

THE FOLLOWING CLASSES MEET EVERY WEDNESDAY
BEGINNING March 4, 2020
(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

AEROBICIZED FITNESS BEGINNER – W6

M. Negre

An aerobic, body sculpting workout including fun, low-impact aerobic dance moves to improve cardio-respiratory endurance, as well as exercises to firm and strengthen the upper body, abdominal area and legs. Class begins with warm-up and ends with a relaxing cool-down. Wear non-restricting clothing; bring light weights (optional), water bottle and a floor mat.

Cafeteria I – Miller School
10 weeks, starts March 4, 2020

6:30-7:30 P.M.
Fee: \$67 (Non-Residents \$70)

**AUTHENTIC MIDDLE EASTERN/
MEDITERRANEAN COOKING – W7 – New!**

L. Bichera

Arrive with an appetite and learn to create hearty, seasonal, and creative Middle Eastern & Mediterranean dishes that satisfy the soul. Not just vegetarian but always using fresh ingredients, we'll make a wide variety of dishes including meat pie, spinach pie, kofta, stuffed grape leaves, pasta with béchamel sauce, soups, and desserts including baklava and chocolate chip cake. Make and enjoy small plates (meze) from Greece, Syria, Lebanon, Israel and Egypt using spices native to the region. Material fee of \$9/class (total \$36) due at first class to instructor.

Room 103 – High School
4 weeks, starts March 4, 2020

7:00-9:00 P.M.
Fee: \$55 (Non-Resident \$58)

BODY SCULPTING – W14

B. Casper

Get fit with resistance dynabands and into shape with free-weights to increase muscle & bone strength, promote core conditioning & endurance while improving balance & posture. Bring a sticky mat and hand-held weights for this total body workout. Wear comfortable exercise clothes and fitness shoes. Dynabands will be provided. This class may not be suitable for beginners. **AFAA certified inst.**

Cafeteria – Middle School
10 weeks, starts March 18, 2020 (4/29 class in HV Front Gym)

7:30-8:30 P.M.
Fee: \$78

CARDIO KICKBOXING – W23

M. Negre



This beginner cardio workout will increase your heart rate and blood circulation, burning excess calories and ultimately toning virtually all areas of your body. Feel better and empowered by punching, kicking and stepping into a healthy new body. Improve your balance, core and metabolism as well. Give yourself a chance to be stronger, leaner and more confident! Register early to reserve your spot!

Cafeteria I – Miller School
10 weeks, starts March 4, 2020

7:30-8:30 P.M.
Fee: \$67 (Non-Residents \$70)

CHINESE LANGUAGE – W4

M. Allen

Satisfy your personal desire or business need to learn the Chinese language! This instructor has many years of experience teaching at a college level program of Chinese language instruction. Multiple strategies such as interactive exercises, short plays, hand-outs to introduce phonetics, daily expressions and cultural information will be utilized towards learning Mandarin Chinese with the goal of carrying out simple daily conversation. A unique course! Don't miss out!

Room 216 – High School
8 weeks, starts March 4, 2020

7:00-8:30 P.M.
Fee: \$74

CREATE A MORE JOYFUL LIFE – W2

D. DiBenedetto

Our goal is to discover how to shift our thoughts and channel our energy to a more joyful, healing, spiritually higher level. Take charge of creating your own well-being! Films, books, articles and a multitude of conversation-stimulating tools will be explored and will open discussion on how to attain the life we are seeking! Call a friend and register together for a *Joyful evening* out!

Room 102 – High School
6 weeks, starts March 4, 2020

6:30-8:00 P.M.
Fee: \$48 (Non-Residents \$51)

CRIME ON YOUR MIND – W1

P.O. Kennedy & P.O. Negri



No one wants to be a victim of crime. Police officers from the Clarkstown Police Department Crime Prevention Unit will offer tips on personal safety, how to prevent home burglary and what you can do to keep your car and other belongings from being stolen. They will also address telephone scams and how to prevent identity theft. Call a friend and attend this important seminar together. Learn the tools to keep yourself from being a victim. Don't wait 'til it's too late!

