WESTBURY UNION FREE SCHOOL DISTRICT

ESTD 1921

NOTARY SERVICE

CLASSES START
MONDAY,
SEPT. 28 2026

Fall

2026

ADULT CONTINUING EDUCATION

Fall 2026

Message from the Director:

Welcome to Westbury Adult Continuing Education!

We are pleased to offer a diverse selection of courses and activities designed to inspire lifelong learning and enrich our community. Whether you're exploring a new interest, building new skills, or advancing your career, we invite you to discover all that our program has to offer.

Learning is a lifelong journey, and our classes provide a wonderful opportunity to connect with others while investing in yourself.

If you have a class or program you'd like to share with our community, we would love to hear from you. We look forward to learning with you!

Gina M. Farrell

Gina M. Farrell
Director, Adult Continuing Education
gfarrell@westburyschools.org

Adult Continuing Education Calendar
Fall 2026

	Mon.	Tues.	Wed.
Sept.	28	29	30
Oct.	5	6	7
	X	13	14
	19	20	21
	26	27	28
Nov.	2	X	4
	9	10	X
	16	17	18

X - Means NO classes

DETAILS OF REGISTRATION

Mail Registration: Register by mail using the form found on the last page of this brochure. Send a separate course form (they may be reproduced) and **a separate check/money order (we do not accept cash) for each course, payable to Westbury U.F.S.D.** You will **not** be notified of your acceptance. If you do not hear from us, assume that you are in the class and report the first night as indicated in the brochure.

Fees

1. **Course fees are listed next to each course description.**
2. **A single out-of-district fee of $5.00 is charged to registrants who live outside the Westbury/ Carle Place School Districts <u>except</u> for swimming where only Westbury School District registrants qualify for <u>resident fees.</u>**
3. **Swimming classes: resident and non-resident fees are listed next to each swim class.**
4. **Refunds: no refunds will be granted after the first week unless the course does not run.**

Registration Procedures: In-person registration will be conducted in the **Main Office – Westbury High School — Tuesday, Sept. 22 and Wednesday, Sept. 23, 2026, between 6:00 p.m. and 8:00 p.m.**

Class Term: Seven-week classes begin the week of Monday, Sept. 28, 2026, and end on Wednesday, Nov. 18, 2026. Classes of less than seven weeks in length are specified by dates of sessions given in the class listings. Classes will meet at the time and places indicated in this pamphlet. **Check the calendar for "no class" days and holidays indicated by an "X."** In the event of inclement weather, the Adult Education program is cancelled if the daytime school day is cancelled. Listen to radio news on WCBS (880 AM), WINS, and Channel 12 Long Island News.

Location/Parking: Westbury High School is located on the corner of Jericho Turnpike & Post Road, Old Westbury. Parking is only permitted in the North or South lots. Cars left in front of the school will be ticketed by the Old Westbury Police in accordance with the village fire laws.
<u>This regulation is strictly enforced.</u>

Communication: Questions or suggestions concerning any phase of the Adult Program should be brought to the attention of the Director of Adult and Continuing Education at gfarrell@westburyschools.org.

Health: Participants are advised to check with their family physician if their physical condition will allow participation in courses likely to create physical strain. The Board of Education does not insure the registrants in Adult Education programs for accidents that may occur while participating in the program.

Fall 2026 Course Offerings

American Red Cross Certification Courses

Lifeguard Certification Class Instructors: **Jonathan Geller & Jim Steadman**
Days: **Mondays & Tuesdays, Four Weeks – Starting September 28** • Time: **6–9 p.m.**
Location: **Pool/Gym** • Fee: **$300** (**$275** for Westbury High School Students)
The minimum age is 15 years old, and students must complete a pre-test.

