	Polish up your communication skills to help you achieve success in various areas of your life, such as job interviewing, financial literacy, and interpersonal communication. <i>For participants with English as their second language.</i>	Susquehannock High Room 100/Thursdays/October 11-November 15 /6:30-8:00 p.m.	Resident: \$40 Non-resident: \$44 Senior Resident: \$20 Senior non-resident: \$24
<b>Adult Beginner Spanish</b>	Tracy Noll  6 classes, 1.5 hours each	No previous experience in Spanish is required. Students will spend the last two classes formulating simple sentences.	Susquehannock High Room 100/Tuesdays/October 9-November 13 /6:30-8:00 p.m.	Resident: \$40 Non-resident: \$44 Senior Resident: \$20 Senior non-resident: \$24
<b>Painting for the Fun of It!</b>	Carol Hartman  6 classes, 2 hours each	Participants will paint in their preferred medium. Suitable for beginners as well as experienced painters, with one-on-one instructor feedback and group discussion in a positive environment.	Southern Middle Art Room/ Tuesdays/October 9- November 13/7:00-9:00 p.m.  <i>Participants will provide their own supplies.</i>	Resident: \$55 Non-resident: \$59 Senior Resident: \$28 Senior non-resident: \$32
<b>Over 30 Basketball</b>	Jack Stoneberg  8 sessions, 2 hours each	Players over 30 will play full-court "pick-up" basketball games. Participants should know basketball rules and be able to compete with a minimum of an average skill level. Bring a light and a dark t-shirt and wear sneakers to play.	Shrewsbury Elementary Gym/ Thursdays/October 11- December 6/8:00-10:00 p.m.  (No class 11/22)	YMCA Member: \$33 Non-Y Member: \$65



# FALL 2018 WELLNESS OFFERINGS AT SOUTHERN YMCA

Cost is \$50 per 10-class session for non-YMCA members (unless otherwise noted). Classes are free for YMCA members (included in membership fees). Classes begin the week of Monday, October 8, 2018.

For class descriptions, visit [www.sycsd.org](http://www.sycsd.org) under 'Community' and 'Adult Education' or call 717.235.4811, ext. 7231.

CLASS Days Offered/Class Time	CLASS Days Offered/Class Time	CLASS Days Offered/Class Time
<b>X-BIKE</b> MWF 9:15-9:45 a.m., W 5:45-6:15 a.m., Sat 8-8:30 a.m., Tu/Th 6:30-7 p.m.	<b>BOOT CAMP</b> Wed/Sat 10:30-11:30 a.m.	<b>BODY COMBAT</b> Mon 6:30-7:30 p.m., Wed 5:30-6:30 p.m., Sat 9:30-10:30 a.m.
<b>PILATES</b> Wed/Fri 9-10 a.m.	<b>CIRCUIT</b> Mon 10:15-11:15 a.m.	<b>SILVER SNEAKERS CLASSIC</b> Mon/Thurs 11:30 am. - 12:15 p.m.
<b>TAI CHI</b> Mon 9:15-10:15 a.m., Fri 12:30-1:30 p.m., Thurs 5:45-6:30 p.m.	<b>BARRE</b> Mon 10:30-11:30 a.m., Sat 8-9 a.m., Thurs 6:30-7:30 p.m.	<b>SILVER SNEAKERS YOGA</b> Tues/Fri 11:30 a.m. - 12:15 p.m.
<b>YOGA</b> MWThF 10:30-11:30 a.m., Mon 5-6 p.m., Tues 7-8 p.m.	<b>POWER PUMP</b> Tues/Fri 10:15-11:15 a.m.	<b>ACTIVE OLDER ADULT AEROBICS</b> Wed 10:30-11:15 a.m.
<b>STABILITY BALL</b> Tu/Th 9:30-10:45 a.m.	<b>UPPER BODY BLAST</b> Thurs 10:30-11 a.m.	<b>ACTIVE OLDER ADULT YOGA</b> Wed 11:30 a.m. - 12:15 p.m.
<b>CARDIO DANCE FITNESS</b> Fri 9:15-10:15 a.m.	<b>STEP</b> Tues 9:15-10:15 a.m.	<b>BOOM</b> Sat 9-10 a.m.
<b>ZUMBA</b> Wed 9:15-10:15 a.m.	<b>BUTTS AND GUTS</b> Thurs 9:15-10:30 a.m.	<b>ROCK STEADY BOXING (\$50/MONTH)</b> MWF 12:30-2 p.m.
<b>HULA HOOPING</b> Wed 9-10 a.m.	<b>TOTAL BODY CONDITIONING</b> Wed 6:30-7:30 p.m.	<b>LINE DANCING (\$5/CLASS)</b> Thurs 7-9 p.m.
<b>CELTIC SWEAT</b> Tues 10:30-11:30 a.m.	<b>POWER PILATES</b> Mon 9-10 a.m.	<b>FENCING (\$40/SEASON)</b> Tues 6:30-7:30 p.m. (Beginner) 7:30-8:30 p.m. (Intermediate)

## FALL 2018 ADULT EDUCATION REGISTRATION FORM DEADLINE IS SEPTEMBER 28, 2018

*Please make checks payable to "Southern York County School District" and mail to:*

Southern York County School District, Office of Community Relations , P.O. Box 128 , Glen Rock, PA 17327-0128



Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

Alternate Phone \_\_\_\_\_

**Southern York Co. School District Resident?**      \_\_\_ Yes      \_\_\_ No

**Senior Citizen (62 years or older)?**      \_\_\_ Yes      \_\_\_ No

**FOR WELLNESS CLASSES ONLY: YMCA Member?**      \_\_\_ Yes      \_\_\_ No

Fee Enclosed: \$ \_\_\_\_\_ Course Name: \_\_\_\_\_

2nd Course Choice: \_\_\_\_\_

*I fully understand the risks involved in participating in any strenuous activity and I absolve the Southern York County School District from all liability for any personal injury incurred through my participation in any Southern York County School District sponsored Adult Education program.*

Signature: \_\_\_\_\_