



**CARMEL CONTINUING
EDUCATION**

SPRING 2019

Table of Contents

<u>Registration Information</u>	Preface
<u>Class Offerings</u>	
<u>Registration Forms</u>	
<u>Arts and Crafts</u>	1
<u>Business and Finance</u>	1-2
<u>Computers</u>	2-3
<u>Cooking</u>	3-4
<u>Dance</u>	4-5
<u>Dog Training</u>	5
<u>Driving</u>	5-6
<u>Education/College Prep</u>	6-7
<u>Fitness</u>	7-8
<u>Golf</u>	8
<u>Health, Mind and Body</u>	9
<u>History</u>	9
<u>Languages</u>	10
<u>Photography</u>	10
<u>Real Estate</u>	11

REGISTRATION INFORMATION

It is advisable to register as early as possible. If you are registering by mail, please use the registration form provided in this brochure or from our website. In person registration will be held on Tuesday, 2/26 and Wednesday 2/27 from 5:00pm to 7:00pm, located in the Continuing Education office, Guidance Suite – Office 2, located at Carmel High School. **Unless you are notified, your registration by mail is automatically accepted as enrollment in a class. There will not be any written notification. No telephone reservations will be accepted.**

Classes for the Spring Semester will begin Monday, March 4, 2019 unless otherwise specified under course descriptions. Golf starts on ?????, 2019. The TASC and ESL classes started on 9/4/18 and are ongoing until June 2019. Please check the brochure for course description, start date, time and location.

FEES AND REFUNDS:

The registration fee for each course is included with each course description. Fees are due at the time of registration. The fee may not include the cost of textbooks, supplies or materials. These costs are to be paid to the instructor at the first class. The Continuing Education program is operated on a self-sustaining basis. Refunds will be granted if the class is cancelled because of insufficient registration or prior to the first class session. **No refunds after first night of class.** If a check is returned to the Carmel Central School District for any reason, there will be a \$25.00 service charged assessed. In addition, anyone who issues a returned check will be required to pay by cash, money order or certified check in the future. **Senior Citizens over 62 residing in the Carmel Central School District** will get a discount on most classes. Please include a copy of driver's license when registering. Please check brochure for fee amounts. Some classes will not have reduced fees for seniors that have limited enrollment.

Early registration is encouraged to ensure placement and to avoid possible class cancellation due to insufficient enrollment.

FIRE DRILLS: Under New York State regulations, in case of a fire alarm sounding, the building must be evacuated.

CLOSINGS

If the Carmel School District closes for inclement weather during the day, the Continuing Education classes will be automatically canceled. No classes will be held on school holidays or vacations. If inclement weather commences late in the day, the evening classes will be canceled. Announcements will be made over the following radio stations:

WHUD FM 100.7 Cancellation information will be available by calling 225-8441 ext. 450, and on website. **NO CLASSES WILL BE HELD ON April 15, 16, 17, 18, & 22, 2019. Additional dates may be added.**

SMOKING: Smoking is NOT permitted in the High School building or on school property.

DAMAGE TO OR LOSS OF PERSONAL PROPERTY OR INJURY ON PREMISES: We do not assume any responsibility, either real or implied for the personal property or injury of any student. Cost of any injuries must be met by the student with private insurance.

PLEASE NOTE: We retain our Continuing Education instructors to teach a course in their area of expertise. The instructors are not permitted to use the classroom for personal gain, or to solicit clients or customers. Therefore, we are not responsible for any advice, or consultation given beyond the classroom setting & course curriculum material.

For further information concerning the Continuing Education Program, please call Rosey Mitchell – Director of Continuing Education at (845) 225-8441 Ext. 450 **Look at our website for the latest information** www.carmelschools.org, Quicklinks Continuing Education.

