

# Wappingers Continuing Education

Jeffrey Behnke, Coordinator 298-5000, ext. 130 Kathy Theiller, Secretary 298-5000, ext. 137

[www.wappingersschools.org](http://www.wappingersschools.org)

## ENGLISH AS A SECOND LANGUAGE

**TO REGISTER:** Course is free, but there is a book fee. There is no child care. Students may register at the respective classes. Course is on-going. Starts Sept. 9th.

**BEGINNING**  
ROY C. KETCHAM H.S. –  
Room 120  
Mon, Wed & Thurs 7:00-9:00 pm



**LOW INTERMEDIATE** GRINNELL LIBRARY  
Mon, Wed & Fri 9:30-11:30 am

**INTERMEDIATE**  
ROY C. KETCHAM H.S. – Room 124  
Mon & Thurs 6:30-9:30 pm

**HIGH INTERMEDIATE** GRINNELL LIBRARY  
Mon & Wed 9:30-11:30 am  
BLODGETT LIBRARY Thurs 12:45-2:45 pm

**ADVANCED** GRINNELL LIBRARY  
Mon, Wed & Fri 9:30-11:30 am

**PRONUNCIATION CLASS** - Open to all levels  
GRINNELL LIBRARY Fri 11:30 am – 1:30 pm

## DANCE

Concentrate on one (or four) dances of your choice at both basic & intermediate levels. \*\*Please note: a \$5 late fee will be added to the registration fee for anyone who registers at the class.

*Gene Anolick, Love to Dance*

**TEXAS TWO-STEP** – this fun dance will be taught at the basic & intermediate levels

Mon 9/14-10/26 • 7-8 pm • 5 sessions • \$45 • Ketcham HS Cafeteria

**WEST COAST SWING** – this popular form of swing is sweeping the country

Mon 9/14-10/26 • 8:05-9:05 pm • 5 sessions • \$45 • Ketcham HS Cafeteria



**MERENGUE** – this great Latin dance is simple, easy to learn, energetic & lots of fun

Mon 11/2-11/30 • 7-8 pm • 5 sessions • \$45 • Ketcham HS Cafeteria

**QUICKSTEP** – a dynamic, fast-moving dance, similar to the Foxtrot

Mon 11/2-11/30 • 8:05-9:05 pm • 5 sessions • \$45 • Ketcham HS Cafeteria

### INTERMEDIATE II

*Naomi & Gene Anolick, Love to Dance*

This second intermediate class goes beyond the introductory intermediate class. A minimum of 50 hours of previous instruction or instructor permission is required. \*\*Please note: a \$5 late fee will be added to the registration fee for anyone who registers at the class.

Tues 9/29-11/24 • 8:20-9:30 pm • 9 sessions • \$85 • Ketcham HS Cafeteria



### ADVANCED BALLROOM

*Naomi & Gene Anolick, Love to Dance*

This class requires a minimum of 65 hours of previous instruction or instructor permission. \*\*Please note: a \$5 late fee will be added to the registration fee for anyone who registers at the class.

Tues 9/29-11/24 • 7:00-8:10 pm • 9 sessions • \$85 • Ketcham HS Cafeteria



### MODERN WESTERN SQUARE DANCING

*Stu Summers, Boots n' Bows Square Dance Club*

Couples, singles, children over 8 years old. No experience necessary. "Friendship Set to Music." Fun. Relaxing. Great entertainment & good exercise. FREE fun night Sept. 17th. Thurs 9/17-12/17 • 7:15-8:30 pm • 12 sessions • \$60 • Myers Corners ES Cafeteria 1



### SQUARE DANCE II

*Stu Summers, Boots n' Bows Square Dance Club*

Review the 50 basic patterns & continue thru the PLUS program and ALL POSITION. Free fun night Sept. 17th. Thurs 9/17-12/17 • 8:30-9:45 pm • 12 sessions • \$60 • Myers Corners ES Cafeteria 1



