South Orangetown Central School District

Continuing Education Program

FALL 2019

Mission Statement

South Orangetown Central School District

In a rapidly changing world, the South Orangetown School Community affirms its positive vision of the future by providing a safe and caring environment where the excitement of teaching and learning is shared by all, and where we encourage and nurture the uniqueness of each child.

Through diverse and challenging programs, we promote high academic standards, creative and critical thinking, self-respect and respect for others, and acceptance of our responsibilities in a global society.
We are committed to fostering a love of learning in our students.

Superintendent of Schools, Robert R. Pritchard, Ed.D.

Board Members
Daniel Lamadrid, President; Leon Jacobs, Vice President
Thomas Henry, Christine Lee, Cara Stepanian, Ph.D.

Director, Terry Campanella ***Layout,*** Laura Neuendorf

Message from the Director Fall 2019

Welcome to the South Orangetown Continuing Education Program. New Courses for this semester include ***Pickleball, Hikes on Clausland Mountain, Chair Yoga, Italian Regional Cooking – Sicily, Flower Power Crafts, and Cornell Cooperative Extension Courses***. There are also a variety of courses geared towards finances and social security. Some of our fitness courses include: Zumba, Zumba Gold, Volleyball, Mat Core and Cardio Into Mat. I am sure you will find something that interests you.

Courses for students include Red Cross Babysitting Certification (ages 11-15), Driver's Education, ACT, and SAT review courses. *Please note*: these specific classes require a separate registration form that is available on our website (**www.socsd.org/continuinged**).

All registration is by mail *only* but if you have any questions about any of our programs, please feel free to email me at *tcampanella@socsd.org* or call 845-379-1012. All calls will be returned as soon as possible. **IT IS IMPORTANT TO INCLUDE YOUR EMAIL ON THE REGISTRATION FORM WHICH WILL BE USED TO NOTIFY YOU IF A CLASS YOU REGISTERED FOR HAS BEEN CANCELLED. PLEASE REGISTER EARLY TO AVOID A COURSE BEING CANCELLED DUE TO LOW ENROLLMENT.**

Please check our website (www.socsd.org/continuinged) for any changes or additional information throughout the year and for WEATHER-RELATED OR EMERGENCY CLOSINGS.

Sincerely, *Terry Campanella,*
Director, Continuing Education

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Student courses . . . . . .
require a separate registration form.
Forms are available on-line at
www.socsd.org/continuinged

★ *Denotes new class offering*

School Calendar

Shading indicates school is closed

September 2019						
Su	**Mo**	**Tu**	**We**	**Th**	**Fr**	**Sa**
1	**2**	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	**30**					

October 2019						
Su	**Mo**	**Tu**	**We**	**Th**	**Fr**	**Sa**
		1	2	3	4	5
6	**7**	8	**9**	10	11	12
13	**14**	15	16	~~17~~	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2019						
Su	**Mo**	**Tu**	**We**	**Th**	**Fr**	**Sa**
					1	2
3	4	~~**5**~~	6	7	8*	9
10	**11**	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	**28**	**29**	30

December 2019						
Su	**Mo**	**Tu**	**We**	**Th**	**Fr**	**Sa**
1	2	3	4	5	6	7
8	9	10	11	12	~~**13**~~	14
15	16	17	18	19	20	21
22	**23**	**24**	**25**	**26**	**27**	28
29	**30**	**31**				

January 2020						
Su	**Mo**	**Tu**	**We**	**Th**	**Fr**	**Sa**
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	**20**	21	22	23	24	25
26	27	28	29	30	31	

General Information

Registration for all courses is by MAIL ONLY

If you have any questions concerning classes, please email: tcampanella@socsd.org or call 845-379-1012.

To Register

Please use the form on the inside back cover or attach a note stating your name, address, phone number, email address; course name, course number, and days/times of course. For student courses (Red Cross Babysitting, Driver's Ed, SAT/ACT Review) please use the registration forms posted on the website: www.socsd.org/continuinged.

You must register for ALL courses, including those courses without a fee.

Mail the completed form to:
Terry Campanella
SOCSD Continuing Education
160 Van Wyck Road
Blauvelt, NY 10913

Class Dates

* Class dates are listed in the brochure for each class.
* Make-up class: TBD
* Make up dates will be used only if a class is cancelled.
* Most classes will run eight weeks unless specifically noted.
* Class locations are noted under each program.
* Please check our website for class changes or additions.

Fees

Course fees are listed for each course.

Course fees are NOT refundable unless the class is cancelled by the Director.
Continuing Education courses are self-sustaining, therefore a minimum enrollment is necessary to support each course. If there are not enough students enrolled in a course, it will be cancelled. **Unless you are notified, assume your class will be meeting.**

Payment

Checks should be made payable to South Orangetown Central School District (SOCSD).
There are some combination classes which offer a discount.

