



***Syosset Central School District***

# **Continuing Education Program**

## ***Spring 2026***



Register by mail today or  
in-person on February 5, 2026

*Syosset High School Lobby*

*6:30-8pm*

**Classes begin Monday, February 23, 2026**

***(unless otherwise noted)***



**Syosset Central School District  
BOARD OF EDUCATION**

Carol C. Cheng, President  
Lisa A. Coscia, Vice President  
Lynn Abramson  
Susan Falkove  
David Ginsburg  
Brian J. Grieco  
Anna Levitan  
Shany Park  
Thomas A. Rotolo  
Nikhil Shah, Student Member (Ex-Officio)

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Superintendent of Schools

Dr. Theresa Curry  
Deputy Superintendent of Schools

Dr. Patricia Rufo  
Associate Superintendent for Business

Mr. Adam Kuranishi  
Assistant Superintendent of Human Resources

Ms. Erin Goldthwaite  
Assistant Superintendent for Pupil Personnel Services

Mr. David Steinberg  
Assistant Superintendent for Secondary Curriculum, Instruction & Assessment

Dr. Jeanette Wojcik  
Assistant Superintendent for Elementary Curriculum, Instruction & Assessment

**CONTINUING EDUCATION FOR ADULTS**

September–June | Office Hours: 8am to 4pm | 516-364-5738

Melanie Spiegel, Director  
Philomena Winters, Assistant

# Syosset Central School District

**Dr. Thomas L. Rogers**  
*Superintendent of Schools*

Board of Education  
P.O. Box 9029  
Syosset, NY 11791-9029  
516-364-5600

Carol C. Cheng, President  
Lisa A. Coscia, Vice President  
Lynn Abramson  
Susan Falkove  
David Ginsburg  
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Anna Levitan  
Shany Park  
Thomas A. Rotolo  
Nikhil Shah, Student Member (Ex-Officio)

Spring 2026

Dear Syosset Community:

We take great pride in Syosset School District's Continuing Education Program, which offers educational, recreational, and wellness opportunities to residents of the District. We are proud that our community of lifelong learners has shown so much interest in these programs.

We are pleased to present the course offerings for the Spring of 2026. We have included some exciting new courses, as well as our most popular ones, and have both in-person and virtual options. This catalog, along with additional information, can be found online at [www.syossetschools.org/continuinged](http://www.syossetschools.org/continuinged).

The Board of Education and Superintendent of Schools strive to meet the needs of all members of our community, including residents who may not have children attending our schools. It's a priority to ensure the District serves the whole community.

You may register by returning the forms included in this brochure by mail, or by attending the in-person registration taking place on February 5, 2026, at Syosset High School, from 6:30-8:00pm.

Get ready to enjoy, learn, and grow!

Sincerely,

Board of Education  
Syosset Central School District

Dr. Tom Rogers  
Superintendent of Schools

Carol C. Cheng, President  
Lisa A. Coscia, Vice President  
Lynn Abramson  
Susan Falkove  
David Ginsburg  
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TR/als

# Registration Procedures

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## Registration Information

Adult residents of the Syosset Central School District (and non-residents for an additional fee) may register for the Continuing Education classes. High School seniors are permitted to register for non-athletic classes providing that the course is not available to them as part of the regular instruction program.

## How to Register

Mail a separate registration and check for each course. Please make sure to sign the liability statement on the back of the registration form before mailing. Failure to do so will delay your registration. You will only be notified if a class is full or cancelled. Otherwise, you can assume that your registration has been accepted. Students will be notified before class with specific information.

## Payment

Payment for courses are accepted through check or money orders only. Separate checks are required for each course. All employees of Syosset Central School District will be charged the resident course fees as listed with the course description. Non-residents must include an additional \$15 per course unless otherwise noted.

Make checks payable to: Syosset Central School District or as stated in the course description.

Mail to: Syosset High School  
70 Southwoods Road  
Syosset, NY 11791  
Attn: Continuing Education

## Refunds & Credits

**No refunds will be given after the course begins.** A full refund will be given only if a course is cancelled. Refund less a \$10 processing fee will be given two weeks prior to the first session of the course. Registration fees may be transferred to another course prior to the second session of the class if space permits.

## Class Information

Unless noted, classes will begin the week of February 23, 2026. Cancellation of course may be necessary in emergency conditions. Call 516-364-5738 to inquire. You will be sent an email if the class is cancelled. Please make sure you are checking your emails.

## Instructor Policy

The Continuing Education Department reserves the right to substitute instructors or arrange makeup classes when necessary. We retain our adult education instructors to teach in their area of expertise. In our opinion they are the best instructors to be found. Instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. Therefore, we are not responsible for any advice, or consultation given beyond the classroom setting. We reserve the right to change the location of the classroom as needed for student activities.

**Registration Instructions (these forms may be duplicated)**

Registration will be accepted immediately upon receipt of brochure. Make all checks payable to Syosset Central School District. Please use separate checks for each individual registering and for each course. **No refunds will be permitted.** You may transfer funds prior to the first week of classes or upon notification that your first choice has been canceled. Please read and sign the below release statement.

**MAIL TO:** Continuing Education, Syosset High School, 70 Southwoods road, Syosset, New York 11791

\_\_\_\_\_ DOES HEREBY COVENANT AND AGREED TO RELEASE AND HOLD HARMLESS...

*(Participant or parent/legal guardian)*

THE SYOSSET CENTRAL SCHOOL DISTRICT FROM AND AGAINST ANY AND ALL LIABILITY, LOSS, DAMAGES, CLAIMS, OR ACTIONS (INCLUDING COSTS AND ATTORNEYS FEES) FOR BODILY INJURY AND/OR PROPERTY DAMAGE, TO THE EXTENT PERMISSIBLE BY LAW, ARISING OUT OF PARTICIPATION IN THE CONTINUING EDUCATION PROGRAM. I UNDERSTAND PARTICIPATION IN THE CONTINUING EDUCATION PROGRAM INVOLVES RIGOROUS PHYSICAL ACTIVITY AND RISKS OF PHYSICAL INJURY, AND I ASSUME THESE RISKS. I HEREBY CONSENT TO OR GIVE CONSENT TO EMERGENCY TRANSPORTATION AND TREATMENT IN THE EVENT OF ILLNESS OR INJURY. I HEREBY ACCEPT RESPONSIBILITY FOR THE PAYMENT OF ANY EMERGENCY TRANSPORTATION OR TREATMENT FOR MYSELF OR ON BEHALF OF THE PARTICIPANT. I FURTHER CERTIFY THAT I AM OR THE PARTICIPANT IS IN GOOD PHYSICAL CONDITION AND I HAVE OR HE/SHE HAS NO MEDICAL OR PHYSICAL CONDITIONS THAT WOULD RESTRICT MY OR HIS/HER PARTICIPATION IN THIS EVENT. **BY REGISTERING FOR THIS COURSE, I AGREE TO THE POLICIES AND PROCEDURES SET FORTH BY THE CONTINUING EDUCATION PROGRAM.**

