



Levittown Adult Continuing Education

www.LevittownAdultEd.com

(516) 434-7275



SPRING 2020

NEW CLASSES

- *Introduction to Stage Acting
- *Pump and Pedal
- *Understanding Your 403(b) Plan

Spring Adult Education Session Starts on
March 2, 2020

Prices listed are for Levittown School District residents.
Out of district fees are an additional \$10.00 for a
multi-week class and \$4.00 for a one night seminar.

MAIL REGISTRATION EARLY

This will avoid classes being canceled due to
low enrollment.

Go to our website to join our e-mailing list and receive
our brochure as soon as it's available!

www.facebook.com/LevittownAdultEducation

"Like" our Facebook page to get up to date information
regarding our program! Information such as room
changes, new courses, reminders of canceled nights,
know when our brochure is available online, and more!

LEVITTOWN ADULT EDUCATION SPRING 2020 CALENDAR

	MON	TUE	WED
MARCH	2 9 16 23 30	3 10 17 24 31	4 11 18 25 1
APRIL	6 *(13) 20 27	7 *(14) 21 28	*(8) *(15) 22 29
MAY	4 11 18 *(25)	5 12 19 26	6 13 20 27

* = No Classes

THE ARTS

NEW

INTRODUCTION TO STAGE ACTING

Have you always dreamed of being an actor? Well, here's your chance! You will be taught to act on stage. You will be taught the basic tools of stage acting, blocking, vocal projection, proper stage positions and more. Perform in an actual stage scene with your fellow class members. All this while having fun. Class is taught by Nick D'Avanzo, current artistic director of the Senior Theater Acting Repertory and founder of the Carlyle Players theater group here on Long Island. All you'll need is a pad and pencil, and your enthusiasm! No classes on March 17th and April 14th.

Course: 499

Instructor: Nick D'Avanzo

Starts on Tuesday, March 3, 7:00-8:30 P.M. (10 weeks)



Salk Middle School, Little Theater

Fee: \$150

PIANO CLASS

Open to all levels of playing ability. Do you want to learn how to play your favorite songs on the piano? You will be taught how to read music and navigate the keyboard, as well as being taught some basic music theory, so that you can play the music you love. Please purchase the book Notespeller Book 1 by John Schaum and a music staff pad with wide lines. Contact the Adult Education Office one week before class starts to make sure class will run before purchasing books. This class has limited enrollment. No Senior Discount for this course. No class on April 13th.

Course: 500

Instructor: Mary Sollitto

Starts on Monday, March 2, 7:00-8:30 P.M. (7 weeks)

MacArthur High School, Room 101

Fee: \$105

CRAFTS

FLORAL DESIGN

Are you interested in gaining knowledge of the floral industry and designing arrangements? You will craft hands-on designing cutting edge designs and mechanics with the help of a professional Floral Designer/Instructor right in Bethpage.

Our floral designers will teach you the basics of floral design and flower care and will help you create the perfect floral arrangement for you to take home! You will get a sampling of what it is like to work in a flower shop and create two arrangements each class.

There is a \$50 per person fee for supplies payable to instructor on the first night of class.

No senior citizen discount for courses less than seven hours in total.

Course: 595

Instructor: Lori Dietrich

Starts on Wednesday, March 4, 7:00-8:30 P.M. (2 weeks)

Course is held at Bethpage Florist, 584 Stewart Ave., Bethpage

Fee: \$30

PHOTOGRAPHY

EASY STEPS TO MASTER DIGITAL PHOTOGRAPHY AND IMPROVE YOUR PHOTOS

Do you want to be taught all aspects of your digital camera and take photographs you will be proud of? Then take this class. If you have a point and shoot camera or a DSLR camera, you will be taught how to master all of the shooting moods and features. You will get hands on learning plus individual attention. After a few weeks all former students had their photographs improve noticeably. This class is suited for novice to intermediate level students. The class atmosphere creates camaraderie and it is fun! Bring cameras with charged batteries, memory card, and manual.

Course: 631 Instructor: Lois Miller
Tuesdays, March 3, 10, 17 & 24; 6:30-8:30 P.M. (4 weeks)
MacArthur High School, Room 107 **Fee: \$80**

BUSINESS

COLLEGE SCHOLARSHIPS AND GRANTS: HOW TO MAKE THEM WORK FOR YOU

This workshop gives you a working knowledge of college scholarships and grants, and how to use them to offset the high cost of college. You will be taught the latest trends and how colleges use scholarships and grants to attract students. Leave with an action plan to give yourself the best advantage. Also covered will be the NYS Excelsior Scholarship and Enhanced TAP award. No senior citizen discount for courses less than seven hours in total.

