

Lindenhurst Public Schools
Adult & Continuing Education



“Learning for Life”

Spring 2012



Spring Semester 2012 Adult Education

February

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
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March

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April

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May

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No classes held at all locations

If regular day school is closed because of holidays or bad weather, there will be no evening session. Listen to **WBAB, WHLI, WBLI, WALK, WCBS, NEWS 12** or www.lindenhurstschools.org

A Message from the Board of Education

Learning is a never-ending process. Throughout our lives we are capable of gaining new insights into the complexities of living in our contemporary society or developing new skills for profit, self-satisfaction, or for the help of others. The ending of one's formal education in school or college need not, and should not, be the end of a person's education. It is with this in mind, that the Board of Education has established this evening program. All members of the community are welcome.

SPRING TERM CALENDAR 2012

Mail-In Registration

February 1, 2012

You are strongly encouraged to register early by mail before February 1, 2012. Mail requests postmarked after February 1st, will be processed after the In-Person registration.

ON-GOING REGISTRATION

GED & ESL

Tuesday and Thursday

6:30 - 9:30 P.M.

Lindenhurst Middle School

GENERAL CLASSES

In-Person Registration

February 2, 2012

6:30 - 8:30 P.M.

Lindenhurst Middle School

1st Day of Spring Semester
February 27, 2012

Registration Information

1. Complete one form per person/per class. Signature, date, and phone number **must** be included. See page 19 for forms.
2. Enclose a separate check or money order for each registration made payable to “**Lindenhurst Public Schools**”
3. Mail all registrations to:
Adult/Continuing Education
Lindenhurst Public Schools
P.O. Box 621
Lindenhurst, NY 11757

Register Early
Forms must be postmarked by February 1st

REMINDERS

- ❖ Mail registrations early. Start dates vary. Some offerings are limited.
- ❖ Registrants must be 16 and over.
- ❖ **No refunds**, unless a class does not form due to insufficient registration or if a course is over-subscribed.
- ❖ Only registered students may attend class.
- ❖ **NO SMOKING** is permitted in school buildings or on school grounds.
- ❖ **Participation is at your own risk.**
- ❖ **Non-Resident** fee of \$8.00 per course.
- ❖ **Senior Citizens of the Lindenhurst School District** over 60 years of age can obtain a “Distinguished Citizen Card” (50% of cost, except for one night seminars, material costs and where specified) contact office for details.
- ❖ **NO CONFIRMATIONS MAILED.** Unless contacted, assume you have been enrolled and attend the first session.

Lindenhurst Adult Education reserves the right to cancel/change/substitute courses, events, teachers, locations, etc., due to unforeseen circumstances.

OFFICE HOURS

Daytime: 11:30 A.M. – 3:00 P.M.
ADMIN. 867-3140
Tues. & Thurs. Evenings: 6:30 P. M. – 9:30 P.M.
M.S. 867-3530

LOCATIONS

ALLEGHANY ELEMENTARY SCHOOL
250 So. Alleghany Ave.

DANIEL STREET ELEMENTARY SCHOOL
289 Daniel Street

HARDING AVE. ELEMENTARY SCHOOL
2 Harding Ave.

KELLUM
887 Kellum Street

MCKENNA ADMINISTRATION
350 Daniel Street

MIDDLE SCHOOL
350 So. Wellwood Ave.

RALL ELEMENTARY SCHOOL
761 No. Wellwood Ave.

SENIOR HIGH SCHOOL
300 Charles Street

WEST GATES ELEMENTARY SCHOOL
175 West Gates Ave.

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Monday

ACRYLIC PAINTING AND DRAWING

Andriani Mikolaitis **Senior High** - Rm. 110

In this course for beginners the grid method will be used to transfer the initial drawing so advanced drawing skills are not necessary. Layers of acrylic paint will be applied on the canvas board adding more detail with each layer until the painting is completed. Students will supply their own materials. **MATERIAL LIST WILL BE MAILED PRIOR TO START OF CLASS.**

8 Sessions Fee: \$60.00
7:00 – 9:00 P.M.
Class Begins 2/27

BALLROOM AND SOCIAL DANCING

Sonnie Schaffner & Chris Mastromano **Rall** - Cafe

Are you a “Dancing with the Stars” fan? You can learn to dance, too. This is an exciting blend of Latin and Ballroom dancing, featuring the Cha-Cha, Fox Trot, Hustle, Lindy/Swing, Merengue, Waltz and other popular dances. Whether you just enjoy dancing or have an upcoming special occasion, this is for you.

Learning to dance will give you an evening of fun, while achieving a new social skill and building confidence. You will be instructed by knowledgeable members of the New York Society of Teachers of Dancing, who will have you dancing in no time. For ease of dancing, no sneakers or rubber soled shoes, please.

8 Sessions Fee: \$50.00

7:30 – 9:30 P.M.

Class Begins 3/5



COMPUTER KINDERGARTEN

Tina Sarnicola **Senior High** –Lab 5b

This class is for people who are having their first experience with computers. Find out how to turn the computer on and off, use the mouse, keyboard and printer. Students will get experience using different programs and toolbars. We will also explore the Internet and using email. You set the pace! Bring your curiosity and your questions.

8sessions

8 Sessions Fee: \$55.00

7:30 – 9:30 P.M.

Class Begins 2/27

EIGHT WEEK SHAPE UP

Vickie Inglima **Middle School** - Weight Room

Health, well-being, diet and fitness program! Each session includes health and well-being information, nutrition and diet discussion, as well as both cardio and strength training exercises, and progress monitoring. Bring mat and/or towel, water, and your enthusiasm.

8 Sessions Fee: \$50.00

6:30 - 7:45 P.M.

