

SAYVILLE
ADULT EDUCATION
SPRING 2024



Spring!

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REGISTRATION INFORMATION

MAIL REGISTRATION IS PREFERRED!

Avoid long lines and closeouts by mailing the registration forms and a separate check for each course desired to:

**Adult Education
Sayville High School
20 Brook Street
West Sayville, NY 11796**

Include home and work telephone numbers. SPECIFY SECTION IF APPLICABLE. Registrations will be honored in the order in which they are received.

Make checks payable to: Sayville Adult Education

IN-PERSON REGISTRATION

Will be held Monday, March 4th from 7 to 8:30 pm at the High School Office. All mail registrations received before in-person registration will have precedence. LATE REGISTRATION: Call 244-6647 to see if openings exist.

ELIGIBILITY

Anyone over 16 years of age not enrolled in a public or private high school may enroll.

FEEES

As listed in brochure. Non-residents, \$5.00 per course extra. Residents of the Bayport-Bluepoint school district will not be charged the additional \$5.00 fee. Sayville Senior Citizens with Town of Islip I.D.'s half price (seminars and senior classes excluded).

REFUNDS

Will be made **only** if the course is cancelled due to insufficient enrollment.

SCHEDULE

Classes begin the week of March 11, unless noted.

Tennis begins April 13th

Lisa Nadeau's classes begin the week of March 12th

**No Classes: March 29-April 1; April 10;
April 22-26; May 24-27**

All classes run for 8 sessions unless noted.

BEGINNER MAH JONGG

Looking to learn a fun challenging game that's being played by men, women, singles and couples? Join the fast-growing trend and meet new friends while learning the exciting and thought provoking game of American Mah Jongg. The course covers all aspects of the game including understanding the card, selecting a hand, and pick up playing strategies all leading to the ultimate Mah Jongg! By the 2nd evening the games shall begin and the challenge is on! Order your 2024 cards online at: nationalmahjonggleague.org and bring your Mah Jongg set to class if you have one. It is imperative that you make the first night of class where we learn the basics of the game!

MONDAY 6:30 - 9:00
High School Library
Instructor: Wendy Meagher
Fee: \$65.00

ADVANCED VOLLEYBALL

A two hour session of co-ed volleyball for the volleyball enthusiast. It is intended for the *experienced* player who knows the rules and doesn't mind that the ball is going to be hit *hard*. Play hard and have fun!

THURSDAY 7:00 - 9:00
Old Jr. High Gym (Greeley Ave.)
Instructor: Chris Surrusco
Fee: \$75.00 - 12 sessions

SOCIAL BALLROOM DANCE

Learn to dance in a comfortable, relaxed environment while having fun. Dancing is beneficial both mentally and physically. We will be teaching the Merengue and West Coast Swing dances. The Merengue is a fun, upbeat and popular Latin dance style that features a basic two-step movement. The West Coast Swing is a 'slotted' dance perfect for any type of dance club making it very popular, useful and especially common at country dance halls. This course will teach you more than enough to be able to dance at weddings, parties and dance clubs with confidence and ease while having a good time. No partner necessary, however, partners are not guaranteed. No rubber sole shoes, please.

THURSDAY 7:30 - 9:00
High School Cafeteria
Instructors: Ginny & Jeff Dolson
Fee: \$55.00

TENNIS: STROKE FUNDAMENTALS

This course will concentrate on the basic fundamentals of hitting a tennis ball. It is ideal for both beginners just getting started and experienced players who want to develop and improve their ball-striking skills. The forehand, backhand, serve and volley will be broken down and dissected. This course is instructive, fun and social. Come make friends, increase overall fitness, and begin to master the sport of a lifetime. Participants must supply their own tennis racket.

SATURDAY 11:00 am-1:00pm
Middle School Tennis Courts
Instructor: Chris Pollak
Fee: \$75.00 - 12 sessions
Begins April 13th

HAND BUILT & WHEEL THROWN POTTERY

Explore the joys of making hand built and wheel thrown pottery. Explore functional and sculptural forms as well as a variety of decorative techniques. This introductory class will also cover wheel techniques such as wedging, centering, cylinders, bowls, and various glazes and decorations. Fee includes \$45 materials fee for clay and glazes. By the end of the course you will have several pieces of pottery to proudly display or to give as gifts.

