

COPIAGUE PUBLIC SCHOOLS

www.copiague.k12.ny.us



**Mail-in
Registration
Deadline
Monday,
January 6, 2020**

Adult & Continuing Education

Winter
2020

In-Person Registration

Wednesday, January 8, 2020

Thursday, January 9, 2020

7:00 - 8:30 p.m.

High School Main Lobby

COPIAGUE ADULT AND CONTINUING EDUCATION MISSION STATEMENT

The Copiague Public School system has sponsored an Adult and Continuing Education Program for many years. Adult and Continuing Education is presented as a series of courses, workshops, and seminars designed to provide the adult community with opportunities for professional development, training, and personal growth.

It is the goal of the Copiague Adult and Continuing Education Program to help maintain, expand, and improve individual knowledge and skills and by doing so, to meet the needs of all adults for personal skill growth and expansion.

The focus of the program is on the individual, for individual adults are viewed as critically important to the betterment of our society as a whole and specifically our community. Moreover, the Copiague Adult and Continuing Education Program is committed to providing programs which meet the unique needs of community members and dedicated to maintaining high quality offerings.

GENERAL INFORMATION

ELIGIBILITY: Registration is open to adults (18 years of age or older) who are not enrolled in a public or private secondary school, unless otherwise noted in course description or approved by the Director.

LOCATION: Walter G. O'Connell Copiague High School, 1100 Dixon Avenue, Copiague, NY.

SENIOR CITIZENS: A permanent identification card will be issued to **Copiague School District residents** sixty-two (62) years of age or over. The applicant shall supply necessary information verifying age. Seniors may avail themselves of *most* courses for only a \$3.00 processing fee. The discount does not apply to any material fees. Application forms for the Senior Citizen Pass are available at the District Office during regular business hours or at the High School Adult Education Office beginning on the date of registration and Tue/Wed/Thurs 6:00 - 9:00 p.m. during the Adult Education session.

FEES: Resident: \$30.00, unless otherwise noted in the course description. Non-resident fee: registration plus \$7.00. Registration fees are to be submitted at the time of registration. Material fees will be collected by the instructor on the first night of class. Fees will be refunded if a course is cancelled due to insufficient enrollment. Students who registered and paid for a **seminar** will not receive a refund unless they inform the Adult Education staff 24 hours prior to the **seminar**. (**No refunds will be given after the start of the second class.**)

PRIORITY will be given to those who mail-in their registration. Many courses have limited enrollment, so please register early. Residents of the Copiague School District have priority.

COURSE INFORMATION: Classes will be held for up to eight weeks. Refer to individual course descriptions for exceptions. Room numbers are subject to change. Classes with insufficient enrollment will not be offered.

CLOSINGS: Whenever school has been closed during the day due to inclement weather or for school holidays or whenever the school is being used for other school functions, classes will not meet. The instructor will take the responsibility of notifying the class if the class will not be held due to illness or another emergency.

SMOKING/FIRE REGULATIONS: Smoking is **not** permitted on school property. Students must respond to any fire alarm by evacuating the building.

CONTACT INFORMATION: You may leave a message for the Adult & Continuing Education staff at (631) 842-4010 ext. 600. Additionally, you may email the Director of Adult Education, Lisa Dunn, at LDunn@copiague.net

SPECIAL OCCUPATIONAL TRAINING: For those interested in intensive occupational training, please call L.A. Wilson Technological Center at (631) 667-6000.

PHYSICAL ACTIVITY HEALTH NOTICE: You are advised to consult a physician if there is any question of your fitness for activities that involve strenuous exertion.

REGISTRATION

IN-PERSON REGISTRATION DATES: Registration will be in the High School Lobby on **Wednesday, January 8th, and Thursday, January 9th, 2020 from 7:00 to 8:30 P.M.**

MAIL IN REGISTRATIONS: Please send a separate form for each course and for each person registering. **MAIL TO:** Walter G. O’Connell Copiague High School, 1100 Dixon Avenue, Copiague, NY 11726. Attn: Director of Adult and Continuing Education. **Please register early.** All mail-in registrations must be postmarked by **January 6th, 2020**, for priority status.

