

# **WEST ISLIP PUBLIC SCHOOLS**

## **ADULT EDUCATION PROGRAM**

### **SPRING SEMESTER 2018**

**631-504-5616**



**VISIT US AT THE SCHOOL DISTRICT WEB SITE:**  
**[WWW.WI.K12.NY.US](http://WWW.WI.K12.NY.US)**

## INDEX

<b>COURSE</b>	<b>PAGE</b>
<b>AQUACISE</b>	<b>3</b>
<b>BALLET BARRE</b>	<b>4</b>
<b>BALLROOM DANCE</b>	<b>6</b>
<b>BASKETBALL – COED</b>	<b>5</b>
<b>COLLEGE KNOWLEDGE</b>	<b>6</b>
<b>CPR</b>	<b>5</b>
<b>DEFENSIVE DRIVING</b>	<b>3</b>
<b>FIRST AID</b>	<b>5</b>
<b>GUITAR</b>	<b>3</b>
<b>LOWER BODY SCULPT</b>	<b>4</b>
<b>MAHJONG FOR ALL</b>	<b>3</b>
<b>MICROSOFT EXCEL</b>	<b>3</b>
<b>MONEY – HOW TO WIN THE MONEY GAME</b>	<b>6</b>
<b>PIANO</b>	<b>3</b>
<b>PILATES</b>	<b>4</b>
<b>QIGONG</b>	<b>4</b>
<b>STRETCH</b>	<b>4</b>
<b>STUDENT IMPACT TESTING</b>	<b>5</b>
<b>U.S. COAST GUARD - BOATING SAFETY COURSE</b>	<b>3</b>
<b>VOLLEYBALL</b>	<b>5</b>
<b>YOGA</b>	<b>4</b>
<b>ZUMBA</b>	<b>4</b>

**SPRING 2018 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 2/15/2018.*

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

**SPRING 2018 ADULT EDUCATION CALENDAR OF CLASSES**

*Dates Depend on Number of Classes*

	<b>FEB/ MARCH</b>	<b>APRIL</b>	<b>MAY</b>
<i>Tuesday</i>	2/27, 3/6, 3/13, 3/20, 3/27	*, 4/10, 4/17, 4/24	5/1, 5/8
<i>Wednesday</i>	2/28, 3/7, 3/14, 3/21, 3/28	*, 4/11, 4/18, 4/25	5/2, 5/9
<i>Thursday</i>	3/1, 3/8, 3/15, 3/22, 3/29	*, 4/12, 4/19, 4/26	5/3, 5/10

*\* \*4/3, 4/4 & 4/5 ~ Spring Recess (No classes)*

**PIANO (start date 2/27)**

**Robert Watts, Instructor**

**Tuesday 7:15-8:45 p.m.**

**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.**

**8 Sessions Class Limit 18 FEE: \$52.00**

**INTRODUCTION TO GUITAR (start date 2/27)**

**Robert Watts, Instructor**

**Tuesday 8:45-10:15 p.m.**

**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.**

**8 Sessions Class Limit 18 FEE: \$52.00**

**ABOUT BOATING SAFETY**

**UNITED STATES COAST GUARD AUX.**

**Mr. Steve Cottral, USCG AUX. Flotilla 01-01**

**Public Education Officer**

**Tuesday, 3/13, 3/20, 3/27, 4/10**

**6:30-9:00 p.m. High School Room 109**

This course is taught by qualified instructors from Flotilla 01-01. This course meets the requirements of the new Suffolk County boating law which went into effect in May of 2014. 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 Class limit 25**

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

**AQUACISE (start date 2/27)**

**Jane Loehle, Instructor**

**Tuesday 7:15- 8:30 p.m.**

**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: \$55.00**

**BEGINNER EXCEL**

**Susan Batzar, Instructor**

**Wednesday, 3/7, 3/14, 3/21, 3/28**

**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.

**4 Sessions Class Limit 20**

**FEE: \$40.00**

**DEFENSIVE DRIVING COURSE**

**Bruce Lieberman, Instructor**

**Tuesday, 3/6 & Wednesday, 3/7**

**7:00-10:00 p.m.**

**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)**

**\*\*\*NEW COURSE\*\*\***

**MAHJONG FOR ALL**

**Jennifer Keller, Instructor**

**High School Library – 2<sup>nd</sup> Floor Conference Room**

**Wednesday, 7:00 – 9:00 p.m.**

Spend a night out playing Mahjong. Play with a group you know or make some new friends. A basic knowledge is a must. However, instruction will be given as needed. Mahjong plates and cards are required.

**10 Sessions**

**FEE: \$60.00**

**QIGONG (Chee gung)**  
**Kim Crichton, Instructor**  
**Tuesday 5:45 – 6:45 p.m.**  
**High School Dance Studio**

Qigong is a powerful system of healing and energy. It is a form of Tai Chi which uses 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 water bottle. All levels welcome.

