

# Commack School District

Excellence in Education



## COMMACK CONTINUING EDUCATION COMMITTED TO LIFELONG LEARNING SPRING 2016



### NEW COURSES for Spring 2016

Chair Yoga

Grow Your Own Plants From Seed

Health for Real

Home Cooking for your Dog & Cat

2 New Cooking Classes-

French Macaroons & Fresh Fruit Tart

Zumba (Gold) for Seniors

Now on Mondays & Wednesdays

### Holidays & Inclement Weather:

If the school buildings are closed due to inclement weather or a holiday, there will be no evening classes. Closings due to inclement weather will be posted on the Commack School District website, [www.commackschools.org](http://www.commackschools.org), and can be found on News 12 Long Island and local radio stations.

March 2016				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	(24)	(25)
28	29	30	31	

April 2016				
M	T	W	T	F
	6			1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	(22)
(25)	26	27	28	29

May 2016				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	(27)
(30)	31			

June 2016				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

( ) School Closed - No Continuing Education Classes

### Community Learning

Welcome to the Division of Continuing Education. Our mission is to provide opportunities and activities to promote lifelong learning. The Office of Continuing Education is dedicated to helping you connect and engage with the many people and programs available. You will also discover opportunities designed to help you grow academically, personally, and professionally. Continuing Education classes help you create, imagine, discover, build and update your skills. Engage with like minds and enroll today!

*Angela M. Davis* **Lead Coordinator** Continuing Education

**Class Schedules, including Day, Room #'s and Times, are posted with each course. Class locations are subject to change. Instructors will give you your dates on the first night of class.**

**Classes begin week of March 7th, 2016 unless otherwise noted**  
**Please be sure to check your email before every class for any updates!**

**All buildings will be closed: March 24th & 25th,  
April 22nd & 25th, May 27th & 30th**

### Course Confirmations

**You will NOT be notified! Assume you have been accepted;  
unless otherwise notified.**

### Course Cancellations

**You will be notified via email only.**

**Note: Registration begins upon receipt of brochure.  
Please avoid disappointment and register early.**

### Continuing Education Office

**Phone: 631 912 2153**

**Email: [continuingeducation@commackschools.org](mailto:continuingeducation@commackschools.org)**

**Website: [www.commackschools.org](http://www.commackschools.org)**

**Residents and Non-Residents our Brochure is available online.  
To view and print, follow the links to Continuing Education Brochure**

### BOARD OF EDUCATION

**Steven Hartman, President**

**Janine DiGirolamo, Vice President**

**Jarrett Behar, Trustee**

**Mary Jo Masciello, Trustee**

**James Tampellini, Trustee**

### CONTINUING EDUCATION DEPARTMENT

**Angela M. Davis, Lead Coordinator**

**Matt Keltos, Administrative Assistant**

**Maryann Pisani, Secretary**

**Dr. Donald A. James,  
Superintendent of Schools**

### CITIZENS ADVISORY COMMITTEE

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**Bruce Seger, Chairperson**

**William Haney**

**Betty Hand**

**Debra Virga**

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11725

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clear when parking on school property at all times.**

## ARTS & CRAFTS

### 1. Oil Painting

**Marla Mencher**

Learn how to mix, brush and layer oils to develop a rich, bold and well-composed painting. Develop your own style and understand the techniques that make oil painting a wonderful art medium. Supply list will be e-mailed to you after registration. (Limit 14)

**Monday (8 sessions)**

**Resident Fee: \$55**

**CHS Art 3**

**Non-Resident Fee: \$60**

**7-9:30PM**

**CSD Senior Citizen Fee: \$40**

### 2. Watercolor

**Marsha Goldman**

Watercolor can be easy! Have you been intimidated by this mysterious medium? Learn step by step ways to create beautiful paintings. You will learn color mixing and brush techniques that make the difficult seem more simple as we create paintings together. Gain confidence as we work on various subjects. Intermediate and advanced students can receive help on work they are doing using subject matter of their own, or that I provide. Materials will be discussed during the first class. (Limit 14)

**Monday (8 sessions)**

**Resident Fee: \$55**

**CHS Art 2**

**Non-Resident Fee: \$60**

**7-9:30PM**

**CSD Senior Citizen Fee: \$40**



### 3. Drawing and Pastel

**Workshop/Mixed Media**

**Marla Mencher**

Drawing is the foundation for great artwork. Whether you are just beginning or want to sharpen your skills, this exciting class will explore the various techniques used in drawing. Skills that will help you create form, texture and good composition (still life and landscape). In addition, we will begin color drawing thru the use of dry pastels (optional) which have the most vibrant colors, are easy to use and will make your drawings come alive! (Limit 14)

*Materials Needed: Basic pencil drawing set (6 values), Kneaded eraser, Drawing pad 11x14 or larger, Willow charcoal. Any pastels you have (nupastel sets are best) they also can be purchased separately. Canston pastel paper pad (assorted neutral colors) or a couple of sheets.*