Course: 707 Instructor: Jan Esposito
Meets on Wednesday, March 4, 7:30-9:30 P.M. (1 night)
MacArthur High School, Room 113B **Fee: \$20**

MICROSOFT EXCEL 2013

You will be taught the basics of the Microsoft Excel 2013 spreadsheet program, which is significantly different than prior versions. Get acquainted with cells, use formulas and make charts and graphs that can help you with everyday activities such as budgeting and banking. Once you are taught the basics you will see the power of spreadsheet programs. You will know why many people use them at home regularly and why businesses consider spreadsheet skills as essential knowledge. Students must bring a flash drive to class.

Course: 711 Instructor: Patrick Wallach
Starts on Monday, March 2, 7:30-9:30 P.M. (4 weeks)
Levittown Memorial Education Center, Room 119 **Fee: \$80**



HOW TO 101: BUYING AND SELLING A HOME

All areas of real estate pertaining to buying and selling a home, hiring and using a realtor to sell your home, finding your new home, and getting the right mortgage will be covered in this course. No senior discounts for courses that are seven hours or less in total.

Course: 719 Instructor: Ronald Steiger
Meets on Monday, March 30, 7:00-8:00 P.M. (1 night)
MacArthur High School, Room 107 **Fee: \$10**

FINANCIAL DEBT: CHANGE YOUR THINKING, CHANGE YOUR LIFE!

Is debt getting you down or keeping you down? This presentation will teach you the basics of personal financial management and how to apply them to your situation. You can change your life by changing your thinking! Get rid of that debt! Bring a pen or pencil and a calculator (phone app is fine). No senior citizen discount for courses less than seven hours in total.

Course: 741 Instructor: Ellen Smiley
Meets on Monday, April 27, 7:30-9:30 P.M. (1 night)
MacArthur High School, Room 105 **Fee: \$20**

FINANCIAL EDUCATION FOR NEWLYWEDS & 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. 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 and Family, Keeping Proper Records & Paperwork, Homeowners, Auto and Life Insurance, Purchasing a Home and other important information. No senior discounts for courses that are seven hours or less in total.

Course: 768 Instructor: Ronald Steiger
Meets on Monday, March 30, 8:00-9:00 P.M. (1 night)
MacArthur High School, Room 107 **Fee: \$10**

UNDERSTANDING YOUR 403(B) PLAN

A seminar created for all Long Island school district employees to teach attendees how the current 403(b) retirement plan works alongside their Social Security and Pension. Learning objectives include understanding how fees can be charged, product terminology, asset allocation, rebalancing, and developing a risk profile. Attendees leave with a better understanding of the retirement asset that complements their pension and social security. This informative one hour seminar is relevant for educators/administrators years away from retirement as well as those close to retirement. It is designed to help educators feel more in control by making this investment tangible so they understand why they own what they own. No senior citizen discount for courses less than seven hours in total.

Course: 769 Instructor: John Carbonara
Meets on Wednesday, April 22, 7:00-8:00 P.M. (1 night)
MacArthur High School, Room 104 **Fee: \$10**



HEALTH & SAFETY

HEARTSAVER ADULT CPR/AED (2 YEAR CREDENTIAL CARD)

This course will cover the aspects of Adult CPR, choking and the use an AED. An additional fee of \$70 paid to instructor by credit card, cash, or check payable in full to LIFESAVER CPR PROGRAMS. Please note you must pay registration fee for course (\$20) to the adult education program and AED fee (\$70) to instructor on the first night of class. If you have questions please contact the instructor at LCP-COURSE@OPTONLINE.NET. No senior citizen discount for courses seven hours or less in total.

Course: 1112 Instructor: Stephen Karejwa
Meets on Monday, April 6, 7:00-9:00 P.M. (1 night)
MacArthur High School, Room 113B **Fee: \$20**

HEARTSAVER CHILD/INFANT CPR (2 YEAR CREDENTIAL CARD)

This course will cover the aspects of Child and Infant CPR, choking, how to access the emergency medical system, prevention of injuries and much more. An additional fee of \$70 paid to instructor by credit card, cash, or check payable in full to LIFESAVER CPR PROGRAMS. Please note you must pay registration fee for course (\$20) to the adult education program and AED fee (\$70) to instructor on the first night of class. If you have questions please contact the instructor at LCP-COURSE@OPTONLINE.NET. No senior citizen discount for courses seven hours or less in total.