### BASIC BALLROOM DANCE

*Naomi Anolick, Love to Dance*

Introductory course. The following dances will be taught: Foxtrot, Waltz, Tango, Merengue, Rumba, and Swing. Dancers are taught a number of patterns and learn to develop the ability to lead & follow. \*\*Please note: a \$5 late fee will be added to the registration fee for anyone who registers at class. No class 11/11. Limit 32

Wed 9/16-11/18 • 7-8:15 pm • 9 sessions • \$80 • Ketcham HS Cafeteria



### INTERMEDIATE BALLROOM DANCE

*Naomi Anolick, Love to Dance*

Learn to do the Cha-cha and improve the skills learned in dances previously taught. \*\*Please note: a \$5 late fee will be added to the registration fee for anyone who registers at the class. No class 11/11. Limit 32

Wed 9/16-11/18 • 8:20-9:20 pm • 9 sessions • \$80 • Ketcham HS Cafeteria



## GET YOUR GED

### HIGH SCHOOL EQUIVALENCY PREPARATION & ADULT BASIC EDUCATION

Students under 21 - \$20 registration fee. Students over 21 - free. Starts Sept. 9th.

**GRINNELL LIBRARY-Wapp. Falls**

Tues & Thurs 9:30 am-12:30 pm

**ROY C. KETCHAM H.S. – Room 124**

Tues & Wed 5:30-8:30 pm

New students accepted weekly at all locations. This is a continuing program. Bring high school sign-out sheet.



## S.A.T. REVIEW CLASSES

This is NOT an S.A.T preparation course. It is for review & practice.

Classes will be offered as follows:

**JOHN JAY H.S., room 108**

Mon & Wed 6:30-8:30 pm

Tues & Thurs 2:00-4:00 pm

**ROY C. KETCHAM H.S., room 120**

Mon & Wed 2:15-4:15 pm

Tues & Thurs 6:30-8:30 pm



Classes begin Mon., Sept. 14th & Tues., Sept. 15th.

There will be a total of 6 classes in math and 6 in verbal. If there is no school that day there are no SAT classes. Cost is \$90 and includes text. There is a minimum (12) and a maximum (20) enrollment. Enrollment deadline is Thursday, Sept. 10th and will be strictly enforced. Register early or class may be cancelled.

## ACADEMIC

### CONVERSATIONAL RUSSIAN

*Tatiana Bowne*

This class is designed to teach basic language skills and local culture to the beginner with little or no language experience. Basic words, phrases and sentences will be covered. This can be expanded to cover Russian history, traditions and culture. Bring a notebook and pen to class. Additional book fee due at class.

Wed 9/16-11/4 • 7-9 pm • 8 sessions • \$75 • Ketcham HS Room 217

### BEGINNING BASIC SPANISH

*Tere Voloshin, Instructor for all Spanish classes*

Introductory course for basic conversational skills. Book cost \$25 payable at class. Limit 10. No class 11/11 & 11/25.

Wed 9/16-12/16 • 7-9 pm • 12 sessions • \$70 • Ketcham HS Room 220

### BEGINNING BASIC SPANISH – A CONTINUATION

For those students who've started with the Beginning Basic Spanish class and want to continue learning basic conversational skills. Limit 10. No class 9/28 & 10/12. Mon 9/14-12/14 • 7-9 pm • 12 sessions • \$70 • Roy C Ketcham HS Room 220

### BASIC SPANISH II

Continuation of basic conversational Spanish. Limit 10

Thurs 9/17-12/10 • 7-9 pm • 12 sessions • \$70 • Ketcham HS Room 220



### ADVANCED SPANISH

Basic Spanish II is a prerequisite. Book cost \$20 payable at class. Limit 10

Tues 9/15-12/1 • 7-9 pm • 12 sessions • \$70 • Ketcham HS Room 220

## MINI COURSES

### STAMP CAMP

taught by *Debbie Pennachio*

Create 3 projects using rubber stamps. Two cards and one non-card project will be completed. New and experienced stampers welcome. Supply fee of \$10 payable to instructor night of class.

