



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 2019!

*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 11-14, 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 February 25-28, 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.

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 11-14, 2019, 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 Session 1 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 2019

Mail-In Registration: February 4 - February 14, 2019

In Person Registration: February 11 - February 14, 2019

Classes Begin: February 25, 2019

Late Registration: February 25 - February 28, 2019

Classes End: May 16, 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.

FEBRUARY 2019						
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 2019						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

APRIL 2019						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY 2019						
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 7, 2019: Parent/Teacher Conferences – NO CLASSES @ UNIONDALE HIGH 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 p.m.
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: March 9, 2019: 9:00 a.m.-5:00 p.m.

UHS Little Theater

Class Offered on: Saturday: May 4, 2019: 9:00 a.m.-5:00 p.m.

UHS Little Theater

PLEASE ARRIVE ON TIME!

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

Class size is limited to: 40

Registration Fee: \$20.00 for 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

UHS Pool

Class size is limited to: 15

Resident Fee: \$65.00

Non-Resident Fee: \$75.00

Become a Travel Agent



Instructor: Glenda Hills

Travel better! Inspire more! This course will show the student how to become a home-based travel agent. Vacation for less and have more time for family! Class will take a tour to experience travel from a travel agent's point of view.

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

UHS Rm. TBA

Class size is limited to: 20

Resident Fee: \$40.00

Non-Resident Fee: \$50.00

Black Dragon Fitness

Instructor: Gauntlett McFarlane

This course is designed to enhance the healthy lifestyle of individuals seeking to build exercise and working out into their daily regimen. This will be done by following the Seven Core Elements of Fitness Module: cardiovascular conditioning and exercise, strength training and muscular development, stretching, muscle and building body mass, regimen and agility, diet and nutrition, stress reliefs and relaxation, and change of lifestyles. Please bring a mat and water when you come to class. *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

UHS Rm. TBA

Class size is limited to: 15

Resident Fee: \$50.00

Non-Resident Fee: \$60.00

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, 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 & Thursday: 6:15-6:45 p.m. – 6 Sessions

UHS Gym

Class size is limited to: 12

Resident Fee: \$45.00

Non-Resident Fee: \$55.00

Caribbean "Vegetarian" Cooking

new

Eating Healthy Can Be Exciting

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. The first two sessions will be a demonstration/overview of the course. Individuals will be assigned different ingredients weekly to complete a dish.

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

UHS Rm. TBA

Class size is limited to: 10-12

Resident Fee: \$45.00

Non-Resident Fee: \$55.00

Chair Yoga

new

Instructor: El Reynolds

Relieve body stress by doing chair yoga. Wear comfortable clothing. Bring yoga mat, water bottle, socks, open mind, strap, and light fold-up chair.

Thursday: 7:00-8:00 p.m. – 6 Sessions

UHS Rm. TBA

Class size is unlimited

Resident Fee: \$55.00

Non-Resident Fee: \$65.00

Civil Service 101

new

Instructor: Ralph Misi

This workshop will provide an overview of local Civil Service opportunities. We will discuss the benefits of Civil Service employment, the type of jobs available, how to apply for Civil Service examinations and what to expect during the application process. Q and A session.

Monday 3/16/19: 6:00-7:30 p.m. OR

One Session

Wednesday 4/3/19: 6:00-7:30 p.m. OR

Wednesday 5/1/19: 6:00-7:30 p.m.

UHS Rm TBA

Class size is limited to: 20

Resident Fee: \$40.00

Non-Resident Fee: \$50.00

Computer Basics 101: General Operations

Instructor: Doron Spleen

In this course, students will take a practical hands-on learning approach on a computer. With a very basic and fundamental approach to exploring and operating their PCs, students will gain the knowledge to effectively use modern technology. From turning the machine on, to installing and using applications, and even using internet services (email, Skype, social media, etc.), this course will allow students to gain confidence in using computer skills not normally learned in their home.

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

UHS Rm. TBA

Class size is limited to: 15

Resident Fee: \$50.00

Non-Resident Fee: \$60.00

Confused On What Is Your Purpose In Life?

new

Instructor: Sharon D. McJunkins – Certified in Life Coaching, Personality Disorders, and Cognitive Behavioral Therapy

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 on discovering your talents, skills, passion, and how to conquer your fears. That will lead 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.

Wednesday: 6:15-7:15 p.m.