THURSDAY 7:00 - 9:00

or

TUESDAY 3:00 - 5:00

High School Room 138
Instructor: John Verschure
Fee: \$100.00

TENNIS: DRILL AND PLAY

This course is designed for players who can rally and desire play more than individual instruction. Focus is on cooperative and competitive drills followed by doubles play. Doubles positioning and strategies will be covered. The class is both social and competitive. Come meet other tennis players and take part in match play. **Begins April 13th**

SATURDAY 9:00 am - 11:00 am
Middle School Tennis Courts
Instructor: Chris Pollak
Fee: \$75.00 - 12 sessions

COMBO FITNESS**PILATES & STRETCH**

Come and dramatically TRANSFORM the way your body looks, feels and performs. Combining concepts of fitness flexibility and PILATES we can rehabilitate the spine and alleviate back pain while sculpting, lengthening and fine tuning your body. Through a series of controlled static and isometric movements aimed at strengthening deeper postural muscles in your abdomen, lower back and buttocks, you will improve balance, relieve pain, feel more alert and more energized! Participants need to bring a yoga mat, water bottle and yoga block.

TUESDAY 9:30 am - 10:30 am

Old Jr. High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$50.00 - 10 sessions

A one-time materials fee of \$5 will be collected at the first class.

OPEN GYM

Come work out with state of the art equipment including Cybex, treadmill, elliptical machines, stationary bikes, free weights, kettle bells, Bosu balls and more! PERSONAL TRAINER Lisa Nadeau will be available to assist you with any and all of your fitness needs. Receive instruction on how to use equipment safely and effectively. Discuss personalized fitness programs, weight loss and nutrition.

MONDAY 5:30 - 7:00pm

THURSDAY 5:30 - 7:00pm

High School Wellness Center

Instructor: Lisa Nadeau

Fee: \$50.00 - 10 sessions

A one-time materials fee of \$5 will be collected at the first class.

Not only is Physical exercise good for your muscles and bones, it can reduce anxiety and depression and keep your brain healthy too! Combo fitness class is designed to improve mind and body fitness in a fun and challenging way. Experience a variety of easy to follow cardio/strength exercises, balance/stability and core exercises that will change each week to challenge your body and mind. Your Personal trainer will creatively lead you and encourage you with modifications for all fitness levels. Participants need to bring with them a mat a set of weights and water bottle.

MONDAY 9:30 am - 10:30 am

Old Jr. High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$50.00 - 10 sessions

A one-time materials fee of \$5 will be collected at the first class.

CIRCUIT TRAINING

This class will help INCREASE your energy levels and RENEW your STRENGTH! Through a series of EASY to follow exercises this class will dramatically increase and target your core and muscle strength, joint stability, and improve your cardiovascular conditioning all in one! With form and technique always being the ultimate goal you will connect with your body safely to maximize your workout and feel great! Your Personal Trainer will lead you through circuits or blocks of exercises that are effective and fun and will help you REGAIN your CONFIDENCE. Participants should bring a set of weights, water bottle and a mat.

WEDNESDAY 9:30 - 10:30 am

Old Jr. High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$50.00 - 10 sessions

A one-time materials fee of \$5 will be collected at the first class.

ULTIMATE FITNESS

This fun and innovative afternoon class will give you everything your body needs and more! Now introducing Step Training to Ultimate Fitness. With 20 minutes of each cardio, muscle work and Pilates, the Step will enhance and maximize your workout while focusing on building lower body strength. Designed with new students in mind, this class offers basic and simple exercises modified to all fitness levels. Participants will need a set of weights, a Step 4" or higher, a mat and water bottle.

THURSDAY 4:15 - 5:15

High School Cafeteria

Instructor: Lisa Nadeau

Fee: \$50.00 - 10 sessions

A one-time materials fee of \$5 will be collected at the first class.

FLEX & STRETCH FITNESS

Over time we lose muscle mass and age leads to loss of flexibility within the muscle and tendons, and muscles shorten and don't function properly putting your body at risk. Strengthening and stretching your muscles are two types of activity that can bring the perfect balance when done together. Each class will help you build back your muscle mass and improve flexibility.

MONDAY 4:15 - 5:15pm

High School Cafeteria

Instructor: Lisa Nadeau

Fee: \$50.00 - 10 sessions

A one-time materials fee of \$5 will be collected at the first class.

INTERMEDIATE VOLLEYBALL

A two hour session of co-ed volleyball offered to those who already have some experience in the sport. They should also have a working knowledge of the rules and would like to have fun while improving their skills.

MONDAY 7:00 - 9:00pm

Old Jr. High Gym (Greeley Ave.)

Instructor: Stacie Crane

Fee: \$75.00 - 12 sessions

Pickleball

This class is for those who know the rules and are interested in improving their skills. Pickleball is a combination of tennis, ping-pong, racquetball and badminton. It's 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. Bring your own paddle or use one of ours. Limit of 20 participants

TUESDAYS

Session 1 6:00 - 7:30PM

Session 2 7:30-9:00PM

Classes begin March 12th

When registering please indicate session preference.

