

PORT WASHINGTON PUBLIC SCHOOLS Continuing Education 2020 - 2021



Things are different



this year!



**FALL
EDITION**



THERE WILL BE NO IN-PERSON ADULT ED. CLASSES HELD IN ANY OF OUR SCHOOLS THIS FALL SEMESTER. OFFSITE CLASSES ARE STILL SCHEDULED TO RUN BUT PLEASE REMEMBER YOU MUST PROVIDE YOUR OWN MASKS AND ANTICIPATE THE NEED FOR SOCIAL DISTANCING REGULATIONS

The PWUFSD is not responsible for Courses running online!! Please register at least 3 days before an online class is scheduled to run, as the instructor will need to contact you with login instructions.

Please keep this brochure as a reference for the
2020-2021 School Year.

**Subsequent to brochure printing,
additional classes will be added online.**

Please check online at <https://portwashington.revtrak.net>
or call for updates:
Donna Riveiro 516-767-5023

No Classes Held

September 7, 2020..... Labor Day
September 28, 2020..... Recess
October 12, 2020..... Columbus Day
November 3, 2020 (no school for students)..... Supt's Conference Day
November 11, 2020..... Veterans Day
November 25-27, 2020..... Thanksgiving Recess
December 21, 2020 - January 1, 2021..... Recess
January 18, 2021..... Martin Luther King Day
February 12 -19, 2021..... Recess
March 29 - April 2, 2021..... Recess
May 13, 2021 (no school for students)..... Supt's Conference Day
May 28-31, 2021..... Memorial Day Recess
June 25, 2021..... Last Day of School

PORT WASHINGTON SCHOOLS

Michael J. Hynes, Ed.D.
Superintendent of Schools

Dear Community,

We are committed to maintaining our excellent Adult and Continuing Education program for our community residents. The program provides a variety of educational, interesting and fun opportunities to meet new people and promote lifelong learning.

You are encouraged to take advantage of our wonderful facilities, expert faculty and rich course offerings. We would love for you to consider enrolling in one or more of our courses whether it is for the first time or as a returning participant. Open your mind to something different, renew and invigorate your spirit, discover a new passion, or simply enjoy socializing with others who share a common interest.

We are pleased to continue offering quality continuing education courses at a fair, reasonable cost. We hope that you will be inspired to register and benefit from the exciting choices extended through this department.

Warm Regards,



Michael J. Hynes, Ed.D.
Superintendent

BOARD OF EDUCATION

Nora H. Johnson, *President*
Elizabeth Weisburd, *1st Vice President*
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Deborah Brooks Julie Epstein
Rachel Gilliar Lawrence Greenstein

CONTINUING & COMMUNITY EDUCATION PROGRAM

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Dawn Epp David Maley
Jim Houlihan Jill Maley
John Keane Debbie Miraglia
Theresa Lynch Bob O'Brien

CONTINUING EDUCATION

Administration Building
100 Campus Drive
Port Washington, N.Y. 11050
Daily- 8:30 A.M. to 3:30 P.M.
Telephone: 516 767-5023
Fax: 516 767-5027

Visit the Website: <https://portwashington.revtrak.net>

Fall Course Registration Opens 8/24/2020

Now there are THREE easy ways to register!

1. ONLINE

PWUFSD has gone GREEN! Now you can register for classes online at:

<https://portwashington.revtrak.net>

It's easy! Just follow the directions located on page 19.
(We accept MasterCard, Visa and e-checks online)

2. MAIL

You can mail your registration card (located on the last page) and payment to:

Port Washington School District

Daly Annex

90 Avenue C

Port Washington, NY 11050

Attn: Continuing Education

3. PHONE

You can register by calling:

Donna Riveiro 516-767-5023

or 516-767-5472

Classes require a minimum enrollment to run.

PLEASE REGISTER IMMEDIATELY!!

We will cancel classes 7 days prior to their start date if we don't have enough registrants.

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Classes are still being added – please keep checking our website for updates

BOATING



AMERICA'S BOATING COURSE

Port Washington Sail & Power Squadron, a unit of The United States Power Squadrons, presents a Course covering boating fundamentals for all boaters from the operator of a small outboard or paddlecraft to the skipper or passenger in a family cruiser or the sailing enthusiast. It includes boat handling, equipment requirements, navigation rules, aids to navigation, chart and compass fundamentals, basic piloting and chart plotting techniques. Personal water craft certification is included. A USPS certificate, recognized in all states, is issued to those who successfully complete the course. Many insurance companies offer discounts to boat owners who complete the course. Instructors are experienced boating members of USPS. Youth under 16 may attend only if accompanied by an adult at all sessions. Please note there is a \$60.00 fee for this program which also covers cost of manual. Registrants MUST attend all five sessions and pass an exam to receive their certificates.

