

**MIDDLE COUNTRY CENTRAL SCHOOL DISTRICT
COMMUNITY & CONTINUING EDUCATION**

Yoga

CPR

**GED
Prep**

SAT Prep

Basketball



Hobbies

GUITAR

Volleyball

KOGA LITE

Retirement Planning

Meditation

**Country Western
Dancing**

More Courses Inside 

SPRING 2023 COURSE CATALOG



Join the many Middle Country residents who participate in the Community and Continuing Education programs and spend your time in lifelong learning.

The Adult Education Coordinators are Nicole Peterson and Ken Bono (631-285-8158). All Adult Education courses are evening classes. If you have questions about the SAT course listed on Page 4, please visit www.methodlearning.com/middlecountry.

REGISTRATION – **Registration begins immediately. PLEASE SUBMIT A SEPARATE REGISTRATION FORM AND A CHECK FOR EACH COURSE PER PERSON. ONLY CHECKS OR MONEY ORDERS ARE ACCEPTED (NO CASH).** Please make payments to the *outside vendor* (listed with the course description) *or MCCSD* (Middle Country Central School District). Non-residents please add \$10.00 per course.

NO REFUNDS will be made unless there is insufficient registration to begin a class. Classes are filled on a first come, first serve basis.

MAIL-IN REGISTRATION RECEIVES PRIORITY: Please postmark by February 6, 2023
MAIL TO: ADULT ED - Centereach High School, 14 43rd Street, Centereach, NY 11720.

WALK-IN REGISTRATION – Thursday, February 9, 2023- 6:00 pm - 7:30 pm
Cafeteria - Centereach High School, 14 43rd Street, Centereach, NY 11720.

CLASS SIZE – A minimum of 15 adults is generally needed for each class. If less than 15 adults register, the coordinators reserve the right to combine classes by changing times or nights in order to obtain full class size. The coordinators also reserve the right to reduce the number of class sessions for a class lacking minimum enrollment.

LOCATION OF CLASSES - All classes are *evening* classes and will be held at Centereach High School (CHS), 14 43rd St., Centereach unless noted Dawnwood Middle School (DMS), 10 43rd Street, Centereach.

ELIGIBILITY - Persons who are 18 years old may register for adult education classes. Non-residents must be 21 yrs. old to register for GED, High School Equivalency, Adult Basic Education & English as a New Language.

DIRECTIONS TO: Centereach High School and Dawnwood Middle School

TAKE NICOLLS RD. TO MARK TREE RD. GO SOUTHBOUND TO SECOND TRAFFIC LIGHT.
MAKE LEFT TURN ONTO 43rd STREET. SCHOOL COMPLEX IS ON THE LEFT.

TAKE MIDDLE COUNTRY RD. TO MARK TREE RD. GO NORTH TO SIXTH TRAFFIC LIGHT.
MAKE RIGHT TURN ONTO 43rd STREET. SCHOOL COMPLEX IS ON THE LEFT.

*****No Confirmation of enrollment will be sent to you.*****

*****You have been accepted in your selected course unless you are otherwise notified.*****



MIDDLE COUNTRY CENTRAL SCHOOL DISTRICT

SENIOR CITIZENS - **Middle Country Central School District Senior Citizens, age 60 and over**, are invited to sign up for courses at a **\$10.00 reduction in the resident fee**. Proof of eligibility is required – a photocopy of your driver’s license is acceptable (please black out the ID number). ***Exceptions*** to this are (1) ***all material fees must be paid***; (2) courses offered by ***outside vendors must be paid in full***. These courses are denoted by the words ***Outside Vendor and/or No Reduced Fee***.

*****Senior Citizen discount does not apply to out-of-district Senior Citizens.*****

SCHOOL CLOSING - In the event of inclement weather and possible class cancellations, **please call the district emergency hotline: 631-285-8088, check the district website: www.mccsd.net, or tune into WALK (97.5) and WBLI (106.1) radio stations.**

HEALTH NOTICE – Participants are advised to consult their personal physician before participating in any course that requires physical exertion.

TITLE IX AND SECTION 504 NOTICE - The Middle Country School District does not discriminate on the basis of sex, race, color, national origin, handicap, or age in the educational program activities it operates. This policy of non-discrimination is inclusive of the recruitment and hiring of employees as well as the providing of access to course offerings, educational programs, activities and building facilities.

