

# Half Hollow Hills

## CENTRAL SCHOOL DISTRICT

[www.hhh.k12.ny.us](http://www.hhh.k12.ny.us)

Fall 2014

# Continuing Education Guide

## **FREQUENTLY ASKED QUESTIONS**

### **How do I contact the office?**

The phone number for the Continuing Education Office is (631) 592-3125.

### **How do I register?**

Register by mail *immediately*. Use a separate registration form for each course in which you wish to enroll. If you are registering with a spouse or family member you may put both names on the form. Enclose a **separate check** for each course, made payable to Half Hollow Hills CSD, unless otherwise noted. *Cash cannot be accepted*. Mail registration form with any required fee to:

Office of Continuing Education  
Half Hollow Hills Central School District  
50 Vanderbilt Parkway  
Dix Hills, NY 11746

### **What if I cannot attend a class that I am registered for?**

Please notify the office as soon as possible. Many classes have waiting lists and someone else may be able to attend the class in your place.

## **Attention Half Hollow Hills' Seniors!**

If you are at least 60 years old, you can apply for a District Gold Card and obtain free admission to District sponsored athletic events, concerts, plays and most Continuing Education classes!

Apply for your Gold Card at the District Clerk's Office at the Fran Greenspan Administration Center, Monday through Friday during regular business hours.

*Superintendent of Schools*  
Mrs. Kelly Fallon

Mr. James Ptucha, *Trustee*  
Dr. Paul Peller, *Trustee*

Mr. David Kaston, *Trustee*  
Mr. Frank Grimaldi, *Trustee*

Mrs. Diana Acampora, *Trustee*  
Mrs. Betty Desabato, *Vice President*  
Mr. Eric Geringswald, *President*

Board of Education

Half Hollow Hills  
Central School District  
525 Half Hollow Road  
Dix Hills, New York 11746

Non-profit Org.  
US Postage  
PAID  
Permit No. 12  
Huntington Station, NY

### **Can I register online?**

No, but you can view the current brochure at the District website, [www.hhh.k12.ny.us](http://www.hhh.k12.ny.us).

### **What is the refund policy?**

**NO REFUNDS** will be made unless the class is cancelled. Once classes have begun, only a credit slip can be issued. If a class is cancelled your check will be returned.

### **How do I know my registration has been accepted?**

**NO LETTERS OF CONFIRMATION ARE SENT.** Registrants will only be notified if a class is cancelled for any reason.

### **What if a class is not held on a particular night?**

Whenever inclement weather causes the closing of District schools, there will be no classes held that evening. Listen to WBAB-FM or WALK-AM for closings or call (631) 592-3125 and listen to the recorded message. You may also check the District website. In the event that an instructor has to cancel a session, he/she will notify the students. No classes will be held on legal holidays or during schools holidays.

### **Who may attend Continuing Education classes?**

Adults over the age of 18 years may register for these classes.

### **Where are classes held?**

All classes are in the High School East building, unless noted otherwise. A daily list of classes and a map are displayed at the Continuing Education Office. Maps of the school are available upon request.

### **What about Senior Citizens?**

Citizens who are 60 years of age or older and reside in Half Hollow Hills Central School District are invited to register for our courses at no fee, with the exception of outside agencies that charge a "per-person fee." These are designated as "**no senior discount courses**". A copy of your District Gold Card may be obtained at the Fran Greenspan Administration Center. Call the District Clerk, 592-3013, for more information. Material fees **MUST** be paid by each student. Please note that non-resident seniors may pay the lower "resident fee."

### **MEDICAL ADVISEMENT:**

We strongly recommend that you consult your physician before undertaking any program involving strenuous physical activity. Participation in any class and/or activity is at your own risk. For each of our "Sports and Movement" classes, you and/or your physician must first sign the form enclosed in the bulletin to verify your general good health and ability to participate in the activity without risk.

