

BELLMORE-MERRICK

Fall
2022

**REGISTRATION IS
NOW ONLINE**

www.aptusa.com/bmadulteducation

**ADULT
CONTINUING
EDUCATION**

**COURSE
CATALOG**

(516) 992-1062

www.bellmore-merrick.k12.ny.us

**REGISTRATION IS ONLINE AND WILL BE ACCEPTED IMMEDIATELY.
WALK IN REGISTRATION BEGINS AUGUST 29, 2022**

**BELLMORE-MERRICK CENTRAL HIGH SCHOOL DISTRICT
NORTH MERRICK, NY**

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SECURITY STATEMENT

- BMCHSD Adult Education Security Card will be given to each student on your first day of class. Please report to the Adult Education Office to confirm enrollment and a Security Card will be issued. The Security Card is mandatory for entry into the building; you will need to show it to Security every time you have a class. If lost, a replacement card will be issued for a \$1.00 fee.
- **PLEASE NOTE:** The main entrance of the building is located on Meadowbrook Road. **ALL STUDENTS MUST ENTER AND EXIT FROM THIS DOOR ONLY. FAILURE TO ADHERE TO DISTRICT SAFETY PROCEDURES MAY RESULT IN REMOVAL FROM THE PROGRAM.**

REGISTRATION INFORMATION

- **NEW: REGISTRATON IS NOW ONLINE** at www.apsusa.com/bmadulteducation and begins upon receipt of this brochure.
- **Registering early helps secure your place in the course and ensures classes will not be canceled due to lack of enrollment.** The Board of Education reserves the right to cancel sessions for special circumstances or change the venue when necessary. Classes with low enrollment may be shortened rather than canceled (with no price reduction).
- **WALK IN Registration will be accepted starting August 29, 2022.** Please keep in mind some classes may be filled at this time. Walk in registrants are required to complete a registration form on-line and can select payment online or drop off a check/money order/cash to the BMCHSD Adult Education Office. The online registration form must be completed **BEFORE** dropping off payment. Please go to www.apsusa.com/bmadulteducation to fill out the registration form. Payment will **NOT** be accepted at the BMCHSD administration office until August 29, 2022.

Bellmore-Merrick CHSD is NOT RESPONSIBLE for personal injuries. Students should arrange for their own personal injury protection. We are not responsible for last minute changes and printing errors in the brochure.

- REGISTRATION:** Registration will be online through www.ptsusa.com/bmadulteducation. Click on the link above and complete a registration form and submit payment. You are not enrolled until you receive an approved confirmation of a successful payment submission.
- PAYMENTS:** Payment can be submitted at the end of the registration form linked above by either selecting the online option (payment with a debit or credit card), or by selecting the mail in payment option.
- Online credit card payments will incur a 3.1% processing credit card fee.
 - Check or money order mail in payments do not incur a processing fee. Instructions will be provided in your order summary to mail payments to the APTS Processing Center. **MAIL IN PAYMENTS ARE SENT TO APTS AND NOT BMCHSD.** Mail in payments received after the course seats are filled will be returned and not processed. Mail in payments for multiple courses can be submitted to APTS in one check/money order.
 - Cash payments will only be accepted at the BMCHSD Adult Education Office during the walk-in registration.
 - You will receive a detailed confirmation receipt. Print the confirmation and provide to your instructor on the first day of class.
- ELIGIBILITY:** OPEN TO ADULTS (must be 18 years or older).
- NON – RESIDENTS:** Those living outside the Bellmore-Merrick Central High School District **must include a \$5.00 non-resident fee for each class.** Non-residents will be accepted into a class starting **August 29, 2022** providing maximum enrollment has not been reached by the 3rd week before classes begin. Residents will take precedence up until the 3rd week before classes start.
- MATERIAL FEE:** Material fees are paid in cash to the instructor on the first night of class.
- REFUNDS/CREDITS:** **No refunds/credits will be issued after September 14, 2022 under any circumstance including non-attendance and medical emergencies.** A \$5.00 processing fee will be deducted from the refund. Full refunds will be granted only when the Adult Education Office cancels a course. **Refunds are processed at the end of the semester. There are no exceptions to the refund policy.**
- CANCELATIONS:** **A class session may not be able to meet due to school activities or unforeseen events. There will be no reduction in price if a session cannot be rescheduled.** Classes will not meet when Bellmore-Merrick CHSD schools are closed due to inclement weather, school holidays, etc. **Evening classes will be canceled only when after school activities are canceled. Check our homepage www.bmchsd.k12.ny.us for updates/information.**
- DELAYED SCHOOL OPENING:** Delayed school openings affect Bellmore-Merrick Middle School and High School students **only.** Adult Education classes will run on a regular schedule.
- FACULTY:** Persons qualified by training and experience are secured to teach the courses offered. Interested, qualified instructors can file their credentials with the BMCHSD Adult Continuing Education Office, Attn: Susan Pine
- LOCATIONS:**
- | | |
|--------------------|---|
| Brookside Building | 1260 Meadowbrook Rd., North Merrick, NY 11566 |
| Grand Ave. M.S. | 2301 Grand Ave, Bellmore, NY 11710 |
| Merrick Ave. M.S. | 1870 Merrick Ave., Merrick, NY 11710 |
| Mephram H.S. | 2401 Camp Ave., Bellmore, NY 11710 |

CLASSES BEGIN SEPTEMBER 19, 2022
ADULT CONTINUING EDUCATION FALL 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September	19	20	21	22	23
	Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
October	3	4	Yom Kippur 5	6	7
	Columbus Day 10	11	12	13	14
	17	18	19	20	21
	24	25	26	27	28
	31				
November		1	2	3	4
	7	8	9	10	Veteran Day 11
	14	15	16	17	18
	21	22	23	Thanksgiving 24	Thanksgiving 25
	28	29	30		
December				1	2
	5	6	7	8	9
	12	13	14	15	16
	19	20	21	22	23
	Holiday Recess 26	Holiday Recess 27	Holiday Recess 28	Holiday Recess 29	Holiday Recess 30
January	Most classes will be finished before December 9th				
	Holiday Recess 2	3	4	5	6
	9	10	11	12	13
	MLK 16	17	18	19	20

