

Spring 2025

Continuing Education & Recreation



Community Services
New Location
Dickinson Avenue School
NOW LOCATED IN
BUILDINGS B & C
(off Catherine Street)

REGISTRATION FORM MAIL OR EMAIL

Payment by Credit Card, Money Order or Check payable to:

Northport-East Northport UFSD

Mail to:

Northport-East Northport UFSD

Office of Community Services

P.O. Box 210, Northport, New York 11768

OR

Scan and Email to:

community.services@northport.k12.ny.us

| | | | |
|---------------------------------|-------------------|--|------------------------|
| Last Name | | First Name | <i>Office Use Only</i> |
| Address | | | Primary Phone |
| City | State New York | Zip 117_____ | Secondary Phone |
| Email Address | | | |
| Course# | Course Title | Course Fee: _____ Non-Resident: (\$7) _____ | |
| Course# | Course Title | Course Fee: _____ Non-Resident: (\$7) _____ | |
| Course# | Course Title | Course Fee: _____ Non-Resident: (\$7) _____ | |
| Course# | Course Title | Course Fee: _____ Non-Resident: (\$7) _____ | |
| | | <input type="checkbox"/> School District Resident <input type="checkbox"/> Resident Senior Citizen (60+) 50% discount <input type="checkbox"/> Non-Resident (no discount) | |
| | | <u>ADD NONREFUNDABLE REGISTRATION FEE</u> (<i>NO DISCOUNT</i>) PER PERSON: \$5.00 Total _____ | |
| Visa/Mastercard/Amex/Discover # | | | |
| Expiration Date _____ | | | |
| CVV code (3 or 4 digit) _____ | | | |
| Name of Cardholder _____ | | | |
| Signature _____ | | | |

Important Information

*Office of Community Services
120 Dickinson Avenue
NEW LOCATION
Now Located in Buildings B and C*

Dear Residents,

We are so pleased to welcome you to the adult Continuing Education Program of the Northport-East Northport School District. This program is designed to provide residents with informative and enjoyable opportunities to continue lifelong learning.

Although most classes will still be located at Dickinson Avenue School, the office and class locations have been changed. The Office of Community Services will now be located in Building C. Classes will be held in Buildings B, C and the Gym. Parking is available in the lots off Catherine Street behind the playground allowing for easier access to the classrooms.

PLEASE DO NOT PARK IN THE FRONT LOT AS THERE IS NO ACCESS THROUGH THE MAIN BUILDING.

We hope that you will find the Continuing Education classes to be a rewarding experience offering both personal growth and the chance to explore new interests.

*We look forward to greeting our old friends and
welcoming new students this Spring.*

Jo Imwalle, Mary Mathers
Denise Lovaglio
Lisa Santos
Jennifer Viegas

Phone: 631-262-6650

Email: community.services@northport.k12.ny.us

Spring 2025

February

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | X | X | X | X | X | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | |

March

| S | M | T | W | T | F | S |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

April

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
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| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | X | X | X | X | X | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

May

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | X | 24 |
| 25 | X | 27 | 28 | 29 | 30 | 31 |

*Spring Continuing Education Classes
begin the week of February 3rd
(unless otherwise specified)*

X = No Continuing Education classes
*** = No Evening Activities**

Course Locations

COURSE LOCATIONS AND ROOM NUMBERS are subject to change. You will be notified in the event of any changes.

Please note locations as designated in brochure:

DAS Dickinson Avenue School
120 Dickinson Avenue, East Northport

ENMS East Northport Middle School
1075 5th Avenue, East Northport

WJB William J. Brosnan School
158 Laurel Avenue, Northport

SMOKING is not permitted in the buildings or on school grounds.

Board of Education

Carol Taylor, President
Lorenzo Licopoli, Ph.D., Vice President
David Badanes, Trustee
Michael Cleary, Trustee
Thomas Loughran, Trustee
Donna McNaughton, Trustee
Allison Noonan, Trustee

Dr. Dave Moyer
Superintendent of Schools

Anthony J. Davidson
Assistant Superintendent for Human Resources

NONDISCRIMINATORY NOTICE

The Northport-East Northport Union Free School District, in compliance with federal and state statutes, does not unlawfully discriminate on the basis of sex, race, color, creed, national origin, disability, marital status, veteran status, age or sexual orientation. Compliance ensures that discrimination does not occur in any policies or practices of admission, program, activity, placement, vocational opportunity, or employment. Questions or grievances concerning these matters should be directed to the Section 504 District Compliance Officer, Mr. Louis Bonadonna, 631-486-7027; Title IX Compliance Officers, Dr. Dana Boshnack, 631-486-7126 and Mr. Anthony J. Davidson 631-486-7026; Civil Service Law Compliance Officer, Mr. Anthony J. Davidson, 631-486-7026; Sexual Harassment Compliance Officers, Mr. Anthony J. Davidson, 631-486-7026 and Dr. Dana Boshnack, 631-486-7126. Questions or grievances may also be made in writing to those named above at P.O. Box 210, Northport, New York 11768.

