

LAKELAND CONTINUING EDUCATION



FALL 2018 COURSES

REGISTRATION REMINDER:

- ◆ **Register by Mail:** Save time! Mail in the application form on the last page of this brochure to the Lakeland Administration Building.
- ◆ **Drop Off Registration:** Drop off your registration form any weekday between 8:30 a.m. and 4:00 p.m. (8:30 a.m. to 3:00 p.m. during holiday weeks).
- ◆ **In-Person Evening Registration:** Register at the Lakeland Administration Building, 1086 East Main Street, Shrub Oak (next to the John C. Hart Library) on **September 12th and 13th from 5:00– 8:00 p.m.**

Classes begin September 24, 2018

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LAKELAND CONTINUING EDUCATION

Lakeland Administration Building
1086 E. Main Street
Shrub Oak, New York 10588



914-245-1700, x39023

*James Van Develde, Director
Donna Tulkin-Godoy, Registrar*

FALL 2018

Dear Lakeland School District Resident:

One goal of the Lakeland School District is lifelong learning. You are a very important part of this goal. As lifelong learners, you demonstrate to the students of Lakeland that this goal is achievable.

We are pleased to present our fall brochure. Again, we are offering an array of courses to meet any interest. These range from personal fulfillment to self growth.

The majority of courses run for eight weeks. If you can't commit to a full session, take a look at the mini-sessions offered in the brochure. There's sure to be a course or activity to pique your interest.

We look forward to having you as a part of our Continuing Education Program. Lakeland is a community of learners in which we all play a vital role.

James Van Develde, Director

Donna Tulkin-Godoy, Registrar



Questions?
E-mail us at
Continuinged@lakelandschools.org

GENERAL INFORMATION

Registration Information

- ◆ Adults age 18 and over are welcome to register for classes. You do not have to be a resident of the Lakeland Central School District.
- ◆ **REGISTER IN ADVANCE BY MAIL:** Use the application form on the last page of this brochure. You are enrolled as soon as we receive your form and fee. **No confirmation letters will be sent—your cancelled check is your receipt.**
- ◆ **NOTE:** Registration begins as soon as the brochures are distributed or posted. We encourage registration by mail to ensure a place in your desired course. Your cooperation in registering for all classes by September 16th, regardless of the start date, is greatly appreciated.
- ◆ **Courses will not run if there is insufficient registration.** You will be notified if the course is cancelled, and your check will be returned to you.
- ◆ **REGISTER IN PERSON:** Drop off your registration form any weekday between 8:30 a.m. to 4:00 p.m. (8:30 to 3:00 during holidays) at the Lakeland Administration Building, 1086 East Main Street, Shrub Oak (next to the John C. Hart Library). Evening in-person registration will take place on September 12 and 13 **from 5:00 to 8:00 p.m.** For additional information, please leave a message on the Continuing Education Office answering machine at 245-1700, ext. 390523

Calendar

- ◆ **Classes begin the week of September 24, 2018** unless otherwise indicated.
- ◆ **NOTE:** Courses run for eight (8) weeks unless otherwise noted.
- ◆ **Continuing Education classes will not be held 10/8, 11/6, 11/12, 11/21-23, 12/24-31. From time to time, additional closings may be required. When possible, additional closures are listed in parenthesis.** Your instructor will notify you of any additional building activities that will cause classes to be cancelled. Classes will be made up as calendar permits.
- ◆ **When schools close due to weather conditions or emergencies, Continuing Education is also closed.** School closings will be announced on the website (www.lakelandschools.org).

No Smoking Policy

- ◆ The public is reminded that the Lakeland School District is a tobacco-free environment by order of federal and state law, and Board of Education policy. Smoking is prohibited in all school buildings, on school grounds, or in vehicles on school grounds. Violations may be referred to the Board of Health. The fine for violating this regulation is up to \$1,000.

Classes begin September 24, 2018

Fees

- ◆ Please make checks payable to: **LAKELAND CONTINUING EDUCATION**. Additional fees for materials, textbooks, etc. are payable to the instructor at the first class, unless otherwise noted.
- ◆ Please note a **\$30.00 service charge** will be imposed on deposited checks returned unpaid by our bank.
- ◆ **REFUNDS: NO FEES WILL BE REFUNDED.** The student assumes the risk of all changes in business or personal affairs. Fees will be refunded only if the Director of Continuing Education cancels the class. **Please allow 6-8 weeks for refunds due to course cancellation.**
- ◆ **SENIOR CITIZENS:** Persons age 62 and older are eligible for up to a 20% reduction in tuition fees, unless otherwise noted. See senior fees on page 18 of this brochure. There is NO discount for costs of materials used in courses.

Instructors

- ◆ We retain our Continuing Education instructors to teach a course in their area of expertise. The instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.
- ◆ Letters of course completion will be issued, as per request, for company credit or reimbursement.
- ◆ **We assume no responsibility, either real or implied, for the personal property or injury of an adult student. We are under NYS regulation that in the case of a fire alarm sounding, the building must be evacuated.**
- ◆ Please comply with all parking ordinances; they will be enforced.

