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## CENTRAL ADMINISTRATION

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Scott Greene  
*Administrative Assistant to the Superintendent*

Brian Messinger  
*District Coordinator of Classroom Instructional Technology and Student Achievement*

Daniel Espina  
*District Coordinator of Technology and Instructional Services*

Matthew McLees  
*Director of Athletics, Physical Education, Health & Driver Education*

Mallory Poledro  
*Supervisor of Special Education Services*

### **DISTRICT POLICIES:**

- Program is open to District Residents and Staff **ONLY**
- Registrants must be 18 years or older and out of high school
- Cash, checks or money orders. Returned checks incur a \$15.00 service charge
- **NO REFUNDS**; please plan carefully
- Sewanhaka Central High School District reserves the right to cancel/change/ substitute courses due to unforeseen circumstances
- Sewanhaka Central High School District is a smoke free, alcohol free, drug free environment

Any questions please call: Mr. Scott Greene  
Adult Education Program Director at  
516-488-9823 or visit our website at:

**[www.sewanhakaschools.org](http://www.sewanhakaschools.org)**

# Sewanhaka Central High School District

## Fall 2018 Adult Education Program



*A National District of Excellence*

Dear Residents,

The Sewanhaka Central High School District welcomes you to the Adult Education Program. The classes are being offered at Elmont Memorial, H. Frank Carey, New Hyde Park Memorial and Sewanhaka High Schools. The program is designed to provide a learning and recreational experience.

Scott Greene  
Administrative Assistant to the Superintendent  
Adult Education Program Director

**REGISTRATION FOR ALL CLASSES**

**DATE:** Wednesday, September 26 and Thursday September 27  
**TIME:** 6:00 pm—8:00 pm  
**PLACE:** Sewanhaka High School - Cafeteria

**ELMONT MEMORIAL ADULT EDUCATION PROGRAM**

**Tuesday Classes (10 Sessions)**

**October 2, 9, 16, 23, 30, November 6, 13, December 4, 11, 18**

**Zumba 7:00 — 8:00 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: \$60.00 Limit: 40

**Computer Applications 7:00—8:00 PM**

Prepare yourself for the demanding and competitive workplace with knowledge of Google and Microsoft applications such as Docs., Sheets, Word, Excel, Power Point and Publisher.

**BASIC SKILLS REQUIRED.**

Fee: \$60.00 Limit: 30

**Hatha Yoga –Beginner 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: \$60.00 Limit: 30

**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: 32

**H. FRANK CAREY ADULT EDUCATION PROGRAM**

**Wednesday Classes (10 Sessions)**

**October 3, 10, 17, 24, November 7, 14, 28, December 5, 12, 19**

**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: \$60.00 Limit: 30

**SEWANHAKA HIGH SCHOOL ADULT EDUCATION PROGRAM**

**Wednesday Classes (10 Sessions)**

**October 3, 10, 17, 24, November 7, 14, 28, December 5, 12, 19**

**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

**Basketball Officiating Prep-Course 7:00—8:00 PM**

Do you love basketball? How does \$135 for a Junior High Basketball Doubleheader sound officiating games in our district? This course will provide you with the rules, instructional strategies and knowledge of officiating basketball.

Fee: \$105 Limit: 30

**SEWANHAKA HIGH SCHOOL ADULT EDUCATION PROGRAM**

**Wednesday Classes (5 Sessions ONLY)**

**October 3, 10, 17, 24, November 7,**

**Smart Phone Basics 7:00 – 8:00 PM**

Are you using your Smartphone just to make calls and send text? Explore the opportunities that a Smartphone has to offer. Learn to create social media and email accounts, enable Bluetooth and WIFI, download music and other apps and much more.

\$40.00 Limit: 30

**NEW HYDE PARK MEMORIAL ADULT EDUCATION PROGRAM**

**Thursday Classes (10 Sessions)**

**October 4, 11, 18, 25, November 1, 8, 15, 29, December 6, 13**

**Volleyball 7:15 — 9:30 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

**Zumba 7:15 — 8:15 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: \$60.00 Limit: 40

**Conversational Spanish 7:15—8:15 PM**

This is an introductory course in Spanish that emphasizes verbal communication, listening and speaking. Prior knowledge of the language is not required.

Fee: \$45.00 Limit: 32

**ALL CLASSES ARE ON A FIRST COME**

**FIRST SERVE BASIS**