

Half Hollow Hills CENTRAL SCHOOL DISTRICT



www.hhh.k12.ny.us

Spring 2017

Continuing Education Brochure

REGISTRATION INFORMATION

How do I register?

Register by **mail only**. **No online or in-person registration**. Use a separate registration form for each person and course in which you wish to enroll. Enclose a **separate check** for each course, made payable to Half Hollow Hills CSD, unless otherwise noted. ***Cash cannot be accepted. No in-person registration.*** Mail registration form with any required fee to:

Office of Continuing Education
Fran Greenspan Administration Center
525 Half Hollow Road
Dix Hills, NY 11746

How do I contact the office?

The phone number for the Continuing Education Office is (631) 592-3125.
The email address is adulted@hhh.k12.ny.us.

MEDICAL ADVISEMENT

We strongly recommend that you consult your physician before undertaking any program involving strenuous physical activity. Participation in any class and activity is at your own risk. For each of our "Sports and Movement" classes, you and/or your physician must first sign the form enclosed in the bulletin to verify your general good health and ability to participate in the activity without risk.

Superintendent of Schools
Mrs. Kelly Fallon

Board of Education
Mr. Eric Geringswald, *President*
Ms. Betty Desabato, *Vice President*
Ms. Diana Acampora, *Trustee*

Ms. Stephanie Gurin, *Trustee*
Mr. David Kaston, *Trustee*
Mr. Adam Kleinberg, *Trustee*
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Half Hollow Hills Central School District
Fran Greenspan Administration Center
525 Half Hollow Road
Dix Hills, New York 11746

FREQUENTLY ASKED QUESTIONS

Can I register online?

No, but you can view and print the current brochure at the District's website at www.hhh.k12.ny.us. Please register promptly in order to avoid cancellations.

What is the refund policy?

NO REFUNDS will be made unless the class is cancelled. Once classes have begun, only a credit slip can be issued. If a class is cancelled your check will be returned.. Please notify the office if you decide not to attend a course. In some instances a class may have a waiting list and someone else may be able to attend in your place.

How do I know my registration has been accepted?

NO LETTERS OF CONFIRMATION ARE SENT. Unless you are notified, please assume that you are registered and that you are to come to the first class meeting. Registrants will only be notified if a class is cancelled.

What if a class is not held on a particular night?

Whenever inclement weather causes the closing of District schools, there will be no classes held that evening. Listen to WBAB-FM or WALK-AM for closings or call (631) 592-3125 and listen to the recorded message. You may also check the District's website. In the event that an instructor has to cancel a session, he/she will notify the students. No classes will be held on legal holidays or during school holidays.

Who may attend Continuing Education classes?

Adults over the age of 18 years may register for these classes, unless otherwise noted.

Where are classes held?

All classes are in the High School East building. **All doors will be locked except for the entrances indicated on the map on the website. Enter only through one of those designated entrances.** A map of the building is displayed at the High School East Main Office and on our website at www.hhh.k12.ny.us.

What about Senior Citizens?

Citizens who are 60 years of age or older, reside in Half Hollow Hills Central School District and have obtained a "gold card", are invited to register for our courses at no fee, with the exception of outside agencies that charge a "per-person fee." These are designated as "**no senior discount courses**". Call the District Clerk, (631)-592-3013 for more information about obtaining a "gold card". Material fees **MUST** be paid by each participant even if class registration fee is waived. Please note that non-resident senior citizens may pay the lower "resident fee."

