

WEST ISLIP PUBLIC SCHOOLS

ADULT EDUCATION PROGRAM

SPRING SEMESTER 2012

631-504-5616



VISIT US AT THE SCHOOL DISTRICT WEB SITE:
WWW.WI.K12.NY.US

SPRING 2012 ADULT EDUCATION PROGRAM
WEST ISLIP ADULT EDUCATION REGISTRATION FORM
(DETACH AND MAIL)

NAME: _____

ADDRESS: _____

PHONE: _____

COURSE TITLE: _____

NIGHT: _____ **TIME:** _____

PLEASE USE ONE REGISTRATION FORM FOR EACH CLASS

TOTAL FEE: Check Amt. _____ Check Number _____ **RESIDENT** _____

SENIOR CITIZENS, age 65 or older will receive a 10% Senior Citizen Discount

** There will be a late fee of \$10.00 for all who register after the deadline of 2/15/12*

NON-RESIDENT _____ *(Additional \$10.00 Fee for each class)*

FALL 2011 ADULT EDUCATION CALENDAR OF CLASSES

Dates Depend on Number of Classes

	FEB.	MAR.	APRIL	MAY
<i>Tuesday</i>	2/28	3/6, 3/13, 3/20 3/27	4/3, *, 4/17, 4/24	5/1, 5/8
<i>Wednesday</i>	2/29	3/7, 3/14, 3/21, 3/28	4/4, *, 4/18, 4/25,	5/2, 5/9
<i>Thursday</i>		3/1, 3/8, 3/15, 3/22, 3/29	*, *, 4/19, 4/26	5/3, 5/10, 5/17

** 4/5, 4/10, 4/11 & 4/12 – Spring Recess*

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BEGINNER EXCEL

Susan Batar, Instructor

Wednesday, 2/29, 3/7, 3/14

6:30–8:30 High School Room 131

Learn the basics of Excel and even more! In this course you will learn how to create and edit worksheets, use formulas and functions, create and edit charts, export and import files, and link files with Microsoft (MS) Word. Suggested: prior computer knowledge or completion of Introduction to Personal Computers.

3 Sessions Class Limit 20 FEE: \$35.00

INTERMEDIATE EXCEL

Susan Batar, Instructor

Wednesday, 3/21, 3/28, 4/4

6:30-8:30 High School Room 131

Intermediate Excel is designed for anyone who has taken and completed the Beginner Excel course or has a good working knowledge of Excel. Topics will include: Advanced Functions (Financial Lookup, IF, etc.), Range Names, Conditional Formatting, Consolidating and Linking Worksheets, Database Features and Creating Advanced Charts.

3 Sessions Class Limit 20 FEE: \$35.00

FRENCH

Marie Cuttonaro, Instructor

Wednesday 7:30-9:00 P.J. Bellew Library

If you know some French and would like to practice speaking, this conversational course is for you. Key vocabulary and grammar topics will be addressed to facilitate communication. Come join us if you would like to refresh your conversational skills for travel or if you would enjoy the opportunity to speak with others. As the course progresses, your conversational skills will improve.

10 Sessions Class Limit 20 FEE: \$65.00

DEFENSIVE DRIVING COURSE

Bruce Lieberman, Instructor

Tuesday, 3/6 & Wednesday, 3/7

7:00-10:00 High School Room 140

Six-hour defensive driving course saves 10% on liability and collision insurance and reduces up to 4 points from the driver's record.

\$45.00 CHECK SHOULD BE MADE OUT TO BRUCE LIEBERMAN.

Senior Citizen Discount does not apply to this course.

FEE: \$10.00 (Check should be made out to the West Islip School District)

S.A.T. PREP COURSE

Verbal & Math Monday-Thursday

2:30-4:00 p.m. or 6:30-8:00 p.m.

High School Room 237

The SAT course is to help prepare you for the SAT's which will be given on **Saturday, May 5, 2012** at the West Islip High School. The prep course will consist of 4.5 hours of instruction each in the Math and Verbal portions of the exam. The course will begin on Monday, March 12th and conclude on Thursday, May 3rd. The cost is **\$100 per student**, which includes the cost of instruction and the review book. *Please note* that this review course fee DOES NOT cover the cost of the exam itself. Students must register on-line at www.collegeboard.com

Fees for the course will be collected in the High School Main Office beginning Monday, February 13th. There is a limit of one hundred students on a first-come, first-served basis.

ABOUT BOATING SAFETY

UNITED STATES COAST GUARD AUX.