\_\_\_\_\_  
*(Participant or parent/legal guardian)*

\_\_\_\_\_  
*(Signature)*

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*(Participant or parent/legal guardian)*

\_\_\_\_\_  
*(Signature)*

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**MAIL TO:** Continuing Education, Syosset High School, 70 Southwoods road, Syosset, New York 11791

_____ Last name	_____ First name
_____ Address, town, zip code	
_____ E-mail address	_____ Contact number
_____ Course name	_____ Course number
<b>NO CONFIRMATION WILL BE SENT</b>	_____ Course fee <input type="checkbox"/> \$15 NON-RESIDENT FEE
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_____ Last name	_____ First name
_____ Address, town, zip code	
_____ E-mail address	_____ Contact number
_____ Course name	_____ Course number
<b>NO CONFIRMATION WILL BE SENT</b>	_____ Course fee <input type="checkbox"/> \$15 NON-RESIDENT FEE
-----	
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_____ Address, town, zip code	
_____ E-mail address	_____ Contact number
_____ Course name	_____ Course number
<b>NO CONFIRMATION WILL BE SENT</b>	_____ Course fee <input type="checkbox"/> \$15 NON-RESIDENT FEE

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# COMPUTERS

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## **(1) OFFICE 365: ELEVATE YOUR DIGITAL SKILLS IN JUST 4 WEEKS**

**FEE:** \$80

**Instructor:** Colleen Verline

**Location:** Google Meet

**Dates:** March 17, March 24, March 31, April 14

**Time:** 7–8:30pm

**Description:** Join our comprehensive 4-week course designed to enhance your proficiency in Microsoft Word, Excel, and PowerPoint. This program is tailored for individuals seeking to elevate their digital skills for personal or professional growth. Whether you're looking to improve your productivity at work or simply want to stay ahead in the digital age, this course offers the tools and knowledge you need. Enroll now and take the first step towards mastering Office 365.

### Course Highlights:

- **Microsoft Word:** From basic text formatting to advanced document creation, learn how to efficiently manage and collaborate on documents.
- **Microsoft Excel:** Master essential functions, create dynamic spreadsheets, and utilize advanced features like charts, tables and graphs.
- **Microsoft PowerPoint:** Design captivating presentations with animations, transitions, and multimedia elements.

# COURSES FOR HIGH SCHOOL STUDENTS

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## **(2) SAT/PSAT PREPARATION FOR THE NEW DIGITAL SAT (IN PERSON)**

**FEE:** \$549

**Instructor:** Lentz & Lentz Staff

**Location:** Syosset High School, Room C-9

**Dates:** March 4, March 11, March 18, March 25, March 30, April 15, April 22, April 29

**Time:** 6:30–9:30pm

**Description:** Prepare for the new digital SAT. Lentz & Lentz has all the information you need to get prepared, including a brand-new digital SAT test prep program specifically designed to help boost students' scores on this new test. A new test means students need a new toolkit for success. Lentz & Lentz's new, specialized digital SAT/PSAT prep program has been designed by experts to prepare students and help them boost their scores. Designed to benefit students of all ability levels, this program which has been running at Syosset H.S. For over thirty years it has been divided between English and math. Classes feature test-taking techniques, practice exams, advanced math and shortcut vocabulary development, speed reading, algebra II trigonometry, lesson podcast system for review of missed classes and live make-ups at nearby locations. The podcasts are extremely helpful to all students, especially those with cognitive and perceptual disabilities and I.E.P (s). Extra help is available at no additional charge, before or after class. Course material and complimentary spring refresher classes are included with tuition. Lentz & Lentz teachers have been specifically trained to teach this program and all our instructors have a background in teaching. Positive scores on the SAT and PSAT could translate into thousands of dollars in scholarships and savings. For more information or to register, call 845-638-2826 or visit [LentzSATPrep.com](http://LentzSATPrep.com). Checks should be payable to Lentz & Lentz.

## **(3) ACT PREPARATION SUPPLEMENT (REMOTE)**

**FEE:** \$200

**Instructor:** Lentz & Lentz Staff

**Location:** ZOOM

**Dates:** May 3, May 10, May 17

**Time:** 5:30–9pm

**Description:** For students who plan on taking both the SAT and ACT, we are offering a special three session ACT supplement. The ACT supplement will include preparation for all aspects of the ACT exam including math, science, English and reading along with test taking skills and a practice ACT. The ACT supplement will prepare students for the December ACT exam. Free ACT individualized extra help is available by appointment directly before or after class for students with I.E.P. (s) and learning disabilities. Checks should be payable to Lentz & Lentz. You must be enrolled in the SAT class to enroll in the ACT.

#### **(4) WINTER BOOT CAMP FOR COLLEGE APP ESSAYS FOR JUNIORS**

**FEE:** \$125

**Instructor:** Scott Karp

**Location:** ZOOM

**Dates:** April 16, April 23, April 30, May 7

**Time:** 5-6pm

**Description:** Let's face it - the college application process can be daunting. Forms and more forms. Research into different schools. Where can I get in? Where can I afford to go? Where do I want to go? What do I want to study? AP's, SAT's and ACTs. Financial aid and loans. A whole new, sometimes intimidating, world. Relax. You got this. Other students before you have done it and guess what - so will you. But you have to start somewhere, right? One piece of the process you can start right away is the Common Application essay. It is never too early to put a pen to paper, your fingers on the keyboard, and get some ideas down. That is the purpose for this Winter Boot Camp College Application Essays for Juniors. Get a head start on this part of the process, and you will feel better about the whole thing.

## **CREATIVE ARTS, FINE CRAFTS & DESIGN**

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#### **(5) RESIN PENDANT WITH DRIED FLOWERS AND FILLABLE CHARMS**

**FEE:** \$35

**Instructor:** Galina Lampert

**Location:** Syosset High School Room, CD-2

**Dates:** April 16

**Time:** 6:30–8:30pm

**Description:** Design a pendant for yourself or as a surprise for someone you like. It is a perfect gift for Mother's Day! Students will be given resin, dried flowers, charms and glitter. UV-LED Lamps and tools will be provided to share to complete this project. Please mail a separate materials fee check for \$20 payable to Galina Lampert.