You can also e-mail me at carmelconted@carmelschools.onmicrosoft.com

Carmel Continuing Education Spring 2019				
Course #	Course Description	Day	Time	Fee
111S	Admissions and Financial Aid 1 Night March 25	M	6:30 - 8:00	Free
302S	Ballroom Dancing 6 Weeks March 6 – April 10	W	6:30-7:30	\$115
306S	Barre for Everyone 6 Weeks March 6 – April 10	W	6:30-7:30	\$115
100S	Belly Dancing- A Hip Workout 6 Weeks March 4 – April 8	M	6:30 - 7:30	\$115
212S	Consider A Career in Real Estate 1 Night March 5	T	7:00-8:30	\$45
214S	Consider A Career in Real Estate 1 Night April 2	T	7:00-8:30	\$45
215S	Consider A Career in Real Estate 1 Night May 7	T	7:00-8:30	\$45
200S	Cooking – Spring Hors D'Oeuvres 1 Night March 26 See Website for Material Fees	T	6:30-9:00	\$45
201S	Cooking – Cooking for the Family 1 Night April 2 See Website for Material Fees	T	6:30-9:00	\$45
203S	Core and More! 8 Weeks March 5 – April 30	T	7:30-8:30	\$125
210S	Dance4Fit 8 Weeks March 5 – April 30	T	6:30-7:30	\$125
101S	Defensive Driving 2 Nights March 25 & 26	M & T	6:30-9:30	\$45
102S	Defensive Driving 2 Nights April 29 & 30	M & T	6:30-9:30	\$45
316S	Digital Photography 6 Weeks March 13 – April 24	W	7:00-9:00	\$170
204S	Dog Obedience – Basic 7 Weeks March 19 – May 7	T	6:30-7:30	\$145
205S	Dog Obedience – Intermediate 7 Weeks March 19 – May 7	T	7:30-8:30	\$145
412S	Drastically Cut Cost/Diff Times 1 Night April 11	TH	6:00-8:00	\$50
413S	Entrepreneurship- Starting Your Own Business 1 Night April 11	TH	8:00-10:00	\$50
	ESOL Sept. 2018 – June 2019 See website for details	T & TH	6:00-9:00	\$40
112S	Excel/PowerPoint 5 Weeks March 4 – April 1	M	6:30-8:30	\$155
308S	French (Beginners) 7 Weeks March 13 – May 1	W	7:00-8:30	\$160
414S	Getting Great Real Estate in Difficult Times 1 Night April 11	TH	8:00-10:00	\$50
108S	Golf Lessons at Centennial Beginners – 5 Sessions April 1, 3, 8, 10 & 15	M & W	5:00-6:00	\$125
113S	Golf Lessons at Centennial Beginners – 5 Sessions May 1, 6, 8, 13 & 15	M & W	5:00-6:00	\$125
114S	Golf Lessons at Centennial Intermediate – 5 Sessions April 1, 3, 8, 10, & 15	M & W	6:15-7:15	\$125

Carmel Continuing Education Spring 2019				
Course #	Course Description	Day	Time	Fee
206S	Golf Lessons at Centennial Intermediate – 5 Sessions April 2, 9, 16, 23 & 30	T	5:00-6:00	\$125
109S	Golf Lessons at Centennial Intermediate – 5 Sessions May 1, 6, 8, 13, & 15	M & W	6:15-7:15	\$125
207S	Golf Lessons at Centennial Intermediate – 5 Sessions May 7, 14, 21, 28 & June 1	T	5:00-6:00	\$125
307S	How to Pay for College without Going Broke! 1 Night – April 10	W	6:30-8:00	FREE
213S	Introduction to Computers 4 Weeks March 5 – March 26	T	6:30-8:30	\$125
209S	Introduction to Oil Painting 6 Weeks March 5 – April 9 See Website for Material Fees	T	6:30-8:30	\$170
304S	Latin Dancing 6 Weeks March 6 – April 10	W	7:30-8:30	\$115
106S	Line Dance 8 Weeks March 4 – May 6	M	6:45-8:15	\$145
309S	Living with Gratitude 4 Weeks March 13 – April 3	W	7:00-8:30	\$125
310S	Manifesting Your Dreams 4 Weeks April 3 – May 1	W	7:00-8:30	\$125
403S	MIT App Inventor/Scratch Programming 5 Weeks March 7 – April 4	TH	6:30-8:30	\$155
401S	Pilates 8 Weeks March 7 – May 2	TH	6:30-7:30	\$125
406S	Pre-Licensing Course Jan. 10, Feb. 7, Mar. 14, Apr. 4, May 2, June 6	TH	3:30-8:30	\$40
117S	SAT2 Biology Preparation Apr. 29, May 1, 6, 8, 13, 15, 20, 22 & 29	M & W	3:00-5:00	\$125
415S	Secrets of Wall Street 1 Night April 11	TH	6:00-8:00	\$50
303S	Sewing Machine Basics 4 Weeks March 20 – April 10 See Website for Material Fees	W	6:30-8:30	\$125
202S	Spanish (Beginners) 6 Weeks March 5 – April 9	T	6:30-8:00	\$140
409S	Tai Chi & Chi Kung for Health 8 Weeks March 7 – April 25	TH	7:00-8:00	\$125
	TASC (Formerly GED) See website for details	T & TH	6:00-9:00	\$40
107S	The Civil War & the Constitution 5 Weeks March 4 – April 1	M	6:30-8:30	\$155
211S	Winning with Money 2 Weeks May 7 – May 14	T	7:00-8:00	\$55
305S	Word 4 Weeks March 6 – April 3	W	6:30-8:30	\$125
402S	Work-It! 8 Weeks March 7 – May 2	TH	7:30-8:30	\$125
317S	Yoga 8 Weeks March 13 – May 8	W	7:00-8:15	\$130

