



ISLAND TREES PUBLIC SCHOOLS
Adult Community Education
 SPRING SESSION 2019



The Adult Community Education program is for all persons 18 years or older.
All courses are 8 to 12 weeks depending on the class dates. Please check the calendar on Page 2 for the class sessions on the days of the week you have selected. Due to insurance regulations, all students must be registered to attend classes.
Under enrolled classes will be cancelled.

BASKETBALL

1. MONDAY (7:00 PM-9:00 PM)
 Middle School, Small Gym
 Instructor: Alan Krull
 FEE: \$35.00 Residents



This course is designed to provide an opportunity to maintain and improve basketball skills. Informal participation in full-court games will be an important part of this program. You are advised to check with your family doctor if you have any doubt about your physical condition.

CLASS LIMIT 20

SEWING

6. WEDNESDAY (7:00 PM-9:00 PM)
 Middle School, Room 182
 Instructor: Maureen Martin
 FEE: \$35.00 Residents



This course is designed for beginners as well as students with light sewing experience who wish to learn, refresh or add to their basic skills. Emphasis will be on understanding pattern envelopes, learning to read pattern instructions, use of sewing machines, tool usage, sewing techniques, and much more. Projects will include curtains, baby gifts, placemats, basic garments, and simple quilting squares. Use of machines is available or bring your own portable to learn on and get comfortable with.

CLASS LIMIT 10

COMMUNITY CHORUS

2. TUESDAY (7:00 PM-9:00 PM)
 Stokes Elementary, Rm 101
 Instructor: Chet Lazzara
 FEE: \$35.00 Residents



Do you love to sing? Join your friends and neighbors in a relaxed atmosphere of song and music. All ages are welcome! *No Auditions*, just a desire to become part of our community choral group. Performances at ITHS in Winter & Spring.

SEWING ADVANCED

7. MONDAY (7:00 PM-9:00 PM)
 Middle School, Room 182
 Instructor: Maureen Martin
 FEE: \$35.00 Residents



This course is designed for the more experienced in sewing. Also for those who have taken the basic sewing course previously.

CLASS LIMIT 10

BODY SCULPTING

3. TUESDAY (8:00 PM-8:30 PM)
 Middle School, Small Gym
 Instructor: Barbara Pando
 Fee: \$20.00 Residents



4. THURSDAY (8:00 PM-8:30 PM)
 Middle School, Small Gym
 Instructor: Barbara Pando
 Fee: \$20.00 Residents

All ages and levels of fitness are welcome. Safely and correctly increase muscular strength & endurance while improving flexibility, range of motion and body tone. Please bring an exercise mat, 1-5 pound weights, water and a towel.

The instructor is an ACE Certified Group Fitness Instructor

ARE THERE CLASSES TONIGHT???
 Classes will not meet whenever school is closed because of holiday, recesses or weather. Instructors are responsible for informing their class members when they cannot meet with them because of illness or other reasons. *If more than one class is missed, makeup classes will be scheduled.* Emergency conditions developing after 2:00 PM will be announced by radio stations WHLI(1100 AM) and WCBS(880 AM) and CABLEVISION NEWS CHANNEL 12 or check our website at www.islandtrees.org

COMMUNITY PROGRAMS

WALK 15 FITNESS CLASS

8. TUESDAY (7:00 PM-8:00 PM)

Middle School, Big Gym
 Instructor: Barbara Pando
 FEE: \$35.00 Residents



9. THURSDAY (7:00 PM-8:00 PM)

Middle School, Big Gym
 Instructor: Barbara Pando
 FEE: \$35.00 Residents

Join us for a low impact, multi muscle, calorie torching, walking based workout, with very effective results. All Fitness levels are welcomed! **WALK 15** "steps to miles" is our special feature. Please wear sneakers & bring resistance bands and water. The instructor is licensed and certified with **WALK 15**.

YOGA-RENEW YOURSELF

10. TUESDAY (7:00 PM-8:00 PM)

Middle School, Small Gym
 Instructor: Elizabeth Porrello
 Fee: \$35.00 Residents



11. THURSDAY (7:00 PM-8:00 PM)

Middle School, Small Gym
 Instructor: Elizabeth Porrello
 FEE: \$35.00 Residents

Reconnect with your true essence, cultivating physical, mindfulness & healthy body. These classes are a mix of Hatha, Kundalini, Vinyasa & Ballet. It combines exercise, breathing, chanting & meditation. These classes will balance, tone and rejuvenate you. Appropriate for Beginner and Intermediate levels. Please bring a mat and wear comfortable clothing.

