

Commack School District

Excellence in Education



COMMACK CONTINUING EDUCATION COMMITTED TO LIFELONG LEARNING



SPRING 2018



NEW COURSES for Spring 2018

Canvas Painting Night/Cheese & Crackers
Cupcake Workshop
Excel Beginner
Excel Intermediate
Gentle Kripalu Yoga
Getting in Touch with Your Guardian Angels
Haiku Painting
Qigong Mediation
Pickleball - Now 4 Classes
(3 classes at CMS; 1 class at CHS)

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.

Spring 2018 Calendar

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

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

() School Closed - No Continuing Education Classes

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

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 March 5, 2018 unless otherwise noted.

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

**All buildings will be closed:
April 2nd, 3rd, 4th & 5th, May 28th**

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.

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.

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

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.

BOARD OF EDUCATION

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Jarrett Behar, Vice President
Jennifer Carpenter, Trustee
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Betty Hand
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Dr. Donald A. James,
Superintendent of Schools

FINE ARTS AND 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.

Thursday (7 Sessions) (Limit 15)

Resident Fee: \$55

Non-Resident Fee: \$60

CHS Art 3

7-9:30PM

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. Materials will be discussed during the first class. (Limit 12)

Monday (8 sessions)

Resident Fee: \$55

CHS Art 2

7-9:30PM

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$40

4. Pottery (NEW TIME)

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)

Resident Fee: \$90

CHS Art 6

7:30-9:30PM

Non-Resident Fee: \$95

CSD Senior Citizen Fee: \$60

6. Haiku Painting (NEW)

Paul Siudzinski

Remember the fun of writing Haiku poems in School? In this class, we will add our own sketch or pick a painting, then combine the two arts into a lovely and interesting artistic statement. Combining poetry and painting has a long history in both Western and Eastern art traditions. Adding images to haiku to create poetry paintings is a fun and eye-opening art form. We will explore how to match short poems (like haiku) with your choice of images or original sketches. Discover a new artistry by bridging the two art forms to create insightful and thoughtful works. Instructor will supply a variety of poems and images for inspiration or bring your own favorite poems, images or drawing materials.

Wednesday (6 sessions)

Resident Fee: \$55.00

CHS Art 3

7-9:00 PM

Non-Resident Fee: \$60.00

CSD Senior Citizen Fee: \$40.00

7. Canvas Painting Night /Cheese & Crackers (NEW)

Theresa Fogal

Enjoy step-by-step instruction with our enthusiastic Instructor. Create your own masterpiece on canvas, while you nibble on cheese and crackers! Feel free to bring your own non-alcoholic beverage. No painting experience necessary. A \$5.00 supply fee (cash only) will be collected the night of your class.

Tuesday (1 session)

March 13th

CHS Art 3

7-9:00 PM

Resident Fee: \$20.00

Non-Resident Fee: \$25.00

No CSD Senior Citizen Discount

10. Knitting

Hela Ressa

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.

Monday (10 sessions)

Resident Fee: \$60

CHS Conference Room

7-9PM

Non-Resident Fee: \$65

CSD Senior Citizen Fee: \$45

11. Crocheting

Hela Ressa

Learn the basic stitches, how to read instructions, and have ample time to complete a project. If you have already mastered the basics, come learn more intricate patterns and how to give your work a professional look. Materials needed for first class: Size 1 crochet hook, one skein of knitting worsted yarn 4 (light color), scissors, tape measure, tapestry needle #13.

Wednesday (10 sessions)

Resident Fee: \$60

CHS Conference Room

7-9PM

Non-Resident Fee: \$65

CSD Senior Citizen Fee: \$45

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)

Resident Fee: \$55

CMS A 18/19

7-9:30PM

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) March 7, 21, 28 & April 11

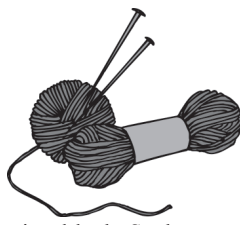
CHS Art 2

7-9PM

Resident Fee: \$45

Non-Resident Fee: \$50

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.