**Mr. Steve Cottral, USCG AUX. Flotilla 01-01
Public Education Officer**

Thursday 4/19, 4/26, 5/3 & 5/10

6:30–9:00 High School Room 109

This course is taught by qualified instructors from Flotilla 01-01. Topics covered include Introduction to Boating, Boating Law, and Boating Safety Equipment, Safe Boating, Navigation, Aids to Navigation, Boating Problems, and Trailering. In addition, students will also receive instruction in marlinspike, which covers the basic nautical knots, and a segment on proper radio procedure. Upon successful completion of the course, students will receive a certificate acceptable to New York State for the operation of recreational boats or Personal Water Craft (PWC). Many boat insurers offer discounts to boaters who have successfully completed a boating class. **There is a \$35 materials fee for this course, payable to USCG AUX Flotilla 01-01.** For further information, please call Mr. Steve Cottral, USCG AUX Flotilla 01-01 Public Education Officer at 631-559-8414

4 Sessions FEE: \$10.00

BALLROOM DANCE

Ballroom dancing is a rewarding experience that promotes both physical and mental health. Whether you are a beginner or already have some dance experience, you will enjoy learning basic dance concepts and skills while engaging your body in aerobic activity and building self confidence. Couples and singles welcomed. Partners are not guaranteed. For both comfort and safety, no sneakers or rubber soled shoes are permitted.

LEARN TO DANCE – BEGINNER BALLROOM
Phyllis Hintze, Instructor P.J. Bellew Cafeteria
Tuesday 7:45 – 8:45

This is an entry level class for individuals who want to learn basic ballroom dance steps, patterns and technique. The course is designed to develop the students' ability to perform basic ballroom dance steps with an emphasis on proper ballroom dance technique, footwork, posture, dance frame, communication through body movement (lead/follow), timing and dance etiquette.

10 Sessions FEE: \$65.00 single/\$120.00 couple

INTERMEDIATE BALLROOM DANCING

Phyllis Hintze, Instructor P.J. Bellew Cafeteria
Tuesday 8:45 – 9:45

This class is for individuals who have had some previous dance instruction. The curriculum includes instruction in more advanced technique and movement concepts while incorporating styling, more challenging dance steps and amalgamations. Enhance your dancing by learning more advanced figures, technique and styling!

10 Sessions FEE: \$65.00 single/\$120.00 couple

DRAWING (start date 2/28)

Vera Kavanaugh, Instructor
Tuesday 6:00-8:00 P.J. Bellew Art Room

Learn to draw – a good painting starts with a good drawing. Learn perspective, composition and design with simple tools. Bring drawing paper and #2 pencil and/or permanent ink pen. Still life will be provided by instructor. Come, learn and enjoy the time out.

8 Sessions FEE: \$40.00

BEGINNING/INTERMEDIATE

WATERCOLOR/OIL (start date 2/29)

Vera Kavanaugh, Instructor
Wednesday 6:00-8:00 P.J. Bellew Art Room

Learn the basics of watercolor/oil, or refresh your talent. Bring a pad of watercolor papers, paint, small canvas pad or panel for oil, 2-3 brushes #4-8, a plastic container for water and your willingness to enjoy painting. A still life will be provided by instructor. Come join us and create.

8 Sessions FEE: \$40.00

PIANO

Robert Watts, Instructor
Tuesday 7:15-8:45 P.J. Bellew Chorus Room
This course is for beginners and those who have given up on conventional lessons. Students who have previously taken this course or those who have a basic knowledge of piano are also encouraged to return to further their studies. There is enough individual instruction to ensure that each student advances their musical abilities. **Students are required to bring their keyboards and headphones to class.**

10 Sessions Class Limit 18 FEE: \$50.00

INTRODUCTION TO GUITAR

Robert Watts, Instructor
Tuesday 8:45-10:15 P.J. Bellew Chorus Room
This course will introduce the student to the fundamentals of guitar playing. Students who have previously taken this course or those who have a basic knowledge of guitar are also encouraged to return to further their studies. There is enough individual instruction to ensure that each student advances their musical abilities. **Students are required to bring their instruments to class.**

10 Sessions Class Limit 18 FEE: \$50.00

QIGONG (Chee gung)

Kim Crichton, Instructor
Tuesday 5:45- 6:45 High School Dance Studio
Qigong is a powerful system of healing and energy. It is the art and science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate the life energy (qi). Qigong is the key to strength, stamina, coordination, speed, flexibility, balance and resistance to injury. Qigong practice leads to better health and vitality and a tranquil state of mind. Bring a mat, towel and a bottle of water. All levels welcome.

10 Sessions Class Limit 28 FEE: \$65.00

PILATES

Kim Crichton, Instructor
Tuesday 6:45-7:45 High School Dance Studio
Pilates focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. The exercises teach awareness of breath, alignment of the spine, and strengthen the deep torso muscles. Bring a mat, towel and a bottle of water. All levels welcome.

