

FITNESS ▼ DEFENSIVE DRIVING ▼ SPORTS ▼ DANCE

ERIK'S TOTAL WORKOUT - 8 sessions. Middle School Wrestling Room. 6:00-7:00pm. Mon. 10/19, 26; 11/2, 9, 16, 23, 30; 12/7. Thurs. 10/15, 22, 29; 11/5, 12, 19; 12/3, 10. Can mix classes. Erik Fredrickson has taught fitness and wellness professionally for over 13 years and is the founder and owner of *Prana Fit, Inc.* Class is designed to condition all areas of the body for all levels of ability using a diverse format that includes exercise stations, yoga and balance exercises to improve core stability, posture, flexibility, balance, and shape. Erik will guide, teach, and motivate students while keeping it fun! Bring a stability ball. FEE: \$100 per any 8 sessions. Pay per session \$15.

SHALL WE DANCE? BALLROOM AND LATIN DANCING - 7 sessions. Middle School Cafeteria. 7:00-8:15pm. Wed. 10/14, 21, 28; 11/4, 18; 12/2, 9. Agnes Bristel with *Touch Dancing Studios* in Westhampton Beach is a certified Instructor with *Dance Educators of America*. Become an all around social dancer: fox trot, waltz, tango, swing, salsa, cha-cha, and rumba. Also, lead and follow as well as styling and having fun! Partner not required. FEE: \$90. (Includes 1 free admission to Touch Dancing's bi-monthly Practice Party).

DEFENSIVE DRIVING WORKSHOP - Classes Every Month! High School Room 39. 6:30-9:30pm. Wed. & Thurs. (3 hrs. each night required). 9/16, 17; 10/14, 15; 11/18, 19; 12/16, 17, 1/13, 14; 2/10, 11. George Simonson makes class interesting and informative. Qualifies principal driver for 10% reduction in liability and collision auto insurance premiums for 3 years. Reduces 4 points from driver's record. No testing. Call 725-1485 for required phone registration and pre-pay by check or money order. FEE for all students: \$55.

GOLF FOR BEGINNERS - 6 sessions. Poxabogue Golf Center, Montauk Hwy. Wed. 3:30-4:30pm. 10/21, 28; 11/4, 11, 18 - plus raindates. A PGA golf professional introduces you to golf's basic fundamentals - stance, grip, swing. Final (double) session: play the course. Equipment supplied if needed. (Limit: 12) FEE: \$100.

PILATES MAT CLASS - 6 sessions. Middle School Wrestling Room. 6:00-7:00pm. Tues. 10/13, 20, 27; 11/10, 17, 24. Claudia Matles is a certified Pilates and Yoga practitioner with over ten years of teaching who presents a program for both beginners and advanced students. Whether you strive for toning, proper alignment, weight loss, flexibility or peace of mind, Pilates accelerates the jaw-dropping results you are looking for. This unique method encourages coordination of breath with core, creating an effective total-body workout that firms and lifts your seat, strengthens and lengthens muscles; helps give you a sleek, toned body without excessive bulk. Pilates technique supports the health of the spine and mind as you engage the core! FEE: \$85.

INDOOR TENNIS - 5 sessions. Two identical courses. E.H. Indoor Tennis, 175 Daniels Hole Rd, Wainscott. 7:00-8:00pm. Tues. 10/13, 20, 27; 11/3, 10. Wed. 10/14, 21, 28; 11/4, 11. The able and experienced instructors are from the facility. A start-up clinic for those who want to learn the right way. Demo rackets loaned. Sneakers required. (Limit: 16 with 4 to 1 student ratio). FEE: \$125.

YOGA: MIND BREATH AND BODY - 6 sessions. JMES K Commons. 6:00-7:30pm. Mon. 10/19, 26; 11/2, 9, 16, 23. Jaki Jackson, B.S, PTA, M.S. A Phoenix Rising yoga therapist, she has taught yoga disciplines for 43 years. It's the end of the work day for many of us. This class brings us back to ourselves through yoga methods that divest the day's tensions and restores physical and emotional wellbeing. Take the opportunity to become really connected to all aspects of yourself while developing more strength, fluidity, balance and agility. FEE: \$75.