Carmel Continuing Education Registration Form – SPRING 2019

Name: _____

Street Address: _____

City/State/Zip Code: _____

Phone # for Class Cancellation: _____ Home Phone # _____

Email Address: _____

COURSE #	COURSE DESCRIPTION	FEE

If you wish to register by mail, please fill out form and mail it with your check payable to:

**Carmel Continuing Education
Carmel High School
30 Fair Street
Carmel, NY 10512**

Carmel Continuing Education Registration Form – SPRING 2019

Name: _____

Street Address: _____

City/State/Zip Code: _____

Phone # for Class Cancellation: _____ Home Phone # _____

Email Address: _____

COURSE #	COURSE DESCRIPTION	FEE

If you wish to register by mail, please fill out form and mail it with your check payable to:

**Carmel Continuing Education
Carmel High School
30 Fair Street
Carmel, NY 10512**

ARTS AND CRAFTS

209S **INTRO TO OIL PAINTING**
Tuesday – 6 Weeks
6:30 – 8:30 p.m.

March 5 – April 9, 2018

Fee: \$170
Senior: \$155
Room: 118

Beginner class for those who would like to learn how to use oil paints. Students will practice mixing colors and painting from real life. The first three class's students will work from still lives. The last three sessions students will create a work of their own. Please bring an image that inspires you to the first session for your final painting.

MATERIAL FEE: \$26 includes canvas, palette paper, mixing medium and brush cleaner.

Instructor: Sarah Bell is an Art Teacher for Carmel.

303S **SEWING MACHINE BASICS**
Wednesday - 4 weeks
6:30- 8:30 p.m.

March 20 –April 10

Fee: \$125
Senior: \$110
Room: TBA

Learn to thread your machine, adjust tension, change needles and more. Then create a tote bag to use for the beach or whatever you need to cart things!! If there is a project, you are having difficulty with bring it in and we will work on the problem together to get it finished. Please have bobbins for your machine. Must bring your own sewing machine with you.

MATERIAL FEE: \$35 for a kit for making a tote bag, which would include thread, material, and batting

Instructor: Mary Jo Garrity

BUSINESS AND FINANCE

412S **DRASTICALLY CUT COST IN**
DIFFICULT FINANCIAL TIMES
Thursday–1 Night
6:00 - 8:00p.m.

April 11

Fee: \$50
Senior: \$50
Room: 133

If you are trying to drastically cut costs because your retirement plan or your savings plan has lost a lot of money or you could lose your job and want to learn how to save thousands of dollars, this course will greatly help you. To be discussed are ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving much money when getting car, home and life insurance and methods to reduce your school and county taxes on your home. There are many other ways to save a considerable amount of money and these will be discussed in detail. Also, hundreds of money saving websites will be discussed. Optional materials fee of \$20

Instructor: Beverly Nathan formerly worked at a credit union where she showed members how to drastically cut their costs.

413S **ENTREPREURSHIP – STARTING A**
BUSINESS WITH LITTLE MONEY DOWN
Thursday - 1 Night
8:00 - 10:00 p.m.

April 11

Fee: \$50
Senior: \$50
Room: 133

From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second income business which can then become full time. With little money down you will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. Taking this course will save you time, money and psychological wear and tear. You will learn what to watch out for with franchising. Optional material fee \$20.00

Instructor: Beverly Nathan is a successful business person for over 20 years. She presently runs her full time business in an office complex.

414S	GETTING GREAT REAL ESTATE DEALS IN DIFFICULT TIMES Thursday - 1 Night 8:00 - 10:00 p.m.	April 11	Fee: \$50 Senior \$50 Room: 133
-------------	--	-----------------	--

Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent, and he will teach you how to get these great deals. He will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. Also, he will show you how to wisely buy investment property, primary homes, multi-families, and vacation homes. After this class you will know how to research property at the tax assessor's office, the county clerk's office and various other methods to use to research a property including using web sites. Also, to be discussed is how to sell your home with or without a realtor. **Optional materials fee of \$20**

Instructor: Richard Nathan has been buying and selling real estate for the past 24 years. He has successfully taught this seminar in Massachusetts, Connecticut, New York, Pennsylvania and New Jersey for the past 20 years.

