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, October 25 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 November 1, unless noted.
Tennis begins Sept. 14  No Classes: Oct. 9, 14; November 11, 25, 26; December 24 - 31
All classes run for 8 sessions unless noted.
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!

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!

MONDAY  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 2021 cards online at nationalmahjonggleague.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

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 and/or THURSDAY  4:00 - 5:30
High School Wellness Center
Instructor: Lisa Nadeau
Fee: $50.00
A one-time materials fee of $5 will be collected at the first class.

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 High School Tennis Courts
Instructor: Chris Pollak
Fee: $65.00 - 10 sessions
Begins Sept. 14

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: $65.00 - 10 sessions
Begins Sept. 14
Ciao! Have you always wanted to learn another language? Are you planning a trip to Italy? Whether you would like to learn Italian for travel or work or for the pleasure in discovering another culture you will have fun learning the basics and beyond in this class. We will discuss vocabulary, grammar and conversation over coffee. Andiamo!

**WEDNESDAY**

6:00 - 7:00
High School Room 119
Instructor: Danielle Kleinhans
Fee: $40.00

**BEGINNING ITALIAN 1**

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**

8:15 - 10:30
Old Junior High Gym
Instructor: Chris Surrusco
Fee: $75.00 - 15 sessions

**Fit Camp: “Have a Ball”**

This exciting New Workout is not only easy to follow but highly effective in improving overall Fitness. Whether you are looking to reduce body fat, increase strength, improve endurance, sculpt your body, or a total transformation with all 4--here’s the training session for you. Each session (designed and supervised by a Personal Trainer) has each participant working at their own Personal Fitness Level toward their own Personal Fitness goals. Fun, Effective and Focused, this FIT CAMP uses exercise balls of various weights and sizes to give you a Great Workout. Looking for a Fun and Effective way to workout? Guys, Gals -- Come “Have a Ball” Supplies are sanitized for your safety before and after each session! You will need the following: Mat, water, towel.

**MONDAY or WEDNESDAY**

7:00 - 8:15
Fee: $60.00 - 10 sessions
A one-time materials fee of $5 will be collected at the first class.
Please specify Mon. or Wed.
Middle School Wellness Center
Instructor: Lori Hodgkinson

**INTERMEDIATE VOLLEYBALL**

This class is a continuation of Beginning Italian 1. We will further study the beautiful language and culture of Italy with more emphasis on grammar and conversation. Andiamo e facciamo!

**WEDNESDAY**

7:00 - 8:00
High School Room 119
Instructor: Danielle Kleinhans
Fee: $40.00

**ADVANCED 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.

**MONDAY**

7:15 - 9:15
Old Junior High Gym
Instructor: Barbara Barone
Fee: $75.00 - 15 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 teaching the Cha Cha and East Coast Swing. The Cha Cha is one of the most popular Latin Dances in the U.S. today. It is characterized by either a progressive or side cha-cha-cha movement and is danced to a very recognizable beat. You will have a good time with the East Coast Swing whether it is single, double or triple rhythm. It is distinguished by its unique dance position, rock and triple steps. 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

**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 introductionary 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.

**THURSDAY**

7:00 - 9:00
High School Room 138
Instructor: John Verschure
Fee: $100.00
MELT
Learn simple self-care techniques you can use every day to reduce joint pain and muscle tension to make your body feel better and function more efficiently. Ease chronic neck and low back strain, improve alignment, reduce inflammation, and relieve aches and pains brought on by aging and active living. MELT is an innovative science-based self-treatment program that will rehydrate your connective tissue and rebalance your nervous system. This technique uses soft foam rollers and small MELT Hand and Foot balls that will keep you active and pain free for a lifetime. Please bring a yoga mat and water.
TUESDAY 4:00 - 5:30
High School Wellness Center
Instructor: Ellen Chiappetta
Fee: $35.00 - 4 weeks
Classes begin November 9

TAI CHI CHUAN
EMBRACE THE MOON
Tai Chi Chuan, is the ancient Chinese art, science and exercise system for health, higher consciousness, spiritual development and self-defense. Tai Chi Chuan uses calming, slow, fluid, yet powerful movements to reduce stress, improve health, strengthen the immune system and calm the mind. Ancient wisdom for a modern world. Gaining popularity worldwide for its health benefits, Tai Chi may be practiced by anyone of any age or condition. No special equipment required. Wear loose comfortable clothing. Relax and have fun!
WEDNESDAY 6:00 - 7:00
High School Wellness Center
Instructor: Stephen Lee
Fee: $35.00

QIGONG (CHI KUNG)
Qigong (Chi Kung) is a meditative exercise system developed in China that focuses on cultivating one’s “life force” energies for health and well-being. Qigong practice improves health and well-being by combining the discipline of mind, body, and one’s internal vital force. Exercises taught include regulating the body through posture, regulating the mind through relaxation, and concentration of one’s mental activity, and regulating the breath.
WEDNESDAY 7:15 - 8:15
High School Wellness Center
Instructor: Stephen Lee
Fee: $30.00 - 4 sessions

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

Fit Camp: “Have a Ball”
This exciting New Workout is not only easy to follow but highly effective in improving overall Fitness. Whether you are looking to reduce bodyfat, increase strength, improve endurance, sculpt your body, or a total transformation with all 4--here’s the training session for you. Each session (designed and supervised by a Personal Trainer) has each participant working at their own Personal Fitness Level toward their own Personal Fitness goals. Fun, Effective and Focused, this FIT CAMP uses exercise balls of various weights and sizes to give you a Great Workout. Looking for a Fun and Effective way to work-out? Guys, Gals -- Come “Have a Ball” Supplies are sanitized for your safety before and after each session. You will need the following: Mat, water, towel.
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Middle School Wellness Center
Instructor: Lori Hodgkinson

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REGISTRATION FORM

NOTE: Please assume you are registered unless otherwise notified.

Name: ____________________________________________

Address: __________________________________________

__________________________________ Email: ____________________________

Home Phone: ___________ Work Phone: ___________

Course Title: ______________________________________

Night: _______________ Fee: _______ Section: _________

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SAYVILLE ADULT EDUCATION

FALL 2021

ECRWSS
POSTAL CUSTOMER