

A vibrant field of crocuses in purple, yellow, and white, with a bright, sunlit background. The flowers are in various stages of bloom, and the overall scene is bright and cheerful.

# **Carmel Continuing Education**

**Spring 2020**

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## **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 Wednesday, March 4, 2020 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 9, 2020 unless otherwise specified under course descriptions. Golf starts on. The TASC and ESL classes started on 9/3/19 and are ongoing until June 2020. 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 6, 7, 8, & 9 2020. 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](http://www.carmelschools.org), Quicklinks Continuing Education.

You can also e-mail me at [carmelconted@carmelschools.onmicrosoft.com](mailto:carmelconted@carmelschools.onmicrosoft.com)

Carmel Continuing Education SPRING 2020				
Course #	Course Description	Day	Time	Fee
306S	Barre Toning 4 Weeks March 11 - April 1	W	6:30-7:30	\$65
307S	Barre Toning 4 Weeks April 22 – May 13	W	6:30-7:30	\$65
100S	Belly Dancing 4 Weeks March 9 - 30	M	6:30 - 7:30	\$65
104S	Belly Dancing 4 Weeks April 20 – May 11	M	6:30 - 7:30	\$65
404S	Consider A Career in Real Estate 1 Night March 25	TH	7:00-8:30	\$45
405S	Consider A Career in Real Estate 1 Night April 29	TH	7:00-8:30	\$45
200S	Cooking – Spring Brunch Menu 1 Night March 10 Fees - \$20 Cash paid in class	T	6:30-9:00	\$55
201S	Cooking –Spring Hors d'Oeuvres 1 Night March 24 Fees - \$20 Cash paid in class	T	6:30-9:00	\$55
203S	Core and More! 8 Weeks March 10 – May 5	T	7:30-8:30	\$125
210S	Dance4Fit 8 Weeks March 10 – May 5	T	6:30-7:30	\$125
101S	Defensive Driving 2 Nights March 23 & 24	M & T	6:00-9:00	\$45
102S	Defensive Driving 2 Nights April 27 & 28	M & T	6:00-9:00	\$45
316S	Digital Photography 6 Weeks March 11 – April 22	W	7:00-9:00	\$170
214S	Digital World – Be Aware 1 Night April 28	T	6:30 – 9:00	\$55
204S	**Dog Obedience – Basic 7 Weeks March 17 – May 5	T	6:30-7:30	\$145
205S	*Dog Obedience- Intermediate 7 Weeks March 17 – May 5	T	7:30-8:30	\$145
412S	Drastically Cut Cost/Diff Times 1 Night April 2	TH	6:00-8:00	\$50
207S	Drawing, Painting & Mixed Media 6 Weeks March 10 – April 21	T	6:00-8:00	\$170
413S	Entrepreneurship- Starting Your Own Business 1 Night April 2	TH	8:00-10:00	\$50
	ESOL Sept. 2019 – June 2020 See website for details	T & TH	6:00-9:00	\$40
112S	Excel/PowerPoint 5 Weeks Mar 9 – 30 & Apr 13	M	6:30-8:30	\$155
206S	French (Beginners) 7 Weeks March 10 – April 28	T	7:00-8:30	\$160
414S	Getting Great Real Estate in Difficult Times 1 Night April 2	TH	8:00-10:00	\$50
108S	Golf Lessons at Centennial Beginners – 5 Sessions April 27, 29, May 4, 6 & 11	M & W	5:00-6:00	\$125