EVENING COURSES

1. Crochet Beginner.....5	25. Mah Jongg Intro Part I..... 8
2. Mosaics & Decoupage.....5	26. Mah Jongg Part II..... 8
3. Color Pencil/Art of Drawing.....5	27. Intro to Mindfulness..... 8
4. Painting with Acrylic.....5	28. Introduction to Guitar..... 9
5. Quilting Beginner 10/12.....5	29. Photography Basics..... 9
6. Quilting Beginner 11/2.....5	30. Circuit Training..... 9
7. Watercolor Painting All Levels.....5	31. Flex & Stretch..... 9
8. Excel Introduction..... 6	32. Hula Hoop Fitness 5:30pm..... 9
9. Excel Intermediate..... 6	33. Hula Hoop Fitness 6:30pm..... 9
10. Excel Advanced..... 6	34. Pilates..... 10
11. Excel Creating Invoices..... 6	35. Tai Chi 24 Yang & Chi Gong..... 10
12. Excel Tracking Budgets..... 6	36. Tai Chi for Health..... 10
13. Intro Microsoft PPT..... 6	37. Yoga Beginner Gentle Level..... 10
14. Line Dance..... 6	38. Zumba with Ruth..... 10
15. Modern Dance..... 6	39. Basketball..... 10
16. Defensive Driving..... 7	40. Pickleball-All Levels..... 10
17. College Financial Aid..... 7	41. Volleyball I Recreational..... 11
18. Elder Law Workshop <i>(New)</i> 7	42. Volleyball II Intermediate..... 11
19. Financial Plan-Child Special Needs. 7	43. Volleyball III Advanced..... 11
20. Leave Money to Your Heirs <i>(New)</i> 7	44. Reiki I <i>(Virtual)</i> 11
21. Retirement Planning..... 7	45. Reiki II <i>(Virtual)</i> 11
22. Understanding 403(b)..... 8	46. American Civil War..... 11
23. When to Take Social Security..... 8	47. Number Signs/Voices Within..... 11
24. Conversational Spanish I..... 8	

DAYTIME COURSES

48D. Crochet.....12	58D. Yoga Beginner II-Mondays..... 13
49D. Watercolor All Levels <i>(Virtual)</i> 12	59D. Yoga Open Level..... 13
50D. Ballroom Dance Beginner..... 12	60D. Musical Fitness..... 13
51D. Line Dance..... 12	61D. Simply Fit..... 13
52D. Morning Moves..... 12	62D. Pickleball-Intermediate/Advanced 14
53D. Tai Chi for Arthritis & Memory..... 12	63D. Pickleball-Beginner Mon..... 14
54D. Tai Chi for Health..... 12	64D. Pickleball-Beginner Wed..... 14
55D. Tai Chi Chuan-Complete Yang..... 13	65D. Tennis..... 14
56D. Yoga Beginner-Mondays..... 13	66D. Reiki I <i>(Virtual)</i> 14
57D. Yoga Beginner-Fridays..... 13	67D. Reiki II <i>(Virtual)</i> 14

IMPORTANT COVID-19 GUIDELINES: The Bellmore-Merrick CHSD will be in compliance with any health & safety regulations set by New York State. As such, regulations for classes (ex: masks, contact tracing, etc.), will be determined and evaluated on an ongoing basis. Additionally, all class sizes are TBD and classes can be canceled at any time due to the spacing needs of the District. We will share any updates as soon as we receive them from the state. Thank you for continuing to work with us as the COVID-19 health and safety guidelines evolve.

EVENING COURSES

Arts & Crafts

1. CROCHET Beginner

If you have never crocheted, or have not done it in a while and want to brush up on some of the things you have forgotten, come join us. Learn the stitches needed to make a fashionable scarf, granny squares, baby blanket, poncho, or whatever you choose. Most importantly, you will learn to read instructions. Bring a pattern of something you wish to make and let's have some fun! **Materials: Susan Bates Crochet Hook Size G or H and light colored worsted weight yarn. Limit 18.**

Tuesdays, beginning October 4
Rosemarie Zanetto

7:30 – 9:30 p.m.
10 Sessions

Brookside Room 34
Fee: \$65.00

2. MOSAICS & DECOUPAGE Beginner and Advanced

Come join us and discover your hidden talent. This class is for both beginners and advanced students. **Mosaics** - offers endless possibilities of what can be achieved by meshing different types of material into a beautiful art form. In this class, you will learn the basic applications of mosaic art. You will learn how to properly cut tile, glass and paper into various sizes/shapes and how to apply adhesive and grout to make a finished product. We will also incorporate some other material such as buttons, beads, etc., to enhance the projects. One or two projects will be included in the supply fee, depending on which ones you choose. Additional projects can be added for an additional fee. **Decoupage** – is an all-in-one glue, sealer and finish used to attach paper and fabric to various surfaces. Follow me on Pinterest @Loretta Badalamenti **Students may need to supply or purchase some additional materials/tools.**

Material Fee: \$10.00 paid in cash to the instructor on the first night of class. Limit 20.

Wednesdays, beginning September 21
Loretta Badalamenti

4:30 – 6:30 p.m.
8 Sessions

Brookside Room 147
Fee: \$61.00

3. COLOR PENCIL WORKSHOP/ART OF DRAWING

This course will review the fundamentals of drawing to help you create a project from concept to completion. This workshop is designed to give you instructional techniques while focusing on the elements and guidelines of drawing to create projects, as well as, projects provided by the instructor. The primary focus will be in Color Pencil to explore the remarkable range and potential of this medium. Projects will be provided by the instructor. Personal projects will be established as well. Individual attention will be given to each student. Graphite Pencils, Prismacolor Pencils, Strathmore 300 Series Bristol Paper (11x14) are required. Contact the Adult Education Office for an additional supply list. **Limit 20.**

Thursdays, beginning September 22
Donna Negri

6:30 – 9:00 p.m.
10 Sessions

Brookside Room 35
Fee: \$84.00

4. PAINTING WITH ACRYLIC

This class is for beginners or those with some painting experience. You will learn how to use brushes and mix primary colors. Your instructor will guide participants from basic sketch to final composition, encouraging individual style. The designs are for all skill levels. This class is fun, relaxing and easy! **Contact the Adult Education office for a supply list. Limit 20.**

Mondays, beginning September 19
Eddie Hug

7:00 – 9:00 p.m.
10 Sessions

Brookside Room 35
Fee: \$68.00

5. QUILTING – Beginner

Join us to make an easy baby or lap quilt. All made out of cotton fabrics of your choice. The finished size of the baby quilt is 33" x 40". **Students must bring their own sewing machines to class. Contact the Adult Education Office for a list of materials. Limit 10.**

Wednesdays, beginning October 12
Rosemarie Zanetto

7:30 – 9:30 p.m.
3 Sessions

Brookside Cafeteria
Fee: \$32.00

6. QUILTING – Beginner

Join us to make an easy table runner. You can make it for any season by the colors or pattern of fabric, you choose.