Class Begins 2/27



GUITAR

Bobby Seeback **Middle School**-Rm. S118

This is a new guitar course that teaches basic fundamentals of chord, scales, theory and songs with an emphasis on fun. **Students must supply their own guitar and bring a metronome (for keeping time) and an electronic tuner.**

8 Sessions

Fee: \$45 (No Reduced Fee)

7:30-9:30 P.M.

Class Begins 2/27



HATHA YOGA

Colleen Nofi **West Gates** - A.P. Room

Learn how to relieve the stress of everyday living. Enjoy the peacefulness of the moment. You will be introduced to yoga postures, breathing techniques and the practice of concentration. Yoga is ancient and scientific, and when practiced, it encompasses and benefits all levels of human experience. Please bring a towel, lotion, a non-skid mat for floor and wear loose, comfortable clothing.

10 Sessions

Fee: \$55.00

7:00 – 8:15 P.M.

Class Begins 2/27



MEDITATION

Lisa Hogan

Senior High- Dance Studio

This course will introduce you to meditation techniques used for relaxation and self renewal. You will learn breathing exercises that help bring in healing energy and stimulate your body and mind. Some of the methods you will be taken through are Guided Visualization, Loving Keness, Sound Connection and Gazing Techniques. Each style offers a different approach to the ultimate goal of finding a method to reconnect with your true self.

6 Sessions

7:00-8:00 P.M.

Class Begins 2/27

Fee: \$50.00



TAI CHI

Joseph Panico

Alleghany - A.P. Room

The ancient Chinese exercise system of health and self-defense, using relaxed, calming and balanced movements, will help reduce stress, tone muscles, and mitigate weight problems. Tai Chi will promote strength, stamina, energy, lower blood pressure and improve physical condition. Help yourself delay aging, gain confidence, coordination and heightened concentration. The principle of this art may be applied to every area of daily life. Prior knowledge of any exercise system or martial art is not required. Ideal for busy men and women of all ages and conditions. Wear loose, comfortable clothing and sneakers.

10 Sessions

Fee: \$60.00

7:30 – 9:30 P.M.

Class Begins 2/27

Material Fee: \$5.00 Payable to Instructor first night of class.



VOLLEYBALL (Advanced)

Cecilia McGonnell

Middle School - Gym

This course is designed for players who have already mastered the skills and rules of volleyball and are serious about learning more advanced offensive and defensive rotations. Instruction will be given in 4-2, 6-2 and 5-1 lineups. Expect COMPETITIVE TEAM PLAY, with hard spiking. CASUAL PLAYERS MAY BE INTERESTED IN THE TUESDAY RECREATIONAL VOLLEYBALL PROGRAM. Wear appropriate clothing; knee pads are recommended. The final roster will be determined by instructor.

12 Sessions

Fee: \$60.00

8:00 – 10:00 P.M.

Class Begins 3/5

Tuesday

APPETIZERS AND DESSERTS

Jackie Audiino

Senior High – Rm. 118

This course will teach you something new each week. Recipes will include appetizers and desserts. (This is a hands on class. All students will work in preparing dishes!)

4 Sessions

Fee: \$30.00

7:15 – 9:15 P.M.

Material Fee: \$25.00

Class Begins 2/28



COLORED PENCIL DRAWING

Andriani Mikolaitis

Senior-Rm. 111

Learn how to layer colors and mix them by burnishing to achieve realistic drawings that others will not believe were done with pencils.

MATERIAL LIST WILL BE MAILED PRIOR TO START OF CLASS.

8 Sessions

Fee: \$60.00

7:00-9:00 P.M.

Class Begins 2/28

INTRODUCTION TO STAINED GLASS

Chris Milone

Senior High – Rm. 110

Learn the art of stained glass using the Tiffany technique of copper foiling. This course will cover: proper pattern making, cutting and shaping of glass, applying copper foil and soldering techniques. Students will begin with a basic project that will demonstrate the necessary methods to get started; then advance to a reasonably sized panel. Practice glass and glass for the first project will be supplied by the instructor. The cost of the tools is approximately \$80. The material fee for the second project will range from \$15 - \$25, depending upon glass choice and design. There is an emphasis on safety and proper methods of working with glass. Please bring safety glasses. \$20 of the tool fee is due the first night to get started.

6 Sessions

Fee: \$50.00

7:00 – 9:00 P.M.

Class Begins 2/28

Additional Fees: \$80.00 Tool Fee and \$15 Material Fee Payable to Instructor first night of class

KARATE PHILOSOPHY

Joseph D' Angelo

Senior High- Dance Studio

Karate has become a sport, in which a person competes against another. This is contrary to what the essence of karate is. The essence of karate lies in the path to become a better person. The path is defined in the main precepts of karate which are:

Seek perfection of character

Be faithful

Endeavor

Respect others

Refrain from violent behavior

This course will explain how to apply these precepts to modern life. Most commercial karate schools do not emphasize these precepts. They tend to emphasize the flashy moves and simple self defense techniques to draw students. The only competition a person has is himself/herself.

8 Sessions

7:00-8:00P.M.

Fee: \$50.00

Class Begins 2/28

MICROSOFT EXCEL INTRODUCTION

Lisa Fleureau

Senior High – Lab5B

This course teaches Microsoft Excel basics. Microsoft Excel allows you to create professional spreadsheets and charts. It performs numerous functions and formulas to assist you in your projects. This course will cover entering data, formatting, cell alignment, fonts, mathematical calculations, functions, and much more.

8 Sessions

Fee: \$55.00

6:30 – 8:30 P.M.

Class Begins 2/28

MICROSOFT EXCEL INTERMEDIATE

James Sheridan

Senior High – Rm. 209

This course will expand upon the skills you learned in the Introduction to Excel course and will give you an opportunity to work with some more advanced features of Excel, including templates, sorting, creating and planning a macro, using 3-D references, working with charts and advanced formulas. Please bring a 3 ½ inch Disk or CD-RW disk.