#### **(6) ONE STROKE PAINTING**

**FEE:** \$35

**Instructor:** Stacey Fucci

**Location:** Syosset High School, Room CD-2

**Dates:** March 23, March 30, April 13, April 20

**Time:** 6:30–8:30pm

**Description:** This incredibly popular method of painting is one of the easier, quickest, and most enjoyable areas to master. You will learn the beginning basics of how to blend, shade and highlight all in one stroke. You will be amazed at the necessary skills to paint a take home project each week. Please mail a separate materials fee check for \$25 payable to Stacey Fucci. Class size is limited.

#### **(7) BEADED RAINDROP PENDANT**

**FEE:** \$35

**Instructor:** Galina Lampert

**Location:** Syosset High School, Room CD-2

**Date:** March 12

**Time:** 6:30–8:30pm

**Description:** Create a lovely raindrop pendant using teardrop crystal, seed beads and pearls. A bail, chain and printed step-by-step instructions will be offered to students. Please mail a separate check for the material fee of \$20 payable to Galina Lampert.

#### **(8) SEASHELL DECOUPAGE**

**FEE:** \$35

**Instructor:** Stacey Fucci

**Location:** Syosset High School, Room CD-2

**Dates:** April 27

**Time:** 6:30–8:30pm

**Description:** Seashells are fabulous on their own but imagine them combined with decoupage. In this class you will create multiple decorated decoupage shells. You can choose from two handpicked Long Island shells. They can be used as trinket dishes or hung as ornaments. You will be able to choose from a variety of napkin prints to make your own design. Then we will add some finishing touches of gold paint. Please mail a separate check for the material fee of \$18.00 or you can bring cash the day of the class.

**(9) CRACKLE & DECOUPAGE TRAY**

**FEE: \$40**

**Instructor:** Stacey Fucci

**Location:** Syosset High School, Room CD-2

**Date:** May 4

**Time:** 6:30–8:30pm

**Description:** Join me for a fun and creative workshop where you'll learn how to create a beautiful crackle-finish tray accented with layered decoupage designs. You'll be walked through each step together - from achieving that perfectly aged crackle look to applying your decorative elements for a charming vintage-inspired finish. Perfect for beginners and seasoned crafters alike, you'll leave with a one-of-a-kind tray that's ready to display, use, or gift! Please mail a separate material fee of \$18.00 payable to Stacey Fucci.

**(10) CANDLE MAKING**

**FEE: \$40**

**Instructor:** Shayna D'Nae

**Location:** ZOOM

**Dates:** April 14, April 20, April 27, May 4

**Time:** 7–8pm

**Description:** Are you a candle lover and crafter at the same time? Candle making is a craft that is as old as humanity. Join me as I walk you through the step-by-step process of making your own candles. This course offers something for everyone interested in learning the craft of candle making. This class is open to all. All materials can be purchased online. You will be emailed with a Zoom code along with a supply list.

**(11) BEADED WAVE PEARL BRACELET**

**FEE: \$35**

**Instructor:** Galina Lampert

**Location:** Syosset High School, Room CD-2

**Dates:** May 14

**Description:** Create a unique beaded bracelet using glass and seed beads. A variety of seed beads, closures and printed step-by-step instructions will be offered to students. Please mail a separate \$20 materials fee payable to Galina Lampert.

**(12) PENCIL DRAWING**

**FEE: \$90**

**Instructor:** George Black

**Location:** Syosset High School, Room CD-2

**Dates:** March 18, March 25, April 1, April 15, April 22, April 29, May 6, May 13

**Time:** 7–9pm

**Description:** This class is for those who would like to develop their drawing skills and also for those who would like to expand their drawing skills. In this class you will have the opportunity to develop your observational abilities and rendering skills. This class focuses on the basic principles of drawing, space, shading, volume, perspective, and composition. Note: For the first class you will need the following supplies, either a 2H or 3H drawing pencil, small kneaded eraser, you will also need a 11" x 15" Mixed Media Pad 140lb.. A complete supply list will be given during the first class.

**(13) CROCHETING**

**FEE: \$90**

**Instructor:** TBD

**Location:** Syosset High School, Room HE-1

**Dates:** March 16, March 23, March 30, April 13, April 20, April 27, May 4, May 11

**Time:** 7–9pm

**Description:** In this class you will learn the basic stitches of crochet, how to read a pattern and how to use your skills to create beautiful crochet projects. Join us if you already know some crochet but would like more practice, or you would like to improve your pattern reading or just want to have two hours dedicated to crocheting. Please bring a skein of worsted weight (4) yarn in a light, solid color, and size I or J to the first class.

## CULINARY ARTS

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### **(14) EMPANADAS**

**FEE:** \$40

**Instructor:** Shayna D'Nae

**Location:** ZOOM

**Dates:** March 21, March 28, April 18, April 25

**Time:** 9–10am

**Description:** Have you ever wanted to learn to make authentic Puerto Rican beef and cheese empanadas? It is time to learn how to make these homemade golden pastries! This recipe is a family relic that comes from the hands of San Juan roots. Empanadas are easy party pleasers and are guaranteed to have everyone digging in. Empanada fillings vary and can include anything from beef, chicken, pork, tuna, shellfish, cheese and / or vegetables. They are seasoned, then baked for fried. All materials will be given to you to purchase. You will be sent a ZOOM link.

## DANCE

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### **(15) LATIN DANCE MOVES**

**FEE:** \$160

**Instructor:** Richard Fiore/Dual Licentiate

**Location:** HBT Middle School, Cafeteria

**Dates:** March 23, March 30, April 13, April 20, April 27, May 4, May 11, May 18

**Time:** 7–8:30pm

**Description:** This course is being offered to those wishing to gain the necessary skills for Latin Dancing. Emphasis will be placed on developing fundamental techniques such as hip, body, arm movements, footwork and more. All these aspects will be covered in each dance. This course is suitable for first-time dancers and those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor. Join us for an exciting experience as you learn to dance Latin style! Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. For safety, sneakers or any other soft bottom shoes are not recommended. Candidate Dances: Rumba, Bachata and Merengue. Please make sure to bring a water bottle.

