



## One Night Classes

### [ANDY MASICH – THE CIVIL WAR IN THE FAR WEST](#)

**NEW!** Join Dr. Andrew Masich, Heinz History Center President and CEO, as he journeys back to 1861-1865 on the Great Plains, the Southwest and even California and Washington. Meet a different and diverse cast of characters that will make you think differently about the extent and impact of the Civil War. This lecture will appeal to Civil War buffs, people interested in American history as well as the history of the West. Ages 10 and above welcome when accompanied by an adult.

High School LGI Room

**Wednesday, November 13**

**7-8:30 p.m.**

**\$17 resident/\$22 non-resident**

Parking: Gate D

### **CPR AND AED FOR ADULTS, INFANTS AND CHILDREN**

Learn American Heart Association Heartsaver® CPR, use of the AED and first aid for choking. For adults with little or no medical training who need CPR/AED certification for job or other requirements. This hands-on class includes demonstrations, video lessons and guided practice. Learn to provide help safely, quickly, effectively.

Hannah Smith, Foxwall EMS, 145 Squaw Run Road, Pittsburgh, PA 15238

[Wednesday, October 2](#) – or – [Thursday, October 10](#)

**6-9 p.m.**

**\$75 resident/\$80 non-resident includes two-year Heartsaver® ecard**

### [CREATE WITH CHOCOLATE](#)

**Barbara Fleishman**

**NEW!** Learn and then practice a variety of chocolate decorating techniques. Dip, enrobe, decorate and mold chocolate around different centers including cookies, pretzels, marshmallows and more. Create and decorate unique, beautiful chocolate treats perfect for entertaining, holiday gift giving, weddings, and more.

High School Cooking Room 201

**Thursday, September 26**

**7-9 p.m.**

**\$25 resident/\$30 non-resident**

Parking: Gates B, C

### [PAINT YOUR OWN WINE GLASSES](#)

**Eileen Schmidt**

**NEW!** Spend a fun night with friends or come by yourself and meet new people. Create a pair of wine glasses in your choice of a fall or winter motif. No art skills required to learn techniques for painting on glass. If you can hold a paintbrush, you can follow the instructor's lead and create uniquely beautiful glasses to enjoy or give as a gift.

High School Room 241

**Tuesday, October 1**

**7-9 p.m.**

**\$30 resident/\$35 non-resident**

Parking: Gates B, C

## **NEW!**

### [Online Registration/Online Payment](#)

Enjoy a faster, easier way to register and pay.

[www.fcaae.org](http://www.fcaae.org)

Sign into the account you already created – or – create an account easily by entering your email and the password of your choosing.

# Aqua Exercise • Lap Swim • Rec Swim

Two 9 Week Sessions • SEPT-NOV • DEC-FEB

## **In case of thunder and lightning.....**

FCAAE follows Allegheny County guidelines.

The pool is cleared. Re-opened only if safe.

Every effort will be made to reschedule  
but make-ups cannot be guaranteed.

## Select Specific Day(s) of the Week

–OR–

Choose Flex. For A Small Increase, Swim on  
the Day(s) of the Week Your Schedule Allows.  
No Advance Commitment to Day(s) Needed.

### ADULT LAP SWIM

Swim laps for exercise and fun. Lane ropes will be in place. Must be able to swim 100 meters without stopping.

**EVENINGS – Tuesday, Thursday** **8:15-9:15 p.m.**

**AFTERNOONS – Saturday, Sunday** **3:00-4:00 p.m.**

1 day/week for 9 weeks	\$52 resident/\$62 non-resident
2 days/week for 9 weeks	\$104 resident/\$124 non-resident
Flex Option for 9 weeks	\$124 resident/\$144 non-resident

### AQUA EXERCISE

No swimming skills needed. Achieve total body fitness with minimal stress on joints. Note: Pool is set to a cooler temperature for competitive swimming. Annie Kayser

**EVENINGS – Tuesday, Thursday** **7:15-8:10 p.m.**

**AFTERNOONS – Saturday** **1:00-2:00 p.m.**

1 day/week for 9 weeks	\$57 resident/\$67 non-resident
2 days/week for 9 weeks	\$114 resident/\$134 non-resident
Flex Option for 9 weeks	\$129 resident/\$149 non-resident

### RECREATIONAL SWIM – FAMILIES & INDIVIDUALS

Enjoy open pool time. Have fun or practice/strengthen your swimming skills. Swimmers under the age of 18 MUST have an adult present who remains at the pool the entire time. Guests of registered swimmers welcome – fee is \$5/guest.