8 Sessions

Fee: \$55.00

6:30 – 8:30 P.M.

Class Begins 2/28

ONE STROKE PAINTING

Lorraine Milazzo

Senior High – Rm. 109

Learn how to paint on wood, tins, glass and more using the One Stroke technique. In this class you will learn how to paint by blending and shading all in one stroke of the brush. Paint beautiful gifts for the holidays, home and more. Every week you will bring home a completed project. **MATERIAL LIST WILL BE MAILED PRIOR TO START OF CLASS.**

8 Sessions

Fee: \$50.00

6:30 – 8:30 P.M.

Class Begins 2/28



RECREATIONAL VOLLEYBALL

Toni Sicignano

Middle School - Gym

Do you like to play volleyball at picnics and barbecues? Then this recreational course is for you! This non-competitive course is designed for beginners and those players who like to have fun. Please wear comfortable clothes and sneakers.

10 Sessions

Fee: \$60.00

7:30 – 9:30 P.M.

Class Begins 2/28



STEP AEROBICS

Vickie Inglima

Middle School - Weight Room

Step up to a better body! Make all your steps count in an exciting and invigorating Step Aerobics class. Have fun and fine tune your figure all at the same time! This class is a total body workout, lose weight, improve your cardio and stretch those muscles. Bring a towel or mat and plenty of water.

8 Sessions

Fee: \$50.00

6:15-7:30 P.M.

Class Begins 2/28

MEDICAL ADVISEMENT: *We advise that you consult your physician before undertaking any program involving strenuous physical activity. Participation in any class and/or activity is at your own risk.*

Wednesday

AMERICAN RED CROSS ADULT, CHILD, INFANT CPR (CERTIFICATION COURSE)

Diane Pollard Senior High - Rm. 160

This course will train you, in accordance with the current standards, to perform the basic life support technique known as CPR on adults, children, and infants. If a victim has no heartbeat, properly performed CPR can support vital functions until Rescue arrives with medically trained personnel. Respiratory & choking emergencies will also be addressed. A certificate of completion, issued by the American Red Cross, will be awarded to those who satisfactorily complete the course.

Material fee: \$22.00, payable to "American Red Cross" at the time of registration. Tuition fee: \$30.00 payable to Lindenhurst Public Schools (2 separate checks are required).

Maximum class size 12.

3 Sessions Fee: \$30.00 (No Reduced Fee)

6:30 – 9:30 P.M. Material Fee: \$22.00

Class Begins 2/29



AQUACIZE – Exercise in the Pool

Roberta Woolsey Senior High-Pool

How would you like to improve your cardiovascular system, burn calories, firm and tone your muscles all at the same time without sweating? Sound impossible? Welcome to the world of Aquacize. You don't have to be a swimmer to participate in this fun activity. Aquacize provides an ideal workout for those who are looking for a new approach to exercise. If you are afflicted with joint pain, the refreshing water provides relaxation to muscles and assists in improving circulation.

8 Sessions Fee: \$50.00

8:15 - 9:45 P.M.

Class Begins 2/29



BASKETBALL

Sam Algarin

Middle School - Gym

Sign up early for this popular recreational class. Instruction will be given to beginners while continuous play will be provided for those who already know the game. Wear sneakers and comfortable clothes. Expect body-blocking and physical contact positioning to be part of the play. All levels of players welcome.

10 Sessions

Fee: \$60.00



8:00 – 10:00 P.M.

Class Begins 2/29

COMPUTER 1ST GRADE AND BEYOND

Tina Sarnicola

Senior High-Lab 5B

This course is for the novice computer user. The class will be designed for the students enrolled according to their ability. Each week we will do a different project using Microsoft Word. Learn to make cards, calendars and more. Add fancy text and graphics to your documents. We will also surf the internet and explore many interesting websites. Basic computer knowledge is required, especially "mouse skills." **Previous students are welcomed!**

8 Sessions

Fee: \$55.00

7:30-9:30 P.M.

Class Begins 2/29

FITNESS CLASS FOR SENIORS

Adrian Killen

Senior High – Faculty Cafeteria

If you are a senior or "almost a senior" and need to increase your flexibility, strength and endurance, this program will help you feel good, better and your best. Enjoy a safe, fun and effective fitness program especially designed for seniors. We will do chair exercises to fun, upbeat music-at your own pace. We will help you get into shape by toning every area of your body... while you are sitting! Please bring a towel and water bottle.

8 Sessions

Fee: \$35.00

5:15 – 6:30 P.M.

(No Reduced Fee)

Class Begins 2/29

JEWELRY MAKING CLASS - BEGINNER

Sabrina Savino

Senior High – Rm. 111

This course will provide you with the basic skills and techniques to create your own custom crafted jewelry. You will explore the various types of materials, beads, tools, and metals used to complete your projects. Each student will complete three beautiful pieces (a necklace, bracelet and earrings) and finish the course with the vocabulary and skills to independently complete your own pieces. **MATERIAL LIST WILL BE MAILED PRIOR TO START OF CLASS.**

4 Sessions

Fee: \$25.00

7:00 – 9:00 P.M.

Class Dates:



2/29, 3/7, 3/14 and 3/21

JEWELRY MAKING CLASS- INTERMEDIATE 1

Sabrina Savino

Senior High – Rm. 111

Expand your basic jewelry making skills in this exciting new class! You will complete three beautiful new pieces (a necklace, bracelet and earrings) using techniques that include wrapped loops, weaving and working with chain. Prerequisite: beginner's jewelry making skills that include design, stringing, crimping, working with jeweler's pliers and the plain loop technique. **MATERIAL LIST WILL BE MAILED PRIOR TO START OF CLASS.**

4 Sessions

Fee: \$25.00

7:00 -9:00 P.M.



