

FITNESS ▼ DEFENSIVE DRIVING ▼ SPORTS ▼ DANCE

ERIK AND SARA'S TOTAL WORKOUT - 8 sessions. Middle School Wrestling Room. 6:00-7:00pm. Mon. 4/12, 19, 26; 5/3, 10, 17, 24; 6/7. Thurs. 4/8, 15, 22, 29; 5/6, 13, 20. Together, Erik and Sara Fredrickson have taught fitness professionally for 16 years as well as 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 exercise stations, yoga and balance exercises to improve core stability, posture, flexibility, balance, and shape. Erik and/or Sara 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. 4/7, 14, 21, 28; 5/5, 12, 19. 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). 3/17, 18; 4/14, 15; 5/12, 13; 6/16, 17. 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.

HEARTSAVER CPR - 1 session. E.H. Ambulance Headquarters, 1 Cedar St. 7:00-9:30pm. Wed. 4/28. Adult and Infant CPR, choking, intro to AED, external defibrillator. Text, pocket facemask and certification good for 2 years. Bring \$50 for materials to class. (Limit: 12) FEE: \$10.

GOLF FOR BEGINNERS - 6 sessions. Montauk Downs, 50 So. Fairview, Montauk. Wed. 3:30-4:30pm. 4/14, 21, 28; 5/5, 12 - 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. 4/6, 13, 20, 27; 5/4, 11. 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. E.H. Indoor Tennis, 175 Daniels Hole Road, Wainscott. 7:00-8:00pm. Wed. 4/7, 14, 21, 28; 5/5. 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. 4/12, 19, 26; 5/3, 10, 17. 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.

SPORT FISHING FROM MONTAUK - 5 sessions. High School Room 55. 6:00-8:00pm. Mon. 4/12, 19, 26; 5/3, 10. Get ready this spring to enjoy great fishing on the East End from Montauk to Orient Point. Learn from Al Goldberg, a seasoned angler and master rod builder. Beginners, old salts, men, women and kids are welcome. Covering rigging, tackle selection, bait, lures, best local areas and more. At the conclusion of the course, students are invited to join Al's fishing charters and open boat trips over the late spring and summer to put to work what they have learned. There will be a separate fee for any fishing trip a student wishes to participate in. FEE: \$70.



EAST HAMPTON UFSD CONTINUING EDUCATION PROGRAM

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

EAST HAMPTON UNION FREE SCHOOL DISTRICT CONTINUING EDUCATION PROGRAM

231 Pantigo Road, East Hampton, NY 11937

SPRING 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 April 6. 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 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 joancarlson@optonline.net. Catalog on website: ehufsd.org.

EAST HAMPTON CONTINUING EDUCATION SPRING 2010 SEMESTER

Name _____ Telephone(s) _____

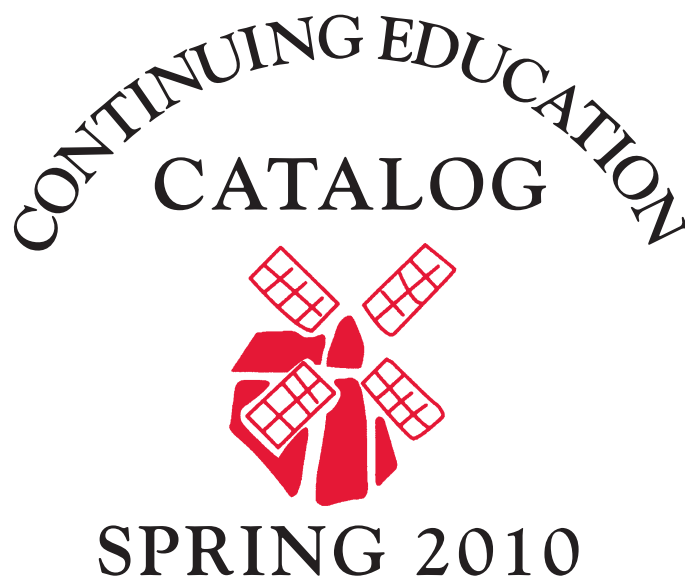
Street Address _____ Postal Address _____

City, State, Zip _____ E-mail _____

Course _____ Fee _____

Course _____ Fee _____

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



7 COMPUTER COURSES

IBM PC's & compatibles – and eBay



BECOMING COMPUTER FRIENDLY - 6 sessions. High School Room N11. 5:15-6:15pm. Thurs. 4/8, 15, 22, 29; 5/6, 13. 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 N11. 6:30-7:30pm. Thurs. 4/8, 15, 22, 29; 5/6, 13. 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.

