

Commack Continuing Education



Committed To Lifelong Learning

SPRING 2012

Welcome to the Division of Continuing Education. Our mission is to provide opportunities which will promote lifelong learning. The Office of Continuing Education is dedicated to offering a wide variety of programs designed to help you grow academically, personally, and professionally. Continuing Education classes help you create, imagine, discover, build, and update your skills. Engage with like minds and enroll today!

NEW COURSES

Digital Camera for Beginners
Intermediate Digital Photography
Intermediate Italian
Intermediate Guitar

Class Schedules, Including Day, Dates, And Times, Are Posted With Each Course.

NEW For Teens Only!

Zumba for Teens
KickLates for Teens
Yoga for Teens

Email Notification

The Commack School District website contains many valuable resources. We encourage you to sign up for opt-in email to receive information concerning our Continuing Education program. Simply visit our homepage located at www.commackschools.org, click the link to Sign up for Email Notification, follow the steps to register, and please be sure to check off the box for CONTINUING EDUCATION.

Commack School District Building Locations

Use the addresses below in your GPS or MapQuest for directions to the school:

CHS: Commack High School
1 Scholar Lane
Commack, NY 11725

CMS: Commack Middle School
700 Vanderbilt Parkway
Dix Hills, NY 11746

BURR: Burr Intermediate School
235 Burr Road
Commack, NY 11725

NR: North Ridge Elementary School
300 Town Line Road
Commack, NY 11725

Cedar Road School
178 Cedar Road
East Northport, NY 11731

The Commack School District kindly requests that fire zones be kept clear when parking on school property at all times.

All buildings will be closed April 6 through 13

Holidays & Inclement Weather: If the school buildings are closed due to a holiday there will be no evening classes. Closings due to inclement weather will be posted on the Commack School District website, www.commackschools.org, and can be found on News 12 Long Island and local radio stations.

Continuing Education Office

Phone: 631 912 2153

Email: adulthoodoffice@commack.k12.ny.us

Website: www.commackschools.org

BOARD OF EDUCATION

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ARTS & CRAFTS

1. Oil Painting **Marla Mencher**
Learn how to mix, brush, and layer oils to develop a rich, bold, and well-composed painting. Develop your own style and understand the techniques that make oil painting a wonderful art medium. Supply list will be e-mailed to you after registration. (Limit 12)
Monday, March 5, 12, 19, 26, April 2, 23, 30, May 7 (8 sessions) **Resident Fee: \$50**
CHS Art 3 **Non-Resident Fee: \$56**
7-9:30PM **CSD Senior Citizen Fee: \$18**

2. Watercolor **Marsha Goldman**
This is an introductory course for beginners, as well as a workshop for intermediate and advanced painters. Basic color mixing and composition will be taught at the introductory level. Learn the use of color orchestration and the application of those essentials necessary to create a watercolor painting. Materials and cost will be discussed on the first night of class. (Limit 10)
Monday, March 5, 12, 19, 26, April 2, 23, 30, May 7 (8 sessions) **Resident Fee: \$50**
CHS Art 2 **Non-Resident Fee: \$56**
7-9:30PM **CSD Senior Citizen Fee: \$18**

3. Pastels **NEW** **Marla Mencher**
Unlock the artist within you and achieve great results with easy to use pastels. Draw, shade, and create dynamic art with vivid color. Add dimension to still life art and simple landscapes. Bring a set of 24 or more nupastels in assorted colors, a pad of multicolored 12 x16 or 11x14 canson pastel paper, a kneaded eraser, and a pencil. Suitable for beginner to advanced artists.
Thursday, March 8, 15, 22, 29, April 5, 19, 26, May 3 (8 sessions) **Resident Fee: \$50**
CHS Art 3 **Non-Resident Fee: \$56**
7-9:30PM **CSD Senior Citizen Fee: \$18**

4. Pottery **Wallace Collier**
Enjoy the creative arts of ceramic sculpture and pottery. Learn building techniques and how to use a potter's wheel, and work with stoneware clay and glazes. A material fee is included in the tuition. (Limit 12)
Thursday, March 8, 15, 22, 29, April 5, 19, May 3, 10, 17 (9 sessions) **Resident Fee: \$87**
CHS Art 6 **Non-Resident Fee: \$92**
7-9PM **CSD Senior Citizen Fee: \$50**

10. Knitting **Hela Ressa**
You will learn basic stitches, how to read instructions, and have ample time to complete a project. If you know the basic stitches, this course will teach you more intricate patterns to give your work a professional look. Students are asked to bring the following to the first class: one skein of knitting worsted (light color), a pair of size US 8 (5.0mm) knitting needles, one tapestry needle #13, a pair of

scissors and a tape measure.
Thursday, March 8, 15, 22, 29, April 5, 19, 26, May 3, 10, 17 (10 sessions) **Resident Fee: \$56**
CHS Learning Center **Non-Resident Fee: \$62**
7-9PM **CSD Senior Citizen Fee: \$24**