Course: 1112i Instructor: Stephen Karejwa
Meets on Monday, April 20, 7:00-9:00 P.M. (1 night)
MacArthur High School, Room 113B **Fee: \$20**

PHYSICAL FITNESS AND SPORTS*

HATHA YOGA

Hatha yoga invites peace and unity to the mind, body, and spirit. Yoga poses are used to build muscle, increase flexibility, improve posture and develop balance all while helping you to relax and rejuvenate. Proper alignment of the poses will be emphasized in addition to modifying postures to suit your body's needs. This is an open-level class, but beginners are encouraged. Students must bring a yoga mat and a small blanket. Yoga blocks are highly suggested but optional. Please note there are no classes on March 18th, April 8th and 15th.

Course: 1123H Instructor: Jackie Rabinoff
Starts on Wednesday, March 4, 7:30-9:00 P.M. (10 weeks)
MacArthur High School, Cafeteria **Fee: \$150**

VINYASA FLOW YOGA*

This Vinyasa style class focuses on the synchronization of movement and breath so that students experience a smooth sequencing of postures. Many posture options will be offered, leaving it up to the student to discover what works for their body. Vinyasa Flow Yoga is a proven way to reduce stress and improve lung capacity, while building greater strength and flexibility throughout the body. This is a multi-level class and is great for all practitioners. Yoga mat required, blanket and yoga block optional. Class on April 7th will meet in Salk's Green Cafeteria. Please note there is no class on April 14th.

Course: 1123V Instructor: Rose Martelli
Starts on Tuesday, March 3, 7:15-8:30 P.M. (10 weeks)
MacArthur HS, Cafeteria **Fee: \$125**



ZUMBA*

Dance yourself into shape with Zumba Fitness! It's exercise in disguise! All levels welcome. Wear comfortable clothes and sneakers. Bring water and a smile. Please note there is no class on Monday, April 13th and there are no classes on Wednesday, April 8th and 15th.

Course: 1132M Instructor: Katherine Chaffer
Starts on Monday, March 2, 7:00-8:00 P.M. (10 weeks)
Salk Middle School, Green Cafeteria **Fee: \$100**

Course: 1132W Instructor: Rose Faber
Starts on Wednesday, March 4, 7:15-8:15 P.M. (10 weeks)
Salk Middle School, Gym **Fee: \$100**

ZUMBA GOLD*

Zumba Gold is a low impact, easy to follow Latin based dance fitness class designed for senior citizens and beginners. Bring a towel, water and your energy! No senior discount for classes seven hours or less in total. Please note there is no class on April 14th.

Course: 1132G Instructor: Rose Faber
Starts on Tuesday, March 3, 7:15-8:15 P.M. (7 weeks)
Salk Middle School, Green Cafeteria **Fee: \$70**



HOOP FITNESS AND DANCE*

Using a variety of adult sized hula hoops, provided by instructor, we'll progress through the weeks building strength, balance, coordination, laughing, sweating, burning calories and exploring the wide range of movement a hula hoop has to offer. Please note there is no class on April 14th.

Course: 1133 Instructor: Jeannie Pendergrass
Starts on Tuesday, March 3, 7:00-8:00 P.M. (9 weeks)
Salk Middle School, Gym **Fee: \$90**

POUND*

POUND is a cardio jam session and full-body workout that focuses on your core by pounding drum sticks. Bring a yoga mat, towel, water, and your energy! No senior discount for classes seven hours or less in total. Please note there are no classes on March 9th and April 13th.

Course: 1137 Instructor: Rose Faber
Starts on Monday, March 2, 7:15-8:00 P.M. (9 weeks)
Salk Middle School, Blue Cafeteria **Fee: \$68**

ABS 101*

This Pilates inspired fitness class will help you firm, strengthen and sculpt your abs; whittle your waist; build a stronger back; promote flexibility; posture; balance; stability and support overall movement to help you achieve that beach body look. An exercise mat and water are recommended. Please note there are no classes on April 8th and 15th.

