
NRCSD Continuing Education

Fall 2015

Schedule of Classes



New for the Fall

- AQUA AEROBICS
 - PERSONAL FINANCIAL EDUCATION
 - INTRODUCTION TO PROGRAMMING/BASIC GAME PROGRAMMING
 - GARDENING W/ CORNELL COOPERATIVE SPEAKERS BUREAU
 - TAI CHI
 - CPR CERTIFICATION
 - LATINO COOKING
-

NRCSD Continuing Education

*****New Programs/Teachers Sought****

The North Rockland Adult Program is looking for talented people who are enthusiastic, dynamic, and willing to share their expertise. If you have a skill or knowledge that you would like to share with other people, call or write the Adult School and we will discuss the creation of a class for our next session. Sharing can be a gratifying and enjoyable experience.

We retain our Adult Education instructors to teach a course in their area of expertise. In our opinion, there are no better instructors to be found. The instructors are not permitted to use the classroom for personal gain, or to solicit clients or customers. Therefore, we are not responsible for any advice, or consultation given beyond the classroom setting and course curriculum material.

REGISTRATION: 8 & 14 WEEK CLASS DATES

BY MAIL: Begins Now (See inside back cover)

IN PERSON: Any School Day

North Rockland High School

106 Hammond Road Thiells, NY

12:30 pm-3:30pm or 6:00pm-9:00pm Tues, Wed, and Thurs.

Call 845-942-3318 for information

14 WEEK CLASSES BEGIN SEPTEMBER 29th

10/8 WEEK CLASSES BEGIN OCTOBER 13th

EARLY REGISTRATION may make the difference of having a CLASS or getting into one of YOUR CHOICE.

REGISTER EARLY TO AVOID DISAPPOINTMENT!!!

<http://nrhs.nrcsd.org> Click on the Adult Education link

Fall 2015 Calendar

S	M	T	W	TH	F	S	September /October
	28	29	30	1	2	3	29 Start of 14 Week Classes 6 Start of 10 & 8 Week Classes 12 Columbus Day
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	
S	M	T	W	TH	F	S	November
1	2	3	4	5	6	7	3 Election Day/*Supt's.Conf./ 4 Parent Teacher Conf. 11 Veterans' Day 25 Students in AM/ * Supt's. Conference in PM 26-27 Thanksgiving
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						
S	M	T	W	TH	F	S	December
		1	2	3	4	5	24-31 Holiday Recess
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			
S	M	T	W	TH	F	S	January
					1	2	1 Holiday Recess 18 Martin Luther King Day 26 Last day of 14 Week Classes
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

NO Adult Education classes on these days.

School Closing: Continuing Education classes will be cancelled if North Rockland Schools are closed due to inclement weather. This includes times when the schools close during the day. Notices will also be given on the radio through WHUD100.7 FM and WRCR 1300AM. Please call North Rockland High School at 845-942-3300 for notice of school closings.

NRCSD Continuing Education

Please Read The Following

EARLY REGISTRATION may make the difference of having a CLASS or getting into one of **YOUR CHOICE**. Classes will meet in the **evening** on the date and time listed in the course description at North Rockland High School.

CLASS SIZE is determined by costs and/or seating capacity.

PRIORITY will be given to those with the earliest **PAID** registration.

ELIGIBILITY except for SAT, Drivers Education, Fitness and classes requiring a License or certification, **courses are only open to persons who have passed the age when school attendance is required by law and are no longer enrolled in a public or private school.**

FEES-The fees for each course is listed in the course description. **Books and Materials** are an additional cost—payable the first night of class.

REFUNDS -ABSOLUTELY NO REFUNDS WILL BE GIVEN UNDER ANY CIRCUMSTANCES other than: a class does not form due to insufficient registration. Classes run based on enrollment, therefore no refunds can be issued. Registrations are non-transferable. There is no provision for a partial fee for taking one session or part of a course. If for some medical emergency a student is unable to attend a class after registration, a credit will be applied toward a future class. (Medical documentation required) If class is canceled due to inclement weather, teacher absence, or school closure it will **not be made up**. No refunds will be issued due to canceled classes.

SCHOOL CLOSING Continuing Education classes will be cancelled if North Rockland Schools are closed due to inclement weather. This includes times when the schools close during the day. Notices will also be given on radio through WHUD100.7 FM and students may call NRHS at 845-942-3300. If the high school cancels after school activities, adult education classes are cancelled as well.

SENIOR CITIZENS Senior citizens 60 years of age or older may register for most adult classes at half price.

Click on the Adult Education link
www.NRHS.NRCSD.ORG

**ABSOLUTELY NO REFUNDS OR CREDITS WILL BE GIVEN FOR ANY CIRCUMSTANCES.
CLASSES RUN BASED ON ENROLLMENT. AVOID DISAPPOINTMENT- REGISTER EARLY.**

**NRHS
Students!!**

B-9 PRACTICAL MONEY SKILLS

6:30pm-7:30pm

8 Weeks Starts 10/14

Wednesday

This fun and easy course will discuss everything from allowances and jobs, budgeting, investing, car buying, credit and even difficult teen financial situations. Learn how to make wise financial decisions and plan for your future.
Nick Teglas Room 215

Fee \$55.00 Non Resident Fee \$60.00

SAT PREPARATION COURSE MATH

6 Sessions

Room 208

Tuesday

The North Rockland CSD Adult Education Department is proud to offer a refresher SAT review course designed for seniors only who have already taken the exam once and are planning to take it again in November SAT examination. Classes will meet Tuesdays September 29, October 6, 13, 20, 27, and Monday 11/2 November. Students wishing to purchase a copy of "The Official SAT" review book from College Board should make out a separate check for \$17.50. Please include the check with registration. Do not combine amount of course and textbook in one check!