# CLASSES BY NIGHT

## Monday

Beginner's Ballroom Dancing  
 Fitness First  
 How to Pay for College without Going Broke  
 Intermediate Ballroom Dancing

## Tuesday

Complete Financial Management Workshop  
 Exploring the Fall Skies  
 Interval Power Walking  
 Introduction to Exchange Traded Funds  
 Notary Public Training Course  
 Positive Thinking—The Key to Living your Best Life Possible  
 Tai Chi/Health Guidance  
 Zumba Gold

## Wednesday

7 Keys to Optimizing Social Security Benefits  
 Exploring the Winter Skies  
 Fitness First  
 How to Keep the Income Flowing During Retirement  
 Intermediate Acrylic & Watercolor Painting  
 Notary Signing Agent Course  
 The A, B, C's & D's of Medicare  
 Yuangi Energy Music Therapeutic Dance

## Thursday

ABC's of Annuities  
 Crochet for Beginners  
 Financial Education for Newlyweds & Newly Engaged Couples  
 Interval Power Walking  
 Introduction to Stocks and Bonds  
 How to Keep the Income Flowing During Retirement  
 How to Sell Items Using eBay  
 Life Planning for Children with Special Needs  
 Living Wills, Health Care Proxy & Power of Attorney  
 Preserving your Wealth in Retirement  
 Relaxation & Breathing Techniques  
 Residency to Retirement  
 Spanish I  
 Spanish II  
 Yoga

## Friday and Saturday

Defensive Driving

# CALENDAR

Please use this calendar as a reference throughout the session.

	MON	TUES	WED	THURS
October	06* 13 20 27	07* 14 21 28	08* 15 22 29	09* 16 23 30
November	03 10 17 24	04 11 18 25	05 12 19 26	06 13 20 27
December	01 08 15	02 09 16	03 10 17	04 11 18

**KEY:** \* first night of classes, unless noted otherwise in the brochure.  
 The shaded areas indicate that there will be no classes held on these nights.

# Continuing Education Guide

## Financial Planning

### New! 7 Keys to Optimizing Social Security Benefits

Social Security is an extremely important part of your overall retirement source of income. It is the base on which you and your financial professional will use to make other decisions. This class will cover the 7 keys to enhancing your Social Security benefits. It is intended for those who have not yet filed for Social Security benefits and are ideally under the age of 62.

Wednesday 1 Session  
October 8th 7:00-9:00 pm  
Instructor: Paul Pitsironis  
Room 109

**Fees:** Regular: \$14  
Out of District: \$17

### Complete Financial Management Workshop

This in-depth course, which has been taught nationally at universities as well as at Fortune 500 Companies, will help you establish a written financial plan for your retirement. Topics include stocks, bonds, mutual funds, asset allocation, Social Security, Medicare, long-term care, estate planning strategies, pension plans, IRA's, insurance and more. A comprehensive workbook, which will be a valuable resource for the rest of your life, is included in the fee. An optional personal financial analysis plan is also included. This plan may help you reduce taxes, establish retirement income, and enhance investment returns.

Tuesdays 4 Sessions  
Begins October 7th 7:00-9:30 pm  
Instructor: Alex DiMartini, Jr., Financial Advisor  
Room 101

**Fees:** Regular: \$45  
Out of District: \$50



### New! ABC's of Annuities

Would you like to hear options on how you can protect what you have accumulated? Where will your retirement income come from? Inflation and taxes will cut into your retirement income. Retirement will cost you more than you think. We all worry about running out of money in retirement, with good reason, considering the state of Social Security reform and increasing life expectancies. Whatever your retirement goals, you'll need a steady, reliable income source to make them a reality. Come find out how variable annuities with optional benefits such as tax deferral, withdrawals, living and death benefits, automatic rebalancing, and custom allocation can help you in retirement.

Thursday 1 Session  
October 30th 8:00-9:00 pm  
Instructor: Ronald Steiger, Investment Advisor  
Room 101

**Fees:** Regular: \$14  
Out of District: \$17

### New! Financial Education for Newlyweds and Newly Engaged Couples

Since you are starting out your life together, you want it to be a happy and successful one. Many problems that couples face are financial ones. This course will give you the knowledge to help put your family on a successful financial track. Topics will cover; How to Save & Budget, How to Protect your Home & Family, Keeping Proper Records & Paperwork, Homeowners, Auto & Life Insurance, Purchasing a Home and other important information.

Thursday 1 Session  
October 23rd 7:00-8:00 pm  
Instructor: Ronald Steiger, Investment Advisor  
Room 101

**Fees:** Regular: \$14  
Out of District: \$17

## Financial Planning, cont.

### How to Keep the Income Flowing During Retirement

This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, and protecting your assets from the costs of long term care...all while having your money last through your lifetime and the lifetime of your spouse.