Students must bring their own sewing machines to class. Contact the Adult Education Office for a list of materials. Limit 10.

Wednesdays, beginning November 2
Rosemarie Zanetto (No Class on 11/16)

7:30 – 9:30 p.m.
3 Sessions

Brookside Cafeteria
Fee: \$32.00

7. WATERCOLOR PAINTING – All Levels

Watercolor painting class for beginners to advanced artist. Come find your hidden talents in watercolor medium for painting. We will explore the use of different paper, color blending and water application. Instructions will be given at the beginning of class by Ellen to assist you with your painting development. Please come with an open creative mind for making beautiful art. Relax and be proud of your exploration. Come and meet people and get back to what you love to do. You will need to have your own supplies for this class; no supplies are available in the classroom.

Contact the Adult Education office for the recommended supply list. Limit 20.

Tuesdays, beginning September 20
Ellen Visconti-Olson

6:00 – 8:00 p.m.
10 Sessions

Brookside Room 35
Fee: \$75.00

Computer Training

8. INTRODUCTION TO MICROSOFT EXCEL

Topics focus on navigating, sorting and filtering information, creating visual charts, formatting, creating sequential information using autofill, and basic formulas. Various examples and data sets will be used.

Material Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 15.

Thursday, September 22

6:00 – 8:15 p.m.

Brookside Curriculum Library

Juan Hinojosa

1 Session

Fee: \$60.00

9. MICROSOFT EXCEL – Intermediate

Topics focus on sum () and if () functions to process information, PivotTables for report creation, charts to visualize data, and conditional formatting to identify trends in data sets based on user-defined rules. Various data sets will be used.

Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 15.

Thursday, September 29

6:00 – 8:15 p.m.

Brookside Curriculum Library

Juan Hinojosa

1 Session

Fee: \$60.00

10. MICROSOFT EXCEL – Advanced

Topics covered include 1. The database “vlookup” function to look up and cross-reference data. 2. Name Ranges will be used to organize and use data. 3. Macros will be demonstrated to automate repetitive steps. 4. Nested conditional functions will be used for data processing.

Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 15.

Thursday, October 6

6:00 – 8:15 p.m.

Brookside Curriculum Library

Juan Hinojosa

1 Session

Fee: \$60.00

11. EXCEL – CREATING INVOICES

This Excel workshop focuses on using Excel for creating business invoices. The business invoice-themed spreadsheet covers basic data entry, essential Excel functions and math formulas, and formatting. We will design worksheets to develop an Excel-based tool by organizing sheets and setting up a process to maintain this spreadsheet model/tool. This class consists of two meetings. Introduction to Excel or equivalent if a PREREQUISITE.

Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 15.

Thursday, October 20 & October 27

6:00 – 8:15 p.m.

Brookside Curriculum Library

Juan Hinojosa

2 Sessions

Fee: \$60.00

12. EXCEL - TRACKING BUDGETS

This Excel workshop focuses on using Excel for managing and tracking home budgets. The budget-themed spreadsheet class covers systematically collecting data, analyzing data, and presenting data. We will design worksheets to develop an Excel-based tool by compartmentalizing sheets, linking those sheets, and setting up a process to maintain this spreadsheet model/tool. This class consists of two meetings. Introduction to Excel or equivalent is a PREREQUISITE.

Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 15.

Thursday, November 3 & November 10

6:00 – 8:15 p.m.

Brookside Curriculum Library

Juan Hinojosa

2 Sessions

Fee: \$60.00

13. INTRODUCTION TO MICROSOFT POWERPOINT

Would the knowledge of PowerPoint help you to succeed in the workplace? Designing slides has never been more seamless. Create a professional looking presentation with images, text and a few dynamic elements. This class consists of two meetings.

Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 15.

Thursday, November 17 & December 1

6:00 – 8:15 p.m.

Brookside Curriculum Library

Juan Hinojosa

2 Sessions

Fee: \$60.00

Line Dance

14. LINE DANCE – Beginner

Do you want to learn how to Line Dance? Do you know someone who wants to learn to Line Dance? If you can count to 8, than you can Line Dance. This is a perfect class for the true beginner dancer. Learn how to Shuffle, Kickball Change, Waltz and more. Come join the fun and learn how to line dance! It's exercise in disguise! Bring water! Singles welcome, no partner necessary. **Limit 35.**

Thursdays, beginning September 22

7:00 – 8:30 p.m.

Merrick Avenue Café

Marianne Taylor (No Class 9/29 & 11/3)

8 Sessions

Fee: \$62.00

15. MODERN DANCE Slow – Beginner to Slow Intermediate

This adult, modern technique dance class is a slow-intermediate level, and will strengthen, tone, and shape your body. Basic skills of balance, coordination, spatial awareness, and perception are developed, emphasizing center and strong use of the spine. Total involvement of the body, mind, and spirit will be expressed through movement. This is a classic dance form working on technique and is conducted in bare feet. Wear comfortable clothes. **Please bring your Yoga Mat. Limit 15.**

Thursdays, beginning September 22

8:00 – 9:30 p.m.

Brookside Auxiliary Gym/Room 94

Schery Sullivan

12 Sessions

Fee: \$82.00

Defensive Driving

16. DEFENSIVE DRIVING COURSE

This is a six-hour classroom course. Principal drivers of a vehicle save 10% on auto liability, collision premiums and receive point reductions. Drivers are eligible every 3 years. **Limit 25.**

Mondays, October 17 & October 24
East Meadow Driving School

6:30 – 9:30 p.m.
2 Sessions

Brookside Curriculum Library
Fee \$60.00

Finances

17. COLLEGE FINANCIAL AID - THE INS AND OUTS OF COLLEGE FINANCIAL AID

As the cost of college continues to increase, families continue to search for ways to reduce costs, quite often through scholarships and grants. This workshop focuses on tips to maximize your financial aid. We will concentrate on strategies for completing your FAFSA (Free Application for federal Student Aid), planning a needs analysis, and negotiating with colleges. Additionally, you will be provided with explanation of how the federal government calculates your "expected family contribution". **SPECIAL EMPHASIS WILL BE PLACED ON THE REGULATIONS INVOLVING DIVORCED AND SEPARATED PARENTS, PARENTS AND CHILDREN WHO ARE RECEIVING SOCIAL SECURITY, AND FEDERAL PARENT AND STUDENT LOANS.** Also discussed will be additional financial aid tips, such as, conducting FREE internet scholarship searches, the CSS/Financial Aid PROFILE® Application, and New York State's financial aid programs including TAP, Excelsior and Enhanced Tuition. This is an excellent time for parents of junior and seniors to begin planning. **Limit 25.**

Tuesday, September 20

7:00 – 9:00 p.m.