**Thursday (8 sessions)**

**Resident Fee: \$55**

**CHS Art 3**

**Non-Resident Fee: \$60**

**7-9:30PM**

**CSD Senior Citizen Fee: \$40**



### 4. Pottery

**Wallace Collier**

Enjoy the creative arts of ceramic sculpture and pottery. Learn building techniques and how to use a potter's wheel and work with stoneware clay and glazes. A material fee is included in the tuition. (Limit 12)

**Thursday (9 sessions)**

**Resident Fee: \$90**

**CHS Art 6**

**Non-Resident Fee: \$95**

**7-9:00PM**

**CSD Senior Citizen Fee: \$60**

## COMPUTER TECHNOLOGY

### 26. Intro to the Apple iPad & iPhone, Social Media, Instagram and Facebook

**Henry Clark**

This course covers the fundamental usage, operation, and navigation of your iPad or iPhone. It will familiarize you with the basic "how to's" each i-device including navigation, setting up & using email, web surfing using Safari, using "Wi-Fi" vs. "Cellular" Data, and "purchasing" apps through iTunes. We will also explore Best-Use scenarios for both the iPad and iPhone; like productivity and entertainment possibilities, and basic troubleshooting techniques for your i-devices, should you experience any.

**Monday (8 sessions)**

**Resident Fee: \$55**

**CHS Comp Lab 6**

**Non-Resident Fee: \$60**

**6:30-8PM**

**CSD Senior Citizen Fee: \$40**

### 32. Introduction to Excel

**Gene Fossner**

Excel, the most popular Windows/Mac spreadsheet, is a ready tool for integrating spreadsheets, data management, macro generation, and graphs. No prior experience in computers or Excel is required. Students will be taught Excel basics through the use of examples from fields such as finance, accounting, and small business. Please bring a flash drive to class.

**Thursday (8 sessions)**

**Resident Fee: \$55**

**CHS Comp Lab 6**

**Non-Resident Fee: \$60**

**7-9PM**

**CSD Senior Citizen Fee: \$40**

### 5. Grow Your Own Plants From Seed

**Marsha Goldman**

Growing plants from seed is very rewarding and not difficult. Varieties that are not at nurseries can be yours. We will start many seeds in class and you will finish with several plants for your flower and vegetable beds. We will discuss many techniques and tips, including Organic vs. Non-Organic gardening, how to compost, laying drip hoses for easier watering, mulching for weed control and moisture conservation and how to pick the best varieties for your gardens. A \$5.00 fee (cash only) will be paid to the teacher on the first night to cover the cost of materials.

**Wednesday (8 sessions)**

**Resident Fee: \$55**

**CHS Art 3**

**Non-Resident Fee: \$60**

**7-9PM**

**CSD Senior Citizen Fee: \$40**

### 10. Knitting

**Hela Ressa**

You will learn basic stitches, how to read instructions and have ample time to complete a project. If you know the basic stitches, this course will teach you more intricate patterns to give your work a professional look. Students are asked to bring the following to the first class: one skein of knitting worsted yarn (light color), a pair of size US 8 (5.0mm) knitting needles, one tapestry needle #4, a pair of scissors and a tape measure.

**Monday (10 sessions)**

**Resident Fee: \$60**

**CHS Conference Room**

**Non-Resident Fee: \$65**

**7-9PM**

**CSD Senior Citizen Fee: \$45**

### 11. Crocheting

**Hela Ressa**

Learn the basic stitches, how to read instructions, and have ample time to complete a project. If you have already mastered the basics, come learn more intricate patterns and how to give your work a professional look. Materials needed for first class: Size I crochet hook, one skein of knitting worsted yarn (light color), scissors, tape measure, tapestry needle #13, and a US Letter I (5.50mm) needle.

**Tuesday (10 sessions)**

**Resident Fee: \$60**

**CHS Conference Room**

**Non-Resident Fee: \$65**

**7-9PM**

**CSD Senior Citizen Fee: \$45**

### 13. Quilting

**Joan Papa**

Join us and learn to quilt with a group of wonderful people. Learn the finer aspects of quilting as we progress from beginning techniques to newer and more advanced ones. (Limit 18)

**Wednesday (8 sessions)**

**Resident Fee: \$55**

**\*\*First Class begins March 16th**

**CMS A 18/19**

**Non-Resident Fee: \$60**

**7-10PM**

**CSD Senior Citizen Fee: \$40**

### 15. Jewelry Making

**Marlena Konas**

In this 3 part jewelry class you will learn to make a pearl and rhinestone bracelet with lots of sparkle using a bead weaving technique. Then you will learn to work with wire and make a pair of elegant crystal dangle earrings and lastly you will make a tassel necklace using crystals and seed beads. The supplies for all 3 classes are \$25 (cash only) and all tools will be available to use during the class. Color choices will be available for all projects.

