

MAIL IN or ONLINE REGISTRATION

TO REGISTER ONLINE GO TO
www.Farmingdaleschools.org,
click on the District tab,
then click on
Continuing Community Education



FARMINGDALE
PUBLIC SCHOOLS
COMMUNITY NEWSLETTER



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DO NOT DELAY**

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Farmingdale Union
Free School District

RESIDENTIAL CUSTOMER

FARMINGDALE PUBLIC SCHOOLS ADULT & CONTINUING EDUCATION

Welcome Back to Life Long Learning

NEW & POPULAR COURSES SPRING 2024

- ADULT LEARN TO SWIM – BEGINNER - EVENING
 - BUDGETING YOUR MONEY
- CANINE OBEDIENCE – REFRESHER COURSE
 - CAN'T SLEEP? LET'S TALK!
- COUNTRY WESTERN LINE DANCING – INTERMEDIATE
 - CROCHETING – BEGINNER
 - CRUISING FROM NEW YORK PORTS
 - CRYSTALS & GEMSTONES
 - FLOWERS IN OUR LIVES
 - FROM GRAPES TO GLASS
- HELP! I CAN'T FIND THE FLOOR! GET ORGANIZED!
- KEEP THE INCOME FLOWING DURING RETIREMENT
- LONGEVITY AND THE NEW JOURNEY OF RETIREMENT
 - MANAGING YOUR CREDIT
 - MICROSOFT WORD INTERMEDIATE
 - PAY DOWN/ELIMINATE YOUR DEBT
- PICKLEBALL – NIGHTTIME – BEGINNER & INTERMEDIATE
 - POOL VOLLEYBALL
- PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS
 - REIKI SHARE
 - RETIREMENT BY DESIGN
- RETIREMENT: MAKING YOUR MONEY LAST
 - STAND UP PADDLEBOARD LESSONS
- TAX FREE INVESTING: IT'S NOT WHAT YOU MAKE, IT'S WHAT YOU KEEP
 - ZUMBA TONING (30) AND ZUMBA (30)

OPEN REGISTRATION ALL SEMESTER LONG.
**SPRING SEMESTER STARTS
MONDAY, FEBRUARY 26, 2024**
ONLINE, MAIL AND IN-CLASS REGISTRATION
OPTIONAL ONLINE REGISTRATION
STARTS ON JANUARY 5TH.

HOWITT MIDDLE SCHOOL AQUATIC CENTER COURSES

- ADULT LEARN TO SWIM – BEGINNER
 - FLOATING YOGA
 - OPEN SWIM
 - POOL VOLLEYBALL
 - SCUBA
- STAND UP PADDLE BOARD LESSONS
 - WATER AEROBICS

ADDITIONAL INFORMATION ON PAGE 7

CALL US WITH YOUR IDEAS!

We are always looking for teachers. Any person or group who wishes to suggest additional courses should contact the Director of Continuing Education at

516-434-5316

SEE MORE INFORMATION
INSIDE BROCHURE

Online go to www.Farmingdaleschools.org, Click on the District tab,
then click on **CONTINUING COMMUNITY EDUCATION**
Any Questions? Call 516-434-5316



CONTINUING EDUCATION GENERAL INFORMATION

Message From The Superintendent

Dear Community Residents:

Once again, we are delighted to offer the residents of Farmingdale a quality Continuing Community Education Program which promotes lifelong learning and the possibility of forming new friendships.

Our mission is to provide opportunities and leisure time activities that will expand your horizons, and we hope that you will enroll in one or more of our rich course offerings to pursue a hobby, discover new passions, or socialize with others who share a common interest. With the opening of our state of the art Aquatic Center, we are excited to offer a host of new programs and services.

We are pleased to continue to offer our program at a reasonable cost, and hope that you will be inspired to register and benefit from the exciting choices available to you this semester.

It is my sincere hope that you will utilize this new year to enrich yourself and grow as lifelong learners.

Sincerely,

Paul Defendini
Superintendent of Schools

ONE, TWO & THREE NIGHT SEMINARS

FEBRUARY AND MARCH 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
25 FEBRUARY ADULT ED BEGINS THIS WEEK	26 Planning For Your Child With Special Needs	27 From Grapes to Glass Microsoft Excel Introduction #1	28 Longevity & the New Journey of Retirement	29	1 MARCH	2 Halotherapy #1
3	4	5 Elder Law Workshop Microsoft Excel Introduction #2	6 Can't Sleep? Let's Talk!	7	8	9 Halotherapy #2
10	11	12 How To Leave Assets To Your Heirs Microsoft Excel Introduction #3	13 Keep The Income Flowing During Retirement	14	15	16 Halotherapy #3
17	18	19 Crystals & Gemstones Microsoft Word Intermediate #1	20 Retirement by Design	21	22	23
24	25	26 Microsoft Word Intermediate #2 Cruising From NY Ports	27 Budgeting Your Money	28 NO ADULT ED EASTER BREAK	29 NO ADULT ED EASTER BREAK	30 NO ADULT ED EASTER BREAK

APRIL AND MAY 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
31 NO ADULT ED EASTER BREAK	1 APRIL NO ADULT ED EASTER BREAK	2 Microsoft Word Intermediate #3 Reiki Share	3 Pay Down/ Eliminate your Dept Retirement-Making your Money Last	4	5	6
7	8 Help! I Can't Find the Floor! Get Organized	9 Microsoft Excel Intermediate #1 Flowers In Our Lives	10 How To Prepare To Buy/Sell A Home Managing Your Credit	11	12	13
14	15	16 Microsoft Excel Intermediate #2	17 Tax Free Investing. It's Not What You Make, It's What You Keep.	18	19 OPEN SWIM ENDS	20
21	22 NO ADULT ED SPRING BREAK EXCEPT WHERE NOTED	23 NO ADULT ED SPRING BREAK EXCEPT WHERE NOTED	24 NO ADULT ED SPRING BREAK EXCEPT WHERE NOTED	25 NO ADULT ED SPRING BREAK EXCEPT WHERE NOTED	26 NO ADULT ED SPRING BREAK EXCEPT WHERE NOTED	27 NO ADULT ED SPRING BREAK EXCEPT WHERE NOTED
28 NO ADULT ED SPRING BREAK EXCEPT WHERE NOTED	29 NO ADULT ED SPRING BREAK EXCEPT WHERE NOTED	30 NO ADULT ED SPRING BREAK EXCEPT WHERE NOTED	1 MAY LAST WEDNESDAY	2	3	4
5	6	7 LAST TUESDAY	8	9	10	11
12	13	14	15	16	17	18
19	20 LAST MONDAY					

IMPORTANT

THERE ARE THREE WAYS TO REGISTER:

OPTIONAL ONLINE REGISTRATION STARTS JANUARY 5, 2024 TO REGISTER ONLINE GO TO

www.Farmingdaleschools.org, click on the Continuing Community Education Link

1. ONLINE FOR ALL COURSES (EXCEPT AS NOTED). There is a 6.7% Nonrefundable Fee for all online registrations.

2. MAIL-IN REGISTRATION for all our courses. It's easy and convenient! To register by mail, fill out the registration blank in the back of the brochure. Please complete a SEPARATE registration blank and send a SEPARATE check for each course for which you are registering.

3. REGISTER IN PERSON THE FIRST NIGHT OF CLASS.

General Fee:

All courses are \$60.00 unless otherwise indicated. Please note exceptions in individual course write-up.

