



Non-Profit Org.
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Permit No. 108
Huntington, N.Y.

ADULT EDUCATION

Huntington Union Free School District
P.O. Box 1500
Huntington, New York 11743

POSTAL PATRON

Spring 2025

Dated Material

ADULT EDUCATION PROGRAM – SPRING 2025

Huntington High School – Huntington, New York
Resident HUFSD \$60 – Non-Resident \$70 – Resident Senior Citizen \$20

Name

School District

AddressTown.....Phone No.

E-mail

Course Day Fee

REGISTRATION MAIL-IN FORM

Fill out the adjoining registration form. Use photocopy or separate sheet for each additional course.
Make checks payable to HUFSD.

Do not include extra class fees for books or materials.

Mail along with **separate checks for each course to:**

**Adult Education, HUFSD, PO Box 1500
Huntington, NY 11743**

Checks must be received prior to the first class.

ONLINE PAYMENT

LINK - <https://bit.ly/3AesKjt>

Use this link to register and pay for your class(es). Once on the page of class listings, you may use the filters to narrow down the display to specific days. Click "View Details" on any class you would like to attend to see further information and register. After filling in the registration information, choose "Buy Now" to checkout or "Add to Basket" to return to the class offerings and select additional classes. When proceeding to checkout, you will have the option to login or create a MySchoolBucks account. You can also checkout as a guest.

ADULT EDUCATION PROGRAM

Sponsored By
HUNTINGTON UNION FREE SCHOOL DISTRICT

Education continues throughout one's lifetime. Our Adult Education Program offers a wide variety of courses to serve the needs of life-long learners. Come and enjoy our many offerings!

REGISTRATION INFORMATION:

MAIL-IN: MUST BE RECEIVED PRIOR TO FIRST CLASS
IN-PERSON: 6:00-8:00 PM On **Tuesday, January 28, 2025**
HUNTINGTON HIGH SCHOOL LOBBY

Mrs. Beth McCoy, Superintendent • **Mr. Christopher Hender**, Deputy Superintendent • **Mr. Brenden Cusack**, Director

BOARD OF EDUCATION

President Xavier Palacios • Vice President Michele Kustera
• Kelly Donovan • William Dwyer • Thomas Galvin • Annie Michaelian • Theresa Sullivan

ADULT EDUCATION OFFICE HUNTINGTON HIGH SCHOOL

Monday-Thursday Evening 6:00-9:00 PM
Telephone: 631-812-2380
Email: Adulted@hufsd.edu

THE ADULT EDUCATION PROGRAM AS DESCRIBED IN THIS BROCHURE IS FINANCIALLY SELF-SUSTAINING. VISITORS OR SPECTATORS ARE NOT PERMITTED IN CLASS.

REMINDER: BEFORE REGISTERING FOR ANY EXERCISE CLASS PLEASE CONSULT YOUR PHYSICIAN.

REGISTRATION PROCEDURE

BY MAIL: All courses may be registered by mail and seats will be reserved in the order that forms and checks are received. Mail-in registration must arrive prior to the first class. **NOTE: UNLESS YOU ARE NOTIFIED OTHERWISE, YOU ARE TO ASSUME THAT YOU ARE REGISTERED AND THAT YOU ARE TO COME TO THE FIRST CLASS MEETING. NO LETTERS OF ACCEPTANCE WILL BE SENT.**

IN PERSON: Register for all classes **Tuesday, January 28, 2025** from 6:00-8:00 PM in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington.

ON-LINE: You may register on-line at www.myschoolbucks.com (see front of brochure for instructions)

FEES: \$60.00 for District residents*
\$20.00 for Senior Citizen residents*
\$70.00 for all Non-residents*

*except where indicated otherwise in the course description.

Fees may be paid by cash or **check made payable to HUFSD**. Separate checks should be made out for each course. **DO NOT INCLUDE FEES FOR BOOKS OR MATERIALS** as these will be collected during class.

CLASS LOCATION: All classes meet in Huntington High School unless otherwise noted. Classes run for eight (8) weeks unless otherwise indicated.

SENIOR CITIZENS: The Board of Education cordially invites HUFSD residents 60 years of age and over to attend adult education courses for a fee of \$20.00 (except those classes marked **limited or no senior discount**). There are no senior citizen discounts on seminars. Textbooks or special costs must be paid. **ID required the first night of class.**

REFUNDS: If the course for which you registered does not get the required minimum enrollment of 10, it may be cancelled and you will be notified by phone when possible. Your refund will be mailed from the School Board Office. **ALLOW EIGHT (8) WEEKS. NO REFUNDS WILL BE MADE AFTER YOU REGISTER UNLESS THE COURSE IS CANCELLED.**

The evening program is conducted primarily for adults not attending school. However, the Board of Education invites persons over 16 years old to register and attend adult education classes, where room is available, on payment of standard fees. Exceptions are basketball and where otherwise indicated.

