Sayville
Adult Education
Spring 2022
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**Registration Information**

**Mail Registration is Preferred!**
Avoid long lines and closeouts by mailing the registration forms and a separate check for each course desired to:

**Adult Education**  
**Sayville High School**  
**20 Brook Street**  
**West Sayville, NY 11796**

Include home and work telephone numbers. Specify section if applicable. Registrations will be honored in the order in which they are received. Make checks payable to: Sayville Adult Education

**In-Person Registration**
Will be held Monday, March 7th from 7 to 8:30 pm at the High School Office. All mail registrations received before in-person registration will have precedence. Late Registration: Call 244-6647 to see if openings exist.

**Eligibility**
Anyone over 16 years of age not enrolled in a public or private high school may enroll.

**Fees**
As listed in brochure. Non-residents, $5.00 per course extra. Residents of the Bayport-Bluepoint school district will not be charged the additional $5.00 fee. Sayville Senior Citizens with Town of Islip I.D.’s half price (seminars and senior classes excluded).

**Refunds**
Will be made only if the course is cancelled due to insufficient enrollment.

**Schedule**
Classes begin the week of March 14  
Tennis begins April 9  
No Classes: April 15 - 22; May 27 & 30

All classes run for 8 sessions unless otherwise noted. Please assume you are registered unless otherwise notified.
COVID-19 Safety Measures

Sayville Adult Education is once again open to the public, with in-person instruction. Please note that precautions are in place to prioritize the health and safety of our staff and students. We will follow and implement the guidelines and recommendations from our local health officials and the CDC.

All students and instructors are required at all times to wear face coverings while in any Sayville School building, and to practice social distancing at all times, as per current CDC guidelines.

We thank you for your patience, cooperation, and ongoing support!

**Hand Built & Wheel Thrown Pottery**
Explore the joys of making hand built and wheel thrown pottery. We will be exploring functional and sculptural forms as well as a variety of decorative techniques. This introductory class will also cover wheel techniques such as wedging, centering, cylinders, bowls, and various glazes and decorations. Registration fee includes $45 materials fee for clay and glazes. By the end of the course you will have several pieces of pottery to proudly display or to give as gifts.
**TUESDAY** 7:00 -9:00
**OR**

**THURSDAY** 3:00 - 5:00
High School Room 138
Instructor: John Verschure
Fee: $100.00

**Digital Photography**
This class will be an introduction to digital photography and the digital camera. You will explore image composition, exposure control, depth of field, color, texture, lighting and more. Entering the world of computer graphics, using Photoshop Elements, you will learn to edit your images by cropping, color balance, brightness/contrast and web imaging. Special projects include photomontages, panoramas and special filter effects. How to print and display your work will also be covered. Requirements: digital camera and basic computer skills.
**MONDAY & THURSDAY** 6:00 - 8:00
High School Room L50
Instructor: Gil Sacks
Fee: $75.00 - 12 sessions

**Advanced Volleyball**
A two hour session of co-ed volleyball for the volleyball enthusiast. It is intended for the experienced player who knows the rules and doesn’t mind that the ball is going to be hit hard. Come out to play hard and have fun!
**THURSDAY** 7:30 - 10:30
Old Junior High Gym
Instructor: Chris Surrusco
Fee: $60.00 - 10 sessions

**Intermediate Volleyball**
A two hour session of co-ed volleyball offered to those who already have some experience in the sport. They should also have a working knowledge of the rules and would like to have fun while improving their skills.
**TUESDAY** 7:30 - 9:30
Old Junior High Gym
Instructor: Barbara Barone
Fee: $50.00 - 10 sessions

**Watercolor**
Learn the basics of watercolor from a local artist. No experience necessary. This introductory class will cover mixing colors, washes, tips and techniques. Bring a pad of watercolor paper, a large round soft #8 or larger watercolor brush, a plastic container for water and your enthusiasm the first night. Beginners or intermediate level welcome!
**THURSDAY** 6:00 - 8:30
High School Room 137
Instructor: Jennifer Berotti
Fee: $60.00

**Beginner Mah Jongg**
Looking for a fun, challenging game that’s being played by men, women, singles and couples? Join the fast-growing trend and meet new friends while learning the exciting and thought provoking game of American Mah Jongg. The course covers all aspects of the game including understanding the card, selecting a hand, and pick up playing strategies all leading to the ultimate Mah Jongg! By the 2nd evening the games begin and the challenge is on! Order your 2022 cards online at nationalmahjongleague.org and bring your set to class if you have one. It is imperative that you attend the first night of class where the premise and rules of the game are explained!!
**MONDAY** 6:30 - 9:00
High School Library
Instructor: Wendy Meagher
Fee: $65.00
**TENNIS: BEGINNER**

This course will concentrate on the basic fundamentals of tennis. It is geared to the person who has never held a tennis racket. Its focus is building a solid tennis foundation based on proper stroke production and mechanics. Learn the forehand, backhand, volley and serve. This course is instructional, fun and social. Come make friends, increase overall fitness, and begin to master the sport of a lifetime. Participants must supply their own tennis racket.

