

**North Shore**



**Community Education**

**COURSE CATALOG**



**North Shore**

112 Franklin Avenue  
Sea Cliff, New York 11579

Non-Profit Org.  
U.S. Postage  
**PAID**  
Sea Cliff, NY  
Permit No. 30

**REGISTER NOW !**

**CLASSES BEGIN**

**OCTOBER 3rd**

**RESIDENT**

# WELCOME TO NORTH SHORE COMMUNITY EDUCATION

## DON'T MISS OUR NEW COURSE OFFERINGS:

DIGITAL PHOTOGRAPHY

CYANOTYPE PHOTOGRAPHY

BLOGGING

LIFE COACHING

BOAT SMART

MEDITATION IN MOTION

VOLLEYBALL

PERFORMANCES BY THE  
NORTHWINDS SYMPHONIC BAND  
AND  
NORTH SHORE COMMUNITY CHORUS

QUESTIONNAIRE							
What type of courses have you taken?							
Art	Computer	Cooking	Dance	Driving	Exercise		
Finance	Games	Trips	Hobbies	Language	Music		
Parenting	Personal Growth	Sports	Other				
What other courses would you like to see offered in the future?							
Name (optional): _____							
Age: 25-40, 41-54, 55 & over							
Please return questionnaire with registration and mail to:							
Community Education North Shore High School 450 Glen Cove Avenue Glen Head, NY 11545							

NORTH SHORE SCHOOLS COMMUNITY EDUCATION CALENDAR 2011													
September							October						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				XX	XX	3							1
4	XX	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	XX	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	XX	XX		23	24	25	26	27	28	29
							30	31					
November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3
6	7	XX	9	10	XX	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	XX	XX	XX	26	18	19	20	21	22	23	24
27	28	29	30				25	XX	XX	XX	XX	XX	31

Walk in registration is September 13, 14, and 15, 2011.  
Classes begin Monday October 3. XX - School Closed

**Registration:**

Please register early for courses by mailing in your registration or by registering in person at the High School on the evenings of September 13, 14 and 15, 2011. All registration forms will be processed on a first come, first served basis. **Please provide us with a separate check and form for each course. Fees will only be accepted by the office for Community Education.** Instructors are not permitted to accept any fees. Please plan ahead and mail your registration form, attend the in-person registration, or stop by during office hours before attending a class.

**In Person:**

In person registration will take place at the North Shore High School Main Office Lobby on Tuesday, September 13, Wednesday, September 14, and Thursday, September 15, from 6:30 to 8:30 P. M. **Please provide us with a separate check for each course.**

**By Mail:**

Mail early! Registration forms, found at the back of this book, should be mailed to:

**NORTH SHORE SCHOOLS  
COMMUNITY EDUCATION PROGRAM  
450 Glen Cove Avenue  
Glen Head, NY 11545**

**A separate registration form and a separate check must be mailed for each person in each course.**

**Please assume that you have been accepted in your selected course and mark your calendar unless you are notified to the contrary.  
Reminder calls will not be made.**

**Highlights of our brochure can be viewed on our web site:  
www.northshoreschools.org**

**DIRECTIONS TO NORTH SHORE HIGH SCHOOL:**

**FROM THE WEST:** Take the Long Island Expressway East to exit 39N (Glen Cove Road) continue North on Glen Cove Road for approximately 3 miles. After crossing Northern Blvd. (25A) Go to the 3<sup>rd</sup> traffic light AFTER Northern Blvd. and make a LEFT onto Back Road. (Nissan Dealership on far left corner). At end of Back Road bear RIGHT and continue on Glen Cove Avenue to the 3<sup>rd</sup> traffic light and make a RIGHT into the North Shore High School parking lot.

**FROM THE EAST:** Take the LI Expressway to exit 41 N (Route 106 and 107) Follow signs for Route 107. Cross over Northern Blvd. and continue approximately 1 mile to Glen Head Road (Bottle Buy) on the corner, make a LEFT and continue on Glen Head Road, go over the Railroad tracks to the 1<sup>st</sup> traffic light after the RR and make a RIGHT. Continue on Glen Cove Avenue to the 1<sup>st</sup> traffic light and make a RIGHT into the North Shore High School parking lot.

