

Spring 2024

Message from the Director:

Welcome to Westbury Adult Continuing Education. We are pleased to provide a diverse selection of courses and activities for the community. Browse our brochure and you will find opportunities for personal enrichment, recreation, and professional development.

Learning is a never-ending process. I encourage you to meet other learners while also taking some time for yourself.

If you have a program you would like to share with the community, feel free to contact me.

Gina M. Farrell

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Director, Adult Continuing Education
gfarrell@westburyschools.org

Adult Continuing Education Calendar Spring 2024

	Mon.	Tues.	Wed.
Feb.	26	27	28
March	4	5	6
	11	12	13
	18	19	20
	X	X	X
April	X	2	3
	8	9	X
	15	16	17
	X	X	X
	29	X	May 1

X - Means no classes

DETAILS OF REGISTRATION

Mail Registration: Register by mail using the form found on the last page of this brochure. Send a separate course form (they may be reproduced) and a **separate check/money order (we do not accept cash) for each course, payable to Westbury U.F.S.D.** You will not be notified of your acceptance. If you do not hear from us, assume that you are in the class and report the first night as indicated in the brochure.

Fees

1. Course fees are listed next to each course description.
2. A single out-of-district fee of \$5.00 is charged to registrants who live outside the Westbury/Carle Place School Districts except for swimming where only Westbury School District registrants qualify for resident fees.
3. Swimming classes: resident and non-resident fees are listed next to each swim class choice.
4. Refunds: no refunds will be granted after the first week unless the course does not run.

Registration Procedures: In-person registration will be conducted in the **Main Office – Westbury High School – Monday, February 5 and Wednesday, February 7, 2024, between 6:00 p.m. and 8:00 p.m.**

Class Term: Seven-week classes begin the week of Monday, February 26, 2024, and end on Wednesday, May 1, 2024. Classes of less than seven weeks in length are specified by dates of sessions given in the class listings. Classes will meet at the time and places indicated in this pamphlet. **Check the calendar for “no class” days and holidays indicated by an “X.”** In the event of inclement weather, the Adult Education program is cancelled if the daytime school day is cancelled. Listen to radio news on WCBS (880 AM), WINS, and Channel 12 Long Island News.

Location/Parking: Westbury High School is located on the corner of Jericho Turnpike & Post Road, Old Westbury. Parking is only permitted in the North or South lots. Cars left in front of the school will be ticketed by the Old Westbury Police in conformance with the village fire laws. **This regulation is strictly enforced.**

Communication: Questions or suggestions concerning any phase of the Adult Program should be brought to the attention of the Director of Adult Continuing Education at gfarrell@westburyschools.org.

Health: Participants are advised to check with their family physician if their physical condition will allow participation in courses likely to create physical strain. The Board of Education does not insure the registrants in Adult Education programs for accidents that may occur while participating in the program.

Spring 2024

American Red Cross Certification Courses

Lifeguard Certification Class (Four Weeks)

Instructors: **Jonathan Geller & Jim Steadman**

Days: **Mondays & Wednesdays, starting Feb. 26, 2024** • Time: **6–9 p.m.**

Location: **Pool/Gym** • Fee: **\$325** (\$250 for Westbury High School Students)

The minimum age is 15 years old, and students must complete a pre-test.

The pre-test session (Feb 26) includes:

1. Swim 300 yards while demonstrating continuous breath control and rhythmic breathing.
Candidates may swim using crawl, breaststroke, or a combination of both. Goggles may be used.
2. Tread water using only your legs for 2 minutes. Candidates should place their hands underneath their armpits.
3. Complete timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards on the surface. Face may be in or out of the water.
 - Swimming goggles are not allowed.
 - Surface dive, head first or feet first, to a depth of 7-10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object. The face is kept at or near the surface so that breathing is possible. Candidates should not swim distance under water.
 - Exit the water without using ladder or steps.