BASIC FISHING ROD BUILDING - 5 sessions. High School Room 55. 6:30-8:30pm. Mon. 10/19, 26; 11/2, 9, 16. Al Goldberg for 43 years master rod builder, teacher and angler has written extensively on the craft. Construct your own custom rod for fishing the East End. It's easy and fun. Al takes you from deciding on what kind of rod you want to detailing and final finishing. Minimum materials fee of \$100 due at first class, depending on type of rod. (Limit: 12) FEE: \$80.



EAST HAMPTON UFSD CONTINUING EDUCATION PROGRAM

231 Pantigo Road East Hampton NY 11937
631-725-0165

FALL 2009 REGISTRATION - First call Joan Carlson, 631-725-0165, then mail in form and check.

SCHOOL LOCATIONS: High School – 2 Long Lane; Middle School - 76 Newtown Lane; John Marshall Elementary Sch (JMES) - 3 Gingerbread Lane.

Classes begin on or after October 10. If a class is cancelled due to insufficient registration, you will be notified and the fee refunded.

STORM & OTHER CANCELLATIONS: announced by WLNG, 92.1 FM and WEHM, 92.9 FM.

PAYMENT: make checks and money orders payable to East Hampton UFSD. There is a \$10 fee for each course for those outside the school district. For courses \$50 and under the charge is \$5. **THERE CAN BE NO REFUNDS ONCE A CLASS HAS STARTED.** Please fill out form below and include check or money order. Send to EH Continuing Education, 231 Pantigo Rd. East Hampton NY 11937 and note choice of course(s) and your name and phone number on your check. Kindly make out a **separate check** for each course. Bring cash payments to Office. For information call Joan Carlson or email joan.carlson@optonline.net. Catalog on website: ehufsd.org.

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EAST HAMPTON CONTINUING EDUCATION FALL 2009 SEMESTER

Name _____ Telephone(s) _____

Street Address _____ Postal Address _____

City, State, Zip _____ E-mail _____

Course _____ Fee _____

Course _____ Fee _____

Include \$10/\$5 fee(s) if out of district. In district, check form here _____



7 COMPUTER COURSES

IBM PC's & compatibles – and eBay



BECOMING COMPUTER FRIENDLY - 6 sessions. High School Room 35. 5:15-6:15pm. Mon. 10/19, 26; 11/2, 9, 16, 23, 30. Lise Bjerring is a Microsoft Certified Computer Systems Engineer. Learn to use the mouse and keyboard and receive an introduction to word processing using *Microsoft Word*. Write a letter, cut, paste and save text, and access various programs. Try basic searches using Google, read and send messages using Webmail. Beginners only. (Limit: 10) FEE: \$85.

MICROSOFT WORD: INTERMEDIATE LEVEL - 6 sessions. High School Room 35. 6:30-7:30pm. Mon. 10/19, 26; 11/2, 9, 16, 23, 30. Lise Bjerring. A continuation and review of Computer Friendly. Learn to effectively use *Microsoft Word*. Explore menus and toolbars, lots of keyboard shortcuts, formatting a document, setting margins, tabs and tabular columns, creating outlines, macros, formatting tables, using spell check, and organizing your work by creating new folders and deleting files. (Limit: 16) FEE: \$75.

INTRODUCTION TO MICROSOFT OFFICE ACCESS - 4 sessions. High School Room 35. 5:15-6:15pm. Tues. 10/13, 20, 27; 11/10. Lise Bjerring. This workshop will explain all the major features of *Access 2003*, including designing and creating databases, form view & datasheet view. Organizing and filtering information, using a database in a mail merge, querying, sorting, and generating effective forms and reports. FEE: \$50.

MICROSOFT PUBLISHER - 6 sessions. High School Room 82. 5:15-6:15pm. Thurs. 10/15, 22, 29; 11/5, 12, 19. Lise Bjerring. *Microsoft Publisher* is a simple to use "Desktop Publishing" program that produces results worthy of a professional graphic artist. Create a poster/flyer, a greeting card, a business card, a brochure or newsletter, decorative labels, a mail merge, and even a website. No special skills are needed other than a basic familiarity with *Microsoft Word*. (Limit: 12) FEE: \$75.