11. Crocheting **Hela Ressa**
Learn the basic stitches, how to read instructions, and have ample time to complete a project. If you have already mastered the basics, come learn more intricate patterns and how to give your work a professional look. Materials needed for first class: Size 1 crochet hook, one skein of knitting worsted (light color), scissors, tape measure, tapestry needle #13, and a US Letter I (5.50mm) needle.
Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1, 8, 15 (10 sessions) **Resident Fee: \$56**
CHS Learning Center **Non-Resident Fee: \$62**
7-9PM **CSD Senior Citizen Fee: \$24**

13. Quilting **Joan Papa**
Join us and learn to quilt with a group of wonderful people. Learn the finer aspects of quilting as we progress from beginning techniques to newer and more advanced ones.
Wednesday, March 7, 14, 21, 28, April 4, May 2, 9, 23 (8 sessions) **Resident Fee: \$50**
CMS A 20/21 **Non-Resident Fee: \$56**
7-10PM **CSD Senior Citizen Fee: \$24**

16. Decorative Painting **Helen Ensmenger**
Create custom hand painted gifts for yourself and your loved ones. Embellish wine glasses, mailboxes, flower pots, furniture, and clothing with beautiful flowers and fruit. Please bring a large box or basket to carry your things home with you. A material fee of \$20.00 (cash only) will be collected on the first night of class.
Tuesday, March 6, 20, 27, April 3 (4 sessions) **Resident Fee: \$40**
CHS Art 2 **Non-Resident Fee: \$46**
7-9:30PM **CSD Senior Citizen Fee: \$18**

17. Jewelry Making **Marlena Konas**
In this fun and exciting class you will make a beautiful beaded necklace and matching earrings. Instruction will be given on the basic essentials of jewelry design including crimping technique, wire work, and bead weaving. Bring to the first class: chain nose pliers, crimper, cutter, round nose pliers, ruler, mat and note pad. A material fee of \$25.00 (cash only) will be collected on the first night of class.
Thursday, March 8, 15, 22 (3 sessions) **Resident Fee: \$30**
CHS Art 2 **Non-Resident Fee: \$36**
7-9PM **CSD Senior Citizen Fee: \$18**

COMPUTER TECHNOLOGY

22. Introduction to PowerPoint **Jill Gronowski**
Create impressive slideshows, planners, graphs, charts, projects, and much more with Microsoft PowerPoint. Integrate with the internet to make your presentations more effective. Join us and learn how to put your ideas to work. Please bring a flash drive to class.
Monday, March 5, 12, 19, 26 (4 sessions) **Resident Fee: \$44**
CHS Comp Lab 6 **Non-Resident Fee: \$50**
7-8PM **CSD Senior Citizen Fee: \$18**

26. Microsoft Word 2010 for the Home User **Ilene DiPrima**
This course will help you find and use tasks in the new version of Microsoft Word. Discover how to create many types of word processing documents. Concepts such as cut, copy, paste, inserting objects and pictures, and more will be introduced. Basic typing skills are recommended. Please bring a flash drive to class. A \$5 material fee will be collected on the first night of class. (Limit 16)
Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions) **Resident Fee: \$50**
CHS Comp Lab 5 **Non-Resident Fee: \$56**
7:30-9PM **CSD Senior Citizen Fee: \$18**

29. Computers for Beginners **Ilene DiPrima**
Become more confident using your computer. Learn simple word processing skills using Microsoft Word 2010. Discover how to navigate the web, shop on-line, and send emails. Some typing skills are recommended, but not required. Please bring a flash drive to class. A \$5 material fee will be collected on the first night of class. (Limit 16)
Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions) **Resident Fee: \$50**
CHS Comp Lab 5 **Non-Resident Fee: \$56**
6-7:30PM **CSD Senior Citizen Fee: \$18**

32. Introduction to Excel **Gene Fossner**
Excel, the most popular Windows/Mac spreadsheet, is a ready tool for integrating spreadsheets, data management, macro generation, and graphs. No prior experience in computers or Excel is required.

Students will be taught Excel basics through the use of examples from fields such as finance, accounting, and small business. Please bring a flash drive to class.

Wednesday, March 7, 14, 28, April 4, 18, 25, May 2, 9 (8 sessions) **Resident Fee: \$50**
CHS Comp Lab 6 **Non-Resident Fee: \$56**
7-9PM **CSD Senior Citizen Fee: \$18**

33. Intermediate Excel **Patrick Braddick**
Take your Excel skills to the next level! With Excel you can analyze, manage, and organize information to help you make better personal and professional decisions. Expand your use of Excel through building pivot tables, combining multiple formulas (Vlookups, Iserror, If-Then, Indirect, and more), and use sorting functions. Some simple formula knowledge and basic understanding of spreadsheets are required. Please bring a flash drive to class.
Thursday, March 8, 15, 22, 29, April 5, 19, 26, May 3 (8 sessions) **Resident Fee: \$50**
CHS Comp Lab 6 **Non-Resident Fee: \$56**
7-9PM **CSD Senior Citizen Fee: \$18**

BOATING

72. Boating and Seamanship
The US Coast Guard Auxiliary is offering a course in Boating Skills and Seamanship. The course is designed to provide the necessary skills to operate a vessel safely. Topics covered will include the legal requirements, safety equipment, trailering, operation and handling of boats, and navigation rules. Emphasis will be placed upon safety, operation, and seamanship. Most boat insurance companies offer a discount on premiums upon proof of successful completion of a boating safety course.
Wednesday, March 7, 14, 28, April 4, 18, 25 (6 sessions) **Resident Fee: \$66**
CHS 107 **Non-Resident Fee: \$72**
7:30-9:30PM **CSD Senior Citizen Fee: \$66**