**Mail to:**

**NORTH SHORE SCHOOLS COMMUNITY EDUCATION PROGRAM  
450 GLEN COVE AVENUE  
GLEN HEAD, NY 11545**

**Checks payable to: North Shore Schools  
(Separate registration forms and check for each course, please.)  
If not notified, you are accepted into the course  
for which you registered.**

**Mail-in Form**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Day Phone \_\_\_\_\_ Eve. \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail address \_\_\_\_\_

Course Title \_\_\_\_\_ CC \_\_\_\_\_  
Day \_\_\_\_\_ Time \_\_\_\_\_ Room \_\_\_\_\_

Course Fee \$ \_\_\_\_\_  
Non-resident Fee \$5.00 \$ \_\_\_\_\_ Check \_\_\_\_\_  
Total \$ \_\_\_\_\_ Cash \_\_\_\_\_

**Mail-in Form**

Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
Day Phone \_\_\_\_\_ Eve. Phone \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Course Title \_\_\_\_\_ CC \_\_\_\_\_  
Day \_\_\_\_\_ Time \_\_\_\_\_ Room \_\_\_\_\_

Course Fee \$ \_\_\_\_\_  
Non-resident Fee \$5.00 \$ \_\_\_\_\_ Check \_\_\_\_\_  
Total \$ \_\_\_\_\_ Cash \_\_\_\_\_

**CONTINUED LIFELONG LEARNING COURSES  
FOR A HEALTHY COMMUNITY**

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<b>QUESTIONNAIRE</b>					
What type of courses have you taken?					
Art	Computer	Cooking	Dance	Driving	Exercise
Finance	Games	Trips	Hobbies	Language	Music
Parenting	Personal Growth	Sports	Other		
What other courses would you like to see offered in the future?					
_____					
_____					
_____					
_____					
Name (optional): _____					
Age: 25-40, 41-54, 55 & over					
Please return questionnaire with registration and mail to:					
Community Education North Shore High School 450 Glen Cove Avenue Glen Head, NY 11545					

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## GENERAL INFORMATION

*Class starting date is shown under each course.*

### Fees:

1. North Shore Schools Community Education Program is a self-sufficient program and course fees are set with this goal in mind.
2. The fee for each course is listed with the course description.
3. An additional fee of \$5.00 per course will be charged for non-residents.

### Refunds & transfers:

1. Absolutely no fees will be refunded after commencement of classes. A written request for a refund must be made one week before the class starts. Telephone cancellations **will not** be accepted.
2. If registration permits, transfers can be made prior to the second week of classes.
3. There is no provision for a partial fee for taking one session or part of a course.
4. **All refunds due to enrollees after six weeks of registration will be processed through the District's general fund.** Enrollees will be required to complete the required forms, sign and return the completed forms to the office for Community Education in order to receive their refunds.

### Registration fees will only be accepted by the office for Community Education.

Instructors are not permitted to accept any fees. Please plan ahead and mail your registration form, attend the in-person registration, or stop by during office hours before attending a class.

### General Information:

**The Community Education Office is open in the evening only. Office hours are from 6:30 to 8:30 PM, Monday through Thursday.**

For additional information call (516) 277-7048.

All classes will be held at North Shore High School unless otherwise indicated.

Courses described in this brochure are offerings only.

Classes will begin on Monday, October 3, 2011.

Individual class starting dates are listed under each course.

Classes will not be held on school holidays or on days when North Shore Schools are closed due to the weather: Please check the calendar in this brochure.

*In the event Community Education is canceled, it will be announced on the following radio stations: WNBC, WGBB, WIN, WHLI and on office answering machine.*

### Eligibility:

Priority is given to residents of the North Shore School District (21 years & older). High School students may apply where there is a course opening provided they have permission from the Director of Community Education.

### Mail to:

NORTH SHORE SCHOOLS COMMUNITY EDUCATION PROGRAM  
450 GLEN COVE AVENUE  
GLEN HEAD, NY 11545

Checks payable to: North Shore Schools  
(Separate registration forms and check for each course, please.)

