



Syosset Central School District

**Adult
Continuing
Education**

Spring 2024

**Registration by mail
upon receipt of catalog or
In Person Registration
on Feb. 1, 2024
Syosset High School Lobby
6:30 - 8:00 pm**

**Classes begin
Monday, February 12**
unless otherwise noted

www.syossetschools.org/continuinged

SYOSSET CENTRAL SCHOOL DISTRICT

Syosset, New York

BOARD OF EDUCATION

Carol C. Cheng, President

Brian J. Grieco, Vice President

Lynn Abramson

Lisa A. Coscia

Susan Falkove

Anna Levitan

Jack Ostrick

Shany Park

Thomas A. Rotolo

SCHOOL DISTRICT ADMINISTRATION

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Superintendent of Schools

Dr. Theresa Curry

Deputy Superintendent of Schools

Dr. Patricia Rufo

Associate Superintendent for Business

Mr. Adam Kuranishi

Assistant Superintendent for Human Resources

Ms. Erin Goldthwaite

Assistant Superintendent for Pupil Personnel Services

Dr. Raymond Loverso

Assistant Superintendent for Curriculum, Instruction & Assessment

CONTINUING EDUCATION FOR ADULTS

Office Hours: 8:00 a.m. to 4:00 p.m.

September - June

516-364-5738

Melanie Spiegel, Director

Philomena Winters, Assistant

2023 - 2024

Instructional Materials Center

Syosset Central School District

Board of Education
P.O. Box 9029
Syosset, NY 11791-9029
516-364-5600
FAX 516-921-0087

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Brian J. Grieco, Vice President
Lynn Abramson
Lisa A. Coscia
Susan Falkove
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Spring 2024

Dear Syosset Community:

We take great pride in Syosset School District's Continuing Education Program, which offers educational, recreational, and wellness opportunities to residents of the District. We are appreciative that our community of lifelong learners is actively involved in these programs.

We are pleased to present the course offerings for the Spring of 2024. We have included some exciting new courses, as well as our most popular courses, and have both in-person and virtual options. This catalog, along with additional information, can be found online at www.syossetschools.org/continuinged.

The Board of Education and Superintendent of Schools strive to meet the needs of all members of our community, including residents who may not have children attending our schools. We pledge the availability of resources to Continuing Education to support the community of people who continue to support the District's educational opportunities for our children.

You may register by returning the forms included in this brochure by mail, or by attending the in-person registration night taking place on February 1, 2024, at Syosset High School.

Get ready to enjoy, learn and grow!

Sincerely,

Board of Education
Syosset Central School District

Dr. Tom Rogers
Superintendent of Schools

Carol C. Cheng, President
Brian J. Grieco, Vice President
Lynn Abramson
Lisa A. Coscia
Susan Falkove
Anna Levitan
Jack Ostrick
Shany Park
Thomas A. Rotolo

REGISTRATION PROCEDURE

CANCELLATION OF COURSES MAY BE NECESSARY IN EMERGENCY CONDITIONS.

CALL 364-5738

REGISTRATION INFORMATION: **Adult residents of the Syosset Central School District (and nonresidents for an additional fee) may register for the Continuing Education classes. High School seniors are permitted to register for non-athletic classes providing that the course is not available to them as part of the regular instruction program.**

HOW TO REGISTER: **Mail a separate registration form and check for each course. Please make sure to sign the liability statement on the back of the registration form before mailing. Failure to do so will delay your registration. No acknowledgments will be mailed. Assume you are accepted unless notified otherwise.**

PAYMENT: **Checks or money orders only. Separate checks are required for each course. Make checks payable to: Syosset Central School District or as stated in the course description.**
All employees of Syosset Central School District will be charged the resident course fees as listed with the course description. Nonresidents must include an additional \$15.00 per course unless otherwise noted.

SEND TO: **Syosset High School
70 Southwoods Road
Syosset, NY 11791-3200
Attn: Continuing Education**

CLASS INFORMATION: **Classes will begin on Monday, February 12, 2024, unless otherwise indicated.**

REFUNDS & CREDITS: **NO REFUNDS WILL BE GIVEN AFTER THE COURSE BEGINS.**

A full refund will be given only in the event a course is cancelled. Refund minus \$10.00 processing fee will only be given 2 weeks or more prior to the first session of the course. Registration fees may be transferred to another course if space permits and prior to the second session of the course.

**NOTICE: THE CONTINUING EDUCATION DEPARTMENT RESERVES THE RIGHT TO SUBSTITUTE INSTRUCTORS OR ARRANGE MAKEUP CLASSES WHEN NECESSARY. WE RETAIN OUR ADULT EDUCATION INSTRUCTORS TO TEACH IN THEIR AREA OF EXPERTISE. IN OUR OPINION, THEY ARE THE BEST INSTRUCTORS TO BE FOUND. 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.*

Registration Instructions – These forms may be duplicated

Registration will be accepted immediately upon receipt of brochure. Make all checks payable to Syosset Central School District. USE SEPARATE CHECKS FOR EACH PERSON REGISTERING AND EACH COURSE. **NO REFUNDS.** You may transfer prior to the first week of classes or upon notification that your first choice has been cancelled.

MAIL TO: **Continuing Education, Syosset High School, 70 Southwoods Road, Syosset, New York 11791**

Cut here 

Last Name _____ First Name _____		Course Number _____
Address _____ Town _____		Course Name _____
Zip Code _____ () _____	Home Phone Number _____	Fee _____
Email Address _____		
() _____	_____	Mon. Tues. Wed. Thurs. Fri. Sun
Cell Phone _____	Date _____	Circle Day of Week
		Resident - Non-Resident - Senior Citizen
NO CONFIRMATIONS WILL BE SENT THE SYOSSET SCHOOL DISTRICT IS NOT RESPONSIBLE FOR PERSONAL INJURIES. STUDENTS SHOULD ARRANGE FOR THEIR OWN PERSONAL INJURY PROTECTION.		\$15.00 Non-Resident Fee <input type="checkbox"/>

Cut here 

Last Name _____ First Name _____		Course Number _____
Address _____ Town _____		Course Name _____
Zip Code _____ () _____	Home Phone Number _____	Fee _____
Email Address _____		
() _____	_____	Mon. Tues. Wed. Thurs. Fri. Sun
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Address _____ Town _____		Course Name _____
Zip Code _____ () _____	Home Phone Number _____	Fee _____
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Cut here 

_____ DOES HEREBY CONVENANT AND AGREE TO RELEASE AND HOLD HARMLESS
(Participant OR Parent/Legal Guardian if Minor)

THE SYOSSET CENTRAL SCHOOL DISTRICT FROM AND AGAINST ANY AND ALL LIABILITY, LOSS, DAMAGES, CLAIMS, OR ACTIONS (INCLUDING COSTS AND ATTORNEYS FEES) FOR BODILY INJURY AND/OR PROPERTY DAMAGE, TO THE EXTENT PERMISSIBLE BY LAW, ARISING OUT OF PARTICIPATION IN THE CONTINUING EDUCATION PROGRAM.