Brookside Curriculum Library

Joanne Wilson, NASFAA Cert. Fed. Loan Spec. 1 Session

Fee: \$21.00

18. ELDER LAW WORKSHOP *(New)*

The Elder Law Workshop will explain how to plan for long-term care in the event of catastrophic illness. The course will review such topics as paying for long-term care through Medicaid, Medicare and long-term care insurance. Advance directives such as, the Health Care Proxy, living will and DNR's - will be discussed. Also addressed will be the methods currently authorized by law for surrogate financial decision making, such as, durable powers of attorney, revocable trusts and guardianship procedures. This class is designed to be a hands-on workshop with ample opportunity to see sample documents and to ask questions. The Elder Law Workshop is a two-hour class, taught in a single evening.

Monday, October 17

7:00 – 9:00 p.m.

Brookside Room 147

Christina Lamm, Esq. Associate Attorney

1 Session

Fee \$16.00

19. FINANCIAL PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

Parents have numerous issues in planning for the long-term well-being of their children with special needs. With Changes in tax laws and government benefits, planning becomes even more important. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include: Creating financial security during uncertain times, Strategies to Protect your Child's Assets, Special Needs Trusts, Government Benefits, Guardianship, and Future Housing. Mr. Silverman is a Certified Financial Planner (CFP®) Practitioner and Attorney. **Limit 25.**

Tuesday, October 11

7:00 – 9:00 p.m.

Brookside Curriculum Library

Jeffrey Silverman, JD CFP®

1 Session

Fee: \$16.00

20. HOW TO LEAVE MONEY TO YOUR HEIRS *(New)*

This course will provide an overview of estate and disability planning. The different methods of leaving an inheritance to others will be explored. Advantages and disadvantages of different estate planning options will be highlighted, so that students can determine which methods are appropriate in various situations. Estate taxation will be explained along with suggestions as to how estate taxes can be reduced. Probate procedures and estate administration will be addressed. I expect to highlight estate planning issues for students, so that they can determine which estate planning technique would work best in their own particular situation. How to Leave Money to Your Heirs is a two-hour class taught in a single evening.

Monday, October 24

7:00 – 9:00 p.m.

Brookside Room 147

Christina Lamm, Esq. Associate Attorney

1 Session

Fee \$16.00

21. RETIREMENT PLANNING WORKSHOP

Retirement planning is hard enough, but with higher inflation and interest rates, and global unrest, it has never been more important to plan carefully. Join this popular workshop to learn: How to guarantee income for life, when to start Social Security, how to invest for long-term success, how to minimize taxes, and more! This workshop is led by Shane Parouse, ChFC, Veteran Financial Advisor. **Limit 25.**

Tuesday, October 25

7:00 – 9:00 p.m.

Brookside Room 147

Shane Parouse, ChFC, CFBS

1 Session

Fee: \$16.00

Finances (Continued)

22. UNDERSTANDING YOUR 403(b) Plan

A seminar created for all Long Island school district employees to teach attendees how their current 403(b) retirement plan works alongside their Social Security and Pension. Learning objectives include understanding how fees can be charged, product terminology, asset allocation, rebalancing, and developing a risk profile. Attendees leave with a better understanding of the retirement asset that complements their pension and social security. This informative one hour seminar is relevant for educators/administrators years away from retirement as well as those close to retirement. This class is designed to help educators feel more in control by making this investment tangible so they understand why they own what they own. **Limit 25.**

Tuesday, October 18
John Carbonara, CFP

6:30 – 7:30 p.m.
1 Session

Brookside Curriculum Library
Fee \$16.00

23. WHEN SHOULD I TAKE MY SOCIAL SECURITY? ...THAT DEPENDS

Did you know – that 65 is no longer the age of full retirement – that you may be able to collect on your ex-spouse's benefit – that you may be able to collect on your current spouse's benefit while letting your own benefit continue to grow? Do you know how much of your money you would be "leaving on the table" if you collect at 62? In this class, you will learn the strategies to getting the most of your Social Security benefit. **Limit 25.**

Thursday, October 13
Meg Danaher, CFP®, CLU®, RICP®

7:00 – 9:00 p.m.
1 Session

Brookside Curriculum Library
Fee: \$16.00

Language

24. CONVERSATIONAL SPANISH I

¡Hola! If you have dreamed of speaking Spanish, this class is for you! Join us if you do not know a word of Spanish or if you learned Spanish in school and do not remember it. You will learn to speak Spanish in a fun atmosphere. "Spanish for Survival" includes travel, food, shopping and basic social conversation. **Limit 20.**

Materials: The instructor will discuss student's workbook at the first class.

Mondays, beginning September 19
Joan Hene

6:00 – 8:00 p.m.
10 Sessions

Brookside Room 34
Fee: \$79.00

Mah Jongg

25. MAH JONGG-Beginner Introduction Part I

Mah Jongg is fun and challenging game. Learn to play by the official Mah Jongg rules. If you are a beginner or need a refresher, this class is for you. Bring a Mah Jongg set, if you have one. New cards come out April 1st each year. Need a card? Contact National Mah Jongg League (212) 246-3052; ask for the most recent card. **It is mandatory that you attend the first two classes and bring the most recent card.**

Must have Mah Jongg card. Limit 16.

Thursdays - Dates: 9/22, 9/29, 10/6,
Sheryl Perry 10/13, 10/27, 11/3

7:00 – 9:00 p.m.
6 Sessions

Brookside Room 34
Fee: \$44.00

26. MAH JONGG-Part II

This class is for anyone who knows the basics. We focus on hand building and strategy. Bring the 2022 Mah Jongg card and a Mah Jongg set, if you have one. (We only need a few).

Limit 16.

