



Bellmore-Merrick

Spring 2026

Course Catalog

Adult Continuing Education

REGISTRATION IS ONLINE BEGINNING
JANUARY 5, 2026 AT 10:00 AM
at www.apsusa.com/bmadulteducation
(516) 992-1062 • www.bellmore-merrick.k12.ny.us

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

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ADULT CONTINUING EDUCATION ADMINISTRATOR

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SECRETARIES

Susan Pine

Annette DeSimone

REGISTRATION:

- **Online Registration opens on January 5, 2026 at 10:00 AM and will end February 8, 2026 at 12:00 Midnight.** Registration is at: www.ptsusa.com/bmadulteducation
- **You are not enrolled until you receive an approved confirmation of a successful payment submission.** You will receive a detailed confirmation receipt to your e-mail. Check your spam and junk mail and print the confirmation and provide it to the office the first day of class when you pick up your security pass.
- Space is limited in many classes; therefore, it is highly recommended to register early online to secure a spot.

WALK-INS:

- Walk-in registration will begin on February 9, 2026 from 8:30am-3:30pm. Please keep in mind most classes may be filled at that time. Walk-ins will be required to complete an online registration in the office.
- **PLEASE NOTE: The office will be closed for winter recess the week of February 16th to February 20th.**
- **PAYMENTS ACCEPTED ARE CHECK, CASH OR MONEY ORDER, CREDIT CARDS WILL NOT BE ACCEPTED.**

ELIGIBILITY:

- OPEN TO ADULTS (must be 18 years or older).

NON-RESIDENT:

- **Those living outside the Bellmore-Merrick Central High School District are charged a \$5.00 non-resident fee for each class.** Non-residents will be able to register online starting **January 26, 2026 at 8:00 AM.** Online registration will end on **February 8, 2026 at Midnight.** Walk-ins will be accepted starting February 9, 2026 from 8:30am-3:30pm. ***Residents will take precedence for the first three weeks of online registration.***

PAYMENTS:

- **Payment accepted online is by credit card only and is to be submitted at time of registration.** Online credit card payments will incur a 3.9% processing fee that is non-refundable.
- **Check, cash and money orders are the only form of payment accepted during the walk-in registration at the BMCHSD Adult Education Office.** Please make your check out to BMCHSD.

- **NOTE: THE CREDIT CARD CHARGE WILL APPEAR ON YOUR STATEMENT AS: "APTS: EXAM FEE EXPERTS" or "EXAM FEE EXPERTS". A \$15.00 CHARGE WILL BE ISSUED PER TRANSACTION DISPUTE.**

REFUNDS:

- **No refunds/credits will be issued after February 20, 2026 under any circumstance, including non-attendance and medical emergencies.** Refunds will be granted only when the Adult Education Office cancels a class. A full refund for the cost of the class will be issued; however, **credit card processing fees are non-refundable.**
- Call APTS 1-855-663-8348 or e-mail APTS at info@aptsusa.com to request a refund. A refund will be granted if requested on or before the refund deadline date of February 20, 2026. A \$5.00 processing fee will be deducted from the refund.
- **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.
- **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).**
- **Evening classes will be canceled only when after school activities are canceled. Check our homepage www.bmchsd.k12.ny.us for updates.**

MATERIAL FEE:

- Material fees are paid in cash to the instructor on the first night of class.

DELAYED SCHOOL OPENING:

- Delayed school openings affect Bellmore-Merrick Middle School and High School students **only**. Adult Education classes will run on our school calendar 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.

SECURITY:

- 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.**

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 11566

CLASSES BEGIN FEBRUARY 23, 2026
ADULT CONTINUING EDUCATION SPRING 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February	23	24	25	26	27
March	2	3	4	5	6
	9	10	11	12	13
	16	17	18	19	Eid-Al-Fitr 20
	23	24	25	26	27
	30	31			
*No Night Classes April			*1	Spring Recess 2	Spring Recess 3
	Spring Recess 6	Spring Recess 7	Spring Recess 8	Spring Recess 9	Spring Recess 10
	13	14	15	16	17
	20	21	22	23	24
	27	28	29	30	
*Brookside Gym N/A-Day & Night Rm.94 N/A-Daytime 5/4-5/15 May ** Inclement Weather Day					1
	*4	*5	*6	*7	*8
	*11	*12	*13	*14	*15
	18	19	20	21	22
	Memorial Day 25	**26	Eid-Al-Adha 27	28	29
June	Most classes will be finished before June 19th				
	1	2	3	4	5
	8	9	10	11	12
	15	16	17	18	Juneteenth 19

