

FITNESS ▼ DEFENSIVE DRIVING ▼ SPORTS ▼ DANCE

ERIK AND SARA'S TOTAL WORKOUT - 8 sessions. Middle School Wrestling Room. 6:00-7:00pm. Thurs. 10/14, 21, 28; 11/4, 18; 12/2, 9, 16. Together, Erik and Sara Fredrickson have taught fitness professionally for 17 years and own *Prana Fit, Inc.* The class is designed to condition all areas of the body for all levels of ability using a diverse format that includes various strengths. Stabilization and stretching exercises to improve lean muscle, posture, flexibility, and balance. Erik and/or Sara will guide, teach, and motivate students while keeping it fun. Please bring a stability ball. FEE: \$100 for 8 sessions. Pay per session \$15.

SHALL WE DANCE? BALLROOM AND LATIN DANCING - 7 sessions. Middle School Cafeteria. 7:00-8:15pm. Wed. 10/13, 20, 27; 11/3, 10, 17; 12/1. 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).

GOLF FOR BEGINNERS - 6 sessions. Montauk Downs, 50 So. Fairview, Montauk. 3:30-4:30pm. Wed. 10/13, 20, 27; 11/3, 10 - 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.

LATIN VIBES - 6 sessions. JMES K Commons. 6:00-7:00pm. Tues. 10/12, 19, 26; 11/2, 9, 16. Contagious joy and plenty of exercise with Argentinean, and Hampton favorite, Natalia Poggi leading her own electrifying brand of dancercise. A fun choreographed aerobic workout. Line dancing with a variety of Latin rhythms including conga, mambo, rumba and more. This helps you, to be healthy, strong, happy and confident. FEE: \$80.

NON-VIOLENT SELF DEFENSE - 6 sessions. Middle School Wrestling Room. 7:30-8:30pm. Mon. 10/18, 25; 11/1, 8, 15, 22. Mr. Terry Maccarrone is a highly trained security expert and Japanese martial arts Sensei. Women and men can learn to deal with situations using natural ability to defuse a threat. Strength and power not a factor; explore using relaxation and breathing coupled with tai chi and chi kung technique and more. No bare shoulders. Sweatpants and t-shirts suggested. Socks or bare feet. Workout buddy or single. (Limit 14) FEE: \$75.

PILATES MAT CLASS - 6 sessions. Middle School Wrestling Room. 6:15-7:15pm. Tues. 10/12, 19, 26; 11/2, 9, 16. Claudia Matles, a certified Pilates and Yoga practitioner with over ten years of teaching, 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. E.H. Indoor Tennis, 175 Daniels Hole Road, Wainscott. 7:00-8:00pm. Wed. 10/13, 20, 27; 11/3, 10. 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: \$130.

YOGA: MIND BREATH AND BODY - 6 sessions. JMES K Commons. 6:00-7:30pm. Mon. 10/18, 25; 11/1, 8, 15, 22. Jaki Jackson, B.S, PTA, M.S. A Phoenix Rising yoga therapist, she has taught yoga disciplines for 44 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.

DEFENSIVE DRIVING WORKSHOP - Classes Every Month! High School Room 71. 6:30-9:30pm. Wed. & Thurs. (3 hrs. each night required). 9/15, 16; 10/27, 28; 11/17, 18; 12/15, 16. 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.



EAST HAMPTON UFSD CONTINUING EDUCATION PROGRAM

4 Long Lane, East Hampton NY 11937
631-725-0165

EAST HAMPTON UNION FREE SCHOOL DISTRICT CONTINUING EDUCATION PROGRAM

4 Long Lane, East Hampton, NY 11937

FALL 2010 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 12. 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. **SORRY, THERE CAN BE NO REFUNDS ONCE A CLASS HAS STARTED.** Please fill out form below and include check or money order. Send to Continuing Education, 4 Long Lane, 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.