EMERGENCY CLOSING

Please check the District website <http://www.northport.k12.ny.us> for school closings.

There will be no day or evening classes if the District schools are closed due to inclement weather. There will be no evening classes when after school activities are cancelled.

Cancelled classes will be made up at the end of the semester. You will be notified of the exact day and time.

The curriculum presented in the Continuing Education program is developed by the individual instructors and not by the District. As such, none of the views presented in the classes should be interpreted as endorsed by the District.

Registration Information

**REGISTRATION BEGINS
UPON RECEIPT OF BROCHURE**

2 WAYS TO REGISTER

MAIL registration form with a check or
credit card information to:

Northport-East Northport UFSD
Office of Community Services
P.O. Box 210
Northport, New York 11768

Make checks payable to:
Northport-East Northport UFSD

OR

EMAIL Scan registration form with credit card
information and email to:
community.services@northport.k12.ny.us

Space in many classes is limited.

Late registrants are often closed out of classes.

**If you are registering late, call the office to make
sure the class is still available.**

Preference is given to residents of the school district.

AGE REQUIREMENT

Courses are for individuals 21 years of age or older.

MEDICAL ADVISEMENT

We advise that you consult your physician before undertaking any
program involving physical activity. Participation in any class and/
or activity is at your own risk.

Fees

**PAYMENT MAY BE MADE BY CHECK,
MONEY ORDER, OR CREDIT CARD.**

CASH WILL NOT BE ACCEPTED.

The Board of Education has mandated that the Continuing Education and Recreation programs be self sustaining. Therefore, course fees must cover the instructor's salary and all operating expenses. In the event of insufficient enrollment in an advertised course, it may be necessary to cancel the course. Students will be notified as soon as possible of any such cancellations, but no later than the first day of class.

COURSE, BOOKS & MATERIALS

Fees are listed in each individual course description.

REGISTRATION FEE

A nonrefundable \$5 fee will be added to all registrations.

NON-RESIDENTS

A \$7 fee will be charged to all non-residents for each course.
District residents will have priority in courses
where there is a limited enrollment.

SENIOR CITIZENS (60+)

Resident senior citizens will be charged
50% of the established course fee.

The senior discount does not apply to the registration fee.

There is no senior discount for non-resident senior citizens.

For additional information, please contact the Office of Community Services.

Refunds

Refund requests must be made 5 days prior to the first session, however, the \$5 registration fee is nonrefundable.

The full fee will be refunded **ONLY** when a class is cancelled. A refund takes approximately one (1) month to process.

Art

0004 *Painting/Drawing - Beginner to Intermediate*

M. Ellen Winter

Thought about painting but never tried? This is the class for you! First class, bring an 8x10 or 9x12 drawing pad, pencil and eraser. Information will be given for watercolors, acrylic, oil or pastels. If you have painted in the past, bring whatever supplies you have. (8 sessions)

Dates: February 4, 11, 25

Fee: \$120

March 4, 11, 18, 25

DAS Rm C-2

April 1

Tuesdays 10:00 am-12:30 pm

0005 *Watercolor Painting*

George Black

Have fun expressing yourself creatively and at the same time learn how to create paintings using watercolors. The class is for the beginner as well as for the more advanced student. The class will explore the use of watercolor washes, wet into wet, color mixing, color lifting, as well as the use of value. You will also learn how to create a strong composition. Brushes will be used along with other tools to achieve different painting effects. For the first class you will need a Canson watercolor pad 140 lb., size 11" x 14" (approximate size). You will also need the following brushes - a number 2 round brush, number 6 round brush, and a number 8 brush. You will need a tube of Ultramarine Blue. You should have a small cup for water, a plastic palette or old plate, and a roll of paper towels. A full supply list will be given out during the first class. **Note: The more advanced students should bring whatever watercolors they might have.** (8 sessions)

Dates: February 7, 14, 28

Fee: \$120

March 7, 14, 21, 28

DAS Rm C-2

April 4

Fridays 10:00 am-12:30 pm

0009 *Intro to Japanese Brush Painting Meditation*

Emily Eisen, M.Ed., Fine Artist

In this class, we will use the art of Sumi-e, Japanese Brush painting to enter a relaxing and centering meditative state. Fine Artist Emily Eisen, yoga teacher, will introduce you to calming/energizing breathing practices to accompany your painting practice. We will learn the basic Sumi-e brush strokes, then apply them to render images, then compose! Japanese flute music will be our soundtrack. Bring a bottle of water and a smile. A supply list will be provided when you register. (3 sessions)