EVENING COURSES

1E. Art of Drawing	5	27E. Magic for Beginners Level I	9
2E. Coastal Terrarium Workshop <i>(New)</i>	5	28E. Magic Level II	9
3E. Crochet Beginner/Intermediate	5	29E. Mah-Jongg Part I	9
4E. Decoupage Wooden Eggs <i>(New)</i>	5	30E. Mah-Jongg Part II	9
5E. Mother's Day Tea Cup Plant <i>(New)</i>	5	31E. Introduction to Guitar	10
6E. Painting with Acrylic	5	32E. Organization Skills	10
7E. Watercolor Painting All Levels	5	33E. Circuit Training (PM)	10
8E. Excel-Introduction Basics	6	34E. Flex & Stretch	10
9E. Excel-Intermediate	6	35E. Hula Hoop Fitness 5:30pm	10
10E. Excel-Advanced	6	36E. Hula Hoop Fitness 6:30pm	10
11E. Oracle SQL Developer-Intro	6	37E. Pilates (PM)	10
12E. Oracle SQL Developer-Interm.	6	38E. Tai Chi 24 Yang & Chi Gong-Mon ..	11
13E. Creative Writing Workshop	6	39E. Tai Chi 24 Yang & Chi Gong-Wed ..	11
14E. Line Dance-High Beg./Improver ...	7	40E. Yoga Beginner Gentle Level	11
15E. Modern Dance Intermediate	7	41E. Zumba with Ruth	11
16E. Defensive Driving Course	7	42E. Basketball	11
17E. Elder Law Workshop	7	43E. Pickleball-Adv./Competitive (PM) ..	11
18E. Leave Money to Your Heirs	7	44E. Pickleball-Beginners (PM)	11
19E. Plan for Child w/Special Needs	7	45E. Volleyball II Intermediate	12
20E. Retirement Income Plan	8	46E. Volleyball III Advanced-Mon	12
21E. Understanding your 403(b) Plan ...	8	47E. Volleyball III Advanced-Wed.	12
22E. When to Take Social Security	8	48E. Reiki I <i>(Virtual)</i>	12
23E. CPR Adult Cert. w/AED (March) ...	8	49E. Reiki II <i>(Virtual)</i>	12
24E. CPR Child/Infant Cert. (March)	8	50E. American Civil War	12
25E. CPR Adult Cert. w/AED (April)	9	51E. Travel Hacks Workshop	12
26E. CPR Child/Infant Cert. (April)	9		

DAYTIME COURSES

52D. Line Dance-Beginner	13	63D. Yoga Beginner-Fridays	14
53D. Line Dance-Improver/Interm.	13	64D. Musical Dance Fitness	14
54D. Circuit Training (AM)	13	65D. Simply Fit	14
55D. Morning Moves-Stretch & Tone ...	13	66D. Pickleball- Adv/Comp.-Mon. (AM) ..	15
56D. Pilates (AM)	13	67D. Pickleball-Adv./Beg.-Mon. (AM) ...	15
57D. Tai Chi for Health Part I	13	68D. Pickleball-Adv./Beg.-Wed. (AM) ...	15
58D. Tai Chi for Health Part II	13	69D. Pickleball-Beginner-Wed. (AM)	15
59D. Tai Chi Chuan-Complete Yang	14	70D. Tennis	15
60D. Yoga Beginner-Mondays	14	71D. Reiki I <i>(Virtual)</i>	15
61D. Yoga Beginner II-Mondays	14	72D. Reiki II <i>(Virtual)</i>	15
62D. Yoga Open Level-Wednesdays ...	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.

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.

EVENING COURSES

Arts & Crafts

1E. ART OF DRAWING

Relax, let go of daily stresses, and feel inspired as you re-spark your inner artist. Art is a way people express themselves creatively. This art class will focus on creative expression in a stress-free environment involving imagination and skill through drawing. You will receive expert instruction in a variety of mediums, and fundamental techniques. Art instruction will cater to each student's individual needs and interests. For advanced students wanting relaxed studio time to explore the joy of drawing in a creative setting and new students who want to re-capture their inner creativity. Each session will begin with instruction and then the remaining time will be for drawing together. Group involvement and critiques will be addressed. Personal project ideas will be encouraged. Contact the Adult Education Office for a supply list. **Limit 25.**

Tuesdays, beginning February 24

7:00 – 9:00 p.m.

Brookside Room 147

Donna Negri (No Class 4/7)

10 Sessions

Fee: \$85.00

2E. COASTAL TERRARIUM WORKSHOP - BRING THE BEACH HOME! *(New)*

This isn't a "craft" class-it's a creative getaway! Christin Nash will teach you the fundamental principles of terrarium building, including proper plant selection and layering techniques, all while enjoying a stress-free environment. **No green thumb required! Material fee: \$25.00 is due to the instructor the week before class starts: Venmo @Christin-Nash. Limit 25.**

Monday, June 8

7:00 – 9:00 p.m.

Brookside BID Room 111

Christin Nash

1 Session

Fee: \$20.00

3E. CROCHET Beginner/Intermediate

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 fashionable scarfs, granny squares, baby blankets, ponchos, 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 H or I and light-colored worsted weight yarn. Limit 15.**

Tuesdays, beginning February 24

7:00 – 9:00 p.m.

Brookside Cafeteria

Lisa Lazar (No Class 4/7)

10 Sessions

Fee: \$70.00

4E. DECOUPAGE WOODEN SPRING EGGS WORKSHOP – CRAFT A MASTERPIECE! *(New)*

Ready to add a **personal, artistic touch** to your Spring décor? Join instructor Christin Nash for a delightful workshop at our Decoupage Wooden Spring Egg Workshop! What you'll learn and create: **Decoupage Techniques:** Master the simple yet beautiful art of decoupage. **Unique Eggs:** Transform plain wooden eggs into stunning, personalized treasures that will last for years. **All Supplies Provided:** We'll supply the wooden eggs, beautiful decorative papers, glue and brushes.

Material fee: \$18.00 is due to the instructor the week before class starts: Venmo @Christin-Nash. Limit 25.

Monday, March 30

7:00 – 9:00 p.m.

Brookside BID Room 111

Christin Nash

1 Session

Fee: \$20.00

5E. MOTHER'S DAY/SPRING ENGLISH TEA CUP PLANTER WORKSHOP! *(New)*

Treat Mom (or yourself), to a charming and creative experience this Mother's Day! Join instructor Christin Nash for a delightful workshop where you'll transform a beautiful vintage inspired English Teacup into a whimsical mini garden planter. Perfect for a unique, handmade gift or a lovely keepsake! **What's Included:** A gorgeous vintage inspired teacup (and saucer), soil, small plants (succulents/herbs/flowers), and decorative elements. **Material fee: \$25.00 is due to the instructor the week before class starts: Venmo @Christin-Nash. Limit 25.**

Wednesday, May 6

7:00 – 9:00 p.m.

