

MARLBORO CENTRAL SCHOOL DISTRICT

Adult Education Spring 2017

Cindy Storno
Adult Education Coordinator



LEARN TO SWIM -Phyllis Hobmann

Learn to swim is designed to give students a positive learning experience. Overcome fears, gain confidence in the water.

Learn to swim or improve your technique in a fun small group environment.

Wednesdays, April 19th—May 17th

\$40 6:00-7:00 PM

Marlboro High School Pool



ADULT SWIM LAPS Phyllis Trapani

Take pleasure in a body-friendly hour of freestyle swim laps.

Instruction and guidance provided as needed.

Mondays, March 6th —June 12th

\$80 6:00-7:00 PM

Marlboro High School Pool

(No class April 10th & 17th, May 29th)



YOGA FOR THE SCARED, OUT OF SHAPE, or TOTAL NEWBIE Gia Mitchell

New to yoga? Think everyone is willowy and flexible? Not so, padawan,. This totally non-intimidating class focuses on breathing techniques, proper form, and good-feeling poses.

Try one class; you'll find your yoga myths are dispelled and you'll sleep like a baby. Please bring a yoga mat.

Thursdays, March 16th—May 4th

\$35 7:00PM-8:00PM

Marlboro Elementary 3-5 Cafeteria

(No class April 6th & 13th)



PILATES Christina Cordier

A favorite of all levels, Pilates is designed to strengthen & lengthen core muscles of the body while emphasizing concentration, control, physical centering, flowing movement, precision, and breathing. Attention to detail, mind body connection, and multiple modifications and extensions enable participants to become stable and strong! Please bring yoga mat.

Wednesdays, March 8th—April 19th

\$35 7:30PM-8:30PM

Marlboro Elementary Gym K-2

(No class April 12th)



ZUMBA@GOLD Christina Cordier

Zumba®Gold is catered to active older adults who are looking for a modified Zumba® Class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Wednesdays, March 8th—April 19th

\$35 6:15pm-7:15PM

Marlboro Elementary Gym K-2

(No class April 12th)



COUNTRY LINE DANCE-BEGINNER

Frank Alexander

If you have been waiting to get on the dance floor and just need to learn the steps wait no more. Learn the most popular line dances with step-by-step instruction and you'll be dancing like a pro in no time! Come alone or join with a friend....

Tuesdays, April 4th—May 23rd

\$70 7:00PM—8:30PM

Marlboro Elementary Gym K-2

(No Class April 11th)

TREAT YOURSELF



FALL IN LOVE WITH YOUR AUTHENTIC BODY

Shari Riley

How does the Authentic Body Program Work? This program offers support on three levels:

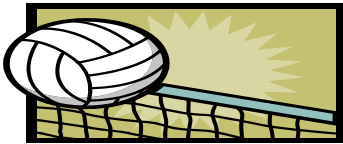
- ◇ Connecting to your higher power
- ◇ Offering Healthy Guidelines
- ◇ Healing physical, emotional, mental & spiritual blocks

Whether you are someone who has tried a million diets & can't stand the deprivation anymore or whether you are someone who considers yourself very spiritual & is interested in discovering how your belief in the Divine can help you with your own body issues or whether you are someone who knows & respects the power of energy healing & is excited to see how it can work to resolve your issues with food, this program offers several options on the road that will lead you to Your Authentic Body.

Tuesdays, March 14th-April 4th

\$30 5:30PM -7:00PM

Marlboro Elementary Media Center 3-5



CO-ED VOLLEYBALL -Linda Farrell

Smile, laugh and have fun playing this fun and timeless game.

Tuesdays, February 7th —May 9th

\$70 7:00-9:00 PM

Marlboro Elementary School Gym 3-5

(No Class Feb. 21st or April 11th)



PATIO POT *Portia Cozzolino*

Using annuals we will plant a beautiful patio pot suitable for a

Mother's Day gift or your own patio! Students will have a choice of 4 plants & an accent for their planter, Students may bring small hand shovel & gloves. Lets learn about using the right soil, fertilizer and how to care for your planter so it lasts all summer! A **\$29** material fee (planter, plants, soil, etc.) payable to instructor the night of class.

Tuesday, May 2nd \$10 7:00PM-8:00PM

Marlboro High School Room #2



LANDSCAPING PROJECT *Portia Cozzolino*

Bring a picture of an area you would like to landscape. You will be guided in choosing the right plants for your project, get an overview on what plants to pick and what to expect of the plant's growth etc...

