

# **Spring 2024 Continuing Education Brochure**

## **Adult Learn To Swim**

Location: Middle School Pool  
Instructor: Banas, McGaughan  
Length: 10 weeks  
Starting Date: March 6  
Day & Time: Wednesdays, 7:00-8:00 PM  
Fee: \$140

This will be an introduction to swimming for non swimmers. The course will focus on conquering your fear of the water and becoming confident in and around the water. Please note, the pool does not have stairs to enter or exit the pool, however there is a ladder or a lift, so please plan accordingly. **Limit of 12 students. No class April 3 and May 15.**

## **Aqua Zumba**

Location: Middle School Pool  
Instructor: Hatch  
Length: 8 weeks  
Starting Date: March 15  
Day & Time: Fridays, 6:00-7:00 PM  
Fee: \$80

This class is perfect for those registrants looking to make a splash by adding low-impact and high-energy aquatic exercise to the fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you really can lose. Water creates natural resistance, which means every step is more challenging, and helps tone your muscles. **No class March 29 and April 5.**

## **Ballroom Dancing I**

Location: Eagle Elementary Gymnasium  
Instructor: Pietropaoli  
Length: 8 weeks  
Starting date: March 5  
Day & Time: Tuesdays, 6:30-7:30pm  
Fee: \$70 per couple

Get out and have some fun learning to dance. Beginner Ballroom Dance Class will teach basics in Waltz, Fox Trot, Rumba, Jitterbug and Swing. Please no sneakers or rubber soled shoes. Partner necessary. **Limit of 20 couples. No class April 2.**

## **Ballroom Dancing II**

Location: Eagle Elementary Gymnasium  
Instructor: Pietropaoli  
Length: 8 weeks  
Starting date: March 4  
Day & Time: Mondays, 6:30-7:30pm  
Fee: \$70 per couple

Keep up your dancing lessons in this Intermediate Ballroom Dance Class. This includes a review of what you learned in Ballroom I and more plus Cha Cha, Tango, Meringue and Mambo. Please no sneakers or rubber soled shoes. Partner necessary. **Limit of 20 couples. No class April 1.**

## **Barre Sculpt**

Location: Glenmont Elementary Gym  
Instructor: Halvorsen  
Length: 6 weeks  
Starting Date: March 4  
Day & Time: Mondays, 6:45-7:30pm  
Fee: \$45

This fun class is a blend of ballet and strength conditioning that creates a challenging workout. This is a sculpting workout for the entire body, using small isometric movements to create lean, dense musculature and movement control. All levels are welcome and modifications are provided when needed. Please bring a yoga mat to first class. **Limit of 30 students. No class April 1.**

## **Cake Decorating Class**

Location: High School - D124  
Instructor: Connors  
Length: 2 weeks  
Day & Time: Wednesdays, 6:30-8:00pm  
Class Dates: April 24 and May 1  
Fee: \$20 (plus \$30 material to instructor)

Learn a variety of techniques to make beautiful and fun cupcakes in this sweet course. Week one, we'll cover how to assemble and use different decorating tips for writing and borders then make four cupcakes using our decorating bags and other supplies. Week two, we'll cover how to pipe flowers and make another four cupcakes. All of the skills and techniques taught can be applied to cake decorating as well! Instructor will provide all supplies and each week participants will take home the cupcakes that they decorated. About your instructor: Tara Connors started Bash Parties in 2013 which hosts activity

based events, including a cupcake decorating party. **Please bring a \$30 materials fee to the first class. Limit of 15 students.**

### **Clustering Your Wardrobe \*\*New!\*\***

Location: High School - D138  
Instructor: Boyd  
Length: One night only  
Starting Date: March 27  
Day and Time: Thursday, 5:30-7:00pm  
Fee: \$15

