



UNIONDALE School District

Continuing Education Program

Dear Community Member:

Once again, the Uniondale Union Free School District is pleased to provide a diverse selection of courses to appeal to the needs and interests of the entire community.

The Spring term offers many popular repeats, as well as a healthy selection of new courses. We are hoping that the large number of people who have participated in the past, will continue to take advantage of these educational enrichment activities.

We strive to offer programs that will represent the interests and abilities of the community.

In addition to participating in a beneficial learning experience, you will have the opportunity to meet new people and work with old friends.

We look forward to seeing you in the Spring!

*Sincerely,
Continuing Education Staff
516-560-8891*

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Continuing Education Program

Pearline B. Everett
Program Director

Blossom DaCosta & Claudia Minucci
Program Secretaries

REGISTRATION AND GENERAL INFORMATION

ELIGIBILITY: Continuing Education programs are open to residents of Uniondale and neighboring communities. *Registrants must be a least 18 years old.* Preference will be given to residents of the district in classes approaching maximum enrollment.

REGISTRATION: You may register by mail *immediately* upon receipt of brochure. For those who wish to register in person, registration will be held in Uniondale High School, Room 109 from February 12-15, 2018. The office will be open for evening registration from 6:15 p.m. to 8:00 p.m. Late registration will also take place in Room 109 the week of February 26 to March 1, 2018 between 6:15 p.m. and 8:00 p.m. *A \$10.00 late fee will be charged after this date.*

MINIMUM REGISTRATION: Adult programs must operate on a self-supporting basis, so a minimum number of students are required in order to conduct a course. If enrollment is inadequate, the running time of a class may be reduced, the fee may be slightly increased, or the class may be cancelled.

PAYMENT – (CHECKS OR MONEY ORDERS ONLY): NO CASH ACCEPTED. Checks should be made out to **UNIONDALE UFSD**. A separate registration form and a separate check must be used for each course. **No Exceptions.**

BY MAIL: AT ANY TIME – (Receipt of mail registration will **NOT** be acknowledged.) You will be notified when a course is oversubscribed or cancelled.

NOTE: We cannot be responsible for mail delays.

IN-PERSON: Uniondale High School, Rm. 109, February 12-15, 2018, 6:15–8:00 p.m.

FEES: Course fees are listed with each course. Non-residents pay an additional \$10.00 per course with the **exception of residents of the East Meadow School District.** **If checks are returned for any reason, the participant is responsible for the initial payment amount and any additional service fees. Payment must then be made by Money Order or Cashier's Check.**

EXCEPTIONS: Specialty classes, Craft classes and Medical classes may require additional payment for supplies. See individual descriptions for more information. There is no provision for a partial fee for taking part of a course.

SENIOR CITIZEN PRIVILEGES: Only residents of the Uniondale School District who are 62 years or older are permitted to enroll at a \$10 reduction of the normal fee for 5 Sessions or more. **One or two-night classes are not included.** This does not apply to driver education programs, seminars, or to material fees. A copy of proof of age and residency must be sent or shown upon registration.

REFUNDS: Refunds will be granted when a written request is received five days or more prior to the first session. The full registration fee will be refunded *only* when a class is cancelled. Non-attendance will not be an exception to this policy. There are no partial fees for taking one session or part of a course. **Transfers** from one course to another are available **PRIOR** to the second session of the original course. A transfer to a higher-priced course requires payment of the difference. **Refunds** will not be given on any course transfers. All refunds and transfers must be signed and approved by the Continuing Education Supervisor. **Refunds are processed by the Business Office and can take anywhere from 6 to 8 weeks.**

CLOSINGS: If schools are closed or if school is dismissed early due to inclement weather, Continuing Education classes will not be held. See calendar for holiday schedule. Continuing Education Program also follows the school district calendar for school closings and legal holiday closings. Announcement of closings due to inclement weather will be announced on local radio stations WHLI-1100 AM, WGBB-1240 AM, WNBC, Cablevision Channel 12, KJOY 98.3, WMJC 94.3 and FIOS 1. Closings are also posted on the District website: www.Uniondaleschools.org.

