

Adult Community Education

SPRING SESSION 2010

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 3 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.**

BASKETBALL

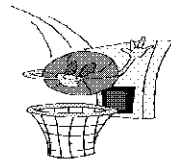
1. **MONDAY (7:15 PM-9:15 PM)**

Middle School, Small Gym

Instructor: Alan Brent

FEE: \$25.00 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**



BOCES - ADULT LEARNING CENTER (ESL & GED)

Located at 3100 Hempstead Tpk, Levittown NY
Call 516-622-5623 for further information or go to
www.alc.adultednassau.org

BODY SCULPTING

2. **TUESDAY (8:00 PM-8:30 PM)**

Middle School, Small Gym

Instructor: Kathy Magnus

FEE: \$20.00 Residents

A class designed to challenge all the muscles of your upper and lower body with simple and effective exercises that target trouble spots such as upper arms, mid-back, hips, thighs, buns, abs and waistline. Please bring exercise mat and hand weights approximately 3 to 5 lbs.



COMMUNITY CHORUS

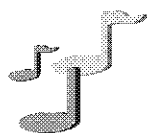
3. **TUESDAY (7:00 PM-9:00 PM)**

High School, Little Theater

Instructor: Chet Lazzara

FEE: \$25.00 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.



DEFENSIVE DRIVING

4. **WEDNESDAY, March 3 and March 10**
2 Sessions (7:00 PM-10:00 PM)

Middle School, General Purpose Room

Instructor: William Feeley

FEE: \$45.00 Residents

This six-hour course, given by a National Safety Council certified instructor, will reward the successful student with a 10% reduction in liability insurance and collision insurance for three years and will remove four points from the driving record! More importantly, you will be a better and a safer driver upon completion of this course.



eBAY INTERNET CLASS

5. **MONDAY, March 1 (7:00 PM-10:00 PM)**

Middle School, Room 155

Instructor: Dina Elardo

FEE: \$45.00 Residents (1 Session)

Turn your household items into cash by selling them on eBay. This class is designed to teach you all the steps required to list and sell items on eBay including: Authorization number set-up, uploading photos, information to include in your item description, settling your auction, correspondence, shipping arrangements, pricing, choosing an item's category and feedback. Course includes a step-by-step take-home guide covering pertinent class topics and a sample auction from beginning to end.



ENGLISH AS A SECOND LANGUAGE

6. **WEDNESDAY (7:00 PM-9:00 PM)**

Middle School, Room 122

Instructor: Robin Lever

FEE: \$20.00 Residents

This course is designed for the foreign born who speak little or no English. Students will learn survival skills for daily living as well as everyday American English conversation.



NOTARY SIGNING AGENT COURSE

(Sponsored by Notary Public Central -
Awarded "Special Honoree" 2004)

9. **MONDAY, March 8, 2010 (7:00 PM-9:00PM)**

Middle School Library

Instructor: Dina Elardo

FEE: \$50.00 Residents--Fee includes a 1 yr placement on our Signing Agent website and full take-home packet.

Be your own boss either Part-Time or Full Time! This course is designed to equip you with the essential skills you will need to properly perform Loan Document signings. Topics include: document preparation; identifying documents in a loan packet and the various loan types; proper execution of documents; what is expected of the Signing Agent (your responsibilities and limitations thereof) lender lingo; identifying individuals; current industry trends; where and how to find work. (Signing Companies will be provided as possible leads.)

NOTARY PUBLIC TRAINING COURSE

10. **WEDNESDAY, March 3, 2010**
(7:00 PM-10:00 PM)

Middle School Library

Instructor: Dina Elardo

FEE: \$45.00 Residents

Stand out among the competition! Add prestige to your resume!The object of the Notary Public Training Course is to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary booklet. Price includes study guide, practical exam, Notary Public application and NYS Exam schedule. Students are required to bring a pen. Sign up now for this unique training course. Commissioned Notaries are welcome to attend!



AMERICAN RED CROSS WORKSHOPS

This organization provides numerous educational services for the Nassau County community. Many of their workshops are located at convenient locations. *Adult CPR* Infant and Child CPR* Community CPR* Standard First Aid* Community First Aid and Safety * CPR for the Professional Rescuer. For further information and registration, contact the Red Cross at 747-3500.

PILATES

11. **WEDNESDAY (7:00PM - 8:00PM)**

Middle School Small Gym

Instructor: Kate Quaranto

FEE: \$25.00

Practical Pilates is for everyone, from beginner to advanced. Athletes and dancers love it, as do seniors, women rebounding from pregnancy and people who are at various stages of physical rehabilitation. Core strength is the foundation of Pilates exercise, emphasizing the balanced development of the body through core strength and flexibility. **Please bring a mat and water to class.**