Do you have an overcrowded wardrobe that is becoming problematic as to what to wear and when? Learn to cluster your wardrobe with 5-8 easy pieces that coordinate with each other that span all seasons. In this class you will watch a demonstration that instructs how to cluster, how to simplify your closet pieces, and how to make outfits. Most importantly, clustering will teach you a strategy to save money and know when it is time to replace pieces. Jill Valerie Boyd, owner and chief stylist at Ageless Iconic Style, is renowned for the creativity, originality, sophistication, and elegance with which she dresses her clients. Jill's core skill is helping both men and women to look and feel absolutely radiant in all stages of life. **Limit of 12 students.**

### **Cooking – Lebanese Cuisine**

Location: High School - Room D124  
Instructor: Khalife  
Length: One night only  
Date: April 10, 2024  
Day and Time: Wednesday, 6:30-8:30PM  
Fee: \$20 (plus \$10 materials fee).

In this hands-on class, you will learn how to make and will sample several Lebanese dishes (e.g. Baked Kibbeh, Tabbouleh, Fattoush, Spinach pies, Meat pies). **Limit of 12 students. Please bring \$10 materials fee to class. No senior exemptions.**

### **Cooking - Learn to Make Baklava**

Location: High School - Room D124  
Instructor: Khalife  
Length: One night only  
Date: April 30, 2024  
Day and Time: Tuesday, 6:30-8:30PM  
Fee: \$20 (plus \$15 materials fee).

Description: In this hands-on class, you will learn how to make Baklava from scratch, and get to take your own batch home. This dessert is very popular in the Eastern Mediterranean region. Robert Khalife grew up in Lebanon and has been making Baklava

for over 30 years to the delight of his family and friends. **Limit of 10 students. Please bring \$15 materials fee to class. No senior exemptions.**

### **Country Line Dancing for Beginners** *\*\*New!\*\**

Location: High School Cafeteria  
Instructors: Kim and Donna  
Length: 8 weeks  
Starting Date: March 14  
Day & Time: Thursdays, 6:00- 7:30pm  
Fee: \$80

You will learn absolute beginner line dances in a fun, judgment free environment. Dancers of all abilities over 18 yrs of age are welcome. No previous dance experience necessary. **COWBOY BOOTS ARE NOT allowed**, but you should have soft soled shoes or sneakers that can slide a little without very grippy rubber soles. **ALSO**, For safety reasons, if weather is wet outside, please bring separate shoes to change into to dance in. You will not be allowed to dance in wet soled shoes/sneakers. **No class April 4.**

### **Crochet**

Location: High School - Room D136  
Instructor: Cooper  
Length: 6 weeks  
Starting Date: March 12  
Day & Time: Tuesdays, 6:00 – 8:00pm  
Fee: \$45

This class will teach you the basics of crochet, as well as provide the opportunity to brush up on skills. We will learn how to read a crochet pattern and explore a variety of possible projects. Beginners - please bring a crochet hook, I, J or K and a skein of light-colored acrylic worsted weight yarn. Experienced crocheters - just bring whatever you are currently working on. **Limit of 15 students. No class April 2.**

### **Design Your Perfect Wardrobe**

Location: High School - Room D132  
Instructor: Kathy Carlton  
Length: One night only  
Date: Wednesday, April 17  
Time: 7:00 - 8:30pm  
Fee: \$20

Do you have a closet full of clothes and nothing to wear? This one evening workshop will address a number of topics that will help you develop your perfect wardrobe. We will cover: lies we tell ourselves; identifying your style personality; creating a capsule

wardrobe; recreating inspirational looks; incorporating trends; style hacks and shopping tips & tricks. Bottom line, this workshop is all about how to make you feel great about what you wear! Kathy Carlton is a lifelong clothes fan, wardrobe coach and personal shopper. She has worked with women of all ages to find their style groove without sacrificing comfort or budget. **Limit of 25 students.**

### **Estate Planning - Taking The Mystery Out- An Attorney's Perspective**

Location: High School - Room D132  
Instructor: Richard A. Fuerst, Esq. from R. A. Fuerst Law Group, P.C.  
Length: One night only  
Date: Wednesday, April 24  
Time: 6:30-8:30pm  
Fee: \$20