All checks must be made payable to: Farmingdale Public Schools

CHECKS ONLY— NO CASH WILL BE ACCEPTED

PLEASE NOTE: When reviewing your bank records please be aware that checks submitted to our office for course fees will not be cashed until the semester is well underway. Please don't stop payment.

Non-Resident Fees:

Students, including senior citizens, who are not residents of the Farmingdale School District must pay a \$10.00 non-resident fee in addition to the regular class fee.

Senior Citizens:

Free Continuing Education courses (for most 9 week courses except as noted) will be available to Farmingdale School District residents age 62 years or older. Proof of age and residency is required for senior citizens. A copy of proof of age is to be sent along with mail-in registration. The words NO REDUCED FEE indicates that ALL STUDENTS must pay the advertised fee, including senior citizens.

Material Fees:

Students are expected to pay for all materials and text books on the first night of class.

Separate checks are required for EACH CLASS. Material fees paid to the teacher the first night of classes.

Refunds:

ABSOLUTELY NO FEES WILL BE REFUNDED unless a class does not form due to sufficient registration. In that event a full refund will be made. There is no provision for a partial fee for taking one session or a part of a course.

NOTE:

You will be notified only if your registration cannot be processed. In the event that class is canceled, your check will be returned by mail.

NO NEWS IS GOOD NEWS. MAIL-IN REGISTRATION: YOU WILL BE NOTIFIED ONLY IF YOUR CLASS HAS BEEN CANCELED.

DURATION – Unless dates are indicated, all classes will run for 9 consecutive weeks. Courses below minimum registration (9 students) may be canceled or have the total number of weeks adjusted to meet self-sustaining guidelines.

A class session may not be able to meet due to school activities or unforeseen events. Although we make every effort possible to make up any missed classes, we cannot guarantee any class will run for nine weeks. There will be no reduction in price if a session cannot be rescheduled.

Who May Register:

Adult residents 21 years or older of Farmingdale School district or neighboring areas.

TIME OF CLASSES:

All classes will meet from 7:00 PM to 9:00 PM (unless otherwise indicated). Refer to individual courses for exceptions.

Monday Classes begin February 26, 2024

Tuesday Classes begin February 27, 2024

Wednesday Classes begin February 28, 2024

SCHOOL CLOSED:

Thursday, March 28 - Monday, April 1
Easter Break
Monday, April 22 - Tuesday, April 30
Spring Recess

Emergency Closing:

When school is closed due to inclement weather, holidays, etc., Continuing Education classes are canceled for that evening. If in doubt listen to radio stations WHLI (1100 AM), WBAB (102.3 FM), which will broadcast cancellation announcements or Cablevision Channel 12, or our website

www.Farmingdaleschools.org, click on the District tab, then click on Continuing Community Education

Policy on Non-Discrimination:

The Farmingdale Union Free District does not discriminate on the basis of race, color, national origin, sex, in its education programs or employment practices.

Office Hours: Monday - Wednesday , 9am - 1pm and 6 - 9pm during adult ed sessions.

Thursday & Friday, 8:00 AM - 4:00 PM

Call: 516-434-5316 for more information.

Fire Regulations:

Smoking is not permitted anywhere in a school building. Students must respond to any fire alarm by evacuating the building immediately.

Parking:

Parking areas for all classes at Farmingdale High School are located in the front of the building on Lincoln St., at the rear of the building off Intervale Ave., or by the pool off Woodward Parkway. These entrances are manned by security. Please ring the bell outside the door. You may be asked to show Identification.

Photos of Adult Education Students

From time to time, the District takes photographs and videos of its students to use in District publications, press releases and/or other media including Twitter, etc. If there is any reason that you would object, please submit a written notice for each new school year to Farmingdale High School - Adult Education Office, 150 Lincoln Street, Farmingdale, NY 11735.

COURSE OFFERINGS

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Call for Musicians

If you play in instrument or have conducting experience and want to form a group with any other interested musicians, contact Dave Mandel @ FarmingdaleBigBand@gmail.com.

FINANCE AND CAREER DEVELOPMENT

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NEW COURSES: On Cover of Brochure. Any person or group who wishes to suggest additional courses should contact the Director of Continuing Education at 516-434-5316.



MONDAY STARTS 2/26

AM – Water Aerobics – 9:30-10:30am	Howitt Community Pool
Big Band	Room 115
Canine Obedience - 1st night Lecture Hall	Commons
Country Western Line Dancing – Intermediate	Café A
Golf – 2/26, 3/4, 3/18, 3/25, 4/1	South Gym
Guitar – Beginner – 8 weeks	Room 101
Help! I Can't Find the Floor! Get Organized! – 4/8	Room 157
Italian for Beginners	Room 155
Meditation	Library
Pickleball – Nighttime – Beginner	North Gym
Pickleball – Nighttime – Intermediate	North Gym
Planning for your Child with Special Needs – 2/26	Room 157
Pool Volleyball – 7:30-9pm	Howitt Community Pool
Scuba – 8-9:30pm	Howitt Competition Pool
Walking Club – 3/25, 4/8, 4/15, 4/29, 5/6	Allen Park

TUESDAY STARTS 2/27

AM – Stand Up Paddleboard Lessons – 10-11am	Howitt Competition Pool
AM - Water Aerobics – 7-8am	Howitt Community Pool
American Sign Language – Beginner/Intermediate	Room 155
Auto Clinic Maintenance Course	Auto Shop
Canine Obedience – Refresher Class – 1st night Lecture Hall	Commons
Cruising from NY Ports – 3/26	Room 157
Crystals & Gemstones – 3/19	Room 159
Elder Law Workshop – 3/5	Room 157
Flowers in our Lives – 4/9	Room 159
From Grapes to Glass – 2/27	Room 157
How to Leave Assets to Your Heirs – 3/12	Room 157
Microsoft Excel – Intermediate – 4/9, 4/16, 4/23	Room 122
Microsoft Excel – Introduction – 2/27, 3/5, 3/12	Room 122
Microsoft Word – Intermediate – 3/19, 3/26, 4/2	Room 122
Open Swim	Howitt Community Pool
Piano	Room 101
Reiki Share – 4/2	Room 159
Volleyball	North Gym
Yoga	South Gym

WEDNESDAY STARTS 2/28

AM – Walking Club – 9:30-10:30am - 4/3, 4/10, 4/17, 5/1, 5/8	Allen Park
Budgeting Your Money – 3/27	Room 159
Can't Sleep! Let's Talk – 3/6	Room 157
Crocheting – Beginner – 8 weeks	Room 150
Floating Yoga – 7:30-8:30pm	Howitt Community Pool
Guitar – Intermediate - 8 weeks	Room 115
How to Prepare to Buy/Sell a Home – 4/10	Room 159
Italian – Intermediate	Room 155
Keep the Income Flowing During Retirement – 3/13	Room 157
Longevity and the New Journey of Retirement – 2/28	Room 157
Managing Your Credit – 4/10	Room 157
Open Swim	Howitt Competition Pool
Patchwork Quilting	Teacher's Café
Pay Down/Eliminate Your Debt – 4/3	Room 159
Retirement by Design – 3/20	Room 157
Retirement: Making Your Money Last – 4/3	Room 157
Tai Chi	South Gym
Tax Free Investing: It's not what you Make, It's what you Keep - 4/17	Room 157
Volleyball	North Gym
Zumba Toning (30) and Zumba (30)	Café A