* ***Personal checks, bank checks and money orders will be accepted; cash will not be accepted.***
* ***Please send separate checks for each course.***
* ***All classes are held in the evening at specified locations.***

Visit our website for changes and additions

www.socsd.org/continuinged

PLEASE NOTE:

You will NOT be contacted if classes are running.

General Information

Course Selection

Courses are scheduled in response to community requests, based on the academic and vocational interests of our participants and the availability of facilities and instructors.

Location

TZHS = Tappan Zee High School 15 Dutch Hill Road, Orangeburg. Most classes will meet at TZHS unless otherwise stated.

SOMS = South Orangetown Middle School, 160 Van Wyck Road, Blauvelt

WOS = William O. Schaefer Elementary School, 140 Lester Dr, Tappan

CL = Cottage Lane Elementary School, 120 Cottage Lane, Blauvelt

Parking Facilities

Parking is available in lots adjacent to all the schools. The main entrances located at the front of the buildings will be open during program hours.

Important Phone Numbers / Email

Continuing Education: *845-379-1012; or email: tcampanella@socsd.org.

IMPORTANT INFORMATION Regarding Emergency Closings / Class Cancellations Due to Inclement Weather

When the South Orangetown schools are closed during the day, or have an early dismissal, Continuing Education classes will **NOT** be held that afternoon or evening. School closings are available on all major and local TV and radio stations as well as lohud.com.

Please note: you will NOT be emailed regarding any cancellations related to weather. Checking the district's website is the best way to keep informed of cancellations.

Age Requirement

Participants in the Continuing Education Program must be 18 years of age or older. (Exceptions: SAT/ACT Review, Driving Programs, and Red Cross Babysitting)

Emergency Procedures

All participants in the Continuing Education Program are required to follow emergency procedures. Emergency exits and evacuation procedures will be described by each instructor at the first class meeting.

IMPORTANT - Class cancellations due to inclement weather: please check the Continuing Education webpage on the district's website: **www.socsd.org/continuinged** If school is closed, continuing education classes will be **CANCELLED**.

Special Interests

1. Savvy Tax Planning Strategies for Retirees and Pre-Retirees Under the New Tax Law (three weeks) 6:45 - 8:45

Wednesdays, October 16, 23, 30
Fee: $20
Location: TZHS Room 609

Instructor: Stewart Caesar, CFP, CRPC

The course is designed to educate retirees and pre-retirees about the need for a tax strategy during retirement so they pay the lowest rates throughout all stages of retirement by optimizing current tax rules. The course emphasizes types of accounts retirees hold and when to tap into them; identifies social security and Medicare tax traps; optimal draw down strategies; the portfolio that can offer the most income with potentially the lowest expense; developing a tax sensitive growth portfolio, and much more.

2. How to Drastically Cut Costs in Difficult Times 6:00 - 7:30

Tuesday, October 22
Fee: $45
Location: TZHS Room 800

Instructor: Bev Nathan

Instructor Bev Nathan formerly worked at a credit union where she showed members how to drastically cut their costs.

If you are trying to drastically cut costs because your retirement plan or your savings plan has lost a lot of money or you could lose your job and want to learn how to save 1000's of dollars, this course will greatly help you. Bev Nathan, who is strictly a consumer advocate, will explain how to save many thousands of dollars. To be discussed are ways to save money by investing on our own with no-load mutual funds, the benefits of credit unions, buying used cars, saving much money when getting car, home and life insurance, and methods to reduce your school and county taxes on your home. There are many other ways to save a considerable amount of money and these will be discussed in detail. Also, 100's of money saving web sites will be discussed.
Optional $20 material fee for additional information payable to the instructor.

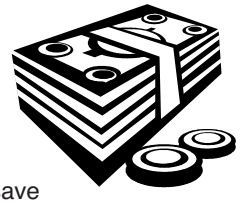
See our website for added programs throughout the year.
www.socsd.org/continuinged

Special Interests

3. Entrepreneurship Starting Your Own Business with Little Money Down — 7:30 - 9:00

Tuesday, October 22
Fee: $45
Location: TZHS Room 800

Instructor: Bev Nathan



From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second-income business which can then become full time. With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. Taking this course will save you time, money and psychological wear and tear. Also, to be discussed will be franchising. Bev Nathan is a successful business person for over 20 years. She presently runs her full time business in an office complex.
Optional $20 material fee for additional information payable to the instructor.

4. Secrets Wall Street Doesn't Want You to Know When Investing Your Money — 6:00 - 7:30

Tuesday, October 22
Fee: $45
Location: TZHS Room 801

Instructor: Rick Nathan

Have you just come into some money or have some money to invest? This lively, fact packed seminar is a must for those who want to learn from strictly a consumer advocate, Richard Nathan. Since he is not a salesman and has nothing to sell you, he will be blunt and straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating long term care insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard earned money.
IT IS TIME TO TAKE CHARGE OF YOUR MONEY!!!
Optional $20 material fee for additional information payable to the instructor.