Location of Classes

The building where the course will be held is included with the course description. The codes used for school buildings follow.

LHS	Lakeland High School, 1349 E. Main St., Shrub Oak
LCBMS	Lakeland Copper Beech Middle School, 3401 Rt. 132 Shrub Oak
WPHS	Walter Panas High School, 300 Croton Avenue, Cortlandt
VCES	Van Cortlandtville Elementary School, 3100 Rt. 6, Mohegan Lake
BFES	Benjamin Franklin Elementary School, 3477 Kamhi Dr., Shrub Oak
DO	Lakeland Administration Bldg., 1086 East Main St., Shrub Oak



NOTE

COURSE ENDING DATES ARE TENTATIVE.
 DATES MAY CHANGE DUE TO BUILDING CLOSURES,
 WEATHER CLOSURES, INSTRUCTOR'S SCHEDULING,
 ETC.

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When schools close early or for the day due to weather conditions or emergencies, Continuing Education classes are also canceled. School closings due to weather or emergencies will be announced on the district's web page:
www.lakelandschools.org
 or on Facebook:
[Facebook.com/lakelandschooldistrict](https://www.facebook.com/lakelandschooldistrict)

SWIMMING

**SWIM CLASSES ARE HELD AT
THE LAKELAND COPPER BEECH
MIDDLE SCHOOL POOL**

1. Adult Open Swim

8 WEEKS, TUESDAYS, 9/25-11/20

7:30-8:30 PM (SKIPS 11/6)

FEE: \$65

Come do laps, practice strokes, and swim to your heart's content.

No instructor—lifeguard on duty.

2. Deep Water Workout

10 WEEK SESSIONS, FEE \$100

PLEASE SPECIFY A OR B

A) MONDAYS, 10/1-12/17, 6:30-7:30 PM

(SKIPS 10/8 AND 11/12)

OR

B) THURSDAYS 10/4-12/20, 7:30-8:30 PM

(SKIPS 10/11 AND 11/22)

Shed pounds while having fun with this full body workout in deep water using a water belt for buoyancy. Non-impact jogging and muscular toning. Materials: Water Jogging belt—available from instructor for \$30, or purchase separately.

Instructor: Sunny Kelner

3. Senior Open Swim

8 WEEKS, TUESDAYS, 9/25-11/20

6:30-7:30 PM (SKIPS 11/6)

FEE: \$50 (NO SENIOR DISCOUNT)

Come socialize and exercise at your own pace one night a week. Bring your old friends, or make new ones.

No instructor—lifeguard on duty.

4. Aqua Aerobics

10 WEEK SESSIONS, FEE \$100

PLEASE SPECIFY A OR B

A) MONDAYS, 10/1-12/17, 7:30-8:30 PM

(SKIPS 10/8 AND 11/12)

OR

B) THURSDAYS 10/4-12/20, 6:30-7:30 PM

(SKIPS 10/11 AND 11/22)

Come join the fun as we rock the water while moving to great music, and get our bodies in shape for those holiday parties.

Sign up and bring a friend!

Instructor: Sunny Kelner



CAREER AND FINANCIAL

5. Introduction to MS Word

6 WEEKS, WEDNESDAYS, 9/26-11/7

(SKIPS 10/31)

6:30-8:30 P.M./ LHS-204

FEE: \$95

PRE-REQUISITE: Basic MS Windows, mouse and keyboarding skills.

Learn basic formatting (text, paragraphs and page), set tabs, apply borders, apply columns, insert and resize pictures and symbols, add a table, use proofing tools (spell check and thesaurus), save documents.

Instructor: Rita Ferrari

6. Introduction to MS Power Point Basics

6 WEEKS, TUESDAYS, 10/2-11/13

(SKIPS 11/6)

6:30-8:30 P.M./ LHS-206

FEE: \$95

PRE-REQUISITE: Basic MS Windows, mouse and keyboarding skills.

Learn how to plan a presentation, use slide layouts, apply themes, use animations and transitions, insert media objects such as movies, pictures and clip art, add a table, add and modify shapes, and create a photo album.

Instructor: Rita Ferrari

CAREER AND FINANCIAL

7. **NEW!** Excel Options

6 WEEKS, MONDAYS, 9/24– 11/5
(SKIPS 10/8)

6:00-8:00 P.M. / LHS-204

FEE: \$85

Become more spreadsheet savvy in using MS-Excel by learning the features in the Options section, used mainly by experts. This course will introduce Basic MS-Excel and essentials to know and use before moving on to more intermediate or advanced uses of the program.