THURSDAY STARTS 2/29

Adult Learn to Swim – Beginner – 2 Sessions	Howitt Community Pool
Open Swim	Howitt Community Pool

FRIDAY STARTS 3/1

AM - Water Aerobics - 9:30-10:30am	Howitt Community Pool
Open Swim	Howitt Competition Pool

SATURDAY

Halotherapy – 3/2, 3/9, 3/16	Healing Grotto Salt Cave
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VIRTUAL CLASSES

Become a Notary	Online
Notary Public Refresher Course	Online
Notary Signing Agent Course	Online
Remote Electronic Notary Mini Course (REN)	Online

OTHER CLASSES OFF SITE

Halotherapy- Bellmore – 3/2, 3/9, 3/16	Healing Grotto Salt Cave
Horseback Riding – Beginner	Heaven Sent Farms
Horseback Riding – Intermediate	Heaven Sent Farms
Pickleball - Daytime - starts week of 2/26	Sportime - Bethpage
Tae Kwon Do – Farmingdale – T & TH 2/27-4/4	190B Merritts Road
Tennis - starts week of 2/26	Sportime - Bethpage

COURSE DESCRIPTIONS

ARTS AND CRAFTS



CROCHETING - BEGINNER

Geraldine MacCarthy

Monday SENIOR HIGH
6:30-8:30pm Room 150
\$60 Reg. Fee 8 Week Course

This workshop teaches beginner-level crocheting. We will discuss hooks, yarns, and stitches. The basics of crocheting will be taught, including how to make a chain stitch and a single crochet stitch. At the end of the course, the student will be able to crochet and complete one placemat. After they complete the one, they can make more to complete a set of four. Materials needed for the first class: Loops & Threads Impeccable Yarn – solid in the color. This yarn is medium (4) weight and 100% acrylic. The size is 4.5oz/127.5 g. A skein is 285 yds/260 m.



PATCHWORK QUILTING

Mary Meade SENIOR HIGH
Wednesday Teachers' Café
7:00-9:00PM
\$60 Reg. Fee

Beginners can create a spectacular crib size Amish "Bar Quilt" or wall hanging using a palette of colors similar to those of the so-called "Plain People". This course will teach you all of the basics of quick cutting, piercing and quilting. More advanced students may produce another design to be decided in the first class. Bring a small scissors to the first class. **BEGINNERS SHOULD BE PRESENT AT THE FIRST CLASS. PLEASE NOTE: Knowledge of basic sewing skills by hand for hand piercing or a knowledge of basic sewing with a machine for machine piercing is strongly suggested.**

AUTOMOTIVE

AUTO PREVENTATIVE MAINTENANCE COURSE

Renato Ferrari SENIOR HIGH
Tuesday AUTO SHOP
7:00-9:00PM
\$60 Reg. Fee

This course was developed for the benefit of **ALL CAR OWNERS, YOUNG AND OLD** who love their cars and want to keep them running like new forever. This may sound impossible, but it's doable if you think **Maintenance!** Maintenance is the taking care of minor problems. It's when minor problems are ignored, that major problems develop. In this class, we will learn to treat minor problems even before they develop. That is why we call it **Preventative Maintenance**. Preventative maintenance is something we do periodically to keep major things from happening. In major repair shops they call this "the free 15-point check". We not only check the 15-points; we also learn how to maintain them in working condition. By doing this, you will keep

your car running like new for a long time, and most of all, it will also keep your maintenance cost to a minimum, while enjoying a trouble free ride.

COMPUTERS/DIGITAL

MICROSOFT EXCEL – INTRODUCTION

Paul Montenero SENIOR HIGH
Tuesday – 2/27, 3/5, 3/12 Room 122
6:30-8:30PM 3 NIGHT COURSE
\$55 Reg. Fee

Students learn the basics of Excel and what is commonly used for math and data management. Topics include: workbooks vs. worksheets, entering data, insert, cut, copy, paste, undo & redo, basic math operations, auto-fill, SUM function, basic formatting, data management tasks (sorting, filtering, subtotals), printing and saving (including as PDFs). **NO REDUCED FEE FOR THIS COURSE.**



MICROSOFT EXCEL – INTERMEDIATE

Paul Montenero SENIOR HIGH
Tuesday – 4/9, 4/16, 4/23

6:30-8:30PM Room 122
\$55 Reg. Fee 3 NIGHT COURSE
Students learn additional skills that are essential to being productive with Excel. The creation of charts and graphs and how to link them to other Microsoft Office programs such as Word and PowerPoint. They will learn how to navigate the function library and then use them to create a template. Students will also learn how to manage their Quick Access Toolbar. Topics include: conditional formatting, validation rules, logic functions, comma separated values (CSV), Pivot Tables, Pivot Charts and Lookup function. **NO REDUCED FEE FOR THIS COURSE.**

MICROSOFT WORD – INTERMEDIATE

Paul Montenero SENIOR HIGH
Tuesday – 3/19, 3/26, 4/2 Room 122
6:30-9:00pm 3 Night Course
\$45 Reg. Fee

Students learn how to use Microsoft Word for the growing versatile needs, such as: instructional documents, newsletters, reports with visual graphics and pictures. Students also learn how to take advantage of features that are especially beneficial for today's virtual employment opportunities and working in groups (teams). Topics include: Columns, page breaks, column breaks, section breaks, headers & footers, tables, editing/annotating graphics and pictures. This course assumes students have the very basic understanding of Microsoft Word. **NO REDUCED FEE FOR THIS COURSE.**

DANCE AND MUSIC

BIG BAND

Dave Mandel SENIOR HIGH
Monday Band Room 115
7:00-9:00PM

Come play Big Band charts in the Glenn Miller, Tommy Dorsey, Harry James, etc. style. All levels of experience are welcome.

Call Dave Mandel at 516-983-0051

Please leave message
or send an email to:

FarmingdaleBigBand@gmail.com

ATTENTION!!!

TRUMPETS, TROMBONES, BASS GUITAR AND GUITAR PLAYERS WANTED!

Dust off those instruments in the attic and join us for a great evening.

COUNTRY WESTERN LINE AND COUPLES DANCING - INTERMEDIATE

Jim Vafeas, SENIOR HIGH
Monday Café A
7:30-9:00PM

\$60 Reg. Fee/\$70 Out of District Fee
Country Music and Line Dancing go hand-in-hand on Long Island. Learn popular modern and classic country dances being performed and join the fun! Each session includes a review of prior dances and a new dance or two. We take the time to make sure every student is comfortable before moving on. Line dancing experience in our beginner class is highly recommended. Great fun and exercise for all ages, singles and couples. **NO REDUCED FEE FOR THIS COURSE.**

NEW

GUITAR - BEGINNER

Pat Impollonia SENIOR HIGH
Monday Room 101
7:00-9:00PM
\$60 Reg. Fee 8-week course

Here's a unique and fun way to learn to play guitar. This workshop will provide lessons and training on basic guitar chord development and basic music theory for beginners with the goal of being able to play songs by the end of the 8-week program. **NO REDUCED FEE FOR THIS COURSE.**



GUITAR - INTERMEDIATE

Pat Impollonia SENIOR HIGH
Wednesday Room 115
7:00-9:00PM
\$60 Reg. Fee 8-week course

This workshop is for individuals who are familiar with basic guitar chords and have the ability to change from chord to chord at an intermediate level. A series of songs are played together as a group throughout the workshop and include folk and country songs, as well as 1960's – present hits by the Beatles, John Denver, Bob Dylan and others. **NO REDUCED FEE FOR THIS COURSE.**

PIANO – BEGINNER /INTERMEDIATE

Mona Sanchick SENIOR HIGH
Tuesday - 7:00-9:00PM Room 101
\$115 Reg. Fee
\$18.50 Material Fee. See below.