Special Interests

5. Great Real Estate Deals When Buying or Selling in Difficult Times 7:30 - 9:00

Tuesday, October 22
Fee: $45
Location: TZHS Room 801

Instructor: Rick Nathan

Instructor Richard Nathan has been buying and selling real estate for the past 24 years. He has successfully taught this seminar in Massachusetts, Connecticut, New York, Pennsylvania, and New Jersey for the past 20 years.

Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent, and he will teach you how to get these great deals. He will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down, Also, he will show you how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes.

After this class you will know how to research property at the tax assessor's office, the county clerk's office and various other methods to use to research a property including using web sites. Also, to be discussed is how to sell your home with or without a realtor.

Optional $20 material fee for additional information payable to the instructor.

CONTINUING EDUCATION INSTRUCTORS NEEDED

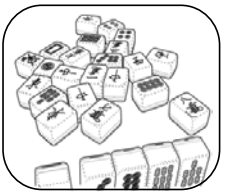
In an effort to improve the Continuing Education Program, I would like to hear from individuals with skills to teach new courses. If you think you would like to teach a course and are qualified, please email me at tcampanella@socsd.org with the course description, resumé, and a letter of reference. Also, if you have any suggestions for new courses you would like to see added, please email me at the address noted above. Thank you, Terry Campanella

Special Interests

6. American Mah Jongg (Beginners Only) 6:45 – 8:45

Tuesdays, September 17, 24; October 8, 15, 22, 29; November 5, 12
Location: TZHS Room 601 Fee: $60

Instructors: Regina Holihan & Nancy Catti



Mah Jongg is a beautiful tile game that has maintained its popularity for centuries, bringing together a community of friends from different cultures and different ages. This is your opportunity to have fun, make new friends, and stimulate your mind. Please purchase the National Mah Jongg 2019 card prior to the start of class. Please Note: Registration is limited to 16. (National Mah Jongg League rules will apply)

7. Beginner Canasta 6:30 – 8:30

Mondays: October 7, 21, 28; November 4, 18, 25; December 2, 16
Location: TZHS Room 601
Fee: $80

Instructor: Gail Schrumpf

Learn the fundamentals and then step by step you will acquire the skills necessary to master this competitive and exciting card game. Great way to make new friends! Registration limited to 10.

8. Adult CPR Class 5:45 - 8:45

Thursday, October 17
Fee: $35
Location: TZHS Room 607

Instructor: Diane Conklin

This course is an American Health & Safety Institute class and has three components: Adult, Child, Infant. Students will learn how to handle emergency situations: what to do if an adult is choking, experiencing a stroke, heart attack or a cardiac arrest. There will also be instruction on an AED (Automatic External Defibrillator).

Special Interests

9. French Conversation 7:00 - 8:00

Mondays: October 7, 21, 28; November 4, 18, 25; December 2, 9
Fee: $60
Location: TZHS Room C-1

Instructor: Henri Draznin

This course is led by a native Parisian. Proper pronunciation and conversation will be the focus. It would be an advantage to have some background (vocabulary & grammar) in the French language from either high school or college.

10. Italian Regional Cooking - Sicily (two weeks) 6:45 – 8:45

Thursday, October & Tuesday, November 19
Fee $80 (this includes $15 per session for food)
Location: TZHS Room 705A

Instructors: Roberta Avantifiori & Trish Castelli

Explore various traditional dishes of the region of Sicily, Italy through two, two-hour sessions during which attendees will prepare:

Session I: Pasta Alla Norma
Scaloppine al Limone
Sicilian Almond Ball Cookies

Session II: Pasta e Cavolfiore Siciliano
Braciole Messinesi al Pistachio
Reginelle Palermitane – Sicilian Sesame Cookies

PLEASE remember to check the days, dates, time and location of your course !

Special Interests

11. Knitting for All (six weeks) 7:15 - 8:45

Thursdays: October 10, 17, 24; November 7, 14, 21
Fee: $50
Location: TZHS Room 801

Instructor: Barbara Howard

Whether you want to learn new knitting skills, brush up on old ones, or get help with your current project, this is the class for you!

Beginners will learn to cast on, knit, purl, and cast off while making a pair of fingerless mitts.

Intermediate Knitters will be assisted with their own projects and will learn new techniques they need to complete them.

Advanced Knitters will get the support they need to get through their project.

All beginners should bring the following class supplies:

- wooden knitting needles size 7
- worsted weight yarn (110 yards)
- locking stitch markers
- large tapestry needle
- measuring tape

All intermediate and advanced knitters should bring a project with the instructions that you need assistance with, a second copy of your pattern for me to read through, and all supplies needed for that project. So grab a friend or come make new ones as we make some cool knitting projects!