COOKING

37. Dinner Done in 30 Minutes! **Larissa Soccoli**
Great for beginner cooks! Come learn fun ways to use common pantry items and kitchen tools to create quick, easy, nutritious, and budget friendly recipes. Involve the whole family in meal preparation. The recipes have been developed and tasted in the Pampered Chef Test Kitchen with results that will delight your family and friends. A food fee of \$15 (cash only) will be collected on the first night of class. (Limit 15)
Wednesday, April 4, 18, 25, May 2 (4 sessions) **Resident Fee: \$38**
CHS Teacher's Café **Non-Resident Fee: \$44**
7-9PM **CSD Senior Citizen Fee: \$18**

38. International Cuisine **Chef Armand Vanderstighel**
Make great entrees, hors d'oeuvres, and appetizers. Students will learn culinary history and cooking techniques of cuisines from around the world. The chef is a graduate of the Culinary School of Amsterdam (Europe), author of three cookbooks, host of PBS television series Adirondack Cuisine, and a regular on national networks. A chef's knife is required. Come with empty stomachs, as we will dine afterwards. A food fee of \$35 (cash only) will be collected on the first night of class.
Monday, March 5, 12, 19, 26, April 2 (5 sessions) **Resident Fee: \$50**
CHS Teacher's Café **Non-Resident Fee: \$56**
7-9:30PM **CSD Senior Citizen Fee: \$20**

40. Creative Cookies **Lisa Basini**
Learn the art of making black and white cookies and decorative sugar cookie pops. Master decorating cookies with royal icing. If you want to make cookies to give as gifts, or just love cookies, join us for this fun and delicious class. A food fee of \$20 (cash only) will be collected at the first class.
Thursday, March 15, 22 (2 sessions) **Resident Fee: \$30**
CHS Teacher's Café **Non-Resident Fee: \$36**
7-9PM **CSD Senior Citizen Fee: \$30**

41. Cake Decorating **Lisa Basini**
Let the Baking Coach teach you how to decorate cakes, cookies, and cupcakes with fondant and royal icing. Make beautiful borders, flowers and other cake designs just like a pro! The class will culminate in the creation of a fondant covered two tier wedding cake. A food fee of \$25.00 (cash only) will be collected on the first night of class. (Limit 18)
Thursday, April 19, 26, May 3, 10 (4 sessions) **Resident Fee: \$54**
CHS Teacher's Café **Non-Resident Fee: \$56**
7-8:30PM **CSD Senior Citizen Fee: \$54**

44. Advanced Cake Decorating **NEW** **Lisa Basini**
Join the Baking Coach and learn how to decorate a 2 tiered cake. Make fondant to cover your cake and make borders with buttercream. Everyone goes home with a cake in a bakery box, plus great recipes to keep for a lifetime. A food fee of \$24.00 (cash only) will be collected at the class.
Thursday, March 29 (1 session) **Resident Fee: \$24**
CHS Teacher's Café **Non-Resident Fee: \$30**
6:30-9PM **CSD Senior Citizen Fee: \$24**



LANGUAGES

61. Italian - Beginner **Diane Galler**
La Dolce Vita! Learn how to speak Italian, the most romantic language in the world. This course will provide you with a practical approach to learning simple words and phrases helpful when traveling and ordering in a restaurant.
Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions) **Resident Fee: \$44**
CHS 107 **Non-Resident Fee: \$50**
7-8PM **CSD Senior Citizen Fee: \$18**

60. Italian - Intermediate **NEW** **Diane Galler**
Avanti con l'Italiano. Take your Italian language skills to the next level! Reading comprehension and conversational skills will be emphasized, along with a focus on new grammar concepts, such as past and future tenses.
Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions) **Resident Fee: \$44**
CHS 107 **Non-Resident Fee: \$50**
8-9PM **CSD Senior Citizen Fee: \$18**

62. Spanish - Beginner **Janet D'Agostino**
Bienvenido! Learn to speak Spanish. Spanish is the fourth most commonly spoken language and a great basis for learning other Latin based languages. This class will teach basic grammar and a great deal of everyday vocabulary.

Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions) **Resident Fee: \$44**
CHS 108 **Non-Resident Fee: \$50**
6:30-7:30PM **CSD Senior Citizen Fee: \$18**

63. Spanish - Intermediate **Janet D'Agostino**
This class is a continuation of Spanish for Beginners with an emphasis on increasing conversational fluency and reading interpretation skills. In addition, new concepts in grammar and word usage will be introduced.
Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions) **Resident Fee: \$44**
CHS 108 **Non-Resident Fee: \$50**
7:30-8:30PM **CSD Senior Citizen Fee: \$18**

64. Mandarin Chinese **Lely Chang-Schwartz**
Mandarin Chinese is the most widely spoken language in the entire world! In this introductory course, participants will learn basic greetings, how to order food, and how to negotiate when shopping. Discover the Chinese language through lively conversation and exciting role play.
Wednesday, March 7, 14, 28, April 4, 18, 25, May 2, 9 (8 sessions) **Resident Fee: \$50**
CHS 111A **Non-Resident Fee: \$56**
7-8PM **CSD Senior Citizen Fee: \$18**