Instructor: Ken Fried

8. **NEW!** Word Options

6 WEEKS, WEDNESDAYS, 9/26-11/7
(SKIPS 10/31)

6:00-8:00 P.M. / LHS-206

FEE: \$85

Become more word processor savvy using MS-Word by learning the features in the Options section, used mainly by experts. This course will introduce Basic MS-Word and essentials to know and use before moving on to more intermediate or advanced uses of the program.

Instructor: Ken Fried

9. Retirement Planning Today

3 WEEKS, THURSDAY, 10/4-10/18

7:00-9:30 P.M. / LHS - LIBRARY**

FEE: \$40

The strategies used during the accumulation phase are very different than the strategies used during the distribution phase. Come learn to allocate your investments for your retirement, the basics of financial planning and strategies to combat inflation and taxes along with determining your insurance needs and what estate planning techniques and documents you need for the distribution and management of your estate. There is an additional **workbook fee of \$30** payable by cash or check to the name of Steven Klimaszewski (one per couple).

**The first class is in the library. The location for remaining classes is subject to change and will be announced at first class.

Instructor: Steven T. Klimaszewski, CFP, CFS and Scott M. Turner, CFP, FSA

10. Getting Great Real Estate Deals When Buying or Selling in Difficult Times

1 CLASS, MONDAY, 10/22

8:00-10:00 P.M. / LCBMS-101

FEE: \$40

Because of difficult times in the economy, there are some great deals in real estate. Learn the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, buying for no money down, and more. An optional materials fee of \$20.00 is payable to the instructor.

Instructor: Richard Nathan

11. Investing Secrets for the Common Investor

1 CLASS, MONDAY, 10/22

6:00-8:00 P.M. / LCBMS-101

FEE: \$40

Have you just come into some money or have some to invest? In this lively, fact-packed seminar, learn how not to be ripped off. The instructor is not a salesman and will be straightforward on car buying, leasing, insurance, long-term care insurance, investing with a financial planner, or on your own, etc. An optional materials fee of \$20.00 is payable to the instructor.

Instructor: Richard Nathan

12. **NEW!** Medicare 101

1 CLASS, TUESDAY, 10/9

6:00-8:00 P.M. / LCBMS-101

FEE: FREE

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare Medicare Parts A, B, C and D. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you become more well-informed and explain what Medicare means for you.

Instructor: James W. Farnham

13. Entrepreneurship**1 CLASS, MONDAY, 10/22****8:00-10:00 P.M. / LCBMS-102****FEE: \$40**

Learn behind-the-scenes information about starting a home-based second income.

With little money down, you will learn how to decide on a business with minimal problems. Learn how to avoid making major financial mistakes. An optional materials fee of \$20.00 is payable to the instructor.

Instructor: Beverly Nathan

14. How to Drastically Cut Costs in Difficult Financial Times**1 CLASS, MONDAY, 10/22****6:00-8:00 P.M. / LCBMS-102****FEE: \$40**

Are you trying to drastically cut costs in these difficult times? Bev Nathan, a consumer advocate, will explain how to save thousands with no-load mutual funds, credit unions, buying used cars, and more. An optional materials fee of \$20.00 is payable to the instructor.

Instructor: Beverly Nathan

15. NEW! Data and Privacy: How to Protect Your Information**2 CLASSES****WEDNESDAY/THURSDAY 9/26-9/27****7:00-8:30 P.M. / LCBMS-102****FEE: \$25**

This course will cover many of the security threats and concerns that we all face in everyday life and recommendations to make you safer online. Subject areas include social media, smart home devices, online banking, and the plethora of data breaches that have occurred.

Instructor: Ruben Delvalle

**Questions?**

E-mail us at

Continuinged@lakelandschools.org

HEALTH, WELLNESS, INNER SELF

16. Tai Chi for Health and Healing

8 WEEKS, WEDNESDAYS, 9/26-11/28
(SKIPS 10/31 AND 11/21)

7:00-8:00 P.M./ LCBMS-SMALL CAFE

FEE: \$85

Tai Chi~ Chi Kung, often called a moving meditation, is a Chinese exercise practice for the mind/body/spirit. Relax as you improve or regain health. Enjoy a series of gentle movements designed to strengthen your immune system, improve balance, reduce stress, and boost memory.

Students will be introduced to the fundamentals of traditional Yang style Tai Chi & Chi Kung and its many benefits. Wear relaxed clothing and comfortable shoes and bring an open mind. Come join us.

Instructor: Shrfu Wendy Solomon

17. Gentle Yoga

8 WEEKS, TUESDAYS, 10/2-11/27
(SKIPS 11/6)

6:15-7:30 PM / VCES-LIBRARY

FEE: \$85

No experience necessary. Learn breathing techniques and stretching to relieve stress, and dip slowly into yoga poses. The deep relaxation at the end of class will have you feeling very relaxed and peaceful. Bring a yoga mat, water, and dress in layers. Do not eat for 1 1/2 hours before class. Ruane has over 25 years experience, and her motto is "de-stress one person at a time."