Wednesday 1 Session  
October 22nd 7:00-9:00 pm  
Instructor: Jeffrey R. Silverman, JD CFP  
Attorney & Certified Financial Planner  
Room 101  
**Fees:** Regular: \$14  
Out of District: \$17



### How to Pay for College Without Going Broke

So you think you won't qualify for financial aid? Find out how tuition discounts, scholarships, grants and financial aid can work for you. Discover the top ten strengths your student will need to gain admission to a competitive college and learn how to select the college with the "best fit" for your child. Find out how selecting the right college can reward you with the most in merit scholarships and need-based aid. This workshop is a must for parents of high school students.

Monday 1 Session  
October 20th 7:30-9:30 pm  
Instructors: Jan & Tony Esposito  
Room 111  
**Fees:** Regular: \$14  
Out of District: \$17

### Introduction to Exchange Traded Funds (ETF's)

Exchange Traded Funds (ETF's) provide a unique approach to investing that the average investor can take advantage. In this course we will cover the details of how Exchange Traded Funds work and how you can use them in your investment portfolios. You will also be introduced to an investment strategy utilizing Exchange Traded Funds that has endured both bull and bear markets.

Tuesday 1 Session  
October 7th 7:00-9:00 pm  
Instructor: Paul Pitsironis  
Room 109  
**Fees:** Regular: \$14  
Out of District: \$17

### Introduction to Stocks & Bonds

To have complete knowledge and awareness of how the market works, people need a great deal of information. We will discuss stocks and bonds in a clear, concise way; what investments are; and issues of how supply and demand affect you and the market. Learn how to analyze Standard & Poor's reports, and the risk/reward tradeoff.

Thursdays 6 sessions  
Begins October 23rd 7:30-9:30 pm  
Instructor: David Gustin, AAMS  
Room 201  
**Fees:** Regular: \$65  
Out of District: \$72

### *New!* Living Wills, Health Care Proxy and Power of Attorney

Topics we will discuss include the use of New York Health Care Proxy, Anatomical Gifts and related Health Care decision making and the use of medical directives in New York in light of the Florida Terri Schiavo case. You need to understand your relationship with your health care providers and your rights.

Thursday 1 Session  
October 30th 7:00-8:00 pm  
Instructor: Ronald Steiger, Investment Advisor  
Room 101  
**Fees:** Regular: \$14  
Out of District: \$17

## Financial Planning, cont.

### Preserving Your Wealth in Retirement

Asset allocation and diversification need to be constantly monitored, and assets need to be protected and preserved. This one session course will deal with this topic, as well as other financial issues in a clear, concise way.

Thursday 1 Session  
October 16th 7:30-9:30 pm  
Instructor: David Gustin, AAMS  
Room 201

**Fees:** Regular: \$14  
Out of District: \$17



### New! Residency to Retirement

**For Doctors, Dentists, Nurses & Health Care Professionals Only.**

As health care professionals, if you're going to reach your financial goals you need to understand the financial world. You need to know what works and what doesn't. You need to learn the secrets of financial success. The fundamental financial principles will be explained in a way that makes it easy for you to understand and use them. The use of simple language, clear diagrams and real-world case studies will help you take control of your financial future. Make your cash work harder. Protect your family, money and assets and your future. Invest like the pros. Learn what your tax return says about you. Minimize your taxes. Put a price tag on and save for your comfortable retirement. Understand the ABC's of estate planning, avoid probate and reduce estate taxes. Reduce your debt. Maximize your cash flow. Invest your money wisely.

Thursday 1 Session  
October 23rd 8:00-9:00 pm  
Instructor: Ronald Steiger, Investment Advisor  
Room 101

**Fees:** Regular: \$14  
Out of District: \$17

## Fine Arts and Crafts

### Crochet for Beginners

**Maximum of 12**

In this beginner crochet class you will learn how to chain and make single and double crochet stitches, make new friends and have fun creating your own beautiful blanket. On the first night of class bring a "J" crochet hook and one skein of medium weight yarn.

**RIGHT HANDED CROCHETERS ONLY!**

Thursdays 6 Sessions  
Begins October 16th 6:00-8:00 pm  
Instructor: Debbie Polidora  
HSE Library

**Fees:** Regular: \$65  
Out of District: \$72



### Intermediate Acrylic & Watercolor Painting

If you are an experienced painter this workshop-class is for you. Improving your skills as a painter is what this class is all about. Paint what you wish with instruction and critique from an experienced artist/teacher when you need it. Acrylic and watercolor mediums will be discussed along with abstract painting. How to choose subject matter will also be discussed. This class is not for beginner painters.