Class Dates:

Wed. 4/4, 4/18, 4/25 and 5/2

LINE DANCING

Jean Bowden

Rall - Cafeteria

Patricia McAuliffe

It's not just country dancing. Dances are done to all kinds of music such as Country, Pop & Oldies. Come alone, come with a friend. All ages welcome. We guarantee you will learn to dance. Don't be shy; join us for lots of fun and laughs. Great for exercise too!

8 Sessions

Fee: \$50.00

7:00 – 9:00 P.M.

Class Begins 2/29

NUTRITION & WEIGHT MANAGEMENT

Phyllis Scotti-Genova, CPT **Senior High** – Rm. 127

Repetition Fitness

Come learn about calories, making sense of nutrition labels, eating healthy with a busy lifestyle and the difference between good carbs and bad carbs. You will get weight management tips, meal planning, recipe suggestions and how to order when dining out. Learn how to eat to live, not live to eat!

4 Sessions

Fee: \$25.00

6:30-7:30 P.M.

Class Begins 2/29



PILATES I

Roberta Woolsey

Daniel – A.P. Room

For those who'd like to add to their current exercise program or take it to the next level, learn how specific movements & positions can restructure problematic areas by simply utilizing your own body as leverage. This exercise technique, developed over 90 years ago, has enjoyed renewed interest. With over nine decades of success, come discover what this fitness principle is all about. Safe, site-specific exercises work the most requested areas (abs, hips, thighs & upper arms) while continuing to condition the body as a whole entity. Minimize time spent while you maximize results. Members must bring a mat to class.

8 Sessions

Fee: \$50.00

6:30 – 7:30 P.M.

Class Begins 2/29



SPANISH COMPUTER COURSE

Mayra Pena

Senior High-Rm. 209

This course will be taught in Spanish. Overcome computer fears in this friendly workshop for first time computer users. Topics covered will be basic computer use and introduction to Word, Excel and Power Point.

8 Sessions

7:00-8:30 P.M.

Class Begins 2/29

Fee: \$55.00

SPINNING/ INDOOR CYCLING

Jean Kellerman **Senior High** – Faculty Cafeteria

Are you interested in burning 400-600 calories in 45 minutes? Do you enjoy bike riding, intense music and working up a sweat? Well if you want a great cardio workout, Spinning is for you! Our skilled instructor will motivate you through 45 minutes of all-terrain rides, similar to riding a bike outside. You are in control of your own pace, tension on the bike and ultimately you determine your own level of exertion. Spinning is a great way to condition your heart, tone your body and just a fun way to stay in shape when you can't get outside on your bike. Please bring a water bottle, hand towel, wear comfortable workout clothes and sneakers.

****Please indicate time on registration****

8 Sessions

Fee: \$50.00

7:00 – 8:15 P.M. or 8:15-9:30

Class Begins 2/29



TAI CHI

Joseph Laracuenta

Alleghany- A.P. Room

The ancient Chinese exercise system of health and self-defense, using relaxed, calming and balanced movements, will help reduce stress, tone muscles, and mitigate weight problems. Tai Chi will promote strength, stamina, energy, lower blood pressure and improve physical condition. Help yourself delay aging, gain confidence, coordination and heightened concentration. The principle of this art may be applied to every area of daily life. Prior knowledge of any exercise system or martial art is not required. Ideal for busy men and women of all ages and conditions. Wear loose, comfortable clothing and sneakers.

10 Sessions

Fee: \$60.00

7:30 – 9:30 P.M.

Class Begins 2/29

Material Fee: \$5.00 Payable to Instructor first night of class.



TOTAL BODY CONDITIONING

Vickie Inglima **Middle School** - Weight Room

This is an exercise class for those who have been inactive, intimidated or unfamiliar with exercise, or older adults. There will be a light workout on the step for cardio benefit. We will increase muscular strength and range of motion with hand held weights. Bring mat/towel and plenty of water.

8 Sessions

Fee: \$50.00

6:15-7:30 P.M.

Class Begins 2/29

ZUMBA

Edna Parker

Harding – A.P. Room

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting and effective fitness system! Zumba integrates some of the basic principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. The cardio-based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteus, legs, arms, core, abdominals and the most important muscle in the body, the heart. Please bring a towel, water and wear sneakers.

8 Sessions

Fee: \$50.00

4:45-5:45

Class begins 2/29



BODY SCULPTING

Vickie Inglima

Middle School - Weight Room

Be your own Michelangelo! Sculpt your body like a pro. Use weights and resistance to improve your body tone and shape. Exercises followed by a relaxing cool down and stretch. Build a better quality of life while you build a better body. Bring a towel or mat and plenty of water.

8 Sessions

Fee: \$50.00

6:15-7:30 P.M.

Class Begins 3/1



BODY TONING EXERCISE

Roberta Woolsey

McKenna - A.P. Room

Body toning exercise offers the best of both worlds, providing a unique combination of low-impact calisthenics and body-sculpting floor work. Improve cardiovascular health, burn calories, lose inches and re-contour specific areas of the body. Pulse rates are taken to monitor progress. A stress-reduction cool-down is included to relieve tension and relax muscles. Wear sneakers and bring mat to first class.

8 Sessions

Fee: \$50.00

6:30 – 7:45 P.M.

Class Begins 3/1

HATHA YOGA

Colleen Nofi

Daniel - A.P. Room

Learn how to relieve the stress of everyday living. Enjoy the peacefulness of the moment. You will be introduced to yoga postures, breathing techniques and the practice of concentration. Yoga is ancient and scientific, and when practiced, it encompasses and benefits all levels of human experience. Please bring a towel, lotion, and a non-skid mat for floor and wear loose, comfortable clothing.

10 Sessions

Fee: \$55.00

7:00 – 8:15 P.M.