Room 133 – High School
ONE NIGHT ONLY - March 11, 2020

7:30-9:00 P.M.
NO FEE

CYBER SAFETY – W5 – New!

P.O. Peters & P.O. Negri

Cyber bullying has become one of the most pervasive problems on the internet having a serious negative affect on children throughout the U.S. Officer Norman Peters will give you the tools to identify the problem and how to minimize or eliminate the problem entirely. The topics to be discussed are:

- Safe and appropriate set up and maintaining of accounts on popular apps
- Safe and appropriate use of social media and accountability for own activity
- Supervising and supporting children in their use of online tools and resources
- Safe and appropriate websites for you and your child

Room 133 – High School
ONE NIGHT ONLY - March 4, 2020

6:00-7:00 P.M.
NO FEE

DIGITAL PHOTOGRAPHY: – W25
GETTING TO KNOW YOUR CAMERA

G. Potanovic

This 4 hour introductory course will address your questions about camera operation including exposure controls, image resolution, shutter, aperture, ISO, white balance, focusing modes and more! Understanding how to operate your camera is the first step to taking better pictures. Register early. Class size is limited in order to provide individualized 'hands-on' instruction, demonstration and the opportunity to get answers to your questions to help you gain confidence behind your camera. Bring your camera, instruction manual and a notebook.

Room 219 - High School
2 weeks, March 4 & 11, 2020



We encourage you to also sign up for Digital Photography: Getting the Image You Want.
7:00-9:00 P.M.
Fee: \$50

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES & GED

If you desire to learn to speak, read and write English or pursue your GED and desire information on when and where these courses – are taught, contact BOCES.....348-3500

(Wednesday)

DIGITAL PHOTOGRAPHY:

G. Potanovic

GETTING THE IMAGE YOU WANT – W26

This 10 hour course combines discussion with demonstration and introduces you to the work of both master and contemporary photographers. Learn how to effectively use natural light, flash, aperture and shutter speed to get the image you want. Weekly photo assignments and an on-location class photo-shoot with the instructor, provide an opportunity for you to explore your personal, creative vision with photography. Register early. Class size is limited to 8 in order to allow for individualized attention and discussion! The instructor is a national award-winning professional commercial and fine art photographer with more than 30 years of experience.

Prerequisite: Completion of the *Digital Photography: Getting To Know Your Camera* course or a good basic understanding of how to operate the camera.

Room 219 - High School

7:00-9:00 P.M.

5 weeks, starts March 18, 2020

Fee: \$125

ITALIAN ADVANCED – W17– New!

J. Bertolino

Formerly the series known as Intermediate, this course has progressed to the higher level of advanced. It is a continuation for students who have taken Beginner & Intermediate classes and for students with knowledge to that level who may now move forward to an advanced level. The course will cover and review grammar, conversational exercises, some reading and discussion to facilitate proper usage of the spoken language. We will continue to use text *Parliamo Italiano* (any edition, author: Suzanne Branciforte).

Room 104 – High School

7:00-8:30 P.M.

10 weeks, starts March 4, 2020

Fee: \$74 (Non-Residents \$78)

KNITTING FOR BEGINNERS – W16

P. Dudek

Knitting is an age-old art which is both relaxing and rewarding! Take advantage of this unique opportunity to learn the basics and more, and go from novice to knitter! We boast a small class environment and no prior experience is required! Learn how to cast on, the knit and purl stitches, and how to combine them. Our experienced instructor will show you how to create basic patterns (such as stockinette, seed and rib), “cast off” and “weave in” your ends to create a complete knitted project! Bring: one ball of worsted-weight light color yarn, set of straight knitting needles size 8 and a tapestry needle (for weaving in ends). Class size is limited to 8 students.



