



Levittown Public Schools Adult Continuing Education Spring 2024 Course Catalog

NEW AND EXCITING COURSES

- PICKLEBALL
- YOGA
- HULA-HOOP FITNESS
- MAH JONGG
- GUITAR
- ZUMBA
- PAINTING
- CPR
- AND MUCH MORE!

REGISTRATION
IN-PERSON: FEBRUARY 15th & 16th
ONLINE: FEBRUARY 15th-23rd

SPRING
SEMESTER
BEGINS
MARCH 4TH



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Visit www.Levittownschoools.com, click on PROGRAMS, then click ADULT & CONTINUING EDUCATION

ANY QUESTIONS? CALL 516-434-7125 or

EMAIL at LEVITTOWNADULTED@LEVITTOWNSCHOOLS.COM



MESSAGE FROM THE COORDINATORS

Dear Community Members,

Happy New Year! After a successful and enjoyable fall session, we are excited to bring the Levittown schools community, and others, more exciting classes as part of the Adult Continuing Education (A.C.E.) program. We welcome you to be part of our program and enjoy the chance to pursue your interests.

It is our hope that you take advantage of these great opportunities and enjoy every minute of your experience.

Sincerely,

Vin Causeman
Coordinator

Brittany Cirrone
Coordinator

DURATION

Most classes will run for 8 sessions from 3/4-5/20. Please be aware of individual class schedules as some dates may vary. Courses may have the total number of weeks adjusted due to lack of enrollment.

WHO MAY REGISTER?

Classes are open to adults 18 years or older.

TIME OF CLASSES

Most classes will meet between 6:00 PM to 8:30 PM (unless otherwise indicated). Refer to individual courses for exceptions.

Monday classes begin 3/4/24
Wednesday classes begin 3/6/24

NON-RESIDENT FEE

Those living outside the Levittown School District will be charged a \$5.00 non-resident fee for each class. Residents will take precedence if classes reach maximum capacity.

SENIOR CITIZEN DISCOUNT

Senior citizen discount will only be offered at in-person registration on February 13th and 14th from 2:30-5:30 pm at Levittown Memorial.

**NO CLASSES WILL BE HELD ON
APRIL 1, 10, 22, 24, AND 29**

REGISTRATION INFO

There will be two ways to register for classes:

IN-PERSON REGISTRATION

In-person registration will ONLY be available on February 15th and 16th from 2:30-5:30 pm at the Adult Education office located at Levittown Memorial, 150 Abbey Lane, Levittown

ONLINE REGISTRATION

Visit www.Levittownschoools.com, click on PROGRAMS, then choose [ADULT & CONTINUING EDUCATION](#). You will then find the class(es) that you would like to register for and click on the name of that class. Once you have filled out the required information, you will be directed to make payment through MySchoolBucks in order to complete your registration.

CANCELLATIONS & EMERGENCY CLOSINGS

A class session may not be able to meet due to unforeseen events. There will be no reduction in price if a session cannot be rescheduled. Every attempt will be made to reschedule any class that is cancelled based on the availability of the instructor and/or facility. Classes will not meet when Levittown schools are closed due to inclement weather, school holidays, etc. Evening classes will be cancelled if the Levittown School District cancels all after school activities.

REFUNDS

ABSOLUTELY NO FEES WILL BE REFUNDED unless a class does not run due to insufficient registration. In that event, a full refund will be made. There is no provision for a partial fee for missing classes that are in session.

PHOTOS OF PROGRAM

Photos and videos will be taken of the classes, including its students, to use in District publications, press releases and/or social media. If there is any reason that you would not want to be photographed, please submit a written notice to:

Levittown Adult & Continuing Education
150 Abbey Lane
Levittown, NY 11756

The Board of Education of the Levittown School District, its employees and agents hereby disclaim any and all responsibility for any injury, damage, or loss whatsoever in connection with any course offered by the Levittown Adult Continuing Education program. All individuals take such courses at their own risk.