Thurs 10/15 • 6:30-9:00 pm • 1 session • \$5 • Myers Corners ES Library



### STAMP-A-STACK WORKSHOP

*Debbie Pennachio*

Using rubber stamps, you will create 20 hand stamped cards with envelopes in 4 different designs. New and experienced stampers welcome. Supply fee of \$17 payable to instructor night of class.

Thurs 11/12 • 6:30-9:30 pm • 1 session • \$20 • Myers Corners ES Library

## Register at the end of this section

## PRE-LICENSING

Two locations. Call appropriate school to register. Cost is \$30. You must have a learner's permit and enroll by phone at high school main office. Class is held 6:30-9:00 pm both nights.

**JOHN JAY H.S., 897-6700 EXT. 0**

**Rte 52, Hopewell Jct., Room 137**

**Sept. 15 & 17; Nov. 17 & 19**

**ROY C. KETCHAM H.S., 298-5100**

**EXT. 0**

**99 Myers Corners Rd, Wappingers**

**Falls, Room 206 Oct. 13 & 15, Dec. 15 & 17**



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## COMPUTER

### BASIC COMPUTER ORIENTATION

*Rich Cunningham, Instructor for all computer classes*  
Learn about the basic hardware components of a computer system & Windows operating system. Class is intended for students with little or no computer experience. Limit 12

**Choose:**  
Thurs 9/17 & 9/24 • 4-6 pm • 2 sessions • \$30 • Ketcham HS Room 207 OR  
Thurs 9/17 & 9/24 • 6:30-8:30 pm • 2 sessions • \$30 • Ketcham HS Room 207



### BASIC WINDOWS ORIENTATION & FILE MANAGEMENT

Students will work with Windows, including task bar operation, icons, menus, dialog boxes & window manipulation. Learn the techniques used to organize files. Limit 12

**Choose:**  
Thurs 10/1 & 10/8 • 4-6 pm • 2 sessions • \$30 • Ketcham HS Room 207 OR  
Thurs 10/1 & 10/8 • 6:30-8:30 pm • 2 sessions • \$30 • Ketcham HS Room 207



### INTRO TO MICROSOFT WORD

Learn to change fonts, create & edit documents, read & save documents in different formats, insert text & graphics, move blocks of text within & out of a working document. Limit 12

**Choose:**  
Thurs 10/15-10/29 • 4-6 pm • 3 sessions • \$40 • Ketcham HS Room 207 OR  
Thurs 10/15-10/29 • 6:30-8:30 pm • 3 sessions • \$40 • Ketcham HS Room 207



### WINDOWS ACCESSORIES

Learn about accessories & utilities included on your Windows computer systems. Some of these include: system tools (backup, disk cleanup, disk defragmenter, schedule tasks, system info & system restore), calculator, and paint. Limit 12

**Choose:**  
Thurs 11/19 • 4-6 pm • 1 session • \$20 • Ketcham HS Room 207 OR  
Thurs 11/19 • 6:30-8:30 pm • 1 session • \$20 • Ketcham HS Room 207

### FILE MANAGEMENT IN WINDOWS

Learn how to plan your file structure. Create folders and subfolders, move them, rename them & delete them. Limit 12

**Choose:**  
Thurs 12/3 • 4-6 pm • 1 session • \$20 • Ketcham HS Room 207 OR  
Thurs 12/3 • 6:30-8:30 pm • 1 session • \$20 • Ketcham HS Room 207



### BASIC INTERNET

Learn how to use a web browser to "surf the net" and locate what you're looking for using advanced search engines. Internet email will also be discussed. Limit 12

**Choose:**  
Thurs 11/5 & 11/12 • 4-6 pm • 2 sessions • \$30 • Ketcham HS Room 207 OR  
Thurs 11/5 & 11/12 • 6:30-8:30 pm • 2 sessions • \$30 • Ketcham HS Room 207



### INTRO TO WEB DESIGN

*Kevin Yahn, Instructor for all web classes*  
Learn how to create basic web pages. Includes introduction to HTML coding, inserting pictures, and linking to different pages and sites. Learn how to publish a website to the internet.

