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, 2020!

Sincerely,
Continuing Education Staff
516-560-8891

View or Download this catalog at our website: www.districtuniondaleschools.org
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 February 10-13, 2020. The office will be open for evening registration between 6:15 p.m. to 8:00 p.m. Late registration will also take place in Room 109 the week of February 25th to February 27, 2020 between 6:15 p.m. and 8:00 p.m. A $10.00 late fee will be charged after this date. Mail Registration to: Attention: Continuing Education Program, Uniondale High School, 933 Goodrich Street, Uniondale, NY 11553.

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, February 10-13, 2020 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. 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 529. Closings are also posted on the District website: www.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
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 14, 2020: 9:00 a.m.-5:00 p.m.
OR Saturday: April 25, 2020: 9:00 a.m.-5:00 p.m.
PLEASE ARRIVE ON TIME!!
**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!

AHA Heart-Saver Adult CPR w/AED——
New
Instructor: Stephen Karejwa
Heart-saver adult CPR will teach adult CPR, choking and the use of an AED. It will teach signs and symptoms of a heart attack and a stroke. Students will learn to identify risk factors and how to manage them effectively.
Monday, May 4, 2020: 8:00-9:00 p.m. – One Session
UHS TBA
Class size limit: 18
Resident Fee: $40.00
Non-Resident Fee: $50.00

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. – Sessions: 20
UHS Pool
Class size limit: 15
Resident Fee: $65.00
Non-Resident Fee: $75.00

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 relief 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. – Sessions: 20
UHS TBA
Class size limit: Unlimited
Resident Fee: $50.00
Non-Resident Fee: $60.00

Caribbean "Vegetarian": Cooking & 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. First two sessions – 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
**Chair Yoga**
Instructor: El Reynolds
Yoga movement seated in a chair. Bring yoga mat for cushioning, and wear comfortable clothing. Bring your own sturdy fold-up chair.
*Monday & Thursday: 6:00-7:00 p.m. – Sessions: 10* WSS Room TBA
*Class size limit: Unlimited*  
Resident Fee: $60.00  
Non-Resident Fee: $70.00

**Elder Law Workshop**
Instructor: Monica P. Ruela, Esq.
If you are concerned about protecting your assets and your dignity, this course is for you. This workshop is an interactive course that introduces the students to the principles of Elder Law. This course will focus on 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 the increasing cost of long-term care or too late to provide for substitute decision-making in medical and financial matter. Learn about Health Care Proxies, Powers of Attorney, Last Wills and Testaments, how to pay for long term costs, about Medicaid eligibility requirements and how to engage in asset protection. THIS COURSE PROVIDES AMPLE TIME FOR STUDENT GENERATED QUESTIONS.
*Wednesday, April 1, 2020: 6:00-7:30 p.m. – One Session* UHS Room TBA
*Class size limit: 10*  
Resident Fee: $45.00  
Non-Resident Fee: $55.00

**English as a Second Language (ESL)**
Instructor: George Knight
This course is 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. – Sessions: 20* UHS Room 132
*Class size limit: 18*  
Resident Fee: $60.00  
Non-Resident Fee: $70.00

**English as a Second Language (ESL) Intermediate**
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.
*Tuesday & Thursday: 6:00-8:00 p.m. – Sessions: 20* UHS Room 132
*Class size limit: 18*  
Resident Fee: $60.00  
Non-Resident Fee: $70.00

**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 will 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, including present tense of fundamental verbs, nouns, adjectives, prepositions and other parts of speech. Students will also learn popular/frequently used expressions, e.g. “false friends” in French vocabulary (i.e. words that may look and sound like cognates), enabling them to blend in when they are in unfamiliar French milieu. In addition, they will learn vocabulary and frame as related to places of interest.
*Wednesday: 6:30-8:30 p.m. – Sessions: 12* UHS Room 127
*Class size limit: 12*  
Resident Fee: $60.00  
Non-Resident Fee: $70.00

**Graphic Design & Photoshop 101**
Instructor: Soyla J. Baker
Bring in your digital photos. Learn to retouch, color correct and design.
“Diamonds Aren’t a Girl’s Best Friend...PHOTOSHOP IS!” Create your own professional logos, brochures, business cards, flyers, reports, cards and posters using Indesign, Illustrator and Photoshop. Email Marketing too!
*Tuesday: 6:30-8:30 p.m. – Sessions: 10* UHS Room TBA
*Class size limit: 20*  
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.
*Tuesday: April 28, 2020: 7:00-8:30 p.m. – One Session* 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 as cha-cha slide, kick and cross, slide and hitch, while listening to your favorite R & B, hip 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: March 11, 2020: 6:30-9:30 p.m. – One Session* 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 a better self. The course will end with participants’ confidence and style in delivering a speech.
*Tuesday & Thursday: 6:30-7:30 p.m. – Sessions: 12* UHS Room 121
*Class size limit: 20*  
Resident Fee: $40.00  
Non-Resident Fee: $50.00
Spanish for 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. Also covered is vocabulary related to means of transportation, vacations, visiting restaurants, and museums (in greater details), going shopping, and other places of interest, as well as constructing sentences and role-playing via dialogues relating to the above-mentioned vocabulary registers. Additional vocabulary will cover the zoo, airport, train station, post office, the movie theater, concert hall, the mall, etc.

Monday: 6:30-9:00 p.m. – Sessions: 12
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

Yoga
Instructor: Nandini Trivedi

Yoga Mat – open to all levels and ages – gentle yoga. See Health Notice.

Tuesday: 7:30-9:30 p.m. – Sessions: 12
WSS TBA
Class size limit: 30
Resident Fee: $60.00
Non-Resident Fee: $70.00

Zumba
Instructor: El Reynolds

Get a great cardiovascular workout and have some fun! See Health Notice.

Monday: 7:15-8:15 p.m. – Sessions: 10
WSS TBA
Class size limit: Unlimited
Resident Fee: $60.00
Non-Resident Fee: $70.00
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: ________________________

Resident  Non-Resident  Senior Citizen
Course Fee $ ____________ Check # ______________
Receipt # _______________

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

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: ________________________

Resident  Non-Resident  Senior Citizen
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

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

ECRWSS

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