Joseph Lauricella

6501 - FA20: Mondays, 7:30-9:30 PM

Starts 10/19/2020 for 5 Session(s)

PW Yacht Club

Course Fee \$10.00, SC \$5.00

BUSINESS SKILLS & CAREER PLANNING

VOICE-OVERS....NOW IS YOUR TIME!

***THIS COURSE WILL BE HELD ONLINE

YOU'VE HEARD JUSTINE REISS ON COMMERCIALS for Starbucks, Toshiba, and Mitsubishi! Now hear Justine LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Justine will show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your

own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! Justine's voice has been heard on NCIS New Orleans, Private Practice, Leverage and other TV shows, and she has voiced many narrations for documentaries and video games.

Justine Reiss

2048 - FA20: Wednesday, 6:30-8:30 PM

Starts 12/2/2020 for 1 Session(s)

Online

Course Fee \$30.00, SC \$25.00

CREATIVE ARTS

CREATIVE WRITING WORKSHOP - FICTION AND NONFICTION

***THIS COURSE WILL BE HELD ONLINE

Wondering where to begin? Looking for the right place to workshop existing material? Get the help you need in our Creative Writing Workshop. Facilitated by a published author, this class will focus on the individual needs of each writer as we work collectively to generate material, incorporate elements of craft, and "constructively" critique each other's writing for revision. Additional reading materials may also be provided. Whether your goal is publication or personal enrichment, this workshop is a unique, affordable opportunity to get professional help and to share your creative work in a safe, nurturing space. Open to writers of all levels, fiction and nonfiction.

Heather Siegel

8612 - FA20: Thursdays, 7:00-9:00 PM

Starts 10/15/2020 for 8 Session(s)

Online

Course Fee \$160.00, SC \$155.00

FINANCIAL & LEGAL

ELDER LAW & ESTATE PLANNING

***THIS COURSE WILL BE HELD ONLINE

Learn about Wills, Trusts, Powers of Attorney, Health Care Proxies, Charitable Giving and creating plans with disabled family members in mind. An experienced elder law attorney will explain how you can avoid probate, save estate and income taxes, and protect your assets from nursing home costs. With proper counseling, significant assets can be saved at anytime, even after a family member is already in a nursing home. Knowledge of this topic is key for an effective estate plan.

Ronald S. Lanza, Esq.

6728 - FA20: Tuesday, 7:00-8:30 PM

Starts 10/6/2020 for 1 Session(s)

Online

Course Fee \$15.00, SC \$10.00



GET YOUR DOCUMENTS ORGANIZED

***THIS COURSE WILL BE HELD ONLINE

Trying to organize a home full of paperwork? This very valuable lecture will discuss the documents you are required to maintain, those that can be disposed of, documents for one's estate, budgeting, paying monthly bills effortlessly, and a specific plan to minimize the documents you retain. No more boxes, filing cabinets or storage lockers for a mountain of unnecessary documents. Immediate benefits from this invaluable lecture.

Richard Landsman

6572 - FA20: Wednesday, 7:00-9:00 PM

Starts 10/7/2020 for 1 Session(s)

Online

Course Fee \$25.00, SC \$20.00

HOW TO PROFIT FROM THE BITCOIN REVOLUTION

***THIS COURSE WILL BE HELD ONLINE

Bitcoin has been the fastest growing asset class in our worlds history. This exciting course for Bitcoin beginners will offer important and useful information about Bitcoin, Cryptocurrencies and the underlying Blockchain technology. Is it too late to invest? How do I get started? Is it a scam or a bubble? Register now for answers to the most common questions and access technology's greatest financial opportunities!

Jake Caramico

1150 - FA20: Tuesday, 7:00-9:00 PM

Starts 10/20/2020 for 1 Session(s)

Online

Course Fee \$40.00, SC \$35.00



INVESTING WITH A PLAN THAT WORKS

***THIS COURSE WILL BE HELD ONLINE

An invaluable lecture for today's investor taught by a professional with over 30 years of experience. Determine your capacity for risk, your time horizon and investment objectives, and learn specific strategies that will significantly improve your investments in stocks and bonds. The key drivers of stocks and bonds, exchange traded funds and mutual funds, will be discussed. Managing your investments and guiding your investment advisor or others to meet your investment objectives will be reviewed. "Investing is the management of risk." Don't miss this important lecture.

Richard Landsman

6773 - FA20: Wednesday, 7:00-9:00 PM

Starts 10/14/2020 for 1 Session(s)

Online

Course Fee \$25.00, SC \$20.00

MEDICARE MADE EASY / THE A, B, C's & D's

***THIS COURSE WILL BE HELD ONLINE

Medicare made easy is designed to give you a better understanding of Medicare. You will learn about original Medicare and it's components, A, B, C & D. When should you sign up for Medicare? What should you do during the annual enrollment period? What is the difference between Medicare Supplement Plans, Medicare Advantage Plans and Prescription Drug Plans? Additionally, the discussion will highlight the changes for 2021. This class will give you the opportunity to get answers to your questions.

