

SAYVILLE
ADULT EDUCATION
SPRING 2019



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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, February 11 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.

FEEES

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 **February 25**

Tennis begins **April 13**

No Classes: April 19-26; May 24 & 27

All classes run for 8 sessions unless otherwise noted.

DRAWING AND PAINTING**FOR ALL**

Drawing and Painting will focus on Variety of Media and techniques. We will spread our focus across creating art both from life and expressing individual creativity. Alternative painting methods will be explored to help grow your confidence and find your inner artist. Materials include: Graphite, charcoal, pastel, pen and inke, markers, color pencils, acrylic paint, and resin. Upon completion of the course you will have multiple hand made and unique works of art. Students are responsible for purchasing materials to be used in class.

THURSDAY 6:00 -8:00
High School Room 137
Instructor: Rick Michaels
Fee: \$75 - 12 weeks

**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.

WEDNESDAY 7:00 -9:00
High School Room 138
Instructor: John Verschure
Fee: \$100.00

KNITTING

This class is for all levels of knitters. If you have never knitted before we'll show you how. If you need to brush up on your old skills , then come join us and we will refresh you. You will meet new friends and be inspired to learn or even create your own work. Be prepared to laugh, relax or just get out of the house!

TUESDAY 6:30 - 8:30
Middle School Room 116
Instructor: Pat Korn
Fee: \$55.00

LEARN TO CROCHET . . .**IT'S IN, BIGGER & BETTER**

For those of you who can't see yourself using two needles to knit . . . how about the HOOK? Come and learn all the basics where we will do a variety of projects as we learn stitches, hook placement and pattern interpretation and finishing techniques. Please bring smooth worsted weight (#4) light colored yarn and a package of hooks, which includes US H, I, J.

WEDNESDAY 6:30 - 8:30
Middle School Room 116
Instructor: Pat Korn
Fee: \$75.00 - 12 weeks

ARTISTS GET TOGETHER

Join us each week as we celebrate each other. We knit, crochet, quilt, needlepoint, paint . . . and the list goes on . . . that makes us "Artists". This is an unstructured meet up where we share our art and most importantly laugh, learn, and meet some new friends. As usual, I'm available to help you finish that project you left behind or learn something new.

THURSDAY 6:30 - 8:30
Middle School Room 116
Instructor: Pat Korn
Fee: \$55.00

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!

TUESDAY 6:00 - 8:30
High School Room 137
Instructor: Jennifer Berotti
Fee: \$60.00

BEGINNER MAH JONGG

Women and men . . . Join the ever-growing trend; meet new friends and have some laughs, while learning the fun and very challenging 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 up the ultimate Mah Jongg! Bring your Mah Jongg set to class if you have one.

MONDAY 6:30 - 9:00
High School Library
Instructor: Wendy Meagher
Fee: \$65.00



MORNING STRETCH

This class will introduce a gentle approach to your body through a series of poses that flow smoothly and accommodate ALL fitness levels. Poses that will increase flexibility, improve balance and coordination and reduce stress. Promoting oxygen to all muscles and the brain, you will have an enhanced feeling of clarity and peace of mind. Come awaken your body, mind and soul with this "Morning Stretch".

Please bring a yoga mat, water, a pillow or yoga block.

TUESDAY 8:30 am - 9:15 am
Old Junior High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$60.00 - 12 sessions

A one-time materials fee of \$5 will be collected at the first class.

PILATES AND STRETCH

Pilates, inspired by Joseph Pilates, will dramatically transform the way your body looks, feels, and performs. Through a series of controlled movements aimed at strengthening deeper postural muscles in your abdomen, lower back, and buttocks, you will improve balance, feel more alert, and more energized. Please bring a mat.

THURSDAY

Session 1 10:45 am - 11:30 am
Old Jr. High (Greeley Ave.)

or

Session 2 7:00 pm - 7:45 pm
High School Wellness Center

Please specify Session 1 or 2.

Instructor: Lisa Nadeau

Fee: \$60.00 - 12 sessions

A one-time materials fee of \$5 will be collected at the first class.