PERFORMING ARTS

90. Ballroom Dancing - Beginner **Mila Balagula B.A./John Havlik**
Tango, Samba, Waltz! This course is designed to teach the basic patterns of ballroom dancing. The instructors teach by Arthur Murray standards. They have performed in various shows for over 15 years and have entered several ballroom competitions. Singles welcomed.
Thursday, March 8, 15, 22, 29, April 5, 19, 26, May 3 (8 sessions) **Resident Fee: \$120/ Couple**
CHS Dance Studio **Resident Fee: \$66/ Single**
7-8:30PM **Non-Resident Fee: \$126/ Couple**
CSD Senior Citizen Fee: \$72/ Couple
CSD Senior Citizen Fee: \$42/ Single

91. Ballroom Dancing - Intermediate **Mila Balagula B.A./John Havlik**
Tango, Samba, Waltz! Now that you have mastered the beginning steps, prepare to shine on the dance floor. Be the couple that others admire and envy. Singles welcomed.

Thursday, March 8, 15, 22, 29, April 5, 19, 26, May 3 (8 sessions) **Resident Fee: \$120/ Couple**
CHS Dance Studio **Resident Fee: \$66/ Single**
8:30-10PM **Non-Resident Fee: \$126/ Couple**
CSD Senior Citizen Fee: \$72/ Couple
CSD Senior Citizen Fee: \$42/ Single

92. Country Western Line and Couple Dancing **Carol Ruggiero**
Learn classic country dances such as the El Paso, Wooden Nickel, Blue Rose, and Tush-Push. Sixteen step along with fun line dances such as the Trickle-Trickle, Bread and Butter, DHSS, Save a Horse, Watermelon Crawl, Trashy Woman, Boot-Scooting Boogie, and Country Cha Chas. Beginners and intermediates, singles and couples welcomed.
Monday, March 5, 12, 19, April 2, 16, 23, 30, May 14 (8 sessions) **Resident Fee: \$44**
NR Cafeteria **Non-Resident Fee: \$50**
7-8:30PM **CSD Senior Citizen Fee: \$18**

HEALTH & RELATED AREAS

69. Vinyasa Yoga Nancy Kelly
Vinyasa yoga is characterized by a focus on flowing through postures and connecting breath with movement. Classes will include pose sequences as well as breathing and relaxation techniques to improve overall wellness. This is intended to be a slightly more active class than traditional hatha yoga. Please wear comfortable clothes and bring a yoga mat and water bottle to class. (Limit 25)

Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions)
Resident Fee: \$50
CHS Dance Studio Non-Resident Fee: \$56
7-8PM CSD Senior Citizen Fee: \$18

82. Yuanji Energy Therapeutic Dance Lucille S. Chang

Graceful movements along with peaceful music help to clear the body's organ systems (yin-yang). The steps are easy, lively, and fun to do. Special Yuanji Energy Music is designed for each of the five Yuanji therapeutic dances to energize your mind, heart, body, and spirit. The dances can be adjusted according to the individual's physical and/or health conditions.

Monday, March 5, 12, 19, 26, April 2, 23, 30, May 7 (8 sessions)
Resident Fee: \$38
CHS Dance Studio Non-Resident Fee: \$44
7-9PM CSD Senior Citizen Fee: \$18

84. Stretch and Relaxation Cathy Wiejaczka

This is a mat-based class featuring various yoga positions, Pilates moves, and other stretches to help improve muscle tone and flexibility. Yoga helps improve your body's overall appearance, creating a long and lean look, while Pilates works the body's core muscle groups to stabilize and support the body. The class closes with a relaxation segment to help release stress and promote an inner sense of tranquility. Please bring a mat (preferably a thick one), a yoga strap or band, and a water bottle to class.

Monday, March 5, 12, 19, 26, April 2, 16, 23, 30 (8 sessions)
Resident Fee: \$50
Burr New Gym Non-Resident Fee: \$56
7-8:30PM CSD Senior Citizen Fee: \$18

85. Pilates Stephanie Ierano

Pilates integrates various ballet and core movements to burn fat and tone the body. The class will consist of a warm up, combinations, and cool down period, and will incorporate cardio and floor exercises. Please bring a mat, water bottle, and towel. Comfortable clothes are suggested. (Limit 35)

Wednesday, March 7, 14, 21, 28, April 4, 18, 25, May 2 (8 sessions)
Resident Fee: \$50
BURR New Gym Non-Resident Fee: \$56
7-8PM CSD Senior Citizen Fee: \$18

86. Iyengar Yoga Priscilla Gilmore

This course introduces the basics of yoga in the tradition of BKS Iyengar method. Learn how to practice postures called asanas and how to combine them to benefit the body and soul. This is a course for everyone as there is no fitness prerequisite. Wear comfortable and modest exercise clothes that allow a wide range of motion. Bring a yoga mat, a blanket, and a canvas belt or an old tie. (Limit 50)

Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions)
Resident Fee: \$50
BURR New Gym Non-Resident Fee: \$56
7:15-9PM CSD Senior Citizen Fee: \$18

