

WANTAGH 6-12 ASSOCIATION

ADULT EDUCATION WORKSHOPS

SPRING 2019

Registration must be made by mail

All fees must be mailed with registration form and checks made payable to:
WANTAGH 6-12 ADULT WORKSHOP.

Each course should be covered by a separate check.

**WE NOW HAVE AN ONLINE PAYMENT
OPTION THROUGH ZELLE – JUST USE
OUR EMAIL ADDRESS FOR RECIPIENT!
WANTAGHADULTED@YAHOO.COM**

A refund will be given only in cases where there is insufficient registration and a class is cancelled. There may be additional fees in some courses for materials and/or textbooks. Material fees paid to instructor 1st day of class.

If district is closed, Adult Workshop is closed, or announcement is made “no after school activities”.

In the event of emergency class cancellations due to weather, etc., please check www.wantaghschools.org

FURTHER INFORMATION MAY BE OBTAINED

by email:

wantaghadulted@yahoo.com

**or by calling
516-297-8153**

**Check website for updates.
www.wantaghschools.org
click on the *Adult Education* link**

CO-ED VOLLEYBALL - INTERMEDIATE PLAY

This course is designed to help develop volleyball skills, maintain a desirable level of physical fitness geared for good fellowship and fun. Sneakers are required. Students should note that both the school district & the Wantagh 6-12 Association are not responsible for personal injury. Those wishing liability coverage should obtain their own insurance. **Class is limited to 18 students.** 8 Sessions. If for any reason a school team needs the space, we will try our best to move to a different gym or add on another class at the end. **Mondays** 8:00 – 10:00 PM Class dates: March 11, 18, 25, April 1, 8, 15, 29, May 6
Wantagh Middle School Gym M. Whitaker FEE: \$60.00

CO-ED VOLLEYBALL – ADVANCED PLAY

This course is designed for team play for players with advanced volleyball skills. Sneakers are required. Students should note that both the school district & the Wantagh 6-12 Association are not responsible for personal injury. Those wishing liability coverage should obtain their own insurance. **Class is limited to 18 students.** 8 Sessions. If for any reason a school team needs the space, we will try our best to move to a different gym or add on another class at the end. **Tuesdays** 8:00 – 10:00 PM Class dates: March 12, 19, 26, April 2, 9, 16, 30, May 7
Wantagh Middle School Gym E. Skehan FEE: \$60.00

MEN'S BASKETBALL

Basketball in the gym, school supplies the balls and equipment. Just bring your sneakers. Students should note that both the school district & the Wantagh 6-12 Association are not responsible for personal injury. Those wishing liability coverage should obtain their own insurance. **Class is limited to 24 students. 8 Sessions.** If for any reason a school team needs the space, we will try our best to move to a different gym or add on another class at the end. **Thursdays** 8:00 – 10:00 PM Class dates: March 14, 21, 28, April 4, 11, May 2, 9, 16
Wantagh Middle School Gym R. Murphy FEE: \$60.00

LINE DANCING: Beginner/ Intermediate

In this class, we will dance to a variety of music. Pop, Contemporary, Latin & Country, all of which share a common beat. Listening to the beat of the music builds listening skills and rhythm. Learning patterns and sequencing that go to the dance builds coordination and memorization skills. When you put everything together, we have movement and a HEALTHY FUN form of exercise. Come and learn the basic line dance steps that will have you dancing by the end of class. No partner necessary, wear comfortable shoes & bring a water bottle & a SMILE. 8 Sessions! **Thursdays** 7:00 – 8:30 PM Class dates: March 7, 14, 21, 28, April 4, 11, May 2, 9
Wantagh HS South Cafeteria L. O'Halloran FEE: \$65.00

ZUMBA

Zumba is a Latin and international dance fitness class that will sculpt your body with easy to follow dance moves. Basic dance moves from salsa, cumbia, merengue and samba are just a few of the rhythms we use in this fun packed class! Ditch the workout - Join the Party. Teacher is a certified Zumba instructor. Bring a water bottle. 8 Sessions. **Mondays** 7:00-8:00 PM Class dates: March 11, 18, 25, April 1, 8, 15, 29, May 6
Wantagh HS South Cafeteria I. Iannuzzi FEE: \$55.00

TOTAL BODY SHAPING

Using Functional Movement and High Intensity Training, this class will test your limits of your strength and endurance ~ all while promoting motivation and accountability with your peers! Come and give this new fitness class a try with Wantagh High School's very own Athletic Trainer, Daniella Castellanos in our newly updated weight room! Wear exercise clothes and bring a water bottle. 10 Sessions! **Tuesdays & Thursdays** 8:00-9:00 PM Class dates: March 12, 14, 19, 21, 26, 28, April 2, 4, 9, 11
Wantagh HS Weight Room D. Castellanos FEE: \$60.00

PING PONG

Enjoy the challenging game of table tennis? We are offering a good time for all ~ this is a co-ed sport. The focus will be on playing hard, having fun and getting some exercise in on a weeknight. If you think exercise sounds funny for ping pong, come play some doubles!! We will play both singles and doubles. Class size is limited! 8 Sessions. **Tuesdays** 7:30 – 9:30 PM Class dates: March 12, 19, 26, April 2, 9, 16, 30, May 7