B-1 Session 1 5:00 pm-6:15pm B-2 Session 2 6:30-7:45

Michael Siuta

Resident Fee \$150.00 Non Resident Fee \$200.00

SAT PREPARATION COURSE ENGLISH

Room 208

Thursdays

The North Rockland CSD Adult Education Department is proud to offer a refresher SAT review course designed for seniors only who have already taken the exam once and are planning to take it again in November SAT examination. Classes will meet 9/24, 10/1, 10/8, 10/15, 10/29 & 11/5. Students wishing to purchase a copy of "The Official SAT" review book from College Board should make out a separate check for \$17.50. Please include the check with registration. Do not combine amount of course and textbook in one check!

B-3 Session 1 5:00 pm-6:15pm B-4 Session 2 6:30-7:45

Roger Freda

Resident Fee \$150.00 Non Resident Fee \$200.00

SAT MATH AND ENGLISH SESSION

B-5 Session 1 5:00 pm-6:15pm B-6 Session 2 6:30-7:45

Resident Fee \$300.00 Non Resident Fee \$350.00

B-21 DRIVER EDUCATION FOR TEENAGERS Orientation September 17, 2015 at 2:30 pm Rm 320

(32 Sessions - 16 classroom lectures and 16 in-car road sessions) Driving classes will start as early as 3:15PM and lecture classes will start as early as 3:45PM. The program consists of 32 -90 minute periods spread over 16 weeks. Students attend one driving class (90 minutes) and one lecture class (90 minutes) each week. NYS approved program that grants teenagers their senior license at 17 with most insurance companies offering a 10 - 15% discount on insurance premiums. The primary goal of the program is to teach driving and traffic safety. When filling out the application, please select the days and times that work best for you. Early registration means best choice of times. Applications are available in the Continuing Education office or online at <http://www.nrcsd.org>. Payment must accompany the application. Orientation will take place in room 320.

Resident Fee \$530.00 Non Resident Fee \$535.00 PAS Auto School

E-36 5 HOUR PRE-LICENSING COURSE-Ongoing

Thurs. 5pm or Sat. 9am (on the school calendar)

Learner's Permit holders learn safe driving behaviors, defensive driving techniques and alcohol/drug free driving. Upon completion, participants receive a DMV certificate (MV-278) which is required to schedule a Road Test. Certificate must also be brought to the Road Test and is valid for one year. Visit our website for up-to-date class schedule and closings www.westrockdrivingschool.com. Bring your Learner's Permit. Classes are open to high school students and the general public. No pre-registration - walk-in only. Meet in ROOM 209.

Ingrid Javenes

NRCSD Continuing Education

ACADEMIC/BUSINESS/LANGUAGES

B-15-PERSONAL FINANCIAL EDUCATION – BUDGETING AND FINANCIAL GOALS

6:00pm – 8:00pm

Two Sessions 10/6 & 10/8

Tues/Thurs

Rm 110

You'll learn to create and use a budget, measure your financial health, plan for your financial future and how to prepare various financial statements including what they represent. We teach you where to start, how to organize your spending, and what things you should prioritize when building your personal budget. Included is a thirty-minute one on one session with a CERTIFIED FINANCIAL PLANNER™ professional.

Myles Newborn III, MBA, CFP®

Fee \$20.00 Non-Resident \$25.00

B-16 PERSONAL FINANCIAL EDUCATION – UNDERSTANDING DEBT & DEBT REDUCTION

6:00pm – 8:00pm

Two Sessions 10/20 & 10/22

Tues/Thurs

Rm 110

You'll learn and understand both the positive and negative aspects of credit, the credit bureaus, credit reports, how your credit score is calculated, how to obtain a free credit report, what your credit report says about you, and what you can do to ensure that your credit report is accurate. Included is a one-hour one on one session to review your credit report with a CERTIFIED FINANCIAL PLANNER™ professional.

Myles Newborn III, MBA, CFP®

Fee \$20.00 Non-Resident \$25.00

B-17 PERSONAL FINANCIAL EDUCATION – TAX PLANNING

6:00pm – 8:00pm

Two Sessions 11/17 & 11/19

Tues/Thurs

Rm 110

You'll learn how taxes impact nearly every part of financial life: dealing with debt, investing, saving, managing cash, owning a home, planning for retirement and planning your estate. You'll understand how tax planning can help you attain your personal goals and tax strategies that can help you lower your taxes. Included is a thirty-minute one on one session with a CERTIFIED FINANCIAL PLANNER™ professional.

Myles Newborn III, MBA, CFP®

Fee \$20.00 Non-Resident \$25.00



B-18 PERSONAL FINANCIAL EDUCATION – RETIREMENT PLANNING**6:00pm – 8:00pm Two Sessions 12/1 & 12/3 Rm 110 Tues/Thurs**

You'll learn what are the major retirement vehicles available to you, how much money you need to have available at retirement and if you are on track to reach retirement goals. This course will concentrate on achieve financial security during retirement by focusing on retirement basics, Social Security, employer-sponsored retirement plans, and individual and small-business retirement plans. Included is a thirty-minute one on one session with a CERTIFIED FINANCIAL PLANNER™ professional.