CALENDAR SPRING 2025

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE.

*R = REGISTRATION () = HOLIDAY/SCHOOL CLOSED **CB = CLASSES BEGIN

FEBRUARY				MARCH				APRIL				MAY			
M	T	W	TH	M	T	W	TH	M	T	W	TH	M	T	W	TH
				3	4	5			1	2	3				1
3	4	5	6	10	11	12	13	7	8	9	10	5	6	7	8
10	11	12	13	17	18	19	20	(14)	(15)	(16)	(17)	12	13	14	15
17	18	19	20	24	25	26	27	21	22	23	24	19	20	21	22
24**	25	26	27	31				28	29	30		(26)	27		

WHEN HUNTINGTON UNION FREE SCHOOL DISTRICT SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER OR OTHER REASONS, ADULT EDUCATION CLASSES WILL NOT MEET.

MONDAY

CROCHET HS Library

Silvia Belanger
7:00-9:00

For Crocheters of any level looking to learn the basics, review or improve techniques. Crocheters are encouraged to bring in projects (and any materials needed) that they are interested in or working on currently.

14 Maximum

DRAWING and SKETCHING Room 108

Sylvia Grey
6:30-8:30

Beginner to Intermediate Levels

Learn the basic skills of drawing using pencil and charcoal. Students will learn the seven basic principles of art while exploring a wide variety of drawing exercises designed to improve observational and rendering skills. Landscapes, interiors, still life, florals and a basic introduction of the human figure will be explored. Creating form, dimension, scale as well as atmospheric and linear perspective will also be studied.

Materials Needed:

Paper – Canson Universal Sketch Pad – 9x12, Portrait, 100 Sheets
Pencils – 2H, H, HB, 2B, 4B, 8B (recommended – Staedtler Lumograph)

Charcoal – soft, medium, hard, white (Derwent has a 4-piece package)

Erasers – Kneaded eraser, Factic Extra Soft eraser

Blenders – Assorted Tortillons

Sharpener – Any brand with a lid and bin to collect shavings

FINANCIAL WORKSHOP Room 125

Vincent Sama
7:00-8:00

FEE: \$40 Resident - \$50 Non-Resident 4 Sessions

February 24th – Foundations of Investing

March 3rd – The Power of Budgeting

March 10th – Outsmart the Scammers

March 17th – Retirement by Design

Join us for the Foundations of Investing seminar.

Building your investor IQ starts with understanding the basics. Learn the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long-term goals.

Join us for Stocks: The Power of Budgeting seminar.

We will share information about how budgeting puts you in control. Attendees will gain knowledge about essential components to financial knowledge (wants versus needs, saving and personal spending goals) and learn about budgeting strategies so they can reach their goals.

Join us for the Outsmart the Scammers seminar.

Incidents of fraud are on the rise and scammer tactics are becoming complex. That's why it's important to educate yourself about fraud.

Join us for the Retirement by Design seminar.

How do you want to retire? Whether you are 10 or 40 years from retirement, you'll learn investment strategies you can use now to help design the retirement you want tomorrow.

"The prospectus contains more complete information, including the fund's investment objectives, risks, and charges and expenses as well as other important information that should be considered. Your financial advisor can provide a prospectus, which should be read carefully before investing".

ITALIAN BEGINNERS Room 127

Lenni Joya
6:00-8:00

Benvenuti! Come learn the basics of the Italian language in this introductory class. Learn how to read, write, listen and speak the following: greetings and introductions, locations, menu orders and restaurant vocabulary, regions/sights in Italy, and basic grammatical structure of the present tense. Remember we are not studying for an exam, but as if you were traveling to Italy.

PICKLEBALL Intermediate/Advanced Beginners Woodhull Gym

Richard Wos
6:00-7:30
7:30-9:00

No Senior Citizen Discount

Come learn the hottest new game sweeping the country. Pickleball is a combination of tennis, Ping-Pong, racquetball and badminton. The game is played on a badminton size court with lightweight paddles and plastic perforated balls. Please bring your own paddle.

Maximum 12

PILATES Jefferson Gym 8 Sessions

Alyssa Crawley
6:30-7:30

This mat-based Pilates workout combines mindful movement with exercises designed to increase core and muscle strength, endurance, flexibility, balance, coordination, breathing, and stability. Pilates is a low impact exercise suitable for all ages and fitness levels. A mat is required.

