



Excellence in Education

# Plainview-Old Bethpage Central School District

Dr. Lorna R. Lewis, *Superintendent of Schools*

## ADULT CONTINUING EDUCATION PROGRAM

117 Central Park Rd., Plainview, New York 11803

# Spring 2016

**PLAINVIEW-OLD BETHPAGE  
CENTRAL SCHOOL DISTRICT  
PLAINVIEW, NEW YORK 11803**

### ADULT CONTINUING EDUCATION PROGRAM

#### BOARD OF EDUCATION

**Mr. Gary Bettan – President**

**Mrs. Debbie Bernstein – Vice President**

Mrs. Jodi Campagna

Mr. Seth Greenberg

Mrs. Ginger Lieberman

Mrs. Lauren Sackstein

Mrs. Emily Schulman

#### ADMINISTRATION

Dr. Lorna R. Lewis

Superintendent of Schools

### ADULT CONTINUING EDUCATION

Coordinator – Joseph Izzo

Sr. Account Clerk - Mary Kelly

Please call 9:00AM – 12:00PM - 434-3123

### MESSAGE FROM THE SUPERINTENDENT

Dear Residents:

The Adult Continuing Education Program of the Plainview-Old Bethpage School District is designed to provide community members with an opportunity to continue learning. Courses being offered reflect the interests of the community and you are strongly encouraged to participate.

We invite all of you to make your input felt and join us in guiding the development of future programs. All citizens are invited to call, write or get directly involved in our Adult Continuing Education Program.

Sincerely,

**Dr. Lorna R. Lewis**

Superintendent of Schools

### GENERAL INFORMATION

**CLASSES BEGIN THE WEEK**

**OF FEBRUARY 29, 2016**

### MAIL REGISTRATION

**Upon receipt, your registration will be time-stamped and honored on a first-come, first serve basis. Please assume you are registered unless contacted by the Adult Education Office. PLEASE NOTE: Payments required at the time of registration. No registration will be accepted after February 19, 2016**

Please use the forms on the back of the brochure. High School Seniors & Senior Citizens are requested to use the forms designated for them. It is necessary to fill out a separate form for each course and a separate check for each course. **NO CASH WILL BE ACCEPTED - CHECK OR MONEY ORDER ONLY, payable to POBCSD.** A receipt will be mailed to you. If a course does not materialize, you will receive a refund. Please note all class dates, as we DO NOT remind or notify you unless classes are canceled.

**MAIL TO: POBCSD  
Adult Continuing Education  
117 Central Park Road  
Plainview, New York 11803**

### IMPORTANT

Please note that Plainview-Old Bethpage Middle School is located on Central Park Road and Southern Parkway. All Adult Education classes will be held at this POBMS location, except where otherwise indicated and morning exercise classes will be at Parkway Elementary School. Please note as a security measure all students should be prepared on a nightly basis to present a valid ID.

### IN-PERSON REGISTRATION

6:30 - 8:30 PM - POBMS Lobby  
Tuesday, January 12, 2016

### PRIORITY

Residents and employees of POBCSD have priority over non-residents. **There is a non-resident fee of \$5.00 per course regardless of the number of courses selected. The senior citizen discount applies only to POBCSD senior residents. Out of district senior citizens pay the full price of each course.** High School seniors may enroll in any course of their choice at the same fee as for adults. Written consent of a parent/guardian and approval of the senior's Guidance Counselor and/or Principal are required. High School Seniors may receive the same discount as Senior Citizens. No high school credit will be granted.

### HIGH SCHOOL SENIOR DISCOUNT AND SENIOR CITIZEN DISCOUNT (60 or older)

A 50% discount will be given if proof of age is presented (license or county senior citizen leisure pass). Exceptions are noted after course descriptions. No discount on books or materials. High School Seniors please use form for senior citizen courses and those in which a senior discount is given.

### CLASS SIZE

A class must be self-sustaining in order to be held. Some classes have limited enrollments. Classes with an enrollment less than 10 may be reduced in the number of sessions without a reduction in fee. NO AUDITORS OR VISITORS ALLOWED.

### LENGTH OF COURSE

**Eight sessions unless otherwise noted.**

### LOCATION

Location is indicated in course listing. Locations subject to change according to availability. Check with registrar on first night of class for room assignment.

### CANCELLATION OF CLASSES

Classes will not meet whenever schools are closed during the day due to inclement weather, school holidays or special events. Instructors will notify you in the event of a personal emergency. Inclement weather closings will be announced on local radio stations and the Plainview-Old Bethpage Central School District's website.

### NO REFUNDS

**There are no refunds for any course for any reason. The only exception is cancellation of a course.**

### NO RESPONSIBILITY

The Plainview-Old Bethpage Central School District assumes no responsibility with respect to an individual's physical and/or medical suitability to engage in any physical activities. It is advisable for individuals to check with their personal physicians if they have a health problem. And, as part of the consideration for enrollment, students are required to sign a release and hold harmless statement.

**COMPLIANCE WITH TITLE IX** - The Plainview-Old Bethpage School District, under the requirements of Title IX, Part 86, does not discriminate on the basis of sex in the educational programs, or activities which it operates whether in the employment of personnel therein or administration of students thereto.