Instructor: Ruane M. Edge

18. Get Rid of Pain Naturally

1 CLASS, TUESDAY, 10/2

7:30-9:00 P.M. / LCBMS-101

FEE: \$15 (NO SENIOR DISCOUNT)

Aches and pains are part of everyday life and can, under most circumstances, be treated quite easily at home using soothing herbal remedies for minor-to-moderate backache, arthritis, headaches, and sore stiff muscles. We will discuss these conditions and highlight many herbs, foods and tools you can try so that you can feel comfortable and pain free. We will make a simple remedy for you to take home with you.

Instructor: Bonnie Rogers

19. Get Rid of Cellulite for Good

1 CLASS, THURSDAY, 10/18

7:30-9:00 P.M. / LCBMS-101

FEE: \$15 (NO SENIOR DISCOUNT)

Exercise, diet and expensive creams and treatments will not get rid of cellulite. Learn what cellulite really is, how you got it and how to get rid of it. Bonnie will show you what you can do to banish cellulite with foods and oils you have at home, teas that flush out toxins, and ways to massage cellulite away. Say goodbye to cellulite.

Instructor: Bonnie Rogers

20. Get Gut Healthy: Get Slim and Get Your Energy Back

1 CLASS, THURSDAY, 11/8

7:30-9:00 P.M. / LCBMS-101

FEE: \$15 (NO SENIOR DISCOUNT)

Is your stomach always bloated? Do you lack energy all day long? Do you get frequent sniffles and colds? Your problem could be in your gut, and the solution is adding probiotics (healthy bacteria) to your diet. Learn from Bonnie what foods and drinks are packed with probiotics and make such a huge difference. Watch Bonnie make sauerkraut, an excellent probiotic food, and take some home to start to get gut healthy. A \$5 materials fee is payable to the instructor to take sauerkraut and an easy recipe home.

Instructor: Bonnie Rogers

21. Get Help Getting to Sleep

1 CLASS, WEDNESDAY, 10/10

7:30-9:00 P.M. / LCBMS-101

FEE: \$15 (NO SENIOR DISCOUNT)

Are you having trouble getting to sleep, waking up through the night and going through your days feeling wiped out? Join Bonnie to learn some simple breathing and relaxation techniques that guarantee you fall into sleep peacefully. Taste some herbal teas that will lull you to sleep. A \$5 materials fee for teas and tastes is payable to the instructor.

Instructor: Bonnie Rogers

22. NEW! Keto, Paleo, Vegan, Vegetarian: What to Eat?

1 CLASS, TUESDAY, 11/13
7:30-9:00 P.M. / LHS-190
FEE: \$15 (NO SENIOR DISCOUNT)

Are you confused by all the new food plans out there? Each one claims to be the best for weight loss and good health. Learn exactly what is involved with each plan and discuss the pro's and con's for your particular body type. Bonnie will bring in sample foods and give you an idea of what these new ways of eating are all about.

Instructor: Bonnie Rogers

23. Sugar Addiction: How to Beat It

1 CLASS, WEDNESDAY, 10/24
7:30-9:00 P.M. / LCBMS-338
FEE: \$15 (NO SENIOR DISCOUNT)

Step off the sugar roller coaster. The food industry would like you to think that its just an empty calorie, but that is not the truth. Sugar is a toxic, addictive substance that not only puts on weight, but can actually make you sick mentally and physically. Susan will guide you through effective strategies to help break sugar's hold on you. A \$5 materials fee is payable to the instructor to take home proven techniques, simple recipes and a whole lot of inspiration to help you build a sugar free life. You will be happier and healthier.

Instructor: Dr. Susan Rubin

24. Get Rid of Toxins and Get Your Energy Back

1 CLASS, THURSDAY, 10/18
7:30-9:00 P.M. / LCBMS-338
FEE: \$15 (NO SENIOR DISCOUNT)

Low energy bringing you down? Are you sluggish, tired and just pooped all the time? Get rid of the toxic load that is all around you and pulling your energy down. Learn what to get rid of and how to clean up your home, your diet, and your workplace to get your body energy up and raring to go.

Instructor: Dr. Susan Rubin

25. Keep Colds Away this Winter

1 CLASS, WEDNESDAY, 11/7
7:30-9:00 P.M. / LHS-190
FEE: \$15 (NO SENIOR DISCOUNT)

Bonnie introduces you to five inexpensive, common herbs that you can use this winter to keep colds at bay for your family. Watch how Bonnie makes easy, delicious syrups and teas that keep germs away. Keep your family healthy and happy this winter. A \$5 materials fee is payable to the instructor to take home your own Elderberry syrup.

Instructor: Bonnie Rogers

26. Veggies for Your Kids (and Parents, too)

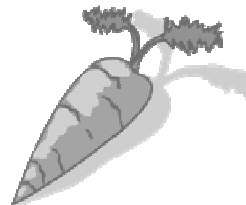
1 CLASS, MONDAY, 11/5
7:30-9:00 P.M. / LCBMS-338
FEE: \$15 (NO SENIOR DISCOUNT)

Fee: \$15

We know we need to be eating many more veggies for fiber, vitamins, minerals, and all round good health. But how to make them appealing to kids of all ages (and spouses too!) is the big question. Learn how to in this fun and tasty workshop for parents.