STRENGTH/WEIGHT

TRAINING

Studies and research have proven the importance of strength training for women. It is now realized to be an essential part of any fitness program and preventative measure for future injuries or diseases. Unlike fat, muscle is metabolically active. Cardio training burns many calories during a workout, BUT strength training continues to burn calories in the 24 hours after your workout! Toning and shaping your body with resistance tubings, free weights and your own body weight, you can achieve an increased metabolic rate, weight loss, increased strength, balance and increase bone density. Track your progress each week with a certified personal trainer and burn more calories in and out of the gym! Participants will need to bring a mat, 2 sets of weights (3lb. & 5lb. or 5lb. & 8lb.) and a water bottle.

TUESDAY 6:00 - 7:00
High School Wellness Center

Instructor: Lisa Nadeau

Fee: \$60.00 - 12 sessions

A one-time materials fee of \$5 will be collected at the first class.

COMBO FITNESS CLASS

Come and be energized, while you strengthen your heart and body with this combination of cardiovascular training as well as body sculpting. This class will lead you in a variety of aerobic exercises each week, along with resistance tubings and the use of weights to increase muscle strength. Each participant will need a mat and 2 sets of weights (3lb. & 5lb.)/(5lb. & 8lb.)

MONDAY 9:30 am - 10:30 am
Old Junior High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$60.00 - 12 sessions

A one-time materials fee of \$5 will be collected at the first class.

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: \$75.00 - 12 sessions

A one-time materials fee of \$5 will be collected at the first class.

CIRCUIT TRAINING

Circuit Training is a series of exercises one right after another with little or no rest using cardio or strength training or a combination of both. Circuit training boosts your metabolism keeping the heart rate up by moving quickly through each exercise. Circuit Training will help you avoid hitting a plateau so you can meet your fitness goals! Start off your day and rev up your metabolism with this Superpower workout! Led by a Personal Fitness Trainer and designed for ALL fitness levels. Participants need a set of weights, a mat and water bottle.

FRIDAY 8:30 - 9:30 am
Old Junior High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$60.00 - 12 sessions

A one-time materials fee of \$5 will be collected at the first class.

ULTIMATE FITNESS

This fun and innovative afternoon class will give you everything your body needs and more! Now introducing Step Training to Ultimate Fitness. With 20 minutes of each cardio, muscle work and Pilates, the Step will enhance and maximize your workout while focusing on building lower body muscles. Designed with new students in mind, this class offers basic and simple exercises modified to all fitness levels. Participants will need a set of weights, a Step 4" or higher, a mat and water bottle.

THURSDAY 4:15 - 5:15

High School Wellness Center

Instructor: Lisa Nadeau

Fee: \$60.00 - 12 sessions

A one-time materials fee of \$5 will be collected at the first class.

***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 Hodgkinson

Fee: \$60.00 - 10 sessions

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

LEARN TO COOK

Do you want to cook like Rachel Ray or Bobby Flay? This class is designed for the beginner. You will learn hands on cooking from preparation to plating. You will learn to prepare simple, healthy and cost effective meals. At the end of 8 weeks you will have the knowledge and ability to prepare easy breakfast, dinner and dessert recipes you can be proud to serve.

MONDAY 7:00 - 9:00

Middle School Room 119

Instructor: Kim Dufrenoy

Fee: \$80.00 (includes the cost of food)

Limited enrollment.

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 13**

12 sessions

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 13**

12 sessions

POWER VINYASA YOGA

Strength, Tone, and Condition
This course progresses through a series of postures designed to work the entire body. Build long-pliable muscles, increase flexibility and gain an overall feeling of wellness. The course is challenging, but is open to all ages and body types. A yoga mat is required.

TUESDAY 7:30 - 9:00

Middle School Wellness Center

Instructor: Chris Pollak

Fee: \$95.00 - 17 sessions

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: \$55.00

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 to class. **Choose session 1 or 2**

MONDAY 7:00 - 8:15

High School Wellness Center

Instructor: Ellen Chiappetta

Fee: \$35.00 - 4 weeks

Session 1: March 4 - 25

Session 2: April 29 - May 20

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

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 8:15 - 10:30

Old Junior High Gym

Instructor: Chris Surrusco

Fee: \$75.00 - 15 sessions

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 25 & April 1

Section 2 April 8 & April 15

6:30 - 8:30 High School Room 127

Instructor: Kathy Bedka

Fee: \$20 - 2 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: \$75.00 - 15 sessions

COUNTRY LINE DANCING 1**Beginner BASIC Level**

This class is for those with little or no dance experience. You will learn basic steps and easy beginner dances to practice those steps. Line dancing is a fun, stress-free way to exercise your body and mind. Dress in layers. Smooth soled shoes are recommended. No partner needed.

