

# WAPPINGERS CONTINUING EDUCATION

## *Winter/Spring 2015 Class Schedule*

### *Especially for Students*

#### **CREATIVE CLAY**

*Melissa Braggins*

Students in 3<sup>rd</sup> through 5<sup>th</sup> grades will explore the exciting process and techniques of clay. They will create their own unique tiles, bowls & animals. Cost includes all necessary supplies. Parent/grandparent is welcome to attend with the student & need only pay a \$10 materials fee. Please register by 2/13 in order to ensure your student will have supplies at the first class. Limit 15.

**Thurs • 2/26-3/12 • 3:30-5:00 pm • 3 sessions • \$55 • Brinkerhoff ES Room 18**

#### **LANDSCAPE ART**

*David Lumia*

For students in grades 3-5, this class will focus on the art of landscapes. Students will learn the skills needed to complete landscape drawings & paintings using a wide variety of materials. Topics covered will include line, value, composition, perspective, and basic coloring mix. Cost includes all necessary supplies. A parent/grandparent is welcome to attend with the student & need only pay a \$10 materials fee. Classes will run each Tuesday during the month of February.

**Tues • 2/3-2/24 • 3:50-5:20 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17**

#### **PAPER SCULPTURES – DATE CHANGE!**

*David Lumia*

Horses, fish and other creatures will come to life simply by folding, cutting & curling a single piece of paper. Students in grades 3-5 will create their own paper sculptures using a variety of techniques learned throughout this four week course. Cost includes all necessary supplies. A parent/grandparent is welcome to attend with the student & need only pay a \$5 materials fee.

**Tues • 4/7-4/28 • 3:50-5:20 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17**

#### **CHEERLEADING FOR AGES 4-7**

*Jennifer Colucci, Cheerleading Coach*

Come join us to learn cheers and chants! We will cover all of the basic cheerleading motions and jumps, as well as a short dance. No previous experience required. This class is great practice for those who have already begun cheering, or for those who are thinking about joining a squad. Please bring water, wear shorts, a t-shirt, socks, sneakers and have hair pulled back into a pony tail...and don't forget your smile!

**Thurs • 2/12-3/19 • 6-7 pm • 6 sessions • \$68 • Gayhead ES Cafeteria**

#### **JUNIOR HIGH ZUMBA**

*Sandee Parker, Certified Zumba Instructor*

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.

**Thurs • 2/12-3/5 • 3:50-4:50 pm • 4 sessions • \$20 • Van Wyck JHS Cafeteria**

#### **"NO SCHOOL DAY" PING PONG MINI-CAMP**

*ZiPing Wang*

Looking for something to do on those random days off during the school year? Try Ping Pong! Campers ages 6 & up, divided into groups by level & age, will build a solid foundation and learn the basics, including spins, footwork & game strategy from a USATT certified instructor. In addition to instruction, there will be activities, games & crafts. Paddles & balls provided. Bring lunch, snack & water. Camp held at Ping Table Tennis Club, 2 St. Nicholas Road, Wappingers Falls. *Dates available:* Monday, Jan. 19; Mon. Feb. 16; Friday, March 20, Monday, March 30; Friday, April 3; Monday, April 6; Monday, May 25.

**Misc. Dates • 9:00 am-3:30 pm • \$45 per day • Ping Table Tennis Club**

## BEGINNING GUITAR FOR KIDS

Roy Coates

This guitar instruction is for beginning students, grades 3-5. It is a group instruction using the guitar method book *Beginning Guitar Book 1* by Hal Leonard. Students will learn how to hold the guitar, finger notes and to read music for guitar. They will also learn to strum simple chords & sing melodies. Final recital will take place on Tuesday, May 5<sup>th</sup>. Students must provide their own playable acoustic guitar, preferably steel string. Students are also responsible for purchasing book prior to start of class.

**Tues • 2/17-5/5 • 5:30-6:30 pm • 11 sessions • \$55 per session/Total cost \$605 • Van Wyck JHS Band Room**

## BASKETBALL SKILLS CLINICS

Larry Brooks, John Jay HS Girls Basketball Coach

Open to girls & boys in grades 3-8, this basketball clinic will cover all aspects of the game of basketball. Instruction will include a review of the basic fundamentals of basketball in preparation for the upcoming basketball season. It is a great opportunity for those who are beginning their basketball career or for those who want to improve their current level. Campers should come dressed appropriately with shorts, t-shirt, basketball sneakers and water. Two dates to choose from! Sign up for both clinics for \$70!

