

# Commack School District

Excellence in Education



## NEW COURSES for Spring 2024

1. Line Dancing
2. Latin/Ballroom Mix
3. SAT Prep Second Session
4. Keep the Income Flowing During Retirement
5. Planning for Your Child with Special Needs

## Spring 2024 Calendar

March 2024						April 2024					
M	T	W	T	F		M	T	W	T	F	
					1	(1)	2	3	4	5	
4	5	6	7	8		8	9	10	11	12	
11	12	13	14	15		15	16	17	18	19	
18	19	20	21	22		(22)(23)(24)(25)(26)					
25	26	27	(28)(29)			29	30				
May 2024						June 2024					
M	T	W	T	F		M	T	W	T	F	
			1	2	3	1	2	3	4	5	
6	7	8	9	10		8	9	10	11	12	
13	14	15	16	17		15	16	17	18	(19)	
20	21	22	23	(24)		22	23	24	25	26	
(27)(28)	29	30				29	30	31			

( ) School Closed - No Continuing Education Classes

Postal Patron  
Commack Public Schools  
Commack, New York 11725

CAR-RT PRESORT  
Non-Profit Org.  
PAID  
Permit no. 8  
Commack, NY  
11725

## COMMACK CONTINUING EDUCATION

COMMITTED TO LIFELONG LEARNING

# SPRING 2024

## 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

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 the week of March 18, 2024 unless otherwise noted.**

**Please be sure to check your email before every class for any updates!**  
**All buildings will be closed:**

**March 28 - April 1, April 22 - 26, May 24 - 28, June 19**

## Continuing Education Office

Phone: 631-912-2153

Email: [continuingeducation@commack.k12.ny.us](mailto:continuingeducation@commack.k12.ny.us)

Website: [www.commack.k12.ny.us](http://www.commack.k12.ny.us)

Residents and Non-Residents our brochure is available online. From the district website choose "Our Community" then Continuing Education. Here you can print or register and pay with SchoolPay.

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

## 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!*

**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.

**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](http://www.commack.k12.ny.us) and can be found on News 12 Long Island and local radio stations.

## BOARD OF EDUCATION

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

Dr. Jordan Cox, **Superintendent of Schools**

## CONTINUING EDUCATION DEPARTMENT

Bobby Varughese, **Administrator-in-Charge**  
Carrie Masters, **Administrative Assistant**  
Tonya Wilson, **Office Assistant**

# FINE ARTS AND 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 simpler 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 must be purchased independently and could range from \$50 or up. A material fee of \$5.00 (cash only) will be collected during the first class.  
(Limit 12)  
**Monday (8 sessions)**  
**CHS Art 2**  
**7-9:00PM**

**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**  
**7:30-9:30PM**

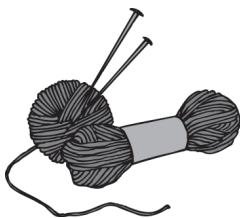
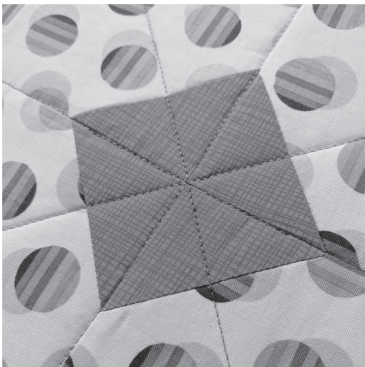
**Sheryl Weisner**  
**Resident Fee: \$100**  
**Non-Resident Fee: \$105**  
**CSD Senior Citizen Fee: \$70**

**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 (8 sessions)**  
**CHS Conference Room**  
**7-9PM**

**Hela Ressa**  
**Resident Fee: \$60**  
**Non-Resident Fee: \$65**  
**CSD Senior Citizen Fee: \$50**

**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**  
**6:30-9PM**

**Susan Sitaras**  
**Resident Fee: \$65**  
**Non-Resident Fee: \$70**  
**CSD Senior Citizen Fee: \$55**



# 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 of computers or Excel is required.** Students will be taught Excel basics which will be the base for the Intermediate Excel class.  
**Thursday (8 sessions)**  
**CHS Comp Lab 2/3**  
**7:30-9PM**