10 Sessions Class Limit 28 FEE: \$65.00

IYENGAR YOGA

Kim Crichton, Instructor

Tuesday 7:45-9:00 High School Dance Studio

Iyengar Yoga emphasized the development of strength, stamina, flexibility and balance, as well as concentration. It focuses on the structural alignment of the body through poses (asanas) to unite the body, mind and spirit for health and well-being. Bring a mat, towel, and a bottle of water. All levels welcome.

10 Sessions Class Limit 28 FEE: \$65.00

FITNESS MIX

Kim Crichton, Instructor

Thursday 5:45-7:15 High School Dance Studio

Not sure what type of fitness program is for you? This class may help you decide. Six 15-minute segments of Qigong, ballet, belly dance, karate-kick drills, (no contact with others) yoga and pilates strung together will be fun to learn while strengthening, burning calories, increasing flexibility and improving balance. Bring a mat, towel and water bottle. All levels welcome.

10 Sessions Class Limit 28 FEE: \$70.00

FITNESS MIX

Kim Crichton, Instructor

Thursday 7:30-9:00 High School Dance Studio

Same as above.

10 Sessions Class Limit 28 FEE: \$70.00

ZUMBA

Jennifer Friaglia, Instructor

Tuesday 6:30-7:30 P.J. Bellew Cafeteria

ZUMBA is a Latin-inspired class that incorporates Latin and International music and dance movements, creating a dynamic, exciting, and effective fitness system. A ZUMBA class combines fast and slow rhythms that create an interval training style workout. The cardio-based dance movements are easy-to-follow and include body sculpting exercises, which targets areas such as the gluteus, legs, arms, core, abdominals and most importantly the heart. The best part of ZUMBA is that you don't have to be a dancer to follow along and each workout feels like a party!

10 Sessions FEE: \$65.00

ZUMBA

Jennifer Friaglia, Instructor

Thursday 6:30-7:30 P.J. Bellew Cafeteria

Same as Above

10 Sessions FEE: \$65.00

VOLLEYBALL-COED 6'S RECREATIONAL

Frank Olish, Instructor

Tuesday 6:45-8:15 P.J. Bellew Gym

This is pick-up play with teams formed by the participants. If you have any knowledge of the game then this is the evening for you. A good night to socialize, meet and play in a friendly atmosphere.

10 Sessions Class Limit 6 teams FEE: \$50.00

VOLLEYBALL-COED 4'S

Frank Olish, Instructor

Tuesday 8:30-10:15 P.J. Bellew Gym

Coed 4's play. At least one female on court. Sign up as a team or be placed as a free agent, space permitting. Good solid play. A good introduction to 4's play. Rally scoring to 21.

10 Sessions FEE: \$50.00

VOLLEYBALL- COED 6'S RECREATIONAL

Frank Olish, Instructor

Wednesday 6:45-8:15 Beach Street Gym

Have an evening of good fun while developing body tone through the use of exercising and volleyball. This is played coed and is an evening of great fun and relaxation. This class is a good entry level volleyball class.

10 Sessions Class limit 36 FEE: \$50.00

VOLLEYBALL-COED 6'S INTERMEDIATE

Frank Olish, Instructor

Wednesday 8:30-10:15 Beach Street Gym

Register and play as a team of 8 players. Free agents will be pooled to form teams or placed to fill out teams, space permitting. Each team should roster 3 women. Teams play an average of 4 games an evening. Wins and losses are kept. Bumping, setting, serving skills required.

10 Sessions Class limit: 6 teams FEE: \$50.00

VOLLEYBALL-COED 4'S

Frank Olish, Instructor

Thursday 6:45 – 8:15 Beach Street Gym

Coed 4's play. Play with at least one female on the court. Rally scoring to 21. Sign up as a team of "5". Free agents will be pooled together to form a team, space permitting. Scheduling will fluctuate between the two sessions. A schedule will be made out and playoffs are the last week. Level of play is very competitive.

10 Sessions Class limit: 6 teams FEE: \$50.00

VOLLEYBALL-COED 4'S

Frank Olish, Instructor

Thursday 8:30-10:15 Beach Street Gym

Coed 4's play. Same as above.

10 Sessions Class limit: 6 teams FEE: \$50.00

AQUACISE (start date 2/28)**Roberta Woolsey, Instructor****Tuesday 7:00-8:15****High School Pool**

How would you like to improve your cardiovascular system, burn calories and firm and tone your muscles without sweating? (Sounds impossible?) Welcome to the world of Aquacise, which provides an ideal workout for those who are looking for a new approach to exercise. Movement within water offers mild resistance to challenge muscles as well as a comfortable massaging effect to the entire body. Pulse rates are monitored to ensure safe exertion levels. Non-swimmers welcome. Class conducted by a certified aquatics instructor.

