

PORT WASHINGTON PUBLIC SCHOOLS Continuing Education 2017 - 2018



SPRING EDITION



Please keep this brochure as a reference for the
2017-2018 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

- March 30 - April 6, 2018 Recess
- May 25, 2018 (no school for students) Supt's Conference Day
- May 28, 2018..... Memorial Day
- June 21, 2018 High School Graduation
- June 22, 2018 Last Day of School

PORT WASHINGTON SCHOOLS

Kathleen A. Mooney, 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.

Sincerely yours,



Kathleen A. Mooney, Ed.D.
Superintendent

BOARD OF EDUCATION

Karen Sloan, *President*

Nora H. Johnson, *Vice President*

Emily Beys

Rachel Gilliar

Lawrence Greenstein

Dave Kerpen

Elizabeth Weisburd

CONTINUING & COMMUNITY EDUCATION PROGRAM

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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>

Now there are FOUR 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 online)

Payment options in person include:

Check, Cash, MasterCard or Visa

Payment options online include:

MasterCard or Visa

2. **Walk-in**

You can register by stopping in the Administration Building located at 100 Campus Drive or the Daly Annex at 90 Avenue C. Hours: 8:30 AM - 3:30 PM

3. **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: Angelica Walton

4. **Phone**

You can register by calling:

Donna Riveiro 516-767-5023

or Angelica Walton 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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Adult Auto/ Defensive Driving

DEFENSIVE DRIVING COURSE

Save a great deal of money over the next 3 years on your Auto insurance bills! Save your license! Most importantly, learn techniques that may save your life! The law in NYS requires that principal drivers who complete this course receive a 10% discount on auto insurance for the liability, collision and the no-fault premiums for three full years. In addition, successful completion of the course will cause the NYS DMV to deduct FOUR points from your driver record. THIS COURSE MAY NOW BE TAKEN ONCE EVERY 18 MONTHS FOR POINT REDUCTION. Upon completion of the course, a certificate will be mailed to you that can be presented to your insurance company.

Bell Auto School

6512 - SP18: Tuesdays, 6:30-9:30 PM
Starts 5/22/2018 for 2 Session(s)
SHS, Rm 117
Course Fee \$45.00, SC \$40.00

BOATING



AMERICA'S BOATING COURSE

The United States Power Squadrons course covers 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. Youths under 16 may attend only if accompanied by an adult at all sessions. Please note there is a \$75 materials fee for this program.

Frank Schreitmueller

6501 - SP18: Tuesdays, 7:30-9:30 PM
Starts 4/10/2018 for 8 Session(s)
PW Yacht Club, 1 Yacht Club Drive
Course Fee \$10.00, SC \$5.00

BUSINESS SKILLS & CAREER PLANNING

BUYING AND SELLING ON EBAY

Turn your household unwanted "treasures" into \$\$\$\$\$. Selling items on the online Ebay internet auction venue can be lucrative. This class will answer all the questions you have regarding account setup, item research, item categories and pricing, what to include in your auction description, photographs, when to have your auctions go live including best times and dates, correspondence with buyers, shipping arrangements, getting paid from buyers, feedback, tips to protect yourself as a seller and lots more. Everyone always has lots of questions. I will answer everything you always wanted to know about selling on ebay including you as the buyer as well. Learn from someone who has been selling on ebay for 14 years and has seen the auction site grow and change dramatically. There will be limited computer use while in class. I will help you see how to navigate the listing of an auction as well as the "my ebay" tracking center and more.

Stacy Pinchiaroli

2584 - SP18: Monday, 7:00-10:00 PM
Starts 3/26/2018 for 1 Session(s)
Weber, Rm 211
Course Fee \$60.00, SC \$55.00



MASTERING THE JOB INTERVIEW WORKSHOP

Going on a job interview can be very stressful. It really doesn't need to be. Having the skills doesn't mean you'll get a job. In fact, the most qualified people for a job often don't get the job offers because they don't convey a sense of excitement, enthusiasm, or urgency when interviewing. I am an executive recruiter with over 15 years of experience and have helped hundreds of people get new jobs. The goal of the program is to provide students with the tools to walk in to an interview with confidence.

Joshua Albucker

2522 - SP18: Tuesday, 7:00-9:00 PM
Starts 4/24/2018 for 1 Session(s)
Weber, Rm 109
Course Fee \$40.00, SC \$35.00

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



RESUMÉ WRITING WORKSHOP

Gone in 30 seconds...the average human resources professional spends less than 30 seconds reviewing your resume before deciding to bring you in or pass on you. By having a clear, well written, and easy to read resume, which highlights your strengths and achievements, your chances to be called in for an interview will dramatically improve. The goal of the class will be to provide education and individual resume guidance to students. We will additionally discuss the power of LinkedIn, how to post your resume online and keep it at the top of the list, and the importance and cautions of social media. My final goal will be to send everyone in the class an updated resume.

Joshua Albucker
2514 - SP18: Tuesday, 7:00-8:30 PM
Starts 3/27/2018 for 1 Session(s)
Weber, Rm 109
Course Fee \$30.00, SC \$25.00



THE "BUSINESS" OF ACTING

This Class is the "Business" part of acting that is an integral part of being an actor which notoriously gets neglected. If you are considering acting as a career, whether it is a career change, new pursuit for you or your child and you want brutal honesty regarding the acting industry for marketing, getting an agent, to the audition process and getting the part, then this class is for you. You will be given accurate leads on how to market and navigate a business with no rules and be successful at it.

Joann Perahia
6112 - SP18: Wednesdays, 7:00-9:00 PM
Starts 3/14/2018 for 2 Session(s)
SHS, Rm B14
Course Fee \$50.00, SC \$45.00

Joann Perahia
6111 - SP18: Wednesdays, 7:00-9:00 PM
Starts 4/18/2018 for 2 Session(s)
SHS, Rm B14
Course Fee \$50.00, SC \$45.00

Joann Perahia
6115 - SP18: Wednesdays, 7:00-9:00 PM
Starts 5/2/2018 for 2 Session(s)
SHS, Rm B14
Course Fee \$50.00, SC \$45.00

VOICE-OVERS....NOW IS YOUR TIME!
YOU'VE HEARD WENDY SHAPERO ON TV!!
Now hear Wendy 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. Wendy will show you a unique, outside of 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! Wendy Shapero, a successful voice artist and actor, has been heard on Robot Chicken (with Seth Green), other Cartoon Network shows and more!

Wendy Shapero
2048 - SP18: Thursday, 7:00-9:00 PM
Starts 3/15/2018 for 1 Session(s)
SHS, Rm 225
Course Fee \$30.00, SC \$25.00

COMPUTER & TECHNOLOGY SKILLS



EXCEL FOR BEGINNERS

Are you seeking a career advancement? Are you re-entering the job market and want sought after skills? This course is for you! It covers current and crucial skills you need to build and use common calculations applicable in many business situations. You will gain insight and practical skills to productively use Excel. Numerous common work sheets, tips and tricks will be covered. If you really want to understand Excel and have it work for you, take this course. Please bring an 8gb Flash memory drive. This class is for PC, not Mac, users.