Julie Ward-Abdo

1212 - FA20: Wednesday, 7:00-8:30 PM

Starts 10/7/2020 for 1 Session(s)

Online

Course Fee \$15.00, SC \$10.00



SMARTER SOCIAL SECURITY

***THIS COURSE WILL BE HELD ONLINE

An AARP survey determined that only 1/2 of it's respondents who were either married or had ever been married were aware they were entitled to Social Security spousal benefits. This presentation will provide attendees with a broad overview of the Social Security retirement program while examining in detail spousal and survivor benefits.

Daniel G. Mazzola, CFA, CPA,

3050 - FA20: Tuesday, 7:00-8:30PM

Starts 11/17/2020 for 1 Session(s)

Online

Course Fee \$20.00, SC \$15.00

WISE FINANCES

***THIS COURSE WILL BE HELD ONLINE

This 6 week workshop combines mindful practices with personal finances to help you develop insight into your relationship with money. In actively and honestly participating in the exercises, you discover how you possess the ability to change your behavior and attitude in order to achieve your desired relationship with money and ultimately handle your finances with ease and joy. What makes this workshop different than other financial workshops? It is designed to address the person as well as the mechanics of finances; thus, healing the relationship on a deeper level. Feel free to bring your laptop, tablet or phone.

Silvia Gonzalez

6720 - FA20: Tuesdays, 7:00-9:00 PM

Starts 9/22/2020 for 6 Session(s)

Online

Course Fee \$150.00, SC \$145.00

HEALTH & WELLNESS



A NATURAL APPROACH TO RESOLVING ACID REFLUX AND HEARTBURN ***THIS COURSE WILL BE HELD ONLINE

HELD ONLINE

Acid reflux can have serious health consequences over time. Marie will explain the physiology of this disease from an Eastern and Western perspective. She will offer acupressure, stress reduction, herbal and dietary recommendations based on the principles of Chinese medicine.

Marie Regis

2597 - FA20: Thursday, 7:30-9:00 PM

Starts 10/22/2020 for 1 Session(s)

Online

Course Fee \$25.00, SC \$20.00



CBD AND MEDICAL MARIJUANA ***THIS COURSE WILL BE HELD ONLINE

Clinical trials have shown that dozens of medical and/or mental conditions are robustly helped by medical Marijuana (MMJ) and/or by cannabidiol (CBD), the latter being the major non-intoxicating component of marijuana and hemp. The list of conditions include migraines, arthritis, neuropathy, fibromyalgia, Parkinson's, Insomnia, PTSD and Crohns' Disease. Dr. Carlton will explain how these products work, will summarize the clinical trials and will tell you (1) how to get the most out of CBD (which is available over the counter) and (2) how to navigate the NY State's dispensary system for Medical Marijuana. If your condition requires THC but you are concerned about getting "high", Dr. Carlton will explain how to "tame" THC and how to dose it so that the high is not likely to happen in the first place.

Richard Carlton, M.D.

6674 - FA20: Monday, 7:00-9:00 PM

Starts 10/26/2020 for 1 Session(s)

Online

Course Fee \$25.00, SC \$20.00



COVID-19: NUTRIENTS AND HERBS FOR PREVENTION AND TREATMENT ***THIS COURSE WILL BE HELD ONLINE

Dr. Carlton has written a book reviewing the evidence that there are some nutrients and herbs (nutraceuticals) that can help prevent COVID-19, and others that can help treat it if we get ill. COVID-19 is a biphasic disease: In the first phase you will want to keep on taking the preventive nutraceuticals that activate the immune system to fight the SARS-2 virus. But in the second phase, marked by the hell-fire inflammatory response to the virus that is the actual cause of death, you have

to STOP taking some of the immune-stimulating herbs (like elderberry) because they could actually hasten your demise! At that stage we switch to anti-inflammatory herbs that can douse the raging fires of that inflammation. We will also discuss the mind-set concepts that will help keep you alive during a prolonged pandemic.

Richard Carlton, M.D.

6620 - FA20: Monday, 7:00-9:00 PM

Starts 9/21/2020 for 1 Session(s)

Online

Course Fee \$25.00, SC \$20.00

DEMENTIA ***THIS COURSE WILL BE HELD ONLINE

Dr. Carlton has brought several patients back from oblivion by recommending nutrients that fire up brain metabolism and quell brain inflammation, while providing raw materials the brain needs to produce more acetylcholine (the key transmitter in critically short supply in many types of dementia). In addition to describing these remarkable cases, Dr. Carlton will also explain the science behind the lifestyle changes that can help you prevent dementia or mild cognitive impairment. We are not helpless-there are active steps we can take to slow down this process and stay vital.

Richard Carlton, M.D.