MAKE-UP CLASSES: A makeup class is offered whenever possible when a session is cancelled because of teacher illness, inclement weather, or other unavoidable circumstances. The makeup class will be scheduled the week after the last regular session of the course (in the event that a makeup class cannot be offered, i.e. multiple snowstorms, there will be no refunds or credits). If a registrant misses a class, there is no makeup.

LOCATION: Please note that all room numbers are subject to change due to building events. Please check in the Continuing Education Office, Room 109, prior to the start of your class. Reassignments can be verified by calling the office at **(516) 560-8891**. **Unless otherwise indicated, classes are held at Uniondale High School, 933 Goodrich Street, Uniondale, New York 11553.**

PARKING: Park in designated areas only. Do not block in any cars. Handicapped parking is by permit only and located in the rear of the building. For security reasons, please use the entrance door by the pool area.

HEALTH NOTICE: Check with your family physician before registering for or participating in any course that requires physical activity. Refunds **WILL NOT** be given once the course begins.

LIABILITY: Participation in Adult Program activities is at your own risk. The Uniondale School District relies on each registrant to seek medical advice as to his/her capacity to participate and will not be responsible for injuries, damages, or losses. In this program, participants are **prohibited from bringing children to class.**

SMOKING REGULATION: Smoking is not permitted anywhere on school grounds. Should the fire alarm sound, everyone must exit the building via the nearest exit and may return only when directed to do so by the fire authorities.

Please Give Your Instructor Your Cell Phone Number and/or E-Mail Address For Emergency Notification

Spring 2018

Mail-In Registration: February 5-February 23, 2018

In Person Registration: February 12-February 15, 2018

Classes Begin: February 26, 2018

Late Registration: February 26-March 1, 2018

Classes End: May 17, 2018

NOTE: SHADED DATES DENOTE NO CONTINUING EDUCATION CLASSES.

If schools are not open during the day, they will be closed at night. If a class is cancelled for any reason, it will be made up after the last class.

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

MARCH 2018						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL 2018						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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

- REPRESENTS SCHOOL CLOSINGS
- REPRESENTS THE FIRST AND LAST DAY OF CLASSES

- ✕ March 8, 2018: Parent/Teacher Conferences – NO CLASSES @ UNIONDALE HIGH SCHOOL
- ✕ March 15, 2018: Parent/Teacher Conferences – NO CLASSES @ WALNUT STREET SCHOOL

PARTNER PROGRAM

AT EAST MEADOW HIGH SCHOOL
 Brochures are available at the East Meadow Library.
 Liz McLaughlin, Director of Continuing Education
 Phone: 228-5211, Monday–Thursday 7:00–9:00
 Non-resident fees are waived for residents of Uniondale

Courses

AARP Defensive Driving

Instructor: Dottie Clause

This is a defensive driving course for anyone. AARP members or family and friends. You must attend one full session to receive the certification for a reduction on your auto liability, no-fault and/or collision insurance for three years. Get a reduction of four points for any driving violations and update your driving skills by taking this New York State approved course. The enrollment fee includes workbooks, a NY State driver's manual and insurance discount certificate. Bring your driver's license and pen to class. Class Offered on: Saturday, April 21, 2018: 9:00 a.m.-5:00 p.m.

UHS Café Room 111

****Registration is accepted up until one week before date of class****

Class size is limited to: 40

Registration Fee: \$20.00 AARP members
 \$25.00 for Non AARP members

FEE MUST BE PAYABLE TO AARP (BY CHECK ONLY).

THERE ARE NO DISCOUNTS FOR THIS PROGRAM. Bring Lunch!

Aqua Aerobics

Instructor: Andre Donaldson

Aqua Aerobics is designed to develop muscle tone as well as stimulation and circulation through a series of enjoyable exercises. It is not necessary to know how to swim. You do not have to get your face wet. This class is for men and women. All are welcome. Bring your own swimsuit, bathing cap, and towel. A lifeguard will be on duty for each session. See Health Notice before registering.