I UNDERSTAND PARTICIPATION IN THE CONTINUING EDUCATION PROGRAM INVOLVES RIGOROUS PHYSICAL ACTIVITY AND RISKS OF PHYSICAL INJURY, AND I ASSUME THESE RISKS. I HEREBY CONSENT TO OR GIVE CONSENT TO EMERGENCY TRANSPORTATION AND TREATMENT IN THE EVENT OF ILLNESS OR INJURY. I HEREBY ACCEPT RESPONSIBILITY FOR THE PAYMENT OF ANY EMERGENCY TRANSPORTATION OR TREATMENT FOR MYSELF OR ON BEHALF OF THE PARTICIPANT. I FURTHER CERTIFY THAT I AM OR THE PARTICIPANT IS IN GOOD PHYSICAL CONDITION AND I HAVE OR HE/SHE HAS NO MEDICAL OR PHYSICAL CONDITIONS THAT WOULD RESTRICT MY OR HIS/HER PARTICIPATION IN THIS EVENT.

PARENT/GUARDIAN
IF PARTICIPANT IS A MINOR

PARTICIPANT

Cut here 

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PARENT/GUARDIAN
IF PARTICIPANT IS A MINOR

PARTICIPANT

SPRING 2024 COURSES BY DAY

MONDAY	COURSE#	WEDNESDAY	COURSE#
ADULT LEARN TO SWIM SESSION A	80	AMERICA'S BOATING COURSE	48
ASTRAL PROJECTION WORKSHOP*	31	BARRE YOGA *	62
BADMINTON FOR BEGINNERS	67	BASKETBALL	71
BADMINTON ADVANCED	68	DEFENSIVE DRIVING - SESSION A	51
CANDLE MAKING	2	DEFENSIVE DRIVING - SESSION B	52
CARDIO SCULPTING	65	DRESS YOUR HOUSE FOR SUCCESS	58
CROCHETING	12	HULA HOOPS	64
FURNITURE PAINTING-CRACKLE & DECOUPAGE	8	LEARN FROM A PSYCHIC MEDIUM*	27
FURNITURE PAINTING - LAYERING & TEXTURING	13	LIFEGUARD TRAINING REVIEW COURSE	50
INTRODUCTION TO FURNITURE PAINTING	15	MAH JONGG FOR BEGINNERS	53
JOURNEY TO THE PAST LIFE*	33	MAH JONGG - ADVANCED BEGINNER W/COACHING*	54
LINE DANCING	66	PICKLEBALL FOR BEGINNERS - SESSION A	72
LEARN YOUR LIFE PURPOSE-MEET YOUR SPIRIT GUIDE*	32	PICKLEBALL PLAY - SESSION A	74
ONE STROKE PAINTING	4	SAT PREPARATION FOR THE NEW DIGITAL SAT	22
REUNITE WITH YOUR LOVED ONES WHO HAVE PASSED AWAY*	34	SECOND ACT A CAPELLA	35
SOCIAL BALLROOM DANCING*	16	SMARTER SOCIAL SECURITY: OPTIMIZING SPOUSAL AND SURVIVAL BENEFITS	42
TENNIS BEGINNER	69	TIME MATTERS - A WOMEN'S RETIREMENT OUTLOOK*	47
TENNIS ADVANCED	70	WATERCOLOR & PASTEL PAINTING	7
UNDERSTANDING YOUR 403(B) PLAN	39	WATER AEROBICS	82
YOGA - SESSION A	28		
ZUMBA	63		
TUESDAY	COURSE#	THURSDAY	COURSE#
A MIXED MEDIA BIRD COMPOSITION*	14	BEADED PEARL EARRINGS	6
ADULT LEARN TO SWIM - SESSION B	81	BEADED CLOVER PENDANT	3
BEADED FLOWER EARRINGS	10	CANASTA BEGINNER - SESSION A	55
CPR /AED FOR THE PROFESSIONAL RESCUER & HEALTH PROVIDER	49	CANASTA BEGINNER - SESSION B	56
ELDER LAW, MEDICAID, & LONG TERM CARE	46	CANASTA II	57
ENGLISH LANGUAGE FOUNDATION	25	CARD MAKING*	5
FLIPPING HOUSES FOR THE PAST 21 YEARS	59	DECORATIVE GLASS PLATE*	11
GREEK LANGUAGE*	26	KEEP THE INCOME FLOWING	36
HAVE FUN UPCYCLING AN OLD BOOK TO JOURNAL*	9	LAP SWIMMING	83
ISRAELI DANCING	17	LEARN FROM A PSYCHIC MEDIUM- GROW YOUR INTUITION*	30
ITALIAN	23	LOOKING TO DOWNSIZE YOUR HOME - SESSION A	60
OUTSMART THE SCAMMERS	43	LOOKING TO DOWNSIZE YOUR HOME - SESSION B	61
PICKLEBALL - SESSION B	75	MEDICARE MADE EASY	45
PEACE OF MIND IN RETIRING	38	PEARL BEADED BRACELET	1
PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS	44	PICKLEBALL PLAY - SESSION C	76
SPANISH	24	QUICK & HEALTHY MEAL IDEAS*	19
VOLLEYBALL ADVANCED	78	SIMPLIFY YOUR SPENDING & SAVING STRATEGY*	41
WILLS, TRUSTS & ESTATES	40	THE POWER OF BUDGETING*	37
YOGA - SESSION B	29	VOLLEYBALL RECREATIONAL	79
YOGA - SESSION B	29	WINTER BOOT CAMP FOR COLLEGE ESSAY	20
SATURDAY	COURSE#	SUNDAY	COURSE#
PUERTO RICAN CUISINE*	18	ACT PREPARATION	21

CREATIVE ARTS, FINE CRAFTS & DESIGN

1. PEARL BEADED BRACELET

Create a pearl bracelet using glass pearl and seed beads, beading thread and a needle. A variety of beads, clasps and printed step-by-step instructions will be offered to students. This class is for all levels. Please mail a separate check for materials payable to Galina Lampers for \$20.00. Class size is limited.

Galina Lampert
Thursday, March 7

6:30 - 9:00 p.m.
One Session

H.S. Room CD-2
Fee: \$30.00



2. CANDLE MAKING

Are you a candle lover and crafter at the same time? Candle making is a craft that is as old as humanity. Join me as I walk you through the step-by-step process of making your own candles! This course offers something for everyone interested in learning the craft of candle making. This class is open to all. All materials can be purchased online. You will be emailed a ZOOM code along with a supply list.

Shayna D'Nae
Beginning, Monday, March 4

7:00 - 8:00 p.m.
5 Sessions

ZOOM
Fee: \$30.00

3. BEADED CLOVER PENDANT ★

Create a clover pendant using pearl and seed beads, a beading needle and weaving/nylon thread. A chain, a bail and printed step-by-step instructions will be included. This class is for all levels. Please mail a separate check for a material fee of \$20.00 payable to Galina Lampert. Class size is limited.

Galina Lampert
Thursday, March 14

6:30 - 9:00 p.m.
One Session

H.S. Room CD-2
Fee: \$30.00



4. ONE STROKE PAINTING

This incredibly popular method of painting is one of the easier, quickest, and most enjoyable arts to master. You will learn the beginning basics of how to blend, shade and highlight all in one stroke. You will be amazed at how quick and easy it is to create beautiful projects on a variety of surfaces. This class is designed to give you the necessary skills to paint a take home project each week. Please mail a separate materials fee check for \$25.00 payable to Stacey Fucci. Class size is limited.