### PARKING

Please DO NOT PARK in the FIRE ZONE adjacent to the building. Illegally parked cars are subject to summonses from the Nassau County Police Department.

## CALENDAR

**CLASSES BEGIN Feb. 29, 2016**

**Mon. Tues. Wed. Thurs. Fri.  
FEBRUARY AND MARCH**

29	1	2	3	4
-	8	9	10	11
14	--	16	17	18
21	22	23	*	*
*	29	30	31	

### APRIL

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
*	*	*	*	*

### MAY

2	3	-	5	6
9	-	-	12	13
16	-	-	-	-
23	-	-	*	*
*	*			

Note: - No Adult Education Classes  
-- No Adult Education Classes at Plainview-Old Bethpage Middle School  
\* Schools Closed

**SPRING 2016**

<b>Monday</b>	<b>Course no.</b>
Canasta for Beginners	2
Core Fusion (New)	3
Computers-Excel for Beginner - Level One	4
Computers-Excel - Level Two	5
Estate & Asset Conservation	8
Gentle Yoga for Joints – Section 1	9
Jewelry & Metalsmithing 123 - Beginners	17
Knitting & Crocheting for Beginners	18
Knitting for Intermediates	19
Meditation for Deep Relaxation Level 1 – Section 1	23
Piano: Begin to Read Notes and Play	30
Pilates for Wellness	31
Rhythm Dancing for Social Occasions	33
Sewing Class for All Levels	34
Social (Ballroom) Dancing	35
Spanish for Beginners	36
Volleyball (Advanced) – Section 1	41
Volleyball (Recreational)	44
Zumba® Section 1	48

<b>Tuesday</b>	<b>Course no.</b>
Creative Jewelry & Metalworks Intermediate	6
Jewelry Making	16
Line Dancing for Beginner/Intermediate	20
Mah Jongg for Beginners	22
Meditation for Deep Relaxation Level 1 – Section 2	24
Notary Public Preparation Course	26
Painting & Sketching	29
Protecting Family Members with Special Needs	32
Strength Training with Weights (AM Session)	37
Tai Chi	39
Totsaver CPR & First Aid for Children	40
Volleyball (Advanced) – Section 2	42
Volleyball (Beginner)	43
Water Aerobics	45
Yoga is For You!	46
Zumba® – Section 2	49

<b>Wednesday</b>	<b>Course no.</b>
Beach Body Pilates (New)	1
Computers-Excel for Beginner – Level One	4
Computers-Excel – Level Two	5
Elder Law Workshop	7
Gentle Yoga for Joints - Section 2	10
Golf – On Course Learn and Play Section 1	11
How Long Islanders Can Beat the High Cost of College	13
How to Leave Money to Heirs	14
Hula Hoop Workout	15
Magic as a Hobby	21
Meditation for Deep Relaxation - Level Two	25
One Stroke Painting - Beginner	27
One Stroke Painting - Intermediate (New)	28
Yoga - Energy Yoga	47

<b>Thursday</b>	<b>Course no.</b>
Zumba® Earlybird Section 3	50

<b>Friday</b>	<b>Course no.</b>
Strength Training with Weights (AM Session)	38

<b>Saturday</b>	<b>Course no.</b>
Golf – On Course Learn and Play Section 2	12

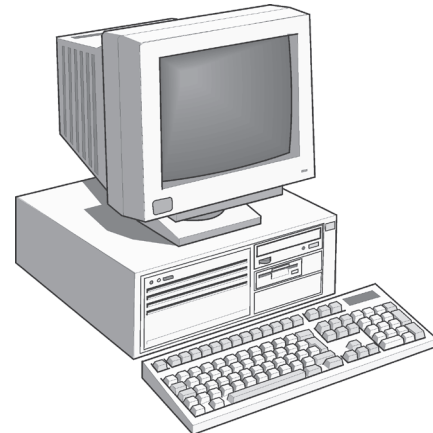
**1. BEACH BODY PILATES (NEW)**  
Flatten your abs, tone your arms and lift your feet in this 60 minute total body workout that improves strength and stability. Bring water, mat, and hand held weights. Limit 15 students. (Karen Rubinstein)  
POBMS Wednesdays, 8 sessions  
6:25-7:25PM \$70  
**No Senior Discount**

**2. CANASTA FOR BEGINNERS**  
Have you ever wanted to join a Canasta game but didn't know how to play? Here's your chance! Through simple, step-by-step instructions, you'll comfortably learn the basics of this increasingly popular game. Within only six lessons, you'll gain the skills and knowledge needed to play with others---sharing in the fun, excitement, and camaraderie. Maximum students 18. (Donna Miller-Small)  
POBMS Mondays, 6 sessions  
7:00-8:30PM \$65  
**No Senior Discount**

**3. CORE FUSION (NEW)**  
This body sculpting workout will tone you from head to toe by combining cardio, strength training, and core exercises and fusing them together in a multiple muscle exercise. Each exercise will build and strengthen your muscles, raise your heart rate and burn calories. This fun and effective class will progress in difficulty, providing something for everyone from the beginner to the more advanced. Please bring 5 lb. weights, a mat, and water. Limit 20 students. (Francine Gatto)  
POBMS Mondays, 8 sessions  
6:15-7:00PM \$60  
**No Senior Discount**