Matthew Arnold
2505 - SP18: Thursdays, 7:00-9:00 PM
Starts 3/15/2018 for 4 Session(s)
Weber, Rm 202
Course Fee \$65.00, SC \$60.00

EXCEL INTERMEDIATE

Do you want to expand your home management and office skills and be more

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

competitive in today's job market? Do you want to develop analytic and practical methods to organize Excel data to get desired results? Learn additional tips and tricks using various business & home spreadsheets. How to review and analyze commonly needed office spreadsheets will be covered. Expand upon all you learned in Excel for Beginners. Please bring an 8gb Flash memory drive. This class is for PC, not Mac, users.

Matthew Arnold

2540 - SP18: Thursdays, 7:00-9:00 PM

Starts 4/19/2018 for 4 Session(s)

Weber, Rm 202

Course Fee \$65.00, SC \$60.00

WORD FOR BEGINNERS

Are you seeking a career advancement, entering or re-entering the job market? Do you need to update your skills in word processing, document management, reporting, and resume publishing? This course is designed for you. All essential skills, tips and tricks will be covered and practiced. A complete guide to commands is included. Please bring an 8gb Flash memory drive. This class is for PC, not Mac, users.

Matthew Arnold

2509 - SP18: Thursdays, 7:00-9:00 PM

Starts 3/26/2018 for 3 Session(s)

Weber, Rm 202

Course Fee \$65.00, SC \$60.00

CREATIVE ARTS



CREATIVE WRITING WORKSHOP - FICTION AND NONFICTION

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 - SP18: Thursdays, 7:00-9:00 PM

Starts 3/15/2018 for 8 Session(s)

Weber, Rm 103

Course Fee \$160.00, SC \$155.00

DANCE

BALLROOM DANCING - BEGINNER

Have you always wanted to learn how to ballroom dance, but never knew where to start? Then this is the right place for you. You will be out on the floor and dancing in no time. We are introducing a new instructor, John Casale, who is a Certified Professional Competitor, Dance Teacher and Ajudicator with the National Dance Council of America and the North American Dance Teachers Assoc. This group class is the fastest, easiest and least expensive way to learn the social dances. You will learn the basic steps in foxtrot, waltz, swing and the popular Latin dances, cha cha, merengue and rumba. Couples only please. \$200 per couple

John Casale

6025 - SP18: Tuesdays, 7:00-8:30 PM

Starts 3/13/2018 for 10 Session(s)

Weber, All Purpose Room

Course Fee \$200/Per Couple, SC \$195/Per Couple



BALLROOM DANCING - INTERMEDIATE

See information on beginner. This group class is the fastest, easiest and least expensive way to learn the social dances. You will learn the basic steps in foxtrot, waltz, swing and the popular Latin dances, cha cha, merengue and rumba. The intermediate class is for those couples who have completed the beginner course and are ready to proceed with both more intricate patterns and other social dances. Couples only please. \$200 per couple.

John Casale

6035 - SP18: Tuesdays, 8:30-10:00 PM

Starts 3/13/2018 for 10 Session(s)

Weber, All Purpose Room

Course Fee \$200/Per Couple, SC \$195/Per Couple

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

DANCING LATIN AND DISCO HUSTLE

Get exercise while learning to identify the rhythms of hot Latin dances in the clubs - ChaCha, Merengue, Salsa/Mambo plus the latest dance craze Bachata - moving smoothly and confidently to their exciting tempos. You will learn authentic Cuban motion. You will practice "shines", intricate Mambo variations you can do freestyle. You will learn what it means to be able to "dance on 2". Important techniques for both successful leading and following will be emphasized. Come with a partner or on your own. Also, learn the exciting steps of the dramatic Disco Hustle like John Travolta in Saturday Night Fever. Learn the secret of doing spins and graceful arm patterns as demonstrated. Wear smooth, leather-soled shoes.

Naomi Penner

6041 - SP18: Wednesdays, 8:30-10:00 PM
Starts 3/28/2018 for 9 Session(s)
Manorhaven, Cafeteria Annex (Music Rm)
Course Fee \$75.00, SC \$70.00

EMERGENCY PREPAREDNESS

CPR & AED CERTIFICATION COURSE

The National Safety Council's CPR & AED certification course teaches how to recognize an emergency, act appropriately and sustain life until professional help arrives. Participants will learn the principles of CPR and how to provide basic life support for adults, children, and infants. It meets the latest guidelines for CPR and emergency cardiac care. There will be a \$25 materials fee which will be collected on the day of the Course for textbook, DVD and certification card which will certify participants for two years. This course is designed for parents, teachers, all individuals requiring certification, and the general public. This course will meet for one session (4 hours).

Chris Romance

6566 - SP18: Saturday, 8:00 AM-12:00 PM
Starts 3/17/2018 for 1 Session(s)
Weber, Rm 110
Course Fee \$55.00, SC \$50.00

FIRST AID CERTIFICATION COURSE

The National Safety Council's First Aid training course is perfect for EMS professionals, firefighters, police, paramedics, security officers, parents, lifeguards, school personnel, day care workers, summer camps, athletic trainers, medical assistants and anyone else requiring First Aid training. The course highlights immediate life-threatening situations, demonstrates how to respond to them quickly and effectively and offers some perspective about how often these situations occur. There will be a \$25 materials fee which will be collected on the day of the Course for

the textbook, first aid guide, and certification card which will certify participants for three years. This course will meet for one session (4 hours).

Chris Romance

6567 - SP18: Saturday, 8:00 AM-12:00 PM
Starts 4/14/2018 for 1 Session(s)
Weber, Rm 110
Course Fee \$55.00, SC \$50.00

FINANCIAL & LEGAL



ABC'S OF ANNUITIES - WHAT THEY ARE, HOW THEY WORK, AND WHY YOU WANT THEM

Would you like to hear options on how you can protect what you have accumulated? WHERE WILL YOUR RETIREMENT INCOME COME FROM? Inflation and taxes will cut into retirement income. Retirement will cost you more than you think. We all worry about running out of money in retirement - with good reason, considering the state of Social Security reform and increasing life expectancies. Whatever your retirement goals, you'll need a steady, reliable income source to make them a reality. Come find out how variable annuities with optional benefits such as tax deferral, withdrawals, living and death benefits, automatic rebalancing, and custom allocation can help you in retirement.

Ronald Steiger

6801 - SP18: Wednesday, 7:00-8:00 PM
Starts 4/11/2018 for 1 Session(s)
SHS, Rm B14
Course Fee \$15.00, SC \$10.00



BACK TO BASICS: ARE YOUR INVESTMENTS GETTING THE ATTENTION THEY DESERVE?

In this day and age, the push is to put your investment money into mutual funds, ETF's and annuities. This Course is to inform about the pro's and con's of each and why individual stocks may be a better fit for your portfolio

Richard Jack

2022 - SP18: Tuesday, 7:00-9:00 PM
Starts 4/24/2018 for 1 Session(s)
SHS, Rm 115
Course Fee \$10.00, SC \$5.00

COLLEGE FINANCIAL AID FOR LONG ISLANDERS

With college costs skyrocketing, find out how to get your share of \$134+ billion available for student financial aid. Learn insider tips to maximize your financial aid from Long Island's leading financial aid expert with over

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

40 years of experience. Follow our step-by-step strategies to fill out your FAFSA (Free Application for Federal Student Aid), plan a needs analysis and negotiate with the college. We explain how the federal government calculates your "expected family contribution". **SPECIAL EMPHASIS WILL BE PLACED ON THE REGULATIONS INVOLVING DIVORCED AND SEPARATED PARENTS.** Also discussed will be how to conduct the best free internet scholarship searches, the CSS/Financial Aid PROFILE application and New York State's unique financial aid program --TAP. This is an excellent time for parents of seniors as well as juniors to begin planning. We welcome questions at the conclusion of the program.