Brookside BID Room 111

Christin Nash

1 Session

Fee: \$20.00

6E. 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 February 23

7:00 – 9:00 p.m.

Brookside Room 147

Eddie Hug (No Class 4/6)

10 Sessions

Fee: \$68.00

7E. WATERCOLOR PAINTING – All Levels

Beginners to Advanced Watercolor Painting. Explore technique, color and texture using watercolor paint. Different subject matter will be explored: Still Life, Landscapes, Portraits and Animals. Assigned subject matter is available or bring whatever you would like to paint. **Contact the Adult Education office for the supply list. Limit 25.**

Thursdays, beginning February 26

6:00 – 8:00 p.m.

Brookside Room 147

Jeffrey Goldberg (No Class 4/2, 4/9)

10 Sessions

Fee: \$80.00

Computer Training

8E. INTRODUCTION TO MICROSOFT EXCEL – BASICS

Receive hands-on experience creating spreadsheets. Topics focus on navigating, working with data, creating visual charts, formatting, and basic formulas. As we start designing and developing a home budget in this class, we also cover timesaving techniques-access sample practice files from www.EasyExcelLearning.com.

Material Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 16.

Thursday, May 21

6:30 – 8:45 p.m.

Brookside Curriculum Library

Juan Hinojosa

1 Session

Fee: \$60.00

9E. MICROSOFT EXCEL – INTERMEDIATE

Creating Reports for Business Decision Making – Intermediate Excel – Convert raw data into more relevant information using Excel functions and PivotTables. Topics focus on sum () and if () functions to process information, PivotTables for report creation, charts, and conditional formatting to visualize data-access sample practice files from www.EasyExcelLearning.com

Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 16.

Thursday, May 28

6:30 – 8:45 p.m.

Brookside Curriculum Library

Juan Hinojosa

1 Session

Fee: \$60.00

10E. MICROSOFT EXCEL – ADVANCED

Advanced Excel - Technical vLookup function, Nested Functions, and Macro Automation.

Hands-on activities will consist of more technical features. Students will use the database function vLookup to append data from another source to compare or add data. We will also use nested conditional functions processing multi-tiered data conditions. Macros will automate repetitive steps by using the macro recorder to record the macro or help modify the macro script in VBA (Visual Basic for Applications).

Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 16.

Thursday, June 4

6:30 – 8:45 p.m.

Brookside Curriculum Library

Juan Hinojosa

1 Session

Fee: \$60.00

11E. ORACLE SQL DEVELOPER WEB – INTRODUCTION

With a focus on data queries to support business decisions. Embark on a transformative hands-on workshop into the realm of data with an Oracle SQL Developer specialist. In just two hours, master Oracle SQL Developer Web's interface, run powerful queries, and export data effortlessly. Whether you're charting business analytics or refining database management, this session lays the groundwork for success. Join us and harness the power of data-driven decision-making - register now and ignite your data-driven future!

Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 16.

Tuesday, May 19

6:30 – 8:45 p.m.

Brookside Curriculum Library

Juan Hinojosa

1 Session

Fee: \$60.00

12E. ORACLE SQL DEVELOPER WEB – INTERMEDIATE

With a focus on data modes. Take your data skills to the next with a data-driven specialist. In this exciting two-hour session, you'll delve into Oracle SQL Developer Web, exploring advanced querying techniques and honing your data modeling skills. With hands-on instruction and expert guidance, you'll be equipped to tackle any data challenge. Don't miss this chance to unlock your full potential in the world of data – register now!

Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 16.

Wednesday, May 20

6:30 – 8:45 p.m.

Brookside Curriculum Library

Juan Hinojosa

1 Session

Fee: \$60.00

Creative Writing

13E. CREATIVE WRITING WORKSHOP

Have you ever wanted to write a novel, a short story, or a poem? Have you ever considered turning your personal experiences into compelling narratives? Where do you begin? Have you ever thought about starting a gratitude journal? Writing a children's book? Come join us! Writers of all levels and varying interests are welcome. Together, we will explore the art of writing, find our inner voices, and weave our words into creative pieces. **Limit 15**

Tuesdays, beginning March 10

7:00 – 8:30 p.m.

Brookside Room 146

Patricia Rossi (No Class 4/7)

8 Sessions

Fee: \$40.00

Dance

14E. LINE DANCE – High Beginner/Improver

Must have knowledge of the basic line dancing steps. This class will continue to build on those steps and teach new patterns and choreography that you can take to any dance floor. Whether it's country, pop, or contemporary music; they all share the same beat. Dancing is great for your body, soul and mind, so come on down and kick your heels up! Wear comfortable shoes, bring water and Let's Have Fun!

Limit 40.

