



COMMACK CONTINUING EDUCATION COMMITTED TO LIFELONG LEARNING

FALL 2018

NEW COURSES for Fall 2018

Diet, Exercise, Attention, Affection
for your Dog & Cat
Red Velvet and Carrot Cake Cupcakes
Basic Vanilla and Chocolate Cupcakes
Pie Workshop
Hatha Yoga
Wood Pallet Painting
Knitting & Crocheting – Combined
Class Monday Evening
Hip Hop

Community Learning

Welcome to the Division of Continuing Education. Our mission is to provide opportunities and activities to promote lifelong learning. The Office of Continuing Education is dedicated to helping you connect and engage with the many people and programs available. You will also discover opportunities designed to help you grow academically, personally, and professionally. Continuing Education classes help you create, imagine, discover, build and update your skills. Engage with like minds and enroll today!

Angela M. Davis **Lead Coordinator** Commack Continuing Education

Holidays & Inclement Weather:

If the school buildings are closed due to inclement weather or a holiday there will be no evening classes. Closings due to inclement weather will be posted on the Commack School District website, www.commack.k12.ny.us and can be found on News 12 Long Island and local radio stations.

Class Schedules, including Day, Room #'s and Times, are posted with each course. Class locations are subject to change. Instructors will give you your class dates on the first night of class.

All Classes Begin week of October 1, 2018 unless otherwise noted.

Please be sure to check your email before every class for any updates!

All buildings will be closed:

October 8, November 6, 12, 21 & 22

December 24, 25, 26, 27, 28 & 31

January 1 & 21

Fall 2018 Calendar

October 2018					November 2018				
M	T	W	T	F	M	T	W	T	F
1	2	3	4	5				1	2
(8)	9	10	11	12	5	(6)	7	8	9
15	16	17	18	19	(12)	13	14	15	16
22	23	24	25	26	19	20	(21)	(22)	23
29	30	31			26	27	28	29	30

December 2018					January 2019				
M	T	W	T	F	M	T	W	T	F
3	4	5	6	7		(1)	2	3	4
10	11	12	13	14	7	8	9	10	11
17	18	19	20	21	14	15	16	17	18
(24)	(25)	(26)	(27)	(28)	(21)	22	23	24	25
(31)					28	29	30	31	

() School Closed - No Continuing Education Classes

COURSE CONFIRMATIONS / CANCELLATIONS

Assume your class is confirmed. Registrants will only be notified if a class is cancelled.

REFUND POLICY

Please be advised that there will be a \$5.00 processing fee applied to all refund requests. Registration fees will be refunded upon written request up to 2 weeks prior to the start of the semester. After that point, NO REFUNDS will be issued for any reason. NO EXCEPTIONS!

Note: Registration begins upon receipt of brochure. Please avoid disappointment and register early.

Continuing Education Office

Phone: 631-912-2153

Email: continuingeducation@commack.k12.ny.us

Website: www.commack.k12.ny.us

Residents and Non-Residents our Brochure is available online. To view and print, follow the links to Continuing Education Brochure

The Commack School District kindly requests that fire zones be kept clear when parking on school property at all times.

BOARD OF EDUCATION

Steven Hartman, *President*
Jarrett Behar, *Vice President*
Jennifer Carpenter, *Trustee*
William Hender, *Trustee*

CONTINUING EDUCATION DEPARTMENT

Angela M. Davis, *Lead Coordinator*
Matt Keltos, *Administrative Assistant*
Maryann Pisani, *Secretary*
Dr. Donald A. James,
Superintendent of Schools

CITIZENS ADVISORY COMMITTEE

David Spengler, *Director of Merit*
Bruce Seger, *Chairperson*
William Haney
Betty Hand
Debra Virga
Amy Ryan, *Board Liaison*

FINE ARTS & CRAFTS

1. Painting with Marla in Oil or Pastel

Marla Mencher

Join the fun world of painting! In this class you will learn how to Paint in oils or pastels from beautiful picture references of landscapes, still life's, portraits or anything you choose. You will learn about proportions, as well as drawing, mixing and applying colors using brushes or tools to get a various affects and good composition. Come and relax and make friends! All levels welcome. (Limit 15)

Supply list

Oils: titanium white, lemon yellow, (cadmium yellow) yellow ochre, cadmium orange and red hue, viridian green, cerulean blue, cobalt blue, ultramarine blue, alizarin crimson, burnt umber, Payne grey optional. Long bristle flat brushes 2, 4...a filbert brush 5 short brushes simply simons and rubber grip handles assorted 4 types. Rags, jars for turpentine small cn turpenoid, a palette knife step type, palette paper pad, canvas 11x14, 12x16 or boards.