ROLE OF INSTRUCTORS - We retain our Adult Education instructors to teach a course in their area of expertise. The instructors are not permitted to use the classroom for personal gain, or to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.

DAMAGE OR LOSS OF PERSONAL PROPERTY - The School District does not assume responsibility, either real or implied, for students' personal property.

DUPLICATE CERTIFICATE – If you qualify for a certificate, only one will be issued. Please make copies for your records.

CLASSES HELD AT CENTEREACH HIGH SCHOOL (CHS) - **Park behind the high school and use the back entrance. All other doors will be locked.**

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ABE/HSE

ADULT BASIC EDUCATION (ABE)
FEE \$50 Registration & Materials
Checks payable to: MCCSD

This program is offered to adults who terminated their basic education and now wish to renew their education. Instruction is given in a varied and individualized manner. Classes are offered at Basic, Intermediate and Advanced levels in Reading, English and Mathematics. The first week of class is state testing & paperwork; attendance is mandatory.

Mon./Tues./Wed./Thurs. Start Date: 2/27 6:00 - 9:00 pm
Instructors: C. Dutton, C. Puglisi
Room 102 - CHS

HIGH SCHOOL EQUIVALENCY (HSE)
FEE \$50 Registration & Materials
Checks payable to: MCCSD

The GED test replaced the TASC test in 2022. Instruction is offered to *prepare* adult students for the High School Equivalency Diploma; *we do not administer the GED Test on our site.* Emphasis is placed on grammar, reading, writing and math skills. The first week of class is state testing & paperwork; attendance is mandatory.

Mon./Tues./Wed./Thurs. Start Date: 2/27 6:00 - 9:00 pm
Instructors: C. Dutton, C. Puglisi
Room 102 - CHS

*****For ABE/HSE*****
non-residents must be 21 years old

BUSINESS - COMPUTERS

GRAPHIC DESIGN
FEE \$400 NO REDUCED FEE Outside Vendor
Checks payable to: MG Designs

Using Adobe Photoshop, Illustrator, InDesign and Acrobat DC, students will learn how to utilize these tools and create graphical layouts, font usage, images and so forth. Each week there will be a project to work on & create: a product brand; flyer or brochure. Students will end this course with confidence creating a layout design for various advertising print media.

Tuesdays 3/7, 3/14, 3/21, 3/28, 6:30 - 8:30 pm
Thursdays 3/9, 3/16, 3/23, 3/30
8 Sessions
Instructor: M. A. Wills-Girrus
Library Computer Lab - CHS



EDUCATION

SAT PREP CLASS FOR MAY 6 EXAM
FEE \$395

Required separate textbook purchase:
The Official SAT Study Guide 2020 Edition by The College Board

To register: visit www.methodlearning.com/middlecountry

Class Registration Deadline is: Friday, March 17, 2023

Prepares students for the SAT
Ten 2 hour classes
March 23, 28, 30
April 11, 13, 18, 20, 25, 27
May 2
Tuesdays & Thursdays 7:00-9:00 pm

Instructor: Mariya Barnes
Room 105 - CHS

Visit www.Collegeboard.org to register, pay and view important deadlines for the SAT.

Deadline to register for the May 6 SAT is Friday, April 7, 2023

Method Learning is an industry leader in college entrance exam preparation. Founded on Long Island, we have been providing consistent, quality instruction for over 15 years to a variety of local high schools. The classes will be taught by experienced instructors specially trained for the SAT.

All Middle Country School District students have access to the Method Learning website via the Castle Learning accounts. These classes will give additional strategies on how to maximize their usage of the website, even after the class has concluded.

TEACHER AIDE
FEE \$55 EACH
Checks payable to: MCCSD

If you have college credits, *before* registering please check with the Personnel department at 285-8030 to see if a course may be waived. Both levels are independent of each other and the courses may be taken in any order you choose. However, to apply as a permanent Teacher Aide in our school district, one must complete both courses; and, to apply as a substitute Teacher Aide, the completion of one course is required. You *must be on time to each class; attend the first class; and, attend five classes to obtain the certificate.*****

Teacher Aide I: 6:00 - 8:00 pm
Intro to the Elementary and Secondary Programs
6 Sessions
Monday 2/27, 3/6, 3/13, 3/20, 3/27, 4/17
Instructor: P. Ciauri
Library - DMS

Teacher Aide II: 6:00 - 8:00 pm
Intro to Special Needs, Testing Accommodations
6 Sessions
Wednesday 3/1, 3/8, 3/15, 3/22, 3/29, 4/12
Instructor: P. Ciauri
Library - DMS

FINANCE

A TRUST OR WILL: Which is Right for You?