Barry Fox

6688 - SP18: Monday, 7:00-9:00 PM

Starts 3/26/2018 for 1 Session(s)

SHS, Rm 115

Course Fee \$15.00, SC \$10.00

ELDER LAW & ESTATE PLANNING

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.

Mary P. Giordano

6728 - SP18: Wednesday, 7:00-8:30 PM

Starts 4/11/2018 for 1 Session(s)

SHS, Rm 11

Course Fee \$15.00, SC \$10.00



ENHANCING YOUR INVESTING IQ

Increase your investment IQ.

Financial innovation has created

a maze of new investment products. This has created plenty of new opportunities as well as new risks, but the basics of portfolio management have not changed. The emphasis will be on practical methods of investing for yourself and/or developing the ability to ask the right questions of your financial advisor. The first class will review the basics of asset classes; portfolio management (managing portfolio risk) and bond investing. The second class will focus on stock investing. The breadth of financial products has expanded dramatically. The discussion will include many of the new products, how they work, and identify the risks of each. Bring your questions!!

Douglas Augenthaler

6595 - SP18: Wed & Thurs, 7:00-9:00 PM

Starts 3/28/2018 for 2 Session(s)

SHS, Rm 115

Course Fee \$20.00, SC \$15.00

FINANCIAL EDUCATION FOR NEWLYWEDS & NEWLY ENGAGED COUPLES

Since you are starting out your life together, you want it to be a happy and successful one. Many problems that couple face are financial. This course will give you the knowledge to help put your family on a successful financial track. Topics will cover; How to Save & Budget, How to Protect Your Home and Family, Keeping Proper Records & Paperwork, Homeowners, Auto and Life Insurance, Purchasing a Home and other important information.

Ronald Steiger

6803 - SP18: Wednesday, 6:00-7:00 PM

Starts 4/11/2018 for 1 Session(s)

SHS, Rm B14

Course Fee \$15.00, SC \$10.00

GETTING ORGANIZED FINANCIALLY

Are you feeling like you are drowning in paper? If you have ever wondered what you need to do to get organized, this class is for you. Once you get the initial job done and the ongoing process set, you will save countless hours the next time you have to find something, when you prepare your taxes or when a family member has to do the job for you. Learn how long you should keep various documents - old tax returns, receipts, paid credit card bills, and all that other "stuff". Being organized can save you money and avoid stress for yourself and loved ones. Helpful lists will be distributed at no additional cost. This is the most practical, valuable course you'll ever find.

Richard Landsman

6572 - SP18: Wednesday, 7:00-9:00 PM

Starts 3/21/2018 for 1 Session(s)

SHS, Rm 215

Course Fee \$25.00, SC \$20.00

HOW TO 101 - BUYING & SELLING A HOME

Buying and selling your home, finding the right realtor, getting a mortgage.....all areas of real estate pertaining to buying and selling a home, hiring and using a realtor to sell your home, finding you your new home and getting the right mortgage will be covered in this Course.

Ronald Steiger

6148 - SP18: Thursday, 7:00-8:00 PM

Starts 4/12/2018 for 1 Session(s)

SHS, Rm B14

Course Fee \$15.00, SC \$10.00

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



HOW TO SELECT THE RIGHT FINANCIAL ADVISOR

If you are like most people, you may be cautious about whom

to trust and may be unsure exactly how to go about finding and selecting the right advisor. This seminar is intended for audiences in all life stages and financial situations with specific examples for different circumstances. In this seminar, we will help you prepare by providing a blueprint for how to select an advisor who is right for you. Presented by: Richard Jack, Chief Investment Strategist - Meadowbrook Wealth Management

Richard Jack

2021 - SP18: Thursday, 7:00-9:00 PM

Starts 4/19/2018 for 1 Session(s)

SHS, Rm 115

Course Fee \$10.00 , SC \$5.00



HOW TO WIN THE MONEY GAME

Do you want to get out of debt quicker, protect your income

better and retire with dignity? Learn the rules about money that all Banks, Insurance Companies and Credit Card Companies understand but don't teach you. The wealth building concepts taught in this dynamic class are industry techniques for creating a prosperous financial future. Register for this popular workshop now and learn powerful strategies to increase your advantage on the financial playing field.

Jake Caramico

1145 - SP18: Wednesday, 7:00-8:30 PM

Starts 3/28/2018 for 1 Session(s)

Weber, Rm 106

Course Fee \$10.00, SC \$5.00

INVESTING YOUR OWN MONEY YOURSELF

Learn specific methods to invest your own money yourself in stocks, bonds and real estate without employing or relying on others. Your investment objectives, time horizon and capacity for risk; the difference between certain and uncertain investments; and methods to invest for income and growth will be discussed. Questions and discussion welcomed by a 30 year investment professional makes this a very valuable course to attend.

Richard Landsman

6773 - SP18: Wednesday, 7:00-9:00 PM

Starts 3/28/2018 for 1 Session(s)

SHS, Rm 219

Course Fee \$25.00, SC \$20.00



INVESTMENT RESEARCH: METHODS FOR EVALUATING STOCKS, BONDS AND MUTUAL

FUNDS

This workshop will focus on real world methods used by the principals of Meadowbrook Wealth Management in daily portfolio management. Fundamental and Technical research will be discussed as well as aspects such as risk vs. reward, allocation and socioeconomic attributes.

Richard Jack

2023 - SP18: Thursday, 7:00-9:00 PM

Starts 5/3/2018 for 1 Session(s)

SHS, Rm 115

Course Fee \$10.00, SC \$5.00

KEEP INCOME FLOWING DURING RETIREMENT

This program will explore concepts that can help you plan a retirement income strategy with the goal of maximizing income, minimizing taxes, protecting your assets from the costs of long term care....All while having your money last through your lifetime and the lifetime of your spouse.

Jeffrey Silverman

6968 - SP18: Tuesday, 7:00-9:00 PM

Starts 3/27/2018 for 1 Session(s)

SHS, Rm 10

Course Fee \$15.00, SC \$10.00

LIFE PLANNING FOR CHILDREN WITH SPECIAL NEEDS

Planning for the future of a child with special needs can be an overwhelming process. With the time needed to plan for schooling, medical care and outside activities, often long term planning gets put aside. This program will help parents prepare for the long term planning needs for their children by learning the steps to develop a life plan in order to provide the best future possible.

Jeffrey Silverman

6969 - SP18: Monday, 7:00-9:00 PM

Starts 4/23/2018 for 1 Session(s)

SHS, Rm 10

Course Fee \$15.00, SC \$10.00

LIVING WILLS, HEALTH CARE PROXY, POWER OF ATTORNEY

Topics will discuss the use of the New York Health Care Proxy, Anatomical Gifts, and related Health Care Decision-making and the use of Medical Directives in New York, in light of the Florida Terri Schiavo case. We need to understand our relationship with Health Care providers, and our rights.

