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 Fall 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 Fall, 2019!

Sincerely,
Continuing Education Staff
516-560-8891
REGISTRATION AND GENERAL INFORMATION

ELIGIBILITY: Continuing Education programs are open to residents of Uniondale and neighboring communities. Registrants must be at 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 September 16-19, 2019. 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 October 2 to October 10, 2019 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.

PAYMENTS – (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, Room 109, September 16-19, 2019 between 6:15 and 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.

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, WMIC 94.3 and FIOS 1. Closings are also posted on the District website: http://district.uniondaleschools.org

MAKEUP 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 capability 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.

EMERGENCY PROCEDURE: 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
Mail-In Registration: September 3 – September 13, 2019
In-Person Registration: September 16 – September 19, 2019
Classes Begin: September 23, 2019
Late Registration: October 2 — October 10, 2019
Classes End: December 12, 2019

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.

REPRESENTS SCHOOL CLOSINGS
REPRESENTS THE FIRST AND LAST DAY OF CONTINUING ED CLASSES
November 14, 2019: Parent/Teacher Conferences – NO CLASSES @ UNIONDALE HIGH SCHOOL

Fall 2019

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, October 5, 2019: 9:00 a.m.-5:00 p.m.
OR Saturday: December 7, 2019: 9:00 a.m.-5:00 p.m.
PLEASE ARRIVE ON TIME!! UHS Café Room 111
**Registration is accepted up until one week before date of class**
Class size limit: 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!

Adult Double Dutch for Fun and Fitness
Instructor: Victoria Cleckley
This course will cover the basics of the sport and will provide participants with cardiovascular exercise, increased endurance and strength, and overall physical conditioning. This will be a fun way to get in shape! All ages and levels of ability are welcomed. This will be the return of a lost childhood activity for many and the start of a new adventure for others.
Tuesday: 7:00-8:30 p.m. – Sessions: 10
Class size limit: 20
Resident Fee: $35.00
Non-Resident Fee: $45.00
UHS TBA

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. All 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.

Tuesday: 7:00-8:30 p.m. – Sessions: 10
UHS Pool
Class size limit: 20
Resident Fee: $35.00
Non-Resident Fee: $45.00

Black Dragon Fitness
Instructor: Gauntlett McFarlane
This course will help 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, and 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. – Sessions: 20
UHS TBA
Class size limit: 15
Resident Fee: $65.00
Non-Resident Fee: $75.00

Butt Lifting/ Tummy Tucking Workout
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 and 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 before registering.
Monday & Wednesday: 6:15-6:45 p.m. – Sessions: 20
Cafeteria Room 108
Class size limit: 28
Resident Fee: $45.00
Non-Resident Fee: $55.00