Monday & Wednesday: 6:30-7:30 p.m. – 20 Sessions

Class size is limited to: 15

UHS Pool

Resident Fee: \$65.00

Non-Resident Fee: \$75.00

Back To Basics

Instructor: Richard Jack

Are your investments getting the attention they deserve? In this day and age, the push is to put your investment money into mutual funds, ETF's and annuities. This course is to inform about the pros and cons of each and why individual stocks may be a better fit for your portfolio.

Wednesday, May 16, 2018: 7:00-9:00 p.m. – 1 Session

Class size is limited to: 30

UHS TBA

Resident Fee: \$35.00

Non-Resident Fee: \$45.00

Black Dragon Fitness

Instructor: Gauntlett McFarlane

To enhance the healthy lifestyle of individuals seeking to build exercise and working out into their daily regimen. This will be done through the following Seven Core Elements of Fitness Module: Cardiovascular conditioning and exercise, strength training and muscular development, stretching – muscle and building body mass, regiment and agility, diet and nutrition, stress reliefs and relaxation, change of lifestyles. In addition to the course fee, \$40.00 per person will be paid to the instructor. This fee includes a T-shirt and purchase of equipment. The additional fee must be paid at registration.

Tuesday, Wednesday & Thursday: 6:30-8:30 p.m. – 20 Sessions

Class size is limited to: 20

UHS TBA

Resident Fee: \$50.00

Non-Resident Fee: \$60.00

Boxing (Beginners)

Instructor: George Brodas

Boxing for beginners by Gnotable. This class level is designed to introduce fundamental drills, basic offensive and defensive footwork, proper form of punches, working on boxing techniques and creating combos. Also included are some self-defense techniques for ladies. This is the class where you don't have to be a fighter to look like one.

Tuesday & Thursday: 6:00-7:00 p.m.

Class size is limited to: 15

Basement Wrestling Room

Resident Fee: \$50.00

Non-Resident Fee: \$60.00

Boxing (Intermediate)

new

Instructor: George Brodas

Intermediate boxing by Gnotable. Once you have taken the beginners foundational class in boxing, you can move up into this class where you will do various sparring and punching bag training. In this class, you will be working with a partner and given a specific set of techniques that you will work to utilize against your partner in either offensive or defensive freestyle. Techniques include all aspects of boxing, sparring and fighting. You will also learn technique work and partner drills work strategies needed in competition boxing matches. Gear required: boxing gloves, head gear, hand wraps and mouthpiece.

Tuesday & Thursday: 7:15-8:15 p.m.

Class size is limited to: 15

Basement Wrestling Room

Resident Fee: \$55.00

Non-Resident Fee: \$65.00

Butt Lifting/Tummy Tucking Workout

new

Instructor: Sharon D. McJunkins

This 30-minute workout focuses on all areas of your stomach and waistline (muffin top). The butt lifting moves will shape, lift, and firm all areas of your butt. Summer is right around the corner, you want to LOOK GOOD and FEEL GOOD! Come and join the class. All you need are hand weights, exercise mat, and a bottle of water. (For Intermediate & Advanced Fitness Levels only) For MEN and WOMEN. See Health Notice.

Monday, Tuesday & Thursday: 6:30-7:00 p.m. – 20 Sessions (10 weeks) UHS Gym

Class size is limited to: 28

Resident Fee: \$40.00

Non-Resident Fee: \$50.00

Earrings R Us - Beaded Earring Workshop

new

Instructor: Sharon K. Duciau

Using an array of beads from natural to man-made, you will design and take home, 3 pairs of diverse earrings. This course is designed with the beginner in mind. You will learn a brief history of beads and how to use the tools of the trade to create your one-of-a-kind earrings. Earring materials will be provided by the facilitator. Tools used to create jewelry will be available for participants to use during the class. All you need to bring is your imagination and take home your beautifully designed creations. Materials fee \$10.00 (\$5.00 discount for Uniondale School District residents) will be collected by the Instructor.