Want to take the mystery out of wills, health care proxies, powers of attorney and trusts? If you have an interest in carefully planning for your future and for the future of your loved ones, we promise to explain the ins and outs of these important estate planning strategies – in simple, non- legal terms. For instance, regardless of your health, you can learn the advantage of having a health care proxy and/or living will. You'll also learn why thoughtful planning will benefit you and your family as we discuss – based on the latest legal and government changes -- nursing home and Medicaid considerations, as well as avenues open in order to reduce wealth transfer taxation. Richard A. Fuerst, experienced local attorney and workshop facilitator, will sensitively consider all your estate planning questions in this interactive workshop. **Limit of 25 students.**

### **Downsizing Made Simple**

Location: High School – Room D134  
Instructors: Sher, Stone, Halvorsen, and Fortin  
Length: One night only  
Date: Thursday, March 21  
Time: 7:00-8:30pm  
Fee: \$15

Downsizing is challenging. That's why you need to have a plan. You've raised your kids in the big house and now it's time for something more manageable. You want less maintenance, and freedom to travel and enjoy experiences with your family and grandkids. We can help with that! We'll walk you through the process one step at a time and make sure that when we're done, you're ready to move on to the next amazing chapter of your life. We'll cover maximizing the sale price for your home, understanding the ever-changing market, making minor updates, decluttering, and where to donate.

Presented by Nina Sher, Licensed Real Estate Salesperson with Hunt Real Estate and retired BCSD teacher; Judi Stone, Interior Designer with Take2Artworks; Liz Halvorsen, Professional Organizer with Mess to Bliss; and Lisa Fortin of Homestead Funding.

**Limit of 30 students.**

### **Find the Right College at the Right Price**

Location: High School – Room D138  
Instructor: Dr. Skarlis  
Length: One night only  
Day & Time: Wednesday, 6:30 -8:30pm  
Dates: April 10  
Fee: \$15

This workshop is for parents of high school sophomores and juniors. Dr. Dean Skarlis of The College Advisor of New York will outline the steps you need to find a best-fit college. Some of the topics he will cover are: The top five factors colleges expect to see in applicants; the financial aid process and strategies to reduce college costs; understanding the new FAFSA, rankings/schmankings: understanding why “fit” is critical; SAT/ACT strategy; how to make the most of college visits; writing the essay...and more. The information you will take home from this presentation will help you in your child’s college search. **Limit of 28 students.**

### **Five-Hour Driver Prelicense Class - Online options**

Bell’s Driving School - <https://bellsdriving.com/five-hour-defensive-driving-class/>

New York State Safety Council -

<https://www.newyorksafetycouncil.com/5-hour-pre-licensing/>

National Traffic Safety Institute, Inc. - <https://ntsi.com/new-york/5hr-pre-licensing/>

### **Guided Meditation**

Location: High School – Library Media Center  
Instructor: Ramkumar  
Length: 6 weeks  
Starting Date: March 13  
Day & Time: Wednesdays, 7:00-8:00pm  
Fee: \$50

Are you looking to improve your life, have more energy and be relaxed? Join Janaki Ramkumar for guided meditation sessions that are proven to rejuvenate and recharge you. There is absolutely no experience necessary, no special clothes or ability required. This guided meditation only requires you to relax. We will be starting the session with a spiritual story and we will continue with the guided meditation. Tune your mind off for a few minutes and this program will give you more energy, relaxation, productivity, and concentration. **Limit of 20 students. No class April 3.**

### **Handbuilding with Clay!      *\*\*New!\*\****

Location: High School - Room D127  
Instructor: Skiff  
Length: 8 Weeks  
Starting Date: March 6  
Day and Time: Wednesday, 6:30 - 8:30pm  
Fee: \$75 (plus \$35 materials fee for the class)

Here is an opportunity to learn the techniques of handbuilding to create unique functional (ex. plates and cups) and sculptural pieces. Each week a new technique will be introduced, as well as a variety of different types of surface decorations, how to create unique handles, make and apply appliques, and create your own stamps. Clay, glazes and firing will be included in the materials fee. Please bring a \$35 materials fee to the first class. **No class April 3. Limit of 15 Students.**