Stacey Fucci
Beginning, Monday March 18

6:30 - 8:30 p.m.
4 Sessions

H.S. Room CD-1
Fee: \$30.00

5. CARD MAKING ★

Have you ever wanted to create your own eye catchy and artsy greeting cards? Then this class is for you! Creative tips and strategic visual techniques will be demonstrated and shared to help you design your very own greeting cards. The cards will be created using a variety of materials including photoshop! A material fee of \$20.00 payable to

Demi Protonentis
Beginning, Thursday, May 9

6:30 - 8:30 p.m.
3 Sessions

H.S. Room CD-1
Fee: \$60.00

6. BEADED PEARL EARRINGS

Create unique earrings using pearls and seed beads. A variety of beads, ear wire and printed step-by-step instructions will be included. This class is for all levels. Please make a separate check payable to Galina Lampert for \$20.00 for materials fee. Class size is limited.

Galina Lampert
Thursday, March 21

6:30 - 9:00 p.m.
One session



7. WATERCOLOR & PASTEL PAINTING

This class will allow you to express yourself visually using watercolor paint along with the use of pastels in your paintings. The class is for beginner and intermediate painters. You will learn how to create an underpainting and how to work with overpainting and pastels to create a strong composition using light and dark for contrast. You will also learn how to use color and color mixing. For the first class you will need to bring a watercolor pad (approximately) 11" x 15 "140 lb. (Canson). You will also need a kneaded eraser, and a number 2H or 3H pencil. You will also need 3 watercolor brushes (round, synthetic), a #2, #6, and #8, a tube of ultramarine blue watercolor, a roll of paper towels and a cup for water.

George Black
Beginning, Wednesday, February 28

7:00 - 9:00 pm
8 Sessions

H.S. Room CD-2
Fee: \$80.00

8. FURNITURE PAINTING SPECIAL TECHNIQUES: CRACKLE & DECOUPAGE

Come join me for this very popular class where I combine decoupage, which is the art of gluing paper decoration to adorn everyday items or furniture and crackle known for making items appear older and worn. In this class, participants will be guided through steps using these creative and versatile techniques to successfully paint and crackle a project. We will finish decorating the piece using a decoupage method. There is an additional fee of \$18.00 for materials. Please make the check payable to Stacey Fucci for materials. Class size is limited.

Stacey Fucci
Monday, May 20
6:30 – 8:30 p.m.
One Session
H.S. Room CD-2
Fee: \$30.00

9. HAVE FUN UPCYCLING AN OLD BOOK INTO YOUR OWN PERSONAL ART JOURNAL ★

In this class we will explore Mixed-Media Art by drawing, painting, printing, stamping and using stencils. No drawing skills required, just an open mind and willingness to learn new ways to make art. Please mail a separate material fee in the amount of \$20.00 payable to Ellen Cervone.

Ellen Cervone
Beginning, Tuesday, February 13
6:00 - 8:00 p.m.
6 Sessions
H.S. Room CD-1
Fee: \$60.00

10. BEADED FLOWER EARRINGS

Create unique earrings for spring using glass and seed beads, weaving thread and a needle. A variety of ear wire and printed step-by-step instructions will be included. This class is for all levels. Please mail a separate check for materials payable to Galina Lampert in the amount of \$20.00. Class size is limited.

Galina Lampert
Tuesday, April 2
6:30 - 9:00 p.m.
One Session
H.S. Room CD-2
Fee: \$30.00



11. DECORATIVE GLASS PLATE ★

Join us to create an original, unique and artistic glass plate using assorted napkins and papers to add to your home decor. We will be working with a variety of napkin colors and patterns, a feather, glue and paint. An additional fee for materials payable to Demi Protonentis of \$25.00

Demi Protonentis
Thursday, May 30
6:30 - 8:30 p.m.
One Session
H.S. Room CD-1
Fee: \$30.00

12. CROCHETING

In this class you will learn the basic stitches of crochet, how to read a pattern and how to use your skills to create beautiful crochet projects. Join us if you already know some crochet but would like more practice, or you would like to improve your pattern reading or just want to have two hours dedicated to crochet. Please bring a skein of worsted weight (#4) yarn in a light, solid color and size I or J to the first class.

Jody Ratner
Beginning, Monday February 26
7:00 – 9:00 p.m.
8 Sessions
H.S. Room HE-1
Fee: \$80.00

13. FURNITURE PAINTING SPECIAL TECHNIQUES: LAYERING AND TEXTURING

Learn how to apply two popular furniture techniques, layering, and texturing. You will learn how to distress using a three-color layering technique. You will also create a faux weathered finish using a textured paint additive with chalk style all-in-one paint.

There is an additional \$18.00 materials fee. Please mail a separate check payable to Stacey Fucci for \$18.00. Class size is limited.

Stacey Fucci
Monday, May 6
6:30 – 8:30 p.m.
One Session
H.S. Room CD-1
Fee: \$30.00

14. A MIXED MEDIA BIRD COMPOSITION ★

The perfect class if you love to collage, layer and work with a variety of found materials. In this class you will learn basic compositional characteristics. Participants will learn how to incorporate the elements of art and principles of design to create a unique textured piece of wall art. Minimal drawing skills required. Please mail a separate check for \$25.00 for material fee payable to Demi Protonentis .

Demi Protonentis
Beginning, Tuesday, April 2
6:30 - 8:30 p.m.
3 Sessions
H.S. Room CD-1
Fee: \$60.00

15. INTRODUCTION TO FURNITURE PAINTING

This class is for the do-it-yourselfer who wants to take a tired piece of furniture and turn it into a beautiful masterpiece. This hands-on class will introduce you to a different type of paint that can be used on furniture and other accessories for your home. You will experiment with a chalk style all-in-one paint and learn about today's popular painting techniques. There is a \$18.00 material fee payable to Stacey Fucci. Please send a separate check. Class size is limited.

Stacey Fucci
Monday, May 13
6:30 - 8:30 p.m.
One Session
H.S. Room CD-2
Fee: \$30.00

DANCE

16. SOCIAL BALLROOM DANCING

Enjoy an evening of fun while learning the basics and beyond of popular ballroom dances. This course offers an opportunity to gain experience in Social Ballroom Dancing. It is an excellent choice for those looking to develop fundamental ballroom dance skills as well as those with dance experience. The instructor will demonstrate all dance figures and combine them to form amalgamated routines. Best practice syllabus-based techniques in footwork, timing, and lead and follow will be demonstrated. This class is suitable for first-time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor. Dancing gives you a more positive outlook on life. Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes are not recommended.

Candidate Dances: Foxtrot, Waltz and Tango

Richard Fiore/Dual Licentiate,
Imperial Society of Teachers of Dancing
Beginning, Monday, March 11

7:00 -8:30 p.m.
8 Sessions

H.B.T. MS Aux gym
Fee: \$150.00

17. ISRAELI DANCING

This is an introductory class for beginners who would like to learn a variety of circle and line dances. The Final class will culminate in a performance for invited guests. Please wear comfortable clothing and please bring a water bottle.

Deborah Faust
Beginning, Tuesday, March 5

4:30 – 5:30 p.m.
8 Sessions

H.B.T. MS Library
Fee: \$80.00

CULINARY ARTS

18. PUERTO RICAN CUISINE ★

Have you ever wanted to learn how to make authentic Puerto Rican beef and cheese empanadas? If so, it's time to learn to make these homemade golden pastries! This recipe is a family relic that comes from the hands of San Juan roots. Empanadas are an easy party pleaser and are guaranteed to have everyone digging in. Empanada fillings vary and can include anything from beef, chicken, pork, tuna, shellfish, cheese and / or vegetables. They are seasoned, then baked or fried. All materials will be given online to purchase.