Breakout Room #3 – High School (4/22 in M.S. room 116)

7:00-9:00 P.M.

6 weeks, starts March 4, 2020

Fee: \$56 (Non-Residents \$58)

MEDITATION AND SELF-HEALING PRACTICES – W10 – New!

L. Cali

Discover the wonder of your true self as you embrace the universal flow of energy already present within! This course will be beneficial and enhance living a life of peace, health and balance. This is an introduction to the practice of meditation and healing for the serious minded student which can be applied to our daily lives. Techniques such as guided visualization, healing and relaxation techniques, breath control (pranayama) to enhance a balanced mind and an understanding of our energy field and chakras will be experienced. Incorporating these methods will result in benefits for your body, mind and spirit – Be Happy. “Become the change you seek in the world” – Mahatma Gandhi

Library/Media Center – High School

7:00-9:00 P.M.

6 weeks, starts March 4, 2020 (4/22 class in MS Rm 244)

Fee: \$72

PILATES - BEGINNER – W3

B. Casper

Led by a dedicated instructor with a passion for bringing top quality exercise instruction to her students, this course is suitable for beginner to intermediate students, women as well as men. Her total mind and body approach focuses on conditioning the body from the inside out to ensure you attain muscle tone, core strength and body alignment yet maintain and even increase flexibility and grace. You'll leave feeling relaxed, less stressed and positive about yourself! Suitable for novice as well as continuation for the intermediate student. Bring a sticky mat. Wear comfortable clothing. AFAA certified instructor.

Cafeteria – Middle School

6:30-7:30 P.M.

10 weeks, starts March 4, 2020 (4/29 class in HV Front Gym)

Fee: \$78

SPANISH - INTERMEDIATE – W21**M. Moreau**

Do you have some beginner knowledge of Spanish but want to learn more? Then this is the course for you! You will increase your basic vocabulary and grammar skills along with building on your ability to converse and communicate more fluently. Pronunciation will be emphasized. Information on Spanish culture will also be provided. Exciting news: On the final day of class we will have a FIESTA!

Room 118 – Middle School
8 weeks, starts March 4, 2020

7:00–8:30 P.M.
Fee: \$62 (Non-Residents \$66)

WATERCOLOR – BEGINNER I & BEGINNER II

Add vibrant color to your life by learning the basic techniques of watercolor or by improving your existing level to render still lifes, landscapes and 'the figure'. This composite course is geared to beginners (with some drawing skills) as well as more experienced students.

WATERCOLOR – BEGINNER I – W11A**S. Hostetler/J. Elliot**

The first three weeks introduces new-comers to the preliminaries such as color mixing, paint application techniques, etc. This segment is intended to provide sufficient background for the true beginner. Beginner materials provided - fee directly to instructor - \$15. **Just show up and paint!** 1st class attendance is a must.

Room 110 – High School
3 weeks, starts March 4, 2020

7:00-9:00 P.M.
Fee: \$29 (Non-Residents \$32)

WATERCOLOR – BEGINNER II – W11B**J. DeBiase /J. Elliot**

With the experienced gained in Beginner Watercolor, students looking to increase their painting level may continue on with this 8 week course where they will receive instruction specific to their skill level. General material list provided upon registration. Additional \$16 material fee to instructor for class specific materials supplied by instructor. This is a course which students often repeat over and over to enhance their painting skills.

Room 110 – High School
8 weeks, starts March 25, 2020

7:00-9:00 P.M.
Fee: \$64 (Non-Residents \$67)

VOLLEYBALL – RECREATIONAL – W8**C. Potenza**

Teams will be formed each session for co-ed, recreational and fun competition! No spiking but plenty of movement and exercise! The emphasis is on exercise and team play, making this course appropriate for a wide range of ages! Register with a friend! **Class Limit 28.** Must be **18 years** or older. **NO EXCEPTIONS.**

Gym – High School
8 weeks, starts April 1, 2020

7:45–9:45 P.M.
Fee: \$74