

SPRING 2025

**PATCHOGUE-
MEDFORD
SCHOOLS**

**ADULT EDUCATION
COURSE GUIDE**



TRADUCCIÓN AL ESPAÑOL

241 South Ocean Ave - Patchogue, NY 11772

631 - 687 - 6351

www.pmschools.org

WELCOME! ~ BIENVENIDO

Our program operates on a self-sustaining, non-profit basis to support our school district community's educational and enrichment goals. From registration to course completion, we strive to make your experience seamless and enjoyable. Our team is here to answer any questions and address any concerns to ensure the continued growth and improvement of our district programs. We look forward to having you join us!

CONTACT INFORMATION

Office of Instructional Services
241 S. Ocean Ave
Patchogue, NY 11772

Katrina Pfeifer, Office of Instructional Services
Daytime Phone: (631) 687 - 6351
Monday - Friday, 7:30 am to 4:00 pm
Evening Phone: (631) 687 - 6574
Monday - Thursday, 4:00 pm to 9:00 pm

Lori Cannetti, Assistant Superintendent for Instruction
Christopher J. Kelly, Ed.D., Adult Education Evening Supervisor

PAYMENT

Classes Can Now Be Paid Online!

Scan the QR code below with your phone camera to begin the online payment process. Please note: You will not receive a confirmation if the district processes your payment. You will only receive notification if a class is cancelled or full and is no longer accepting students.



IMPORTANT INFORMATION

Eligibility

- All individuals 18 years or older may register for the Adult Continuing Education Program.
- Registrants should consult their physician if they have concerns about their ability to participate in a specific activity.

Senior Citizens

- Residents of the Patchogue-Medford School District aged 62 and over may receive a \$5.00 discount on courses, subject to space availability.
- To receive the discount, please submit a copy of your driver's license or proof of residency and age with your registration.

Refund Policy

- Refund requests must be made in writing and will not be accepted within one week before classes begin, except for extenuating circumstances.
- Registration fees will only be refunded if a class is canceled or has insufficient enrollment.
- In the event of class cancellations, refunds will not be issued if it is only for a missed session of a semester-long class. However, every effort will be made to reschedule when possible.

Out-of-District Residents

- Non-residents must add \$15.00 to each class registration fee.
- Example: If a class fee is \$75.00, the out-of-district fee will be \$90.00.

Cancellations

- You will only be notified if a class is canceled or full and no longer accepting students.

Security & Fire Alarms

- If a fire alarm sounds, the building must be evacuated immediately—no exceptions. Emergency exit directions are posted in each classroom.

Bad Weather

- If schools are closed, adult education classes will not be held.
- Canceled classes will be rescheduled if possible. If a canceled class cannot be made up, students will not receive a refund or credit for the missed session(s).

Materials Fee

- Some classes may require a materials fee, payable directly to the instructor.

Physical Activities

- The Board of Education does not provide insurance for participants in adult education courses.
- Participants are strongly advised to consult their family physician before enrolling in any class that involves physical exertion or changes in heart rate.

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Professional Development

Notary Public Refresher Course – ONLINE ONLY

Stay current with the latest notary laws, requirements, and best practices. This refresher course helps you navigate common notarial challenges, avoid legal pitfalls, and enhance your professional skills. Ensure you remain compliant and confident in your notary role.

Instructor: Dina DiRoma

Online | Self-Paced

Cost | \$55

A Complete Summary of Benefits & How They Can Protect You & Your Family! – ONLINE ONLY

Understanding financial, legal, and insurance benefits is essential for protecting yourself and your family. This course explores key protections, covering everything from legal documents to insurance policies and financial planning. Learn how to maximize benefits and secure your future.

Instructor: Dina DiRoma

Online | Self-Paced

Cost | \$15

Notary Course (Pre-License) – ONLINE ONLY

Interested in becoming a Notary Public? This comprehensive course prepares you for the notary exam, covering state regulations, document handling, and ethical responsibilities. Learn how to perform notarizations correctly and confidently.

Instructor: Dina DiRoma

Online | Self-Paced

Cost | \$85

Professional Development

Remote Electronic Notary Mini Course – ONLINE ONLY

Learn how to conduct remote online notarizations securely and legally. This course introduces you to the technology, security protocols, and legal requirements necessary to offer electronic notary services.

Instructor: Dina DiRoma

Online | Self-Paced

Cost | \$95

Health & Wellness

Weight Training and Calisthenics

Build strength, endurance, and overall fitness with a combination of weight training and bodyweight exercises. This class is designed for all fitness levels and focuses on safe and effective strength-building exercises. Please wear comfortable clothes and bring a yoga mat.