87. Cardio Kickboxing Jon Koga/Leesa Osborn

The Koga Workout combines kickboxing & yoga into one amazing training session. Get fit, burn fat, and have fun. As seen on The Dr Oz Show, Good Day NY, WPIX 11 Morning Show & Shape magazine (Nov 09 issue). Check out www.kogaworkout.com for more information. This class is for people of all ages and abilities. (Limit 50)

Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions)
Resident Fee: \$50
Burr Main Gym Non-Resident Fee: \$56
7-8PM CSD Senior Citizen Fee: \$50

88. Basic Strength Training for Men and Women John Foley

Trim down and decrease fat by increasing your heart rate and metabolism. Dress in clothing that will allow free movement. Please bring an exercise mat, towel, and water bottle to class. (Limit 30)

Tuesday & Thursday, March 6, 8, 13, 15, 20, 22, 27, 29, April 3, 5, 17, 19, 24, 26, May 1, 3 (16 sessions)

Resident Fee: \$62
CHS Weight Room Non-Resident Fee: \$68
7-8PM CSD Senior Citizen Fee: \$30

89. Becoming a Reiki Practitioner Dr. Myles J. McPartland

An ancient form of hands-on healing, Reiki is practiced by over two million people. It is used to balance the body's energy centers (Chakras) and to connect your energy (Qi) to the "Oneness" of the universe. Reiki integrates the physical, emotional, and spiritual bodies which allows healing and happiness. This course will introduce the history and uses of Reiki as a Usui Reiki Level 1 & 2 Practitioner. A \$10 material fee (cash only) for new students will be collected on the first night of class.

Thursday, March 8, 15, 22, 29, April 5, 19 (6 sessions)
Resident Fee: \$44
CHS Library Non-Resident Fee: \$50
7-8:30PM CSD Senior Citizen Fee: \$18

94. Zumba Fitness for Seniors Doreen Cipoletti

Salsa, Meringue, Cha Cha! Move to motivating Latin based music with step by step instruction while you burn the calories away. Zumba blends aerobic and fitness interval training with combinations to tone and sculpt muscle. We will take dance steps and build them into simple combinations and routines to create a low impact aerobic hour. Please bring a water bottle to class.

Monday, March 5, 12, 19, 26, April 2, 16, 23, 30 (8 sessions)
CSD Senior Citizen Fee: \$20
BURR Main Gym Non-Resident Fee: \$26
6-7PM

95. Zumba Fitness Doreen Cipoletti

High energy and motivating music with unique moves and combinations allow you to dance away your calories. Zumba blends aerobic and fitness interval training with a combination of fast and slow rhythms designed to tone and sculpt the body. Achieve long term health benefits while having fun! Please bring a water bottle to class. (Limit 50)

Monday, March 5, 12, 19, 26, April 2, 16, 23, 30 (8 sessions)
Resident Fee: \$54
BURR Main Gym Non-Resident Fee: \$60
7-8PM

96. Meditation Tildet Varon Schoenbrot

Meditation is one of the most powerful tools for mental, emotional, physical, and spiritual well being. It provides deep relaxation, self expansion and growth, increases energy, improves immunity and pain control, and decreases anxiety and stress. The instructor is an expert on mind, body, and soul centering practices with extensive experience in meditation.

Wednesday, March 7, 14, 28, April 4, 18, 25 (6 sessions)
Resident Fee: \$72
CHS Library Non-Resident Fee: \$78
7-8PM CSD Senior Citizen Fee: \$72

97. Emotional Weight Management Tildet Varon Schoenbrot

Discover the role of stress and emotion in weight loss. Losing weight is not only about food, but also a disconnect between the mind, body, and spirit. Transform your relationship with food once and for all!

Monday, March 5, 12, 19, 26 (4 sessions)
Resident Fee: \$72
CHS Library Non-Resident Fee: \$78
7-8PM CSD Senior Citizen Fee: \$72

102. Core Body Sculpt Amyee St. Pierre

This is a total body workout focusing on lower back and abdominal muscles to improve your balance, stability, and strength. Tone your entire body with light weight and heavy repetitions. Get the abs you've always wanted! Please bring a towel, mat, water, and 3 or 5lb dumbbells to class.

Thursday, March 8, 15, 22, 29, April 5, 19, 26, May 3 (8 sessions)
Resident Fee: \$50
BURR New Gym Non-Resident Fee: \$56
7-8 PM CSD Senior Citizen Fee: \$18



NEW! TEEN SCENE NEW!

103. Vinyasa Yoga for Teens Nancy Kelly
Vinyasa is an active form of yoga which is great for teens. It improves strength, flexibility, and stamina, and creates a long, lean appearance. Learn yoga exercises and poses to help relieve stress, improve concentration, and gain self-confidence. Please bring a yoga mat and water bottle to class. (Limit 25)

Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions)
Resident Fee: \$54
CHS Dance Studio Non-Resident Fee: \$60
5:45-6:45PM

104. KickLates for Teens Stephanie Ierano

Have fun while increasing your strength and flexibility. This class will begin with 30 minutes of cardio kickboxing to raise your heart rate and burn calories. The four main punches: jab, cross, hook, and upper cut will be taught along with many exciting combinations. The class will end with 30 minutes of

fat burning Pilates to tone the body as we stretch and work through ballet and other combinations. Please bring a mat and water bottle to class.

