



Wappingers Central School District

Adult & Continuing Education

Winter/Spring 2019

Especially for Students

GAMES & FITNESS

Brad Bengel

For students in grades 1-2 & 3-4, this program focuses on games, health and fitness. Students will participate in some of the more interesting and popular games and activities currently used in Physical Education programs today. These include: Ga Ga Ball, Battleship, Cracker Barrel, Speed Stacking Cups, Capture the Flag, and more! No class 4/15, 4/17 & 4/22.

Grades 1-2 • Mondays • 3/4-5/6 • 3:25-4:30 pm • 8 sessions • \$120 • Fishkill Plains ES Gym

Grades 3-4 • Wednesdays • 3/6-5/1 • 3:25-4:30 pm • 8 sessions • \$120 • Fishkill Plains ES Gym

WAPPINGERS YOUTH WRESTLING CLUB

Chris Perry & Mike Bianco

Open to students in grades 2 through 6. Wrestling is a sport that will help develop agility, coordination, flexibility, strength, balance, self-esteem, self-discipline, and a strong work-ethic. The Wappingers Youth Wrestling Club will be coached by the RCK Wrestling Coaches, Coach Perry & Coach Bianco, who have over 20 years combined experience. No equipment necessary to start, just wear a t-shirt & shorts. All participants get a t-shirt!

Wednesdays • 1/16-3/13 • 5:00-6:30 pm • 9 sessions • \$15 • Ketcham HS Back Gym

MAD SCIENCE – SCIENCE MYSTERIES & FANTASTIC FORCES

Mad Science of the Hudson Valley

This popular after school enrichment program will be offered again at Fishkill Elementary, Gayhead Elementary, and Brinckerhoff Elementary. Students will engage in exciting hands-on activities, watch spectacular demonstrations, participate in inquiry-based discussions and take home things that they have made themselves, like model rockets, periscopes, Mad Science putty & more!

Brinckerhoff ES • Thursdays • 4/11-5/23 • 3:30-4:30 pm • 6 sessions • \$110

Gayhead ES • Thursdays • 4/11-5/23 • 3:30-4:30 pm • 6 sessions • \$110

SNAPOLOGY

Snapology of the Mid-Hudson Valley

This after school program will engage students in various themed activities designed to promote independent & imaginative building with LEGO®. The program will be offered at Brinckerhoff Elementary, Gayhead Elementary, Kinry Road Elementary, Fishkill Elementary and Fishkill Plains Elementary.

Brinckerhoff ES • Mondays • 4/1-5/20 • 3:20-4:20 pm • 6 sessions • \$90

Gayhead ES • Tuesdays • 4/9-5/21 • 3:30-4:30 pm • 6 sessions • \$90

Fishkill Plains ES • Wednesdays • 4/3-5/15 • 3:15-4:15 pm • 6 sessions • \$90

GIRLS ON THE RUN

Girls on the Run Hudson Valley

Girls on the Run is a transformational learning program for girls in grades 3-5. Girls build confidence through dynamic, conversation-based lessons and fun running games. The program culminates with a celebratory 5K run. **NO RUNNING EXPERIENCE IS NECESSARY.** Scholarships available. For more information, and to register, go to www.girlsontherunhv.org.

Gayhead ES • TBD • TBD • 3:30-5:00 pm • 10 weeks • \$175

KWON'S MARTIAL ARTS AFTER SCHOOL PROGRAM

Kwon's Martial Arts, Poughkeepsie

Looking for something for your child to do after school? Kwon's Martial Arts has an after school program that is flexible and can fit your needs. They will pick up from any of the district elementary schools and transport to their facility at 766 Vassar Road in Poughkeepsie, where students will have snack time, do homework and learn Tae Kwon Do. For more information, and to register, go to

www.masterkwonmartialarts.com.

S.A.T. Review

WAPPINGERS S.A.T. REVIEW CLASSES

These classes are for review purposes only. They are not intensive SAT preparation classes. There will be a total of 6 math review classes & 6 reading review classes (12 classes total) for each session. 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 11th and run for 6 weeks. They are designed to be completed in time to take the May 4th SAT. Enrollment deadline is Wednesday, March 6th. First come, first served. There is a minimum (12) and maximum (24) enrollment. If the minimum is not met, class will be canceled. Register early to avoid class cancellations.