The pre-test session (Sept. 28) includes:

1. Candidates swim 150 yards, tread water for 2 minutes using only their legs, then swim 50 yards. Candidates may swim using crawl, breaststroke, or a combination of both. Goggles may be used.
2. Complete timed event within 1 minute, 40 seconds:
   - Starting in the water, swim 20 yards on the surface. Face may be in or out of the water.
   - Swimming goggles are not allowed.
   - Surface dive, headfirst or feetfirst, to a depth of 7-10 feet to retrieve a 10-pound object.
   - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object. The face is kept at or near the surface so that breathing is possible. Candidates should not swim distance under water.
   - Exit the water without using ladder or steps.

Water Safety Instructor Instructors: **Jonathan Geller & Jim Steadman**
Days: **Wednesdays, Seven Weeks – Starting September 30** • Time: **6–9 p.m.**
Location: **Pool/Gym** • Fee: **$375** (**$350** for Westbury High School Students)
The minimum age is 16 years old, and students must complete a pre-test.

Course Description:
The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.

Pre-test (January 28):

1. Prerequisite Swim Skills Evaluation:
   • Front crawl—25 yards • Back crawl—25 yards • Breaststroke—25 yards
   • Elementary backstroke—25 yards • Sidestroke—25 yards • Butterfly—15 yards
2. Maintain position on back for 1 minute in deep water (floating or sculling).
3. Tread water for 1 minute.

CPR/Friends and Families Instructors: **Jonathan Geller & Jim Steadman**
Days: **One Session – Monday, November 2** • Time: **6–9 p.m.** Location: **Cafeteria** • Fee: **$25**

This *non-credential course* is for people who want to learn adult, child and infant CPR skills for their families and friends. Other topics include assisting a choking victim, recognizing the signs of someone in cardiac arrest, and the demonstration of the use of an automated external defibrillator (AED). There is no test for this course.

Coaching Requirements

New York State Coaching Certification Course Instructor: **David Graff**
Days: **Tuesdays, 8 Zoom Sessions – Starting September 29** • Time: **7–9 p.m.**
Fee: **$100** (**$50** for Westbury Schools Staff Only)

This Theory and Techniques of Coaching 22-hour course deals with the scientific principles of coaching, team selection, program organization and management, rules and regulations, teaching methods, conditioning, relationships with officials, coaching ethics, athletic administration, and public relations. The course has 16 classroom hours and 6 hours of outside assignments. The outside assignments include goals, a teaching assignment, practice plans, a scouting report, and a game plan. This course is a New York State requirement for all non-certified Physical Education majors who are coaching at public schools.

Fall 2026

Computers and Technology

Intro to Computer Basics using Microsoft Instructor: **Juan Hinojosa**
Days: **Tuesdays or Wednesdays TBD, 4 Sessions – Starting October 13 or 14** • Time: **6:30–7:30 p.m.**
Location: **HS Computer Lab** • Fee: **$25**

We will primarily work with Web-based desktop applications, such as Microsoft Word and Microsoft OneDrive, for storing and organizing digital files. We will use OneDrive's simple yet powerful features to share files with friends, family, or colleagues. And we will also employ ChatGPT's artificial intelligence to access machine learning–powered information and explore how it differs from using Google searches.

Intermediate Computer: Microsoft Excel Instructor: **Juan Hinojosa**
Days: **Tuesdays or Wednesdays TBD, 4 Sessions – Starting October 13 or 14** • Time: **7:30–8:30 p.m.**
Location: **HS Computer Lab** • Fee: **$25**

Hands-on experience creating Microsoft Excel spreadsheets. Topics include navigating and working with data, creating visual charts, formatting, and basic formulas. Then we will convert raw data into more relevant information using various Excel functions and PivotTables for report creation, charts, and conditional formatting to visualize data.

Personal Growth

The ABCs of Trusts
Days: **Monday - Cafeteria, One Session – October 26** • Time: **7–8 p.m.** Fee: **$10**

This presentation will provide the attendees with an understanding of the purposes and uses of various types of trusts. Revocable vs. Irrevocable Trusts, Simple vs. Complex Trusts, and Inter Vivos Vs. Testamentary Trusts will be discussed. You will also learn the differences between Wills and Trusts and how they interface with one another. Mr. Fatoullah will discuss Medicaid Asset Protection Trusts, Life Insurance Trusts, Special Needs Trusts, Spendthrift Trusts, and Trusts to Reduce Estate Taxes.

