

Sewanhaka Central High School District

Spring 2019 Adult Education Program



A National District of Excellence

Dear Residents,

The Sewanhaka Central High School District welcomes you to the Adult Education Program. The Program is designed to provide a learning and recreational experience. This year, I am pleased to announce our ONLINE Registration Program. Go to www.sewanahakaschools.org, click on Adult Education link and register. We will be offering a one day registration for those without online availability on Monday, February 25, 2019 from 6:00 pm—8:00 pm in the Sewanhaka High School Cafeteria. Please contact me with any registration issues at 516-488-9823.

Scott Greene

Administrative Assistant to Superintendent
Adult Education Program Director

ELMONT MEMORIAL ADULT EDUCATION PROGRAM

Tuesday Classes (10 Sessions)

March 5, 19, 26, April 2, 9, 16, 30 May 7, 14, 21

Microsoft Office/Google Doc.

6:30—7:30 PM

Prepare yourself for everyday computer applications such as Microsoft Office, which includes Word, Excel, PowerPoint, Publisher. This course includes how to create and share documents in Google Docs. Applications. **BASIC SKILLS REQUIRED.**

Fee: \$65.00

Limit: 30

To register, click [HERE](#).

H. FRANK CAREY ADULT EDUCATION PROGRAM

Wednesday Classes (10 Sessions)

March 6, 13, 20, 27 April 3, 10, 17 May 1, 8, 15

Hatha Yoga

7:00 – 8:00 PM

Participants will enjoy flexibility, strength and improved posture. Experience deep relaxation and reduce stress. **Bring a workout yoga mat.**

Fee: \$65.00

Limit: 30

To register, click [HERE](#).

SEWANHAKA HIGH SCHOOL ADULT EDUCATION PROGRAM

Wednesday Classes (10 Sessions)

March 6, 13, 20, 27 April 3, 10, 17 May 1, 8, 15

Conversational English

7:00—8:00 PM

This course is designed for those who wish to learn or improve English Language skills. Emphasis placed on developing conversation proficiency.

Fee: \$45.00

Limit: 30

To register, click [HERE](#).

Pickle Ball

7:00 – 9:00 PM

Hottest new game sweeping the country! Pickle Ball is a combination of tennis, ping pong, racquetball and badminton. Played with lightweight paddles and a plastic ball. It is easy to learn and FUN TO PLAY!

Fee: \$90.00

Limit: 30

To register, click [HERE](#).

NEW HYDE PARK MEMORIAL ADULT EDUCATION PROGRAM

Thursday Classes (5 Sessions ONLY)

March 14, 21, 28 April 4, April 11

Stampin Up

7:30 – 8:30 PM

Did you ever want to learn to make your own greeting cards? Here is an outlet for your creativity. Learn to make beautiful handmade greeting cards with our new and exciting program (cost includes all supplies).

\$70.00

Limit: 15

To register, click [HERE](#).

NEW HYDE PARK MEMORIAL ADULT EDUCATION PROGRAM

Thursday Classes (10 Sessions)

March 7, 14, 21, 28 April 4, 11 May 2, 9, 30 June 6

Volleyball

7:30 — 9:45 PM

Open to men and women. Have fun and improve your skills playing each week. This class is not for beginners.

Fee: \$90.00

Limit: 50

To register, click [HERE](#).

Zumba

7:30 — 8:30 PM

An exciting fitness class that features music from around the globe and dance styles ranging from Latin to Hip-Hop. Zumba is a cardio class that sustains your heart rate at a healthy level to enhance weight loss and lean muscle sculpture.

Fee: \$65.00

Limit: 40

To register, click [HERE](#).

**ALL CLASSES ARE ON A FIRST COME
FIRST SERVE BASIS**