FEE \$35 NO REDUCED FEE Outside Vendor

Checks payable to: Raupp Law, P.C.

Despite the hype, living trusts are not for everyone. Find out if a living trust is right for you by learning the pros and cons of establishing a living trust. This night course will help you make an informed decision about your estate planning needs by providing you with information about wills, living trusts, testamentary trusts, powers of attorney, healthcare proxies and living wills. Participants will gain a basic understanding of strategies to preserve their assets and to protect the inheritance of their loved ones. *Other topics to be discussed include guardianship proceedings, long-term care insurance, the probate process and basic Medicaid planning.*

Thursday 4/13 6:30 - 8:30 pm

1 Session

Instructor: Amy C. Raupp, Esq.

Room 106 - CHS

SOCIAL SECURITY PLANNING

FEE \$10 NO REDUCED FEE

Check payable to: MCCSD

What Baby Boomers need to know to maximize income...

After being told for years that **Social Security is "going broke,"** Baby Boomers are realizing that it will soon be their turn to collect. But the decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive known strategies for maximizing your benefits. This program will cover when it makes sense to delay benefits, how earnings affect your benefits, how benefits are taxed, how to integrate benefits with other retirement income sources, and how to coordinate benefits with your spouse. Each attendee will receive a free copy of *The Baby Boomer's guide to Social Security* which summarizes key retirement benefit provisions.

Tuesday 3/14

7:00 - 8:00 pm

1 Session

Instructor: E. Levy, Financial Advisor

Room 106 - CHS



HEALTH

SLEEP PROBLEMS: Natural Solutions to Better Sleep

FEE \$10 NO REDUCED FEE

Checks payable to: MCCSD

Can't sleep? Do you have trouble falling asleep and staying asleep? At Least 40 Million Americans each year suffer from chronic, long term sleep disorders, and an additional 20 Million experience occasional sleeping problems. These disorders and the resulting sleep deprivation interfere with work, driving and social activities. They also account for an estimated \$16 billion in medical costs and lost productivity. Learn about the different sleep disorders and their causes. Preventive measures and natural approaches to restful sleep will be explained.

Tuesday 3/14

7:00 - 8:00 pm

1 Session

Instructor: Brian Yonks, DC - Wellness Consultant

Room 129—CHS

HEALTH

WEIGHT LOSS, FOOD & EXERCISE

FEE \$10 NO REDUCED FEE

Checks payable to: MCCSD

Where to start?

The goal of this workshop is for participants to take control of their weight, health and wellbeing. This workshop will educate the audience how the body and metabolism works. Participants will learn how and what type of exercise is the best for weight loss, how to start a weight loss program or overcome a weight loss plateaus, how the right type of food and exercise will turn back the clock, how eating the right or wrong types of food not only effects weight but aging and how water and medication play a roll in their health. .

Tuesday 3/7

7:00 - 8:00 pm

1 Session

Instructor: Brian Yonks, DC - Wellness Consultant

Room 129—CHS



IRRITABLE BOWEL SYNDROME, GERD, SIBO: How to help yourself without drugs

FEE \$10 NO REDUCED FEE

Checks payable to: MCCSD

Learn what triggers IBS. Learn the common medications that cause SIBO, gas, bloating chronic diarrhea (IBS-D) or constipation (IBS-C). Learn what the FODMAP diet is and how it can help you live a better life. Acid Reflux, Hiatal Hernias, Ulcers, Irritable Bowel Syndrome, Colitis, and Crohn's Disease are just a few of the digestive disorders that affect more than 61 million Americans each year. Digestive problems limit one's ability to enjoy and participate in everyday activities. Learn the dietary and lifestyle triggers. This presentation will teach the audience about natural, non-drug means of improving or even correcting these problems.

Tuesday 3/21

7:00 - 8:00 pm

1 Session

Instructor: Brian Yonks, DC - Wellness Consultant

Room 129—CHS

HEALTH

MEDITATION

FEE \$15 NO REDUCED FEE Outside Vendor
Checks payable to: Jorge Teodoro

Too busy to Meditate? This course will show you that the more you meditate, the more valuable time will become. Each session will teach the tools, strategies & methods to develop a daily mediation practice. This program is designed to teach a variety of approaches to meditating that can be used in everyday routines, our work environment & home life. In our sessions together, I will offer a variety of breathing techniques to develop a flow of focus, creativity & body awareness. Together we will build skills to bring the mind to the present moment with a single point of focus.