**4. COMPUTERS-Excel For Windows Beginner – Level One**  
This class will introduce spreadsheet novices to Microsoft Excel for Windows, a powerful spreadsheet program. Topics covered include typing and maneuvering with a spreadsheet, formatting and creating formulas and charts/ graphs. Come and learn how you can use a spreadsheet to organize addresses, track your stocks, balance your checkbook, create a budget, and much more. All students must sign the CSD and Board of Education District Policy Waiver. You can obtain a waiver by going to the POBCSD website <http://www.pobschools.org>, click on CSD & Board of Education District Policy 6460/7314 (Computer Network Internet Safety and Use Policy/Guidelines), sign the waiver and send it in with your registration forms. You can also obtain a copy at the Adult Education Office. Limit 15 students. Runs on Mondays and Wednesdays, six classes in all. (George Manolakes)  
**Begins Monday February 29th; no class Monday, March 7th**  
POBMS Mondays: 2/29; 3/14, 3/21  
Wednesdays: 3/2, 3/9, 3/16  
7-9PM \$70

**5. COMPUTERS-Excel For Windows – Level Two**  
This class is for students who have taken Level One Excel or have some experience with Excel. New functions will be used, including VLOOKUP, LEFT, RIGHT, MID, SUMIF and more. You will need strong basic skills to feel comfortable in this class. All students must sign the CSD and Board of Education District Policy Waiver. You can obtain a waiver by going to the POBCSD website <http://www.pobschools.org>, click on CSD & Board of Education District Policy 6460/7314 (Computer Network Internet Safety and Use Policy/ Guidelines), sign the waiver and send it in with your registration forms. You can also obtain a copy at the Adult Education Office. Limit 15 students. Runs Mondays and Wednesdays, six classes in all. (George Manolakes)  
POBMS  
**Begins Wednesday, March 30**  
Mondays: 4/4, 4/11, 4/18  
Wednesdays: 3/30; 4/6, 4/13  
7-9PM \$70



**6. CREATIVE JEWELRY AND METALWORKS – INTERMEDIATE**  
This class will continue to explore metalsmithing and bead stringing for Intermediate students; some experience necessary. Students will develop their basic hammering, wire wrapping, and bead stringing skills to the next level with more complex projects. Metals and beads will be combined to make unique jewelry. Kit cost: \$40.00 for 4 projects. Limit 15 students. (Dana Lagos)  
POBMS Tuesdays, 8 sessions  
6:30-8:30PM \$79  
**No Senior Discount**



### 7. ELDER LAW WORKSHOP

If you are concerned about protecting your assets and your dignity, this course is for you. The Elder Law Workshop is a hands-on introduction to the principles of Elder Law and what you can do TODAY to better secure your future. Don't appear in the Elder Law Attorney's office "too late"- too late to properly plan to protect hard earned assets from medical costs, too late to provide for substitute decision-making in medical and financial matters. Learn about health care proxies, powers of attorney, how to pay for long term care costs, about Medicaid eligibility requirements and how to engage in asset protection. THIS COURSE PROVIDES AMPLE TIME FOR MANY STUDENT GENERATED QUESTIONS.

(Makofsky & Raskin)

POBMS Wednesday, March 23

One Session Only

7-9PM

\$15

### 8. ESTATE AND ASSET CONSERVATION

You've spent a lifetime building your assets. How do you protect them? This course discusses wills, trusts, and other asset protecting strategies. It examines estate taxes and how to preserve your assets from these taxes. You'll learn how to minimize risk on your investment portfolio by proper allocations.

(Ira L. Bergman)

POBMS Monday, March 14

One Session Only 7:30-9:30PM

\$15



### 9. GENTLE YOGA FOR JOINTS – SECTION 1

For all levels of fitness, this course focuses on therapeutic stretches without holding postures or sitting on mats. Chairs will be provided for the sitting portions of the exercises. We will practice the system "Joints and Glands Exercises" of the Himalayan Institute, gentle stretches from head to toe, designed to relieve stiffness of the joints and rebalance circulation through the glands. If you have thought of taking yoga, yet hesitated due to lack of flexibility or compromised mobility, then this course may be for you, as well as for anyone wishing to benefit their joints. We will add Chinese self massage and acupressure to complement the benefit of the gentle stretches. Limit 20 students.

(Paulette Silber)

POBMS Mondays, 8 sessions

7:25-8:25PM

\$70



### 10. GENTLE YOGA FOR JOINTS – SECTION 2

For all levels of fitness, this course focuses on therapeutic stretches without holding postures or sitting on mats. Chairs will be provided for the sitting portions of the exercises. We will practice the system "Joints and Glands Exercises" of the Himalayan Institute, gentle stretches from head to toe, designed to relieve stiffness of the joints and rebalance circulation through the glands. If you have thought of taking yoga, yet hesitated due to lack of flexibility or compromised mobility, then this course may be for you, as well as for anyone wishing to benefit their joints. We will add Chinese self massage and acupressure to complement the benefit of the gentle stretches. Limit 20 students.

(Paulette Silber)

POBMS Wednesdays, 8 sessions

6:20-7:20PM

\$70

### 11. GOLF – ON COURSE LEARN AND PLAY – SECTION 1

The Learn and Play Golf Program is designed to continue the development of the beginner golfer with an introduction to on course play. Each lesson will consist of a 90 minute session with 30 minutes of instruction and followed by 60 minutes of on course play with the instructor. Rules, safety, course strategy, and game development will be covered. Must have prior golf experience and set of golf clubs. Register Early. Limit 5 students.