6657 - FA20: Wednesday, 7:00-9:00 PM

Starts 9/30/2020 for 1 Session(s)

Online

Course Fee \$25.00, SC \$20.00

HOW TO RESTORE YOUR GUT: THE SECOND BRAIN ***THIS COURSE WILL BE HELD ONLINE

Learn why our gut is considered to be our "second brain". The gut channels everything that enters our bodies through breathing, eating, drinking and dermal absorption. Learn how to help your gut protect your blood/brain barrier. We will cover pre and probiotics, and other powerhouses to help your gut restore brain clarity, cognitive ability, strengthen your immune system, reduce inflammation, and repair a leaky gut. Gary gives you a full spectrum toolkit for deciphering the enemies of the gut. Gary Feldman, contributing columnist for the Great Neck Record, an innovator in the nutritional supplement retail field, brings you his extensive knowledge and experience doing nutritional research for customers.

Gary Feldman

6642 - FA20: Tuesday, 7:00-8:30 PM

Starts 10/20/2020 for 1 Session(s)

Online

Course Fee \$25.00, SC \$20.00



HOW TO STOP OVEREATING WHILE ACHIEVING LASTING SUCCESS ***THIS COURSE WILL BE HELD ONLINE

The science to be lean and happy: The key to

stopping relying on willpower and motivation to win the battle with food. The two-hour class will teach you the science-based proven steps to overcome issues weight, food, how to break bad habits and master good habits, and behaviors that sabotage your desired results.

Luz Jaramillo

6140 - FA20: Wednesday, 7:00-9:00 PM

Starts 9/30/2020 for 1 Session(s)

Online

Course Fee \$25.00 , SC \$20.00

INSOMNIA: DRUG-FREE NATURAL APPROACHES TO GETTING A GOOD NIGHT'S SLEEP

*****THIS COURSE WILL BE HELD ONLINE**

Dr. Carlton has 40 years' experience in helping patients to overcome their problems of initiating sleep or maintaining sleep. He teaches people how to use a combination of nutrient supplements, herbal preparations, mindfulness meditation, and, if still needed, FDA-approved sleep assisting devices.

Richard Carlton, M.D.

6618 - FA20: Monday, 7:00-9:00 PM

Starts 10/5/2020 for 1 Session(s)

Online

Course Fee \$25.00, SC \$20.00

PAIN: DRUG-FREE APPROACHES TO CONTROLLING PAIN & DISCOMFORT

*****THIS COURSE WILL BE HELD ONLINE**

There are many drug-free ways to blunt pain and/or the perception of it, and these approaches can lessen dependency on opiates. The methods discussed will include herbs (including CBD and THC), nutrient supplements, low voltage electric currents, virtual reality videos, and mindfulness meditation.

Richard Carlton, M.D.

6639 - FA20: Monday, 7:00-9:00 PM

Starts 10/19/2020 for 1 Session(s)

Online

Course Fee \$25.00, SC \$20.00



PREPARING FOR AND NAVIGATING A HOSPITAL STAY

*****THIS COURSE WILL BE**

HELD ONLINE

Sooner or later most of us end up in the hospital — as a patient or a family member — for illnesses, emergencies and planned surgeries. In today's complex medical environment, little is as frustrating, anxiety producing and stressful as a hospital stay. Most individuals find hospitals confusing and overwhelming. This course will empower them and will demystify the world of the hospital. Attendees will learn how patients and caregivers can best prepare to improve the experience and understand hospital processes, personnel, and key medical jargon. The sessions will include discussion

about the Emergency Department, different levels of care, types of health care facilities and health care professionals, and advocacy. This will be an interactive course with discussion and problem-solving. The price of this Course includes Sara's published book.

Sara Merwin MPH

6179 - FA20: Wednesdays, 7:00-8:30 PM

Starts 9/30/2020 for 3 Session(s)

Online

Course Fee \$150.00, SC \$145.00



SECRETS TO HEALTHY AGING AND GETTING THE BEST MEDICAL CARE

*****THIS COURSE WILL BE**

HELD ONLINE

Millions of older adults, few geriatricians. Yet, just as children require pediatric care, many older adults have a set of needs requiring specialized care given changes in the body, complex medical and social conditions, and complicated medication regimens. This course will address key health issues in the aging individual and propose solutions to commonly encountered problems, such as medications to avoid, adapting to the changing body and mind, and choosing the best health care providers to meet medical, psychological and social needs. Family members and caregivers welcome. This will be an interactive course with discussion and problem-solving.

Sara Merwin MPH

6185 - FA20: Thursdays, 7:00-8:30PM

Starts 10/1/2020 for 3 Session(s)

Online

Course Fee \$150.00, SC \$145.00

UNDERSTANDING HOW TO BUY NUTRITIONAL SUPPLEMENTS

*****THIS COURSE WILL BE HELD ONLINE**

Understand the vitally important differences between synthetic, natural, and whole food supplements. Don't harm your health and throw out your money. Gary will share trade information. Learn about additives and colors that are allergens, fillers, binders, GMOs, pharmaceutical grade and standardized supplements. Find out how various forms of vitamins and minerals are assimilated. Learn how particular supplements, such as vitamin E and A, are singled out for health studies that you hear about in the news media. Gary was an innovator in the nutritional supplement retail field with a first of its kind catalog of all vegetarian name-brand supplements and cruelty-free personal care products, and did extensive research for customers.