## GAMES AND HOBBIES

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### **(16) MAH JONGG FOR BEGINNERS**

**FEE:** \$90

**Instructor:** Sheryl Silberman

**Location:** Syosset High School, Faculty Cafe

**Dates:** March 18, March 25, April 15, April 22, April 29, May 6, May 13, May 20

**Time:** 7–8:30pm

**Description :** Learn to play the popular game of Mah Jongg! Join us to meet new people and have some fun. Students must bring a 2025 Mah Jongg card purchased from a stationery store or the National Mah Jongg League.

**(17) BEGINNER MAH JONGG**

**FEE: \$90**

**Instructor:** Lisa Kimoto

**Location:** Syosset High School, Faculty Cafe

**Dates:** February 24, March 3, March 10, March 17, March 24, March 31, April 14, April 21

**Time:** 7:30–9pm

**Description:** This is a class for a student who has never played Mah Jongg and wants to learn. Join the fast-growing trend and meet new friends while learning the exciting and thought-provoking game in American Mah Jongg. The course covers all aspects of the game including understanding the card, selecting a hand, and playing strategies which all lead to the ultimate Mah Jonggg! By the second class, the games begin and the challenge is on! Bring your Mah Jongg set to class if you have one. **Please note: It is imperative that you attend the first 2 classes where the premise and rules of the game are explained.** Materials fee: \$15.00 cash or check payable to Lisa Kimoto for NMJL card if you don't have a card.

**(18) MAH JONGG SKILL BUILDING / SUPERVISED PLAY AND STRATEGY**

**FEE: \$90**

**Instructor:** Lisa Kimoto

**Location:** Syosset High School, Library Pilot Room

**Dates:** February 24, March 3, March 10, March 17, March 24, March 31, April 14, April 21

**Time:** 6–7:30pm

**Description:** Come play this popular tile-based game of skill, strategy, calculation, and luck. This course is for anyone who knows the basics or took the beginner class and needs a refresher. We will focus on hand building, strategy, how to defend and some tips and tricks. Students must know how to play Mah Jongg or have taken a beginner course. American National Mah Jongg League Rules. Materials fee: \$15.00 cash or check payable to Lisa Kimoto for NMJL card if you don't have a card.

**CANASTA FOR BEGINNERS**

**(19) SESSION A**

**FEE: \$80**

**Instructor:** Barbara & Anthony Swanwick

**Location:** Syosset High School, Faculty Cafe

**Dates:** March 26, April 16, April 23, April 30, May 7, May 14

**Time:** 6–7:30pm

**Description:** Have you ever wanted to join a Canasta game but did not know how to play? Here is your chance! With simple step-by-step instruction, you will comfortably learn the basics of this increasingly popular game. With only six lessons, you will gain the skills and knowledge needed to play with others...sharing the fun, excitement, and camaraderie. Class size is limited.

**(20) SESSION B**

**FEE: \$80**

**Instructor:** Barbara & Anthony Swanwick

**Location:** Syosset High School, Faculty Cafe

**Dates:** March 26, April 16, April 23, April 30, May 7, May 14

**Time:** 7:30–9pm

**(21) CANASTA II**

**FEE: \$80**

**Instructor:** Barbara & Anthony Swanwick

**Location:** Syosset High School, Faculty Cafe

**Dates:** March 26, April 16, April 23, April 30, May 7, May 14

**Time:** 7:30–9pm

**Description:** This class is for those who have taken the Canasta beginner class and have some experience playing the game. Come and keep learning and reviewing the rules of the game. Learn strategies that will make you a better player and apply your skills as you play. Join us, meet new friends, and have fun as you continue to enjoy playing Canasta. Please feel free to bring a tray and card holder to class. Class size is limited.

# FOREIGN LANGUAGES

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## **(22) ITALIAN**

**FEE: \$85**

**Instructor:** Mary Pizzimenti

**Location:** ZOOM

**Dates:** March 17, March 24, March 31, April 14, April 21, April 28, May 5, May 12

**Time:** 7–8pm

**Description:** Benvenuti! Learn the basics of Italian in this introductory class. Learn how to read, write, listen, and speak the following: greetings and introductions, locations, menu orders and restaurant vocabulary, regions/sights in Italy, and basic grammatical structure of the present tense. Remember we are not studying for an exam, but as if you were traveling to Italy.

## **(23) BEGINNER ITALIAN II**

**FEE: \$85**

**Instructor:** Mary Pizzimenti

**Location:** ZOOM

**Dates:** March 16, March 23, March 30, April 13, April 20, April 27

**Time:** 7–8pm

**Description:** Beginner Italian II builds on the foundations from Beginner Italian I while introducing new practical, everyday topics such as shopping basics, talking about the weather, and telling time. We'll expand our vocabulary, reinforce essential grammar, and gain confidence through fun conversation and listening practice! Andiamo!

## **(24) SPANISH**

**FEE: \$85**

**Instructor:** Caroline Fiebert

**Location:** Syosset High School, Room B-1

**Dates:** March 19, March 26, April 16, April 23, April 30, May 7, May 14, May 24

**Time:** 7–8pm

**Description:** HOLA (HELLO)! This course will introduce you to practical, useful Spanish phrases that will help you understand and communicate with friends and family in restaurants, stores, at work or in business and daily situations. It will include basic grammar, correct pronunciation, and sentence structure. Class participation and independent homework is encouraged. Bring a notebook and pen or pencil to class. Join us and learn to speak one of the most widely spoken romance languages.

## **(25) ENGLISH LANGUAGE FOUNDATIONS**

**FEE: \$85**

**Instructor:** Nina Soto

**Location:** ZOOM

**Dates:** March 17, March 24, March 31, April 14, April 21, April 28, May 5, May 12

**Time:** 6–7pm

**Description:** This course will provide instruction for the English Language Learners who would like to learn the foundations of the English language. We will focus on speaking, listening, and writing to strengthen communication in the English language. You will be sent a ZOOM link.

## MIND & BODY

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### **YOGA**

**FEE: \$90**

#### **(26) SESSION A**

**Instructor:** Lucia Tucci DePalo

**Location:** J. Irving Baylis Elementary School

**Dates:** February 23, March 2, March 9, March 16, March 23, March 30, April 13, April 20

**Time:** 7–8:30pm

#### **(27) SESSION B**

**Instructor:** Fontaine Sheridan

**Location:** J. Irving Baylis Elementary School

**Dates:** February 24, March 3, March 10, March 17, March 24, March 31, April 14, April 21

**Time:** 7–8:30pm

**Description:** Yoga energizes the body by releasing the fatigue and stress of daily living. Through a variety of basic poses and breathing techniques, yoga creates a balance of body, mind, and spirit. It also strengthens and increases flexibility, agility, balance, and poise. Please wear comfortable clothing. A sticky mat, two firm blankets, a strap and two blocks are required. Also, please bring a bottle of water.