Thursday (8 sessions)

CHS 109

7-9 PM

Resident Fee: \$90

Non-Resident Fee: \$95

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)

March 21st

CHS 107

Time 7-9 PM

Resident Fee: \$15

Non-Resident Fee: \$20

No Senior Discount for this class

COOKING

39. Italian and Mediterranean Cuisine

Chef Armand Vanderstgichel

Enjoy and learn the techniques of Italian and Mediterranean cooking, encompassing all regions, including Sicily and Sardonian. Learn to prepare classic Italian American and Mediterranean dishes as well as regional Tuscan style dishes. This hands on class is taught by nationally renowned Chef Armand, author of many cookbooks. Chef Armand is a graduate of the Culinary School of Amsterdam, and host of PBS television series Adirondack Cuisine. In this course, students will prepare (in group format) and enjoy a dining delight at the end of the evening. Please bring a good chef knife and an appetite! A food fee of \$40.00 (cash only) will be collected the first night of class.

Tuesday (5 sessions)

CHS Teacher's Caf

7-9:30 PM

Resident Fee: \$55

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$45

41. Cupcake Workshop (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)

March 29th

CHS Teacher's Caf

7-10:00 PM

Resident Fee: \$20

Non-Resident Fee: \$25

No Senior Discount for this class



PERFORMING ARTS

90. Ballroom Dancing - Beginner

Mila Balagula B.A./John Havlik

This course is designed to teach the basic patterns of ballroom dancing. The instructors teach by Arthur Murray standards. They have performed in various shows for over 15 years and have entered several ballroom competitions. Singles welcomed. Salsa, Tango and Hustle Lessons

Thursday (8 sessions)

CHS Dance Studio

7:00-8:00PM

Resident Fee: \$125/Couple

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./John Havlik

Now that you have mastered the beginning steps, prepare to shine on the dance floor. Be the couple that others admire and envy. Singles welcomed.

Samba and Bolero Lessons

Thursday (8 sessions)

CHS Dance Studio

8:00-9:00PM

Resident Fee: \$125/Couple

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

Mosey on down for a great night of fun Line and Couple Dancing. Learn the classics, as well as Cowboy Up...Dizzy...Drinkin' Bone Boggie... Jitterbuggin' and so much more! All levels are Welcome. 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



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 (NEW)

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



COMPUTER TECHNOLOGY

32. Excel Beginner (New)

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)

Resident Fee: \$55

CHS Comp Lab 6

7:30-9PM

Non-Resident Fee: \$60

CSD Senior Citizen Fee: \$40

33. Excel Intermediate (New)

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

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
6:00-7:00PM 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
7:00-8:00PM CSD Senior Citizen Fee: \$40

74. Qigong Meditation (NEW) 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.

Thursday (8 sessions) Resident Fee: \$55
North Ridge Library Non-Resident Fee: \$60
6:00-7:00PM 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.

Thursday (8 sessions) Resident Fee: \$55
North Ridge Room 19 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 (NEW) 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 Palmigiano
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)
First Class Begins March 14th Resident Fee: \$55
BURR New Gym Non-Resident Fee: \$60
7-8PM CSD Senior Citizen Fee: \$40

86. Iyengar Yoga Jane Froman
Iyengar Yoga develops strength, flexibility, stamina and concentration. All of which carry over into daily life, bringing an enhanced sense of well-being. This class will focus on basic yoga poses. If you've never tried yoga before or if you want to renew your practice, this class is for you. Please wear clothing that allows for ease of movement. Bring a yoga (sticky) mat, one or two firm blankets and two yoga blocks to the first class. Jane Froman is a Certified Yoga Instructor (Limit 35).