Get some easy recipes, and learn how to sneak healthy veggies into foods kids already love. Taste a bunch of veggies you and your family will love. A \$5 materials fee is payable to the instructor to take home a veggie treat.

Instructor: Dr. Susan Rubin



ARTS AND CRAFTS

27. Introduction to Digital Photography

6 WEEKS, THURSDAYS, 9/27-11/15
(SKIPS 10/25 AND 11/1)
6:30-8:30 P.M. / LHS-190
FEE: \$100

This fun, hands-on class will provide you with a solid foundation in the fundamentals of photo theory, and offer a practical and thorough understanding of camera operation and function. It is crafted to help you gain confidence under any lighting conditions to get the best results. Perfect for the beginner and intermediate level photographers to sharpen their skills, receive basic instruction and basic editing techniques.

Instructor: James Sparks

28. Sewing for Everyone

6 WEEKS, WEDNESDAYS, 9/26-11/7
(SKIPS 10/31)
7:00-9:00 P.M. / LHS-122
FEE: \$118

Learn to sew. Make bags, aprons, skirts, and dresses for yourself. Learn how to hem a skirt, fix a button, and make basic alterations. You will also learn the basics of working your sewing machine, how to use patterns, and do simple repairs. Save big money as you make and fix your own.

[Bring your own sewing machine to class.](#)

Instructor: Linda Speidel / Fabric Mart

29. Crochet

6 WEEKS, TUESDAYS, 9/25-10/30
6:00-8:00 P.M. / LHS-203
FEE: \$65

Is there a baby on the way or are you looking for a creative gift? Spend some evenings learning new crochet skills for many fun and creative projects.

Materials: Crochet needle "J" or "H", 1 skein of yarn ("super saver" acrylic yarn).

Instructor: Silvia Camussi

30. Knitting

6 WEEKS, MONDAYS, 9/24-11/5
(SKIPS 10/8)
6:00-8:00 P.M. / LHS-203
FEE: \$65

Have you always wanted to knit? Learn the basics or brush up on skills, and become a productive and creative knitter. Join our knitting circle for the education, energy and enthusiasm of the teacher and fellow group members. **Materials:** one set of knitting needles 8 or 9, one skein of yarn ("super saver" acrylic yarn).

Instructor: Silvia Camussi

31. Drawing: The Portrait

4 WEEKS, THURSDAYS, 10/25-11/15
7:00-9:00 P.M. / VCES-ART ROOM
FEE: \$65

This drawing workshop will focus primarily on the portrait. Students will learn about facial proportion, and shading to define the form. Homework will be assigned to strengthen the students drawing skills. Art History examples will be incorporated in some classes. **Materials:** Bring any drawing materials you have to the first class, at which time a list will be provided. *Instructor: Joann Zwolski*

32. Acrylic Painting

8 WEEKS, WEDNESDAYS, 9/26-11/28
(SKIPS 10/31 AND 11/21)
6:00-8:00 P.M. / LHS-177
FEE: \$170

Be a beginner or an expert and paint with acrylics. This is a fun, relaxed class with inspirational music in the background to inspire your creativity. Instruction will include mixing colors and additives, and the application of paint using different tools to achieve dramatic effects. Students will be given a supply list at registration. Please bring materials to the first class.

Instructor: Judika Lieberman

33. NEW! Drawing and Visual Perception - A Primer

6 WEEKS, WEDNESDAYS, 9/26-11/7

(SKIPS 10/31)

6:30-8:30 P.M. / LHS- 190

FEE: \$100

Anyone open to leaving their comfort zone can improve their observation skills, master a personal style, and, above all, develop the confidence to tackle any subject matter.

From a two-point perspective to achieving volumetric convincing illusions with reflected light, this class will entertain, stimulate, and challenge both the beginner and intermediate student.

Instructor: James Sparks

FOR THE HOME**34. NEW! Easy Compost All Winter for Rich Spring Soil**

1 CLASS, TUESDAY, 10/16

7:30-9:00 P.M. / LHS-190

FEE: \$15 (NO SENIOR DISCOUNT)

Composting is easy and inexpensive. Susan will show you how to save your food scraps cleanly and safely with no smell or mess. Compost all winter long to produce your own inexpensive rich soil for your spring garden. You don't need expensive gadgets or much space.

Instructor: Dr. Susan Rubin

35. Jams and Jellies: Great Holiday Gifts

1 CLASS, TUESDAY, 10/9

7:30-9:00 P.M. / LCBMS-338

FEE: \$15 (NO SENIOR DISCOUNT)

Strawberry, Peach, Blackberry...Jams and Jellies. Mmmm....Learn how simple it is to make your own jams and jellies at home in this fun, informative workshop. Margaret will demonstrate this easy process that uses no special equipment. Taste some yummy samples and take recipes home with you. These make fantastic, inexpensive holiday gifts. A \$5 materials fee is payable to the instructor.