Shayna D'Nae
Beginning, Saturday, March 2

9:00 – 10:00 a.m.
2 Sessions

ZOOM
Fee: \$25.00

19. QUICK AND HEALTHY MEAL IDEAS FOR BUSY PEOPLE! ★

Busy all day at work or with family? Tired of takeout and want to eat healthier? Only have 90 minutes to cook and clean? Want to serve yummy and nourishing meals and snacks? Stop by to learn how to make delicious and healthy meals for yourself and your loved ones!! Simple, healthy, delicious - ACHIEVABLE! Please mail a separate check payable to Stacey Jamieson for \$20.00 for materials.

Stacey Jamieson
Thursdays, February 15

7:00 - 8:30 p.m.
One Session

H.S. Room FCS
Fee: \$30.00

FOR HIGH SCHOOL STUDENTS

20. WINTER BOOT CAMP FOR COLLEGE APPLICATION ESSAYS FOR JUNIORS ★

Let's face it- the college application process can be daunting. Forms and more forms. Research into different schools. Where can I get in? Where can I afford to go? Where do I want to go? What do I want to study? APs and SATs and ACTs. Financial aid and loans. A whole new, sometimes intimidating, world. Relax. You got this. Other students before you have done it, and guess what- so will you. But you have to start somewhere, right? One piece of the process you can start right away is the Common Application essay. It's really never too early to put a pen to paper, or your fingers on the keyboard, and get some ideas down. That's the purpose of the Winter Boot Camp for College Application Essays for Juniors. Get a head start on this part of the process, and you'll feel better about the whole thing. We will meet for five sessions of one hour each. And from the comfort of your own home, on a google meet. What could be more convenient? You will be emailed a ZOOM code.

Scott Karp
Beginning, Thursday February 29

6:00 - 7:00 p.m.
5 Sessions

ZOOM
Fee: \$80.00

21. ACT PREPARATION SUPPLEMENT (conducted remotely via ZOOM) - optional

For students who plan on taking the SAT and ACT we are offering a three session ACT supplement. The ACT supplement will include preparation for all aspects of the ACT exam including math, Science, English and reading along with test taking skills and a practice ACT. The ACT supplement will prepare students for the June ACT exam. Free ACT individualized extra help is available by appointment directly before or after class for students with I.E.P. (s) and learning disabilities. The tuition for the ACT supplement is non-refundable.

Lentz & Lentz Staff	5:30 – 9:00 p.m.	ZOOM
Beginning, Sunday, May 5	3 Sessions	Fee: \$749.00 payable to Lentz & Lentz

22. SAT PREPARATION FOR THE NEW DIGITAL SAT – IN PERSON

The SAT is changing starting in March 2024. This will be the first time in history that the new Digital SAT will be administered. Lentz & Lentz has all the information you need to get prepared, including a brand-new Digital SAT Test Prep program specifically designed to help boost students’ scores on this new test. A new test means students need a new toolkit for success. Lentz & Lentz’s new, specialized Digital SAT prep program has been designed by experts to prepare students and help them boost their scores. Designed to benefit students of all ability levels, this program which has been running at Syosset H.S. for over 30 years is divided between English and Math. Classes feature test-taking techniques, practice exams, advanced math and shortcut math vocabulary development, speed reading, algebra II, trigonometry, lesson podcast system for review of missed classes and live make-ups at nearby locations. The podcasts are extremely helpful to all students, especially those with cognitive and perceptual disabilities and I.E.P(s). Extra help is available at no additional charge, before or after class. Course material and complementary fall refresher classes are included with tuition. Lentz & Lentz teachers have been specifically trained to teach this program and all of our instructors have a background in teaching. Positive scores on the SAT and PSAT could translate into thousands of dollars in scholarships and savings. For more information or to register call 1 (845)638-2826 or visit LentzSATPrep.com. Checks should be made payable to Lentz and Lentz. Money back guarantee within three calendar days after lesson one only. No refunds will be issued after that point in time. If the student does not attend the first session, regardless of any reason, there will be a \$110.00 charge. Lentz & Lentz reserves the right to dismiss any student from the program for disciplinary reasons. No refunds will be issued in cases of that nature.

Lentz & Lentz Staff	6:30 – 9:30 p.m.	H.S. Rms C9 & C10
Beginning, Wednesday, March 6	8 Sessions plus 2	Fee: \$499.00 payable to Lentz & Lentz
1 Monday class – April 8	Fall Review Lessons	

FOREIGN LANGUAGES

23. ITALIAN

Benevenuti! Come learn the basics of the Italian language in this introductory class. Learn how to read, write, listen, and speak the following: greetings and introductions, locations, menu orders and restaurant vocabulary, regions/sights in Italy, and basic grammatical structure of the present tense. Remember we are not studying for an exam, but as if you were traveling to Italy.

Mary Pizzimenti	7:00 – 8:00 p.m.	ZOOM
Beginning, Tuesday, March 5	8 Sessions	Fee: \$80.00

24. SPANISH

HOLA! (HELLO) This course will introduce you to practical, useful Spanish phrases that will help you understand and communicate with friends and family, in restaurants, stores, at work or in business and daily situations. It will include basic grammar, correct pronunciation, and sentence structure. Class participation and independent homework is encouraged. Bring a notebook and pen or pencil to class. Come join us and learn to speak one of the most widely spoken romance languages.

Ingrid Napoleone	7:00 - 8:30 p.m.	H.S. Room B-1
Beginning, Tuesday March 12	8 Sessions	Fee: \$80.00

25. ENGLISH LANGUAGE FOUNDATIONS

This course will provide instruction for English Language Learners who would like to learn the basic foundations of the English Language. We will focus on speaking, listening, and writing to strengthen communication in the English language.

Michelle McGovern	6:00 - 7:00 p.m.	H.S. Room A-12
Beginning, Tuesday, March 5	8 Sessions	Fee: \$80.00

26. GREEK LANGUAGE ★

YIASOU (HELLO) everyone! Planning your trip to Greece? Or have you always wanted to learn the Greek language? This course will introduce you to practical, useful Greek phrases that will help you understand and communicate in restaurants, stores, hotels and other greek conversational situations. It will include basic grammar, correct pronunciation, and sentence structure. Class participation and at home practice is encouraged. You will need a notebook pen or pencil at every class.

Demi Protonentis 7:00 - 8:00 p.m. ZOOM
Beginning, Tuesday, May 7 4 Sessions Fee: \$80.00

MIND & BODY

27. LEARN FROM A PSYCHIC MEDIUM: THE TAROT ★

Tarot has been used for centuries to gain insight into life's many varying situations. Learn how to read tarot directly from one of NY's most accurate and gifted psychic mediums, Leah Claire! In this 6-week class, you will learn how and when to use tarot, learn secret tips and practical methods directly from a working professional respected in her field. Together, we will uncover various tarot card combinations to gain a deeper understanding of yourself and the world around you! You will also have an opportunity to practice these skills, build your intuition and perhaps even get a reading from Leah Claire during the class! There is an additional \$40 materials fee. Please mail a check payable to Leah Claire.