Tuesday 3/7, 3/14 & 3/21 **6:00 - 7:30 pm**
3 Sessions
Instructor: J. Teodoro
Room 108 - CHS



HOBBIES, LEISURE & ART

PUFF MESH SPRING WREATH
FEE \$10 NO REDUCED FEE
Checks payable to: MCCSD

Learn how to make a mesh puff wreath for the spring or for other holidays. The wreath will look professional when you add your creative touch to it! This can be done without any experience.

Maximum 14

Supplies needed:

14 to 16 inch wire wreath frame
(2) 20 inch mesh rolls for wreath making
Package of pipe cleaners
3 rolls of wire ribbon - 1/2 inch wide
2 inch wide wire ribbon if choosing a bow
Scissors
Glue gun (to adhere decorations)
Wire Cutters (if your embellishments need to cut wire)
Any decorations you want to add to the wreath



Or, you may purchase a kit for \$38.00 paid to the teacher the night of class. Please indicate *KIT* on the registration form.

Thursday 3/16 **6:30 - 8:30 pm**
1 Session
Instructor: J. Serra
Room 133 - CHS

HOBBIES, LEISURE & ART

ROLLED MESH SPRING WREATH
FEE \$15 NO REDUCED FEE
Checks payable to: MCCSD

Learn how to make a mesh wreath for the spring or any holiday. A professional looking wreath will be made in one class to take home. No special skills or talent needed. Just a desire to learn.

Maximum 14

Supplies needed:

2 rolls 10 inch wide rolled mesh
2 contrasting colors or same color
3 rolls of 1-1/2 inch wide wire ribbon
if you choose a bow, 2 - 1/2 inch wide wired ribbon.
14 or 16 inch wire wreath
Package pipe cleaners; need about 30 to match mesh embellishments for wreath/either small floral picks or any other items of choice
Glue gun to glue embellishments only
Scissors
Ruler

Or, you may purchase a kit for \$38.00 paid to the teacher the night of class. Please indicate *KIT* on the registration form.

Thursday 3/30 **6:00 - 9:00 pm**
1 Session
Instructor: J. Serra
Room 133 - CHS

FILM MAKING
FEE \$85 NO REDUCED FEE Outside Vendor
Checks payable to: Life's Interpretation LLC

This beginners film class will give students the opportunity to learn the basic shot types, shooting styles, storyboarding and scripting with the outcome of filming a short film, documentary or video production of your choice. Students are encouraged to bring their own DSLR Camera, mirrorless camera, cell phone camera, etc. This will be an active and fun class, so please bring comfortable apparel and footwear. (Light walking).

Maximum: 15 Students.

Monday 3/6, 3/13, 3/20, 3/27 **7:00 - 8:30 pm**
4 Sessions
Instructor: Z. Robinson
Library Computer Lab - CHS



HOBBIES, LEISURE & ART

GUITAR LESSONS - Beginner Group Instruction
FEE \$60 NO REDUCED FEE Outside Vendor
Checks payable to: Scott Kubik

Interested in learning how to play guitar but don't know how to start? Learn a few easy chords, some simple riffs and some fun songs that everyone can play. We'll also discuss how to read guitar tablature (tab) and chord diagrams as well as where to find good online resources for home learning and further playing. **Bring a fully strung 6 string acoustic guitar (no electrics please) and guitar pick.**

Tuesday Start Date 2/28
7 sessions
Instructor: S. Kubik
Room 133 - CHS

7:00 - 8:30 pm



GUITAR LESSONS - Intermediate
FEE \$60 NO REDUCED FEE Outside Vendor
Checks payable to: Scott Kubik

I can play some simple chords on the guitar, now what do I do? If this sounds like you, this is the course to be in! We'll review reading chord diagrams and guitar tablature (tab) while learning how to better use our strumming to make our playing come alive. Simple scale patterns will also be covered to help open your creative freedom on the guitar. **Bring a fully strung 6 string acoustic guitar (no electrics please) and guitar pick.** If you have taken beginner group lessons, this course continues from there.

