

**NEW & EXCITING COURSES** 

**PICKLEBALL** 

**YOGA** 

ZUMBA

**GUITAR** 

**DEFENSIVE DRIVING** 

**PAINTING** 

WREATH MAKING

AND MORE!!!!

Levittown Public Schools Adult Continuing Education SPRING 2025 Course Catalog

> REGISTRATION In-person: February 3rd- 3:30-5:30 Online: February 3rd- February 14th

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Visit www.Levittownschools.com, click on PROGRAMS, then click <u>ADULT & CONTINUING EDUCATION</u>

ANY QUESTIONS? EMAIL US at LEVITTOWNADULTED@LEVITTOWNSCHOOLS.COM



#### **MESSAGE FROM THE COORDINATORS**

Dear Community Members,

Happy New Year! We hope everyone had an enjoyable holiday season and a great start to 2025! With the start of the new year comes the announcement of the spring classes for the Levittown Adult Continuing Education (A.C.E.) Program. Not only are some of our favorite classes back, but we are offering some new and amazing classes as well. We are so excited to once again offer the Levittown schools community, and others, the opportunity to join our program and have fun. We hope to see you when our spring session begins! Be well.

Sincerely,

Vin Causeman Coordinator Brittany Cirrone Coordinator

## **DURATION**

Please be aware of the dates for individual classes as some dates may vary. Courses may have the total number of weeks adjusted if necessary.

### WHO MAY REGISTER?

Classes are open to adults 18 years of age or older.

Tuesday classes begin 3/4/25 Thursday classes begin 3/6/25 \*unless noted otherwise

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#### NON-RESIDENT FEE

Those living outside the Levittown School District will be charged a \$5.00 non-resident fee for each class.

### **SENIOR CITIZEN DISCOUNT**

Senior citizen discount will only be offered at in-person registration on February 3rd from 3:30-5:30 pm at Levittown Memorial.

# NO CLASSES WILL BE HELD ON MARCH 25th, APRIL 15thOR APRIL 17th

#### **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.

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.

# **REGISTRATION INFORMATION**

There will be two ways to register for classes:

# **IN-PERSON REGISTRATION**

In-person registration will **ONLY** be available on February 3rd from 3:30-5:30 pm at the Adult Education office located outside the Department of Instruction office at Levittown Memorial 150 Abbey Lane, Levittown

## **ONLINE REGISTRATION**

#### Online registration will open at 3:30 on February 3rd.

Visit www.Levittownschools.com, click on PROGRAMS, then choose <u>ADULT & CONTINUING EDUCATION</u>. Once the page loads, you will see the classes that are being offered. Click on the name of the class(es) you would like to register for and you will be asked to fill out the required information. You will then be directed to make payment through MySchoolBucks in order to complete your registration. **Please be aware that your registration is not approved until you receive an email confirmation**.

#### 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

# **COURSES**

#### <u>PICKLEBALL</u>

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. 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**.

Dieu Cai-Hsiu	Thursdays	5:30-7:00 PM	Gym	Fee=\$70
Dieu Cai-Hsiu	Thursdays	7:15-8:45 PM	Gym	Fee=\$70

#### <u>ZUMBA</u>

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. **Starts 3/13 & Ends 5/8** 

Dajuana Reeves	Thursdays	6:30-7:30 PM	Athletic APR	Fee=\$65
Veel				

#### <u>YOGA</u>

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.

Alexandra Euler	Tuesdays	6:00-7:00 PM	Athletic APR	Fee=\$65
Alexandra Euler	Tuesdays	7:15-8:15 PM	Athletic APR	Fee=\$65

#### <u>MAH JONGG</u>

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. CLASS WILL RUN FOR 6 WEEKS.* 

Deena Feldherr	Thursdays	6:00-8:00 PM	Room 312	Fee=\$75
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#### PAINTING WITH ACRYLICS

Time to be creative! Never painted with acrylics? No worries. Whether you're a beginner, or have experience, this class will introduce you to the process of painting with acrylics as well as offer an opportunity to advance your skills if you have experience. It will be a great combination of a learning experience while having fun! All materials for class will be provided. *No senior discount for this class* 

Frank Marenghi	Tuesdays	6:30-7:30 PM	Room 312	Fee=\$90

#### <u>GUITAR</u>

Pick up your acoustic guitar and join us for another exciting session! This class will combine returning guitar students with new beginner guitar students. Our weekly class will focus on skills needed to strum along to favorite songs chosen by the class. You will also experience playing along with drums, recording your own loops and then guitar soloing over them. Short fingernails and willingness to have fun are a must! Absolute beginners welcome! You must come with your own acoustic guitar.

