

WAPPINGERS CONTINUING EDUCATION

Fall 2014 Class Schedule

Especially for Students

MUSICAL THEATRE PROGRAM

Joanne Fenton, JPAC

Students ages 8-12 will have fun learning the fundamentals of theatre through singing, acting, dancing & improvisation. Classes will meet once a week after school and will conclude with a musical performance showcasing the students' talents. Two different sessions to choose from! Limit 20.

Mon • 9/15-12/8 • 3:50-5:30 pm • 12 sessions • \$200 • Gayhead ES Cafeteria

Thurs • 9/18-12/11 • 3:50-5:30 pm • 12 sessions • \$200 • Evans ES Cafeteria

THE ART OF PRINTMAKING

Melissa Braggins

Students in 3rd through 5th grades will explore the exciting process and techniques of printmaking. They will create their own series of unique, handmade prints and cards. Cost includes all necessary materials. Parent/grandparent is welcome to attend the class with their child & need only pay a \$10 materials fee.

Wed • 10/15-10/29 • 3:30-5:00 pm • 3 sessions • \$55 • Brinckerhoff ES Room 18

MANDARIN TODDLER PLAYGROUP

Mid-Hudson Chinese Language Center

2013 Best of Hudson Valley Winner for "Way to Give Your Kids a Competitive Advantage" (Hudson Valley Magazine.) Children ages 3-5 (kindergarten) can learn to speak through games, songs and group play. Parents are encouraged to join at no extra charge...this way they can help with the language practice at home! Last session is a school-wide concert, and these youngsters always steal the show! No class 10/26, 11/30, 12/7 & 12/28.

Sun 9/7-1/18 • 2:30-3:30 pm • 15 sessions • \$115 • Ketcham HS Room 215

CHINESE FOLK DANCE

For children ages 6-16, this group requires no dance training background. It is a hit for kids who are enthusiastic to smile and shine on the stage. A new dance is choreographed and taught each year, based on the group of students participating. This group has performed at the Poughkeepsie Children's Museum and at other events. The program culminates in an MHCLC school-wide concert for the last session, plus 2-4 performances at local venues celebrating Chinese/Lunar New Year 2015. (Cost for performance costumes/materials, if needed, is in addition to class fee.) No class 10/26, 11/30, 12/7 & 12/28.

Sun 10/5-1/4 • 3:30-4:30 pm • 10 sessions • \$75 • Ketcham HS Cafeteria

BATON TWIRLING

East Fishkill Twirlers

Baton Twirling is a fun sport that will help with coordination, sportsmanship, athleticism & creativity. Members of the East Fishkill Twirlers will have the opportunity to march in local parades & compete at local competitions. Open to students grades PreK-12. For more information, contact Alison Stuart @ 845-392-3362. Classes will run at Gayhead Elementary School on Fridays from 6-8 beginning 10/10 and ending in early May with a recital.

Registration • Fri • 10/3 • 6-8 pm • Gayhead ES Lobby

BE AWESOME WITH YOUR MONEY

Elaine Lacy, TEG Federal Credit Union

An introduction to money management for kids ages 10-13 (must be accompanied by a parent or guardian.) Students will get tips on how to make smart decisions when it comes to saving and spending, plus get a free piggy bank to decorate and take home!

Mon • 11/10 • 4-5 pm • 1 session • FREE • Ketcham HS Room 110

Driver Safety

5-HOUR PRE-LICENSING COURSE

You must have a learner's permit and enroll by phone at the Ketcham HS main office. Bring permit, pencil & payment to class. **Cost is \$30.** (Cash or check made payable to WCSD.) Two dates to choose from.

ROY C. KETCHAM HIGH SCHOOL, room 213

3:00-8:00 pm – please bring a snack/drink

298-5100 ext. 0

September 23

November 6

HSE Preparation (previously known as GED Preparation)

Prepare for your HSE (High School Equivalency) exam. No fee for students 21 & over. Students under 21 pay a \$20 registration fee. Students 18 & under must bring their HS sign-out sheet. This is an on-going program and new students are accepted at any time. There is no need to pre-register. You may attend morning classes, evening classes or both. Classes start September 4th.