Thursday, March 8, 2018: 6:30-9:30 p.m. – 1 Session UHS Room TBA

OR Thursday, April 12, 2018: 6:30-9:30 p.m. – 1 Session

Class size is limited to: 20

Resident Fee: \$20.00

Non-Resident Fee: \$30.00

Eating Healthy Can Be Exciting

new

Instructor: Sylvia Piper

Vegan/Vegetarian Adventure with Soul Food – Vegan way. We teach it, you cook it. Learn the latest dish on healthy foods. Note: First two weeks meal prepping will be provided by the instructor. Participants will learn how to prepare proportioned three course meals. Each individual will be assigned different ingredients weekly to complete a dish.

Tuesday: 6:45-8:45 p.m.

Class size is limited to: 10-12

UHS Room TBA

Resident Fee: \$45.00

Non-Resident Fee: \$55.00

Elder Law Workshop

Instructor: Deidre M. Baker, Esq.

If you are concerned about protecting your assets and your dignity, this course is for you. The Elder Law Workshop is a hands-on introduction to the principles of Elder Law and what you can do TODAY to better secure your future. Don't appear in the Elder Law Attorney's office "too late" – too late to properly plan to protect hard earned assets from medical costs, too late to provide for substitute decision-making in medical and financial matters. Learn about health care proxies, powers of attorney, how to pay for long-term care costs, about Medicaid eligibility requirements and how to engage in asset protection. THIS COURSE PROVIDES AMPLE TIME FOR MANY STUDENT-GENERATED QUESTIONS.

Tuesday, April 24, 2018: 6:00-8:00 p.m. – 1 Session

Class size is limited to: 6

UHS Room TBA

Resident Fee: \$40.00

Non-Resident: \$50.00

ESL: Low Beginner to High Intermediate

Instructor: George Knight

This class is intended for ESL students with a basic knowledge of English. Students will learn new vocabulary and day-to-day communication. Students will gain knowledge of nouns, verbs, prepositions, adjectives, and so forth.

Monday & Wednesday: 6:00-8:00 p.m. – 10 Weeks

Class size is limited to: 18

UHS Room 130

Resident Fee: \$55.00

Non-Resident Fee: \$65.00

Fat Burning Strength Training Workout

new

Instructor: Sharon D. McJunkins

Come and join a fun workout! This 30-minute Cardio and Strength Training class is design to burn fat, and at the same time, tone and sculpt your body. All you need are hand weights, exercise mat, and a bottle of water. (For Intermediate & Advanced Fitness Levels only) For MEN and Women. See Health Notice.

Monday, Tuesday & Thursday: 6:00-6:30 p.m. – 20 Sessions (10 Weeks) UHS Gym

Class size is limited to: 20

Resident Fee: \$40.00

Non-Resident Fee: \$50.00

Flirty Girl Fitness

Instructor: Sharon D. McJunkins

Unleash your Inner Diva! Burn Fat, Be Fit, while having fun and FEELING FABULOUS!! Easy to learn cardio pumping dance moves to energizing motivating music. This class is a Total Body Fat Burning Workout. You can lose up to 700 calories or more. At the end of the class you will feel AWESOME AND SEXY!! All you need is a bottle of water, exercise mat. (For Beginners, Intermediate & Advanced Level) See Health Notice.

Monday, Tuesday & Thursday: 7:00-8:00 p.m. – 20 Sessions (10 Weeks) UHS Gym

Class size is limited to: 20

Resident Fee: \$45.00

Non-Resident Fee: \$55.00

French for Beginners

new

Instructor: Athan Davies

This course will emphasize frequent communication between students, with guidance of the instructor, using the grammatical points and vocabulary learned during the lessons. This is to fulfill the basic language needs of students at this level. Students will learn the basic vocabulary and constructions required when meeting people for the first time, finding their way around in a French-only environment, and day-to-day communication-present tense of fundamental verbs, nouns, adjectives, prepositions and other parts of speech. They will also learn popular/frequently used expressions, and "false friends" in French vocabulary (i.e. words that may look and sound like cognates), to enable them to blend in when they are in unfamiliar French milieux. In addition, they will learn vocabulary and framer related to places of interest.