PAYMENT: A check or money order is required in order to complete registration. **Please write a separate check for each course taken;** if not, the check will be returned. Please indicate student’s name, phone number, and course number on check. **DO NOT MAIL CASH.** Please make checks payable to **BOARD OF EDUCATION, COPIAGUE PUBLIC SCHOOLS.**

NOTIFICATION: You will be notified *only* if your course *is cancelled*. If you do not receive notification of cancellation, please report for the first night of the class. **Tuesday classes begin on January 21st; Wednesday classes begin on January 22nd; Thursday classes begin on January 23rd** (unless otherwise noted in class description). **Classes end on April 2nd, 2020.**

JANUARY 2020

Mon	Tue	Wed	Thu	Fri
X	X	X	X	X
X	X	8	9	X
X	X	X	X	X
X	21	22	23	X
X	28	29	30	

FEBRUARY 2020

Mon	Tue	Wed	Thu	Fri
X	4	5	6	X
X	11	12	13	X
X	X	X	X	X
X	25	26	27	X
X	X	X	X	X

MARCH 2020

Mon	Tue	Wed	Thu	Fri
X	3	4	5	X
X	10	11	X	X
X	X	X	X	X
X	24	25	26	X
X	31	1	2	X

SEMINARS AND TRAINING

Please check inside this booklet for evenings and dates for the following:

Defensive Driving
 Adult C.P.R. W/AED
 Community C.P.R. (Infant/Child/Adult) W/AED
 Pediatric First Aid
 Standard First Aid

Listing of Course Offerings

Tuesday

Creative Writing
Jewelry Making
Indoor Walking
Yoga (Chair)
Zumba Dance Exercise

Wednesday

Yoga
Indoor Walking
Wreaths and More
Stained Glass
Volleyball

Thursday

Indoor Walking
Tai Chi
Zumba Dance Exercise

SEMINARS

1. DEFENSIVE DRIVING

Tues., Feb 11th, and Wed., Feb.12th

6:30 - 9:30p.m.

Room 218

Professional Training
Consultants

Defensive Driving is a classroom course in accident avoidance techniques based on more than 50 years of the National Safety Council's traffic safety testing research. Certified instructors will teach you how to recognize hazards, understand the defense, and act in time to prevent the accidents. This course is approved by the D. M. V. for insurance premium and point reduction purposes. You could realize a savings of between \$50 and \$500 for a period of three years. Some drivers may save even more! (Min: 20/Max: 35 students) Registration Fee: \$33.



C.P.R. AND FIRST AID TRAINING

"New Standards"

Please wear comfortable clothing for any first aid course.

Each class has a minimum class size of ten participants.

Once a class has reached the minimum class size all fees are non-refundable.



2. ADULT C.P.R. w/AED

Tues., Feb. 4th

6:30 - 9:30 p.m.

Room 218

Professional Training
Consultant

This course will teach you how to reduce your risk of dying from a heart attack, how to recognize the signals of a heart attack, and the proper First Aid to render. Rescue breathing and choking maneuvers will be taught and practiced for **NEW** guidelines for certification in C.P.R. During the course, the effective use of the Emergency Medical System (E.M.S.) will also be discussed. This course provides one year of certification.

Registration Fee: \$33.

3. COMMUNITY C.P.R. w/AED

Tues., Feb. 4th & Wed., Feb. 5th

6:30 - 9:30 p.m.

Room 218

Professional Training
Consultants

A respiratory or cardiac emergency can happen to an adult, child, or to an infant. This course will help you learn about these emergencies and how to give first aid, whether the victim is an adult, child, or infant. Rescue breathing and choking maneuvers for adults, children, and infants will be taught and practiced according to the **NEW** guidelines for certification in C.P.R. Text and supplies are included in the tuition for this course. **Must attend both sessions.**

Registration Fee: \$48.

4. INFANT AND CHILD C.P.R.

Tues., Feb. 4th

6:30 - 9:30 p.m.

Room 218

Professional Training

Consultants

This course will teach you lifesaving skills to help infants and children. Upon successful completion of this course with the **NEW** guidelines, an Infant & Child C.P.R. certification card will be issued which will be valid for one year from the course completion date. Text and supplies are included in the tuition for the course. Bring a first class postage stamp, pen, and/or pencil. Registration Fee: \$38.

5. STANDARD FIRST AID

Tues., Feb. 4th & Thurs., Feb. 6th

6:30 - 9:30 p.m.

