WESTBURY UFSD ADULT CONTINUING EDUCATION PROGRAM

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Dr. Ronald Valenti         Assistant Superintendent for Curriculum Instruction and Assessment
Dr. Roger Bloom            Assistant Superintendent for Personnel
Ms. Lynn Taylor            Assistant Superintendent for Finance and Operations
Mr. Robert Hassinger       Director

Message from the Director:

As of the date of the writing of this brochure, The Westbury UFSD plans to run a full Adult Continuing Education program including opening up the pool with specific space and sanitation procedures in place to protect all participants. However, this opening of all in-person programs is subject to change as the Board of Education and our Superintendent Dr. Chase monitor the effects of Covid infection and the risk to our adults and children. Stay tuned to any announcements regarding this and feel free to call 876-5047 on our two registrations dates and times listed below for an update on our District’s re-opening policy and how it will affect our traditional evening Adult Continuing Education classes.

That stated, the Westbury UFSD has developed new classes, new courses, new faces and new materials. This term, we are offering a number of technology courses and courses on financial planning and health and fitness to cater to all
Also, listening to parent input, each swimming class has been extended to 75 minutes for seven weeks, an increase in swim time from the old 60 minute classes for the same price. We have also kept our Canvass Painting class, Swing & Tango Dance Class, Sinatra Night-Embrace Dance Night, Estate Planning for the Special Needs Child, Elder Law Workshop, Microsoft Office Training, the 60 Minute Money Course, The Bitcoin Revolution Class, how to Leave Money to Your Heirs Workshop, Latin American Folk Song Sing Along, Hatha Yoga, Merengue/Salsa Dancing, Zumba Fitness, and Spanish Beginner and Intermediate classes to name a few. As we approach the Fall 2021 Continuing Education program we must be aware that courses alone cannot provide the expertise and knowledge base available in our community. I am appealing to our residents to offer programs that will represent the interests and abilities of our neighborhood. These courses may range from one-night seminars to a full seven-week program. If you have any interest in participating and sharing your ideas, please feel free to contact the office at 876-5047, from 6:00-8:00 P.M. beginning on our registration nights on Tuesday October 19th and Wednesday October 20th, 2021 at the high school. I look forward to hearing from you in the near future.

Adult and Continuing Education – Calendar Fall 2021

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X  Means no classes
XX  Means blank space in the calendar

DETAILS OF REGISTRATION

- Mail Registration –

Register by mail using the form found on the last page of this brochure. Send a separate course form (they may be reproduced) and a separate check/money order (we do not accept cash) for each course, payable to Westbury U.F.S.D. You will not be notified of your acceptance. If you do not hear from us, assume that you are in the class and report the first night as indicated in the brochure.

- Fees -

1. Course fees are listed next to each course description.

2. A Single out-of-district fee of $5.00 is charged to registrants who live outside the Westbury/Carle Place School Districts except for swimming where only Westbury School District registrants qualify for resident fees.
3. Swimming classes: resident and non-resident fees are listed next to each swim class choice.

4. Refunds: no refunds will be granted after the first week unless the course does not run.

- Registration Procedures -

In-person registration will be conducted in the Main Office – Westbury High School — Tuesday, October 19th and Wednesday, October 20th 2021 between 6:00 P.M. and 8:00 P.M.

- Class Term -

Seven-week classes begin the week of Monday, October 25th, 2021 and ending on December 15th, 2021. Classes of less than seven weeks in length are specified by dates of sessions given in the class listings. Classes will meet at the time and places indicated in this pamphlet. Check the calendar for “no class” days and holidays indicated by an “X”. In the event of inclement weather, the Adult Education program is cancelled if the daytime school day is cancelled. Listen to radio news on WCBS (880 AM), WINS, and Channel 12 Long Island News.

- Location/Parking -

Westbury High School is located on the corner of Jericho Turnpike & Post Road, Old Westbury. Parking is only permitted in the North or South lots. Cars left in front of the school will be ticketed by the Old Westbury Police in conformance with the village fire laws. This regulation is strictly enforced.