PGA Professional

Instruction provided by

Gold Coast Golf Center Inc.

Class at the Town of Oyster Bay Golf

Course

Wednesdays, Begins April 6th; 5 sessions

5:30-7:00PM

\$115

No Senior Discount



### 12. GOLF – ON COURSE LEARN AND PLAY – SECTION 2

The Learn and Play Golf Program is designed to continue the development of the beginner golfer with an introduction to on course play. Each lesson will consist of a 90 minute session with 30 minutes of instruction and followed by 60 minutes of on course play with the instructor. Rules, safety, course strategy, and game development will be covered. Must have prior golf experience and set of golf clubs. Register Early. Limit 5 students. PGA Professional Instruction provided by Gold Coast Golf Center Inc.

Class at the Town of Oyster Bay Golf

Course

Saturdays, Begins April 9th; 5 sessions

5:30-7:00PM

\$115

No Senior Discount

### 13. HOW LONG ISLANDERS CAN BEAT THE HIGH COST OF COLLEGE

With college costs skyrocketing, find out how to get your share of the \$134+ billion available for student financial aid. Learn insider tips to maximize your financial aid from one of Long Island's leading financial aid experts with over 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 NY State's unique financial aid program – TAP. This is an excellent time for parents of juniors as well as seniors to begin planning. We welcome questions at the conclusion of the program.

(Barry Fox, B.A., M.A.)

POBMS Wednesday, March 9

One Session Only 7-9PM

\$20/Family

No Senior Discount

### 14. HOW TO LEAVE MONEY TO YOUR HEIRS

You've worked hard all your life. Now you want to plan carefully to ensure that your nest egg will be passed along to those you choose; that your estate will not be reduced by excessive taxes and that someone you trust will be appointed to carry out your wishes when you are gone. This course will discuss wills and revocable living trusts, comparing and contrasting the advantages and disadvantages of each document. Special emphasis will be given to methods of reducing or deferring gift and estate taxes. This course will answer your questions regarding managing, protecting, and disposing of assets. The presenter is an attorney whose practice concentrates in Trusts and Estates and Elder Law.

(Makofsky & Raskin)

POBMS Wednesday, March 30

One Session Only 7-9PM

\$15

### 15. HULA HOOP WORKOUT

Hula Hoops are back and better than ever!

Hooping is fun, gentle, and burns lots of calories! A variety of hoops will be used for a full body workout. Bring your own hoop or use one provided by instructor. The hoops are also available for purchase. (Jeannie Pendergrass)

POBMS Wednesdays, 8 sessions

7:30-8:30PM

\$70

No Senior Discount



**CLASSES BEGIN FEBRUARY 29 - REFER TO CALENDAR ON FIRST PAGE**

### 16. JEWELRY MAKING

In this class you will learn the wonderful craft of jewelry making. The first week will be a crystal and seed bead necklace using the stringing technique. The second week will be a crystal bracelet (or anklet) and earrings using a wire linking and wrapping technique. Come join us for two evenings of fun and discover a new hobby. Please note: There is an additional \$20.00 fee payable to instructor for materials on first night of class. Limit 10 students. (Stephanie Young)  
 POBMS Tuesdays, March 1 & March 8  
 Two Sessions only  
 7-9PM \$30  
**No Senior Discount**

### 17. JEWELRY AND METALSMITHING 123 - BEGINNERS

Learn the basics of jewelry and metalsmithing. Explore the ancient art of metalsmithing using copper, brass, and German silver. Use and proper technique of pliers, hammer, and files for sheet metal and wire manipulation. Basic bead and pearl stringing will also be explored. Kit cost: \$40.00 for 4 projects. Limit 15 students. (Dana Lagos)  
 POBMS Mondays, 8 sessions  
 6:30-8:30PM \$79  
**No Senior Discount**

### 18. KNITTING AND CROCHETING FOR BEGINNERS

In this class the first four weeks will be beginner crocheting. You will learn the basic stitches, abbreviations, and pattern reading. The last four weeks will be beginner knitting. You will learn how to cast on, knit, purl, and cast off along with pattern reading. Please bring to class two skeins of four ply worsted weight yarn in a solid light color (two different colors of your choice), a metal crochet hook size J, and a pair of bamboo knitting needles size ten. Register early. Limit 10 students. (Stephanie Young)  
 POBMS Mondays, 8 sessions  
 6-7:30PM \$75  
**No Senior Discount**

### 19. KNITTING FOR INTERMEDIATES

If you know beyond the basics of knitting and would like to expand your knowledge of this wonderful craft, then this class is the class for you. You will make a garment (sweater) with all the finishing touches and you will wear it home. If you have a project that you are working on or wish to start a new one and need help, please feel free to bring it to class. The instructor will contact you a week before class starts so you can bring materials required for the project that you choose. Register early. Limit 10 students. (Stephanie Young)  
 POBMS Mondays, 8 sessions  
 7:30-9:30PM \$79  
**No Senior Discount**

