



COMMACK CONTINUING EDUCATION

COMMITTED TO LIFELONG LEARNING

FALL 2022



NEW COURSES for Fall 2022

English as a Second Language
Cornhole

COMMUNITY LEARNING

Welcome to Commack 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!

Bobby Varughese Administrator in Charge Commack Continuing Education

OCTOBER 2022

M	T	W	T	F
3	4	(5)	6	7
(10)	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

NOVEMBER 2022

M	T	W	T	F
1	2	3	4	
7	(8)	9	10	(11)
14	15	16	17	18
21	22	23	(24)(25)	
28	29	30		

DECEMBER 2022

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
(26)(27)	(28)(29)	(30)		

JANUARY 2023

M	T	W	T	F
(2)	3	4	5	6
9	10	11	12	13
(16)	17	18	19	20
23	24	25	26	27
30	31			

() School Closed - No Continuing Education Classes

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 provide class dates on the first night of class.

All Classes begin week of October 10, 2022 unless otherwise noted.

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

All buildings will be closed:

October 10 • November 8, 11, 24, 25

December 26 – 30 • January 2, & 16

COURSE CONFIRMATIONS/CANCELLATIONS

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

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 can be issued for any reason FIRM!

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.

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.

From the district website choose Community News then Continuing Education.

Here you can print or register and pay with SchoolPay.

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

BOARD OF EDUCATION

Justin Varughese, *President*
Steven Hartman, *Vice President*
William Hender, *Trustee*
Susan Hermer, *Trustee*
Gus Hueber, *Trustee*

CONTINUING EDUCATION DEPARTMENT

Bobby Varughese, *Administrator in Charge*
Angela Davis, *Administrative Assistant*
Carrie Masters, *Office Assistant*

Dr. Jordan Cox, *Superintendent of Schools*

Postal Patron
Commack Public Schools
Commack, New York 11725

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Non-Profit Org.
U.S. Postage
PAID
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Commack, NY
11725

FINE ARTS & CRAFTS

2. Watercolor Painting / Beginner to Advanced

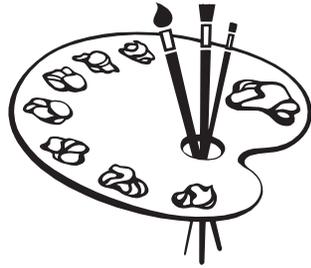
Watercolor can be easy! Whether you are just beginning or want to sharpen your skills. Learn step by step ways to create beautiful paintings. You will learn color mixing, brush techniques and composition that make the difficult seem more simple as we create paintings together. Gain confidence as we work 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 PM

Marsha Goldman



Resident Fee: \$60

Non-Resident Fee: \$65

CSD Senior Citizen Fee: \$50

4. Pottery

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 20)

***Mail in registrations, ONLY!**

Thursday (9 sessions)

CHS Art 6

7:30-9:30 PM

Sheryl Weisner

Resident Fee: \$100

Non-Resident Fee: \$105

CSD Senior Citizen Fee: \$70

10. Knitting and Crocheting

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

7-9 PM

Hela Ressa



Resident Fee: \$65

Non-Resident Fee: \$70

CSD Senior Citizen Fee: \$55

13. Quilting

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 (10 sessions)

CMS A 18/19

7-9:30 PM

Susan Sitaras

Resident Fee: \$65

Non-Resident Fee: \$70

CSD Senior Citizen Fee: \$50

COMPUTER TECHNOLOGY

32. Excel Beginner/ Intermediate

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

7:30-9 PM

Patrick Braddick

Resident Fee: \$60

Non-Resident Fee: \$65

CSD Senior Citizen Fee: \$45



SAT PREP

70. SAT Prep Preparation for the College

Entrance Exam

TBD

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 – Math (4 sessions) October 11, 18, 25, & November 1st

Wednesday – English (4 sessions) October 12, 19, 26, & November 2nd

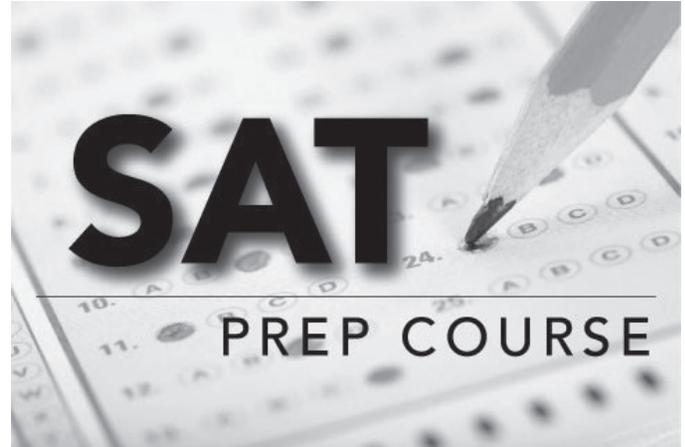
(8 sessions total)

CHS 109

7-9 PM

Resident Fee: \$100

Non-Resident Fee: \$100



PERFORMING ARTS

90. Ballroom Dancing - Beginner

Mark James

Karin Lupo

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. Singles always welcomed.

Monday (8 sessions)

CHS Dance Studio

7:00-8:00PM

Resident Fee: \$130/Couple

Resident Fee: \$75/Single

Non-Resident Fee: \$135/Couple

Non-Resident Fee: \$82/Single

CSD Senior Citizen Fee: \$85/Couple

CSD Senior Citizen Fee: \$55/Single

91. Ballroom Dancing - Intermediate

Mark James

Karin Lupo

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.