Class Begins 3/1



ITALIAN FOR EVERYONE

Ornella Cavagliere

Senior High - Rm. 132

Learn Italian the easy way - with a native speaker. Learn pronunciation, simple phrases for conversation, grammar, and how to read and write. This romantic language will help you with travel plans, restaurant menus and personal pursuits. The instructor has revised this course to include beginners as well as students who already have some knowledge of Italian. Required book: Barron's "Learn Italian the Fast & Fun Way" Third Edition by Marcel Danes.

10 Sessions

Fee: \$60.00

7:30 – 9:30 P.M.

Class Begins 3/8



JEWELRY MAKING CLASS- INTERMEDIATE 2

Sabrina Savino

Senior High – Rm. 109

You asked for it...and here it is! We've added an additional intermediate level jewelry making class to expand and enhance your beading and design skills. In this class you will create a two-strand swirl bracelet using two hole spacers, a bracelet made with memory wire and a two-strand pendant necklace. **Prerequisite:** *Must possess beginner's jewelry making skills that include stringing, crimping and working with basic jeweler's tools.* **MATERIAL LIST WILL BE MAILED PRIOR TO START OF CLASS.**

4 Sessions

Fee: \$25.00

7:00 -9:00 P.M.

Class Dates:

Thursday –3/8, 3/15, 3/22 and 3/29

LATIN DANCING - BEGINNER

Kevin Bruno

Rall - Cafeteria

Whether you are seeking to enhance your dance skills, dance competitively, get some exercise or just have fun, let this be your Salsa dancing home. Salsa is a great way to build grace and confidence on the dance floor. Specializing in Latin dancing, we offer Salsa, Bachata, Merengue and many more Latin dances along with classic dances such as Waltz, Swing, Fox Trot and Tango to name a few. So come and join us for a great time in a very relaxed atmosphere, having fun while developing a passion for dance. Singles welcome.

10 Sessions

Fee: \$60.00

7:30 – 9:30 P.M.

Class Begins 3/1

SCRAPBOOKING

Sabrina Savino

Senior High - Rm. 111

This scrap booking class is designed for everyone. If you have always thought you would love to scrapbook but didn't know where to start or if you have started scrap booking and need new ideas and would like to learn new techniques, this class is for you! It's never too late to start that baby scrapbook or a scrapbook about that trip to Disney. Turn those moments in time into lasting memories for family and friends to cherish for years to come. You will be creating new pages in class, so bring your photos to class. We'll cover journaling, embossing, the use of decorative materials and many other techniques. Learn a new skill in each session. **MATERIAL LIST WILL BE MAILED PRIOR TO START OF CLASS.**

5 Sessions

Fee: \$40.00

7:00 – 9:00 P.M.

Class Begins 4/19, 4/26, 5/3, 5/10 and 5/17

ZUMBA

Nancy Weill

Senior High – Dance Studio

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting and effective fitness system! Zumba integrates some of the basic principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. The cardio-based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteus, legs, arms, core, abdominals and the most important muscle in the body, the heart. Please bring a towel, water and wear sneakers.

8 Sessions

Fee: \$50.00

7:00-8:00 P.M.

Class Begins 3/8

SAFE DRIVER TRAINING

DEFENSIVE DRIVING

Linda Greco **Senior** – Rm. 121
Point & Insurance Reduction Program. Save 10% on auto insurance, reduce 4 points on driving record. This is a 6 hour course and will be divided into two nights. To reserve a seat, send a registration form to the Adult Ed. Office. The fee is \$35.00 and can be paid in cash or check to the instructor the first night of class and **you must attend both classes in one of the sessions in order to receive a certificate. Please indicate session 1 or session 2 on registration.**

Session 1 March 21st and 22nd

Session 2 May 7th and 8th

2 Nights Fee: \$35.00

7:00-10:00P.M. Payable to Instructor in cash or check

PIANO FOR DREAMERS

PIANO FOR DREAMERS I

Debi Toni **Middle School** – Rm. S118
This course is for anyone who has wished to play the piano....here's your Dream come true!! ABSOLUTELY No Previous Knowledge is Necessary. Students will receive enough materials to play music long after this short encounter. Keyboards are provided. Class maximum is 15 students.

Piano for Dreamers I:

6 Sessions

7:30 – 10:00 P.M.

Class Begins Wednesday, 4/18

Fee: \$45.00 (No Reduced Fee)

Material Fee: \$30.00 Payable to Instructor (Newcomers only) Returnees \$10.00 Payable to Instructor

PIANO FOR DREAMERS II & III

Debi Toni **Middle School**-Rm. S118
Piano for Dreamers II & III is for all returning students and the intermediate player. We will continue each semester where the current participation leads us. More reading, more songs, more theory. MORE of everything. Same place! Right side of school first set of double doors. Make left upon entering. S118 is downstairs. Bring all old materials and your musical aspirations. **Please indicate Piano for Dreamers II, III or both on the registration form.** Prerequisite Piano for Dreamers I

Piano for Dreamers II Classes: Classes begin March 1st through April 5th, Thursdays 7:30-10:00
Fee: \$45 (No Reduced Fee)
Returning materials fee payable to Debi Toni \$10

Piano for Dreamers III Classes are as follows on Thursdays: April 19, 26, May 3, 24, 31 & June 7th
Fee: \$45 (No Reduced Fee)
Returning materials fee payable to Debi Toni \$10

ATTENTION HIGH SCHOOL STUDENTS

S.A.T. PREPARATION

Method Test Prep will be offering an SAT prep course to Lindenhurst High School students for just \$155/student. The course will cover the strategies and techniques for all parts of the SAT. Students will practice on a large number of authentic SAT questions. There is also a book to be purchased costing \$20. The book is The Official SAT Study Guide- 2nd edition by the College Board and is available at any bookstore or online. A series of seven classes will be offered from **7pm to 9:00 pm** on the following dates at Lindenhurst High School:

Session 1 for preparation for SAT on May 5
Tuesday/Thursday Classes
April 3, 5, 17, 19, 24, 26 and May 1.