CLASSES BY NIGHT

Monday

Beginner's Ballroom Dancing, Café B
 Intermediate Ballroom Dancing, Café B
 Fitness First, Café A
 College Knowledge: What Parents Need to Know, Rm. 111
 Conversational Italian, Rm. 203
 Notary Signing Agent, Rm. 305
 Eating for Energy, Rm. 105

Tuesday

Interval Power Walking, Rm 819
 Tai Chi/Health Guidance, Café B
 Zumba Gold, Café A
 Oil Painting, Rm. 555
 How to Create an Organized Life, Rm. 105
 How to Keep Income Flowing During Retirement, Rm. 101
 Organic Gardening, Rm. 101
 Life Planning for Your Child with Special Needs, Rm.101
 What is Your Plan? Living Long Term, Rm. 111
 Zumba, Café A
 Making Money on ebay, Rm. 707
 Creating a Positive Mind, Rm. 203

Wednesday

Fitness First, Café A
 Yuangi Energy Music Therapeutic Dance, Rm. 709
 Watercolor Painting, Rm. 555
 ABC's of Trusts, Rm. 101
 ABC's of Estate Planning, Rm. 101
 Relationship Compatibility, Rm. 201
 What is Elder Law? Rm. 101
 Genealogy, Rm. 111

Thursday

Interval Power Walking, Rm 819
 Relaxation & Breathing Techniques, Café A
 Spanish IIIB, Rm. 203
 Yoga, Café A
 Preserving Wealth in Retirement, Rm 111
 Relationship Compatibility, Rm 201
 ABCD's of Medicare, Rm. 201
 Complete Financial Management Workshop, Rm. 101
 Notary Public Training, Rm. 305
 What is Your Plan? Living Long Term, Rm. 111
 Developing a Retirement Plan, Rm. 111
 How to Pay for College Without Going Broke, Rm. 111

Friday

Defensive Driving (refer to page 11)

CALENDAR

Please use this calendar as a reference throughout the session.

	MON	TUES	WED	THURS
March	6*	7*	8*	9
	13	14	15	16*
	20	21	22	23
	27	28	29	30
April	3	4	5	6
	10	11	12	13
	17	18	19	20
	24	25	26	27
May	1	2	3	4
	8	9	10	11
	15	16	17	18
	22	23	24	25
	29	30	31	June 1

KEY: * first night of classes, unless noted otherwise in the brochure.
 The shaded areas indicate that there will be no classes held on these nights.

Financial Planning

How to Keep the Income Flowing During Retirement

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 through your lifetime and the lifetime of your spouse.

Tuesday 1 Session
March 7 7:00-9:00 pm
Instructor: Jeffrey R. Silverman, JD CFP
Attorney & Certified Financial Planner
Room 101
Fees: Regular: \$20 Out of District: \$22

How to Pay for College Without Going Broke

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.

Thursday 1 Session
March 30 7:30-9:30 pm
Instructors: Jan & Tony Esposito
Room 111
Fees: Regular: \$20 Out of District: \$22

Preserving Your Wealth in Retirement

Asset allocation and diversification need to be constantly monitored, and assets need to be protected and preserved. This one session course will deal with this topic, as well as other financial issues in a clear, concise way.

Thursday 1 Session
March 16 7:30-9:30 pm
Instructor: David M. Gustin, AAMS
Room 111
Fees: Regular: \$20 Out of District: \$22

Developing and Executing a Personalized Retirement Plan *New Class!*

A look into the advantages of the Wealth Management process and why a fluid Financial Plan, with the ability to be easily updated when financial changes occur, is a useful tool in determining if a person's financial goals can be met in the future, or what steps need to be taken to ensure that they are.

Thursday 1 Session
April 20 7:00-8:30 pm
Instructor: Gerald Powder, Financial Advisor
Room 111
Fees: Regular: \$14 Out of District: \$17

Complete Financial Management Workshop

This in-depth course, which has been taught nationally at universities as well as at Fortune 500 Companies, will help you establish a written financial plan for your retirement. Topics include stocks, bonds, mutual funds, asset allocation, Social Security, Medicare, long-term care, estate planning strategies, pension plans, IRA's, insurance and more. A comprehensive workbook, which will be a valuable resource for the rest of your life, is included in the fee. An optional personal financial analysis plan is also included. This plan may help you reduce taxes, establish retirement income, and enhance investment returns.