Monday (8 sessions)

CHS Dance Studio

8-9PM

Resident Fee: \$130/Couple

Resident Fee: \$75/Single

Non-Resident Fee: \$135/Couple

Non-Resident Fee: \$82/Single

CSD Senior Citizen Fee: \$85/Couple

CSD Senior Citizen Fee: \$55/Single



LANGUAGES

62. Conversational Spanish –Beginner Intermediate 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) Resident Fee: \$60
CHS 107 Non-Resident Fee: \$65
6:30-7:30PM CSD Senior Citizen Fee: \$45

64. English as a Second Language Janet D’Agostino
ESL Beginner 1 is a course designed to teach Spanish speaking students the English Language through conversational practice and association. This course offers great communication skills for Spanish speaking students to learn the English language!

Tuesday (8 sessions) Resident Fee: \$60
CHS 107 Non-Resident Fee: \$65
7:30-8:30PM CSD Senior Citizen Fee: \$45



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.

Wednesday (8 sessions) Resident Fee: \$60
CHS Dance Studio Non-Resident Fee: \$65
6-7PM CSD Senior Citizen Fee: \$45

69. Gentle Yoga Nancy Kelly
Gentle 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. Please wear comfortable clothes and bring a yoga mat and water bottle to class.
(Limit 25)

Wednesday (8 sessions) Resident Fee: \$60
CHS Dance Studio Non-Resident Fee: \$65
7-8PM CSD Senior Citizen Fee: \$45

82. Chair Yoga Lana Zimmet
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. Limit 20

Tuesday (6 sessions) Resident Fee: \$60
CHS Dance Studio Non-Resident Fee: \$65
Time 6-6:50pm CSD Senior Citizen Fee: \$45

86. Hatha Yoga Lana Zimmet
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. A yoga mat, yoga strap and yoga block are required for this class.

Tuesday (6 sessions) Resident Fee: \$60
CHS Dance Studio Non-Resident Fee: \$65
7-8PM CSD Senior Citizen Fee: \$45

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: \$60
BURR New Gym Non-Resident Fee: \$65
7-8 PM CSD Senior Citizen Fee: \$45

PERSONAL ENRICHMENT

58. Your Soul’s Journey Lois T. Martin
My gift is mediated to me through the language of numbers, its frequencies and vibrating energies. Visual codes, 111 222 etc., are messages from the beyond and are very real in our daily doings. I’m personally awakening to levels of understanding the relationships of soul mates, twin flames, “karmatic” mates etc. and the on going dialogue with afterlife translations. This is not a phenomenon! Join me along your spirit path for an enlightening and entertaining forum. I’m sure! (Limit 20)

Tuesday (1 Session) Resident Fee: \$45
Date: November 1st Non-Resident Fee: \$50
CHS 108
6-9PM 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: \$180
CHS 108
7-10 PM

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: \$200
CHS 143
7-10 PM

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: \$200
CHS 108
7-10 PM



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

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.

Register By Mail or Online Early!

Registrations will not be accepted after September 30, 2022

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.

<https://www.commackschools.org/CommackContinuingEducation.aspx>

IF REGISTERING BY PAYSCHOOLS, PLEASE NOTE THERE IS A PROCESSING FEE AND YOU WILL NOT NEED TO FILL OUT THE REGISTRATION FORMS ATTACHED.

Due to overwhelming popularity of our Pickleball and Pottery 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.

PHYSICAL EDUCATION

71M. Pickleball Monday - INTERMEDIATE PLUS

Pat Cunningham, IPTPA Certified

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 online or at any retail sporting goods location. A \$5.00 ball fee (cash only) payable to the instructor first night of class. (Limit 28)

Monday (8 sessions)

***Mail in registrations, ONLY!**

**CMS Main Gym A/B
8-10PM**

Resident Fee: \$65

Non-Resident Fee: \$75

CSD Senior Citizen Fee: \$55

71T. Pickleball Tuesday - INTERMEDIATE

Maria Napoli

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 online or at any retail sporting goods location. A \$5.00 ball fee (cash only) payable to the instructor first night of class. (Limit 28)

TUESDAY (8 sessions)

***Mail in registrations, ONLY!**

**CMS Main Gym A/B
8-10PM**

Resident Fee: \$65

Non-Resident Fee: \$75

CSD Senior Citizen Fee: \$55

71W. Pickleball Wednesday - ALL LEVELS

Joe Cunningham

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 online or at any retail sporting goods location. A \$5.00 ball fee (cash only) payable to the instructor first night of class. (Limit 28)

Wednesday (8 sessions)

***Mail in registrations, ONLY!**

**CMS Main Gym A/B
8-10PM**

Resident Fee: \$65

Non-Resident Fee: \$75

CSD Senior Citizen Fee: \$55

71TH. Pickleball Thursday - BEGINNER PLUS/ADVANCED

Pat Cunningham, IPTPA Certified

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 online or at any retail sporting goods location. A \$5.00 ball fee (cash only) payable to the instructor first night of class. (Limit 28)

THURSDAY (8 sessions)

***Mail in registrations, ONLY!**

**CMS Main Gym A/B
8-10PM**

Resident Fee: \$65

Non-Resident Fee: \$75

CSD Senior Citizen Fee: \$55

76. Cornhole

Joseph Pugh

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

Thursday (8 sessions)

**CHS North Gym
7-9PM**

Resident Fee: \$60

Non-Resident Fee: \$65

CSD Senior Citizen Fee: \$45

77. Basketball for Men

Joseph Pugh

Participate bi-weekly in full and half court basketball games both in a competitive and non competitive setting. Adult men of all abilities are encouraged to join us every Monday and Wednesday (16 games total) for fun and friendly competition.

Monday First Class will begin on October 17th

(8 sessions)

Wednesday First Class begins October 12th

(8 sessions)

**CHS North Gym
8-10PM**

Resident Fee: \$75

Non-Resident Fee: \$80

CSD Senior Citizen Fee: \$50

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 _____

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