**If not notified, you are accepted into the course  
for which you registered.**

### Mail-in Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Day Phone \_\_\_\_\_ Eve. \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Course Title \_\_\_\_\_ CC \_\_\_\_\_  
Day \_\_\_\_\_ Time \_\_\_\_\_ Room \_\_\_\_\_  
Course Fee \$ \_\_\_\_\_  
Non-resident Fee \$5.00 \$ \_\_\_\_\_ Check \_\_\_\_\_  
Total \$ \_\_\_\_\_ Cash \_\_\_\_\_

### Mail-in Form

Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
Day Phone \_\_\_\_\_ Eve. Phone \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Course Title \_\_\_\_\_ CC \_\_\_\_\_  
Day \_\_\_\_\_ Time \_\_\_\_\_ Room \_\_\_\_\_  
Course Fee \$ \_\_\_\_\_  
Non-resident Fee \$5.00 \$ \_\_\_\_\_ Check \_\_\_\_\_  
Total \$ \_\_\_\_\_ Cash \_\_\_\_\_

<b>ARTS</b>
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**MONDAY**

North Shore Community Chorus  
Basketball  
Yoga  
Knitting Classes  
Laughter is the Best Medicine

**TUESDAY**

Northwinds Symphonic Band  
Feldenkrais  
Meditation  
Kaplan SAT classes  
Computer classes  
BoatSmart  
Digital Photo

**WEDNESDAY**

Yoga For A Better Back  
Computer Refresher Classes  
Defensive Driving  
Life Coaching Class  
Bridge  
Advanced Women's Volleyball  
Blogging  
Spanish

**THURSDAY**

Yoga in the Afternoon  
Basketball  
Ballroom Dance (Beginner and Intermediate)  
Kaplan SAT classes  
Defensive Driving  
Cyanotype Photography  
Self Hypnosis

**FRIDAY**

Advanced Men's Volleyball

**SATURDAY**

Beginning Tennis  
Intermediate Tennis

**NORTH SHORE COMMUNITY CHORUS**

**FEE: \$15**

**MONDAY 7:30-10:00PM CC#1**

**Starts: Sept. 12**

The North Shore Community Chorus, directed by Mr. Stephen Goldstein, is open to all community members who would like to further their love and performance of fine choral music. Singers of all backgrounds are welcome to join, regardless of their sight-reading ability. The prerequisites are a love of choral singing, the desire to sing music from the great masterworks to the best of choral pops and the ability to match pitches and sing in the appropriate octave for your voice part. If you are unsure of your voice type or vocal range, Mr. Goldstein will be more than glad to offer one on one assistance and direct you to a section that best suits your voice. For further information call 277-7048. Room: Choral Room

**PERFORMANCE DATES**

Concert I Saturday Dec. 10, 2011 8pm Glenwood Landing School Aud.

Concert II Saturday April 28, 2012 8 pm North Shore High School Theater

Concert III Saturday June 9, 2012 8 pm North Shore High School Theater

**NORTHWINDS SYMPHONIC BAND**

**FEE: \$15**

**TUESDAY 7:45-9:45PM CC#2**

**Starts: September 13**

The Northwinds Symphonic Band is directed by Helen Bauer. This group is dedicated to playing standard wind band repertoire including marches, theatre music, transcriptions, the 20<sup>th</sup> century classics and new releases. Rehearsing and performing with this ensemble promises to be a worthwhile and fulfilling musical experience. Openings exist for proficient musicians who have the ability to read and perform the standard band repertoire. Class size is limited due to rehearsal space and balance of instrumentation. Please call our office for information regarding eligibility, available positions and instrumentation needs. 516-277-7048. Room: Band Room

**PERFORMANCE DATES**

Concert I Sunday Nov. 6, 2011 3pm Cradle of Aviation, Garden City

Concert II Sunday April 1, 2012 3 pm North Shore High School Theater

Concert III Sunday June 10, 2012 3 pm Clifton Park, Sea Cliff  
Rain Location at NSHS

## ARTS

**BEGINNER SHAWL CLASS**  
**MONDAYS 7:00-9:00PM (4 sessions) CC#3**

**FEE: \$35.00**  
**Starts: October 3**

In this class you will learn to work how to make a basic shawl with increasing, decreasing, yarn overs and following a chart. It is a beautiful shawl that I know you would get much use out of. Must know how to knit and purl. If you would like a picture of this project - please email [susan@knitworks-ny.com](mailto:susan@knitworks-ny.com)  
Materials: Size 9 straight or 32" circular needle - they will be available for purchase. For this project I will supply the yarn and pattern. You can pick your choice of color. Materials fee of \$35

Instructor: Susan Gill

Room: Faculty Lounge

**DIGITAL PHOTOGRAPHY**  
**TUESDAYS 7:00 – 8:30PM (8 sessions) CC#4**

**FEE: \$70**  
**Starts: October 4**

In this course you will learn different techniques in digital photography as well as learning some aspects of photoshop. You will learn about lighting, subject matter and overall how to take better photographs. By using photoshop you will learn how to create different images such as, black and white, color, and sepia (brown and white). The goal will be to gain a better knowledge of taking pictures, your camera, and photoshop.