**Wednesday (3 sessions) March 9, 23, 30**

**Resident Fee: \$45**

**CHS Art 3**

**Non-Resident Fee: \$50**

**7-9PM**

**No Senior Discount for this class**

### 33. Intermediate Excel

**Patrick Braddick**

Take your Excel skills to the next level! With Excel you can analyze, manage, and organize information to help you make a better personal and professional decisions. Expand your use of Excel through building pivot tables, combining formulas (Vlookups, Iserror, If-Then, Indirect and more), and using sorting functions. Some simple formula knowledge and basic understanding of spreadsheets are required. Please bring a flash drive to class.

**Thursday (8 sessions)**

**Resident Fee: \$55**

**CHS Comp Lab 5**

**Non-Resident Fee: \$60**

**7-9PM**

**CSD Senior Citizen Fee: \$40**

### 34. Intro to Adobe Photoshop

**Ilene DiPrima**

An introduction class that covers the fundamentals of Adobe Photoshop, this beginner's overview will get you familiarized with the basic tools, layers, effects, filters and the various methods of how to apply them. Please bring a thumb/flash drive to class.

**Tuesday (6 sessions)**

**Resident Fee: \$55**

**CHS Comp Lab 5**

**Non-Resident Fee: \$60**

**6:30-8PM**

**CSD Senior Citizen Fee: \$40**

## COOKING



### 38. International Cuisine

**Chef Armand Vanderstgichel**

Make great entrees, hors d'oeuvres and appetizers. Students will learn culinary history and cooking techniques of cuisines from around the world. The chef is a graduate of the Culinary School of Amsterdam (Europe), author of three cookbooks, host of PBS television series Adirondack Cuisine, and a regular on national networks. A chef's knife is required. Come with empty stomachs, as we will dine afterwards. A food fee of \$35.00 (cash only) will be collected the first night of class.

**Monday (5 sessions)**

**Resident Fee: \$55**

**CHS Teacher's Café**

**Non-Resident Fee: \$60**

**7-9:30PM**

**CSD Senior Citizen Fee: \$45**

### 39. Italian and Mediterranean Cuisine

**Chef Armand Vanderstgichel**

Enjoy and learn the techniques of Italian and Mediterranean cooking, encompassing all regions, including Sicily and Sardinia. Learn to prepare classic Italian American and Mediterranean dishes as well as regional Tuscan style dishes. This hands on class is taught by nationally renowned Chef Armand, author of many cookbooks. Chef Armand is a graduate of the Culinary School of Amsterdam, and host of PBS television series Adirondack Cuisine. In this course, students will prepare (in group format) and enjoy a dining delight at the end of the evening. Please bring a good chef knife and an appetite! (A food fee of \$35.00 (cash only) is payable to the teacher on the first night of class.)

**Tuesday (5 sessions)**

**Resident Fee: \$55**

**CHS Teacher's Café**

**Non-Resident Fee: \$60**

**7-9:30PM**

**CSD Senior Citizen Fee: \$45**



### 43. French Macaroons

**Lisa Basini**

The Baking Coach will demonstrate how to make French Macaroon cookie shells and how to fill them. You will be provided with prebaked cookie shells and learn how to master the filling. Everyone will go home with a bakery box filled with a dozen cookies in assorted colors and flavors. A food fee of \$15.00 (cash only) will be collected on the first night of class.

**Thursday (1 session) April 7th**

**Resident Fee: \$20**

**CHS Teacher's Café**

**Non-Resident Fee: \$25**

**7-9PM**

**No Senior Discount for this class**

### 44. Fresh Fruit Tart

**Lisa Basini**

Just in time to kick off the spring and summer season, the Baking Coach® creates a hands on experience of making a summer fresh fruit tart, everyone will take home a 9 inch masterpiece ready for your dessert table. A food fee of \$15.00 (cash only) will be collected on the first night of class.

**Thursday (1 session) April 14th**

**Resident Fee: \$20**

**CHS Teacher's Café**

**Non-Resident Fee: \$25**

**7-9PM**

**No Senior Discount for this class**



## SAT PREP



### 70. SAT Prep Preparation for the College

**Entrance Exam**

This program will help students prepare for the newly revised SAT's emphasis on Common Core standards. Students will become familiar with the phraseology of questions and the importance of following directions. Verbal content will focus on reading comprehension, grammar and usage, and real-world vocabulary, plus discussion of the redesigned optional essay. The mathematical content will include discussion of the most common verbal algebraic and geometric

problems, as well as the new trigonometry and advanced math questions. Helpful tips will focus on the advantages and pitfalls of the new format. Four of the sessions will be allocated to the math and four to the verbal sections of the test. Purchase the review book for \$21 (check or money order only) at the first session.