Instructor: Alma Lynn López

Tuesdays & Thursdays | 6:30 - 8:30 PM

Location: *Patchogue-Medford High School - Weight Room*

Start Date: April 1st (10-week course)

Cost | \$100



Health & Wellness

Pilates & Movement Class

Enhance your strength, flexibility, and coordination with this Pilates-based movement class designed for all fitness levels. Through controlled movements and breathwork, you will improve core stability, balance, and posture while reducing stress and tension. This low-impact class focuses on functional movement patterns that support everyday activities, making it an excellent choice for anyone looking to improve their overall well-being and mobility. Please bring a yoga mat.

Instructor: Nicole Doumas

Wednesdays | 7:00 - 8:00 PM

Location: Saxton MS - Room 113

Start Date: April 2nd (8-week course)

Cost | \$60

Pilates Sculpt Class

Build strength and tone muscles with this dynamic Pilates sculpting class. This class enhances overall body definition and endurance by incorporating resistance exercises, controlled movement, and targeted muscle engagement. Whether you're a beginner or have prior Pilates experience, this class will help you develop a stronger, more sculpted body. Please bring a yoga mat and a light set of weights (1-3 lbs).

Instructor: Nicole Doumas

Wednesdays | 6:00 - 7:00 PM

Location: Saxton MS - Room 113

Start Date: April 2nd (8-week course)

Cost | \$60

Health & Wellness

Slow Flow Yoga

This mindful and meditative yoga practice is designed to help you slow down, release tension, and connect with your breath. Slow Flow Yoga promotes relaxation by incorporating yoga movements, deep stretching, and intentional breathing while improving strength and flexibility.

Instructor: Laurel Frey

Tuesdays | 6:00 - 7:15 PM

Location: Saxton MS - North Café

Start Date: April 1st (8-week course)

Cost | \$65

Forrest Yoga

Forrest yoga is a unique and transformative practice that combines deep breathing, core activation, and long-held poses to build strength and flexibility while relieving tension and emotional stress. This class is designed to help participants connect more deeply with their bodies, enhance endurance, and improve posture. Please bring a yoga mat and water bottle to class.

Instructor: DaNean Smith

Thursdays | 6:00 - 7:15 PM

Location: Saxton MS - North Café

Start Date: April 3rd (8-week course)

Cost | \$65

Mindful Meditation & Sound Bowl Healing

Experience deep relaxation and mental clarity with this unique meditation class, which integrates mindfulness techniques and sound bowl therapy. Whether new to meditation or looking to deepen your practice, this class offers a calming and restorative experience that nurtures both the mind and body. **MATERIALS FEE: \$25 - PAID TO INSTRUCTOR AT FIRST CLASS.**

Instructor: Milissa Borneman

Wednesdays | 6:30 - 7:30 PM

Location: Saxton MS - Auditorium

Start Date: April 2nd (8-week course)

Cost | \$65

Health & Wellness

Reiki Level 1 Certification Class

Reiki is an ancient energy healing practice that promotes relaxation, stress reduction, and overall well-being. In this certification course, you will learn the foundational techniques of Reiki, including self-healing, energy channeling, and chakra balancing. This hands-on course provides a deeper understanding of the body's energy system and equips you with the skills to begin practicing Reiki on yourself and others.

\$150 Reiki Level 1 Materials Fee Includes:

- Course syllabus and manuals
- Reiki Level 1 Practitioner Certification and Certificate
- Instruction and practical training
- Training to treat yourself, family members, pets, and the environment
- Ongoing student support.

Instructor: Patty Alessi

Tuesdays | 6:00 - 9:00 PM

Location: Saxton MS - Room 119

Course Dates: April 1st, April 2nd & April 9th (3-days)

Cost | \$50

CANCELLED

Reiki Circle

Join a supportive community for group Reiki healing and energy restoration. Whether you're a beginner or an experienced Reiki practitioner, this guided session provides an opportunity to give and receive healing energy, balance chakras, and connect with others on a deeper level. Experience the powerful benefits of Reiki in a shared, meditative space.

\$25 Reiki Circle Materials Fee Includes:

- Handouts
- Ongoing Support
- Connection to Reiki Community

Instructor: Patty Alessi

Wednesdays | 6:30 - 8:30 PM

Location: Saxton MS - Room 119

Start Date: April 23rd (3-week course)

Cost | \$50

CANCELLED

Health & Wellness

Zumba!

Get moving and have fun in this high-energy dance workout that blends Latin and international rhythms with easy-to-follow moves. This class is designed for all fitness levels and focuses on cardio, coordination, and endurance while keeping you engaged with upbeat music and a party-like atmosphere. No dance experience is needed—just bring your energy and get ready to sweat!