You must register for
ALL courses, even those with no fee.
Please write a SEPARATE check for EACH course.
***Except Combo Classes**

Special Interests

12. Social Security Savvy — 6:30 - 8:30

Wednesday, December 4
Fee: $20
Location: TZHS Room 609

Instructor: Eleanor Galt-Lin, Certified Financial Planner

Savvy Social Secrity Planning: What Baby Boomers need to know to maximize retirement income.

Get the answers to your questions:

- Will Social Security be there for me.
- How much can I expect to receive?
- Should I take Social Security early or wait until my full retirment age?.
- Will Social Security be enough to live on?

Learn to identify the best available Social Security benefits:

- Spousal and survivor benefits
- Divorced individual benefits
- When it makes sense to delay benefits – and when it does not

Learn how to create collection strategies which optimize lifetime benefits including:

- Coordinating benefits with your spouse
- File and suspend strategies
- Collect now, collect more later strategies

Taxation of Social Secuity Benefits

13. How To Do Your Own Makeup & Keep Your Skin Looking Healthy & Youthful (four weeks) — 6:45 - 8:45

Mondays: October 28; November 4, 18, 25
Fee: $45
Location: TZHS Room 605

Instructor: Carrie Boecker

Follow along with professional make-up artist Carrie Becker, as you learn how to apply your own make-up with confidence. You will receive hands-on training to help you find the right colors and proper techniques to bring out your best features!
Supply list will be handed out the first night.

Special Interests

14. Piano Lessons (all levels) 7:00 - 8:00

Mondays: September 23; October 7, 21, 28;
November 4, 18, 25; December 2, 9, 16
Location: TZHS, Room 954
Fee: $90, Plus instruction book

Instructor: Diana Hughes

This course will provide students of all levels with an introduction to reading at the keyboard and beginning piano skills through: technical training, understanding music theory and performance of musical repertoire with basic musicianship.
Also, students must bring their own head phones.

Required texts:

- **For the beginner**: Accelerated Piano Adventure for the Older Beginner, Lesson Book 1 by Faber, which can be bought on Amazon for $9.
- **For the experienced:** Alfred's Group Piano for Adults, Book 1 (second edition), which can be found on Amazon for about $36

15. Learn to Play Guitar 7:00 – 8:00

Wednesdays: October 2, 16, 23, 30; November 13, 20; December 4, 11
Fee: $80
Location: TZHS Room 608

Instructor: Louis Gentile

This new course will provide students with an introduction to guitar care, tuning, basic chords and strumming patterns used in many popular songs. Common styles such as Folk music and Blues will be used as a foundation to learn simple theory, music notation and basic melodies. Please bring $10.00 for the required text and an acoustic guitar to the first class meeting.

16. Defensive Driving 5:45 - 8:45

Part I: Date: Thursday, October 17
Part II: Date: Thursday, October 24
Fee: $55
Location: TZHS Room 607

Instructor: PAS Auto School

This is a National Safety Council Defensive Driving Course presented by PAS Auto School. This six-hour classroom course on motor vehicle collision prevention uses a multi media approach to training. Ten-percent reduction in collision and liability insurance premiums for 3 years and 4 points removed from your driving record. You must have a valid driver's license to register for this course.

Special Interests

Rockland County Cornell Cooperative Extension Courses

17. Growing and Caring for Indoor Plants

NEW

7:00 - 8:30

Thursday, October 24
Fee: $25
Location: TZHS Room 603

Presented by Ann Ellis, Master Gardener with Cornell University Cooperative Extension of Rockland.

Extend your gardening season by growing tropical houseplants indoors all year long. Learn which plants grow best in your home environment and when to fertilize, to divide, and to repot the plants. This program will also include a discussion of keeping insects and diseases under control.

18. Understanding Wine

NEW

7:00 – 8:30

Thursday, November 21
Fee: $25
Location: TZHS Room 603

Presented by Mitch Bittman, Master Gardener with Cornell University Cooperative Extension of Rockland

If you have an appreciation of wine, which goes beyond just drinking it, this program is for you. It will explore the history of wine as well as the growing of the grapes and the making of the final product. There will also be a discussion of wines from around the world and which wines do best in each region, paying special attention to US wines.

19. Cacti & Succulents

NEW

7:00 – 8:30

Thursday, December 19
Fee: $25
Location: TZHS Room 603

Presented by Steven Becker, Master Gardener with Cornell University Cooperative Extension of Rockland

This program is designed to introduce growing cacti and succulents to gardeners in Rockland County. The presentation will include the proper techniques of watering and fertilizing, soil requirements needed for indoor and outdoor plants and the propagation methods to produce different varieties. Also included in this program is a discussion of containers and pots needed for healthy growth.