Dates: March 10, 17, 24

Fee: \$54

Mondays 10:00 am-1:00 pm

DAS Rm C-2

0006 *Handmade Bookmaking/Watercolor Techniques*

Workshop

Emily Eisen, M.Ed., Fine Artist

We will construct our own journals using the Piano Hinge binding. We start with a very enjoyable learning experience of watercolor techniques to design the pages, then on to turning these pages into our books. Bring any of these or your choice: Pencil/pen, calligraphy markers, colored markers, watercolors, collage items, scissors, glue, fabrics and if writing a song, your musical instrument, a bottle of water and a smile! A supply list will be provided when you register. (2 sessions)

Dates: March 31

April 7

Fee: \$36

Mondays 10:00 am-1:00 pm

DAS Rm C-2

0012 *Learning from the Art Masters - NEW CLASS*

Emily Eisen, M.Ed., Fine Artist

In this course, we will study how different famous artists used the elements and principles of art and then apply what we've learned to drawing and painting a variety of subject matter. No experience necessary for this exploratory journey of skill building and exciting discoveries. A supply list will be provided when you register. (4 sessions)

Dates: April 21

Fee: \$72

May 5, 12, 19

DAS Rm C-2

Mondays 10:00 am-1:00 pm

0016 *Mosaic Mirrors*

Emily Eisen, M.Ed., Fine Artist

In our mosaic mirror art studio, we will design and create a fabulous mosaic mirror. Instructor will have a variety of art objects (tiles, sea glass, shells, jewelry, ceramics) to choose from. Bring your own objects to personalize your mirror too!

Supply list: SimpleFix pre-mixed adhesive and grout, 1 quart white or bright white (Home Depot), a wooden board (can be a cutting board, rectangle or shaped, 1/2"-3/4" thickness) approx. 11X14, a mirror (round, oval, square, rectangular approx. 5"-7"), a metal soup spoon you won't be using again, disposable gloves, plastic tablecloth, your own objects, water, snacks and a smile! Craftswoman Emily will provide hanging supplies (wire, screws, electric drill). Come create your mirror with us...it will be a nice reflection on you!

Date: May 22

Fee: \$24

Thursday 10:00 am-2:00 pm

DAS Rm C-2

0007 *Spectacular Spring Bows*

Helen Ensmenger

Spring is here and so are Easter, Mothers Day, communions, confirmations, weddings, showers and graduations. Your lovely gift needs a spectacular bow to make the presentation special. You'll learn how to make gorgeous bows for every occasion - huge gift bows, wedding pew bows, florist bows, gentlemen tailored bows and teeny, tiny bows to embellish cards, invitations, decorate children's clothes, and tiny dollhouse miniatures. All the gorgeous ribbons and supplies will be provided for your success.

Please bring sharp scissors, glue gun, glue sticks, extension cord, wire cutters or a pair of old scissors, yardstick or tape measure, and a large basket or box to carry your gorgeous bows home.

Please note: A \$25.00 cash fee is paid to the instructor for all supplies.

Date: March 19

Fee: \$18

Wednesday 9:30 am-12:30 pm

DAS Rm C-2

**0008 *Vintage Memories Handmade Junk Journal as Seen on Etsy*
NEW CLASS**

Helen Ensmenger

We're turning your boxes of cherished family memories and ephemera into an exquisite journal embellished with pretty papers, elegant lace trims, tiny roses and hydrangeas, pearls, other beaded trims, buttons, and your treasured family fabric and clothing, dear to you. We are creating lots of pages with fancy hidden pockets, tags, tuck spots, photographs, old letters, documents, theatre tickets, old receipts, lacy little flowers, and lots of writing spots so your family knows the history of cherished family ephemera of loved ones who are no longer with us. All this lovely work will be placed into a journal that we create in class. This is a lovely gift to give to a friend or family member and it will be cherished forever. Go to Etsy.com to see fine examples of junk journals to further inspire you. A supply list will be provided when you register. (4 sessions)

Dates: March 5, 12, 26

Fee: \$72

April 2

DAS Rm C-2

Wednesdays 9:30 am-12:30 pm

Business & Finance

2216 *Keep the Income Flowing During Retirement* *How to Create Your "Retirement Paychecks"*

Jeffrey R. Silverman, JD CFP®

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, staying ahead of inflation and protecting your assets from the costs of long-term care...all while having your money last through your lifetime! If you are retired or thinking about retirement, you will not want to miss this program. Mr. Silverman is a Certified Financial Planner™ practitioner and attorney.

Date: March 6

Thursday 7:00 pm-9:00 pm

Fee: \$12

DAS Rm C-3

2218 *The Truth About Annuities* Jeffrey R. Silverman, JD CFP®

You've heard good things. You've heard bad things. One financial pundit says they're terrible, while the next one says they're great! Meanwhile, BILLIONS of dollars are invested in annuities every year. Are they worth it? How do you decide if an annuity is right for you? Can they protect against market losses? How can they create lifetime income and at what cost? In this class, we'll explain the good and the bad for all the types of annuities available. Taxes, investment options, rates of return, death benefits, asset protection and more. **Now might be the time to see whether an annuity should be a part of your retirement planning strategy!** Mr. Silverman is a Certified Financial Planner™ practitioner and attorney.