Wednesday Start Date 3/1
7 sessions
Instructor: S. Kubik
Room 133 - CHS

7:00 - 8:30 pm

PASTEL LANDSCAPES, PORTRAITS AND CHARCOAL PORTRAITS

FEE \$65
Checks payable to: MCCSD

Learn the techniques of drawing with pastels and charcoal. Work from photos or from a Still Life to create your own masterpiece. This class is open to students of all levels! Bring a desire to learn and let your creative talents emerge in a relaxed and educational environment.

After registering, a list of materials will be sent.

Wednesday Start Date: 3/1
8 Sessions (no make up)
Instructor: M. Bezich
Room 120 - CHS

7:00 - 9:00 pm



JEWELRY MAKING - Beginner
FEE \$35 NO REDUCED FEE
Checks payable to: MCCSD

Learn the techniques to make your own jewelry. This class will teach you basic skills needed to create your own designs. *Tool kits will be provided for use in the class only. The first class will be earrings, the second class is bracelets and the third class will be ankle bracelets.* Think of all the gifts you can learn to make for friends and family! **The cost of supplies is \$15 which is paid in cash to the instructor on the first night of class. Maximum: 15**

Tuesday 3/7, 3/14 & 3/21
3 Sessions

7:00 - 8:30 pm

Instructor: S. Walsh
Room 120 - CHS



JEWELRY MAKING - Intermediate
FEE \$35 NO REDUCED FEE
Checks payable to: MCCSD

Now that you have learned some basics, let's see where it can take us! In this class, you will expand upon the beginner class and learn to wire wrap, make your own chain, and create your own signature style with jewelry making tools provided for use during class. **The cost of supplies is \$20 which is paid in cash to the instructor on the first night of class. Maximum: 15**

PREREQUISITE: Beginner Jewelry Class

Tuesday 4/11, 4/18 & 4/25
3 Sessions
Instructor: S. Walsh
Room 120 - CHS

7:00 - 8:30 pm

PHYSICAL FITNESS, DANCE & SPORTS

ZUMBA TONING
FEE \$55 Outside Vendor NO REDUCED FEE

Checks payable to: Ida Ferraro

The ZUMBA Toning program is a Latin-inspired dance and tone program. Created to emphasize muscle along with rhythms, this combination of cardio and dynamic resistive exercises, is an effective use of progressive lightweight training to improve overall performance. **Please bring your Zumba toning sticks or 1 to 2 lb. weights along with water, sneakers and a towel.**

Wednesday Start Date: 3/1
7 Sessions
Instructor: I. Ferraro
Café 2 - DMS

6:30 - 7:30 pm

PHYSICAL FITNESS, DANCE & SPORTS

VOLLEYBALL - BEGINNER **FEE \$65** **Checks payable to: MCCSD**

This co-ed course is designed to enable *beginner* players to participate in daily games for sheer enjoyment & to improve their techniques of volleyball. Enrollment is limited to adults.
REGISTRATION IS REQUIRED PRIOR TO START OF CLASS.

Wednesday Start Date: 3/1 **7:00 - 9:00 pm**
8 Sessions
Instructor: R. Shankar
Gym - DMS



VOLLEYBALL - ADVANCED* **FEE \$65** **Checks payable to: MCCSD**

This co-ed course is for those who have prior experience playing volleyball at a “competitive” level. It is expected that players understand the responsibilities of each position and know the rules of the game. *Players must be proficient in volleyball fundamental skills, namely: bump, set, hit and service. The first night is try outs. The coach will decide if the student qualifies as Advanced.* If not the level required, the check will be returned.
REGISTRATION IS REQUIRED PRIOR TO START OF CLASS. *(Skill level at the discretion of coach.)

Monday Start Date: 2/27 **7:30 - 9:30 pm**
8 Sessions
Instructor: P. Canale
Gym - DMS



BASKETBALL **FEE \$65** **Checks payable to: MCCSD**

These sessions are geared towards full-court pick-up basketball. There are no instructional sessions. Co-ed participants play at their own risk. The District assumes no liability for injuries incurred. MCCSD sports teams & bad weather may cause cancellations or changes. Every effort will be made to have makeups. *Participants should bring one white T-shirt and one dark T-shirt to 1st class.*
REGISTRATION IS REQUIRED PRIOR TO START OF CLASS. Mail in registration forms early. Class fills quickly.