GRINNELL LIBRARY

2642 E. Main St, Wappingers Falls

Tuesday & Thursday 9:30 am -12:30 pm

Friday 11:30-1:30 pm

KETCHAM HIGH SCHOOL

99 Myers Corners Road, Wappingers Falls, room 111

Tuesday & Wednesday 5:00-8:00 pm

English as a Second Language

The English as a Second Language program is for adults who would like to learn to speak English. Classes are free, but there is a \$35 book fee. No pre-registration is required. All students will be given a placement test. Students may take more than one class. Classes are on-going & students are welcome at any time. No child care available. Classes begin September 8th.

BEGINNING

Roy C. Ketcham HS – Room 115

Mon & Thurs 7:00-9:30 pm

INTERMEDIATE

Roy C. Ketcham HS – Room 111

Mon & Thurs 7:00-9:30 pm

HIGH INTERMEDIATE

Grinnell Library

Mon & Wed 11:30 am-2:30 pm

LOW INTERMEDIATE

Grinnell Library

Mon, Wed & Fri 9:30-11:30 am

ADVANCED

Grinnell Library

Mon, Wed & Fri 9:30-11:30 am

S.A.T. Review Classes

These classes are for review purposes only. They are not intensive SAT preparation classes. You can either sign up for Monday/Wednesday classes or Tuesday/Thursday classes. There will be a total of 6 math review classes & 6 verbal review classes (12 classes total) for both Monday/Wednesday & Tuesday/Thursday. Cost is \$90 for the 6 weeks (12 meetings) and includes a copy of *The Official SAT Study Guide*.

Classes begin the week of September 22nd and run for 6 weeks. They are designed to be completed in time to take the November 8th SAT. Enrollment deadline is Thursday, September 18th. First come, first served. There is a minimum (12) and maximum (24) enrollment. Register early to avoid class cancellations.

SAT REVIEW CLASSES @ Ketcham

Room 113

Monday (*math*) /Wednesday (*verbal*): 2:15-4:15 pm

Tuesday (*verbal*) /Thursday (*math*): 5:30-7:30 pm

SAT REVIEW CLASSES @ John Jay

Room 222

Monday (*math*) /Wednesday (*verbal*): 5:30-7:30 pm

Tuesday (*math*) /Thursday (*verbal*): 2:15-4:15 pm

Recreation

PING PONG FOR BEGINNERS

ZiPing Wang, Ping Table Tennis Club

Learn grip, backhand, forehand, backspin, topspin, service, return of service & footwork. Instructor is USATT certified. Ages 6-adult welcome. Paddles & balls provided. Please bring water. All classes held at Ping Table Tennis Club, 2 St. Nicholas Rd, Wappingers Falls.

Mon • 9/15-11/3 • 5:00-5:45 pm • 7 sessions • \$90 • Ping Table Tennis Club

PING PONG FOR INTERMEDIATES

ZiPing Wang, Ping Table Tennis Club

Students will fine-tune topspin, serve & game strategy. Taught by USATT certified instructor. Paddles & balls provided. Students should previously have taken beginner class or have equivalent experience. Please bring water. All classes held at Ping Table Tennis Club, 2 St. Nicholas Rd, Wappingers Falls.

Sat • 9/13-11/1 • 1:15-2:00 pm • 7 sessions • \$90 • Ping Table Tennis Club

COED VOLLEYBALL FOR AGES 21 & UP

Larry Kunz, Moderator

Come play volleyball with relaxed rules for adults and seniors. You must pre-register for this class. No class 11/11. Limit 20

Tues 9/23-12/16 • 7-8:30 pm • 11 sessions • \$25 • Brinckerhoff ES Gym

BASIC ANTIQUE CLOCK REPAIR

William Clarke

This class is perfect for collectors or hobbyists; theory & instruction, plus information on books; hands-on experience. Open to students 21 and over. Limit 15.