8 Sessions**FEE: \$40.00****TAI CHI FOR YOU****Mike Dalia, Instructor****Tuesday 7:00-8:30 P.J. Bellew Room 202**

Tai Chi is a slow moving, meditative exercise for relaxation, health, and self-defense, originating from China. Tai Chi can help develop the awareness necessary to bring healing into one's life. Training, therefore, concentrates on relieving the physical effect of stress on the body. In this course one will learn the principles of Tai Chi and develop a solid foundation through the practice of Tai Chi. Students will understand the benefits for his/her health, and the scientific method of self-defense. Additionally, there will be an emphasis on the correct body posture and spinal alignment while practicing Tai Chi. Upon completing this course, students will be able to develop the mental and physical awareness through the process of Tai Chi meditation movement, Tai Chi philosophy, and Tai Chi as a martial arts form. With the practice of Tai Chi the student becomes revitalized, relaxed, tolerant, self-confident, physically stronger, and ultimately, healthier in both mind and body.

10 Sessions**FEE: \$65.00****INTEGRATED CIRCUIT TRAINING****David Conroy, Certified Personal Trainer****Thursday 8:15-9:15 High School Weight Room**

Come join us for conditioning training that will develop strength, endurance, flexibility and coordination. Routines will consist of a 15-minute warm-up period, a 30 minute workout session, and a 15 minute cool-down and stretching session. Training sessions are progressive, versatile and can be helpful to both the elite athlete as well as the person looking for general fitness.

10 Sessions**FEE: \$65.00****COMMUNITY CPR****Lenny Butler, Instructor****Tuesday 3/13, 3/20, 3/27, 4/3 7:00-9:00****High School****Room 206**

This is the American Red Cross Community CPR Course. The course will include adult, child and infant CPR.

4 Sessions**FEE: \$40.00****FIRST AID****Lenny Butler, Instructor****Wednesday 3/14, 3/21, 3/28, 4/4 7:00-9:00****High School****Room 206**

American Red Cross Basic First Aid Course.

4 Sessions**FEE: \$40.00**

W.I. Adult Education

REGISTRATION

You can now pay and register for classes online. Go to the West Islip Schools Website @ wi.k12.ny.us and click the PaySchools Link to access the PaySchools Online Payment System. Registration is still available by mail. Use the registration form in this brochure or log onto our district website @ www.wi.k12.ny.us and download the registration form. Please write a separate check and separate registration form for each person and each course.

Checks should be made payable to:

WEST ISLIP SCHOOL DISTRICT

Please mail check and completed form to:
MR. DANIEL HUNTER,
DIRECTOR OF ADULT EDUCATION
PAUL J. BELLEW ELEMENTARY SCHOOL
25 HIGBIE LANE
WEST ISLIP, NEW YORK 11795

You are automatically enrolled unless otherwise notified and are expected to report to your first class.

SMOKING REGULATIONS

Smoking is **NOT** permitted anywhere on school grounds.

REFUNDS

The Board of Education has mandated that the Continuing Education Program be self-sustaining. If a course for which you registered is cancelled due to lack of registration or other circumstances, you will be notified and your check will be returned. No fees will be refunded after a course has begun. A course credit will be issued at the discretion of the Director.

MATERIALS FEES

Certain courses require additional fees as indicated in the course description. The fee is included in the course fee.

PRIORITY

Residents of the West Islip School District have priority over non-residents during registration.

ELIGIBILITY

You must be 18 years of age or over to participate, with the exception of S.A.T., P.S.A.T. preparation and the U.S. Coast Guard Auxiliary course.

Spring 2012

CLASS SIZE

Class size is at the discretion of the Director.

SCHOOL PHONE

631-504-5616

CLASS CANCELLATIONS AND SCHOOL CLOSINGS

Whenever the West Islip Public Schools are closed for school holidays, inclement weather, etc; the School of Continuing Education will not meet. Announcements will be made over the local radio stations. If a one-night class is cancelled because of the weather, it will be re-scheduled. It is the instructor's responsibility to notify you if he/she will not have class due to illness or an emergency situation. It is suggested that the instructor and the students exchange phone numbers.

FEES

Registration fees listed for each course are for Residents. Non-residents must pay an additional \$10.00 for each course.

There will be a \$15.00 fee for each returned check. There will be a \$10.00 late fee for all who register after the deadline of 2/15/12.

In addition, we ask that all course payments be made in the form of a check or money order.

SENIOR CITIZENS

Residents of the school district, age 65 or older, are invited to participate in a course with a 10% Senior Citizen Discount.

PARKING

Please use the school parking areas only. Avoid parking on side roads, in front of, and around the school building.

Illegally parked cars will be ticketed.

Parking is not permitted in the front of the High School. The front doors are locked.

The back entrances must be used to enter the building.

School of Continuing Education assumes no responsibility for any injury incurred from participation in any class. Registrants are advised to check with their physicians should there be any questions as to their ability to participate in any specific activity.

The West Islip School District
Freyer Administration Building
100 Sherman Avenue
West Islip, NY 11795

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