Wednesdays 8 Sessions  
Begins October 8th 7:00-9:30 pm  
Instructor: Anna Horehlad  
Room 555

**Fees:** Regular: \$80  
Out of District: \$87

# Personal Enrichment

## Exploring the Fall Skies

**Maximum of 30**

As the nighttime hours grow long, we are left with the brisk coolness of fall. The sky fills with the wonderful constellations of Pegasus, Andromeda and Cassiopeia, all part of the great Myth of Medusa. The Big Dipper slowly sinks into the western glow of sunset as do the stars of Sagittarius. As Venus begins to enter the early evening sky in the southwest, it draws closer to the planet Jupiter. Both are seen in the early evening hours. Why not spend an evening beneath the stars of the Half Hollow Hills' planetarium, and witness the beauty of the Fall Skies. **This program is intended for families with kids in the third grade and up.** The entire family is encouraged to attend.

Tuesday 1 Session  
October 14th 7:00-9:00 pm  
Instructor: Tom Affatigato HSE Planetarium

**Fees:** Regular: \$11 individual or  
\$15 per family  
Out of District: \$13 individual or  
\$17 per family

## Exploring the Winter Skies

**Maximum of 30**

*"With the realization that I miss the show, while snug within my cave, it is only when I venture into the cold that I experience this gift." ~Chris McClure*

Perhaps there is no night sky more beckoning than that of winter. That great ancient hunter Orion leads his entourage onto the cold stage of the winter sky. One of his winter companions, Canis Major (the large dog), contains the brightest of all stars, Sirius. We also see the prominent zodiacal stars of Taurus and Gemini flanking the great hunter. The early evening sky features the planets Jupiter and Venus, close together, in a celestial dance low in the southwest. Why not spend an evening beneath the stars of the Half Hollow Hills' planetarium, and witness the beauty of the Winter Skies. The entire family is encouraged to attend.

**This program is intended for families with kids in the third grade and up.**

Wednesday 1 Session  
January 14th 7:00-9:00 pm  
Instructor: Tom Affatigato HSE Planetarium

**Fees:** Regular: \$11 individual or  
\$15 per family  
Out of District: \$13 individual or  
\$17 per family

## How To Sell Items Using eBay

Turn your household items into cash by selling them on eBay, one of the nation's largest on-line auction houses. This class is designed to teach you all the steps required to list and sell items on eBay, including: authorization number set-up, uploading photographs, information to include in your item's description, settling your auction, correspondence, shipping arrangements, pricing, choosing your item's category and feedback. Course includes a take-home, step-by-step guide covering pertinent class topics and a sample auction from beginning to end. Items virtually sell themselves. Sit back and enjoy the income.

Thursday 1 Session  
November 6th 7:00-10:00 pm  
Instructor: Dina Elardo, MBA  
Room 707

**Fees:** Regular: \$55  
Out of District: \$60

**There is no senior discount for this course.**



## Life Planning for Your Child with Special Needs

Planning for the future of a child with special needs can be an overwhelming process. With the time needed to plan for schooling, medical care and outside activities, often long term planning gets put aside. This program will help parents prepare for the long term planning needs for their children by learning the steps to develop a life plan in order to provide the best future possible.

Thursday 1 Session  
October 16th 7:00-9:00 pm  
Instructor: Jeffrey R. Silverman, JD CFP  
Attorney & Certified Financial Planner

Room 101  
**Fees:** Regular: \$14  
Out of District: \$17

## Personal Enrichment, cont.

### Notary Public Training Course

Stand out among the competition! Add a new certification to your resume and be an asset to your company by enhancing your credentials! All companies need to have documents notarized. The objective of the Notary Public Training course is designed to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary Public Exam. Price includes: Supplemental study guide, Notary Fact Sheet, Practical Exam, National Notary Organization pamphlets and brochures, Sample forms, Notary Public application, NYS exam schedule and booklet, and lifetime membership to Notary Public Central & Legal Updates. Students are required to bring a pen and/or a highlighter. Commissioned Notaries are always welcome to attend.