**Patrick Braddick**  
**Resident Fee: \$60**  
**Non-Resident Fee: \$65**  
**CSD Senior Citizen Fee: \$45**



# SAT PREP

**70M. SAT Prep Session 1**  
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 math and four to the verbal sections of the test. **(limit 25)**  
**Tuesday – Math (4 sessions) 3/19, 3/26, 4/2, 4,9**  
**Wednesday – English (4 sessions) 3/20, 3/27, 4/3, 4/10**  
**(8 sessions total)**  
**CHS 105**  
**7-9 PM**  
**All registrants will be assigned the first session until it is full. If the first session fills up, we will run the second session to accommodate more students.**

**Math - Nash Birnholz**  
**English – Keith Colantropo**  
**Resident Fee: \$100**  
**Non-Resident Fee: \$100**



**70J. SAT Prep Session 2**  
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 math and four to the verbal sections of the test.  
**Tuesday – Math (4 sessions) 4/30, 5/7, 5/14, 5/21**  
**Wednesday – English (4 sessions) 5/1, 5/8, 5/15, 5/22**  
**(8 sessions total)**  
**CHS 105**  
**7-9 PM**  
**Resident Fee: \$100**  
**Non-Resident Fee: \$100**

**Math - Nash Birnholz**  
**English – Keith Colantropo**

# LANGUAGES

**62. Conversational Spanish – Beginner**  
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 104**  
**6:30-7:30PM**

**Janet D’Agostino**  
**Resident Fee:\$60**  
**Non-Resident Fee: \$65**  
**CSD Senior Citizen Fee: \$45**

# PERFORMING ARTS

**92. Line Dancing**  
Shine your cowboy boots and dust off your Stetsons (if you have them). Learn the most popular Country Line Dances, in a simple to learn format. The best part is no partnering, and experience not required. **(limit 25)**  
**Tuesday (8 sessions)**  
**Dance Studio**  
**7:00-8:00 PM**

**Howard aka Rico**  
**Resident Fee: \$60.00**  
**Non-Resident Fee: \$65.00**  
**CSD Senior Citizen Fee: \$50.00**

**90. Latin/Ballroom Mix**  
SALSA: The most exciting of all Latin Dances. Learn everything that is needed to know how to dance salsa, including spins and turns, Cuban motion, tap steps and shines.

**Howard aka Rico**

**RHYTHM AND BLUES (slow dance):** If you never learn another dance, learn how to SLOW dance the way it was meant to be. Learn a variety of beautiful steps which will astound everyone who sees you. Anywhere you go, SLOW dancing is done: piano bars, intimate lounges, cruise ships, small clubs, weddings and house parties, someone is singing or playing a beautiful ballad. This dance is for anyone who thinks they can’t dance.

**DISCOHUSTLE:**  
This dance is popular today as it was in the 70’s. By the end of this course you will be doing disco turns, wraps, and spins. You will be the envy of everyone wherever disco/club music is played. When people see you hustle, don’t be surprised if you’re mistaken for a famous movie star.  
**Tuesday (8 sessions)**  
**Dance Studio**  
**8:00-9:00 PM**  
**Resident Fee: \$60.00**  
**Non-Resident Fee: \$65.00**  
**CSD Senior Citizen Fee: \$50.00**





## HEALTH & RELATED AREAS

**69. Gentle Yoga** **Nancy Kelly**  
A slow-paced practice which allows students to learn poses, focus on breathing and quieting the mind. Suitable for all levels but ideal for beginners, seniors, and anyone looking to improve flexibility and reduce stress. Please wear comfortable clothes and bring a yoga mat, yoga blocks and other props that may offer support to class.  
**Wednesday (8 sessions)** **Resident Fee: \$60**  
**CHS Dance Studio** **Non-Resident Fee: \$65**  
**6:00-7:00PM** **CSD Senior Citizen Fee: \$45**

**68. Gentle Flow Yoga** **Nancy Kelly**  
A flow-style of practice that offers a series of fluid postures linking breath with movement. Each class will focus on building strength, improving balance, increase flexibility, and calming the mind. Suitable for all levels but ideal for students who prefer a more vigorous class. Please wear comfortable clothes and bring a yoga mat to class (blocks & straps are optional). (Limit 25)  
**Wednesday (8 sessions)** **Resident Fee: \$60**  
**CHS Dance Studio** **Non-Resident Fee: \$65**  
**7:00-8:00PM** **CSD Senior Citizen Fee: \$45**