Date: May 6

Tuesday 7:00 pm-9:00 pm

Fee: \$12

DAS Rm C-3

2220 *Planning for Your Child with Special Needs*

Jeffrey R. Silverman, JD CFP®

Parents have numerous issues to consider in planning for the long-term wellbeing of their children with special needs. **With changing laws and limitations of 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 Needs Trusts; Government Benefits; Guardianship; and Future housing. Mr. Silverman is a Certified Financial Planner™ practitioner and attorney.

Date: March 10

Monday 7:00 pm-9:00 pm

Fee: \$12

DAS Rm C-3

**Continuing Education courses are
for individuals 21 years of age or older.**

2214 *How to Pay for College Without Going Broke*

Lerner & Esposito, College Aid Consultants, Inc.

So you think you won't qualify for financial aid? Find out how tuition discounts, scholarships, grants and financial aid can work for you. Discover the top ten strengths your student will need to gain admission to a competitive college and learn how to select the college with the "best fit" for your child. Find out how selecting the right college can reward you with the most in merit scholarships and need based aid. This workshop is a must for parents of high school students.

Date: April 1

Tuesday 7:00 pm-9:00 pm

Fee: \$12

DAS Rm C-3

2224 *The ABC's of Medicaid - NEW CLASS*

Monica P. Ruela, Esq.

In a very interactive setting, students will be introduced to the principles of elder law. In this course, we will focus on planning options available to protect your hard-earned assets from the increasing cost of long-term care. In addition, students will learn about recent changes in the Medicaid program and the Medicaid eligibility requirements. If you are concerned about protecting your assets and your dignity, this course is for you.

Date: May 7

Wednesday 7:00 pm-8:30 pm

Fee: \$10

DAS Rm C-2

2228 *Planning Without Fear: Wills, Trusts and Advance Directives - What You Need to Know - NEW CLASS*

Monica P. Ruela, Esq.

In a very interactive setting, students will be introduced to the principles of estate planning. Students will learn the basics of Wills, the various types of Trusts and other estate planning options. Students will also learn about advance directives such as financial powers of attorney, health care proxies, living Wills and medical advance directives for end of life called MOLST. This course will focus on what you can do TODAY to better secure your future.

Date: April 30

Wednesday 7:00 pm-8:30 pm

Fee: \$10

DAS Rm C-2

EMERGENCY CLOSING

There will be no day or evening classes if the District schools are closed due to inclement weather. Please check the District website:

<http://www.northport.k12.ny.us> for school closings.

Cancelled classes will be made up at the end of the semester. Your instructor will notify you of the exact day and time.

Register by MAIL or EMAIL

community.services@northport.k12.ny.us

General Interest

0040 *Brain-Body Fitness for Adults*

Emily Eisen, M.Ed., Licensed Brain Gym® Instructor

Come learn simple introductory Brain Gym® exercises (used by students, educators, parents, seniors, athletes, artists and lifelong learners in over 80 countries) to help you concentrate, think clearly, organize, communicate, enhance seeing, listening, eye-hand coordination, creativity, improve memory, physical coordination/balance, and know how to both energize and relax your nervous system. Wear comfortable clothes and shoes. Bring a large bottle of water and a smile.

Copyright 2022 Breakthroughs International all rights reserved. Brain Gym® is the registered trademark of The Educational Kinesiology Foundation, dba Breakthroughs International, Santa Barbara, CA www.breakthroughsinternational.org

Date: February 4

Fee: \$18

Tuesday 10:00 am-1:00 pm

DAS Rm C-4

0041 *The Power of Language*

An Introduction to The Language of Mastery™

Emily Eisen, M.Ed., Certified Language of Mastery™ Instructor

The Language of Mastery® is a curriculum for those who choose to have their words be the instruments of their thoughts, and their thoughts be the conductor of their highest life choices. The practice of speaking consciously is a choice to live more consciously. You will be introduced to making the word, thought, emotion and action process conscious and intentionally creative. As we slow thoughts and words down to examine if they accurately reflect our highest life choices, we can consciously choose speech that the brain can understand and carry out. These tools are highly beneficial for the evolving adult, the parent, the educator, counselor, and college student. Bring water, a notebook, a pen, thin colored markers and a smile!

All Rights Reserved. Copyright 2007 Mastery Systems Corp. Asheville, NC 28801.

Date: February 11

Fee: \$18

Tuesday 10:00 am-1:00 pm

DAS Rm C-4

0034 *Selling Your Home: A Guide to Making the Best Choices*

NEW CLASS

Larry Wagner, STS, CLTC, CSA

Learn how to navigate the home-selling process with confidence! This comprehensive course covers everything you need to know, including preparing your house for sale, whether to renovate, and which improvements offer the best return on investment. Discover the pros and cons of different selling options - using a realtor, selling by owner, or working with a cash buyer. We'll also dive into strategies for selling in challenging situations like financial distress or an estate sale. Packed with actionable advice, this course is perfect for anyone looking to sell a home and maximize its value while minimizing stress.