- Communication -

Questions or suggestions concerning any phase of the Adult Program should be brought to the attention of the Director of Adult Continuing Education, Westbury High School, 1 Post Road, Old Westbury, N.Y. 11568, (Phone) 516-876-5047, Monday through Wednesday, 6:00 P.M. - 8:00 P.M. Any person or group who may wish to suggest additional courses should contact the Director.

- Health -

Participants are advised to check with their family physician if there is any doubt that their physical condition will allow participation in courses likely to create physical strain. The Board of Education does not insure the registrants in Adult Education programs for accidents that may occur while participating in the program.

Fall 2021 Course Offerings

1. **LIFE GUARD CERTIFICATION CLASS**  

   Jonathan Geller & Jim Steadman

   In addition, the minimum age is 15 years old and has to complete a pre-course session (pre-test).

   The pre-course session includes:

   1. Swim 300 yards while demonstrating continuous breath control and rhythmic breathing. Candidates may swim using from crawl, breaststroke, or a combination of both. Goggles may be used.
   2. Tread water using only legs for 2 minutes. Candidates should place hands underneath their armpits.
   3. Complete timed event within 1 minute, 40 seconds:

      - Starting in the water, swim 20 yards on the surface. Face may be in or out of the water.
Swim goggles are not allowed.

Surface dive, head first or feet first, to a depth of 7-10 feet to retrieve a 10-pound object.

Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object. The face is kept at or near the surface so that breathing is possible. Candidates should not swim distance under water.

Exit the water without using latter or steps.

Monday/Tuesday – Gym
6:00PM to 8:00PM
Seven Weeks – Starting October 25th, 2021
FEE: $320.00
FEE: $170.00 (Westbury High School Students Only)

2. PAINTING CLASS
Barbara Lewin

Learn how to create two stunning paintings - an awesome snow-covered mountain overlooking an isolated cabin followed by a picturesque countryside as Fall unfolds. Guided step-by-step, you will paint on black gesso using a unique Bob Ross-like technique with acrylic paints and a palette knife. Materials will be provided and experience is not necessary. You will be amazed at how quickly you can complete a dramatic “masterpiece” to be proud of.

Wednesday - Room 106
Six Sessions – Starting October 27th, 2021
6:30PM to 8:30PM
FEE: $50.00

3. BEGINNER LOW-IMPACT AEROBIC TRAINING ROUTINE
Laura Vallejo Costales

This exercise routine is especially designed for healthy adults (male and female) who need to improve their cardio-vascular health, tone and strengthen muscles and bones for improved appearance and good health. This program offers low-impact aerobics movements, conditioning exercises, stretches, muscle toning, and bone strengthening exercises. Wear comfortable clothing and bring an exercise mat.

Tuesday – Gym
Seven Sessions – Starting October 26th, 2021
6:30PM to 7:30PM
FEE: $50.00

4. HATHA YOGA
Thomas Breski

Why practice yoga? One of the principle reasons people practice yoga today is for stress relief. Yoga helps reduce the physical effects of stress on the body. It encourages relaxation and helps lower the stress hormone cortisol. Practicing yoga is also very effective in relieving tension in the neck and shoulder area and is excellent for back pain. Yoga classes will help the students breathe better, will increase flexibility and
will help strengthen all the muscles in the body. The last 20 minutes of the class will be devoted to Breathing and Meditation.

**Wednesday – Library**

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<th>Session Time</th>
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<td>6:30PM – 8:00PM</td>
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5. **ZUMBA**

Laura Vallejo Costales

Zumba classes consist of dance and aerobic exercise routines performed to popular, mainly Latin-American music. Zumba will be a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations that allow participants to dance away their worries. It is based on the principle that a workout should be "Fun and Easy to do" allowing Zumba® Fitness participants to stick to the program and achieve long-term health benefits in both body and mind. A mixture of body-sculpting movements with easy-to-follow dance steps, the routines utilize the principles of aerobic interval and resistance training. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output, fat burning and total body toning.