HAVE FUN WITH FACEBOOK - 2 sessions. High School Room N11. Mon. 6:30-7:30pm. 4/12, 19. Enjoy your personal blog where you can comment on your daily status, display your pictures, videos, and music, play quizzes and games, chat, attend events, and connect with friends. Do a site tour, learn how to create your personal profile, find friends, post photos and slide shows, edit privacy settings, upload from your cell phone and more. (Limit: 12) FEE: \$25.

MICROSOFT PUBLISHER - 6 sessions. High School Room N11. 5:15-6:15pm. Mon. 4/12, 19, 26; 5/3, 10, 17. 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 - 4 sessions. High School Room 82. 6:00-8:00pm. Wed. 4/7, 14, 21, 28. 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: \$80.

INTRODUCTION TO MICROSOFT EXCEL - 6 sessions. High School Room N13. 5:00-8:00pm. Tues. 4/6, 13, 20, 27; 5/4, 11. 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 N11. 6:00-7:30pm. Tues. 4/13, 20, 27; 5/4. 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



BEGINNING CONVERSATIONAL SPANISH - 6 sessions. High School Room 40. 5-6:15pm. Tues. 4/13, 20, 27; 5/4, 11, 18. 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. Learn Spanish the proper way. Start with fundamentals with emphasis on vocabulary and communication in a variety of contexts. Intermediates welcome for review. 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. 4/7, 14, 21, 28; 5/5, 12. 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.

INTERMEDIATE BRIDGE - 6 sessions. High School Room 27. 7:00-8:30 pm. Wed. 4/7, 14, 21, 28; 5/5, 12. 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. 1/3 oral presentation followed by playing pre-made hands. (Limit: 20) FEE: \$75.

DECORATIVE PAINTING TECHNIQUES - 5 sessions. High School Room 55. 6:00-8:30pm. Wed. 4/7, 14, 21, 28; 5/5. Dates - always on Wednesday - 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.

IN HOMAGE: MASTERING THE ART OF FRENCH COOKING - 3 sessions. High School Room 78. 6:00-8:30pm. Mon. 4/12, 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 currently is pastry chef at the Living Room at The Maidstone. Learn to cook in the classic French style, be it bistro or haute cuisine. Quick cassoulet, pork tenderloin with Roquefort sauce, local fish French style, potato and leek gratin, gougere, Alsatian tarte flambé, flourless chocolate cake, apple galette, etc. Review basic skills while participating in this tasting/demonstration class. Students help with clean up. (Limit: 15) FEE: \$105.

HOME STAGING TECHNIQUES - 3 sessions. High School Room 34. 5:30-7:00pm. Wed. 4/7, 14, 21. Allegra Dioguardi has an Interior Design degree from Parsons and 27 years experience as an award-winning designer. She is author of *Styled by Design*, owner of *Styled and Sold Home Staging* and owner of *Staging Training by Design*. www.styledandsold.com Staged Homes spend an average of 85% less time on the market than non-staged homes and the average return on your staging investment is over 350%. Find out what it's all about and what you can do on your own. Staying put? Use staging techniques to affordably "re-design" your home. Classes will cover the psychology of designing to sell and cover the basic design principles involved. FEE: \$70.

IMPROVE YOUR MONTHLY INCOME WITH ALL TYPES OF INVESTMENTS FOR NOT RICH PEOPLE - 4 sessions. High School Room 38. 6:30-8:00pm. Tues. 4/13, 20, 27; 5/4. Jim Posner is a private investor/trader who has helped many people understand the financial world and profit from it. If your savings have eroded – or if you just want to learn – you will benefit from this course which covers bonds and other asset classes. (Limit: 15) FEE: \$45.

JEWELRY - NEW TECHNIQUES FOR ALL - 5 sessions. High School Room 55. 6:00-8:00pm. Thurs. 4/8, 15, 22, 29; 5/6. 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.

PERSUASIVE SPEAKING - 3 sessions. High School Room 34. 6:00-7:30pm. Tues. 4/6, 13, 20. Connie Collins, former EMMY award-winning reporter/anchor woman, author and lecturer has taught public speaking to both amateurs and pros. Learn to talk to anybody about anything at any time. Overcome fears of public speaking and job interviews. Increase sales potential, improve diction, voice projection and timing in a supportive atmosphere. (Limit: 12) FEE: \$55.

WATERCOLOR FOR EVERYONE - 5 sessions. High School Room 55. 6:00-8:00pm. Tues. 4/6, 13, 20, 27; 5/4. Dates, always on Tuesday, may change. Robert Cornog (see Dec. Painting) is also 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: \$70.