Wednesday Start Date: 3/8 **7:30 - 9:30 pm**
8 Sessions
Instructor: J. Burke
Gym - CHS

YOGA – OPEN LEVEL **FEE \$45 (Each Section) NO REDUCED FEE Outside Vendor** **Checks payable to: Jane Irvine**

This class encompasses sequence of various standing, seated and bounded poses designed to create a harmonious flow of movement with each breath. True to its meaning “to place in a special way,” Vinyasa allows you to explore modifications that is uniquely you,” while building on your endurance, alignment, balance and flexibility. While some poses can be challenging, the simple use of a hand towel as a prop can be very helpful for progress, allowing you to reap the full benefit of your practice. See you on the mat!

Monday Sec. I Start Date: 2/27 **7:00 - 7:50 pm**
Wednesday Sec. II Start Date: 3/1 **7:00 - 7:50 pm**
Instructor: J. Irvine
7 Sessions each section
Monday Café 2—DMS
Wednesday Café 1—DMS



YOGA – GENTLE YOGA **FEE \$45 (Each Section) NO REDUCED FEE Outside Vendor** **Checks payable to: Jane Irvine**

Designed to infuse the ambience of relaxing sounds and shimmering lights, our Gentle Vinyasa explores organic subtle body movement, poses “asanas,” breath work and mediation. It includes basic yoga poses to bring awareness to your breath and create a strong mind-body connection in your practice. You will leave class feeling de-stressed and revitalized. NO prior experience is necessary for this class. Wear comfortable clothing that allows you to move freely. A yoga mat and a blanket or bath towel will be used as props.

Monday Sec. I Start Date: 2/27 **8:00 - 8:50 pm**
Wednesday Sec. II Start Date: 3/1 **8:00 - 8:50 pm**
Instructor: J. Irvine
7 Sessions each section
Monday Café 2—DMS
Wednesday Café 1—DMS



KOGA LITE **FEE: \$35 NO REDUCED FEE Outside Vendor** **Checks payable to: Barbara Jempty**

KOGA = Kickboxing and Yoga. LITE = Low Impact. Together they form a unique combination that improves strength and mobility throughout the body. Each class is fun, yet effective and done to music that dares you to stay still! It’s FITNESS with a SMILE!
Sneakers, weights and water are recommended. No need for a mat.

Tuesday 4/11, 4/18, 4/25, 5/2 & 5/9 **6:00 - 7:00 pm**
5 Sessions - no make up
Instructor: B. Jempty
Café 2 - DMS

PHYSICAL FITNESS, DANCE & SPORTS

COUNTRY WESTERN LINE DANCING

FEE \$40

Checks payable to: MCCSD

Country Western dancing is a great way to exercise, have fun and meet new friends at the same time! Whether you are a beginner or already have dance experience (all levels welcome), you will learn the basic steps and the more advanced dancers can brush up on their dance techniques and skills. Line dances will be taught, as well as occasional couple dances. Partners not needed. So, come join us to learn all the popular dances to a variety of music styles, including the classic "oldies" and the "current" dances being done on the C/W scene. Dances will be reviewed weekly. By the end of this course, even the beginners will feel more confident in having mastered some basics. **Boots or shoes with leather soles recommended.**

Wednesday Start Date: 3/1 7:00 - 8:30 pm
7 Sessions

Instructor: M. Skiba (Skip) "Country Rhythms"
Former member of Cactus Kickers, L.I.'s C/W competition dance team
Cafeteria - CHS



SAFETY

BASIC LIFE SUPPORT PROVIDER

(CPR/AED) for HEALTHCARE PROVIDERS

FEE \$75 **NO REDUCED FEE** Outside Vendor

Checks payable to: Have Dummy Will Travel

This course is intended for **healthcare providers and professionals** who are expected to perform CPR as part of their everyday job. Students taking this course will learn single-rescuer and team basic life support skills for application in both pre hospital and in-facility environments, with a focus on High-Quality CPR and team dynamics, how to use an AED, and maneuvers to relieve choking for all ages. We will also include additional assessment techniques, the use of a bag-valve-mask (BVM) for respirations and supplemental oxygen. **You will be expected to pass a written exam. This class is endorsed by the American Heart Association and is NOT suitable for people who do not work in the healthcare industry as a direct patient care provider. Cost includes certification card and manual.**