Thursdays 4 Sessions
Begins March 16 7:00-9:00 pm
Instructor: Alex DiMartini, Jr., Financial Advisor
Room 101

Developing and Executing a Personalized Retirement Plan *New Class!*

(Note: Same class as above. It is an additional date added.)

Thursday 1 Session
May 18 7:00-8:30 pm
Instructor: Gerald Powder, Financial Advisor
Room 111
Fees: Regular: \$14 Out of District: \$17

Financial Planning, cont.

The ABC's of Estate Planning

Most people spend decades saving for retirement, the education of children or grandchildren and providing for their families. Yet, the same people, so diligent in growing assets and managing their family affairs, often neglect to prepare an estate plan to protect their financial security and well-being during their lifetime and to distribute their estate upon their death. This program will discuss trust and estate planning strategies to provide for you and your family during your lifetime and after your death.

Wednesday 1 session
April 19 6:30-8:00 pm
Instructor Kim M. Smith, Esq.
Room 101
Fees: Regular: \$14 Out of District: \$17

The ABC's of Trusts *New Class!*

This class will cover the use of Trusts in Estate Planning and Elder Law Planning. The discussion will include the use of revocable trusts, irrevocable trusts and Supplemental Needs Trusts and the role they play in Estate Planning and Asset Protection. The program will also cover the advantages and pitfalls of Trusts along with a comprehensive understanding of how to establish and fund them.

Wednesday 1 session
May 17 6:30-8:00 pm
Instructor Kim M. Smith, Esq.
Room 101
Fees: Regular: \$14 Out of District: \$17

College Knowledge: What Parents Need to Know About College Admissions and Students With a Disability

Learn the secrets of a seasoned college counselor! Topics covered will include: how to apply for SAT/ACT accommodations, the differences between high school and college services, when to disclose a disability, how to apply for services, resources, colleges with supportive programs and how to make your application stand out. Learn how to help your child through this process while keeping your relationship strong.

Mondays 2 sessions
May 1 and May 8 7:00-8:30 pm
Instructor: Jeanmarie Wilson, School Counselor
Room 111
Fees: Regular: \$14 Out of District: \$17

Fine Arts and Crafts

Oil Painting with Marla

Oil painting for beginners and intermediates. Learn how to mix and apply oils to canvas, using a variety of brushes to get textures and shadows. Learn about blending and color theory. Includes: demonstrations, class projects and step-by-step instruction. Use still life set up/photo reference. Have fun and develop artistic skills.

Maximum of 12 students!

A supply list will be emailed to all registrants prior to the first class.

Tuesdays 8 sessions
Begins March 7 7:00-9:30 pm
Instructor: Marla Mencher
Room 555
Fees: Regular: \$80 Out of District: \$86



Watercolor Painting

Take the mystery out of watercolor. Learn color mixing, technique and composition as we create paintings step-by-step. Intermediate and advanced students can be guided on independent projects.

Maximum of 10 students!

A supply list will be emailed to registrants prior to the first class.

Wednesdays 8 sessions
Begins March 8 7:00-9:30 pm
Instructor: Marsha Goldman
Room 555
Fees: Regular: \$80 Out of District: \$86

Personal Enrichment

Relationship Compatibility Skills

This is an introductory course designed to help partners increase attunement, listening, empathy and connection skills. Through this workshop, which involves a structured and secure role playing process called IMAGO DIALOGUE, facilitated by the instructor, partners will learn a new non-confrontational communication method which provides a safe forum for increasing connectivity and decreasing conflict. Partners of any type are encouraged to attend as this method can be applied to romantic partners, close friends, siblings, parents and adult children and other relationship dyads. At the conclusion of this workshop you will be able to communicate through the basic steps learned in this primer at home and at work, which will result in enhanced communication and understanding between you and your partner in any important relationship. The instructor is a licensed Social Worker trained in couples counseling.