Water Safety Instructor (Seven Weeks)

Instructors: **Jonathan Geller & Jim Steadman**

Days: **Tuesdays, starting Feb. 27, 2024** • Time: **6–9 p.m.**

Location: **Pool/Gym** • Fee: **\$425** (\$350 for Westbury High School Students)

The minimum age is 16 years old, and students must complete a pre-test (Feb 27).

Course Description:

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.

Pre-test:

1. Prerequisite Swim Skills Evaluation:
 - Front crawl—25 yards
 - Back crawl—25 yards
 - Breaststroke—25 yards
 - Elementary backstroke—25 yards
 - Sidestroke—25 yards
 - Butterfly—15 yards
2. Maintain position on back for 1 minute in deep water (floating or sculling).
3. Tread water for 1 minute.

CPR/Friends and Families (One Session)

Instructors: **Jonathan Geller & Jim Steadman**

Days: **Wednesday, April 3** • Time: **6–9 p.m.**

Location: **Cafeteria** • Fee: **\$25**

This non-credential course is for people who want to learn adult, child and infant CPR skills for their families and friends. Other topics include assisting a choking victim, recognizing the signs of someone in cardiac arrest, and the demonstration of the use of an automated external defibrillator (AED). There is no test for this course.

Spring 2024

Coaching Requirements

New York State Coaching Certification Course (Eight Zoom Sessions)

Instructor: **David Graff**

Days: **Tuesdays, starting Feb. 27** • Time: **6–8 p.m.**

Fee: **\$100 (\$50 for Westbury Schools Staff)**

This Theory and Techniques of Coaching 22-hour course deals with the scientific principles of coaching, team selection, program organization and management, rules and regulations, teaching methods, conditioning, relationships with officials, coaching ethics, athletic administration, and public relations. The course has 16 classroom hours and 6 hours of outside assignments. The outside assignments include goals, a teaching assignment, practice plans, a scouting report, and a game plan. This course is a New York State requirement for all non-certified Physical Education majors who are coaching at public schools.

Wellness, Health & Fitness

Zumba (Seven Sessions)

Instructor: **Merri Fried-Quinonez**

Days: **Mondays, starting Feb. 26** • Time: **7–8 p.m.**

Location: **Dance Room** • Fee: **\$50**

Zumba is a Latin-inspired fitness program that incorporates Latin and International music with dance moves. The routines feature aerobic/fitness interval training with a combination of fast and slow dance moves that tone and sculpt your body. No experience necessary. Wear comfortable clothes and sneakers and come to have fun! The teacher is a certified Zumba instructor. Bring a water bottle.

Body Sculpt/Low Impact Interval Class (Seven Sessions)

Instructor: **Merri Fried-Quinonez**

Days: **Wednesdays, starting Feb. 28** • Time: **7-8 p.m.**

Location: **Dance Room** • Fee: **\$50**

Body Sculpt includes a combination of muscle conditioning exercises utilizing assorted fitness gear provided by the instructor. Low impact tightening and toning class. Open to all levels of fitness.

Bring a mat, towel, water bottle, and a smile. Be prepared to have fun with fitness.

Yoga (Seven Sessions)

Instructor: **Thomas Breski**

Days: **Tuesdays, starting Feb. 27** • Time: **7:30–8:30 p.m.**

Location: **Dance Room** • Fee: **\$50**

This seven-lesson course will focus on the primary postures that will help the student get a good understanding of how yoga can create physical as well as mental well-being. The students will learn proper breathing techniques and specific yoga asanas (poses) that will strengthen and stretch muscles and help reduce pain in various joints. Yoga is one of the best practices to treat low back pain and experience a deep feeling of relaxation and stress reduction.

Spring 2024

Computers and Technology

Intro to Computer Basics using Microsoft (Five Sessions)

Instructor: **Juan Hinojosa**

Days: **Tuesdays, starting Feb. 27** • Time: **6:30–7:30 p.m.**

Location: **HS Computer Lab** • Fee: **\$50**

We will primarily work with web-based desktop applications, Microsoft Word, Microsoft OneDrive cloud system to store and organize digital office files and ChatGPT artificial intelligence to access relevant information. We will use simple yet powerful OneDrive features to share files with friends, family, or work and ChatGPT's artificial intelligence to leverage those interactions to access machine learning information and compare how it differs from using Google searches.