EAST HAMPTON CONTINUING EDUCATION FALL 2010 SEMESTER

Name _____ Telephone(s) _____

Street Address _____ Postal Address _____

City, State, Zip _____ E-mail _____

Course _____ Fee _____

Course _____ Fee _____

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



6 COMPUTER COURSES

IBM PC's & compatibles and Macs

BECOMING COMPUTER FRIENDLY - 6 sessions. High School Room 11. 5:15-6:15pm. Tues. 10/12, 19, 26; 11/2, 9, 16. 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: \$80.

MICROSOFT WORD: INTERMEDIATE LEVEL - 6 sessions. High School Room 11. 6:30-7:30pm. Tues. 10/12, 19, 26; 11/2, 9, 16. 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.

PHOTOSHOP ELEMENTS - 4 sessions. High School Room ITC. 6:00-8:00pm. Wed. 10/13, 20, 27; 11/3. 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, using adjustment layers, repairing and retouching and creating a slide show or greeting card from your photos. (Limit: 12) FEE: \$75.

PHOTOSHOP ELEMENTS LEVEL II - 4 sessions. High School Room ITC. 6:00-8:00pm. Thurs. 10/14, 21, 28; 11/4. Lise Bjerring. This course continues from Level I. It will cover advanced organizing techniques, layer styles, correcting camera distortion, erasing backgrounds & removing objects, creating a photo book & a photo collage, working with type, and special effects for photographers. (Limit: 12) FEE: \$80.

INTRODUCTION TO THE MAC - 2 sessions. High School Room 28. 5:30-6:30pm Mon. 10/18, 25. Lise Bjerring. Customize your Dock & Desktop, select a Screensaver, find items using Spotlight, downloading & editing photos with *iPhoto*, creating a quick slideshow, customizing your e-mail accounts using Mac mail, and your connecting Bluetooth devices. (Limit: 12) FEE: \$25.

INTRODUCTION TO MICROSOFT EXCEL - 6 sessions. High School Room 13. 6:30-7:45pm. Tues. 10/12, 19, 26; 11/2, 9, 16. 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 Windows*. (Limit: 14) FEE: \$75.

LANGUAGES

CONVERSATIONAL SPANISH - 6 sessions. High School Room 66. 5:30-6:45pm Tues. 10/12, 19, 26; 11/2, 9, 16. Anna Franklin is a skilled 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. For those who have completed a beginner's course. Improve your Spanish with emphasis on communication in a variety of contexts. Required text: *Ultimate Spanish, Beginner-Intermediate* by Living Language, \$18 at Bookhampton. Students are asked to review chapters 1 – 6 of the text before class starts. (Limit: 17) FEE: \$80.

FINE AND APPLIED ARTS

BEGINNING BRIDGE - 6 sessions. High School Room 77. 6:00-7:25pm. Tues. 10/12, 19, 26; 11/2, 9, 16. Lorraine O'Loughlin is a certified ACBL instructor and duplicate director on the East End. This course is designed for beginners and will cover hand evaluation, opening bids, responses, rebids, defense and declarer play of the hand. Class is half instruction and half play. A beginner manual, *Bidding in the 21st Century*, may be purchased (\$22) in class. (Limit: 20) FEE: \$75.

ADVANCED BEGINNERS/INTERMEDIATE BRIDGE - 6 sessions. High School Room 77. 7:35-9:00pm. Tues. 10/12, 19, 26; 11/2, 9, 16. Lorriane O'Loughlin. Absolutely no beginners. Course is for those with a basic foundation who want to enhance and improve their game. Learn generally accepted conventions: Stayman, Gerber, Blackwood, Weak 2's, Strong 2 Clubs and Doubles. Presentation followed by play of premade hands. (Limit: 20) FEE: \$75.