Wednesday 1 session
March 8 7:00-9:00 pm
Instructor: Aviva Chansky Guttman, LMSW
Room 201
Fees: Regular: \$20 Out of District: \$22

Relationship Compatibility Skills

(Note: Same class as above. It is an additional date added.)

Thursday 1 Session
March 16 7:00-9:00 pm
Instructor: Aviva Chansky Guttman, LMSW
Room 201
Fees: Regular: \$20 Out of District: \$22

How to Create an Organized Life

Do you know where your keys are? Last year's tax return? Is your house overrun with stuff that you no longer like or need? Do you have boxes of photographs and don't know how to begin to organize them? Do you spend too much time looking for things and not enough time on the things you love? In this class the instructor will introduce the basics of time, object and paper management; explain where and how to begin; and provide the opportunity for you to learn and share organizing tips and strategies. Using this information you will create, implement and maintain personalized systems for managing your time and space and for reducing stress and frustration in your daily life.

A \$3.00 materials fee will be collected at the first class.

Tuesdays 3 Sessions
Begins March 7 7:00-9:00 pm
Instructor: Elizabeth Mayer
Room 105
Fees: Regular: \$40 Out of District: \$45

What is Your Plan? Living Long Term

This class will cover how to protect your family and your future when health changes and will discuss the current cost of care. It will explain why disability and health insurance policies are not the complete answer. We will review options to solve the problem: Health Insurance/Worker's Compensation, Medicare, Medicaid, Self-Insure, Long Term Care Insurance, NYS Partnership Plan for Long Term Care, Hybrid Plans-Combination of Life Insurance with Long Term Care Insurance rider. We will also discuss the various tax advantages associated with these plans. Do you know what happens if you or a family member has a long term care event? There will be a wrap-up with Q and A and evaluation.

Tuesday 1 Session
March 21 7:00-8:30 pm
Instructor: George Chiungos
Room 111
Fees: Regular: \$14 Out of District: \$17

What is Your Plan? Living Long Term

(Note: Same class as above. It is an additional date added.)

Tuesday 1 Session
May 9 7:00-8:30 pm
Instructor: George Chiungos
Room 111
Fees: Regular: \$14 Out of District: \$17

Organic Gardening

Learn how to start growing your own organic vegetables, herbs and flowers. Topics include: composting, mulching, soil health, non-toxic weed and pest control, container and limited space gardening. Learn the benefits of organic food, creative ways to acquire them and just what does "organic" mean. Bring your questions and some friends. Note: Thomas Miller is a third generation and lifelong gardener in Dix Hills, NY.

Tuesday 1 Session
April 4 6:30-8:30 pm
Instructor: Thomas Miller
Room 101
Fees: Regular: \$20 Out of District: \$22

Personal Enrichment, cont.

Life Planning for Your Child with Special Needs

Planning for the future of a child with special needs can be an overwhelming process. With the time needed to plan for schooling, medical care and outside activities, long term planning often gets put aside. This program will help parents prepare for the long term planning needs of their children by learning the steps to develop a life plan in order to provide the best future possible.

Tuesday 1 Session
May 2 7:00-9:00 pm
Instructor: Jeffrey R. Silverman, JD CFP
Attorney & Certified Financial Planner
Room 101
Fees: Regular: \$20 Out of District: \$22

Making Money on ebay

Learn how to sell things on ebay, an online auction site that is open to any individual wishing to sell new or used items online. Discuss the rules and requirements of selling online, such as registration and fees, accepting electronic payments, and assuring safe transactions. Find out how to write appropriate product descriptions and negotiate terms of sale. Finally, via a hands-on tutorial, learn how to display a photo of an item you are selling on ebay. **Recommended skill: mouse proficiency.**

Minimum of 6 students!

Tuesday 1 Session
March 14 6:30-9:30 pm
Instructor: Andrew Spieler
Room 707
Fees: Regular: \$55 Out of District: \$60

There is no senior discount for this course.