Room 218

Professional Training

Consultants

Recognize signs and symptoms of a heart attack, help someone who is choking, learn about resuscitation, bleeding and shock, burns, eye and nose injuries, bites and stings, fractures, poisoning, diabetic emergencies, stroke, seizures, and temperature emergencies. Learn mouth-to-mouth resuscitation and one person C.P.R. The first aid portion of *your certification is good for 3 years, C.P.R. is valid for 1 year, and you must re-certify each year to keep a valid C.P.R. card.* Text & supplies are included in the tuition for the course. Bring with you a first-class postage stamp and a pen or pencil. **Must attend both sessions.** Registration Fee: \$48.



HOBBIES

6. CREATIVE WRITING

Tues.

7:00 – 8:30 p.m.

Library

Senior Citizen Guest Pass: \$3

L. Capitano

Creative writing is a lonely occupation, but it doesn't have to be. In this informal workshop, we enjoy the exhilaration of seeing our written words come alive through poetry and prose. Come to our class as we explore all venues of creative writing with the help and support of our local writers and poets. Whether you are looking to publish or just enjoy the fascination of self-expression, this experience is for you. Bring a sample of your work to our first meeting. Registration Fee: \$30



7. WREATHS AND MORE....

Wed.

7:00 – 9:00 p.m.

Room B-34

Senior Citizen Guest Pass: \$3

C. Boyle

In this class we will create a holiday wreath, a basic dream catcher, a glue gun canvas art, and an acrylic paint pour on canvas. In the first class we will go over all of the material you will need for the all of your projects. Please bring a glue gun, at least 10 glue sticks, a tweezers and an 8 X 10 white canvas (any size canvas will work if you already have one) to your first class. Registration Fee: \$30



8. JEWELRY MAKING

Tues.

7:00 – 9:00 p.m.

Room B-34

Senior Citizen Guest Pass: \$3

S. Jackson

NEW CLASS

Whether you are a beginner, or and advanced jewelry maker, this course is for you! This class will provide you with the basic skills and techniques to create your own custom crafted jewelry. You will explore the various types of materials, beads, tools and metals used to complete your projects. Each student will complete three beautiful pieces and finish the course with the vocabulary and skills to independently complete your own pieces. **In addition to the course fee, the instructor will collect \$30.00 the first night of class for all the materials necessary for your projects.** Registration Fee: \$30

9. STAINED GLASS WORKSHOP

Senior Citizen Guest Pass \$3

Wed. 6:45 - 8:45 p.m. Room B-36 C. Salesi

This course is an introduction to stained glass. At the first class, the instructor will demonstrate the basics step-by-step, cut glass, grind, solder, assemble, etc. The instructor will then assist each student and help them gain the “feel” for this exciting craft and more... By the end of the last class students should be able to take home a beautiful sun catcher made with their own hands. There is an \$8 fee for materials which should be brought to class on the first night. Registration Fee: \$30.

HEALTH - PHYSICAL FITNESS



10. INDOOR WALKING

Tues./Wed./Thurs. 6:30 - 9:00 p.m. Main Lobby Sign In

Keep in shape by walking off the pounds. Walk on our outdoor track or come in out of the rain and walk twelve times around the second floor for a one-mile work out. Walk at your own pace. Wear comfortable clothes. Sneakers are a must. Registration Fee: \$3.

11. TAI CHI

Senior Citizen Guest Pass \$3

Thurs. 7:00 - 8:30 p.m. Library J. Panico

Tai Chi is a slow-moving exercise for relaxation, health, and self-defense originating in China. Tai Chi can help develop the awareness necessary to bring healing into one’s life. In this course students will learn the principles of Tai Chi and develop a healthy foundation through the practice of Tai Chi. Upon completing this course, students will be revitalized, relaxed, tolerant, self confident, physically stronger, and ultimately healthier. Even as a novice, students will experience the benefits of health and fitness. With simple, yet consistent practice, Tai Chi will gently tone and strengthen muscles. It improves balance and posture, and it has also been known to improve medical conditions such as cardiovascular, respiratory, and digestive disorders. Registration Fee: \$30.

12. VOLLEYBALL

Senior Citizen Guest Pass \$3

Wed. 7:00 - 9:00 p.m. Gymnasium R. Espinal

Serve, “set and spike,” come and play! Sign up alone or with your friends for our volleyball team. Improve strength and conditioning while having fun playing volleyball. (Maximum: 35)
Registration Fee: \$30.