Ronald Steiger

6794 - SP18: Thursday, 6:00-7:00 PM

Starts 4/12/2018 for 1 Session(s)

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

SHS, Rm B14
Course Fee \$15.00, SC \$10.00



**MEDICARE AND YOU -
HAVE QUESTIONS? GET
ANSWERS!**

This Course is designed to give you an understanding of Medicare as well as the updates and changes for 2018. You will receive a broad overview of the fundamental components of Medicare - The A, B, C & D's. Are you turning 65? Retiring? Wondering about your choices for the Annual Enrollment Period? This is your opportunity to get the information you need to make an educated decision for your Medicare Health Insurance needs.

Julie Ward-Abdo
1212 - SP18: Tuesday, 7:00-8:30 PM
Starts 4/17/2018 for 1 Session(s)
SHS, Rm 120
Course Fee \$15.00, SC \$10.00

**MOVING YOUR IRA'S & 401K'S -
COMPLETE FINANCIAL WORKSHOP &
RETIREMENT FUNDING**

If you left your last job, but your 401K is still at your old company, why? Learn how easy it is to roll over your retirement funds. You need to know what works and what doesn't. You need to learn the secrets of financial success. That's where we come in. We know how to explain fundamental financial principles in a way that makes it easy for you to understand and use them. We use simple language, clear diagrams, and real-world case studies to help you take control of your financial future. Make cash work harder. Protect your family, money and assets and your future. Invest like the pros. Learn what your tax return says about you, minimize your taxes. Put a price tag on & save for your comfortable retirement. Invest your money wisely.

Ronald Steiger
6791 - SP18: Thursday, 8:00-9:00 PM
Starts 4/12/2018 for 1 Session(s)
SHS, Rm B14
Course Fee \$15.00, SC \$10.00

THE A, B, C, AND D's OF MEDICARE

Navigating through Medicare can be overwhelming. THE QUESTION IS, "AM I IN THE BEST TYPE OF PLAN FOR ME?" MAKING THE WRONG CHOICE COULD COST YOU. It is wise to: PREPARE, COMPARE AND DECIDE. What type of plan offers the most suitable coverage for your particular needs? This seminar will explore those options that are available to you. Steven I Semryck, Independent Sales Representative, will be the moderator of this event. He is a resource for the senior marketplace. The goal is to provide assistance and a better understanding of Medicare which will help you to make an

intelligent decision concerning your health insurance coverage. This event is only for educational purposes and no plan specific benefits or detail will be discussed.

Steven Semryck
6571 - SP18: Wednesday, 7:00-9:00 PM
Starts 4/11/2018 for 1 Session(s)
SHS, Rm 115
Course Fee \$15.00, SC \$10.00



**WEATHERING JOB
TRANSITIONS.
PRESERVING YOUR
FUTURE**

Today's unprecedented economy is forcing an unfortunate situation for many talented and successful people. We don't always choose change but, how we respond to change can profoundly affect our future success. During this seminar, we'll help you answer questions such as: How can I manage expenses and continue to pay bills without a regular salary? How can I continue to provide my family with medical care without my employer's insurance coverage? What are the long-term consequences if I tap into my retirement savings? How will a job loss affect my tax situation? Refreshments will be served at this lecture.

Christopher Helin
6823 - SP18: Thursday, 7:00-8:00 PM
Starts 5/10/2018 for 1 Session(s)
Weber, Rm 106
Course Fee \$0.00, SC \$0.00

Christopher Helin
6824 - SP18: Tuesday, 7:00-8:00 PM
Starts 5/8/2018 for 1 Session(s)
Weber, Rm 106
Course Fee \$0.00, SC \$0.00

**HEALTH &
WELLNESS**



**CANNABIDIOL (CBD):
HEAL FROM MEDICAL
CANNABIS WITHOUT THE
"HIGH"**

Dozens of medical conditions are greatly helped by medical cannabis. But did you know that the plant component that helps most of those conditions is cannabidiol (CBD), which is non-psychoactive and thus cannot get you high? Examples of conditions that CBD (without THC) can help include insomnia, migraines, anxiety, PTSD, fibromyalgia, seizures, multiple sclerosis, and certain types of pain. A recent U.S. law allows you to legally purchase CBD over-the-counter, without a prescription, and without the need to go to a dispensary. However, if your condition does require some THC, Dr. Carlton will tell you

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

about the dispensary system, and how to "tame" THC so as to minimize its unwanted effects.

Richard Carlton, M.D.
6674 - SP18: Monday, 7:00-9:00 PM
Starts 4/23/2018 for 1 Session(s)
SHS, Rm 215
Course Fee \$25.00, SC \$20.00

DEMENTIA

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 - SP18: Monday, 7:00-9:00 PM
Starts 4/9/2018 for 1 Session(s)
SHS, Rm 215
Course Fee \$25.00, SC \$20.00

 **HOW TO CREATE OPTIMAL LEVELS OF HEALTH, HAPPINESS AND SERENITY**

Carol Leitner, MBA, Health Care Administration, Mount Saini School of Medicine/Baruch College, and her team of holistic professionals will be presenting on the following topics: Plant Food Nutrition and Disease Prevention, Full Hydration and Disease Prevention including the State of LI Water and Clean Healthy Water for Your Home, The 20 Habits of Happy People and Why Happiness is Essential for Health, The Laws of Attraction or How to Manifest the Life of Your Dreams, How to Create Healthy, Conscious Relationship with Self and Others and How to Achieve Deep Serenity. Leave this Course with many tools with which to create optimal health, happiness and serenity!

Carol Leitner
6113 - SP18: Thursdays, 7:30-9:00 PM
Starts 3/15/2018 for 4 Session(s)
Weber, Rm 105
Course Fee \$60.00, SC \$55.00

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

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 - SP18: Monday, 7:00-9:00 PM
Starts 3/26/2018 for 1 Session(s)
SHS, Rm 215
Course Fee \$25.00, SC \$20.00

LONG TERM CARE - 101

This power packed workshop reviews strategies on planning to protect your family and your future when health changes. We discuss the current cost of care and why disability insurance and health insurance is not the complete answer to the problem. We review solutions such as: Health Insurance, Workmen's Compensation, Medicare, Medicaid, Self-Insurance, Long Term Care Insurance, New York State Partnership Plan for Long Term Care, Hybrid Plans (which is a combination of Life Insurance, with Long Term Care Insurance rider.) Also, discussion of the various tax advantages associated with these plans. Lastly, what happens if you or a family member has a long term care event?

Vincent DeSantis
6703 - SP18: Tuesday, 7:00-9:00 PM
Starts 4/24/2018 for 1 Session(s)
SHS, Rm B11
Course Fee \$15.00, SC \$10.00

 **MEMORY MADE EASY - LEARNING TO MASTER YOUR MEMORY**

Learn the art and techniques used by Memory Experts worldwide to learn faster, recall more and retain it longer. A good memory can be learned and developed and our brain's capacity to store information is unlimited....if you know how to do it. In 4 sessions, Memory Expert Dr. Jacqueline Albright will lead you step-by-step on the use of techniques taught for over 2,500 years. You will learn the secrets to give speeches without notes, recall poems, scripts and songs, improve study skills and grades, memorize notes, easily recall telephone numbers and lists, learn foreign languages and vocabulary faster, easier and much, much more. Stop the cycle of learning and forgetting, relearning and forgetting again. There is Greatness Inside of You. Learn to tap into a potential you never thought possible and be shown how to master your memory.