The A,B,C's & D's of Medicare

Navigating through Medicare can be overwhelming. The question is "How do you choose a suitable plan?" Making the wrong choice could cost you. It is wise to Prepare, Compare, and Decide what plan offers the most suitable coverage for your particular needs. This seminar will explore those options that are available to you.

Thursday 1 session
April 6 7:00-9:00 pm
Instructor: Steven I. Semryck, RFC, CLU
Room 201
Fees: Regular: \$20 Out of District: \$22

Notary Public Training Course

Stand out among the competition! Add a new certification to your resume and be an asset to your company by enhancing your credentials! All companies need to have documents notarized. The objective of the Notary Public Training course is designed to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary Public Exam. Price includes: supplemental study guide, notary fact sheet, practical exam, national notary organization pamphlets and brochures, sample forms, Notary Public application, NYS exam schedule and booklet, and lifetime membership to Notary Public Central & Legal Updates. Students are required to bring a pen and/or a highlighter. Commissioned Notaries are always welcome to attend.

Thursday 1 Session
March 16 6:30-9:30 pm
Instructor: Dina Elardo, MBA
Room 305
Fees: Regular: \$55 Out of District: \$57

There is no senior discount for this course.

Notary Signing Agent Course

Discover a rewarding career as a Notary Signing Agent in the lending industry! Be your own boss, either part-time or full-time. This course is designed to equip you with the essential skills you will need to properly perform loan document signings. Topics covered include: document preparation, identifying documents in a loan packet, various loan types, proper execution of documents, what is expected of the Signing Agent (your responsibilities and limitations thereof), lender lingo, identifying individuals, current industry trends, as well as where and how to find work. (Signing Companies will be provided as possible leads.) *Fee includes a full-year placement on the notary signing agent's website's Signing Agent section and a full take-home packet. **Pre-requisite: You must be a Commissioned New York State Notary Public or have at least attended or completed a Notary Public Training Course.**

Monday 1 Session
March 6 7:00-9:00 pm
Instructor: Bill Walker
Room 305
Fees: Regular: \$55 Out of District: \$57

There is no senior discount for this course.

Personal Enrichment, cont.

Creating a Positive Mind

Life is what you believe it to be. Learn to take control of your thinking and you will learn to take control of your life. This course is designed to help you understand the inherent power of your mind and your ability to program it to live your best life possible. Students will learn about the conscious and subconscious mind, how belief systems are formed and influence our performance, and how to use specific mental tools that will help you learn to consciously choose thoughts to create positive outcomes in your life. Glenn Poveromo, author of *Change Your Thinking/Change Your Life and Glennisms...Simple Thoughts About Life & Living* invites anyone seeking to create a happier and more fulfilling journey of life to attend.

Tuesdays	3 Sessions
Begins March 14	7:00-9:00 pm
Instructor: Glenn Poveromo	
Room 203	
Fees: Regular: \$40	Out of District: \$45

What is Elder Law?

With an ever-aging population, the percentage of Americans reaching traditional "retirement" age continues to grow steadily. Elder lawyers address important life decisions regarding retirement, health care and estate planning with respect for and sensitivity to the particular personal values, preferences, dignity and family dynamics of their clients. The practice of elder law encompasses a broad array of issues such as Medicaid and asset protection planning; long-term care and nursing home care; estate and gift planning; probate and estates; revocable and irrevocable living trusts and wills; and health care and financial directives. These issues will be discussed and the instructor will give an overview of Medicaid, asset protection planning and the necessary documents involved.

Wednesday	1 Session
March 22	6:30-8:00 pm
Instructor: Kim Smith, Esq.	
Room 101	
Fees: Regular: \$14	Out of District: \$17

Conversational Italian

Basic Italian for travel and personal enrichment. Lessons will cover interactions for social business and travel situations with an introduction to basic vocabulary, grammar and expressions.