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
Caribbean “Vegetarian” Cooking & Eating Healthy
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 of meal preppering will be provided by the instructor. First two sessions will be a demonstration/ overview of course. Individuals will be assigned different ingredients weekly to complete a dish.
Tuesday: 6:45-8:45 p.m. – Sessions: 20          UHS Room TBA
Class size limit: 10-12                          Resident Fee: $45.00
                                                   Non-Resident Fee: $55.00
Confused on What Is Your Purpose In Life
Instructor: Sharon D. McJunkins
Do you wake up in the morning, get dressed and head off to work thinking to yourself “Is this supposed to be my purpose in life? If this is my purpose, well it sucks!” That means you are living life, but not enjoying life. Everyone is born with a unique Purpose in Life! This class will help you discover your talents, skills, passion, and how to conquer your fears, leading you on this journey to find out your Purpose in Life, so you can have that fulfillment of JOY you deserve! Things you will need: Different color highlighters, 2 notebooks, and a positive attitude. Short homework assignments. This will be a fun class too.
Instructor certified in Life Coaching, Personality Disorders, and Cognitive Behavioral Therapy
Wednesday: 6:15-7:15 p.m. – Sessions: 6          UHS Room TBA
Class size limit: 12                          Resident Fee: $40.00
                                                   Non-Resident Fee: $50.00
English as a Second Language (ESL)
Instructor: George Knight
This course is an introduction to the fundamentals of writing and communication skills. This is ideal for those who have already completed the basic ESL class.
Monday & Wednesday: 6:00-8:00 p.m. – Sessions: 20  UHS Room 132
Class size limit: 10-18                          Resident Fee: $60.00
                                                   Non-Resident Fee: $70.00
Family & Friends Adult CPR with AED
Instructor: Stephen Karejwa
This course will cover the aspects of Adult and Child CPR, choking, stroke, the use of an AED, the signs and symptoms of a heart attack, how to access the emergency medical system and more. Material fee $45 per person, by credit card, cash or check payable in full to LIFESAVER CPR PROGRAMS. Questions? Contact me at: LCP-COURSE@OPTONLINE.NET.
Monday, September 23, 2019: 7:30-8:30 p.m.– Session: 1          UHS Room TBA
Class size limit: 24                          Resident Fee: $35.00
                                                   Non-Resident Fee: $40.00
For Millennials Retirees:
Building and Securing your Financial House
Instructor: Maelinda Sorel
In this course you will learn what your financial house should look like. You will understand why protection is of prime importance when securing your loved ones. You will also learn how to become a world class saver and how to create a financial plan to fulfill your life’s dreams. Lastly, you will review a financial publication to show why planning for you and your family’s financial future must be handled properly. There will be plenty of time for discussions and questions.
COURSE BEGINS OCTOBER 8, 2019.
Tuesday: 7:00-8:00 p.m. – Sessions: 7          UHS Room TBA
Class size limit: 20                          Resident Fee: $55.00
                                                   Non-Resident Fee: $65.00
French: Beginners
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 in day-to-day communication including 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 milieu. In addition, they will learn vocabulary and phrase related to places of interest.
Wednesday: 6:30-8:30 p.m. – Sessions: 10         UHS Room 127
Class size limit: 12                           Resident Fee: $60.00
                                                   Non-Resident Fee: $70.00
Get Financially Fit Now!
Instructor: Dillon W. Patterson
This course provides students with a game plan and a common sense guide to financial success. Following simple outlined steps, students will learn debt removal strategies, how to protect their income, save and invest in the stock market, and create a monthly budget. Additional topics covered will be saving for retirement, college and education expenses, raising children in a culture of finance, as well as creating and running a business as an entrepreneur. Please bring a notebook and your positive energy. It’s time to take charge of your financial future, NOW!
COURSE BEGINS TUESDAY, OCTOBER 8, 2019.
Tuesday: 6:30-8:30 p.m. – Sessions: 8          UHS Room TBA
Class size limit: Unlimited                   Resident Fee: $60.00
                                                   Non-Resident Fee: $70.00
Get Financially Fit Now!
Instructor: Dillon W. Patterson
This course provides students with a game plan and a common sense guide to financial success. Following simple outlined steps, students will learn debt removal strategies, how to protect their income, save and invest in the stock market, and create a monthly budget. Additional topics covered will be saving for retirement, college and education expenses, raising children in a culture of finance, as well as creating and running a business as an entrepreneur. Please bring a notebook and your positive energy. It’s time to take charge of your financial future, NOW!
COURSE BEGINS TUESDAY, OCTOBER 8, 2019.
Tuesday: 6:30-8:30 p.m. – Sessions: 8          UHS Room TBA
Class size limit: Unlimited                   Resident Fee: $60.00
                                                   Non-Resident Fee: $70.00
Is Debt Holding you Back?
Instructor: Ellen Smiley
Change your thinking, change your life! In 1758 Ben Franklin wrote: “Think what you do when you run in debt; you give another power over your liberty.” That was true in 1758 and it’s still true today. This presentation will help you find ways to generate passive income to pay down/pay off debt while letting you live the same lifestyle. Learn how to reclaim your own financial power. Please bring a pen or pencil and calculator. Calculator app is fine.
Wednesday: November 13, 2019: 7:00-8:30 p.m. – Session: 1         UHS Room TBA
Class size limit: 20                           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 and your heart rate. This is a beginner’s class for all ages. You will learn basic foot work such ascha-cha, slide, kick and cross, slide and hitch, while listening to your favorite R & B, hop hop and gospel music. All you need is comfortable clothes and footwear and a bottle of water. Get ready to sweat the pounds away while dancing.
Wednesday: 6:30-8:30 p.m. – Sessions: 10        UHS Cafeteria 108
Class size limit: 20                           Resident Fee: $45.00
                                                   Non-Resident Fee: $55.00
Notary Public Training Course
Instructor: Dina M. DiRoma
Is your boss forcing you to become a Notary? Are you afraid of failing the Exam? Or are you seeking to self-enhance? We will help you gain the confidence and knowledge you need to pass the exam with ease. We welcome you to become part of our successful client base! Stand out among the competition! Add a new credential to your resume and be an asset to our 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.

Wednesday: October 23, 2019, 6:30-9:30 p.m. – Sessions: 1
UHS TBA
Class size minimum: 6
Registration Fee: $75.00
Fee must be payable to Notary Public Central, Inc.
(By CHECK ONLY).
There are no discounts for this program.

