

# Continuing Education: Fall - Spring 2019-2020



*“Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young.” – Henry Ford*

**Welcome to the New Rochelle High School Continuing Education program. It is our goal to present a wide range of courses to the New Rochelle community and beyond. As the program begins to develop and grow, many exciting changes are taking shape. I look forward to offering new learning experiences to all who attend. So whether you are searching to discover a new skill for yourself, or simply want to improve upon an old one, I am confident that our program can satisfy your needs.**

***Sincerely,***

Maureen Maire

***Director of Continuing Education***

In the administration of its programs and policies, the City School District of New Rochelle does not discriminate on the basis of age, sex, race, creed, color, national origin or disability. It complies with the Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1973, the Americans with Disabilities Act of 1990, and the individuals with Disabilities Act. Inquiries regarding this policy should be referred to:

District's Compliance Officer 515 North Avenue New Rochelle, NY 10801-3416 (914) 576-4213.

## **INFORMATION**

The New Rochelle Board of Education maintains an extensive Adult Education program for residents and non-residents of New Rochelle. Questions concerning the program can be answered by calling: (914) 576-4547 after 3:00 pm Monday through Thursday evenings only, e-mail: [mmaire@nredlearn.org](mailto:mmaire@nredlearn.org), or in person. The Continuing Education office is located in room 145 at New Rochelle High School.

**A minimum of eight students is required** for most courses to run. **Children under the age of 18 are not permitted to take courses.** By submitting the registration form and payment, you are officially enrolled in the program and placed on the class list. We will send you an email confirmation if the class is running, or return your check if the class is canceled.

New Rochelle High School Continuing Education does not assume any responsibility for damage or loss of personal property or injury on or off premises. We reserve the right to cancel under-enrolled courses, change class times and locations or substitute instructors when necessary.

A. **REGISTER IN PERSON & ON LINE:** Registration runs one month prior to the start date of the class in Room 145 at New Rochelle High School between 3:00 and 8:00 pm Monday through Thursday. The Adult Education office opens daily at 3:00 pm and is closed on Fridays. Online REGISTRATION IS SIMPLE AND EASY AND CAN BE DONE ANY TIME BY GOING TO THE LINK ON THE NRHS WEBSITE. [nrhs.nred.org](http://nrhs.nred.org) click on Adult Education to find registration forms, course listings, and the latest about the program.

B. **METHODS OF PAYMENT:** We accept Checks, Money Orders, and Cash and ONLINE REGISTRATION TAKES CREDIT/DEBIT CARDS. Please provide separate checks for each class that you are registering for. **Returned checks will be subject to a bank fee which is usually \$35.00.**

C. **REGISTER BY MAIL:** Complete the registration form below. Send the form with a check payable to CITY SCHOOL DISTRICT OF NEW ROCHELLE, with a self-addressed stamped envelope for confirmation to: DIRECTOR OF CONTINUING EDUCATION, NEW ROCHELLE HIGH SCHOOL, 265 CLOVE ROAD, NEW ROCHELLE, NEW YORK 10801.

D. **REFUNDS:** The student assumes the risk of **all** changes in business and personal affairs. As such, **refunds are not given unless the class is cancelled** by the director.

E. **SENIOR DISCOUNT:** Upon presentation of proof of age over 65, Senior citizens pay only half the fee (except for Computer and Real Estate courses).

# COURSES OFFERED

## FINE ARTS & CRAFTS

### **CERAMICS** - G. Fraioli

Mondays 7-9:30 pm

8 Sessions

Room 434

\$125

**Fall:** Starts Monday October 21<sup>st</sup> - December 16th

**Spring:** Starts Monday February 10th - April 13th

Introduces the basics of ceramic production through a variety of hand building techniques and various methods of decorating with glaze. **A materials fee of \$30 must be paid at the first class.** Class size is limited to 15 students.

### **CERAMICS II** - G. Fraioli

Wednesdays 7-9:30 pm

8 Sessions

Room 434

\$125

**Fall:** Starts Wednesday October 16th - Dec.11th

**Spring:** Starts Wednesday February 12th - April 15th

Advanced hand building techniques will be introduced along with basic wheel throwing. Introduction to making functional pottery and advanced glazing techniques. **A materials fee of \$30 must be paid at the first class.** Class size is limited to 15 students.