Tuesday (8 sessions)
First Class Begins March 13th Resident Fee: \$55
BURR Main Gym Non-Resident Fee: \$60
6-7:15PM 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 (NEW) 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)
BURR Main Gym CSD Senior Citizen Fee: \$40
6-7PM Non-Resident Fee: \$45

95M. Zumba Fitness (NEW) 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 Palmigiano
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
CHS Student Study Center Non-Resident Fee: \$60
7-9PM CSD Senior Citizen Fee: \$50

52. Bridge for Beginners Bruce Hollander
Learn the most recent methods of bidding, as well as point count and the various beginning bidding conventions in Bridge. During each session, students will play four hands based on the day's lesson. This is a great class for anyone who has not played in years and needs a refresher course. **The last two sessions will be playing sessions.**

Tuesday (7 sessions) Resident Fee: \$60
CHS Student Study Center Non-Resident Fee: \$65
7-9PM CSD Senior Citizen Fee: \$50

53. Acting Class (NEW) Bruce Hollander
Learn the basic fundamentals of acting. This class will introduce students to improvisation and memorizing scripts, which are necessary tools to begin working in both local theater and films. Bruce Hollander is a longtime member of the Screen Actors Guild and participant in community theater.

Thursday (7 sessions) Resident Fee: \$60
CHS 116 Non-Resident Fee: \$65
7-9PM CSD Senior Citizen Fee: \$50

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 143
7-10PM

58. Your Soul's Journey Here and There Lois T. Martin

If you do not know who you are, how will ever be happy? If you don't know who you are, how will ever find your purpose? You will then just listen to everyone speak about "their" purposes. When you are discovering the life purpose within, there is an element of fulfillment about it already WAITING. As a Number "PSYCHIC"ologist, this forum is a roundtable style talk of reconnection. Yes, through numbers, in healing self and others, including those on the other side of the veil, for we are all in an evolution, inspiring people to follow their spiritual path knowing "we are not human beings learning to be spiritual, but spiritual beings learning to be human". Bring your questions, bring your answers and bring your "open" self. Spirit speaks and so do the numbers. Voluntarily, spot readings are offered with the intent of enlightenment and entertaining the "soul" purpose of transformation. (Limit 25)

TUESDAY (1 Session) Resident Fee: \$40
April 17th Non-Resident Fee: \$45
CHS 108
6:00-9:00PM No Senior Discount for this class

59. Getting in Touch with Your Guardian Angels (NEW) Jo Anna 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
Date: April 19th Non-Resident Fee: \$45
Room 108
6:00-9:00PM No Senior Discount for this class



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.



DEFENSIVE DRIVING

LearnDefensiveDrivingNow.com
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.

Class Dates March 19th & March 21st

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***



Location: CHS - Room 109
Time: 7pm - 10pm
Cost: \$45 per person

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.

Register by Mail or Online Early!

Registrations will not be accepted after February 26, 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
- 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.

Refund Policy: Registration fees will be refunded upon written request up to two weeks prior to the start of the semester. After that point, NO refunds will be issued.

Please be advised that there will be a \$5.00 processing fee applied to all refund requests.

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 Intermediate/Advanced
Susan Kaminsky, U.S.P.A. Ambassador

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)

First Class Begins March 13th Resident Fee: \$55
CMS Main Gym A/B Non-Resident Fee: \$60
8-10PM CSD Senior Citizen Fee: \$40

71W. Pickleball Wednesday Beginner/Intermediate
Susan Kaminsky/Pat Cunningham

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
8-10PM 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
8-10PM CSD Senior Citizen Fee: \$40

72. Pickleball Thursday (NEW) 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)

March 29, April 12th, 19th, 26th 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. We will be using wiffle balls inside our gym. Please wear sneakers and bring a 5 or 7 iron to 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)

Resident Fee: \$55
March 7, 21, 28 April 11
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 First Class Begins March 12th & Wednesday First Class Begins March 21st (16 sessions)

Resident Fee: \$70

CHS North Gym Non-Resident Fee: \$75
8-10PM CSD Senior Citizen Fee: \$40

78. Volleyball - Coed

Mary Bonamo

Here is your opportunity to enjoy exercise amid friendly competition. Have fun and enjoy the finer points of a good game. (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: \$60
CMS Main Gym A/B Non-Resident Fee: \$65
8-10PM CSD Senior Citizen Fee: \$45

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!!!!

Course Name _____ No. _____ Day _____ Fee \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

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Email Address _____

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