SOCCER CO-ED (Indoor) HS Gym

Mark Perna
8:30-10:00

8 Sessions

Sharpen and develop your soccer skills as you join us for indoor soccer. This fast-paced, high-energy game will keep you running. Shin guards are required and a water bottle is recommended.

Minimum 10

SPANISH – BEGINNER Room 126

Lenni Joya
7:00-9:00

Some of us are fortunate to be able to learn a new language by living in another country, but most of us are not. In this class you will be able to begin learning the language and get acquainted with a foreign culture. At the beginning we will give emphasis to pronunciation and with the help of cognates and learned vocabulary, be able to communicate with each other.

TUESDAY

PICKLEBALL Intermediate/Advanced Beginners Woodhull Gym

Susan Cormier
6:00-7:30
7:30-9:00

No Senior Citizen Discount

Come learn the hottest new game sweeping the country. Pickleball is a combination of tennis, Ping-Pong, racquetball and badminton. The game is played on a badminton size court with lightweight paddles and plastic perforated balls. Please bring your own paddle. **Maximum 12**

SPANISH- INTERMEDIATE/ADVANCED Room 126

Lenni Joya
6:00-9:00

To Be or To Be (Ser o Estar) that is the question? This course is for people with a basic knowledge of Spanish with emphasis on grammar made easy but not tedious. We will practice pronunciation and learn phrases and conversation needed in everyday life.

STRETCH AND TONE WITH ESSESTRICS Southdown Primary School Gym FEE: \$45 Resident - \$55 Non-Resident 6 Sessions 3/11, 3/18, 3/25, 4/1, 4/8, 4/22 No Senior Citizen Discount

Martine Resta
6:00-7:00

Created by Miranda Esmonde-White (best-selling author of "Forever Painless" and "Aging Backwards" and as seen on PBS) Essentrics® is a unique fitness program that changes the shape of your body through a dynamic and fluid combination of stretching and strengthening. Scientifically designed to work through the muscle chains, this workout will loosen joints and rebalance the entire body while developing lean, strong muscles. Essentrics® is low impact and effective for injury prevention and recovery, pain and stress relief. It will leave you feeling great! Designed for all ages. Bring a mat.

WATERCOLOR
Beginner to Intermediate Level
Room 108
No Senior Citizen Discount

Silvia Grey
7:00-9:00

Learn the basics of watercolor, including color mixing, layering and dry brush techniques. You will gain confidence in applying graded washes and details to create finished works. Some drawing skills are helpful but not necessary as we will work from photo references and templates provided by the instructor.

Materials Needed:

Tube watercolor paints (Winsor & Newton recommended, NOT Cotman) (French Ultramarine Blue, Cerulean Blue, Yellow Ochre, Cadmium Yellow Light, Burnt Sienna, Alizarin Crimson, Sap Green) Watercolor Paper 9x12 Arches Hot Press 140 lbs.

Tracing Paper 9x12 (any brand)

Foam Core Board 11x14 (board must be larger than the paper)

Brushes:

- Hake Brush 1 ½" inches (paddle handle flat) (Blick Recommended)
- Princeton Velvetouch Synthetic Short Handle Round Brushes #10, #6, #3

Medium sized plastic watercolor mixing palette

1 HB pencil

Kneaded Eraser

Roll of Artist Tape (1 inch wide)

2 plastic containers for water

Roll of paper towels

WEDNESDAY

BASKETBALL FOR MEN
HS Gym
8 Sessions

David Bruckart
8:30-10:30

Choose up sides and play full or half court games in our gym. For men 21 and over. **Minimum 20**

BELLY DANCE
Jefferson Gym

Lori Smith
7:30-8:30

This fun fitness program is a full body workout and is beneficial to all age groups and body types. The program is an introduction to basic principles of belly dancing. You will learn various groups of movements that will help improve concentration, posture, muscle control, flexibility and balance all while strengthening your core. Let's get started by slimming your hips, defining your waist, increasing upper body strength and burning calories while dancing to exotic music and high-energy drum solos. Wondering what to wear to a belly dance class? Yoga pants, tank tops or T-shirts will work just fine as we tighten, tone, shimmy and shake together.