Thurs • 10/2-12/11 • 7-9 pm • 10 sessions • \$60 • Van Wyck JHS Tech 3

HOROLOGICAL RESTORATION

Aubrey Kinney & Joseph Woleader

Pre-requisite: Basic Clock Repair course. Cost is \$35.10 for seniors 62 and older. Open to students 21 and over. Limit 22.

Thurs • 10/2-12/11 • 7-9:30 pm • 10 sessions • \$39 • Van Wyck JHS Tech 4

Dance

CHINESE LION DANCE

Mid-Hudson Chinese Language Center

Ages 7-adult can learn the art of the Chinese Lion Dance. Young students begin training as instrumentalist – drum, gong, and cymbals – and cubs. Stronger students & adults learn to dance with the full lion head and body. All learn about the movements and philosophy behind the lion dance. MHCLC is recognized in the Hudson Valley for its' Lion Dance performances in the region. The program culminates in an MHCLC school-wide concert for the last session, plus 2-4 performances at local venues observing Chinese/Lunar New Year. (Cost for performance costumes/materials, if needed, is in addition to class fee.) No class 10/26, 11/30, 12/7 & 12/28.

Sun • 10/5-1/4 • 3:30-4:30 pm • 10 sessions • \$75 per person • Ketcham HS Cafeteria

MODERN SQUARE DANCING

Ron McMurdy, Boots n' Bows Square Dance Club

This class is for singles, couples & families. No experience is necessary. FREE introductory lesson September 11th. Come and learn more about this traditional American dance!

Thurs • 9/18-12/18 • 7:30-8:30 pm • 12 sessions • \$60 • Myers Corners ES Cafe 1

PASSPORT TO RETIREMENT

James P. Agrawal, Certified Financial Planner

Develop & organize a detailed financial plan! Define & create your retirement, assess the costs of retirement, evaluate sources of income, invest for the future, protect your health & wealth, receive funds from your retirement plans & manage your estate distribution. Book fee \$25, payable first night of class. Spouse/guest may attend free of charge. First class on 10/7 being held at the District Office Boardroom.

Tues 10/7-10/21 • 7-9:30 pm • 3 sessions • \$49 • Ketcham HS Library

ABCs of BUYING A HOME

Matt Williams, Licensed Real Estate Broker

Buying a home is usually the biggest expense a person will make in their lifetime, yet most buyers – especially young buyers – start this process without a clue what to do. In this class, you will learn the process, the people you will work with, how to evaluate different properties, submit & negotiate an offer and how to avoid the pitfalls of buying a house you shouldn't or passing on a house you should buy.

Tues & Thurs • 10/14 & 10/16 • 4-5:30 pm • 2 sessions • FREE • Ketcham HS Room 109

AUTO BUYING 101

Mike Muldoon, TEG Credit Union

This class covers how to determine how much you can afford for a car, vehicle financing and how to negotiate the best car price.

Tues • 9/23 • 6-7:30 pm • 1 session • FREE • Ketcham HS Room 110

POWER OVER DEBT-BREAK THE DEBT CYCLE

TEG Credit Union

This workshop helps adults recognize the signs of debt distress, make a plan to take control of payments & spending, learn about their credit score, and why it's best to avoid risky solutions

Tues • TBD • 6-7:30 pm • 1 session • FREE • Ketcham HS Room 110

GETTING THE MOST OUT OF SOCIAL SECURITY

Jean Riordan, TEG Credit Union

In this class you will learn key facts about Social Security and how to navigate the decisions surrounding the program, including understanding your options, how to get started, and more. For ages 21 and up.