### **Important Battles in American History**

Location: High School – Room D210  
Instructor: Wilson  
Starting Date: February 27  
Length: 5 weeks  
Day & Time: Tuesdays, 6:00 – 7:30pm  
Fee: \$45

American military history is one of tragedy and triumph, sacrifice and courage. There have been many battles fought, not all of which were victories. But despite the outcome, each battle has proven to add another layer to the rich history that is shared by all Americans. With so many battles to choose from, this workshop will focus on a handful of battles that dramatically impacted American history. The battles we will cover are as follows: Washington's Native American War, Shiloh's real hero?, Sherman's March the Real win of the war, Fort Steadman, Hot Water: the controversy of the last American attack in WWI. **Limit of 25 students.**

### **Intensive Writing Workshop      *\*\*New!\*\****

Location: High School - Room D120  
Instructor: Higgins  
Length: 8 weeks  
Starting Date: March 11  
Day & Time: Mondays, 6:30-8:30pm  
Fee: \$60

Take your writing to the next level! Focus on advanced and proven techniques to deal with issues writers confront, including facing the blank page, refining dialogue and characterizations, developing descriptions for impact and atmosphere, and understanding and working with scenes and point of view. Whether you are working in fiction (short stories, novels, poetry) or nonfiction (essays, memoirs, family and personal stories), this

workshop offers a supportive environment to inspire and improve your work, using best practices in exercises and strategies for crafting your projects. Taught by Ellen Higgins, Ph.D., a professional writer, editor, and teacher. **Limit of 15 students. No senior exemptions. No class 4/1.**

### **Introduction to Investing: Understanding Stocks, Bonds, and Mutual Funds *\*\*New!\*\****

Location: High School - D134  
Instructor: Preville  
Length: One night only  
Starting date: May 2  
Day & time: Thursday, 6:30 to 8:30pm

Interested in investing but unsure of where to start? Join our class to learn the basics of stocks, bonds, and mutual funds, the backbone of most portfolios. This informational class will help you understand the differences and similarities of various investment types. We will also show you how asset allocation can reduce overall risk and explain the benefits of using diversification and time to build a portfolio. There will be no attempt to promote any specific investment.

### **Knitting**

Location: High School - Room D136  
Instructor: Loux  
Length: 8 weeks  
Starting date: March 11  
Day & Time: Mondays, 7:00-8:30pm  
Fee: \$50

Learn how to knit and purl. With just these 2 stitches you can create endless designs. Learn to cast on stitches and bind them off at the end of your work. You will find this relaxing, creative class fun whether you knit for yourself or for someone else. Beginners will finish a small project: dishcloth, hat, scarf, or cowl. Intermediate knitters are welcome to brush up on their knitting skills and tackle a more advanced project: a felted bag, socks, or mittens. Bring a small amount of WORSTED WEIGHT (size 4) yarn (light solid colors such as white, beige, pink) and size 7 or 8 straight needles to the first class to practice. **Limit of 15 students. No class April 1.**

### **Mastering Your DLSR Camera - Part 1**

Location: D132  
Instructor: Luther  
Length: 8 weeks  
Starting Date: March 11  
Day & Time: Mondays, 6:30-8:30pm



Fee: \$50

Get out of the auto mode and get the most out of your DSLR Camera! This course is for photographers with little or no experience with today's digital cameras. We will start with the basics and find out how, when and where to change the settings on your DSLR. Along the way, you will receive tips on composition and discuss what makes a great photograph. Later we will learn to stop action, blue motion, and purposefully create crisp or blurred backgrounds in your photographs (shutter speed, aperture and manual modes). You will discover the possibilities of your camera through these advanced exposure modes. We will also talk about basic flash photography and other camera accessories. Most importantly...bring your questions to class! **Limit of 25 students. No class April 1.**

### **Medicare Made Clear**

Location: High School – Room D112  
Instructor: Yuhasz  
Date: March 6  
Length: One night only  
Day & Time: Wednesday, 6:00-8:00pm  
Fee: \$10