Session 2 for preparation for SAT on June 2
Monday/ Wednesday Classes
May 2, 7, 9, 4, 16, 21 and 23.

To sign up for the class, simply fill out the bottom of this sheet and enclose with a check for \$155 made **payable to Method Test Prep** to:
P.O. Box 172
West Islip, NY 11795

*If you have any questions, please call Method Test Prep at 631-983-6022. Registration is first come, first serve and the registration deadline is **March. 23rd**.*

Student Name _____

Student Email _____

Parent Name _____

Parent Email _____

Parent Phone _____

Student's grade _____

BOATING COURSES

ABC BOATING COURSE

Charles Cooper

Rall - Library

This course covers getting started in boating, required safety equipment, going boating, navigation rules, lights and sounds, Federal and State regulations, finding your way, anchoring, adverse conditions and emergencies, communications afloat, water sports safety, trailering and personal watercraft (PWC) operation. There is a \$50 fee for the class manual. For further information contact Gene Johnson at pwrbr@aol.com or 631-242-6117. Class begins Tuesday, April 17th



YOUNG BOATER'S – AMERICA'S BOATING COURSE

Dawn Masterson

Rall - Library

Offered by the U.S. Coast Guard Auxiliary, this course is similar in content to the Adult course, but presented on a level appropriate for youngsters 10 – 18 years of age. It prepares young people for the responsibility of safe boat operation. Upon the successful completion of the course graduates are given Wallet Cards, accepted in lieu of NYS Boating license for the operation of Personal Water Craft and Powerboats. Please pre-register by calling instructor at 631-226-5664. Material fee of \$35.00 will be collected first night of class.

4 Sessions

Material Fee: \$35.00

7:00 – 9:00 P.M.

Class Dates:

Thursday – 3/8, 3/15, 3/22 and 3/29



LIFE GUARD CERTIFICATION

Diane Pollard

Senior High-Pool

Looking for a great summer job?

Life guarding can be both fun and rewarding. In this 10 week course you will learn the skills necessary to become a Red Cross certified lifeguard. You will gain strength and confidence as you practice saving lives. At the completion of this course you will have two certifications: CPR and LIFEGUARD. A \$16.00 fee will be charged if an American Red Cross Card is needed.

10 Sessions-Monday Fee: \$100.00 (No Reduced Fee)

7:00-9:00 P.M.

Material Fee: \$10.00

Class begins 2/27

Payable to Instructor

ADULT SWIMMING LESSONS

Staff

Senior High – Pool

“Everybody into the Pool!” Stop sitting on the sidelines, join in the fun. Stop letting a fear of the water hold you back. Join our adult swimming class. **NO CHILDREN ALLOWED.** Class is geared to the adult learner. Skill levels will be assessed and individual coaching may be provided.

This class is for beginner, intermediate and advanced swimmers. Learn to be comfortable with the water. Gain confidence by learning to put your face in the water and breathe. Use kickboards to support you while you learn to kick and tread water. Improve your breathing techniques, correct your stroke and strengthen your kick. Red Cross guidelines will be followed to improve your fitness level and polish your technique.

12:45 - 2:15 P.M.

10 Sessions - **Saturday**

Fee: \$65.00

Class Begins 3/3

Indicate choice on registration form



EMPLOYMENT OPPORTUNITY

We are looking for people who feel that they have expertise in certain fields and would like to share this with the community, teaching in our Adult Continuing Education Program. Continuing Education teachers do not have to be licensed, certified or have an advanced degree – only a love of their subject!

Send your resume to:

Adult Continuing Education
Lindenhurst Public Schools
350 Daniel Street
Lindenhurst, New York 11757



Bright Ideas

Do you have a “Bright Idea” for a new course? Are you someone with a special talent that you would like to share? Please fill out the form and mail it with your registration or give it to your teacher. We would love to hear your ideas!

Name _____

Phone# _____

I would like to teach a course in

I would like to take a course in



Mail Early



**Must be postmarked
by
February 1st**

Nothing kills a course faster than low registration, be sure to bring a friend with you.”

MEDICAL ADVISEMENT: *We advise that you consult your physician before undertaking any program involving strenuous physical activity. Participation in any class and/or activity is at your own risk.*

One Night Seminars

TOT SAVER

Olean Krupp

Senior High - Rm. 121

This course is designed for moms, dads, babysitters, grandparents or anyone with contact with little ones. We will teach you to perform CPR (Cardio-Pulmonary Resuscitation) procedures for infants and children. How to recognize an emergency, stay calm and take action. How to take care of a child or infant who is choking!

Monday, February 27th

Fee: \$20.00

7:00 - 9:30 P.M.

Materials Fee: \$20.00 Payable to Instructor



NOTARY PUBLIC TRAINING COURSE

Denise Fetzer

Senior High - Rm. 134

Complete Legal Forms

Stand out among the competition! Add prestige to your resumé and be an asset to your company by enhancing your credentials! The object of the Notary Public training course is to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary booklet. Price includes: Supplemental study guide, Notary Fact Sheet, Practical exam, National Notary Organization pamphlets and brochures, Sample Forms, notary public application, NYS exam schedule and booklet, 1 year free subscription to Notary Public Central & Legal Updates. Students are required to bring a pen & or a highlighter. Sign up now for this unique training course. Commissioned Notaries are always welcome to attend.

Monday, March 5th

Fee: \$15.00

7:00 – 10:00 P.M.

Material Fee: \$50.00 Payable to Complete Legal Forms



WOMEN'S GUIDE TO MONEY MATTERS

Meg Danaher, CFP

Senior High – Rm. 128

This seminar is geared specifically for women. At some point in their lives, 90 percent of women will be solely responsible for their own finances, as more women are taking charge of their financial futures. This seminar will give you the knowledge you need to invest intelligently and to secure your own financial future.

