

# Half Hollow Hills

## CENTRAL SCHOOL DISTRICT

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

Spring 2015

# 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 for which I am registered?**

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.

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

No, but you can view the current brochure at the District's website at [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.

### **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's 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, unless otherwise noted.

### **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.

*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

Dix Hills, New York 11746

525 Half Hollow Road

Central School District

Half Hollow Hills

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

# CLASSES BY NIGHT

## Monday

Beginner's Acrylic & Watercolor Painting  
 Beginner's Ballroom Dancing  
 Fitness First  
 Intermediate Ballroom Dancing  
 Life Planning for Children with Special Needs  
 Long Term Care Planning to Protect your Future & your Assets  
 Making Money on eBay  
 Notary Public Training Course  
 Notary Signing Agent Course

## Tuesday

Complete Financial Management Workshop  
 How to Pay for College without Going Broke  
 Interval Power Walking  
 Introduction to Exchange Traded Funds  
 Positive Thinking—The Key to Living your Best Life Possible  
 Tai Chi/Health Guidance  
 Zumba Gold

## Wednesday

Keys to Optimizing Social Security Benefits  
 Fitness First  
 How to Keep the Income Flowing During Retirement  
 Intermediate Acrylic & Watercolor Painting  
 Long Term Care Planning to Protect your Future & your Assets  
 Organic Gardening  
 Yuangi Energy Music Therapeutic Dance

## Thursday

Crochet for Beginners  
 Interval Power Walking  
 Preserving your Wealth in Retirement  
 Relaxation & Breathing Techniques  
 Spanish I  
 Spanish II  
 The A, B, C's & D's of Medicare  
 Yoga  
 Zumba

## Friday and Saturday

Defensive Driving

# CALENDAR

Please use this calendar as a reference throughout the session.

	MON	TUES	WED	THURS
March	02* 09 16 23 30	03* 10 17 24 31	04* 11 18 25	05* 12 19 26
April	06 13 20 27	07 14 21 28	01 08 15 22 29	02 09 16 23 30
May	04 11 18	05 12 19	06 13 20	07 14 21

**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

### 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 seven 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  
March 4th 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 April 21st 7:00-9:30 pm

Instructor: Alex DiMartini, Jr., Financial Advisor  
Room 101

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

### 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  
March 4th 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.

Tuesday 1 Session  
March 31st 7:30-9:30 pm

Instructors: Jan & Tony Esposito  
Room 111

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

## Financial Planning, cont.

### 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 of. 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  
March 3rd 7:00-9:00 pm

Instructor: Paul Pitsironis  
Room 109

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



### 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  
March 5th 7:30-9:30 pm

Instructor: David Gustin, AAMS  
Room 201

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

## Fine Arts and Crafts

### Beginner's Acrylic & Watercolor Paint

If you are an inexperienced painter this workshop/class is for you. The course will give artists all they need to produce beautiful watercolor and acrylic paintings. We will explore color mixing, drawing perspectives and creative seeing. On the first night of class bring a pencil, paper and your imagination.

Mondays 8 sessions  
Begins March 16th 7:00-9:30 pm

Instructor: Anna Horehlad  
Room 555

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



### Crochet for Beginners

*Maximum of 10*

In this crochet class you will learn how to chain, crochet single, double, and "V" stitches, as well as make shells and granny squares. Have fun creating your own beautiful scarves and blankets. On the first night of class bring a "J" crochet hook and a skein of medium weight yarn.

**RIGHT HANDED CROCHETERS ONLY!**

Thursdays 6 Sessions  
Begins March 5th 6:00-8:00 pm

Instructor: Debbie Polidora  
HSE Library

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

## Fine Arts and Crafts, cont.

### 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 March 18th 7:00-9:30 pm

Instructor: Anna Horehlad  
Room 555

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



## Personal Enrichment

### 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.

Monday 1 Session  
May 4th 7:00-9:00 pm

Instructor: Jeffrey R. Silverman, JD CFP  
Attorney & Certified Financial Planner

Room 101

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

### New! Long Term Care Planning to Protect your Future and your Assets

This power packed workshop reviews strategies on planning to protect your family and your future when health changes. We discuss the current cost of care and why disability insurance and health insurance are not the complete answers to the problem. We review solutions such as: Health Insurance, Workers' Compensation, Medicare, Medicaid, Self-Insurance, Long Term Care Insurance, New York State Partnership Plan for Long Term Care, and Hybrid Plans (which is a combination of Life Insurance with a Long Term Care Insurance Rider). Also there will be a discussion of the various tax advantages associated with these plans. Lastly what happens if you or a family member has a long term care event?

Monday 1 Session  
March 9th 7:00-9:00 pm

Instructors: Sandra Reilly  
Room 101

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

### New! Long Term Care Planning to Protect your Future and your Assets

(Note: Same class as March 9th. It is an additional date added.)

This power packed workshop reviews strategies on planning to protect your family and your future when health changes. We discuss the current cost of care and why disability insurance and health insurance are not the complete answers to the problem. We review solutions such as: Health Insurance, Workers' Compensation, Medicare, Medicaid, Self-Insurance, Long Term Care Insurance, New York State Partnership Plan for Long Term Care, and Hybrid Plans (which is a combination of Life Insurance with a Long Term Care Insurance Rider). Also there will be a discussion of the various tax advantages associated with these plans. Lastly what happens if you or a family member has a long term care event?