Whether you are approaching Medicare age, are already on Medicare, or a caregiver who assists a person who has Medicare, understanding the many parts of Medicare is essential in choosing the right coverage. At this workshop, you will learn Medicare basics, its parts, premiums, deductibles, how and when to apply. We will discuss the types of coverage and assistance programs available to you as well. Please come join Mary Yuhasz at this educational event. **Limit of 25 students.**

### **Oil Painting- Continuing \*New\*!!**

Location: High School – Room D125  
Instructor: Somaio  
Length: 8 weeks  
Starting Date: March 12  
Day & Time: Tuesdays, 6:30-8:30pm  
Fee: \$75

Take your painting to the next level. This class will strengthen foundational skills, and improve the quality of your paintings, while allowing you to explore your own style and meaning. Create exciting compositions, beautiful color harmonies, and expressive brushwork that will enliven your canvases. You will build observation skills in drawing, form, and color to enhance realism, while understanding the underlying abstract design that will make your work stronger. **No class April 2. Limit of 20 students.**

### **Pastel Painting- Intermediate and Beyond \*New\*!!**

Location: High School – Room D125  
Instructor: Somaio  
Length: 8 weeks

Starting Date: March 15  
Day & Time: Thursdays, 6:30-8:30pm  
Fee: \$75

Improve your work and create beautiful paintings using soft pastels while working from still life, photographs of landscapes, or your choice of subject matter. Students will express their own style as we explore composition, gesture, color theory, tonal value, and mark making. We will explore underpainting techniques, edge quality, fine detail, and even exercises to help loosen up. **Limit of 20 students. No class April 4.**

### **Practicing Peace \*New\*!!**

Location: High School - LMC  
Instructor: Kim  
Length: 8 weeks \$80  
Starting Date: March 14  
Day & Time: Thursdays, 4:00-5:00pm  
Fee: \$80

Explore and experience a variety of holistic modalities to reduce stress and pain and increase joy and peace no matter what is going on in your life or the world around you. Join Kim Bradt, MS, for this life changing series. **No class April 4.**

### **SAT Review: Critical Reading & Writing Subtests**

Location: High School – Room D105  
Instructor: Leach  
Length: 4 classes  
Class Dates: April 9, April 13, April 20, April 27  
Time: Tuesday April 9, 6:00-8:00pm, Saturdays, 9:00-11:00am  
Fee: \$120 + book (listed below)

This class will prepare students to take the Verbal section of the SAT offered in the spring of 2023. The course will be completed right before the May 4th SAT exam. For the first class, students must have the The Official Digital SAT Study Guide (Official Digital Study Guide). Available on Amazon. **First class meets Tuesday April 9 from 6:00 - 8:00pm. All other classes will meet Saturday morning. Limit of 25 students.**

### **SAT Review: Math**

Location: High School - Room E205  
Instructor: Corson  
Length: 4 classes  
Class Dates: April 12, April 19, April 26, May 3  
Time: Friday's, 3:00- 5:00pm  
Fee: \$120 + book (listed below)

This course will review formulas, problems and concepts for the Mathematics portion of the SAT for students who plan to take the exam this spring. The course will be completed right before the May 4th SAT exam. For the first class, students must have The Official Digital SAT Study Guide (Official Digital Study Guide). Available on Amazon. **Limit of 25 students.**

### **Watercolor Workshop 2 \*New\*!!**

Location: High School – Room D125  
Instructor: Somaio  
Length: 8 weeks  
Starting date: March 11  
Day & time: Mondays, 6:30-8:30pm  
Fee: \$75

This class is designed to enhance and build upon skills learned in Watercolor 1. In addition to color theory and painting techniques, we will explore various genres, like still life, landscapes, botanicals, portraits, and figures. The class will help you nurture your unique painting voice and personal subject matter. We will focus on skills of creating a variety of edges, fresh compositions, bold color combinations and working in a series. Come grow your confidence and skills with watercolors combinations and work in a series. **No class April 1. Limit of 20 students.**