415S	INVESTING SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW Thursday - 1 Night 6:00 - 8:00 p.m.	April 11	Fee: \$50 Senior \$50 Room: 133
-------------	---	-----------------	--

Have you just come into some money or have some money to invest? This lively, fact packed seminar is a must for those who want to learn from strictly a consumer advocate, Richard Nathan. Since he is not a salesman and has nothing to sell you, he will be blunt and straight forward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating long term care insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard earned money; IT IS TIME TO TAKE CHARGE OF YOUR MONEY!! **Optional material fee \$20.00**

Instructor: Rick Nathan a consumer advocate, has been successfully teaching this course for over 20 years. His sole purpose is to protect you, the consumer.

211S	WINNING WITH MONEY Tuesday - 3 weeks 7:00 - 8:00 p.m.	May 7 & 14	Fee: \$55 Senior \$55 Room: TBA
-------------	--	-----------------------	--

Starting point: Financial well being, best uses of your income, goals and your current situation, where most people stand financially.

Best uses for your money: Budgeting and planning to do well, the rule of 72, pensions, 401k's., 403b's, Roths and other investments.

Strategies for building wealth: Eliminating debt, controlling and transferring risk.

Instructor: Charles Calhoun

COMPUTERS

112S	EXCEL/POWERPOINT Monday - 5 Weeks 6:30 - 8:30 p.m.	March 4 – April 1	Fee: \$155 Senior: \$155 Room: 214
-------------	---	--------------------------	---

In this introductory spreadsheet course, you will learn how to use Excel's toolbars, pulldown menus, short cut keys, AVERAGEIF, VLOOKUP, SUMIF, COUNTIF, Pivot tables, format numbers/cells, create formulas, generate Bar & Pie graphs. We will spend one day learning the key features of PowerPoint. Students must have some knowledge of Windows.

Instructor: Anthony Sottile is a Technology, Robotics and Computer Science teacher at George Fischer Middle School.

INTRO TO COMPUTERS

Fee: \$125

213S Tuesday - 4 Weeks
6:30 - 8:30 p.m.

March 5 – April 2

Senior: \$125
Room: 214

This course is intended as an introduction to the personal computer using a Windows environment. It is designed for students who have little or no experience using a personal computer. New PC users will become familiar with computer concepts, hardware & software. In addition, students will be introduced to **Microsoft Word, Excel, PowerPoint**, the internet and email usage.

Instructor: Anthony Sottile is a Technology, Robotics and Computer Science teacher at George Fischer Middle School.

MICROSOFT WORD

Fee: \$125

305S Wednesdays - 5 Weeks
6:30 - 8:30 p.m.

March 6 – April 3

Senior: \$125
Room: 214

Learn to use this standard word processor to create and edit documents. Topics include WORD tools and menus, copying, pasting, proofing tools, drawing tool bar, mail merging, clipart and writing business letters, resumes, etc.

Instructor: Anthony Sottile is a Technology, Robotics and Computer Science teacher at George Fischer Middle School.

MIT APP INVENTOR/SCRATCH PROGRAMMING

Fee: \$155

403S Thursday – 5 Weeks
6:30 - 8:30 p.m.

March 7 – April 4

Senior: \$155
Room: 214

You can set up App Inventor and start building apps in minutes. The Designer and Blocks Editor run completely in the browser (aka: the cloud) Develop Android Apps with MIT App Inventor. We will start off with Scratch programming, then move on to MIT App Inventor.

- Learn basic user interface components of an Android application.
- Define basic programming elements such as variable, conditional operations, and loops.
- Learn the basics of event handling
- Learn the basics of mobile sensing and monitoring systems, including accelerometer, and camera.

Instructor: Anthony Sottile is a Technology, Robotics and Computer Science teacher at George Fischer Middle School.

COOKING

COOKING
Spring Hors d'Oeuvres
200S Tuesday – 1 Night
6:30 - 9:00 p.m.

Fee: \$45

March 26

Senior: \$45
Room:

In this class, we will prepare several bite size Springtime hors d'oeuvres highlighting seasonal flavors.