Tuesdays, beginning February 24
Laima O'Connor (No Class 4/7)

7:00 – 8:30 p.m.
10 Sessions

Grand Avenue M.S. Gym
Fee: \$68.00

15E. MODERN DANCE – Intermediate Only

This adult, modern technique dance class is an 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 February 26
Schery Sullivan (No Class 4/2, 4/9)

8:00 – 9:30 p.m.
12 Sessions

Brookside Auxiliary Gym/Room 94
Fee: \$82.00

Defensive Driving

16E. 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. **PLEASE NOTE: You will not be permitted into the class if you are late, therefore, please make sure you are on time, as per our policy there will be no refunds or credits. Limit 25.**

Mondays, March 16 & March 23
East Meadow Driving School

6:30 – 9:30 p.m.
2 Sessions

Brookside Curriculum Library
Fee \$60.00

Finances

17E. ELDER LAW WORKSHOP

If you are concerned about protecting your assets and your dignity, this course is for you! The Elder Law Workshop is a hands-on introduction to the principles of Elder Law and what you can do TODAY to better secure your future. Learn about Health Care Proxies, Power of Attorney, how to pay for long term care cost, Medicaid eligibility requirements and how to engage in Medicaid and asset protection planning. Living Trusts and the use of such trusts as an asset protection tool will be discussed. This interactive course provides ample time for many students' generated questions. **Limit 25**

Monday, March 9
Christina Lamm, Esq. Associate Attorney

6:00 – 8:00 p.m.
1 Session

Brookside Room 146
Fee \$20.00

18E. HOW TO LEAVE MONEY TO YOUR HEIRS

You've worked hard all your life! Now you want to plan carefully to ensure that your nest egg will be passed along to those you choose, that your estate will not be reduced by excessive taxes and that someone you trust will be appointed to carry out your wishes when you are gone. We will discuss Wills, and Revocable and Irrevocable Living Trusts, comparing and contrasting the advantages and disadvantages of each document. Special emphasis will be given to methods of reducing or deferring gift and estate taxes. During this interactive course, we will answer your questions regarding managing, protecting and disposing of your hard-earned assets. **Limit 25.**

Monday, March 30
Christina Lamm, Esq. Associate Attorney

6:00 – 8:00 p.m.
1 Session

Brookside Room 146
Fee \$20.00

19E. PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

Parents have numerous issues to consider in planning for the long-term wellbeing of their children with special needs. **With new tax laws and changes in 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.

Instructor: Jeffrey Silverman, JD CFP®. Mr. Silverman is a Certified Financial Planner™ Practitioner and Attorney. His financial planning practice has offices in Woodbury and Hauppauge, New York. Limit 24.

Monday, March 9
Jeffrey Silverman, JD CFP®

7:00 – 9:00 p.m.
1 Session

Brookside Curriculum Library
Fee: \$16.00

Finances (Continued)

20E. RETIREMENT – CREATING YOUR LIFETIME RETIREMENT INCOME PLAN

Did you know that for many, retirement can span 30 or more years? How can you make sure that your income will continue to flow throughout your retirement years? This program will explore concepts that can help you plan a retirement income strategy with the goal of maximizing income, minimizing taxes using the new tax laws, staying ahead of inflation with protective growth strategies for your own retirement accounts, creating predictable lifetime income, maximizing social security benefits, and blending financial and legal strategies to preserve and protect your assets. If you are retired or thinking about retirement, you will not want to miss this program.

Instructor: Jeffrey Silverman, JD CFP®. Mr. Silverman is a Certified Financial Planner™ Practitioner and Attorney. His financial planning practice has offices in Woodbury and Hauppauge, New York. Limit 24.

Tuesday, March 3

7:00 – 9:00 p.m.

Brookside Room 146

Jeffrey Silverman, JD CFP®

1 Session

Fee: \$16.00

21E. UNDERSTANDING YOUR 403(b) Plan

A seminar created for all Long Island school district employees. This workshop will 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.

Thursday, March 12

6:30 – 7:30 p.m.

Brookside Room 146

John Carbonara, CFP

1 Session

Fee: \$16.00

22E. WHEN SHOULD I TAKE MY SOCIAL SECURITY? ...IT DEPENDS

Unlocking the mysteries of Social Security can be daunting, but understanding its claiming strategies can significantly impact your financial future. This essential guide explores the various options available for claiming Social Security benefits, including early versus delayed retirement, spousal and survivor benefits, and the nuances of taxation. Whether you're approaching retirement or planning for loved ones, learn how to maximize your benefits and create a sustainable income stream. Discover the key factors to consider, the potential pitfalls to avoid, and expert tips for crafting a personalized claiming strategy that aligns with YOUR life goals. Your financial well-being starts here! **Limit 25.**

Thursday, March 12

7:00 – 9:00 p.m.

Brookside Curriculum Library

Meg Danaher, CFP®, CLU®, RICP®, CMFA®

1 Session

Fee: \$20.00

Health-Lifesaver

23E. HEARTSAVER CPR – ADULT CPR w/AED – TWO YEAR CERTIFICATION COURSE

ADULT CPR is a hands-on practical skills practice course which comes with a two-year certification card. This course will include a review of prudent heart living; risk factors, and the student's role in the chain of survival. We will also review the warning signs of a heart attack, stroke, choking, and how to access the Emergency Medical Service system (EMS). Wear comfortable clothes, as all practice exercises will be done on the floor.

All class materials will be provided on the night of class. Material fee: \$70.00 to be paid in cash, or check payable to Lifesaver CPR Programs. An email address PER STUDENT is required for E-Card certification processing and delivery. Limit 18.

Any questions? Email Steve at: LCP-COURSE@OPTONLINE.NET

Monday, March 9

7:00 – 9:00 p.m.

Brookside Cafeteria

Stephen & Bonnie Karejwa

1 Session

Fee: \$20.00

AHA Instructor

24E. HEARTSAVER CPR – CHILD/INFANT – TWO CERTIFICATION COURSE

CHILD/INFANT CPR is a hands-on practical skills practice course which comes with a two-year certification card. This course will include a review of the student's role in the chain of survival, learn how to reduce the risk of Sudden Infant Death Syndrome (SIDS), prevent the most common serious injuries, and choking. You will also learn how to access the Emergency Medical System (EMS). Wear comfortable clothes, as all practice exercises will be done on the floor or at table level.