**ALL CLASSES WILL BE HELD AT
LEVITTOWN MEMORIAL
150 ABBEY LANE, LEVITTOWN.**

MARCH 2024

SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4 CLASSES BEGIN	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

APRIL/MAY 2024

SUN	MON	TUE	WED	THUR	FRI	SAT
31	1 NO CLASSES	2	3	4	5	6
7	8	9	10 NO CLASSES	11	12	13
14	15	16	17	18	19	20
21	22 NO CLASSES	23	24 NO CLASSES	25	26	27
28	29 NO CLASSES	30	1	2	3	4

MAY 2024

SUN	MON	TUE	WED	THUR	FRI	SAT
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25

8 WEEK COURSES

PICKLEBALL

Whether you have never played before, or you are an avid pickleballer, this class welcomes players of all levels. This is an open doubles pickup league! You may sign up as an individual, or with a teammate. Teams that sign up together will play with the same partner every game each week. Individual players will be partnered up each week and partners will vary on a week to week basis. So whether you're seeking a recreational activity, a competitive outlet, or a way to stay active, this fast-paced and dynamic sport provides endless opportunities for growth, camaraderie, and pure enjoyment. If you own a racket, please bring it as there are a limited number of loaners available. Please wear sneakers and dress comfortably. **No senior discount for this class.**

<i>Dieu Cai-Hsiu</i>	<i>Mondays</i>	<i>6:30-8:00</i>	<i>Gym</i>	<i>Fee=\$65</i>
<i>Erica Bleimeyer</i>	<i>Wednesdays</i>	<i>6:30-8:00</i>	<i>Gym</i>	<i>Fee=\$65</i>

ZUMBA

Join in this high-energy class that offers a unique blend of fitness, dance and entertainment. Enjoy a lively and energetic atmosphere that will allow you the opportunity to get active and have fun while engaging in an effective workout. Zumba offers a cardiovascular workout that can help burn calories, improve stamina, strengthen the heart and lungs as well as promoting toning and improved muscle strength. Come be part of this uplifting and enjoyable experience. **Classes will begin on 3/11 and run until 5/20**

<i>Dajuana Reeves</i>	<i>Mondays</i>	<i>6:30-7:30</i>	<i>Panther Room</i>	<i>Fee=\$65</i>
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YOGA

Join us for a transformative yoga class that is geared towards learners of all levels and all ages. This class will offer beginner yogis a place to land and advanced yogis a place to grow. In this dynamic class, students will be guided through multiple styles of Hatha Yoga, which helps to cultivate strength, flexibility, mobility and overall well-being. Come with an open mind and discover the tools of how to tap into mindfulness and self-care, both on and off the mat. Please dress comfortably and bring your own yoga mat, as well as any other additional props (ie: yoga blocks, blanket etc.) if desired. **No class on 5/6. Class will run until 5/20**

<i>Alexandra Euler</i>	<i>Mondays</i>	<i>6:00-7:00</i>	<i>Large Board Room</i>	<i>Fee=\$65</i>
<i>Alexandra Euler</i>	<i>Mondays</i>	<i>7:15-8:15</i>	<i>Large Board Room</i>	<i>Fee=\$65</i>

HULA HOOP FITNESS

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 adult sized hoops, provided by the instructor, we'll progress through the weeks building strength, balance, coordination, laughing, sweating, burning calories and exploring the wide range of movement a hula hoop has to offer. We will get a gentle, full body workout and have a great time. This class is open to people of all skill levels. **No senior discount for this class.**

<i>Jeannie Pendergrass</i>	<i>Wednesdays</i>	<i>6:30-7:30</i>	<i>Panther Room</i>	<i>Fee=\$65</i>
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MAH JONGG

Are you ready to embark on a journey into the world of Mah Jongg? This introductory course covers the basics of American Mah Jongg such as game play, rules, and etiquette. It is perfect for new players as well as anyone who wants to freshen up their skills. You will learn the hands and patterns that make up the heart of the game. This hands-on, interactive course will make learning Mah Jongg a fun and social experience! If you have a Mah Jongg set, you may bring it in. All players are required to purchase the 2024 Mah Jongg card. **No senior discount for this class.**

<i>Deena Feldherr</i>	<i>Wednesdays</i>	<i>6:30-8:30</i>	<i>OLC (Room 302)</i>	<i>Fee=\$75</i>
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GUITAR- ACOUSTIC

Pick up your acoustic guitar and get ready to learn how to tune and maintain your instrument, hold your instrument and guitar pick correctly, read chord charts, read lead sheets, strum in time, play along to drums and bass guitar, learn to guitar solo and much more!!! Together, as a class, we will cultivate a hefty set list of favorite songs appropriate for beginners. You will need to bring your own acoustic guitar.