13. YOGA

Senior Citizen Guest Pass \$3.

Wed. 7:00 - 8:00 p.m. Library J. Hassett

This class will introduce participants to this ancient discipline. Participants will learn basic yoga poses, warm up stretches, deep breathing practice, and relaxation techniques. Through the practice of yoga, we create a supple and relaxed body, increased vitality, and a calm, focused mind. Yoga helps to regulate metabolism, release toxins, alleviate stiffness, and increase circulation. Class participants should wear loose comfortable clothing, bring a yoga mat, and refrain from eating for two hours prior to the class. Registration Fee: \$30. (Maximum: 20)

14. YOGA (CHAIR)

Senior Citizen Guest Pass \$3.

Tues. 6:00 - 7:00 p.m. Room 236 M. Burns

This is a beginner class for those people unable to get down on a mat on the floor. You will experience the same benefits of a mat class while being supported in your chair. Learn standard yoga postures, stretches and breathing techniques. The class will end with a short meditation and relaxation leaving you with a feeling of calm.

Registration Fee: \$30. (Maximum: 20)



15. ZUMBA DANCE EXERCISE

Senior Citizen Guest Pass \$3

Tues. 7:00 - 8:00 p.m. Cafeteria C. Roberts

16. ZUMBA DANCE EXERCISE

Thurs. 7:00 - 8:00 p.m. Cafeteria C. Roberts

Zumba Dance Exercise is an aerobic routine inspired by a fusion of Latin and international music that creates a dynamic, exciting, and effective fitness system featuring a variety of rhythms. Zumba also engages the oblique muscles and allows participants to dance away their worries. No experience is necessary. Come and have an evening of fun. (Maximum: 20) Registration Fee: \$30

Employment Opportunity

We are looking for people who feel they have expertise in certain fields and would like to share this with their community, teaching in our Adult & Continuing Education Program. Continuing Education instructors need not be licensed, certified, or have an advanced degree – only a love of their subject! To apply, contact:

**Ms. Lisa Dunn
Director of Adult Education
Walter G. O’Connell Copiague High School
1100 Dixon Ave., Copiague, NY 11726
631-842-4010 ext. 600
ldunn@copiague.net**

The Copiague Public School District does not discriminate on the basis of sex, race, color, national origin, or handicap in the education programs or activities it operates. It is required by Title IX of the Educational Amendments of 1972, and by Section 504 of the Rehabilitation Act of 1973 (as amended), not to discriminate in such a manner. This policy of non-discrimination includes the recruitment, employment and promotion of employees; salaries and pay and other benefits; counseling services to students; and student access to course offerings, education programs, including vocational educational opportunities, and other district-sponsored activities.

Inquiries regarding this non-discrimination policy and grievance procedures should be directed to Title IX Coordinator, Copiague Public Schools, and Section 504 Coordinator, Copiague Public Schools, Copiague, NY 11726 (631) 842 - 4015. The U.S. Office of Civil Rights has requested that the following be included in this publication.

AVISO PUBLICO

El Distrito Escolar de Copiague por la presente hace saber a est udiantes, padres, empleados, y publico en general quo ofrece empleos e instruccion academica, incluyendo programas vocacionales, sin discriminacion de sex, raza, color, nacionalidad o incapacidad fisica. Si desea mayor informacion sobre esta practica no-discriminatoria puede dirigirse al: Coordinator del Titulo IX y Seccion 504: Copiague Public Schools, 2650 Great Neck Rd., Copiague, NY 11726; Telefono (631) 842 - 4015.

Receipt# _____ **ADULT EDUCATION PROGRAM** **Course#** _____

COPIAGUE PUBLIC SCHOOLS

PLEASE PRINT

Name _____

(Last) (First) (Initial)

Telephone# _____

(Street Address) (Town) (Zip)

Name of Course _____

Registration Fee enclosed WITH Registration Form: \$ _____

Name on Check _____ BANK _____ Check# _____

M.O. _____ CASH _____ Senior Guest Pass# _____

Receipt# _____

**ADULT EDUCATION PROGRAM
COPIAGUE PUBLIC SCHOOLS**

Course# _____

PLEASE PRINT

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(Last)

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COPIAGUE PUBLIC SCHOOLS
2650 Great Neck Road
Copiague, NY 11726

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