- Miniature Crab Cakes with assorted sauces
- Asian Summer Rolls with assorted dipping sauces
- Crispy Corn Fritters – jalapeno jam
- Caprese Crostini – fresh mozzarella, ripe tomato, basil on sourdough crostini

Additionally, we will demo how to kick up your presentation with innovative garnishes and some cool ways to kick up your next party.

Supply Fees \$20 to be paid to instructor

Instructor: Mike Garelick

201S **COOKING**
Cooking for the Family
Tuesday – 1 Night
6:30-8:30 p.m.

April 2

Fee: \$45

Senior: \$45
Room:

Cooking for the Family; making it healthy, quickly and ideally in one pot or less

- Because who has time to really cook...the answer is we all do
- We all need to eat fresh and wholesome foods, and to develop good eating habits early on
- Most importantly because who likes doing dishes

Supply Fees \$20 to be paid to instructor.'

Instructor: Mike Garelick

DANCE

306S **BARRE OR EVERYONE**
Wednesday – 6 Week
6:30 - 7:30

March 6 –April 10

Fee:\$115

Senior:\$105

Room: Dance Studio

Come, incorporate some grace into your exercise routine, and channel your inner prima ballerina. Class begins with ballet barre exercises for toning the muscles. The center portion is light cardio with fun and simple ballet combinations. We will end the class with graceful stretching. No ballet or dance experience? No problem! This class is suitable for everyone. Please exercise clothes and dance I bare feet, socks, or soft ballet slippers. Barred are provided.

Instructor: Stacie Gelhaus

100S **BELLY DANCING – A Hip Workout**
Monday – 6 Weeks
6:30 – 7:30 p.m.

March 4 – April 8

Fee: \$115

Senior: \$105

Room: Dance Studio

Check your troubles at the door and dance like no one is watching! We will learn strong, earthy bellydance movements and are great for the core! This class is a great way to stretch, strengthen the whole body. We will learn folkloric style bellydance, with lively torso movements, robust hips, and glittering shimmies. This great way to liven up your fall exercise routine

Instructor: Stacie Gelhaus

304S **LATIN DANCE**
Wednesday – 6 Weeks
7:30 – 8:30 p.m.

March 6 – April 10

Fee: \$115

Senior: \$105

Room: Cafeteria

Introduction to Latin Dance will introduce students to Latin movement through the Rumba. Of Cuban origin, it is a dance of moderate tempo and great expressiveness. Time permitting; students will also learn the basics of Salsa. A hugely popular nightclub dance, Salsa is brisk and sassy.

Instructor: Jeffrey Andrews

106S **LINE DANCE**
Monday – 8 Weeks
6:45 – 8:15 p.m.

March 4 – May 6

Fee: \$145

Senior: \$130

Room: Cafeteria

The ideal workout. Burn fat and calories while you are having fun. Do you know your right from your left, can you count to 8? Then you can line dance! We will start with the basics and build from there. New dances will be introduced on a regular basis.

Instructor: Ellen Russow and Steven Parker have been line dancing for over 20 years and teaching for over 10 years.

302S BALLROOM DANCE
Wednesday – 6 Weeks
6:30 – 7:30 p.m.

March 6 – April 10

Fee: \$115
Senior: \$105
Room: Cafeteria

Introduction to Ballroom will begin with the Waltz, the classic ballroom partner dance in three quarter time. Emphasis will be on musicality, form, and ease of movement. If time permits, students will be introduced to the Tango, a dance of passion and style that contrasts with the graceful flow of the Waltz.

Instructor: Jeffrey Andrews has studied Latin and Ballroom with numerous international coaches and instructors. He teaches Latin and Ballroom in both American Rhythm and International styles.

DOG TRAINING

204S DOG OBEDIENCE BASIC
Tuesday – 7 Weeks
6:30 – 7:30 p.m.

March 19 – May 7

Fee: \$145
Senior: \$145
Room: Outside 121

Class is for puppies & dogs who are beginners. Covers the basic obedience commands ex: Attention, Sit, Down, Stay, Come, Loose Leash Walking, Heel, Stand and Finish. Also other useful commands such as Leave It. Time will be allotted at the end of every class to cover basic dog-related issues, such as jumping, stealing & nipping. Positive methods used. Owners must bring small, soft, yummy treats to class. Limit 8 dogs. **You must call instructor prior to registration at 845-228-0341 or 914-329-5902**

Instructor: Linda Lukens

205S DOG OBEDIENCE INTERMEDIATE
Tuesday – 7 Weeks
7:30 – 8:30 p.m.