Date: April 29

Fee: \$12

Tuesday 10:00 am-12:00 pm

DAS Rm C-2

***DON'T FORGET TO INCLUDE A ONE-TIME
\$5 REGISTRATION FEE PER PERSON***

2030 Mah Jongg for Beginners

Anita Leibowitz

Join us to learn how to play American Mah Jongg. Mah Jongg is its own unique game with its own unique strategies. It is unlike cards (for all you card players) although some of the strategy may overlap. We will start at the game's foundation and work our way up step-by-step to playing actual games according to the rules of the National Mah Jongg League. Also keep in mind when deciding to take this course that it's based on having four people to a table. We are looking for 12 committed players. There are many rules to learn and if you miss classes, it becomes difficult to catch up. This is not a refresher course. It will be taught with the assumption that you have no prior knowledge of the game. You will need to purchase a Mah Jongg card (**without which you cannot play nor learn the game.**) They are sold at local stationery stores and are either \$14 or \$15 depending on the size of the print that is best for you. It can also be purchased online at nationalmahjonggleague.org (8 sessions)

Dates: February 3, 10, 24

Fee: \$120

March 3, 10, 17, 24, 31

DAS Rm B-1

Mondays 5:30 pm-8:00 pm

2032 Beginner Mah Jongg

Roz Davidovich

Join me for a fun and engaging introduction to American Mah Jongg! This six-week course features 2-hour sessions designed for beginners. Via patience and repetition, we will learn the rules of play, strategies, terminology, how to read the card, and etiquette of this classic tile game. This class will help you develop confidence and skills in a friendly and relaxed environment. By the end of the course, you'll be ready to play and enjoy Mah Jongg with family, friends, or in your local community. Please note: The 2025 card becomes available in late March/early April. Please PREORDER your cards from www.nationalmahjonggleague.org ASAP. Please do not purchase your cards from Amazon. (6 sessions)

Dates: April 23, 30

Fee: \$72

May 7, 14, 21, 28

DAS Rm B-1

Wednesdays 7:00 pm-9:00 pm

0030 Mah Jongg for Beginners

Lorie Siegel

This class is designed for students with no Mah Jongg experience. In this class, students will learn to identify the tiles, how to read the National Mah Jongg League rules card, game set up and procedures for game play. This class is hands on and lots of fun. Please purchase the 2025 NMJL card prior to the first class. (6 sessions)

Dates: April 10, 24

Fee: \$54

May 1, 8, 15, 22

DAS Rm B-1

Thursdays 11:00 am-12:30 pm

2402 Introduction to Choral Singing

Matt Ho

There is nothing quite like the thrill of blending in harmony with other voices. If you've ever sung in a chorus, you understand this unique excitement. If not, this is the perfect opportunity to try it out. The Northport Chorale is a local adult group singing four-part harmony (men and women) and we're looking forward to sharing that joy with others. Learn choral singing in a fun-filled, non threatening environment with lots of friendly support. (Former choristers also welcome!) Don't remain a listener - be part of the music! Please call Su at 631.525.1743 for more info. (12 sessions)

Dates: February 5, 12, 26

Fee: \$144

March 5, 12, 19, 26

ENMS Choral Room M-2

April 2, 9, 23, 30

May 7

Wednesdays 7:30 pm-9:30 pm

2230 *Travel in France - NEW CLASS*

Christina Mercier

For those who are planning travel in France. For those who are interested in the culture, food, historic or tourist sites, and basic vocabulary and expressions to get around. This is not a grammar course, nor a Beginner French. The class will be taught in English, but will cover phrases, expressions, and basic conversational French for ordering in a restaurant, asking directions, taking public transportation, visiting tourist sites, shopping in a bakery or boutique, and making small talk in each of these situations. Emphasis on French culture and cultural differences. (10 sessions)

Dates: February 4, 11, 25
March 4, 11, 18, 25
April 1, 8, 22
Tuesdays 6:00 pm-8:00 pm

Fee: \$120
DAS Rm B-1

Practical Arts

0014 *Sew on Wednesday with Kathy*

Kathy Kelner

This course is for the experienced quilter, who wishes to continue to improve their quilting skills. Students will participate in either a class project, consisting of step-by-step instructions which teach new skills and techniques. Or, they may bring in an unfinished project to work on and complete. I will assist the students with any questions or problems they may be experiencing. Advanced quilting techniques will be discussed and demonstrated so students can develop a "quilting portfolio". Students should bring their own machines to class, but a few basic machines are available if needed. Come and join this community of quilters and learn some new techniques. (10 sessions)

PLEASE NOTE THE NEW CLASS HOURS!

Dates: March 5, 12, 19, 26
April 2, 9, 23, 30
May 7, 14
Wednesdays 12:30 pm-4:30 pm

Fee: \$240
DAS Rm C-3

Register by MAIL OR EMAIL
community.services@northport.k12.ny.us

EMERGENCY CLOSING

There will be no day or evening classes if the District schools are closed due to inclement weather. There will be no evening classes when after school activities are cancelled.