Instructor: Sarah DeSantis

Wednesdays | 6:00 - 7:00 PM

Location: Saxton MS - South Café

Start Date: April 2nd (8-week course)

Cost | \$60

Zumba! Toning Class

Take your Zumba workout to the next level with Zumba Toning! This class incorporates light hand weights to add resistance and strengthen muscles while you dance. Enjoy the same energetic, fun-filled routines as traditional Zumba while targeting key muscle groups for enhanced toning and endurance. Perfect for those looking to boost their workout with extra strength training.

Instructor: Sarah DeSantis

Wednesdays | 7:15 - 8:15 PM

Location: Saxton MS - South Café

Start Date: April 2nd (8-week course)

Cost | \$60

Sports & Recreation

Men's Basketball - Tuesday

Stay active and competitive in this structured men's basketball league. Whether you want to refine your skills, improve endurance, or just enjoy the game, this class provides an excellent opportunity to play in a fun and engaging environment.

Instructor: Anthony Borrelli

Thursdays | 6:30 - 8:30 PM

Location: Saxton MS - Gym

Start Date: April 1st (10-week course)

Cost | \$80

Men's Basketball - Thursday

Stay active and competitive in this structured men's basketball league. Whether you want to refine your skills, improve endurance, or just enjoy the game, this class provides an excellent opportunity to play in a fun and engaging environment.

Instructor: Anthony Borrelli

Tuesdays | 6:30 - 8:30 PM

Location: Saxton MS - Gym

Start Date: April 3rd (10-week course)

Cost | \$80

Volleyball (Advanced/Intermediate)

This class is ideal for players with prior volleyball experience looking to enhance their skills and compete in fast-paced, structured gameplay. Improve your setting, passing, hitting, and blocking while learning team strategies to elevate your game.

Instructor: Steve Smith

Wednesdays | 6:30 - 9:00 PM

Location: Saxton MS - Gym

Start Date: April 9th (10-week course)

Cost | \$85

Personal Growth & Exploration

A Brief History of the World

Travel through time and explore major historical events that have shaped civilizations. This course covers everything from ancient empires to modern global conflicts, providing a comprehensive overview of how history influences the present. Gain a deeper understanding of the people, places, and events that have defined our world.

Instructor: Bruce Bennett

Tuesdays | 7:00 - 9:00 PM

Location: Saxton MS - Room 113

Start Date: April 1st (2-week course)

Cost | \$40

Successful Relationships

Strong relationships rely on communication and mutual respect. This course covers key relationship-building techniques, conflict resolution strategies, and emotional intelligence skills. Whether for friendships, romance, or workplace connections, learn practical ways to create meaningful and lasting relationships.

Instructor: Bruce Bennett

Tuesdays | 7:00 - 9:00 PM

Location: Saxton MS - Room 113

Start Date: April 22nd (2-week course)

Cost | \$40

Career Exploration

Finding the right career path can be challenging, but this course provides a structured approach to discovering your strengths and interests. Learn about different industries, job trends, and skill development strategies to make informed career decisions. Whether you're looking for a career change or just starting out, this course provides valuable insights to guide your journey.

Instructor: Jason Smiloff

Wednesdays | 7:00 - 8:00 PM

Location: Saxton MS - Room 112

Start Date: April 2nd (6-week course)

Cost | \$ 50

Personal Growth & Exploration

UFO's - What Are They and Why It Matters!

The mystery of UFOs has captivated the world for decades. In this engaging course, explore historical sightings, recent government disclosures, and scientific theories about extraterrestrial life. Discuss the impact of UFO research on modern science and global security while considering what the future may hold for space exploration.

Instructor: Bruce Bennett

Tuesdays | 7:00 - 9:00 PM

Location: Saxton MS - Room 113

Start Date: May 6th (2-week course)

Cost | \$40

Fishing for Beginners

Fishing is more than just casting a line—it's about understanding the environment, using the right equipment, and developing patience and technique. This hands-on course introduces you to the fundamentals of fishing, from selecting the proper gear and bait to mastering basic casting techniques. You'll also learn about different types of fish, local fishing regulations, and responsible catch-and-release practices. Whether you're fishing for relaxation, sport, or a new hobby, this class provides the knowledge and skills to confidently enjoy fishing on your own. By the end of the course, you'll be prepared to set up your own fishing rig and head out to the water with confidence.

Instructor: James Smith

Wednesdays | 6:30 - 8:30 PM

Location: Saxton MS - Room 108

Start Date: April 23rd (8-week course)

Cost | \$60

Language & Communication

English for Adults

This class helps adult learners improve their English-speaking, reading, and writing skills in a supportive environment. Gain confidence in everyday conversations, workplace communication, and written expression. Whether you're learning English for personal growth or career advancement, this course will help build essential language skills.