Wantagh HS Rm 150

R. Rende

FEE: \$55.00

HULA HOOP FITNESS

YES! YOU CAN HOOP! Hooping is fast becoming a popular fitness exercise. Hula hooping is not only great fun, cardio, and toning, but improves coordination and digestive health. Using a variety of "grown-up" sized hoops, provided by instructor, and available for purchase, we will get a gentle, full body workout and have a great time. 8 Sessions. **Mondays** 8:15 – 9:15 PM Class dates: March 11, 18, 25, April 1, 8, 15, 29, May 6

Wantagh HS Cafeteria

J. Pendergrass

FEE: \$30.00

PIANO – BEGIN TO READ AND PLAY!

This course is the answer to all those who want to learn to play the piano. The course offers no gimmicks ~ just pure learning! Students will gather around the piano to each get a chance to learn the keyboard and play simple scales. By the end of the 6 sessions, simple songs will have been accomplished. A materials fee of \$12.00 will be due to instructor on the first day of class. Students should bring pencils to class. Be prepared to have a joyful experience with an incredibly patient teacher! 6 Sessions. **Thursdays** 7:30 – 9:00 PM Class dates: March 14, 21, 28, April 4, 11, May 2

Wantagh Middle School Rm. 402

M. Sollitto

FEE: \$60.00

BEGINNER CROCHET

If you have admired crocheted garments, accessories and home furnishings and would like to learn this enjoyable and creative craft, come join this Beginners Crochet Class. We will begin with the simple basic stitches and then progress to a variety of patterns and techniques. Please bring a size (I) Crochet hook and light colored skein of worsted weight wool or acrylic yarn to the first class. Instructor will provide patterns and handouts as well as yarn in assorted colors for creative crochet practice for a \$6 materials fee. Maximum 10 students. 6 Sessions. **Tuesdays** 7:00 – 9:30 PM Class Dates: March 12, 19, 26, April 2, 9, 16

Wantagh High School Rm. 110A

S. Young

FEE: \$65.00

BEGINNER KNIT AND INTERMEDIATE CROCHET

Wantagh Adult Ed is excited to offer this new class where you are able to get to experience both knitting and crocheting! This 8-week class consists of the first four weeks of beginner knitting. You will learn how to cast on, knit, purl and cast off which are all of the basics needed. You will complete a project in this first half. The last four weeks consists of intermediate crochet. You will learn some new stitches and be able to complete a crochet project as well. If you are looking to broaden your experience with this wonderful craft, then join us for a fun semester. I am looking forward to introducing this new class to the Wantagh Adult Ed. Please bring to class a size 10 knitting needles and a skein of worsted #4 light colored solid color yarn and metal crochet hook h, I or j with also a skein of #4 worsted yarn. If you are working on a project and need help, please bring it to class. Maximum 15 students. 8 Sessions.

Thursdays 7:00 – 9:00 PM Class Dates: March 7, 14, 21, 28, April 4, 11, May 2, 9

Wantagh High School Rm. 110A

S. Young

FEE: \$65.00

KEEP THE INCOME FLOWING DURING RETIREMENT

How to Create your "Retirement Paychecks" with the New Tax Laws

Studies show that the biggest concern in retirement is whether you will have enough money to last your lifetime. **With new tax laws upon us in 2018 and beyond**, planning an effective retirement income strategy is more important than ever when facing a retirement that can span more than 25 years. This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, and protecting your assets from the costs of long term care.... All while having your money last through your lifetime and the lifetime of your spouse! If you are retired or thinking about retirement, you will not want to miss this program. Instructor: Jeffrey R. Silverman, JD CFP®. Mr. Silverman is a Certified Financial Planner™ practitioner and attorney. 1 Session. Wednesday, April 3 7:00-9:00 PM

Wantagh High School Rm. 124

J. Silverman

FEE: \$15.00

THE TRUTH ABOUT ANNUITIES

You've heard good things. You've heard bad things. One financial pundit says they're terrible, while the next one says they're great! Meanwhile, BILLIONS of dollars are invested in annuities every year. Are they worth it? How do you decide if an annuity is right for you? In this class, we'll explain the good and the bad for all the types of annuities available. Taxes, investment options, rates of return, death benefits, fees and more. Mr. Silverman is a Certified Financial Planner® practitioner and attorney. 1 Session.