Myles Newborn III, MBA, CFP®**Fee \$20.00 Non-Resident \$25.00****B-19 PERSONAL FINANCIAL EDUCATION – INVESTMENT PLANNING****6:00pm – 8:00pm - Two Sessions 12/8 & 12/10 Rm 110 Tues/Thurs**

You'll learn about investing, saving and investing for the long-term, understanding risk, types of investments (Fixed Income, Stocks, Mutual Funds and ETF's). This course will concentrate on how to select funds in your 401(k)/403(b)/IRA accounts, ways to invest, understanding your risk tolerance and the risk associated with investing. Included is a thirty-minute one on one session with a CERTIFIED FINANCIAL PLANNER™ professional.

Myles Newborn III, MBA, CFP®**Fee \$20.00 Non-Resident \$25.00****B-20 TAKE ALL FIVE FINANCIAL EDUCATION COURSES****Fee \$55.00 Non-Resident \$60.00****B-07 SPANISH I****6:00pm-7:00pm 8 Weeks Starts 10/7 Rm 214 Wednesday**

Introduction to Spanish is a course designed for those who have little or no knowledge of the Spanish language. Basic conversation, vocabulary instruction in a variety of contexts, and survival Spanish will be introduced to assist parents, professionals, and teachers to communicate.

Mike Zamor**Fee \$60.00 Non Resident Fee \$65.00****B-08 SPANISH II****7:00pm-8:00pm 8 Weeks Starts 10/7 Rm 214 Wednesday**

This course is designed for students who have completed prior study in Spanish, but seek to improve their skills and fluency through the practice of conversation. The course will offer students the opportunity to converse in Spanish about a variety of topics. Advanced Spanish conversation is designed for those students who have completed Spanish I or have prior knowledge of Spanish.

Mike Zamor**Fee \$60.00 Non Resident Fee \$65.00**

Computers

C-01 INTRODUCTION TO MICROSOFT WORD 2013

7:00pm-9:00pm 4 Weeks Starts 10/6 Rm 109 Tuesday
Room 108

Learn the basics of working in Microsoft Word. Topics include creating documents and basic formatting using the save, move, copy, print and edit functions.

Marion Carlo

Fee \$45.00 Non Resident Fee \$50.00 (Not Eligible for Senior Discount)

C-02 INTERMEDIATE MICROSOFT WORD 2013

7:00PM-9:00PM 4 WEEKS STARTS 11/10 RM 109 Tuesday

This course is for students with a basic knowledge of Microsoft Word. Students will gain a better understanding of Word as they learn to work with templates, tables, columns and clip art. Create a basic business letter and envelopes and labels using mail merge.

Marion Carlo

Fee \$45.00 Non Resident Fee \$50.00 (Not Eligible for Senior Discount)

C-03 INTRODUCTION TO EXCEL 2013

7:00pm-9:00pm 4 Weeks Starts 10/7 Rm 109 Wednesday

Learn to work in Microsoft Excel and gain an understanding of how spreadsheets function. The user will learn to work with formulas, functions, and charts. By the end of the course you should be able to create a spreadsheet with various calculations, format the appearance of the spreadsheet, and integrate the results with other Microsoft applications.

Marion Carlo

Fee \$45.00 Non Resident Fee \$50.00 (Not Eligible for Senior Discount)

C-04 ADVANCED EXCEL 2013

7:00pm-9:00pm 4 Weeks Starts 11/14 Rm 109 Wednesday
Rm108

This course is for students with a basic knowledge of Excel. In this class you will build on this knowledge by addressing more advanced formatting, automatic features, database management and complex formulas and functions.

Marion Carlo

Fee \$45.00 Non Resident Fee \$50.00 (Not Eligible for Senior Discount)

C-05 Introduction to Programming

6:30 pm-8:30 pm 8 Weeks Starts 10/6 Rm 206 Tuesday

Learn the basics of Computer Programming using Open Source software. In this class we will go over the beginner's concepts up to GUI design and development. The first 3 weeks will review basic object oriented programming concepts such as variables, enumerators, logic operators, loops, functions, and classes. After the foundation is taught the concepts will be built upon to make a GUI based point of sales system as an example of what one can do when they put the concepts to use.

MUST BRING YOUR OWN LAPTOP FOR COURSE. MAC /PC Acceptable

Paul Bertolini

Fee \$75.00 Non Resident \$80.00 (Not Eligible for Senior Discount)

C-06 Basic Game Programming

6:30 pm-8:30 pm 8 Weeks Starts 10/8 Rm 206 Thursday

Have you ever wanted to make a video game? This course will briefly teach the basics of programming before going deeper into topics necessary for indie game development. We will review basic object oriented programming concepts, before diving deeper into graphical programming topics and game design. This course will be harder than the Introduction to Programming course, as topics such as network communication and threading will be taught.

MUST BRING YOUR OWN LAPTOP FOR COURSE. MAC /PC Acceptable

Paul Bertolini

Fee \$75.00 Non Resident Fee \$80.00 (Not Eligible for Senior Discount)



Driving Education

DEFENSIVE DRIVING COURSE

SAVE \$\$\$, YOUR LICENSE, YOUR LIFE! This course, approved by the New York State Department of Motor Vehicles, offers a review of defensive driving techniques to make you a safer driver. Benefits include a 10% reduction on auto liability, no-fault and collision insurance premiums for three renewal years and a reduction of up to 4 violation points on your driving record. These benefits can also apply to Learner's Permit holders. Bring your Driver's License. Meet in ROOM 210. Pre-registration recommended.