PHOTOSHOP ELEMENTS - 6 sessions. High School Room 82. 6:30-7:30pm. Thurs. 10/15, 22, 29; 11/5, 12, 19. Lise Bjerring. *Photoshop Elements* is a software program that makes it easy to edit, create, and share your photos. Some of the things this course will cover are organizing photos and applying tags, importing from cameras, videos, and pdfs, adjusting lighting, color, and exposure, cleaning your scene of unwanted elements, combining images, using blenders and filters, batch processing, using adjustment layers, repairing and retouching, inserting text, and creating a slide show or greeting card from your photos. (Limit: 12) FEE: \$75.

INTRODUCTION TO MICROSOFT EXCEL - 6 sessions. High School Room 35. 6:45-8:00pm. Tues. 10/27; 11/10, 17, 24; 12/1, 8. William Sagal has been a computer consultant since 1976. *Excel* is a spreadsheet program that is part of the *Microsoft Office Suite*. Learn your way around the program, making graphs, sort and summarize data, create formulas and work with multiple spreadsheets and files. Create an electronic version of your checkbook while learning the program. For those who use *Microsoft Word* or an equivalent. (Limit: 14) FEE: \$70.

eBAY: LEARN TO BUY & SELL - 4 sessions. High School Room 36. 6:00-7:30pm. Thurs. 10/15, 22, 29; 11/5. Join *eBay* Powerseller Joanne Handloser and learn *eBay* strategies and techniques about what kinds of items sell best, how to determine what your items are worth, how to write the perfect listing and how to get paid safely and securely. There will be plenty of time for Q & A. Turn your trash into cash or find new additions for your collections. This is not a computer class; access to *eBay* will be from your home computer, for security reasons. FEE: \$70.



LANGUAGES

CONVERSATIONAL SPANISH - 6 sessions. High School Room 40. 5:30-6:30pm. Thurs. 10/29; 11/5, 12, 19; 12/3, 10. Anna Franklin is a skilled high school teacher with over 30 years of experience in teaching Romance languages. She has several Masters in this field as well as diplomas from universities abroad. A class for everyone. Motivated beginners should seriously study Chapters 1-5 in the text before class starts. Emphasis on vocabulary and communication in a variety of contexts. Required text: **Ultimate Spanish, Beginner-Intermediate** by Living Language, \$18 at Bookhampton. (Limit: 17) FEE: \$80.

FINE AND APPLIED ARTS



BEGINNING BRIDGE - 6 sessions. High School Room 27. 5:30-6:55pm. Wed. 10/14, 21, 28; 11/4, 18; 12/2. George Aman is a certified ACBL teacher and has taught tournament and duplicate bridge on the East End. For Beginners and New Intermediates covering hand valuation, opening bids, responses, rebids, overcalls and doubling. Half instruction and half play. (Limit: 20) FEE: \$70.

TWO-OVER-ONE GAME FORCE BIDDING - 6 sessions. High School Room 27. 7:00-8:30pm. Wed. 10/14, 21, 28; 11/4, 18; 12/2. George Aman. For intermediates and advanced bridge players. Many have found that using Two-over-one Game Force significantly improves their bidding abilities. This is not a new bidding system. It is a modification of standard bidding methods, designed to give a partnership more bidding room to both find the best game contract and explore slam possibilities. (Limit: 20) FEE: \$70.

LAOTIAN AND THAI COOKING - 3 sessions. High School Room 78. 6:00-9:00pm. Thurs. 11/5, 12, 19. Returning by popular demand, Penn Hongthong is the author of her second cookbook, *Healthy Lao Cuisine* which emphasizes simple and healthy cooking. Use Asian exotic herbs, spices, fruits and vegetables from your supermarket and oriental grocery such as lemongrass, ginger, curry, coconut milk, hot pepper, mint, cilantro, tofu etc. Learn how to cook with little meat and more vegetables. Tasting/Demonstration class. Students help with clean up. (Limit: 15) FEE: \$105.

