



BERMUDIAN SPRINGS SCHOOL DISTRICT

EVENING SESSIONS FOR ADULTS

Minimum Enrollment must be met to hold sessions.

- Please send a separate check for each session.
- Please include your phone number and the session name/number on your check. Checks will be held until minimum enrollment is met.
- Make Checks Payable to: Bermudian Springs School District.
- Non-Residents please add \$5.00 to the session fee.

Mail to:

ADULT EDUCATION PROGRAM
Bermudian Springs School District
7335 Carlisle Pike
York Springs, PA 17372-8807



Call 717-528-4113 EXT 1700 for more information.

You are registered for your session unless contacted otherwise.

Registrations received after maximum enrollment is met will be placed on a waiting list and notified. Facilitators will not accept registrations. No refunds will be issued after sessions have commenced.

Evening activities will not meet on days when school is not in session, such as in-service days, holidays, or days that school is closed due to inclement weather.

Adults only.

BERMUDIAN SPRINGS SCHOOL DISTRICT
7335 Carlisle Pike, York Springs, PA 17372-8807

ADULT EVENING SESSIONS 2021-2022

Walking for Fitness and Fun	Walk with us in the warmth of the Elementary School. Pace yourself or walk with friends. - Facilitator: Gwen Weidler			
Session #: W-22 Min: 25 Max: 40	Dates Jan, 10, 12, 19, 24, 26, 31, Feb. 2, 7, 9, 14, 16, 23, 28, Mar. 2, 7, 9, 14, 16, 2022 [Registration Deadline: Jan. 3]	Time 6:30-7:30 PM	Fee \$18.00	Location Elementary School Halls/Stairs

Zumba Fitness®	A Latin inspired fast paced aerobic/dance workout. - Bonnie Deck, Licensed <i>Zumba®</i> Instructor			
Session # ZF 1-22 Min: 10 Max: 25	Dates Jan. 12, 19, 26, Feb. 2, 9, 16, 23, Mar. 2, 2022 [1 st Session Registration Deadline: Jan. 3]	Time 7:00 -8:00 PM	Fee \$20.00	Location Elementary School Café
Session # ZF 2-22 Min: 10 Max: 25	Dates Mar. 16, 23, 30, Apr. 6, 13, 20, 27, May 4, 2022 [2 nd Session Registration Deadline: Mar 9]	Time 7:00 -8:00 PM	Fee \$20.00	Location Elementary School Café

Pound® Fitness	<i>Pilates</i> with neon ripsticks beaten to music. - Bonnie Deck, Licensed <i>Pound® Fitness</i> Instructor			
Session # PF 1-22 Min: 10 Max: 25	Dates Jan. 12, 19, 26, Feb. 2, 9, 16, 23, Mar. 2, 2022 [1 st Session Registration Deadline: Jan. 3]	Time 8:00-8:30 PM	Fee \$10.00	Location Elementary School Café
Session # PF 2-22 Min: 10 Max: 25	Dates Mar. 16, 23, 30, Apr. 6, 13, 20, 27, May 4, 2022 [2 nd Session Registration Deadline: Mar 9]	Time 8:00-8:30 PM	Fee \$10.00	Location Elementary School Café

Co-Ed Volleyball	Play for fun while learning the basics of game play. No competitive games are scheduled. - Facilitator: Vicki Laughman			
Session # VB-22 Min: 15 Max: 30	Dates Mar. 8, 15, 22, 29, Apr. 5, 12, 26, May 3, 2022 [Registration deadline: Feb. 28]	Time 7:00-9:00 PM	Fee \$30.00	Location New Middle School Gym

Non-Residents, please add \$5.00 to the session fee

Please Note: Each teacher, child/student, staff, or visitor working, attending, or visiting a School Entity shall wear a face covering indoors, regardless of vaccination status, except as set forth in Section 3.

Section 3: Exceptions to Covering Requirement – When participating in high intensity aerobic or anerobic activities, including during a physical education class in a well-ventilated location and able to maintain a physical distance of six feet from all other individuals. *

NONDISCRIMINATION POLICY

The Bermudian Springs School District does not discriminate in its educational programs, activities or employment practices based on race, color, national origin, sex, sexual orientation, disability, age, religion, ancestry, union membership, or any other legally protected category. This policy is in accordance with state law, including the Pennsylvania Human Relations Act, and with federal law, including Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination in Employment Act of 1967 and the Americans with Disabilities Act of 1990. Inquiries regarding the above should be addressed to: Dr. Shane D. Hotchkiss, Superintendent, Bermudian Springs School District, 7335 Carlisle Pike, York Springs, PA 17372-8807. Telephone (717) 528-4113 or (717) 624-4231

*Excerpted from the PA Department of Health Masks/Face Coverings in School Entities Mandate August 2021