Piano students of beginner and intermediate levels are welcome to take this course. Bring your keyboard and headphones. **Material Fee for Book & Chord Chart \$18.50 paid to the teacher the first night of class. There will be a concert and refreshments at the end of the last class. NO REDUCED FEE FOR THIS CLASS. LIMIT 6 STUDENTS.**

ZUMBA TONING & ZUMBA

See course description
on page 6

FINANCE & CAREER DEVELOPMENT

BECOME A NOTARY - ONLINE

Dina DiRoma
Self-Paced course. Available 24/7
for 90 days.
Course length is approximately 2.5 hours.
\$75 Reg. Fee

Stand out among the competition! Add a new credential to your resume. All companies need to have documents notarized. This is a pre-recorded Zoom Notary Course that can be accessed any time (Day or Evening) and is available 7 days a week. Additionally, Customer Support is just a click away. The online training course includes: instant access, notary concepts, definition review, sample forms, notary law subsection review, notary facts, notary prep test and 1 full year of customer support. The course is available 24/7 for 90 days. **NO REDUCED FEE FOR THIS COURSE.**

NOTARY SIGNING AGENT COURSE – ONLINE

Dina DiRoma
Self-Paced course. Available 24/7
for 90 days. 2 downloadable books
included (course notes and sample
forms) Course length is approximately
2.5 hours
\$75 Reg. Fee

Discover a rewarding career as a Notary Signing Agent in the lending industry & beyond! Be your own boss either part-time, full-time or side hustle! This course is designed to equip you with the essential skills you will need to properly perform loan document signings. ****PRE-REQUISITE**** - You must have completed or attended a Notary Public Training Course prior to taking this course. You must be a notary public in order to practice as a signing agent. However, you may take this course prior to obtaining your license so that you are ready to practice once you're in receipt of your license. **NO REDUCED FEE FOR THIS COURSE.**

NOTARY PUBLIC REFRESHER COURSE – ONLINE

Dina DiRoma
Self-Paced course. Available 24/7
for 90 days. Downloadable Book &
Prep Test Included. Course length is
approximately 1.5 hours
\$45 Reg. Fee

I just became a Notary Public, now what? Do you question yourself when notarizing documents? This course is designed for newly appointed Notaries, in addition to seasoned Notaries to eliminate the guesswork when handling documents. **NO REDUCED FEE FOR THIS COURSE.**

REMOTE ELECTRONIC NOTARY MINI COURSE (REN) - ONLINE

Dina DiRoma
Self-Paced course. Available 24/7 for
60 days. Course Book and Training
Videos are included. Course length is
approximately 45 minutes.
\$75 Reg. Fee

This Course (REN) is an understanding of the new laws that went into effect in 2023 for all New York State Licensed Notary Publics. What is Remote

Electronic Notarization (REN) – this includes: electronic notarial acts, the gist of electronic notarization, papering out, provisions for identifying individuals electronically, credential analysis, identity proofing, procedure of electronically notarizing, electronic signature, certificate of authority, journalizing electronic notarial acts, disclosure of information, recording the electronic notarization and record storage. Includes an electronic journal demo and a remote notary platform demo. **NO REDUCED FEE FOR THIS COURSE.**

ELDER LAW WORKSHOP

Deidre M. Baker, Esq.
Tuesday – 3/5 SENIOR HIGH
6:30-8:30PM Room 157
\$15 Reg. Fee 1 Night Course

The Elder Law Workshop will explain how to plan for long term care in the event of catastrophic illness. The workshop will provide a detailed analysis of how to protect assets from long term care costs. **NO REDUCED FEE FOR THIS COURSE.**

HOW TO LEAVE ASSETS TO YOUR HEIRS

Deidre M. Baker, Esq.
Tuesday – 3/12 SENIOR HIGH
6:30-8:30PM Room 157
\$15 Reg. Fee 1 Night Course

This course will provide an overview of estate and disability planning. The different methods of leaving an inheritance to others will be explored. Advantages and disadvantages of different estate planning options will be highlighted so that students can determine which methods are appropriate in various situations. **NO REDUCED FEE FOR THIS COURSE.**



HOW TO PREPARE TO BUY AND/OR SELL A HOME

Lois Engel, Real Estate Salesperson
Wednesday – 4/10 SENIOR HIGH
7:00-9:00pm Room 157
\$15 Reg. Fee 1 Night Course

Lois Engel, of Laffey Real Estate will provide insight into “Preparing to Buy and/or Sell a Home”. Learn what HGTV forgets to tell you. Time will be allotted to answer questions. **NO REDUCED FEE FOR THIS COURSE.**

PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

Jeffrey R. Silverman, JD CFP
Monday – 2/26 SENIOR HIGH
7:00-8:30PM Room 157
\$15 Reg. Fee 1 Night Course

Parents have numerous issues in planning for the long-term wellbeing of their children with special needs. 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 Needs Trusts; Government Benefits; Guardianship; and Future housing. Mr. Silverman is a Certified Financial Planner, practitioner and attorney. **NO REDUCED FEE FOR THIS COURSE.**



KEEP THE INCOME FLOWING DURING RETIREMENT

How to create your “Retirement Paychecks” with the New Tax Laws
Jeffrey Silverman, JD CFP

Wednesday - 3/13 SENIOR HIGH
7:00-8:30PM Room 157
\$15 Reg. Fee 1 Night Course
 Studies show that the biggest fear retirees have is running out of money before running out of life! Planning an effective retirement income strategy is more important than ever when facing a retirement that can span more than 25 years. **NO REDUCED FEE FOR THIS COURSE.**

LONGEVITY AND THE NEW JOURNEY OF RETIREMENT

Jim Vafeas – Financial Advisor
Wednesday – 2/28 SENIOR HIGH
7:00-8:00PM Room 157
\$15 Reg. Fee 1 Night Course
 Edward Jones’ ongoing collaboration with Age Wave now includes a comprehensive new study, Longevity and the New Journey of Retirement, to explore how the journey of retirement unfolds, the patterns of people’s experience in retirement, and the keys to thriving along the way. **NO REDUCED FEE FOR THIS COURSE.**

RETIREMENT BY DESIGN

Jim Vafeas – Financial Advisor
Wednesday – 3/20 SENIOR HIGH
7:00-8:00PM Room 157
\$15 Reg. Fee 1 Night Course
 This seminar illustrates how you can help translate your vision for retirement into tangible goals. Whether someone is 10 or 40 years from retirement, attendees will learn investment strategies to help design the retirement they want. We will also discuss how you can add flexibility to your strategy to help you handle unexpected events and how you can keep their strategy on track. **NO REDUCED FEE FOR THIS COURSE.**

RETIREMENT: MAKING YOUR MONEY LAST

Jim Vafeas – Financial Advisor
Wednesday – 4/3 SENIOR HIGH
7:00-8:00PM Room 157
\$15 Reg. Fee 1 Night Course
 This interactive lecture is designed to help clients and potential clients prepare to live the retirement they have envisioned. Attendees will learn investment strategies to help build a strategy to last throughout one’s retirement years. In addition, you will explore how to address key concerns such as inflation, health care expenses and market volatility as well as ways to prepare in advance for things that may not go as expected. **NO REDUCED FEE FOR THIS COURSE.**