Course # Class Dates Days Time

E-35	Saturday 10/17	Rm 210	8:45am – 3:30pm
E-36	Saturday 12/5	Rm 210	8:45am – 3:30pm
E-37	Saturday 2/6	Rm 210	8:45am – 3:30pm

FEE \$40.00 Non Resident Fee \$45.00 (Not Eligible for Senior Discount)

NYS Certified Instructors

E-38 5 HOUR PRE-LICENSING COURSE-Ongoing

Thurs. 5pm or Sat. 9am (on the school calendar)

Learner's Permit holders learn safe driving behaviors, defensive driving techniques and alcohol/drug free driving. Upon completion, participants receive a DMV certificate (MV-278) which is required to schedule a Road Test. Certificate must also be brought to the Road Test and is valid for one year. Visit our website for up-to-date class schedule and closings www.westrockdrivingschool.com. Bring your Learner's Permit. Classes are open to high school students and the general public. No pre-registration – walk-in only. Meet in ROOM 209.

Ingrid Javenes, NYS DMV Certified Instructor

FEE \$45.00 Non Resident Fee \$50.00 (Not Eligible for Senior Discount)



Fine Arts & Crafts

D-09 KNITTING CIRCLE

7:00pm-9:00pm 8 Weeks Starts 10/7 Rm 312 Wednesday

Beginners will learn the basic knitting stitches and techniques. More advanced knitters can get help deciphering instructions or encouragement to finish that long-abandoned project. Beginners should bring a pair of size 8 (preferably 10-inch) straight knitting needles and a 3-4 oz. skein of light-colored worsted weight yarn to the first class. Others should bring their knitting, patterns, and ideas. Additional needed materials will be discussed in class.

Colleen McGuinness

Fee \$60.00 Non Resident Fee \$65.00

D-10 QUILTING

7:00pm-9:00pm 8 Weeks Starts 10/6 Rm 508 Tuesday

Come and learn traditional quilt making while creating your own heirloom quilt. You will learn fast & easy time saving techniques for today's quilter. No sewing or quilting experience is required. All skill levels are welcome. Knowledge of a sewing machine would be helpful but not necessary. Supplies and fabric requirements will be discussed at the first class.

Missy Mulligan

Fee \$60.00 Non Resident Fee \$65.00

D-11 QUILTING

7:00pm-9:00pm 8 Weeks Starts 10/7 Rm 508 Wednesday

Come and learn traditional quilt making while creating your own heirloom quilt. You will learn fast & easy time saving techniques for today's quilter. No sewing or quilting experience is required. All skill levels are welcome. Knowledge of a sewing machine would be helpful but not necessary. Supplies and fabric requirements will be discussed at the first class.

Missy Mulligan

Fee \$60.00 Non Resident Fee \$65.00

D-04 BASICS OF PAINTING AND DRAWING

7:00pm-9:00pm 8 Weeks Starts 10/6 Rm 511 Tuesday

Students of all levels are welcome, but instruction will focus on the basics of painting (oil or acrylic) and drawing. For further information and supply list please contact me at abstract1441@optonline.net.

Andy Mollica

Fee \$70.00 Non Resident Fee \$75.00

NRCSD Continuing Education

Fine Arts & Crafts

D-01 Decorative Painting– Bamboo Pen and Ink

7:00pm-9:00pm 8 Weeks Starts 10/8 Rm 510 Thursday

Allow a Balinese artist help you find your creative center through decorative pen and ink designs and patterns. The instructor will work one in one with each student to develop technique and their creative vision. Supplies will be provided. For questions or more information please contact me at arsaarth@gmail.com

Tjokorda Gde Arsa Artha

Fee \$70.00 Non Resident Fee \$75.00

D-06 The Art of Photography: Breathing New Light into your Photography

7:00p,m-8:30pm 4 weeks Starts 10/8 Rm 312 Thursday

The program will combine instruction and activities meant to expand the students' understanding of composition, lighting, exposure, perspective and point of view, in order to take better photos. While the technical aspects of camera operation may be covered, the main focus of the class will be to bring a fun and fresh perspective to the students' photography. If possible, each class will end with a showing of the students' work on a laptop/overhead projector. Each student should bring a digital camera, memory card and fully charged batteries to class and be prepared to suspend adulthood for the duration of the class.

Nancy G. Lenore

Fee \$45.00 Non-Resident Fees\$50.00 (not eligible for senior discount)

TASC Testing & Preperation

Formerly GED

Testing- NRCSD provides TASC Testing. Testing dates are varied. To find out more information please call 845-942-3506.

Preparation- Rockland BOCES, in collaboration with Rockland Community College, provides preparation classes for the Test Assessing Secondary .You must attend a TASC orientation before taking the TASC placement test. For an orientation schedule, call (845) 348-3500 ext. 3500.

Gardening

Cornell Cooperative Extension Speakers Bureau

E-01 Getting Your Lawn Prepared For Winter Rm 307 7:00pm-8:30pm 09/29

This important presentation will help homeowners improve their lawns themselves by following several simple practices. It will discuss organic versus synthetic products, will recommend fertilizing procedures, will explain soil pH testing, and will demonstrate methods of weed control.