Wednesday, March 7, 14, 21, 28, April 4, 18, 25, May 2 (8 sessions)
Resident Fee: \$54
BURR New Gym Non-Resident Fee: \$60
6-7PM

105. Zumba for Teens Doreen Cipoletti

Join the fitness party and dance to red-hot international music. Zumba dance routines feature interval training sessions with fast and slow rhythms that are combined to tone and sculpt your body while burning fat. Exercise can be fun! Please bring a water bottle to class.

Thursday, March 8, 15, 22, 29, April 5, 19, 26, May 3 (8 sessions)
Resident Fee: \$54
BURR Main Gym Non-Resident Fee: \$60
5:45-6:45PM

PERSONAL ENRICHMENT

45. Digital Camera and Photography for Beginners Michael Klein

Take full advantage of your digital camera to create photographs, not just snapshots! Gain basic knowledge of your camera's operation and function, along with how these relate to the principles and aesthetics of photography. The class will culminate with sharing a portfolio that you have created. Bring your camera to class.

Tuesday, March 6, 13, 20, 27 (4 sessions)
Resident Fee: \$50
CHS Comp Lab 2/3 Non-Resident Fee: \$56
7-9PM CSD Senior Citizen Fee: \$30

46. Intermediate Digital Photography Michael Klein

Discover the more advanced features of your digital camera. Explore techniques such as exposure bracketing, exposure compensation, flash photography, and macro photography. Projects will be assigned each week to illustrate techniques discussed in class. An overview on basic editing of your photographs will be provided, along with methods for organizing and presenting your images. Bring your camera to class.

Tuesday, April 17, 24, May 1, 8 (4 sessions)
Resident Fee: \$50
CHS Comp Lab 2/3 Non-Resident Fee: \$56
7-9PM CSD Senior Citizen Fee: \$30

47. Mah-Jongg Paula Saltzman

Mah-Jongg is a Chinese game that has provided enjoyment for centuries. Join us for this fun game of skill, strategy, and challenge. Please come prepared with a Mah-Jongg card on the first night (available at most stationery stores). You must provide a Mah-Jongg set (one per four players). (Limit 12)

Wednesday, March 7, 14, 28, April 4, 18, 25, May 2, 9 (8 sessions)
Resident Fee: \$38
CHS Learning Center Non-Resident Fee: \$44
7-9PM CSD Senior Citizen Fee: \$18

51. Selling on eBay Dina Elardo

Turn your household items into cash by selling them on eBay, one of the nation's largest online auction houses. This class is designed to teach you all the steps required to list and sell items. It includes a take home guide which covers pertinent class topics and a sample auction from beginning to end. Great for stay-at-home moms or anyone looking for a second income!

Tuesday, March 6 (1 session)
Resident Fee: \$66
CHS Comp Lab 6 Non-Resident Fee: \$72
7-10PM CSD Senior Citizen Fee: \$66



52. Bridge for Beginners Bruce Hollander

Learn the most recent methods of bidding, as well as point count and the various beginning bidding conventions in Bridge. During each session students will play four hands based on the day's lesson. This is a great class for anyone who has not played in years and needs a refresher course.

Tuesday, March 6, 13, 20, 27, April 3, 17, 24 (7 sessions)
Resident Fee: \$54
CHS Library Non-Resident Fee: \$60
7-9PM CSD Senior Citizen Fee: \$54

53. Intermediate Guitar Philip Layh

Designed for intermediate level students, this course will focus on guitar techniques applicable to all styles of playing. Learn chord progressions and songs tailored to your interests. Students should bring a guitar and notebook to class.

Monday, March 5, 12, 19, 26, April 2, 16, 23, 30 (8 sessions)
Resident Fee: \$50
BURR Music Room 100 Non-Resident Fee: \$56
7-9PM CSD Senior Citizen Fee: \$18

55. Opera Soirées Frank Tallarico

Opera lovers are invited to attend eight evenings of the greatest operas performed by the world's greatest singers. Come aficionados, come novices, and enjoy the beauty, power, and majesty that is opera. The programs to be presented are Puccini's Turandot, Verdi's Falstaff, Strauss' Der Rosenkavalier, Donizetti's Don Pasquale, Wagner highlights, opera singers and Broadway, and great operatic finales.

Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions)
Resident Fee: \$50
CHS 111A Non-Resident Fee: \$56
7:30-9:30PM CSD Senior Citizen Fee: \$18

56. Dog Obedience for Puppies Carla Frederick

This is a basic training course for dogs ages 4 months to 2 years. Learn exercises that will end destructive behaviors. All dogs MUST have an up-to-date health certificate from their veterinarian. An \$18.00 equipment fee for the proper training equipment (optional, but highly recommended) will be collected on the first night of class. Please do not bring pets to the first class. (AGGRESSIVE DOGS NOT PERMITTED). (Limit 10)

Tuesday, March 6, 13, 20, 27, April 3, 17, 24 (7 sessions)
Resident Fee: \$126
Cedar Road School Gym Non-Resident Fee: \$132
7-8PM CSD Senior Citizen Fee: \$126