Wed 9/23 & 9/30 • 6-8 pm • 2 sessions • \$30 • Ketcham HS Room B103



### WEB DESIGN

Learn how to create professional looking web pages. Students will learn how to use the Adobe Creative Suite including Flash, Fireworks and Dreamweaver to publish creative web pages.

Wed 10/14 & 10/21 • 6-8 pm • 2 sessions • \$30 • Ketcham HS Room B103

## RECREATION

### BOWLING IS BACK! FROM GUTTERS TO STRIKES

*Holiday Bowl*

Beginner's Bowling is for someone who has either never taken any formal bowling classes or been in a league. Instruction will include basic ways to hold the ball, stance, how to read the arrows on the bowling lane, game information and more. This one-hour class will include instruction, practice and one-on-one help with technique from a certified bowling instructor. You must pre-register with Wappingers Continuing Ed.

Wed 9/16-11/4 • 4:00-5:00 pm • 8 sessions • \$45 • Holiday Bowl, 167 South Rd, WF

**ADVANCED BOWLING** is perfect for someone who's either had some bowling coaching or has been in a league and needs help improving their score, their stance or correcting errors in their throw. Students will also learn how to make certain spares. The class is taught by a certified bowling instructor. You must pre-register with Wappingers Continuing Ed.

Wed 9/16-11/4 • 5:00-6:00 pm • 8 sessions • \$45 • Holiday Bowl, 167 South Rd, WF

### COED VOLLEYBALL FOR AGES 21 & UP

*Larry Kunz, Moderator*

With relaxed rules for adults and seniors. You must pre-register for this class. Limit 20

Tues 9/15-12/15 • 7-8:30 pm • 14 sessions • \$25 • Brinckerhoff ES Gym



### TAE KWAN DO (Korean Karate)

*L. LeClair & J. LeClair*

Learn the discipline of the body & mind as taught in the WTKDA. For ages 10 thru adult. Under 12, submit proof of age. Age 9 admitted with enrolling & attending adult.

First family member full price, all other members of the same family half price; or same person second night half price. Choose only one discount. A great sport for all ages & genders. Program continues. No class 9/28 & 10/12.

**Choose:**  
Mon 9/14-11/30 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym  
Fri 9/18-11/20 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym  
(\$90 for both nights or 2 people on same night)

### ANTIQUE CLOCK REPAIR, BASIC

*William Clarke*

For collectors or hobbyists. Theory & instruction, plus information on books. Hands-on experience. Limit 15

Thurs 9/17-11/19 • 7-9 pm • 10 sessions • \$60 • Van Wyck JHS Tech 3

### HOROLOGICAL RESTORATION

*Kinney & Woleader*

Pre-requisite: Basic Clock Repair course. Limit 22

Thurs 9/17-11/19 • 7-9:30 pm • 10 sessions • \$39 • Van Wyck JHS Tech 4



## ART & HOME

### FLORAL DESIGN

*Joann Nichols, Osborne's Flower Shoppe*

Learn the art of flower arranging and have beautiful fresh flowers in your home for 6 weeks! Students will make a complete arrangement each week. We will do six different styles using all fresh flowers provided at class. Students will need to pay a \$14 supply fee each week to the instructor to cover flowers & materials. You must pre-register with Wappingers Continuing Ed. Limit 12

Wed 9/23-10/28 • 6:00-8:00 pm • 6 sessions • \$30 • Osborne's Flower Shoppe, 30 Vassar Road, Poughkeepsie



### EXPLORING WATERCOLORS

*Lisa Dawson*

An introduction to watercolors for students wishing to explore painting with watercolors. Students will learn the basics of using this versatile way to create art and will learn the skills needed to understand & use watercolor paints. Former students will review basic techniques & go beyond basics to advance their skills. Students need to have basic drawing skills. Students will be required to purchase supplies. A list will be provided.

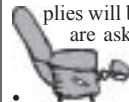
Thurs 9/10-10/15 • 6:00-9:30 pm • 6 sessions • \$70 • Wappingers JHS Room 145

### HOME UPHOLSTERY

*Willie Masker*

Various techniques will be taught to the students by upholstering their own chair or stool. Spring tying, tacking, cotton molding, machine & hand sewing, and different tufting will be covered. Tools & supplies will be paid for on the first night & students are asked to bring a picture of their project. Limit 12. No class 9/28 & 10/12.