Carmel Continuing Education SPRING 2020				
Course #	Course Description	Day	Time	Fee
113S	Golf Lessons at Centennial Beginners – 5 Sessions May 20, 27, June 1, 3, 8	M & W	5:00-6:00	\$125
109S	Golf Lessons at Centennial Intermediate – 5 Sessions April 27, 29, May 4, 6, & 11	M & W	6:15-7:15	\$125
114S	Golf Lessons at Centennial Intermediate – 5 Sessions May 20, 27, June 1, 3, 8	M & W	6:15-7:15	\$125
215S	Goodbye Digital Camera 2 nights March 10 & 17	T	6:30-9:00	\$75
408S	Guitar 8 Weeks March 11 – May 6	W	7:00-8:00	\$125
106S	Line Dance 6 Weeks March 9 – April 20	M	6:45-8:15	\$135
110S	Living Elevated In Body, Mind & Spirit 4 Weeks April 13 – May 4	M	7:00-8:30	\$115
111S	Living with Gratitude 4 Weeks Mar. 9 – Mar. 30	M	7:00-8:30	\$115
216S	Maps, Directions, GPS & More 1 Night May 5	T	6:30-9:00	\$55
401S	Pilates 8 Weeks March 12 – May 7	TH	6:30-7:30	\$125
406S	Pre-Licensing Course Jan 16, Feb 13, Mar 19, Apr 16, May 14, Jun 11	TH	3:30-8:30	\$40
415S	Secrets of Wall Street 1 Night April 2	TH	6:00-8:00	\$50
217S	Settings for iPhone, iPad 2 Nights March 24 & 31	T	6:30-9:00	\$75
218S	Siri: Learn It & Love It 1 Night April 14	T	6:30 – 9:00	\$55
301S	Spanish (Beginners) 7 Weeks March 11 – April 29	W	6:30-8:00	\$160
407S	Small Business Marketing 3 Weeks March 12 - 26	TH	6:30-8:30	\$115
219S	Surfing Safari on iPhone, Mac 1 Night April 21	T	6:30 – 9:00	\$55
409S	Tai Chi & Chi Kung for Health 8 Weeks March 12 – May 7	TH	7:00-8:00	\$125
	TASC (Formerly GED) Sept. 2019 – June 2020 See website for details	T & TH	6:00-9:00	\$40
105S	20 <sup>th</sup> Century American History 5 Weeks - April 13 – May 11	M	6:30-8:30	\$155
305S	Word 4 Weeks Mar 11- April 1	W	6:30-8:30	\$125
402S	Work-It! 8 Weeks March 12 – May 7	TH	7:30-8:30	\$125
317S	Yoga 8 Weeks March 11 – May 6	W	7:00-8:15	\$130

## Carmel Continuing Education Registration Form – SPRING 2020

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

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## Carmel Continuing Education Registration Form – SPRING 2020

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

**207S Drawing, Painting & Mixed Media**  
**Tuesday – 6 Weeks**  
**6:00 – 8:00 p.m.**

**March 10 – April 21**

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

This class is suited for beginning students as well as those who already have training. Experienced students may bring in projects to work on in a supportive environment. Students will learn how to collage using various approaches to paper alteration, image transfer techniques, integrating local flora and found objects, and traditional drawing and painting techniques to incorporate into their artwork. A suggested material list will be provided at the first class.

**Instructor:** Kristen Clancy

## BUSINESS AND FINANCE

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

**April 2**

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

**April 2**

**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 2**

**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.

<b>415S</b>	<b>INVESTING SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW</b> <b>Thursday - 1 Night</b> <b>6:00 - 8:00 p.m.</b>	<b>April 2</b>	<b>Fee: \$50</b> <b>Senior \$50</b> <b>Room: 133</b>
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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.

<b>407S</b>	<b>SMALL BUSINESS MARKETING</b> <b>Thursday – 3 Weeks</b> <b>6:30 – 8:30 p.m.</b>	<b>March 12 - 26</b>	<b>Fee: \$115</b> <b>Senior: \$105</b> <b>Room: 133</b>
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Students will develop a working knowledge of entrepreneurship for currently operating businesses and start-ups. Students will learn about the preparation and steps necessary to start and manage a successful new business venture or marketing strategy. Topic will include the development of a marketing or business plan, market strategy, profit analysis, advertising, forming strategic partnerships and community relationships, and managing growth stages.

**Instructor:** Professor Walter J. Recher

## COMPUTERS

<b>112S</b>	<b>EXCEL/POWERPOINT</b> <b>Monday- 5 Weeks</b> <b>6:30 - 8:30 p.m.</b>	<b>March 9 – 30 &amp; April 13</b>	<b>Fee: \$155</b> <b>Senior: \$155</b> <b>Room: 214</b>
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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.

<b>305S</b>	<b>MICROSOFT WORD</b> <b>Wednesdays - 4 Weeks</b> <b>6:30 - 8:30 p.m.</b>	<b>March 11 – April 1</b>	<b>Fee: \$125</b> <b>Senior: \$125</b> <b>Room: 214</b>
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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.