Monday: 6:30-8:30 p.m. – 10 Sessions

Class size is limited to: 12

UHS Room 132

Resident Fee \$50.00

Non-Resident Fee \$60.00

How To Select A Financial Advisor

new

Instructor: Richard Jack

If you are like most people, you may be cautious about whom to trust and may be unsure exactly how to go about finding and selecting the right advisor. This course is appropriate for people at all life stages and financial situations with specific examples for different circumstances.

Tuesday, May 15, 2018: 7:00-9:00 p.m. – 1 Session

Class size is limited to: 30

UHS TBA

Resident Fee: \$35.00

Non-Resident Fee: \$45.00

Investment Research: Methods for Evaluating Stocks, Bonds & Mutual Funds

new

Instructor: Richard Jack

This workshop will focus on real world methods used by the principals of Meadowbrook Wealth Management in daily portfolio management. Fundamental and Technical research will be discussed as well as aspects such as risk vs. reward, allocation and socioeconomic attributes.

Thursday, May 17, 2018: 7:00-9:00 p.m. – 1 Session

Class size is limited to: 30

UHS TBA

Resident Fee: \$35.00

Non-Resident Fee: \$45.00

Line Dancing For A Purpose

Instructor: Michelle Jenkins

This is not your typical workout class. Line Dancing For A Purpose will help you burn calories, boost your memory, increase your stamina & heart rate. This is a beginners class for all ages. You will learn basic foot work such as cha-cha slide, kick & cross, slide & hitch, while listening to your favorite R & B, hip hop and gospel music. All you need is comfortable clothes, foot wear and a bottle of water. Get ready to sweat the pounds away while dancing.

Wednesday: 6:30-8:30 p.m. – 10 Sessions

Class size is limited to: 20

UHS Cafeteria 108
Resident Fee: \$40.00
Non-Resident Fee: \$50.00

Medical Billing

Instructor: Phyllis Winchester

This course will provide students with actual hands-on learning experience. Participants will learn to enter patient data, post charges and payment, run reports and create CMS 1500 forms.

The course includes: health care history & overview, terminology, provider structure & protocols, hospital billing, family relationships, billing the encounter, practice economics, collections, usage of postal correspondences, coding profiles, Medicaid and Medicare and legal issues. These aspects of the course will be taught using Current Procedural Terminology (CPT)/International Classification Disease 9 Ed Codes (ICD-9) and practice management software. It is the responsibility of the participant to purchase this book. **NOTE: Personal Laptop is strongly recommended but not mandatory.** Upon completion of this course and final examination with an 85% or better in the program, a Medical Billing Certificate will be issued.

Monday & Wednesday: 6:00-9:00 p.m. – 20 Sessions UHS Room 119

OR Tuesday & Thursday: 6:00-9:00 p.m. – 20 Sessions

Class size is limited to: 20

Resident Fee: \$150.00
Non-Resident Fee: \$160.00

Modern Etiquette Workshop

Instructor: Samuel Dickerson

Etiquette is defined as the code of ethical behavior regarding professional practice or formal ceremony. Traditional western etiquette consists of many practices that are outdated, or apply to situations that are unfamiliar in modern western society. This creates the opportunity to revise the traditional customs and instruct new traditions. This class is best, but not limited to, a female audience and is open to all age groups.