## COMPUTER AND TECHNOLOGY

### **KEYBOARDING** - C. Ruby

Wednesdays 7:30-8:30 pm

8 Sessions

Room 236

\$125

**Fall:** Starts Wednesday October 16th - December 11th

**Spring:** Starts Wednesday February 12th - April 15th

Designed for individuals who have little to no training in typing or keyboarding. This course introduces students to techniques that will allow them to progress past pecking at keys. Students memorize the order of the keys and practice typing for speed and accuracy. The course stresses typing without looking at the computer keyboard or backtracking to fix mistakes. **Senior discount does not apply.**

## **MICROSOFT WORD - C. Ruby**

Thursdays 6:30-7:30 pm

8 Sessions

Room 236

\$125

**Fall:** Starts Thursday October 17<sup>th</sup> - December 19<sup>th</sup>

**Spring:** Starts Thursday Feb. 13<sup>th</sup> - April 16<sup>th</sup>

This is an introduction to Word Processing. Learn how to create and edit documents, control the appearance of text, move and copy data, spell check, cut, paste and merge documents. All of the basic operational functions of this program will be covered. Basic PC knowledge is required.

This is not a certificate bearing class. **Senior Discount does not apply.**

## **HEALTH AND FITNESS**

### **PILATES - L. Lynn**

Thursdays 7-8:00

12 Sessions

Room 1103

\$150

**Fall:** Starts Thursday October 17<sup>th</sup> - Feb. 13<sup>th</sup>

**Spring:** Starts Thursday Feb. 27<sup>th</sup> - May 21<sup>st</sup>

This particular form of exercise concentrates on using the mind to direct targeted muscle groups. This can be achieved through focusing on the back muscles that control posture, core movements, overall balance, and support of the spine. Breathing forms the foundation for all of the movements and will be taught for maximum results.

### **WATER AEROBICS - L. Zeiss**

Mondays/Wednesdays 7:30-8:30

12 Sessions

Room: Pool

\$150

**Fall:** Starts Wednesday Oct. 16<sup>th</sup> – December 2<sup>nd</sup>

**Spring:** Starts Monday February 10<sup>th</sup> – March 30<sup>th</sup>

An exciting cardiovascular workout set to music, complete with warm-up, a choreographed workout, cool down and stretching. This is an opportunity to add a new twist to your fitness routine. Water aerobics is a workout with minimal impact on your body. Open to swimmers and non-swimmers.

### **YOGA I - E. Pecora**

Tuesdays 7-8:00

12 Sessions

Room Library

\$150

**Fall:** Starts Tuesday October 15<sup>th</sup> – February 4<sup>th</sup>

**Spring:** Starts Tuesday February 11th - May 12th

Yoga is an ancient system of physical education for the harmonious development of body and mind. We will study stretching postures, which bring the physical, mental and emotional bodies into harmony. We will also study breath control with different breathing techniques.

**Don't be the reason your class doesn't run!**

*Register early:*

*Classes are cancelled for under-enrollment several days in advance. We recommend that you register TWO weeks in advance of the course start date.*

## LANGUAGES

### **BEGINNING ITALIAN** - G. Di Salvo

Mondays 8:30-10:00 pm

12 Sessions

Room 121

\$150

**Fall:** Starts Monday October 21<sup>st</sup> - February 24th

**Spring:** Starts Monday March 2<sup>nd</sup> - June 8th

This is an introductory course designed to provide the beginning student with an opportunity to master correct pronunciation, basic grammar, idiomatic expressions, and the confidence to speak Italian. Readings and exercises from the textbook *Italian is Fun* available the first night of class for \$25.