Intermediate Computer: Microsoft Excel (Five Sessions)

Instructor: **Juan Hinojosa**

Days: **Tuesdays, starting Feb. 27** • Time: **7:30–8:30 p.m.**

Location: **HS Computer Lab** • Fee: **\$50**

Hands-on experience creating Microsoft Excel spreadsheets. Topics include navigating, working with data, creating visual charts, formatting, and basic formulas. Then we will convert raw data into more relevant information using various Excel functions and PivotTables for report creation, charts, and conditional formatting to visualize data.

Language

Spanish - Beginner (Seven Sessions)

Instructor: **Flor Murray**

Days: **Tuesdays, starting Feb. 27** • Time: **6:30–7:30 p.m.**

Location: **Room 105** • Fee: **\$50**

This course is designed to introduce the student to a solid understanding of the Spanish language. Beginning Spanish is for those students who want to start at the very beginning with Spanish or those who took a little bit of Spanish in high school. Special emphasis will be placed on vocabulary and oral expression within the culture context. Principles of grammar will be introduced as students become more familiar with the language. Activities include interactive situations with other students. The Spanish you will learn in this class will be useful no matter where or with whom you will be speaking to.

Spanish - Intermediate (Seven Sessions)

Instructor: **Flor Murray**

Days: **Tuesdays, starting Feb. 27** • Time: **7:30–8:30 p.m.**

Location: **Room 105** • Fee: **\$50**

This course is designed to introduce the student to a solid understanding of the Spanish language. Intermediate Spanish is for those students who want to have some basic Spanish knowledge and want to learn to speak and understand at a higher level. Special emphasis will be placed on vocabulary and oral expression within the culture context. Principles of grammar will be introduced as students become more familiar with the language. Activities include interactive situations with other students. The Spanish you will learn in this class will be useful no matter where or with whom you will be speaking to.

Certificate Course

Notary Public Training Course (ONLINE ANYTIME)

Instructor: **Dina DiRoma**

Fee: **\$10** Payable to Westbury UFSD

Material Fee: **\$75** Check payable to Notary Public Central, Inc.

Are you seeking to self-enhance? Are you afraid of failing the exam? We will help you gain the confidence and knowledge you need to pass the exam with ease. Stand out among the competition. Sign up now for this unique training course. Commissioned Notaries are always welcome. PRERECORDED ZOOM - CAN BE ACCESSED AT ANY TIME.

Spring 2024

Defensive Driving

AARP Defensive Driver Course

AARP Instructor: **Illa Soni**

Days: **Tuesday and Wednesday, March 12 & 13** • Time: **6:30–9:30 p.m.**

Location: **Cafeteria**

Fee: **\$25 for members of AARP – Check payable to AARP**

Fee: **\$30 for non-members of AARP – Check payable to AARP**

Please put AARP membership number on check and separate checks for each participant.

This course is research based by AARP and has been approved by the Department of Motor Vehicles (DMV). This is a Smart Driver's accident prevention course, and it provides you with the knowledge to be a better driver on the road. People of any age can attend the course and get a 10% car insurance discount (per car and one driver). Please speak with your auto insurance agent for the required details for your automobile insurance. Automatic points deductions are available.

Participants **MUST BRING**:

- 1) a valid NYS Driver's License to class
- 2) a valid AARP card to class

NOTE: AARP Health Insurance Card is not accepted. Call AARP to get the copy of valid membership Identification number via email.

Aquatics Program

Mommy/Daddy & Me Swim (Ages: 0-3 years old) (Seven Weeks)

Days: **Tuesdays, starting Feb. 27** or **Wednesdays, starting Feb. 28** • Time: **6:30–7:45 p.m.**

Location: **Pool** • Fee: **\$50 Resident, \$100 Non-resident**

A parent will be in the water to introduce the child to the water. The lessons will be led by a certified instructor, but the parents will be handling the children. The parent in the water must be comfortable in 5 feet of water.