Mondays	8 Sessions
Begins March 6	7:30-9:30 pm
Instructor: Pasquelina Coppola	
Room 203	
Fees: Regular: \$80	Out of District: \$86

Advanced Spanish Part III B

Brush up and fine-tune your speaking, reading and writing skills while incorporating and practicing with more advanced grammatical concepts and vocabulary to further improve your linguistic proficiency. **Note: Recent completion of Spanish IIIA or equivalent is required.**

Thursdays	8 Sessions
Begins March 16	6:30-8:30 pm
Instructor: Elizabeth Adams	
Room 203	
Fees: Regular: \$80	Out of District: \$86

Instructor will collect a \$7.00 workbook fee on the first night of class.

Eating for Energy

If you are like most people, there are specific goals you have for your health. Perhaps you want more energy and are tired of being tired. Maybe you want to develop "good" habits in regards to food choices, exercise and snacking. Or perhaps it is time to finally figure out how to prepare quick, nutritious meals. In this series of classes you will get a wealth of information on topics ranging from understanding what is really in the foods we eat, to learning how to nourish ourselves not just with food. In between classes you will be able to implement what you learn each week and challenge yourself to find the right balance in your life while having the support of a Certified Health Coach. If you are ready to make some real changes in your life, and learn how to define what health looks and feels like, then this seminar is for you.

Mondays	4 Sessions
Begins March 6	7:00-8:00 pm
Instructor: Susan Iaccarino	
Room 105	
Fees: Regular: \$40	Out of District: \$45

Personal Enrichment, cont.

Basic Genealogy Research

Learn how to begin conducting genealogy research in the U.S. by looking at vital records, census records, naturalization records and more. Popular genealogy websites and databases will be explored.

Wednesday 1 Session
April 19 7:00-9:00 pm
Instructor: Jean King
Room 111
Fees: Regular: \$20 Out of District: \$22



Intermediate Ballroom Dancing

Ballroom Dancing is a rewarding experience that promotes both physical and mental health. The intermediate class is available for those with previous dance experience. Students will enjoy learning more advanced dance concepts and skills while engaging in aerobic activity and building self confidence. With continued practice, you will soon be comfortable in any dance venue from weddings, parties and other social occasions, ballroom dance clubs, Latin and swing clubs and discos. Intermediate classes will work on more advanced technique and movement concepts, while incorporating more challenging dance steps and amalgamations. The curriculum includes Smooth (Waltz, Foxtrot, Tango, Quickstep, Viennese Waltz), Latin (Rumba, Cha Cha, Salsa/Mambo, Meringue, Samba), and Rhythm (Swing and Hustle). Specific material covered will depend on student interest and ability.

Couples and singles of all ages are welcome.

Mondays 8 Sessions
Begins March 6 7:00-8:00 pm
Instructor: Phyllis Hintze
Cafeteria B
Fees: Regular: \$80 per couple, \$40 single
Out of District: \$88 per couple, \$44 single

Sports and Movement

Beginner's Ballroom Dancing

Ballroom Dancing is a rewarding experience that promotes both physical and mental health. Whether you are a beginner or already have some dance experience, you will enjoy learning basic dance concepts and skills, while engaging your body in aerobic activity and building self-confidence. With continued practice, you will soon be comfortable in any dance venue from weddings, parties, ballroom dance clubs, Latin and swing clubs, discos, and other social occasions. Beginner classes will work on developing posture, dance frame, technique, movement and basic dance steps. The curriculum includes Smooth (Waltz, Foxtrot, Tango), Latin (Rumba, Cha Cha, Salsa/Mambo, Meringue), and Rhythm (Swing and Hustle).

Couples and singles of all ages are welcome.

