Spring 2020

Continuing Education & Recreation

Registration
MAIL, FAX OR EMAIL
Board of Education

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Allison Noonan, Vice President
Victoria Buscareno, Trustee
Larry Licopoli, Ph.D., Trustee
Thomas Loughran, Trustee
Donna McNaughton, Trustee
David Stein, Trustee

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Superintendent of Schools

Matthew Nelson
Assistant Superintendent for Student Services, Technology, and Assessment

Office of Community Services

Jo Imwalle
Mary Mathers
Coleen Farraday
Denise Lovaglio
Lisa Santos

Phone: 631-262-6650  Fax: 631-262-6891

Email: community.services@northport.k12.ny.us

NONDISCRIMINATORY NOTICE
The Northport-East Northport Union Free School District, in compliance with federal and state statutes, does not unlawfully discriminate on the basis of sex, race, color, creed, national origin, disability, marital status, veteran status, age or sexual orientation. Compliance insures that discrimination does not occur in any policies or practices of admission, program, activity, placement, vocational opportunity, or employment. Questions or grievances concerning these matters should be directed to the Section 504 District Compliance Officer, Ms. Allyson Giaimo 631-262-6622, or, the Title IX District Compliance Officer, Ms. Shannon Dantuono 631-262-8546. Questions or grievances may also be made in writing to those named above at P.O. Box 210, Northport, NY 11768.
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Spring Continuing Education Classes begin the week of February 3rd (unless otherwise specified)

X = No Continuing Education classes
* = No Evening Activities
REGISTRATION BEGINS UPON RECEIPT OF CATALOG

3 WAYS TO REGISTER

MAIL registration form with a check or credit card information to:

Northport-East Northport UFSD
Office of Community Services
158 Laurel Avenue
Northport, New York 11768

Make checks payable to:
Northport-East Northport UFSD

FAX registration form with credit card information to:
631-262-6891

EMAIL Scan registration form with credit card information and email to:
community.services@northport.k12.ny.us

Space in many classes is limited.
Late registrants are often closed out of classes.
If you are registering late, call the office to make sure the class is still available.
Preference is given to residents of the school district.

AGE REQUIREMENT
Courses are for individuals 21 years of age or older.

MEDICAL ADVISEMENT
We advise that you consult your physician before undertaking any program involving physical activity. Participation in any class and/or activity is at your own risk.
**Fees**

PAYMENT MAY BE MADE BY CHECK, MONEY ORDER, VISA OR MASTERCARD.

**CASH WILL NOT BE ACCEPTED.**

YOUR COOPERATION IS APPRECIATED.

The Board of Education has mandated that the Continuing Education and Recreation programs be self sustaining. Therefore, course fees must cover the instructor’s salary and all operating expenses. In the event of insufficient enrollment in an advertised course, it may be necessary to cancel the course. Students will be notified as soon as possible of any such cancellations, but no later than the first day of class.

**COURSE, BOOKS & MATERIALS**

Fees are listed in each individual course description.

**REGISTRATION FEE**

A nonrefundable $5 fee will be added to all registrations.

**NON-RESIDENTS**

A $7 fee will be charged to all non-residents for each course.

District residents will have priority in courses where there is a limited enrollment.

**SENIOR CITIZENS (60+)**

Resident senior citizens will be charged 50% of the established course fee. The discount does not apply to courses taught by outside agencies such as the Boating classes.

There will be no discount for non-resident senior citizens.

For additional information, please contact the Office of Community Services.
Refunds

NO REFUNDS except as follows: minus $5 registration fee when a written request is received FIVE DAYS PRIOR to the first session.

The full registration fee will be refunded ONLY when a class is cancelled. A refund takes approximately one (1) month to process.

Other Information

COURSE LOCATIONS AND ROOM NUMBERS are subject to change. You will be notified in the event of any changes.

Please note locations as designated in catalog:
ENMS     East Northport Middle School, 1075 5th Ave., East Northport
HS      Northport High School, 154 Laurel Hill Rd, Northport
NMS     Northport Middle School, 11 Middleville Road, Northport
WJB     William J. Brosnan School, 158 Laurel Avenue, Northport

SMOKING is not permitted in the buildings or on school grounds.

EMERGENCY CLOSING
There will be no day or evening classes if the District schools are closed due to inclement weather. Please check the District website http://web.northport.k12.ny.us for school closings.

If schools are closed due to inclement weather, an announcement will be made on Radio station WALK 97.5 FM and on TV-News 12 Long Island. Cancelled classes will be made up at the end of the semester. Your instructor will notify you of the exact day and time.