Jacqueline Albright
2595 - SP18: Tuesdays, 7:00-9:00 PM
Starts 4/10/2018 for 4 Session(s)
SHS, Rm 11
Course Fee \$105.00, SC \$100.00

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



**RAISE THE QUALITY
OF YOUR LIFE - NOT
THE COST OF YOUR
HEALTHCARE**

Gary Feldman shows you how to avoid falling into high-risk medical categories in this new, harsh healthcare climate. An innovator in the nutritional supplement retail field, with extensive experience doing nutrition research for customers, Gary brings you decades of knowledge and trade information to help you navigate our compromised, monopolized food system. Get life-saving strategies for deciphering the unlabeled, lab-created GMOs that are changing your gut, altering your DNA, IQ and more. Learn the fantastic facts about sustainable food. Gary gives you amazing information you will use to build your health.

Gary Feldman

6780 - SP18: Tuesday, 7:00-8:30 PM
Starts 4/17/2018 for 1 Session(s)
SHS, Rm A5
Course Fee \$25.00, SC \$20.00

**REIKI AND MEDITATION FOR
RELAXATION**

Take an active role in your own well-being! Reap the enhanced benefits of combining the practices of meditation and Reiki. Participants can reduce stress, improve sleep, boost immunity and promote general wellness by using simple meditation techniques and experiencing gentle Reiki therapy. Scientific research documents the health benefits of incorporating basic meditative practices into our lives. During each class session, participants will focus on improving wellness through guided meditations combined with mini Reiki treatments. No experience necessary. Give up "to do" and start "to be".

Barbara Arnold

6594 - SP18: Tuesdays, 7:00-8:30 PM
Starts 3/20/2018 for 4 Session(s)
Abundance, 2 Hewlett Lane
Course Fee \$55.00, SC \$50.00

**SELF-DEFENSE COURSE FROM
MODERN WARRIOR**

It's indisputable that knowing how to defend yourself against a bigger, stronger, faster attacker is a huge advantage. Especially in these trying economic times, it's more important than ever for people of all ages to learn to defend themselves! Participants will gain an understanding of self defense laws, practical blocking/ striking techniques, effective target areas of the body, fighting from the ground and unorthodox weapons. Those of all ages will be comfortable in the training environment. This course will teach street applicable techniques, giving participants tools to WIN a violent confrontation. Modern Warrior IS Self Defense for the Real World!

Phil Messina

6093 - SP18: Mondays, 7:30-9:00 PM
Starts 4/16/2018 for 4 Session(s)
Weber, Wrestling Room
Course Fee \$70.00, SC \$65.00

**HOBBIES &
CRAFTS**

**BEGINNER HANDBUILDING/
SCULPTING**

For all the lovers of ceramics that have always wanted to get their hands dirty then this is the class for you. You will learn skills and techniques for making miniature sculptures in this 6 week course. Please note: There will be a \$25.00 material fee for firing, clay and glazing.

Heidi Stephens

4004 - SP18: Tuesday, 7:15-9:15 PM
Starts 3/13/2018 for 6 Session(s)
Haven Art Studio, 29 Haven Ave. Port
Washington
Course Fee \$200.00, SC \$195.00



BRIDGE - BEGINNER

Over the years the American Contract Bridge League (ACBL) has made many revisions to the game of bridge. This eight-week course is designed for the beginner bridge player and for those who have not played in years. Focus of the Course will be on learning the concepts of bridge basics, bidding and play of a bridge hand.

Jo-Ann Damato

6504 - SP18: Tuesdays, 7:00-9:30 PM
Starts 4/10/2018 for 8 Session(s)
SHS, Cafeteria
Course Fee \$120.00, SC \$115.00



MAH JONGG - BEGINNER

Women, men, singles and couples. Join the rage!! Learn the fun and very challenging American version of the game Mah Jongg that is sweeping the nation. The course covers all aspects of the game - from the rules, explanation of the tiles, the "Wall",

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

the Charleston, calling for exposures and understanding the all important "CARD". By the second night, the games will begin. Hone in on selecting a hand; pick up strategies -- all leading to bringing your hand to the ultimate Mah Jongg! Order your 2018 cards online through the NATIONAL MAH JONGG LEAGUE and bring your Mah Jongg set to class if you have one.

Wendy Meagher
6150 - SP18: Thursdays, 7:00-9:30 PM
Starts 3/15/2018 for 8 Session(s)
SHS, Cafeteria
Course Fee \$75.00, SC \$70.00

LANGUAGE

CHINESE - Beginner

Ni hao! (Hello!) Learn to communicate and explore ancient and current Chinese cultures. Hanyu Pinyin system of phonetic transcription is easy and will help you speak and understand practical expressions for business, daily life and travel.

Fanny Lee
5027 - SP18: Tuesdays, 7:00-8:30 PM
Starts 4/10/2018 for 8 Session(s)
SHS, Rm 217
Course Fee \$95.00, SC \$90.00

ENGLISH AS A SECOND LANGUAGE

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 - SP18: Tuesdays, 7:00-8:00 PM
Starts 3/13/2018 for 10 Session(s)
Weber, Rm 105
Course Fee \$65.00, SC \$60.00

JAPANESE

Easy Japanese with cultural explanation.

Michiko Tani
5010 - SP18: Tuesdays, 7:30-9:00 PM
Starts 3/20/2018 for 10 Session(s)
SHS, Rm 118
Course Fee \$85.00, SC \$80.00

SPANISH COMMUNICATION FOR BUSINESS, HOME AND TRAVEL

HOLA, amigos. Spanish, the US's growing second language, is essential for professionals - doctors, nurses, lawyers, teachers and business people to communicate successfully with patients, clients, students, customers, personnel and suppliers. Homeowners find Spanish important to communicate effectively

with staff in the home and vendors in the marketplace. Travelers will know the joy of being able to converse in this, the easiest of all languages. Hasta la vista.

Naomi Penner
5011 - SP18: Wednesdays, 6:30-8:30 PM
Starts 3/21/2018 for 10 Session(s)
Manorhaven, Cafeteria Annex (Music Rm)
Course Fee \$105.00, SC \$100.00

MUSIC & PERFORMING ARTS

PIANO - Beginner

Learn the basics of piano playing, including note reading, chords and familiar melodies. Course is designed for students with no prior or limited experience. Materials to bring: Instructor will obtain materials for the course. You need a notebook, and a pencil. Keyboards are provided.

Kris Noonan
5502 - SP18: Wednesdays, 7:00-8:00 PM
Starts 3/14/2018 for 10 Session(s)
Weber, Rm P-6
Course Fee \$85.00, SC \$80.00

PIANO - Intermediate

This course will be a review and tune-up for adults with prior piano/keyboard experience. Keyboard skills, technique, and repertoire will be tailored to the individual student's level. (Following an informal assessment you'll explore additional techniques and methods.) Materials to bring: Instructor will obtain the materials for the course. You need a notebook and pencil. Keyboards are provided.

Kris Noonan
5520 - SP18: Wednesdays, 8:00-9:00 PM
Starts 3/14/2018 for 10 Session(s)
Weber, Rm P-6
Course Fee \$85.00, SC \$80.00

PERSONAL CARE

BEAUTY MIRACLES - Skin Care & Make-Up

Do you want your skin to glow, your lips to look full and your eyes to pop? Then this is the class for you! Join us for two nights of beauty. All make-up supplied. Bring a hand towel, mirror on stand and \$10.00 (cash) material fee first night of class.