Jeff Schwartz, Master Gardener

Fee 20.00 Non Resident 25.00

E-02 Compost: The Gardener's Gold Rm 307 7:00pm-8:30pm 10/06

What is compost and why is it so useful when used as mulch, in the garden or in potting mixtures? Learn the basis of composting and better understand the importance of nutrients, soil life, soil structure and water quality.

Kit Meenan , Master Gardener

Fee 20.00 Non Resident 25.00

E-03 Winter Container Gardening Rm 307 7:00pm-8:30pm 10/21

This lively and informative presentation highlights valuable tips and easy techniques for growing ornamentals and miniature evergreens throughout the fall and winter. It will also demonstrate different methods of decorating the containers with branches, berries, and twigs for the holiday season. Through the use of live, winter-hardy plants and shrubs that have interesting texture and form, the winter container will provide long-lasting color through the cold, snowy months.

Vivienne Dieckmann, Master Gardener

Fee 20.00 Non Resident 25.00

E-04 Decorating with Houseplants Rm 307 7:00pm-8:30pm 11/05

This program will begin with a discussion of the selection and care of indoor plants for any room. Then it will show how houseplants can make the home a living, green environment by creating privacy for an exposed living room, by keeping the house's air pure, and by adding humidity in a dry room. Furthermore, Decorating with Houseplants will offer inexpensive methods to use live, indoor plants to decorate the house during the holiday seasons.

Vivienne Dieckmann, Master Gardener

Fee 20.00 Non Resident 25.00

E-05 Lavender: An Ancient Herb Rm 307 7:00pm-8:30pm 11/18

Lavender has been cultivated for thousands of years; it brings with it a rich and curious tale of medicinal, cosmetic, and horticultural usages. This presentation will delve into its history, its uses, and its properties. It will also provide information on the plant's preferred growing conditions, the proper cultivars for this area, and the propagating techniques for this lovely and ancient herb.

Loretta Tito and Jan Krasilovsky, Master Gardeners

Fee 20.00 Non Resident 25.00

Health/Safety/Sports

E-23 GOLF (Beginning)

7:00pm-9:00pm 4 Weeks Starts 9/15-10/8

Tuesday/Thursday

Individual instruction will be given in grip, stance, swing, putting and golf etiquette. Classes will be held outdoors, weather permitting. Class will meet at the **Philip J. Rotell Memorial Golf Course driving range**. The cost of the driving range is in addition to the registration fee. Students are asked to bring a putter and a 7 iron.

Jeff Sener

Fee \$70.00 (Not Eligible for Senior Discount) Non Resident Fee \$75.00

E-24 GOLF (Beginning II)

7:00pm-9:00pm

4 Weeks Starts 10/20-11/12

Tuesday/Thursday

Intermediate golf is for those people who are familiar with the basic techniques of the golf swing and have some experience with all facets of the game of golf. Technique improvement will be stressed in areas such as chipping, putting and sand play. Class will meet at the Philip J. Rotella Memorial Golf Course driving range. The cost of the driving range is in addition to the registration fee. Students are asked to bring a putter, 7 iron and a sand wedge, or you can bring your entire set of clubs.

Jeff Sener

Fee \$70.00 (Not Eligible for Senior Discount) Non Resident Fee \$75.00

CPR

Are you prepared if some one close to you needed CPR? American Safety & Health Institute CPR and AED is a combined program designed specifically for laypeople. The program is an excellent choice for both the community and workplace setting. Topics will include Respiratory and Circulatory Systems, Sudden Cardiac Arrest, Early Defibrillation, Chain of Survival, Chain of Survival for Children, CPR and AED Provider—Legal Considerations, Recognizing an Emergency, Deciding to Help, Personal Safety, Disease Transmission Universal Precautions, Emergency Medical Services (EMS), Basic CPR—Chest Compressions, Basic CPR—Rescue Breaths, Basic CPR—Primary Assessment, Unresponsive and Breathing—Recovery Position, Unresponsive and Not Breathing—CPR, Basic AED Operation, AEDs and Children, AEDs—Troubleshooting Choking & Emotional Considerations. Upon Completion of this course students will receive a two year certification card and take home text book.

H-03 Saturday, 10/17

Rm 110

8:00 AM-12:00 PM

H-04 Saturday, 11/14

Rm 110

8:00 AM-12:00 PM

H-05 Saturday, 12/5

Rm 110

8:00 AM-12:00 PM

Seth Armstrong

Fee \$65.00 Non Resident Fee \$70.00

Music/Dance

F-01 BEGINNING LINE DANCING

7:00pm-8:00pm 10 Weeks Starts 10/7 Trainers Rm Wednesday

Join other dancers and learn some fun Line Dances or just come for the great exercise. It is fun, fairly easy and I use a variety of music to get everyone moving. Warm up with the basics and develop your skills as the class progresses. You never need a partner but you can bring all your friends and have a lot of fun. Plus you get exercise without realizing you are actually exercising.

Rubber soled shoes not recommended.

Monica Wilson

Fee \$65.00 Non Resident Fee \$70.00

F-02 LINE DANCE FOR INTERMEDIATES

8:00pm-9:00pm 10 Weeks Starts 10/7 Trainers Rm Wednesday

Now that you know a coaster step from a shuffle- let's kick it up a notch...come out and learn the latest new dances while having a good time. This class is for people who are comfortable with the basics and want to learn some cool new moves. The dances will be a bit challenging but the main focus of the class will be fun! No partner needed...rubber soled shoes not recommended...bring water.