**Tuesday (8 Sessions)**

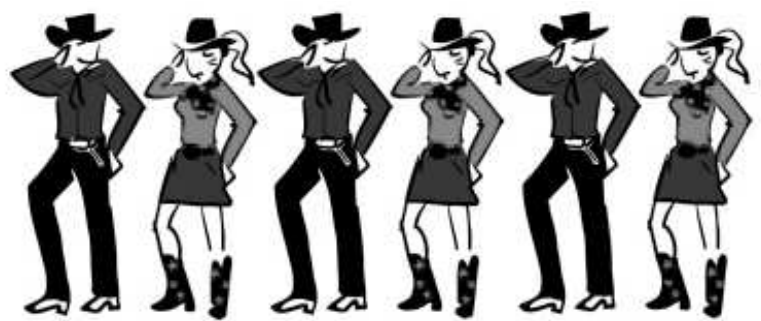
**Resident Fee: \$90**

**CHS 109**

**Non-Resident Fee: \$95**

**7-9PM**

## PERFORMING ARTS



### 90. Ballroom Dancing - Beginner

**Mila Balagula B.A./John Havlik**

This course is designed to teach the basic patterns of ballroom dancing. The instructors teach by Arthur Murray standards. They have performed in various shows for over 15 years and have entered several ballroom competitions. Singles welcomed.

**Waltz, Swing, Salsa Lessons**

**Thursday (8 sessions) Resident Fee: \$125 / Couple**

**CHS Dance Studio Resident Fee: \$71 / Single**

**7-8PM**

**Non-Resident Fee: \$130 / Couple**

**Non-Resident Fee: \$77 / Single**

**CSD Senior Citizen Fee: \$80 / Couple**

**CSD Senior Citizen Fee: \$50 / Single**

### 91. Ballroom Dancing - Intermediate

**Mila Balagula B.A./John Havlik**

Now that you have mastered the beginning steps, prepare to shine on the dance floor. Be the couple that others admire and envy. Singles welcomed.

**Bolero and Waltz Lessons**

**Thursday (8 sessions) Resident Fee: \$125 / Couple**

**CHS Dance Studio Resident Fee: \$71 / Single**

**8-9PM**

**Non-Resident Fee: \$130 / Couple**

**Non-Resident Fee: \$77 / Single**

**CSD Senior Citizen Fee: \$80 / Couple**

**CSD Senior Citizen Fee: \$50 / Single**

### 92. Country Western Line Dancing

**Carol Ruggiero**

Come join us and learn the Always Popular "Classics" such as Wooden Nickel, Tush Push, ElPaso, 16 Step, American Kids...Waltz ...DHSS, as well as new ones, fun ones and lots more. Beginner/ Beginner PLUS.Singles, Couples,...ALL ARE WELCOMED. NO BOOTS ALLOWED...SNEAKERS ONLY, PLEASE

**Monday (8 sessions)**

**Resident Fee: \$55**

**NR Gym**

**Non-Resident Fee: \$60**

**7-8:30PM**

**CSD Senior Citizen Fee: \$40**

## LANGUAGES

### 62. Conversational Spanish - Beginner / Intermediate

**Janet D'Agostino**

Bienvenido! (Welcome) Would you like to be able to introduce yourself in Spanish, speak the language at your favorite Spanish restaurant or while travelling? You will gain the skills needed to be able to converse in Spanish in various situations and settings. This class will be adapted to your goals. Come be a part of this class and leave your first day speaking Spanish. Open to beginners and intermediate.

**Tuesday (8 sessions)**

**Resident Fee: \$55**

**CHS 107**

**Non-Resident Fee: \$60**

**6:30-7:30PM**

**CSD Senior Citizen Fee: \$40**

## HEALTH & RELATED AREAS

### 68. Pre-Natal Yoga

Nancy Kelly

It is beneficial to exercise during pregnancy. Practicing yoga can help you develop strength, endurance, and flexibility during this special time. Learn breathing exercises and relaxation techniques. Poses will be modified to ensure safety for both mom and baby, however, please check with your doctor before starting this program. Wear comfortable clothing and bring a yoga mat, pillow, and water bottle to class. **(Class time 45 minutes).**

**Tuesday (8 sessions)**

**Resident Fee: \$45**

**CHS Dance Studio**

**Non-Resident Fee: \$50**

**6:45-7:30PM**

### 69. Vinyasa Yoga

Nancy Kelly

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

**Tuesday (8 sessions)**

**Resident Fee: \$55**

**CHS Dance Studio**

**Non-Resident Fee: \$60**

**7:30-8:30PM**

**CSD Senior Citizen Fee: \$40**

### 81. Tai Chi

George Graf

Tai Chi is an advanced form of Qi Gong, movements are done slowly, continuously and fluently. It is practiced as a form sequence as Qi Gong has a set of movements in a solitary spot. Many useful applications are apparent for each posture. When practicing movements, the mind and body are trained to coordinate together promoting balance internally and externally. Typically Tai Chi has been described as meditation in movement and the instructor teaches Yang Style, simplified 24 postures. His routine will consist of detail instruction for each movement; proper posture, coordination, balance and breathe.