**Sat • 5/2 or 5/9 • 9:00 am-12:00 pm • 1 session • \$40 • John Jay HS Gym**

## English as a Second Language

Classes are free, but there is a \$35 book fee. No pre-registration is required. Classes are on-going & students are welcome at any time. No child care available. Classes resume January 5<sup>th</sup>.

### BEGINNING

Roy C. Ketcham HS – Room 110

Mon & Thurs • 7:00-9:30 pm

### LOW INTERMEDIATE

Grinnell Library

Mon, Wed & Fri • 9:30-11:30 am

### 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

### ADVANCED

Grinnell Library

Mon, Wed & Fri • 9:30-11:30 am

## 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. Please also bring a snack & water. **Cost is \$30.** (Cash or check made payable to WCSD.) Four dates to choose from!

KETCHAM HIGH SCHOOL, room 213

298-5100 ext. 0

3:00-8:00 pm

February 5

March 10

May 12

June 2

## *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 resume January 6<sup>th</sup>.

### **GRINNELL LIBRARY**

**2642 E. Main St, Wappingers Falls**

Tues & Thurs • 9:30 am -12:30 pm

Fri • 11:30-1:30 pm

### **KETCHAM HS – room 111**

**99 Myers Corners Road, Wappingers Falls**

Tues & Wed • 5:00-8:00 pm

## *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 March 16<sup>th</sup> and run for 6 weeks. They are designed to be completed in time to take the May 2<sup>nd</sup> SAT. Enrollment deadline is Thursday, March 12<sup>th</sup>. First come, first served. There is a minimum (12) and maximum (24) enrollment. Register early to avoid class cancellations.

### **JOHN JAY HIGH SCHOOL**

Mon & Wed • 5:30-7:30 pm, room 103

Tues & Thurs • 2:15-4:15 pm, room 222

### **KETCHAM HIGH SCHOOL, room 113**

Mon & Wed • 2:15-4:15 pm

Tues & Thurs • 5:30-7:30 pm

## *Recreation*

### **BASIC ANTIQUE CLOCK REPAIR**

*William Clarke*

This class is perfect for collectors or hobbyists; theory & instruction, plus information on books; hands-on experience. Limit 15.

**Thurs • 1/15-3/19 • 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. Limit 22.

**Thurs • 1/15-3/19 • 7-9:30 pm • 10 sessions • \$39 • Van Wyck JHS Tech 4**

### **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 3/31. Limit 20

**Tues • 1/6-6/9 • 7-8:30 pm • 22 sessions • \$25 • Brinckerhoff ES Gym**

## **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. Discounts available: 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 • 12/1-3/2 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym**

**Fri • 12/19-3/20 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym**

## *Music/Dance*

### **ROCKIN' ON THE BLOCK GUITAR INTENSIVE**

*Roy Coates & Mark Hitt, Artist-in-Residence*

This guitar intensive is for middle school to high-school-age guitarists (electric & bass) with intermediate skills. Topics covered will be 12 bar blues chord progressions, improvisation skills and the class will culminate with an on-stage performance accompanied by a professional rock drummer & bass player. Students will also learn a repertoire of well-known rock tunes. Mark Hitt, Artist-in-residence, performs with Cheap Trick lead singer, Robin Zander, as a member of the Robin Zander Band, and has toured with members of AC/DC, Led Zeppelin, the Who, and the Tubes, just to name a few, and was the driving force behind the Rat Race Choir. He has been teaching guitar in the NYC Metro area for many years, and will provide the students with his professional insights on guitar technique, improvisation & the professional music business. Mark is a veteran Rockin' on the Blocker, having taught students in our successful inaugural session last summer at Gayhead Elementary School. Rather than pay for the 12 sessions, students can opt to pay \$75 per session for each session attended. There will also then be a separate \$100 performance fee for the concert.

**Tues • 2/10-5/5 • 7-8:30 pm • 12 sessions • \$600 (includes performance fee for concert) • Van Wyck JHS Band Room**

### **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 February 19<sup>th</sup>. Come and learn more about this traditional American dance! No class 3/12, 4/2 & 5/14.

**Thurs • 2/19-6/4 • 7:30-8:30 pm • 12 sessions • \$60 • Myers Corners ES Cafe 1**

## *Personal Finance & Business*

### **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.

**Tues • 4/7-4/21 • 7-9:30 pm • 3 sessions • \$49 • Ketcham HS Library**

### **UNDERSTANDING CREDIT & MANAGING DEBT**

*Elaine Lacey, TEG Credit Union*

Learn about credit and your credit score, and get tips on how to manage your debt and make a plan to become debt-free!