The curriculum presented in the Continuing Education program is developed by the individual instructors and not by the District. As such, none of the views presented in the classes should be interpreted as endorsed by the District.
# REGISTRATION FORM

**MAIL, FAX OR EMAIL**

Payment by Visa/MasterCard, Money Order or Check payable to:  
*Northport-East Northport UFSD*

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**Mail to:**  
Northport-East Northport UFSD  
Office of Community Services  
158 Laurel Avenue, Northport, New York 11768  
*Fax to:* 631-262-6891  
*Scan and Email to:*  
community.services@northport.k12.ny.us  

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- [ ] School District Resident  
- [ ] Non-Resident  
- [ ] Senior Citizen (60+)

**ADD NONREFUNDABLE REGISTRATION FEE PER PERSON: $5.00**

**Total ________**

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Art

0004  Painting & Sketching  Eleanor Terrarosa
Designed for the individual - all levels. Learn simple basics of sketching to assist you in developing dimensional art. Any subject - choice of medium. Bring to first class: newsprint pad (16” x 20” or larger), soft charcoal sticks, kneaded eraser and sanding block. Advanced students will work in workshop environment. Framing advice offered.
Begins: March 6 (8 sessions)  Fee:  $100
Fridays 10:00 am-12:30 pm  WJB Rm A121

0005  Art Class  M. Ellen Winter
Painting/Drawing - Beginner to Intermediate
Oil, pastel, watercolor or pencil. Learn to do a portrait, person or pet from photographs. Paint landscapes, etc. First class, bring supplies if you have them. Painters bring table or floor easel. Supply list will be given at first class.
Begins: March 3 (10 sessions)  Fee:  $125
Tuesdays 10:00 am-12:30 pm  WJB Rm A121

0019  Fabric Collage  Madeline Nelson
Create a beautiful landscape using fabrics as your palette. In this 4-session class, you will be shown the elements of design as you create your own fabric picture. The product will be finished at home by gluing or sewing. Please bring pins, fabric scissors, rotary cutter and cutting mat (if you have at home) to the first class. Fabrics for the first class will be provided. Accent fabrics will also be provided for subsequent classes. See sample of a fabric collage in Office of Community Services.
$10 materials fee paid to the instructor
Begins: March 16  (4 sessions)  Fee:  $50
Mondays 1:00 pm-3:30 pm  WJB Rm A121

3029  Pastel Drawing - New Class  George Black
This is a class designed for those who want to express themselves using color in a relaxed atmosphere. You will have a feeling of accomplishment and also learn color mixing, composition and the use of texture. Soft pastels and pastel pencils will be used. This class is for the beginner, as well as the intermediate student. For the first class, you will need to bring a (12”x15”) white mixed media pad, a set of soft pastels (at least twelve), small blending sticks, and a kneaded eraser. A complete list of supplies will be given out during the first class meeting.
Begins: March 2 (10 sessions)  Fee:  $100
Mondays 7:00 pm-9:00 pm  WJB Rm A104

Register by MAIL, EMAIL or FAX to 631-262-6891
0006  **Paint Spectacular Lighthouse at Sunrise Splendor**

Helen Ensmenger  

Come and paint a spectacular lighthouse against a gorgeous lush sunrise of yellows, oranges and blues splashed across the sky, and surrounded by deep blue water. No drawing skills needed. We will trace the lighthouse onto the canvas before we all paint together step by step. All art supplies are provided for you. Your painting will be finished and ready to hang when you get home. No frame needed.

$25 cash fee for supplies paid to the instructor  

Date:  April 1  

Wednesday 9:30 am-12:30 pm  

WJB Rm A104  

3030  **Paint Spectacular Lighthouse at Sunrise Splendor**

Same as above.  

Helen Ensmenger  

$25 cash fee for supplies paid to the instructor  

Date:  April 2  

Thursday 6:30 pm-9:30 pm  

WJB Rm A104  

0007  **Paint a Huge Red Poppy Inspired by Georgia O'Keeffe**

Helen Ensmenger  

We will paint Georgia O'Keeffe’s magnificent red poppy with its beautiful shades of red and deep orange with a dramatic black center. This is an easy class. The flower is drawn for you and you trace it onto the canvas. We all paint together step by step. You will be enchanted by the beauty of your painting. All art supplies are provided for you. Your painting will be ready to hang when you get home.

$25 cash fee for supplies paid to the instructor  

Date:  April 22  

Wednesday 9:30 am-12:30 pm  

WJB Rm A104  

3031  **Paint a Huge Red Poppy Inspired by Georgia O'Keeffe**

Same as above.  

Helen Ensmenger  

$25 cash fee for supplies paid to the instructor  

Date:  April 23  

Thursday 6:30 pm-9:30 pm  

WJB Rm A104  

0008  **Paint Nostalgic Northport Village Toy Shoppe**

Helen Ensmenger  

Come and paint a nostalgic Northport Village Toy Shoppe with two little children gazing into the windows at all the toys inside. There is no drawing. The little boy and girl have their backs to us, and we will trace them onto the canvas. We all paint together step by step. All art supplies are provided for you. Your painting will be ready to hang when you get home.

$25 cash fee for supplies paid to the instructor  

Date:  April 29  

Wednesday 9:30 am-12:30 pm  

WJB Rm A104  

3032  **Paint Nostalgic Northport Village Toy Shoppe**

Same as above.  

Helen Ensmenger  

$25 cash fee for supplies paid to the instructor  

Date:  April 30  

Thursday 6:30 pm-9:30 pm  

WJB Rm A104
0009  Spectacular Hand Painted Hydrangeas on Canvas
Helen Ensmenger
Everyone loves hydrangeas. Come and paint this gorgeous flower in shades of pink, purple and blue or your choice of colors. We use a special brush to make the petals. There is no drawing. All art supplies are provided for you. Your painting will be ready to hang when you get home.