Monica Wilson

Fee \$65.00 Non Resident Fee \$70.00

F-03 Both Beginner and Intermediate Line Dancing

7:00pm-9:00pm 10 Weeks Starts 10/7 Trainers Rm Wednesday

Fee \$115.00 Non Resident Fee \$120.00

F-05 BEGINNING GUITAR

6:15pm-8:15pm 8 Weeks Starts 10/6 Rm 306 Tuesday

Have you ever wanted to play the guitar? Well here's the class you've been waiting for! We are offering an introductory guitar class that will systematically explain how to read music, strum chords to your favorite songs, and develop musical skills that will last a lifetime. The instructor has over fifteen year's classroom experience, and over twenty years experience as an accomplished guitar player. You will be amazed at how much you will learn...and how much fun you will have.

Doug Fahey

Fee \$85.00 Non Resident Fee \$90.00

F-08 Intermediate Guitar

6:15pm-8:15pm 8 Weeks Starts 10/8 Rm 306 Thursday

This class is a continuation of the Beginner Guitar. You will learn major and minor scales, pentatonic (blues) scale, how to change keys and fingerpicking. All in all this class will help you refine and build upon the skills and concepts taught in Beginning Guitar

Doug Fahey

Fee \$85.00 Non Resident Fee \$90.00

NRCSD Continuing Education

Physical Fitness

The Fall Semester begins September 29th and Ends January 26th . Classes meet on Tuesday, Wednesday, and Thursday when school is in session. **The number of classes may be affected by school closings and instructor cancellations. Classes that are canceled will not be made up. No refunds or credits will be issued for canceled classes.** You may join a class at any time for a prorated fee. Fitness courses are open to persons who are 16 or older.

G-01 CARDIO DANCE/KICKBOXING

7:15pm- 8:15pm 14 Weeks start 9/29 Trainers Room Tuesday and Thursday
Do you want to lose weight and tone? Like to dance? Want to learn some basic survival moves? This class is for you. This class alternate weeks with cardio dance one week and kickboxing the next. Dance moves consist of basic dance moves. No need to be a dancer just love to move. Kickboxing consist of jabs and kicks. The class concludes with a 15 to 20 minute weight training and abs session for a complete workout. Bring light weights, towel, water, mat and lots of energy.

Beverly Abercrombie

Fee \$100.00 Non Resident Fee \$105.00

G-02 TOTAL BODY CONDITIONING

7:00pm-8:00pm 14 Weeks Starts 9/29 Annex Gym Tuesday and Thursday
Tone, strengthen, lengthen, sculpt, and define! You name it, we're going do it in this total body workout. Using a combination of hand weights, calisthenics, and floor work you will tighten your body from head to toe. Each class will devote a section to core strength and stability, balance, posture, and flexibility. This class is suitable for all fitness levels. Bring hand weights, resistance band, mat and water.

Laura St. Denis

Fee \$100.00 Non Resident Fee \$105.00

G-03 OPEN SWIM

8:00pm-9:45pm 8 Weeks 10/6 Pool Tuesdays
Join others in their goal to improve endurance, muscle strength and cardio-vascular fitness through lap swimming. Be motivated and help motivate others while enjoying a beautiful 8-lane 25-yard pool to continue your workouts or start up again. As this is not an instructional course, participants should possess basic swim skills. Bring a towel and swimming attire.

Bill Whitehouse/ Phil Bloete

Fee \$60.00 Non Resident Fee \$65.00

G-22 Keep It Movin'**6:00 pm -7:00 pm 14 Weeks Starts 9/29 Trainers Room Tuesday and Thursday**

Has your doctor recently recommended exercise? Are you an active senior? Are you someone who wants to begin to tone but doesn't know where to begin? If so, then this class is for you. Taught by a trained instructor. Come dance, move, and most of all have fun while you tone, slim down and improve your overall health. Bring a mat, light weights, towel, water and be sure to dress comfortably and wear sneakers.

Beverly Abercrombie**Fee \$100.00 Non Resident Fee \$105.00****G-04 Aqua Aerobics****8:00pm-9:45pm 12 Weeks Starts 9/29 Pool Wednesday**

Water aerobics is a pleasurable experience. These aerobic exercises are designed for water and they provide benefits such as body toning, muscle flexibility, and improvement to the cardiovascular system. Besides, it's not only healthy, it's fun!

Patricia Wojcicki**Fee \$100.00 Non Resident Fee \$105.00****G-05 ADULT SWIM LESSON****8:00pm-9:45pm 12 Weeks Starts 9/29 Pool Wednesday**

Always thought about swimming as a work out but not that strong? Want to conquer your fear of the water? Join us and fine tune your stroke, conquer that fear or become a stronger swimmer in a relaxed environment where the instructor tailors the lesson to your ability and wants. Come enhance your swimming skills while having fun at the same time. Students must be over the age of 18 to sign up for class.

Jen Gannon**Fee \$100.00 Non Resident Fee \$105.00****G-08 PILATES****6:00pm-6:55PM 14 Weeks Starts 10/07 Annex Café Wednesday**

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. Classic exercises done on the mat to strengthen the core increase flexibility and help postural alignment. Rings and soft 2-4lbs balls can be bought at Wal-Mart, Target, Bed Bath and Beyond. Please bring Pilates mat (a little thicker than yoga mat) first night of class.