Instructor: Rachel Costa

Wednesdays | 6:00 - 7:00 PM

Location: Saxton MS - Room 112

Start Date: April 2nd (8-week course)

Cost | \$60

English for Adults

This class helps adult learners improve their English speaking, reading, and writing skills in a supportive environment. Gain confidence in everyday conversations, workplace communication, and written expression. Whether you're learning English for personal growth or career advancement, this course will help build essential language skills.

Instructor: Kristen Castañeda

Thursdays | 6:00 - 7:00 PM

Location: Saxton MS - Room 112

Start Date: April 3rd (8-week course)

Cost | \$60

Spanish for Beginners

Start your journey into the Spanish language with this beginner-level course. Learn fundamental vocabulary, essential grammar, and practical conversation skills. This course is perfect for travelers, professionals, or anyone interested in expanding their linguistic abilities.

Instructor: Kristen Castañeda

Thursdays | 7:00 - 8:00 PM

Location: Saxton MS - Room 112

Start Date: April 3rd (8-week course)

Cost | \$60

Language & Communication

Sign Language - Beginner

American Sign Language (ASL) is a rich and expressive language that allows for communication without spoken words. This beginner-friendly course introduces you to ASL fundamentals, including the alphabet, basic vocabulary, numbers, and commonly used phrases. Through interactive practice, you will learn how to form sentences, express emotions, and engage in simple conversations. In addition to developing signing skills, this course provides insight into Deaf culture and the importance of accessibility and inclusion. Whether you are learning ASL for personal enrichment, career advancement, or to connect with the Deaf and Hard of Hearing community, this course offers a supportive and engaging learning experience.

Instructor: Gina Luciano

Tuesdays | 6:00 - 7:00 PM

Location: Saxton MS - Room 111

Start Date: April 1 (8-week course)

Cost | \$60



Sign Language - Intermediate

Expand your American Sign Language (ASL) skills and enhance your ability to communicate effectively. This course builds upon the foundation established in the beginner-level class, introducing more complex sentence structures, expressive facial cues, and conversational techniques. You will refine your fluency, expand your ASL vocabulary, and engage in role-playing activities to practice real-world scenarios. Additionally, this course dives deeper into Deaf culture, etiquette, and history, providing a well-rounded understanding of the language and its community. Whether you want to use ASL for professional purposes or personal connections, this class will help you advance your skills with confidence.

Instructor: Gina Luciano

Tuesdays | 7:00 - 8:00 PM

Location: Saxton MS - Room 111

Start Date: April 1 (8-week course)

Cost | \$60

Arts and Creativity

Watercolor Painting

Have fun expressing yourself creatively using watercolors as your medium. In this class you will explore the use of such techniques as watercolor wash, wet into wet, wet into dry, color mixing, color lifting, and the use of value in the creation of your paintings. You will also learn how to create a strong composition. Brushes will be used along with other tools to create different areas of interest throughout your paintings. This class is for both the beginner and intermediate student.

For the first class you will need the following supplies, a Canson White Watercolor Pad, approximate size 11" x 15". You will also need four round watercolor brushes, numbers 2, 6, 8, & 10. A tube of ultramarine blue along with a small plastic cup for water, a palette or old plate to use for your paint. Also needed is a roll of paper towels. A complete supply list will be given out during the first class meeting.

Instructor: George Black

Tuesdays | 6:30 - 8:30 PM

Location: Saxton MS - Room 109

Start Date: April 1st (10-week course)

Cost | \$80

Crochet Basics with Joy!

Crochet is a timeless and rewarding craft that allows you to create beautiful and functional handmade items. This beginner-friendly class covers the fundamentals of crochet, including how to hold a crochet hook, basic stitches such as single and double crochet, and how to read patterns. You'll work on simple projects like scarves, coasters, and small accessories while gradually building your skills. By the end of the course, you'll have the confidence to take on more advanced patterns and techniques. Whether you're looking to make thoughtful gifts, create cozy home décor, or simply enjoy a relaxing new hobby, this class is a perfect introduction to the world of crochet.

Instructor: Joycelyn Tolbert-Preston

Wednesdays | 6:30 - 7:30 PM

Location: Saxton MS - Room 111

Start Date: April 2nd (8-week course)

Cost | \$60

Arts and Creativity

Getting Published: Insider Tips from an Award-Winning Author

You can learn how to get your work published with guidance from an award-winning author. This course covers book proposals, pitching to agents, self-publishing options, and marketing strategies. Gain insider knowledge on the publishing process and how to position your book for success. Ideal for writers working on fiction, memoirs, or non-fiction.