### **What's Unique About an IRA? \*\*New!\*\***

Location: High School - Room D134  
Instructor: Preville  
Length: One night only  
Starting date: April 16  
Day & time: Tuesday, 6:30 to 8:30pm

Individual Retirement Accounts (IRA) allow you to make tax-deferred investments to provide financial security when you retire. For many Americans, it is a large part of financial well-being. Offering income in retirement and tax advantages while you save; they also carry penalties for early and sometimes late withdrawals. Understanding what makes an IRA different can help alleviate unnecessary penalties for both retirees and current savers. Join our class to learn the ins and outs of IRA's; ideal for those just beginning to save, retirees, and anyone in between.

### **Woodworking (Beginning)**

Location: High School – Room F107  
Instructor: Shannon  
Length: 8 weeks  
Starting date: March 13  
Day & time: Wednesday, 6:30 to 9:00pm

Fee: \$80

Acquaint yourself with woodworking through basic instruction in the use of hand and power tools. Activities will center on students' projects of their choice. A small fee may be required for miscellaneous supplies and students must provide all materials for their projects, including: lumber, glue, sandpaper, etc. Intermediate students are welcome. Please, no skilled craftsmen wanting to use equipment for advanced sawing or planing. **No senior exemptions. Limit of 12 students. No class on April 3.**

## **Yoga**

Location: Hamagrael Elementary – Gym/Auditorium

Instructor: Adams

Length: 10 weeks

Starting date: March 13

Day & time: Wednesdays, 6:45-8:00pm

Fee: \$60

This class will focus on the development of body awareness and alignment, flexibility and strength training through the practice of the physical poses of Yoga known as Asanas. Tone and strengthen your muscles, ligaments, joints and nerves. Support and maintain the smooth functioning and health of all of the body's systems. Dress in comfortable clothes that allow stretching and bring a yoga mat and blanket. Please refrain from eating a heavy meal two hours prior to class. **Limit of 50 students. No class on April 3.**

## **Your Custom Colors *\*\*New!\*\****

Location: High School - D138

Instructor: Boyd

Length: One night only

Starting Date: March 25

Day and Time: Monday, 5:30-7:00pm

Fee: \$15

Want to instantly improve how you look and feel? Find and use the colors that reflect your beauty and transform your personal style, enhance your unique beauty and elevate your energy. All color systems are based on the combination of body colors i.e. hair, eyes, natural blush and skin tone. Regrouping and feeling better about yourself will give you a new perspective. In this class, you will learn your best colors, how to transition to grey hair and still look vibrant, and the new 2024 colors for your accessories. Jill Valerie Boyd, owner and chief stylist at Ageless Iconic Style, is renowned for the creativity, originality, sophistication, and elegance with which she dresses her clients. Jill's core skill is helping both men and women to look and feel absolutely radiant in all stages of life.

## **Zumba (Monday) - "Ditch the Work Out. Join the Party!"**

Location: Elsmere Elementary Gymnasium

Instructor: Karla Jaime-Benitez  
Length: 10 weeks  
Starting Date: March 4  
Day & Time: Mondays, 6:30-7:30 PM  
Fee: \$50

Zumba is the most popular workout in the fitness world today! You have undoubtedly been hearing about Zumba around town, and in the media. It's time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it! **Limit of 50 students for each class. No class April 1 and April 15.**

### **Zumba (Wednesday) - "Ditch the Work Out. Join the Party!"**

Location: Eagle Elementary Gymnasium  
Instructor: Karla Jaime-Benitez  
Length: 10 weeks  
Starting Date: March 13  
Day & Time: Wednesdays, 6:30-7:30 PM  
Fee: \$50

Zumba is the most popular workout in the fitness world today! You have undoubtedly been hearing about Zumba around town, and in the media. It's time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it! The class will meet in the Cafeteria on March 13 and all remaining classes will meet in the Gym. **Limit of 50 students for each class. No class April 3 and April 10.**