$25 cash fee for supplies paid to the instructor
Date:  May 6  Fee:  $15
       Wednesday 9:30 am-12:30 pm  WJB Rm A104

3033  Spectacular Hand Painted Hydrangeas on Canvas
Same as above.  Helen Ensmenger

$25 cash fee for supplies paid to the instructor
Date:  May 7  Fee:  $15
       Thursday 6:30 pm-9:30 pm  WJB Rm A104

0010  Paint Gorgeous Summer Sunflower
Helen Ensmenger
Come and paint a gorgeous summer sunflower in glorious shades of golden yellow, burnt sienna, and burnt orange with a raised realistic textured center. No drawing skills needed. The sunflower is drawn for you and you trace it onto the canvas. We all paint together step by step. All art supplies are provided for you. Your painting will be ready to hang when you get home.

$25 cash fee for supplies paid to the instructor
Date:  May 13  Fee:  $15
       Wednesday 9:30 am-12:30 pm  WJB Rm A104

3034  Paint Gorgeous Summer Sunflower
Same as above.  Helen Ensmenger

$25 cash fee for supplies paid to the instructor
Date:  May 14  Fee:  $15
       Thursday 6:30 pm-9:30 pm  WJB Rm A104

0011  Paint Beautiful Northport Park in the Summertime
Helen Ensmenger
Come and paint a beautiful Northport park scene overlooking the harbor in the summer - blue skies, white fluffy clouds, flowers in bloom, everything so lush and green and of course the spectacular water with the sun dancing upon the surface. We all paint together step by step. All art supplies are provided for you. Your painting will be ready to hang when you get home.

$25 cash fee for supplies paid to the instructor
Date:  May 20  Fee:  $15
       Wednesday 9:30 am-12:30 pm  WJB Rm A104

3035  Paint Beautiful Northport Park in the Summertime
Same as above.  Helen Ensmenger

$25 cash fee for supplies paid to the instructor
Date:  May 21  Fee:  $15
       Thursday 6:30 pm-9:30 pm  WJB Rm A104
3214  How to Pay for College Without Going Broke
Lerner & Esposito, College Aid Consultants, Inc.
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.
Date: February 6  Fee: $10
Thursday 7:30 pm-9:30 pm  WJB Rm A121

3216  Notary Public Training Course
Dina DiRoma
Is your boss forcing you to become a Notary? Are you afraid of failing the exam? or Are you seeking to Self-Enhance? We will help you gain the confidence and knowledge you need to pass the exam with ease. We welcome you to become part of our successful client base! Stand out among the competition! Add a new credential 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 booklet.
There is a $75 fee for materials paid to the instructor
Price includes: Supplemental study guide, Notary Fact Sheet, Practical Exam, Sample Forms, Notary Public Application, NYS exam schedule and booklet, access to Notary Public Central’s unlimited customer support. Students are required to bring pen and/or highlighter. Sign up now for this unique training course. Commissioned Notaries are always welcome to attend.
Date: March 25  Fee: $15
Wednesday 6:30 pm-9:30 pm  WJB Rm A121

3218  How to Keep Your Income Flowing During Retirement
Jeffrey R. Silverman, JD CFP®
Planning an effective retirement income strategy is more important than ever when facing increased taxes that may affect your pension, Social Security, IRA distributions and Medicare benefits. 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. If you are retired or thinking about retirement, you will not want to miss this program. Jeffrey R. Silverman is an attorney and Certified Financial Planner® practitioner and is able to effectively merge legal and financial strategies to best prepare his clients for retirement. He is a financial planner with an office in Syosset, New York.
Date: March 26  Fee: $10
Thursday 7:00 pm-9:00 pm  WJB Rm A104
0018  **Play Bridge**  Bruce Rose
Bridge players, come and enjoy an afternoon of bridge. There will be an instructor present to help those requiring assistance.
Begins: February 26 (12 sessions)  Fee: $120
   Wednesdays 1:00 pm-3:00 pm  WJB Rm A104

0020  **Beginner Mah Jongg**  Iris Polatsch
This age old game is rapidly rising in popularity. This course will teach all the basics of American Mah Jongg. Participants should bring the 2020 American Mah Jongg League card which will be available as of April 1, 2020.
Class size is limited to 12.
Begins: April 21 (8 sessions)  Fee: $80
   Tuesdays 9:30 am-11:30 am  WJB Rm A104

0021  **Canasta for Beginners**  Iris Polatsch
Have fun playing Canasta. It’s social, it’s fun and it’s exercise for your brain. The class will be taught using the modern Canasta rules. All will be playing by the end of this course.
Class size is limited to 12.
Begins: April 21 (8 sessions)  Fee: $80
   Tuesdays 12:00 pm-2:00 pm  WJB Rm A104

3355  **Elder Law and What You Must Know**  Beth Polner Abrahams, Attorney at Law
Learn the basics for issues in elder law including Medicaid trusts, which assets count and which ones do not, the Medicaid application process, and aging at home - how Medicaid and Medicare can make that possible.
Date:  March 31  Fee: $10
   Tuesday 7:00 pm-9:00 pm  WJB Rm A121