Pastels: small set of Nupastels, or store brand dry pastels, Cranston pastel pad, vine charcoal, kneaded eraser, rags. (Limit 15)

Thursday (7 Sessions)

CHS Art 3

7-9:30PM

Resident Fee: \$55

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$40



2. Watercolor Painting / Beginner to Advanced

Marsha Goldman

Watercolor can be easy! Whether you are just beginning or want to sharpen your skills. Learn step by step ways to create beautiful paintings. You will learn color mixing, brush techniques and composition that make the difficult seem more simple as we create paintings together. Gain confidence as we work on various subjects. Intermediate and advanced students can receive help on work they are doing using subject matter of their own, or that I provide. Supplies will be discussed and a material fee of \$5.00 (cash only) will be collected during the first class. (Limit 12)

Monday (8 sessions)

CHS Art 2

7-9:30PM

Resident Fee: \$55

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$40



4. Pottery

Sheryl Weisner

Enjoy the creative arts of ceramic sculpture and pottery. Learn building techniques and how to use a potter's wheel and work with stoneware clay and glazes. A material fee is included in the tuition. (Limit 12)

Thursday (9 sessions)

CHS Art 6

7:30-9:30PM

Resident Fee: \$90

Non-Resident Fee: \$95

CSD Senior Citizen Fee: \$60

7. Wood Pallet Painting **NEW**

Hillary Sesack

Come join us for an evening of creating your own beautiful wood sign! It's fun and very easy to do. Price includes all materials and you will go home with a gorgeous piece to either add to your home decor or give as a gift this Holiday Season. You will be sent a flyer with many designs to choose from. No experience necessary. Feel free to bring your own snacks (no alcohol permitted) and bring your friends along for fun filled night!

Wednesday (1 session)

December 5th

CHS Art 2

7:30-9:30 PM

Resident Fee: \$30

Non-Resident Fee: \$35

No Senior Discount for this class



10. Knitting and Crocheting **NEW**

Hela Ressa

Knitting: You will learn basic stitches, how to read instructions and have ample time to complete a project. If you know the basic stitches, this course will teach you more intricate patterns to give your work a professional look. Students are asked to bring the following to the first class: one skein of knitting worsted yarn 4 (light color), a pair of size US 8 (5.0mm) knitting needles, one tapestry needle #13, a pair of scissors and a tape measure.

Crocheting: Size I crochet hook, one skein of knitting worsted yarn 4 (light color), scissors, tape measure, tapestry needle #13.

Monday (10 sessions)

CHS Conference Room

7-9PM

Resident Fee: \$60

Non-Resident Fee: \$65

CSD Senior Citizen Fee: \$50



13. Quilting

Susan Sitaras

Join us and learn to quilt with a group of wonderful people. Learn the finer aspects of quilting as we progress from beginning techniques to newer and more advanced ones. (Limit 18)

Wednesday (8 sessions)

CMS A 18/19

7-9:30PM

Resident Fee: \$55

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$40

15. Jewelry Making

Marlena Konas

In this 4 part jewelry class you will learn to make a pearl and crystal bracelet with lots of sparkle using a bead weaving technique. Then you will learn to work with wire and make a pair of elegant crystal dangle earrings. You will make a tassel necklace using crystals, seed beads and chain and lastly you will make a lariat necklace using silk cord and crystals. The supplies for all 4 classes are \$30 (cash only) and all tools will be available to use during the class. Color choices will be available for all projects.

Wednesday (4 sessions)

Dates: October 3, 10, 17, 24

CHS Art 2

7-9PM

Resident Fee: \$45

Non-Resident Fee: \$50

No Senior Discount for this class

COMPUTER TECHNOLOGY

32.Excel Beginner

Patrick Braddick

The world's most popular spreadsheet software, is the tool you should be using. Not only is it a tool for spreadsheets and graphical analysis, but it can be used for scheduling, budgeting, forecasting and data management-for both Home and Business. Your time is valuable. Make Excel work for you by learning formula creation, spreadsheet design and Microsoft shortcuts to make your analyses shine! No prior experience in computers or Excel is required. Students will be taught Excel basics which will be the base for the Intermediate Excel class. Please bring a flash drive to class.

Thursday (8 sessions)

CHS Comp Lab 6

7:30-9PM

Resident Fee: \$55

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$40

33.Excel Intermediate

Patrick Braddick

Take your Excel skills to the next level! With Excel you can analyze, manage, and organize information to help you make better personal and professional decisions. Expand your use of Excel through building

pivot tables, combining multiple formulas (Vlookups, Iserror, If-Then, Indirect, and more), and using sorting functions. Some simple formula knowledge and basic understanding of spreadsheets are required. Please bring a flash drive to class.

Tuesday (8 sessions)

CHS Comp Lab 6

7:30-9PM

Resident Fee: \$55

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$40



COOKING



38. International Cuisine

Chef Armand Vanderstgichel

Make great entrees, hors d'oeuvres and appetizers. Students will learn culinary history and cooking techniques of cuisines from around the world. The chef is a graduate of the Culinary School of Amsterdam (Europe), author of three cookbooks, host of PBS television series Adirondack Cuisine, and a regular on national networks. A chef's knife is required. Come with empty stomachs, as we will dine afterwards. A food fee of \$40.00 (cash only) will be collected the first night of class.