All class materials will be provided on the night of class. Material fee: \$70.00 to be paid in cash, or check payable to Lifesaver CPR Programs. An email address PER STUDENT is required for E-Card certification processing and delivery. Limit 18.

Any questions? Email Steve at: LCP-COURSE@OPTONLINE.NET

Wednesday, March 11

7:00 – 9:00 p.m.

Brookside Cafeteria

Stephen & Bonnie Karejwa

1 Session

Fee: \$20.00

AHA Instructor

Health-Lifesaver (Continued)

25E. HEARTSAVER CPR – ADULT CPR w/AED – TWO YEAR CERTIFICATION COURSE

ADULT CPR is a hands-on practical skills practice course which comes with a two-year certification card. This course will include a review of prudent heart living; risk factors, and the student's role in the chain of survival. We will also review the warning signs of a heart attack, stroke, choking, and how to access the Emergency Medical Service system (EMS). Wear comfortable clothes, as all practice exercises will be done on the floor.

All class materials will be provided on the night of class. Material fee: \$70.00 to be paid in cash, or check payable to Lifesaver CPR Programs. An email address PER STUDENT is required for E-Card certification processing and delivery. Limit 18.

Any questions? Email Steve at: LCP-COURSE@OPTONLINE.NET

Tuesday, April 21

7:00 – 9:00 p.m.

Brookside Board Room

Stephen & Bonnie Karejwa

1 Session

Fee: \$20.00

AHA Instructor

26E. HEARTSAVER CPR – CHILD/INFANT – TWO CERTIFICATION COURSE

CHILD/INFANT CPR is a hands-on practical skills practice course which comes with a two-year certification card. This course will include a review of the student's role in the chain of survival, learn how to reduce the risk of Sudden Infant Death Syndrome (SIDS), prevent the most common serious injuries, and choking. You will also learn how to access the Emergency Medical System (EMS). Wear comfortable clothes, as all practice exercises will be done on the floor or at table level.

All class materials will be provided on the night of class. Material fee: \$70.00 to be paid in cash, or check payable to Lifesaver CPR Programs. An email address PER STUDENT is required for E-Card certification processing and delivery. Limit 18.

Any questions? Email Steve at: LCP-COURSE@OPTONLINE.NET

Thursday, April 23

7:00 – 9:00 p.m.

Brookside Cafeteria

Stephen & Bonnie Karejwa

1 Session

Fee: \$20.00

AHA Instructor

Magic

27E. MAGIC ACADEMY–Magic for Beginners – Level I

Learn to be a magician. Find out the Magician's tricks of the trade, such as, making objects vanish and reappear, making strange predictions and causing solid objects to pass through each other. This course teaches easy to master Magic effects done with everyday objects such as playing cards, string, coins and bills. You will also gain mastery of some special Magician's tools and props. Learn amazing tricks to entertain and impress friends and family. This class will also enhance the participants' social skills; build self-confidence; improve public speaking ability; improve eye-hand coordination, memory and fine motor skills while having a FANTASTIC time! **Material fee: \$10.00 paid in cash on the first night of class to the Instructor.**

Limit 20.

Wednesdays, beginning February 25

6:00 – 7:00 p.m.

Brookside Cafeteria

Gary Dreifus (No Class 4/1, 4/8)

10 Sessions

Fee: \$55.00

28E. MAGIC ACADEMY– Level II

This class starts off where Level I left off. Have an OUTSTANDING time learning more advanced magical skills to further impress friends and family. Prerequisite: Magic Academy Level I. **Material fee: \$10.00 paid in cash on the first night of class to the Instructor. Limit 20.**

Wednesdays, beginning February 25

7:00 – 8:00 p.m.

Brookside Cafeteria

Gary Dreifus (No Class 4/1, 4/8)

10 Sessions

Fee: \$55.00

Mah-Jongg

29E. MAH-JONGG-Beginner Introduction Part I

Mah-Jongg is a fun and challenging game. Learn how 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 National 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.**

Material fee: \$3.00 paid in cash on the first night of class to the Instructor. Limit 16.

Tuesday 3/31 &

Wednesdays, 3/25, 4/15, 4/22, 4/29 & 5/6

7:00 – 9:00 p.m.

Brookside Room 34

Sheryl Perry

6 Sessions

Fee: \$50.00

30E. MAH-JONGG-Part II

Learn the 2026 Mah-Jongg card while learning strategy and practicing your skill. This class is for anyone who knows the basics. We focus on hand building and strategy. If you have a Mah-Jongg set, please bring it, (we only need a few).

REQUIRED: MUST HAVE THE MAH-JONGG CARD FROM THE MAH-JONGG NATIONAL LEAGUE AND HAVE BASIC KNOWLEDGE. Limit 16.

Tuesdays, 4/14, 4/21, 4/28 & 5/5

7:00 – 9:00 p.m.