3348  **How to Have More Peace and Serenity in Your Life**  Susan Brenner, LCSW
Using the “three Cs” (I didn’t cause it, I can’t cure it, I can’t control it); The “Serenity Prayer”; and understanding how all of our suffering comes from wanting things to be different than they are. You will achieve a state of peace, happiness and tranquility. You and all those around you will benefit. Susan is a NYS Licensed Clinical Social Worker with over 30 years experience. She is also a yoga and meditation teacher.
Begins: March 24 (2 sessions)  Fee: $15
   Tuesdays 7:30 pm-9:00 pm  WJB Rm 210

3349  **Transform Your Life**  Joel Brenner
Oh no, not another spiritual self-help course. Well yes, but this one is guaranteed to work if you put in a little attention and effort. Come and learn meditation and the teaching of Buddha, and see how these practical instructions will transform your life for the better.
Begins: May 6 (3 sessions)  Fee: $23
   Wednesdays 7:00 pm-8:30 pm  WJB Rm 210
Life Planning for Your Child with Special Needs
Jeffrey R. Silverman, JD CFP®

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, many times 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 to provide the best future possible. Areas to be covered in this program include: planning for the different stages and ages, availability of Government benefits including SSI and Medicaid, protecting your child’s future with Special Needs Trusts, financial strategies to fund the future, Guardianship, Letters of Intent, future housing and employment opportunities. This program will be presented by Jeffrey R. Silverman, JD CFP®. Mr. Silverman is an attorney and Certified Financial Planner® practitioner with an office in Syosset, NY.

Date: May 4                                    Fee: $10
      Monday 7:00 pm-9:00 pm                                        WJB Rm A121

Brain-Body Fitness for Adults
Emily Eisen, M.Ed., Licensed Brain Gym® Instructor

Come learn simple introductory Brain Gym® exercises (used by students, educators, parents, seniors, athletes, artists and lifelong learners in over 80 countries) to help you concentrate, think clearly, organize, communicate, enhance seeing, listening, eye-hand coordination, creativity, improve memory, physical coordination/balance, and know how to both energize and relax your nervous system. Wear comfortable clothes and shoes, bring a large bottle of water and a smile.

Date: February 6                        Fee: $13
      Thursday 9:00 am-11:30 am             WJB Rm A104

The Power of Language
An Introduction to The Language of Mastery™
Emily Eisen, M.Ed., Certified Language of Mastery™ Instructor

The Language of Mastery® is a curriculum for those who choose to have their words be the instruments of their thoughts, and their thoughts be the conductor of their highest life choices. The practice of speaking consciously is a choice to live more consciously. You will be introduced to making the word, thought, emotion and action process conscious and intentionally creative. As we slow thoughts and words down to examine if they accurately reflect our highest life choices, we can consciously choose speech that the brain can understand and carry out. All Rights Reserved. Copyright 2007 Mastery Systems Corp. Asheville, NC 28801. www.masterysystems.com

Date: March 5                        Fee: $13
      Thursday 9:00 am-11:30 am             WJB Rm A104

Handmade Bookmaking Workshop
A PENny for Your Thoughts (and Visions)
Emily Eisen, M.Ed., Fine Artist

In Part I of our workshop, we will construct our own journals using the Concertina and Piano Hinge binding. For Part II, we will enter a writing experience from yourself...to yourself. We are each Best Sellers with stories to enlighten, inform, entertain, heal and nourish each other. Bring pen, colored markers/pencils, watercolors, collage items, scissors, glue, fabrics and if writing a song, your musical instrument, a bottle of water and a smile! **$15.00 cash fee for supplies paid to the instructor**

Date: March 12                       Fee: $20
      Thursday 9:00 am-1:00 pm              WJB Rm A104
0043  Introduction to Japanese Brush Painting Meditation  
Emily Eisen, M.Ed., Fine Artist
In this class we will use the art of Sumi-e, Japanese Brush painting to enter a relaxing and centering meditative state. Artist Emily Eisen, also a yoga teacher, will introduce you to calming/energizing breathing practices to accompany your painting practice. Japanese Flute music will be our soundtrack. All supplies provided. Bring a bottle of water and a smile.

$5.00 cash fee for supplies paid to the instructor
Date:  March 26  
    Thursday 9:00 am-12:00 pm  
WJB Rm A104

0044  Lap Loom Weaving with Yarn as We Tell/Sing Our Yarn*

Emily Eisen, M.Ed., Fine Artist
*Yarn: to have a chat among friends and neighbors.

Bring your yarn (threads, strings, beads, fabrics) as we create individual projects (mat, scarf, bag, headband, scenes, abstract) on a simple hand-made lap loom. As we weave, we become a village of neighbors telling our “yarns”, (singing our songs) of inspiration, encouragement and humor. Includes movement pauses to stretch, breathe, and ponder. Journaling welcome. Bring a bottle of water and a nutritious snack to share if you wish! Musical instruments most welcome!