Monday (5 sessions)

CHS Teacher's Café

7-9:30 PM

Resident Fee: \$55

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$45

40. Red Velvet and Carrot Cake Cupcakes **NEW**

Lisa Basini

Join us for a three hour Red Velvet and Carrot Cupcake workshop, with classic cream cheese frosting. Create fondant carrots and red roses for that professional touch. Everyone will take home a bakery box with 10 fully decorated cupcakes. Includes all materials. A food fee of \$20.00 (cash only) will be collected the night of your class.

Thursday (1 session)

November 1st

CHS Teacher's Café

6-9 PM

Resident Fee: \$20

Non-Resident Fee: \$25

No Senior Discount for this class

41. Basic Vanilla and Chocolate Cupcakes **NEW**

Lisa Basini

Join us for a three hour baking workshop. You will create vanilla and chocolate cupcakes and buttercream frosting from scratch. Also learn how to master the art of creating fondant flowers. Everyone will take home a bakery box with 10 fully decorated cupcakes. Includes all materials. A food fee of \$20.00 (cash only) will be collected the night of your class.

Thursday (1 session)

October 4th

CHS Teacher's Café

6-9 PM

Resident Fee: \$20

Non-Resident Fee: \$25

No Senior Discount for this class



44. Pie Workshop **NEW**

Lisa Basini

Create classic Apple and Coconut Custard pies, ready for the oven. You will take home two full size pies in bakery boxes, which can be baked and frozen until Thanksgiving. Please bring a rolling pin, paring knife and large mixing bowl from home. Includes all materials. A food fee of \$20.00 (cash only) will be collected the night of your class.

Thursday (1 session)

November 8th

CHS Teacher's Café

6-9 PM

Resident Fee: \$20

Non-Resident Fee: \$25

No Senior Discount for this class

SAT PREP

70. SAT Prep Preparation for the College

Entrance Exam Paul Siudzinski/Anthony Rivera

This program will help students prepare for the newly revised SAT's emphasis on Common Core standards. Students will become familiar with the phraseology of questions and the importance of following directions. Verbal content will focus on reading comprehension, grammar and usage, and real-world vocabulary, plus discussion of the redesigned optional essay. The mathematical content will include discussion of the most common verbal algebraic and geometric problems, as well as the new trigonometry and

advanced math questions. Helpful tips will focus on the advantages and pitfalls of the new format. Four of the sessions will be allocated to the math and four to the verbal sections of the test. **Purchase the review book for \$25 (check or money order only) at the first session.**

Tuesday (4 sessions)

October 2, 9, 16, 23 (Math)

Thursday (4 sessions)

October 4, 11, 18, 25 (English)

CHS 109

7-9 PM

Resident Fee: \$90

Non-Resident Fee: \$95

PERFORMING ARTS

90. Ballroom Dancing - Beginner

Mila Balagula B.A./ Michael Balagula

This class is designed to teach the basic patterns of Ballroom Dancing for Beginners. Our goal is to make you feel confident on the dance floor. With continued practice, you will soon be comfortable in any dance venue from weddings to parties, etc. Mila and Michael are experienced dance instructors and have been teaching at Commack Continuing Education since 1998. Singles always welcomed.

Merengue, Foxtrot, Cha-Cha Lessons

Thursday (8 sessions) Resident Fee: \$125/Couple

CHS Dance Studio

7-8 PM

Resident Fee: \$70/Single

Non-Resident Fee: \$130/Couple

Non-Resident Fee: \$77/Single

CSD Senior Citizen Fee: \$80/Couple

CSD Senior Citizen Fee: \$50/Single

91. Ballroom Dancing - Intermediate

Mila Balagula B.A./ Michael Balagula

Now that you have mastered Ballroom Dancing for Beginners, prepare to shine on the dance floor. Ballroom Intermediate is for experienced students, who want to learn more steps and dancing techniques. Our dancing doesn't stop after these 8 weeks. Become a part of our social dance group on Saturday evenings at various social dance parties throughout Long Island and New York City. Singles always welcomed.

Foxtrot, Hustle Lessons

Thursday (8 sessions) Resident Fee: \$125/Couple

CHS Dance Studio

7-8 PM

Resident Fee: \$70/Single

Non-Resident Fee: \$130/Couple

Non-Resident Fee: \$77/Single

CSD Senior Citizen Fee: \$80/Couple

CSD Senior Citizen Fee: \$50/Single

92. Country Western Line Dancing

Carol Ruggiero

Howdy, come kick up your heels and join the fun of learning good ole' country line dancing, plus couple dances, too! Learn all the classics, plus so much more like...Sweetheart Schottische, Blue Note, American Kids and the Texas Waltz. All levels are Welcome. Grab a friend and see you all on the dance floor...Happy Trails!! **NO BOOTS ALLOWED... SNEAKERS ONLY, PLEASE**

Monday (8 sessions)

NR Gym

7-8:30PM

Resident Fee: \$55

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$40

93. Hip Hop **NEW**

Tracey Passamenti

So you think you can dance? This class is designed to teach the fundamentals of dance using a modern hip hop style. Come and enjoy an hour of fun, exercise and dance. Knee pads are optional to participate in some higher level moves. Whether you are a beginner or a seasoned dancer, all are welcome to the dance floor!