Wednesdays - Dates: 9/21, 9/28, 10/12, 10/26
Sheryl Perry

7:00 – 9:00 p.m.
4 Sessions

Brookside Room 34
Fee: \$35.00

Mindfulness

27. INTRODUCTION TO MINDFULNESS

Life is always moving, shifting and changing. Many of us, especially over the last few years, have been having difficulty navigating through the constant changes and making sense of it all. Stress levels are heightened and anxiety is on the rise. Research has shown that one of the best strategies for managing out thoughts and feelings is mindfulness. The way we think about and relate to the events we experience influences the levels of satisfaction we have with our lives. The ability to be mindful is a capacity that is naturally present in all of us, and it can be developed with curious, compassionate practice. During this eight week course, participants will learn what mindfulness truly is (and isn't!), as well as, the health and psychological benefits of a daily mindfulness practice. We will learn to work with (rather than against) our thoughts and emotions, as well as, explore various mindfulness topics. Come learn how you can incorporate this research supported, non-religious practice that helps to take you out of auto-pilot mode and be more present to what is happening around you and within you. **Limit 15.**

Tuesdays, beginning October 4
Maryanne Juchem

7:00 – 8:30 p.m.
8 Sessions

Brookside Room 147
Fee: \$70.00

Music

28. INTRODUCTION TO GUITAR – Beginner

Playing live music is very special. With some time and practice, you can make your own music to play alone, in a group, or to share with family and friends. Through the development of basic playing skills, chords and rhythm patterns, you can be playing within a very short time and have fun doing it. **MATERIALS: You will need to bring your own guitar, The Hal Leonard Guitar Method Book 1, available from local music stores or online, and a notebook.** Besides playing your guitar, basic instrument care will be discussed and demonstrated. **Limit 14.**

Wednesdays, beginning September 21
Frank Chillemi (No Class on 11/16)

7:30 – 9:30 p.m.
8 Sessions

Brookside Room 35
Fee: \$61.00

Photography

29. PHOTOGRAPHY BASICS

This class is for beginning amateur photographers, although experienced photographers are more than welcome. This class will primarily be geared towards SLR cameras, but we will touch on other devices such as smartphones and iPad. The goal of this class is to get you informed enough about your equipment so that you can feel confident to take the camera off of Program Mode. We will share ideas, have assignments, post online, and learn some history and mechanics. Bring your camera and lenses if you have them or just come and observe if you would like. **Limit 15.**

Wednesdays, beginning October 12
Philp Schratwieser

4:00 – 5:00 p.m.
8 Sessions

Brookside Curriculum Library
Fee: \$62.00

Physical Fitness

30. CIRCUIT-TRAINING

This circuit-training workout alternates between cardio and strength training exercises. Training includes the use of different cardio machines, such as, a treadmill, stationary bike, rower, and an elliptical machine, with strength training exercises in between. Bring a bottle of water and 3-5 lb. weights. **Limit 15.**

Wednesdays, beginning September 21
Fabiana Rezak

6:45 – 7:30 p.m.
6 Sessions

Brookside Weight Room
Fee: \$45.00

31. FLEX & STRETCH

Come to an enjoyable class of gentle stretches to music that will help you attain more flexibility and muscle tone. We do balance exercises, standing stretches and a warm up circle before we go on the mats for arm, leg, back and stomach exercises. We end the class with relaxation. Please check with your doctor before enrolling. Wear comfortable clothing and sneakers. Bring an exercise mat to class. Instructor is ACSM certified. **Limit 25.**

Tuesdays, beginning September 20
Roberta Johnson, ACSM Certified

7:45 – 8:45 p.m.
10 Sessions

Brookside Room 94
Fee: \$60.00

32. HULA HOOP FITNESS

YES! YOU CAN HOOP! Hooping is fast becoming a popular fitness exercise. Hula hooping is not only great fun, cardio, and toning, but improves coordination and digestive health. Using a variety of adult sized hoops, provided by the instructor, and available for purchase, we'll progress through the weeks building strength, balance, coordination, laughing, sweating, burning calories and exploring the wide range of movement a hula hoop has to offer. We will get a gentle, full body workout and have a great time. **Limit 15.**

Tuesdays, beginning September 20
Jeannie Pendergrass

5:30 – 6:30 p.m.
10 Sessions

Brookside Room 94
Fee: \$60.00

33. HULA HOOP FITNESS

YES! YOU CAN HOOP! Hooping is fast becoming a popular fitness exercise. Hula hooping is not only great fun, cardio, and toning, but improves coordination and digestive health. Using a variety of adult sized hoops, provided by the instructor, and available for purchase, we'll progress through the weeks building strength, balance, coordination, laughing, sweating, burning calories and exploring the wide range of movement a hula hoop has to offer. We will get a gentle, full body workout and have a great time. **Limit 15.**

Tuesdays, beginning September 20
Jeannie Pendergrass

6:30 – 7:30 p.m.
10 Sessions

Brookside Room 94
Fee: \$60.00

Physical Fitness

34. PILATES

Mat Pilates will help you strengthen your muscles and core strength like you abdominals, lower back muscles, pelvic floor, hips and glutes. Through a series of exercises, Pilates will aid in flexibility and improving posture, as stretching your body is a vital part of the class. This is an open level class. It will make you feel centered, elongated and stronger! Bring one thick mat or two thin yoga mats. **Limit 30.**

Wednesdays, beginning September 21
Fabiana Rezak

7:35 – 8:20 p.m.
6 Sessions

Brookside Room 94
Fee: \$48.00

35. TAI CHI CHUAN YANG 24 STYLE and CHI GONG

This art is renowned for its health giving qualities. It is performed at a slow, controlled pace, making it suitable for adults of any age and any particular physical condition. Whether you are an athlete, someone who has been injured, or someone who has not exercised in a while, Tai Chi Chuan is for you. Additional benefits: lowers blood pressure, improves circulation, and relaxes the body and spirit, which in turn slows down the aging process. Individual healing, health and nutrition are also covered. Have fun; meet new people. Please note: J. DeLuise has been teaching Tai Chi Chuan for over 24 years. **Limit 50.**

Wednesdays, beginning September 21
Sifu Joseph DeLuise and Lili DeLuise

7:30 – 9:00 p.m.
10 Sessions

Grand Ave. M.S. Gym
Fee: \$63.00

36. TAI CHI for Health

Tai Chi is an ancient Chinese practice, which promotes good health and self-defense. It trains the mind and body through a series of slow, flowing motions. Tai chi combines exercise, meditation and rhythmic breathing by using relaxing, calming and balanced movements. It will help alleviate stress, tone muscles and mitigate weight problems. Tai Chi promotes strength, stamina, energy and can lower blood pressure. It will improve balance, posture, physical and mental health. Help yourself delay aging, gain confidence, coordination and heightened concentration. The principle of this art may be applied to every area of daily life. Prior knowledge of any exercise system or martial art is not required. This class is ideal for busy men and women of all ages and abilities. Wear loose, comfortable clothing and sneakers. **Limit 35.**