Monday, April 8 7:00-9:00 PM

Wantagh High School Rm. 124

J. Silverman

FEE: \$15.00

LIVING LONG TERM: PROTECTING YOUR QUALITY OF LIFE

Planning to protect your family, your future when health changes. Discuss the current cost of care. Learn why disability insurance and health insurance is not the complete answer to the problem. Review options to solve the problem: health insurance/workmen's compensation, Medicare, Medicaid, self-insured. long term care insurance, New York State Partnership for long term care and hybrid plans, combination of life insurance with long term care insurance rider. Discuss the various tax advantages associated with the plans. What happens if you or a family member has a long term care event? This class is being offered by William C. Oetker, LUTCF - Financial Advisor 1 Session. Wednesday, March 27 7:00 – 8:00 PM

Wantagh High School Rm. 124

W. Oetker

FEE: \$15.00

MAKE-N-TAKE ESSENTIAL OIL CLASS

Come join us as we make either stress relieving, pain relieving, uplifting and energizing and/or specific ailment roller bottles. You can make one, two or several bottles. Instructor will have the CPTG (certification pure therapeutic grade) essential oils, bottles and carrier oils. Students to pay per drop used in their bottles. All oil drops vary in price. Over 35 oils to choose from including consumer favorites: Lemon, orange, oregano, melaleuca, myrrh, frankincense, cassia, lavender, grapefruit, etc. Class also includes basic essential oil beginner information as well as handouts to learn how to make your own roller bottle at home. 1 Session. Wednesday, April 10 7:00-8:00 PM

Wantagh High School Rm. 110D

S. Vega

FEE: \$30.00

DEFENSIVE DRIVING COURSE

Certified instructors using modern, multi-media techniques will teach the participants to recognize the hazard; understand the defense and act in time to prevent the accident. New York State Law provides each person successfully completing the course with a 10% reduction in motor vehicle liability and collision premiums for a full three year period. In addition, the N.Y.S. Department of Motor Vehicles will deduct 4 violation points from the driving record of any person having violations in the previous 18 months. Bring a pen and your license to class. Will break ½ hr. for lunch. 1 Session Saturday, May 4 9:00 AM – 3:30 PM

Wantagh HS South Cafeteria

La Salle Driving School

FEE: \$50.00

REVIEW FOR "THE NEW SAT" (Our 46th Year)

Lentz & Lentz SAT – PSAT Preparation

Designed to benefit students of all ability levels, this 30-hour program is divided equally between English and math and covers all facets of the SAT and the PSAT. Class features: test taking techniques, preparation for the essay, practice SAT(s), advanced math and shortcut math, vocabulary development, speed-reading and online downloads for supplemental review. The downloads are extremely helpful to all students, especially those with cognitive and perceptual disabilities. Extra help at no charge, course materials and complimentary refresher sessions are included in the tuition. Previous SAT and PSAT type problems are used in conjunction with our own copyrighted curriculum. Lentz & Lentz teachers have been specifically trained to teach this program and all of our instructors have a background in teaching. Lentz & Lentz also allows students the flexibility to attend live make up classes at any of its nearby locations. Positive scores on the SAT and PSAT could translate into thousands of dollars in scholarships and savings. Free extra help and live makeup sessions included in tuition: Students can set up free extra help by making an appointment to meet with their instructor directly before or after class. If a student misses a class or has a scheduling conflict they can contact Lentz & Lentz to set up a live make up class at a neighboring location.

Lentz & Lentz Guarantee: Money back guarantee within three calendar days after lesson one if the student is not satisfied with the program. No refunds will be issued after that point in time. If the student does not attend the first session, regardless of any reason, there will be an \$85 charge. Lentz & Lentz reserves the right to dismiss any student from the program for disciplinary reasons. No refunds will be issued in cases of that nature. There is a \$20 processing fee for refunds.

For information or to register call Lentz & Lentz at: 1-845-638-2826 or visit www.LentzSATPrep.com

Class Dates: Thursdays & 1 Wednesday March 7, 14, 21, 28, April 4, 11, 17 which is a Wednesday, and Thursday April 4

Wantagh High School – Room 136

6:30 – 9:30 PM

FEE: \$440.00

Complete this form and mail to:

**WANTAGH 6-12 ADULT WORKSHOPS
3299 BELTAGH AVENUE
WANTAGH, NY 11793**

Name _____

Address _____

Telephone: Home: _____ Cell: _____

Email: _____

Course _____

Day _____ Time _____

Registration fee: \$ _____

Checks payable to: Wantagh 6-12 Adult Workshops
Each course should be covered by a separate check.

Online payment option: Pay by Zelle using the email
Wantaghadulted@yahoo.com as the recipient! Those
Paying by Zelle will still need to fill out form and bring to
First class. Just email name, phone number and class
That you are registering for so you are sure to get added to the roster!

PLEASE READ THE FOLLOWING DISCLAIMER AND INITIAL: _____

The Wantagh 6-12 Association is not responsible for personal injuries that may occur while taking any or all of the adult workshop classes. Students should arrange for their own personal injury protection and check with physician if taking dancing or exercise courses.

No acknowledgement will be sent to you. You are automatically enrolled unless otherwise notified by the Adult Workshop Office.
Report to class for the first session.

Registration forms can also be found on our website.

**ACT QUICKLY! REGISTRATION IS ON A FIRST
COME, FIRST SERVE BASIS.**

**Check website for updates and
changes that may have been made
after the printing of this brochure.
Thank you.**

**www.wantaghschools.org
Click on the **Adult Education** link**

WANTAGH UNION FREE SCHOOL DISTRICT
3297 BELTAGH AVENUE
WANTAGH, NY 11793

Non-Profit Org.
Sec 34.65 (e) PL&R
U.S. Postage
PAID

ECRWSS

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