Wednesday 1 Session  
May 6th 7:00-9:00 pm

Instructors: Sandra Reilly  
Room 101

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

## Personal Enrichment, cont.

### Making Money on eBay

Learn how to sell things on eBay, an online auction site that is open to any individual wishing to sell new or used items online. Discuss the rules and requirements of selling online, such as registration and fees, accepting electronic payments, and assuring safe transactions. Find out how to write appropriate product descriptions and negotiate terms of sale.

Monday 1 Session  
March 9th 6:30-9:30 pm

Instructor: Dina Elardo, MBA  
Room 707

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

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



### 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.

Monday 1 Session  
March 2nd 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. Pre-requisite: 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.

Monday 1 Session  
April 20th 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.**



### Organic Gardening

Learn how to start growing your own organic vegetables, herbs and flowers. Topics include: composting, mulching, soil health, non-toxic weed and pest control, container and limited space gardening. Learn the benefits of organic food, creative ways to acquire them and just what does Organic mean. Bring your questions and some friends.

Wednesday 1 session  
March 25th 6:00-8:00 pm

Instructor: Thomas Miller  
Room 101

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

## Personal Enrichment, cont.

### 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 March 10th 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 March 5th 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.**

### Spanish II

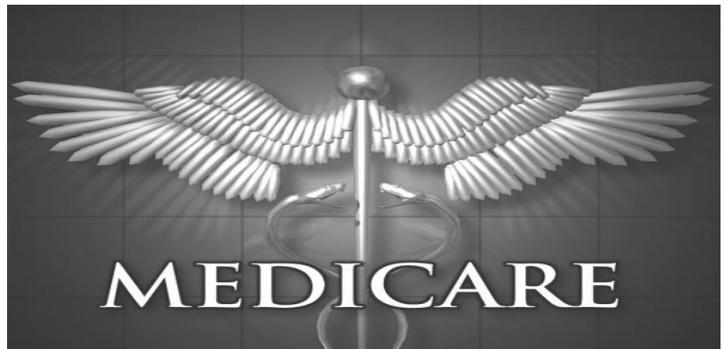
Recent completion of Spanish I, or equivalent is required. Build upon what you learned in Spanish I and continue to learn more essential grammatical concepts and vocabulary while practicing and improving speaking and pronunciation skills. Reading, comprehension and writing skills will also be incorporated.

Thursdays 8 Sessions  
Begins March 5th 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.

Thursday 1 Session  
April 16th 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 March 2nd 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.), a 3 to 6 inch ball, a resistance band and a mat for floor work. Some things can be done on the wall or from a chair.

Mondays & Wednesdays 16 Sessions  
Begins March 2nd 7:00-8:00pm  
Instructor: Malinda Dobrins,  
Certified Health Fitness Instructor

Cafeteria B

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

## 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 March 2nd 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 March 3rd 6:30-7:30pm  
Instructor: Joanne Eisenberg  
East Gym

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

## Sports and Movement, cont.

### 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 March 3rd 7:00-9:00 pm  
Instructor: M.J. Kalischewski  
Cafeteria B

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



### 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 9 Sessions  
Begins March 5th 7:00-8:00 pm  
Instructor: Thomas Miller, Certified Yoga Teacher  
Cafeteria A

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

### 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 9 Sessions  
Begins March 5th 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, fun to do and 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 March 4th 7:00-9:00 pm  
Instructor: Lucille Chang  
Cafeteria A

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



# Defensive Driving

## Empire Safety Council's Defensive Driving

This six 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, February 6th	3:30 pm - 9:30 pm Room 705
<u>Class #2</u> Saturday, February 7th	8:00 am - 2:00 pm Room 705
<u>Class #3</u> Friday, March 13th	3:30 pm - 9:30 pm Room 705
<u>Class #4</u> Saturday, March 14th	8:00 am - 2:00 pm Room 705
<u>Class #5</u> Friday, April 17th	3:30 pm - 9:30 pm Room 705
<u>Class #6</u> Saturday, April 18th	8:00 am - 2:00 pm Room 705
<u>Class #7</u> Friday, May 15th	3:30 pm - 9:30 pm Room 705
<u>Class #8</u> Saturday, May 16th	8:00 am - 2:00 pm Room 705
<u>Class #9</u> Friday, June 12th	3:30 pm - 9:30 pm Room 705
<u>Class #10</u> Saturday, June 13th	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

## Spring 2015 Continuing Education Registration Form (Please Print Clearly)

Course \_\_\_\_\_ Night(s) \_\_\_\_\_

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_ Check # \_\_\_\_\_

(PRINT CLEARLY)

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 \_\_\_\_/\_\_\_\_/2015

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

Date \_\_\_\_/\_\_\_\_/2015

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

## Spring 2015 Continuing Education Registration Form (Please Print Clearly)

Course \_\_\_\_\_ Night(s) \_\_\_\_\_

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_ Check # \_\_\_\_\_

(PRINT CLEARLY)

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 \_\_\_\_/\_\_\_\_/2015

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

Date \_\_\_\_/\_\_\_\_/2015

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

## Spring 2015 Continuing Education Registration Form (Please Print Clearly)

Course \_\_\_\_\_ Night(s) \_\_\_\_\_

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_ Check # \_\_\_\_\_

(PRINT CLEARLY)

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 \_\_\_\_/\_\_\_\_/2015

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

Date \_\_\_\_/\_\_\_\_/2015

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

## Spring 2015 Continuing Education Registration Form (Please Print Clearly)

Course \_\_\_\_\_ Night(s) \_\_\_\_\_

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_ Check # \_\_\_\_\_

(PRINT CLEARLY)

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 \_\_\_\_/\_\_\_\_/2015

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

Date \_\_\_\_/\_\_\_\_/2015

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