**82. Chair Yoga** **Lana Zimmer**  
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.  
**Thursday (8 sessions)** **Resident Fee: \$60**  
**CHS Dance Studio** **Non-Resident Fee: \$65**  
**Time 6-7:00pm** **CSD Senior Citizen Fee: \$45**

**86. Hatha Yoga** **Lana Zimmer**  
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.  
**Thursday (8 sessions)** **Resident Fee: \$60**  
**CHS Dance Studio** **Non-Resident Fee: \$65**  
**7:00-8:00PM** **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**

**98. MoGa, Mindful Movement** **Maureen Murphy**  
Did you know that the way that we talk to ourselves about our bodies can have an impact on our overall health and wellness? It’s true. Having negative thoughts about ourselves actually raises cortisol levels and makes it even more difficult to reach our health and wellness goals. End the negative narrative for good and bust through the barriers that are holding you back with MoGa, Mindful Movement. Each session will begin with creating affirmations connected to your personal health and wellness journey. Movement Sequences ranging from light stretching to basic balance moves and simple yoga will then be introduced and added to your affirmations. This creates true MO-mentum through muscle memory as positive energy becomes a part of you making it impossible to forget how strong you really are. Please bring a yoga mat, small towel, and water.  
**Mondays (8 sessions)** **Resident Fee: \$60**  
**CHS Dance Studio** **Non-Resident Fee: \$65**  
**7:00-8:00PM** **CSD Senior Citizen Fee: \$45**



## PERSONAL ENRICHMENT

**47. Mahjong** **Wendy Meagher**  
Looking to learn a fun challenging game that’s being played by men, women, singles, and couples? Join the fast-growing trend and meet new friends while learning the exciting and thought-provoking game of American Mah Jongg. The course covers all aspects of the game including understanding the card, selecting a hand, and pick up playing strategies all leading to the ultimate Mah Jongg! By the 2<sup>nd</sup> class the games shall begin and the challenge is on! Order your **2024** cards online at the ‘[NATIONALMAHJONGGLEAGUE.org](http://NATIONALMAHJONGGLEAGUE.org)’ and bring your Mah Jongg set to class if you have one. It is **imperative** that you make the first night of class where we learn the basics of the game! (Limit 28)  
**Tuesday (8 sessions)** **Resident Fee: \$60**  
**CHS Student Study Center** **Non-Resident Fee: \$65**  
**6:30-9PM** **CSD Senior Citizen Fee: \$45**



## 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 at a designated sports clinic.  
**Thursday (10 sessions)** **Fee: \$180**  
**CHS 106**  
**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: \$200**  
**CHS 143**  
**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: \$200**  
**CHS 106**  
**7-10PM**  
**The above-mentioned courses will satisfy the New York State Educational Requirement for Coaching. A Certificate of Completion will be issued.**

## FREE WORKSHOPS

**All workshops are held at the CHS, Room 108**  
**Registration is required for these workshops. Please fill out the form and mail in for a limited number of seats.**

**100. KEEP THE INCOME FLOWING DURING RETIREMENT:** How to Create your “Retirement Paychecks” **Jeffrey R. Silverman, JD CFP \***

Studies show that the biggest fear retirees have is running out of money before running out of life! Planning an effective retirement income strategy is more important than ever when facing a retirement that can span more than 25 years. This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, and protecting your assets from the costs of long-term care...all while having your money last through your lifetime and the lifetime of your spouse! If you are retired or thinking about retirement, you will not want to miss this program.  
**Thursday March 21<sup>st</sup> from 7:00-9:00**

**101. PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS:** **Jeffrey R. Silverman, JD CFP \***  
Parents have numerous issues to consider in planning for the long-term wellbeing of their children with special needs. With new tax laws and changes in government benefits, planning becomes even more important. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include: Creating financial security during uncertain times; strategies to protect your child’s assets; special needs trusts; Government benefits: guardianship; and future housing.  
**Monday April 8<sup>th</sup> from 7:00-9:00**

# Register by Mail or Online Early!

Registrations will not be accepted after March 8, 2024

**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 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 SCHOOLPAY, PLEASE NOTE THERE IS A PROCESSING FEE AND YOU WILL NOT NEED TO FILL OUT THE REGISTRATION FORMS ATTACHED.**