Instructor: Margaret Von Der Meden

36. Canning Tomatoes and Putting Up Vegetables

1 CLASS, WEDNESDAY, 10/17

7:30-9:00 P.M. / LCBMS-338

FEE: \$15 (NO SENIOR DISCOUNT)

Capture the wonderful taste of tomatoes and other fall veggies to enjoy all winter long. Learn how easy it is to "can" veggies that you grow yourself or buy at the farmer's market. It is nutritious, saves money and really connects us to our food. Canning makes great holiday gifts. A \$5.00 materials fee is payable to the instructor to take home your own jar.

Instructor: Margaret Von Der Meden

37. Growing Your Own Nutritious Sprouts

1 CLASS, TUESDAY, 10/23

7:30-9:00 P.M. / LCBMS - 333

FEE: \$15 (NO SENIOR DISCOUNT)

Grow sprouts today...eat them tomorrow! Sprouts and micro-greens are so easy to grow in your own kitchen and require no fancy equipment, lots of space, or special lights. Sprouts add so much to salads and smoothies are powerhouses of nutrition. You don't have to pay top dollar at the health food store. Learn how to grow your own sprouts easily! Taste some varieties of sprouts to see what you like. A \$5 material fee is payable to the instructor to take home a jar and seeds to start sprouting.

Instructor: Cameron Kelly

FITNESS AND DANCE

38. Ballroom Dancing for Beginners

8 WEEKS, MONDAYS, 10/1-12/10
(SKIPS 10/8, 11/5, AND 11/12)
7:30-8:30 P.M. / BFES-APR
FEE: \$108

Enjoy weddings and parties once you know how to dance. Learn swing dancing, cha-cha, salsa, and foxtrot. Get up and join the fun. Couples and singles are welcome.

Instructor: Cameron Kelly

39. Ballroom Dancing—Intermediate

8 WEEKS, MONDAYS, 10/1-12/10
(SKIPS 10/8, 11/5, AND 11/12)
8:30-9:30 P.M. / BFES-APR
FEE: \$108

For singles/couples who have taken beginner social and swing dance and feel confident in the basic moves. Learn some exciting new moves to spice up your dancing.

Singles and couples are welcome.

Instructor: Cameron Kelly

40. Country Line Dancing

8 WEEKS, MONDAYS, 10/1-12/10
(SKIPS 10/8, 11/5, AND 11/12)
6:30-7:30 P.M. / BFES-APR
FEE: \$108

Learn fun, popular line dances with a country music flair. Have a blast, and get some great exercise. No partner needed.

Instructor: Cameron Kelly

41. Zumba—Mondays

8 WEEKS, MONDAYS, 9/24-11/26
(SKIPS 10/8 AND 11/12)
7:35-8:35 P.M. / LHS-DANCE STUDIO
FEE: \$108

Zumba is still the hottest workout around. Simple steps and the hottest Latin rhythms let you shimmy and shake to a super body. Zumba is for all ages, with easy to follow steps and beautifying results.

Instructor: Miriam Loperfido

42. Zumba—Tuesdays

8 WEEKS, TUESDAYS, 10/2-11/27
(SKIPS 11/6)
5:30-6:30 P.M. / VCES—SMALL GYM
FEE: \$108

See description of Zumba in Course #41.

Instructor: Suzi Myers Tipa

43. Cardio Sculpting with Stacey

8 WEEKS
MONDAYS OR THURSDAYS
LHS-DANCE STUDIO
FEE: \$108 OR TWO FOR \$190

SESSION 1: MONDAYS, 9/24-11/26
(SKIPS 10/8 AND 11/12)
6:25-7:25 P.M.

SESSION 2: THURSDAYS, 9/27-12/6
(SKIPS 10/25, 11/1, AND 11/22)
7:00-8:00 P.M.

Join Stacey in a motivational workout.

Begin with 15 minutes of low impact warm ups, followed by 30 minutes of single and combination power sculpting moves aimed at arms, legs, and glutes. Follow up with core moves targeting abs and obliques.

Strengthen your muscles and raise your heart rate. Bring 5-6 lb. weights and a mat.

Instructor: Stacey Thompson-AFAA Certified

44. 20/20/20 Super Workout

8 WEEKS, TUESDAYS OR THURSDAYS
BFES-3RD GR. WING
7:00-8:00 P.M.

FEE: \$108 OR TWO FOR \$198

SESSION 1: TUESDAYS, 9/25-11/20
(SKIPS 11/6)

SESSION 2: THURSDAYS, 9/27-11/15

If you only have two nights a week to get back in shape, join Robbin and make the commitment now to make it happen. Combine 20 minutes of low impact aerobics, 20 minutes of weights and bands and 20 minutes of core stretch for the most effective workout. Sweat, slim down, ton up up, lose pounds and feel terrific. Bring 3 lb. weights and a mat.