Josephine Alongi
6960 - SP18: Mondays, 7:00-10:00 PM
Starts 4/30/2018 for 2 Session(s)
Weber, Rm 112
Course Fee \$30.00, SC \$25.00

PHYSICAL FITNESS

BADMINTON

If you loved playing badminton in your backyard, at a park or as an organized sport, join us to improve your game, get a workout and have fun. Badminton is the world's favorite and fastest paced racket sport. Birdies are supplied but bring your own racket. This course is not for first time players.

Jamie Pines

6001 - SP18: Mondays, 7:30-9:00 PM
Starts 4/9/2018 for 7 Session(s)
SHS, Gymnasium
Course Fee \$55.00, SC \$50.00

BASKETBALL - A Full Court Activity

This is a full court basketball game played competitively. Regardless of your style, jumpshot or two-hander, you will find others of your era. Be sure of your physical condition before beginning. Participation of high school age students will be at the discretion of the instructor.

Richard Miglietta

6006 - SP18: Thursdays, 8:00-10:00 PM
Starts 3/29/2018 for 10 Session(s)
Weber, Gymnasium
Course Fee \$95.00, SC \$90.00

BODY SCULPTING WITH WEIGHTS

Are you looking for a firm, well-toned body or just want to maintain what you've got? THIS IS YOUR CLASS! For improved circulation, better flexibility, and toned muscles, meet with us twice weekly for this ten week session. Bring a mat, towel and 2 weights either 2,3,4 or 5 lbs; Dress comfortably and wear sneakers.

Debbie Mattmann

6051 - SP18: Mon & Wed., 6:15-7:15 PM
Starts 3/12/2018 for 20 Session(s)
Weber, All Purpose Room
Course Fee \$135.00, SC \$130.00

Debbie Mattmann

6050 - SP18: Mon & Wed., 7:30-8:30 PM
Starts 3/12/2018 for 20 Session(s)
Weber, All Purpose Room
Course Fee \$135.00, SC \$130.00

CHAIR YOGA

If you haven't experienced yoga, or if you think you don't have the flexibility to do some of the poses, CHAIR YOGA IS PERFECT FOR YOU. Most Yoga stretches can be effectively done this way. Chair Yoga or Seated Yoga is a gentle way of teaching students to experience Yoga and its many benefits. Yoga helps increase concentration, body awareness, tone, flexibility, range of motion, coordination and balance, and helps your posture, circulation, breathing and gastrointestinal function. You

won't be disappointed with this unique, innovative and easy to follow program. All ages and abilities are welcome. Please bring a yoga mat, wear loose fitted clothing and do not eat for at least one hour before class.

Beth Mohr

6046 - SP18: Mondays, 5:30-6:30 PM
Starts 3/12/2018 for 8 Session(s)
Sousa School, All Purpose Room
Course Fee \$75.00, SC \$70.00

CHIN NA - SELF DEFENSE TRAINING FOR WOMEN & GIRLS

CHIN NA is a Chinese term describing joint lock techniques used in the Chinese martial arts to control or lock an opponent's joints or muscles/tendons so s/he cannot move, thus neutralizing the opponent's fighting ability. It was developed in Shaolin Temple, which was the birthplace of Kung Fu. Chin Na literally translates as the technique of catching and locking in Chinese. Chin means to seize or trap. Na means to lock or break. While those actions are very often executed in that order, trap then lock, the actions can be performed distinctly in training and self-defense. Chin Na is one of Shaolin's 72 unique techniques. It mainly focuses on disabling the opponent's fighting ability instead of attacking. If someone is not trying to hurt you, s/he will not get hurt, that is what Chin Na is. Learning Chin Na does not require strong muscle; all you have to do is learn how it works and practice the skills. This class is especially designed for high school/college girls or women. You will learn step-by-step the most useful Chin Na forms. You might not be interested in martial arts, but you will be reaping the benefits of learning Chin Na as self-defense for the rest of your life. Safety is priceless!!

Chih-Kang (James) Chu

6143 - SP18: Thursdays, 7:00-8:00 PM
Starts 3/22/2018 for 10 Session(s)
Weber, Wrestling Room
Course Fee \$165.00, SC \$160.00

FITNESS KICKBOXING

Tokey Hill Martial Arts NEW and Enhanced kickboxing class is a high intensity boot camp style work out that can burn up to 800 calories in an hour. We incorporate kettle bells, battle ropes and body sculpting exercises in to the work out. This class is modern and fun!! You will leave invigorated and excited to return.

Tokey Hill

6086 - SP18: Mondays, 7:00-8:00 PM
Starts 3/12/2018 for 10 Session(s)
Tokey Hill's Center, 95 Seaview Blvd.
Course Fee \$85.00, SC \$80.00

Tokey Hill

6087 - SP18: Saturdays, 8:30-9:30 AM
Starts 3/17/2018 for 10 Session(s)

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

Tokey Hill's Center, 95 Seaview Blvd.
Course Fee \$85.00, SC \$80.00

Tokey Hill
6088 - SP18: Wednesdays, 7:00-8:00 PM
Starts 3/14/2018 for 10 Session(s)
Tokey Hill's Center, 95 Seaview Blvd.
Course Fee \$85.00, SC \$80.00



**GENTLE STRETCH AND
GENTLE STRENGTHENING
WITH MEDITATION FOR
ALL!**

Join us to gain more flexibility, build stronger bones and muscles, dramatically reduce stress and lift mood! We will be doing a series of gentle stretches while seated, standing, while on the floor: on our bellies, on our backs, on our sides. We will then do a series of gentle strengtheners while standing and also on our backs. The gentle, enjoyable strengtheners will strengthen our backs, abdominals and legs and arms. The class will begin and end with a guided meditation, with the intention of creating deep peace and stillness in the body, mind and spirit! Beginners and those with some experience are welcome! Great for athletes, weekend warriors, dancers and all!

Carol Leitner
6033 - SP18: Mondays, 7:15-8:45 PM
Starts 3/12/2018 for 8 Session(s)
Sousa School, All Purpose Room
Course Fee \$85.00, SC \$80.00

HORSEBACK RIDING

Join a small group semi-private lesson and learn walk, trot, the sitting trot and two-point. You will be grouped and placed according to skills after the first week. Slots will be assigned for 1-3 riders at half hour and 4-6 at three quarter hour slots. 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 if you have one. Riding will be taught under the supervision and direction of the Glen Head Horse Farm. There will be 5 riding lessons and 2 grooming/track lessons for rainy days.

Sandy Fallon
6766 - SP18: Wednesdays, 5:30-7:30 PM
Starts 4/18/2018 for 7 Session(s)
Glen Head Horse Farm @NEC, 62 Route 106,
Jericho
Course Fee \$235.00, SC \$230.00

Sandy Fallon
6767 - SP18: Saturdays, 9:00 AM-12:00 PM
Starts 4/14/2018 for 7 Session(s)
Glen Head Horse Farm @NEC, 62 Route 106,
Jericho
Course Fee \$235.00, SC \$230.00



**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 is clean, climate controlled and conveniently located across from Finn MacCools. Course fee includes MMA gloves. (Additional gear available if/ as needed) For more information, please call 516-883-2800.