Thursdays, beginning September 22
Michael Gawrych

7:00 – 8:30 p.m.
12 Sessions

Brookside Room 94
Fee: \$76.00

37. YOGA Beginner Gentle Yoga Level

Kripalu Yoga, the Yoga of consciousness and meditation in motion, develops the integration of body, mind, and spirit. Through Hatha Yoga posture and breathing, we will explore the flowing energy within us. Reduce stress, tone your body, and connect with inner wisdom. Mariko H. Fusillo is a founder of Harmony Yoga & Dance Healing Center. Her 30 plus years of teaching experience warms the heart and body. Bring a mat, tie, and towel. Wear comfortable clothes. Avoid eating a full meal before class. **Material Fee: \$1.00 paid in cash to the teacher the first night of class. Limit 30.**

Wednesdays, beginning September 21
Mariko Fusillo, E-RYT 500 (No Class on 11/16)

6:00 – 7:30 p.m.
8 Sessions

Brookside Room 94
Fee: \$60.00

38. ZUMBA with RUTH

This energetic but low impact (no jumping or rapid turning) class emphasizes moving to the music and having fun. No rhythm or experience required! Steps will be taught and then incorporated into songs. The movements in this interval workout alternate between high and low intensity and it is designed to increase heart rate, boost endurance and facilitate flexibility. Wear sneakers and bring plenty of water. **Limit 30.**

Mondays, beginning September 19
Ruth Weissman

6:00 – 7:00 p.m.
8 Sessions

Brookside Room 94
Fee: \$59.00

Recreational Sports

39. BASKETBALL

This course is designed to provide an opportunity to maintain and improve basketball skills. Informal participation in half-court games will be an important part of this program. Please check with your family doctor if you have any doubt that your physical condition prohibits you to register for this activity. **Limit 60.**

Tuesdays, beginning September 20
Ivan (Ricky) Horn

7:00 – 9:30 p.m.
12 Sessions

Brookside Gym
Fee: \$95.00

40. PICKLEBALL – All Levels Welcome

Get some exercise and make new friends while playing the fastest growing sport in America, Pickleball! – part Tennis, part Ping-Pong, involves four players using paddles to hit a whiffle-like plastic ball across a net on a badminton-sized court. This class will allow participants to maintain and improve on a variety of groundstrokes, smashes, and lobs during informal games. Are you new to Pickleball? Go to USAPA.ORG. Comfortable attire and court shoes are highly recommended, i.e., Pickleball, Tennis, Volleyball or Basketball shoes. A limited number of loaner paddles will be available for use. **Material Fee: \$2.00 cash paid to the instructor the first night of class. Limit 20.**

Wednesdays, beginning September 21
E. Montalvo-Maduro (No Class on 11/16)

7:30 – 9:30 p.m.
10 Sessions

Brookside Gym
Fee: \$82.00

Recreational Sports (Continued)

41. VOLLEYBALL I – Recreational Level

This course is designed for people who know how to play the game and wish to have fun playing at a recreational level. Sneakers and kneepads are required. **Limit 38.**

Thursdays, beginning September 22

7:30 – 9:30 p.m.

Brookside Gym

Karin McMahon

10 Sessions

Fee: \$74.00

42. VOLLEYBALL II – Intermediate Volleyball

This course is **NOT** for beginners. Players must have bump, set and spike skills, along with team playing experience. Sneakers and kneepads are required. **Limit 34.**

Wednesdays, beginning September 21

8:00 – 10:00 p.m.

Mepham North Gym

Margaret Sammons

12 Sessions

Fee: \$88.00

43. VOLLEYBALL III – Advanced Level

FOR ADVANCED PLAYERS ONLY! This course is highly competitive play. It is not an instructional class. All participants must have advanced skills, requiring accurate and proper bumping and setting. Players are expected to know the technical and tactical aspects of volleyball, which include: knowing proper positioning on the court during all phases of offense and defense play, knowledge of carries, lifts, net and foot faults, and rules, etc. **All players will be evaluated on the first night to determine level of ability.** If it is determined that a player cannot compete at the advanced level, he or she will be offered the opportunity to join the intermediate class on Wednesday nights (depending on availability), or be offered a refund. Sneakers and kneepads required. **Limit 36.**

Mondays, beginning September 19

7:30 – 9:30 p.m.

Brookside Gym

Margaret Sammons

12 Sessions

Fee: \$88.00

Reiki

44. REIKI I: WORKSHOP & CERTIFICATION *(VIRTUAL)*

While attending Reiki I you can expect to learn meditation and self-healing techniques. You will be introduced to your Chakra system and learn to help others. The Reiki meditations are specifically designed to relax you and enhance your energy, as well as creating a peaceful stress-free environment within. You will receive a Reiki I completion certificate at the end of the class. The National Certification Board approves Lorraine A. Salluzzi, your instructor for Therapeutic Massage & Bodywork (NCBTMB). **Limit 20.**

Monday, October 17

6:30 – 9:30 p.m.

VIRTUAL-ZOOM

Lorry Salluzzi, Sensei

1 Session

Fee: \$53.00

45. REIKI II: CERTIFICATION – OKUDEN – The Inner Teachings of Reiki *(VIRTUAL)*

Learn and practice distance healing and hands-on healing using the three Reiki II ancient symbols for healing. In Reiki II you will learn to channel 90% of the energy through the ancient initiations passed on by the Reiki Master. This class will prepare you for starting your practice with ideas about advertising and opening your own office. There will be practice in healing each other and group healings. There will also be a deeper focus on the Chakras. The National Certification Board approves Lorraine A. Salluzzi, your instructor for Therapeutic Massage & Bodywork (NCBTMB). **Limit 20.**

Monday, October 24

6:30 – 9:30 p.m.

VIRTUAL-ZOOM

Lorry Salluzzi, Sensei

1 Session

Fee: \$53.00

Special Interests

46. AMERICAN CIVIL WAR DISCUSSION

What was the American Civil War really about? Was it just to end slavery? Protect State's Rights? In some ways, are we still fighting the war? These questions and so much more are what we will discuss and answer. Whether you are a Civil War novice or avid "buff," this class will let you participate in a time period that had an influence in the making of what it means to be an American. Join us and learn about this fascinating time in American history. Reading materials will be provided throughout the class. **Limit 20.**

Thursdays, beginning September 22

7:30 – 9:00 p.m.