**Tuesday – Gym**

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<th>Session Time</th>
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<tr>
<td>7:30PM to 8:30PM</td>
<td>$40.00</td>
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6. **MERENGUE/SALSA/BACHATA CLASSES**

Victor Rivera

Join us for a seven-week progressive course introducing the basics of “Latin Dancing”, in this course, students will learn the foundations of Salsa, Bachata & Merengue, including: timing the basic step, how to partner, shines, and the history of the genre. Partners are not required to participate in this course.

**Wednesday – Gym**

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7. **SWING & TANGO DANCE CLASS**

Audrey Martinez

Come all Vintage Fans and learn two vintage rhythms! For 7 weeks our expert instructor will introduce you to the style of both SWING and TANGO. We will cover partnering, change of rhythm, and lead-follow techniques. This course is great for both newcomers and those looking for a refresher! No partner Necessary-Everyone will rotate partners and make new friends throughout the session.

**Tuesday – Gym**

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8. **Sinatra Night-Embrace Dance Night**

Sinatra Night-Embrace your American culture and learn to dance the night away to society FOXTROT to the music of our Legendary Crooners of the swing era! Sinatra, Ella Fitzgerald, Tony Bennett, Bobby Darin, Sammy Davis Jr, Dean Martin, Louis Armstrong to name a few! This course is great for newcomers that have weddings to attend and want to be able to do more than sway back and forth. Take your first steps with us! You'll be the hit of the party on the dance floor,

Tuesday – Gym

Seven Sessions – Starting October 26th, 2021

7:45PM to 8:45PM

FEE: $40.00

•PRACTICE PARTY - we will play music from the classes for you to practice

9. **SPANISH CLASSES BEGINNER**

This course is designed to introduce the student to a solid understanding of the Spanish language. Beginning Spanish are for those students who want to start at the very beginning with Spanish or those who took a little bit of Spanish in high school. Special emphasis will be placed on vocabulary and oral expression within the culture context. Principles of grammar will be introduced as students become more familiar with the language. Activities include: interactive situations with other students. The Spanish you will learn in this class will be useful no matter where or with whom you will be speaking to. This class will be offered virtually if in-person classes are cancelled due to the pandemic.

Monday – Room 117

Seven Sessions – Starting October 25th, 2021

6:30PM to 7:30PM

Fee: $40.00

10. **SPANISH CLASSES INTERMEDIATE**

This course is designed to introduce the student to a solid understanding of the Spanish language. Intermediate Spanish are for those students who want have some basic Spanish knowledge and want to learn to speak and understand at a higher level. Special emphasis will be placed on vocabulary and oral expression within the culture context. Principles of grammar will be introduced as students become more familiar with the language. Activities include: interactive situations with other students. The Spanish you will learn in this class will be useful no matter where or with whom you will be speaking to. This class will be offered virtually if in-person classes are cancelled due to the pandemic.

Monday – Room 117

Seven Sessions – Starting October 25th, 2021

7:30PM to 8:30PM

Fee: $40.00
11. HOW TO WIN THE MONEY GAME  Jake Caramico

Do you want to get out of debt quicker, protect your income better and retire with dignity? Learn the rules about money that all Banks, Insurance Companies, and Credit Card Companies understand but don’t teach you. The wealth building concepts taught in this dynamic class are industry techniques for creating a prosperous financial future. Register for this popular workshop now and learn powerful strategies to increase your advantage on the financial playing field.

Wednesday - Room 123
One Session – December 8th, 2021
7:00 to 8:30 P.M.
FEE: $20.00

12. How to PROFIT from the BITCOIN REVOLUTION  Jake Caramico

Bitcoin has been the fastest growing asset class in our world’s history. This exciting course for Bitcoin beginners will offer important and useful information about Bitcoin, Cryptocurrencies and the underlying Blockchain technology. Is it too late to invest? How do I get started? Is it a scam or a bubble? Register now for answers to the most common questions and access technology’s greatest financial opportunities!