Blue Moon Project
6061 - SP18: Thursdays, 8:00-9:00 PM
Starts 3/15/2018 for 10 Session(s)
Blue Moon Project, 194 Main St.,
Course Fee \$225.00, SC \$220.00

PILATES MAT AND EQUIPMENT CLASS

Port Washington residents have first priority to register. Pilates is a wonderful way to get in shape without stressing the joints. Strengthen your abdominals, increase flexibility and learn a form of exercise that can be customized to your body at any time of your life. You will be led through 40 minutes of mat work and introduced to the Pilates Equipment (Reformer, Cadillac, Spring Board and chair, magic circle, ball) in the last 20 minutes of each class. Experience Joseph Pilates Mat and Equipment exercises in a professional studio with fully certified Pilates instructors. Wear loose clothing or workout clothing and socks. Wednesday class is an Intermediate Class - MUST HAVE PILATES EXPERIENCE.

Patty Hussey
6019 - SP18: Saturdays, 10:00-11:00 AM
Starts 3/17/2018 for 10 Session(s)
Body 'n Sync, 358 Port Wash. Blvd.
Course Fee \$125.00, SC \$120.00

Patty Hussey
6015 - SP18: Tuesdays, 7:00-8:00 PM
Starts 3/13/2018 for 10 Session(s)
Body 'n Sync, 358 Port Wash. Blvd.
Course Fee \$125.00, SC \$120.00

Patty Hussey
6017 - SP18: Wednesdays, 8:00-9:00 PM
Starts 3/14/2018 for 10 Session(s)
Body 'n Sync, 358 Port Wash. Blvd.
Course Fee \$125.00, SC \$120.00

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

POWER VOLLEYBALL - ADVANCED

This is a weekly, two-hour session of competitive, co-ed volleyball for the volleyball enthusiast. This advanced-level program is intended for the experienced player who knows the rules, has advanced playing skills, and doesn't mind that the ball is going to be hit hard. The instructor will divide the group into teams with an even distribution of skill levels. Come out to play and have fun! Registration requests can only be submitted through the WAITLIST link on the course description page of the Port Washington Adult Education website - no telephone or mail-in submissions - and are subject to instructor approval. We reserve the right to refund your registration fee if it is determined that you cannot play at the required level.

Michael Usoskin

6029 - SP18: Wednesdays, 8:00-10:00 PM

Starts 3/28/2018 for 10 Session(s)

SHS, Gymnasium

Course Fee \$95.00, SC \$90.00



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 learn progress through all the fundamentals of Taekwondo to reap the benefits for the body, mind and spirit. By combining aerobic and anaerobic training routines, with mindfulness practice, participants will not only get and stay in great shape, but also develop an empowered spirit and focused mind. Everyone welcome. No previous fitness training required. Our modern facility is clean, climate controlled and conveniently located across from Finn MacCools. Each student advances at his/her own pace under close instruction from the Master. At the end of the 10-week course, most students will have the option to sign up for our next promotion test to earn their next color belt. Course fee includes official uniform and belt. You may have a light meal completed at least one

hour before class time. For more information, please call 516-883-2800.

Blue Moon Project

6064 - SP18: Monday & Thursday, 7:00-8:00 PM

Starts 3/12/2018 for 20 Session(s)

Blue Moon Project, 194 Main St.

Course Fee \$340.00, SC \$335.00

TAI CHI - INTRODUCTION TO

Tai chi is an internal Chinese martial art practiced for both its defense training and its health benefits. It is good for all ages from children to seniors. The class will introduce basic art form then gradually guiding students to classic styles. Also students will learn how to turn Tai chi into self-defense. In what way will students benefit from course? Why take it? Researchers have found that intensive Tai Chi practice shows some favorable effects on the promotion of balance control, flexibility, cardiovascular fitness, and has shown to reduce the risk of falls in both healthy elderly patients, and those recovering from chronic stroke, heart failure, high blood pressure, heart attacks, multiple sclerosis, Parkinson's, Alzheimer's and fibromyalgia. Tai chi has gentle, low impact movements, burns more calories than surfing and nearly as many as downhill skiing. Continuing practice of Tai Chi helps you maintain health and build up strength and energy. During the training, you will also learn and realize how each movement works. Then gradually the master will guide you how to utilize Tai chi as self-defense.

Chih-Kang (James) Chu

6053 - SP18: Thursdays, 8:00-9:00 PM

Starts 3/22/2018 for 10 Session(s)

Weber, Wrestling Room

Course Fee \$165.00, SC \$160.00

TENNIS - PWTA - Never Played/Very Little Experience

Port Washington residents have first priority to register. The Friday 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!

Gina/Denise

6032 - SP18: Fridays, 1:00-2:00 PM

Starts 3/16/2018 for 8 Session(s)

PW Tennis Academy, 100 Harbor Rd.

Course Fee \$85.00, SC \$80.00

TENNIS - PWTA - Some Experience

Port Washington residents have first priority to register. Students in the Wednesday 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

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

coaching in doubles, including actual play situations.

Gina/Denise

6027 - SP18: Wednesdays, 1:00-3:00 PM

Starts 3/14/2018 for 8 Session(s)

PW Tennis Academy, 100 Harbor Rd.

Course Fee \$165.00, SC \$160.00



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!

Sportime

6517- SP18: Saturday, 5:00-6:00 PM

Starts 3/17/2018 for 8 Session(s)

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

Course Fee \$85.00, SC \$80.00

Sportime

6519 - SP18: Sunday, 3:00-4:00 PM

Starts 3/18/2018 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 doubles, including actual play situations.

Sportime

6516 - SP18: Friday, 7:00-9:00 PM

Starts 3/16/2018 for 8 Session(s)

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

Course Fee \$165.00, SC \$160.00

Sportime

6518 - SP18: Sunday, 1:00-3:00 PM

Starts 3/18/2018 for 8 Session(s)

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

Course Fee \$165.00, SC \$160.00

YOGA LIFE

These beginner level classes will introduce you to a yoga practice that incorporates stretching, movement and breath technique in an environment that is welcoming, friendly, inspiring and fun. Classes will be a combination of vinyasa yoga and holding postures (a variation of postures will be offered). Wear comfortable clothing. Props are available, but it is preferable to bring your own yoga mat. Mats are available to rent. These classes are for beginners.

Stacy Lynn

6076 - SP18: Thursdays, 4:00-5:00 PM

Starts 3/15/2018 for 10 Session(s)

Yoga Life, 939 Port Blvd. PW, NY 11050

Course Fee \$125.00, SC \$120.00

Louise Friedman

6090 - SP18: Wednesdays, 7:30-8:30 PM

Starts 3/14/2018 for 10 Session(s)

Yoga Life, 939 Port Blvd. PW, NY 11050

Course Fee \$125.00, SC \$120.00

Rhonda Johnson

6089 - SP18: Tuesdays, 7:30-8:30 PM

Starts 3/13/2018 for 10 Session(s)

Yoga Life, 939 Port Blvd. PW, NY 11050

Course Fee \$125.00, SC \$120.00

ZUMBA

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.

Linda Cicchetti

6080 - SP18: Wednesdays, 7:30-8:30 PM

Starts 3/14/2018 for 8 Session(s)

Daly, Gymnasium

Course Fee \$90.00, SC \$85.00

SPECIAL INTEREST

FLIP THIS HOUSE!!