## COOKING

<b>200S</b>	<b>COOKING Spring Brunch Menu Tuesday – 1 Night 6:30 - 9:00 p.m.</b>	<b>March 10</b>	<b>Fee: \$55 Senior: \$45 Room: GFMS 245</b>
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In this class we will create a bountiful spread for you to welcome in the Spring...fresh ingredients, bright colors, bold flavors, and some creative flare. The Menu: Individual Smoked Salmon-Asparagus Frittata, Crab Cake Benedict, Stuffed Pain Perdu, Cracked Pepper-Maple Candied Bacon, Chocolate Hazelnut Empanadas, Devilish Deviled Eggs & White Wine Sangria

**All cooking classes are held at George Fischer Middle School**

**Supply fee of \$20 Cash only payable to instructor**  
**Instructor:** Mike Garelick

<b>201S</b>	<b>COOKING Spring Hors d 'Oeuvres Tuesday – 1 Night 6:30-9:00 p.m.</b>	<b>March 24</b>	<b>Fee: \$55 Senior: \$45 Room: GFMS 245</b>
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We will demonstrate and you will eat a bounty of bite size canapes, build some larger scale displays, and also explore some creative ways to garnish and present your food to your guests. See the menu, but be aware we pivot as we go and we do some variations of the items as well...because that's cooking! The Menu: Asian Inspired Shrimp Summer Rolls, Mini Chicken Bahn Mi, Saku Tuna Poke, Gazpachos, Miniature Lamb Balls

**All cooking classes are held at George Fischer Middle School**

**Supply fee of \$20 – Cash only payable to instructor**  
**Instructor:** Mike Garelick

## DANCE

<b>306S</b>	<b>BARRE TONING Wednesday-4 Weeks 6:30 – 7:30 p.m.</b>	<b>Session 1</b>	<b>March 11 – April 1</b>	<b>Fee: \$65 Senior: \$60 Room: Dance Studio</b>
<b>307S</b>	<b>Wednesday - 4Weeks 6:30 – 7:30 p.m.</b>	<b>Session 2</b>	<b>April 22 -May 13</b>	<b>Fee: \$65 Senior: \$60 Room: Dance Studio</b>

Come, incorporate some grace into your spring 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. Class ends with graceful stretching. You'll jump right into that new bathing suit. No ballet or dance experience? No problem! Please wear exercise clothes and bare feet, socks, or soft ballet slippers. Barres are provided.

**Instructor:** Stacie Gelhaus



<b>100S</b>	<b>BELLY DANCING</b> <b>Monday – 4 Weeks</b> <b>6:30 – 7:30 p.m.</b>	<b>Session 1</b>	<b>March 9 – March 30</b>	<b>Fee: \$65</b> <b>Senior: \$60</b> <b>Room: Dance Studio</b>
<b>104S</b>	<b>Monday – 4 Weeks</b>	<b>Session 2</b>	<b>April 20 – May 11</b>	<b>Fee: \$65</b> <b>Senior: \$60</b> <b>Room: Dance Studio</b>

Summer is just around the corner, and it's time to get ready for lake weather. Come and dance your way into that new bathing suit. We learn strong, earthy bellydance movements that are great for the core! This class is a great way to get that heart rate up and burn some calories! Lets shimmy our way to spring fitness with folkloric style bellydance; lively torso movements, robust hips, and glittering shimmies.

**Instructor:** Stacie Gelhaus

<b>106S</b>	<b>LINE DANCE</b> <b>Monday - 6 Weeks</b> <b>6:45 – 8:15 p.m.</b>	<b>March 9 – April 20</b>	<b>Fee: \$135</b> <b>Senior: \$120</b> <b>Room: Cafeteria</b>
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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.

## DIGITAL TECHNOLOGY

<b>214S</b>	<b>BEING AWARE OF YOUR DIGITAL WORLD</b> <b>Tuesday – 1 Night</b> <b>6:30 – 9:00 p.m.</b>	<b>April 28</b>	<b>Fee: \$55</b> <b>Senior: \$55</b> <b>Room: 111</b>
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In this timely demonstration, lecture and discussion class, learn to be aware and protect your privacy from scammers, phishing, hacking and social engineering online & offline. Topics include: current events, best web searching practices, passwords & PINS, VPNs, ad blockers, tracking, biometrics (Face & Fingerprint, voice, crowds...), smart homes, pesky drones, fake ATMs, Facebook, Google, "the camera game", and more. Links articles and info will be shared.