Tuesday 1 Session  
November 4th 7:00-10:00 pm

Instructor: Dina Elardo, MBA  
Room 305

**Fees:** Regular: \$55  
Out of District: \$57

**There is no senior discount for this course.**

### Notary Signing Agent Course

Discover a rewarding career as a Notary Signing Agent in the Lending Industry! Be your own boss, either part-time or full-time. This course is designed to equip you with the essential skills you will need to properly perform Loan Document Signings. Topics covered include: document preparation, identifying documents in a loan packet, various loan types, proper execution of documents, what is expected of the Signing Agent (your responsibilities and limitations thereof), lender lingo, identifying individuals, current industry trends, as well as where and how to find work. (Signing Companies will be provided as possible leads.) \*Fee includes a full-year placement on the notary signing agent's website's Signing Agent section and a full take-home packet. Prerequisite: You must be a Commissioned New York State Notary Public or have at least attended or completed a Notary Public Training Course prior to taking this course.

Wednesday 1 Session  
November 5th 7:00-9:00 pm

Instructor: Dina Elardo, MBA  
Room 305

**Fees:** Regular: \$60  
Out of District: \$65

**There is no senior discount for this course.**

### Positive Thinking...The Key to Living Your Best Life Possible

When asked the question, "How much of life is in your mind?" the unanimous response given is "All of it!" This course is designed to help you understand the power of your mind and your ability to program it to live your best life possible. Included in the curriculum are the workings of the conscious and subconscious mind, how belief systems are formed and influence our performance, and specific mental tools that will help you learn to consciously choose thoughts to create positive outcomes in your life. This course is a "**must**" for anyone seeking to create a happier and more fulfilling journey of life.

Tuesdays 3 Sessions  
Begins November 18th 7:00-9:00 pm

Instructor: Glenn Poveromo  
Room 203

**Fees:** Regular: \$36  
Out of District: \$43

## SE HABLA ESPANOL

### Spanish I—Beginners

This course is for those who have little or no previous knowledge of Spanish. It is designed to give students a solid foundation in Spanish by learning the basic grammatical structures, speaking with emphasis on correct pronunciation and incorporating reading, comprehension and writing skills. All the essential keys to successfully learn the Spanish language are included in this class.

Thursdays 8 Sessions  
Begins October 16th 7:30-9:00 pm

Instructor: Elizabeth Adams  
Room 203

**Fees:** Regular: \$75  
Out of District: \$82

**Instructor will collect a \$24 workbook fee on the first night of class.**

## Personal Enrichment, cont.

### Spanish II

Recent completion of Spanish I, or equivalent is required. Build upon what you learned in Spanish I and continue to learn more essential grammatical concepts and vocabulary while practicing and improving speaking and pronunciation skills. Reading, comprehension and writing skills will also be incorporated.

Thursdays 8 Sessions  
Begins October 16th 6:00-7:30 pm  
Instructor: Elizabeth Adams  
Room 203

**Fees:** Regular: \$75  
Out of District: \$82

**Instructor will collect a \$7 workbook fee on the first night of class.**



### The A,B,C's & D's of Medicare

Navigating through Medicare can be overwhelming. The question is **"How do you choose a suitable plan?"** **Making the wrong choice could cost you.** It is wise to **Prepare, Compare, and Decide** what plan offers the most suitable coverage for your particular needs. This seminar will explore those options that are available to you.

Wednesday 1 Session  
October 22nd 7:00-9:00 pm  
Instructor: Steven I. Semryck, RFC, CLU  
Room 201

**Fees:** Regular: \$14  
Out of District: \$17

## Sports and Movement

### Beginner's Ballroom Dancing

Ballroom Dancing is a rewarding experience that promotes both physical and mental health. Whether you are a beginner or already have some dance experience, you will enjoy learning basic dance concepts and skills, while engaging your body in aerobic activity and building self-confidence. With continued practice, you will soon be comfortable in any dance venue from weddings, parties, ballroom dance clubs, Latin and swing clubs, discos, and other social occasions. Beginner classes will work on developing posture, dance frame, technique, movement and basic dance steps. The curriculum includes Smooth (Waltz, Foxtrot, Tango), Latin (Rumba, Cha Cha, Salsa/Mambo, Meringue), and Rhythm (Swing and Hustle).

**Couples and singles of all ages are welcome.**

Mondays 8 Sessions  
Begins October 6th 8:00-10:00 pm  
Instructors: Phyllis Hintze

Cafeteria A

**Fees:** Regular: \$75 per couple, \$38 single  
Out of District: \$80 per couple, \$40 single

### Fitness First

This is an entry level exercise class for individuals of any age who have never exercised or have not exercised in a long time. The class consists of low impact cardio, stretching, strength training, balance and flexibility. Exercises can be done from a standing or sitting position. Wear comfortable clothing, and bring a water bottle, light weights (2 to 5 lbs.) and a 6 to 9 inch ball. Bring a mat if you wish to do some exercise on the floor.