**Wednesday (8 sessions)**

**Resident Fee: \$55**

**CHS Dance Studio**

**Non-Resident Fee: \$60**

**7:30-8:30PM**

**CSD Senior Citizen Fee: \$40**

### 84. Stretch and Relaxation

Nina Triolo

Nourish your body and nurture your soul with breathwork and gentle yoga postures. Learn to relax, center your mind and stretch the body head to toe. Class ends with a guided healing meditation. Suitable for all levels - no previous experience required. Bring a mat and wear comfortable loose clothing.

**Monday (8 sessions)**

**Resident Fee: \$55**

**CHS Dance Studio**

**Non-Resident Fee: \$60**

**7-8PM**

**CSD Senior Citizen Fee: \$40**

### 85. Fat Burning Pilates

Tina Palmigiano

Pilates integrates various ballet and core movements to burn fat and tone the body. The class will consist of a warm up, combinations, and cool down period, and will incorporate cardio and floor exercises. Please bring a mat, 2 or 3 lb. dumbbells, water bottle, and towel. Comfortable clothes are suggested.

(Limit 35)

**Wednesday (8 sessions)**

**Resident Fee: \$55**

**BURR New Gym**

**Non-Resident Fee: \$60**

**7-8PM**

**CSD Senior Citizen Fee: \$40**

### 86. Iyengar Yoga

Jane Froman

Iyengar Yoga develops strength, flexibility, stamina and concentration. All of which carry over into daily life, bringing an enhanced sense of well-being. This class will focus on basic yoga poses. If you've never tried yoga before or if you want to renew your practice, this class is for you. Please wear clothing that allows for ease of movement. Bring a yoga (sticky) mat, one or two firm blankets and two yoga blocks to the first class. Jane Froman is a Certified Yoga Instructor (Limit 35)

**Tuesday (8 sessions)**

**Resident Fee: \$55**

**BURR Main Gym**

**Non-Resident Fee: \$60**

**6-7:15PM**

**CSD Senior Citizen Fee: \$40**



### 87. Koga Workout

John Koga

Come experience how Koga Fitness combines Kickboxing, Yoga & our signature Koga Fitness movements into one high energy, fat burning & muscle toning workout for all levels. See for yourself why Dr. Oz voted Koga Fitness his favorite workout. Watch the segment at [www.KogaWorkout.com](http://www.KogaWorkout.com) This class is for people of all ages and levels. (Limit 50)

**Thursday (8 sessions)**

**Resident Fee: \$55**

**Burr New Gym**

**Non-Resident Fee: \$60**

**8-9PM**

**CSD Senior Citizen Fee: \$40**

### 89. Becoming a Reiki Practitioner

Dr. Myles J. McPartland

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

**Thursday (6 sessions)**

**Resident Fee: \$50**

**CHS Library**

**Non-Resident Fee: \$55**

**7-8:30PM**

**CSD Senior Citizen Fee: \$40**



### 94. Zumba Monday for Seniors (Zumba Gold)

Frances Ferriso

Salsa, Meringue, Cha Cha! Move to motivating Latin based music with step by step instruction while you burn the calories away. Zumba blends aerobic and fitness interval training with combinations to tone and sculpt muscle. We will take dance steps and build them into simple combinations and routines to create a low impact aerobic hour. Please bring a water bottle to class. (Limit 50)

**Monday (8 sessions)**

**CSD Senior Citizen Fee: \$40**

**BURR Main Gym**

**Non-Resident Fee: \$45**

**6-7PM**

### 95M. Zumba Fitness

Frances Ferriso

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

**Monday (8 sessions)**

**Resident Fee: \$55**

**BURR Main Gym**

**Non-Resident Fee: \$60**

**7-8PM**

**No Senior Discount for this class**

### 95W. Zumba Wednesday for Seniors (Zumba Gold)

Frances Ferriso

Salsa, Meringue, Cha Cha! Move to motivating Latin based music with step by step instruction while you burn the calories away. Zumba blends aerobic and fitness interval training with combinations to tone and sculpt muscle. We will take dance steps and build them into simple combinations and routines to create a low impact aerobic hour. Please bring a water bottle to class. (Limit 50)

**Wednesday (8 sessions)**

**CSD Senior Citizen Fee: \$40**

**BURR Main Gym**

**Non-Resident Fee: \$45**

**6:15-7:15PM**

### 97. Core Body Sculpt

Tina Palmigiano

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

**Thursday (8 sessions)**

**Resident Fee: \$55**

**BURR New Gym**

**Non-Resident Fee: \$60**

**7-8 PM**

**CSD Senior Citizen Fee: \$40**

### 82. Chair Yoga

Nina Triolo

This class is ideal for anyone who has ever hesitated to try yoga because of the challenge of getting down on the floor or doing standing poses. Use of the chairs makes the poses safe and accessible to anyone regardless of their particular needs. In Chair Yoga you will learn yoga postures, alignment, breathing techniques, and meditation. Suitable for students of any age. This is an excellent class to increase mobility, create strength, develop balance, inspire tranquility, and an overall sense of well-being.