Monday, March 20th \$15 6:30PM-8:30PM

Marlboro High School Room #2

PANSY PLANTER CLASS *Portia Cozzolino*

Get your planting season started. This class we will be planting pansies for an outdoor planter. Tips & tricks on planting the right way and caring for your patio planters. Bring gloves, small shovel. A **\$25** material fee (flowers, soil, etc..) payable to instructor the night of class.

Thursday, March 30th \$10 7:00PM-8:00PM

Marlboro High School Room #2



SPRING FLOWER BASKET ARRANGMENT

Portia Cozzolino

Bring Spring indoors! We will make a cute basket filled with spring plants. Students may bring gloves and a hand tool if they desire. A **\$30** material fee (flowers, basket, etc..) payable to instructor the night of the class.

Wednesday, April 5th \$10 6:30PM-8:30PM

Marlboro High School Room #2

CUT FLOWER ARRANGEMENT *Portia Cozzolino*

Find your artistic side learn how to arrange cut flowers in a basket for display in your home. Remember, this is a hands-on workshop so dress accordingly. Please bring floral clippers or scissors. A **\$30** material fee (flowers, basket, etc.) payable to instructor the night of class.

Wednesday, April 19th \$10 6:30-8:30PM

Marlboro High School Room #2



TREAT YOURSELF



KNITTING & CROCHETING

Eleanor Spagnola

Whatever your skill level, you'll love this class! Bring knitting and/or crocheting needles and whatever yarn you like to class.

Tuesdays, March 28th — June 6th \$60
7:00-9:00 PM High School Media Center



LEARN TO PLAY THE GUITAR

Peter Theodore

Guitar and music in all styles will be taught along with general knowledge of the instrument, including proper technique and learning the fingerboard of the guitar. The objective is for each student to get comfortable with their own instrument and enjoy the aspects of playing chords and melodies while improving their technique. Students need to supply their own guitar for class.

Mondays, March 6th—May 22nd
\$80 6:30-8:00PM
Marlboro Middle School Room #100
(No Class April 10th & 17th)



Beginner ITALIAN Classes *Domenic Tebano*

Parli Italiano?

Classes taught by a certified teacher with 30 years experience at university and high school level. Learn pronunciation, vocabulary building basic grammar and basic conversation, as well as culture. Take the spring class and make the most of it. Optional trip (mid July 2017) to Sicily to practice the language, taste the great foods and live the Italian experience first hand. Let your Instructor be your own personal tour guide to places like, Agrigento, Siracusa, Noto, Cefalu, Catania and Mount Etna, Taormina, Rausa, Piazza Armerina, and Modica. Mr. Tebano has taken more than 1000 students and adults to Italy.

Mondays, March 6th—April 24th \$35
6:00PM-7:00PM High School Room 13
(No Class April 10th & 17th)



5-HOUR PRE-LICENSING COURSE

Rondout Safety Associates

This course is intended for individuals who require pre-licensing instruction prior to obtaining a permanent driver license. Students must have current permit and must complete all five hours to receive credit.

Thursday, 4:00-9:30PM

March 30th or May 18th

High School Room 10

Registration must be received no later than

7 days prior to class

Fee payable to Rondout Safety Associates \$45

DEFENSIVE DRIVING

Rondout Safety Associates

This course is taught by a certified instructor with video presentation and group discussion. You must complete all six hours of instruction to receive credit for this course.

Tuesday, April 25th —3 hours

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Wednesday, April 26th —3 hours

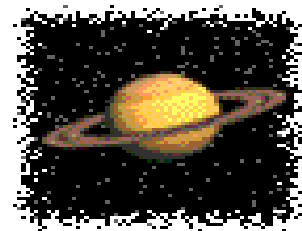
6:30 PM-9:30 PM

High School Room 10

Registration must be received no later than

Friday, April 21st

Fee payable to Rondout Safety Associates \$45



EXPLORATIONS IN ASTRONOMY

Robert DeMarco

Guests will be treated to an evening under the stars in the Marlboro High School Planetarium. Science teacher and planetarium director, Robert Demarco, will take visitors on a tour of our solar system in our state of the art digital planetarium system. The focus of this particular evening will be the characteristics of planets in our solar system.

Thursday, May 18th

7:00-8:00 PM \$5

Marlboro High School Planetarium

Learn Something New!