FRIDAY 6:00 - 7:15

Old Junior High Gym

Instructor: Karen Anderson

Fee: \$50.00 - 6 sessions

COUNTRY LINE DANCING 2**Beginner PLUS Level**

This class is for those with some dance experience and knowledge of some basic steps (grapevine, jazz box, triple step). Continue learning steps in this faster paced class. You will learn old classics along with new popular dances. Come out for some fun exercise adding thousands of steps to your daily activity. Dress in layers. Smooth soled shoes are recommended. No partner needed.

FRIDAY 7:30 - 9:00

Old Junior High Gym

Instructor: Karen Anderson

Fee: \$50.00 - 6 sessions

PHYSICAL FITNESS YOGA

Does your back ache? Do you feel tense and/or fatigued? Then come change nervous tension into energy through the practice of non-strenuous stretching and simple meditation.

MONDAY 7:30 - 9:00
Middle School Gym
Instructor: Nancy Oakley
Fee: \$60.00 - 12 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 **Salsa** and **Quickstep**. Salsa is universally the most famous and popular Latin dance with its roots buried deep in Cuban and South American culture and modernized with spins. This is a style you don't want to miss. The Quickstep is elegant and graceful yet lively and energetic. It is often likened to the Foxtrot and has dance patterns similar to the Waltz but danced to a 4/4 time. This dance has evolved into a very dynamic one with a lot of movement on the dance floor. 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



KITCHEN RENOVATION

Are you thinking about remodeling your kitchen but you do not know where to begin? This class is designed to help a homeowner strategize the planning of the project. Some helpful topics will include the selection of cabinetry, countertops and appliances. Is my kitchen a modest upgrade or total makeover? You want to renovate the kitchen but afraid it will be too costly? This class will help answer these questions plus more, in order to gain insight as to how you can successfully renovate your kitchen and within a budget. No materials needed.

TUESDAY 7:00 - 8:30
High School Room 131
Instructor: Bob Swan
Fee: \$25 - 5 sessions

SPECIAL OFFERINGS

NO SENIOR DISCOUNT

SENIOR FITNESS

This class designed for senior citizens will help you build strong bones, increase flexibility, increase muscle strength, lower blood pressure, reduce stress, and promote overall good health. Learn to strengthen your abdominal muscles through controlled breathing techniques. Please bring a water bottle and a light set of weights (2 lbs.)

TUESDAY 9:30am - 10:30am
or

THURSDAY 9:30am - 10:30am
Old Junior High Gym
Instructor: Lisa Nadeau
Fee: \$40.00 - 12 sessions
No senior discount.

INTRODUCTION TO PILATES & BODY SCULPTING FOR SENIORS

This class will gently lead you through a variety of Pilates exercises, and teach you safely and effectively how to strengthen your "Power House" (abdominals), deep postural muscles and lower back. As we age our Power House is essential holding up our spine to maintain good posture and spinal alignment. We will also be adding resistance with the use of weights, to increase muscle and create stronger bones. You will need a sticky mat, small pillow/beach towel, water bottle, and a set of either 2 or 3 lb. weights.

FRIDAY 9:45am - 10:30am
Old Junior High Gym
Instructor: Lisa Nadeau
Fee: \$40.00 - 12 sessions
No senior discount.

**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

REGISTRATION FORM NOTE: *Please assume you are registered unless otherwise notified.*

Name: _____

Address: _____

_____ Email: _____

Home Phone: _____ Work Phone: _____

Course Title: _____

Night: _____ Fee: _____ Section: _____

MAIL FORM TO
Adult Education
Sayville High School
20 Brook Street
West Sayville, NY 11796

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Sayville High School
20 Brook Street
West Sayville, NY 11796

SAYVILLE ADULT EDUCATION

SPRING 2019

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