Tuesday & Thursday: 7:00-8:30 p.m. – 10 Sessions UHS Room 121

Class size is limited to: 20

Resident Fee: \$40.00
Non-Resident Fee: \$50.00

Notary Public Training Course

Instructor: Dina M. DiRoma

Stand out among the competition! Add a new credential to your resume and be an asset to your company by enhancing your credentials! All companies need to have documents notarized. The objective of the Notary Public training course is designed to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary booklet. Price includes: supplemental study guide, Notary fact sheet, practical exam, sample forms, Notary Public application, NYS exam schedule and booklet, access to Notary Public Central's unlimited customer support. Students are required to bring pen and/or highlighter. Sign up now for this unique training course. Commissioned Notaries are always welcome to attend.

Tuesday, March 29, 2018: 6:30-8:30 p.m. – 1 Session UHS TBA

Class size Minimum: 6. Registration Fee: \$55.00. Fee must be payable to Notary Public Central, Inc. (BY CHECK ONLY).

There are no discounts for this program.

Pickleball

Instructor: Sharon Rollock-Payne

Try the game with the funny sounding name that is sweeping the nation – Pickleball! Pickleball is the fastest growing sport in the U.S.A. This paddle sport is designed for all ages and skill levels. It combines elements of tennis, paddleball, badminton, and ping pong. The rules are simple and it's easy to learn and fun to play. Four players using pickleball paddles hit a ball similar to a whiffle ball across a net on a badminton-sized court. Comfortable sport attire and sneakers are required. This class will focus

on skills for beginners and strategy and open play for intermediate players. If you like ping pong, badminton, paddleball or tennis come join us. Get some exercise and make new friends while playing a game similar to tennis and ping-pong. A limited number of loaner paddles will be available for use.

Material Fee: \$2.00 cash paid to instruction the first night of class.

Wednesday: 7:00-8:30 p.m. – 10 Sessions

Class size is limited to: 20

UHS Cafeteria 112
Resident Fee: \$50.00
Non-Resident Fee: \$60.00

Public Speaking Workshop

Instructor: Samuel Dickerson

According to recent surveys 80% of adults rank public speaking as their #1 fear. This holds most people back in their professional, academic and personal lives. Learn strategies and gain the experience and practice necessary to become a comfortable public speaker. Do this in a non-threatening environment.

Monday & Wednesday: 6:00-7:00 p.m. – 10 Sessions

Class size is limited to: 20

UHS Room 121
Resident Fee: \$40.00
Non-Resident Fee: \$50.00

Spanish for Beginners

Instructor: Athan Davies

This course will provide instruction on basic vocabulary, (meeting people for the first time), present tense of basic, fundamental verbs and there will be a lot of conversational activities, considering the needs of the majority of learners at this level.

Wednesday: 6:30-8:30 p.m. – 10 Sessions

Class size is limited to: 12

UHS Room 127
Resident Fee: \$50.00
Non-Resident Fee: \$60.00

Spanish Intermediate

Instructor: Athan Davies

The goal will be to fulfill the needs of students at this level, using the four learning skills, with an emphasis on the listening and speaking. The following are some of the highlights: A review of the most important verbs and constructions learned in Level 1. Learning vocabulary and grammar needed to find your way around in a "Spanish-only" environment. Constructing sentences using a few irregular-but very relevant-verbs. The Past Tenses (Preterit and Imperfect) of regular verbs. The Future Tenses (Near & Simple). Writing compositions and dialogues of about 50 words-in pairs and groups. Vocabulary "register"-related to means of transportation, vacations, visiting restaurants, and museums (in greater details) going shopping, and other places of interest. Constructing sentences and role-playing via dialogues relating to the above-mentioned vocabulary registers, plus the zoo, airport, train station, post office, the movie theater, concert hall, the mall, etc.

Tuesday: 6:30-8:30 p.m. – 10 Sessions

Class size is limited to: 12

UHS Room 127
Resident Fee: \$50.00
Non-Resident Fee: \$60.00

Swimming: Beginners

Instructor: Andre Donaldson

This is a course for men and women who cannot swim. Individual and group instruction will be provided with special attention to those who fear the water and feel they can never learn to swim. Freestyle and "drown-proofing" will be taught. Bring your own swimsuit, bathing cap, and towel. See Health Notice.