### **INTERMEDIATE/ADVANCED ITALIAN** - G. Di Salvo

Mondays 7-8:30 pm

12 Sessions

Room 121

\$150

**Fall:** Starts Monday October 21<sup>st</sup> - February 24th

**Spring:** Starts Monday March 2<sup>nd</sup> - June 8th

Previous Italian instruction is a prerequisite for this course. Students will continue learning grammar, expressions, verbs (past, present and future) adjectives, contractions, etc. Readings and exercises from the textbook *Avventure in Citta* which is available on the first night of class for \$25

### **BEGINNING SPANISH** - M. Mejia

Tuesdays 7-8:30 pm

12 Sessions

Room 215

\$150

**Fall:** Starts Tuesday October 15th – February 4th

**Spring:** Starts Tuesday February 11th – May 12<sup>th</sup>

This class focuses on vocabulary, structured sentences, expressions and grammar. Readings, short compositions, written and oral exercises come from the textbook *Spanish is Fun* which is available on the first night of class for \$25.

## **INTERMEDIATE/ADVANCED SPANISH** - M. Mejia

Thursdays 7-8:30 pm

12 Sessions

Room 215

\$150

**Fall:** Starts Thursday October 17th - February 13th

**Spring:** Starts Thursday February 27<sup>th</sup> - May 21<sup>st</sup>

Previous Spanish instruction is a prerequisite for this course. It is a continuation of Beginning Spanish. Further readings, short compositions, written and oral exercises come from the textbook *Spanish is Fun* which is available on the first night of class for \$25.

## **MUSIC & DANCE**

### **ARGENTINE TANGO DANCING** - K. Crescent

Mondays 6:30-8:00 pm

8 Sessions

Room 1103

\$125

**Fall:** Starts Monday, October 21st – December 16th

**Spring:** Starts Monday February 10<sup>th</sup>- April 20th

Learn the basic elements and steps of this romantic dance. We will study posture, the tango walk, and making your way around the dance floor. The only requirements are your enthusiasm and a pair of shoes with leather soles.

### **BELLY DANCING** - M. & A. Searles

Thursdays 6:30-7:30 pm

10 Sessions

Room 431

\$125

**Fall:** Starts Thursday October 17th - January 16th

**Spring:** Starts Thursday February 13<sup>th</sup> - April 30th

Learn the basics of Middle Eastern Belly Dancing. We will begin with the basic core movements and advance to techniques for creating and applying them harmoniously and gracefully to music.

## **PIANO I** - M. Jeraci

Mondays 7-8:00 pm

8 Sessions

Room 158

\$100

**Fall:** Starts Monday October 21<sup>st</sup> – December 16<sup>th</sup>

**Spring:** Starts Monday February 10<sup>th</sup> – April 20<sup>th</sup>

No previous training is required for this course which offers the basic foundations in piano. The course involves keyboard theory and theory in music notation that will enable the student to read music and to correlate it to the keyboard. Keyboards are supplied in class, however, you are welcome to bring your own.

## **SELF IMPROVEMENT**

### **RESUME & CAREER BUILDING** - C. DelliCarpini

Thursdays 6:30-7:30 pm

8 Sessions

Room: Library Computer Lab

\$125

**Fall:** Starts Thursday October 17<sup>th</sup> - December 19<sup>th</sup>

**Spring:** Starts Thursday February 13<sup>th</sup> – April 16<sup>th</sup>

This 8-week course will focus on resume writing, interviewing strategies and basic career readiness skills. Students will learn how to field tough interview questions, take part in in-class activities to identify their strengths and build confidence, and leave with a professionally reviewed resume. Basic computer skills are a plus. Students should bring a hard copy of their current resume to first class.

### **REAL ESTATE SALES** - R. Retta

Tuesdays/Thursdays 6:30-9:30 pm

26 Sessions

Room 203

\$350

**Fall:** Starts Tuesday October 15<sup>th</sup>–February 25<sup>th</sup>

**Spring:** Starts Tuesday February 25<sup>th</sup> – June 2<sup>nd</sup>

(S. 176) This is a New York State approved course to prepare for the New York State Real Estate Salesperson license examination. New York State requires a 75 hour approved course. The course consists of concentrated instruction and there is no prerequisite. The exam is given on the 26<sup>th</sup> session. **The textbook is \$65 to be paid on the first night of class.**



## ***DIRECTIONS***

### ***Hutchinson River Parkway South***

Take exit 18E (Mill Road). Turn right onto Mill Road and proceed to traffic light at North Avenue (bear right at the light). Take North Avenue about 2 miles to Eastchester Road turn right and at the first traffic light turn right onto Clove Road.