Mon 9/21-12/7 • 6-9 pm • 10 sessions • \$95 • Ketcham HS Room 233



### BASIC BEGINNING DRAWING SKILLS

*Lisa Dawson*

An introduction to drawing for those just beginning to draw or those who need to re-view the basics to improve their skills. New students will learn the skills needed to create pencil drawings. Returning students will acquire more advanced skill sets. Topics discussed will include the geometry of drawing, perspective, proportion, line, shading, positive & negative space and composition. Students are required to purchase supplies. A list will be provided.

Tues 9/15-10/13 • 6:00-9:30 pm • 5 sessions • \$60 • Wappingers JHS Room 145



### BASIC STERLING SILVER WIRE JEWELRY TECHNIQUES

*Lisa Dawson*

Learn techniques to make several pieces of silver wire jewelry w/beads. Former students will work on new projects designed to advance their skills. No soldering. Students will purchase tools from a list to be provided. Approximate tool cost \$50. Students can wait to order tools together to save on shipping costs. Because silver wire & findings prices fluctuate with the market, kits will be provided at cost of \$15 to \$20 per kit to be paid to the instructor either up front or weekly. We will finish 5-6 projects in class.

Wed 9/9-10/14 • 6:00-9:30 pm • 6 sessions • \$70 • Wappingers JHS Room 145



## Registration Form at the end of this section

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## BUSINESS

### HOW TO SELL ON eBay®

Jeff Montanye

Learn how to sell items on eBay®. This class teaches you how to find items to sell & how to know their value. You will learn the proper way to create a listing, leave feedback and use your eBay® account to track your auctions. You will also learn how to use PayPal to make & receive payments as well as how to calculate shipping charges. We will list an item on eBay® in class. You must be able to browse on the internet and know how to download digital pictures to your computer.

**Wed 12/2 & 12/9 • 6-9 pm • 2 sessions • \$85 • Ketcham HS Room 207**



### HOW TO BUY & SELL REAL ESTATE WISELY

Rick Nathan, Consumer Advocate

Learn how to buy & sell your home, investment property, foreclosure property, vacation home, etc., with or without a realtor. Learn techniques for buying a property for nothing down and selling a property on your own. Optional material fee of \$20 payable to instructor.

**Tues 12/1 • 6-8 pm • 1 session • \$50 • John Jay HS Room 108**



### ENTREPRENEURSHIP

Bev Nathan, Consumer Advocate

You will learn behind-the-scenes practical information on how to start a successful home-based, second-income business which can then become full time. With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. Optional material fee of \$20 payable to instructor.

**Tues 12/1 • 6-8 pm • 1 session • \$50 • John Jay HS Room 110**



### FINANCIAL STRATEGIES FOR A SUCCESSFUL RETIREMENT

John T. McFadden & James P. Agrawal, Cert.

Financial Planners & Fund Specialists

In four sessions, you will get a comprehensive overview of the retirement process. Develop a detailed financial plan addressing all your retirement concerns & spend 11 hrs to financially organize it. You cannot afford to miss this course if you are over 40. Book fee \$37, payable first night of class. Spouse may attend free of charge.

**Thurs 10/1-10/22 • 7-9:45 pm • 4 sessions • \$75 • Ketcham HS Library**



### HOW TO DRASTICALLY CUT COSTS IN DIFFICULT FINANCIAL TIMES

Bev Nathan, Consumer Advocate

If you are trying to cut costs because your retirement plan or your savings plan has lost a lot of money or you are in danger of losing your job, this course can help you learn how to save thousands of dollars. Topics to be discussed are ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving money when getting a car, home & life insurance and methods to reduce your school and county taxes on your home. Optional material fee of \$20 payable to instructor.