Monday: 7:45-8:45 p.m. – 10 Sessions

Class size is limited to: 15

UHS Pool
Resident Fee: \$60.00
Non-Resident Fee: \$70.00

Swimming: Intermediate

Instructor: Andre Donaldson

This class is for swimmers who know the beginning skills of swimming. Individuals will build on these skills as well as learn new ones. Class will focus on swimming laps, learning back stroke and treading water. Bring your own swimsuit, bathing cap and towel. See Health Notice.

Wednesday: 7:45-8:45 p.m. – 10 Sessions

Class size is limited to: 15

UHS Pool
Resident Fee: \$60.00
Non-Resident Fee: \$70.00

Tai Chi Chaun

new

Instructor: Amir K. Muhammad Ph.D.

Tai Chi Chuan martial arts stress and health improvement along with self-defense application. Materials needed: Tai Chi Chuan workout clothes, sweat suit or sweat pants with Chinese top.

Monday & Wednesday: 6:00-8:00 p.m.

Class size is limited to: 10-20 capacity

UHS TBA

Resident Fee: \$50.00

Non-Resident Fee: \$60.00

Test Assessing Secondary Completion (TASC)

(Formerly GED)

Instructor: TBA

This course is designed to prepare students for the Test Assessing Secondary Completion (TASC). The teachers will provide instruction to pass the equivalency examination in subjects such as reading, writing, mathematics, science and social studies. *This course is open only to Uniondale Residents.*

Date and Time Course Begins: TBA

TBA

Class is limited to Uniondale residents.

The Neck Place—Style Your Own Necklace

new

Instructor: Sharon K. Duciau

Show off your eye for style by designing a one-of-a-kind necklace using man-made or natural beads. This is a beginner's workshop, where you will learn a brief history of beads and how to use the tools of the trade. All materials to create your masterpiece will be supplied. Tools to create your masterpiece will be available for use in class. All you need to bring is your styling imagination. Materials fee \$10.00 (\$5.00 discount for Uniondale School District residents) will be collected by the Instructor.

Tuesday, March 6, 2018: 7:30-9:30 p.m. – 1 Session

UHS TBA

OR Tuesday, April 10, 2018: 7:30-9:30 p.m. – 1 Session

Class size is limited to: 20

Resident Fee: \$20.00

Non-Resident Fee: \$30.00

Volleyball

Instructor: Cheryl Nichols

Adult volleyball is recreational and will fulfill your exercise goals as well. This class is open to adult men and women of all ages. Different levels of skill are brought to the game so that everyone has fun. Sneakers and comfortable clothing are required. *See Health Notice.*

Tuesday OR Wednesday: 7:30-9:30 p.m. – 10 Sessions

UHS South Gym

Class size is limited to: 20

Resident Fee: \$50.00

Non-Resident Fee: \$60.00

Welcome To Our Home—Door Wreath Craft

new

Instructor: Sharon K. Duciau

What is more inviting than walking up to a home and seeing a beautiful and welcoming door wreath? Creating that beautiful wreath yourself!!! This course is designed for beginners. You will use your hidden designing talent to create a take home wreath for an outside door or inside wall. Participants will be provided with general and when possible seasonal/themed materials for use in the classroom to decorate the wreath. The wreath type, shape and materials will be determined by facilitator and are subject to change. Students will learn to safely use the tools of the trade to complete the project. Tools will be provided for classroom use and are not a part of the take-home materials. Materials fee: \$10.00 (\$5.00 discount for Uniondale School District residents) will be collected by the Instructor.

Monday, March 5, 2018: 7:30-9:30 p.m. – 1 Session

UHS TBA

OR Monday, April 9, 2018: 7:30-9:30 p.m. – 1 Session

Class size is limited to: 20

Resident Fee: \$20.00

Non-Resident Fee: \$30.00

Yoga

Instructor: Shirley Kenya Calixte

Yoga is a way to unite body, mind and spirit to reduce stress and let go. It is also a great way to build strength from the inside out, while maintaining the breath. Finally ending with a quiet meditation. *See Health Notice.*

Thursday: 7:30-8:30 p.m.