Mondays 8 Sessions
Begins March 6 8:00-10:00 pm
Instructor: Phyllis Hintze
Cafeteria B
Fees: Regular: \$80 per couple, \$40 single
Out of District: \$88 per couple, \$44 single



Interval Power Walking

Weather permitting, the outdoor track is used exclusively for the entire 60 minutes of class, which will cover 3.0 miles of walking. Weather not permitting, the class will take a brisk 40 minute walk, within the perimeter of the building, which will cover approximately 2.0 miles followed by 20 minutes of intense strength training exercises for the arms, legs and abdomen. Instructor is A.F.A.A. certified.

Tuesdays and Thursdays 6:30-7:30pm
Begins March 7 16 Sessions
Instructor: Joanne Eisenberg
Room 819
Fees: Regular: \$80 Out of District: \$88

Sports and Movement, cont.

Tai Chi/Health Guidance

Learn the art of Tai Chi, which combines meditation with a series of slow body movements that are designed to reduce stress. Coupled with the Tai Chi are discussions and assistance towards implementing a healthier lifestyle. Come have fun, learn at your own pace, and allow Tai Chi to reveal its various benefits.

Tuesdays 8 Sessions
Begins March 7 7:00-9:00 pm
Instructor: M.J. Kalischewski
Cafeteria B
Fees: Regular: \$80 Out of District: \$88



Fitness First

This is an entry level exercise class for individuals of any age who have never exercised or have not exercised in a long time. The class consists of low impact cardio, stretching, strength training, balance and flexibility. Exercises can be done from a standing or sitting position. Wear comfortable clothing, and bring a water bottle, light weights (2 to 5 lbs.), a 3 to 6 inch ball, a resistance band and a mat for floor work. Some things can be done on the wall or from a chair.

Mondays & Wednesdays 16 Sessions
Begins March 6 7:00-8:00pm
Instructor: Malinda Dobrins,
Certified Health Fitness Instructor
Cafeteria A
Fees: Regular: \$80 Out of District: \$88

Relaxation and Breathing Techniques

How often do you take time to relax? Like most of us, probably not enough time. Here is a great opportunity to treat yourself to a mini vacation of letting go into a state of deep relaxation. We will start class with breathing techniques to clear stress in the mind and tension in the body, followed by guided relaxation techniques that teach you to reach a state of rest and rejuvenation. We cultivate a comfortable atmosphere using relaxing music, lighting and auto suggestion that supports your transformation.

Wear comfortable clothes and bring a blanket, pillow and yoga mat.

Thursdays 9 Sessions
Begins March 16 7:00-8:00 pm
Instructor: Thomas Miller, Certified Yoga Teacher
Cafeteria A
Fees: Regular: \$80 Out of District: \$88

Yoga

This Yoga class will provide physical benefits by creating a toned, flexible and strong body while improving respiration, energy and vitality. This classical form of Yoga will also help you to relax, quiet your mind and handle stressful situations more easily, as well as learn positive thoughts and self-acceptance in a non-competitive environment. This class is suitable for the beginner student, as well as the advanced student, and will consider the individual needs of each.

Wear comfortable clothes and bring a yoga mat and blanket.

Thursdays 9 Sessions
Begins March 16 6:00-7:00 pm
Instructor: Thomas Miller, Certified Yoga Teacher
Cafeteria A
Fees: Regular: \$80 Out of District: \$88



Sports and Movement, cont.

Zumba

Zumba is a Latin-inspired class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, and effective fitness system. A Zumba class combines fast and slow rhythms that create an interval training style workout. The cardio-based dance movements are easy to follow and include body sculpting exercises, which targets areas such as the gluteus, legs, arms core, abdominals and most importantly the heart. The best part of Zumba is that you don't have to be a dancer to follow along and each workout feels like a party!

Tuesdays 10 Sessions
Begins March 7 6:30-7:30 pm
Instructor: Alexandra Prieto
Café A
Fees: Regular: \$80 Out of District: \$88

Yuangi Energy Music Therapeutic Dance

A special Yuangi Energy Music is designed for each of the five Yuangi therapeutic dances. This kind of music harmonizes and energizes one's mind, heart, body and energy systems and uplifts one's spirit. The graceful movement along with the peaceful music helps to strengthen the immune system. The movement balances the body's organ systems (yin-yang). The steps are easy, lively, fun to do and can also be adjusted according to the individual's physical and/or health conditions. One can choose which dance or which sections of a particular dance to do at a time. The dances can be practiced by a group or individually.