**AFTERNOONS – Saturday, Sunday** **2:00-3:00 p.m.**

Individual 1 day/week for 9 weeks	\$52 resident/\$62 non-resident
Individual Flex for 9 weeks	\$67 resident/\$77 non-resident
Family 1 day/week for 9 weeks	\$67 resident/\$77 non-resident
Family Flex for 9 weeks	\$92 resident/\$102 non-resident

**Offering Classes Since 1962**

# Adult Swim Lessons • Stroke Clinic Offerings Through February 2020

## SMALL GROUP LESSON

For the adult non-swimmer AND beginner. Learn to be comfortable in water and the fundamentals of swimming.

**SATURDAY (New Day!)**

**1:00-2:00 p.m.**

Max 10 Adults

\$92 resident/\$102 non-resident

## SEMI-PRIVATE LESSONS

For the adult non-swimmer AND beginner. Learn to be comfortable in the water and the fundamentals of swimming. Lessons will be tailored to your needs.

**THURSDAY**

**7:15-8:00 p.m.**

Max 3 Adults

\$138 resident/\$148 non-resident

## SEMI-PRIVATE LESSONS

For the swimmer who is comfortable in the water and wants to improve their strokes and skills. Lessons tailored to your needs.

**TUESDAY**

**7:15-8:00 p.m.**

Max 3 Adults

\$138 resident/\$148 non-resident

## SWIM STROKE CLINIC

For swimmers who want to improve technique, breathing, build muscle/endurance for adventure or to swim competitively.

**TUESDAY and THURSDAY**

**7:15-8:00 p.m.**

Max 3 Adults

\$138 resident/\$148 non-resident

Swim Schedule – Please Specify:  
Day(s) or Flex As Well As Session(s)

### September – November – Session A

**Tuesday - 9 weeks**

September 10 to November 12

No class – October 8

**Thursday - 9 weeks**

Sept 19 to November 21

No class – October 31

**Saturday - 9 weeks**

September 14 to November 9

**Sunday - 9 weeks**

Sept 15 to November 10

### December – February – Session B

**Tuesday - 9 weeks**

December 3 to February 11

No class – Dec 24 and 31

**Thursday - 9 weeks**

December 5 to February 13

No class – Dec 26, Jan 2

**Saturday - 9 weeks**

December 7 to February 8

No class – Dec 28

**Sunday - 9 weeks**

December 8 to February 9

No class – Dec 29

## POOL INFORMATION

- Locker rooms, kickboards, noodles, float belts available.
- The pool temperature is set for HS competitive swimming.
- Park at Gate D. Enter door at statue of fox. Follow hall to end.

# Monday

## COOKING: HOLIDAY ENTERTAINING

6:30-8:30 p.m.

**NEW!** Join the Chef of Hartwood Restaurant and learn new recipes just in time for holiday entertaining. Watch Chef Jon use seasonal ingredients to prepare three courses each week: an appetizer, salad and main dish all presented in family-style platter format. Then work in small groups to re-create these courses. Each week ends with enjoying the dishes you cook.

Session A: 3 weeks. October 7 to October 21

Session B: 3 weeks. November 4 to November 18

**Class Fee: \$48 resident/\$53 non-resident for ONE 3 week series**

**Material fee \$30 payable first night.** *Class size limited.* Jon Holzer  
High School Cooking Room 201 Parking: Gates B, C

## DANCING FOR FUN

6:15-7:15 p.m.

**NEW!** If you enjoy learning dances that don't require a partner, join us and discover the world of American and global dance. Oktoberfest, Greek festival and country western line dances will be among the variety of dances taught in manageable sections with weekly review. Fun for dancers and non-dancers. Come alone or bring friends. Beth Ison

**8 weeks – Sept 16 to Nov 11 – No class Sept 30** O'Hara Elem Gym  
**Fee: \$48 resident/\$53 non-resident** Parking: Right Rear Lot

## HIGH INTENSITY INTERVAL TRAINING (HIIT) 5:30-6:30 p.m.

**NEW!** Learn Tabata, a form of HIIT that uses your own body weight to provide a full body workout. Quick, intense bursts of exercise are followed by short, active recovery periods. Format changes weekly so you never do the same class twice. Achieve guided strength training and bursts of cardio while increasing your metabolism and helping your body burn calories and fat up to 24 hours post-workout. Bring mat, water. Jen Evashavik

**6 weeks – October 7 to November 11** Hartwood Elem Gym  
**Fee: \$48 resident/\$53 non-resident** Parking: Front Lot

## PICKLEBALL FOR ADULTS

7:30-9:30 p.m.