SEWING

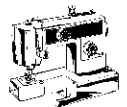
12. **WEDNESDAY (7:00 PM-9:00 PM)**

Middle School, Senior Citizen Room 182

Instructor: Maureen Grasso

FEE: \$25.00

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. **LIMIT 10 IN CLASS.**



STEP AEROBICS

14. **TUESDAY (8:30PM-9:30 PM)**

Middle School, Small Gym

Instructor: Kathy Magnus

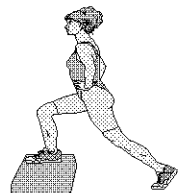
FEE: \$25.00 Residents

15. **THURSDAY (8:00 PM-9:00 PM)**

Middle School, Small Gym

FEE: \$25.00 Residents

A fun and effective aerobic workout for beginner and intermediate exercisers. Designed to improve cardiovascular fitness, burn fat, strengthen and tone muscles. (3 - 5 lb weights optional) **CLASS LIMIT 28**



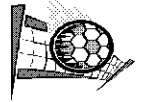
**CALENDAR
Spring 2010**

	M	T	W	TH
February	1 8 * 22	2 9 * 23	3 10 * 24	4 11 * 25
March	1 8 15 22 8	2 9 16 23 *	3 10 17 24 *	4 11 18 25 *
April	* 12 19 26	6 13 20 27	7 14 21 28	* 8 15 22 29
May	3	4	5	6

* = no class

VOLLEYBALL (Men & Women)

19. **MONDAY (7:00 PM-9:00 PM)**
Middle School, Big Gym
Instructor: Brent Savin
FEE: \$25.00 Residents



This course is designed to develop volleyball skills, to maintain a desirable level of physical fitness, and to provide an opportunity for good fellowship and fun. Sneakers are required.
CLASS LIMIT 36, with 4 subs.

WALK AEROBICS

20. **TUESDAY (7:00 PM-8:00 PM)**
Middle School, Big Gym
Instructor: Kathy Magnus
FEE: \$25.00 Residents



21. **THURSDAY (7:00 PM-8:00 PM)**

Middle School, Big Gym
FEE: \$25.00 Residents

These classes are specially designed to accelerate the cardiovascular system in order to burn off "those calories" without placing undue strain on knees, ankles, backs, and other body parts.

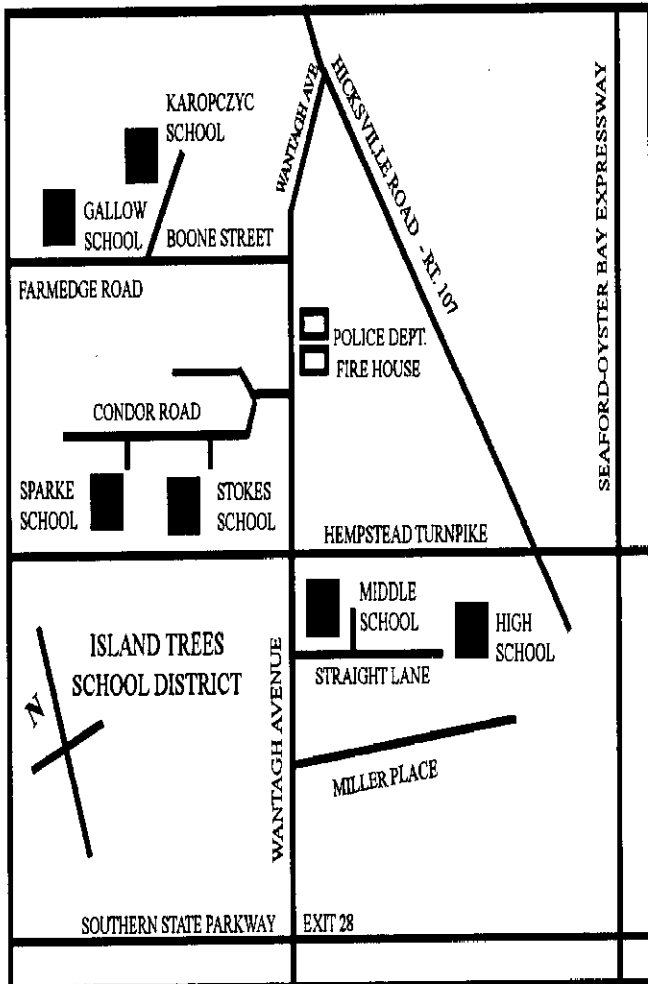
**ISLAND TREES SENIOR
CITIZENS**

WEDNESDAY (10:00 AM-3:00 PM)
Middle School, Senior Citizen Room 182
Director: Mrs. Gerry Gaffen **NO FEE**

Social and creative activities for senior citizens including arts and crafts, field trips, guest speakers, films, lectures, community work, luncheons and entertainment. Membership in the group is open to all persons 60 years and older. If interested, visit the program (via the south entrance of the Middle School) any Wednesday!

???.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



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 Public Schools
ADULT
COMMUNITY EDUCATION
 Spring Session 2010 Telephone 520-2111

****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 canceled or oversubscribed.*

**Community Education - Island Trees Public Schools
 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		\$ _____

**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 at Gallow School, Room 203, between 8:00AM and 3:00PM. 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 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.

Mail forms to:
**I.T. COMMUNITY EDUCATION,
 74 FARMEDGE ROAD, LEVITTOWN NY
 11756-5202**

You may register by mail, or register in person at Gallow School, Room 203 at any time 8AM to 3PM.

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

**Community Education - Island Trees Public Schools
 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		\$ _____