

SAYVILLE ADULT EDUCATION

FALL 2024



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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, September 16, 2024 from 7-8:30PM at the High School Office.

All mail registrations received before in-person registration will have precedence.

LATE REGISTRATION: Call 631-244-6647

<u>ELIGIBILITY</u> Anyone over 16 years of age not enrolled in a public or private high school may enroll.	<u>FEES</u> As listed in brochure, Non-residents, \$5.00 per course extra. Residents of the Bayport-Blue Point School District will not be charged the additional \$5.00 fee. Sayville Senior Citizens with Town of Islip ID half price (seminars & senior classes excluded).	<u>REFUNDS</u> Will be made only if the course is canceled due to insufficient enrollment.
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SCHEDULE

Classes begin Monday, September 30, 2024, unless noted.

Tennis begins September 14, 2024.

No Classes: October 3, 5, 14; November 1, 5, 11, 28, 29; December 23 - January 3.

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: nationalmahjongleague.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!

THURSDAY 6:30 PM - 9:00 PM
High School Library
Instructor: Sharon Linehan
Fee: \$65.00

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 Cha Cha and Bolero dances. The Cha Cha is a very recognizable dance and is the most popular Latin dance in the U.S. today. The Bolero is a smooth, powerful dance with a romantic look and is danced to a very slow rhythm. The music is frequently arranged using Spanish vocals with a subtle percussion effect. This course will teach you more than enough to be able to dance at weddings, parties and dance clubs with confidence and ease. No partner is necessary, however, partners are not guaranteed. No rubber sole shoes please.

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

TENNIS: STROKE FUNDAMENTALS

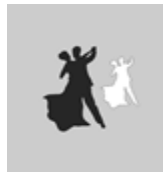
This course will concentrate on the basic fundamentals of hitting a tennis ball. It is ideal for both beginners just getting started and experienced players who want to develop and improve their ball-striking skills. The forehand, backhand, serve and volley will be broken down and dissected. This course 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-1:00 PM
Middle School Tennis Courts
Instructor: Chris Pollak
Fee: \$75.00 -10 sessions
Begins September 14, 2024 thru November 16, 2024

INTERMEDIATE VOLLEYBALL

A two hour session of co-ed volleyball is 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 PM - 9:00 PM
Sunrise Drive Elementary Gym
Instructor: Stacie Crane
Fee: \$75.00 -15 sessions



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.

SATURDAY 9:00 AM - 11:00 AM
Middle School Tennis Courts
Instructor: Chris Pollak
Fee: \$75.00 -10 sessions
Begins September 14, 2024 thru November 16, 2024

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 dynamic 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 non-slip yoga mat, water bottle and yoga block.

TUESDAY 9:30 AM - 10:30 AM

Old Jr. High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$60.00 - 12 sessions

\$120.00 - 24 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 non-slip mat, a set of weights, water bottle and a yoga block.

MONDAY 9:30 AM - 10:30 AM

Old Jr. High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$60.00 - 12 sessions

\$120.00 - 24 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 segments of cardio, muscle work and core training, 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 non-slip mat and water bottle.

THURSDAY 4:15 PM - 5:15 PM

HS Senior Lounge

Instructor: Lisa Nadeau

Fee: \$60.00 - 12 sessions

\$120.00 - 24 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, kettlebells, 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 PM - 7:00 PM

and/or

THURSDAY 5:30 PM - 7:00 PM

High School Wellness Center

Instructor: Lisa Nadeau

Fee: \$75.00 - 12 session

\$150.00 - 24 session

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, yoga block water bottle and a non-slip mat.

WEDNESDAY 9:30 AM - 10:30 AM

Old Jr. High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$60.00 - 12 sessions

\$120.00 - 24 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 PM - 5:15 PM

High School Senior Lounge

Instructor: Lisa Nadeau

Fee: \$60.00 - 12 sessions

\$120.00 - 24 sessions

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

MID MORNING MOBILITY TRAINING

What is the difference between mobility/flexibility?

Why do we need it?

Mobility is the ability of a JOINT to move actively and articulate through a full range of motion. Flexibility is the amount that your MUSCLE can stretch or lengthen. There are many benefits to mobility training including; decreases risk of injury, improves joint health, balance and increases blood flow and circulation to the muscles. A healthy joint allows you to move more freely and efficiently throughout your daily activities without pain or strain. Your Personal Trainer will lead you through INFORMATIVE, PRACTICAL and FUNCTIONAL exercises to enhance the way your body feels and moves! Participants need to bring a non-slip mat, water bottle and a yoga block.