John Jay High School Classes

Tuesdays & Thursdays • 2:45-4:45 pm, room 222 • \$90

Roy C. Ketcham High School Classes

Wednesdays & Thursdays • 2:45-4:45 pm, room 110 • \$90

LENTZ & LENTZ SAT REVIEW

Lentz & Lentz SAT Prep is offering an eight session, 24-hour professional SAT prep program at Roy C. Ketcham HS. This comprehensive, three-hour-per-session, individualized program is geared to assist bright, average and underachieving students. Class is split equally between English and math, covering all facets of the exam. **To register, call 845-638-2826 or go to www.LentzSATPrep.com.** Class size is limited so register early to avoid being closed out.

Saturdays • March 2, 16, 23, 30, April 6, 27 • 9:30 am-12:30 pm

Wednesdays • March 6, April 10 • 6:30-9:30 pm

Program Cost: \$399

Driver Safety

5-HOUR PRE-LICENSING CLASS

This course is mandated by New York State Department of Motor Vehicles for all NYS permit holders. You must have gotten a NYS learner's permit prior to attending this class. Bring permit, pencil & payment to class. Please also bring a snack & water. **Cost is \$40 (cash only.) To register, CALL 298-5000, ext. 40137.**

KETCHAM HIGH SCHOOL

3:00-8:00 pm, room 215

Tuesday, January 15

Tuesday, February 5

Tuesday, March 12

Wednesday, April 10

Thursday, May 9

Tuesday, June 4

High School Equivalency 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 high school sign-out sheet. This is an on-going program and new students are accepted at any time. There is no need to pre-register. Classes continue January 2nd.

GRINNELL LIBRARY

2642 E. Main St, Wappingers Falls

Mon, Tues, Wed & Thurs • 12:30 pm -3:30 pm

GRINNELL LIBRARY

2642 E. Main St, Wappingers Falls

Fridays • 9:30 am-12:30 pm

English as a Second Language

Classes are free, but there is a \$25 book fee. No pre-registration is required. Classes are on-going & students are welcome at any time. No child care available. Classes continue January 2nd.

BEGINNING

Roy C. Ketcham HS – Room 115

Mondays & Wednesdays • 6:30-9:30 pm

ADVANCED

Grinnell Library

Mondays & Wednesdays • 9:30 am-12:30 pm

LOW INTERMEDIATE

Grinnell Library

Mondays & Wednesdays • 9:30 am-12:30 pm

PRONUNCIATION

Grinnell Library

Tuesdays • 9:30 am-12:30 pm (open to all levels)

INTERMEDIATE

Roy C. Ketcham HS – Room 111

Mondays & Wednesdays • 6:30-9:30 pm

GRAMMAR/WRITING

Grinnell Library

Thursdays • 9:30 am-12:30 pm

Foreign Language

BEGINNING SPANISH

H.A.B.L.A

Learn how to speak, listen, read and write in Spanish using basic vocabulary within the context of everyday situations, and get an introduction to Spanish culture. Students will be required to purchase a textbook. Details will be given at the first class.

Thursdays • 1/24-3/28 • 6-7:15 pm • 10 sessions • \$130 • Ketcham HS Room 101

Recreation

BASIC ANTIQUE CLOCK REPAIR

William Clarke

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

Thursdays • 1/17-3/21 • 7-9 pm • 10 sessions • \$60 • Ketcham HS Room 229

HOROLOGICAL RESTORATION

Mike Graham & Jim Holmgren

Pre-requisite: Basic Antique Clock Repair course. Cost is \$35.10 for seniors 62 and older. Limit 22.

Thursdays • 1/17-3/21 • 7-9:30 pm • 10 sessions • \$39 • Ketcham HS Room 223

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 4/16. Limit 20.

Tuesdays • 1/8-6/4 • 7-8:30 pm • 21 sessions • \$25 • Myers Corners ES Gym

TAE KWON DO (Korean Karate)

Lorraine LeClair & Jeanette LeClair

For ages 9 through adult – come learn the discipline of the body & mind as taught in the Art of Tae Kwon Do. Students under 12, submit proof of age. Age 8 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.