Course: 1152 Instructor: Francine Gatto
Starts on Wednesday, March 4, 7:30-8:30 P.M. (8 weeks)
Salk Middle School, Blue Cafeteria **Fee: \$80**

SPINNING*

Indoor cycle class designed to maximize cardio, fat burning, and fun. Pedal through hills, climbs, sprints, working your core and quads as the instructor guides you through this one hour ride. The music is motivating as is the instructor. Please bring water, a towel, and wear sneakers. This class has limited enrollment. There is no senior discount for this class. Please note there are no classes on Monday, April 13th and Wednesday, April 8th and 15th.

Course: 1156M Instructor: Merri Quinonez
Starts on Monday, March 2, 7:00-8:00 P.M. (10 weeks)
Division Avenue High School, Spining Room 322 **Fee: \$100**
Course: 1156W Instructor: Merri Quinonez
Starts on Wednesday, March 4, 7:00-8:00 P.M. (10 weeks)
Division Avenue High School, Spinning Room 322 **Fee: \$100**

NEW PUMP AND PEDAL*

Have you ever wanted to combine cardio and sculpt in the same class? Now is the time! Spin for 30 minutes and sculpt for 30 minutes. The best of both worlds. Indoor cycle through hills and sprints, then hop off, lift, and lunge. Please bring water, a towel and one set of weights (3-5 pounds only). Wear sneakers. This class has limited enrollment. There is no senior discount for this class. No class on April 14th.

Course: 1156PP Instructor: Merri Quinonez
Starts on Tuesday, March 10, 7:30-8:30 P.M. (9 weeks)
Division Avenue High School, Spining Room 322 **Fee: \$90**

RESISTANCE TOOL TRAINING*

Have you ever wondered what to do with those stretchy bands and small balls? Be taught how to work your core, quads and arms through compound movements and intense resistance combinations. All you need is a mat, a towel and water. Balls and bands will be provided by instructor. There is no senior discount for this class. Please note there is no class on April 13th.

Course: 1157 Instructor: Merri Quinonez
Starts on Monday, March 2, 8:15-9:00 P.M. (10 weeks)
Division Avenue High School, Spinning Room 322 **Fee: \$75**

SHiNE DANCE FITNESS*

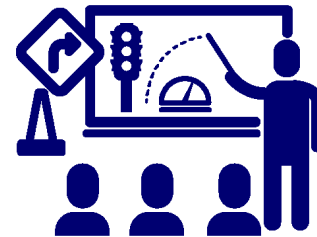
What is SHiNE Dance Fitness™? I'm glad you asked! SHiNE™ is a dance fitness class rooted in traditional dance such as JAZZ, HiP HOP, and BALLET. We take those foundational moves and create dance routines that are easy enough for beginners yet challenging enough for the more seasoned dancer. The simplicity of the routines allows you to keep moving and do less thinking. :) Because we like to keep you moving the average calories burned during a full class is approximately 750! Not bad for a workout that feels more like a dance party with your friends. Please note there are no classes on April 8th and April 15th.

Course: 1158 Instructor: Michelle Silva-Mera
Starts on Wednesday, March 4, 7:15-8:15 P.M. (10 weeks)
Salk Middle School, Green Cafeteria **Fee: \$100**



*Always consult a physician before starting any physically challenging activity

MISCELLANEOUS



DEFENSIVE DRIVING

This is a six hour defensive driving course in total. 10% insurance reduction for 3 years and 4 point license reduction. Minimum age is 18. No senior citizen discount for courses less than seven hours in total.

Course: 1390 Instructor: LaSalle Driving School
Starts on Wednesday, March 4, 7:00-10:00 P.M. (2 weeks)
MacArthur High School, Room 209 **Fee: \$62**

HOW TO PRESERVE YOUR FAMILY MEMORIES

Don't know what to do with boxes of unsorted photos and albums? Thinking about interviewing your older relatives about family stories and traditions? Wondering how to care for old documents before they crumble into dust, or what to do with aging home movies, slides or audio recordings?

Your instructor, a certified archivist, can help answer these questions and recommend the best ways to capture and preserve your family's memories. Attention will be given to both physical and digital storage of items. Come prepared with questions! No senior citizen discount for courses less than seven hours in total.

Course: 1401 Instructor: Lori Wallach
Meets on Tuesday, March 10, 7:00-9:00 P.M. (1 night)
MacArthur High School, Room 105 **Fee: \$20**

YOU'RE ON THE AIR!

In what could be one of the most enlightening 2 hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, videos and more! Most people go about it the wrong way. In this class, you will be taught about a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! No senior discount for courses seven hours or less in total

Course: 1404 Instructor: Such a Voice, Company
Meets on Monday, May 11, 7:00-9:00 P.M. (1 night)
MacArthur High School, Room 104 **Fee: \$20**



MAH JONGG FOR ANYONE!