#### **(28) TAI CHOGA**

**FEE: \$70**

**Instructor:** Paulette Silber

**Location:** Syosset High School, Faculty Cafe

**Dates:** March 9, March 16, March 23, March 30, April 13, April 20

**Time:** 4:15–5:15pm

**Description:** Tai Chi and Qigong plus Yoga equals Tai Choga, a new system of holistic fitness. Five systems bring body/mind rejuvenation: The Sun style of Tai Chi from the Tai Chi for Health Institute, Shibashi Qigong, the yogic Joints and Gland Exercises of the Himalayan Institute, acupressure (from the Tao of Revitalization) and meditative breathing. We will practice seated and standing exercises that accommodate all fitness levels. You may stay seated for the entire class if needed. Wear comfortable clothing and sneakers or soft cloth shoes. No mats are needed. Please bring a bottle of water. Feel and move better at any age!

## MUSIC

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#### **(29) SECOND ACT A CAPELLA**

**FEE: \$90**

**Instructor:** Kristin Howell

**Location:** Syosset High School, Chorus Room

**Dates:** March 4, March 18, March 25, April 15, April 22, April 29, May 6

**Time:** 7–9pm

**Description:** Second Act A Capella is welcoming treble-voice ensemble for sopranos and altos who love to sing-no prior experience required. This female ensemble explores music of all styles, genres, and languages, performing in rich 2-, 3- and 4-part harmony. Members are encouraged to bring favorite songs they've sung before, and each rehearsal includes work on music theory, vocal technique, solo performance, and ensemble skills. Whether you're singing or discovering it for the first time, come join us and find your voice in a fun, supportive community.

**(30) BEGINNER PIANO****FEE: \$90****Instructor:** Larry Spiro**Location:** Syosset High School, Room- Music Theory Room**Dates:** March 5, March 12, March 19, March 26, April 16, April 23, April 30, May 7**Time:** 7–8pm

**Description:** Piano Lessons with Lawrence Spiro. BA, MA certified, published, wrote group lessons for Steinway and Sons, and very experienced in group piano instruction. You will play piano after the first lesson! Note reading, chords are taught. Portable keyboards are provided. Enjoy satisfying your desire to make music. You can do it! Material fee \$25 payable to Larry Spiro.

## PERSONAL FINANCE

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**(31) PROTECT YOUR ASSETS WITH TRUSTS - IMPORTANT UPDATES FOR 2026S****FEE: \$30****Instructor:** Ronald Fatoullah, Esq**Location:** Syosset High School, Room A-13**Dates:** April 21**Time:** 7–8pm

**Description:** There are many different types of trusts and reasons to create them. Whether you want to protect your home and other assets, reduce tax liability, protect minors, avoid probate, protect special needs individuals, protect a spendthrift child, leave money for your pet's care or ensure Medicaid eligibility, a trust can be extremely beneficial. This course will demystify trusts and provide important updates for 2026.

**(32) CREATING YOUR LIFETIME RETIREMENT INCOME PLAN****FEE: \$30****Instructor:** Jeffrey Silverman, JD CFP**Location:** Syosset High School, Room A-12**Dates:** March 26**Time:** 7–9pm

**Description:** Did you know that for many, retirement can span 30 or more years? How can you ensure that your income will keep flowing throughout your retirement years? This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes with the new tax laws, staying ahead of inflation with protective growth strategies, creating predictable lifetime income, maximizing social security benefits, and protecting your assets from the costs of long term care. If you are retired or thinking about retirement, you will not want to miss this program.

**(33) LEAVE IT, MOVE IT, ROLL IT, TAKE IT****FEE: \$30****Instructor:** James Vafeas**Location:** Syosset High School Room, A-12**Dates:** April 23**Time:** 7–7:45pm

**Description:** An educational program designed to help attendees learn how to manage their 401 (k), pension or other employer-sponsored retirement plan when they leave a job. Participants will learn about:

- The most common distribution options
- How to avoid having the IRS withhold 20% of your retirement distribution
- How taxes, penalties, and investment options factor in your decision

**(34) UNDERSTANDING YOUR 403 (B) PLAN****FEE: \$30****Instructor:** John Carbonara, CFP**Location:** Syosset High School, Room A-11**Dates:** April 16**Time:** 6:30–7:30pm

**Description:** A SEMINAR FOR ALL Long Island school district employees to teach attendees how their current 403 (b) retirement plan works alongside their social security and pension. Learning objectives include understanding how fees can be charged, product terminology, asset allocation, rebalancing, and developing a risk profile. This informative one-hour seminar is relevant for educators/administrators who want to gain a better understanding of their retirement benefits, and feel more in control by making investment tangible.

**(35) HEALTHCARE AND YOUR RETIREMENT**

**FEE: \$30**

**Instructor:** James Vafeas

**Location:** Syosset High School, Room A-12

**Date:** April 16,

**Time:** 7–7:45pm

**Description:** An educational program designed to help participants learn how to handle their 401 (k), pension or other employer-sponsored retirement plan when they leave a job. Participants will learn about:

- The most common distribution options
- How to avoid having the IRS withhold 20% of your retirement distribution
- How taxes, penalties, and investment options factor into your decision.

**(36) PLANNING FOR LONG-TERM CARE & MEDICAID ELIGIBILITY**

**FEE: \$30**

**Instructor:** Ronald Fatoullah, Esq.

**Location:** Syosset High School, Room A-12

**Dates:** March 31

**Time:** 7–8pm

**Description:** More than ever, it is important to plan for possible long-term care. This course will provide a comprehensive overview of important legal planning documents and how individuals can become eligible for Medicaid Home Care or Skilled Nursing Care. Stay aware of updates for 2026 for you and your loved ones! Ronald Fatoullah is Chair of the Elder Law Practice Group at Meltzer Lippe and a Partner of the Trusts & Estates Group.

**(37) PLANNING FOR YOUR CHILD SPECIAL NEEDS**

**FEE: \$30**

**Instructor:** Jeffrey Silverman

**Location:** Syosset High School, Room A-12

**Dates:** April 13

**Time:** 7–9pm

**Description:** Parents have numerous issues to consider in planning for the long-term wellbeing of their children with special needs. **With the new tax law and changes in government benefits**, planning becomes even more important. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include creating financial security during uncertain times: strategies to protect your child's assets; special new trusts, government benefits guardianship; and future housing.