Mondays • 12/10-3/11 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Fridays • 12-7-2/22 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Health & Fitness

YOGA FOR ALL

Sandee Parker

Yoga is for everyone, both young and old. One reason is because yoga is a stress attacker. With physical movement and breath exercises combined, one learns to balance emotions and strengthen the body. Yoga is the essence of a body-mind experience. Yoga frees you from the stress of daily life, and the physical movement of yoga keeps your body flexible and in balance. Families are welcome. Bring a mat and water. No class 1/21 & 2/18.

Mondays • 1/7-3/11 • 6-7 pm • 8 sessions • \$80 • Van Wyck JHS Room 114

Dance

MODERN SQUARE DANCING

Ron McMurdy, Boots n' Bows Square Dance Club

This class is for singles, couples & families. No experience is necessary. Come & learn more about this traditional American dance! Cost is \$72 per person. 10% discount available for seniors & families. No class 3/14, 4/11, 4/18 & 5/9.

Thursdays • 2/7-5/30 • 7:30-9 pm • 12 sessions • \$72 • Myers Corners ES Cafeteria 1

BEGINNER BALLROOM DANCING

Steven Mintz

In this class you will learn how to dance the Foxtrot, Triple Lindy, Cha-Cha, Waltz and Merengue. A few special bonus dances will also be taught. Feel confident on the dance floor, while having fun & getting some exercise! Novice or beginner, all are welcome. Partner is not needed. Please wear comfortable clothes & shoes that allow you to glide. No class 4/16.

Tuesdays • 3/5-4/30 • 7:30-8:30 pm • 8 sessions • \$85 • Ketcham HS Cafeteria

Personal Finance & Business

WILLS, TRUSTS & ESTATES

Shari Hubner & Anthony Eminowicz, 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. Come for one session or all three.

Wednesdays • 5/1-5/15 • 4:15-5:30 pm • 3 sessions • FREE • Ketcham HS Room 109

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.

\$25 book fee payable to instructor first night of class. Spouse/guest may attend free of charge.

Tuesdays • 4/23-5/7 • 6:30-9 pm • 3 sessions • \$49 • Ketcham HS Room 107

MEDICARE 101

James Farnham, Licensed Agent

Will you turn 65 over the next year? Or will you soon be eligible for Medicare? This class will give you a better overall understanding of Medicare and how it works. Learn about how and when to enroll and the insurance options available to you. Review and compare Medicare Parts A, B, C & D; explore & evaluate Original Medicare, Prescription Drug Plans, Medicare Supplemental Insurance & Medicare Advantage Plans, and receive the most up-to-date information in order to simplify the choices you need to make. This program will help you become more well-informed and confident about what Medicare means for you.

Thursday • 4/11 • 6-8 pm • 1 session • FREE • Ketcham HS Room 109

SECRETS WALL STREET DOES NOT WANT YOU TO KNOW WHEN INVESTING YOUR MONEY

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.

Wednesday • 5/1 • 6-8 pm • 1 session • \$50 • John Jay HS

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.

Wednesday • 5/1 • 6-8 pm • 1 session • \$50 • John Jay HS

GETTING GREAT REAL ESTATE DEALS WHEN BUYING OR SELLING 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.

Wednesday • 5/1 • 8-10 pm • 1 session • \$50 • John Jay HS

ENTREPRENEURSHIP: STARTING YOUR OWN 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.

Wednesday • 5/1 • 8-10 pm • 1 session • \$50 • John Jay HS

Special Interest

INTRODUCTION TO VOICE OVERS

Voices for All

“Wow, you have a great voice!” Have you heard that more times than you can count? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters & think, “I could do that!” If so, then you could have what it takes to begin working as a professional Voiceover Artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company, Voices for All, in a one-on-one, personalized, video chat affordable for just about anyone to get involved. In this one-time, 90 minute, introductory class, you’ll also learn about the different types of voiceovers and the tools you’ll need to find success. And then...we’re rolling! Your instructor will record you as you read a real script, then offer you some coaching so you can improve your delivery. Your instructor will take notes on your performance so you can receive a professional voiceover evaluation later. After the class, you will have the knowledge necessary to help you decide if this is something you’d like to pursue. Check out the video at <http://www.voicesforall.com/ooo> to get a better sense of how the class works. 18 and over please. You owe it to yourself to finally explore the possibilities of this fun & rewarding job! Register through Wappingers Continuing and you can then set up your personal video conference with Voices for All.