Tuesday, March 6th

Fee: \$15.00

7:00 – 9:00 P.M.



DEBT FREE LIFESTYLE

Bob Zambito

Senior High - Rm. 121

Get completely out of debt including your mortgage! Owe nothing to anyone! This workshop is designed for MIDDLE CLASS families and individuals who want to live a stress-free, debt free lifestyle. How would you like to pay off all your consumer debt, credit cards, car payments, etc., in one to three years? Then pay off your 30 year mortgage in another three to four years, saving thousands of dollars interest along the way? You can do this with your current income. LEARN SPECIFIC, POWERFUL AND TIME PROVEN STRATEGIES THAT WORK – EVERY SINGLE TIME! This workshop will help you eliminate all your debt and then operate 100% on cash never needing credit again. Bring a list of your debt (for your viewing only) with balances and monthly payments (principle and interest only for mortgage). During the class you will begin to develop your own debt elimination plan that can be implemented into your lifestyle. Please bring a pocket calculator to class.

Monday, March 12th

Fee: \$15.00

7:00 – 10:00 P.M.



LIFE PLANNING SEMINAR

Meg Danaher, CFP

Senior High – Rm. 128

You know you need to make key life decisions: Are you prepared? Four major topics that will be discussed are:

- Investment Perspectives- Is your money appropriately invested based on your goals and risk tolerance.
- Estate Planning- how to prepare a will and protect your money for your heirs.
- Understanding Taxes- What will taxes be in the future? Do I understand what tax benefits are available to me to reduce my taxes?
- How to Prepare- What are the benefits to me for preplanning?

You will not want to miss this very informative session where we will cover these topics and have a question and answer period immediately after.

Tuesday, April 3rd

Fee: \$15.00

7:00 – 9:00 P.M.



A, B, C AND D'S OF MEDICARE

Steven Semryck

Senior High-Rm. 128

Navigating through Medicare can be overwhelming. Each year a Medicare beneficiary can review their present coverage and change to a more suitable plan. The question is "How do you choose a suitable plan?" Making the wrong choice could cost you. Because of the new Healthcare Reform legislation, there are new changes that affect your coverage which are important to know. It is wise to prepare, compare and decide which is the most suitable coverage for your particular needs. This seminar will explore those changes and options that are available to you. Steven Semryck will be the moderator of this event. He is a resource for the senior marketplace that provides assistance to Medicare beneficiaries to educate and provide health insurance options. The goal is to provide the necessary information needed so that you can have a better understanding of Medicare for helping you to make an intelligent decision concerning your health insurance coverage.

Thursday, April 5th

Fee: \$15.00

7:00-9:00 P.M.

HOW TO PAY FOR COLLEGE WITHOUT GOING BROKE

Jan & Tony Esposito

Senior High - Rm. 128

Discover how you can literally save yourself thousands of dollars when sending your child off to college! This workshop teaches parents the best-kept secrets of getting the most money possible. Guaranteed secrets that most others would prefer you never found out! The truth about college funding and financial assistance programs will provide you the right knowledge when you're ready to fill out applications, and avoid the costly mistakes so many others make. Discover how to actually pay for your child's education without going broke!

Thursday, May 17th

Fee: \$15.00

7:00 – 9:00 P.M.



Liability

All participants in Adult Education programs assume all risk and danger incidental to the activities conducted in Adult Education and agree that the Board of Education of the Lindenhurst Union Free School District (the "District"), the Administration of the District and the District itself, are not liable for any injuries sustained during said activities and release, discharge and hold harmless such persons and entities. The participants also specifically acknowledge that the District does not carry any medical insurance for the treatment of any injury sustained during these activities and the participants will be relying solely upon their own medical insurance to defray any expense.

Publication Notification

The Lindenhurst School District hereby advises students, parents, employees and the general public that it offers employment and educational opportunities, including vocational education opportunities, without regard to sex, race, color, national origin or handicap. Inquiries regarding the non-discrimination policy may be directed to:

Title IX Coordinator, Mr. Anthony Amesti

867-3075 and/or

Section 504 Coordinator, Mr. Lou Aiello

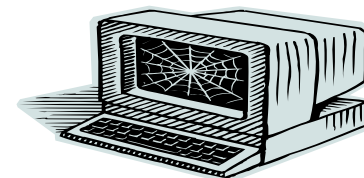
867-3100

Location:

McKenna Administration Building

350 Daniel Street

Lindenhurst, New York 11757



We're on the Web! Lindhurstschools.org

Please consult a physician before undertaking any strenuous exercise course.

Adult Basic Education

ON-GOING REGISTRATION

Lindenhurst Middle School

Tuesday and Thursday

6:30 – 9:30 P.M.

New York State Approved Programs

On-Going Registration

The following programs present opportunities to develop skills and to prepare for the future. To be eligible, persons must be twenty one years of age or older. REGISTRATION IS ON-GOING, simply report to the Adult Education Office/Social Worker's office in the Middle School, any Tuesday or Thursday evenings during the school year. You can begin at any time. Classes meet twice weekly through June.

Counseling services are offered, as well as computer-assisted instruction, to all those in the State-approved programs.

Get your GED now!

21 and over

HIGH SCHOOL EQUIVALENCY (HSE-21 YEARS and OLDER)

Donna Westpfahl

M.S. - Rm. S114 & S112

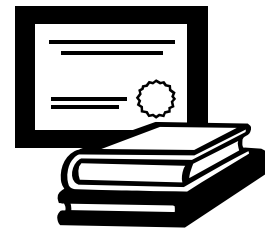
Jim Clark

Students entering this program will receive a minimum of 150 hours of free instruction in the specific skills of Reading, English Usage, and Mathematics. Instruction will be individualized according to your needs in order to help prepare for the High School Equivalency Test (GED).