Instructor: Robbin Realbuto

45. Light Weights for Women**8 WEEKS, THURSDAYS, 9/27-11/15****6:00-7:00 PM/ VCES-LIBRARY****FEE: \$75**

Using light weights and stretching, this gentle routine will help you increase flexibility, build and tone muscle, and increase metabolism. There are some standing and some sitting exercises. Do not eat for one hour and a half before class. Dress in layers. Bring 1 and/or 2 lb. weights and water to class.

*Instructor: Ruane M. Edge***46. Pound: A Fun, New Workout****8 WEEKS, TUESDAYS, 10/2-11/27****(SKIPS 11/6)****6:30-7:30 P.M. / VCES-SMALL GYM****FEE: \$108**

Pound is the all new full-body cardio jam session that combines light resistance with constant simulated drumming. You use lightly weighted drum sticks, and bang out the class and bang off the calories. This is the hottest class in New York gyms and is being talked about on all the morning talk shows...because it gets results. Be the first to try out this super new workout that screams fun! A Ripstix will be provided. Please bring a yoga mat.

*Instructor: Suzi Myers Tipa***47. Ballroom Exercise-Core and More****5 WEEKS, TUESDAYS, 9/25-10/30****(SKIPS 10/23)****6:30-7:30 P.M. / LHS-DANCE STUDIO****FEE: \$70**

No partner required. Dance routines to ballroom rhythms—Cha Cha, Samba, Merengue, Rhumba, Bolly Dancing, Raggae and more to exercise your core area. Burn calories, slim down, relieve stress, have fun, and get cardio benefits, too.

*Instructor: Donna Torre, Dance Instructor***48. Belly Dance with Gina****8 WEEKS, MONDAYS, 10/1-12/10****(SKIPS 10/8, 11/5, AND 11/12)****7:30-8:30 P.M. / LCBMS-SM. CAFE****FEE: \$98**

Belly Dance is undergoing a surge of popularity as this great workout appeals to everyone. Exciting tunes from Bollywood, the Middle East, Oldies and even Hip Hop gets you shaking and shimmying your way to fitness! Relax your mind and nurture your soul as you burn calories and get your energy high. Master Drummer, Julian, will provide live music for a session or two.

Instructor: Gina Bergamini

MUSIC

49. NEW! Roots of Rock—The History of Blues Music

3 WEEKS, TUESDAYS, 10/2-10/16

7:00-9:00 P.M. / LHS-190

FEE: \$65

Learn about the history of blues music and its development into Rock' n' Roll. The journey starts with origins in Africa. The development of Chicago as the center of electric blues is discussed, and the development of Rock' n' Roll with Elvis Presley in Memphis is covered in detail. Several bands that were originally blues bands, including the Rolling Stones, Led Zeppelin, Fleetwood Mac, Cream, and Eric Clapton, are covered. The story continues up to the present, discussing blues greats such as B.B. King and the group Hot Tuna, derived from the Jefferson Airplane. The final class is devoted to harmonica players, which had a very central role in blues music. Throughout the course, examples are given from recordings and live playing by the instructor. Books and recordings are recommended.

Instructor: Elliot Fischer (aka Bronx Boy Jake)

MEN'S BASKETBALL

50. Men's Basketball

8 WEEKS, MONDAYS AND WEDNESDAYS, FIRST SESSION STARTS THE WEEK OF SEPTEMBER 24TH.

THREE EIGHT-WEEK SESSIONS –SCHEDULES HANDED OUT IN CLASS

8:00-10:00 PM / LHS-GYM

FEE: \$60 PER SESSION

SIGN UP FOR SESSIONS I AND II AND GET THE THIRD SESSION FOR FREE. (\$120 FOR THE YEAR)

Play basketball at mixed levels of ability. There will be no permanent teams. Teams will change and rotate. There are three consecutive 8 week sessions. You can join one session or all three.

Sign up through the Lakeland District Office only.

Remember to bring both a black shirt and a white shirt to play in each night.

Instructor: Sal Santoro



LANGUAGE/CULTURE

51. Japanese for Beginners

10 WEEKS, TUESDAY, 9/25-12/4

(SKIPS 11/6)

7:00-8:30 PM / LCBMS-308

FEE: \$120

This course is perfect for you whether you are new to the language or have a little knowledge. Students will learn basic grammar and sentence structures as well as commonly used expressions to build conversational skills. If you are interested in learning something new, this is a great opportunity.

Instructor: Kazuko DiCroce

52. Spanish I

10 WEEKS, TUESDAYS, 9/25-12/4

(SKIPS 11/6)

6:30-8:30 PM / LCBMS-310

FEE: \$120

Thirty-five million Americans speak Spanish in the USA today; more than the other second languages combined. Our introductory course will give you basic skills in listening, speaking, reading, writing and vocabulary. There is a [separate book/workbook fee of \\$28.00](#) payable to Lakeland Continuing Education.