*** A maximum of 7 students will be accepted per instructor per group.**

Youth Swim Lessons (4-8 years old) (Seven Weeks)

Days: **Mondays, starting Feb. 26** • Time: **6:30–7:45 p.m.** or

Days: **Tuesdays, starting Feb. 27** • Time: **6:30–7:45 p.m.** or

Days: **Wednesdays, starting Feb. 28** • Time: **6:30–7:45 p.m.**

Location: **Pool** • Fee: **\$50 Resident, \$100 Non-resident**

1. **Jellyfish (Ages: 4-6 years)** - Becoming acquainted with the water, submerging, floating, jumping into the water, and exiting the pool independently.
2. **Stingrays (Ages: 7-8 years)** - Emphasis will be placed on correct kicking and rotation of arms skills.

*** A maximum of 7 students will be accepted per instructor per group.**

Youth Swim Lessons (Ages: 9-14 years old) (Seven Weeks)

Days: **Mondays, starting Feb. 26** • Time: **7:45–9 p.m.** or

Days: **Tuesdays, starting Feb. 27** • Time: **7:45–9 p.m.** or

Days: **Wednesdays, starting Feb. 28** • Time: **7:45–9 p.m.**

Location: **Pool** • Fee: **\$50 Resident, \$100 Non-resident**

1. **Dolphins (Ages: 9-10 years)** - Freestyle, backstroke, rotational rhythmic breathing, butterfly, and breaststroke kick.
2. **Sharks (Ages: 11-12 years)** - Freestyle laps, backstroke laps, butterfly, and breaststroke kick.
3. **Barracudas (Ages: 13-14 years)** - Continuous sets of laps and diving.

*** A maximum of 7 students will be accepted per instructor per group.**

Adult Swim Lessons (Seven Weeks)

Days: **Mondays, starting Feb. 26** • Time: 7:45–9 p.m. or

Days: **Tuesdays, starting Feb. 27** • Time: 7:45–9 p.m. or

Days: **Wednesdays, starting Feb. 28** • Time: 7:45–9 p.m.

Location: **Pool** • Fee: **\$50 Resident, \$100 Non-resident**

Groups will be formed based upon class size and the ability of the swimmers.

*** A maximum of 7 students will be accepted per instructor per group.**

COMPLETE THIS FORM AND MAIL TO:

**Westbury Adult Continuing Education
2 Hitchcock Lane
Old Westbury, NY 11568**

Name _____

Address _____ Town _____ Zip _____

Telephone # _____ Email _____

Course _____ Age _____ Fee _____
(Swimmers Only) (Check/Cash)

Day _____ Time _____

- Non-residents, please add (one-time fee) \$5, unless otherwise indicated
- Fill out a separate registration form for each course
- Please make out a separate check for each course made payable to:
Westbury UFSD – *Except* for: AARP Defensive Driving & Notary Public courses
- No acknowledgement will be sent to you. You are automatically enrolled unless otherwise notified by the Adult Continuing Education Office
- Report to class on the first session at -
Westbury High School, 1 Post Road, Old Westbury, NY 11568

I understand that participation in all classes & activities is at my own risk.

Signature Date

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**Westbury Adult Continuing Education
2 Hitchcock Lane
Old Westbury, NY 11568**

Name _____

Address _____ Town _____ Zip _____

Telephone # _____ Email _____

Course _____ Age _____ Fee _____
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I understand that participation in all classes & activities is at my own risk.

Signature Date

Westbury UFSD
Adult Continuing Education Program
Westbury High School
1 Post Road, Old Westbury, N.Y. 11568

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CAR-RT SORT-ECRWSS POSTAL PATRON

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 2
WESTBURY, N.Y.
Zip Code 11590

Registration Dates:
Monday, February 5 and Wednesday, February 7, 2024, 6 – 8 p.m.
Classes Start: February 26, 2024