Brookside Room 147

Steve Rehm

6 Sessions

Fee: \$48.00

47. VOICES WITHIN FROM A PSYCHIC/CHANNELLER/NUMEROLOGIST with LOIS T. MARTIN

My gift is mediated to me through the universal language of numbers, its frequencies and vibrating energies. Visual codes seen, 111, 222, and noted repeated numbers are messages from the beyond and yet very "real" in our present existence. My ongoing studies are awakening me more to levels of understanding the relationships to soul mates, twin flames, "karmatic" mates., walk-ins and afterlife translation, accepting that this is just NOT a phenomenon. Join me on your own "spirit" pathway for an enlightening and entertaining forum, I'm sure! www.loistmartin.com

Limit 25.

Tuesday, October 25

6:00 – 8:00 p.m.

Brookside Room 146

Lois T. Martin

1 Session

Fee: \$53.00

DAYTIME COURSES

Arts & Crafts

48D. CROCHET Beginner

Whether you are a beginner or just want to brush up on some of the things you have forgotten, join us and learn the stitches needed to make a fashionable scarf, granny squares, baby blanket, poncho, or whatever you choose. Most importantly, you will learn to read instructions. Bring a pattern of something you wish to make and let's have some fun! **Materials: Susan Bates Crochet Hook Size G or H and light colored worsted weight yarn. Limit 18.**

Fridays, beginning September 23
Rosemarie Zanetto (No Class on 12/9)

10:00 – 12:00 p.m.
10 Sessions

Brookside Cafeteria
Fee: \$65.00

49D. WATERCOLOR PAINTING All Levels (VIRTUAL)

Watercolor painting class for beginners to advanced artist. Come find your hidden talents in watercolor medium for painting. We will explore the use of different paper, color blending and water application. Instructions will be given at the beginning of class by Ellen to assist you with your painting development. Please come with an open creative mind for making beautiful art. Relax and be proud of your exploration. Come meet people virtually and get back to what you love to do.

Contact the Adult Education office for the recommended supply list. Limit 25.

Mondays, beginning September 19
Ellen Visconti-Olson

10:00 – 12:00 p.m.
10 Sessions

VIRTUAL-ZOOM
Fee: \$75.00

Dance

50. BALLROOM DANCE – Beginner

Impress your friends on the dance floor while having fun and learning the art of Ballroom Dance. This Beginner class will give you the opportunity to learn a few basic steps in social dances such as Rumba, Salsa, Cha Cha and Swing. If you always wanted to Ballroom Dance but never knew where to start, this is the right class for you! Getting ready for that new event? Look no further! No singles, registration is per couple. **Limit 10 Couples.**

Mondays, beginning September 19
Kimberly Ziscand

1:00-2:30 p.m.
10 Sessions

Brookside Room 94
Fee per couple: \$105.00

51D. LINE DANCE Beginner/Improver

Even if you think you have two left feet, come on down to Line Dancing. Learning patterns, sequencing that go to the dance. Build coordination, as well as memorization skills. Dancing to a variety of music: Pop, Contemporary, Latin and Country that all share a common beat. When we put everything together, we have movement and a healthy fun form of exercise. No partner necessary. Wear comfortable shoes; bring a water bottle and a smile! **Limit 30.**

Wednesdays, beginning September 21
Linda O'Halloran

1:00 – 2:00 p.m.
10 Sessions

Brookside Rm. 94
Fee: \$50.00

Physical Fitness

52D. MORNING MOVES – Stretch and Tone

Start your day with a stretch and tone class designed to strengthen and lengthen the body. Specific yet simple exercises that target individual muscle groups, as well as movements and patterns that work on coordination, flexibility, focus, balance, and concentration. A Chair Yoga segment is also included. Work up to your own level. Please bring a yoga mat for a 15-minute breathing/relaxation exercise/movement following the class. **Limit 25.**

Thursdays, beginning September 22
Schery Sullivan

10:00 – 11:15 a.m.
12 Sessions

Brookside Room 94
Fee: \$72.00

53D. TAI CHI for Arthritis, Memory & Immunity

A safe and easy to learn program that has been proven to relieve pain and improve health and balance. In 1996 Dr. Paul Lam, with a team of medical and Tai Chi experts created this safe and easy to learn program. Medical studies confirm that Tai Chi for Arthritis relieves pain, reduces falls and improves the quality of life. Joe Laracuenta is a Certified Tai Chi Instructor.

Material Fee: \$5.00 paid in cash to the instructor on the first day of class. Limit 50.

Tuesdays, beginning September 20
Joseph Laracuenta

9:00 – 10:30 a.m.
10 Sessions

Brookside Gym
Fee: \$63.00

54D. TAI CHI for Health

This gentle form of exercise can help maintain strength, flexibility, balance and could be the perfect activity for the rest of your life. There is growing evidence that this mind-body practice (which originated in China as a martial art), has value in treating or preventing many health problems. Prior knowledge of any exercise system or martial art is not required. This class is ideal for busy men and women of all ages and conditions. Wear loose, comfortable clothing and sneakers. Joe Laracuenta is a Certified Tai Chi Instructor.

Materials Fee: \$5.00 paid in cash to the instructor on the first day of class. Limit 50.

Tuesdays, beginning September 20
Joseph Laracuenta

10:30 – 12:00 p.m.
10 Sessions

Brookside Gym
Fee: \$63.00

Physical Fitness (Continued)

55D. TAI CHI CHUAN – COMPLETE 24 MOVES, YANG STYLE

Learn the ancient Chinese system of exercise for health, inner calm, relaxation, balance, self-defense, strength, and development of the “Chi” force within. Wear loose clothing and sneakers. **Limit 35.**

Fridays, beginning September 23
Eddie Hug

10:30 – 12:00 p.m.
10 Sessions

Brookside Gym
Fee: \$63.00

56D. YOGA Beginner Monday

This class is suitable for beginners and those who prefer a slower paced class. Hatha Yoga is a unique system of exercise for the body and mind. Dynamic postures and movements increase strength while releasing muscle tensions. The results are suppleness and firmness, renewed vigor and endurance, great relaxation with internal harmony. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat. **Limit 30.**

Mondays, beginning September 19
Angela Dubinsky

9:15 – 10:45 a.m.
10 Sessions

Brookside Room 94
Fee: \$63.00

57D. YOGA Beginner Friday

This class is suitable for beginners and those who prefer a slower paced class. Hatha Yoga is a unique system of exercise for the body and mind. Dynamic postures and movements increase strength while releasing muscle tensions. The results are suppleness and firmness, renewed vigor and endurance, great relaxation with internal harmony. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat. **Limit 30.**

Fridays, beginning September 23
Angela Dubinsky

9:15 – 10:45 a.m.
10 Sessions

Brookside Room 94
Fee: \$63.00

58D. YOGA Beginner II

This class will build on the Beginner I Yoga class. Suitable for people who have a basic knowledge of yoga. This class will explore different breathing techniques, various expressions of poses and more detailed instructions to deepen your practice. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat.