COUNTRY BOUQUETS OR...THERE'S NO SUCH THING AS A WEED - 3 sessions. High School Room 24. Thurs. 6:00-7:30pm. 10/14, 21, 28. Vay David, best known locally for work on East End stages and radio, has arranged country bouquets for charity benefits, hospital patients and even her own wedding. Bring a pair of clippers or scissors, any vessel you find interesting and 2-5 stems of living things from your garden/yard/fields. Don't discount grasses, fruits, branches ... anything that catches your eye with its form or color. A variety of vases and flowers will be on hand to work with. (Limit: 12) FEE: \$45.

BY POPULAR DEMAND: BISTRO CLASSICS - 3 sessions. High School Room 19. 6:00-8:30pm. Tues. 10/12, 19, 26. Laura Donnelly is the highly regarded wide-ranging food critic for the *East Hampton Star* and a skilled chef trained in French cuisine who is pastry chef at the *Living Room* at *The Maidstone*. Learn to cook in the classic French style: potato salad with caviar cream dressing, chocolate mousse, lamb, duck, lemon citron tart, custard with apples and almonds, coq au vin, pear clafouti. Review basic skills while participating in this tasting/demonstration class. Students help with clean up. (Limit: 15) FEE: \$105.

NY STATE NOTARY EXAM PREPARATION CLASS - Getting ready for success - 1 session. High School Room 69. 5:30-9:00pm. Thurs. 11/4. Are you a job seeker interested in standing out in this competitive market? Perhaps you are a hard-working employee looking to enhance your skills? Become a New York State Notary! This class provides a detailed overview of the Notary Public License Law, emphasizes key material, recommends study strategies, familiarizes students with testing procedures and format and offers practice exam questions. Acquire the confidence you need to pass this exam and become a conscientious public official. \$10 Materials Fee paid in class includes all NYS Study Material and Notary Application. Barbara Horn, MA, has been instructing aspiring, new and experienced NYS Notaries since 2005. FEE: \$55.

WOMEN AND MONEY - (men welcome) - 3 sessions. High School Room 63. 6:30-8:00pm. Wed. 11/3, 10, 17. Jim Posner is a private investor/trader who has helped many people understand the financial world and profit from it. Get the knowledge and confidence to help you take responsibility for your financial future and overcome the fear of a formerly "masculine" world. If your savings have eroded – or you just want to learn – you will benefit from this course. Learn to read a statement and how to talk to your broker. Study simple investment fundamentals and how to make decisions on bonds, stocks and other asset classes that will enable you to achieve financial goals. (Limit: 15) FEE: \$35.

JEWELRY DESIGN - 5 sessions. High School Room 22. 6:00-8:00pm. Thurs. 10/14, 21, 28; 11/4, 18. Patti Robinson is the recipient of the 2010 NYFA MARK award for visual art and works with mixed media and repurposed materials. She has a BFA in Painting and Art History. Students of every level can learn the basic techniques for making jewelry with professional results and personal expression. Bring along your imagination and a collaborative spirit. If you have any personal memorabilia or costume jewelry you would like to repurpose into a new design please bring it along too. Make something classic and elegant or a unique piece of wearable art. All levels welcome. Fee of \$35 payable at first class for students needing tools & basic supplies. Additional beads, findings and stringing materials will be sold in class at cost. FEE: \$75.

BASIC FISHING ROD BUILDING - 5 sessions. High School Room 22. 6:30-8:30pm. Mon. 10/18, 25; 11/1, 8, 15. Al Goldberg for 44 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 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.

WATERCOLOR FOR EVERYONE - 5 sessions. High School Room 24. 6:00-8:00pm. Wed. 10/13, 20, 27; 11/3, 10. Dates, always on Wednesday, may change. Robert Cornog is an award-winning painter showing in galleries in Vermont and East Hampton. He claims that anyone can do watercolor using his hand/eye method. Talent is not necessary. Get list of supplies and sources (\$50 or less) from Joan Carlson, 725-0165. (Limit: 12) FEE: \$75.

WRITING FOR CHILDREN AND YOUNG ADULTS - 6 sessions. High School Room 65. 7:00-8:15pm. Tues. 10/12, 19, 26; 11/2, 9, 16. Children's author/illustrator 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.