Gary Feldman

6646 - FA20: Tuesday, 7:00-8:30 PM

Starts 11/17/2020 for 1 Session(s)

Online

Course Fee \$25.00, SC \$20.00

LANGUAGE

ENGLISH AS A SECOND LANGUAGE (ESL)

***THIS COURSE WILL BE HELD ONLINE

This course will emphasize the skills of listening, speaking, grammar and writing, for non-native speakers of the English language to help build their skills at all levels. It will also include aspects of American culture. The instructor is bilingual in Spanish.

Kris Noonan

5039 - FA20: Wednesdays, 7:00-8:00 PM

Starts 9/23/2020 for 10 Session(s)

Online

Course Fee \$65.00, SC \$60.00

least one hour before class time. **BONUS!!** If you miss any of the classes in this series, you may attend another evening class (space permitting) on our schedule. Our clean, modern facility, located at 194 Main Street is climate controlled and conveniently located across from Finn MacCools.

Blue Moon Project

6098 - FA20: Wednesdays, 7:30-8:30 PM

Starts 9/23/2020 for 10 Session(s)

Blue Moon Project, 194 Main St. Port Washington

Course Fee \$200.00, SC \$195.00



CARDIO KICKBOXING AT BLUE MOON

Get 12 classes for the price of 10!!

This class is a full body workout that includes cardio, strengthening, abs and flexibility, as well as partnering and bag work. Leave this class feeling sweaty and great! **BONUS!!** Participants may attend alternate classes on the schedule for makeups. This series is taught by Steven Ayoung, who is also a Master in both TaeKwonDo and Kung Fu, trained in Brazilian Jujitsu and weapons, and a former MMA fighter. Our clean and modern facility, located at 194 main St. is climate controlled and conveniently located across from Finn MacCools. There is an additional feel of \$20 for bag gloves payable to Blue Moon. For more information, please call 516-883-2800

Blue Moon Project

6068 - FA20: Tuesdays, 9:00-10:00 AM

Starts 9/29/2020 for 12 Session(s)

Blue Moon Project, 194 Main St. Port Washington

Course Fee \$200.00, SC \$195.00

GENTLE CHAIRYOGA AND BALANCING CLASS

***THIS COURSE WILL BE HELD ONLINE

Our gentle yoga class with emphasis on basic yoga poses and balancing exercises. We start seated as we center with breathing techniques to relax and ground. We stretch, warmup and prepare to stand up from a seated position without using our hands and stay standing for the remainder of class. Our standing yoga poses build strength, range of motion, alignment and stamina. Our balancing poses improve balance, of course, but also promote flexibility and focus. Forward bends stretch back and hamstring muscles; back bends improve breathing. Twists aid in digestion and tone abs. All levels are welcome, some yoga experience helpful but not required. Prerequisite: Students should be ambulatory without assistive devices and be able to stand for an extended time. Please wear comfortable clothing and bring water. Please don't eat one hour before class. Please bring a yoga mat to stand on and a theraband for stretching.

Beth Mohr

6046 - FA20: Mondays, 5:30-6:30 PM

Starts 9/21/2020 for 10 Session(s)

Online

Course Fee \$90.00, SC \$85.00

PHYSICAL FITNESS



ACROBATICS AND FLEXIBILITY AT BLUE MOON

Were you an advanced or wanna-be gymnast who would love to pick it up again with other like-minded adults? Come stretch, tumble and fly with us this season! You'll have fun, get into great shape and learn a trick or two. We are well-equipped to provide proper and safe instruction for beginners through skilled students. Our equipment includes an amazing AirTrack that simulates a spring floor along with a fully matted room and crash mat. Wear comfortable attire. You may have a light meal completed at least one hour before class. Our modern facility, located at 194 Main St. is clean, climate controlled and conveniently located across from Finn MacCools. For more information, please call 516-883-2800. 1 class is on THURSDAY

Blue Moon Project

6073 - FA20: Thursdays, 7:30-8:30 PM

Starts 10/8/2020 for 10 Session(s)

Blue Moon Project, 194 Main St. Port Washington

Course Fee \$200.00, SC \$195.00



CAPOEIRA

Capoeira is an Afro-Brazilian martial art developed initially by African slaves in Brazil, starting in the colonial period. This low impact class combines elements of fight, acrobatics, music, dance and rituals in a flowy, magnetic way. The basic "ginga" movement keeps the participants in a constant motion that is then combined with specific offensive and defensive movements. The uniqueness of Capoeira will give your body physical strength, power and flexibility and your mind self-confidence, concentration, courage and creativity. The only way to truly understand the magnetism of Capoeira is to see it and try it yourself! This class is taught by Instructor Galo who is trained in Angola, Regional and Miudinho styles. You may have a light meal at

Classes are still being added – please keep checking our website for updates

HORSEBACK RIDING

Join a lesson and learn walk, trot, the sitting trot and two-point. All horses are quiet, school and show horses. When riding you must wear long pants, a shoe or boot with a heel and an appropriate helmet. Riding will be taught under the supervision and direction of the Glen Head Horse Farm. There will be 4 riding lessons and 2 grooming/track lessons for rainy days.