58. Psychic Tell It Lois T. Martin

Join an internationally acclaimed numerologist/psychic for an enlightening evening of pure entertainment. 2012 is the year for transformations! Channel the spirits and discover the new age of consciousness. Satisfy your curiosity and find the answers to questions regarding relationships and career. Bring a pencil and a box of crayons. (Limit 25)

Wednesday, April 18 (1 session)
Resident Fee: \$30
CHS 109 Non-Resident Fee: \$36
6:30-9:30PM CSD Senior Citizen Fee: \$30

SAT PREP

70. SAT Prep (Preparation for the College Entrance Examination)

This program will help students prepare for the SAT and ACT tests. Students will become familiar with the phraseology of questions and the importance of following directions. Verbal content will focus on sentence completion, reading comprehension, vocabulary, and the written portion of the exam. The mathematical content will include discussion of verbal algebraic and geometric problems that occur most frequently in examinations. Helpful tips will

be provided, such as the effect of guessing on the overall score. Four of the sessions will be allocated to the math and four to the verbal sections of the test. Purchase the review book for \$21 (check or money order only) at the first session.

Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions)
Resident Fee: \$84
CHS 109 Non-Resident Fee: \$90
7-9PM

MEDICAL ADVISORY

We advise that you consult your physician before undertaking any program involving strenuous physical activity. The school district does not provide accident or medical coverage.

Participation in any class and/or activity is at your own risk.

COACHING REQUIREMENTS

The below mentioned courses will satisfy the New York State Educational Requirement for Coaching. A Certificate of Completion will be issued. Coaches from local athletic clubs are welcome to take any or all of the courses. (The Clinic in a designated sport could be helpful.)

65. Theory and Techniques of Coaching - 2 Credits
Rich Degnan
 This 30 hour course deals with the scientific principles of coaching, objectives of coaching, team selection, organization, and management, rules and regulations, teaching methods, principles and methods for training and conditioning, budgeting, relationships with officials, coaching ethics, athletic administration, public relations, recruiting, out-of-season play, support organizations, and communications. This course requires a specific clinic in a designated sport which deals with such topics as goals, strategy, planning, safety, officiating and equipment problems. This course runs for 24 class hours plus 6 hours of a designated sports clinic.
Thursday, March 8, 15, 22, 29, April 5, 19, 26, May 3, 10 (10 sessions) **Resident Fee: \$135**
CHS 108 **Non-Resident Fee: \$135**
7-10PM

66. Health Sciences Applied to Coaching- 3 Credits
 This 45 hour course deals with the principles of exercise physiology including the body systems, components of fitness and training, motives for participation, athletic persistence, controlled aggression, humanistic approaches to coaching, tension, and anxiety. Effective leadership, cybernetics, and sport in American culture are also examined.
Wednesday, February 8, 15, 29, March 7, 14, 28, April 4, 18, 25, May 2, 9, 16, 23, 30, June 6 (15 sessions) **Resident Fee: \$180**
CHS 111B **Non-Resident Fee: \$180**
7-10PM

67. Philosophy, Principles, and Organizations of Athletics - 3 Credits
Rich Degnan
 This 45 hour course deals with the basic philosophy and principles of high school interscholastic athletics as part of a total physical education program and education in general. Topics will include: legal basis development and organization of section, state and national organization, safety, educational requirements for coaches, coaching responsibilities, and the selection- classification program.
Tuesday, February 14, 28, March 6, 13, 20, 27, April 3, 17, 24, May 1, 8, 15, and Thursday, February 16, March 1, May 17 (15 sessions) **Resident Fee: \$180**
CHS 111B **Non-Resident Fee: \$180**
7-10PM

Register By Mail Early!

Step 1: Select your course(s).

Step 2: Complete a separate registration coupon or photocopied coupon for each class. Please provide a valid and legible email address as we will be contacting you via email with important information and notifications.

Step 3: Write your check(s)/money order(s) in the amount shown in the brochure to: Commack Continuing Education. (Cash will not be accepted)

- A separate check/money order is required for each person for each class.
- We cannot accept checks made out for multiple courses.
- Write the course number and your phone number on each check.
- Please do not staple or tape checks to registration form.
- Returned checks are subject to a \$15 fee.

Step 4: Mail your check(s) and registration form(s) to:
 Commack Continuing Education
 P.O. Box 150
 Commack, NY 11725

Note: Commack School District Seniors, age 62 and older, please provide a photocopy of your Driver's License or Senior I.D. card with registration form.

Non-Residents: Individuals who are not Commack School District residents can register for classes at the non-resident fee listed for each course. However, residents are given priority when enrollment is limited.

Refund Policy: Registration fees will be refunded upon written request up to two weeks prior to the start of the semester. Fees will not be refunded after that point.

NOTE: In-House Registration will be held on February 15th from 7-8pm at the Commack HS Continuing Education Office. Mail in registrations will continue to be accepted after the above date.

COURSE CONFIRMATION

Assume you have been accepted in the course unless notified otherwise. Registration confirmations will not be sent.

COURSE CANCELLATION

You will be notified by email.

Register Early!!!

Course Name _____ No. _____ Day _____ Fee _____

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

- Resident Non-Resident Commack School District Senior Citizen
 Please provide your email address so you may be kept informed of any changes.