### 20. LINE DANCING FOR BEGINNER/ INTERMEDIATE

Even if you think you have two left feet, come on down to line dancing. Join the fun and get some healthy exercise. No partner is necessary. Wear comfortable shoes or sneakers (no sandals or flip flops) and bring your water bottle and a smile! (Maximum 25 students) (Linda O'Halloran)  
 POBMS Tuesdays, 8 sessions  
 7-8:30 PM \$70

### 21. MAGIC AS A HOBBY

Looking to launch a new hobby and surprise your friends and family? Looking for a unique ice breaker to use in your next business presentation? Magic may be the answer. Our class will be interactive and you will be performing magic tricks during your first session. You will quickly learn tricks with cards, mentalism, mathematical oddities, and magic with select props. Please bring a deck of cards to first class. (William Adlman)  
 POBMS Wednesdays, April 6 & April 13  
 Two Sessions Only 7:00-9:00PM \$40  
**No Senior Discount**



### 22. MAH JONGG FOR BEGINNERS

If you know nothing about Mah Jongg but would like to learn the game, this course starts from the very beginning. Learn the tiles, how to read the card, set up, basic play, defensive play and winning strategies. By the end of eight weeks you will be able to form your own game, or play in an existing game, and you will be hooked. If you have access to a set, bring it. If you can get a 2015 card, bring it. Otherwise, cards will be provided. New cards come out in March and you must get one. If you would like to advance order a 2016 card contact Janet Walter at 367-4024 by January 16. (Minimum class size 5, maximum 16.) (Janet Walter)  
 POBMS Tuesdays, 8 sessions  
 7-9PM \$70  
**No Senior Discount**



### 23. MEDITATION FOR DEEP RELAXATION – LEVEL ONE SECTION 1

If you have a mind that keeps going, then this class is for you. Learn the basics of slowing down the mind, relaxing the body and opening to greater health and awareness. Experience why meditation can lower blood pressure, enhance work performance and more. You will learn a variety of techniques which include deep breath awareness, total body relaxation, visualization, sounds that shift brain waves and more. By the end of the series, you will have a program to take home to continue a regular meditation practice. As a bonus, you will learn “on the spot” meditation techniques that can be used throughout the day to stay focused and relaxed during activity. Limit 20 students. (Paulette Silber)  
 POBMS Mondays, 8 sessions  
 6:15-7:15PM \$70



### 24. MEDITATION FOR DEEP RELAXATION – LEVEL ONE SECTION 2

If you have a mind that keeps going, then this class is for you. Learn the basics of slowing down the mind, relaxing the body and opening to greater health and awareness. Experience why meditation can lower blood pressure, enhance work performance and more. You will learn a variety of techniques which include deep breath awareness, total body relaxation, visualization, sounds that shift brain waves and more. By the end of the series, you will have a program to take home to continue a regular meditation practice. As a bonus, you will learn “on the spot” meditation techniques that can be used throughout the day to stay focused and relaxed during activity. Limit 20 students. (Paulette Silber)  
 POBMS Tuesdays, 8 sessions  
 7:30-8:30PM \$70



### 25. MEDITATION FOR DEEP RELAXATION – LEVEL TWO

This course is for students who have taken Meditation Level 1 previously. We will continue to deepen our meditative awareness through expanded techniques and practices. Students will receive mutual support by sharing their process, as we explore deeper applications of the techniques with greater focus. We will explore more advanced levels of consciousness, such as “satsang” – total integration of meditative awareness into conversation, decision making and realizing truth in every action. We will continue to integrate relaxation more deeply into our lives by practicing as a group and cultivating a deeper practice at home and in daily life.

Limit 20 students. (Paulette Silber)

POBMS Wednesdays, 8 sessions

7:30-8:30PM

\$70

### 26. NOTARY PUBLIC PREPARATION COURSE

Stand out among the competition! Add a new certification to your resume and be an asset at your company by enhancing your credentials! All companies need to have documents notarized. The objective of the Notary Public Training Course is designed to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary Public Exam. The \$50 fee to the instructor 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 pen &/ or highlighter and payment of \$50 to the instructor on the night of the course. Sign up now for this unique training course.

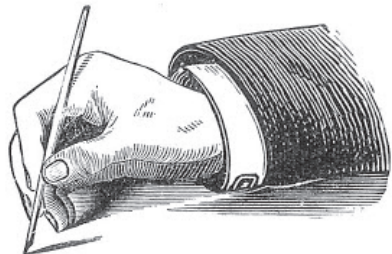
Commissioned Notaries are always welcome to attend. (Dina Elardo)

POBMS Tuesday, March 22

\$35

7-10PM One Session Only plus \$50 payable to instructor on night of course

**No Senior Discount**



### 27. ONE STROKE PAINTING BEGINNER

This incredibly popular method of painting is one of the easiest, quickest, and most enjoyable arts to master. In this beginner course you will learn the basics of how to blend, shade, and highlight all in one stroke. You will be amazed at how quick and easy it is to create beautiful projects on a variety of surfaces. This class is designed to give you the necessary skills to paint daisies, sunflowers, and leaves. The instructor gives hands-on, one-on-one instructions, and you will truly feel like an artist. A \$10 material fee is payable to the instructor on the first night of class. This includes the use of the instructor's brushes, paints, practice paper, palettes, water basins, and surface. Limit 10 students.