Please check the District website <http://www.northport.k12.ny.us> for school closings.

Sports, Fitness, Dance

MEDICAL ADVISEMENT

We advise that you consult your physician before undertaking any program involving physical activity. Participation in any class and/or activity is at your own risk.

0022 Barre

Lauren Gaughan

Tone, sculpt, and fine tune your muscles in this high intensity full body workout. Classes also include balance, coordination, core engagement and hip mobility movements. (10 sessions)

YOU WILL NEED: a yoga mat, 1 mini ball (Pilates ball), 1 yoga block.

Recommended/Encouraged: 1-3 lb. weights, 2 exercise sliders/gliding discs.

Dates: February 3, 10, 24

Fee: \$60

March 3, 17, 24, 31

DAS Gym

April 7, 28

May 5

Mondays 9:15 am-10:15 am

0024 Chair Yoga

Lauren Gaughan

Strengthen, stretch and enhance balance throughout this yoga series. Learn how to fully engage different areas of the body through the use of props. **THIS CLASS CONTAINS SEATED AND STANDING POSES.** (Chair can be used for balance during standing poses.) (10 sessions)

YOU WILL NEED: 2 yoga blocks and 1 yoga strap.

Optional: yoga mat for standing poses

Dates: February 3, 10, 24

Fee: \$60

March 3, 17, 24, 31

DAS Gym

April 7, 28

May 5

Mondays 10:30 am-11:30 am

0026 Balletone - NEW CLASS

Lauren Gaughan

This cardio workout combines ballet inspired barre movements with Pilates, to create an upbeat fitness format that's sure to elevate your heart rate and test your strength and balance! Balletone is a useful tool to help improve posture and body alignment, while developing strength and increasing balance. (5 sessions)

Optional: Bring a yoga mat if you feel the floor may be slippery.

Dates: April 1, 8, 29

Fee: \$30

May 6, 13

DAS Gym

Tuesdays 9:15 am-10:15 am

0028 Yoga - Core and Balance - NEW CLASS

Lauren Gaughan

Increase strength, flexibility and your own personal mind-body connection throughout this yoga series. This Vinyasa class will incorporate core-work, balance poses, twists and more! (5 sessions)

YOU WILL NEED: a yoga mat, a yoga strap, and 2 yoga blocks.

Dates: April 1, 8, 29

Fee: \$30

May 6, 13

DAS Gym

Tuesdays 10:30 am-11:30 am

Continuing Education courses are
for individuals 21 years of age or older.

- 0052 *Z-Fitness - Tuesdays NEW TIME*** Betty Lindner
 One hour of dancing to international music - fast and slower (not slow!) solid aerobic activity. Make friends and have fun. Easy to follow routines. All fitness levels welcome. Bring water! (8 sessions)
 Dates: February 25 Fee: \$48
 March 11, 18 DAS Gym
 April 1, 8, 22, 29
 May 6
 Tuesdays 3:30 pm-4:30 pm
- 0054 *Z-Fitness - Thursdays NEW TIME*** Betty Lindner
 Same as above. (8 sessions)
 Dates: February 27 Fee: \$48
 March 13, 20 DAS Gym
 April 3, 10, 24
 May 1, 8
 Thursdays 3:30 pm-4:30 pm
- 2715 *Beginner Tai Chi - Wednesdays*** Evelyn Graham
 Come join us on Wednesday nights for Tai Chi practice. The regular practice of Tai Chi is good for balance, flexibility, posture, digestion, and concentration. Enhance your physical and mental well being by decreasing stress and increasing energy. We will develop and review the standardized 24 posture Yang Style of Tai Chi in a relaxed atmosphere. Suitable for all ages and levels of physical ability. Wear comfortable shoes and clothing that allows for easy movement. (10 sessions)
 Dates: February 5, 12, 26 Fee: \$60
 March 5, 12, 19, 26 DAS Gym
 April 2, 9, 23
 Wednesdays 7:00 pm-8:00 pm
- 2716 *Advanced Tai Chi - Thursdays*** Evelyn Graham
 Let's keep the chi flowing on Thursday nights. This class is for students who have already taken the beginner class and have a foundation of the Tai Chi form. We will continue with the Tai Chi form and more advanced movements. (10 sessions)
 Dates: February 6, 13, 27 Fee: \$60
 March 6, 13, 20, 27 DAS Rm C-4
 April 3, 10, 24
 Thursdays 7:00 pm-8:00 pm
- 0063 *Yoga for Health and Well Being - AM*** Faith Jenkins, E-RYT500
 Give yourself the gift of self care. In this class, you learn mindfulness and body awareness techniques rooted in ancient yoga teachings. Every pose will aim to support the optimal functioning of the Joints, Muscles and Organs. Classes may include Hatha yoga, Vinyasa flows, restorative yoga, Yin yoga and Kundalini yoga as well as Pranayama and Meditation all geared toward enhancing your health and well being. Yoga mat, blocks, straps and yoga blanket are helpful. (10 sessions)
 Dates: February 6, 13, 27 Fee: \$60
 March 6, 13, 20, 27 DAS Gym
 April 3, 10, 24
 Thursdays 10:00 am-11:00 am
- 2709 *Yoga for Health and Well Being - PM*** Faith Jenkins, E-RYT500
 Same as above. (15 sessions)
 Dates: February 11, 25 Fee: \$135
 March 4, 11, 18, 25 DAS Gym
 April 1, 8, 22, 29
 May 6, 13, 20, 27
 June 3
 Tuesdays 6:30 pm-8:00 pm