Tuesday - Room 123
One Session – December 7th, 2021
7:00 to 9:00 P.M.
FEE: $50.00

13. AQUATICS PROGRAMS

YOUTH SWIM LESSONS

1. Jellyfish (Ages: 4-6 years) - Becoming acquainted with the water, submerging, floating, jumping into the water, and exiting the pool independently.
2. Stingrays (Ages: 7-8 years) - Emphasis will be placed on correct kicking and rotation of arms skills.

* A maximum of 7 students will be accepted per instructor per group.

Monday– Pool (7 weeks) Starting October 25th, 2021
6:30PM to 7:45PM
FEE: Resident $50.00 Non-resident: $100.00

14. AQUATICS PROGRAMS

YOUTH SWIM LESSONS

1. Mommy/Daddy & Me (Ages: 0-3 years) - A parent will be in the water to introduce the child to the water. The lessons will be led by a certified instructor but the parents will be handling the children. The parent in the water must be comfortable in 5 feet of water.
2. **Jellyfish (Ages: 4-6 years)** - Becoming acquainted with the water, submerging, floating, jumping into the water, and exiting the pool independently.

3. **Stingrays (Ages: 7-8 years)** - Emphasis will be placed on correct kicking and rotation of arms skills.

* A maximum of 7 students will be accepted per instructor per group.

**Wednesday – Pool (7 weeks)**  
Starting October 27th, 2021  
6:30PM to 7:45PM  
FEE: Resident $50.00  
Non-resident: $100.00

15. **AQUATICS PROGRAMS**

**YOUTH SWIM LESSONS**

1. **Jellyfish (Ages: 4-6 years)** - Becoming acquainted with the water, submerging, floating, jumping into the water, and exiting the pool independently.

2. **Stingrays (Ages: 7-8 years)** - Emphasis will be placed on correct kicking and rotation of arms skills.

* A maximum of 7 students will be accepted per instructor per group.

**Tuesday – Pool (7 weeks)**  
Starting October 26th, 2021  
6:30PM to 7:45PM  
FEE: Resident $50.00  
Non-resident: $100.00

16. **AQUATICS PROGRAMS**

**YOUTH SWIM LESSONS**

1. **Dolphins (Ages: 9-10 years)** - Freestyle, backstroke, rotational rhythmic breathing, butterfly, and breaststroke kick.

2. **Sharks (Ages: 11-12 years)** - Freestyle laps, backstroke laps, butterfly, and breaststroke kick.

3. **Barracudas (Ages: 13-14 years)** - Continuous sets of laps and diving.

* A maximum of 7 students will be accepted per instructor per group.

**Monday – Pool (7 weeks)**  
Starting October 25th, 2021  
7:45PM to 9:00PM  
FEE: Resident $50.00  
Non-resident: $100.00

17. **AQUATICS PROGRAMS**

**YOUTH SWIM LESSONS**

1. **Dolphins (Ages: 9-10 years)** - Freestyle, backstroke, rotational rhythmic breathing, butterfly, and breaststroke kick.

2. **Sharks (Ages: 11-12 years)** - Freestyle laps, backstroke laps, butterfly, and breaststroke kick.

3. **Barracudas (Ages: 13-14 years)** - Continuous sets of laps and diving.

* A maximum of 7 students will be accepted per instructor per group.
Tuesday – Pool (7 weeks)  
Starting October 26th, 2021  
7:45PM to 9:00PM  
FEE: Resident $50.00  
Non-resident: $100.00

18. AQUATICS PROGRAMS

YOUTH SWIM LESSONS

1. Dolphins (Ages: 9-10 years) - Freestyle, backstroke, rotational rhythmic breathing, butterfly, and breaststroke kick.
2. Sharks (Ages: 11-12 years) - Freestyle laps, backstroke laps, butterfly, and breaststroke kick.
3. Barracudas (Ages: 13-14 years) - Continuous sets of laps and diving.