Elder Law 101
Days: **Wednesday - Cafeteria, One Session – November 4** • Time: **7–8 p.m.** Fee: **$10**

This class provides an explanation of important planning and necessary legal and financial documentation needed for long-term care preparedness and asset preservation. You will learn about getting your advisory team together, what information is required for a consultation with an elder law attorney, the five most important planning documents everyone should have, wills and understanding the probate process, and the basics on Medicaid eligibility for home care services and nursing home care.

Wellness, Health & Fitness

Yoga Instructor: **Thomas Breski**
Days: **Tuesdays, 7 Sessions – Starting September 29** • Time: **7:30–8:30 p.m.**
Location: **Small Gym** • Fee: **$50**

This seven-lesson course will focus on the primary postures that will help the student get a good understanding of how yoga can create physical as well as mental well-being. The students will learn proper breathing techniques and specific yoga asanas (poses) that will strengthen and stretch muscles and help reduce pain in various joints. Yoga is one of the best practices to treat low back pain and experience a deep feeling of relaxation and stress reduction.

Language

Spanish - Beginner Instructor: **Flor Murray**
Days: **Tuesdays, 7 Sessions – Starting September 29** • Time: **6:30–7:30 p.m.**
Location: **Room 105** • Fee: **$50**

This course is designed to introduce the student to a solid understanding of the Spanish language. Beginning Spanish is for those students who want to start at the very beginning with Spanish or those who took a little bit of Spanish in high school. Special emphasis will be placed on vocabulary and oral expression within the cultural context. Principles of grammar will be introduced as students become more familiar with the language. Activities include interactive situations with other students. The Spanish you will learn in this class will be useful no matter where or with whom you will be speaking to.

Fall 2026

Spanish - Intermediate Instructor: **Flor Murray**
Days: **Tuesdays, 7 Sessions – Starting September 29** • Time: **7:30–8:30 p.m.**
Location: **Room 105** • Fee: **$50**

This course is designed to introduce the student to a solid understanding of the Spanish language. Intermediate Spanish is for those students who want to have some basic Spanish knowledge and want to learn to speak and understand at a higher level. Special emphasis will be placed on vocabulary and oral expression within the cultural context. Principles of grammar will be introduced as students become more familiar with the language. Activities include interactive situations with other students. The Spanish you will learn in this class will be useful no matter where or with whom you will be speaking to.

Certificate Course

Notary Public Training Course (ONLINE ANYTIME) Instructor: **Dina DiRoma**
Fee: **$10** Payable to Westbury UFSD
Material Fee: **$75** Payable to Notary Public Central, Inc

Are you seeking to self-enhance? Are you afraid of failing the exam? We will help you gain the confidence and knowledge you need to pass the exam with ease. Stand out among the competition. Sign up now for this unique training course. Commissioned Notaries are always welcome.
PRERECORDED ZOOM - CAN BE ACCESSED AT ANY TIME.

Defensive Driving

AARP Defensive Driver Course AARP Instructor
Days: **Tuesday and Wednesday, September 29 & 30** • Time: **6–9 p.m.** Location: **Cafeteria**
Fee: **$25 for members of AARP – Check or Money Order payable to AARP**
Fee: **$30 for non-members of AARP – Check or Money Order payable to AARP**
Please put AARP membership number on check and separate checks for each participant.

This course is based on AARP research and has been approved by the Department of Motor Vehicles (DMV). This is a Smart Driver's accident prevention course, and it provides you with the knowledge to be a better driver on the road. People of any age can attend the course and get a 10% car insurance discount (per car and one driver). Please speak with your auto insurance agent for the required details for your automobile insurance. Automatic points deductions are available.