UHS Rm. TBA

Class size is limited to: 12

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. The 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. MATERIAL FEE: \$10.00 PAID TO THE INSTRUCTOR.

Thursday: March 7, 2019: 7:30-9:30 p.m. – 1 Session

UHS Rm. TBA

OR Thursday: April 4, 2019: 7:30-9:30 p.m. – 1 Session

Class size is limited to: 15

Resident Fee: \$20.00

Non-Resident Fee: \$30.00

Elder Law Workshop

Instructor: Monica P. Ruela, Esq. & Stuart H. Schoenfeld, 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.**

Wednesday: April 3, 2019: 6:30-8:00 p.m. – 1 Session

UHS Rm. TBA

Class size is limited to: 30

Resident Fee: \$40.00

Non-Resident: \$50.00

English as a Second Language (ESL)

Instructor: George Knight

An introduction to the basics of the language with specific emphasis on grammar and parts of speech i.e. verbs, nouns, adjectives and the elements of syntax.

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

UHS Rm. 132

Class size is limited to: 18

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 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 milieu. In addition, they will learn vocabulary and framer related to places of interest.

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

UHS Rm. 127

Class size is limited to: 12

Resident Fee: \$60.00

Non-Resident Fee: \$70.00

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

UHS Cafeteria 108

Class size is limited to: 20

Resident Fee: \$40.00

Non-Resident Fee: \$50.00

Medicaid in NY/ Medicaid Planning and VA Benefits - Aid and Attendance

new

Instructor: Regina Brandow

Discussion will involve the definition of Medicaid eligibility in New York State, specific coverage requirements and how to decide where loved ones will receive the best long-term health care, comfort and protection of assets.

Thursday: March 28, 2019: 6:00-7:00 p.m. – 1 Session

UHS Rm. TBA

Class size is limited to: 10

Resident Fee: \$50.00

Non-Resident Fee: \$60.00

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 Rm. 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

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: March 20, 2019: 6:30-9:30 p.m. – 1 Session UHS Rm. 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.

Overview of Guardianship and

What is Elder Law?

Instructor: Regina Brandow

Families with older loved ones are often confronted with questions about Guardianship and other types of decision making when their loved ones start having trouble coping with day-to-day decisions. Individuals need to know and plan accordingly before their loved ones cannot act and the court must.

Wednesday: March 27, 2019: 6:00-7:00 p.m. – 1 Session UHS Rm. TBA

Class size is limited to: 10

Resident Fee: \$50.00

Non-Resident Fee: \$60.00

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 be 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. – 10 Sessions

Class size is limited to: 20

UHS Rm. 121

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 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 instructor on the first night of class.

Monday: 7:00-9:30 p.m. - Intermediate/Advanced OR Sessions: 20

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 UHS Cafeteria 112

Class size is limited to 20

Resident Fee: \$60.00

Non-Resident Fee: \$70.00

Spanish: Advanced/Higher Intermediate Level

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. 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 grammatical level. Reading will be part of the daily routine and 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 which will require students to express themselves on a wide range of topics.

Tuesday: 6:30-8:30 p.m. – 10 Sessions

Class size is limited to: 12

UHS Rm. 127

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), 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.

Monday: 6:30-8:30 p.m. – 10 Sessions

Class size is limited to: 12

UHS Rm. 127

Resident Fee: \$60.00

Non-Resident Fee: \$70.00

Spanish Intermediate

Instructor: Athan Davies

The goal of this course 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., will also be included in the course.

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

Class size is limited to: 12

UHS Rm. 127

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. – 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 the backstroke 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

The Neck Place—Style Your Own Necklace



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 OF \$10.00 PAID TO THE INSTRUCTOR.

Wednesday: March 13, 2019: 7:30-9:30 p.m. – 1 Session UHS Rm. TBA

OR Wednesday: April 10, 2019: 7:30-9:30 p.m. – 1 Session

Class size is limited to: 15

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: 7:30-9:30 p.m. – 10 Sessions

Class size is limited to: 20

UHS South Gym

Resident Fee: \$50.00

Non-Resident Fee: \$60.00

Welcome To Our Home—Door Wreath Craft



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 the 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 PAID TO THE INSTRUCTOR.

Monday: March 4, 2019: 7:30-9:30 p.m. – 1 Session

UHS Rm. TBA

OR Monday: April 1, 2019: 7:30-9:30 p.m. – 1 Session

Class size is limited to: 15

Resident Fee: \$20.00

Non-Resident Fee: \$30.00

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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