Tuesday/Thursday

No Fee

6:30 - 9:30 P.M.



LITERACY COUNSELING/CAREER DEVELOPMENT

Tom Dolise

M.S. - Social Workers Office

Counseling services are available to all students enrolled in the ABE and ESL program. Group seminars, workshops, individual counseling, advisement and career development are offered.

Tuesday/Thursday

No Fee

6:30 – 9:30 P.M.

ENGLISH CONVERSATION FOR THE EMERGING ENGLISH SPEAKER

Al Anderson Middle School – Rm. E110

Are you nervous about using your English skills when you speak with others and are you afraid you will make mistakes using the vocabulary and grammar you already know? Are you worried other people will not understand you when you speak in English? And, are the American customs and culture very often confusing?

Well, we believe we have a possible solution. Our program has been developed over the past few years to address the needs of the experienced English language learner. With maximum opportunities to speak with the teacher and other students in the class, each evening we will cover areas such as current events, vocabulary, usable grammar and syntax, American idioms, cultural issues, and citizenship. We will also work on important reading and writing skills. This can be a great opportunity for you to make new acquaintances while learning the skills needed to be comfortable expressing yourself in “all things American.”

Tuesday/Thursday No Fee
6:30 – 9:30 P.M.

ENGLISH AS A SECOND LANGUAGE (ESL) EVENING

Al Anderson Middle School Rm. E112 & 114
Marion Casserly, Gail Wench & Jim Westpfahl

This course is designed to help foreign language speakers improve their English language skills. Emphasis will be on understanding, speaking, reading and writing. Students will work at their own levels and at their own pace. Individualized instruction, as well as direct group instruction will be offered. The program also includes American History, civics, and citizenship education to help prepare immigrants for the citizenship exam.

Tuesday/Thursday No Fee
6:30-9:30 P.M.

INGLÉS COMO SEGUNDA LENGUA (ESL) CLASES NOCTURNAS

Al Anderson Middle School Rm. E112 & 114
Marion Casserly, Gail Wench & Jim Westpfahl

Este curso fue creado para ayudar a las personas cuyo idioma nativo no es inglés. Enfaseis esta dado en escuchar, entender, hablar, leer y escribir inglés. Los estudiantes tendrán la oportunidad de trabajar a su propio paso en un nivel adecuado donde recibirán instrucción individualizada por parte del maestro. De acuerdo a las necesidades individuales el estudiante. El curso también incluye historia americana y educación cívica, las cuales perparan al estudiante extranjero para el exámen de ciudadanía.

Martes y Jueves de 18:30 a 21:30 de la noche.

Los maestros son No Fee

ANGIELSKI JAKO DRUGI JEZYK (ESL) (GODZINY WIECZOROWE)

Al Anderson Middle School Rm. E112 & 114
Marion Casserly, Gail Wench & Jim Westpfahl

Wieczorowy kurs języka Angielskiego jest prowadzony, aby pomoc uczniom obcego pochodzenia poprawic znajomosc języka Angielskiego. W programie zawarte bedzie wymowa, czytanie oraz pisanie. Uczniowie beda zdobywac wiadomosci indywidualne w zaleznosci od poziomu wiedzy i szybkości przyswajania informacji. Program zawiera takze historie Stanow Zjednoczonych, i przygotowanie do egzaminow dla imigrantow ubiegajacych sie o obywatelstwo Amerykanske. Spotkania odbywaja sie w kazdy Wtorek i Czwartek w godzinach od 18:30 do 21:30. Kurs jest bezplatny. Zapraszamy!!

No Fee

CURSO DE COMPUTACION EN ESPANOL

Mayra Pena Senior High-Rm 209

Este curso introductorio en espanol ayudara a principiantes en el manejo de la computadora y el uso de los programas de Word, Excel y Power Point.

8 Sessions

Miércoles 7:00-8:30 PM Fee: \$55.00

La clase comienza 2/27



Lindenhurst Adult/Continuing Education Registration Form

LAST NAME FIRST NAME

ADDRESS CITY ZIP

HOME PHONE WORK OR CELL #

COURSE TITLE DAY TIME \$ _____ # _____
FEE & CHECK NUMBER

____ RESIDENT ____ NON-RESIDENT SENIOR CITIZEN - D.C. CARD # _____
Add \$8.00

I understand that participation in all classes & activities is at my own risk.

Signature DATE

1 FORM & 1 CHECK FOR EACH CLASS & STUDENT – NO CASH
THIS FORM CAN BE DUPLICATED

Lindenhurst Adult/Continuing Education Registration Form

LAST NAME FIRST NAME

ADDRESS CITY ZIP

HOME PHONE WORK OR CELL #

COURSE TITLE DAY TIME \$ _____ # _____
FEE & CHECK NUMBER

____ RESIDENT ____ NON-RESIDENT ____ SENIOR CITIZEN - D.C. CARD # _____
Add \$8.00

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Signature DATE

1 FORM & 1 CHECK FOR EACH CLASS & STUDENT – NO CASH
THIS FORM CAN BE DUPLICATED

**Lindenhurst Public Schools
350 Daniel St.
Lindenhurst, NY 11757**

**Mail-In Registration
February 1, 2012**

**In-Person
Registration
February 2, 2012**

**Classes Begin
February 27, 2012**



Dated Material

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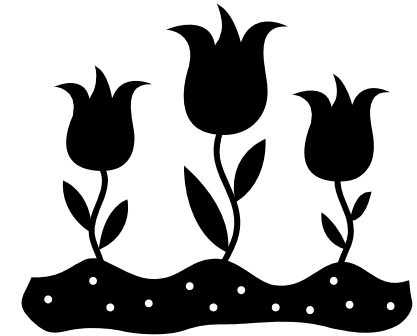
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