Instructor: Matthew Schmiemann

Room: Computer Lab

**CYANOTYPE PHOTOGRAPHY**  
**THURSDAYS 7:00 – 8:30PM (8 sessions) CC#5**

**FEE: \$70**  
**Starts: October 6**

Cyanotype is an alternative process in photography. It is one of the oldest and most permanent photo printing techniques. In this course you will learn how to create blue and white photographs. Cyanotype photography was created by scientist Sir John Hersehel, who discovered this process in 1842. You will be using both negatives and found objects to create these wonderful prints. There will be a \$12 materials fee payable to the instructor at the first class.

Instructor: Matthew Schmiemann

Room: Photo Lab

## SELF IMPROVEMENT

**FELDENKRAIS METHOD**  
**TUESDAYS 7:30-8:30PM (8 Sessions) CC#32**

**Fee: \$60.00**  
**Starts: October 11**

Would you like to improve your flexibility and coordination, have increased freedom from chronic pain and tension, and have a greater sense of physical well being? If you answered yes to any of these questions, then perhaps the Feldenkrais Method is for you. Come find out in an Awareness Through Movement (ATM) class, taught by Feldenkrais Guild Certified Practitioner Maria Whisenand. In an ATM lesson, the teacher verbally guides the students through a sequence of movements, based on the sensory motor processes in the brain. Through those lessons, one can dramatically improve one's own quality of movement and acquire new coordination and skill. Please wear loose comfortable clothing. Lessons can be adapted to anyone who may feel uncomfortable being on the floor.

Instructor: Maria Whisenand

Room: HS Library

**TAKE YOUR CREATIVE ASPIRATIONS OUT OF THE STUDIO AND INTO THE WORLD**

**FEE: \$35.00**  
**WEDNESDAYS 7:30 – 9:00PM (2 sessions) CC#33 Starts: October 26**

Elizabeth Cassidy, Certified Creativity Coach for Artists and Writers, will be giving a two part creativity workshop on how to take your creative skills (painting, writing, designing, etc.) to the next level. This workshop will include discussions on overcoming creative barriers to developing business strategies that will help promote visibility.

Come in ready to talk about your creative goals. Get inspired.

Some of the topics to be covered:

- Getting answers to questions that might be holding you and your creative spirit back.
- Leaving the first session with an action plan filled with creative solutions that you will create.
- Being more productive with creative goals.
- Restructuring your daily schedule to get the most out of your time.

Creative exercises to get the right side of your brain working more.

Come back to the second session and talk about the successes and challenges you encountered with your action plan. Receive powerful coaching to get you moving closer to what you really want and deserve in your creative lives.

**Elizabeth Cassidy** is a certified creativity coach. Her clients are artists who are moving forward with their creative goals. Her company, Coaching for the Creative Soul was started with the belief that people can reach their goals when they believe that change is not to be feared but embraced. She had a 20 year career in the advertising field and is a member of the International Women's Writing Guild, leading national blogger for skirt.com. Her blog, My Views from the Edge offers a unique and humorous slant on life.

Room: N-1

## SELF IMPROVEMENT

**YOGA FOR A BETTER BACK** **FEE: \$55.00**  
**WEDNESDAYS 7:30 – 9:00PM (10 sessions) CC#29** **Starts: October 5**

Take steps toward a happier, healthier back on the yoga mat and in your daily life. In this gentle yoga program you will learn the how and why of good mechanics, listening to your body, sensing what it needs, and doing daily exercises for successful living. You will learn to adapt yoga postures to your body's needs. We will combine deep relaxation with constructive rest using breath and imagery to help cope with stress and chronic pain. Bring a non-skid mat and 2 large towels.

Note: This program is not recommended for those in the acute phase of injury. As with any exercise program it is recommended that you consult with your physician first.