**Monday (8 sessions)**

**Resident Fee: \$55**

**CHS Dance Studio**

**Non-Resident Fee: \$60**

**6-7 PM**

**CSD Senior Citizen Fee: \$40**

### 83. Health for Real

Larissa Renart

Navigating the nutrition information highway is tougher than ever. From studies to stories to experts, healthy eating can sound complicated. Join us for two evenings of myth debunking, simple nutrition tips and motivation to kick start your wellness goals. The course will be designed to work around your questions and needs, providing as much personal guidance as possible. Everyone will walk away with the tools they need to make positive changes!

**Monday (2 sessions) April 4 & 11**

**Resident Fee: \$25**

**CHS 107**

**Non-Resident Fee: \$30**

**7-8 PM**

**CSD Senior Citizen Fee: \$20**

## PERSONAL ENRICHMENT

### 45. Digital Cameras and Photography

Michael Klein

Take full advantage of your digital camera to create photographs, not just snapshots! Gain a thorough understanding of your camera's operation and function, along with how these relate to the principles and aesthetics of photography. Explore techniques such as exposure control, use of flash, macro photography, and composition. An overview of editing options, organizing, and presentation methods will be given. The class will culminate with sharing a portfolio that you have created. **Geared towards digital SLR camera, all digital camera types are welcome. Bring your camera to class.**

**Tuesday (6 sessions)**

**Resident Fee: \$55**

**CHS 115**

**Non Resident Fee: \$60**

**7-9PM**

**CSD Senior Citizen Fee: \$40**

### 47. Mah-Jongg

Paula Saltzman

Mah-Jongg is a Chinese game that has provided enjoyment for centuries. Join us as we learn the American version. This course covers all aspects from the rules, explanation of the tiles, the wall, picking, passing, calling for exposures and understanding the all-important "card." Hone in on the skills of selecting a hand; pick up on strategies of the game and finally, bring your hand to the ultimate Mah-Jongg! Please come prepared with a Mah-Jongg card on the first night of class (available at most stationery stores) or online through the National Mah-Jongg League. Please bring your Mah-Jongg set to class. (Limit 16)

**Wednesday (8 sessions)**

**\*Classes begin March 23rd**

**Resident Fee: \$55**

**CHS Student Study Center**

**Non Resident Fee: \$60**

**7-9PM**

**CSD Senior Citizen Fee: \$45**

### 51. Selling on eBay

Dina Elardo

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

**Monday (1 session) March 28th**

**Resident Fee: \$70**

**CHS Comp Lab 5**

**Non-Resident Fee: \$75**

**7-10PM**

**No Senior Discount for this class**



## PET CORNER



### 42. Home Cooking for your Dog & Cat

Christine M. Filardi

It's the latest trend in pet food! Fresh and homemade is best! Learn how to easily make your own pet food and treats from Christine M. Filardi, certified in canine and feline nutrition. Creating a biologically appropriate diet for your dog or cat is her area of expertise. The health benefits are numerous when dogs and cats eat a species appropriate diet. Most importantly, pet owners see the elimination of many common health issues our pets face: allergies, joint problems, obesity, digestive upset, and behavior issues. For more information: [www.BowMeowRaw.com](http://www.BowMeowRaw.com)

**March 15th (1 session)**

**Resident Fee: \$15**

**Room 108**

**Non-Resident Fee: \$ 20**

**7-9PM**

**No Senior Discount for this class**

## COACHING REQUIREMENTS

### 65. Theory and Techniques of Coaching - 2 Credits

Rich Degnan

This 30 hour course deals with the scientific principles of coaching, objectives of coaching, team selection, organization, and management, rules and regulations, teaching methods, principles and methods for training and conditioning, budgeting, relationships with officials, coaching ethics, athletic administration, public relations, recruiting, out-of-season play, support organizations, and communications. This course requires a specific clinic in a designated sport which deals with such topics as goals, strategy, planning, safety, officiating and equipment problems. This course runs for 24 class hours plus 6 hours of a designated sports clinic.

**Thursday (10 sessions)**

**Fee: \$140**

**CHS 108**

**7-10PM**

### 66. Health Sciences Applied to Coaching- 3 Credits

Mike McCristall

This 45 hour course deals with the principles of exercise physiology including the body systems, components of fitness and training, motives for participation, athletic persistence, controlled aggression, humanistic approaches to coaching, tension, and anxiety. Effective leadership, cybernetics, and sport in American culture are also examined.

**Monday (15 sessions)**

**Fee: \$185**

**CHS 111B**

**7-10PM**

### 52. Bridge for Beginners

Bruce Hollander

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

**Tuesday (7 sessions)**

**Resident Fee: \$60**

**CHS Student Study Center**

**Non-Resident Fee: \$65**

**7-9PM**

**CSD Senior Citizen Fee: \$50**

### 55. Opera Soirées

Frank Tallarico

Opera lovers and novices are invited to attend eight magical evenings as we explore the greatest operas performed by the world's greatest opera singers. Come and enjoy the beauty, power and majesty that is opera. The programs to be presented are Viva Verdi, Opera's Greatest Villians, Opera's Greatest Lovers, Wagnerian Highlights, Opera's Greatest Vocal Teams, "Evivere" (they live) They don't have to die in Opera, Hollywood and Opera, American Operas.