FRENCH TRAVEL
ROOM 124

Christina Mercier-EI Sakka
6:30-8:30

For those who are planning to travel in France – first timers or those who feel they could use more understanding of the French people or for those who are interested in the culture, food, tourism sites, and basic vocabulary and expressions to get around. Requires no background in French. This is not a grammar course, nor a beginner French class. The class will be taught in English, but will cover phrases, expressions and basic conversational French for ordering in a restaurant, asking directions, taking public transportation. Come with your own experiences and a planned trip you would like assistance in organizing

HATHA YOGA
Southdown Gym

Kelly McKay
7:00-8:30

No Senior Citizen Discount

Hatha yoga for beginners or students who wish to improve their yoga skills. We will be stressing body alignment and balance. Yoga will bring you peace and tranquility and greatly improve your flexibility and balance. **Must bring a yoga mat and 2 blocks and at least 2 blankets. Students should wear comfortable clothing.**

INTRODUCTION to CERAMICS
Room 107

Jen Fazin
7:00-9:00

Students will use kiln fired clay to explore hand-building techniques and will make use of the pottery wheel. Pinch, coil, slab and slip, and scoring processes will be introduced and will enable students to pursue a variety of individual paths of creativity. Projects may include making bowls, vases, flower pots, boxes and sculptural pieces in which self-expression and individuality will be encouraged. Students will also have the opportunity to apply surface designs and paint/glaze their finished pieces. Pottery tools are to be purchased by each student prior to the first class. **Bring a medium sized plastic container with you to the class.**

Materials (to be purchased by students)

Clay tools- wooden knife, cutting wire, sponge, pin tool (or kit) and plastic container.

Clay, glaze etc. will be provided - there will be a materials fee of \$30.00 payable at the first class.

KNITTING
Library – HHS

Gloria Speight
6:30-8:30

This class is open to knitters of all levels. Current knitters can bring projects they are working on. Beginners should bring a ball of worsted weight yarn and size 8 needles. Bonus projects will be discussed at the first meeting.

PICKLEBALL
Beginners
Intermediate/Advanced
Woodhull GYM

Jackeline Galante
6:00-7:30
7:30-9:00

No Senior Citizen Discount

Come learn the hottest new game sweeping the country. Pickleball is a combination of tennis, Ping-Pong, racquetball and badminton. The game is played on a badminton size court with lightweight paddles and plastic perforated balls. Please bring your own paddle.

Maximum 12

TAI CHI CHI KUNG
Library

Richard Wos
7:00-8:30

No Senior Citizen Discount

Tai Chi is an ancient Chinese self-healing exercise. The therapeutic value of Tai Chi has been acknowledged in China for thousands of years and Tai Chi is the most popular health exercise in China today. The movements enable the body to relax and let gravity melt away tension blocks. It is one of the safest exercise methods known. The way we live determines the amount of tension and nervousness we accumulate in our bodies. Most of us live in an unhealthy environment in which there is too little exercise, poor eating habits, and conditions that create emotional tension. The primary purpose of Tai Chi is to help let go of physical and emotional tension.

THURSDAY

INTRODUCTION to CERAMICS
Room 107

Jen Fazin
7:00-9:00

Students will use kiln fired clay to explore hand-building techniques and will make use of the pottery wheel. Pinch, coil, slab and slip, and scoring processes will be introduced and will enable students to pursue a variety of individual paths of creativity. Projects may include making bowls, vases, flower pots, boxes and sculptural pieces in which self-expression and individuality will be encouraged. Students will also have the opportunity to apply surface designs and paint/glaze their finished pieces. Pottery tools are to be purchased by each student prior to the first class. **Bring a medium sized plastic container with you to the class.**

Materials (to be purchased by students)

Clay tools- wooden knife, cutting wire, sponge, pin tool (or kit) and plastic container.

Clay, glaze etc. will be provided - there will be a materials fee of \$30.00 payable at the first class

ITALIAN INTERMEDIATE**Room 127****TBD****6:00-8:00**

Want to improve your Italian for your vacation or for your own cultural enrichment? We will be advancing our Italian skills taught in Beginner's Italian, including more vocabulary, grammar, phonics, and culture. Emphasis will be put on language speaking, reading, writing, and listening skills. Topics to be taught include telling time, weather, travel, conjugation of past tense verbs, gerunds and more!

PHOTOGRAPHY LESSONS**Room 124****TBD****7:30-9:30**

This photography class is for beginner to advanced and all levels in between if you have a strong passion for Photography and the desire to learn. **Camera requirements:** Point and shoot, DSLR or any other format camera will do.

This class will cover the following Basic photographic skills:

- On the artistic level, we will cover elements like: Light, exposure, exposure compensation, composition, depth of field, leading lines and more.
- On the technical level, we will cover elements like: ISO, shutter speed, aperture, selective focus, bokeh, manual focusing, histogram and more.
- Types of photography covered: landscape, portraiture and sports.