Special Interests

20. Flower Power — 6:30 - 8:00

Tuesday, October 22
Fee: $35 ***plus*** $5 for materials paid to instructor at class
Location: TZHS, Room 707

Instructor: Andrea Narciso

This workshop will introduce you to the art of making simple fabric flowers, which can be used to decorate wreaths, baskets, hair accessories, pins, or wall hangings. No glue or sewing required. In this session, you will be supplied the materials to make a lovely vine wreath for your home or to give as a gift. Please bring $5 for materials on the night of the class payable to the instructor. Class is limited to 12.

21. Digital Photography — 6:15 – 7:15

Thursdays: October 3, 10, 17, 24;
November 7, 14, 21; December 5
Fee: $50
Location TZHS Room 317

Instructor: Anthony Pantliano, Graphic Designer

This course will cover many facts of digital photography: from basic concepts (mega pixels, flash modes, and proper focusing methods, etc.), to more advanced ideas (the importance of sensor size, shutter speed, aperture, RAW shooting, etc.). The instructor will also discuss the differences between Point & Shoot, Mirrorless, and DSLR cameras.'

In addition, this course is ideal not only for those just starting out, but also for those who want to get better results by learning how to use their camera fully.

If you do not have a camera or are looking to upgrade, the first class will cover the fundamentals of buying a good digital camera.

Course fees are NOT refundable unless the class is cancelled by the Director.
You will be notified if the course is cancelled, otherwise assume your class is meeting.

Fitness

22. Mat Core Workout — 4:45 - 5:45

Mondays: September 16, 23; October 7, 21, 28; November 4, 18, 25
Fee: $55
Location: WOS Gym

Instructor: Laura DiMaio

Brief warm up routine and weight resistance with light weights (2 - 5 lbs). Concentrated mat work strengthening the core, building strong muscles and creating a sleek, toned body. This course will increase your flexibility and agility while improving your coordination and balance and elongating and strengthening your muscles. A body with balanced strength and flexibility is less prone to injury. Wear comfortable clothing and bring an exercise mat, light weights (2-5 lbs) and water.

23. Cardio into Mat — 4:45 - 5:45

Wednesdays: September 18, 25; October 2, 16, 23, 30; November 6, 13
Fee: $55
Location: WOS Gym

Instructor: Laura Di Maio

First half of the class will be warm ups, cardio moves, and weight resistance with light weights (2 - 5 lbs), followed by mat work concentrating on the "core" and building core stability, flexibility and balance.

Mini Sessions (five weeks each):

24. Mat Core Mini — 4:45 - 5:45

Mondays: January 6, 13, 27; February 3, 10
Fee: $40
Location: WOS

25. Cardio into Mat Mini — 4:45 - 5:45

Wednesdays: January 8, 15, 22, 29; February 5
Fee: $40
Location: WOS

26. Combo Classes:

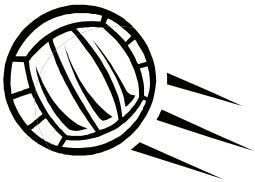
Two Combo classes Fee: $90
Two Mini Sessions Fee: $70

Fitness

27. Volleyball — 7:00 - 9:00

Wednesdays: September 25; October 2, 16, 23, 30; November 6, 13, 20
Fee: $65
Location: SOMS Gym

Instructor: Aydin Akdemir



This exciting program is for **experienced** volleyball players who understand the fundamentals of the game and are comfortable with bumping, setting, spiking, and serving. You will have a great time while enjoying moderate competition with other players skilled in organized play following standard game rules. Due to the level of play, this program is recommended for intermediate and higher experience levels and therefore not well suited for beginner players. Must be 18 years or older.

28. Volleyball Mini-Session — 7:00 - 9:00

Wednesdays: January 8, 15, 22, 29; February 5
Fee: $45
Location: SOMS Gym

29. Clausland Mountain Fall Hikes (two dates available) — 9:30am - 11:30am

Sundays: November 3 & 24
Fee: FREE

Instructor: Bob Hudson

Join retired South Orangetown physical education teacher Bob Hudson as he leads two hikes on Clausland Mountain's Long Path Trail. Both hikes start and end at Tackamack Park on Clausland Mountain Road in Blauvelt. Each hike is approximately two hours long and are of medium difficulty. Please be sure to dress appropriately.

See our website for added programs throughout the year.
www.socsd.org/continuinged

Fitness

30. Pickleball (six weeks) 6:30 – 7:45

Thursdays: October 24, 31; November 7, 14, 21; December 5
Location: Cottage Lane Gym
Fee: $35

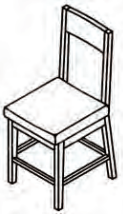
Instructor: Bob Hudson

Learn to play the sport that is sweeping the country, especially with seniors! Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis and is good for all levels of experience. It is a fun and easy sport to learn. Please wear comfortable clothing. Please register early as the class is limited to 12 people.