(Stacey Fucci)

POBMS Wednesdays, March 2 & March 9

Two Sessions only

6:30-8:30PM

\$30

**No Senior Discount**

### 28. ONE STROKE PAINTING INTERMEDIATE (NEW)

Now that you have taken beginner one stroke and you are ready to expand your knowledge and skills, this intermediate course is designed for you. You will be amazed how quick and easy it is to create beautiful projects on a wide variety of surfaces including canvas, wood, ceramics, and glass. In this course you will learn more advanced techniques to paint rosebuds, birdhouses, wiggle leaves, and more. The instructor gives you step-by-step instructions to create beautiful gifts for family and friends. A \$20 material fee is payable to the instructor on the first night of class. This includes the use of the instructor's brushes, paints, practice paper, palettes, water basins, and surface. Limit 10 students. (Stacey Fucci)

POBMS Wednesdays, 6 sessions

**Begins March 16**

6:30-8:30PM

\$65

**No Senior Discount**

### 29. PAINTING AND SKETCHING

All levels welcomed. Learn the simple basics of sketching to assist you in developing dimension on a flat surface - any subject-enabling the novice to paint with knowledge and ease. Choice of mediums - pastel, acrylic, water, or oil - where students will learn about mixing colors. Emphasis is on developing your own technique. Bring to first class: newsprint pad, soft charcoal sticks, kneaded eraser, and sanding block. Framing advice offered. Limit 15 students.

(Eleanor Terrarosa)

POBMS Art Room Tuesdays, 6 sessions

**Starts March 22**

7:00- 9:00PM

\$65

**No Senior Discount**

### 30. PIANO: BEGIN TO READ NOTES & PLAY

This course is the answer to all of those who want to learn to play the piano! It offers no gimmicks, just pure learning! Students will gather around a piano keyboard, and each student will learn the keyboard and play simple scales. Pianos will not be available in the classroom. It is expected that students who register for this class will have access to a piano or a keyboard at home. By the end of the six sessions, simple songs will have been studied. A materials fee of \$12 which is payable to the instructor on the first night of class includes a music theory note speller and staff pad. Students should bring pencils to class and be prepared to have a joyful experience with an incredibly patient teacher!

(Maximum 10 students) (Mary Sollitto)

POBMS Mondays, 6 sessions

7:30-9 PM

\$60

**No Senior Discount**

### 31. PILATES FOR WELLNESS

Pilates for wellness is all about stretching, strengthening, and building a strong core. A strong core will improve your posture, strengthen your back, and improve your balance. It will make you a better athlete and help you in your daily activities. Exercises may be modified so you can adjust for any pains you have. (Limit 15 students) (Karen Rubinstein)

POBMS Mondays, 8 sessions

8:35-9:35PM

\$70

**No Senior Discount**

**No Senior Discount**

### 32. PROTECTING FAMILY MEMBERS WITH SPECIAL NEEDS

When you are no longer around, how can you ensure that a family member with special needs is protected? When there is no plan in place, those with special needs can easily lose their government benefits. This class will cover the topics of obtaining, maximizing, and preserving benefits, creating and implementing first and third-party Supplemental Needs Trusts (SNT), and differentiating between the types of Guardianships available to protect loved ones. Limit 12. (Michael J. Greenberg)

POBMS Tuesday, March 8

7-8:30 PM

\$20

**No Senior Discount**

**CLASSES BEGIN FEBRUARY 29 - REFER TO CALENDAR ON FIRST PAGE**

### 33. RHYTHM DANCING FOR SOCIAL OCCASIONS

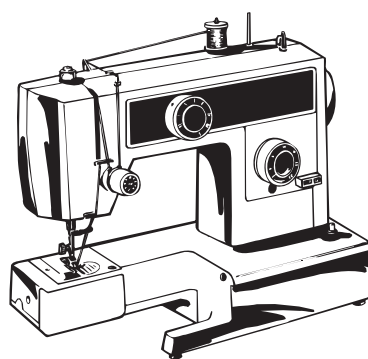
Enjoy an evening of fun while learning the basics and beyond in popular rhythm dances. Take pleasure in dancing in style and being noticed at special social occasions. This class will focus on dances that can be enjoyed with a wide variety of contemporary music and time-honored classics. It will cover Rumba, Meringue, Swing and Bolero. The instructor will break down and demonstrate all dance figures and combine them to form amalgamated routines. Techniques in footwork, timing, and lead and follow will be demonstrated. This class is suitable for first time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment. Dancing gives you a more positive outlook on life.



Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes are not recommended. (Richard Fiore, Licentiate, US Imperial Society of Teachers of Dancing)  
POBMS Mondays, 8 sessions  
8:00-9:30PM \$100/couple

### 34. SEWING CLASS FOR ALL LEVELS

Learn how to sew clothing for yourself and family members. Beginners will start with a simple pattern such as pajama pants. Advanced beginners can work on a more complex pattern.