Wednesday (8 sessions)

CHS Dance Studio

6-7 PM

Resident Fee: \$55.00

Non-Resident Fee: \$60.00

CSD Senior Citizen Fee: \$45.00

LANGUAGES

62. Conversational Spanish - Beginner

Janet D'Agostino

Bienvenido! (Welcome) Would you like to be able to introduce yourself in Spanish, speak the language at your favorite Spanish restaurant or while travelling? You will gain the skills needed to be able to converse in Spanish in various situations and settings. This class will be adapted to your goals. Come be a part of this class and leave your first day speaking Spanish. Open to beginners.

Tuesday (8 sessions)

CHS 107

6:30-7:30PM

Resident Fee: \$55

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$40

63. Conversational Spanish - Intermediate

Janet D'Agostino

Intermediate Spanish is designed to provide a new awareness of conversation and focus on interaction with other students, as well as enhance communication and language skills. Prerequisite: Prior Spanish Language study

Tuesday (8 sessions)

CHS 107

7:30-8:30PM

Resident Fee: \$55

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$40

HEALTH & RELATED AREAS

68. Yin & Restorative Yoga Nancy Kelly
Yin yoga is a slower paced practice that focuses on nourishing and strengthening joints, ligaments and connective tissue. Restorative Yoga uses props such as bolsters, blankets and blocks to support and relax both the body and mind. Combined they are a perfect complement to an active lifestyle and an effective way to reduce stress. A perfect course for Pre-Natal Moms, as well. Please wear comfortable clothing and bring a yoga mat and a blanket to class.

Tuesday (8 sessions) Resident Fee: \$55
CHS Dance Studio Non-Resident Fee: \$60
6-7 PM CSD Senior Citizen Fee: \$40

69. Vinyasa Yoga Nancy Kelly
Vinyasa yoga is characterized by a focus on flowing through postures and connecting breath with movement. Classes will include pose sequences as well as breathing and relaxation techniques to improve overall wellness. This is intended to be a slightly more active class than traditional hatha yoga. Please wear comfortable clothes and bring a yoga mat and water bottle to class. (Limit 25)

Tuesday (8 sessions) Resident Fee: \$55
CHS Dance Studio Non-Resident Fee: \$60
7-8 PM CSD Senior Citizen Fee: \$40

74. Qigong Meditation Sharon Infante
The most effective ways to raise your energetic vibration to feel good, enjoy life and manifest what you desire is not simply a case of choosing your thoughts. It is also about the quality of your vibration to feel good. This is best done through exercises to allow the ability to release stuck energetic blocks and use stress reduction and meditation The Mind-Body Training to allow inner peace, clarity, release stress, more energy, creating a healthier lifestyle is using Qigong Meditation! All levels and abilities welcome. Please bring yoga mat.

Monday (8 sessions) Resident Fee: \$55
North Ridge Room 19 Non-Resident Fee: \$60
6-7 PM CSD Senior Citizen Fee: \$40

75. Crystal Singing Bowl Meditation Sharon Infante
Gather in a group meditation...feel the euphoric vibrations and stillness of the mind in a resting position. The tones are not just heard by the ear; you feel them in your body clearing chakras, stagnant blocks of aches and pains, healing energy centers to create balance. Treat yourself to bliss after a long day! Wear comfortable clothing. Please bring yoga mat and/or pillow and blanket.

Monday (8 sessions) Resident Fee: \$55
North Ridge Library Non-Resident Fee: \$60
7:00-8:00PM CSD Senior Citizen Fee: \$40

81. Tai Chi George Graf
Tai Chi is an advanced form of Qi Gong, movements are done slowly, continuously and fluently. It is practiced as a form sequence as Qi Gong has a set of movements in a solitary spot. Many useful applications are apparent for each posture. When practicing movements, the mind and body are trained to coordinate together promoting balance internally and externally. Typically, Tai Chi has been described as meditation in movement and the instructor teaches Yang Style, simplified 24 postures. His routine will consist of detail instruction for each movement; proper posture, coordination, balance and breathe.

Wednesday (8 Sessions) Resident Fee: \$55
CHS Dance Studio Non-Resident Fee: \$60
7:30-8:30PM CSD Senior Citizen Fee: \$40

82. Chair Yoga Nina Triolo
This class is ideal for anyone who has ever hesitated to try yoga because of the challenge of getting down on the floor or doing standing poses. Use of the chairs makes the poses safe and accessible to anyone regardless of their particular needs. In Chair Yoga you will learn yoga postures, alignment, breathing techniques, and meditation. Suitable for students of any age. This is an excellent class to increase mobility, create strength, develop balance, inspire tranquility, and an overall sense of well-being. Please bring a yoga strap and wear comfortable loose clothing. If anyone wishes to purchase a yoga strap, please contact the instructor before class begins at nina@lovingbalance.com. Limit 20

Monday (8 sessions) Resident Fee: \$55
CHS Dance Studio Non-Resident Fee: \$60
Time 6-6:50pm CSD Senior Citizen Fee: \$40

84. Gentle Kripalu Yoga Nina Triolo
Nourish your body and nurture your soul with breathwork and gentle yoga postures. Learn to relax, center your mind and stretch the body head to toe. Class ends with a guided healing meditation. Suitable for all levels - no previous experience required. Bring a mat, a yoga strap and wear comfortable loose clothing. If anyone wishes to purchase a yoga strap, please contact the instructor before class begins at nina@lovingbalance.com.