THREE VIEWS OF REALITY AT THE CORE OF OUR MINDS - 3 sessions. High School Room 34. 7:00-9:00pm. Thurs. 10/15, 22; 11/5. Richard Gambino is Professor Emeritus at Queens College, and holds a PhD in philosophy from N.Y.U. He recently was a full-time Visiting Professor at SUNY/Stony Brook and has been consistently rated excellent by his students. Discovering the rich tapestry of our modern minds brings a better understanding of ourselves and how we view the world. There have been several "common sense" views of reality in history. Ours evolved largely from three in the past, with living characteristics of each evident today. *The Medieval Mind*. Session 1. *The Renaissance Mind*. Session 2. *The Enlightenment Mind*. Session 3. FEE: \$40.

CONSUMER SAVING - 6 sessions. High School Room 34. 6:30-7:45pm. Wed. 10/14, 21, 28; 11/4, 18; 12/2. Linda Broggi is an experienced "budget freak" who routinely saves 25% with couponing and other unHamptons frugal strategies. Covers all aspects of couponing including 7 ways of organizing coupons; internet and local pricing; internet cautions, automobile repair savings; resale shops know how; budget ways; store layouts, the importance of terms and conditions; household hints; organization board; coupon club sites; product swaps; etc. FEE: \$45.

DECORATIVE PAINTING TECHNIQUES - 5 sessions, High School Room 55, 6:00-8:30 pm. Tues. 10/13, 20, 27; 11/10, 17. Dates - always on Tuesday - may change. Robert Cornog is a veteran professional faux finisher and interior designer in New York, etc. Marbleizing, striae and fantasy finishes. Includes 5 minute "Italian stucco" and wood graining. Hands on workshop using different finishes each session with last week devoted to own small decorative piece. Budget tips on turning trash into treasure. Supplies \$15 purchased in class. (Limit: 15). FEE: \$75.

NEED GARDEN? GOT GARDEN? - 3 sessions at instructor's garden in Wainscott, call 725-0165 for address. Sat.: 9:00-11:30am. 10/10, 17, 24. Landscaper George Biercuk designs all varieties of east end gardens. Does garden lack something? Is there year round interest? To start: where, when, how and why. Autumn is the perfect time to begin. What you should do to insure optimal performance in the future and facilitate spring startup. Create an overall plan including site plan, soil prep, hardscaping, plant selection and ornamentation. (Limit: 10) FEE: \$75.

JEWELRY - NEW TECHNIQUES FOR ALL - 5 sessions. High School Room 55. 6:00-8:00pm. Thurs. 10/15, 22, 29; 11/5, 12. With experienced jewelry artist and instructor Patti Robinson. Class emphasizes design and the acquisition of new skills. Design and create beaded bracelets, necklaces and earrings and learn tricks and techniques for professional results. Learn the techniques of stringing, knotting on silk, linen and leather, wire wrapping, bead linking and using chain and more. Beginners, returning students and students with experience welcome. Learn something new and get assistance with individual projects. Fee of \$35 for tools and basic supplies will be payable at first class for new beaders. Additional beads, findings and stringing materials will be sold in class at cost. FEE: \$75.

NOTARY PUBLIC TRAINING COURSE - 1 session. High School Room 38. 6:15-9:15pm. Thurs. 10/22. Barbara Marion Horn is a Notary Public and a committed teacher of this Notary Exam Preparation Class. Get ready for success! This three hour class provides a detailed overview of the New York State Notary Public License Law, emphasizes key material, recommends study strategies and familiarizes students with testing procedures and format. Each student receives a study guide, a "test plan," practice exam questions, Notary License Law and Oath of Office/Application. Acquire the confidence you need to pass this exam and become a conscientious public official. FEE: \$50 / Plus \$5 material charge, paid (cash) to instructor night of class.

WRITING FOR YOUNG PEOPLE - 6 sessions. High School Room 34. 7:00-8:15pm. Tues. 10/13, 20, 27; 11/10, 17, 24. Arnold Dobrin has published over 25 books for young people, both fiction and non-fiction. Learn what the field is all about; how to prepare a manuscript that will sell; deal with editors and agents and more. Critiques of work in progress including illustration. FEE: \$85.

PLEASE TURN PAGE FOR REGISTRATION INFORMATION