TAX FREE INVESTING: IT’S NOT WHAT YOU MAKE, IT’S WHAT YOU KEEP

Jim Vafeas – Financial Advisor
Wednesday – 4/17 SENIOR HIGH
7:00-8:00PM Room 157
\$15 Reg. Fee 1 Night Course
 This course is designed to help inform individuals of the benefits and considerations of choosing investments that offer tax advantages. Participants will learn: tax-advantaged investments

and their features, tax-free investment returns vs. taxable investment returns, three ways to purchase municipal bonds, how tax-free investing can help you achieve your goals faster. **NO REDUCED FEE FOR THIS COURSE.**

BUDGETING YOUR MONEY

Ellen Smiley – Financial Literacy
Wednesday – 3/27 SENIOR HIGH
7:00-8:30PM Room 159
\$15 Reg. Fee 1 Night Course
 Budgeting your money. Change your thinking, change your life! It’s all about finances! Find out why the word “budget” is your friend and not a six letter curse word! It can change your life for the better so you control your financial life and it doesn’t control you! Bring a pen/pencil and a calculator or have a calculator app on your phone. **NO REDUCED FEE FOR THIS COURSE.**

PAY DOWN/ELIMINATE YOUR DEBT

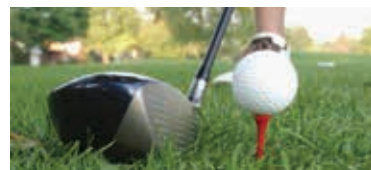
Ellen Smiley – Financial Literacy
Wednesday – 4/3 SENIOR HIGH
7:00-8:30PM Room 159
\$15 Reg. Fee 1 Night Course
 Change your thinking, change your life! It’s all about finances. Discover the ways you can pay down your debt and eliminate it so that you can control your financial life and it doesn’t control you! Find the places you have hidden “passive income” and use it to eliminate your debt. As Benjamin Franklin said “Think what you do when you run in debt; you give another power over your liberty”. Bring a pen/pencil and a calculator or have a calculator app on your phone. **NO REDUCED FEE FOR THIS COURSE.**

TAKE ALL THREE OF ELLEN SMILEY’S FINANCIAL LITERACY CLASSES FOR \$40. SAVE \$5.

MANAGING YOUR CREDIT

Ellen Smiley – Financial Literacy
Wednesday – 4/10 SENIOR HIGH
7:00-8:30PM Room 159
\$15 Reg. Fee 1 Night Course
 Change your thinking, change your life! Find out how your credit score determines your options in life. What is a great credit score? Why is it important? How can you get a great one and what difference will it make to you and your family? Bring a pen/pencil and a calculator or have a calculator app on your phone. **NO REDUCED FEE FOR THIS COURSE.**

FITNESS & RECREATION



GOLF FOR BEGINNERS/INTERMEDIATE

Mike Giossi – PGA Tour Superstore Teaching Pro
Monday – 2/26, 3/4, 3/18, 3/25, 4/1 SENIOR HIGH
7:30-9:00PM South Gym
5-week course
\$60 Reg. Fee/\$70 Out of District
 This 5-week program is to introduce the beginner golfer to the basics of the golf swing and for the intermediate golfer to knock the rust off while improving their skill sets. We will cover the basics of the swing, the short game, how to create power and direction in your golf swing and putting. Students must bring: a golf mat, 7 iron and whiffle golf balls. Limit 10 students. **NO REDUCED FEE FOR THIS COURSE.**



Monday PM & Wednesday AM Both Days at Allen Park

WALKING CLUB

Lynn Orlando Allen Park
Monday – 3/25, 4/8, 4/15, 4/29, 5/6
6:30-7:30PM
\$5 Reg. Fee /\$15 Out of District

Wednesday – 4/3, 4/10, 4/17, 5/1, 5/8
9:30-10:30AM

NEW TIME

\$5 Reg. Fee /\$15 Out of District
1st night meet at the Allen Park flagpole in the back of the Woodward Pkwy. Entrance.

Beginners to advanced, walk at your own pace. Wear comfortable sneakers, bring a water bottle and a friend. This is a good way to exercise while enjoying the camaraderie of the group. **Please write on check which night you are registering for. NO REDUCED FEE FOR THIS COURSE.**

POOL VOLLEYBALL, TENNIS & DAYTIME PICKLEBALL AT SPORTIME
 See details on Page 7



VOLLEYBALL – CO-ED (RECREATIONAL/EXPERIENCE PLAYERS)

Bob Rozakis SENIOR HIGH
Tuesday North Gym
7:30-9:30PM

\$60 Reg. Fee/\$70 Out of District
 Volleyball is one of the most popular sports among adults who want cardiovascular fitness and the camaraderie of team play. Our Tuesday play is aimed at small groups who pay together regularly, as well as individuals interested in competitive co-ed games. Sneakers and loose fitting clothes. **NO FOOD OR BEVERAGES ALLOWED. PLEASE NOTE: DUE TO GYM SPACE LIMITATIONS, THE CLASS IS LIMITED TO 48**

VOLLEYBALL – CO-ED (RECREATIONAL/INTERMEDIATE & EXPERIENCED PLAYERS)

Bob Rozakis SENIOR HIGH
Wednesday North Gym
7:30-9:30PM

\$60 Reg. Fee/\$70 Out of District
 Volleyball is one of the most popular sports among adults who want cardiovascular fitness and the camaraderie of team play. Wednesday’s teams are a mix of intermediate and experienced players whose goal is friendly, competitive, well-played games. Sneakers and loose fitting clothes. **NO FOOD OR BEVERAGES ALLOWED. PLEASE NOTE: DUE TO GYM SPACE LIMITATIONS, THE CLASS IS LIMITED TO 48**



MEDITATION

Please see course description on page 8 in the Health and Wellness section.

TAI CHI

Helen Lein
Wednesday **SENIOR HIGH**
7:30-9:00PM **South Gym**
\$60 Reg. Fee

The Ancient Chinese exercise system of Health and self-defense uses slow, calm, relaxing and balancing movements. It significantly helps to reduce stress, tones the muscles, and is ideal for weight problems. Promote strength, stamina and energy, balance blood pressure, improve physical conditioning. Delay the aging process, increase confidence, and cope with conflict. **Wear loose comfortable clothing and sneakers.**



YOGA

Helen Lein
Tuesday **SENIOR HIGH**
7:30-9:00PM **South Gym**
\$60 Reg. Fee

Every wonderful thing you have ever heard about yoga is true. Learn how you can get "in-touch" with your body through the Hatha aspect of yoga. Learn how to reduce stress and improve wellness. **Helen is a certified Kripalu Yoga Teacher. For best results, avoid eating a heavy meal before class. Please have an exercise mat, a long soft belt and a firm blanket.**

Pickleball is a fast-paced and highly cardiovascular game is a combination of tennis, badminton, and ping pong. It is played with a paddle and a perforated plastic ball (wiffle ball). It's an easy game to learn, but mastering it takes practice and learning a few tips and tricks. Nighttime Pickleball will take place at the high school on Monday nights.