Class size is limited to: 8

Walnut Street Gym

Resident Fee: \$55.00

Non-Resident Fee: \$65.00

Yoga & Meditation

Instructor: Shirley Kenya Calixte

Yoga and meditation is a great way to deepen your sense of well-being. Also to connect with your breath to bring about a feeling of PEACE.

Tuesday: 6:30-8:00 p.m. – 10 Sessions

Class size is limited to: 8

Walnut Street Gym

Resident Fee: \$55.00

Non-Resident Fee: \$65.00

Zumba

Instructor: Shirley Kenya Calixte

There's no other fitness class like a Zumba class! It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance workout and fitness class. Zumba class includes basic rhythms like merengue, salsa, cumbia, reggaeton, belly dance, flamenco, tango, and samba. Anyone can join the party! *See Health Notice.*

Tuesday & Thursday: 6:15-7:15 p.m. – 8 Sessions

Class size is limited to: 15

Walnut Street Gym

Resident Fee: \$55.00

Non-Resident Fee: \$65.00

We Value Your Opinion: Please Complete and Return

Your ideas and suggestions about the Continuing Education Program are always welcome. Many new offerings and changes have been made as a result of previous suggestions. This form is provided for your convenience. Thank you for your help.

Suggestions for new adult education courses:

Comments on the current program:

Recommendations for improving the overall program:

Please include information below:

Name _____
Address _____
Town _____ State _____ Zip _____
Telephone _____

Would You Like to Become an Adult Education Teacher?

Dear Community Residents:

Many of the district's residents are competent adults who do not realize that their skills and expertise can be utilized in the Adult Education Program. If you are interested in teaching adults, complete the form below.

Name _____

Address _____

Town _____

State _____

Zip _____

Telephone _____

MAIL TO: Supervisor of Continuing Education
Uniondale High School
933 Goodrich Street
Uniondale, NY 11553

Registration Form

Make checks payable to Uniondale UFSD.

Separate checks for each course.

No confirmations are sent!

Continuing Education Program Information

Please fill out and send with payment

Name: _____

Course: _____ Day: _____

Address: _____

Resident Non-resident Senior Citizen __

Town: _____

Course Fee \$ _____ Check # _____
Receipt # _____

 Zip Code: _____

Course: _____ Day: _____

*Home Phone: _____

Resident Non-resident Senior Citizen __

*Cell Phone: _____

Course Fee \$ _____ Check # _____
Receipt # _____

*Please provide both cell and home number on registration form.

Course: _____ Day: _____

Resident Non-resident Senior Citizen __

Course Fee \$ _____ Check # _____
Receipt # _____

Name: _____

Course: _____ Day: _____

Address: _____

Resident Non-resident Senior Citizen __

Town: _____

Course Fee \$ _____ Check # _____
Receipt # _____

 Zip Code: _____

Course: _____ Day: _____

*Home Phone: _____

Resident Non-resident Senior Citizen __

*Cell Phone: _____

Course Fee \$ _____ Check # _____
Receipt # _____

*Please provide both cell and home number on registration form.

Course: _____ Day: _____

Resident Non-resident Senior Citizen __

Course Fee \$ _____ Check # _____
Receipt # _____

Notice of Non-Discrimination

The Uniondale Union Free School District does not discriminate on the basis of an individual's actual or perceived race, color, religion, religious practice, national origin, ethnic group, sex (including sexual harassment and sexual violence), gender identity, sexual orientation, political affiliation, age, marital status, military status, veteran status, disability, weight or any other basis prohibited by New York state and/or federal non-discrimination laws in its programs and activities. Inquiries regarding the district's non-discrimination policies should be directed to:

Office of Human Resources
Uniondale UFSD
933 Goodrich St., Uniondale, NY 11553
hrcomplianceofficer@uniondaleschools.org



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