Theresa Gonzalez**Fee \$100.00 Non Resident Fee \$105.00**

G-10 Yoga 101- HATHA YOGA

7:00pm-8:00pm 10 Weeks Starts 10/7 Annex Café Wednesday
Would you like to try a yoga class in a safe, nurturing environment? Combine breath with mindful movement in this Hatha yoga class. Everyone is welcome. Postures (asanas) and Pranayama (breath work) are designed to create space and flexibility in the mind, body, and soul. Practicing yoga helps reduce stress levels, increase lung capacity, create or improve flexibility, and promote good mental and physical health. Please wear comfortable clothing, bring a yoga/sticky mat, beach blanket, and a smile to each class! Namaste.
Carolyn Iannone
Fee \$80.00 Non Resident Fee \$85.00

G-11 Gentle Yoga 10 Weeks Starts 10/7 Annex Café Wednesday
8:00pm-9:00pm
Combine breath with gentle movement in this Hatha yoga class. Are you looking to complement an active practice or simply unwind after a stressful day? Postures (asanas) and Pranayama (breath work) are designed to create space and flexibility in the mind, body, and soul. Practicing yoga helps reduce stress levels, increase lung capacity, improve or create flexibility, and promote good mental and physical health. Please wear comfortable clothing, bring a yoga/sticky mat, beach blanket, and a smile to each class! Namaste.
Carolyn Iannone
Fee \$80.00 Non Resident Fee \$85.00

G-21 YOGA/CHI STRETCHING

6:10pm-7:10pm 12 weeks Starts 9/29 Annex Café Thursday
Students will learn and take away methods to calm the mind and body, relieve stress and aid in the effects of mild chronic pain and stiffness. Each class will focus on breathing exercises, utilizing the body's own healing energy (chi), restorative yoga postures, guided meditation as well as stretching and basic yoga asanas. A yoga mat, blanket, yoga block and yoga strap will be needed.
Shannon Casella
Fee \$90.00 Non Resident Fee \$95.00

G-12 Tai Chi

6:00pm-7:30pm 10 Weeks Starts 10/6 Annex Café Tuesday
Tai Chi incorporates gentle but powerful movements that strengthen muscles and joints, improve blood and energy circulation, corrects imbalances, enhances focus, concentration and confidence. Breath work and meditation helping to release daily stress and tension and to accumulate energy. Gentle meditation helping to soothe your body and mind. Students should wear comfortable clothing and bring a towel and mat.
New City Yoga and Tai- Chi Center
Fee \$100.00 Non Resident Fee \$105.00



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Pick Your Zumba Day!! 14 Week Sessions- Main Gym

Zumba® fitness is a fusion of Latin and International music that provides a motivating and effective fitness system! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. Dance your calories and worries away! Bring an exercise mat, a towel and water!

One Night— 75.00

Two Nights—95.00

All Three— 125.00

*** Non Residents please add \$5.00. Use Form below for registration**

Name _____

Address _____

City, State Zip _____

Phone _____

Senior Citizen (Yes/ No)

Day	Time	Course	Instructor	Select the Class You Would Like To Attend
Tuesday	7-8 Main Gym	Z-01 Zumba®	Vanessa Pastorelli	
	8-9 Main Gym	Z-02 Zumba®	Vanessa Pastorelli	
Wednesday	7-8 Main Gym	Z-03 Zumba® / FUNK-TIONAL	Theresa Gonzalez	
Thursday	7-8 Main Gym	Z-04 Zumba®	Myrza Mendez-Torres	
	8-9 Main Gym	Z-05 Zumba® Toning	Myrza Mendez-Torres	
		Total		
Total		1-75.00 2=95.00 3=125.00		

CLASSES RUN BASED ON ENROLLMENT. AVOID DISAPPOINTMENT- REGISTER EARLY.

Courses of General Interest

H-22 MEDITATION; HOW TO LIVE WITH NEW ENERGY, JOY AND PEACE

7:00pm – 8:30pm Rm 116 10/6, 10/13 & 10/20 Tuesday

Ready to step your life ahead? Try meditation. In this energizing program, you will learn a simple, powerful way to meditate. It will awaken your best inner self, the part of you that's strong and productive. At the same time it will quiet the part of you that can generate frustration and worry. Your life, then, can begin to take a turn upward. And you can move toward an inner balance that's available no other way. But no need to take this on faith. Join us, learn, and test it for yourself.

Linda Fitzpatrick

Fee \$40.00 (Not Eligible for Senior Discount) Non Resident Fee \$45.00

H-23 TYPES OF MEDITATION: WHAT'S RIGHT FOR YOU?

7:00pm-8:30pm Rm 116 10/27, 11/10 & 11/17 Tuesday

Meditation has been practiced for thousands of years but has only recently been adopted by modern people. This fascinating program will review many types of meditation so you can experiment with what might be right for you. Learn different meditative practices that you can draw upon throughout your day – some in as little as a minute or two – to help you relax and refocus. Prepare to leave re-energized with new tools for living your best life.

Linda Fitzpatrick

Fee \$40.00 (Not Eligible for Senior Discount) Non Resident Fee \$45.00

H-07-HOW TO APPLY YOUR OWN MAKEUP Tuesdays 11/17, 12/1, 12/8 & 12/15

7:00pm-9:00pm 4 Week Session Rm 306 Tuesdays

Follow along with professional make-up artist, Carrie Boecker, as you learn how to apply your own make up with confidence. You will receive hands-on training to help you find the right colors and proper techniques to bring out your best features! Supply list will be handed out first night of class.