PICKLEBALL - CO-ED - BEGINNER

Ken Garcia **SENIOR HIGH**
Monday **North Gym**
7:30-8:30PM

\$75 Reg. Fee/\$85 Out of District
 This session is geared to those with no to very little Pickleball experience and are interested in learning the basics. This includes: rules, scoring, basic skills and strategies. After the first few sessions, you will be ready for "Open Play". The instructor will be available to help you with any questions. Bring your own equipment or we can provide basic plastic paddles for those who don't have their own. **NO FOOD OR BEVERAGES ALLOWED. PLEASE NOTE: DUE TO GYM SPACE LIMITATIONS, THE CLASS IS LIMITED TO 40. NO REDUCED FEE FOR THIS COURSE.**

PICKLEBALL - CO-ED - INTERMEDIATE

Ken Garcia **SENIOR HIGH**
Monday **North Gym**
8:30-9:30PM

\$75 Reg. Fee/\$85 Out of District
 This session is geared for participants with experience playing Pickleball. This

session will provide participants with the opportunity for recreational and competitive game/tournament play each session. Bring your own equipment or we can provide basic plastic paddles for those who don't have their own. **NO FOOD OR BEVERAGES ALLOWED. PLEASE NOTE: DUE TO GYM SPACE LIMITATIONS, THE CLASS IS LIMITED TO 40. NO REDUCED FEE FOR THIS COURSE.**



NEW TIME

30/30 ZUMBA TONING + ZUMBA
 Sonia Lepore **SENIOR HIGH**
Wednesday **Café A**
7:00-8:00PM

\$60 Reg. Fee/\$70 Out of District
 Experience the FUN of your exhilarating ZUMBA class with an added benefit. This SPECIALTY ZUMBA course starts with a light weight training session (slower paced Zumba toning) for the first half of class followed by your standard **ZUMBA PARTY**. That's right! It's a 2 for 1 deal! The health benefits are free. Sold out classes mean we can't save spots. So, remember first come, first served. Zumba Toning Sticks are maraca like weights that can be purchased separately on the first day of class BUT they are **OPTIONAL**. Bring your 1-2 pound weights if you'd like. Exercise clothing, towel, and water are recommended. **Beginners – always check with your physician before beginning any fitness course. See you on the dance floor. NO REDUCED FEE FOR THIS COURSE**

HORSEBACK RIDING AT HEAVEN SENT FARMS BEGINNER COURSE
4 Week Course **OFF SITE**
1 Hour Each Week

Rider will learn control of horse through proper guiding, seat and leg position. Exercise and patterns will be given at the walk and beginner trot. Ground work will also be introduced. **Proper attire: Long pants, boot with small heel, helmets provided.**

HORSEBACK RIDING AT HEAVEN SENT FARMS INTERMEDIATE COURSE
4 Week Course **OFF SITE**
1 Hour Each Week

Lessons at this level include reinforcement of all previous instruction and added leg cues, tacking and grooming. Perfecting the trot at all exercises and patterns will also continue. Introduction for are of the horse. **Proper attire: Same as Beginners.**

MAIL-IN \$10.00 REGISTRATION FEE TO SECURE A SPOT FOR HORSEBACK RIDING LESSONS. SEE BACK OF BROCHURE. \$199.00 Payable to Heaven Sent Farms at the time of your first class. NO FOOD OR BEVERAGES. NO REDUCED FEE COURSE. NO ONLINE REGISTRATION AVAILABLE FOR THIS COURSE.

LANGUAGES

ITALIAN FOR BEGINNERS
 Ornella Cavagliere **SENIOR HIGH**
Monday **Room 155**
7:00-9:00PM
\$60 Reg. Fee
 Come to enjoy a pleasant program and learn Italian with a native speaker! This

course is for Beginners. Students need to purchase the book: Learn Italian the Fast & Fun Way by Marcel Danesi. – 4th Edition Barrons.

ITALIAN – INTERMEDIATE
 Ornella Cavagliere **SENIOR HIGH**
Wednesday **Room 155**
7:00-9:00PM
\$60 Reg. Fee

Come to enjoy a pleasant program and learn Italian with a native speaker! This course is intended for students who have completed the Italian for Beginners Class or have a good knowledge of Italian.

At the end of the semester come join us for a fun Italian Feast.

AMERICAN SIGN LANGUAGE-BEGINNER/INTERMEDIATE
 Suzanne Grossman **SENIOR HIGH**
Tuesday **Room 155**
6:30-8:30pm
\$60 Reg. Fee

This is a beginner and intermediate class. Learn to communicate using American Sign Language. Study deaf culture. Class is for those new to signing and for those who already took the introductory class, and want to continue to learn more.

SPECIAL COURSES & HOBBIES

CANINE OBEDIENCE
 Jeffrey Pritzker **SENIOR HIGH**
Assisted by Henry **Com-**
mons **Limit 8 Dogs**
Monday **Limit 1 adult per dog**
7:30-8:15PM **8 Week Course**
\$60 Reg. Fee

FIRST NIGHT MEET IN THE LECTURE HALL. PLEASE DO NOT BRING YOUR DOG THE FIRST NIGHT OF CLASSES.
 This is a step by step method for training your dog, regardless of breed or age. You can learn to train your dog quickly and effectively and it takes only minutes a day. Please bring proof of vaccination to the first night of class. Vaccinations required are: rabies, distemper and bordetella. **LIMIT 8 dogs allowed. NO REDUCED FEE FOR THIS COURSE. NO ONE UNDER 21 YEARS OLD ALLOWED.**



CANINE OBEDIENCE-REFRESHER COURSE **NEW**
 Jeffrey Pritzker **SENIOR HIGH**
Assisted by Henry **Commons**
Tuesday **Limit 12 Dogs**
7:30-8:15PM **Limit 1 adult per dog**
\$60 Reg. Fee **8 Week Course**

FIRST NIGHT MEET IN THE LECTURE HALL. PLEASE DO NOT BRING YOUR DOG THE FIRST NIGHT OF CLASSES. Owners and dogs are invited back for a reunion and canine obedience "refresher" course. All graduates of Farmingdale Adult Education canine obedience are invited back for a class reunion and one-on-one additional training. Please bring proof of vaccination to the first night of class. Vaccinations required are: rabies, distemper and bordetella. **Limit 12 dogs allowed. NO REDUCED FEE FOR THIS COURSE. NO ONE UNDER 21 YEARS OLD ALLOWED.**

CRUISING FROM NEW YORK PORTS: LOVE BOAT OR NIGHTMARE
 Claudia Kulba **SENIOR HIGH**
Tuesday – 3/26 **Room 157**
6:30--8:30PM **1 Night Course**
\$15 Reg. Fee
 To cruise or not to cruise... where and/

or why? In this course we will discuss the following and more: destinations vs itineraries, travel documentation preparation, immigration tips to make your life at the pier easy, navigating NYC Port of NY piers and how to get there (Midtown, Brooklyn, Bayonne), navigating to NYC ports from the airport, how to check in (past immigration) without wasting hours, in-person check-in vs online check-in, what cruise lines travel to where and when, how to book efficiently and search for deals. **NO REDUCED FEE FOR THIS COURSE.**



NEW

FROM GRAPES TO GLASS
 Donald Dejewski **SENIOR HIGH**
Tuesday – 2/27 **Room 157**
7:00-8:30pm **1 Night Course**
\$15 Reg. Fee

For some people, wine can be a confusing topic. It certainly doesn't need to be, and this comprehensive course will remove any fear you have about learning what you have always wanted to learn about wine. After starting with an overview of some basic terms and principles about wine, the course will then discuss some of the famous wine regions, grapes, how to properly taste wine, read wine labels and more. We will cover all the characteristics about wine (flavors, aroma, and color) and explore the entire winemaking process. Wine is one of life's great pleasures and is meant to be enjoyed responsibly! **NO REDUCED FEE FOR THIS COURSE.**

HELP! I CAN'T FIND THE FLOOR! GET ORGANIZED!