Mondays & Wednesdays 16 Sessions  
Begins October 6th 7:00-8:00pm  
Instructor: Malinda Dobrins,

Certified Health Fitness Instructor

Cafeteria B

**Fees:** Regular: \$70  
Out of District: \$75

## Sports and Movement, cont.

### Intermediate Ballroom Dancing

Ballroom Dancing is a rewarding experience that promotes both physical and mental health. The intermediate class is available for those with previous dance experience. Students will enjoy learning more advanced dance concepts and skills while engaging in, aerobic activity and building self confidence. With continued practice, you will soon be comfortable in any dance venue from weddings, parties and other social occasions, ballroom dance clubs, Latin and swing clubs and discos. Intermediate classes will work on more advanced technique and movement concepts, while incorporating more challenging dance steps and amalgamations. The curriculum includes Smooth (Waltz, Foxtrot, Tango, Quickstep, Viennese Waltz), Latin (Rumba, Cha Cha, Salsa/Mambo, Meringue, Samba), and Rhythm (Swing and Hustle). Specific material covered will depend on student interest and ability.

**Couples and singles of all ages are welcome.**

Mondays 8 Sessions  
Begins October 6th 6:30-8:00 pm  
Instructor: Phyllis Hintze  
Cafeteria A

**Fees:** Regular: \$72 per couple, \$36 single  
Out of District: \$79 per couple, \$40 single



### Interval Power Walking

Weather permitting, the outdoor track is used exclusively for the entire 60 minutes of class, which will cover 3.0 miles of walking. Weather not permitting, the class will take a brisk 40 minute walk, within the perimeter of the building, which will cover approximately 2.0 miles followed by 20 minutes of intense strength training exercises for the arms, legs and abdomen. Instructor is A.F.A.A. certified.

Tuesdays and Thursdays 16 Sessions  
Begins October 7th 6:30-7:30pm

Instructor: Joanne Eisenberg  
Cafeteria A (on Tuesday nights)  
Cafeteria C (on Thursday nights)

**Fees:** Regular: \$75  
Out of District: \$82

### Tai Chi/Health Guidance

Learn the art of Tai Chi, which combines meditation with a series of slow body movements that are designed to reduce stress. Coupled with the Tai Chi are discussions and assistance towards implementing a healthier lifestyle. Come have fun, learn at your own pace, and allow Tai Chi to reveal its various benefits.

Tuesdays 8 Sessions  
Begins October 7th 7:00-9:00 pm  
Instructor: M.J. Kalischewski  
Cafeteria B

**Fees:** Regular: \$72  
Out of District: \$79



### New! Relaxation and Breathing Techniques

How often do you take time to relax? Like most of us probably not enough time. Here is a great opportunity to treat yourself to a mini vacation of letting go into a state of deep relaxation. We will start class with breathing techniques to clear stress in the mind and tension in the body. Followed by guided relaxation techniques that teach you to reach a state of rest and rejuvenation. We cultivate a comfortable atmosphere using relaxing music, lighting and auto-suggestion that supports your transformation.

Wear comfortable clothes and bring a blanket, pillow and yoga mat.

Thursdays 8 Sessions  
Begins October 16th 7:00-8:00 pm  
Instructor: Thomas Miller, Certified Yoga Teacher  
Cafeteria A

**Fees:** Regular: \$72  
Out of District: \$79

## Sports and Movement, cont.

### Yoga

This Yoga class will provide physical benefits by creating a toned, flexible and strong body while improving respiration, energy and vitality. This classical form of Yoga will also help you to relax, quiet your mind and handle stressful situations more easily, as well as learn positive thoughts and self-acceptance in a non-competitive environment. This class is suitable for the beginner student, as well as the advanced student, and will consider the individual needs of each.

Wear comfortable clothes and bring a yoga mat and blanket.