Old Junior High Gym

Instructor: Barbara Heffron

Fee:\$75 - 12sessions

Fit Camp:**Total Body Fitness**

This workout (designed & supervised by a Personal Trainer) has each participant working at their own personal fitness goals. Using some of the most innovative and effective fitness tools available, it's simple to follow--with dramatic results! Whether you choose to reduce bodyfat, increase strength, improve endurance, sculpt your body or a TOTAL TRANSFORMATION with all 4--here's the TRAINING session for you. Fun, Effective, and Focused, this FIT CAMP is loaded with 'Toys'.

You will need the following:

Mat, water, towel.

WEDNESDAY 7:00 - 8:15pm

Middle School Wellness Center

Instructor: Lori Hodgkinson

Fee: \$60.00 - 10 sessions

YOGA AND MOVEMENT

Move More and Age Less. Awaken and Rejuvenate Your Entire Body. Loosen stiff joints. Ease that aching back. Build long-pliable muscles. Increase flexibility and gain an overall feeling of wellness. We'll venture into several styles of Yoga and Movement. This course is challenging but adaptable to all ages and body types. A Yoga Mat is required. Two Yoga Blocks are highly recommended.

WEDNESDAY 7:00 - 8:30pm

Old Junior High School

Instructor: Chris Pollak

Fee: \$70.00 - 10 sessions

PAINTING COLORFUL PET PORTRAITS & ANIMALS WITH WATERCOLOR

Learn to capture a likeness of your pet and other furry/ feathered friends using a variety of watercolor techniques. Learn wet on wet painting and how to keep soft edges to create fur and feathers. Practice color theory and creating a good composition. There will be many demonstrations, plenty of time to paint! Reference photos provided or bring your favorite pet photos! For the first class, please bring a pencil and small pad of watercolor paper; we will go over supplies you may want to have during the first class. This class is open to all levels of aspiring watercolor artists! Class size is limited to 22 students.

WEDNESDAY 6:00 - 8:30

Middle School Room 104

Instructor: Mary Jane Stevens

Fee: \$65.00

WATERCOLOR

Learn the basics of watercolor from a local artist. No experience necessary. This introductory class will cover mixing colors, washes, tips and techniques. Bring a pad of watercolor paper, a large round soft #8 or larger watercolor brush, a plastic container for water and your enthusiasm the first night. Beginners or intermediate level welcome!

THURSDAY 6:00 - 8:30

High School Room 137

Instructor: Jennifer Berotti

Fee: \$65.00

SPECIAL OFFERINGS
NO SENIOR DISCOUNT

SENIOR FITNESS

This class designed for senior citizens will help you build strong bones, increase flexibility, increase muscle strength, lower blood pressure, reduce stress, and promote overall good health. Learn to strengthen your abdominal muscles through controlled breathing techniques. Please bring a water bottle and a light set of weights (2 lbs.)

TUESDAY 10:45am - 11:45am

Old Junior High Gym

Instructor: Lisa Nadeau

Fee: \$30.00 - 10 sessions

A one-time materials fee of \$5 will be collected at the first class.

No senior discount.

SENIOR PILATES/SCULPTING

This class will gently lead you through a variety of Pilates exercises, and teach you safely and effectively how to strengthen your Power House (abdominals), deep postural muscles and lower back. As we age our power house is essential for holding up our spine to maintain good posture and spinal alignment. We will also be adding resistance with the use of weights to increase muscle and create stronger bones. Participants will need to bring a sticky mat, small pillow, water bottle and a set of either 2 or 3 pound weights.

WEDNESDAY 10:45 - 11:45am

Old Jr. High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$30.00 - 10 sessions

A one-time materials fee of \$5 will be collected at the first class.

No senior discount.

WANTED
ADULT EDUCATION
INSTRUCTORS

If you have a special talent you would like to share with others, consider teaching a Sayville Adult Education Class.

Simply mail or email a brief description of what you would like to offer to:

Ronald Hoffer
Director of Adult Education
Sayville High School
20 Brook Street
West Sayville NY 11796

or email:

rhoffer@sayvilleschools.org

REGISTRATION FORM NOTE: *Please assume you are registered unless otherwise notified.*

Name: _____

Address: _____

_____ Email: _____

Home Phone: _____ Cell Phone: _____

Course Title: _____

Night: _____ Fee: _____ Section: _____

MAIL FORM TO
Adult Education
Sayville High School
20 Brook Street
West Sayville, NY 11796

REGISTRATION

NOTE: *Please assume you are registered unless otherwise notified.*

Name: _____

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MAIL FORM TO
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West Sayville, NY 11796

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