Instructor: Paul DeStefano

Thursdays | 6:30 - 8:00 PM

Location: Saxton MS - Room 111

Start Date: April 10 (one-day seminar)

Cost | \$20

Creative Writing - Personal & Professional

Develop your writing skills and find your voice in this creative writing course. Explore personal essays, short stories, poetry, and professional writing while learning about narrative structure, character development, and editing techniques. You'll gain confidence in expressing ideas clearly and effectively through exercises and peer feedback. Perfect for aspiring writers or anyone looking to improve their writing.

Instructor: Paul DeStefano

Thursdays | 6:30 - 8:00 PM

Location: Saxton MS - Room 111

Start Date: April 24 (6-week course)

Cost | \$60

Intro to Acting & Improvisation for Beginners

Build confidence, creativity, and communication skills through acting and improvisation. This fun, beginner-friendly class introduces basic acting techniques, character development, and group exercises focused on voice, movement, and storytelling. No experience needed—just bring enthusiasm and a willingness to try something new!

Instructor: Wendy Engelhardt

Tuesdays | 6:30 - 8:30 PM

Location: Saxton MS - Room 112

Start Date: April 8th (10-week course)

Cost | \$80

PRIMAVERA 2025

**PATCHOGUE-
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**GUÍA DE CURSOS DE
EDUCACIÓN PARA ADULTOS**

PM

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INFORMACIÓN IMPORTANTE

Elegibilidad

- Todas las personas mayores de 18 años pueden inscribirse en el Programa de Educación Continua para Adultos.
- Las personas registradas deben consultar a su médico si tienen inquietudes sobre su capacidad para participar en una actividad específica.

Tercera edad

- Los residentes del Distrito Escolar de Patchogue-Medford de 62 años o más pueden recibir un descuento de \$5.00 en los cursos, sujeto a la disponibilidad de espacio.
- Para recibir el descuento, envíe una copia de su licencia de conducir o un comprobante de residencia y edad con su registro.

Política de reembolso

- Las solicitudes de reembolso deben hacerse por escrito y no se aceptarán dentro de una semana antes de que comiencen las clases, excepto por circunstancias atenuantes.
- Las tarifas de inscripción solo se reembolsarán si una clase se cancela o tiene una inscripción insuficiente.

Residentes de fuera del distrito

- Los no residentes deben agregar \$ 15.00 a la tarifa de inscripción de cada clase.
- Ejemplo: Si la cuota de una clase es de \$75.00, la cuota de fuera del distrito será de \$90.00

Cancelaciones

- Solo se le notificará si una clase está cancelada o completa y ya no acepta estudiantes.

Alarmas de seguridad e incendio

- Los estudiantes deben ingresar por la entrada principal de la escuela. Tenga en cuenta que esta entrada no siempre puede estar en la parte delantera del edificio.
- Si suena una alarma de incendio, el edificio debe ser evacuado de inmediato, sin excepciones. Las direcciones de salida de emergencia están publicadas en cada aula.

Mal tiempo

- Si las escuelas están cerradas, no se impartirán clases de educación para adultos.
- Se puede encontrar información actualizada sobre el clima y las emergencias llamando a la Oficina de Educación para Adultos o visitando el sitio web del distrito.
- Las clases canceladas se reprogramarán si es posible. Si una clase cancelada no se puede recuperar, los estudiantes no recibirán un reembolso o crédito por la(s) sesión(es) perdida(s).

Actividades Físicas

- La Junta de Educación no proporciona seguro para los participantes en cursos de educación para adultos.
- Se recomienda encarecidamente a los participantes que consulten a su médico de cabecera antes de inscribirse en cualquier clase que implique esfuerzo físico o cambios en la frecuencia cardíaca.

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CATÁLOGO DE CURSOS DE EDUCACIÓN COMUNITARIA

Curso de Repaso para Notario Público – SOLO EN LÍNEA REFRESHER

Manténgase actualizado con las últimas leyes y regulaciones para notarios. Este curso de repaso cubre procedimientos de documentación, requisitos legales y normas éticas esenciales para la práctica notarial. Diseñado para notarios activos que buscan mejorar su conocimiento y mantenerse en cumplimiento con las leyes estatales.

Instructora: Dina DiRoma

En línea | A su propio ritmo

Un Resumen Completo de Beneficios y Cómo Pueden Protegerlo a Usted y a Su Familia – SOLO EN LÍNEA SUMMARY OF BENEFITS

Descubra cómo aprovechar al máximo los beneficios financieros, legales y de seguros disponibles para usted y su familia. Aprenda estrategias para optimizar la cobertura de salud, planificación de jubilación, protección legal y administración patrimonial para garantizar estabilidad y seguridad a largo plazo.