THURSDAY 11:00 AM - 12:00 PM

Old Junior High (Greeley Avenue)

Instructor: Lisa Nadeau

Fee: \$40 - 8 sessions

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

STRENGTH/WEIGHT TRAINING

Do you want to be stronger, lose weight and burn calories while you sleep? Studies show that Strength/Weight training is an essential part of every fitness program. The more muscle you have, the more your body's metabolic rate works like a fat-burning machine and will burn calories even at rest. Instructed by a Personal Trainer, this easy to follow workout is tailored to meet your individual fitness needs safely and effectively! While we focus on the importance of form and technique, we will SCULPT and BUILD LEAN BODIES and create joint stability and core stabilization. Bring a friend and join us as we strengthen our bodies and burn calories together in and out of the gym! Participants will need to bring a set of weights, a non-slip mat, a yoga block and a water bottle.

TUESDAY 5:30 PM - 6:30 PM

High School Wellness Center

Instructor: Lisa Nadeau

Fee: \$40 - 8 sessions

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

FIT CAMP: TOTAL BODY FITNESS

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

You will need the following:

Mat, water and towel.

WEDNESDAY 7:00 PM - 8:15 PM

Middle School Wellness Center

Instructor: Lori Hodgkinson

Fee: \$60.00 -10 sessions

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

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 PM - 8:30 PM

High School Wellness Center

Instructor: Chris Pollak

Fee: \$70.00 -10 sessions



PICKLEBALL

Come and play the fastest growing sport in America. 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. Lobbying, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Bring your own paddle or use one of ours. All skill levels welcome. Limit of 20 participants per class.

TUESDAYS

Session 1 - 4:45 PM - 5:45 PM

Session 2 - 5:45 PM - 6:45 PM

Session 3 - 6:45 PM - 7:45 PM

(when registering please indicate session preference)

Sunrise Drive Elementary Gym

Instructor: Julie Vaccaro

Fee: \$75.00 - 14 sessions

PAINTING COLORFUL FLOWERS WITH WATERCOLOR

Learn to capture a likeness of flowers using a variety of watercolor techniques. Learn wet on wet painting and how to keep soft edges to create flowers. 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 flower 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 PM -8:30 PM

Sayville Middle School - Room 104

Instructor: Mary Jane Stevens

Fee: \$65.00

DIGITAL SAT PREPARATION

Help your child prepare for the new digital SAT exam! Students will develop skills and learn valuable test strategies needed for both the English and Math portions of the exam. Additionally, during the English portion, time will be spent on improving reading comprehension, developing vocabulary, and learning necessary common language conventions/usage. The math portion will review algebra, advanced math, problem solving & data analysis, and geometry & trigonometry as needed for the exam. After learning the needed strategies and skills, students will practice taking the test electronically using the Bluebook testing app.

Students will be provided with materials, but they will need charged chrome books for each session. 3 hours (1.5 hours English, 1.5 hours Math), 6:00 PM - 9:00 PM.

Students will be prepared for the December 7th exam.

WEDNESDAY 6:00 PM - 9:00 PM

High School Room #'s
(To Be Determined)

Instructors: Marguerita Dashiell-Sneddon
Christopher Surrusco

Fee: \$100

Classes will start the week of October 7, 2024.

**SPECIAL OFFERINGS
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 (transverse 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 non-slip mat, small pillow, yoga block, water bottle and a set of either 2 or 3 pound weights.

WEDNESDAY 11:00 AM - 12:00 PM

Old Jr. High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$40.00 - 12 sessions

\$80.00 - 24 sessions

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

No senior discount



SENIOR FITNESS

This class designed for senior citizens will help you build strong bones, increase flexibility/mobility and balance, 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, a yoga block, and a light set of weights (2 lbs.)

TUESDAY 11:00 AM - 12:00 PM

Old Junior High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$40.00 - 12 sessions

\$80.00 - 24 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:

Peter Branscombe
Co-Director of Adult Education
&
Lisa Elster
Co-Director of Adult Education

Sayville Public Schools
99 Greeley Avenue
Sayville, NY 11782

Or email:

pbranscombe@sayvilleschools.org
&
lster@sayvilleschools.org

REGISTRATION FORM		NOTE: Please assume you are registered unless otherwise notified.			
Name:					
Address:					
E-Mail:					
Home Phone:			Cell Phone:		
Course Title:					
Night:			Fee:		
MAIL FORM TO: Adult Education Sayville High School 20 Brook Street West Sayville, NY 11796					

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FALL 2024**

Sayville Public Schools
 99 Greeley Avenue
 Sayville, NY 11782

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