**Instructor:** Donald Gambino

<b>215S</b>	<b>Goodbye Digital Cameras... Hello iPhone</b> <b>Tuesday – 2 Nights</b> <b>6:30 – 9:00 p.m.</b>	<b>March 10 &amp; 17</b>	<b>Fee: \$ 75</b> <b>Senior: \$55</b> <b>Room: 111</b>
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Why hassle with extra camera equipment when your iPhone takes great pix? Learn the best techniques for photo taking with the iPhone including special effects, editing, enhancing and post-processing to make photos look even better, then organize and share your photos and videos via special Apps, Facebook, email, Apple's Photo Stream and other means. Note: Please email your 3 questions/topics at least 1 day before class starts to your instructor at: Donald\_Teacher@mac.com

**Instructor:** Donald Gambino is an Educator, Artist, and Computer Consultant & Private Trainer: Helping people become the masters of their digital information and technology for career, leisure, and everyday life.

**216S**      **MAPS, DIRECTIONS, GPS AND MORE**      **May 5**      **Fee: \$55**  
**Tuesday – 1 Night**      **Senior: \$55**  
**6:30 – 9:00 p.m.**      **Room: 111**

Get Directions, GPS voice navigation, live traffic to your destination, restaurants, businesses, movies with the Maps app from Apple. Zoom into maps with GPS and share your location with others via Maps and "Find My Friends" app. Create and use location bookmarks. Link to people in your contact lists. Learn to use "Find my iPhone/iPad/Mac" and search and download other apps for directions, travel, augmented reality, and research. Alternate apps will be shown such as Google Maps, Google Earth and more.

**Instructor:** Donald Gambino

**217S**      **SETTINGS FOR IPHONE, IPAD,**      **Fee: \$75**  
**IPOD TOUCH: DON'T BE AFRAID**      **Senior: \$55**  
**Tuesday – 2 Nights**      **March 24 & 31**      **Room: 111**  
**6:30 – 9:00 p.m.**

Confused about your iDevice's settings? Wonder whats the difference between notifications, control center, do not disturb, hotspots, icloud and various app settings? Not sure which should be on or off—and why? Concerned about battery life, privacy, ad tracking, GPS and more? Explore and learn about all the settings and customize them to serve your digital lifestyle.

**Instructor:** Donald Gambino

**218S**      **SIRI: LEARN IT & LOVE IT: GET**      **Fee: \$55**  
**RESULTS, NOT FRUSTRATED!**      **Senior: \$55**  
**Tuesday – 1 Night**      **April 14**      **Room: 111**  
**6:30-9:00 p.m.**

Siri is a breakthrough in Artificial Intelligence, providing information and answering questions for Apple's iDevices. Learn the optimal settings and other usage tips to command Siri to search the Web, the weather, sports scores, your iDevice's contacts, calendars, messages, calls, reminders, music, apps including Maps for directions, reviews, and more information. "If you're not using Siri, you're not using your device to the fullest!" For users of iPhone 4S or later; iPad 2, iPad mini or later. Note: bring your charged devices to class.

**Instructor:** Donald Gambino

**219S**      **SURFING SAFARI ON THE**      **Fee: \$55**  
**IPHONE, IPAD, MAC, PC:**      **Senior: \$55**  
**SEARCHING EFFICIENTLY &**      **April 21**      **Room: 111**  
**EFFORTLESSLY**      **Tuesday – 1 Night**  
**6:30 – 9:00 p.m.**

Siri Learn the best practices, tips and tricks of using the fast and powerful Safari browser for searching and surfing the web. Research or easily find what you are looking for, navigate favorites, read multiples web pages at once, or save for later to your reading lists or bookmarks. Search words on individual pages, mail links, items. Tired of reading?...Have the pages read aloud to you! Need to read webpages in another language? Translate it! Tired of visual clutter? Block ads and banish those annoying pop-ups! Is privacy a concern? Learn about private mode, your history, and clearing and deleting items, customize your preferences and settings to make it customized for you. Safari is a free download from Apple, for iDevices, Macs, and PCs.

