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*Director of Instructional Technology and Student Achievement*

Brian Wiperman  
*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. Frederick Rauli  
Adult Education Program Director at  
516-488-9823 or visit our website at:  
[www.sewanhaka.k12.ny.us](http://www.sewanhaka.k12.ny.us)

# Sewanhaka Central High School District

## Fall 2016 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 H. Frank Carey and New Hyde Park Memorial High Schools. The program is designed to provide a learning and recreational experience.

Frederick Raulli  
Adult Education Program Director

**H. FRANK CAREY ADULT EDUCATION PROGRAM**

Registration: September 21, 2016 (Wednesday) 7:00—10:00 PM Main Lobby

Wednesday Classes (10 Sessions)

September 28, October 5, 19, 26, November 2, 9, 16, 30, December 7, 14

(Make-up class— December 21, 2016)

**Hatha Yoga –Beginner**

7:15 – 8:30 PM

This beginner course is open to men and women of all ages. Participants will enjoy flexibility, strength and improved posture. Experience deep relaxation and reduced stress. Bring a workout yoga mat.

Fee: \$50.00

Limit: 30

**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: \$50.00

Limit: None

**Cake Decorating**

7:15—8:30 PM

In just 10 weeks you can learn to be just as great as Betty Crocker! Through the course of this class, students will be taught the fundamentals of pastry as well as master the skill of cake decorating. Classes include cookies, various frostings, chocolates, vegan and gluten free desserts, fondant work and flower designs.

Fee: \$125.00

Limit: 15

**Introduction to Microsoft Office 2013**

7:15—8:30 PM

This exciting class will cover the powerful programs of Microsoft Office 2013. Learn numerous skills using Word, Excel, Publisher and PowerPoint. **BASIC SKILLS REQUIRED.**

Fee: \$50.00

Limit: 30

**Pickle Ball**

7:30 – 9:30 PM

Pickle Ball is the 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

**NEW HYDE PARK MEMORIAL ADULT EDUCATION PROGRAM**

Registration: September 22, 2016 (Thursday) 7:00—10:00 PM Main Lobby

Thursday Classes (10 Sessions)

September 29, October 6, 20, 27, November 3, 10, 17, December 1, 8, 15

(Make-up class—December 22, 2016)

**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: \$80.00

Limit: 50

**Zonane®Fitness**

7:15 — 8:15 PM

An energetic fitness class for all levels. A modern twist on Belly Dancing, Zoanee® uses both cardio and toning isolations to Top 40 hits and International Pop music for a productive and exciting workout.

Fee: \$50.00

Limit: None

**Introduction to Microsoft Office 2013**

7:15—8:30 PM

This exciting class will cover the powerful programs of Microsoft Office 2013. Learn numerous skills using Word, Excel, Publisher and PowerPoint. **BASIC SKILLS REQUIRED.**

Fee: \$50.00

Limit: 30

**Conversational English**

7:15—8:15 PM

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

Fee: \$35.00

Limit: 30

**Conversational Spanish**

7:15—8:15 PM

This is an introductory course in Spanish for beginners that emphasizes verbal communication, listening and speaking. These skills are developed at a basic level with an emphasis on conversation. The structure and grammar covered in the course are only required to enhance the speaking and communicative skills. All students will create and practice dialogues and guided conversations interacting with another classmate or instructor. Prior knowledge of the language is not required.

Fee: \$35.00

Limit: 30

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

**ELMONT MEMORIAL ADULT EDUCATION PROGRAM**

**Registration: September 27, 2016 (Tuesday) 7:00—10:00 PM Main Lobby**

**Tuesday Classes (10 Sessions)**

**October 18, 25, November 1, 8, 15, 22, 29, December 6, 13, 20**

**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: \$50.00

Limit: None