**Wed • 2/25 • 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.

**Thurs • 4/16 • 6-8 pm • 1 session • FREE • Ketcham HS Room 107**

### **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.

**Wed & Thurs • 4/22 & 4/23 • 7-8:30 pm • 2 sessions • FREE • Ketcham HS Room 107**

### **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.

**Tues • 4/21 • 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.

**Tues • 4/21 • 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.

**Tues • 4/21 • 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.

**Tues • 4/21 • 8-10 pm • 1 session • \$50 • John Jay HS Room 101**

## *Special Interest*

### **HOME MAINTENANCE & REPAIR**

*Paul T. David*

Look around your house. There are probably a hundred little things that you'd like to change, repair, improve or redo. This course can show you how to do it yourself! Get hands-on training from an experienced instructor who will show you how to operate most major hand & power tools, measure, cut & install most common building materials, and how to plan & complete small-to-medium-sized projects around the house. Basic plumbing & electricity will be covered as well. \$25 materials fee payable to instructor at first class. Hearing & eye protection required.

**Wed • 1/14 & 1/28, 2/11 & 2/25, 3/11 & 3/25, 4/8 & 4/22, 5/6 & 5/20 • 6-8 pm • 10 sessions • \$150 • John Jay HS Room 169**

### **HOME UPHOLSTERY - CANCELED**

*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. No class 3/30 & 4/6.

**Mon • 2/23-5/11 • 6-9 pm • 10 sessions • \$125 • 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.

**Thurs • 4/16 • 4:15-5:30 pm • 1 session • FREE • Ketcham HS Room 109**

## Health, Fitness & Well-Being

### HULA HOOPING & YOGA

*Sandee Parker, registered yoga teacher*

Basic hula hooping & basic yoga mixed with a whole lot of fun! Wear comfortable clothes. Bring a mat & water bottle.

**Fri • 1/16-2/6 • 6-6:55 pm • 4 sessions • \$40 • Van Wyck JHS Room 115**

### HOOP DANCE

*Sandee Parker, registered yoga teacher*

This class is an hour of freestyle hula hooping and a whole lot of fun! Wear comfortable clothes. Bring a water bottle.

**Fri • 1/16-2/6 • 7-7:55 pm • 4 sessions • \$40 • Van Wyck JHS Room 115**

### GENTLE YOGA

*Sandee 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. No class 1/19 & 2/16.

**Mon • 1/12-3/16 • 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. No class 1/19 & 2/16

**Mon • 1/12-3/16 • 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 • 1/13-2/3 • 6-6:55 pm • 4 sessions • \$40 • Van Wyck JHS Room 115**

### 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 • 1/13-2/3 • 7-7:55 pm • 4 sessions • \$40 • 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.

**Winter Session • Wed • 1/7-2/11 • 5:00-6:15 pm • 6 sessions • \$100 • Laerdal Bldg. Room 3**

**Spring Session • Wed • 2/25-4/8 • 5:00-6:15 pm • 5 sessions • \$90 • Laerdal Bldg. Room 3**

## Free Classes

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

*Stephanie Mauro, CCPS*

In this seminar, you 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! Two dates to choose from!

**Wed • 4/15 • 6:30-8 pm • 1 session • FREE • Ketcham HS Auditorium**

### **SUCCESS WITH COLLEGE SPORTS – RIGHT PROGRAM! RIGHT COLLEGE! RIGHT PRICE!**

*Stephanie Mauro, CCPS*

In this seminar, parents & students will learn what coaches are looking for, the difference between DI, DII & DIII colleges, how to get noticed by coaches, how athletics can get students into top colleges and when to start this process. In addition, participants will learn what it takes to get into college today, including the financial aid system & 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 & how colleges value them; and what 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! Two dates to choose from!

**Mon • 5/11 • 6:30-8:30 pm • 1 session • FREE • Ketcham HS Auditorium**

### **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.

**Thurs • 1/22 • 2:15-3:30 pm • 1 session • FREE • Ketcham HS Room 113**

**Wed • 2/4 • 2:15-3:30 pm • 1 session • FREE • John Jay HS Room 101**

### **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!

**Tues • 1/20 • 6:30-7:30 pm • 1 session • FREE • John Jay HS Room 128**

### **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.

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

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*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 12590*

**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 give us a call!