Sandy Fallon

6767 - FA20: Saturdays, 11:00 AM-1:00 PM

Starts 9/26/2020 for 6 Session(s)

Glen Head Horse Farm @NEC, Rm 62 Route 106, Jericho

Course Fee \$235.00, SC \$230.00



MARTIAL ARTS WORKOUT AT BLUE MOON

Take a mid day break and get an all around workout that is great for your body and mind! This class is based on the fundamentals of TaeKwonDo, the Korean art of self-defense that focuses on teaching the balance between fighting skills and the art of self discipline, self-awareness and mindfulness. The exercises you will do include stretching and a combination aerobic and anaerobic strength training and meditation, for a truly complete workout! Each participant will be able to progress at his/her own pace under the guidance of an experienced black belt instructor. **BONUS:** If you miss a class in this series, you may arrange to attend another class on our schedule. **NOTE:** THERE IS AN ADDITIONAL FEE OF \$35 FOR A UNIFORM PAYABLE TO BLUE MOON.

Blue Moon Project

6066 - FA20: Wednesdays, 11:00 AM-12:00 PM

Starts 9/30/2020 for 10 Session(s)

Blue Moon Project, 194 Main St. Port Washington

Course Fee \$200.00, SC \$195.00

MMA FITNESS - (Mixed Martial Arts)

MMA is here!! Come to Blue Moon Project and live your dreams! Have fun getting fit and stronger, while learning the fundamentals of MMA (Mixed Martial Arts). This class is designed for men and women of all skill and fitness levels. Participants will receive cardio and strength training, cover striking, grappling and self-defense techniques and end with abs and flexibility workouts. This exciting class is taught by Steven Ayoung, (MMA trainer and coach, former competitive fighter and martial arts black belt master.) Everyone welcome! No previous fitness training required. Wear comfortable workout attire. You may have a light meal completed at least one hour before class. Our modern facility, located at 194 Main St. is clean, climate controlled and conveniently located across from Finn MacCools. There is an additional fee of \$35 for leather protective gloves payable to Blue Moon. (Additional gear available if/as needed) For more information, please call 516-883-2800.

Blue Moon Project

6061 - FA20: Wednesdays, 7:30-8:30 PM

Starts 9/30/2020 for 10 Session(s)

Blue Moon Project, 194 Main St. Port Washington

Course Fee \$200.00, SC \$195.00

TAEKWONDO - FOR ADULTS

TaeKwonDo is a Korean art of self defense and one of the oldest forms of martial arts in the world, reaching back over 2,000 years, and today, it is part of the Olympic Games. The name translates to Tae (foot), Kwon (hand), Do (art of the way). TaeKwonDo focuses on teaching the balance between fighting (kicking and punching) and the art (self-discipline and self-awareness). In this class, students of all levels will progress through all the fundamentals of TKD to reap the benefits for the body, mind and spirit. By combining aerobic and anaerobic training routines, with mindfulness practice, participants will not only improve their physical fitness, but also develop an empowered spirit and focused mind. Each student advances at his/her own pace under close instruction from the Master. At the end of the session, students may continue their training to earn their next color belt. You may have a light meal completed at least one hour before class time. **BONUS!!** If you miss your selected class day, you may come on the alternate day! Our clean and modern facility, located at 194 Main St. is climate controlled and conveniently located across from Finn MacCools. For more information please call 516-883-2800. **NOTE:** THERE IS AN ADDITIONAL FEE OF \$35.00 FOR A UNIFORM PAYABLE TO BLUEMOON.

Blue Moon Project

6064 - FA20: Mondays, 7:30-8:30 PM

Starts 10/5/2020 for 10 Session(s)

Blue Moon Project, 194 Main St. Port Washington

Course Fee \$200.00, SC \$195.00

Blue Moon Project

6065 - FA20: Thursdays, 7:30-8:30 PM

Starts 10/8/2020 for 10 Session(s)

Blue Moon Project, 194 Main St. Port Washington

Course Fee \$200.00, SC \$195.00

TENNIS AT SPORTIME - ROSLYN (BEGINNER)

This class is geared to beginners and those with little experience. We will focus on proper stroke production and the fundamentals of the game. Some experience the better!