Instructor: Janice Nunziata RN RYT Room: Wrestling room

**YOGA IN THE AFTERNOON** **FEE: \$60.00**  
**THURSDAYS 4:30 – 6:00PM (10 sessions) CC#30** **Starts: October 6**

Reduce stress and increase physical fitness through yoga. You will learn postures and techniques that will stretch and tone muscles, strengthen and trim the body and make it more flexible, and induce relaxation of the mind and body. The class is for beginners as well as for those with yoga experience. Join us. You'll feel better for it! Wear comfortable clothes and bring an exercise mat, beach towel or small blanket.

Instructor: Patricia Mitchell Room: Glen Head School Gathering Room  
7 School Street  
Glen Head, NY 11545

**SELF HYPNOSIS FOR STRESS RELIEF** **FEE: \$45.00**  
**THURSDAY 7:30 – 9:00PM (3 sessions) CC#31** **Starts: October 6**

Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. If you frequently find yourself feeling frazzled and overwhelmed, it's time to take action to bring your nervous system back into balance. You can protect yourself by learning how to recognize the signs and symptoms of stress and taking steps to reduce its harmful effects. In this class you will learn how to use the power of your mind, through self-hypnosis, to reduce your stress. Improve your immune system, lower your blood pressure, sleep better, reduce anxiety and irritability, improve memory, stop worrying and just plain feel better.

Materials: \$30.00 for 3 CD's to take home and reinforce what you have learned.

Janice Nunziata RN Room: J-13  
Certified Consulting Hypnotist

## ARTS

**BALLROOM DANCING (Beginner)** **FEE: \$65.00**  
**THURSDAY 8:30-10:00PM (8 sessions) CC#6** **Starts: October 6**

Ballroom dancing is a rewarding experience that promotes both physical and mental health. Whether you are a beginner or already have some dance experience, you will enjoy learning basic dance concepts and skills while engaging your body in aerobic activity and building self-confidence. With continued practice, you will soon be comfortable in any dance venue from weddings, parties and other social occasions, to ballroom dances, Latin and swing clubs and discos. Beginner classes will work on developing posture, dance frame, technique, movement, and basic dance steps. The ballroom dancing curriculum includes Smooth (Waltz, Foxtrot, Tango), Latin (Rumba, Cha Cha, Salsa/Mambo, Meringue), and Rhythm (Swing and Hustle).

Instructor: Phyllis Hintze Room: Glen Head School Gym  
7 School Street  
Glen Head, NY 11545

**BALLROOM DANCING (Intermediate)** **FEE: \$ 65.00**  
**THURSDAY 7:00-8:30PM (8 sessions) CC#7** **Starts: October 6**

Ballroom dancing is a rewarding experience that promotes both physical and mental health. The Intermediate class is available for those with previous dance experience. Students will enjoy learning more advanced dance concepts and skills while engaging the body in aerobic activity and building self-confidence. With continued practice, you will realize increased confidence in any dance venue from weddings, parties and other social occasions, to ballroom dances, Latin and swing clubs and discos. Intermediate classes will work on more advanced technique and movement concepts while incorporating more challenging dance steps and amalgamations. The ballroom dancing curriculum includes Smooth (Waltz, Foxtrot, Tango, Quickstep, Viennese Waltz), Latin (Rumba, Cha Cha, Salsa/Mambo, Meringue, Samba), and Rhythm (Swing and Hustle). Specific material covered will depend on student interest and ability.

Instructor: Phyllis Hintze Room: Glen Head School Gym  
7 School Street  
Glen Head, NY 11545

## ARTS

**BEGINNER KNITTING** **FEE: \$35.00**  
**MONDAYS 7:00-9:00PM (3 sessions) CC#8** **Starts: November 7**

This class is for the beginner. Learn to make your first project, a neck warmer for the cold weather. You will learn to knit, purl, cast on, bind off, increase and decrease in just 3 weeks. Limited to 10 students. Materials fee of \$25 will be collected at the first class. This will include 1 skein of chunky yarn and size 10½ needles.

Instructor: Susan Gill

Room: Faculty Lounge

**BASIC SWEATER CLASS** **FEE: \$60.00**  
**MONDAYS 7:00-9:00PM (4 Sessions) CC#9** **Starts: November 28**

Learn how to make a basic sweater for a child in 5 easy sessions. During this class you will learn the steps to making your first sweater, reading a pattern, increasing, decreasing, casting off, picking up stitches and sewing it together. The sizing for the finished product will be 3-6 mo, 6-9 mo, or 1 year size. You will have your choice of color. Must know how to knit and purl. This class is a great next step for beginners.