**Instructor:** Donald Gambino

## DOG TRAINING

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

March 17 – May 5

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 17 – May 5

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  
6:00 – 9:00 p.m.  
**101S Session #1**  
**102S Session #2**

March 23 & 24  
April 27 & 28

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**  
Thursday  
3:30 – 8:30 p.m.

Jan 16, Feb 13, March 19,  
April 16, May 14, June 11

Fee: \$40  
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

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

**Ongoing thru June 2020**

**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 10 – May 5**

**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 10 – May 5**

**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 12 – May 7**

**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 12 – May 7**

**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

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

**March 11 – May 6**

**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 27,29, May 4, 6 & 11**  
**5:00 – 6:00 p.m.**      **Fee: \$125**  
      **Senior: \$125**

**113S GOLF LESSONS - Beginners**  
**Monday & Wednesday – 5 Sessions**      **May 20, 27, June 1, 3, 8**  
**5:00 – 6:00 p.m.**      **Fee: \$125**  
      **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.

**109S GOLF LESSONS - Intermediate**  
**Monday & Wednesday – 5 Sessions**      **April 27,29, May 4, 6 & 11**  
**6:15 – 7:15 p.m.**      **Fee: \$125**  
      **Senior: \$125**

**114S GOLF LESSONS - Intermediate**  
**Monday & Wednesday – 5 Sessions**      **May 20, 27, June 1, 3, 8**  
**6:15 – 7:15 p.m.**      **Fee: \$125**  
      **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

**111S LIVING WITH GRATITUDE**  
**Monday –4 Weeks**      **March 9 – March 30**  
**7:00 – 8:30 p.m.**

**Fee: \$115**  
**Senior: \$105**  
**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.

**110S LIVING ELEVATED IN BODY, MIND & SPIRIT**  
**Monday – 4 Weeks**  
**7:00 – 8:30 p.m.**

**April 13 – May 4**

**Fee: \$115**  
**Senior: \$110**  
**Room: 135**

We will explore the power of our thoughts, words, attitudes and actions in living a quality life. We will learn about ways to care for our body, mind and spirit, involving meditation, movement, journal writing, affirmative prayer, and creating vision boards.

**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 12 – May 7**

**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](http://www.brewsternymartialaets.com)

## HISTORY

**105S 20<sup>TH</sup> CENTURY AMERICAN HISTORY**  
**Monday – 5 Weeks**  
**6:30 – 8:30 p.m.**

**April 13 – May 11**

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

The 20<sup>th</sup> Century dawned a new era to the United States. Industry, Progressivism, Wars and Civil unrest brought about a fundamental change to our Republic. We will explore some of the major changes that occurred, particularly to our system of Government.

**Instructor:** Rick Montes

## LANGUAGES

**206S FRENCH - BEGINNERS**  
**Tuesday – 7 Weeks**  
**7:00 – 8:30 p.m.**

**March 10 – April 28**

**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



**301S SPANISH – BEGINNERS**  
**Wednesday - 7 Weeks**  
**6:30 – 8:00 p.m.**

**March 11 - April 29**

**Fee: \$160**  
**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:** NYS certified Spanish teacher.

### **ADULT English for Speakers of Other Languages (ESOL):**

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

**Ongoing thru June 2020**

**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.**

## **MUSIC**

**408S GUITAR 1**  
**Wednesday - 8 Weeks**  
**7:00 – 8:00 p.m.**

**March 11 – May 6**

**Fee: \$125**  
**Senior: \$115**  
**Room: Music B**

This class is designed to teach guitar students with little or no experience. Primary goals of this class will be to experience various styles of guitar playing including strumming chords and playing single notes. In addition to music theory, students will learn the basics of reading chord charts, sheet music, and tablature, and will be able to work at a pace that is comfortable for them. Limit 10 Students. Class is for adults only.

**Instructor:** Donald Griffith is a certified Music teacher at GFMS

## **PHOTOGRAPHY**

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

**March 11 – April 22**

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

This course is designed for those adults who 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

Thursday - 1 Night

7:00 – 8:30 p.m.

404S  
405S

Session 1  
Session 2

March 25  
April 29

Fee: \$45  
Fee: \$45  
Room: 135

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