Monday (8 sessions) Resident Fee: \$55
CHS Dance Studio Non-Resident Fee: \$60
7-8 PM CSD Senior Citizen Fee: \$40

85. Fat Burning Pilates Tina Palmigano
Pilates integrates various ballet and core movements to burn fat and tone the body. The class will consist of a warm up, combinations, and cool down period, and will incorporate cardio and floor exercises. Please bring a mat, 2 or 3 lb. dumbbells, water bottle, and towel. Comfortable clothes are suggested. (Limit 35).

Wednesday (8 sessions) Resident Fee: \$55
BURR New Gym Non-Resident Fee: \$60
7-8PM CSD Senior Citizen Fee: \$40

86. Hatha Yoga Nina Triolo
If you are new to yoga or looking to release stress by moving slowly and mindfully, this class may be the perfect fit for you. Hatha Yoga concentrates on the physical health and mental well-being. Using yoga postures, breathing techniques, and meditation will strengthen, stretch the body and develop a peaceful mind. Please bring a yoga mat, block and strap to class and wear comfortable clothing.

Wednesday's (8 sessions) Resident Fee: \$55
Burr Main Gym Non-Resident Fee: \$60
6-7 PM CSD Senior Citizen Fee: \$40



89. Becoming a Reiki Practitioner Dr. Myles J. McPartland
An ancient form of hands-on healing, Reiki is practiced by over two million people. It is used to balance the body's energy centers (Chakras) and to connect your energy (Qi) to the "Oneness" of the universe. Reiki integrates the physical, emotional, and spiritual body which allows healing and happiness. This course will introduce the history and uses of Reiki as a Usui Reiki Level 1 & 2 Practitioner. A \$10 material fee (cash only) for new students will be collected on the first night of class.

Thursday (6 sessions) Resident Fee: \$50
CHS Library Non-Resident Fee: \$55
7-8:30PM CSD Senior Citizen Fee: \$40

94. Zumba Monday for Seniors (Zumba Gold) Susan Beltrani
Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Zumba Gold keeps the heart healthy and the circulatory system strong. Zumba Gold develops coordination and burns calories to stave off the weight gain. Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner. The intention of the class is to move a little and have a lot of fun--even if you don't perform each move perfectly. If you just love to move your body to the music, then Zumba Gold is for you. (Limit 50)

Monday (8 sessions) CSD Senior Citizen Fee: \$40
BURR Main Gym Non-Resident Fee: \$45
6-7PM

95M. Zumba Fitness Susan Beltrani
Zumba is perfect for everybody and every body! Each Zumba class is designed to bring people together to sweat it on. Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba, the Latin-inspired dance workout one of the most popular group exercise classes in the world. The 55-60 minute high-energy classes are set to upbeat music and feature choreographed dance numbers. You don't need to be a great dancer to feel welcome in a Zumba class. With the tag line, "Ditch the Workout, Join the Party," the classes emphasize moving to the music and having a good time, no rhythm required. If you just love to move your body to the music, then Zumba is for you. (Limit 50)

Monday (8 sessions) Resident Fee: \$55
BURR Main Gym Non-Resident Fee: \$60
7-8PM No Senior Discount for this class

97. Core Body Sculpt Tina Palmigano
This is a total body workout focusing on lower back and abdominal muscles to improve your balance, stability, and strength. Tone your entire body with light weight and heavy repetitions. Get the abs you've always wanted! Please bring a towel, mat, water, and 3 or 5lb dumbbells to class.

Thursday (8 sessions) Resident Fee: \$55
BURR New Gym Non-Resident Fee: \$60
7-8 PM CSD Senior Citizen Fee: \$40

PERSONAL ENRICHMENT

45. Digital Cameras and Photography Michael Klein
Take full advantage of your digital camera to create photographs, not just snapshots! Gain a thorough understanding of your camera's operation and function, along with how these relate to the principles and aesthetics of photography. Explore techniques such as exposure control, use of flash, macro photography and composition. An overview of editing options, organizing, and presentation methods will be given. The class will culminate with sharing a portfolio that you have created. Geared towards digital SLR camera, all digital camera types are welcome. Bring your camera to class.