Carrie Boecker

Fee-\$40.00 (Not Eligible for Senior Discount) Non Resident Fee \$45.00

H-20 Latino Cooking

7:00pm-9:00pm 8 Weeks Starts 10/6 Rm 506 Tuesday

Learn the basics of Latino Cooking using tasty spices/seasonings. We will be cooking rice dishes, soups and stews along with other Latino favorites. Let's put some spice in your rice. Additional fee of \$15 payable first night to instructor (one time only).

Debie Caban

Fee \$65.00 Non Resident Fee \$70.00

H-21 DESIGNING CREATIVE DESSERTS

7:00pm-9:00pm 8 Weeks Starts 10/7 Rm 506 Wednesday

Come and learn to make and use fondant, holiday cakes (Holiday Yule Log) and some easy desserts. Class includes basic decorating techniques. (Techniques of roses, rose buds, bordering, flowers and frosting) Some preparation at home (cake bake at home, frosting) will be required, plus the purchase of certain basic supplies. Supply list will be given to students at the first class, please bring notepad and pen.

Louise Stewart

Fee \$65.00 Non Resident Fee \$70.00

Mrs. Peterson would like you to join
NRCSD Continuing Education!



Get notified (via text messaging) on room changes and weather related cancellations.

To receive messages via text, text **@nrcsdconed** to **81010**. You can opt-out of messages at anytime by replying, 'unsubscribe @nrcsdconed'.
Trouble using 81010? Try texting **@nrcsdconed** to **(914) 618-5959** instead.



Or to receive messages via email, send an email to **nrcsdconed@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



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Remind is a free, safe, and simple messaging tool that helps teachers share important updates and reminders with students & parents. Subscribe by text, email or using the Remind app. All personal information is kept private. Teachers will never see your phone number, nor will you see theirs.

Visit remind.com to learn more.

Please Read The Following

REGISTRATION:

BY MAIL: **Begins Now**

See inside back cover

IN PERSON: **Any School Day** 12:30pm to 3:30pm

or 7:00pm to 9:00pm Tues, Wed, and Thurs.

Evening Starting September 29th from 7:00 to 9:00pm

AT: NORTH ROCKLAND HIGH SCHOOL

106 Hammond Road, Thiells, NY

Call 845-942-3318 for information

CLASSES — TIMES:

Classes will meet in the **evening** on the date and time listed in the course description at North Rockland High School.

Class Size is determined by costs and/or seating capacity.

Priority will be given to those with the earliest **PAID** registration.

ELIGIBILITY—Except for SAT, Drivers Education, Fitness and classes requiring a License or certification, **courses are only open to persons who have passed the age when school attendance is required by law and are no longer enrolled in a public or private school.**

FEES:

The fees for each course is listed in the course description. **Books and Materials** are an additional cost—payable the first night of class.

REFUNDS:

ABSOLUTELY NO REFUNDS WILL BE GIVEN UNDER ANY CIRCUMSTANCES

other than: a class does not form due to insufficient registration. Classes run based on enrollment, therefore no refunds can be issued. Registrations are non-transferable.

There is no provision for a partial fee for taking one session or part of a course. If for some medical emergency a student is unable to attend a class after registration, a credit will be applied toward a future class. (Medical documentation required) If class is canceled due to inclement weather, teacher absence, or school closure it will **not be made up**. No refunds will be issued due to canceled classes.

SCHOOL CLOSING:

Continuing Education classes will be cancelled if North Rockland Schools are closed due to inclement weather. This includes times when the schools close during the day. Notices will also be given on radio through WHUD100.7 FM and students may call NRHS at 845-942-3300. If the high school cancels after school activities, adult education classes are cancelled as well.

SENIOR CITIZENS:

Senior citizens 60 years of age or older may register for most adult classes at half price.

Mail Registration (Preferred)

For mail registration use the coupons below.

Payment **MUST** Accompany registration

A SEPARATE CHECK IS REQUIRED FOR EACH CLASS.

Fill out, Place in envelope and Mail to: Continuing Education

North Rockland High School

106 Hammond Road, PO Box 495

Thiells, NY 10984-0495

Please Print			
Last Name		First Name	
Street or PO Box		APT #	
City, State		Zip	
Phone () - - - -			
List Below the course which you are registering.			
Course Code #	Course Title	Class Meets	Course Fee

Senior Citizen:

Yes _____

No _____

Please Print			
Last Name		First Name	
Street or PO Box		APT #	
City, State		Zip	
Phone () - - - -			
List Below the course which you are registering.			
Course Code #	Course Title	Class Meets	Course Fee

Senior Citizen:

Yes _____

No _____

Board of Education

North Rockland Central School District
65 Chapel Street
Garnerville, New York 10923



Information: Call (845) 942-3318

Monday– Friday
Tuesday– Thursday

12:30-3:30
6:00-9:00 PM

Mrs. Ileana Eckert

Superintendent of Schools

Dr. Kris Felicello

Assistant Superintendent for Educational Services

Mr. James Johnston

Assistant Superintendent for Business

Mr. Eric Baird

Assistant Superintendent for Human
Resources and Community Relations

Mrs. Onyx Peterson

Director of Continuing Education

Board of Education

Harry LeFevre, *President*

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James A. Kraus

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