Brookside Room 34

Sheryl Perry

4 Sessions

Fee: \$35.00

Music

31E. 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 February 25
Frank Chillemi (No Class 4/1, 4/8)

7:30 – 9:30 p.m.
8 Sessions

Brookside Auditorium
Fee: \$65.00

Organization Skills

32E. GET ORGANIZED FOR INCREASED PRODUCTIVITY

Disorganization affects 86% of the population, so you're not alone. This workshop will teach you steps how to declutter your environment and set up effective systems which overall will increase your productivity by stopping procrastination in your home or office by using logical steps instead of emotions. This informational workshop will change your life. If you're a business owner/professional who's sitting at a desk with paper piles and unfinished projects, or an entrepreneur whose to-do's stay undone, or a solopreneur, or startup who works from home and hasn't established a designated area and system to work from on a daily basis. Does your home feel cluttered with things you don't know what to do with and it's affecting your family life? Sounds like this workshop is for you! **Limit 20.**

Monday, March 9
Laura Savino a/k/a "Dr. Declutter"

7:00 – 9:00 p.m.
1 Session

Brookside Room 34
Fee: \$20.00

Physical Fitness

33E. 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 March 4
Fabiana Rezak (No Class 4/1, 4/8)

6:45 – 7:30 p.m.
6 Sessions

Brookside Weight Room
Fee: \$45.00

34E. 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 30.**

Tuesdays, beginning February 24
Roberta Johnson, ACSM Certified (No Class 4/7)

7:45 – 8:45 p.m.
10 Sessions

Brookside Room 94
Fee: \$60.00

35E. 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 16.**

Tuesdays, beginning February 24
Jeannie Pendergrass

5:30 – 6:30 p.m.
6 Sessions

Brookside Room 94
Fee: \$39.00

36E. 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 16.**

Tuesdays, beginning February 24
Jeannie Pendergrass

6:30 – 7:30 p.m.
6 Sessions

Brookside Room 94
Fee: \$39.00

37E. PILATES

Mat Pilates will help you strengthen your muscles and core strength like your 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 March 4
Fabiana Rezak (No Class 4/1, 4/8)

7:35 – 8:20 p.m.
6 Sessions

Brookside Room 94
Fee: \$55.00

Physical Fitness (Continued)

38E. 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 35.**

Mondays, beginning February 23 **7:30 – 9:00 p.m.**
Sifu Joseph DeLuise & Lili DeLuise (No Class 4/6) **10 Sessions** **Brookside Room 94**
Fee: \$65.00

39E. 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 February 25 **7:30 – 9:00 p.m.**
Sifu Joseph DeLuise & Lili DeLuise (No Class 4/1, 4/8) **10 Sessions** **Grand Ave. M.S. Gym**
Fee: \$65.00

40E. YOGA Beginner Gentle Yoga Level

Kripalu Yoga, gentle yoga and meditation in motion, develops the integration of body, mind, and spirit. Through Hatha Yoga posture and breathing, we will explore the flowing healing energy within us. Reduce stress, tone your body, manage back or joint pain, insomnia and other health benefits. Mariko H. Fusillo is the founder of Harmony Yoga & Wellness Healing Center. She has 30 plus years of teaching as a Yoga Teacher, Yoga Therapist, and Ayurveda Health Counselor. Her teaching approach helps warm 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 32.

Wednesdays, beginning February 25 **6:00 – 7:30 p.m.**
Mariko Fusillo, E-RYT 500. C-IAYT **8 Sessions** **Brookside Room 94**
(No Class 4/1, 4/8) **Fee: \$70.00**

41E. 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 32.**

Mondays, beginning February 23 **6:00 – 7:00 p.m.**
Ruth Weissman (No Class 4/6) **8 Sessions** **Brookside Room 94**
Fee: \$60.00

Recreational Sport

42E. 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 64**

Tuesdays, beginning February 24 **7:00 – 9:30 p.m.**
Ivan (Ricky) Horn (No Class 4/7, 5/5 & 5/12) **12 Sessions** **Brookside Gym**
Fee: \$95.00

43E. PICKLEBALL – ADVANCED/COMPETITIVE

TO PARTICIPATE IN THIS CLASS – STUDENTS “MUST” KNOW THE RULES AND STRATEGIES OF THE GAME.

Participants are also expected to be able to serve, dink and volley with consistency. This class will allow participants to maintain and improve on a variety of groundstrokes, smashes, and lobs during informal/competitive games. **All players will be evaluated at the first session to determine level of ability, if you do not meet the criteria, you will be offered a refund or credit.** 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: \$3.00 cash paid to the instructor the first night of class. Limit 18.

Wednesdays, beginning March 18 **7:15 – 8:30 p.m.**
Elvis Maduro (No Class 4/1, 4/8) **5 Sessions** **Brookside Gym**
Fee: \$75.00

44E. PICKLEBALL – 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: \$3.00 cash paid to the instructor the first night of class. Limit 18.**

Wednesdays, beginning March 18 **8:30 – 9:45 p.m.**
Elvis Maduro (No Class 4/1, 4/8) **5 Sessions** **Brookside Gym**
Fee: \$75.00

Recreational Sport (Continued)

45E. VOLLEYBALL II – INTERMEDIATE LEVEL

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 36.**

Thursdays, beginning February 26

7:30 – 9:30 p.m.

Brookside Gym

Margaret Sammons (No Class 4/2, 4/9, 5/7, 5/14)

12 Sessions

Fee: \$90.00

46E. VOLLEYBALL III – ADVANCED LEVEL (MONDAYS) – 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: know 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 Thursday nights (depending on availability), or be offered a refund. Sneakers and kneepads required. **Limit 36.**

Mondays, beginning February 23

7:30 – 9:30 p.m.

Brookside Gym

Margaret Sammons (No Class 4/6, 5/4 & 5/11, 5/25)

12 Sessions

Fee: \$90.00

47E. VOLLEYBALL III – ADVANCED LEVEL (WEDNESDAYS) – 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: know 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 Thursday nights (depending on availability), or be offered a refund. Sneakers and kneepads required. **Limit 36.**

Wednesdays, beginning February 25

7:30 – 9:30 p.m.

Merrick Ave. M.S. Gym

Margaret Sammons (No Class 4/1, 4/8)

12 Sessions

Fee: \$90.00

Reiki

48E. REIKI I: WORKSHOP & CERTIFICATION *(VIRTUAL)*

While attending Reiki I you can expect to learn meditation, self-healing, healing pets, family and friends 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.**

Tuesday, March 24

5:00 – 8:00 p.m.