Tuesday (6 sessions) Resident Fee: \$55
CHS 115 Non-Resident Fee: \$60
7-9 PM CSD Senior Citizen Fee: \$40

47. Mah-Jongg Fern Rubin / Susan Repanes
Want to learn how to play Mah Jongg? Come and have some fun while learning the game, socializing and sharpening your skills. Not only do you get 2 instructors, but we offer interactive play among your peers. The only thing we ask you to bring is a Mah Jongg card. A large one is preferred (regular size one is fine). They are available at most stationery stores or online through the National Mah-Jongg League. So come and join us for 6 fun filled weeks! (Limit 16)

Monday (6 sessions) Resident Fee: \$55
First Class will begin October 15th Non-Resident Fee: \$60
CHS Student Study Center CSD Senior Citizen Fee: \$50
7-9PM

58. Your Soul's Journey Here and There Lois T. Martin
The Shifts Are Happening...We all get some sort of signs that either someone/something is around us maybe by a scent, touch, a breeze whisking by, money, birds, butterflies, songs on the radio, orbs, lights, photographs, feathers and even noticeable cloud formations. I personally notice signs off "rocks" and

the faces appearing on them! No matter how you receive yours, it is NOT your imagination. But the most popular in seeing signs, are numbers. You know the 1111, 222, 333 etc. Is it someone's birthday from the other side? Is it your birthdate? Are they Angels? Spirit Guides? And why do most people seem to be awakened between 3-5am? Can it be your Creator letting you know "YOU ARE NOT ALONE" Isn't it time to acknowledge the SHIFTS that ARE happening? Join me for this very intriguing, informative and of course entertaining gathering. (Limit 20)

Tuesday (1 Session) Resident Fee: \$40
October 9th Non-Resident Fee: \$45
CHS 108
6:00-9:00PM No Senior Discount for this class

59. Getting in Touch with Your Guardian Angels JoAnna Garfi McNally
A guardian angel is an angel who is assigned to protect and guide a particular person, group, kingdom, or country. Belief in guardian angels can be traced throughout all antiquity. This class will help you discover that our guardian angels are there right beside us, ready to help us in any situation. You will learn how to contact them and look for signs that they are with you. JoAnna Garfi McNally is a psychic/Spirit Communicator, Light Energy Worker and uses a crystal to channel information from your guides and tunes into your energy to help you through your goals in life to move forward. She teaches classes on Angels, Crystals and Self Awareness etc. She has been on radio and is a Co-host on Blogtalkradio, with Lois T. Martin, TV Talk Shows, has helped Police Departments to solve crimes and lectured internationally and nationally. She has been written about in books, interviewed in newspapers and writes articles for various publications (Limit 25)

Thursday (1 Session) Resident Fee: \$40
October 18th Non-Resident Fee: \$45
Room 108
6:00-9:00PM No Senior Discount for this class

COACHING REQUIREMENTS

65. Theory and Techniques of Coaching - 2 Credits Rich Degnan
This 30-hour course deals with the scientific principles of coaching, objectives of coaching, team selection, organization, and management, rules and regulations, teaching methods, principles and methods for training and conditioning, budgeting, relationships with officials, coaching ethics, athletic administration, public relations, recruiting, out-of-season play, support organizations, and communications. This course requires a specific clinic in a designated sport which deals with such topics as goals, strategy, planning, safety, and officiating and equipment problems. This course runs for 24 class hours plus 6 hours of a designated sports clinic.

Thursday (10 sessions) Fee: \$135
CHS 108
7-10PM

66. Health Sciences Applied to Coaching - 3 Credits John Foley
This 45-hour course deals with the principles of exercise physiology including the body systems, components of fitness and training, motives for participation, athletic persistence, controlled aggression, humanistic approaches

to coaching, tension, and anxiety. Effective leadership, cybernetics, and sport in American culture are also examined.

Monday (15 sessions) Fee: \$165
CHS 111B
7-10PM

67. Philosophy Principles and Organizations of Athletics - 3 Credits Rich Degnan
This 45-hour course deals with the basic philosophy and principles of high school interscholastic athletics as part of a total physical education program and education in general. Topics will include: legal basis development and organization of section, state and national organization, safety, educational requirements for coaches, coaching responsibilities, and the selection- classification program.

Wednesday (15 sessions) Fee: \$165
CHS 108
7-10PM

The above mentioned courses will satisfy the New York State Educational Requirement for Coaching. A Certificate of Completion will be issued.