**Tuesday (8 sessions)**

**Resident Fee: \$55**

**CHS 111A**

**Non-Resident Fee: \$60**

**7:30-9:30PM**

**CSD Senior Citizen Fee: \$40**

### 58. Your Soul's Journey Here and There

Lois T. Martin

Go on, say what you want to them. "You're sorry you weren't there when they left this earth plane". Maybe the argument that now seems so wrong and misunderstood is the NOW time you ask for forgiveness, and or you forgive them. You want to tell them how much you love them and all the "if onlys"....but it's "too late". Power is in forgiveness and never doubt that our loved ones can help us heal. Yes, when you feel you are "sensing" something around you, or smell a familiar scent, or the "I just know" feeling.....believe me you are being shown signs, you are not losing it, and it's not your imagination. They are "healing" you! Yes, this includes your pets too! Join Lois for this presentation that may just be able for you to find the inner peace in the closure of your "Soul's Greatest Journey Afterlife. (Limit 25)

**Wednesday (1 session) April 20th**

**CHS 107**

**Resident Fee: \$40**

**6-9PM**

**Non-Resident Fee: \$45**

**No Senior Discount for this class**

### 56. Dog Obedience for Puppies

Carla Frederick

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

**Tuesday (5 sessions)**

**Resident Fee: \$120**

**Long Acres**

**Non-Resident Fee: \$ 125**

**Room 121**

**7-8PM**

**No Senior Discount for this class**

### 67. Philosophy Principles and Organizations of Athletics- 3 Credits

Rich Degnan

This 45 hour course deals with the basic philosophy and principles of high school interscholastic athletics as part of a total physical education program and education in general. Topics will include: legal basis development and organization of section, state and national organization, safety, educational requirements for coaches, coaching responsibilities, and the selection- classification program.

**Wednesday (15 sessions)**

**Fee: \$185**

**CHS 108**

**7-10PM**

*The above mentioned courses will satisfy the New York State Educational Requirement for Coaching. A Certificate of Completion will be issued.*

## MEDICAL ADVISORY

We advise that you consult your physician before undertaking any program involving strenuous physical activity. The school district does not provide accident or medical coverage. Participation in any class and/or activity is at your own risk.

# DEFENSIVE DRIVING

LearnDefensiveDrivingNow.com  
presents  
NY DMV Approved  
6 Hour Defensive Driving Course  
Thomas Sottile American Safety Institute



Receive a 10% discount on your automobile insurance for the liability, collision and no fault premiums for 3yrs and up to four (4) points off your NYS drivers license.  
This course can be taken every 3 yrs for insurance and point reduction. If you still have points after this class, it can be taken every 18 months for point reduction only.  
This six (6) hour course is available in (2) 3 hour classes on Mondays/Wednesdays from 7pm to 10 pm. Both 3 hour classes must be attended to get credit for the course.

CLASS STARTS PROMPTLY AT 7PM. Please arrive 10 minutes early to fill out paperwork

**Class Dates**  
March 21 & March 23  
April 11 & April 13  
May 9 & May 11

Have fun while learning informative driving techniques that will save your life.  
This will not be your normal boring class.

SAVE MONEY IN 2016! Register for class by visiting LearnDefensiveDrivingNow.com and clicking on the Continue Education tab.

Class fee is non refundable unless cancelled by instructor or more than 7 days prior to class

\*\*\* The Continuing Education office can not take registrations for this class \*\*\*  
\*PLEASE DO NOT MAIL PAYMENT TO THE CONTINUING EDUCATION OFFICE \*

Location: CHS - Room 109  
Time: 7pm - 10pm  
Cost: \$45 per person  
Payment: Cash or Checks accepted. (Checks made out to Thomas Sottile)

Payment information will be sent with class registration confirmation.

ALL questions regarding this class can be referred to Thomas at (516) 818 3157.

## Register By Mail or Online Early! Registrations will not be accepted after March 1, 2016

**Step 1:** Select your course(s).

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

**Step 3:** If paying by check, write your check(s)/money order(s) in the amount indicated in the brochure payable to: Commack Continuing Education. (Cash will not be accepted)

A separate check/money order is required for each person for each class.  
We cannot accept checks made out for multiple courses.  
Write the course number and your phone number on each check and it is very important to clearly and neatly write your information and especially your email address.  
Please do not staple or tape checks to registration form.  
Returned checks are subject to a \$20 fee.  
\*Registrants must be 18 or older. \*This does not apply to the SAT Prep class

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

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

**Step 5:** If paying by e-check or credit card you can access our online processing system by clicking on the PaySchools link located on the home page of the Commack Website at [www.commack.schools.org](http://www.commack.schools.org).  
IF PAYING BY PAYSCHOOLS, PLEASE NOTE THERE IS A PROCESSING FEE WHICH MUST BE ADDED ON TO THE CLASS FEE. ALL PAYSCHOOL RECEIPTS THAT DON'T INCLUDE THE PROCESSING FEE WILL NOT BE ACCEPTED.