Leah Clair 7:00 - 9:00 p.m. H.S. Faculty Cafe
Beginning, Wednesday February 28 6 Session Fee: \$80.00

YOGA

Yoga energizes the body by releasing the fatigue and stress of daily living. Through a variety of basic poses and breathing techniques, yoga creates a balance of body and mind and spirit. It also strengthens and increases flexibility, agility, balance and poise. Please wear comfortable clothing. A stick mat, two firm blankets, strap and two blocks are required. Also, please bring a bottle of water.

28. SESSION A

Lucia Tucci DePalo 7:00 – 8:30 p.m. J.R. Irving Baylis
Beginning, Monday February 12 8 Sessions Fee: 80.00

29. SESSION B

Fontaine Sheridan 7:00 – 8:30 p.m. J.R. Irving Baylis
Beginning, Tuesday February 13 8 Sessions Fee: \$80.00

30. LEARN FROM A PSYCHIC MEDIUM: GROW YOUR INTUITION ★

Intuition, which is found throughout the animal kingdom, is not magical but rather a faculty in which knowledge appears into the conscious mind. Learn how to develop and grow your intuitive abilities from one of NY's most accurate and gifted psychic mediums, Leah Claire! In this 6-week class, you will learn practical methods to expand your brain capabilities directly from a working professional respected in her field. Together, we will work to unlock your intuition, learn about the energetic body, work with different tools including meditation to assist your subconscious mind communicate, and learn how to access the astral plane safely and ethically. You will also have an opportunity to practice these skills and perhaps even get a reading from Leah Claire during the class! There is an additional \$40 materials fee. Please mail a check payable to Leah Claire.

Leah Clair 7:00 - 9:00 p.m. H.S. Room A-13
Beginning, Thursday February 29 6 Sessions Fee: \$80.00

31. ASTRAL PROJECTION WORKSHOP: A GUIDED OBE ★

In 2017, the CIA released documents validating astral projection (also known as an out of body experience or OBE) is real and safe! In this 4-hour workshop, you will be safely guided by psychic medium, Leah Claire to have an out of body experience! You will learn about the history, nature and capability of astral travel as well as the art and science of expanding consciousness. After learning about the energetic body, you will be led in 2 separate exercises to allow for deep relaxation and travel to the astral plane. Please wear comfortable unrestricted clothing and bring a yoga mat and/or a blanket and pillow (as you will be laying on the floor and the body can cool while projecting).

Leah Claire 6:00 - 10:00 p.m. H.S. Room A-13
Monday, February 26 One Session Fee: \$80.00

32. LEARN YOUR LIFE PURPOSE, MEET YOUR SPIRIT GUIDES ★

In this 4 hour workshop, you will be guided safely in deep meditation by a professional psychic medium on a journey to the astral plane to meet your spirit guides directly. You will have a rare and beautiful opportunity to have a conversation with them to learn your true life purpose! Please wear comfortable unrestricted clothing and bring a yoga mat and/or a blanket and pillow (as you will be laying on the floor and the body can cool while projecting).

Leah Claire 6:00 - 10:00 p.m. H.S. Room A-13
Monday, March 4 One Session Fee: \$80.00

33. JOURNEY TO YOUR PAST LIFE ★

In this 4 hour workshop, you will be guided safely in deep meditation by a professional psychic medium on a journey to remember one or more past lives. You will have a rare and beautiful opportunity to remember past experiences and how these experiences tie into your current life! Please wear comfortable unrestricted clothing and bring a yoga mat and/or a blanket and pillow (as you will be laying on the floor and the body can cool while projecting).

Leah Clair 6:00 - 10:00 p.m. H.S. Room A-13
Monday, March 18 One Session Fee: \$80.00

34. REUNITE WITH YOUR LOVED ONES WHO PASSED AWAY ★

In this 2 hour workshop, you will be guided safely in deep meditation by a professional psychic medium to the astral plane where you can meet your loved one directly and have a conversation with them, returning safely to the world we live in with their messages from beyond.

Leah Claire 6:00 - 10:00 p.m. H.S. Room A-13
Monday, April 15 One Session Fee: \$80.00

MUSIC

35. SECOND ACT A CAPELLA

Second Act A Capella is a treble voice, all-female, pop A Capella ensemble. Any ladies who enjoy singing, arranging, beatboxing are welcome, no prior experience is necessary. Please feel free to bring any favorite arrangements of pieces you might have written or sung before, in college or anywhere else.

Kristen Howell 7:00 – 8:00 p.m. H.S. Chorus Room
Tuesday, 3/5,19,26, 4/19 4/16 – (sharing performance) 6 Sessions Fee: \$80.00
Wednesday, 2/28 & 4/3

PERSONAL FINANCE

36. KEEP THE INCOME FLOWING DURING RETIREMENT

Studies show that the biggest fear retirees have is running out of money before running out of life. Planning an effective retirement income strategy is more important than ever when facing a retirement that can span more than 25 years. This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, and protecting your assets from the costs of long-term care..all while having your money last throughout your lifetime and the lifetime of your spouse! If you are retired or thinking about retirement, you will not want to miss this program.

Jeffrey Silberman, JD CFP 7:00 - 9:00 p.m. H.S. Room A-12
Thursday, March 14 One Session Fee: \$20.00

37. THE POWER OF BUDGETING ★

The content focuses on the importance of budgeting and is considered an instructional, education workshop. This interactive seminar will explore the importance of creating and maintaining a budget, examine the difference between wants and needs, and set goals for personal spending, savings and debt repayment.

James Vafeas 7:00- 8:30 p.m. H.S. Room A-12
Thursday, February 29 One Session Fee: \$20.00

38. PEACE OF MIND IN RETIREMENT ★

Outliving your money is every person's nightmare. This course covers a financial tool that offers stability and growth. It provides 100% protection from any downturn in the market while providing you with upside growth tied to a market index, lifetime income and even a death benefit. Through real life illustrations and discussions, I look forward to educating you on this incredible investment. Sleeping at night never felt so good.

Darren Grunberg 7:00 - 8:30 p.m. H.S. Room A-12
Tuesday, March 12 One Session Fee: \$20.00

39. UNDERSTANDING YOUR 403 (B) PLAN

A seminar for all Long Island school district employees to teach attendees how their current 403(B) retirement plan works alongside their social security and pension. Learning objectives include understanding how fees can be charged, product terminology, asset allocation, rebalancing, and developing a risk profile. Attendees will leave with a better understanding of the retirement asset that complements their social security. This informative one-hour seminar is relevant for educators/administrators' years away from retirement as well as those close to retirement. It is designed to help educators feel more in control by making investment tangible, so they understand why they won what they own.

John Carbonara, CFP 7:00 - 8:30 p.m. H.S. Pilot Library
Monday, March 18 One Session Fee: \$20.00

40. WILLS, TRUSTS AND ESTATES

Ronald Fatoullah has been advising New Yorkers about the legal and financial challenges of aging for more than 30 years. This class focuses on the areas of elder law, estate planning, Medicaid eligibility, ad applications, wills, and trust, planning for individuals with special needs, probate guardianships, Veteran's planning, and same-sex couples. The advantage of a properly drafted trust or will, and the correct handling of an estate, will be discussed. The last half hour of the seminar will put aside questions and answers. Come join us for an informative evening on Wills, Trusts and Estate Planning

Ronald Fatoullah, Esq
Tuesday, April 16

7:00 – 8:00 p.m.
One Session

H.S. Room A-13
Fee: \$20.00

41. SIMPLIFY YOUR SPENDING AND SAVING STRATEGIES ★

This is an educational program designed to help clients and prospective clients sharpen their spending and saving strategy. Participants will learn about: setting personal financial goals and balancing saving. Discussions will also include spending and borrowing to achieve goals, strategies for controlling debt and improving credit scores, practical savings options for now through retirement.