### ***Hutchinson River Parkway North***

Take exit 14, turn right and then at the light turn left at Eastchester Road. Follow Eastchester Road to the third traffic light (Clove Road and turn left.

### ***New England Thruway (1-95) South***

Take exit 16, take a left and follow the signs to North Avenue. At North Avenue, follow about 1 mile (13 traffic lights) to Eastchester Road and turn left. First light on Eastchester Road will be Clove Road, turn right.

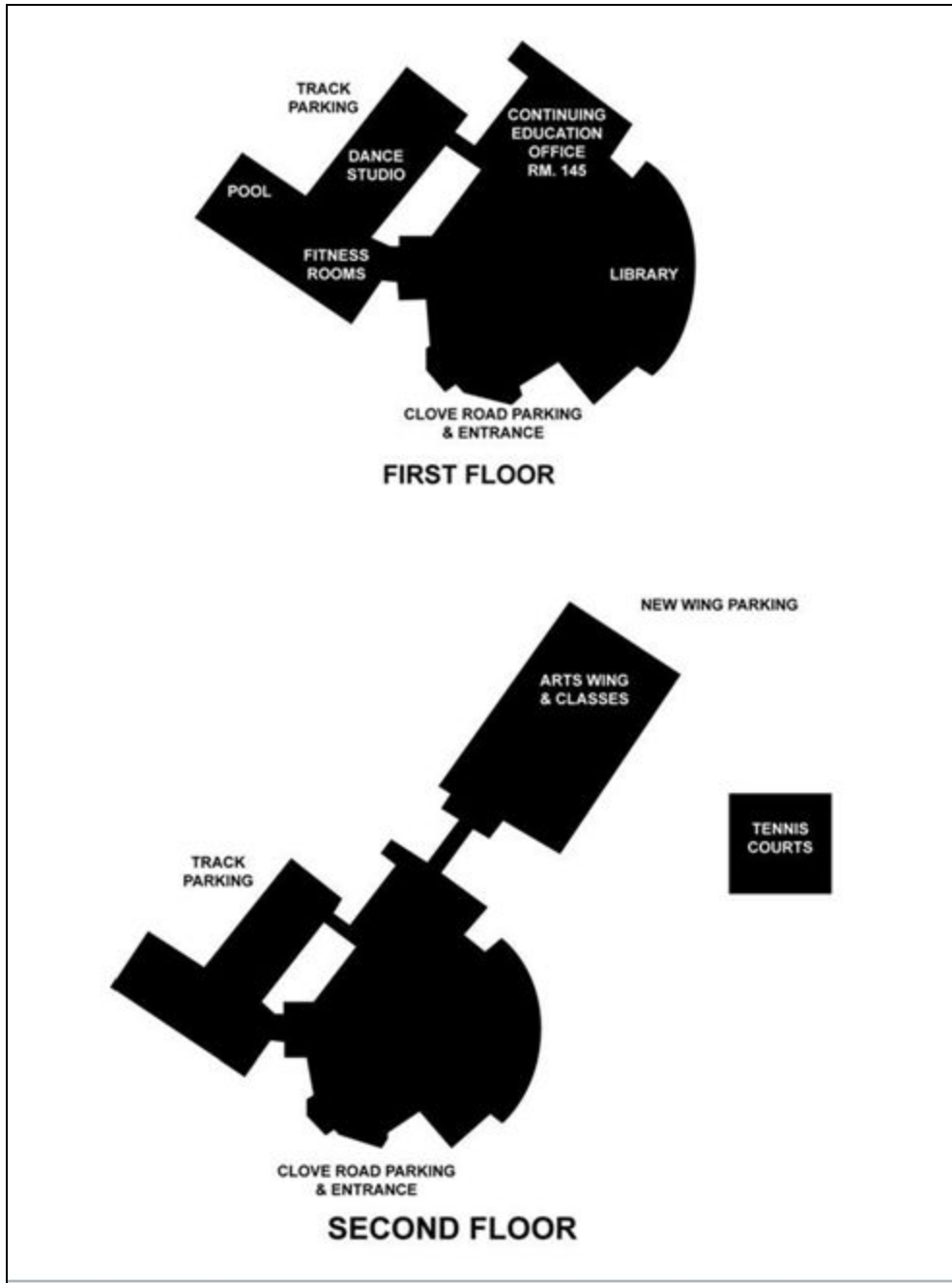
### ***New England Thruway (1-95) North***

Take exit 16, turn right and go to the first traffic light (North Avenue). At North Avenue make a right, follow about 1 mile (13 traffic lights) to Eastchester Road and turn left. First light on Eastchester Road will be Clove Road, turn right.