Materials: size 9 and 10 ½ needles or they will be available for purchase. If you only need the yarn and pattern, materials fee will be \$25 depending upon the size chosen. For larger sizes - materials fee will be \$30.

Instructor: Susan Gill

Room: Faculty Lounge

## SELF IMPROVEMENT

**LAUGHTER IS THE BEST MEDICINE** **FEE: \$40.00**  
**MONDAYS 7:00 – 8:00 PM (5 sessions) CC#26** **Starts: October 3**

The phrase “laughter is the best medicine” has been proven to be true. Lighten up and learn how to incorporate laughter, humor, fun and play into your daily lifestyle. Entertaining and educational, this course is designed to help you maintain a positive attitude. Practical techniques and course notes will be taught so your stress is reduced and the happiness habit will appear. All activities are safe and fun for anyone of any age. Participants only do what they are comfortable doing. Let’s get together and learn laughter’s benefits. Let’s have fun!!!

Instructor – Barbara Grapstein is a local resident and owner of Gold Coast Giggles. She is a certified laughter leader through The World Laughter Tour, Inc. and is also a certified Laughter Yoga instructor from The Dr. Madan Kataria School of Laughter Yoga.

Room: J - 13

**YOGA** **FEE: \$60.00**  
**MONDAYS 7:30 – 9:00PM (10 sessions) CC#27** **Starts: October 3**

In this course you will learn a series of posture, techniques in relaxation and exercises in breathing which are designed to bring you closer to that happy, healthy, more energetic self. You can learn to increase your powers of concentration as well as ways to reduce stress by relaxing both your body and mind. Regular practice of yoga will aid in strengthening muscles, firming the body, improving flexibility, posture and endurance. Yoga is for men and women of all ages. The class will be open to beginners as well as more advanced students and will be geared toward individual needs whenever possible. Please bring an exercise mat and wear loose clothing.

Instructor: Patricia Mitchell

Room: Wrestling Room

**MEDITATION** **FEE: \$50.00**  
**TUESDAYS 7:30 – 8:30PM (10 Sessions) CC#28** **Starts: October 4**

Our Reiki Master will teach you to open your mind and expand your thoughts through meditation and spiritual enrichment. These meditation and relaxation techniques quiet the mind while maintaining heightened awareness as the body experiences a deep physical rest. Meditation is a great way to reduce the adverse effects of stress on the heart and the entire body and get in touch with our inner self to restore your overall health and happiness. No prior experience is necessary. Wear loose clothing. Bring a mat.

Instructor: Patty Mitchell

Room: J-13

## PHYSICAL FITNESS AND SPORTS

**BEGINNING TENNIS** **FEE: \$70.00**  
**SATURDAY 10:00-11:00AM (4 Sessions) CC#24 Starts: October 15**

For the beginner in tennis it is necessary to learn such fundamentals as proper foot-work, forehand, backhand and serve. Bring racquet and sneakers and meet at the High School tennis courts. Please bring one can of tennis balls. (Limited enrollment)

Instructor: Jerry Vivona Place: High School Tennis Courts

**In case of rain, tennis class will be held the following week.**

**INTERMEDIATE TENNIS** **FEE: \$70.00**  
**SATURDAY 9:00-10:00AM (4 Sessions) CC#25 Starts: October 15**

This course is for the tennis player who has experience and wants to sharpen both skills and strategy. Please bring one can of tennis balls.

Instructor: Jerry Vivona Place: High School Tennis Courts

**In case of rain, tennis class will be held the following week.**

## COLLEGE PREP

### COLLEGE PREP

**THE KAPLAN SAT PREP COURSE** **FEE: \$499.00**  
**(Class Code -SANA11741 ) ROOM A-4, J-18, J-19**

Kaplan Test Prep, with more than 70 years experience in test preparation, offers an interactive 10 session program to ensure students reach their potential on the May/June SAT. Kaplan's expert SAT instructors will show students proven test-taking strategies and review the content of the math, critical reading, and writing sections. The course includes four full length practice tests, six 3 hour lessons plus Kaplan's Home Study Kit and online resources. Kaplan also offers College Prep Advantage, an unlimited prep program for the SAT, ACT, SAT II and AP exams, small group tutoring, and a 10% discount on private tutoring for North Shore students. Note: Students are responsible for registering for the actual SAT exam. Call 1-800-KAPTEST or 516-592-2157 for more information and to enroll.