Mah Jongg is a game that has been played in America since the 1920's. Mah Jongg is unique because it never ceases to challenge you. This is a beginner class. The National Mah Jongg League rules will be taught. Mah Jongg will be at the top of your game playing list. Until you join us, may the tiles be with you! Students should purchase a current year Mah Jongg card to bring to class. Cards can be found in local card stores or they can be ordered from:

Mah Jongg cards can be ordered from:
National Mah Jongg League 450 7th Avenue New York, N.Y. 10123
www.nationalmahjonggleague.org. Contact them for further information.

Please call the Adult Education office a week prior to the start of class to verify the course will run before purchasing a card. This class has limited enrollment so register early. No senior citizen discount for this class.

Course: 1415 Instructor: Juliet Feeley
Starts on Wednesday, April 22, 6:00-8:00 P.M. (6 weeks)
MacArthur High School, Room 107 **Fee: \$120**



2019-2020 BOARD OF EDUCATION

PresidentPeggy Marengi
Vice PresidentDillon Cain
TrusteesMarianne Adrian, Christina Lang,
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Adult Education Office
General Douglas MacArthur High School
3369 Old Jerusalem Road
Levittown, NY 11756

Jonas E. Salk Middle School
3359 Old Jerusalem Road
Levittown, NY 11756

Levittown Memorial Education Center
150 Abbey Lane
Levittown, NY 11756

Division Avenue High School
120 Division Avenue
Levittown, NY 11756



REGISTRATION FORM
(For additional forms photocopy as needed)

INSTRUCTIONS

1. Complete sections 1a, 1b, & 1c and mail entire form to the office.
2. Out of district fee is \$10 for multi night course and \$4 for one night seminar.
3. Senior Citizen is age 60 or older and must send proof.
4. Put course number on check and make payable to:
Levittown Public Schools.
5. Read *Refund & Cancellations* section on our web site at www.LevittownAdultEd.com and sign in section "1b".
6. Do **NOT** detach any parts. Send entire form to the office.
7. Your receipt will be validated and returned to you if mailed two weeks prior to the start of the class. After that time please call the office to confirm enrollment. No refunds due to not receiving receipt.

REMINDERS

- Use one form per person and per course.
- Send separate check per person and per course.
- Send proof if you are a senior citizen.
- Send proof of residency if your address does not appear on check.
- Check and verify the date, time, and location of the course.
- Sign section "1b" after reading *Refund & Cancellations* section on our web site at www.LevittownAdultEd.com.

1a

**Adult Education
REGISTRATION FORM**

Course Title: _____ Course #: _____ .320

Name: _____

Street Address: _____

Town: _____ Zip: _____

Day Phone: _____

Evening Phone: _____

E-mail: _____

Amount Paid: _____ Circle: Check MO

Out of District: ☐

Senior Citizen: ☐

VALIDATING STAMP

1b

**Adult Education
BUSINESS OFFICE RECEIPT (Complete, but do NOT detach)**

Name: _____

Billing Street Address: _____

Town: _____ Zip: _____ Course #: _____ .320

Phone: _____

Amount Paid: _____ Circle: Check MO

Out of District: ☐ Senior Citizen: ☐

Please Sign



By signing you state you have read and understand the refund policy on our web site at www.LevittownAdultEd.com.
No refunds once a class begins and cancellation notice must be given at least one business day (9-3 PM) before the start date.

VALIDATING STAMP

1c

RECEIPT:

Complete, but do NOT Detach. This will be mailed back
to you if registering two weeks prior to the first night of class.

VALIDATING STAMP

Send all 3 parts (1a, 1b & 1c) of completed form to:

*Levittown Adult Continuing Education
General Douglas MacArthur High School
3369 Old Jerusalem Rd.
Levittown, NY 11756*

Complete all
information here



Course No. _____ .320

Circle Night: M T W Time: _____ PM

Building: _____ Room: _____

One Night or Start Date: _____

Senior Citizen: ☐ (Age 60+ send proof)

Out of District: ☐ +\$10 or +\$4 (1 night class)

Name: _____

Street: _____

Town: _____ N.Y. _____

Amount Paid: _____

Circle: Check MO

***Bring this receipt with you the first night of class / Make checks payable to: LEVITTOWN PUBLIC SCHOOLS**