* A maximum of 7 students will be accepted per instructor per group.

Wednesday – Pool (7 weeks)  
Starting October 27th, 2021  
7:45PM to 9:00PM  
FEE: Resident $50.00  
Non-resident: $100.00

19. ADULT SWIM LESSONS

Groups will be formed based upon class size and the ability of the swimmers.  
A maximum of 7 students will be accepted per instructor per group.

Monday– Pool (7 weeks)  
Starting October 25th, 2021  
7:45PM to 9:00PM  
FEE: Resident $50.00  
Non-resident: $100.00

20. ADULT SWIM LESSONS

Groups will be formed based upon class size and the ability of the swimmers.  
A maximum of 7 students will be accepted per instructor per group.

Tuesday– Pool (7 weeks)  
Starting October 26th, 2021  
7:45PM to 9:00PM  
FEE: Resident $50.00  
Non-resident: $100.00

21. ADULT SWIM LESSONS

Groups will be formed based upon class size and the ability of the swimmers.  
A maximum of 7 students will be accepted per instructor per group.

Wednesday– Pool (7 weeks)  
Starting October 27th, 2021  
7:45PM to 9:00PM  
FEE: Resident $50.00  
Non-resident: $100.00
22. **FAMILY SWIM**

Families are welcome to enjoy the pool.

**RULES MUST BE OBEYED OR DISMISSAL FROM THE POOL MAY RESULT!**

Monday – Pool (7 weeks)  
Starting October 25\(^{th}\), 2021  
7:45PM to 9:00PM  
FEE: Adult Resident: $50.00  
Child Resident: $25.00  
Child Non-resident: $50.00

23. **FAMILY SWIM**

Families are welcome to enjoy the pool.

**RULES MUST BE OBEYED OR DISMISSAL FROM THE POOL MAY RESULT!**

Tuesday – Pool (7 weeks)  
Starting October 26\(^{th}\), 2021  
7:45PM to 9:00PM  
FEE: Adult Resident: $50.00  
Child Resident: $25.00  
Adult Non-Resident: $75.00

24. **ESTATE PLANNING FOR THE SPECIAL NEEDS CHILD**  
Deidre Baker, Attorney at Law

“A child with special needs can pose a complex challenge when it comes to estate planning. While planning considerations for such a child will vary depending upon the child’s age, competency, and the structure of your family, the goal of parents is to utilize planning to enhance the quality of the life of their special needs child while maintaining the child’s enrollment in essential public benefits programs. In this course you will learn how these goals can be met with proper estate planning.”

**Wednesday - Room 123**  
One Session – December 8\(^{th}\), 2021  
6:30PM to 8:30PM  
FEE: $20.00

25. **HOW TO LEAVE YOUR MONEY TO YOUR HEIRS**  
Deidre Baker, Attorney at Law

This course will provide an overview of estate and disability planning. The different methods of leaving an inheritance to others will be explored. Advantages and disadvantages of different real estate options will be highlighted so that participants can determine which methods are appropriate in various situations. Estate taxation will be explained along with suggestions of how estate taxes can be reduced. Probate procedures and estate administration will be addressed as well.

**Monday - Room 123**  
One Session – December 6\(^{th}\), 2021  
6:30PM to 8:30PM  
FEE: $20.00
26.  **55/ALIVE MATURE DRIVING**  
NRTA/AARP  
AARP Instructor

55/Alive Mature Driving has been developed by the American Association of Retired Persons (AARP) as a community service program for senior citizen motor vehicle operators. It is designed to deal with the special interests and needs of this age group but persons of any age group can take the course and save on their insurance. The course includes information which research has shown will help older drivers update driving knowledge, sharpen skills and remain on the road longer. Insurance premium reductions of 10% or more and traffic violations point deductions are available.