31. Chair Yoga (ten weeks) 6:30 – 7:30

Thursdays, October 3, 10, 17, 24, 31; November 7, 14, 21; December 12, 19
Fee: $60
Location: TZHS Room 706

Instructor: Gilbert Paris



Chair fitness is a great workout for those who have limited mobility and injury recovery. The program is designed to help decrease the risk of heart disease, reduce stress on joints, and assist in managing weight. Chair exercises effectively assist individuals to exercise and experience moving without putting unnecessary pressure and strain on their bodies. The instructor will illustrate how these exercises will enhance physical activity, reduce the risk of falling, develop and maintain confidence, and provide additional positive factors to increase your quality of life.

CONTINUING EDUCATION INSTRUCTORS NEEDED

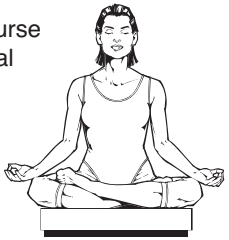
In an effort to improve the Continuing Education Program, I would like to hear from individuals with skills to teach new courses. If you think you would like to teach a course and are qualified, please email me at tcampanella@socsd.org with the course description, resumé, and a letter of reference. Also, if you have any suggestions for new courses you would like to see added, please email me at the address noted above. Thank you, Terry Campanella

Health & Wellness

32. Yoga (ten weeks) 6:45 - 7:45

Wednesday, September 25;
Tuesdays: October 8, 15, 22, 29; November 5;
December 3, 10; & Thursday October 17
Fee: $90
Location: Cottage Lane Gym

Instructor Sau Ma



A great way to exercise and relieve stress is Yoga. This course will include the instruction and application of the fundamental principles of yoga, postures and breathing techniques, to create an engaging practice that integrates sequences of poses. Students will have the opportunity to explore variations of postures, including backbends and inversions.

Please bring your own Yoga mat.

33. Introduction to Tai Chi (eight weeks) 6:30 – 7:30

Mondays, October 7, 21, 28; November 4, 18 25; December 2, 9
Location: TZHS Cafeteria
Fee: $60

Instructor: The Fire Mountain School

Tai Chi, or Taiji is a 4,000-year-old system of Chinese Martial Arts famous for its health benefits. Much of the complete power of Tai Chi has been closely guarded, hidden, and lost in translation. Wu Chan Tai Chi changes this. A complete system, with nothing withheld, Wu Chan Tai Chi offers both health defense and self-defense. Tai Chi is the art of extending Yi from Center and letting go until power (Qi) flows and Yin and Yang move naturally. With training, the student can reduce the harmful effects stress, relieve chronic pain, and build greater balance, energy and power. The system is adaptable to the skills of beginners and experienced practitioners. Students who complete the class and can do the form, will earn a a sash rank toward Black Belt.

If you would like to be added to our mailing list, please send an email to tcampanella@SOCSD.org, or include a note when you register.

Health & Wellness

34. Zumba — 7:00 - 8:00

Mondays: September 23; October 7, 21, 28; November 18, 25; December 2, 9
Fee: $60
Location: SOMS Cafeteria

Instructor: Jenny Favre

Are you ready to party yourself into shape? Zumba is an energetic class that combines Latin Dance styles with cardio for a body sculpting workout. With easy-to-follow dance steps, the class fuses Latin and international rhythms with fast and slow beats to create a routine that tones and sculpts your body while burning fat. Experience an absolute blast in a class of heart racing, muscle pumping, and body energizing movements. Bring a friend and double your fun as you dance and party together. No dance experience is needed. Wear workout clothes and shoes. Due to the nature of physical activity involved, participants should consult their physician prior to registering.

35. Zumba Mini Session — 7:00 - 8:00

Mondays: January 6, 13, 27; February 3, 10
Fee: $45
Location: SOMS Cafeteria

See description above in class #30

36. Zumba Gold — 7:00 – 8:00

Wednesdays: September 25; October 2, 16, 23, 30; November 6, 13, 20
Fee: $60
Location: SOMS Cafeteria

Instructor: Jenny Favre

Move to the beat at your own speed with Zumba Gold classes. These invigorating, community-oriented dance-fitness classes provide modified, low-impact moves and easy-to-follow pacing for beginners or older adults who love a healthy, active lifestyle. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! No dance experience needed. Wear workout clothes and bring a water bottle.

36. Zumba Gold Mini Session — 7:00 - 8:00

Wednesdays: January 8, 15, 29; February 5
Fee: $45
Location: SOMS Cafeteria

See description above in class #35

STUDENT COURSES

Student courses require a separate registration form. Forms are available on-line at www.socsd.org/continuinged

SAT/ACT Review

● Learn proper strategies for this new exam. ● Learn strategies for the English and optional new essay format. ● Learn strategies for the extended content in math. ● Learn strategies for the extended critical thinking required for reading comprehension. ● Learn proper strategies for answering questions and NEW scoring policy.

This review course is a great opportunity to work with an experienced teacher. The course will focus on material covered as well as strategy and testing tests. Students who have taken the class have experienced increased comfort and performance on the test. Seats are limited. A short break between classes.