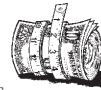
**Tues 12/1 • 8-10 pm • 1 session • \$50 • John Jay HS Room 110**

### SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW WHEN INVESTING YOUR MONEY

Rick Nathan, Consumer Advocate

Taught by a consumer advocate who has nothing to sell you, you will learn things you were never taught in high school or college. You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating long term care insurance, investing with or without financial planners & investing in mutual funds on your own. After taking this course you will have the confidence to invest on your own or be able to interview financial planners to find the right one for you. Optional material fee of \$20 payable to instructor.

**Tues 12/1 • 8-10 pm • 1 session • \$50 • John Jay HS Room 108**



### THE REVERSE MORTGAGE – TAX FREE CASH FOR LIFE!

Paul M. Levine, Senior Financial Advisory Network

In today's financial climate, a reverse mortgage may hold the key to financial independence. However this FHA government product is definitely not a 'one shoe fits all' solution. This course will examine the advantages & disadvantages of this up-and-coming mortgage product. Learn how the reverse mortgage can be part of your estate planning from an unbiased source. Get vital information to make an informed decision. Please bring a list of your questions!

**Tues 9/22 • 4:30-6:30 pm • 1 session • \$10 • Ketcham HS Room 207**

**Tues 10/20 • 6:00-8:00 pm • 1 session • \$10 • Ketcham HS Room 207**

**Tues 11/17 • 4:30-6:30 pm • 1 session • \$10 • Ketcham HS Room 207**

**Tues 12/1 • 6:00-8:00 pm • 1 session • \$10 • Ketcham HS Room 207**

## SPECIAL

### NOTARY PUBLIC PREPARATION COURSE

Notary Public Central

Designed to educate individuals with the legal terminology, concepts & clauses contained in the framework of the NYS Notary booklet. Price includes: supplemental study guide, Notary Fact Sheet, practical exam, sample forms, Notary Public Application, NYS exam schedule & booklet, subscription to Notary Public Central & Legal Updates. Please bring pen and/or highlighter. Commissioned Notaries are welcome to attend.

**Mon 9/21 • 7:00-10:00 pm • 1 session • \$60 • Ketcham HS Room 217**



### GETTING PAID TO TALK

Voice Coaches

This exciting class will explore numerous aspects of voice-over work for TV, film, radio, audio books, documentaries & the internet. All the basics will be covered, including how to prepare a demo, how to be successful and earn great income in this exciting field. Students will even have a chance to record a commercial script. Bring all your questions.

**Mon 11/23 • 6:30-9 pm • 1 session • \$25 • Ketcham HS Room 217**



### DEFENSIVE DRIVING

taught by Bob Doran

Upon completion of this 6 hour, DMV-approved point/insurance reduction program, participants will be entitled to receive a 10% reduction on vehicle liability, personal injury protection & collision insurance for 3 years. In addition, participants may also reduce up to 4 points on their driving record. Attendance is mandatory for both nights.

**Tues 10/20 & Thurs 10/22 • 6:00-9:00 pm • 2 sessions • \$45 • John Jay HS Room 137**

**Tues 11/10 & Thurs 11/12 • 6:00-9:00 pm • 2 sessions • \$45 • Ketcham HS Room 206**



### DIGITAL PHOTOGRAPHY FOR BEGINNERS

Jeff Montanye, Assistacomp Computers

A course for those new to digital cameras. Learn how to take good quality pictures and how to install your camera's software and download images to your computer. You will also learn how to use different flash modes and some basic creative modes. Bring your camera, software, cables and documentation to class. Limit 12

**Wed 9/9-10/7 • 6-9 pm • 5 sessions • \$150 • Ketcham HS Room 207**

### DIGITAL PHOTOGRAPHY -- ADVANCED

Jeff Montanye, Assistacomp Computers

Take your digital camera to its' maximum abilities by learning about the camera's advanced features. Learn about controlling depth of field, color balancing, exposure locks, dynamic range, focus points, shooting with a gray card and much more. Bring digital camera, manual, software & cables to class. Class is geared towards advanced compact cameras and digital SLRs. Limit 12. No class 11/11.