**10 Sessions Class Limit 28 FEE: \$65.00**

**STRETCH**  
**Kim Crichton, Instructor**  
**Tuesday 6:45 – 7:45 p.m.**  
**High School Dance Studio**

This relaxing head-to-toe stretching routine will loosen tight areas, increase mobility, and decrease the odds of injuries from daily living activities. Bring a mat, towel and water bottle. All levels welcome.

**10 Sessions Class Limit 28 FEE: \$65.00**

**LOWER BODY SCULPT**  
**Kim Crichton, Instructor**  
**Tuesday 7:45 – 8:45 p.m.**  
**High School Dance Studio**

Standing and mat exercises will be used to tone the mid and lower abs, gluts, hips and all of the leg muscles. Feel free to bring hand-held weights and resistance bands although not required. Bring a mat, towel and water bottle. All levels welcome.

**10 Sessions Class Limit 28 FEE: \$65.00**

**BALLET BARRE**  
**Kim Crichton, Instructor**  
**Thursday 5:45 – 6:45 p.m.**  
**High School Dance Studio**

This class will be similar to any beginner ballet class but without the stress of a recital. It will include warm-up stretches, barre exercises and simple floor routines that are enjoyable to do. Balance, flexibility and strength will steadily improve. Bring a mat, towel and water bottle. All levels welcome.

**10 Sessions Class Limit 28 FEE: \$65.00**

**IYENGAR YOGA**  
**Kim Crichton, Instructor**  
**Thursday 6:45 – 7:45 p.m.**  
**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 water bottle. All levels welcome.

**10 Sessions Class Limit 28 FEE: \$65.00**

**PILATES**  
**Kim Crichton, Instructor**  
**Thursday 7:45 – 8:45 p.m.**  
**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 water bottle. All levels welcome.

**10 Sessions Class Limit 28 FEE: \$65.00**

**ZUMBA**  
**Alexandra Prieto, Instructor**  
**Thursday 6:30-7:30 p.m.**  
**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 Class limit 50 FEE: \$65.00**

**VOLLEYBALL-COED 6'S  
LEVEL – RECREATIONAL**

**Instructor – Matthew Haszinger**

**Tuesday 6:30 – 8:15 p.m. Beach Street Gym**

A good night to meet, socialize and have some fun playing volleyball in a less competitive atmosphere. Participants form their own team on a nightly basis. Sneakers required. This program is limited to 24 registrants.

**10 Sessions FEE: \$60.00**

**VOLLEYBALL-COED 4's  
LEVEL - COMPETITIVE**

**Instructor – Matthew Haszinger**

**Tuesday 8:30 - 10:15 p.m. Beach Street Gym**

A good night to play “competitive” volleyball. Sign up as a team or be grouped on a nightly basis. Knowledge of the game and the rules are a must. Play hard and have some fun. Group will decide format of the class. (Nightly tournament, wins & losses, etc.)

**10 Sessions FEE: \$60.00**

**VOLLEYBALL– WOMENS' VOLLEYBALL**

**Instructor – Alyssa Sobel**

**Wednesday 6:30 - 8:15 p.m. Beach Street Gym**

This program is a competitive woman's 4's program. Please register as a team. This program is limited to 6 teams, \$280.00 per team.

Please note, first come, first serve.

**10 Sessions FEE: \$280.00 per team**

**VOLLEYBALL-COED 6's  
LEVEL - INTERMEDIATE**

**Instructor – Alyssa Sobel**

**Wednesday 8:30 -10:15 p.m. Beach Street Gym**

Register and play as a team of 8 players. Wins and losses are kept. Bumping, setting, serving skills required.

**10 Sessions FEE: \$60.00**

**BASKETBALL – COED OPEN GYM**

**LEVEL – RECREATIONAL**

**Instructor – James Grover**

**Tuesday 8:30 – 10:00 p.m. P.J. Bellew Gym**

A good night to meet, socialize and have some fun playing basketball in a less competitive, open gym type atmosphere. Participants can sign up as a team or form their own teams on a nightly basis (3 on 3, 4 on 4, 5 on 5). Sneakers required. This program is limited to 15 registrants.

**10 Sessions FEE: 60.00**

**\*\*\*NEW COURSE\*\*\***

**STUDENT ImPACT TESTING**

**Instructor – Jason Cohen**

**Tuesday 2/27 or Wednesday 2/28**

**7:00 pm – 8:00 pm**

**(Register for 1 of the 2 available dates)**

**High School**

**Room 110**

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most scientifically validated computerized neurocognitive test to help evaluate and manage suspected concussions. West Islip student participants will have the opportunity to take an Impact Baseline Test. Baseline scores are collected and stored on ImPacts HIPAA compliant server.