Students must purchase their own SAT and ACT Review Books, available at local book stores or online. See www.socsd.org/continuinged for further registration form or contact Terry Campanella at tcampanella@socsd.org

To register for the SAT REVIEW, please mail check to: Continuing Education, 160 Van Wyck Road, Blauvelt, NY 10913; Attention: Terry Campanella

37. SAT Review Course Session I (4 weeks) 3:30 - 6:30

SAT Exam Date: Saturday, October 5, 2019

Instructor: ***Eileen Fiorentino***
Dates: Thursdays: September 12, 19, 26; October 3;
Location: TZHS Room 609
Fee: $185

38. SAT Review Course Session II (4 weeks) 3:30 - 6:30

SAT Exam Date: Saturday, November 2, 2019

Instructor: ***Eileen Fiorentino***
Dates: Thursdays: October 10, 17, 24, 31
Location: TZHS Room 609
Fee: $185

39. SAT Review Course (8 weeks) 3:30 - 6:30

For both SAT Exams: Saturday, October 5 & November 2, 2019

Instructor: ***Eileen Fiorentino***
Dates: Thursdays: September 12, 19, 26; October 3, 10, 17, 24, 31;
Location: TZHS Room 609
Fee: $365

Students must purchase their own review books for the SAT and ACT courses:

SAT:
The Official SAT Study Guide
2018 Edition
ISBN: 13 978-1457309281

ACT:
The Official ACT Prep Guide
2018 Official Practice Tests
ISBN: 13:978-1119386896

SAT/ACT Review

Books can be purchased online or at local bookstores.

Instructor: ***Eileen Fiorentino***
Location: TZHS, Room 609
Fee: $185

- Learn proper strategies for answering questions and scoring policy
- Learn strategies for all test sections: English, Reading, Math, and Science
- Learn Strategies for the optional new essay format

40. ACT Review Course Session I (4 week session) 3:30 - 6:30

ACT Exam Date: Saturday, October 26, 2019
Dates: Tuesdays: October 1, 8, 15, 22

41. ACT Review Course Session II (4 week session) 3:30 - 6:30

ACT Exam Date: Saturday, December 14, 2019
Dates: Tuesdays: November 19, 26; December 1, 10

42. ACT Review Course Session III (8 week session) 3:30 - 6:30

For both ACT Exams: Saturday, October 26 & December 14, 2019
Dates: Tuesdays: October 1, 8, 15, 22,
November 19, 26; December 1, 10

Babysitting

43. American Red Cross Babysitting Training/ Certification (ages 11-15) 8:30 - 4:30

Saturday, November 2
Fee: $100 per student
Location: SOMS Room 177

PLEASE NOTE: REGISTRATION DEADLINE IS FRIDAY, OCTOBER 25, NO EXCEPTIONS. REGISTRATION FORM FOR THIS COURSE IS AVAILABLE ONLINE OR IN THE SOMS GUIDANCE OFFICE.

American Red Cross Babysitter's Training course gives 11 to 15 year olds the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to: ● Write resumes and interview for jobs.

- Make good decisions and solve problems. ● Care for children and infants.
- Keep the children they babysit & themselves safe.
- Handle emergencies such as injuries, illnesses, and household accidents.

Students will receive materials that are useful both during the course and on the job, including a handbook packed with information and full-color skill sheets; a compact emergency reference guide, an interactive CD-ROM, and an American Red Cross certification.

Students who receive their certificate will be invited to attend a workshop coordinated by the District's Family Engagement Center to learn how to do a business card for future babysitting jobs. In addition, a meet and greet with district parents looking for a babysitter will also be held. Please note: a separate permission form to participate in the workshop and meet and greet will be distributed through the Family Engagement Center.

STUDENT COURSES

Driving Courses

DRIVER EDUCATION FOR STUDENTS

Course Purpose: This course teaches students the laws, defensive driving techniques, and responsibilities pertaining to driving in New York State. The course provides 48 hours of instruction over 32 classroom and in-car sessions (each session being 90 minutes in length) as mandated by the New York State Department of Education. All instruction is administered by a certified classroom teachers and driving instructors. The in-car portion is conducted in specially equipped cars.

Benefits: Successful completion of the program earns a student a Certificate of Completion form (MV-285). This allows a student to obtain a senior license at age 17. Halfway through the semester, the students are given a Pre-Licensing Course Completion Certificate (MV-278), a requirement for road test appointments. Many insurance companies also offer a 10 - 15% discount on the base rate of your insurance premium; but please check with your insurance company for specifics.

Program Requirements: Students must be at least 16 years of age by the start of the program. Classes are mandatory and attendance will be monitored. Lecture and Road assignments are for 90 minute time blocks. Students attend each class once a week for approximately 16 weeks from the start of the program. All classes are held at Tappan Zee High School.