- 2702 *Basketball - Tuesdays*** Mike Petrucci
 Enjoy an evening of competitive basketball. Full court scrimmages. Please wear basketball sneakers. (12 sessions)
 Dates: February 4, 11, 25 Fee: \$144
 March 4, 11, 18, 25 WJB Gym
 April 1, 8, 22, 29
 May 6
 Tuesdays 7:00 pm-9:00 pm
- 2703 *Basketball - Thursdays*** Tim Blanco
 Same as above. (12 sessions)
 Dates: February 6, 13, 27 Fee: \$144
 March 6, 13, 20, 27 WJB Gym
 April 3, 10, 24
 May 1, 8
 Thursdays 7:00 pm-9:00 pm
- 2706 *Volleyball (Co-Ed) Mondays*** Jeffrey Hilgreen
 Intermediate to highly skilled players. Not for beginners. Be prepared to play hard and have fun. Bring a water bottle. (12 sessions)
 Dates: February 3, 10, 24 Fee: \$144
 March 3, 10, 17, 24, 31 ENMS Gym
 April 7, 21, 28
 May 5
 Mondays 7:00 pm-9:00 pm
- 2707 *Volleyball (Co-Ed) Wednesdays*** Jeffrey Hilgreen
 Same as above. (11 sessions)
 Dates: February 5, 12, 26 Fee: \$132
 March 5, 12, 19, 26 ENMS Gym
 April 2, 23, 30
 May 7
 Wednesdays 7:00 pm-9:00 pm
- 0060 *Essentrics® with Martine-Stretch and Tone-Intermediate Level***
Martine Resta, Level 4 Essentrics® Instructor
 This class is ideal for those who have already practiced Essentrics®, though beginners are welcome! Come experience how stretching can make you feel so good! As seen on PBS and created by the NY Times best-selling author of “Aging Backwards” and “Forever Painless”, Miranda Esmonde White. Essentrics® is a low-impact workout set to music with continuous movement to help improve flexibility and restore your joints. PLUS your muscles will become more toned! Great for all fitness levels! Bring a mat. (7 sessions)
 Dates: March 12, 19, 26 Fee: \$42
 April 2, 9, 23, 30 DAS Gym
 Wednesdays 11:00 am-12:00 pm
- 0057 *Introduction to Chi Walking®*** Emily Eisen
 Certified Chi Walking® Instructor, Emily Eisen, will introduce you to Chi Walking®, created by Danny and Katherine Dryer. Chi Walking® is a walking method to maximize your body’s energy channels of chi/life force; educate and align your mechanical and postural structure to walk effortlessly, efficiently, more toned, mindful and happier! Bring a big bottle of water, sneakers and a smile. (3 sessions)
 Dates: May 2, 9, 16 Fee: \$45
 Fridays 10:00 am-12:30 pm DAS Gym

0070 *Beginner Pickleball - Monday Afternoon* Susan Cormier

Pickleball is the fastest growing sport around. Come join us and see what the buzz is all about! Beginners will learn all the basic rules on how to play the game as well as skills necessary to become a successful player. We will do practice drills as well as fun, learn and play games. Paddles and balls will be provided. Advice will be shared as to which paddle and gear will suit you best. (8 sessions)

Dates: February 3, 10, 24 Fee: \$72
 March 3, 10, 17, 24, 31 DAS Gym
 Mondays 12:00 pm-1:30 pm

0071 *Advanced Beginner Pickleball - Monday Afternoon*

Susan Cormier

Pickleball is the fastest growing sport around. Come join us and see what the buzz is all about! Advanced players will be able to refine their game as well as learn new skills to take them to the next level. Advanced players must know rules of the game and be able to make consistent shots. We will do practice drills as well as fun, learn and play games. Paddles and balls will be provided. Advice will be shared as to which paddle and gear will suit you best. (8 sessions)

Dates: February 3, 10, 24 Fee: \$72
 March 3, 10, 17, 24, 31 DAS Gym
 Mondays 1:30 pm-3:00 pm

2710 *Beginner Pickleball - Monday Night*

Susan Cormier

Same as above. (8 sessions)

Dates: February 3, 10, 24 Fee: \$72
 March 3, 10, 17, 24, 31 DAS Gym
 Mondays 6:00 pm-7:30 pm