James Vafeas
Thursday, February 29

7:00 – 8:30 p.m.
One Session

H.S. Room A-12
Fee: \$20.00

42. SMARTER SOCIAL SECURITY: OPTIMIZING SPOUSAL AND SURVIVAL BENEFITS

An AARP survey determined that only half of its respondents who were either married or who had ever been married were aware that they were entitled to spousal benefits under the Social Security retirement program while examining spousal and survival benefits and ways to optimize them.

Daniel Mazzola
Wednesday, May 1

7:00 – 8:30 p.m.
One Session

H.S. Room A-12
Fee: \$20.00

43. OUTSMART THE SCAMMERS ★

This seminar will discuss how to spot certain red flags that may indicate a fraudulent encounter. Participants will also talk about resources individuals can turn to in the event they or loved ones are targeted, and steps attendees can take now to help protect themselves and loved ones.

James Vafeas
Tuesday, March 26

7:00 – 8:30 p.m.
One Session

H.S. Room A-12
Fee: \$20.00

44. PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

Parents have numerous issues to consider in planning for the long-term wellbeing of their children with special needs. With the new tax law and changes in government benefits, planning becomes even more important. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include creating financial security during uncertain times; strategies to protect your child's assets; special new trusts, government benefits, guardianship; and future housing.

Jeffrey Silberman
Tuesday, May, 7

6:30 – 7:30 p.m.
One Session

H.S. Room A-12
Fee: \$20.00

45. MEDICARE MADE EASY

This class is designed to give you a better understanding of Medicare. You will learn about original Medicare and its components – A, B, C, and D. When should you sign up for Medicare? What should you do if you are working and have employer group coverage? What is the difference between Medicare Supplement Plans, Medicare Advantage Plans, and Prescription Drug Plans? This class will allow you to get answers to your questions.

Julie Ward-Adobo
Thursday, May 16

6:30 – 7:30 p.m.
One Session

H.S. Room A-12
Fee: \$20.00

46. ELDER LAW, MEDICAID, AND LONG-TERM CARE

There are legal considerations for every stage of life. The practice of elder law focuses on the legal challenges, asset preservation and planning for long-term care for those individuals who are 50 years of age and older. This course will provide a broad overview of the different legal areas encompassed in elder law, including trusts & wills, Medicaid planning & applications, asset protections, probate & administration, estate planning guardianship estate & guardianship litigation, powers of attorney and advance directives. It is important to be prepared and work with a knowledgeable elder law attorney as this is a very complex area of law.

Ronald Fatoullah, Esq
Tuesday, March 19

7:00 – 8:00 p.m.
One Session

Room A-12
Fee: \$20.00

47. TIME MATTERS – A WOMEN'S RETIREMENT OUTLOOK ★

This educational program shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement. It discusses retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. It also addresses how to prepare for the unexpected, including market and inflation risks, and the rising costs of healthcare and long-term care.

James Vafeas
Wednesday, May 8

7:00 – 8:30 p.m.
One Session

H.S. Room A-12
Fee: \$20.00

SAFETY

48. AMERICA'S BOATING COURSE

This Virtual Class brings a certified instructor to the safety of your home via ZOOM. This course was designed by the United States Power Squadron-America's Boating Club for new and experienced boaters focusing on:

*Proper seamanship *navigational aids *rules of the road *nautical knots *Using a marine radio/GPS

As required by NY State the 8 hours of personalized Virtual instruction over 4 weeks will prepare you for the In-Person 5th week course which includes a review of course material and a proctored NYS exam. Students are required to have a computer, laptop, tablet or smartphone with camera to participate in the virtual classroom events. Bonus offer: Interested in learning more, the squadron will provide 2 free weeks of In-Person instruction in the art of "Charting and Piloting." **New York State Law – requires all boaters, born after Jan. 1st, 1978 (46 or younger), to complete a Boating Safety Course.** As noted, "All operators of motorized vessels, regardless of age, will need a Boating certificate by January 1, 2025" Education Material will be distributed prior to the first class. Contact Thomas by email: OBSE@boatoysterbay.net to obtain additional information.

Thomas Peltier

7:30 – 9:30 p.m.

Classes 1-4 ZOOM

Beginning, Wednesday, March 06

7 Sessions

Classes 3-7 in the

H.S. Room A-11

Fee: \$80.00

Payable to: Oyster Bay Squadron
Registration fee Payable to SCSD.

49. CPR/AED FOR THE PROFESSIONAL RESCUER AND HEALTH PROVIDERS

Designed for those with duty to act. CPR/AED for the Professional Rescuer and Health Care Providers helps participants respond to breathing and cardiac emergencies in adults, children, and infants. From assessing needs to making decisions to providing care, the professional-level certification program teaches the skills required for your job through discussion demonstration and hands-on training based on real-life rescue scenarios. Upon successful completion of the review course, students will receive a one year "CPR/AED for the Professional Rescuers and Health Care Providers" digital certificate provided by the American Red Cross. No non resident surcharge.

Katheryn Seitz

3:00 – 5:30 p.m.

H.S. Main Gym

Terry Tozer

One Session

Fee: \$125.00

Tuesday, May 14

50. LIFEGUARD TRAINING REVIEW COURSE

An abbreviated lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in cross lifeguarding/First Aid/CPR/AED is required to participate in the review course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED covering adults, children and infant training which is valid for two years. Please note this one-session course is held in 2 different locations in the High School.

Katheryn Seitz

3:30 – 6:00 p.m.

H.S. Main Gym

Terri Tozer

6:00 – 8:00 p.m.

H.S. Pool

Wednesday, May 15

DEFENSIVE DRIVING

Are you still paying high premiums for your automobile insurance? If you are a principal operator of a car or a motorcycle, by taking this six-hour course you will receive a 10% reduction in the base rate of your vehicle liability and collision insurance premium each year for three years. This course may reduce up to four points from your driving record. This course will refresh your driving knowledge with a review of time-tested safety driving tips and an overview of today's vehicle and traffic laws. The class includes a video presentation and group discussions. There is no test to take at the end of the class. You **MUST** attend both sessions.

51. SESSION A

Diane Palumbo

6:30 – 9:30 p.m.

H.S. Little Theatre

Empire Safety Council

2 Sessions

Wednesday March 6 & March 13

Registration fee of \$15.00 payable to SCSD

Fee: \$35.00 payable to Empire Safety Council

Must be 2 separate checks.

52. SESSION B

Diane Palumbo

6:30 – 9:30 p.m.

H.S. Little Theatre

Empire Safety Council

2 Sessions

Monday, April 15 &

Registration fee of \$15.00 payable to SCSD

Wednesday, April 17

Fee: \$35.00 payable to Empire Safety Council

Must be 2 separate checks.

GAMES AND HOBBIES

53. MAH JONGG FOR BEGINNERS

Join us to learn the popular game of Mah Jongg, a tile game similar to Rummy that we've all played with cards. Since it's played in groups of 4, it is a great way to be sociable while learning together. Come alone or with friends. You must bring a 2023 Mah Jongg card. Mah Jong sets and all instructional materials will be provided.