Debra Viniar, **Professional Organizer**
Monday – 4/8 **SENIOR HIGH**
6:30-8:30pm **Room 157**
\$15 Reg. Fee **1 Night Course**

During this organizing and de-cluttering class, Debra will take you on a trip that begins in your overstuffed and disorganized home and ends with your inspiration to de-clutter. While enlightening you as to the reasons for chronic disorganization, Debra will point you in the right direction with games, pictures and fun. She will teach you how to leave the fear of shame and judgment behind, and change "overwhelm" to "ahhh". Debra is a member of NAPO. **NO REDUCED FEE FOR THIS COURSE.**

TAE KWON DO GRAND MASTER KANG YOUNG LEE
2/27-4/4 **190B MERRITTS RD.**
Tuesday & Thursdays **Farmingdale**
7:30-8:30PM **6 Week Course**
 \$10 Reg. Fee payable to Farmingdale Public Schools. After registration fee is accepted, you may register at 190B Merritts Road and pay \$99 for the 6 week Taekwondo class on the first day of class (2/27). **NO REDUCED FEE FOR THIS COURSE.**

HEALTH AND WELLNESS

CAN'T SLEEP? LET'S TALK!
 Barbara Herd, CHC, CSSC CEOC
Wednesday – 3/6 **SENIOR HIGH**
7:00-8:15PM **Room 157**
\$15 Reg. Fee **1 Night Course**
 Over 1/3 of Americans are struggling with sleep loss.. It doesn't matter if you have had trouble for a short while or for as long as you can remember. We will look at some environmental and external factors that may be affecting your sleep, as well as ways you may be sabotaging yourself – and what to do about it. **NO REDUCED FEE FOR THIS COURSE.**

HOWITT AQUATIC CENTER POOL



Please note

For all Adult Ed swim courses, Farmingdale UFSD Residents will receive priority over nonresidents.

EVENING OPEN SWIM FOR WINTER/SPRING 2024 ENDS FRIDAY, APRIL 19, 2024

DAYS & TIMES ARE AS FOLLOWS:

**Tuesday & Friday
Nights
COMMUNITY POOL
8:30-9:30PM**

**Wednesday & Thursday
Nights
COMPETITION POOL
8:30-9:30PM**

FOR DAYTIME OPEN SWIM DAYS/TIMES, PLEASE CHECK THE HOWITT AQUATIC CENTER PAGE ON THE FARMINGDALE SCHOOL DISTRICT WEBSITE.

In order to ensure maximum availability for Farmingdale UFSD residents the school district has provided additional opportunities for Open Swim at the new Aquatic Center. The Open Swim sessions are intended for use by Farmingdale UFSD residents only.

First come first served with student ID or other proof of District 22 residency. Space is limited.



ADULT LEARN TO SWIM - BEGINNER

HOWITT AQUATIC CENTER
COMMUNITY POOL

Instructor – Haley Hosking
Thursday

Session 1: 7:30-8:15pm
Session 2: 8:15-9:00pm

Please put session # on your check when registering by mail.

\$60 Reg. Fee/\$70 Out of District*

Overcome your fear of the water. This class is for students who are new to swimming. You will develop a level of comfort in the water by learning basic water skills, including breath control, floating, submerging mouth, nose and eyes, kicking, treading, and beginning to learn front and back crawl strokes. **Limit 6 students. NO REDUCED FEE FOR THIS COURSE.**



POOL VOLLEYBALL

HOWITT AQUATIC CENTER
COMMUNITY POOL

Dave Gillam

Monday
7:30-9:00pm
1/4/24 - 2/22/24

\$60 Reg. Fee/\$70 Out of District*

A volleyball! A net! A pool! Our popular volleyball program adds a new direction at the Howitt Aquatic Center. So bring your bathing suit and your towel and join us. Please note that because we only have one "court", class size is limited to 18. **NO REDUCED FEE FOR THIS COURSE.**



WATER AEROBICS

HOWITT AQUATIC CENTER
COMMUNITY POOL

Instructor – Ellen Brach –

Session 1: Monday 9:30-10:30AM

Instructor – Janet McLoughlin –

Session 2: Tuesday 7:00-8:00AM

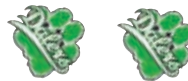
Instructor – Laura Murphy –

Session 3: Friday 9:30-10:30AM

Please put day and time on your check when registering by mail.

\$60 Reg. Fee/\$70 Out of District*

Water aerobics is fun, healthy and gets your blood moving. The pool is a perfect setting for this fun way to stay fit. This low impact class is performed in shallow water and is designed to improve joint stability, coordination, heart health and strength. Please put day and time on your check when registering by mail. **NO REDUCED FEE FOR THIS COURSE.**



MONDAY NIGHT SCUBA

HOWITT AQUATIC CENTER
COMPETITION POOL

Ed Tiedemann

Jeanne Tiedemann

Monday

8:00-9:30PM

Session 1: 2/26, 3/4, 3/11

Session 2: 3/18, 3/25, 4/1

Session 3: 4/8, 4/15, 4/22

Session 4: 4/29, 5/6, 5/13

Session 5: 6/3, 6/10, 6/17

Please put session # on your check if registering by mail

\$90 Reg. Fee/ \$100 Out of District*

Are you a certified scuba diver? Getting into a pool for practice is a great way to keep your skills up-to-date and be ready for your next scuba diving vacation. The facility has a 15-foot-deep section great for practicing skills, trying out new equipment, working with your dive buddy, the list goes on... If you do not own all needed equipment, you can rent what you need from your local dive shop, or through special arrangements with Tiedemann's Diving Center of Levittown. Make sure all your skills are perfect by practicing in the pool. You must have a nationally recognized scuba certification and have had recent diving experience. This can be provided by a Diver's Logbook. The level of certification must be Open Water Diver or higher. Use of any highly specialized equipment like a dry suit, requires certification in that area. **NO REDUCED FEE FOR THIS COURSE.**



FLOATING YOGA

HOWITT AQUATIC CENTER
COMMUNITY POOL

Michelle Faber

Wednesday

7:30-8:30pm

3 Night Course

Session 1: 2/28, 3/6, 3/13

Session 2: 3/20, 3/27, 4/3

Session 3: 4/10, 4/17, 5/1

Session 4: 5/8, 5/15, 5/22

\$75 Reg. Fee/\$85 Out of District*

Take your yoga practice to the water. Combine stand up paddle boarding and fitness! These classes take your favorite "yoga flow" and puts it on the water. Give yourself the opportunity to check out and find your balance. Stand up paddle board yoga is great for building better balance, coordination, endurance and body strength. These are all level classes. No stand up paddle board or fitness experience required. **Please put Session # on your check if registering by mail. NO REDUCED FEE FOR THIS COURSE.**

Please note – For all Adult Ed swim courses, Farmingdale School district 22 Residents will receive priority over nonresidents.