Instructora: Dina DiRoma

En línea | A su propio ritmo

DESARROLLO PROFESIONAL

Curso de Notario (Pre-Licencia) – SOLO EN LÍNEA PRE LICENSE

Este curso integral lo prepara para el examen de Notario Público, cubriendo regulaciones estatales, manejo de documentos y responsabilidades éticas. Aprenda cómo realizar notarizaciones correctamente y con confianza para comenzar su carrera como notario.

Instructora: Dina DiRoma

En línea | A su propio ritmo

Mini Curso de Notario Electrónico Remoto – SOLO EN LÍNEA REMOTE MINI

Con la creciente digitalización, los notarios deben conocer las notarizaciones electrónicas y remotas. Este curso cubre los requisitos legales, las medidas de seguridad y las mejores prácticas para realizar notarizaciones en línea con validez legal y cumplimiento normativo.

Instructora: Dina DiRoma

En línea | A su propio ritmo

Una Breve Historia del Mundo A Brief History of the World

Viaje a través del tiempo y explore eventos históricos que han dado forma a nuestra sociedad. Este curso abarca desde civilizaciones antiguas hasta la actualidad, destacando momentos clave que han influido en la política, la economía y la cultura global.

Instructor: Bruce Bennett

Martes | 7:00 - 9:00 PM

Ubicación: Saxton MS - Aula 113

Inicio: 1 de abril

SALUD Y BIENESTAR

Clase de Pilates y Movimiento

Fortalezca su cuerpo y mejore la flexibilidad con esta clase basada en Pilates. Aprenderá técnicas de movimiento controlado, estabilidad del núcleo y alineación corporal para mejorar la postura y la movilidad. Ideal para cualquier nivel de condición física.

Instructora: Nicole Doumas

Miércoles | 7:00 - 8:00 PM

Ubicación: Saxton MS - Aula 113

Inicio: 2 de abril

Clase de Pilates Sculpt

Esta clase combina técnicas tradicionales de Pilates con ejercicios de resistencia para tonificar y fortalecer los músculos. Mejore su postura, flexibilidad y resistencia con movimientos controlados diseñados para esculpir su cuerpo.

Instructora: Nicole Doumas

Miércoles | 6:00 - 7:00 PM

Ubicación: Saxton MS - Aula 113

Inicio: 2 de abril

Yoga de Flujo Suave

Esta clase de yoga combina estiramientos profundos, movimientos fluidos y respiración consciente para aliviar el estrés y mejorar la movilidad. Diseñada para todos los niveles, esta práctica promueve la relajación y el bienestar físico y mental.

Instructora: Laurel Frey

Martes | 6:00 - 7:15 PM

Ubicación: Saxton MS - Café Norte

Inicio: 1 de abril

SALUD Y BIENESTAR

Yoga Forrest

Una práctica única que fortalece el cuerpo y alivia la tensión mediante la respiración profunda y la activación del núcleo. Esta clase le ayudará a mejorar su resistencia, equilibrio y conexión mente-cuerpo.

Instructora: DaNean Smith

Jueves | 6:00 - 7:15 PM

Ubicación: Saxton MS - Café Norte

Inicio: 3 de abril

Meditación Consciente y Sanación con Cuencos de Sonido

Relájese profundamente con una combinación de meditación guiada y terapia de sonido con cuencos tibetanos. Esta clase promueve la claridad mental, reduce el estrés y equilibra la energía del cuerpo.

Instructora: Milissa Borneman

Miércoles | 6:30 - 7:30 PM

Ubicación: Saxton MS - Auditorio

Inicio: 2 de abril



SALUD Y BIENESTAR

¡ZUMBA!

Disfrute de una divertida y enérgica clase de Zumba con ritmos latinos e internacionales. Este entrenamiento de baile es ideal para cualquier nivel de condición física y lo mantendrá en movimiento con música motivadora y una atmósfera llena de energía.

Instructora: Sarah DeSantis

Miércoles | 6:00 - 7:00 PM

Ubicación: Saxton MS - Café Sur

Inicio: 3 de abril

Duración: 8 semanas

¡ZUMBA! - Clase de Tonificación

Lleve su entrenamiento de Zumba al siguiente nivel con una clase que incorpora pesas ligeras para esculpir y fortalecer los músculos mientras baila. Mantenga la energía de Zumba con un enfoque adicional en resistencia y tonificación muscular.