Limit 30.

Mondays, beginning September 19
Angela Dubinsky

10:45 – 12:15 p.m.
10 Sessions

Brookside Room 94
Fee: \$63.00

59D. YOGA – Open Level

Beginners and experienced students are welcome to attend. Hatha Yoga is a unique system of exercise for the body and mind. Dynamic postures and movements increase strength while releasing muscle tensions. The results are suppleness and firmness, renewed vigor and endurance, great relaxation with internal harmony. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat. **Limit 30.**

Wednesdays, beginning September 21
Angela Dubinsky

9:15 – 10:45 a.m.
10 Sessions

Brookside Room 94
Fee: \$63.00

Physical Fitness for Fifty Plus

60D. MUSICAL FITNESS

Start this morning class with stretching, balance and simple movements to warm-up the body. Progress to working on movement phrases to music to bring your movement to life. Lots of repetition, which is good for your memory, coordination and connection. **Limit 20.**

Tuesdays, beginning October 4
Schery Sullivan

10:00 – 11:00 a.m.
10 Sessions

Brookside Room 94
Fee: \$42.00

61D. SIMPLY FIT

Join this functional fitness class specifically designed for Seniors. Groove to great tunes while you enjoy a cardiovascular, strengthening, stretching, and balancing workout! Most exercises may be done standing or seated. You will leave this class feeling invigorated and fit from head to toe. Bring 1 or 2 lb. weights and light resistance bands. **Limit 25.**

Fridays, beginning September 23
Fabiana Rezak

9:45 – 10:30 a.m.
6 Sessions

Brookside Gym
Fee: \$40.00

Recreational Sports

62D. PICKLEBALL – Intermediate/Advanced

This class will allow participants to maintain and improve on a variety of groundstrokes, smashes, and lobs during informal games. Participants must be able to serve, dink and volley with some consistency. Participants must have completed a beginner's class, either through Adult Education or any other Introduction to Pickleball class. Comfortable attire and court shoes are highly recommended, i.e., Pickleball, Tennis, Volleyball or Basketball shoes. A limited number of loaner paddles will be available for use. **Material Fee: \$2.00 cash paid to the instructor the first night of class. Limit 20.**

Mondays, beginning September 19
E. Montalvo-Maduro

9:00 – 11:00 a.m.
10 Sessions

Brookside Gym
Fee: \$82.00

63D. PICKLEBALL – Monday Beginners

Get some exercise and make new friends while playing the fastest growing sport in America, Pickleball! – Part Tennis, part Ping-Pong, involves four players using paddles to hit a whiffle-like plastic ball across a net on a badminton-sized court. This class is for those who have never played or have very limited experience in Pickleball. You will learn a variety of groundstrokes, smashes, and lobs during informal games. Are you new to Pickleball? Go to USAPA.ORG. Comfortable attire and court shoes are highly recommended, i.e., Pickleball, Tennis, Volleyball or Basketball shoes. A limited number of loaner paddles will be available for use. **Material Fee: \$2.00 cash paid to the instructor the first night of class. Limit 20.**

Mondays, beginning September 19
E. Montalvo-Maduro

11:00 – 1:00 p.m.
10 Sessions

Brookside Gym
Fee: \$82.00

64D. PICKLEBALL – Wednesday Beginners

Get some exercise and make new friends while playing the fastest growing sport in America, Pickleball! – Part Tennis, part Ping-Pong, involves four players using paddles to hit a whiffle-like plastic ball across a net on a badminton-sized court. This class is for those who have never played or have very limited experience in Pickleball. You will learn a variety of groundstrokes, smashes, and lobs during informal games. Are you new to Pickleball? Go to USAPA.ORG. Comfortable attire and court shoes are highly recommended, i.e., Pickleball, Tennis, Volleyball or Basketball shoes. A limited number of loaner paddles will be available for use. **Material Fee: \$2.00 cash paid to the instructor the first night of class. Limit 20.**

Wednesdays, beginning September 21
E. Montalvo-Maduro

9:00 – 11:00 a.m.
10 Sessions

Brookside Gym
Fee: \$82.00

65D. TENNIS

Tennis is a lifetime sport for all ages. In this class, you will learn the physical and technical skills to be able to rally with control through progressions of various activities. Beginners and experienced players will be challenged, improve their stroke technique and their overall game. You will also improve your balance, agility, coordination and footwork. **Limit 12.**

Fridays, beginning September 23
Fabiana Rezak

9:00 – 9:45 a.m.
6 Sessions

Brookside Gym
Fee: \$58.00

Reiki

66D. REIKI I: WORKSHOP & CERTIFICATION *(VIRTUAL)*

While attending Reiki I you can expect to learn meditation and self-healing techniques. You will be introduced to your Chakra system and learn to help others. The Reiki meditations are specifically designed to relax you and enhance your energy, as well as creating a peaceful stress-free environment within. You will receive a Reiki I completion certificate at the end of the class. The National Certification Board approves Lorraine A. Salluzzi, your instructor for Therapeutic Massage & Bodywork (NCBTMB). **Limit 20.**

Friday, September 23
Lorry Salluzzi, Sensei

9:00 – 12:00 p.m.
1 Session

VIRTUAL-ZOOM
Fee: \$53.00

67D. REIKI II: CERTIFICATION – OKUDEN – The Inner Teachings of Reiki *(VIRTUAL)*

Learn and practice distance healing and hands-on healing using the three Reiki II ancient symbols for healing. In Reiki II you will learn to channel 90% of the energy through the ancient initiations passed on by the Reiki Master. This class will prepare you for starting your practice with ideas about advertising and opening your own office. There will be practice in healing each other and group healings. There will also be a deeper focus on the Chakras. The National Certification Board approves Lorraine A. Salluzzi, your instructor for Therapeutic Massage & Bodywork (NCBTMB). **Limit 20.**

Friday, September 30
Lorry Salluzzi, Sensei

9:00 – 12:00 p.m.
1 Session

VIRTUAL-ZOOM
Fee: \$53.00

REGISTRATION IS ONLINE

SEE THE LINK BELOW

TO REGISTER

WWW.APTSUSA.COM/BMADULTEDUCATION