Participants MUST BRING:

1) a valid NYS Driver's License to class

2) a valid AARP card to class

NOTE: AARP Health Insurance Card is not accepted. Call AARP to get the copy of valid membership identification number via email and bring it with you (picture on phone is acceptable)

Aquatics Program

Mommy/Daddy & Me Swim (Ages: 0-3 years old)
Days: **Tuesdays, 7 weeks starting September 29** or **Wednesdays, 7 weeks starting September 30**
Time: **6:30–7:30 p.m.** Location: **Pool** • Fee: **$50** Resident, **$100** Non-resident

A parent will be in the water to introduce the child to the water. The lessons will be led by a certified instructor, but the parents will be handling the children. The parent in the water must be comfortable in 5 feet of water.

Youth Swim Lessons (4-8 years old)
Days: **Mondays, 7 weeks starting September 28** or **Tuesdays, 7 weeks starting September 29** or **Wednesdays, 7 weeks starting September 30**
Time: **6:30–7:30 p.m.** Location: **Pool** • Fee: **$50** Resident, **$100** Non-resident

Groups will be formed based upon class size and the ability of the swimmers.

Youth Swim Lessons (Ages: 9-14 years old)
Days: **Mondays, 7 weeks starting September 28** or **Tuesdays, 7 weeks starting September 29** or **Wednesdays, 7 weeks starting September 30**
Time: **7:40–8:40 p.m.** Location: **Pool** • Fee: **$50** Resident, **$100** Non-resident

Groups will be formed based upon class size and the ability of the swimmers.

Fall 2026

Adult Swim Lessons
Days: **Mondays, 7 weeks starting September 28** or **Tuesdays, 7 weeks starting September 29** or **Wednesdays, 7 weeks starting September 30**
Time: **7:40–8:40 p.m.** Location: **Pool** • Fee: **$50** Resident, **$100** Non-resident

Groups will be formed based upon class size and the ability of the swimmers.

COMPLETE THIS FORM AND MAIL TO:

Westbury Adult Continuing Education
2 Hitchcock Lane
Old Westbury, NY 11568

Name_____

Address _____ Town_____ Zip _____

Telephone # _____ Email_____

Course_____ Age_____
(Swimmers Only)

Fee $_____ Cash/Check #_____

Day_____ Time _____

- Non-residents, please add (one-time fee) $5, unless otherwise indicated
- Fill out a separate registration form for each course
- Please make out a separate check for each course made payable to:
  Westbury UFSD – *Except* for: AARP Defensive Driving & Notary Public courses (see course)
- No acknowledgement will be sent to you. You are automatically enrolled unless otherwise notified by the Adult Continuing Education staff.
- Report to class on the first session at -
  Westbury High School, 1 Post Road, Old Westbury, NY 11568

I understand that participation in all classes & activities is at my own risk.

_____ _____
Signature Date

COMPLETE THIS FORM AND MAIL TO:

Westbury Adult Continuing Education
2 Hitchcock Lane
Old Westbury, NY 11568

Name_____

Address _____ Town_____ Zip _____

Telephone # _____ Email_____

Course_____ Age_____
(Swimmers Only)

Fee $_____ Cash/Check #_____

Day_____ Time _____

- Non-residents, please add (one-time fee) $5, unless otherwise indicated
- Fill out a separate registration form for each course
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I understand that participation in all classes & activities is at my own risk.

_____ _____
Signature Date

Westbury UFSD
Adult Continuing Education Program
Westbury High School
1 Post Road, Old Westbury, N.Y. 11568

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Dr. Roger Bloom,
Assistant Superintendent for Personnel
Ms. Mary O'Neill, *Assistant Superintendent for Finance and Operations*
Ms. Gina M. Farrell,
Director of Adult Continuing Education

CAR-RT SORT-ECRWSS
POSTAL PATRON

Registration Dates:
Tuesday, September 22 and Wednesday, September 23, 2026, 6–8 p.m.

Classes Start: September 28, 2026