VIRTUAL-ZOOM

Lorry Salluzzi, Sensei

1 Session

Fee: \$55.00

49E. REIKI II: CERTIFICATION – OKUDEN – The Inner Teachings of Reiki *(VIRTUAL)*

Learn and practice healing others, 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.**

Thursday, March 26

5:00 – 8:00 p.m.

VIRTUAL-ZOOM

Lorry Salluzzi, Sensei

1 Session

Fee: \$55.00

Special Interests

50E. 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 February 26

7:30 – 9:00 p.m.

Brookside Room 34

Steve Rehm (No Class 4/2, 4/9)

6 Sessions

Fee: \$48.00

51E. TRAVEL HACKS WORKSHOP

This workshop will provide many "Tips" and "Tricks" for saving time, space and money on your next vacation! Are you dreaming of traveling or do you have a trip coming up? Learn ways to maximize your packing, stretch your budget and have the resources you need for a relaxing and memorable trip. **Limit 16.**

Wednesday, April 29

5:30 – 7:00 p.m.

Brookside Room 146

Randee Bonagura, Travel Advisor

1 Session

Fee: \$15.00

Rope Drop Travel

DAYTIME COURSES

Line Dance

52D. LINE DANCE Beginner

Even if you think you have two left feet come on down to Line Dance! In this beginner class we will learn how to shuffle, rhumba and do a vine step. Line Dancing builds coordination as well as memorization skills. If you can count to eight you can learn to Line Dance. No partner necessary. Wear comfortable shoes, bring a water bottle and a smile.

Limit 38.

Wednesdays, beginning February 25
Linda O'Halloran (No Class 4/8)

12:15 – 1:15 p.m.
9 Sessions

Brookside Rm. 94
Fee: \$50.00

53D. LINE DANCE Improver/Intermediate

If you already have experience in Line Dancing and want to learn more, come on over! Together we will learn more patterns and sequencing that go with the dances. Line Dancing builds coordination as well as memorization skills. We will be dancing to a variety of music which all share a common beat. When we put everything together, we have movement and a fun form of exercise. No partner necessary. Wear comfortable shoes, bring a water bottle and a smile.

Limit 38.

Wednesdays, beginning February 25
Linda O'Halloran (No Class 4/8)

1:15 – 2:15 p.m.
9 Sessions

Brookside Rm. 94
Fee: \$50.00

Physical Fitness

54D. 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 March 4
Fabiana Rezak (No Class 4/1, 4/8)

10:30 – 11:15 a.m.
6 Sessions

Brookside Weight Room
Fee: \$45.00

55D. MORNING MOVES – Stretch and Tone

Start your day with a combination of stretching and toning exercises. Begin with breathings and salutations to extend and flex the spine. Continue with a soft, flow stretch and an upbeat joint workout, then balance exercises followed by deeper toning and stretch work. A chair yoga segment follows, which targets specific areas and muscles of the body. We progress to across the floor movement, which allows the body to move into the space around it by traveling. The next part of the class develops movement phrases to a specific piece of music and is reviewed and added to each week. The final stretch brings the body into deep focus. The movement and patterns work on: flexibility, balance, coordination, stamina and concentration. Fifteen minutes relax at the end of class (11:00-11:15), bring a yoga mat for the last 15 minutes of relaxation. **Limit 25.**

Thursdays, beginning February 26
Schery Sullivan (No Class 4/2, 4/9, 5/7, 5/14)

10:00 – 11:15 a.m.
12 Sessions

Brookside Rm. 94
Fee: \$75.00

56D. PILATES

Mat Pilates will help you strengthen your muscles and core strength like your 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 March 4
Fabiana Rezak (No Class 4/1, 4/8)

11:20 – 12:05 p.m.
6 Sessions

Brookside Rm. 94
Fee: \$55.00

57D. TAI CHI for Health Part I

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 Laracuenta56 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 February 24
Joseph Laracuenta (No Class 4/7, 5/5, 5/12)

9:00 – 10:30 a.m.
10 Sessions

Brookside Room 94
Fee: \$65.00

58D. TAI CHI for Health Part II

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 February 24
Joseph Laracuenta (No Class 4/7, 5/5, 5/12)

10:30 – 12:00 p.m.
10 Sessions

Brookside Room 94
Fee: \$65.00

Physical Fitness (Continued)

59D. TAI CHI CHUAN – COMPLETE 24 MOVES, YANG STYLE

Learn the ancient Chinese system of exercise for health. Originating from martial arts, this gentle exercise is practiced slowly and gracefully. As meditation in motion, a series of postures incorporate the mind and body. Regular practice helps to develop better balance, coordination and self-awareness, increase energy, improve circulation, lowers blood pressure, reduce stress and provides many more health benefits. Please wear loose comfortable clothing and sneakers. Eddie Hug is a Certified Tai Chi Chuan Instructor. **Limit 50.**

Fridays, beginning February 27

10:45 – 12:00 p.m.

Brookside Room 94

Eddie Hug (No Class 3/20, 4/3, 4/10, 5/8, 5/15)

10 Sessions

Fee: \$65.00

60D. YOGA Beginner - Mondays

This hatha yoga class is suitable for beginners, **but you must be able to work on the floor and transition to standing poses.** 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. Wear comfortable clothes and be prepared to work barefoot. Do not eat a heavy meal before class. Bring a yoga mat. **Limit 30.**

Mondays, beginning February 23

9:00 – 10:30 a.m.