**Tuesday and Wednesday - Cafeteria**  
Two Sessions – December 7th and 8th, 2021

6:30PM to 9:30PM  
FEE: $20.00 for members of AARP – * Check payable to AARP

FEE: $25.00 for non-members of AARP – Check payable to AARP

Please put AARP membership number on check

27.  **GENEALOGY WORKSHOP**  
Nolan Altman

How to Research and Document Your Family History. Think you might be related to royalty? Or what if Jesse James was really great-great-uncle Jesse? Using actual historical documents and photos from my family history as a guide, this course will provide participants with step-by-step basic information needed to start researching their own family tree. Some of the topics covered will include: vital records, census reports, passenger records, holocaust references and using the Internet to assist in your genealogical searches.

**Monday - Room 117**  
One Session – April 27th, 2021

7:00 to 8:00 P.M.  
FEE: $20.00

28.  **ELDER CARE LAW AND WHAT YOU MUST KNOW**  
Beth Polner Abrahams, Attorney at Law

Learn the basics of issues in elder law Medicaid trusts, which assets count and which do not, the Medicaid application process, Medicaid services at home and using Medicare. The program uses the stories of different couples and single seniors to demonstrate creatively how the law of elder care and Medicaid impact our personal lives and future planning options.

**Tuesday – Room 123**  
One Session – Starting – April 28th, 2021

6:30PM to 8:30 P.M.  
FEE: $50.00
29. **COLLEGE FINANCIAL AID FOR LONG ISLANDERS**  
Barry Fox BA/MA

With College costs skyrocketing, find out how to get your share of the $134 billion available for student financial aid. Learn insider tips to maximize your financial aid from Long Island's leading financial aid expert with over 40 years of experience. Follow our step-by-step strategies to fill our FASFA (Free Application for Federal Student Aid), plan a needs analysis and negotiate with the college. We explain how the federal government calculates your "expected family contribution." SPECIAL EMPHASIS WILL BE PLACED ON THE REGULATIONS INVOLVING DIVORCED AND SEPARATED PARENTS. Also discussed will be how to conduct the best FREE Internet scholarship searches, the CSS/Financial Aid Profile application and New York State's unique financial aid program - TAP. This is an excellent time for parents of juniors as well as seniors to begin planning. We welcome questions at the conclusion of the program.

**Tuesday – Room 123**

7:00PM to 9:00 P.M.  
FEE: $50.00

30. **LIVING WILLS, HEALTH CARE PROXY POWER OF ATTORNEY**  
Ronald Steiger

Topics to be discussed will be the use of the New York Health Care Proxy, anatomical gifts, and related health care decision-making, and use of medical directives in New York – in light of the Terri Schiavo case. We need to understand our relationship with health care providers, and our rights.

**Tuesday - Room 119**

7:00 to 8:00 P.M.  
FEE: $20.00

31. **MOVING YOUR IRA'S and 401K'S**  
Ronald Steiger

**Complete Financial Workshop and Retirement Funding:**

If you left your last job, but your 401 K is still at your old company, learn how easy it is to roll over your retirement funds. You need to know what works … and what doesn't. You need to learn the secrets of financial success. That's where we come in. We know how to explain fundamental financial principles in a way that makes it easy for you to understand and use them. We use simple language, clear diagrams, and real-world case studies to help you take control of your financial future. Make cash work harder.

**Tuesday - Room 119**

6:00 to 7:00 P.M.  
FEE: $20.00

32. **LATIN AMERICAN FOLK MUSIC (Spanish English Music Lyrics)**  
Flor Murray

Learn English and Spanish while being entertained with traditional Latin American Folk Songs sung to guitar. Lyrics will be distributed in both English and Spanish and the history and context of each song will be explained and then sung with guitar by Ecuadorian native Flour Murray. Participants are encouraged to sing along and to play their guitar with Ms. Murray (Optional). Or you can just sit back and listen, learning Spanish the easy way (Through traditional Latin American song).
33. **BECOME AN AMATEUR METEOROLOGIST**  
Bob Hassinger (Continuing Ed. Director)