March 19 – May 7

Fee: \$145
Senior: \$145
Room: Outside 121

Instructor: Linda Lukens

All students must have completed basic manners obedience. This course will be a lot of fun. We will be teaching some tricks, and some dance moves to do with your dogs. Some of these can be taught on a leash, others will require some off leash control. All dogs must be able to get along with other dogs in the class and pose no aggressive threat. **Please contact instructor, Linda Lukens, owner of Common Ground Dog Training prior to registration at 914-329-5902.** Class equipment includes clicker, delicious treats for your dogs, treat pouch to wear, 6-foot leash and a good sense of fun.

DRIVING

DEFENSIVE DRIVING
Monday & Tuesday – 2 Nights
6:30 – 9:30 p.m.
101S Session #1
102S Session #2

March 25 & 26
April 29 & 30

Fee: \$45
Senior: \$45
Room: 110

This 6-hour program is approved by the Department of Motor Vehicles to reduce automobile liability, no fault, & collision insurance premiums of the principal operator a minimum of 10% for a period of 3 years. In addition, four violation points can be deducted from a driver's record. The course focuses on driving attitudes & behaviors & may be taken by licensed drivers or those with learner's permits.

Instructor: National Traffic Safety Institute

406S 5 HOUR PRE-LICENSING COURSE **Fee: \$40**
Thursday **Jan. 10, Feb. 7, Mar. 7, Apr. 4,**
May 2, June 6
3:30 – 8:30 p.m. **Room: 110**

NO PRE-REGISTRATION FOR THIS COURSE. Be there at 3:00 to register.

NYS Department of Motor Vehicles mandates this course for all New York State permit holders. Students must bring his or her learners permit with them. Course will result in obtaining MV-278 form, which is needed for road test appointments.
CLASS LIMIT OF 30 STUDENTS

Instructor: Rob Buccheri

EDUCATION & COLLEGE PREP

111S Admissions and Financial Aid – **Fee: FREE**
What it takes to get into College
Today
Monday – 1 Night **March 25**
6:30 – 8:00 p.m. **Room: TBD**

Topics that will be discussed at this presentation are:

- How important are SAT & ACT tests and how do colleges value them.
- A time-line for success-where you should start in the college planning process.
- What the more selective colleges really want to see in your student's application.
- The financial aid systems and how they work.
- Plus much, much, more....

Instructor: Stephanie Mauro

307S How to Pay for College without **Fee: FREE**
Going Broke!
Wednesday – 1 Night **April 10**
6:30 – 8:00 p.m. **Room: TBD**

In this seminar, parents will learn what the differences are between the FAFSA and CSS Profile financial aid forms and how they affect the cost of college. What financial aid really means to a family and how need is determined. Will go over the parent and student assets that take away from qualifying for financial aid plus much, much more. When a parent leaves this seminar they will understand the federal and private loan programs.

Instructor: Stephanie Mauro

117S SAT II Biology Preparation **Fee: \$125**
Monday & Wednesday **April 29, May 1, 6, 8, 13, 15, 20,**
22 & 29
3:00 – 5:00 p.m. **Room: 104**

This course is provided as an option to students who wish to have a structured work preparation for the Biology SAT II (test date June 1st). Course content will emphasize physiological, ecological and molecular genetics themes (above and beyond Honors Regents Biology) covered by the new Biology SAT II exam. Self-confidence and scores may improve with completion of all assigned material. (Class limit – 20)

Instructor: Mitchel Kalmus teachers Honors Regents Biology, Environmental Science, Animal Behavior and Forensics at Carmel High School.

TASC (Formerly GED)
Tuesday & Thursday
6:00 – 9:00 p.m.

September 6, 2018 – June 2019

Fee: \$40
Senior: \$40
Room: 209

Classroom instruction will emphasize reading comprehension, math, problem solving, time management, and communication skills that will prepare for the HSE examination, enter college and succeed in daily life.

Registration fee will be paid in cash the first night of class. This program is run by BOCES.
Registration is ongoing throughout the year

FITNESS

203S **CORE AND MORE!**
Tuesday-8 Weeks
7:30 – 8:30 p.m.

March 5 – April 30

Fee: \$125
Senior: \$110
Room: Cafeteria

This class works on core strength and all over muscular strength. You will use resistance bands and body weight as tools to enhance range of motion, flexibility and balance. Interval cardio training to shred weight and build muscle. Challenging but achievable for your own level of fitness.