1	Tues 9/20	Practice Test- Diagnostic	6-10:30PM
2	Thurs 9/22	Lesson 1	6-9PM
3	Tues 10/4	Lesson 2	6-9PM
4	Thurs 10/6	Practice Test 2	6-10PM
5	Tues 10/11	Lesson 3	6-9PM
6	Thurs 10/13	Lesson 4	6-9PM
7	Tues 10/18	Practice Test 3	6-10PM
8	Thurs 10/20	Lesson 5	6-9PM
9	Tues 10/25	Practice Test 4	6-10PM
10	Thurs 10/27	Lesson 6	6-9PM

## COMPUTERS & TECHNOLOGY

**MICROSOFT POWERPOINT (PRESENTATIONS) FEE: \$45.00**  
**TUESDAY 6:45-8:45PM CC#10 10/4, 10/11, 10/18**

Microsoft PowerPoint enables you to transform your ideas into a professional presentation. You will create slides to display an electronic slide show which can be used both in business as well as for personal use. Learn how to import your favorite pictures that can be shared with your family and friends.

Instructor: Michelle Tanner Room: J-1

**RERESHER COURSE TO WINDOWS OPERATING SYSTEM**  
**AND MICROSOFT WORD (WORD PROCESSING) FEE: \$20.00**  
**(Select one of the dates below)**

**TUESDAY Section 1 6:45-8:45PM CC#11 10/25**  
**WEDNESDAY Section 2 6:45-8:45PM CC#12 10/26**

This refresher course will consist of the following topics: set up of computer, managing files and folders, shortcuts, installing programs, creating and editing documents, adjusting margins, spell check, cut and paste, email and much more. A question and answer session will follow each reviewed topic.

Instructor: Michelle Tanner Room: J-1

**ADVANCED MICROSOFT WORD FEE: \$35.00**  
**(WORD PROCESSING)**  
**TUESDAY 6:45-8:45PM CC#13 11/1, 11/15**

If you feel that your knowledge of Microsoft Word is limited, this course will be very useful. We will learn advanced formatting skills, use text boxes, have fun with word art, use the draw and picture tools (these tools are used to create announcements, invitations, greeting cards, signs, posters, cards), and learn how to create mailing labels by combining skills learned in Excel and Word (mail merge).

Instructor: Michelle Tanner Room: J-1

## PHYSICAL FITNESS AND SPORTS

**THREE PERSON BASKETBALL FEE: \$70.00 \***  
**Section 1 MON. 8:00-10:00PM (10 Sessions) CC#20 Starts: October 3**  
**Section 2 THURS. 8:00-10:00PM (10 Sessions) CC#21 Starts: October 6**

Tired of being tired? Eager for some competitive "hoops"? Come down and join in the Three Person Basketball class. Class is geared to anyone over 25 years old, eager for a good workout and good fun. Bring sneakers. Locker facilities available.

Instructor: John Manzone Room: H. S. Gym

\* If you take both classes, the charge is only \$60.00 for the second class.

**ADVANCED WOMEN'S VOLLEYBALL FEE: \$80.00**  
**WEDNESDAYS 8:00 - 10:00PM (8 Sessions) CC#22 Starts: October 5**

This course is only for the advanced volleyball player who is looking for an extremely competitive playing opportunity. Proficiency is required in all aspects of the game, bumping, setting, spiking, serving and blocking. Knowledge of the rules is a must. The instructor reserves the right to group according to ability. Class size is limited.

Instructor: Dorian Dahl Room: High School Gym

**ADVANCED VOLLEYBALL FEE: \$80.00**  
**FRIDAYS 8:00-10:00PM (8 Sessions) CC#23 Starts: October 7**

This course is only for the advanced volleyball player who is looking for an extremely competitive playing opportunity. Proficiency is required in all aspects of the game, bumping, setting, spiking, serving and blocking. Knowledge of the rules is a must. The instructor reserves the right to group according to ability. Class size is limited.