Do you have a desire to get involved with "flipping houses", but not sure where or how to get started? This course will reveal what I have learned in my 14 years of buying, renovating, and "flipping homes". You will learn everything from securing the cash you need to finance your venture to finding undervalued properties and negotiating the price so that you can sell the home at a profit. You will learn how to make profitable renovation decisions and how to market your property. The course will cover devising a successful flipping strategy, how to build your dream team, guesstimating your profit, choosing your target market, prioritizing and planning your renovation, and selling for a profit.

William Adlman

6147 - SP18: Tuesdays, 7:00-9:00 PM
Starts 4/17/2018 for 2 Session(s)
SHS, Rm 127
Course Fee \$40.00, SC \$35.00

PLANNING A DREAM VACATION

In this class you'll learn how to plan and take your dream vacation. Forget those package tours with 50-500 other people you've never met. I'll teach you how to find off the beaten path travel treasures, plan custom itineraries, discover unique accommodations, and address worrisome safety concerns.

Margo Karler

6970 - SP18: Wednesday, 7:00-8:30 PM
Starts 4/11/2018 for 1 Session(s)
Weber, Rm 108
Course Fee \$30.00, SC \$25.00

Margo Karler

6971 - SP18: Tuesday, 7:00-8:30 PM
Starts 3/13/2018 for 1 Session(s)
Weber, Rm 108
Course Fee \$30.00, SC \$25.00



REPAIR AND RECONNECT - A RELATIONSHIP COMMUNICATION WORKSHOP

Join Certified Imago Relationship Therapist Aviva Chansky Guttman, LMSW, for a workshop designed to help couples and individuals enhance their communication skills. Based on the components of Imago Dialogue Technique attendees will learn how mirroring, validation and empathy work synergistically to increase emotional intimacy and closeness, and when practiced will enhance a feeling of satisfying connection. Aviva will guide you through these steps, explain the theoretical framework, and attendees will practice learned skills within a safe and comfortable structure.

The class is open to couples and individuals and anyone in close relationship may benefit, including adult siblings, close friends and parent-adult child relationships. Class price is "per person".

Aviva Chansky Guttman

6155 - SP18: Monday, 7:00-9:00 PM
Starts 3/26/2018 for 1 Session(s)
SHS, Rm 115
Course Fee \$35.00, SC \$30.00

Aviva Chansky Guttman

6156 - SP18: Monday, 7:00-9:00 PM
Starts 4/23/2018 for 1 Session(s)
SHS, Rm 115
Course Fee \$35.00, SC \$30.00

STITCHERY

BASIC SEWING AND DRESS MAKING

Learn the skills you need to create clothing for yourself or others and complete a simple stylish garment. Students will learn how to measure, cut and sew properly. You will learn how to measure your body and make a pattern or how to adjust an "Easy" pattern that you will purchase. Students will be given a supply list at the first class. Express your creative fashion sense, learn a practical skill and save money at the same time! Bring a plastic bobbin and thread to first class.

Ferosa Plotkin

3132 - SP18: Wednesdays, 7:30-9:00 PM
Starts 3/14/2018 for 6 Session(s)
Weber, Rm 217
Course Fee \$65.00, SC \$60.00



KNITTING AND CROCHET CLASS

Learn how to knit and more!!

This class will teach: How to knit various stitches, how to read a pattern, how to cast on and bind off in many different ways, how to plan a project, how to knit cables and how to crochet. Join this group and share tips and patterns with other knitters and crocheters. Materials: To start, bring some practice yarn to class with size 8 needles OR bring your current project and I will help you complete it.

Nancy Wagner

3024 - SP18: Monday, 7:00-9:00 PM
Starts 3/12/2018 for 8 Session(s)
Weber, Teacher Faculty Lounge
Course Fee \$75.00, SC \$70.00

CLASS LOCATIONS

Daly Elementary School

36 Rockwood Avenue, Port Washington

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd (which becomes Middle Neck Road)

to Rockwood Avenue. Turn left on to Rockwood Avenue. The school is on your left.

Manorhaven Elementary School

Morewood Oaks, Port Washington

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. for approximately two and one-half miles (past St. Francis Hospital).

When you have passed Nassau Knolls Cemetery on your left, go four lights to Main Street. Turn left at Main Street and follow Main Street to Shore Road. Turn right on Shore Road to Morewood Oaks. The school is on the corner of Sands Point Road and Morewood Oaks.

Sousa Elementary School

Sands Point Road, Port Washington

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. for approximately two and one-half miles (past St. Francis Hospital).

When you have passed Nassau Knolls Cemetery on your left, go four lights to Main Street. Turn left at Main Street and follow Main Street to Shore Road. Turn right on Shore Road to Cow Neck Road. The school is on the corner of Sands Point Road and Cow Neck Road.

Schreiber High School

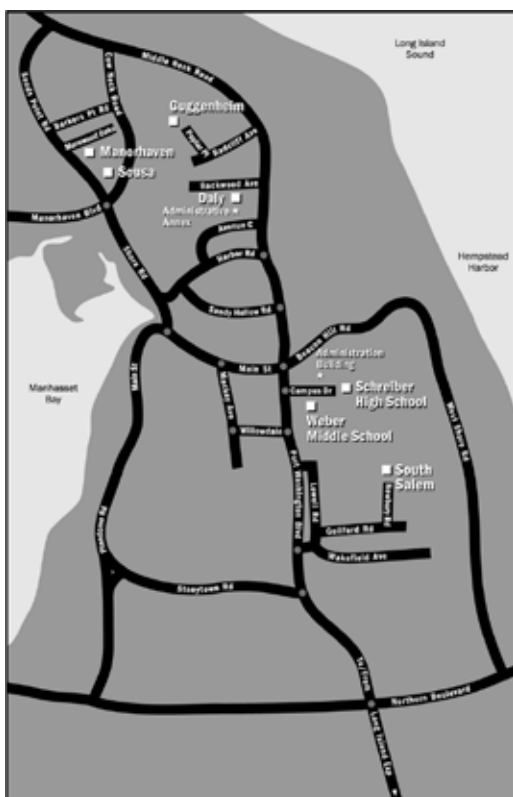
Campus Drive, Port Washington

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. for approximately two and one-half miles (past St. Francis Hospital). When you have passed Nassau Knolls Cemetery on your left, go three lights to Campus Drive. Turn right and the school is on Campus Drive at the end of the road.

Weber Middle School

Port Washington Blvd, Port Washington

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. for approximately two and one-half miles (past St. Francis Hospital). When you have passed Nassau Knolls Cemetery on your left, go three lights to Campus Drive. Weber Middle School is on the corner of Port Washington Blvd. and Campus Drive. Parking is located on Campus Drive.



Please note: Handicapped access is available at all locations.

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 (except restaurant events).

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. Courses are subject to adjustment in session or fee in the event of insufficient registration. 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.

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!

New Online, Mail, phone, fax or walk-in registrations 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.

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 | Amount _____ | Visa/MC # _____ | Card Number _____ V-code _____ |
| Exp Date _____ | Card Holder Name _____ | Signature _____ | |

1/13 1054

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| First Name _____ | | Last Name _____ | |
| Street _____ | | Town _____ | Zip _____ |
| Phone _____ | | Email _____ | |
| Charge \$ _____ to my | Amount _____ | Visa/MC # _____ | Card Number _____ V-code _____ |
| Exp Date _____ | Card Holder Name _____ | Signature _____ | |

1/13 1054

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Port Washington Union Free School District
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