**SATURDAY** 11:00 am - 1:00 pm
High School Tennis Courts
Instructor: Chris Pollak
Fee: $75.00 - Begins April 9
12 sessions

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**OPEN GYM**

The High School Wellness Center is now open and available to you on Monday's (4:00 - 5:30) and Thursday’s (5:30 - 7:00). Come workout with state-of-the-art equipment including Cybex, treadmills, elliptical machines, stationary bikes, free weights, kettle bells, bosu balls and more! Personal Trainer Lisa Nadeau will be available to assist you with any and all your fitness needs. Receive instruction on how to use equipment safely and effectively. Discuss personalized fitness programs, weight loss and nutrition.

**MONDAY** 4:00 - 5:30

and/or

**THURSDAY** 5:30 - 7:00
High School Wellness Center
Instructor: Lisa Nadeau
Fee: $50.00 - Begins March 28
A one-time materials fee of $5 will be collected at the first class.

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**TENNIS: ADVANCED**

Have fun while taking your game up one level. Designed for players who have knowledge of the basic strokes but lack mastery and consistent execution. Instruction will focus on both stroke production and playing situations. Intermediate strokes and strategies will be introduced.

**SATURDAY** 9:00 am - 11:00 am
High School Tennis Courts
Instructor: Chris Pollak
Fee: $75.00 - Begins April 9
12 sessions

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**PAPER CRAFTS**

This is a virtual only class you can participate in each week. Make beautiful handmade cards and special occasion items that your family and friends will love. You will provided weekly with kits that have all the materials needed to make multiple items. The kits will include step-by-step instructions and pictures that you can follow at your own convenience or if you are unable to join us by Zoom that week.

No experience necessary. All you need is scissors and adhesive. If you are joining by Zoom, a link will be given to you each week to join us by computer, phone, or tablet.

**WEDNESDAY** 7:30 - 9:00
Remote Only via Zoom
Instructor: Barbara Fitzgerald
Fee: $50.00

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**Fit Camp:**

**Total Body Fitness**

This workout (designed & supervised by a Personal Trainer) has each participant working at their own personal fitness goals. Using some of the most innovative and effective fitness tools available, it’s simple to follow--with dramatic results! Whether you choose to reduce bodyfat, increase strength, improve endurance, sculpt your body or a TOTAL TRANSFORMATION with all 4--here’s the TRAINING session for you. Fun, Effective, and Focused, this FIT CAMP is loaded with ‘Toys’.

You will need the following:
Mat, water, towel.

**MONDAY** 7:00 - 8:15
Fee: $60.00 - 10 sessions

or

**WEDNESDAY** 7:00 - 8:15
Please specify Mon. or Wed.
Middle School Wellness Center
Instructor: Lori Hodkinson
Fee: $60.00 - 10 sessions

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**ASL FOR BEGINNERS**

This 2 week workshop is designed to introduce students to American Sign Language (ASL). ASL is the natural and visual-gestural language used by deaf and hard of hearing people in the US. Students will learn the manual alphabet and numbers, introducing oneself, asking and giving names and commonly used phrases. Come join us for this exciting new workshop! Choose 1 of 2 sections.

**Section 1** March 29 & April 5

**Section 2** April 26 & May 3
6:30 - 8:30 High School Room 127
Instructor: Kathy Bedka
Fee: $20 - 2 sessions
**SOCIAL BALLROOM DANCE**

Learn to dance in a comfortable, relaxed environment while having fun. Dancing is beneficial both mentally and physically. We will be offering the **Fox Trot** and **Rumba**. The **Fox Trot** is a smooth line of dance recognizable by its continuous, elegant movements. It is usually danced to a slower tempo, although can be transitioned to an East Coast Swing. The **Rumba** is a slow, sensual dance containing Spanish and African elements. This spot dance originated in Cuba. This course will teach you more than enough to be able to dance at weddings, parties and dance clubs with confidence and ease. No partner necessary, however, partners are not guaranteed. No rubber sole shoes, please.

**THURSDAY** 7:30 - 9:00  
High School Cafeteria  
Instructors: Ginny & Jeff Dolson  
Fee: $55.00

**COVID-19 Safety Measures**

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**WANTED!**

**ADULT EDUCATION INSTRUCTORS**

If you have a special talent you would like to share with others, consider teaching a Sayville Adult Education class.

Simply mail or email a brief description of what you would like to offer to:

Michael Baio  
Director of Adult Education  
Sayville High School  
20 Brook Street  
West Sayville 11796  

or email:

mbaio@sayvilleschools.org

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**Time for fitness**