Instructor: Jerry Cohen Room: Middle School Gym

## PERSONAL SAFETY

**AMERICA'S BOATING COURSE - UNITED STATES POWER SQUADRON COURSE - "INCLUDES PWC OPERATION" FEE: \$15.00**  
**TUESDAYS 7:30 – 9:30PM (8 Sessions) CC#17 Starts: October 4**

Course covers: Boat handling; rules of the road; compass and chart familiarization; aids to navigation; running lights and equipment; inland boating and piloting; boat trailering; personal watercraft operation (Jet-Ski, Sea-Doo, etc.) Federal and State boating laws. Successful completion of this course (including passing grade on exam) satisfies the 8 hour requirement by New York State for operation of a personal watercraft and entitles you to a certificate usually honored by insurance companies for a 5-10% discount. Minimum age for children to operate a personal watercraft is 14 years old. **Children under 16 must be accompanied by a registered adult.** A materials fee of \$65 is payable to the instructor on the first night. (\$45 – book, \$10-plotter, \$10 – dividers)

Room: J - 20

**DEFENSIVE DRIVING FEE: \$45.00**  
**(INSURANCE AND POINT REDUCTION PROGRAM)**  
**Section 1 WEDNESDAYS 7:00-10:00PM CC#18 October 5 and 12**  
**Section 2 THURSDAYS 7:00-10:00PM CC#19 November 3 and 10**

This program, sponsored by the National Safety Council, will reduce your auto liability and collision insurance 10% per year for three years and will remove up to four points from your driving record. By taking this course, drivers with excessive points can avoid possible revocation or suspension of their license; however, it will not override a mandatory suspension of their license. All drivers are eligible regardless of violation or accident record, including assigned risks, persons under 25, senior citizens, commercial vehicle and motorcycles operators. The main focus of this course is to allow drivers to discover their driving attitude and the effect it has on the way they handle themselves on the highway. Fee includes all course materials and DMV certificates. (No Senior Citizen reduced rate).

Instructor: Dennis Kelly

Room: J-3

## COMPUTERS & TECHNOLOGY

**HAS ANYONE EVER CALLED YOU A BLOGGER? FEE: \$25.00**  
**WEDNESDAY 7:00 – 9:00PM (1 session) CC#14 Starts: November 9**

This two hour workshop will be geared towards anyone with an idea that they want to get out to the world at large – from small business owners, writers and artists who want to use blogging as a promotional tool.

### **You'll learn some of the basics to blogging:**

- What is my purpose for blogging?
- What type of blog do I want to write?
- What do I want to blog about?
- What is a good length? Will photos and videos help my blog?
- Why is blogging so popular (and it is not going away any time soon) and can it really impact my business?
- What are some of the popular social media I should use?

**Elizabeth Cassidy** is a certified creativity coach and is a national blogger for [Skirt!](#) (One of her blogs took second place in the 2008 Best Blogs of the Year). She writes a column for Smartly New York and GalTime. She is a published author and poet. One of her blogs was featured on the Huffington Post in 2008. Elizabeth is the founder of two blog sites: My Views from the Edge and Coaching for the Creative Soul.

Room: J-1

## **FOREIGN LANGUAGE**

**SPANISH FOR BEGINNERS** **FEE: \$70.00**  
**WEDNESDAYS 7:00 – 9:00PM (8 Sessions) CC#15 Starts: October 5**

Spanish is one of the most widely spoken languages in the world today. Whether you need this language to help with your work, for use while vacationing or as a good mental exercise, this class will get you started. You will learn basic vocabulary and grammar and have the opportunity to speak in Spanish during each class. Your Spanish speaking teacher will gently guide and enable you to form simple sentences.

Instructor: Rose Gentile

Room J-4

## **LEISURE AND ENTERTAINMENT**

**BEGINNERS BRIDGE** **Fee: \$60.00**  
**WEDNESDAYS 7:00 – 9:00PM (8 sessions) CC#16 Starts: October 5**

This course is for the beginner student who knows nothing or little about Bridge and wants to learn how to play. The instructor will distribute notes at every class. Hands-on instruction will result in playing from the very first week.

Instructor: Mayer Weisen

Room: J-6

# NORTH SHORE SCHOOLS

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Dear Members of the North Shore Community:

A fundamental purpose of education is to help people continue to learn and grow throughout their lives. For that reason, the North Shore Community Education Program is particularly important. Whether through useful crafts, arts, or academic courses, the program offers an opportunity for continuing personal enrichment.

I hope that the Community Education Program proves a source of renewal for you that it offers you new ways to understand and enjoy our world and in so doing it grants you the fundamental joy of learning.

Edward K. Melnick, Superintendent of Schools