Non-residents: Individuals who are not Commack School District residents are welcome to register for classes at the non-resident fee listed for each course.

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

**NOTE: Registration begins upon receipt of brochure.  
Avoid disappointment, mail your registrations in early.**

# PHYSICAL EDUCATION



**71T. Pickleball Tuesday Susan Kaminsky**  
The hottest new game sweeping the country! Pickleball is a combination of tennis, ping-pong, racquetball and badminton. The game is played on a badminton court with lightweight paddles and plastic perforated balls. Lobbing, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Balls will be provided. Please bring your own paddle which is available for purchase on [www.pickleballcentral.com](http://www.pickleballcentral.com). (Limit 24)  
**Tuesday (8 sessions) Resident Fee: \$55**  
**CMS Main Gym A/B Non-Resident Fee: \$60**  
**8-10 PM CSD Senior Citizen Fee: \$40**

**71TH. Pickleball Thursday Susan Kaminsky**  
The hottest new game sweeping the country! Pickleball is a combination of tennis, ping-pong, racquetball and badminton. The game is played on a badminton court with lightweight paddles and plastic perforated balls. Lobbing, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Balls will be provided. Please bring your own paddle which is available for purchase on [www.pickleballcentral.com](http://www.pickleballcentral.com). (Limit 20)  
**Thursday (8 sessions) Resident Fee: \$55**  
**CMS Main Gym A/B Non-Resident Fee: \$60**  
**8-10 PM CSD Senior Citizen Fee: \$40**

**73. Golf - Beginner P.G.A. Golf Professional, Bob Greenstein**  
Join us for golf fundamentals including the 5 pre-swing principles of grip, stance, posture, set up, and alignment. We will be using wiffle balls inside our gym. Please wear sneakers and bring a 5 or 7 iron to class. Special mats are available for an additional \$5.00 fee for purchase from the instructor to avoid damage to our gym or lawns at home.  
Bob Greenstein offers special adult clinics at the Indian Head Golf Park. He is available at 631 697-4682.  
**Wednesday (4 sessions) March 16, 23, 30 April 6**  
**\*First Class begins March 16th Resident Fee: \$55**  
**CMS New Gym Non-Resident Fee: \$60**  
**7:30-8:30PM No Senior Discount for this class**

**77. Basketball for Men Joseph Pugh**  
Participate in full and half court basketball games in both a competitive and non competitive setting. Adult men of all abilities are encouraged to join us for fun and friendly competition. **This class begins Monday, Monday & Wednesday (16 sessions)**  
**\*First class Monday starts March 14th**  
**\*First class Wednesday starts March 23rd**  
**Resident Fee: \$70**  
**CHS North Gym Non-Resident Fee: \$75**  
**8-10PM CSD Senior Citizen Fee: \$40**

**78. Volleyball - Coed Mary Bonamo**  
Here is your opportunity to enjoy exercise amid friendly competition. Have fun, relax, and enjoy the finer points of a good game. (Limit 30)  
**Thursday (9 sessions) Resident Fee: \$60**  
**CMS New Gym Non-Resident Fee: \$65**  
**8-10PM CSD Senior Citizen Fee: \$45**

**79. Badminton Susan Kaminsky**  
This is not your backyard badminton! This is a fast, fun and exhilarating game. Class is open to intermediate through advanced players. Be sure to bring your own racquet and feather birdies. Plastic birdies provided. (Limit 30)  
**Monday (9 sessions) Resident Fee: \$60**  
**CMS Main Gym A/B Non-Resident Fee: \$65**  
**8-10PM CSD Senior Citizen Fee: \$45**

**88. Basic Strength Training and Fitness Steven Alesi**  
Lose unwanted body fat while increasing your strength and overall fitness. This class instructed by Mr. Alesi will teach the basics of weight training and fitness with the intention of dropping unwanted body fat, increasing strength, and decreasing your chance for injury. Through the implementation of a proper fitness program you will work toward achieving your fitness goals. Dress in clothing that will allow for free movement and bring a water bottle and towel. (Limit 30)  
**Tuesday (8 sessions) Resident Fee: \$60**  
**CHS Weight Room Non-Resident Fee: \$65**  
**6:30-8PM CSD Senior Citizen Fee: \$45**

Register Early!!!

Course Name	No.	Day	Fee
Name			
Address			
City		State	Zip
Home Phone		Cell Phone	
Email Address			
IMPORTANT TO PRINT NEATLY			
<input type="checkbox"/> Resident <input type="checkbox"/> Non-Resident <input type="checkbox"/> Commack School District Senior Citizen			
Please provide your email address so you may be kept informed of any changes. Please do not staple or tape checks to the registration forms!			

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