Instructor: Lillian Goldsmith

53. Spanish II

10 WEEKS, THURSDAYS, 10/4-12/13

(SKIPS 11/22)

6:30-8:30 PM / LCBMS-310

FEE: \$120

Now that you have taken some basics, we will continue our study of Spanish from here. We will first review from the chapter most appropriate for the registered class, then go forward and have fun. It is proven that learning a language is good for your brain, so come and join us again! There is a [separate book/workbook fee of \\$28.00](#) payable to Lakeland Continuing Education if not already purchased in Spanish I.

Instructor: Lillian Goldsmith

54. NEW! American Sign Language

10 WEEKS, THURSDAYS, 10/4-12/13

(SKIPS 11/22)

6:30-8:30 PM / LCBMS-102

FEE: \$120

This is an introduction to the study of American Sign Language in which both expressive and receptive skills are developed over a 10-week course period. Students will learn basic skills to communicate, how to fingerspell and use numbers correctly, and gain a better understanding of the needs of deaf and hard-of-hearing people. Upon completion of the program, students will comprehend ASL and express themselves at a basic conversational level.

(The textbook will be *Learn American Sign Language— Special Edition*, ISBN-13: 978-1577151074, available on Amazon for \$13.37.).

Instructor: Jeremy Hua



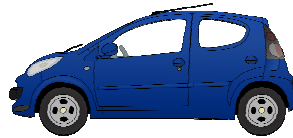
DRIVING

55. Defensive Driving-Point Insurance Reduction

1 DAY / SATURDAY / 10/20 / 8:30-3:00 PM / LHS-LIBRARY / \$40 (BRING LUNCH)

As the primary driver of your vehicle, you will receive a 10% reduction in your base collision, liability, and no-fault premiums for three (3) years, and a reduction of up to four (4) points off your license for moving violation convictions. **Please bring a pen and your driver's license to class. NO SENIOR DISCOUNT.**

Instructor: John Hamilton



SENIOR CITIZEN FEES

No senior discount for classes costing \$20.00 or under.
Senior fees accepted for all other classes unless otherwise indicated in course description:

REGULAR FEE	SENIOR FEE	REGULAR FEE	SENIOR FEE
\$ 15	\$ 15	\$ 75	\$ 60
\$ 25	\$ 20	\$ 85	\$ 68
\$ 35	\$ 28	\$ 95	\$ 76
\$ 40	\$ 32	\$ 98	\$ 78
\$ 45	\$ 36	\$100	\$ 80
\$ 50	\$ 40	\$108	\$ 86
\$ 60	\$ 48	\$118	\$ 95
\$ 65	\$ 52	\$120	\$ 96
\$ 70	\$ 56	\$130	\$104
		\$190	\$152



Questions?

E-mail us at

Continuinged@lakelandschools.org

REGISTRATION—FALL 2018

Please complete the form and mail to: Lakeland Continuing Education, 1086 East Main Street, Shrub Oak, NY 10588.

Make checks payable to **Lakeland Continuing Education**. You are enrolled as soon as we receive your registration form and fee.


Confirmation letters will not be sent. Courses may be cancelled if enrollment is insufficient, in which case notifications will be sent. Please send a separate check for each course.


Please note a \$30.00 service charge will be imposed on deposited checks returned unpaid by our bank.

NAME: _____

ADDRESS: _____

 PHONE: _____

 CELL: _____

 EMAIL: _____

Emails are used to notify of course cancellations.

Do you check yours regularly? YES _____ NO _____

Course # _____ **Title:** _____

Please indicate session or day of week (i.e., Zumba TUESDAYS):

Fee for course: _____ Number of Participants: _____

Amt. Due: _____
(Senior fees (62 and over) are on page 18)

PLEASE SUBMIT ONE FORM AND ONE CHECK PER CLASS.

THANK YOU.

For Office Use:
Received & Registered on: _____
Funds Deposited on: _____

Fall 2018

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Lakeland Central School District
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TO: LAKELAND DISTRICT RESIDENT

- ◆ **Register by Mail:** 🕒 **Save time!** Use the application form on the last page of this brochure. Mail to the Lakeland Administration Building, 1086 East Main Street, Shrub Oak, NY, 10588, Attention: Continuing Education.
- ◆ **Drop Off Registration:** Drop off your registration form any weekday between 8:30 a.m. and 4:00 p.m. (8:30 to 3:00 during holiday weeks).
- ◆ **In-Person Evening Registration:** Register at the Lakeland Administration Building, 1086 East Main Street, Shrub Oak (next to the John C. Hart Library) **on September 12 and 13 from 5:00– 8:00 p.m.**

Classes Begin September 24, 2018

✉ **E-mail:** continuinged@lakelandschools.org

🌐 **Website:** www.lakelandschools.org