PET CORNER

42. Home Cooking for your Dog & Cat Christine M. Filardi
It's the latest trend in pet food! Fresh and homemade is best! Learn how to easily make your own pet food and treats from Christine M. Filardi, certified in canine and feline nutrition. Creating a biologically appropriate diet for your dog or cat is her area of expertise. The health benefits are numerous when dogs and cats eat a species appropriate diet. Most importantly, pet owners see the elimination of many common health issues our pets face: allergies, joint problems, obesity, digestive upset, and behavior issues. For more information: www.BowMeowRaw.com

Wednesday (1 Session) Resident Fee: \$20
October 10th Non-Resident Fee: \$25
CHS 108
Time 7-9 PM No Senior Discount for this class

43. Diet, Exercise, Attention, Affection for your Dog & Cat Christine M. Filardi
How to Satisfy Your Pet's Hierarchy of Needs
A new radical approach addresses your pet's basic needs for a biologically appropriate diet, exercise, attention and affection. These 4 components have a direct effect on a pet's behavior and well-being and will teach pet owners how to create balanced meals as well as meet nutritional needs easily and affordably. This class will also cover training topics like sensitive periods, reward based training, vaccines, vaccinosis, and pet massages. For more information visit: www.BowMeowRaw.com

Wednesday (1 Session) Resident Fee: \$20
November 14th Non-Resident Fee: \$25
CHS 108
Time 7-9 PM No Senior Discount for this class

MEDICAL ADVISORY

We advise that you consult your physician before undertaking any program involving strenuous physical activity. The school district does not provide accident or medical coverage. Participation in any class and/or activity is at your own risk.

DEFENSIVE DRIVING

Presents NY DMV approved

6 Hour Defensive Driving Course

Thomas Sottile American Safety Institute

Receive a 10% discount on your automobile insurance for the liability, collision and no fault premiums for 3yrs and up to four (4) points off your NYS driver's license. This course can be taken every 3 yrs for insurance and point reduction. If you still have points after this class, it can be taken every 18 months for point reduction only. This six (6) hour course is available in (2) 3 hour classes on Mondays/Wednesdays from 7pm to 10 pm. Both 3 hour classes must be attended to get credit for the course. CLASS STARTS PROMPTLY AT 7PM. Please arrive 10 minutes early to fill out paperwork. Have fun while learning informative driving techniques that will save your life. This will not be your normal boring class. SAVE MONEY IN 2018! Register for class by visiting LearnDefensiveDrivingNow.com and clicking on the Continue Education tab.

* Class fee is non-refundable unless cancelled by instructor or more than 7 days prior to class *

*** The Continuing Education office cannot take registrations for this class ***

*** PLEASE DO NOT MAIL PAYMENT TO THE CONTINUING EDUCATION OFFICE ***

Payment: Cash or Checks accepted. (Checks made out to Thomas Sottile)

Payment information will be sent with class registration confirmation.

ALL questions regarding this class can be referred to Thomas at

(516) 818 3157.



Class Dates

Monday, October 15th
Wednesday, October 17th

Location: CHS-Room 109

Time: 7-10PM

Cost: \$45 per person

Register By Mail or Online Early!

Registrations will not be accepted after September 24, 2018

Step 1: Select your course(s).

Step 2: Complete a separate registration form or photocopied form for each class. Please provide a valid and legible email address as we will be contacting you via email with important information and notifications.

Step 3: If paying by check, write your check(s)/money order(s) in the amount indicated in the brochure payable to: Commack Continuing Education. (Cash will not be accepted)

- A separate check/money order is required for each person for each class.
- We cannot accept checks made out for multiple courses.
- Write the course number and your phone number on each check and it is very important to clearly and neatly write your information and especially your email address.
- Please do not staple or tape checks to registration form.
- Returned checks are subject to a \$20 fee.
- *Registrants must be 18 or older. *This does not apply to the SAT Prep class

Step 4: Mail your check(s) and registration form(s) to:

Commack Continuing Education
P.O. Box 150
Commack, NY 11725

Note: Commack School District Seniors, age 62 and older, please provide a photocopy of your Driver's License or Senior I.D. card with registration form.

Step 5: If paying by e-check or credit card you can access our online processing system by clicking on Community News, then Continuing Education. www.commack.k12.ny.us IF PAYING BY PAYSCHOOLS, PLEASE NOTE THERE IS A PROCESSING FEE WHICH MUST BE ADDED ON THE CLASS FEE. ALL PAYSCHOOL RECEIPTS THAT DON'T INCLUDE THE PROCESSING FEE WILL NOT BE ACCEPTED.

Due to overwhelming popularity of our Pickleball classes, we have decided to accept mail in registrations, ONLY. We believe this method will give all students a fair chance to enroll for these classes.

Non-residents: Individuals who are not Commack School District residents are welcome to register for classes at the non-resident fee listed for each course.

NOTE: Registration begins upon receipt of brochure. Avoid disappointment, mail your registrations in early.

Register Early!!!

Course Name _____ No. _____ Day _____ Fee _____

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

IMPORTANT...PRINT NEATLY

Resident Non-Resident Commack School District Senior Citizen

Please provide your email address so you may be kept informed of any changes. Please do not staple or tape checks to the registration forms!

PHYSICAL EDUCATION



71T. Pickleball Tuesday

Susan Kaminsky, U.S.P.A. Ambassador

INTERMEDIATE/ADVANCED

The hottest new game sweeping the country! Pickleball is a combination of tennis, ping-pong, racquetball and badminton. The game is played on a badminton court with lightweight paddles and plastic perforated balls. Lobbing, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Please bring your own paddle which is available for purchase on www.pickleballcentral.com. Use CRRON coupon code to get 5% discount. A \$5.00 ball fee (cash only) payable to the instructor first night of class. (Limit 30) *Mail in registrations, ONLY!