All students will learn how to construct a clothing pattern using a commercial pattern with the help of the instructor. Students must bring their own sewing machine and materials. Class limited to 8 students. (Teresa Paolilli-Schiano)  
POBMS Mondays, 8 sessions  
7-8:30 PM \$79  
**No Senior Discount**

### 35. SOCIAL (BALLROOM) DANCING

Enjoy an evening of fun while learning the basics and beyond in popular ballroom dances. This course offers an opportunity to gain experience in social/ballroom dancing. It is an excellent choice for those looking to develop fundamental ballroom dance skills as well as build on previous experience. The instructor will break down and demonstrate all dance figures and combine them to form amalgamated routines. Best practice, syllabus based techniques in footwork, timing, and lead and follow will be demonstrated. This class is suitable for first time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor. Dancing gives you a more positive outlook on life. Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes are not recommended. (Richard Fiore, Licentiate, US Imperial Society of Teachers of Dancing)  
Candidate Dances: Foxtrot, Waltz and Tango  
POBMS Mondays, 8 sessions  
6:30-8:00PM \$100/couple

### 36. SPANISH FOR BEGINNERS

Bienvenidos (Welcome!). This class is designed to learn Spanish with special emphasis on communication and real life situations. This introductory class can also benefit those with basic knowledge of the language. A pad or notebook is suggested. Limit 12 students. (Marion Meitner)  
POBMS Mondays, 8 sessions  
6:30 - 8:00PM \$65  
**No Senior Discount**



### 37. STRENGTH TRAINING WITH WEIGHTS SECTION 1

This class incorporates the use of free-weights and a light cardiovascular workout to strengthen and tone all major muscle groups. The program focuses on form and technique and is designed to challenge fitness enthusiasts at all levels. Please check with your doctor before starting an exercise program. Bring water, mat, proper sneakers, and a set of dumbbell weights if you have them. Limit 20 students. (Maria Campanella)  
Parkway Elementary School – Gym  
Tuesday mornings, 9 sessions  
8:00 to 8:45AM \$65  
**No Senior Discount**

### 38. STRENGTH TRAINING WITH WEIGHTS SECTION 2

This class incorporates the use of free-weights and a light cardiovascular workout to strengthen and tone all major muscle groups. With focus on form and technique, the program is designed to challenge fitness enthusiasts at all levels. Please check with your doctor before starting an exercise program. Bring water, mat, proper sneakers, and a set of dumbbell weights, if you have them. Limit 20 students. (Maria Campanella)  
Parkway Elementary School – Gym  
Friday mornings, 9 sessions  
8:00 to 8:45AM \$65  
**No Senior Discount**



### 39. TAI CHI

Learn Chinese secrets to superior movement, greater health and energy, stability, and balance. Learn to increase range of motion and cushion joints through flowing, meditative movements that strengthen and tone. Learn to “be strong like a tree, yet flow like water”. This class provides a unique rejuvenation experience that can add energy and years to one’s life as well as nurture a peaceful mind. The Sun style of Tai Chi will be taught which is an easy to learn beginner level and can benefit those with arthritis or stiffness. Wear loose, comfortable clothing and sneakers. Limit 25 students. (Paulette Silber)  
POBMS Tuesdays, 8 sessions  
6:20-7:20PM \$70

### 40. TOTSAYER CPR & FIRST AID FOR CHILDREN

This course is for Moms, Dads, babysitters, grandparents or anyone who comes in contact with little ones. You will learn CPR for infants and children, and how to care for a child who is choking. You will also learn how to recognize an emergency, stay calm, and take action. There is no test or skills evaluation. Students will receive course completion card with their book from the American Heart Association. The course length is 3 and ½ hours. Materials fee of \$20.00 is to be paid to the instructor on night of the class. Limit 12 students. (Olena Kropp)  
POBMS Tuesday, March 29  
One Session Only 6:30-10PM \$30  
**No Senior Discount**





**41. VOLLEYBALL (ADVANCED) SECTION 1**

For the really competitive team players. Bump, set, spike and serve, as well as knowledge of rules are a must for this course. The teacher reserves the right to group accordingly. (Maximum players 16) (Pam Serla)  
POBMS Gym Mondays, 10 Sessions  
7:30-9PM \$70

**42. VOLLEYBALL (ADVANCED) SECTION 2**

For the really competitive team players. Bump, set, spike and serve, as well as knowledge of rules are a must for this course. The teacher reserves the right to group accordingly. (Maximum players 12) (Brian Oxer)  
POBMS Gym Tuesdays, 8 sessions  
7:30-9PM \$65

**43. VOLLEYBALL (BEGINNER)**

This course is designed for people who want to learn the basic skills and rules of volleyball. Good exercise and lots of fun! (Maximum players 16) (Pam Serla)  
POBMS Gym Tuesdays, 8 Sessions  
7:30-9:00PM \$65

**44. VOLLEYBALL (RECREATIONAL)**

Intended for those participants who have experience playing and want to improve their skills. Bump, set, spike and serve, as well as knowledge of rules are required for this course. The teacher reserves the right to group accordingly. (Maximum players 16) (Brian Oxer)  
POBMS Gym Mondays, 10 Sessions  
7:30-9PM \$70

**45. WATER AEROBICS**

Water fitness to help firm and tone the body by using warm-up stretch, aerobic exercises, muscle toning, and final cool down session. Limit 12 students. (Carol Ann Roth)  
POBMS Pool Tuesdays, 8 sessions  
7:30-8:30PM \$70