**Here's How the ImPACT session works:**

- 25-minute computerized, online test for ages 12-18
- Delivered via a secure web portal
- Taken via a desktop computer at West Islip High School that has an internet connection and a mouse
- Administered in the presence of a licensed ImPact provider
- Results are then provided to the student participant to be interpreted by a licensed healthcare provider

**1 Session**

**FEE: \$25.00**

**COMMUNITY CPR/AED**

**Lenny Butler, Instructor**

**Wednesday 4/18, 4/25, 5/2, 5/9 7:00-9:00 p.m.**

**High School**

**Room 206**

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

**4 Sessions**

**FEE: \$40.00**

**FIRST AID**

**Lenny Butler, Instructor**

**Thursday 4/19, 4/26, 5/3, 5/10 7:00-9:00 p.m.**

**High School**

**Room 206**

American Red Cross Basic First Aid Course.

**4 Sessions**

**FEE: \$40.00**

## **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.*

## **BALLROOM DANCING (start date 2/28)**

**Phyllis Hintze, Instructor**

**P.J. Bellew Cafeteria**

**Wednesday, 8:00-10:00 p.m.**

Learn to dance, or enhance your dancing, by learning ballroom dance figures, patterns, technique and styling! Whether you are a beginner or have had some dance experience, the course is designed to develop your ability to perform 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.

**8 Sessions FEE: \$60.00 single/\$105.00 couple**

## **BALLROOM DANCING (start date 2/27)**

### **INTERMEDIATE LEVEL**

**Phyllis Hintze, Instructor**

**P.J. Bellew Cafeteria**

**Tuesday, 7:15-9:15 p.m.**

Ballroom Dancing is a rewarding experience that promotes both physical and mental health. The Intermediate class is available for those with previous dance experience. Students will enjoy learning more advanced dance concepts and skills while engaging in aerobic activity and building self-confidence. The Intermediate class will work on more advanced technique and movement concepts while incorporating more challenging dance figures and amalgamations. The curriculum includes Smooth (Waltz, Foxtrot, Tango, Quickstep, Viennese Waltz), Latin (Rumba, Cha Cha, Salsa/ Mambo, Meringue, Samba), and Rhythm (Swing and Hustle). Specific material covered will depend on student interest and ability.

Couples and singles of all ages are welcome.

**8 Sessions FEE: \$60.00 single/\$105.00 couple**

## **HOW TO WIN THE MONEY GAME**

**Jake Caramico, Instructor**

**Wednesday, 4/11**

**7:00-8:00 p.m.**

**High School**

**Room 105**

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

**FEE: \$5.00 (Check should be made out to the West Islip School District)**

### **\*\*\*NEW COURSE\*\*\***

## **COLLEGE KNOWLEDGE**

Jeanmarie Wilson, M.S. Ed has been a School Counselor for over 25 years and is a college consultant at *Your Journey to College*. She is also the author of *Parenting from Your Soul* and is passionate about helping students find a great college match while helping parents create a strong bond with their children along the way!

## **COLLEGE KNOWLEDGE**

**Thursday, 4/12, 4/19 & 4/26**

**7:00 pm – 8:30 pm**

**High School Room 135**

**Jeanmarie Wilson, M.S. Ed, Instructor**

**What parents absolutely, positively need to know about college admissions and about cultivating a great relationship with their children along the way!**

**Week 1 & 2:** Discover the secrets of a seasoned college counselor as parents learn how to help their child find a great college match! Topics include: Factors of importance in college selection, making sense of college statistics, understanding college costs and a financial aid process overview, how to find scholarships, SAT/ACT tips, how admissions counselors evaluate student profiles plus an overview of the college application process. Bring your questions and concerns!

**Week 3:** Fostering your relationship with your children during the process; remaining close and connected through these transitions.

**3 SESSIONS**

**FEE: \$30.00**

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

**BOARD OF EDUCATION**

Steven D. Gellar, President  
Annamarie LaRosa, Vice President  
Scott Brady  
Ronald Maginniss  
Paul Michaluk  
Kevin O'Connor  
Michael Zotto

**SUPERINTENDENT OF SCHOOLS**

Mrs. Bernadette M. Burns

Non-Profit Organization  
U.S. Postage  
PAID  
Permit #4  
West Islip, NY 11795

\*\*\*\*\* ECRWSS \*\*\*\*\*

RESIDENTIAL CUSTOMER  
West Islip, New York 11795

## **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](http://wi.k12.ny.us) and click the [myschoolbucks.com](http://myschoolbucks.com) Link to access the Online Payment System (please note there is a nominal fee).

Registration is still available by mail. Use the registration form in this brochure or log onto our district website @ [www.wi.k12.ny.us](http://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. PHILIP DEPOMPEO  
DIRECTOR OF ADULT EDUCATION  
c/o Michelle Grover**

**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 2018**

### **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 2/15/2018.**

***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.