PICKLEBALL**Intermediate/Advanced****Beginners****Woodhull Gym****No Senior Citizen Discount****Susan Cormier****6:00-7:30****7:30-9:00**

Come learn the hottest new game sweeping the country. Pickleball is a combination of tennis, Ping-Pong, racquetball and badminton. The game is played on a badminton size court with lightweight paddles and plastic perforated balls. Please bring your own paddle.

Maximum 12**SMALL BUSINESS ADMINISTRATIVE HELP****ROOM 125****TBD****6:30-8:30**

Business help for busy people. Pull your small or home-based business into the 21st century. Help with organizing your office and work life, the creation of customized forms, simple marketing material (business cards, flyers, invoices, etc.), or help with creating a logo. PowerPoint makeovers as necessary. Course will be geared to registrant's needs.

TAI CHI CHI KUNG**LIBRARY****No Senior Discount****Dr. Posner****7:00-8:30**

Explore mind expanding Ancient Chinese methods that produce profound relaxation, inner peace, increased energy, and self-healing love, plus more with Dr. Michael Posner. Are you willing to commit to at least 8 hours over 8 weeks to change your life forever? If you answered yes, then this class is for you. Class includes Taoist Philosophy, stretching, meditation, breathing and an introduction to the 13 Ancient Tai Chi movements. Wear loose clothing and get ready to transform.

ZUMBA GOLD**Jefferson Gym****No Senior Citizen Discount****Janeen Wasoski****6:00-7:00**

Zumba Gold is Latin and International dance rhythms created in the original Zumba and bring them to the active older adult, the beginner participant, and other special populations that may need modifications for success. It is fun, different, easy and effective. It's great for the mind, body and soul of this expanding active older adult population. Students should bring a water bottle and a towel.

SPRING 2025

Basketball For Men	Wed
Belly Dance.....	Wed
Ceramics.....	Wed
Ceramics.....	Thurs
Crochet.....	Mon
Drawing and Sketching	Mon
Financial Workshop.....	Mon
French Travel	Wed
Hatha Yoga	Wed
Italian Beginners	Mon
Italian Intermediate.....	Thurs
Knitting	Wed
Pickleball	Mon
Pickleball	Tues
Pickleball	Wed
Pickleball	Thurs
Photography.....	Thurs
Pilates.....	Mon
Soccer Coed (Indoor).....	Mon
Small Business Administrative Help.....	Thurs
Spanish – Beginners	Mon
Spanish – Intermediate/Advanced	Tues
Stretch and Tone with Essentrics.....	Tues
Tai Chi Chi Kung	Wed
Tai Chi Chi Kung.....	Thurs
Watercolor.....	Tues
Zumba Gold	Thurs

SEMINARS / FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

UNDERSTANDING MEDICARE LANDSCAPE

Room 110 HHS

FEE: \$10 Resident - \$15 Non-Resident

Gwen Busterna

6:30-8:00

2025 changes! Come join us, and find out about the difference between original Medicare, Supplements, Medicare Advantage Plans, and prescription drug coverage. New for 2025, no more doughnut holes! Capped out of pocket drug expenses? Payment plan available for your drug copayments? Learn about these exciting new changes. Learn about insulin copays being capped. Broader access to providers and facilities, free vaccines, new plan choices for Long Island, along with broader options for those who

receive Extra Help and/or Medicaid. Be confident that you are getting all you are entitled to from your Medicare plan. **Anyone seeking information on NYSHIP, or union plans must contact their union directly. There will be no information provided in this class for those situations. ***We do not offer every plan available in your area.

Seminar Date 03/10

EXPANDED HORIZONS

WESTERN SUFFOLK BOCES - SUFFOLK COUNTY

SPECIAL OCCUPATIONAL TRAINING COURSES: FOR INFORMATION CALL (631) 667-6000 x327.

REGISTRATION WILL BE AT BOCES OR ON THE FIRST NIGHT OF CLASS.

ENROLLMENT IS ON A FIRST COME, FIRST SERVED BASIS, SPACE IS LIMITED, REGISTER EARLY.

Students will work at their own level and their own pace with individualized instruction.

ADULT BASIC EDUCATION (G.E.D.)

Huntington High School, Room 206

FEE \$25.00

Tues. & Thurs.

6:30-9:30

If you do not have a high school diploma, this is your opportunity to get assistance in reading, math, general basic skills or career information. This course will prepare you to take the New York State High School Equivalency Exam (G.E.D.).

E.S.L. (ENGLISH AS A SECOND LANGUAGE)

Huntington High School, Room 204

FEE \$25.00

Tues. & Thurs.

6:30-9:30