The Commack School District kindly requests that fire zones be kept clear when parking on school property at all times.

PHYSICAL EDUCATION

71. Pickleball **Susan Kaminsky**
 The hottest new game sweeping the country! Pickleball is a combination of tennis, ping-pong, racquetball and badminton. The game is played on a badminton court with lightweight paddles and plastic perforated balls. Lobbing, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Balls will be provided. Please bring your own paddle which is available for purchase on www.pickleballcentral.com.
Tuesday, March 6, 13, 20, April 3, 17, 24, May 1, 8 (8 sessions) **Resident Fee: \$44**
CMS Main Gym A/B **Non-Resident Fee: \$50**
8-10 PM **CSD Senior Citizen Fee: \$18**

73. Golf - Beginner
P.G.A. Golf Professional, Bob Greenstein
 Join us for golf fundamentals including the 5 pre-swing principles of grip, stance, posture, set up, and alignment. We will be using wiffle balls inside our gym. Please wear sneakers and bring a 5 or 7 iron to class. Special mats are available for an additional \$5.00 fee for purchase from the instructor to avoid damage to our gym or lawns at home. Bob Greenstein offers special adult clinics at the Indian Head Golf Park. He is available at 631-697-4682
Wednesday, March 7, 14, 21, 28 (4 sessions) **Resident Fee: \$50**
CMS New Gym **Non-Resident Fee: \$56**
7:30-8:30PM **CSD Senior Citizen Fee: \$50**

78. Volleyball - Coed **Mary Bonamo**
 Here is your opportunity to enjoy exercise amid friendly competition. Have fun, relax, and enjoy the finer points of a good game. (Limit 36)

Thursday, March 8, 15, 22, 29, April 5, 19, 26, May 3, 10 (9 sessions) **Resident Fee: \$44**
CMS New Gym **Non-Resident Fee: \$50**
7:30-9:30PM **CSD Senior Citizen Fee: \$18**

77. Basketball for Men **Sadeh /Fluger**
 Participate in full and half court basketball games in both a competitive and non competitive setting. Adult men of all abilities are encouraged to join us for fun and friendly competition.
Monday & Wednesday, March 19, 21, 26, 28, April 2, 4, 18, 23, 25, 30, May 2, 7, 9, 14, 16, 21 (16 sessions) **Resident Fee: \$62**
CHS North Gym **Non-Resident Fee: \$68**
8-10PM **CSD Senior Citizen Fee: \$25**

79. Badminton **Susan Kaminsky**
 This is not your backyard badminton! This is a fast, fun and exhilarating game. Class is open to intermediate through advanced players. Be sure to bring your own racquet and feather birdies. Plastic birdies provided. (Limit 30)
Monday, March 5, 12, 19, 26, April 2, 16, 23, 30, May 7, 14 (10 sessions) **Resident Fee: \$50**
CMS Main Gym A/B **Non-Resident Fee: \$56**
8-10PM **CSD Senior Citizen Fee: \$18**

80. Volleyball for Women **Mary Bonamo**
 For women only. Serve, volley, set, spike! Get a great workout and have fun, too. (Limit 18)
Tuesday, March 6, 13, 20, 27, April 3, 17, 24, May 1 (8 sessions) **Resident Fee: \$44**
NR Gym **Non-Resident Fee: \$50**
8-10PM **CSD Senior Citizen Fee: \$18**

DEFENSIVE DRIVING

Driver Improvement Programs

www.driver-improvement.com

Winner of the coveted STAR AWARD- 2 times!

More than 25 Excellent Years – since 1983

NY DMV Approved

Defensive Driving Course National Safety Council

New York State requires that principal drivers receive a 10% discount on automobile insurance for the liability, collision, and no fault premiums for 3 full years. In addition, completion of the course will cause the NY DMV to deduct FOUR (4) POINTS from your driver record.

Can be taken every 18 months for POINT REDUCTION.

A certificate will be mailed to you that can be presented to your insurance company.

This is a SIX-HOUR classroom instruction course. It may be done in two-three hour modules from 7PM to 10PM on two evenings OR it may be done on one Saturday from 9AM to 3:30PM

Register for these dates at <http://www.driver-improvement.com>

You can pay via debit or credit card or use the mail in option. Please call 1-800-734-7883 for additional information.

Below are the dates scheduled for the Spring semester classes:

- Class #1: Monday February 13th and Wednesday February 15th
- Class #2: Monday March 5th and Wednesday March 7th
- Class #3: Monday April 23rd and Wednesday April 25th
- Class #4: Monday May 14th and Wednesday May 16th
- Class #5: Monday June 4th and Wednesday June 6th

All Defensive Driving Classes will be held at CHS - Room 109

Time for class: 7PM to 10PM • Fee for the Course: \$45.00

There are no discounts for this course.

Registration for the Defensive Driving class is through the Driver Improvement Programs only.

The Continuing Education office can not take registrations for this course.

Register Early!!!

Course Name _____ No. _____ Day _____ Fee _____

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

- Resident Non-Resident Commack School District Senior Citizen
 Please provide your email address so you may be kept informed of any changes.

The Commack School District kindly requests that fire zones be kept clear when parking on school property at all times.