Thursdays 8 Sessions  
Begins October 16th 6:00-7:00 pm  
Instructor: Thomas Miller, Certified Yoga Teacher  
Cafeteria A

**Fees:** Regular: \$72  
Out of District: \$79



### Yuangi Energy Music Therapeutic Dance

A special Yuangi Energy Music is designed for each of the five Yuangi therapeutic dances. This kind of music harmonizes and energizes one's mind, heart, body and energy systems and uplifts one's spirit. The graceful movement along with the peaceful music helps to strengthen the immune system. The movement balances the body's organ systems (yin-yang). The steps are easy, lively and are fun to do. They can also be adjusted according to the individual's physical and/or health conditions. One can choose which dance or which sections of a particular dance to do at a time. The dances can be practiced by a group or individually.

Wednesdays 8 Sessions  
Begins October 8th 7:00-9:00 pm  
Instructor: Lucille Chang  
Cafeteria A

**Fees:** Regular: \$72  
Out of District: \$79



### Zumba Gold

Zumba Gold is a modified Zumba fitness class with all of the music, rhythm and fun. It combines all the flavors of salsa, cha-cha, hip-hop and belly dancing with easy to follow, low impact moves. There is no jumping or twisting. Perfect for knees and hips that need extra TLC. Just bring a water bottle and join the party!

Tuesdays 8 Sessions  
Begins October 7th 7:40-8:40 pm  
Instructor: Joanne Eisenberg  
Cafeteria A

**Fees:** Regular: \$72  
Out of District: \$79

# Defensive Driving

## Empire Safety Council's Defensive Driving

This 6-hour course is open to all drivers, including high school students, 16 and older. Upon completion of this course, you will be eligible for a discount on your collision and liability insurance premiums for three years. This is in addition to the discount received for completing a certified Driver Education program.

Upon completion, a certificate will be mailed to you which can be presented to your insurance company. Choose from ten different dates. **(ALL CLASSES ARE HELD AT HS EAST)**

<u>Class #1</u> Friday, September 19th	3:30 pm - 9:30 pm Room 705
<u>Class #2</u> Saturday, September 20th	8:00 am - 2:00 pm Room 705
<u>Class #3</u> Friday, October 24th	3:30 pm - 9:30 pm Room 705
<u>Class #4</u> Saturday, October 25th	8:00 am - 2:00 pm Room 705
<u>Class #5</u> Friday, November 14th	3:30 pm - 9:30 pm Room 705
<u>Class #6</u> Saturday, November 15th	8:00 am - 2:00 pm Room 705
<u>Class #7</u> Friday, December 12th	3:30 pm - 9:30 pm Room 705
<u>Class #8</u> Saturday, December 13th	8:00 am - 2:00 pm Room 705
<u>Class #9</u> Friday, January 9th	3:30 pm - 9:30 pm Room 705
<u>Class #10</u> Saturday, January 10th	8:00 am - 2:00 pm Room 705

**Instructor:** Bob D'Agostino

**Fee:** \$50

**Please make checks payable to "Empire Safety Council"**

***There is no senior citizen discount for this class.***

# Registration for Continuing Education Enrollment

## Fall 2014 Continuing Education Registration Form (Please Print Clearly)

Course \_\_\_\_\_ Night(s) \_\_\_\_\_  
Name \_\_\_\_\_  
Telephone \_\_\_\_\_  
Address \_\_\_\_\_  
Town \_\_\_\_\_ Zip Code \_\_\_\_\_  
Email \_\_\_\_\_ Check # \_\_\_\_\_

Are you a resident of HHH? Yes  No   
Are you a senior citizen? Yes  No   
Do you have a HHH Gold Card? Yes  No

### Medical Liability Release - Required for All Sports and Movement Classes

I understand that I am enrolling in a class that involves strenuous physical activity and that I am participating at my own risk.

Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/2014

Physician's Signature (optional) \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/2014

Please send a separate check for each course, payable to Half Hollow Hills CSD, with this completed form to:

Office of Continuing Education  
High School East  
50 Vanderbilt Parkway  
Dix Hills, New York 11746

## Fall 2014 Continuing Education Registration Form (Please Print Clearly)

Course \_\_\_\_\_ Night(s) \_\_\_\_\_  
Name \_\_\_\_\_  
Telephone \_\_\_\_\_  
Address \_\_\_\_\_  
Town \_\_\_\_\_ Zip Code \_\_\_\_\_  
Email \_\_\_\_\_ Check # \_\_\_\_\_

Are you a resident of HHH? Yes  No   
Are you a senior citizen? Yes  No   
Do you have a HHH Gold Card? Yes  No

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