2712 *Advanced Beginner Pickleball - Monday Night*

Susan Cormier

Same as above. (8 sessions)

Dates: February 3, 10, 24 Fee: \$72
 March 3, 10, 17, 24, 31 DAS Gym
 Mondays 7:30 pm-9:00 pm

0072 *Beginner Pickleball - Friday Morning*

Susan Cormier

Same as above. (8 sessions)

Dates: February 7, 14, 28 Fee: \$72
 March 7, 14, 21, 28 DAS Gym
 April 4
 Fridays 9:00 am-10:30 am

0073 *Advanced Beginner Pickleball - Friday Morning*

Susan Cormier

Same as above. (8 sessions)

Dates: February 7, 14, 28 Fee: \$72
 March 7, 14, 21, 28 DAS Gym
 April 4
 Fridays 10:30 am-12:00 pm

2754 *Brazilian Jiu-Jitsu/MMA Self Defense Fitness - NEW CLASS*

Rob Lauth

Get familiar with an effective martial art, for self defense, self awareness, mental focus, fitness and fun. Learn basic movements to protect yourself, learn basic submissions and feel the benefits of this as a healthy outlet for personal growth. (8 sessions)

Dates: February 3, 10, 24 Fee: \$48
 March 3, 17, 24, 31 DAS Rm C-4
 April 7
 Mondays 7:00 pm-8:00 pm

**0043 *Tend, Tone & Tune® (TTT) Training = Overall Self-Care
for Daily Living***

Emily Eisen

This is an intermediate movement class, combining breathwork, Brain Gym®, Hatha Yoga, Conscious/Creative Empowering Inner Language, vocalizing, journaling and relaxation/meditation. These avenues of vitality can enhance your brain function, breath capacity, posture, balance, joint flexibility, muscle strength, upright spine stature, your positive self-directions, focus, organization, communication, creativity, and vibrant participation in your very life and relationships. Bring a mat, blanket, strap, block, water, journal and any props you like. Refrain from caffeine or eating 1 hour prior to class. Dress comfortably to move freely. Get ready for revitalizing and restoring your whole precious self. (8 sessions)

Dates: February 5, 12, 26

Fee: \$96

March 12, 19, 26

DAS Rm C-4

April 2, 9

Wednesdays 10:00 am-12:00 pm

0062 *Beginner Pilates*

Linda Bartlett

This course will cover the fundamental exercises of a Beginners and Intermediate Pilates Mat Class. We will learn Pilates breathing techniques, core engagement and postural alignment. Pilates is unique in that the exercises are designed to improve your posture, encouraging a youthful-looking straight back and flat stomach, especially helpful to people of a "certain age". The exercises take place on the floor on a yoga mat, so comfort getting up and down from the floor is necessary. Pilates strengthens the core (the back and abdomen) and is very helpful for those with back issues. However, anyone with severe back issues should check with their physician before joining. Strongly recommended to attend every class as they will build on the previous class. Handouts and homework practice will be provided. An equipment list will be provided when you register. (8 sessions)

Dates: February 7, 14, 28

Fee: \$60

March 7, 14, 21, 28

DAS Gym

April 4

Fridays 1:00 pm-2:15 pm

2750 *Social Ballroom Dancing*

Jeffrey and Virginia Dolson

Learn to dance in a comfortable, relaxed environment while having fun. Dancing is beneficial both mentally and physically. Jeff and Ginny Dolson will be teaching the **Waltz** and **Samba**. The Waltz is a smooth, progressive dance characterized by long, flowing movements. It gives the impression of gliding around the floor almost effortlessly. The Samba rhythm is lively and full of energy. The Samba is danced to the music in time with a syncopated rhythm characterized by simple forward and backward steps and tilting, rocking body movements. This course will teach you more than enough to be able to dance at weddings, parties and dance clubs with confidence and ease. No partner necessary, however, partners are not guaranteed.

No rubber sole shoes, please. (8 sessions)

Dates: March 12, 19, 26

Fee: \$72

April 2, 9, 23, 30

DAS Rm C-4

May 7

Wednesdays 7:30 pm-9:00 pm

2760 *Co-Ed Pickup Soccer - 4v4*

Howard and Erin Cho

Join our adult, co-ed pickup soccer league for a fun and inclusive experience on the pitch! Designed for players of all skill levels, games will feature a dynamic 4 on 4 format with no goalkeepers. Matches will be held indoors on hardwood floors. Games are purely for fun; therefore, there will be no referees, no offsides, no slide tackling, and no overtly aggressive play allowed. Get your heart rate going in this fun and social activity, and don't forget to bring water! (12 sessions)

Dates: February 13, 27

Fee: \$144

March 6, 13, 20, 27

DAS Gym

April 3, 10, 24

May 1, 8, 15

Thursdays 7:00 pm-9:00 pm

Northport-East Northport
Union Free School District
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Spring 2025

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