ZUMBA

12. WEDNESDAY (7:00 PM-8:00 PM)

Middle School, Big Gym
 Instructor: Barbara Pando
 Fee: \$35.00 Residents



A workout should be "**FUN AND EASY TO DO**" Our choreographed **ZUMBA** dance routines feature a fusion of Latin & International music combined with fast & slow rhythms to tone and sculpt the body. **ZUMBA** is a feel-happy workout that is great for both the body and the mind.. Please wear sneakers & bring water. The instructor is a licensed & certified **ZUMBA** instructor.

BOCES - ADULT LEARNING CENTER (ESL & GED)
 Located at 3100 Hempstead Turnpike, Levittown NY
 Call 516-622-5623 for further information or go to
www.alc.adultednassau.org

CLASS CALENDAR SPRING 2019

Use this reference calendar for attendance and days off for all classes.

	<u>M</u>	<u>T</u>	<u>W</u>	<u>TH</u>
JANUARY	28	29	30	31
FEBRUARY	4 11 * 25	5 12 * 26	6 13 * 27	7 14 * 28
MARCH	4 11 18 25	5 12 19 26	6 13 20 *	7 14 21 28
APRIL	1 8 15 *	2 9 16 *	3 10 17 *	4 11 * *
MAY	-	-	1	2

**Denotes no classes that date*

Reminder: All classes are 8 to 12 weeks depending on the class dates. The minimum is 8 weeks.

REGISTRATION PROCEDURES

**DUE TO INSURANCE REGULATIONS, ALL
STUDENTS MUST BE
REGISTERED TO ATTEND CLASSES.**

REGISTER EARLY! Late registrants could be closed out of classes. Space in many classes is limited. Under-enrolled classes may be cancelled. **Register by mail or in person between 8:00AM and 3:00PM at:**

Stephen E Karopczyc School

Registration **will not** be held at the first class.

MAIL REGISTRATION is encouraged since courses are filled on a first-come first-served basis. ***In courses which are oversubscribed, residents of Island Trees will be given preference.*** There is a non-resident fee of \$10.00 per class.

1. Make a copy of your driver's license or utility bill to prove residency in Island Trees. **Persons who do not provide this must include a non-residency fee of \$10.00 per course.**
2. Attach above to a completed registration form with name of course, course number, residency information and a ***check payable to "Island Trees Public Schools"*** Be sure to include tuition fee for all courses, out-of-district fees or proof of residency.

Your cancelled check is receipt for the course.

Mail forms to:

**I.T. COMMUNITY EDUCATION
74 FARMEDGE ROAD
LEVITTOWN NY 11756-5202**

You may register by mail, or register in person at the Karopczyc School at any time in the Registration Office 8:00AM to 3:00PM.

Registrations without proof of residency OR the \$10 out-of-district fee, will be returned.

Island Trees Adult Education Registration (Must include Proof of Residency or the \$10 Out of District Fee)

Mrs.
Miss
Mr.

Last Name (Print) First Name Telephone

Address Post Office Zip

Name of course(s) Course # Amount

[] \$ _____

[] \$ _____

[] \$ _____

Non-Resident fee of \$10 per class (or enclose proof of residency) \$ _____

TOTAL ENCLOSED \$ _____

Island Trees Adult Education Registration (Must include Proof of Residency or the \$10 Out of District Fee)

Mrs.
Miss
Mr.

Last Name (Print) First Name Telephone

Address Post Office Zip

Name of course(s) Course # Amount

[] \$ _____

[] \$ _____

[] \$ _____

Non-Resident fee of \$10 per class (or enclose proof of residency) \$ _____

TOTAL ENCLOSED \$ _____

****NO REFUNDS ISSUED AFTER FIRST CLASS DATE****

You will NOT be notified of acceptance.

Proceed directly to class as indicated in the brochure.

You will be notified ONLY if class is cancelled or oversubscribed.



ISLAND TREES UFSD
Administrative Offices
74 FARMEDGE RD
LEVITTOWN NY 11756

*Non-Profit Organization
US Postage
PAID
PERMIT #180
Island Trees Public Schools*

ISLAND TREES ADULT COMMUNITY EDUCATION SPRING 2019

MAP OF SCHOOLS