Brookside Room 94

Angela Dubinsky (No Class 4/6, 5/4, 5/11)

10 Sessions

Fee: \$65.00

61D. YOGA Beginner II - Mondays

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. Wear comfortable clothes and be prepared to work barefoot. Do not eat a heavy meal before class. Bring a yoga mat.

Limit 30.

Mondays, beginning February 23

10:45 – 12:15 p.m.

Brookside Room 94

Angela Dubinsky (No Class 4/6, 5/4, 5/11)

10 Sessions

Fee: \$65.00

62D. YOGA Open Level – Wednesdays

This hatha yoga class is suitable for beginners and those with more experience, **but you must be able to work on the floor and transition to standing poses.** 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. Wear comfortable clothes and be prepared to work barefoot. Do not eat a heavy meal before class. Bring a yoga mat. **Limit 30.**

Wednesdays, beginning February 25

9:00 – 10:30 a.m.

Brookside Room 94

Angela Dubinsky (No Class 4/8, 5/6, 5/13)

10 Sessions

Fee: \$65.00

63D. YOGA Beginner - Fridays

This hatha yoga class is suitable for beginners, **but you must be able to work on the floor and transition to standing poses.** 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. Wear comfortable clothes and be prepared to work barefoot. Do not eat a heavy meal before class. Bring a yoga mat. **Limit 30.**

Fridays, beginning February 27

9:00 – 10:30 a.m.

Brookside Room 94

Angela Dubinsky (No Class 3/20, 4/3, 4/10, 5/8, 5/15)

10 Sessions

Fee: \$65.00

Physical Fitness for Fifty Plus

64D. MUSICAL DANCE FITNESS

Start this morning class with breathing, stretching, balance and joint exercises. Progress to working with simple props, like scarves, hoops or sticks to enhance simple movement to a musical piece. Continue to working movement in space work across the floor, which increases stamina and coordination. Finish with learning phrases to a song and repeating and adding to each week. This helps memory and concentration. All movement is thoroughly taught. Review is encouraged and welcomed.

Limit 25.

Tuesdays, beginning February 24

10:30 – 11:30 a.m.

Brookside Gym

Schery Sullivan (No Class 4/7, 5/5, 5/12)

12 Sessions

Fee: \$60.00

65D. 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 March 6

11:30 – 12:15 p.m.

Brookside Gym

Fabiana Rezak (No Class 3/20, 4/3, 4/10)

6 Sessions

Fee: \$45.00

Recreational Sports

66D. PICKLEBALL – ADVANCED/COMPETITIVE

TO PARTICIPATE IN THIS CLASS – STUDENTS “MUST” KNOW THE RULES AND STRATEGIES OF THE GAME. Participants are also expected to be able to serve, dink and volley with consistency. This class will allow participants to maintain and improve on a variety of groundstrokes, smashes, and lobs during informal/competitive games. **All players will be evaluated at the first session to determine level of ability, if you do not meet the criteria, you will be offered a refund or credit.** 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: \$3.00 cash paid to the instructor the first night of class. Limit 18.

Mondays, beginning March 16

10:45 – 12:15 p.m.

Brookside Gym

Elvis Maduro (No Class 4/6)

6 Sessions

Fee: 75.00

67D. PICKLEBALL – ADVANCED BEGINNER (Beyond the Basics)

This class is for people who already know the Basic Rules & Basic Strokes of the game, i.e., Serves, Dinking, Lobbing, etc. You will perform drills to develop & become more consistent with your skills. 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: \$3.00 cash paid to the instructor the first night of class. Limit 18.**

Mondays, beginning March 16

12:15 -2:15 p.m.

Brookside Gym

Elvis Maduro (No Class 4/6)

6 Sessions

Fee: 80.00

68D. PICKLEBALL – ADVANCED BEGINNER (Beyond the Basics)

This class is for people who already know the Basic Rules & Basic Strokes of the game, i.e., Serves, Dinking, Lobbing, etc. You will perform drills to develop & become more consistent with your skills. 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: \$3.00 cash paid to the instructor the first night of class. Limit 18.**

Wednesdays, beginning March 18

10:45 – 12:15 noon

Brookside Gym

Elvis Maduro (No Class 4/8)

6 Sessions

Fee: 75.00

69D. PICKLEBALL – 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: \$3.00 cash paid to the instructor the first night of class. Limit 18.**

Wednesdays, beginning March 18

12:15 – 2:15 p.m.

Brookside Gym

Elvis Maduro (No Class 4/8)

6 Sessions

Fee: \$80.00

70D. 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 March 6

12:20 – 1:05 p.m.

Brookside Gym

Fabiana Rezak (No Class 3/20, 4/3, 4/10)

6 Sessions

Fee: \$58.00

Reiki

71D. REIKI I: WORKSHOP & CERTIFICATION *(VIRTUAL)*

While attending Reiki I you can expect to learn meditation, self-healing, pet healing, family and friends 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.**

Tuesday, March 3

9:00 – 12:00 p.m.

VIRTUAL-ZOOM

Lorry Salluzzi, Sensei

1 Session

Fee: \$55.00

72D. REIKI II: CERTIFICATION – OKUDEN – The Inner Teachings of Reiki *(VIRTUAL)*

Learn and practice healing other, 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.**

Thursday, March 5

9:00 – 12:00 p.m.

VIRTUAL-ZOOM

Lorry Salluzzi, Sensei

1 Session

Fee: \$55.00

REGISTRATION IS ONLINE

SEE THE LINK BELOW

TO REGISTER

WWW.APTSUSA.COM/BMADULTEDUCATION

Contact APTS directly at 1-855-663-8348
or e-mail info@aptsusa.com
with online registration issues