Instructor: Christine Hamilton

210S **DANCE4FIT**
Tuesday – 8 Weeks
6:30 – 7:30 p.m.

March 5 – April 30

Fee: \$125
Senior: \$110
Room: Cafeteria

Get it all in this class! Incorporating easy dance moves with sculpting, cardio and stretches with a variety of music. This class is easy on your knees. You are guaranteed to *GROOVE, MOVE and SOOTHE* your body and have a good time.

Instructor: Christine Hamilton

401S **PILATES**
Thursday - 8 Weeks
6:30 – 7:30 p.m.

March 7 – May 2

Fee: \$125
Senior: \$110
Room: Library

Working the body evenly to correct muscle imbalances, creating long lean muscles that prevents future injuries. This class format will reduce stress, increase relaxation and help with weight loss. You will challenge your body in new ways each week.

Instructor: Christine Hamilton

402S **WORK-IT!**
Thursday - 8 Weeks
7:30 – 8:30 p.m.

March 7 – May 2

Fee: \$125
Senior: \$110
Room: Library

A challenging cardio and sculpting class using circuit training to get you to the next level .

Instructor: Christine Hamilton

317F **YOGA**
Wednesday - 8 Weeks
7:00- 8:15 p.m.

March 13 – May 8

Fee: \$130
Senior: \$115
Room: Library

Improve your body, become more flexible, relaxed and much happier through yoga! This class will be geared to both the beginner and those students who want to continue to enrich their practice. This is not a Power Yoga class but does encourage a non-competitive, deeply meaningful practice. You will be taught postures, breathing techniques, and meditation. Our more experienced students will continue to hold the postures longer and learn some new ones. Please bring a sticky yoga mat, wear loose clothing, and a blanket to cover you during relaxation. A small dense pillow is also advised but not required. (Class limit 25)

Instructor: Barbara McKechnie is an experienced Certified Yoga Alliance Instructor and Member of Yoga Alliance. She is a LPN and has been practicing yoga for about 35 years.

GOLF

Golf Lessons will be held at Centennial Golf Club.

108S **GOLF LESSONS - Beginners**
Monday & Wednesday – 5 Sessions **April 1, 3, 8, 10 & 15** **Fee: \$125**
5:00 – 6:00 p.m. **Senior: \$125**

113S **GOLF LESSONS - Beginners**
Monday & Wednesday **May 1, 6, 8, 13 & 15** **Fee: \$125**
5:00 – 6:00 p.m. **Senior: \$125**

Attend the 5 session course in which the hour long sessions will cover the fundamentals of golf including; set-up, full swing, chipping, pitching, bunker play, and putting. All classes will be held outdoors at Centennial Golf club. Additional clubs and practice balls can be provided.

114S **GOLF LESSONS - Intermediate**
Monday & Wednesday – 5 Sessions **April 1, 3, 8, 10 & 15** **Fee: \$125**
6:15 – 7:15 p.m. **Senior: \$125**

109S **GOLF LESSONS - Intermediate**
Monday & Wednesday – 5 Sessions **May 1, 6, 8, 13 & 15** **Fee: \$125**
6:15 – 7:15 p.m. **Senior: \$125**

206S **GOLF LESSONS - Intermediate**
Tuesday – 5 Sessions **April 2, 9, 16, 23 & 30** **Fee: \$125**
5:00 – 6:00 p.m. **Senior: \$125**

207S **GOLF LESSONS - Intermediate**
Tuesday – 5 Sessions **May 7, 14, 21, 28 & June 1** **Fee: \$125**
5:00 – 6:00 p.m. **Senior: \$125**

Prerequisite will be you have taken beginners golf class. This class will be geared to the golfer who wants to learn more about the game of golf and how to play golf. We will learn the fundamentals of a good golf swing, rules of golf, course etiquette and how to play golf on the course.

HEALTH, MIND AND BODY

309S LIVING WITH GRATITUDE
Wednesday –4 Weeks
7:00 – 8:30 p.m.

March 13 – April 3

Fee: \$125
Senior: \$110
Room: 135

Learn the art of living each day with gratitude, for your past, present and future. We will explore gratitude thru meditation practice, journal writing, affirmative prayer and living mindfully each day.

Instructor: Kathryn Vecchia is a licensed Heal your Life facilitator with a background as an RN and has an MA in Counseling Psychology.

310S MANIFESTING YOUR DREAMS
Wednesday – 4 Weeks
7:00 – 8:30 p.m.