Overcoming the Fear of Public Speaking
Instructor: Robert L. Johnson
In an inspirational and supportive environment participants will learn the art of public speaking. The course will begin with lessons geared toward positive self-talk. Participants will become empowered during each session to become more confident in using their own personal public speaking style. Participants will learn how to use such tools as humor, quotes, and one’s own life experiences to present well in any given situation. By the end of the 10 week session participants will have been inspired to be confident in their own public speaking skills. So join the class to find out what P.O.S.I.T.I.V.E. really means. E = Expect the best from each class!!

Tuesday & Thursday: 6:00-7:30 p.m. – Sessions: 10
UHS Room 121
Class size limit: 20
Resident Fee: $40.00
Non-Resident Fee: $50.00

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 pingpong. 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 Fees $2.00 cash paid to instructor on the first night of class.

Sessions: 20
UHS Cafeteria 112
Monday: 7:00-9:30 p.m. - Intermediate/Advanced OR
Tuesday: 7:00-9:30 p.m. - Intermediate/Advanced OR
Wednesday: 7:00-9:30 p.m. - Beginner/Intermediate OR
Thursday: 7:00-9:30 p.m. - Intermediate/Advanced
Class size limit: 20
Resident Fee: $60.00
Non-Resident Fee: $70.00

Spanish for Beginners
Instructor: Athan Davies
This course will provide instruction on basic vocabulary, (meeting people for the first time) and the present tense of basic, fundamental verbs. There will be a lot of conversational activities and consideration of the needs of the majority of learners at this level will be addressed.

Thursday: 6:30-8:30 p.m. – Sessions: 10
UHS Room 127
Class size limit: 12
Resident Fee: $60.00
Non-Resident Fee: $70.00

Spanish: Advanced/Higher Intermediate
Instructor: Athan Davies
Students at this level would normally have completed the Intermediate Level course, which emphasized the listening and speaking skills. There will be a two-pronged approach, the first of which will constitute an in-depth study of Spanish grammatical structures. Thus, we will examine the past and future tenses of Spanish irregular verbs. Also included will be the present perfect, past perfect and future perfect of all regular verbs and those of a few irregular verbs. Advanced use of the parts of speech and idiomatic expressions in Spanish will also be studied! The goal here will be to encourage students to express themselves at a much higher level, grammatically. Reading will be part of the daily routine, as students will be encouraged to further sharpen this aspect of their learning skills.

The other main area of emphasis will include student-to-student and teacher-student conversations, in addition to role-play via reading. To this end, students will do a few projects, each of which will be presented (to the class) upon completion. Topics will be unit specific! Also, there will be a “Personal Questions” segment in the daily agenda, one which will require students to express themselves on a wide range of topics.

Tuesday: 6:30-9:00 p.m. – Sessions: 10
UHS Room 127
Class size limit: 12
Resident Fee: $60.00
Non-Resident Fee: $70.00

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. – Sessions: 10
UHS Pool
Class size limit: 15
Resident Fee: $65.00
Non-Resident Fee: $75.00

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. – Sessions: 10
UHS Pool
Class size limit: 15
Resident Fee: $65.00
Non-Resident Fee: $75.00

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: 7:30-9:30 p.m. – Sessions: 10
UHS South Gym
Class size limit: 20
Resident Fee: $55.00
Non-Resident Fee: $65.00
**Registration Form**

Make check or money order payable to Uniondale UFSD. Separate checks for each course. *No confirmations are sent!*

Continuing Education Program Information
Please fill out and send with payment. **Check or Money Order Only. NO CASH ACCEPTED.**

| Name: ____________________________ | Course: ________________ | Day: ________ |
| Address: __________________________ | | |
| Town: ____________________________ | | |
| Zip Code: ________________________ | | |
| *Home Phone: _____________________ | | |
| *Cell Phone: _____________________ | | |
| | Course Fee $ _________ | Check # __________ |
| | Receipt # _______________ | |
| | *Please provide both cell and home number on registration form. | | |
**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 ______________

Home Phone: __________________________________________ Cell Phone: ________________________________________

Email Address: __________________________________________________________________________________________

Course(s) you would like to teach: __________________________________________________________________________

________________________________________________________________________________________________________

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

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**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:**

________________________________________________________________________________________________________
CONTINUING EDUCATION
ENROLL by Mail Now

Board of Education
Charmise P. Desiré, President
Neville G. Georges, Vice President
Addie Blanco-Harvey, Trustee
Justin Brown, Trustee
Carol Eason, Trustee
Clarence Little, District Treasurer
TBA, District Clerk

ECRWSS