STUDENTS MUST ATTEND ALL 16 LECTURE CLASSES AND 16 DRIVING LESSONS TO RECEIVE THEIR CERTIFICATE OF COMPLETION.

IMPORTANT*: Failure to attend all lecture classes, which includes handing in all homework, making up any missed classes, return of book at the end of the class, and attending all behind the wheel driving lessons will result in forfeiture of certificate of completion. NO REFUNDS WILL BE ISSUED.*

In-car sessions are assigned on a first registered/first served basis.
To request driving times you must fill out an application which can be accessed online at www.socsdcontinuinged.org. Students will meet at front entrance of Tappan Zee High School at their scheduled times for their in-car lessons.

Please Note: All applications MUST include student email address which will be used to notify student when certificate is ready to be picked up. In addition, there is a $5 fee charged for lost certificates.

Tuition for the program is $485. Please make your check payable to *South Orangetown School District* and attach the completed application, signed by a parent or guardian, and mail to:
Continuing Education, Attn: Mrs. Campanella
160 Van Wyck Road, Blauvelt, NY 10913

STUDENT COURSES

Driving Courses

44. Drivers Education — Fee: $485

Lecture Class Dates: Mondays: September 9, 16, 23; October 7, 21, 28; November 4, 18, 25; December 2, 9, 16; January 6, 13, 27; February 3
Location: TZHS Room 609

MANDATORY MEETING FOR STUDENTS AND PARENTS
THURSDAY, SEPTEMBER 5, 2019, 7 PM., TZHS AUDITORIUM

Instructor: Bill Hodrinsky (Lecture Teacher); PAS Auto School (in-Car)

* Students enrolled in the 16-week driver's ed course will receive the 5-hour pre-license certificate, required by New York State DMV, as part of the driver's ed program. This certificate will enable the student to schedule and take the road test.
* Classes will be offered after school at 3:30 p.m. and at 5:00 p.m. @ TZHS, Room 609
* Students must attend **all** 16 classes to receive a Certificate of Completion. See Program Requirements on previous page.
* Contact Mrs. Campanella for further information at 845-379-1012 or by email at tcampanella@socsd.org.

45. Pre-License Course (5-hour) — 3:45 - 8:45 — Fee: $45

Thursday, November 7
Location: TZHS Room 607

Instructor: PAS Auto School

This is a National Safety Council 5 hour pre-licensing course presented by PAS Auto School. This course will satisfy the NYS requirement for classroom training as a prerequisite for taking the road test to obtain a driver's license. You must have a valid learner's permit to register. (Students taking the Driver's Ed Program do not have to take an additional Pre-License course).

46. Defensive Driving — 5:45 - 8:45 — Fee: $55

(Also shown on page 14)

Part I: Date: Thursday, October 17
Part II: Date: Thursday, October 24
Location: TZHS Room 607

Instructor: PAS Auto School

This is a National Safety Council Defensive Driving Course presented by PAS Auto School. This six-hour classroom course on motor vehicle collision prevention uses a multi media approach to training. Ten-percent reduction in collision and liability insurance premiums for 3 years and 4 points removed from your driving record. You must have a valid driver's license to register for this course.

Fall 2019 Registration Form

Name_____

Street Address _____

Town _____ ***State*** _____ ***Zip***_____

Email Address _____

Cell Phone ***(*** _____ ***)*** _____

Home Phone ***(*** _____ ***)*** _____

Course Number _____ ***Course Name*** _____

MAKE CHECKS PAYABLE TO SOCSD

Mail completed form to:
Continuing Education Program
Attn: Terry Campanella
160 Van Wyck Road
Blauvelt, New York 10913

Course Fee: ***$***_____

Please write a separate check for each course.
No refunds unless the course is cancelled by Director.

Fall 2019 Registration Form

Name_____

Street Address _____

Town _____ ***State*** _____ ***Zip***_____

Email Address _____

Cell Phone ***(*** _____ ***)*** _____

Home Phone ***(*** _____ ***)*** _____

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Street Address _____

Town _____ ***State*** _____ ***Zip*** _____

Email Address _____

Cell Phone (_____) _____

Home Phone (_____) _____

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Home Phone (_____) _____

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South Orangetown Central School District
Continuing Education Program

160 Van Wyck Road
Blauvelt, NY 10913
Address Service Requested

www.socsd.org/continuinged
(845) 379-1012

Board Of Education
Daniel Lamadrid, President
Leon Jacobs, Vice President
Thomas Henry
Christine Lee
Cara Stepanian, PhD

Superintendent of Schools
Robert R. Pritchard, Ed.D.

Director, Continuing Education
Terry Campanella

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To: Local Resident
or: Box Holder

SAT Review
begins Sept 12 for
Oct 5, Nov 2 exams
ACT Review
begins Sept 1 for
Oct 26, Dec 14 exams