Wednesdays 8 Sessions
Begins March 8 7:00-9:00 pm
Instructor: Lucille Chang
Room 819
Fees: Regular: \$80 Out of District: \$88



Zumba Gold

Zumba Gold is a modified Zumba fitness class with all of the music, rhythm and fun. It combines all the flavors of salsa, cha-cha, hip-hop and belly dancing with easy to follow, low impact moves. There is no jumping or twisting ... perfect for knees and hips that need extra TLC. Just bring a water bottle and join the party!

Tuesdays 8 Sessions
Begins March 7 7:40-8:40 pm
Instructor: Joanne Eisenberg
Café A
Fees: Regular: \$80 Out of District: \$88

Defensive Driving

Empire Safety Council's Defensive Driving

This six hour course is open to all drivers, including high school students, 16 and older. Upon completion of this course, you will be eligible for a discount on your collision and liability insurance premiums for three years. This is in addition to the discount received for completing a certified Driver Education program.

Upon completion, a certificate will be mailed to you which can be presented to your insurance company. Choose from five different dates. **(ALL CLASSES ARE HELD AT HS EAST)**

<u>Class #1</u> Friday, February 10	3:30 pm - 9:30 pm Room 705
<u>Class #2</u> Friday, March 10	3:30 pm - 9:30 pm Room 705
<u>Class #3</u> Friday, April 21	3:30 pm - 9:30 pm Room 705
<u>Class #4</u> Friday, May 19	3:30 pm - 9:30 pm Room 705
<u>Class #5</u> Friday, June 2	3:30 pm - 9:30 pm Room 705

Instructor: Bob D'Agostino

Fee: \$50

Please make checks payable to "Empire Safety Council"

There is no senior citizen discount for this class.

Continuing Education Registration Form

Spring 2017

Continuing Education Registration Form—***By Mail Only - No Online or In-person registration.***

(Please Print Clearly)

Name _____

Address _____

Town _____ Zip Code _____ Telephone _____

Email _____

(EMAIL REQUIRED—PRINT CLEARLY AS ALL COMMUNICATION WILL BE VIA EMAIL)

Are you a resident of HHH? Yes ☐ No ☐

Are you a senior citizen? Yes ☐ No ☐

Do you have a HHH Gold Card? Yes ☐ No ☐ (only answer if you are a senior citizen)

Medical Liability Release—Required for All Sports and Movement Classes

I understand that I am enrolling in a class that may involve strenuous physical activity and that I am participating at my own risk.

Signature _____ Date: _____

Physician's Signature (optional) _____ Date: _____

Please send a separate check for each course, payable to Half Hollow Hills CSD, with this completed form to:

Office of Continuing Education
Fran Greenspan Administration Center
525 Half Hollow Road
Dix Hills, New York 11746

PLEASE DO NOT CUT THIS SHEET

Course 1—Course Information

(Please Print Clearly)

Course Name _____

Day _____ Date _____ Time _____

Check # _____ Check Amount _____

REGISTRATION BY MAIL ONLY. NO ONLINE OR IN-PERSON REGISTRATION.

Course 2—Course Information

(Please Print Clearly)

Course Name _____

Day _____ Date _____ Time _____

Check # _____ Check Amount _____

REGISTRATION BY MAIL ONLY. NO ONLINE OR IN-PERSON REGISTRATION.

Course 3—Course Information

(Please Print Clearly)

Course Name _____

Day _____ Date _____ Time _____

Check # _____ Check Amount _____

REGISTRATION BY MAIL ONLY. NO ONLINE OR IN-PERSON REGISTRATION.