April 10 –May 8

Fee: \$125
Senior: \$110
Room: 135

This class is based on the work of Louise L. Hay. The class will explore the power of our thoughts and beliefs in creating the best life possible and providing people with the information, skills, and support to begin this journey. It is for those with a strong desire and commitment to change their lives.

Instructor: Kathryn Vecchia is a licensed Heal your Life facilitator with a background as an RN and has an MA in Counseling Psychology.

409S TAI CHI & CHI KUNG FOR HEALTH
Thursday - 8 Weeks
7:00- 8:00 p.m.

March 7 – April 25

Fee: \$125
Senior: \$110
Room: Music Bldg

Come explore this centuries old system of Chinese Martial Arts originally created for self-defense. Tai Chi is a system of slow rhythmic movements that when practiced can improve health and increase longevity. Relaxation is Key! Chi Kung exercises focus on breathing techniques and stress reduction. Come dressed in loose clothing and comfortable shoes. Must be able to stand for 1 hour.

Instructor: Loretta Candela and Pam Fucito, each with many years of training at the Hall of the Gathering Dragons/ACCS. www.brewsternymartialaets.com

HISTORY

107S THE CIVIL WAR & THE CONSTITUTION
Monday – 5 Weeks
6:30 – 8:30 p.m.

March 4 – April 1

Fee: \$155
Senior : \$140
Room: 134

The Civil War was a decisive event in our history that still reverberates today. Everyone knows that the aftermath Freed slaves but what were other issues that caused Eleven Southern States to secede? Were the States rebellious and traitorous or justified and rightfully assuming their sovereignty? Some of the issues covered:

- What was the origin of the States?
- What was the type of government the Constitution created?
- What causes prompted the States to secede.
- What were the consequences of the war on our system of government?

Instructor: Rick Montes

LANGUAGES

308S FRENCH - BEGINNERS
Wednesday – 7 Weeks
7:00 – 8:30 p.m.

March 13 – May 1

Fee: \$160
Senior: \$145

To develop an ear for the spoken French and learn to use simple, common French words. This class will help students develop the ability to speak and understand the basics of the French Language. We will listen to authentic dialogues by native speakers and watch movie excerpts. We will then practice what we have heard and improve our own pronunciation and understanding.

Instructor: Sandrine Nseng

202S SPANISH – BEGINNERS
Tuesday - 6 Weeks
6:30 – 8:00 p.m.

March 5 – April 9

Fee: \$140
Senior: \$145
Room: 138

This class will give you what you need for basic communication in Spanish. It will also make it possible for you to continue learning more effectively on your own, on line, or in the classroom.

Instructor: Ann Quinn retired NYS certified Spanish teacher.

ADULT English for Speakers of Other Languages (ESOL):

ESOL
Tuesday & Thursday
6:00 – 9:00 p.m.

September 6, 2018 – June 2019

Fee: \$40
Senior: \$40
Room: 211

Come learn how to speak, read and write English. As a new English language learner, you will acquire the speaking and the listening skills needed to function in your new American community. A wide variety of language acquisition strategies will be employed in a learner-centered approach that will enable you to comprehend and use your new language.

Registration fee will be paid in cash the first night of class. This program is run by BOCES.
Registration is ongoing throughout the year.

PHOTOGRAPHY

316S DIGITAL PHOTOGRAPHY
Wednesday – 6 Weeks
7:00 – 9:00 p.m.

March 13 – April 24

Fee: \$170
Senior: \$155
Room: 120

This course is designed for those adults whom have a digital camera and want to learn techniques to improve their skills in taking pictures. The students will learn to take advantage of the camera features. In addition, the students will learn composition, portrait and basic photo editing. Materials needed: A digital camera, flash drive and access to a computer is desirable.

Instructor: Enrique Araya was born in Chile. He now lives in Carmel and does commercial photography, family portraits, pet photography and photo restoration

REAL ESTATE

**CONSIDER A CAREER
IN REAL ESTATE
Tuesday - 1 Night
7:00 – 8:30 p.m.**

Room: TBA

**212S Session 1
214S Session 2
215S Session 3**

**March 5
April 2
May 7**

**Fee: \$45
Fee: \$45
Fee: \$45**

Thinking of a career in Real Estate? This class will offer an overview of what a career in real estate will be like. Licensing requirements, real estate industry trends, commission structures, market segments of real estate and ways to build your real estate business.

Instructor: Angela Briante