

**BEGINNING TAI CHI with Linda Vucelich**

Start your Tai Chi practice this summer in an easy, relaxed atmosphere. This class is intended for those who have never taken Tai Chi or who have some experience with Tai Chi. (Every other Tuesday)

**Tuesdays: June 30, July 14, July 28, Aug 11,**

**Aug 25 6:50– 7:50 PM**

**Class Fee: 6 registrants@ \$50 each**

**or 5 registrants @ \$60 each**

**+ YWCA Membership (\$17/year)**

**INTERMEDIATE TAI CHI with Linda Vucelich**

Tai Chi is the Art of Movement with cumulative and long-range benefits. It is a system of health maintenance and prevention as well as promoting well-being, ease, balance and energy efficiency.

***Session 1***

**5 Mondays: June 1, June 8, June 15, June 22,**

**June 29**

**6:45—7:45 PM**

**Class Fee: 6 registrants@ \$50 each or 5 registrants**

**@ \$60 each +YWCA Membership (\$17/year)**

***Session 2***

**3 Mondays: July 13, July 20, July 27**

**6:45—7:45 PM**

**Class Fee: 6 registrants@ \$30 each**

**or 5 registrants @ \$40 each**

**YWCA Membership (\$17/year)**

***Session 3***

**4 Mondays: Aug 10, Aug 17, Aug 24, Aug 31**

**6:45—7:45 PM**

**Class Fee: 6 registrants@ \$40 each**

**or 5 registrants @ \$50 each**

**+ YWCA Membership (\$17/year)**

**CONTINUING TAI CHI with Linda Vucelich**

This class is designed for experienced Tai Chi students looking to continue their practice and refine their form.

**6 Tuesdays: June 23, July 7, July 21, Aug 4, Aug 18**

**and Sept 1**

**7:00 - 8:00 PM**

**Class Fee: 6 registrants@ \$60 each**

**or 5 registrants @ \$70 each**

**+ YWCA Membership (\$17/year)**

**eliminating racism  
empowering women  
YWCA**

YWCA of Westmoreland County  
424 North Main Street  
Greensburg, PA 15601

**eliminating racism  
empowering women  
ywca**

**Summer 2009  
Classes & Programs**



Non-Profit Org.  
U.S. Postage  
**PAID**  
Greensburg, PA  
Permit No. 385

**YWCA of Westmoreland County**  
424 N Main Street • Greensburg, PA 15601  
Phone: 724 834-9390 / Fax: 724 834-9391  
E-mail: [Info@ywcawestmoreland.org](mailto:Info@ywcawestmoreland.org)  
Web Site: [www.ywcawestmoreland.org](http://www.ywcawestmoreland.org)

## RESUMES, COVER LETTERS & MORE!

Learn how to create a resume that stands out for all of the right reasons and helps you put your best foot forward to perspective employers. The first class will present the foundation for resume writing, including an overview of required and optional content, effective descriptions of your skills and experiences, as well as a variety of formatting options. Building on the first, the second class will be divided into two parts. First, we will do an in-class critique of resumes provided by class members. In the second half, we will learn about writing effective job search correspondence such as cover letters and thank you notes.

**2 Mondays: June 15 & 22 6:30—7:30 PM**

**Class Fee: \$18**

**Instructor:** Beth Tiedemann, M.Ed., M.A., NCC-Director of Career Services  
University of Pitt at Greensburg

## GRADUATE SCHOOL: You Can Get There From Here

Have you ever pondered whether graduate school might be right for you? This class will cover the who, what, when, where and why of graduate school. Discussion topics will include an overview of various degree options, factors to consider to select the program that's right for you, the application processes including a timeline, admissions exams, financing options, and a where-to-turn for additional information.

**1 Monday: June 29 6:30– 8:00 PM**

**Class Fee: \$12**

**Instructor:** Beth Tiedemann, M.Ed., M.A., NCC-Director of Career Services,  
University of Pitt at Greensburg

## BABYSITTING CERTIFICATION

Participants will learn the important skills necessary to be responsible babysitters. Class is open to boys and girls ages 11 and up. All necessary materials will be provided. Participants must bring a bagged lunch to class. Limited to 10 students. Facilitator: American Red Cross

**Saturday: June 13, 2008**

**9:00 AM - 3:00 PM**

**Class Fee: \$55 + \$17 YWCA membership fee**

## EASY MOVE, GENTLE YOGA with Christine Walko

This class is great for, but not limited to seniors or individuals with disabilities. It is also a great starting point for those who have not been physically active for awhile. Proper movement and breathing are emphasized as we move through a series of movements and postures that can be done from bed, a chair and standing. This class can help improve range of motion, stiffness and pain, and lessen the chances of getting seriously hurt from falls. Improved self-confidence and calmness are side effects!

The YWCA is handicapped accessible!

**6 Tuesdays, June 23-July 28**

**10:00 AM—11:00 AM**

**Class Fee: \$45 + YWCA Membership (\$17/year)**

## YOGA AWARENESS with Nancy Michaels

This series is designed to focus on specific areas of the body to strengthen and stretch muscles. This six week series will help participants build strength, balance the body's system, increase body awareness, and increase energy while learning specific postures.

**6 Thursdays: May 28—July 2**

**10:00 - 11:30 AM**

**Class Fee: \$42 + YWCA Membership (\$17/year)**

## HATHA YOGA with Christine Sumner

This class will include yoga postures that help to position and work the body in ways that stretch and strengthen not only the major muscle groups but also the deeper muscles that maintain the health of the spine and joints.

**6 Wednesdays: May 27—July 1**

**5:30 - 6:45 PM**

**Class Fee: \$45 + YWCA Membership (\$17/year)**



## KIDS POWER KARATE CLASSES

for boys and girls, ages 6 through 12, and **Little Ninjas Pre-school Program** for boys and girls, ages 4 through 6 begin

June 18 at the YWCA!

Call for information @ 724-834-9390.

## **PROGRAM REGISTRATION FORM**

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email: \_\_\_\_\_

Please register me for:

Program Name \_\_\_\_\_

The YWCA reserves the right to cancel any program due to insufficient registration. In the event of a cancellation, program fees (minus membership) will be refunded. Refunds (minus \$5 processing fee) will also be given for illness certified in writing by a physician. For a copy of the complete refund policy, please contact the YWCA.

**\*Indemnity Agreement:** I agree to hold the YWCA, its agents, officers, and employees, harmless from any and all liability claims, judgments, or injuries to my person and/or property from any participation in this activity.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Please fill out the top portion and include a check for the total amount due. Return to the YWCA office (424 N Main Street, Greensburg, PA 15601). Payment must be received in order to be registered for the class.**