<i>Joe Arbia</i>	<i>Mondays</i>	<i>6:30-8:00</i>	<i>Teacher's Center (Rm 420)</i>	<i>Fee=\$65</i>
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WATERCOLOR PAINTING

In this beginner course, watercolor will become a favorite medium due to its many advantages. Through demonstrations and one-on-one instruction, students will learn about types of paints and paper. We will also include techniques such as transferring drawings onto watercolor paper, color mixing, color theory, creating washes, wet-on-wet, and dry brushing. **No senior discount for this class.**

<i>Christine Rucano</i>	<i>Wednesdays</i>	<i>6:30-7:30</i>	<i>Teacher's Center (Rm 420)</i>	<i>Fee=\$70</i>
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SPANISH to ENGLISH

Is English a new language you are learning? In this class you will learn to speak English with more confidence and fluency in real-life situations! Join us for an engaging learning experience that will empower you to navigate English with ease!

<i>Cindy Aladenika</i>	<i>Wednesdays</i>	<i>6:30-7:30</i>	<i>Home Instruction (Room 312)</i>	<i>Fee=\$55</i>
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FINANCIAL SEMINARS- 1 NIGHT

FOUNDATIONS OF INVESTING

Does the current economic climate have you wondering what to do with your money? This one night seminar will help you learn about rules for investing. Lily Kowasz, a financial advisor for Edward Jones, will help you develop an investment strategy, choose quality investments, diversify your portfolio, invest for the long term and focus on what you can control.

Lily Kowasz **Wednesday 4/3** **6:30-7:30 PM** **Small Board Room** **Fee=\$20**

COLLEGE: GETTING THERE FROM HERE

As the cost of college continues to increase, families continue to search for ways to prepare for the educational future of their children. This one night seminar will discuss establishing a college savings goal, as well as strategies to help achieve those goals. The features and benefits of a 529 savings plan will also be discussed.

Lily Kowasz **Monday 4/15** **6:30-7:30 PM** **Small Board Room** **Fee=\$20**

PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

Parents have numerous issues to consider in planning for the long-term wellbeing of their children with special needs. With new tax laws and changes in government benefits, planning becomes even more important. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include: Creating financial security during uncertain times; Strategies to protect your child's assets; Special Needs Trusts; Government Benefits; Guardianship; and Future housing.

Jeffrey R. Silverman **Monday 3/18** **6:00-8:00 PM** **Small Board Room** **Fee=\$20**

KEEP THE INCOME FLOWING DURING RETIREMENT

Studies show that the biggest fear retirees have is running out of money before running out of life! 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, staying ahead of inflation, managing market volatility and creating strategies that can provide lifetime income no matter how the markets perform. If you are retired or thinking about retirement, you will not want to miss this program.

Jeffrey R. Silverman **Wednesday 3/6** **6:00-8:00 PM** **Small Board Room** **Fee=\$20**

SPECIALTY COURSES

CPR

Those interested in being certified in CPR/AED through the American Red Cross will learn the importance of performing CPR for the lay responder, and understand how an automatic external defibrillator works (AED) as well as when to use it. All those who successfully perform the skills and complete the requirements needed for certification will receive an official certificate from the American Red Cross in CPR/AED for Child/Adult good for two (2) years from the date issued. (2 nights) **No senior discount for this class.**

John Pollack **Monday 3/4 & 3/11 6:00-9:00 PM** **Small Board Room** **Fee=\$70**

NOTARY

This is a great opportunity for anyone that wants to become a notary public. This is a pre-recorded Zoom Notary Course that allows you to work when it's convenient for you! This course can be accessed any time (Day or Evening) 7 days a week, 24 hours a day for 90 days. Additionally, Customer Support is just a click away. The online training course includes: instant access, a course book, notary concepts, definition review, sample forms, notary law subsection review, notary facts, notary prep test and 1 full year of customer support. **No senior discount for this class.**

Dina DiRoma **90 days to complete course** **ONLINE** **Fee=\$90**



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