Wednesday 4/12 6:00 - 9:00 pm
1 Session
Instructor: E. Zalewski
Room 114 - CHS

SAFETY

ADULT, CHILD & INFANT CPR/AED

FEE \$65 **NO REDUCED FEE** Outside Vendor

Checks payable to: Have Dummy Will Travel

This class is designed for anyone with little or no medical training who needs a course completion card for job, regulatory (e.g., OSHA), or other requirements. This course can also be taken by anyone who wants to be prepared for an emergency in any setting as it teaches what to do in the event someone is choking, not breathing or whose heart has stopped altogether. We show you how to properly administer chest compressions, mouth-to-mouth and mouth-to-mask breathing, **how to use an AED**, and maneuvers to relieve choking for all ages. While there is no written exam for this course, our staff is dedicated to making sure students will undoubtedly be able to help save a life in the event of an emergency. **This class is endorsed by either the American Heart Association, American Red Cross or the National Safety Council. And is NOT suitable for healthcare professionals. Cost includes certification card and manual.**

Tuesday 3/7 7:00 - 9:30 pm

Instructor: E. Zalewski
1 Session
Room 114 - CHS



NATIONAL POINT & INSURANCE REDUCTION, INC.

FEE \$35.00 **NO REDUCED FEE** Outside Vendor

Checks payable to: Jat Pal Inc.

Drivers who complete the National Point & Insurance Reduction Course, Inc. 6-hour classroom course **save 10%** on their **automobile** liability, collision and no-fault premiums each year **for THREE full years and REDUCE up to 4 points** from their driving record. Course completion is transmitted to the New York State Department of Motor Vehicles and recorded on each student's driving record. Save hundreds of dollars over the next three years and venture into traffic safety awareness. There is no testing. **Bring your driver's license and a pen to class.** This is a NYS DMV approved accident prevention workshop and you **must be in class at the start time or you will not be allowed to take the class per NYS DMV.**

Wednesday 3/8 & 3/15 6:30 - 9:30 pm
2 sessions

Instructor: A. Jatoi
Room 129 - CHS



REGISTRATION FORM

Please PRINT this form & MAIL to the address below with your check or money order.

COURSE: _____ *CIRCLE* _____ *Amount*
DAY: M T W TH *Enclosed:* _____

*Please submit a separate registration form and check PER PERSON, PER COURSE.
If additional registration forms are needed, please photocopy this form.*

**Only checks or money orders accepted! Please include telephone number and course title on check.
Make checks payable to: See course description in catalog**

Non-Resident Fee: Additional \$10.00 per course

Senior Citizens, please see introduction Page 2 for fee schedule.

Classes are filled on a first-come, first-serve basis. (Please mail in your registration early. Please postmark by February 6, 2023.) You must be over 18 years old or older for Continuing Ed classes.
For ABE / HSE non-residents must be 21 years old or older.

Please Print:

Name: (Last) _____ (First) _____

Address: _____

Town: _____ Zip Code: _____

Phone: (_____) _____ Business or Cell: (_____) _____

HOLD HARMLESS AGREEMENT – You must sign below to be accepted.

I, (the above named person), hold harmless the Middle Country Central School District, its employees, agents and assigns, from all losses, claims, costs, causes of action, etc., by reason of damage including bodily injury at any time resulting therefrom, sustained by me in connection with my participation in the Middle Country Central School District Continuing Education Program.

Signed: _____ Date: _____

****No confirmation of enrollment will be sent to you. You have been accepted in your selected course unless you are otherwise notified. Please check course listing for start date.****

Walk-in registration will be held at Centereach High School, Cafeteria, Thursday, February 9, 2023, 6:00 p.m. to 7:30 p.m. Park BEHIND Centereach High School and use the BACK entrance.

Please do not bring your registration to the Continuing Education Office.

PLEASE SEND TO:
Adult Ed-Centereach High School
14 43rd Street
Centereach, NY 11720

*****REGISTRATION FORM*****

Please PRINT this form & MAIL to the address below with your check or money order.

COURSE: _____ **CIRCLE** **Amount**
DAY: M T W TH **Enclosed:** _____

*Please submit a separate registration form and check **PER PERSON, PER COURSE**.
If additional registration forms are needed, please photocopy this form.*

**Only checks or money orders accepted! Please include telephone number and course title on check.
Make checks payable to: See course description in catalog**

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14 43rd Street
Centereach, NY 11720**

**MIDDLE COUNTRY CENTRAL
SCHOOL DISTRICT
8 43RD STREET
CENTEREACH, NEW YORK 11720**

**Bulk Rate
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Centereach, N.Y.
11720**

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SCHOOL DISTRICT**

**MIDDLE COUNTRY CENTRAL SCHOOL DISTRICT
at Centereach**

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