### ***Cross County Parkway East***

Take exit 10 (New Rochelle Road). Turn right at the stop sign and follow New Rochelle Road to the fourth traffic light (Eastchester Road). At Eastchester Road turn left and follow to the third traffic light (Clove Road). Turn left at Clove Road.

# BUILDING LAYOUT



## ***2019-2020 School Closings***

October 31, 2019	Halloween
November 5, 2019	Election Day
November 27-28, 2019	Thanksgiving Recess
December 23, 2019 - January 3rd, 2020	Holiday Recess
January 20, 2020	Martin Luther King Jr. Day
January 21-31, 2020	Regents Exams
February 3, 2020	Half Day NRHS
February 17-21, 2020	Winter Recess
March 23, 2020	Half Day NRHS
April 6-10, 2020	Spring Break
May 25, 2020	Memorial Day

[\*\*\*nrhs.nred.org\*\*\*](http://nrhs.nred.org)

Click on Adult Education to Find Updated Information, School Closing  
Information & Schedule Changes

***REMINDER!!!***

*In an effort to be environmentally sound, we have combined our Fall and Spring Catalog. Save your catalog or this page as a reminder to visit our website in February for our Spring registration.*

<i>Fall Mail-in Registration begins</i>	September 9, 2019
<i>In-person Registration begins</i>	September 17, 2019
<i>Spring Mail-in Registration begins</i>	December 2, 2019
<i>In-person Registration begins</i>	January 6, 2020

**Please visit our website at [nrhs.nred.org](http://nrhs.nred.org)**

**(914) 576-4547**

**[mmaire@nredlearn.org](mailto:mmaire@nredlearn.org)**

## FALL REGISTRATION FORMS

Name: _____
Address: _____
City: _____ Zip: _____
Telephone: _____
E-Mail: _____
Course: _____
<b>Office Use Only:</b>
<b>Amount:</b> _____ <b>Senior:</b> ( Proof Provided <input type="checkbox"/> )
<b>Paid By:</b> _____ <b>Receipt #:</b> _____

Name: _____
Address: _____
City: _____ Zip: _____
Telephone: _____
E-Mail: _____
Course: _____
<b>Office Use Only:</b>
<b>Amount:</b> _____ <b>Senior:</b> ( Proof Provided <input type="checkbox"/> )
<b>Paid By:</b> _____ <b>Receipt #:</b> _____

## SPRING REGISTRATION FORMS

Name: _____
Address: _____
City: _____ Zip: _____
Telephone: _____
E-Mail: _____
Course: _____
<b>Office Use Only:</b>
<b>Amount:</b> _____ <b>Senior:</b> ( Proof Provided <input type="checkbox"/> )
<b>Paid By:</b> _____ <b>Receipt #:</b> _____

Name: _____
Address: _____
City: _____ Zip: _____
Telephone: _____
E-Mail: _____
Course: _____
<b>Office Use Only:</b>
<b>Amount:</b> _____ <b>Senior:</b> ( Proof Provided <input type="checkbox"/> )
<b>Paid By:</b> _____ <b>Receipt #:</b> _____

Continuing Education

Fall-Spring 2019-2020



New Rochelle High School

265 Clove Road

New Rochelle, NY 10801

**Board of Education Members:**

Christopher Daniello

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Lisdalla Saraivas - *Clerk & Secretary*

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Anthony Bongo Ed.D.

*Assistant Superintendent*

Joseph Williams

*Assistant Superintendent for Human Resources*

Amy Goodman

*Interim Assistant Superintendent*

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*Interim Assistant Superintendent*

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