

FITNESS ▼ DEFENSIVE DRIVING ▼ SPORTS ▼ DANCE

ERIK AND SARA'S TOTAL WORKOUT - 8 sessions. Middle School Wrestling Room. 6:00-7:00pm. Mon. 10/17, 24, 31; 11/7, 14, 21, 28; 12/5. Combined, Erik and Sara have taught fitness professionally for over 20 years and own *Prana Fit, Inc.* Their class is designed to condition all areas of the body using a diverse format that includes various strength, stabilization and stretching exercises to improve lean muscle, posture, flexibility, and balance. Erik and/or Sara will guide, teach, and motivate students of all abilities while keeping it fun. Please bring your own 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. 10/12, 19, 26; 11/2, 9, 16, 30. Agnes Bristol, 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. plus raindates. 10/12, 19, 26; 11/2, 9, 16. 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.

GOLF FOR INTERMEDIATES - 6 sessions. Montauk Downs. 3:30-4:40pm Tues. plus raindates. 10/11, 18, 25; 11/1, 8, 15. Go a bit beyond the basic fundamentals. A PGA Golf Professional will explain the 9 Ball Flight Laws and how they relate to your shot patterns. Also included will be expanded short game techniques to assist a golfer in getting it "up and down." Final (double) session, play the course. Equipment provided, if needed. (Limit: 8) FEE: \$135.

LATIN VIBES - 6 sessions. JMES K Commons. 6:00-7:00pm. Thurs. 10/13, 20, 27; 11/3, 10, 17. Contagious joy and plenty of exercise with Argentinean, and Hampton's 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. 10/17, 24, 31; 11/7, 14, 21. 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. Enjoy empowerment and self confidence and increase one's awareness of danger before being threatened. Target used to punch, kick and strike. Learn how to use elbows, palm hands and knees. Breathing exercises essential for defense. 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. 10/11, 18, 25; 11/1, 8, 15. Claudia Matles, a certified Pilates and Yoga practitioner with over 12 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. Also, 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. 10/12, 19, 26; 11/2, 9. 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.

STRETCH - 4 sessions. Middle School Wrestling Room. 6:00-7:00pm Thurs. 10/13, 20; 11/3, 10. Jamie Lerner has been teaching classes and training private clients on the East End since 1992, and was named "Best Female Trainer in the Hamptons" by *Dan's Papers*. Loosen joints, lengthen muscles, release tension, improve alignment, and develop awareness of breath. Enjoy constructive relaxation! Enhance your participation in other physical disciplines as well as your functional well-being in daily life. Feel better, look better, move better. Details at www.jamielemer.com. Wear comfortable non-binding clothing that gives. FEE: \$55.

YOGA: MIND BREATH AND BODY - 6 sessions. JMES K Commons. 6:00-7:30pm. Mon. 10/17, 24, 31; 11/7, 14, 21. Jaki Jackson, B.S., PTA, M.S. A Phoenix Rising yoga therapist, she has taught yoga disciplines for over 40 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 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). 9/21, 22; 10/19, 20; 11/16, 17; 12/14, 15; 1/18, 19; 2/15, 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.

5 HOUR PRE-LICENSING NY STATE REQUIRED COURSE - High School. Pick your course. \$55 each. Phone ahead. Pay in classroom. Hamptons Driving School. Rm 64, 5:30-9:30pm. Wed. 9/14; 10/5; 11/9; 12/7; 1/11; 2/1. 907-8001. All Suffolk Auto. Rm 71. 5:30-9:30pm. Thurs. 9/15; 10/13; 11/10; 12/1; 1/12; 2/9. 289-1862.



**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

REGISTRATION - Mail in form and check. Call Joan Carlson for information or clarification at 631-725-0165.

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 11. If a class is cancelled due to insufficient registration, you will be notified and the fee refunded. Admission is on a first come first served basis.

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 students 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, 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 joanCarlson@optonline.net. Catalog on website: ehufsd.org.

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EAST HAMPTON CONTINUING EDUCATION FALL 2011 SEMESTER

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Name	Telephone(s)
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Street Address	Postal Address
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City, State, Zip	E-mail
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Course	Fee
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Course	Fee



6 COMPUTER COURSES

IBM PC's & compatibles

BECOMING COMPUTER FRIENDLY - 6 sessions. High School Room 11. 5:30-6:30pm. Mon. 10/17, 24, 31; 11/7, 14, 21. Lise Bjerring is a Certified Computer Systems Engineer. Learn to use the mouse and keyboard and receive an introduction to word processing using *Microsoft Word 2010*. 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 2010: INTERMEDIATE LEVEL - 6 sessions. High School Room 11. 6:45-7:45pm. Mon. 10/17, 24, 31; 11/7, 14, 21. Lise Bjerring. A continuation and review of Computer Friendly. Learn to effectively use *Microsoft Word* and *Office 2010*. 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 8, LEVEL I - 4 sessions. High School Room ITC. 6:00-8:00pm. Tues. 10/11, 18, 25; 11/1. 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. FEE: \$85.

PHOTOSHOP ELEMENTS 8, LEVEL II - 4 sessions. High School Room ITC. 6:00-8:00pm. Tues. 11/8, 15, 22, 29. 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. FEE: \$90.