**NEW!** Weekly pick-up pickleball games for players with experience. Open gym time; this class is not for students seeking lessons or instruction. Bring your paddle and join the round robin. Players can expect multiple games each week. *Size limited.* Also on Wed night. Fran Meinert/Lynne DeStout

**10 weeks – Sept 9 to Nov 18 – No class Sept 30** O'Hara Elem Gym  
**Fee: \$85 resident/\$90 non-resident** Parking: Right Rear Lot

## PiYo® FITNESS

6:15-7:15 p.m.

This high intensity workout is inspired by Pilates and Yoga. Rather than holding long, intense poses, this pulse-pounding, calorie-crushing class features nonstop, targeted moves that provide the muscle-sculpting, core-firming of Pilates and strength/flexibility of Yoga. Bring mat. Trudi Annett

**8 weeks – Sept 9 to Nov 4 – No class Sept 30** Fairview Elem Gym  
**Fee: \$48 resident/\$53 non-resident** Parking: Front Lot

## WOMEN'S FITNESS/STRENGTH TRAINING

6:30-8 p.m.

Learn proper use of weight training equipment during this women-focused open gym time. Under the guidance of exercise professionals, use equipment that suits your fitness needs. Increase your strength, reduce body fat, improve bone density. Also offered Thursday evenings. Beth Ryce

•Session A – 9 weeks – Sept 16 to Nov 18 – No class Sept 30

High School Fitness Center Parking: Gate D

•Session B – 9 weeks – Dec 3 to Feb 11 – No class – Dec 23, Dec 30

**Fee: \$57 resident/\$62 non-resident per Session**

## YOGA

6:45-8:15 p.m.

**MORE WEEKS!** Suitable for all fitness levels. Learn Kundalini and Hatha Yoga to balance and harmonize your mind, body, and spirit while increasing flexibility and strength. Wear comfortable clothing and bring water and a towel or mat. Also offered on Thursday evenings. Diane Prem

**8 weeks – Sept 16 to Nov 11 – No class Sept 30** Hartwood Elem Gym  
**Fee: \$63 resident/\$68 non-resident** Parking: Front Lot

### **Need to Register at the Last Minute?**

FCAAE is pleased to accommodate last minute registrations if space allows. Please check our website or call our phone line to learn if seats are available. An **additional fee of \$5 per class** applies *if* your registration form and payment are not received 48 hours before the first class.

# Tuesday

## ESSETRICS®

7:15-8:15 p.m.

**NEW NIGHT! NEW LOCATION!** This full body, non-impact, equipment-free workout is suitable for all fitness levels. Rebalance your body using dynamic movements that stretch and strengthen your muscles. Help prevent and treat injuries, improve posture, unlock tight joints. Bring mat, towel, water. Class includes floor and standing exercises. Jamie Kunning  
**8 weeks – Sept 17 to Nov 12 – No class Oct 8** Hartwood Elem Gym  
**Fee: \$48 resident/\$53 non-resident** Parking: Front Lot

## ESSETRICS® FOREVER PAINLESS

6-7 p.m.

**NEW!** If you suffer spasms, arthritis or other forms of constant pain, join this slower-paced workout. Chronic pain often makes us afraid to move. But regular movement is essential to prevent atrophy and rebuild healthy tissue. These gentle exercises are designed to ease discomfort in the feet, ankles, knees, hips, back and neck. Bring mat, towel. Jamie Kunning  
**8 weeks – Sept 17 to Nov 12 – No class Oct 8** Hartwood Elem Gym  
**Fee: \$48 resident/\$53 non-resident** Parking: Front Lot

## GENTLE YOGA

5-6:15 p.m.