Tuesday (8 sessions) Resident Fee: \$55
CMS Main Gym A/B Non-Resident Fee: \$60
8-10 PM CSD Senior Citizen Fee: \$40

71W. Pickleball Wednesday

Pat Cunningham

BEGINNER/ INTERMEDIATE

This class is for those looking to learn the basics of the game, as well as for those who are looking to improve basic skills. The hottest new game sweeping the country! Pickleball is a combination of tennis, ping-pong, racquetball and badminton. The game is played on a badminton court with lightweight paddles and plastic perforated balls. Lobbing, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Please bring your own paddle which is available for purchase on www.pickleballcentral.com. Use CRRON coupon code to get 5% discount. A \$5.00 ball fee (cash only) payable to the instructor first night of class. (Limit 30) *Mail in registrations, ONLY!

Wednesday (8 sessions) Resident Fee: \$55
CMS Main Gym A/B Non-Resident Fee: \$60
8-10 PM CSD Senior Citizen Fee: \$40



71TH. Pickleball Thursday

Pat Cunningham

ALL LEVELS

The hottest new game sweeping the country! Pickleball is a combination of tennis, ping-pong, racquetball and badminton. The game is played on a badminton court with lightweight paddles and plastic perforated balls. Lobbing, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Please bring your own paddle which is available for purchase on www.pickleballcentral.com. Use CRRON coupon code to get 5% discount. A \$5.00 ball fee (cash only) payable to the instructor first night of class. (Limit 30) *Mail in registrations, ONLY!

Thursday (8 sessions) Resident Fee: \$55
CMS Main Gym A/B Non-Resident Fee: \$60
8-10 PM CSD Senior Citizen Fee: \$40

72. Pickleball Thursday

Susan Kaminsky

INTERMEDIATE/ADVANCED

The hottest new game sweeping the country! Pickleball is a combination of tennis, ping-pong, racquetball and badminton. The game is played on a badminton court with lightweight paddles and plastic perforated balls. Lobbing, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Please bring your own paddle which is available for purchase on www.pickleballcentral.com. Use CRRON coupon code to get 5% discount. A \$5.00 ball fee (cash only) payable to the instructor first night of class. (Limit 30) *Mail in registrations, ONLY!

THURSDAY (4 sessions)
Dates: October 11, 18, 25 November 1st
Resident Fee: \$40
CHS Boys South Gym Non-Resident Fee: \$45
6-8PM CSD Senior Citizen Fee: \$35

73. Golf - Beginner

Bob Greenstein

P.G.A. Golf Professional

If you think you can't golf, then we have an instructor for you. Stop watching and start playing.....join us for golf fundamentals including the 5 pre-swing principles of grip, stance, posture, set up, and alignment. Please wear sneakers and bring a 5 or 7 iron to class as well as 12 plastic whiffle golf balls to each class. A material fee of \$5.00 (cash only) for a special mat will be collected by the teacher on the first night of class. Bob Greenstein offers special adult clinics at Heartland Golf Park. He can be reached at 631 697-4682.

Wednesday (4 sessions)
October 3, 10, 17, 24 Resident Fee: \$55
CHS Auxiliary Gym Non-Resident Fee: \$60
7:30-8:30PM No Senior Discount for this class

77. Basketball for Men

Joseph Pugh

Participate in full and half court basketball games in both a competitive and non competitive setting. Adult men of all abilities are encouraged to join us for fun and friendly competition.

Monday & Wednesday (8 sessions)
Resident Fee: \$70
CHS North Gym Non-Resident Fee: \$75
8-10PM CSD Senior Citizen Fee: \$40

78. Volleyball - Coed

Mary Bonamo

Join other players for an evening of fun & competitive play. Basic skills, strategy, and game play will be needed. (Limit 30)

Thursday (9 sessions) Resident Fee: \$60
CMS New Gym Non-Resident Fee: \$65
8:00-10 PM CSD Senior Citizen Fee: \$45

79. Badminton

Susan Kaminsky

This is not your backyard badminton! This is a fast, fun and exhilarating game. Class is open to intermediate through advanced players. Be sure to bring your own racquet and feather birdies. Plastic birdies provided. (Limit 30)

Monday (8 sessions) Resident Fee: \$55
CMS Main Gym A/B Non-Resident Fee: \$60
8-10PM CSD Senior Citizen Fee: \$40

Register Early!!!

Course Name _____ No. _____ Day _____ Fee _____

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

IMPORTANT...PRINT NEATLY

Resident Non-Resident Commack School District Senior Citizen

Please provide your email address so you may be kept informed of any changes. Please do not staple or tape checks to the registration forms!

Register Early!!!

Course Name _____ No. _____ Day _____ Fee _____

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

IMPORTANT...PRINT NEATLY

Resident Non-Resident Commack School District Senior Citizen

Please provide your email address so you may be kept informed of any changes. Please do not staple or tape checks to the registration forms!