Have you always wanted to learn how to forecast the weather? Have you ever wondered what tools the professionals use to make daily weather forecasts? This class will educate you on interpreting computer models, how weather fronts and systems are steered in the atmosphere and where additional materials can be found on the web that will put you on par with any TV or radio weather forecast capability. As part of the class each participant will create their own customized weather forecast!!!!!!! The instructor Mr. Hassinger is currently the Westbury Adult and Continuing Education Director but was once the Chief Meteorologist for the SUNY Stony Brook weather center and studied with on air WCBS weatherman Craig Allen. You will not want to miss this class!!!!!

**Monday - Room 119**  
**One Session – December 6th, 2021**

34. **SUMI-E Workshop**  
Rosalba Henao Quiceno

SUMI-E is the Japanese word for Black Ink Painting and color. Following the form of the brush, and how load the brush with ink you will have amaze shapes. In this workshop you will create your own Sumi-e masterpiece.

**Wednesday - Room 119**  
**One Session - December 8th, 2021**

6:00PM to 7:00 P.M.  
FEE: $20.00

35. **Drawing and Painting with Acrylic Workshop**  
Rosalba Henao Quiceno

This workshop is designed to learn how to develop some knowledge of drawing and color. In the end each person can create their own work on paper and stones. Develop creativity and self-expression is also goals.

**Wednesday - Room 119**  
**One Session – December 8th, 2021**

7:00PM to 8:00 P.M.  
FEE: $20.00

36. **Creative Writing Workshop in Spanish.**  
Rosalba Henao Quiceno

After exercises provided by the teacher, the student will create texts that bring them closer to his favorite genre. Chronicle, poetry, story, haikus. Creation of fanzines. An important complement will be the drawing. This workshop will be conducted in Spanish.

**Wednesday - Room 119**  
**One Session – December 1st, 2021**

7:00PM to 8:00 P.M.  
FEE: $20.00
This Theory and Techniques of Coaching 24-hour course deals with the scientific principles of coaching, team selection, program organization and management, rules and regulations, teaching methods, conditioning, relationships with officials, coaching ethics, athletic administration and public relations. The course has 18 classroom hours and 6 hours of a designated sports clinic. The clinic portion of the course will have a homework assignment regarding practice, planning, goals, strategy and safety. This course is a New York State requirement for all non-certified Physical Education majors who are coaching at public schools.

Tuesdays – 8 Zoom Sessions
6:00 to 8:00 P.M.

Eight Sessions – Begins October 25th, 2021

FEE: $30.00
USE THIS FORM TO REGISTER BY MAIL

1. Fill out a registration form below for each course you want to take.
2. Please make out a separate check for each course.
3. Registrations will be processed in the order in which they are postmarked. You will be notified if your registration cannot be accepted.
4. Make checks payable to Westbury Union Free School District except for Course #26 the AARP Defensive Driving course.
5. Please fill in all information requested below.
6. You will not be notified when classes begin.
7. Telephone number on registration form is a must.

Mail to:
Director of Adult Education
Westbury Central Office
2 Hitchcock Road
Old Westbury, New York 11568

Name ________________________________________________________________
Street Address _________________________________________________________
Town __________________ Zip _______ Phone __________________________
Course Title __________________________ Course no. _________________________
Course Night __________________ Room no. _______________________________
Fee: Resident $ ________________ Non-Resident $ _________________________
Swimming Students Age __________ Amount Paid ____________________________

Mail to:
Director of Adult Education
Westbury Central Office
2 Hitchcock Road
Old Westbury, New York 11568

Name ________________________________________________________________
Street Address _________________________________________________________
Town __________________ Zip _______ Phone __________________________
Course Title __________________________ Course no. _________________________
Course Night __________________ Room no. _______________________________
Fee: Resident $ ________________ Non-Resident $ _________________________