Jay Harris

6517 - FA20: Saturdays, 5:00-6:00 PM

Starts 9/26/2020 for 8 Session(s)

Sportime Roslyn, 1 Landing Rd., Roslyn, NY 11576

Course Fee \$85.00, SC \$80.00

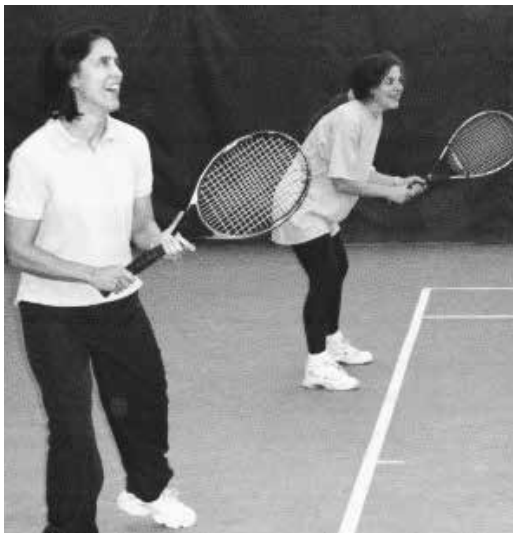
Jay Harris

6519 - FA20: Sundays, 4:00-5:00 PM

Starts 10/4/2020 for 8 Session(s)

Sportime Roslyn, 1 Landing Rd., Roslyn, NY 11576

Course Fee \$85.00, SC \$80.00



TENNIS AT SPORTIME - ROSLYN (INTERMEDIATE)

Students in this class must be able to rally from the baseline. They will be coached in all aspects of the game including proper stroke production, match play techniques and strategy. The more advanced players will receive specific coaching in the doubles, including actual play situations.

Jay Harris

6516 - FA20: Saturdays, 6:00-8:00 PM
Starts 9/26/2020 for 8 Session(s)
Sportime Roslyn, 1 Landing Rd., Roslyn, NY 11576
Course Fee \$165.00, SC \$160.00

Jay Harris

6518 - FA20: Sundays, 2:00-4:00 PM
Starts 10/4/2020 for 8 Session(s)
Sportime Roslyn, 1 Landing Rd., Roslyn, NY 11576
Course Fee \$165.00, SC \$160.00

YOGA LIFE - LEVEL I

This class provides detailed explanation of each posture. Breathwork, "basic" seated and standing postures, backbending and forward bending will be introduced, including the use of props. A great way to lay the foundation of your yoga practice or to enhance an established practice, this class is suitable for all guests and recommended for those that are new to yoga and/or Yoga Life.

Yoga Life

6089 - FA20: Sundays, 4:30-5:30 PM
Starts 10/4/2020 for 10 Session(s)
Yoga Life, 939 Port Blvd. PW, NY 11050
Course Fee \$125.00, SC \$120.00

Yoga Life

6090 - FA20: Thursdays, 7:30-8:30 PM
Starts 9/24/2020 for 10 Session(s)
Yoga Life, 939 Port Blvd. PW, NY 11050
Course Fee \$125.00, SC \$120.00

Yoga Life

6076 - FA20: Fridays, 1:00-2:00 PM
Starts 9/25/2020 for 10 Session(s)
Yoga Life, 939 Port Blvd. PW, NY 11050
Course Fee \$125.00, SC \$120.00

ZUMBA

*****THIS COURSE WILL BE HELD ONLINE**

Zumba is a fitness program that combines Latin and international music with dance moves, to create a fun and effective workout. We will go over many dance styles including; merengue, cha-cha, salsa, cumbia, bellydance and hip hop. It is an exciting hour of calorie-burning, body energizing, awe-inspiring movement that uses major muscle groups to tone and sculpt your body. Hydration is essential when working out - it is important to bring a water bottle. Please wear exercise clothing and smooth bottom sneakers. ** Please do not attend class if having "sick" symptoms. Take care of yourself.

Alize Margulis

6080 - FA20: Wednesdays, 7:00-8:00 PM
Starts 9/23/2020 for 10 Session(s)
Online
Course Fee \$110.00, SC \$105.00

SPECIAL INTEREST



LEARN THE ANCIENT PRACTICE OF FACE READING

*****THIS COURSE WILL BE**

HELD ONLINE

Gain insight into the physical and personality traits of your clients, friends, and family by learning to observe the shape, markings, and expressions on their face and head. Identify their mental / emotional predispositions before even having a conversation. Facial diagnosis has been used in China for thousands of years; it was one of many techniques used to make assessments about health without having to palpate the body. The lecture will be followed by a question and answer period.

Marie Regis

6980 - FA20: Thursday, 7:00-9:00 PM
Starts 11/5/2020 for 1 Session(s)
Online
Course Fee \$25.00, SC \$20.00

PWUFSD Has Gone GREEN!

Register and Pay Online

As a convenience to customers, the Port Washington Union Free School District now provides an easy way to register and pay for adult enrichment programs. Customers may pay with VISA or MasterCard for these items. Our Web Store accepts payments over the internet 24/7.