**Due to the 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.**

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\_\_\_\_\_

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



**ALL CSD RESIDENTS WILL HAVE PRIORITY PLACEMENT IN THE PICKLEBALL CLASSES**

**Join us to learn the sport that is sweeping the country! Pickleball is a combination of tennis, ping-pong, racquetball and badminton. The game is played on a badminton sized court using a paddle and lightweight ball. Please bring your own paddle which is available online or at your nearest sporting goods store. Balls will be provided. MAIL in registrations ONLY!**

**Resident Fee: \$70**  
**Non-Resident Fee: \$80**  
**CSD Senior Citizen Fee: \$60**

**71M. Pickleball Monday** **Pat Cunningham - IPTPA Certified**

**INTERMEDIATE and up (3.0 and up)**

This class is for those who have played, been ranked a 3.0+ and want to play competitively. **(Limit 30)**

**Monday (8 sessions)**

**Commack Middle School      Main Gym A/B      8-10PM**

**71MCHS. Pickleball Monday** **Elise Rubin**

**2.5 and above (no beginners)**

Must know the basics of the game: scoring, positioning, rules and strategy. **(Limit 30)**

**Monday (8 sessions)**

**Commack High School      South Gym      8-10PM**

**71T. Pickleball Tuesday** **Pat Cunningham - IPTPA Certified**

**ADVANCED BEGINNER**

This class is for those who have taken a few lessons, or participated in the beginner class. Should know the basic game: scoring, positioning, rules and strategy. **(Limit 24)**

**TUESDAY (8 sessions)**

**Commack Middle School      Main Gym A/B      8-10PM**

**71W. Pickleball Wednesday** **Pat Cunningham - IPTPA Certified**

**BEGINNER**

Beginner class will teach rules, strategy, scoring and proper positioning on the court. This class is only for those who have **not** played before or are just learning the basics. **(Limit 24)**

**Wednesday (8 sessions)**

**Commack Middle School      Main Gym A/B      8-10PM**

**71TH. Pickleball Thursday** **Pat Cunningham - IPTPA Certified**

**BEGINNER**

Beginner class will teach rules, strategy, scoring and proper positioning on the court. This class is only for those who have **not** played before or just learning the basics. **(Limit 24)**

**Thursday (8 sessions)**

**Commack Middle School      Main Gym A/B      8-10PM**

**71THCHS. Pickleball Thursday** **Elise Rubin**

**2.5 and above (no beginners)**

Must know the basics of the game: scoring, positioning, rules and strategy. **(Limit 30)**

**Thursday (8 sessions)**

**Commack High School      South Gym      8-10PM**

**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 March 18<sup>th</sup> (8 sessions)**

**Wednesday First Class begins on March 20<sup>th</sup> (8 sessions)**

**CHS North Gym**

**8-10PM**

**Non-Resident Fee: \$100**  
**CSD Senior Citizen Fee: \$60**

**78. Volleyball - Coed** **Maria Razzano**

Join other players for an evening of fun & a friendly environment. Players should know the basics of volleyball. Is still in the early learning stages of the game but knows the skills. Knows how to bump, set and spike skills, along with team playing experience. Willing to learn best practices for becoming a good player.

**Thursday (8 sessions)**

**CHS North Gym**

**8:00-10PM**

**Resident Fee: \$60**  
**Non-Resident Fee: \$65**  
**CSD Senior Citizen Fee: \$45**



**79. Self Defense** **Michael Comerchero – Certified Black Belt Instructor**

Have you ever found yourself in a potentially dangerous situation and felt like you didn't know what to do? Being able to avoid these situations and protect yourself and your family is one of the most important skills you can possess! Students in this class will learn real-life, practical self-defense that can be used in a variety of situations. Classes will cover a variety of scenarios while implementing basic striking (on pads), defenses against grabs, and self-defense on the ground. Students will be able to train these techniques, build confidence, and get a great workout under the constant supervision of a certified martial arts instructor in a safe and friendly environment.

**Tuesday (8 sessions)**

**CMS Wrestling Room**

**7:00-8PM**

**Resident Fee: \$60**  
**Non-Resident Fee: \$65**  
**CSD Senior Citizen Fee: \$45**