Materials fee:  $25 for lap loom building supplies or bring your own and no materials fee
Date:  April 2  
    Thursday 9:00 am-1:00 pm  
WJB Rm A104

0045  Color Theory in Action  
Emily Eisen, M.Ed., Fine Artist
Fine Artist-Painter Emily Eisen teaches the classical approach to color theory, color mixing, and color knowledge application to painting, as well as fiber art, quilting. Using color relationships to express light and form, 2D and 3D effects, values, hot/cold, saturation and emotion will be creatively explored. Beginners welcome. All supplies provided. Add your own too! Bring a bottle of water and a nutritious snack to share if you choose.

$20.00 cash fee for supplies paid to the instructor
Date:  April 23  
    Thursday 9:00 am-1:00 pm  
WJB Rm A104

0046  Yarn, Yoga and Yum  
Emily Eisen, M.Ed., Fine Artist
Emily Eisen, craftswoman, Brain Gym® and Yoga Instructor, teaches her famous crocheted Brain Hugger (Positive Point Brain Gym® Activator and Relaxer), with/without flower, and the Soft Touch “finger knit” Yoga strap. The class is “EM”azing: Meditation, Movement, Massage, Music, Musing and Munching.

Bring:  A large and medium crochet hook, a yarn needle, scissors, one or more skeins of jumbo yarn (solid or multi) and one or more skeins of a thinner specialty yarn (soft). Crochet skills helpful; beginners welcome. A bottle of water and a YUM nutritious snack to share!

$12.00 cash fee for supplies paid to the instructor
Date:  February 6  
    Thursday 12:00 pm-2:30 pm  
WJB Rm A104

0047  Yarn, Yoga and Yum  
Emily Eisen, M.Ed., Fine Artist
Same as above.

$12.00 cash fee for supplies paid to the instructor
Date:  March 5  
    Thursday 12:00 pm-2:30 pm  
WJB Rm A104
**Health & Safety**

3911  About Boating Safely - Multiple Sessions  
**USCGAUX Boating Safety Education**

If you are interested in an exciting, in-depth boating safety course, check out the multi-session classroom version of our popular boating course. This beginner boating class will give you the knowledge needed to obtain a boat license or safety certification in many states. This course provides needed class for jet skis. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete About Boating Safely. Topics include: Introduction to Boating, Boating Law, Boating Safety Equipment, Safe Boating, Navigation, Boating Problems, Trailering, Storing and Protecting Your Boat, Hunting and Fishing, Water-skiing and River Boating. Cost of class includes all course materials.

Contact person: Ellen DaSilva 631-754-5607

**CREDIT CARDS ARE NOT ACCEPTED FOR THIS COURSE**

**NO SENIOR CITIZEN DISCOUNT**

Make checks payable to:

**NORTHPORT FLOTILLA 2202**

*(Please include $5 registration fee per person)*

Please complete registration form in front of brochure and submit to the Office of Community Services prior to the first day of class.

Begins: March 2 (4 sessions)  Fee: $40
Mondays 7:00 pm-9:00 pm  HS Rm L103

3912  About Boating Safely - Multiple Sessions

Same as above.  **USCGAUX Boating Safety Education**

Begins: April 20 (4 sessions)  Fee: $40
Mondays 7:00 pm-9:00 pm  HS Rm L103

3401  Adult CPR/AED

Nanci Mahlmann

Learn how to respond to an emergency. Recognize the signs/symptoms of a heart attack, how to operate an AED, how to respond to an adult who stops breathing, is choking or whose heart has stopped beating. There is a maximum of 12 people per class.

**$20 MATERIALS FEE MUST BE PAID TO THE INSTRUCTOR. ADDITIONAL $20 FEE IF AMERICAN HEART ASSOCIATION CERTIFICATION CARD IS DESIRED.**

Date: February 4  Fee: $13
Tuesday 6:00 pm-8:30 pm  WJB Rm A104

3402  Adult CPR/AED

Nanci Mahlmann

Same as above.

**$20 MATERIALS FEE MUST BE PAID TO THE INSTRUCTOR. ADDITIONAL $20 FEE IF AMERICAN HEART ASSOCIATION CERTIFICATION CARD IS DESIRED.**

Date: May 12  Fee: $13
Tuesday 6:00 pm-8:30 pm  WJB Rm A104

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**Driver Education Registration**

**Summer 2020 Session - May 1-15**
3403  Child CPR/AED
Nanci Mahlmann
This course teaches parents and individuals how to reduce the risk of injury to children. You will also learn how to care for a child who is choking or is not breathing. There is a maximum of 12 people per class.

$20 MATERIALS FEE MUST BE PAID TO THE INSTRUCTOR.
ADDITIONAL $20 FEE IF AMERICAN HEART ASSOCIATION CERTIFICATION CARD IS DESIRED.
Date: March 4  Fee: $10
Wednesday 6:00 pm-8:00 pm  WJB Rm A104

3404  Child CPR/AED
Nanci Mahlmann
Same as above.

$20 MATERIALS FEE MUST BE PAID TO THE INSTRUCTOR.
ADDITIONAL $20 FEE IF AMERICAN HEART ASSOCIATION CERTIFICATION CARD IS DESIRED.
Date: May 18  Fee: $10
Monday 6:00 pm-8:00 pm  WJB Rm A104

3405  Infant CPR/AED
Nanci Mahlmann
This course teaches parents and individuals how to reduce the risk of injury to infants. You will also learn how to care for the infant who is choking or is not breathing. There is a maximum of 12 people per class.