**NEW LOCATION!** This slower paced class is perfect for new students and yogis of all fitness levels. Be gently led through poses that emphasize stretching, breathing and relaxation. Class includes a mixture of standing, seated, and prone postures that help increase strength, flexibility and balance. Wear comfortable clothes, bring a mat, water and enjoy the many benefits to your health and well-being. *Class size limited.* Diane Prem  
**6 weeks – September 17 to October 22** Fairview Elementary Gym  
**Fee: \$62 resident/\$67 non-resident** Parking: Front Lot

## HANDS IN CLAY

6-9 p.m.

Learn to throw on a wheel and hand build. A professional potter will teach techniques of construction and creative design. Beginners will learn to slip, score, prepare slab and create refined pieces of pottery. Experienced students will work with instructor to create projects of higher artistic focus and skill. **Fee includes 25 lb bag of clay/glazes/firings.** Students may create 12 pieces/bag (min 3"x3"/max 12"x12"). Also on Thursdays. Karen McKee  
**10 weeks – Sept 17 to Nov 26 – No class Oct 8** High School Room 164  
**Fee: \$165 resident/\$175 non-resident** Parking: Gate A

## PHOTOGRAPHY 101

6:30-8:30 p.m.

**NEW!** Whether you own a point-and-shoot, DSLR or cell phone camera, join a professional photographer and learn to use the power of your camera to take better pictures. Understand the critical role proper exposure plays. Learn the elements that affect exposure. Discover the power of computers in helping you create photographs that reflect what you want to capture. Bring your camera and its manual. Roy Engelbrecht  
**3 weeks – September 17 to October 1** High School Room 206  
**Fee: \$47 resident/\$52 non-resident** Parking: Gates B, C

### **Parking At Fox Chapel Area High School**

There are 4 lots on the FCAHS campus. Which is closest?

#### **Gate A = All Art Classrooms in 160 range**

From Fox Chapel Rd → Field Club → 1st left onto HS campus  
From Powers Run → Field Club → 4th right onto HS campus  
Enter at Art Wing door.

#### **Gate B = All Classrooms in 200 range**

From Fox Chapel Rd → Field Club → 2nd left onto HS campus  
From Powers Run → Field Club → 3rd right onto HS campus  
Enter at door with sign stating Adult Ed Entrance.

#### **Gate C = Overflow parking for Rooms in 200 range**

From Fox Chapel Rd → Field Club → 3rd left onto HS campus  
From Powers Run → Field Club → 2nd right onto HS campus  
Enter at door with sign stating Adult Ed Entrance.

#### **Gate D = Pool, Fitness Center, Gym, LGI, "100" Rooms**

From Fox Chapel Rd → Field Club → 4th left onto HS campus  
From Powers Run → Field Club → 1st right onto HS campus  
Enter at door with statue of fox.

## Tuesday (Continued)

### **PILATES**

**6:30-7:30 p.m. – Note Locations**

Pilates works every muscle in your body while focusing on core control. Strengthen your deep abdominal and back muscles. Learn breathing and correct alignment. Extend your range of motion. Beginners will learn proper techniques; experienced students can deepen their skills. Bring mat, towel and water. Cara Metallo

**•Session A – 10 weeks – Sept 10 to Nov 19 –No class Oct 8**

Fairview Elementary Gym

Parking: Front Lot

**•Session B – 10 weeks – Dec 3 to Feb 18 – No class Dec 24, Dec 31**

Hartwood Elem Library

Parking: Front Lot

**Fee: \$58 resident/\$63 non-resident per Session**

### **UNDERSTANDING THE STOCK MARKET**

**7-8:30 p.m.**

**NEW!** Learn the basics of financial markets so you can better understand and manage your investments. Combining lectures with hands-on “investing,” learn to read a stock chart, value publicly traded corporations, perform your own investment research, construct an investment portfolio. Discover how your innate biases effect your money decisions. Explore socially responsible investing. Evaluate why or why not to invest in stocks, bonds, mutual funds, hedge funds, private equity. Aaron Leaman

**8 weeks – Sept 10 to Nov 5 – No class Oct 8** High School Room 208

**Fee: \$48 resident/\$53 non-resident**

Parking: Gates B, C

## Wednesday

### **BASKETBALL FOR ADULTS**

**7:45-9:45 p.m.**

Come alone or register with friends. Weekly pick-up basketball games for adult players of all skill levels. Players are divided into new teams of 4-5 players each week. Multiple short games are played each night. Bring a dark and white shirt. Denis Meinert/Ben Miller

