

Commack School District

Excellence in Education



COMMACK CONTINUING EDUCATION

COMMITTED TO LIFELONG LEARNING

FALL 2019



NEW COURSES for Fall 2019

Living Terrarium

Fresh Mozzarella and
Focaccia Bread

Linzer Tarts & Fresh Fruit
Tart Cookies

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 7th, 2019 unless otherwise noted.

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

All buildings will be closed:

October 8, October 9, October 14

November 5, 11, 27, 28

December 23-31

January 1 & 20

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.
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.*

OCTOBER 2019				
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	31	

NOVEMBER 2019				
M	T	W	T	F
				1
4	(5)	6	7	8
(11)	12	13	14	15
18	19	20	21	22
25	26	(27)	(28)	29

DECEMBER 2019				
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)			

JANUARY 2020				
M	T	W	T	F
		(1)	2	3
6	7	8	9	10
13	14	15	16	17
(20)	21	22	23	24
27	28	29	30	31

() School Closed - No Continuing Education Classes

BOARD OF EDUCATION

Steven Hartman, *President*
Jarrett Behar, *Vice President*
William Hender, *Trustee*
Justin Varughese, *Trustee*
Susan Hermer, *Trustee*

CONTINUING EDUCATION DEPARTMENT

Angela M. Davis, *Lead Coordinator*

Matt Keltos, *Administrative Assistant*
Maryann Pisani, *Secretary*

CITIZENS ADVISORY COMMITTEE

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

Dr. Donald A. James, *Superintendent of Schools*

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)
First Class begins October 15th 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)
First Class begins October 15th 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 energy 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.
Wednesday (8 sessions) Resident Fee: \$55
North Ridge Cafeteria 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.

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

80. 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.

First class will begin October 16th
Wednesday (8 Sessions) Resident Fee: \$55
CHS Dance Studio Non-Resident Fee: \$60
7-8 PM CSD Senior Citizen Fee: \$40

81. Tai Chi – Part II George Graf
For those ready for the next step. Continue learning the conclusion of the simplified 24 Yang style form. With more detail instruction for each movement; proper posture, coordination, balance and breathe.

First Class will Begin October 16th
Wednesday (8 Sessions) Resident Fee: \$55
CHS Dance Studio Resident Fee: \$60
8:05-9:05 PM 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. Limit 20

First Class will Begin October 21st
Monday (6 sessions) Resident Fee: \$55
Non-Resident Fee: \$60
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. A yoga mat, yoga strap and yoga blocks are required for this class.

First Class will Begin October 21st
Monday (6 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).

First Class will Begin October 16th
Wednesday (8 sessions)
First class begins October 23 Resident Fee: \$55
BURR New Gym Non-Resident Fee: \$60
7-8 PM 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. A yoga mat, yoga strap and yoga blocks are required for this class.

First Class will begin on October 23rd
Wednesday's (6 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
7-8:30 PM CSD Senior Citizen Fee: \$40

95M. Zumba Fitness Susan Beltrani
Zumba is perfect for everybody and every body! This class moves between high and low intensity dance, designed to get your heart rate up and boost cardio endurance. This class is perfect for active mature senior adults who would like modified moves, but recreates the original moves you love! Groove to the beat of salsa, flamenco, and merengue music, feels more like a dance party than a workout. You don't need to be a great dancer to feel welcome in our Zumba class. If you love to move your body to the music, then Zumba is for you.

(Limit 50)
Monday (8 sessions) Resident Fee: \$55
First class begins October 23rd Resident Fee: \$55
BURR Main Gym Non-Resident Fee: \$60
7-8 PM CSD Senior Citizen Fee: \$40

I ♥ ZUMBA

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.**

First Class begins October 15th
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
7-9 PM CSD Senior Citizen Fee: \$50



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)

Wednesday (1 Session)
October 23rd Resident Fee: \$40
CHS 108 Non-Resident Fee: \$45
6-9 PM 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)
Date: October 24th Resident Fee: \$40
Room 108 Non-Resident Fee: \$45
6-9 PM 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
7-10 PM



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

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
7-10 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.

First class begins October 16th
Wednesday (15 sessions) Fee: \$165
CHS 108
7-10 PM

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

**NYDefDrvNow.com
Presents**

DMV approved 6 Hour Defensive Driving Course

Receive a 10% discount on your car insurance premiums for 3 years & up to four (4) points off your NYS driver's license. This course can be taken every 3 years for insurance and point reduction. This course is held as (2) 3 hour classes on Mondays/Wednesdays. You must attend both classes to receive credit. Have fun while learning informative driving techniques that will save your life. This will not be your normal boring class. To register, visit our website at NYDefDrvNow.com/Education. Payment information will be sent with class registration confirmation. Payment: Cash or Check. Class fee is non-refundable unless cancelled or more than 7 days prior to class or at any time by instructor.

***** THE CONTINUING EDUCATION OFFICE CANNOT TAKE REGISTRATIONS OR ACCEPT PAYMENTS FOR THIS CLASS *****

ALL questions regarding this class should be referred to Thomas at (516) 818-3157

PLEASE ARRIVE AT LEAST 10 MINUTES EARLY TO COMPLETE REGISTRATION.
No admittance to this class after 7p.m. No Exceptions!

Class Dates:
Monday, November 4th
Wednesday, November 6th
CHS-Room 109
7-10 PM
Fee: \$45 per person

Register By Mail or Online Early!

Registrations will not be accepted after September 27, 2019

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 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.

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

**71M. Pickleball Monday Pat Cunningham
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 ball fee (cash only) payable to the instructor first night of class.** (Limit 30) *Mail in registrations, ONLY!

**Monday (8 sessions) Resident Fee: \$55
CMS Main Gym A/B Non-Resident Fee: \$60
8-10 PM CSD Senior Citizen Fee: \$45**

**71T. Pickleball Tuesday Pat Cunningham
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 ball fee (cash only) payable to the instructor first night of class.** (Limit 30) *Mail in registrations, ONLY!

**First Class will begin October 15th
Tuesday (8 sessions) Resident Fee: \$55
CMS Main Gym A/B Non-Resident Fee: \$60
8-10 PM CSD Senior Citizen Fee: \$45**

**71W. Pickleball Wednesday Pat Cunningham
BEGINNER/ PLUS**

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 ball fee (cash only) payable to the instructor first night of class.** (Limit 30) *Mail in registrations, ONLY!

**First Class begins October 16th
Wednesday (8 sessions) Resident Fee: \$55
CMS Main Gym A/B Non-Resident Fee: \$60
8-10 PM CSD Senior Citizen Fee: \$45**

**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 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: \$45**

**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 (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 16, 23, 30 November 6 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 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 begins October 14th (8 sessions)
Wednesday-First class begins October 16th (8 sessions)**

**Resident Fee: \$70
CHS North Gym Non-Resident Fee: \$75
8-10 PM CSD Senior Citizen Fee: \$45**



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
8-10 PM CSD Senior Citizen Fee: \$45**

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!**