Video Conference • 1 session • \$49 • Date to TBD with Voices for All

Classroom Session • Monday • 2/25 • 6-8 pm • 1 session • \$49 • Ketcham HS

INTRODUCTION TO PEARL AND BEAD KNOTTING

Rafael Delgado

Come learn the art of stringing and knotting pearls and beads from an expert! Rafael Delgado has worked for such houses as Chanel, Bergdoff Goodman, Saks 5th Avenue, Bloomingdales and Kai Yin Lo. List of supplies needed to be purchased will be provided upon confirmation of class running.

Wednesdays • 3/6-4/10 • 7-8:30 pm • 6 sessions • \$60 • Ketcham HS Room 229

ACTIVE SHOOTER PREPAREDNESS

Steven Mintz

This class will go over what to do and what not to do in the event of an active shooter situation; how to be prepared, be alert and what to look for. Steven Mintz has been giving this presentation for three years and has received training from the NYPD, FBI, Department of Homeland Security and the NYPD Anti-Terrorism Task Force. A class not to be missed.

Wednesday • 4/3 • 7:30-8:45 pm • 1 session • \$20 per person or \$35 per couple • Ketcham HS Room 109

College Planning

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 they need to be aware of. This class will give students the timeline 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.

Tuesday • 2/26 • 2:25-3:30 pm • 1 session • FREE • John Jay HS Room 101

Wednesday • 3/13 • 2:25-3:30 pm • 1 session • FREE • Ketcham HS Room 107

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 a 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 a student's application. You'll be shown a timeline 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!

Wednesday • 1/30 • 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!

Wednesday • 2/13 • 6:30-8 pm • 1 session • FREE • John Jay HS Room 128

Wappingers Continuing Education Classroom Locations

Brinckerhoff Elementary School • 16 Wedgewood Road • Fishkill

Fishkill Plains Elementary School • 17 Lake Walton Road • Wappingers Falls

Gayhead Elementary School • 15 Entry Road • Hopewell Junction

Grinnell Library • 2642 E. Main Street • Wappingers Falls

John Jay High School • 2012 Route 52 • Hopewell Junction

Ketcham High School • 99 Myers Corners Road • Wappingers Falls

Kwon's Martial Arts • 766 Vassar Road • Poughkeepsie

Myers Corners Elementary School • 156 Myers Corners Road • Wappingers Falls

Van Wyck JHS • 10 Hillside Lake Road • Wappingers Falls

**TO REGISTER: go to wappingersschools.org
And click on the link for CONTINUING EDUCATION**

WAPPINGERS CONTINUING EDUCATION GENERAL INFORMATION

Office Hours

- The Wappingers Continuing Ed office is open Sept. 1 – June 30, from 9:00 am – 12:30 pm
- Telephone: 298-5000, ext. 40137 or 40130

Registration Information

- All registration is now done online through FamilyID. Go to www.wappingersschools.org and click on the Continuing Education icon in the middle of the page.

General Information

- **Classes will not be held on the following days: January 21, February 18, April 15-22, and May 27.**
- Early registration is encouraged to ensure placement & to avoid possible cancellations due to insufficient enrollment.
- If there is low enrollment, a class may be canceled. If it is canceled, you will be contacted by phone or email & your registration fee will be returned. Please be advised that cancellations are not decided until a few days before the start of class.
- Email acknowledgements of registration will only be sent for free classes, driving safety classes and after school classes for students. These will be sent a day or two prior to start of class.
- SENIOR CITIZENS: Senior citizens 62 & older can take 10% off all course registration fees. This discount does not apply to books or supplies.
- WEATHER CANCELLATIONS: If school is cancelled for Wappingers Central School District or after school/evening activities are cancelled, then all Continuing Ed classes are cancelled as well. Canceled classes will be made up.
- BOOKS & SUPPLIES: Prices may increase. Senior discount does not apply.
- PARKING: Do not park in front of the main entrance or along the sidewalk at the front of the school. These are fire zones.
- SMOKING POLICY: There is no smoking allowed anywhere on school grounds or in school buildings.

Questions?

Call Continuing Ed @ 298-5000, ext. 40137