**(38) MEDICARE MADE EASY**

**FEE: \$30**

**Instructor:** Julie Ward-Adobo

**Location:** ZOOM

**Dates:** March 17

**Time:** 6–7pm

**Description:** Medicare Made Easy will help eliminate confusion surrounding Medicare. With the help of this course, you will have a clearer understanding of the A-B-C & Ds of Medicare, including sign-up deadlines and enrollment periods. You will also learn about the different options for Medicare coverage, such as original Medicare, Medicare Advantage Plans, Prescription Drug Plans, and Medicare supplement plans. The course will also include a discussion of 2025 changes. Starting 2025 Medicare beneficiaries will have the option to spread out their out-of-pocket prescription drug expenses throughout the year.

# SAFETY

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## **(39) AMERICA'S BOATING COURSE**

**FEE:** \$65

**Instructor:** Thomas Peltier

**Location:** First three classes via ZOOM;

Last class at Syosset High School, Room A-11

**Dates:** March 4, March 11, March 18, March 25 (In-Person)

**Time:** 7:30–9:30pm

**Description:** New York State Law requires: "all operators of motorized vessels, regardless of age," to obtain a safe boating certificate. The America's Boating Club®/United States Power Squadrons' course focuses on New and Experience Boater educational needs:

- Rules of the road - proper seamanship - navigational aids
- Know what's new before you go - nautical knots
- Using a marine radio / GPS

This 4-week course (8 hours required by NYS) is a blended learning experience (3 week Virtual and 1 week in person) with a proctored NYS approved exam. All classes are hosted by certified instructors: Virtual sessions required students to have a computer, laptop tablet or smartphone with a camera enabling them to participate via ZOOM. The In-Person session will be at Syosset High School. The squadron members of Long Island are always available to help you operate your boat safely. Educational Material will be distributed prior to the first class. You can submit your payment of \$65.00 to Oyster Bay Power Squadron via check or you can submit via Paypal (contact Thomas at ([OBSEO@boatosterbay.net](mailto:OBSEO@boatosterbay.net)) for additional information. Please use the standard attached registration form in this catalog. "This course is free for Qualified Veterans. **There is a \$20.00 fee payable to Syosset Central School District (SCSD).**

## **DEFENSIVE DRIVING**

**FEE:** \$55

### **(40) SESSION A**

**Instructor:** Diane Palumbo (Empire Safety Council)

**Location:** Syosset High School, Little Theater

**Dates:** March 10, March 12 (must attend both sessions)

**Time:** 6:30–9:30pm

### **(41) SESSION B**

**Instructor:** Diane Palumbo (Empire Safety Council)

**Location:** Syosset High School, Little Theater

**Dates:** April 20, April 21 (must attend both sessions)

**Time:** 6:30–9:30pm

**Description:** Are you still paying high premiums for car insurance? If you are a principal operator of a car or a motorcycle, by taking this six-hour course you will receive a 10% reduction in the base rate of your vehicle liability and collision insurance premium each year for three years. This course may reduce up to four points from your driving record. This course will refresh your driving knowledge with a review of the time-tested safety driving tips and an overview of today's vehicle and traffic laws. The class includes a video presentation and group discussions. There is no test at the end of the class. You **MUST** attend both sessions. Please make two separate checks: \$20 payable to Syosset Central School District and \$35 payable to Empire Safety Council.

**(42) CPR/AED FOR THE PROFESSIONAL RESCUER & HEALTH PROVIDERS**

**FEE VARIES**

**Instructors:** Katheryn Seittz & Terry Tozer  
**Location:** Syosset High School, Main Gym  
**Dates:** May 5  
**Time:** 3–5:30pm

**Description:** Designed for those with duty to act. CPR/AED for the Professional Rescuer and Health Care Providers helps participants respond to breathing and cardiac emergencies in adults, children, and infants. From assessing needs to making decisions to providing care, the professional-level certification program teaches the skills required for your job through discussion demonstration and hands-on training based on real-life rescue scenarios. Upon successful completion of the review course, students will receive a one year CPR/AED for the Professional Rescuers and Health Care Providers” digital certificate provided by the American Red Cross. No Non resident surcharge. **COST: \$125.00 for new registrants: \$90.00 for renewals.**

**(43) LIFEGUARD TRAINING REVIEW COURSE**

**FEE VARIES**

**Instructors:** Katheryn Seittz & Terry Tozer  
**Location:** Syosset High School, Main Gym  
**Dates:** May 6  
**Time:** 3:30–6pm

**Description:** An abbreviated lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in cross lifeguarding/First Aide/CPR/AED is required to participate in the review course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aide/CPR/AED covering adults, children and infant training which is valid for two years. Please note this one-session course is held in 2 different locations in the High School.  
**COST:** \$125 for new registrants, \$90 for renewals

## TRAVEL

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**(44) PASSPORT TO TRAVEL - JAPAN**

**FEE: \$40**

**Instructor:** Lisa Kimoto  
**Location:** Syosset High School Room, A-12  
**Dates:** April 22  
**Time:** 6:30–8:30pm

**Description:** Learn all you need to know to plan a once in a lifetime trip to Japan. We will go over topics such as travel logistics, Japanese culture, food, major cities, currency, tax free shopping, museums, gardens and much, much more. There will be time at the end for participants to ask questions.

## REAL ESTATE

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**(45) DRESS YOUR HOUSE FOR SUCCESS**

**FEE: \$30**

**Instructor:** Michelle Novak  
**Location:** Syosset High School, Room A-12  
**Dates:** April 14  
**Time:** 7–8:30pm

**Description:** Michelle Novak is a licensed NYS Associate Real Estate Broker, Certified Home Marketing Specialist, Marketing Specialist, Certified Negotiation Expert, and Professional Organizer. This class will give you all the tips for selling your house in today’s hot real estate market in a short amount of time for top dollars. DRESS YOUR HOUSE FOR SUCCESS! Please join me for a fun and informative evening.

**(46) FLIPPING HOUSES FOR THE PAST 24 YEARS****FEE:** \$60**Instructor:** William Adlman**Location:** Syosset High School, Room A-11**Dates:** March 18, March 25**Time:** 7–9pm

**Description:** Do you have a desire to get involved with “Flipping Houses,” but are not sure how to get started? This course will reveal what the instructor has learned in 24 years of buying, renovating, and flipping homes. You will learn everything from securing the cash you need to finance your venture, to finding undervalued properties, to negotiating prices so that you sell the home at a profit. You will learn how to make profitable renovation decisions and how to market your property. The course will go over devising a successful flipping strategy, how to build your dream team, estimating the return on your investment, choosing your target market, prioritizing, and planning your renovation, and selling.