$20 MATERIALS FEE MUST BE PAID TO THE INSTRUCTOR.
ADDITIONAL $20 FEE IF AMERICAN HEART ASSOCIATION CERTIFICATION CARD IS DESIRED.
Date: March 5  Fee: $10
Thursday 6:00 pm-8:00 pm  WJB Rm A104

3406  Infant CPR/AED
Nanci Mahlmann
Same as above.

$20 MATERIALS FEE MUST BE PAID TO THE INSTRUCTOR.
ADDITIONAL $20 FEE IF AMERICAN HEART ASSOCIATION CERTIFICATION CARD IS DESIRED.
Date: May 19  Fee: $10
Tuesday 6:00 pm-8:00 pm  WJB Rm A104

3407  First Aid Basics
Nanci Mahlmann
This course will train individuals how to recognize and care for victims of sudden illness or injury. Learn bleeding control, burn care, caring for sudden illness and poisoning, muscle/bone and joint injuries. This is approximately a 6-hour course. There is a maximum of 12 people per class.

$20 MATERIALS FEE MUST BE PAID TO THE INSTRUCTOR.
ADDITIONAL $20 FEE IF AMERICAN HEART ASSOCIATION CERTIFICATION CARD IS DESIRED.
Dates: April 21 & 22  Fee: $30
Tues. & Wed. 6:30 pm-9:30 pm  WJB Rm A104

3408  First Aid Basics
Nanci Mahlmann
Same as above.

$20 MATERIALS FEE MUST BE PAID TO THE INSTRUCTOR.
ADDITIONAL $20 FEE IF AMERICAN HEART ASSOCIATION CERTIFICATION CARD IS DESIRED.
Dates: June 2 & 3  Fee: $30
Tues. & Wed. 6:30 pm-9:30 pm  WJB Rm A104
Languages

3508  Spanish I Plus     Anahi Walton-Schafer
This course is a continuation of Spanish I and is intended for people who have learned some Spanish at some point in their lives. This course will review and recycle basic contents of Spanish I and bring knowledge of vocabulary, speaking accuracy, listening and reading skills to the next level. Through a variety of multimedia and technological resources, students will discuss a range of topics and get a better command of the present, past and future tenses.
Begins:  March 5 (8 sessions)              Fee:  $80
Thursdays 4:00 pm-6:00 pm                  NMS Rm A-15

Practical Arts

3601  Beginning Quilting     Kathy Kelner
Would you like to learn how to quilt? Are you new to quilting or returning to the craft after a long hiatus? Do you just want to learn some new quilting techniques? Why not come and join us at this Beginner Quilter Class? This course will consist of ten weekly classes. In these classes, you will learn the techniques necessary to make a sampler wall hanging or a small quilt. Each student must bring a sewing machine to class and should know how to operate their own sewing machine. If you are new to sewing, I can help you learn how to use your sewing machine properly.
Begins:  March 5 (10 sessions)             Fee:  $125
Thursdays 7:00 pm-9:30 pm                  WJB Rm A121

0039  Sew on Wednesday with Kathy  Kathy Kelner
This course is for the experienced quilter, who wishes to continue to improve their quilting skills. Students will participate in either a class project, consisting of step-by-step instructions which teach new skills and techniques. Or, they may bring in an unfinished project to work on and complete. I will assist the students with any questions or problems they may be experiencing. Advanced quilting techniques will be discussed and demonstrated so students can develop a "quilting portfolio". Students should bring their own machines to class, but a few basic machines are available if needed. Come and join this community of quilters and learn some new techniques.
Begins:  March 4 (10 sessions)             Fee:  $150
Wednesdays 1:00 pm-4:00 pm                 WJB Rm A121

3602  Crochet and Knitting - NEW CLASS     Anahi Walton-Schafer
Knit and crochet your way to Zen! The combination of counting, gentle recurring hand motions and focus on work can help to reduce stress and lead the mind to be present in the here and now. Students will start by learning simple techniques to work in squares and in the round. Come play with stitches, patterns, colors, and textures. You will make some fun projects!
MATERIALS TO BRING:  1 skein of yarn, 1 crochet hook, 2 knitting needles, 1 yarn needle and scissors
Begins:  March 3 (8 sessions)              Fee:  $80
Tuesdays 4:00 pm-6:00 pm                   NMS Rm A-15
Sports, Fitness, Exercise, Dance

MEDICAL ADVISEMENT
We advise that you consult your physician before undertaking any program involving physical activity. Participation in any class and/or activity is at your own risk.