DREAMWEAVER - 4 sessions. High School Room 13. 5:30-6:30pm Thurs. 10/13, 20, 27; 11/3. Lise Bjerring. *Dreamweaver* is a powerful software tool that lets you build websites quickly and efficiently. We will learn to define a new website, design a basic webpage, use rollover links, templates, build basic forms, and explore CSS (Cascading Style Sheets). FEE: \$45.

INTRODUCTION TO MICROSOFT EXCEL 2010 - 6 sessions. High School Room 13. 6:45-7:45pm Thurs. 10/13, 20, 27; 11/3, 10, 17. Lise Bjerring. In this spreadsheet application, we will create lists, sort & summarize data, build tables, use formulas, relative references, filter data, make charts & graphics, and create dynamic worksheets using pivot tables. FEE: \$80.

LANGUAGE

INTERMEDIATE SPANISH - 8 sessions. High School Room 63. 5:45-7:00pm Wed. 10/12, 19, 26; 11/2, 9, 16, 30; 12/7. 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 a basic knowledge of grammar and can engage in basic conversation. Improve your fluency while conversing on a variety of topics and learn more advanced grammar. Emphasis on communication in a variety of contexts. Required text: *Ultimate Spanish, Beginner-Intermediate* by Living Language, \$21 at Bookhampton. (Limit: 10) FEE: \$95.

FINE AND APPLIED ARTS

SEED BEADWEAVING - 5 sessions, High School Room 22. 6:00-7:45pm Wed. 10/12, 19, 26; 11/2, 9. Bea Lothrop is a consummate craftsperson who makes beading a joyful, creative experience. Learn basic techniques including the Dutch spiral rope, twisted herringbone, and flat and tubular peyote. No stringing; this is seed beading using a needle split down the middle. Make a bracelet in the first class with a toggle closing. Master other closures. All materials available at *Island Beads and Jewelry* in Eastport or by catalog. Students will receive a supply list. Cost \$55 or more. (Limit: 10) FEE: \$75.

BEGINNING BRIDGE - 6 sessions. High School Room 77. 5:30-6:55pm Wed. 10/12, 19, 26; 11/2, 9, 16. George Aman is a certified ACBL teacher and director as well as a Life Master. For Beginners and New Intermediates covering hand valuation, opening bids, responses, rebids, overcalls and doubling. Half instruction and half play. (Limit: 20) FEE: \$75.

INTERMEDIATE BRIDGE - 6 sessions. High School Room 77. 7:05-8:30 pm. Wed. 10/12, 19, 26; 11/2, 9, 16. George Aman. For those with a basic foundation. Absolutely no beginners! Enhance and improve your game with use of generally accepted conventions and playing techniques. Commonly used conventions such as Stayman, Blackwood, transfers, Jacoby two no trump and weak twos will be covered. 1/3 oral presentation followed by playing pre-made hands. (Limit: 20) FEE: \$75.

SPEAK FOR YOURSELF - 5 sessions. High School Room 71. 6:00-7:30pm Tues. 10/11, 18, 25; 11/1, 8. Penny Knapp is a widely recognized speaking and style consultant having worked with over 30,000 people in seminars across the United States and Canada. Brush up your speaking skills. Learn vital techniques for presenting yourself, your art, project or product. Find better ways to say what you mean; use a lectern at a book signing or public meeting and make the most of your speaking environment. Develop your natural gestures, positive body language and find ways to work at conquering nerves. Try these skills in class. Be ready for your next speaking opportunity. (Limit: 12) FEE: \$70.

THE ABC'S OF WRITING FICTION - 6 sessions. High School Room 65. 7:00-8:30pm Mon. 10/17, 24, 31; 11/7, 14, 21. Edward Hannibal is the author of five published novels and a frequent presenter of fiction seminars. *His Chocolate Days, Popsicle Weeks* won a Houghton Mifflin Literary Fellowship Award. This class is a refresher in the basics of writing fiction for anyone who wants to write and can't get started. Or, has begun and is stuck or losing heart. Among the topics the course will include are: Getting Going; Finding Your Voice; Keeping Going; Rewriting; Preparation of Queries and Submission of Manuscripts for publication. FEE: \$85.

COOKING: TURTLE CROSSING'S BEST - Two single sessions onsite at restaurant, 221 Pantigo Rd, East Hampton. 6:00-8:30pm Tues. 10/11; Wed. 10/12. Chef Arthur Wolf has made *Turtle Crossing* a foodies' destination. Enjoy a full three course meal with beverages while learning how he does it. Includes both robust barbecue and new menu items featuring organic, healthy choices made delicious. No secrets here. Light student participation. (Limit: 12) FEE: \$35 per evening.

ART COLLECTORS AND APPRECIATORS - 5 sessions at artists' studios. 6:00-7:15pm. Wed. 10/12, 19, 26; 11/2, 9. Renowned printmaker/artist Dan Welden leads group to the studios of artists, including some of the following: Kimberly Goff, Vito De Vito, Eric Ernst, Hans Van de Bovenkamp and Susan Vescey, and concludes with his own studio. Dan will interview the artists, as they show their work and talk about their inspirations, rewards, tools and some hidden secrets. Sign up for this unique series of visits. Call 725-0165 for direction sheet. Bring a folding chair and your questions. (Limit: 10)

WATERCOLOR FOR EVERYONE - 5 sessions. High School Room 24. 6:00-8:00pm. Wed. 10/12, 19, 26; 11/2, 9 - 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.

