

# ISLAND TREES PUBLIC SCHOOLS

## Adult Community Education

### FALL SESSION 2018



*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**

#### **MEDITATION**

**5. THURSDAY (7:00 PM-8:00 PM)**  
Middle School, Room 182  
Instructor: Lorraine Garofalo  
FEE: \$35.00 Residents



Are you feeling stressed? Do you ever feel like your life is like a rollercoaster with ups and downs leaving you drained and exhausted? Meditation could be the key with amazing benefits such as less stress, improved sleep, greater happiness, more creativity and better productivity.

#### **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.

#### **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

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

#### **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**

#### **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**

**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



**Zumba** (Registered Trademark) is a Latin-inspired dance fitness program that blends international music and contagious steps to form a calorie burning "Fitness Party". The instructor is licensed and certified with Zumba.

**COMMUNITY PROGRAMS**

**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](http://www.alc.adultednassau.org)**

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***CLASS CALENDAR FALL 2018***

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

	<u>M</u>	<u>T</u>	<u>W</u>	<u>TH</u>
<b>September</b>	* 17 *	* 18 25	12 * 26	13 20 27
<b>October</b>	1 * 15 22 29	2 9 16 23 30	3 10 17 24 31	4 11 18 25
<b>November</b>	5 * 19 26	* 13 20 27	7 14 * 28	1 8 15 * 29
<b>December</b>	3	4	5	6

*\*Denotes no classes that date*

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

**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](http://www.islandtrees.org)

# 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 FALL 2018**

## **MAP OF SCHOOLS**