3702 Basketball
Enjoy an evening of competitive basketball. Full court scrimmages. Please wear basketball sneakers.
Begins: February 4 (12 sessions)  Fee: $120
Tuesdays 7:30 pm-9:30 pm  ENMS Gym

3703 Basketball
Same as above.
Begins: February 6 (11 sessions)  Fee: $110
Thursdays 7:30 pm-9:30 pm  ENMS Gym

3704 Modified Workout
Exercise to music to improve muscle tone, strength and flexibility. Please wear sneakers and bring a mat or towel for floor exercises. Work at your own pace and progress to a better level of fitness.
Begins: February 4 (25 sessions)  Fee: $125
Tues. & Thurs. 6:15 pm-7:15 pm  WJB Gym

3705 Slimnastics
This class is a total body-shaping workout designed to tone, shape and firm muscles, as well as increase flexibility. Target areas are the abdominals, hips, thighs and upper body. Stretching, aerobics and floor exercises are done to music. Bring mat.
Begins: February 4 (25 sessions)  Fee: $125
Tues. & Thurs. 7:15 pm-8:15 pm  WJB Gym

3706 Volleyball (Co-Ed)
Intermediate to highly skilled players. Not for beginners. Be prepared to play hard and have fun. Bring a water bottle.
Begins: February 10 (11 sessions)  Fee: $110
Mondays 8:00 pm-10:00 pm  HS South Gym

3707 Volleyball (Co-Ed)
Same as above.
Begins: February 13 (10 sessions)  Fee: $100
Thursdays 8:00 pm-10:00 pm  HS South Gym

Register early by MAIL, EMAIL or FAX to 262-6891
0012  **Hatha Yoga - All Levels**  
Rosemary Barnitz, RN, BSN E-RYT500, Vanessa Hill, RYT500, RCYT  
Yoga is helpful in reducing stress, increasing strength and flexibility, facilitating better breathing, cardiovascular function and circulation, as well as creating a sense of inner peace and reduced anxiety. Non-slip mat and blanket required. Beginners and continuing students are welcome. Blocks and belt helpful. Instructors have advanced certification with YOGA ALLIANCE.  
Begins: February 5 (12 sessions)  
Wednesdays 9:00 am-10:00 am  
Fee: $60  
WJB Cafeteria

0013  **Hatha Yoga for Wellness**  
Vanessa Hill, RYT500, RCYT, Jill Wallace, RYT200, LCSW  
Yoga for many is the pathway to whole body wellness. This class will focus on yoga that will calm the mind and strengthen the body. Wear comfortable clothes, bring a yoga mat and a blanket. Blocks and belt helpful.  
Begins: February 4 (12 sessions)  
Tuesdays 9:00 am-10:15 am  
Fee: $75  
WJB Cafeteria

3709  **Yoga for Health and Well Being**  
Faith Jenkins, E-RYT500  
Give yourself the gift of self care. In this class, you learn mindfulness and body awareness techniques rooted in ancient yoga teachings. Every pose will aim to support the optimal functioning of the joints, muscles and organs. Classes may include Hatha yoga, Vinyasa flows, restorative yoga, Yin yoga and Kundalini yoga as well as Pranayama and Meditation, all geared toward enhancing your health and well being.  
Begins: February 5 (12 sessions)  
Wednesdays 7:30 pm-9:00 pm  
Fee: $90  
WJB Gym

3715  **Wednesday - Beginner Tai Chi**  
Evelyn Graham  
Come join us on Wednesday nights for Tai Chi practice. The regular practice of Tai Chi is good for balance, flexibility, posture, digestion, and concentration. Enhance your physical and mental well being by decreasing stress and increasing energy. We will develop and review the standardized 24 posture Yang Style of Tai Chi in a relaxed atmosphere. Suitable for all ages and levels of physical ability. Wear comfortable shoes and clothing that allows for easy movement.  
Begins: February 5 (10 sessions)  
Wednesdays 7:30 pm-8:30 pm  
Fee: $50  
ENMS No. Cafeteria

3716  **Thursday - Advanced Tai Chi**  
Evelyn Graham  
Let’s keep the chi flowing on Thursday nights. This class is for students who have already taken the beginner session and have a foundation of the Tai Chi form. We will continue with the Tai Chi form and more advanced movements.  
Begins: February 6 (10 sessions)  
Thursdays 7:30 pm-8:30 pm  
Fee: $50  
ENMS No. Cafeteria

**Continuing Education Courses are for individuals 21 years of age or older.**
**0048 Hatha Yoga**  
Jane Froman, CERTIFIED IYENGAR YOGA TEACHER  
This class is based on the teachings of yoga master B.K.S. Iyengar, author of the classic yoga treatise *Light on Yoga*, who said “Yoga is for everyone.” The hallmark of this method is learning to correctly align your body in each pose. Following a safe and systematic sequence of poses, you will develop strength, flexibility, balance, stamina, and an increased ability to focus and relax. *This class will move at a slightly faster pace than Yoga 101.* Please wear clothing that allows for ease of movement, bring a sticky (yoga) mat, two firm yoga blankets, two 4” yoga blocks and a yoga belt to the first class.  
Beginning: March 6 (9 sessions)  
Fee: $68  
Fridays 9:30 am-11:00 am  
WJB Cafeteria