Tues • 11/18 • 6-8 pm • 1 session • FREE • Ketcham HS Room 110

INVESTING SECRETS WALL STREET DOES NOT WANT YOU TO KNOW

Rick Nathan, Consumer Advocate

Learn how not to be ripped off when buying or leasing cars, buying insurance, investigating long-term care insurance, investing with or without financial planners, & 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 to find the right one for you. Optional materials fee of \$20 payable to instructor. For ages 21 and up.

Wed • 10/22 • 6-8 pm • 1 session • \$50 • John Jay HS Room 103

HOW TO DRASTICALLY CUT COSTS IN DIFFICULT FINANCIAL TIMES

Bev Nathan, Consumer Advocate

Topics to be discussed are ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving money when getting a car, home & life insurance, and methods to reduce your school & county taxes on your home.

Optional materials fee of \$20 payable to instructor. For ages 21 and up.

Wed • 10/22 • 6-8 pm • 1 session • \$50 • John Jay HS Room 101

GREAT REAL ESTATE DEALS IN DIFFICULT TIMES

Rick Nathan, Consumer Advocate

Rick Nathan is strictly a consumer advocate & not a real estate agent. He will teach you the pros & cons of foreclosures, renting w/option to buy, owner financing & buying for no money down. You will also learn how to wisely buy or sell investment properties, primary homes, multi-families & vacation homes. Optional materials fee of \$20 payable to instructor. For ages 21 and up.

Wed • 10/22 • 8-10 pm • 1 session • \$50 • John Jay HS Room 103

STARTING A BUSINESS WITH LITTLE MONEY DOWN

Bev Nathan, Consumer Advocate

Learn behind-the-scenes practical information on how to start a successful, home-based, second-income business which can then become full-time. Learn how to avoid making major financial mistakes. Optional materials fee of \$20 payable to instructor. For ages 21 and up.

Wed 10/22 • 8-10 pm • 1 session • \$50 • John Jay HS Room 101

Special Interest

THE LANGUAGE OF SOCIAL MEDIA

Stacey Rogan, Moxee Social Media

Designed for adults who are new to social networking, these workshops will cover the basics of Facebook, Twitter and Pinterest. Facebook topics covered will include how to set up an account, posting, finding or removing friends and using privacy protection settings. The workshop on "Twitter Know-How" will cover setting up an account, creating a custom background, tweetiquette, tweeting & getting followers. "Pinterest Basics" will focus on creating boards and how to follow and create a presence. For ages 21 and up.

Tues • 10/14-11/4 • 7-8:30 pm • 4 sessions • \$100 • Ketcham HS Room 214

MANDARIN CONVERSATION & CHINESE ETIQUETTE

Mid-Hudson Chinese Language Center

Learn everyday conversational Mandarin Chinese in this class – greetings, numbers, shopping, family, career, home, weather, friendships, etc. Curriculum will be geared towards business, leisure travel, or beginning academic study, depending on student interest. Also learn appropriate etiquette to practice when interacting with native Chinese. (Textbook or additional support materials that may be recommended are not included in class fee.)

Tues • 10/14-11/6 • 7-9 pm • 10 sessions • \$150 • Ketcham HS Room 208

HOME UPHOLSTERY

Willie Masker

Various techniques will be taught to the students by upholstering their own chair or stool. Spring tying, tacking, cotton molding, machine & hand sewing, and different tufting will be covered. Tools and supplies will be talked about the first night. Students are asked to bring a picture of their project to the first class. For ages 21 and up.

Mon • 9/22-12/1 • 6-9 pm • 10 sessions • \$95 • Ketcham HS Room 229

CARING FOR AN AGING PARENT

Nicole Peluse

Join us for an opportunity to meet St. Francis Home Care Services Inc., a licensed home care agency specializing in a wide variety of home care options. Director Nicole Peluse will present "*The B Side: Strategies for Boomers to Navigate Healthcare & Aging*" to provide an overview of how baby boomers will impact the healthcare industry, the possible effect on the quality of life, and potential financial impact. For ages 21 and up.