Joe Arbia	Thursdays	6:30-8:00 PM	Large Board Room	Fee=\$65

#### <u>HULA HOOP FITNESS</u>

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**.

Jeannie Pendergro	ass Thursdays	6:45-7:45 PM	Panther Room	Fee=\$65
A.C.E. B.	A	NY QUESTIONS?		A.C.E. B.
ROULT CONTINUES EDUCATION	EMAIL US at LEVITTOWN	ADULTED@LEVITTOWI	NSCHOOLS.COM	ROULT CONTINUES EDUCATION

# **SPECIALTY COURSES**

#### WREATH MAKING

Ever dreamed of crafting your own stunning spring wreath? Now's your chance! Join us for a fun and informative workshop where you'll learn the art of wreath-making from scratch. This timely workshop walks you through the basics of design principles and techniques, how to balance and arrange your elements and finishing a beautiful handmade creation to take home. No prior experience necessary. All materials will be distributed by the instructor. You must pay the \$20 material fee to the instructor on the first night of class with cash or venmo.

Christin Nash	Tuesday 4/22	6:30-8:30 PM	Small Board Room	Fee=\$25		
FIND THE FLOOR: DECLUTTERING, RI	EORGANIZING, AND STAYING OF	RGANIZED				
Decluttering and organizing can provide financial, aesthetic and safety benefits: it makes it easier to keep a home or office clean, it enables finding what you need without having to buy it again, and most importantly, it can prevent tripping over toys and other hazards in the home. Learn how to declutter and "find he floor" with Professional Organizer Debra Viniar.						
Debra Viniar	Tuesday 4/8	6:30-8:30 PM	Small Board Room	Fee=\$25		
INTRODUCTION TO CHATGPT						
an exciting journey into the world on exciting journey into the world on the more the second strategies, streamline the second stream in the second stream in the second stream is a second stream	Unlock the power of artificial intelligence with our Introduction to ChatGPT program! Designed for adults, this engaging and dynamic session will take you on an exciting journey into the world of AI-driven conversations. Discover how ChatGPT can revolutionize how you think, work, and create—whether exploring new business strategies, streamlining daily tasks, or simply having fun with a creative partner. With hands-on demonstrations, practical tips, and plenty of room for curiosity, this program makes learning about AI not just informative but genuinely enjoyable. Embrace the future of technology and leave inspired to harness its endless possibilities!					
Karen Quinones-Smith	Thursday 4/10	6:00-8:00 PM	Small Board Room	Fee=\$30		
DEFENSIVE DRIVING						
Drivers who complete the New York Driver Safety six-hour Defensive Driving Course save up to 10% on their liability, personal injury protection and collision insurance for three years and may reduce up to four points on their driving record. Course completion is transmitted to the Department of Motor Vehicles and recorded on each student's driving record. <b>No senior discount for this class.</b>						
Walter Skinner	Tuesday 3/11 & 3/18	6:00-9:00 PM	Small Board Room	Fee=\$65		
<u>NOTARY</u>						
convenient for you! This course can a click away. The online training co	n be accessed any time (Day o purse includes: instant access, c	tary public. This is a pre-recorded Zoom No r Evening) 7 days a week, 24 hours a day fo a course book, notary concepts, definition o upport. <b>No senior discount for this class.</b>	or 90 days. Additionally, Customer	Support is just		
Dina DiRoma	90 days to complete cour	'Se	ONLINE	Fee=\$90		
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	Tuesday 5/6	6:30-7:30 PM	Small Board Room	Fee=\$20		
PLANNING FOR YOUR CHILD WITH S	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	Tuesday 4/29	6:00-8:00 PM	Small Board Room	Fee=\$20		

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