

*SAYVILLE*  
*ADULT EDUCATION*  
*SPRING 2023*



## ***BOARD OF EDUCATION***

John Verdone, President  
Thomas Cooley, Vice President  
James Bertsch, Ed.D.  
Carl Cangelosi  
Norman DeVenau  
Maureen Dolan  
Kelly Sack  
Christine Sarni

## ***CENTRAL***

## ***ADMINISTRATION***

Marc Ferris, Ed.D.  
Superintendent of Schools

Christine Criscione, Ed.D.  
Assistant Superintendent

Sam Gergis, Ed.D.  
Assistant Superintendent - Business

Peter Branscombe, Ed.D.  
Assistant Superintendent - Human Resources

Jillian Makris  
Assistant Superintendent of PPS

Stacie Gigante  
Director of Special Education

Sabine Loriston  
Coordinator of Special Education

Ryan Cox, Ed.D.  
Coordinator of P. E., Health & Athletics

Ronald Hoffer  
Director of Adult Education

## ***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 6th 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.

### **FEES**

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 (Senior Fitness and Senior Pilates/Sculpting classes are not eligible for the half price discount as they are already discounted.)

### **REFUNDS**

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

### **SCHEDULE**

Classes begin the week of **March 13 unless noted**  
Tennis begins **April 22**  
**Lisa Nadeau's classes begin the week of March 27th**  
No Classes: April 6 - 14; May 26 & 29

### **HAND BUILT & WHEEL THROWN POTTERY**

Come express your creativity with clay! This class will be tailored to your skill, ability and desired area(s) of focus. Students are encouraged to investigate functional and sculptural forms made by hand or on the wheel. Participants will have the opportunity to explore a variety of construction techniques, decorative approaches and glazing methods that will enable students to create several unique ceramic pieces. This class is suitable for beginners, experienced enthusiasts and anywhere in between.

**TUESDAY** 3:00 -5:00

**OR**

**THURSDAY** 7:00 -9:00

High School Room 138  
Instructor: John Verschure  
Fee: \$110.00

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

### **Pickleball**

This class is for those looking to learn the basics of the game or for those who are looking to improve basic 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 16 participants

**TUESDAYS** 6:00 - 8:00

Old Junior High Gym  
Instructor: Barbara Heffron  
Fee:\$75 - 9 sessions

### **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*. Come out to play hard and have fun!

**THURSDAY** 8:00 - 10:00

Old Junior High Gym  
Instructor: Chris Surrusco  
Fee: \$75.00 - 15 sessions

### **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** 7:15 - 9:15

Old Junior High Gym  
Instructor: Barbara Heffron  
Fee: \$75.00 - 15 sessions

### **WATERCOLOR**

Learn the basics of watercolor from a local art teacher. No experience necessary. This introductory class will cover mixing colors, washes, tips and techniques. We will discuss supplies the first night of class. Just bring your enthusiasm the first night! Beginners or intermediate level welcome! Limit 20 participants.

**THURSDAY** 6:00 - 8:30

High School Room 137  
Instructor: Jennifer Berotti  
Fee: \$65.00

### **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 eveing the games begin and the challenge is on! Order your **2023** cards online at [nationalmahjong-league.org](http://nationalmahjong-league.org) and bring your set to class if you have one. It is **imperative** that you attend the first night of class where the basics of the game are explained!!

**MONDAY** 6:30 - 9:00

High School Library  
Instructor: Wendy Meagher  
Fee: \$65.00

### **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

High School Room 135  
Instructor: Mary Jane Stevens  
Fee: \$65.00

**TENNIS: STROKE****FUNDAMENTALS**

This course will concentrate on the basic fundamentals of hitting a tennis ball. It is ideal for beginners getting started and experienced players who want to improve their ball striking skills. The forehand, backhand, volley and serve 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 - 1:00 pm  
Middle School Tennis Courts

Instructor: Chris Pollak

Fee: \$75.00 - 10 sessions

**Begins April 22-June 24**

**TENNIS: DRILL AND PLAY**

Have fun while taking your game up one level. This course is designed for players who can rally, and desire to play more than individual instruction. Focus is on cooperative and competitive drills followed by doubles play. This class is social and competitive.

**SATURDAY** 9:00 am - 11:00 am  
Middle School Tennis Courts

Instructor: Chris Pollak

Fee: \$75.00 - 10 sessions

**Begins April 22-June 24**

**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 7:30 - 9:00**

Old Jr. High School Gym

Instructor: Chris Pollak

Fee: \$70.00 - 10 sessions

**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 - 8 sessions

No senior discount.

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

**OPEN GYM**

Come workout with state-of-the-art equipment including Cybex, treadmills, 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 your fitness needs. Receive instruction on how to use equipment safely and effectively. Discuss personalized fitness programs, weight loss and nutrition.

**MONDAY** 5:30-7:00

and/or

**THURSDAY** 5:30-7:00

High School Wellness Center

Instructor: Lisa Nadeau

Fee: \$50.00 - 8 sessions

**Begins the week of March 27**

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

**Fit Camp:****Total Body Fitness**

This workout is 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 uses some of the most innovative fitness tools available. Each session (designed & supervised by a Personal Trainer) has each participant working at their own personal fitness level toward their own personal fitness goals.

**You will need the following:**

Mat, water, towel.

**WEDNESDAY** 7:00 - 8:15

Middle School Wellness Center

Instructor: Lori Hodgkinson

Fee: \$60.00 - 8 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 offering the Country Two-Step and Hustle dances. Kick up your heels for a fun easy to learn Country Two-Step dance that is one of the most popular country/western dances in the U.S. The Hustle is a fast moving, high calorie burning dance characterized by its changing positions and turns. Once you master a four count rhythm, a three count can be used for those dances with a slower tempo. 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

**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 7:00 - 8:00**

High School Wellness Center

Instructor: Lisa Nadeau

Fee: \$40.00 - 8 sessions

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



**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 - 8 sessions

No senior discount.

**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: \$40.00 - 8 sessions

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

**Combo Fitness**

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: \$40.00 - 8 sessions

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

**Ultimate Fitness**

This fun and innovative 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 7:00 - 8:00**

High School Wellness Center

Instructor: Lisa Nadeau

Fee: \$40.00 - 8 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: \$40.00 - 8 sessions

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

**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 11796

or email:

[rhoffer@sayvilleschools.org](mailto:rhoffer@sayvilleschools.org)



k20477555 fotosearch ©

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

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: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Course Title: \_\_\_\_\_

Night: \_\_\_\_\_ Fee: \_\_\_\_\_ Section: \_\_\_\_\_

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

**SAYVILLE ADULT EDUCATION**

**SPRING 2023**

Non-profit Org.  
U.S. POSTAGE  
PAID  
Sayville, N.Y.  
Permit No. 31

**ECRWSS**  
**POSTAL CUSTOMER**