Sheryl Silberman
Beginning, Wednesday, February 28

7:00 – 8:30 p.m.
8 Sessions

H.S. Faculty Cafe
Fee: \$80.00

54. MAH JONGG: ADVANCED BEGINNER WITH COACHING ★

Come play this popular tile-based game of skill, strategy, calculation, and luck. This course is for anyone who knows the basics or took the beginner class and wants to take their game to the next level. We will focus on hand building, strategies and tips and tricks. PLEASE NOTE: Students MUST bring a 2023 National Mah Jongg League card to each class – or bring \$14.00 for an official card payable to Lisa Kimoto.

Lisa Kimoto
Beginning, Wednesday February 28

7:00 – 9:00 p.m.
8 Sessions

H.S. Lib. Pilot Room
Fee: \$80.00

CANASTA FOR BEGINNERS:

Have you ever wanted to join a Canasta game but did not know how to play? Here is your chance! With simple step-by-step instructions, you will comfortably learn the basics of this increasingly popular game. With only six lessons, you'll gain the skills and knowledge needed to play with others.... sharing the fun, excitement, and camaraderie. Class size is limited.

55. SESSION A

Barbara & Anthony Swanwick
Beginning, Thursday March 14

6:00 – 7:30 p.m.
6 Sessions

H.S. Faculty Cafe
Fee: \$70.00

56. SESSION B

Barbara & Anthony Swanwick
Beginning, Thursday March 14

7:30 – 9:00 p.m.
6 Sessions

H.S. Faculty Cafe
Fee: \$70.00

57. CANASTA II

This class is for those who have taken the Canasta Beginner Class and have some experience at playing the game. Come and continue to learn and review the rules of the game. Learn strategies that will make you a better player and apply your skills as you play. Join us, meet new friends, and have fun as you continue to enjoy playing Canasta. Please feel free to bring a tray and card holder to class. Class size is limited.

Barbara & Anthony Swanwick
Beginning, Thursday March 14

7:30 – 9:00 p.m.
6 Sessions

H.S. Faculty Cafe
Fee: \$70.00

REAL ESTATE

58. DRESS YOUR HOUSE FOR SUCCESS

This class will give you all the tips for selling your house in today's hot real estate market in a shorter amount of time for top dollars. DRESS YOUR HOUSE FOR SUCCESS! Please join me for an informative and fun evening.

Michelle Novak,
Wednesday, March 13

7:00 - 8:30 p.m.
One Session

H.S. Room A-12
Fee: \$25.00

Lic. NYS Associate Real Estate Broker, Certified Home Marketing Specialist,
Luxury Home Marketing Specialist, Certified Negotiation Expert, Professional Organizer

59. FLIPPING HOUSES FOR THE PAST 23 YEARS

Do you have a desire to get involved with "Flipping Houses", but are not sure how to get started? This course will reveal what the instructor has learned in 23 years of buying, renovating, and flipping homes. You will learn everything from securing the cash you need to finance your venture, to finding undervalued properties, to negotiating prices so that you can sell the home at a profit. You will learn how to make profitable renovation decisions and how to market your property. The course will go over devising a successful flipping strategy, how to build your dream team, estimating the return on your investment, choosing your target market, prioritizing, and planning your renovation, and selling.

William Adlman
Beginning, Tuesday, March 12

7:00 – 9:00 p.m.
2 Sessions

H.S. Room A-11
Fee: \$50.00

LOOKING TO DOWNSIZE YOUR HOME? ★

Homeowners, are you considering downsizing and are you interested in learning how to right size your home? Sometimes we come to a point where our current home is no longer right for our needs. Attend this informational session to learn more about how to downsize your home.

60. SESSION A

Anna Beigelman
Thursday, March 7

7:00 - 8:00 p.m.
One Session

H.S. Room A-13
Fee: \$25.00

61. SESSION B

Anna Beigelman
Thursday, April 4

7:00 - 8:00 p.m.
One Session

H.S. Room A-13
Fee: \$25.00

PHYSICAL FITNESS

62. BARRE YOGA ★

This class is designed to lengthen and strengthen muscles while improving flexibility and grace. We will be using the fundamentals of beginner ballet. Have a waist height support available such as a chair or workhorse close by. Also have a mat available for the abdominal workout with a little Pilates at the end of the class.

Theresa Lizzio
Beginning, Wednesday March 13

6:30 - 7:30 p.m.
8 Sessions

ZOOM
Fee: \$60.00

63. ZUMBA

Come to and exercise to a fusion of Latin rhythms and international music. Join this effective, one-of-a-kind fitness class. You will see how easy-to-follow dance moves can turn into an exciting body-energizing cardio class. While you are dancing and having fun, you are also burning calories and shaping your body by working your oblique muscles. To learn Zumba, you do not need to know how to keep a beat. Please make sure you wear sneakers and comfortable clothing, and please make sure to bring a bottle of water.

Carolann Rodriquez
Beginning, Monday February 12

5:00 - 5:45 p.m.
8 Sessions

Berry Hill Gym
Fee: \$70.00

64. HULA HOOP FITNESS

YES! YOU CAN HOOP! Hooping is fast becoming a popular fitness exercise. Hula Hooping is not only great fun, cardio, and toning, but improves coordination and digestive health. Using a variety of adult sized hoops, provided by the instructor, and available for purchase, we'll progress through the weeks building strength, balance, coordination, laughing, sweating, burning calories and exploring the wide range of movement a hula hoop has to offer. We will get a gentle, full body workout and have a great time. Please make sure to wear sneakers and bring a bottle of water.

Jeannie Pendergrass
Beginning, Wednesday, February 28

5:30 - 6:30 p.m.
6 Sessions

H.S. Main Cafeteria
Fee: \$80.00

65. CARDIO SCULPTING ★

The goal of this class is to combine segments of cardio and strength training to improve overall fitness regardless of one's fitness level. We will use 3 to 5 pound weights, resistance bands, a small 6-8 inch ball and mat. The goal is to firm up and make the waist area smaller while improving cardiovascular health.

Theresa Lizzio
Beginning, Monday February 26

6:00 - 7:00 p.m.
8 Sessions

ZOOM
Fee: \$60.00

66. LINE DANCING - A VARIETY OF STYLES

Line dancing has never been more fun. Join Carol in this low-impact dance exercise class that will help you stay fit and tone your body without putting stress on your back and knees. This is an introductory class for beginners who would like to learn a variety of styles of dancing. We will cover some of the well-known dance patterns, like wobbling, two step Line Dance, Footloose, and much more. Dance to a mix of soul, rock, country music and today's popular recordings. Great music, great workout! This class is for men and women of all ages. This is not a couples' class. Wear Loose, comfortable clothing and please wear sneakers and bring a bottle of water.

Carolann Rodriquez
Beginning, Monday February 12

5:50 - 6:40 p.m.
8 Sessions

Berry Hill Gym
Fee: \$70.00

SPORTS AND RECREATION

67. BADMINTON – BEGINNER / INTERMEDIATE

Badminton is a racket sport like tennis and racquetball that involves hitting a lightweight birdie (shuttlecock) over a 5-foot net. The game is played singles or doubles on an indoor court that measures 20' x 40'. The racket used is like a tennis racket, however it is long, thin, and lightweight. This course is designed for badminton players who have some experience and would like to learn different shots, drills and even strategy. This course is open to beginners: however, you should be ready to run back and forth around a court getting your heartrate up. Sneakers are mandatory and loose, comfortable athletic clothing is recommended. Players should bring their own badminton racket and a bottle of water. Rackets will not be provided.