Customers can register and make payments online any time of the day or night. You only need to register once to have your basic information in our system.

To register online please follow these simple steps:

- Go to the Web Store at

<https://portwashington.revtrak.net>

- Click on the **Adult Enrichment** button on the home page
- Choose the **category** of class you would like to sign up for
- Find the class you would like to sign up for and click on the **Class Number**
- Click on the **Click Here to Register** link
- You will now be taken to a page that allows you to create an account or use an email address and password to login to a current account
- After creating or logging into an account, add yourself and any other family member who will take classes as a participant
- Answer the required questions and/or enter the required information
- Clicking on either **Continue Shopping** or **Go to Checkout** at the bottom of the page will add your class to the shopping cart
- When all classes are in your shopping cart, click **Go to Checkout**
- If you are a **new customer** select “**I am a new customer**” and enter your **email address** (you will create a password later). If you are a **returning customer** select “**I am a returning customer**” and enter your **email address** and **password**. Select **Sign In**.
- Enter your **Billing Information, Payment Information, and create a password**
- Verify information for accuracy and select “**Complete Order**”
- Payment will be processed and **Receipt** can be viewed and printed
- **Log out**

Please visit the WebStore for future updates on classes!

GENERAL INFORMATION

Who: Resident and non-resident adults may register. There is a \$10 fee for non-residents on all classes.

Seniors: A senior resident must be 62 years or older. There is a \$5 discount to resident seniors on all classes.

Refunds: There is a \$5 processing fee for all refunds when requested at least one week prior to start date of class. **No refunds permitted thereafter. No refunds or credits given for missed classes. We do not pro-rate class fees.**

Regulations: Our classes must be self-sustaining. We cancel classes 7 days prior to running if we don't have sufficient enrollment. Instructor and locations are subject to change (refunds are not permitted due to a change).

Class Tonight? If schools are closed, adult classes will NOT meet. If storm conditions prevail in the afternoon you will receive an email canceling class. You may also check Portnet website or listen to your local radio. Cancelled sessions will be rescheduled, whenever possible, in the event of inclement weather, instructor illness or other unavoidable circumstance

IMPORTANT NEWS!!

As part of the ongoing collaboration between the school district and local businesses, Delux Transportation Services is providing a program that will encourage participation in the Continuing Education classes. Executive Vice President Andrea Majer is offering a promotional fare of \$5 each way between any residence in the Port Washington School District and a Continuing Education class location. When you call 883-1900 to reserve a taxi, please mention that you are participating in this promotion. Some adult learners hesitate to enroll in a class because they don't want to drive at night or in bad weather and Delux is making it easier for them to enrich their leisure time. What a great service!

PLEASE NOTE:

See Website www.Portnet.org for ABOUT THE FACULTY and Course Evaluation Forms

SIX GOOD REASONS TO ENROLL

• YOU MEET NEW PEOPLE!

Get acquainted with others who have interests and talents similar to your own.

• YOU IMPROVE YOUR SKILLS!

or learn new ones. Join students with a genuine interest in learning and knowledgeable instructors who enjoy teaching.

• YOU ENRICH YOUR LEISURE!

with hobbies, sports, new languages, cooking and cultural excursions.

• IT'S AT YOUR CONVENIENCE!

Classes are held at convenient times and locations.

• IT'S EASY TO REGISTER ONLINE

Mail, phone, fax or walk-in registrations also accepted. See back pages of this catalog for registration forms.

• YOU HAVE FUN!

We retain our Continuing/Community Education instructors to teach courses in their areas of expertise. The instructors are not permitted to use the classroom for personal gain, nor to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.

Share Your Talents:

Do you have a certain talent, area of expertise or special interest you'd like to share with the Community? Consider teaching in our Adult Education Program!! Continuing Education Instructors are not required to be licensed, certified or have an advanced degree...just their knowledge and a passion for their subject. Please contact Donna Riveiro at 516-767-5023 or send your resumé to:

Adult Education
Port Washington UFSD
100 Campus Drive
Port Washington, NY 11050
Attn: Donna Riveiro
DRiveiro@portnet.org

Continuing /Community Education Program Registration Card

Make checks payable to "Board of Education, Port Washington." A separate check and form is required for each course. Mail to Continuing Education, 90 Avenue C, Port Washington, NY 11050. Assume you have been accepted in the course unless notified otherwise. Registration will not be confirmed.

Course No. _____ Course Name _____

Senior Fee (Proof Enclosed) _____ Non Res Fee \$10 _____ Course Fee _____ Total Fee _____

First Name _____ Last Name _____

Street _____ Town _____ Zip _____

Phone _____ Email _____

Charge \$ _____ to my Visa/MC # _____
Amount Card Number V-code

Exp Date _____ Card Holder Name _____ Signature _____

1/13 1054

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Street		Town	Zip
Phone		Email	
Charge \$	to my	Visa/MC #	
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