



**Bellmore-Merrick**  
Spring 2026

**Course Catalog  
Adult Continuing Education**

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

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

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**ADULT CONTINUING EDUCATION ADMINISTRATOR**

Cheryl Fontana, Director of Fine & Performing Arts and Adult Education

**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.aptsusa.com/bmadulteducation](http://www.aptsusa.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, 2025 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](mailto: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.**

**CANCELLATIONS:**

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

## 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 <b>(March)</b> ...8		49E. Reiki II <i>(Virtual)</i> .....	12
24E. CPR Child/Infant Cert. <b>(March)</b> ....8		50E. American Civil War.....	12
25E. CPR Adult Cert. w/AED <b>(April)</b> ....9		51E. Travel Hacks Workshop .....	12
26E. CPR Child/Infant Cert. <b>(April)</b> .....	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](http://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 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](http://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.

## **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.

**Unit 20:** **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](mailto:LCP-COURSE@OPTONLINE.NET)

Any questions? Email Steve at: [ECF-COURSE@OPTONLINE.NET](mailto:ECF-COURSE@OPTONLINE.NET)  
Monday, March 9 7:00 – 9:00 p.m. Brookside Cafeteria  
Stephen & Bonnie Karelwa 1 Session Fee: \$20.00  
AHA Instructor

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

**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](mailto:LCP-COURSE@OPTONLINE.NET)

Any questions? Email Steve at: [ECR-COURSE@GMAIL.COM](mailto:ECR-COURSE@GMAIL.COM)  
Wednesday, March 11 7:00 – 9:00 p.m.  
Stephen & Bonnie Karejwa 1 Session  
AHA Instructor



## 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**

**7:30 – 9:30 p.m.**

**Brookside Auditorium**

**Frank Chillemi (No Class 4/1, 4/8)**

**8 Sessions**

**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**

**7:00 – 9:00 p.m.**

**Brookside Room 34**

**Laura Savino a/k/a "Dr. Declutter"**

**1 Session**

**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**

**6:45 – 7:30 p.m.**

**Brookside Weight Room**

**Fabiana Rezak (No Class 4/1, 4/8)**

**6 Sessions**

**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**

**7:45 – 8:45 p.m.**

**Brookside Room 94**

**Robert Johnson, ACSM Certified (No Class 4/7)**

**10 Sessions**

**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**

**5:30 – 6:30 p.m.**

**Brookside Room 94**

**Jeannie Pendergrass**

**6 Sessions**

**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**

**6:30 – 7:30 p.m.**

**Brookside Room 94**

**Jeannie Pendergrass**

**6 Sessions**

**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**

**7:35 – 8:20 p.m.**

**Brookside Room 94**

**Fabiana Rezak (No Class 4/1, 4/8)**

**6 Sessions**

**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.**      **Brookside Room 94**  
**Sifu Joseph DeLuise & Lili DeLuise (No Class 4/6)**      **10 Sessions**      **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.**      **Grand Ave. M.S. Gym**  
**Sifu Joseph DeLuise & Lili DeLuise (No Class 4/1, 4/8)**      **10 Sessions**      **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.**      **Brookside Room 94**  
**Mariko Fusillo, E-RYT 500. C-IAYT**      **8 Sessions**      **Fee: \$70.00**  
**(No Class 4/1, 4/8)**

### 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.**      **Brookside Room 94**  
**Ruth Weissman (No Class 4/6)**      **8 Sessions**      **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.**      **Brookside Gym**  
**Ivan (Ricky) Horn (No Class 4/7, 5/5 & 5/12)**      **12 Sessions**      **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.**      **Brookside Gym**  
**Elvis Maduro (No Class 4/1, 4/8)**      **5 Sessions**      **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.**      **Brookside Gym**  
**Elvis Maduro (No Class 4/1, 4/8)**      **5 Sessions**      **Fee: \$75.00**

### ***Recreational Sport (Continued)***

**45E. VOLLEYBALL II – INTERMEIDATE 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.**

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.**

## *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.

# 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
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### 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
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## 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
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### 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
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### 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
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### 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
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### 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
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### ***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.**

**Wednesday evenings 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.**

<b>Mondays, beginning March 16</b>	<b>10:45 – 12:15 p.m.</b>	<b>Brookside Gym</b>
<b>Elvis Maduro (No Class 4/6)</b>	<b>6 Sessions</b>	<b>Fee: 75.00</b>

### 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, Lobing, 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.**

<b>Mondays, beginning March 16</b>	<b>12:15 – 2:15 p.m.</b>	<b>Brookside Gym</b>
<b>Elvis Maduro (No Class 4/6)</b>	<b>6 Sessions</b>	<b>Fee: 80.00</b>

### 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, Lobing, 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.**

<b>Wednesdays, beginning March 18</b>	<b>10:45 – 12:15 noon</b>	<b>Brookside Gym</b>
<b>Elvis Maduro (No Class 4/8)</b>	<b>6 Sessions</b>	<b>Fee: 75.00</b>

### 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.**

<b>Wednesdays, beginning March 18</b>	<b>12:15 – 2:15 p.m.</b>	<b>Brookside Gym</b>
<b>Elvis Maduro (No Class 4/8)</b>	<b>6 Sessions</b>	<b>Fee: \$80.00</b>

### 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.**

<b>Fridays, beginning March 6</b>	<b>12:20 – 1:05 p.m.</b>	<b>Brookside Gym</b>
<b>Fabiana Rezak (No Class 3/20, 4/3, 4/10)</b>	<b>6 Sessions</b>	<b>Fee: \$58.00</b>

## 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.**

<b>Tuesday, March 3</b>	<b>9:00 – 12:00 p.m.</b>	<b>VIRTUAL-ZOOM</b>
<b>Lorry Salluzzi, Sensei</b>	<b>1 Session</b>	<b>Fee: \$55.00</b>

### 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.**

<b>Thursday, March 5</b>	<b>9:00 – 12:00 p.m.</b>	<b>VIRTUAL-ZOOM</b>
<b>Lorry Salluzzi, Sensei</b>	<b>1 Session</b>	<b>Fee: \$55.00</b>

# **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](mailto:info@aptsusa.com)**  
**with online registration issues**