Wed • 10/8 • 4:15-5:30 pm • 1 session • FREE • Ketcham HS Room 109

Health, Fitness & Well-Being

GENTLE YOGA

Sandy Parker, registered yoga teacher

After a hard day's work, come for total relaxation, meditation and stretching designed specifically for you. Wear comfortable clothes. Bring a mat & water bottle.

Mon • 10/6-12/8 • 6-6:55 pm • 8 sessions • \$80 • Van Wyck JHS Room 115

YOGA FLOW

Sandy Parker, registered yoga teacher

This is an open level class for anyone beginning or continuing their yoga practice. Yoga makes your body strong, health & flexible while also calming the mind. Wear comfortable clothes. Bring a mat & water bottle.

Mon • 10/6-12/8 • 7-7:55 pm • 8 sessions • \$80 • Van Wyck JHS Room 115

YOGA & PILATES

Sandy Parker, registered yoga teacher

This is a body, mind & fitness class combining the disciplines of yoga & Pilates. It intertwines the two making your body toned & flexible. Wear comfortable clothes. Bring a mat & water bottle.

Tues • 10/7-12/9 • 6-6:55 pm • 8 sessions • \$80 • Van Wyck JHS Room 115

YOGA BASICS WITH MAUREEN

Maureen Benedict

Build strength and flexibility while learning to balance the body and mind. Explore basic standing and seated postures, learn proper breathing techniques, correct alignment and relaxation methods. Bring the entire body & mind into balance! All levels welcome and no previous experience with yoga is necessary. This class will gently guide you through the basics of yoga with in-depth instruction on yoga fundamentals, alignment, breath and linking poses together. This class is ideal for beginners, office workers and those wanting to reconnect with the basics of their practice.

Fall Session I: Thurs • 9/18-10/16 • 5:00-6:15 pm • 6 sessions • \$100 • Laerdal Bldg. Room 3

Fall Session II: Thurs • 10/30-12/4 • 5:00-6:15 pm • 5 sessions • \$90 • Laerdal Bldg. Room 3

CARDIO YOGA

Sandy Parker, registered yoga teacher

This is an interval training class of yoga. The class consists of a set of yoga poses followed by a cardio boost. This class is great for fat-burning & flexibility. Wear comfortable clothes. Bring a mat & water bottle.

Tues • 10/7-12/9 • 7-7:55 pm • 8 sessions • \$80 • Van Wyck JHS Room 115

TAE KWON DO (Korean Karate)

Lorraine LeClair & Jeanette LeClair

Learn the discipline of the body & mind as taught in the Art of Tae Kwon Do; for ages 10 thru adult. Students under 12, submit proof of age. Age 9 admitted with enrolling & attending adult. First family member full price, all other members of the same family half price; or same person second night half price; senior discount 10%. Choose only one discount. A great sport for all ages & genders! No experience necessary. Program continues.

Mon • 9/15-11/24 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Fri • 9/19-12/12 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

SHAOLIN KUNG FU (WU SHU)

Mid-Hudson Chinese Language Center

Wu Shu is an athletic & aesthetic performance form of Kung Fu. The beauty & difficulty of Wu Shu movements, and the scientific training methods are the elements that set Wu Shu apart from other martial arts. Learn from our master, a disciple of the USA Shaolin Temple. Join this class and shape up your body & mind. Ages 5-adult. Students may be invited to perform locally. (Uniform purchase is required for performances, which will be an additional fee.) No class 10/26, 11/30, 12/7 & 12/28.

Sun • 10/5-1/4 • 3:30-4:30 pm • 10 sessions • \$75 • Ketcham HS room 208

ZUMBA® FITNESS WITH MARIE & KRISTA

Krista Morris & Marie Swanson, licensed Zumba® instructors

Come join us for a Zumba® fitness party including hypnotic Latin rhythms & easy-to-follow dance moves that will bring out the inner dancer in you. Bring a friend, burn calories, release stress, have fun & make new friends. All levels welcome. Wear comfortable clothes, supportive sneakers & bring a small towel & water. Drop-ins welcome at the following rates: \$10 per single class; \$15 for two classes in a week; \$18 for three classes in a week; \$8 seniors >62; discounts for multiple family members.