**Wed 10/14-11/18 • 6-9 pm • 5 sessions • \$150 • Ketcham HS Room 207**



## Registration Form at end of this section

## PERSONAL ENRICHMENT

### BUILDING PRODUCTIVE RELATIONSHIPS

John Okon Sr., MBTI & SDI certified practitioner

Relationship Awareness® gives organizations & individuals the tools they need to build more effective personal & professional relationships. It is a dynamic & powerful way of looking at human relationships that aids in building communication, trust, empathy & effective, productive relationships. \$15 materials fee payable at class.

**Thurs 10/1 • 6:30-9:30 pm • 1 session • \$75 • Ketcham HS Room 217**

### BEST PRACTICES FOR APPLYING MTBI INSTRUMENT IN ORGANIZATIONS: A SKILLS-BUILDING WORKSHOP

John Okon Sr., MBTI & SDI certified practitioner

The Myers-Briggs Type Indicator (MBTI) is a self-report questionnaire designed to make Jung's theory of psychological types understandable & useful in everyday life. This interactive, hands-on workshop gives you the opportunity to apply the MBTI in common workplace situations. You will engage in case studies, real-life scenarios & role play. Most importantly, you will better understand the connection between your type & your communication style. \$15 materials fee payable at class.

**Thurs 10/8 & 10/15 • 7:00-9:00 pm • 2 sessions • \$75 • Ketcham HS Room 217**

### DEVELOPING EMOTIONAL INTELLIGENCE

John Okon Sr., MBTI & SDI certified practitioner

Emotional intelligence & emotional intelligence training are very hot topics in today's workplace. Understanding & improving the connection between emotions & actions is crucial to business and personal success. Now you can actually develop & enhance the skills that will positively impact your work, and in doing so, tap into a whole new level of achievement in your career. \$15 materials fee payable at class.

**Thurs 10/22 • 6:30-9:30 pm • 1 session • \$75 • Ketcham HS Room 217**

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## REGISTRATION INFORMATION

**Early registration is encouraged to assure placement and to avoid possible class cancellation due to insufficient enrollment.**

**School holidays are:  
Sept. 28, Oct. 12, Nov. 11 and Nov. 25-27.**

**TO REGISTER:** Complete the coupon  
**OR**

send us your name, phone number, address & class(es) wanted on a piece of paper. Include a check for the fee listed, made payable to WCSD. Mail to:

Continuing Ed, WCSD,  
167 Myers Corners Rd., Suite 200,  
Wappingers Falls, NY 12590.

**You will NOT be notified of your acceptance into a class. However, you WILL be notified of class cancellation.** Check or money orders only, sorry no credit cards.

**REGISTER IN PERSON:** The Continuing Ed office is located at 167 Myers Corners Rd. Use the Orchard View entrance. Office hours are Monday-Friday, 9:00 am-12:30 pm.

**SENIOR CITIZENS:** If you are 62 or older, take 10% off all courses, but not on supply fees or books.

**BOOKS & SUPPLIES:** Prices may increase. Senior discount does not apply.

**FOR THOSE UNDER AGE 21:** Please add your age on the coupon.

**SNOW DAYS & CANCELLATIONS:** Continuing Ed classes will be cancelled on all school holidays & any day when school has not been in session. If after-school activities are cancelled, so are our classes that evening. Cancellations will be announced on WKIP, WHUD/WBNR and WPDH/WEOK. All cancelled classes will be made up at the end of the course.

**REFUNDS:** Will be granted only in the cases where there is insufficient registration and a class is unable to begin. Class credit, good for any WCSD class, will be issued in all other cases.

**MINIMUM ENROLLMENT:** Generally classes require a minimum of 8-10 registered students.

**PARKING:** Do not park in front of the main entrance or along the sidewalk at the front of a school. These are fire zones.