## PHYSICAL FITNESS

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**(47) POWER AND FLEXIBILITY YOGA****FEE:** \$80**Instructor:** Theresa Lizzio**Location:** ZOOM**Dates:** March 9, March 16, March 23, March 30, April 13, April 20, April 27, May 4**Time:** 6–7pm

**Description:** We will be doing classic yoga poses combined with isometric holds and flexing wrists, ankles and knees to strengthen joints and muscles. We will work on balance and control. This class will help participants in their yoga practice.

**(48) HULA HOOP FITNESS****FEE:** \$80**Instructor:** Jeannie Pendergrass**Location:** Syosset High School, Main Cafeteria**Dates:** March 25, April 15, April 22, April 29, May 6, May 13**Time:** 5–6pm

**Description:** YES! YOU CAN HOOP! Hooping is fast becoming a popular fitness exercise. Hula hooping is not only great fun, cardio, and toning, but improves coordination and digestive health. Using a variety of adult sized hoops, provided by the instructor, and available for purchase, we'll progress through the weeks building strength, balance, coordination, laughing, sweating, burning calories and exploring the wide range of

**(49) CARDIO SCULPTING****FEE:** \$80**Instructor:** Theresa Lizzio**Location:** ZOOM**Dates:** March 11, March 18, March 25, April 15, April 22, April 29, May 6, May 13**Time:** 6–7pm

**Description:** The goal of this class is to combine segments of cardio and strength training to improve overall fitness regardless of one's fitness level. We will use 3-to-5-pound weights, resistance bands, a small 6–8-inch ball and mat. The goal is to firm up and make the waist area smaller while improving cardiovascular health. You will be sent a ZOOM code.

**(50) BEAT TO YOUR OWN DRUM - MOVEMENT CLASS**

**FEE: \$100**

**Instructor:** Carolann Rodriquez

**Location:** Berry Hill Elementary Gym

**Dates:** February 23, March 2, March 9, March 16, March 23, March 30, April 13, April 20

**Time:** 5–5:45pm

**Description:** A class for stimulating mind, body and soul and elevating your heart rate at the same time, the Beat to your Own Drum Movement class is a fun way to provide cognitive stimulation for all ages. Studies have shown that music and movement can help stave off cognitive decline, plus promote memory attention, problem-solving abilities, and release stress. We will use five-gallon drums, beach balls, professional drumsticks, great music and lots of fun. Please purchase a beach ball 23/24 inch beach ball. The drum and drumsticks will be provided for each class. Please make sure you wear sneakers and comfortable clothing, and please make sure to bring a bottle of water.

**(51) LINE DANCING - A VARIETY OF STYLES**

**FEE: \$85**

**Instructor:** Carolann Rodriquez

**Location:** Berry Hill Elementary Gym

**Dates:** February 23, March 2, March 9, March 16, March 23, March 30, April 13, April 20

**Time:** 5:50–6:40pm

**Description:** Line dancing has never been more fun. Join Carol in this low-impact dance exercise class that will help you stay fit and tone your body without putting stress on your back and knees. This is an introductory class for beginners who want to learn various dancing styles. We will cover some of the well-known dance patterns, like wobbling, two step Line Dance, Footloose, and much more. Dance to a mix of soul, rock, country music and today's popular recordings. Great music, great workout! This class is for men and women of all ages. This is not a couples' class. Wear loose, comfortable clothing and please wear sneakers and bring a bottle of water.

**(52) ZUMBA**

**FEE: \$85**

**Instructor:** Carolann Rodriquez

**Location:** Berry Hill Elementary Gym

**Dates:** February 23, March 2, March 9, March 16, March 23, March 30, April 13, April 20

**Time:** 6:40–7:15pm

**Description:** Come to and exercise to a fusion of Latin rhythms and international music. Join this effective, one-of-a-kind fitness class. You will see how easy-to-follow dance moves can turn into an exciting body-energizing cardio class. While you are dancing and having fun, you are also burning calories and shaping your body by working your oblique muscles. To learn

## SPORTS AND RECREATION

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**(53) BADMINTON – BEGINNER / INTERMEDIATE**

**FEE: \$90**

**Instructor:** JD Kwak

**Location:** Syosset High School, Aux Gym

**Dates:** February 23, March 2, March 9, March 16, March 23, March 30, April 13, April 20, April 27, May 18

**Time:** 8–10pm

**Description :** Badminton is a racket sport like tennis and racquetball that involves hitting a lightweight birdie (shuttlecock) over a 5-foot net. The game is played singles or doubles on an indoor court that measures 20' x 40'. The racket used is like a tennis racket, however it is long, thin, and lightweight. This course is designed for badminton players who have some experience and would like to learn different shots, drills and even strategy. This course is open to beginners; however, you should be ready to run back and forth around a court getting your heart rate up. Sneakers are mandatory and loose, comfortable athletic clothing are recommended. Players should bring their own badminton racket and a bottle of water. rackets will not be provided.

**(54) BADMINTON ADVANCED**

**FEE: \$90**

**Instructor:** Barbara Quinn

**Location:** Syosset High School, Main Gym

**Dates:** February 23, March 2, March 9, March 16, March 23, March 30, April 13, April 20, April 27, May 18

**Time:** 8–10pm

**Description:** This course is designed for badminton players who have several years of experience and are interested in playing competitive singles and doubles games. Adults who take this course should be ready to play for 90 minutes (about 1 and a half hours). We will spend some time learning shots, proper serving, and strategy but most of the class will be tournament play. Sneakers are mandatory and loose comfortable clothing is recommended. Please bring a bottle of water and be prepared to get a great workout.

**(55) TENNIS BEGINNER**

**FEE: \$90**

**Instructor:** TBD

**Location:** HBT Middle School

**Dates:** February 23, March 2, March 9, March 16, March 23, April 30, April 13, May 20

**Time:** 7–8:15pm

**Description:** Beginners are classified as anyone who has not seriously played tennis and wishes to learn the fundamentals of grip, hitting, stance, and rules. Fundamentals for beginners will be taught. Bring a tennis racket and a bottle of water. Please make sure you are wearing sneakers. Tennis rackets are not provided.