**46. YOGA IS FOR YOU!**

Through a variety of poses and breathing techniques, yoga creates a balance of body, mind, and spirit. It also strengthens, increases flexibility, agility, balance, and poise. All levels welcome. Co-ed classes. Please wear comfortable clothing and do not eat a large meal prior to class. A yoga mat, firm blanket, block, and belt are required. Limit 25 students. (Carmela Stone)  
POBMS Tuesdays, 8 sessions  
6:30-8:00PM \$70



**47. YOGA – Energy YOGA**

Energy yoga is a mind-body practice that combines the ancient wisdom of Ki energy with modern techniques to maximize the brain's functioning. Each class includes stretching, breathing exercises, energy awareness training, Brain Wave Vibration, and meditation. All the postures can be modified according to students' levels, so all are welcome. Some benefits of the class include: stress relief, weight control, increased flexibility, deep relaxation, and peace of mind. Please wear comfortable clothing and bring a yoga mat. Limit 25 students. (Jenny Lu)  
POBMS Wednesdays, 8 sessions  
7:30-8:45PM \$70

**48. ZUMBA® SECTION 1**

Zumba® is a high energy class that combines a Latin rhythm of music and dance steps and other exciting moves. Zumba® helps tone and strengthen your body. It is another way to lose inches while having fun! It has easy to follow moves that create a dynamic fitness program that will make you want to work out and love doing it! Zumba® features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Bring water, towel, and proper sneakers. (Carol Rodriguez)  
POBMS Mondays, 8 sessions  
6:15-7:15PM \$70  
No Senior Discount

**49. ZUMBA® SECTION 2**

Zumba® takes the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® fitness classes are often called exercise in disguise. No experience in dance is necessary to join the fun, and I welcome and urge all first time Zumba® students! You won't regret it! Bring water, towel, and proper sneakers. (Christine Paez)  
POBMS Tuesdays, 8 sessions  
8:10-9:10PM \$70  
No Senior Discount



**50. ZUMBA® EARLYBIRD SECTION 3**

Zumba® is a high energy class that combines a Latin rhythm of music and dance steps and other exciting moves. Zumba® helps tone and strengthen your body. It is another way to lose inches while having fun! It has easy to follow moves that create a dynamic fitness program that will make you want to work out and love doing it! Zumba® features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Bring water, towel, and proper sneakers. (Carol Rodriguez)  
Parkway Elementary School – Gym  
Thursday Mornings  
8:00-8:45 AM  
9 Sessions \$65  
No Senior Discount



CALENDAR					
CLASSES BEGIN Feb. 29, 2016					
Mon.	Tues.	Wed.	Thurs.	Fri.	
<b>FEBRUARY AND MARCH</b>					
29	1	2	3	4	
-	8	9	10	11	
14	--	16	17	18	
21	22	23	*	*	
*	29	30	31		
<b>APRIL</b>					
				1	
4	5	6	7	8	
11	12	13	14	15	
18	19	20	21	22	
*	*	*	*	*	
<b>MAY</b>					
2	3	-	5	6	
9	-	-	12	13	
16	-	-	-	-	
23	-	-	*	*	
*	*				

Note: - No Adult Education Classes  
-- No Adult Education Classes at Plainview-Old Bethpage Middle School  
\* Schools Closed

**CLASSES BEGIN FEBRUARY 29 - REFER TO CALENDAR ON FIRST PAGE**

SEPARATE FORM – SEPARATE CHECK –  
EACH COURSE (NO CASH)  
**REGISTRATION FORM**  
**Adult Continuing Education**

COURSE NO. \_\_\_\_\_ FEE: \_\_\_\_\_  
COURSE TITLE \_\_\_\_\_  
NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
HOME TELEPHONE \_\_\_\_\_  
BUSINESS TELEPHONE \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_

MAKE CHECKS PAYABLE TO P.O.B.C.S.D.  
Non-Resident Add \$5.00  
YOUR CANCELLED CHECK IS YOUR RECEIPT.

SEPARATE FORM – SEPARATE CHECK –  
EACH COURSE (NO CASH)  
**REGISTRATION FORM**  
**Adult Continuing Education**

COURSE NO. \_\_\_\_\_ FEE: \_\_\_\_\_  
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ADDRESS \_\_\_\_\_  
HOME TELEPHONE \_\_\_\_\_  
BUSINESS TELEPHONE \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_

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BUSINESS TELEPHONE \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_

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SEPARATE FORM – SEPARATE CHECK – EACH COURSE (NO CASH)  
**HIGH SCHOOL SENIOR AND  
SENIOR CITIZEN REGISTRATION FORM**  
Proof of age required (for Senior Citizen)  
(License or Nassau County Leisure Card)

COURSE NO. \_\_\_\_\_ FEE: \_\_\_\_\_  
COURSE TITLE \_\_\_\_\_  
NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
HOME TELEPHONE \_\_\_\_\_  
BUSINESS TELEPHONE \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_

MAKE CHECKS PAYABLE TO P.O.B.C.S.D.  
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SEPARATE FORM – SEPARATE CHECK – EACH COURSE (NO CASH)  
**HIGH SCHOOL SENIOR AND  
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COURSE NO. \_\_\_\_\_ FEE: \_\_\_\_\_  
COURSE TITLE \_\_\_\_\_  
NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
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BUSINESS TELEPHONE \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_

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# ADULT CONTINUING EDUCATION BROCHURE

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