Tuesdays • 9/16-12/16 • 6:30-7:30 pm • 13 sessions • \$104 • Ketcham HS Cafeteria

Thursdays • 9/18-12/18 • 6:30-7:30 pm • 13 sessions • \$104 • Ketcham HS Cafeteria

Free Classes

CREATING YOUR PATH TO COLLEGE

Stephanie Mauro, CCPS

This class was created to help college-bound students in the college planning process. There are so many items that need to be done and dates that you need to be aware of. This class will give students the time line for high school years that will get them ready to apply for colleges. Students will also learn how to keep track of important events and successes in high school and create a resume they can continue to work with as they progress through school. In addition, they will learn the about the differences in the ACT & SAT tests and gain an understanding as to which test would best suit them.

Wed • 10/1 • 2:15-4:15 pm • 1 session • FREE • Ketcham HS Room 110

Thurs • 10/2 • 2:15-4:15 pm • 1 session • FREE • John Jay HS Room 101

COLLEGE PLANNING 101: ADMISSIONS & FINANCIAL AID: WHAT IT TAKES TO GET INTO COLLEGE TODAY

Stephanie Mauro, CCPS

In this seminar, parents & students will learn what it takes to get into college today including the financial aid system and how it works; how to maximize your student's potential to receive scholarships, grants, & forms of merit-aid; the importance of the SAT & ACT tests and how colleges value them; and what the more selective colleges really want to see on your student's application. You'll be shown a time-line for success for where you should start in the college planning process and how it's possible to attend a private college for a public college price. Don't miss this informative seminar!

Wed • 10/15 • 6:30-8 pm • 1 session • FREE • John Jay HS Room 128

HOW TO PAY FOR COLLEGE WITHOUT GOING BROKE

Stephanie Mauro, CCPS

Learn about what financial aid really means to a family and about how the different financial aid forms affect the cost of college. This class is for anyone, parent or student, who wants to learn how the financial aid system really works and how to best be prepared for that first college bill!

Thurs • 10/16 • 6:30-7:30 pm • 1 session • FREE • Ketcham HS Room 110

WILLS, TRUSTS & ESTATES

Shari Hubner, Esq.

This course will offer an in-depth discussion of wills, the probate process, trusts, and the advantages/disadvantages of their use, as well as estate tax issues. The course will be divided into three sessions with wills, Powers of Attorney & health care proxies/living wills in Session I; trusts, probate avoidance & asset protection in Session II; and asset protection & Medicaid eligibility rules in Session III. There will also be some overlap among the sessions. Register for one session or all three. For ages 21 and up.

Wed • 10/8-10/22 • 4:15-5:30 pm • 3 sessions • FREE • Ketcham HS Room 110

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Tues & Thurs • 10/14 & 10/16 • 4-5:30 pm • 2 sessions • FREE • Ketcham HS Room 109

Registration Form

Please complete registration form & mail with payment to:
Wappingers Central School District, Attn: Continuing Ed, 167 Myers Corners Rd #200, Wappingers Falls, NY 1259

Wappingers Continuing Education

167 Myers Corners Rd #200, Wappingers Falls, NY 12590

NAME: _____ AGE: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

LIST COURSES: _____

TOTAL REGISTRATION FEE(S) ENCLOSED: _____

Make checks payable to Wappingers Central School District.

No acknowledgement of registration will be made.

Refunds are granted only in cases where there is insufficient registration and a class is unable to meet.

Questions?

Contact the Wappingers Continuing Education office at 298-5000, ext. 40137 or 40130 between the hours of 9:00 am & 12:30 pm.
If you have a class you would like to offer through Wappingers Continuing Education, please call us at 298-5000, ext. 40130.