**(56) TENNIS INTERMEDIATE**

**FEE: \$90**

**Instructor:** TBD

**Location:** HBT Middle School

**Dates:** February 23, March 2, March 9, March 16, March 23, April 30, April 13, May 20

**Time:** 8:15–9:30pm

**Description:** This class is for those who can play tennis and SUSTAIN RALLY. Instruction in both the finesse of the grip, strokes and service will continue in relation to play. Please bring a racket, one will not be provided. Please wear sneakers and bring a bottle of water.

**(57) BASKETBALL**

**FEE: \$100**

**Instructor:** Barbara Quinn

**Location:** Robbins Lane Elementary Gym

**Dates:** February 25, March 4, March 11, March 18, March 25, April 1, April 15, April 22 May 29, May 6

**Time:** 7:30–9:30pm

**Description:** For players who want competition and fun while maintaining and improving basketball skills. Pre-registration is required. Please wear sneakers and bring a bottle of water. Limited space is available.

**PICKLEBALL FOR BEGINNERS - SUNDAYS**

**FEE: \$90**

**(58) SESSION A**

**Instructor:** Margie Haug & Wayne Borysewicz

**Location:** Syosset High School Main Gym

**Dates:** March 22, March 29, April 12, April 19, April 26, May 17, June 7, June 14

**Time:** 8–10am

**Description:** Learn the game that is sweeping the nation! Pickleball is a social and easy to learn game that combines tennis, badminton, and ping-pong. It is played on a small court with lightweight paddles and plastic perforated balls. Students will learn the rules, scoring and basic skills of the game while enjoying a nice workout and having fun. Bring your own paddle, one will not be provided. Please wear sneakers and comfortable clothing and bring a bottle of water.

**(59) SESSION B**

**Instructor:** Margie Haug & Wayne Borysewicz

**Location:** Syosset High School Aux Gym

**Dates:** March 19, March 26, April 16, April 23, April 30, May 21, May 28, June 4

**Time:** 7:30–9:30pm

**(60) ADVANCED PICKLEBALL PLAY**

**FEE: \$90**

**Instructor:** Margie Haug & Wayne Borysewics

**Location:** Syosset High School, Main. Gym

**Dates:** March 18, March 25, April 15, April 22, April 29, May 20, June 3, June 10

**Time:** 7:30–9:30pm

**Description:** This course is designed for people who already know the rules, basic techniques, have had some recreational play and want to bring their game to the next level. This is a 2 hour course that will consist of improvement drills followed by open play.

**PICKLEBALL PLAY**

**FEE: \$90**

**(61) SESSION A**

**Instructor:** Barbara Quinn

**Location:** Syosset High School, Aux Gym

**Dates:** February 24, March 3, March 10, March 17, March 24, March 31, April 14, April 21,

**Time:** 7:30–9:30pm

**Description:** This course is for those who already know how to play and want more practice. Level range is advanced beginner to intermediate (2.5 – 3.5). Come have fun and get a workout in a social and friendly way. Bring your own paddle, one will not be provided. Please make sure you wear sneakers and comfortable clothing and bring a bottle of water.

**(62) VOLLEYBALL ADVANCED**

**FEE: \$90**

**Instructor:** Peter Logan

**Location:** Syosset High School, Main Gym

**Dates:** February 24, March 3, March 10, March 17, March 24, March 31, April 14, April 21

**Time:** 8–10pm

**Description:** This course is ONLY for the advanced volleyball player who is looking for an extremely competitive playing opportunity. Complete knowledge and understanding of the rules are prerequisites for this course. It is recommended only for highly skilled players. The instructor reserves the right to group according to ability. Class size is limited. Please wear comfortable loose-fitting clothing and sneakers. Please bring a bottle of water.

**(63) VOLLEYBALL RECREATIONAL**

**FEE: \$90**

**Instructor:** Peter Logan

**Location:** Syosset High School, Main Gym

**Dates:** February 26, March 5, March 12, March 19, March 26, April 16, April 23, April 30

**Time:** 8–10pm

**Description:** This course is designed to provide an opportunity for those players with experience in playing volleyball to further develop their skills. Advanced knowledge of rules and skills would add to the level of play. Each session will be spent on competitive play. Class size is limited. Please wear comfortable clothing and sneakers. Please bring a bottle of water.

**ADULT LEARN TO SWIM**

**FEE: \$190**

**(64) SESSION A**

**Instructor:** Peter Abraham, Justin Lynch, Eric Gentile

**Location:** Syosset High School, Pool

**Dates:** February 23, March 2, March 9, March 16, March 23, March 30, April 13, April 20

**Time:** 8–9pm

**(65) SESSION B**

**Instructor:** Peter Abraham, Justin Lynch, Eric Gentile

**Location:** Syosset High School, Pool

**Dates:** February 24, March 3, March 10, March 17, March 24, March 31, April 14, April 21

**Time:** 8–9pm

**Description:** The swimming program will teach participants the skills and concepts required to stay safe around water. You will learn to help yourself and others in an aquatic emergency. The basic aquatic skills and swimming strokes include the front crawl, breaststroke and elementary backstroke will be featured. Please bring swim goggles and a towel and a swim cap to the class. Also, please bring a water bottle.

**(66) WATER AEROBICS**

**FEE: \$190**

**Instructor:** Eric Gentile

**Location:** Syosset High School Pool

**Dates:** February 25, March 4, March 11, March 18, March 25, April 1, April 15, April 22

**Time:** 8–9pm

**Description:** This class is an excellent program for everyone, from those just beginning an exercise program, to fitness enthusiasts. Water provides both buoyancy and resistance to body movement and creates an excellent workout. This is a relaxing way to end your day. Join us in the non-swimmer friendly exercise program. Please bring a towel and a water bottle.

**(67) LAP SWIMMING**

**FEE: \$190**

**Instructor:** Eric Gentile

**Location:** Syosset High School Pool

**Dates:** February 26, March 5, March 12, March 19, March 26, April 16, April 23, April 30

**Time:** 8–9pm

**Description:** Swimming is one of the best exercises for people of all ages. This is an ideal opportunity for those who like healthy relaxing exercise. Please note you **MUST** be able to swim laps to join this class. This is not a beginner's swim class. Please make sure you bring a towel, a swim cap and goggles and a bottle of water.



**Board of Education  
Syosset Central School District  
Syosset, New York 11791**

**Continuing Education  
*Spring 2026***

**NONPROFIT ORG.  
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**Dated Material**

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**Resident of  
SYOSSET CENTRAL SCHOOL DISTRICT**

**AVOID CANCELLED CLASSES  
REGISTER EARLY!**