Instructora: Sarah DeSantis

Miércoles | 7:15 - 8:15 PM

Ubicación: Saxton MS - Café Sur

Inicio: 3 de abril

Duración: 8 semanas

DEPORTES Y RECREACIÓN

Baloncesto para Hombres – Martes

Únase a esta liga recreativa de baloncesto para hombres y disfrute de partidos amistosos en un ambiente competitivo y estructurado. Ideal para mejorar habilidades, condición física y juego en equipo. Abierto a todos los niveles.

Instructor: Anthony Borrelli

Jueves | 6:30 - 8:30 PM

Ubicación: Saxton MS - Gimnasio

Inicio: 3 de abril

Baloncesto para Hombres – Jueves

Otra oportunidad para jugadores de baloncesto que desean entrenar, jugar y competir en un entorno organizado. Practique habilidades, estrategias y trabaje en equipo para disfrutar del juego al máximo.

Instructor: Anthony Borrelli

Martes | 6:30 - 8:30 PM

Ubicación: Saxton MS - Gimnasio

Inicio: 1 de abril

Voleibol (Avanzado/Intermedio)

Este curso está diseñado para jugadores con experiencia previa en voleibol que desean mejorar su técnica y estrategia de juego. Se enfocará en habilidades clave como pases, remates, bloqueos y juego en equipo en un ambiente competitivo.

Instructor: Steve Smith

Miércoles | 6:30 - 9:00 PM

Ubicación: Saxton MS - Gimnasio

Inicio: 2 de abril

CRECIMIENTO PERSONAL Y EXPLORACIÓN

Relaciones Exitosas

Las relaciones fuertes se basan en la comunicación y el respeto mutuo. Este curso enseña técnicas clave para construir relaciones personales y profesionales exitosas, manejar conflictos y desarrollar inteligencia emocional.

Instructor: Bruce Bennett

Martes | 7:00 - 9:00 PM

Ubicación: Saxton MS - Aula 113

Inicio: 22 de abril

OVNI's – ¿Qué Son y Por Qué Importan?

El fenómeno OVNI ha capturado la imaginación del mundo durante décadas. En este curso, exploraremos avistamientos históricos, revelaciones gubernamentales recientes y teorías científicas sobre la vida extraterrestre y su impacto en la sociedad.

Instructor: Bruce Bennett

Martes | 7:00 - 9:00 PM

Ubicación: Saxton MS - Aula 113

Inicio: 6 de mayo

Pesca para Principiantes

Aprenda las técnicas básicas de pesca en este curso práctico. Desde la selección del equipo adecuado hasta la técnica de lanzamiento, este curso le enseñará todo lo que necesita para comenzar a pescar con confianza. También se abordarán regulaciones locales y prácticas de captura y liberación.

Instructor: James Smith

Miércoles | 6:30 - 8:30 PM

Ubicación: Saxton MS - Aula 108

Inicio: 23 de abril

IDIOMAS Y COMUNICACIÓN

Inglés para Adultos

Este curso está diseñado para adultos que desean mejorar sus habilidades en inglés. Aprenda gramática, pronunciación y vocabulario para fortalecer sus habilidades de comunicación en situaciones cotidianas y laborales.

Instructora: Kristen Castaneda

Jueves | 6:00 - 7:00 PM

Ubicación: Saxton MS - Aula 112

Inicio: 3 de abril

Español para Principiantes

Comience a aprender español con este curso introductorio. Aprenda vocabulario básico, estructuras gramaticales y frases útiles para la vida diaria, viajes y situaciones laborales.

Instructora: Kristen Castaneda

Jueves | 7:00 - 8:00 PM

Ubicación: Saxton MS - Aula 112

Inicio: 3 de abril



IDIOMAS Y COMUNICACIÓN

Lenguaje de Señas – Principiante

Aprenda los fundamentos del Lenguaje de Señas Americano (ASL), incluyendo el abecedario, expresiones faciales y vocabulario esencial. Este curso también introduce aspectos culturales de la comunidad sorda.

Instructora: Gina Luciano

Martes | 6:00 - 7:00 PM

Ubicación: Saxton MS - Aula 111

Inicio: 1 de abril

Lenguaje de Señas – Intermedio

Mejore su fluidez en ASL con un curso que introduce estructuras de oraciones más complejas, vocabulario avanzado y situaciones de conversación de la vida real. Ideal para estudiantes que ya tienen conocimientos básicos.

Instructora: Gina Luciano

Martes | 7:00 - 8:00 PM

Ubicación: Saxton MS - Aula 111

Inicio: 1 de abril

ARTES Y CREATIVIDAD

Pintura en Acuarela

Descubra la belleza de la acuarela mientras aprende técnicas esenciales como mezcla de colores, aplicación en seco y húmedo, y capas para crear profundidad y textura. Ideal para principiantes y artistas experimentados.