THE DSLR (Digital Single Lens Reflex Camera)

Joel Naselow

You've spent the money, now let's get your money's worth! Learn the features & tools available on the DSLR and get away from the green "auto" setting. You'll be using your camera like a pro!

Wednesdays, May 3rd—May 24th \$30
6:00-7:30 PM High School Media Center Lab



HOW TO PROTECT YOUR PC & YOUR DATA IN THE DIGITAL WORLD

Joel Naselow

This course will show you how to protect your hardware and data while you are online with the internet and even when your not connected. We will cover how to backup your data, how to prevent viruses and other bad things from getting onto your machines and how to avoid being scammed by not so honest websites and pop up messages. This will apply to laptops as well as desktop PCs. You don't need to be a computer expert to understand the content of this course.

Tuesdays, May 2nd—May 16th \$25
6:00-7:30 PM High School Media Center Lab



NAVIGATING THE iPad

Joel Naselow

At the conclusion of this course you will understand iPad hardware and all of its settings, connect with the outside world via internet, social media, etc. Learn how to sync with iTunes to load applications, music and video with or without the use of a PC. Understand 'Cloud', shortcuts and applications such as video editing, Face-time, Skype, calendars, etc.

Mondays, May 1st—May 15th \$25 6:00-7:30PM
High School Media Center Lab



Student Corner



GED/HIGH SCHOOL EQUIVALENCY COURSE

Ulster BOCES

This course is intended to prepare students to pass the GED/High School Equivalency exam. Participants will learn in a welcoming, relaxed and supportive environment.

Students must be 18 years or older. Please bring a notebook, folder, pencils & pens, and highlighters.

Mondays & Wednesdays, March 6th—June 14th
5:00PM -8:00 PM High School Media Center

FREE Must Register 1st

(Need at least eight (8) students for class to run)



LEARN TO SPEAK ENGLISH

Ulster BOCES

Learn to converse in English. Instruction in speaking, reading and writing English (includes citizenship education). Must be 18 years or older. Please bring notebook & pencils.

Thursdays, March 9th—June 15th
5:00PM -8:00PM High School Media Center

FREE Must Register 1st

(Need at least eight (8) students for class to run)



This could be your class, do you have something to offer the community. Areas are as diverse as art, music, computer, cooking, health & wellness, photography, etc... We have had a broad spectrum of classes over the years. Many people have a unique skill that they can offer. If you have the knowledge and would like to share, this may be for you. Please contact the Adult Education Office at (845) 236-8000x1808 and speak with them about completing an Adult Education proposal form. The personal enrichment of teaching will certainly be felt by students and teacher alike.

MARLBORO ADULT EDUCATION REGISTRATION FORM

Spring 2017

Name _____ Email _____

Address _____ Phone _____

NAME	AGE	COURSE	DATE/DAY/TIME	FEE

TOTAL: _____

MAIL PAYMENT AND REGISTRATION FORM TO:

Marlboro CSD
 ATTN: Marlboro Adult Education
 21 Milton Tpke, suite 100
 Milton, NY 12547

Please make check/money order payable to:
MARLBORO ADULT EDUCATION

Defensive Driving & Pre-Licensing courses make payable to: Rondout Safety Associates

ALL COURSES FOR SENIOR CITIZENS (65+) ARE \$25
 (except driver safety courses)

Courses may be cancelled due to insufficient enrollment; please register asap!

**MARLBORO CENTRAL SCHOOL DISTRICT
 BOARD OF EDUCATION**

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 Russell Conley James Kuha Frank Milazzo
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SUPERINTENDENT OF SCHOOLS
 Michael Brooks

Cindy Storno
Adult Education Coordinator
Marlboro CSD
 21 Milton Tpke, suite 100
 Milton, NY 12547
 (845) 236-8000 ext. 1808
 (845) 795-7908 Fax

ALL COURSES FOR SENIOR CITIZENS (65 +) ARE \$25 EACH
 (except driver safety courses)

NO CLASSES

October 3rd, 10th, 12th November 11th, 23rd, 24th, 25th December 26th, 27th, 28th, 29th, 30th
 Any day school or school activities are cancelled.
 Listen to the radio or check the District website

REFUND POLICY

Refunds for withdrawing from a course will be honored *only* until the completion of the first class.
 If you choose to withdraw from a course, you must do so in writing to the Office of Adult Education
 no later than the day following the completion of the first day of class.