WESTBURY UFSD ADULT CONTINUING EDUCATION PROGRAM

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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. Please monitor the District website for any changes in policy regarding in-person 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 interests. 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, Bitcoin Class, 60 Minute Money Course, The Bitcoin Revolution Class, Latin American Folk Song Sing Along, Hatha Yoga, Merengue/Salsa Dancing, and Spanish Beginner and Intermediate classes to name a few and have added a class titled “Mindfulness for the Real World”. As we approach the Spring 2022 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 March 22nd and Wednesday March 23rd, 2022 at the high school. I look forward to hearing from you in the near future.

**Adult and Continuing Education – Calendar Spring 2022**

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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, March 22nd and Wednesday, March 23rd 2022 between 6:00 P.M. and 8:00 P.M.

- Class Term -

Seven-week classes begin the week of Monday, March 28th, 2022 and ending on May 18th, 2022. 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.

**Spring 2022 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 March 28th, 2022
FEE: $325.00
FEE: $250.00 (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
6:30PM to 8:30PM
Six Sessions – Starting April 6th, 2022
FEE: $50.00

3. 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
6:30PM – 8:00PM
Seven Sessions – Starting March 30th, 2022
FEE: $50.00

4. 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.
5. **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 March 28th, 2022

6:30PM to 7:30PM  Fee: $40.00

6. **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 March 28th, 2022

7:30PM to 8:30PM  Fee: $40.00

7. **HOW TO WIN THE MONEY GAME**

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 – May 3rd, 2022

7:00 to 8:30 P.M.  FEE: $20.00
8. **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 Block chain 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 – May 4th, 2022**
   **7:00 to 9:00 P.M.**
   **FEE: $50.00**

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9. **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 March 28th, 2022**
   **6:30PM to 7:45PM**
   **FEE: Resident $50.00**
   **Non-resident: $100.00**

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10. **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.

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12. **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.

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

**Wednesday – Pool (7 weeks)**

Starting March 30th, 2022

7:45PM to 9:00PM

FEE: Resident $50.00      Non-resident: $100.00

15. **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 March 28th, 2022

7:45PM to 9:00PM

FEE: Resident $50.00      Non-resident: $100.00

16. **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 March 29th, 2022

7:45PM to 9:00PM

FEE: Resident $50.00      Non-resident: $100.00

17. **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 March 30th, 2022

7:45PM to 9:00PM

FEE: Resident $50.00      Non-resident: $100.00
18. 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 March 28th, 2022
7:45PM to 9:00PM  
FEE: Adult Resident: $50.00  
Child Resident: $25.00  
Child Non-resident: $50.00

19. 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 March 29th, 2022
7:45PM to 9:00PM  
FEE: Adult Resident: $50.00  
Child Resident: $25.00  
Adult Non-Resident: $75.00

20. 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 – May 3rd and 4th, 2022
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 and separate checks for each participant
### 21. 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 Ecuadorean native Flor 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).

**Tuesday - Room 117**

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<th>Time</th>
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<td>7:00 to 8:00 P.M.</td>
<td>Five Sessions – Starting April 5th, 2022</td>
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**FEE:** $40.00

### 22. 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**

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<td>6:00PM to 7:00 P.M.</td>
<td>One Session - April 27th, 2022</td>
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**FEE:** $20.00

### 23. 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**

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<td>One Session – April 27th, 2022</td>
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**FEE:** $20.00

### 24. 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**

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<td>One Session – May 4th, 2022</td>
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**FEE:** $20.00
25. **Mindfulness for the Real World (Level I)**  
Dr. Nicolette James

If you think mindfulness is only for monks, mystics, or people who live alone in the mountains, join me in dispelling these myths. Come discover why mindfulness is for everyone and just might be the missing piece of the puzzle to a healthier, happier you!

During our five (5) week session, we will explore how to incorporate the science-supported practices of breath work, thought training, and mindful movement to experience the benefits and practical applications of living a more present, peaceful, and purposeful life right here and now--in the real world.

Mindfulness, meditation, and movement have all been proven effective for boosting overall wellbeing. This level I workshop will introduce participants to observing, training, and working with the mind and body to reduce stress, build resilience, improve concentration, increase feelings of contentment, and strengthen our relationships with others. We begin by developing and nurturing our most important relationship--the one we have with ourselves.

Get ready to spring forward to reveal your best self!

**Tuesday - Room 174**  
**Five Sessions – April 3rd, 2022**  
7:00PM to 8:00 P.M.  
**FEE: $20.00**

26. **NEW YORK STATE COACHING CERTIFICATION COURSE**  
David Graff

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**  
**Eight Sessions – Begins March 29th, 2022**  
6:00 to 8:00 P.M.  
**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:

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