JD Kwak
Beginning, Monday, February 12
8:00 – 10:00 p.m.
10 Sessions
H.S. Auxiliary Gym
Fee: \$85.00

68. BADMINTON ADVANCED

This course is designed for badminton players who have several years of experience and are interested in playing competitive games of singles and doubles. Adults who take this course should be ready to play for 90 minutes. We will spend some time learning shots, proper serving, and strategy, but most of the class will be tournament play. Sneakers are mandatory and loose comfortable athletic clothing is recommended. Please bring a bottle of water and be prepared to get a great workout.

Barbara Quinn
Beginning, Monday, February 12
8:00 – 10:00 p.m.
10 Sessions
H.S. Main Gym
Fee: \$85.00

69. TENNIS BEGINNER

Beginners are classified as anyone who has not seriously played Tennis and wishes to learn the fundamentals of grip, hitting, stance, and rules. Fundamentals for beginners will be taught in all sessions. Bring a tennis racket and a bottle of water. Also please make sure that you are wearing sneakers. Tennis rackets are not provided.

Fabiana Rezak
Beginning, Monday, February 12
7:00 – 8:15 p.m.
8 Sessions
H.B. Thompson
Middle School
Main Gym
Fee: \$90.00

70. TENNIS INTERMEDIATE

This class is for those who are able to play tennis and SUSTAIN RALLY. Instructions in both the finesse of the grip, strokes and service will continue in relation to play. Please bring a racket, one will not be provided. Please wear sneakers and bring a bottle of water.

Fabiana Rezak
Beginning, Monday February 12
8:15 – 9:15 p.m.
8 Sessions
H.B. Thompson
Middle School
Main Gym
Fee: \$80.00

71. BASKETBALL

For players who want competition and fun while maintaining and improving basketball skills. Pre-registration is required. Please make sure to wear sneakers and bring a bottle of water. Limited space is available.

Barbara Quinn
Beginning, Wednesday, March 6
7:30 – 9:30 p.m.
12 Sessions
Robbins Lane Gym
Fee: \$100.00

PICKLEBALL FOR BEGINNERS

Learn the game that is sweeping the nation! Pickleball is a social and easy to learn game that combines tennis, badminton, and ping-pong. It is played on a small court with lightweight paddles and plastic perforated balls. Students will learn the rules, scoring and basic skills of the game while enjoying a nice workout and having fun. Bring your own paddle, wear sneakers and comfortable clothing and bring a bottle of water.

72. SESSION A

Margie Haug, Wayne Borysewicz
Beginning, Wednesday March 6
7:30 – 9:00 p.m.
8 Sessions
H.S. Aux Gym
Fee: \$85.00

73. SESSION B - SUNDAY

Margie Haug, Wayne Borysewicz
Beginning, Sunday March 3
8:00 - 9:30 a.m.
8 Sessions
H.S. Main Gym
Fee: \$85.00

PICKLEBALL PLAY

This course is for those who already know how to play and want more practice. Level range is advanced beginner to intermediate (2.5 – 3.5). Come have fun and get a workout in a social and friendly way. Bring your own paddle. Please make sure you wear comfortable clothing and sneakers and bring a bottle of water.

74. SESSION A

Margie Haug , Wayne Borysewicz
Beginning, Wednesday March 6

9:00 – 10:30 p.m.
8 Sessions

H.S. Aux Gym
Fee: \$85.00

75. SESSION B

Barbara Quinn
Beginning, Tuesday, February 27

7:30 – 9:30 p.m.
8 Sessions

H.S. Aux Gym
Fee: \$85.00

76. SESSION C

Barbara Quinn
Beginning, Thursday, February 29

7:30 – 9:30 p.m.
8 Sessions

H.S. Aux Gym
Fee: \$85.00

77. PICKLEBALL FOR INTERMEDIATE/ADVANCED BEGINNERS - SUNDAYS

Elevate your level of play! This course is designed for players who have already taken the beginner class or those who know the rules and how to play (2.0 - 3.0 levels). Each session will focus on technique and tactics through a variety of drills and games. Bring your own paddle. Please wear sneakers and comfortable clothing and bring a water bottle.

Margie Haug, Wayne Borysewicz
Sundays, Beginning, March 3

9:30 - 11:00 a.m.
8 Sessions

H.S. Main Gym
Fee: \$85.00

78. VOLLEYBALL ADVANCED

This course is ONLY for the advanced volleyball player who is looking for an extremely competitive playing opportunity. A complete knowledge and understanding of the rules are prerequisite for this course. It is recommended only for highly skilled players. The instructor reserves the right to group according to ability. Class size is limited. Please wear comfortable loose-fitting clothing and wear sneakers. Please bring a bottle of water.

Peter Logan
Beginning, Tuesday, February 13

8:00 – 10:00 p.m.
12 Sessions

H.S. Main Gym
Fee: \$100.00

79. VOLLEYBALL RECREATIONAL

This course is designed to provide an opportunity for those players with experience in playing Volleyball to further develop their skills. Advanced knowledge of rules and skills would add to the level of play. Each session will be spent on competitive play. Class size is limited. Please wear comfortable clothing and sneakers and bring a bottle of water.

Peter Logan
Beginning, Thursday, February 15

8:00 – 10:00 p.m.
12 Sessions

H.S. Main Gym
Fee: \$100.00

ADULT LEARN TO SWIM

This swim program will teach participants the skills and concepts needed to stay safe around water. You will learn how to help yourself and others in an aquatic emergency. The basic aquatic skills and swimming strokes including the front crawl, breaststroke and elementary backstroke will be featured. The goal of this class is to have adults feel comfortable and safe in any aquatic setting and to be able to include swimming as a lifetime activity. Please bring swim goggles and a towel and a swim cap to the class. Also please bring a bottle of water.

80. SESSION A

Carol Lynch, Justin Lynch, Marybeth Torizilli
Beginning, Monday, February 12

8:00 – 9:00 p.m.
8 Sessions

H.S. Pool
Fee: \$180.00

81. SESSION B

Carol Lynch, Justin Lynch, Marybeth Torizilli
Beginning, Tuesday, February 13

8:00 – 9:00 p.m.
8 Sessions

H.S. Pool
Fee: \$180.00

82. WATER AEROBICS

This class is an excellent program for everyone, from those just beginning an exercise program, to fitness enthusiasts. Water provides both buoyancy and resistance to body movement and creates an excellent workout. This is a relaxing way to end your day. Join us in the non-simmer friendly exercise program. Please bring a towel and a water bottle.

Carol Lynch
Peter Abraham
Beginning, Wednesday, February 14

8:00 – 9:00 p.m.
8 Sessions

H.S. Pool
Fee: \$180.00

83. LAP SWIMMING

Swimming is one of the best exercises for people of all ages. This is an ideal opportunity for those who like healthy relaxing exercise. Please note you must be able to swim laps to join this class. This is not a beginner's swim class. Please make sure you bring a towel, cap and swim goggles and a bottle of water.

Carol Lynch
Beginning, Thursday, February 15

8:00 – 9:00 p.m.
8 Sessions

H.S. Pool
Fee: \$180.00

Board of Education
Syosset Central School District
Syosset, New York 11791
Continuing Education for Adults
SPRING 2024

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**AVOID
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