STAND UP PADDLEBOARD LESSONS

HOWITT AQUATIC CENTER
COMPETITION POOL

Deanna Arecco

Tuesday

10:00-11:00am

3 Day Course

\$60 Reg. Fee/\$70 Out of District

Session 1: 2/27, 3/5, 3/12

Session 2: 3/19, 3/26, 4/2

Session 3: 4/9, 4/16, 5/7

Session 4: 5/14, 5/21, 5/28

Learn how to paddle and become comfortable on a paddleboard with a WPA-certified instructor. The 60-minute class will teach you everything from how to step onto your paddleboard to the basics of water safety, equipment, launching, paddle strokes, turning, stopping and short distant paddle. Combined with a yoga balance board on the pool deck. If you are looking to level up your balance in a safe environment and are looking to improve your flexibility, body control and tone at the same time, this is the class for you. \$10 Rental Fee paid to the instructor the first day of class. **NO REDUCED FEE FOR THIS COURSE.**



FARMINGDALE CONTINUING COMMUNITY EDUCATION TENNIS & PICKLEBALL PROGRAMS

For Adults 21 and over

Reserve your spot by completing a registration form and sending the form along with a check for **\$10.00 Reg. Fee** or **\$20.00 Out of District Fee** payable to: Farmingdale Public Schools.

TENNIS

Our introduction to tennis program consist of (8) 1 hour classes with 4 to 6 on each court. The program consists of stroke production and singles and double strategy. The program fee is \$210.00
(Check payable to Sportime at first class)

CLASS CHOICES FOR TENNIS:

Wednesday: 1-2pm, Saturday: 4:30-5:30pm

Days & times are subject to change based on court availability.

"BEGINNER PICKLEBALL"

Learn the basics of pickleball, the new sport everyone is talking about. (8) 1 hour classes. The program fee is \$175.00
(Check payable to Sportime at first class)

CLASS CHOICES FOR PICKLEBALL:

Tuesday -2:00-3:00pm, Wednesday -11:00-12:00pm

ALL CLASSES ARE TAUGHT BY FULL-TIME PROFESSIONALS & HIGHLY TRAINED COUNSELORS EACH SESSION HAS LIMITED SPACE AVAILABLE

****First Time Sportime Attendees Only****

SPORTIME BETHPAGE 101 Norcross Ave. Bethpage, NY 11714

CRYSTALS AND GEMSTONES
Helen Krebs **SENIOR HIGH**
Tuesday – 3/19 **Room 159**
6:30-7:30pm
\$15 Reg. Fee **1 Night Course**
 Welcome to this interactive class! We will start with a crystal meditation, move into a crystal “show and tell” and then explore how to make crystal grids to strengthen the chakras. Please bring your crystals/gemstones to show. If you don’t own any, there will be enough to explore. **NO REDUCED FEE FOR THIS COURSE.**

NEW
FLOWERS IN OUR LIVES
Helen Krebs **SENIOR HIGH**
Tuesday - 4/9 **Room 159**
7:00-8:00pm **1 Night Course**
\$15 Reg. Fee
 Let’s talk about the flowers we love! How do we use them to make our lives beautiful, how do we make flowers even more a part of our lives and what are some spiritual benefits flowers offer us! This is partly an interactive class where we share with one another. We will start with a short flower meditation. Feel free to bring flowers

to show the group! **NO REDUCED FEE FOR THIS COURSE.**

MEDITATION - THE SCIENCE OF AWARENESS
Helen Lein **SENIOR HIGH**
Monday **Library**
7:00-8:00PM
\$60 Reg. Fee
 Meditation is the practice of emptying the mind of the “noise” that invades our thoughts and prevents us from fully enjoying each of life’s moments. Many people think that meditation is “zoning out” - this is very far from the truth! With meditation, we are wonderfully aware, yet unaffected and undisturbed. We will begin with breathing, centering and relaxation. Then continue to deeper meditative states and their benefits. **Please bring a blanket to sit on and a sweater.**

HALOTHERAPY AT THE SALT GROTTO

Dr. Janine Kelly **1762 NEWBRIDGE ROAD**
Saturday - 3/2, 3/9, 3/16 11:00am -noon **BELLMORE**
\$75 reg. Fee

PLEASE ARRIVE BY 10:45AM. CLASS STARTS AT 11:00 AM. SHARP

Exclusive discount for Farmingdale Continuing Education Students. Three – one hour sessions on Saturdays for only \$75 total! Usual cost is \$45 per session. For hundreds of years people have sought the healing benefits of salt caves. Experience the latest wellness craze yourself. The germ free environment provides a natural cleansing of the respiratory system. Many people experience relief from respiratory stress and anxiety, sleep disorders and skin ailments. Consult Google for many informative articles on halotherapy. Preparation: Wear comfortable clothing, no jewelry, no perfume. No food, drink or cell phones permitted. De-tox your lungs and leave your stress behind. Sign up with a friend or come alone. Contraindications: Halotherapy is not recommended for people with contagious diseases, fever, open wounds, cancer, severe hypertension, mental disorders, and active tuberculosis. Session 1 - Introduction/Welcome plus 45 minute salt session, Session 2 - Guided Meditation plus 45 minute salt session, Session 3 - Question and Answer testimonial plus 45 minutes salt session.



NO REDUCED FEE FOR THIS COURSE. LIMIT 10 STUDENTS. WAITING LIST WILL BE STARTED FOR ADDITIONAL CLASSES.



SENIOR CITIZENS OF FARMINGDALE, INC.

Ida Ferrante - Coordinator/President
Farmingdale Public Library 1:00-4:30 PM

Please call 516-753-0291 to Enroll

Senior citizens living in Farmingdale School District are most welcome to participate in this program. Games and card playing, special meetings and parties are planned throughout the year. Several trips to New York local points of interest and out-of-state are taken by members each year. The support and interest of all civic and community groups is strongly encouraged in this social and educational endeavor.

Easy-To-Use MAIL-IN REGISTRATION:
YOU WILL BE NOTIFIED ONLY IF YOUR CLASS HAS BEEN CANCELED.

REGISTRATION FORMS TO REGISTER BY MAIL



- A. Fill out ONE FORM FOR EACH COURSE.
- B. Make out a SEPARATE CHECK for EACH course. Put course title address and telephone number on EACH CHECK.
- C. Registration will be processed on a first come, first served basis.
- D. You will be notified ONLY if your registration cannot be processed.
- E. Make checks payable to: FARMINGDALE PUBLIC SCHOOLS

MAIL TO: FARMINGDALE ADULT ED
FARMINGDALE HIGH SCHOOL
150 LINCOLN STREET
FARMINGDALE, NY 11735

ADULT & CONTINUING EDUCATION

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Any questions? Please call 516-434-5316

NO CONFIRMATION WILL BE SENT



FARMINGDALE CONTINUING EDUCATION REGISTRATION FORM

Name: _____

Address: _____

Town: _____ Zip Code: _____

Email: _____

Home #: _____ Cell#: _____

Name of Course: _____

Day Held: M T W TH F

- 21 AND OVER
- DISTRICT 22 RESIDENT
- DISTRICT 22 SENIOR CITIZEN
- OUT OF DISTRICT RESIDENT

Fee\$: _____ Room: _____

NO CONFIRMATION WILL BE SENT



FARMINGDALE CONTINUING EDUCATION REGISTRATION FORM

Name: _____

Address: _____

Town: _____ Zip Code: _____

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Home #: _____ Cell#: _____

Name of Course: _____

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- 21 AND OVER
- DISTRICT 22 RESIDENT
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Fee\$: _____ Room: _____