**10 weeks – September 4 to November 6** High School Auxiliary Gym

**Fee: \$73 resident/\$78 non-resident**

Parking: Lot D

### **CHAIR TRIYOGA**

**6:15-7:15 p.m.**

**NEW NIGHT!** Chair supported TriYoga is for everyone but it's especially helpful if you have difficulty getting up/down from the floor, have not been physically active or need balance support. Develop your strength, alignment, flexibility and breathing while in a seated position. Honor your body by working with the challenges or limitations you have. Julie DiDomenico

**8 weeks – Sept 11 to Nov 13 – No class Sept 25, Oct 9** HS Room 208

**Fee: \$42 resident/\$47 non-resident**

Parking: Gates B, C

### **PICKLEBALL FOR ADULTS**

**6:15-8:15 p.m.**

**MORE WEEKS!** Weekly pick-up pickleball games for players with experience. Open gym time. Not for students seeking lessons or instruction. Bring your paddle. Join the round robin. Players will enjoy multiple games/week. *Size limited.* Also on Monday. Fran Meinert/Lynne DeStout

**10 weeks – Sept 11 to Nov 20 – No class Oct 9** O'Hara Elem Gym

**Fee: \$85 resident/\$90 non-resident**

Parking: Right Rear Lot

### **SPANISH FOR TRAVEL AND FUN**

**7-8:30 p.m.**

**NEW!** Have fun learning the basics of conversational Spanish. No prior knowledge needed. Jump in and learn vocabulary, pronunciation and only the grammar you need to communicate while traveling and socializing with Spanish-speakers. Bonus: explore the culture and customs of the instructor's native country – Guatamela. Diana Morales

**4 weeks – September 11 to October 2** High School Room 207

**Fee: \$42 resident/\$47 non-resident**

Parking: Gates B, C

### **WATERCOLOR PAINTING**

**7-9 p.m.**

**MORE WEEKS!** Enjoy the fun, beauty and happy surprise of watercolor painting. Beginners will learn composition, color theory, perspective and watercolor techniques. Experienced artists will enjoy studio time with personalized guidance. A weekly lesson/demonstration will be followed by one-on-one guided practice. Materials list provided first night. Melissa Tai

**9 weeks – Sept 11 to Nov 13 – No class Oct 9** High School Room 162

**Fee: \$92 resident/\$97 non-resident**

Parking: Gate A

Questions? (412) 696-1410 (direct to voice mail)  
[director@fcaae.org](mailto:director@fcaae.org) or [www.fcaae.org](http://www.fcaae.org)

# Thursday

## **BALANCE EXERCISES: ANYWHERE, ANYTIME** 6-7 p.m.

Good balance is one of the best predictors of long-term health. Work with a physical therapist and learn to safely perform these exercises. Improve coordination, minimize your risk of injuries, build strength, improve posture with exercises you can easily add to your daily routine. Shannon Young

**4 weeks – September 19 to October 10**

High School Room 208

**Fee: \$42 resident/\$47 non-resident**

Parking: Gates B, C

## **HANDS IN CLAY** 6-9 p.m.

Learn to throw on a wheel and hand build. A professional potter will teach techniques of construction and creative design. Beginners will learn to slip, score, prepare slab and create refined pieces of pottery. Experienced students will work with instructor to create projects of higher artistic focus and skill. **Fee includes 25 lb bag of clay/glazes/firings.** Students may create 12 pieces/bag (min 3"x3"/max 12"x12"). Also on Tuesdays. Karen McKee

**10 weeks – Sept 19 to Dec 12 – No class Oct 10, Oct 31, Nov 28**

**Fee: \$165 resident/\$175 non-resident** HS Room 164. Parking: Gate A

## **KICKBOXING FOR FITNESS** 7-8 p.m.

**NEW NIGHT! NEW LOCATION!** Muay Thai kickboxing provides a total body workout for all fitness/experience levels. Learn proper techniques, fundamentals of punches and kicks, and correct use of your body. Experienced students will deepen their skills. Bring bag gloves. Jim Harding