**SMOKING POLICY:** No smoking is allowed in school buildings or on school property.

## YOGA & FITNESS

### GENTLE YOGA

*Sandee Brown, certified Pilates instructor/registered yoga teacher*  
After a hard day's work, come for total relaxation, meditation and stretching designed specifically for you. Wear comfortable clothes. Bring a mat & a water bottle. \$10 discount per class if you sign up for any two Yoga classes. No class 10/12.  
**Mon 10/5-11/30 • 6:30-7:30 pm • 8 sessions • \$80 • Van Wyck JHS Room 114**



### PILATES MAT SERIES

*Sandee Brown, certified Pilates instructor/registered yoga teacher*  
Pilates is a full-body workout developing balance & flexibility of all your muscles. Learn body mechanics & increase posture awareness in everything you do. Class is designed for all skill levels. Wear comfortable clothing; bring a mat & water bottle. \$10 discount per class if you sign up for any two Yoga classes.  
**Thurs 10/8-12/3 • 5:50-6:50 pm • 8 sessions • \$80 • Van Wyck JHS Room 114**



### HAVE A BALL WITH FITNESS!

*Leigh Toth, certified Personal Trainer & group exercise leader*  
Stability balls aren't just for abs anymore! Join this fun class to learn how to build strength, endurance & flexibility for your entire body using a stability ball. We'll cover all the major muscle groups. Please bring a stability ball, mat or towel, a pair of hand weights/dumb bells and water. Wear loose clothing & sneakers.  
**Thurs 10/1-11/19 • 5:30-6:30 pm • 8 sessions • \$80 • Ketcham HS Cafeteria**



### YOGA & PILATES

*Sandee Brown, certified Pilates instructor/registered yoga teacher*  
Step onto the road of promoting a healthy lifestyle by experiencing the movements of both yoga & Pilates regardless of your skill level. Come learn the power of core training as you strengthen your transverse abdominals. Relax your mind with breathing exercises; Pilates mat work & yoga postures. Wear comfortable clothing; bring a mat & water bottle. \$10 discount per class if you sign up for any two Yoga classes. No class on 11/24.

**Tues 10/6-12/1 • 5:50-6:50 pm • 8 sessions • \$80 • Van Wyck JHS Room 114**  
**Thurs 10/8-12/3 • 7-8 pm • 8 sessions • \$80 • Van Wyck JHS Room 114**

### YOGA FLOW

*Sandee Brown, certified Pilates instructor/registered yoga teacher*  
Come & enjoy the wonderful benefits of yoga. Learn to use meditation, breathing exercises, and asanas (postures) to heal the body & calm the mind. Reduce stress, learn how to mend your body, increase flexibility & feel great all over. This class is recommended for people of all ages. No experience necessary. Wear comfortable clothing; bring a mat & water bottle. \$10 discount per class if you sign up for any two Yoga classes. No class on 11/24.

**Tues 10/6-12/1 • 7-8 pm • 8 sessions • \$80 • Van Wyck JHS Room 114**

## CLASS LOCATIONS

<b>BLODGETT LIBRARY,</b>	37 Broad Street,	Fishkill
<b>GRINNELL LIBRARY,</b>	2642 E. Main Street,	Wappingers
<b>BRINCKERHOFF,</b>	16 Wedgewood Road,	Fishkill
<b>FISHKILL PLAINS,</b>	17 Lake Walton Road,	Wappingers
<b>GAYHEAD,</b>	15 Entry Road,	Hopewell Jct.
<b>MYERS CORNERS,</b>	156 Myers Corners Road,	Wappingers
<b>VAN WYCK J.H.S.,</b>	6 Hillside Lake Road,	Wappingers
<b>WAPPINGERS J.H.S.,</b>	30 Major MacDonald Way,	Wappingers
<b>JOHN JAY H.S.,</b>	2012 Route 52,	Hopewell Jct.
<b>ROY C. KETCHAM H.S.,</b>	99 Myers Corners Road,	Wappingers

### CONTINUING EDUCATION OFFICE, WCSD,

167 Myers Corners Road, Suite 200 Wappingers Falls, NY 12590

PHONE: (845) 298-5000 Ext. 137

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

E-MAIL \_\_\_\_\_

COURSE(S) \_\_\_\_\_

Enclosed Total \$ \_\_\_\_\_

**Make checks payable to Wappingers Central Schools.**

**No acknowledgment of registration will be made.**

REFUNDS are granted only where there is insufficient registration and a class is unable to begin.