

# **SAYVILLE ADULT EDUCATION**

## **FALL 2025**



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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 15, 2025 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**

<b><u>ELIGIBILITY</u></b> Anyone over 16 years of age not enrolled in a public or private high school may enroll.	<b><u>FEES</u></b> 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).	<b><u>REFUNDS</u></b> Will be made only if the course is canceled due to insufficient enrollment.
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**SCHEDULE**

Classes begin Monday, September 29, 2025 unless noted.  
Tennis begins September 13, 2025.

No Classes: September 23, 24; October 2, 13; November 4, 11, 26, 27, 28; December 24 - January 2.

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 2025 cards online

at: [nationalmahjonggleague.org](http://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!

**THURSDAY 6:30 PM - 9:00 PM**

High School Library  
Instructor: Tami Clarke  
Fee: \$75.00

### SOCIAL BALLROOM DANCE

Learn to dance in a comfortable, relaxed environment while having fun. Dancing is beneficial both physically and mentally. We will be teaching the Rumba and East Coast Swing dances. The Rumba is a slow, sensual dance containing Spanish and African elements. This spot dance originated in Cuba. The East Coast Swing is a happy, fun, upbeat dance. It is distinguished by its bounce, rock steps and triple steps. 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 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: \$65.00

### 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: \$85.00 - 10 sessions  
**Begins 9/13/25**

### 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**

Old Junior High Gym  
Instructor: Stacie Crane  
Fee: \$85.00 - 15 sessions  
**Classes begin week of 9/22/25**



### 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 PM - 9:00 PM**

Old Junior High Gym  
Instructor: Chris Surrusco  
Fee: \$85.00 - 15 sessions  
**Classes begin week of 9/22/25**

### 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: \$85.00 - 10 sessions  
**Begins 9/13/25**



### **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: \$70.00 - 12 sessions

Fee: \$140.00 - 24 sessions

**Classes begin week of 9/29/25**

**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: \$70.00 - 12 sessions

Fee: \$140.00 - 24 sessions

**Classes begin week of 9/29/25**

**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: \$70.00 - 12 sessions

Fee: \$140.00 - 24 sessions

**Classes begin week of 9/29/25**

**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

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: \$85.00 - 12 sessions

Fee: 170.00 - 24 sessions

**Classes begin week of 9/29/25**

**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: \$70.00 - 12 sessions

Fee: \$140.00 - 24 sessions

**Classes begin week of 9/29/25**

**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. Participants need to bring a set of weights, a non-slip mat, water bottle and yoga block.

**MONDAY 4:15 PM - 5:15 PM**

High School Senior Lounge

Instructor: Lisa Nadeau

Fee: \$70.00 - 12 sessions

Fee: \$140.00 - 24 sessions

**Classes begin week of 9/29/25**

**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: \$60.00 - 10 sessions

**Classes begin week of 9/29/25**

**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: \$60.00 - 10 sessions

**Classes begin week of 9/29/25**

**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: \$80.00 - 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)

Old Junior High Gym

Instructor: Julie Vaccaro

Fee: \$85.00 - 11 sessions

### 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. Students will be provided with materials, but they will need charged chrome books for each session.

Additionally, students will be assigned homework weekly in order to practice the strategies and skills taught. Prior to each exam, students will practice taking the test electronically using the Bluebook testing app. The course will meet at the high school for 9 weeks. 3 hours (1.5 hours English, 1.5 hours Math), 6:00 PM - 9:00 PM. Students will be prepared for the December 6, 2025 exams.

3 hours (1.5 hours English, 1.5 hours Math),

#### WEDNESDAY 6:00 PM - 9:00 PM

High School Room #206 & 208

Instructors: Marguerita Dashiell-Sneddon

Christopher Surrusco

Fee: \$120 - 9 sessions

**Classes will start the week of 10/1/25**

### Fall and Winter Watercolor Foliage and Florals

Let's capture the magic of the season in a relaxed and fun watercolor painting class! Whether you're a beginner or experienced painter, you're welcome to join us as we explore the rich colors of fall and winter—think golden leaves, festive florals, and bright, colorful seasonal beauty. We'll provide inspiring photo references, step-by-step watercolor techniques, and encouragement as you build skills and discover your artistic style. Come ready to experiment, learn, and enjoy the creative process—no pressure, just pure watercolor fun! A suggested supply list will be sent via email upon registration.

Class size is limited to 22 students.

#### WEDNESDAY 6:00 PM - 8:30 PM

Sayville Middle School - Room 104

Instructor: Mary Jane Stevens

Fee: \$75.00



### SPECIAL OFFERINGS NO SENIOR DISCOUNT

#### SENIOR PILATES/BODY 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: \$50.00 - 12 sessions

Fee: \$100.00 - 24 sessions

**Classes begin week of 9/29/25**

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

No senior discount

### FROM KITCHEN TO TABLE:

#### Instructional Cooking Class

This instructional program is designed for the food enthusiast, eager to master the art of cooking. This class is perfect for home cooks looking to build a foundation of knowledge in the kitchen.

From what knife to use to 30-minute meals for your family.

In this class you will learn:

- Brief history of the food service industry
- Sanitation and safety
- Tools and equipment used in the kitchen
- How to properly store food
- Kitchen terms
- Nutrition
- Samples and recipes for meals

Bring your enthusiasm and an appetite for learning!

#### THURSDAY 7:00 PM - 8:00 PM

High School

Instructor: Tina Marotta

Fee: \$70.00

### WATERCOLOR

Learn the basics of watercolor from a local artist. No experience necessary. This introductory class will cover mixing colors, washes, tips and techniques. Beginners or intermediate level welcome! We will discuss materials on the first night. Class size is limited to 20 students.

#### THURSDAY 6:00 PM - 8:30 PM

High School Room 137

Instructor: Jennifer Berotti

Fee: \$75.00

### 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 either 1 or 2 pound weights.

#### TUESDAY 11:00 AM - 12:00 PM

Old Junior High Gym (Greeley Ave.)

Instructor: Lisa Nadeau

Fee: \$50.00 - 12 sessions

Fee: \$100.00 - 24 sessions

**Classes begin week of 9/29/25**

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

No senior discount

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

Name:					
Address:					
E-Mail:					
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 FORM****NOTE:** Please assume you are registered unless otherwise notified.

Name:					
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**SAYVILLE ADULT EDUCATION**  
**FALL 2025**

Sayville Public Schools  
 99 Greeley Avenue  
 Sayville, NY 11782

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

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