**0049 Yoga 101**  
Jane Froman, CERTIFIED IYENGAR YOGA TEACHER  
This class is based on the teachings of yoga master B.K.S. Iyengar, author of the classic yoga treatise *Light on Yoga*, who said, “Yoga is for everyone.” The hallmark of this method is learning to correctly align your body in each pose. Following a safe and systematic sequence of poses, you will develop strength, flexibility, balance, stamina, and an increased ability to focus and relax. *This class will move at a slightly slower pace than Hatha Yoga.* Please wear clothing that allows for ease of movement, bring a sticky (yoga) mat, two firm yoga blankets, two 4” yoga blocks and a yoga belt to the first class.  
Beginning: March 6 (9 sessions)  
Fee: $68  
Fridays 11:15 am-12:45 pm  
WJB Cafeteria

**0061 Chair Yoga**  
Jane Froman, CERTIFIED IYENGAR YOGA TEACHER  
This class is based on the teachings of yoga master B.K.S. Iyengar, author of the classic yoga treatise *Light on Yoga*, who said, “Yoga is for everyone.” With the support of the chair, you will learn to correctly align your body in both seated and standing poses, and experience the many benefits of yoga - strength, flexibility, balance, stamina, and an increased ability to focus and relax. This class is suitable for seniors, and people new to yoga, or to students who need additional support for balance, flexibility, or strength reasons. Please wear clothing that allows for ease of movement, and bring a sticky (yoga) mat, one 4” yoga block and a yoga blanket to the first class.  
Beginning: March 4 (9 sessions)  
Fee: $68  
Wednesdays 11:30 am-1:00 pm  
WJB Cafeteria

**0056 Introduction to ChiWalking**  
Emily Eisen  
Certified ChiWalking Instructor, Emily Eisen, will introduce you to ChiWalking, created by Danny and Katherine Dryer. ChiWalking is a walking method to maximize your body’s mechanical and postural structure to walk effortlessly, efficiently, more toned, mindful and happier! Bring a big bottle of water and wear sneakers.  
Date: April 30  
Fee: $15  
Thursday 9:00 am-12:00 pm  
WJB Cafeteria
0052  **Z-Fitness - Mondays**  Betty Lindner
Z-Fitness is a dance exercise program using international beats. We dance, we laugh and we move! Dance and exercise all in one class. Bring water.  
(9 sessions)
Dates:  March 2, 9, 16
April 6, 20, 27
May 4, 11, 18
Mondays 4:30 pm-5:30 pm
Fee:  $45
WJB Cafeteria

0054  **Z-Fitness - Tuesdays**  Betty Lindner
Same as above.  (8 sessions)
Dates:  February 25
March 3, 10, 17
April 7, 21
May 5, 12
Tuesdays 4:30 pm-5:30 pm
Fee:  $40
WJB Cafeteria

3350  **Social Ballroom Dancing**  Jeffrey and Virginia Dolson
Learn to dance in a comfortable, relaxed environment while having fun. Dancing is beneficial both mentally and physically. We will be teaching the **Cha Cha** and **East Coast Swing**. The Cha Cha is one of the most popular Latin dances in the U.S. today. It is characterized by either a progressive or side cha-cha-cha movement and is danced to a very recognizable beat. You will have a good time with the East Coast Swing whether it is single, double or triple rhythm. It is distinguished by its unique dance position, rock and triple steps. This course will teach you more than enough to be able to dance at weddings, parties and dance clubs with confidence and ease. No partner necessary, however, partners are not guaranteed. No rubber sole shoes, please. (8 sessions)
Dates:  March 4, 11, 18, 25
April 29
May 6, 13, 20
Wednesdays 7:30 pm-9:00 pm
Fee:  $60
WJB Cafeteria

0059  **Essentrics® with Martine - Stretch and Tone**  Martine Resta
Come experience how stretching can make you feel so good! As seen on PBS and created by the NY Times best-selling author of “Aging Backwards” and “Forever Painless”, Miranda Esmonde White. Essentrics® is a low-impact workout set to music with continuous movement to help improve flexibility and restore your joints. PLUS your muscles will become more toned! Great for all fitness levels! Bring a mat. (6 sessions)
Dates:  March 2, 16, 30
April 27
May 11, 18
Mondays 5:30 pm-6:30 pm
Fee:  $30
WJB Cafeteria

There will be no day or evening classes if the District schools are closed due to inclement weather. Please check the District website [http://web.northport.k12.ny.us](http://web.northport.k12.ny.us) for school closings.
**REGISTRATION FORM**
**MAIL, FAX OR EMAIL**

Payment by Visa/MasterCard, Money Order or Check payable to:  
*Northport-East Northport UFSD*

**Mail to:**  
Northport-East Northport UFSD  
Office of Community Services  
158 Laurel Avenue, Northport, New York 11768  
**Fax to:** 631-262-6891  
**Scan and Email to:**  
community.services@northport.k12.ny.us

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School District Resident

Non-Resident

Senior Citizen (60+)

ADD NONREFUNDABLE REGISTRATION FEE PER PERSON: **$5.00**

Total ______

Visa/Master Card # ________________________________
Date of Expiration _______________________
Name of Card Holder __________________________

Signature _________________________________