Instructor: George Black

Martes | 6:30 - 8:30 PM

Ubicación: Saxton MS - Aula 109

Inicio: 1 de abril

Fundamentos del Ganchillo con Joy!

Aprenda a tejer con crochet en este curso para principiantes. Desde sostener la aguja hasta leer patrones, dominará puntos básicos como el simple y el doble, mientras trabaja en proyectos simples como bufandas y accesorios.

Instructora: Joycelyn Tolbert-Preston

Miércoles | 6:30 - 7:30 PM

Ubicación: Saxton MS - Aula 111

Inicio: 2 de abril

Exploración de Carreras

¿Busca un nuevo camino profesional o desea cambiar de carrera? Este curso le ayudará a identificar sus fortalezas, explorar oportunidades en diversas industrias y desarrollar un plan estratégico para su futuro profesional.

Instructor: Jason Smiloff

Miércoles | 7:00 - 8:00 PM

Ubicación: Saxton MS - Aula 112

Inicio: 2 de abril

ARTES Y CREATIVIDAD

Cómo Publicar un Libro: Consejos de un Autor Galardonado

Aprenda los pasos clave para publicar su libro. Descubra cómo escribir propuestas, contactar agentes, elegir entre publicación tradicional o autoedición y promocionar su obra. Reciba consejos prácticos de un autor galardonado para llevar su manuscrito al mercado.

Instructor: Paul DeStefano

Jueves | 6:30 - 8:00 PM

Ubicación: Saxton MS - Aula 111

Inicio: 10 de abril

Escritura Creativa – Personal y Profesional

Mejore su escritura con ejercicios prácticos en narraciones, ensayos y poesía. Aprenda sobre estructura, estilo y edición con retroalimentación personalizada. Ideal para quienes buscan desarrollar su creatividad o perfeccionar su técnica.

Instructor: Paul DeStefano

Jueves | 6:30 - 8:00 PM

Ubicación: Saxton MS - Aula 111

Inicio: 24 de abril



Spring Adult Education Registration Form 2025

Submit a separate check and form for each course and person registering (age 18 & over)

Make all checks payable to: **PATCHOGUE-MEDFORD SCHOOLS**

Last Name: _____ First Name: _____
Address: _____ City: _____ Zip: _____
Cell / Home Phone: _____ Email: _____
Course: _____ Fee: _____
Day: _____ Time: _____

NON-RESIDENTS: Please add \$15 per course

Senior Citizens: Must submit a copy of your drivers license for \$5.00 discount

Please Note: Confirmation will NOT be sent. You will only be notified of a cancelled or full class.

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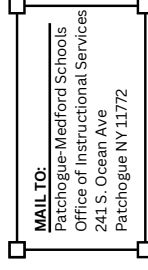
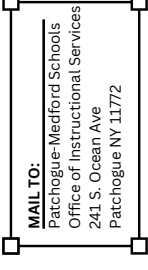
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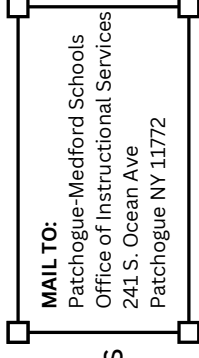
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FORMULARIO DE INSCRIPCIÓN A LA EDUCACIÓN DE ADULTOS 2025

Envíe un cheque y un formulario por separado para cada curso y registro de persona Haga todos los cheques pagaderos a: Patchogue-Medford Schools (sin grapas, por favor)



Apellido : _____ Nombre: _____
Direccion: _____ Ciudad: _____ Codigo: _____
Numero de telefono: _____ Email: _____
Curso: _____ Honorario: _____
Dia: _____ Hora: _____

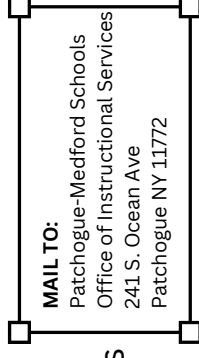
No residentes: Se debe agregar un costo adicional de \$15 por curso.

Personas mayores: Para obtener un descuento de \$5.00, debe enviar una copia de su licencia de conducir.

Importante: No se enviará confirmación de inscripción. Solo se notificará en caso de que la clase esté llena o sea cancelada.

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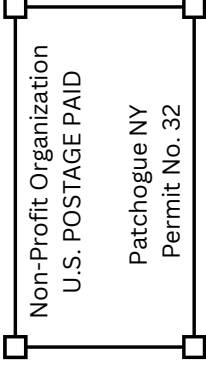
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