**•Session A – 9 weeks – Sept 12 to Nov 21 – No class Oct 10, Oct 31**

**Fee: \$53 resident/\$58 non-resident**

Hartwood Elem Gym

**•Session B – 10 weeks – Dec 5 to Feb 13 – No class December 26**

**Fee: \$58 resident/\$63 non-resident**

Hartwood Elem Library

## **MAH JONGG** 6:30-8:30 p.m.

**NEW!** Learn the game of Mahjongg or sharpen your skills. The first class is mandatory as it will focus on teaching the fundamentals of the game including tiles, rules, and strategy using National Mahjongg League rules. Future weeks will provide more playing time as well as additional instruction. **Material Fee: \$9 for a 2019 NMJL Card.** Sarah Beitler

**4 weeks – Oct 17 to Nov 14 – No class Oct 31**

High School Library

**Fee: \$40 resident/\$45 non-resident**

Parking: Gate D

## **PAINTING WITH OILS** 7-9:30 p.m.

Artists of all levels will enjoy painting with oils on stretched canvas. Beginners will learn basic color theory, composition, best materials for your art and what it means to "make a picture." Experienced artists will enjoy studio time with personalized guidance. Materials list provided at first class; expect to invest \$75 if you own no supplies. *Class size limited.* Martha Ball

**8 weeks–Sept 19 to Nov 21–No class Oct 24, Oct 31**

HS Room 162

**Fee: \$82 resident/\$87 non-resident**

Parking: Gate A

## **WOMEN'S FITNESS/STRENGTH TRAINING** 6:30-8 p.m.

Learn the proper use of weight training equipment during this women-focused open gym time. Under the guidance of exercise professionals, use equipment that suits your fitness needs. Increase your strength, reduce body fat, improve bone density. Also offered Monday nights. Beth Ryce

**•Session A – 9 weeks – Sept 19 to Nov 14 – No class Oct 31**

High School Fitness Center

Parking: Gate D

**•Session B – 9 weeks – Dec 12 to Feb 20 – No class Dec 26, Jan 2**

**Fee: \$57 resident/\$62 non-resident per Session**

## **YOGA** 6:45-8:15 p.m.

**NEW LOCATION!** Suitable for all fitness levels. Learn Kundalini and Hatha Yoga to balance and harmonize your mind, body and spirit while increasing flexibility and strength. Wear comfortable clothing; bring water and a towel or mat. Also offered on Monday nights. Diane Prem

**7 weeks – Sept 12 to Nov 7 – No class Oct 3, Oct 31**

Fairview Gym

**Fee: \$58 resident/\$63 non-resident**

Parking: Front Lot

### **Weather Related Cancellations**

When Fox Chapel Area Schools are closed, FCAAE classes are cancelled. Classes will be rescheduled.

If inclement weather arrives after the school day begins, students are responsible for learning if FCAAE is running.

Listen to KDKA television/radio. Check [www.fcaae.org](http://www.fcaae.org). Follow FCAAE on Facebook or Twitter. Call 412-696-1410.

# Fall 2019

## Registration Form (*Sign Reverse Side*)

Classes are available for all adults to enjoy.  
Taxpayers of FCASD pay a discounted class fee.

\_\_\_\_\_  
First Name(s) Last Name(s)

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

\_\_\_\_\_  
Home Phone Cell Phone Business Phone

\_\_\_\_\_  
E-Mail Address

### Courses for which I/we are registering:

\_\_\_\_\_  
Course Fee Day(s)/Session(s)

\_\_\_\_\_  
Course Fee Day(s)/Session(s)

\_\_\_\_\_  
Course Fee Day(s)/Session(s)

Please consider making a donation to help FCAAE continue its mission of providing lifelong learning, fun, and fitness.  
Enclosed is my tax-deductible gift of \$\_\_\_\_\_.  
Thank you!

### How To Register

- Visit** [www.fcaae.org](http://www.fcaae.org) to register and pay online!  
- OR -
- Register by Mail**
  - Sign the Release (on back)/complete Registration.
  - Attach check/money order payable to FCAAE.
  - Mail FCAAE, 611 Field Club Rd, Pittsburgh, PA 15238
  - More than one adult may use the same form. Every adult must sign the release form on the reverse.
- Classes fill quickly. Registrations are entered in the order received. All forms must be completed and payment must be made in order to reserve a space.
- There will be a \$30 charge for NSF checks.

### **Want Confirmation You Are Registered?**

Online registrants will receive a detailed confirmation containing class name, date(s), time, location & any special class-related info.  
Mail in registrants who provide an email address will receive a confirmation email but it will not contain specifics about their class(es).

### Can Children Attend Classes?

With the exception of Family Swim, children may attend only if our brochure designates that a class permits attendance by children of specified ages. The following conditions apply:

- To meet the liability requirements of our program, an adult must *register, pay for, and attend* every class with a minor.
- On the release form, we ask for the name and age of the minor student. FCAAE reserves the right to refuse entry and deny a refund to anyone providing false information.

**FCAAE, 611 Field Club Rd, Pittsburgh, PA 15238**



# Fall 2019

## General Waiver/Release – Registration on Reverse Every Attendee Must Sign This Form

I, \_\_\_\_\_, do hereby apply for enrollment in a Fox Chapel Area Adult Education course, as above identified ("Course"). In consideration of being granted enrollment in the Course for the stated fee, which is enclosed, I agree as follows:

I understand that Fox Chapel Area Adult Education 1) engages instructors as independent contractors, 2) requires no certifications, and 3) reserves the right to substitute instructors at any time. I understand all risks that may be associated in my participation in the activities of the Course, and hereby agree to assume all such risks and take full and exclusive responsibility for them and hereby waive and release the Fox Chapel Area Adult Education Committee and the Fox Chapel Area School District, its successors and assigns, together with their respective directors, officers, agents, representatives, sponsors, instructors, employees and volunteers, from any and all claims for any and all personal injury, property damage or destruction, death, breach of contract, or otherwise, except for such conduct which would be considered intentional or gross negligence, all of which arose from my participation in the Course. I fully understand and acknowledge that the Course involves physical activities and/or contact which create an inherent risk and danger of minor or serious injury or of death. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Course.

The waiver and release shall be binding upon me, being of legal age and competency, and, if applicable, on the minor identified below, and my, or his/her heirs, beneficiaries, estate, fiduciaries and assigns.

I hereby consent to have a photograph/video taken that includes me while I was in attendance at one of the public FCAAE Course locations at which I was enrolled and in attendance during the time of its instruction/activity and agree that the images may be used in future promotional and/or historical purposes of the FCAAE.

---

Signature

Date

---

Signature

Date

### Refund/Cancellation Policy

A full refund is guaranteed if your course was filled or cancelled when we received your payment.

Partial refunds will be given to any student who has notified the Director at least 48 hours prior to the first meeting.

**Cancellation fee = \$10 per course.**

Every effort is made to adhere to the published schedule. However, FCAAE reserves the right to substitute instructors, increase/decrease class limits, or cancel a class due to inadequate registration.

Emergency for the instructor? Class will be rescheduled.

**Minors:** With the exception of classes where students under the age of 18 are welcomed in the course description, minors may only attend classes with the permission of the Executive Director and instructor. No minor may attend any class unless accompanied by an adult registered for the same class.

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Name of Minor(s)/Age(s) (for courses that allow minors)

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Signature of Parent/Legal Guardian for Minor(s)

Date

The Fox Chapel Area Adult Education Committee (FCAAE) is an outreach program of the Fox Chapel Area School District dedicated to providing enrichment classes to the community. Because our classes meet in school district buildings, they are subject to last-minute changes due to conflicting school activities. FCAAE does not discriminate on the basis of race, creed, color, sex, nationality, ethnic origin, age, or disability in the administration of its policies, hiring practices, employment practices, and admission to its programs, services or activities, in access to them, in treatment of individuals with disabilities, or in any aspect of its operations. By the terms of its title and mission, FCAAE students, unless otherwise stated, must be restricted to those persons 18 years of age and older. <sup>2</sup>Teachers of FCAAE programs are independent contractors, not employees.

Fox Chapel Area School District  
Adult Education Committee  
Fox Chapel Area High School  
611 Field Club Road  
Pittsburgh, PA 15238  
[director@fcaae.org](mailto:director@fcaae.org)  
412.696.1410

Non Profit Org  
US Postage PAID  
Pittsburgh, PA  
Permit No. 800

DATED MATERIAL  
PLEASE DELIVER IMMEDIATELY

ECRWSS  
POSTAL CUSTOMER