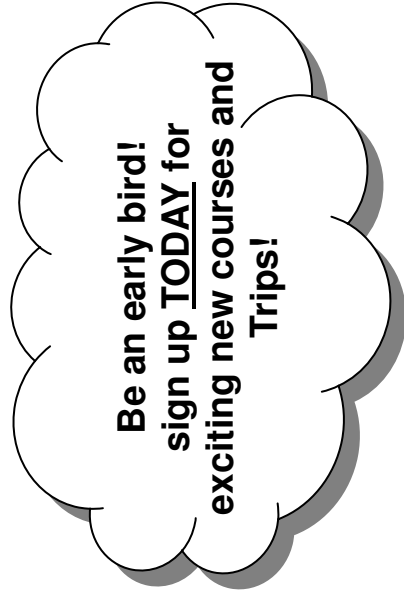


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# Connetquot and Bayport-Blue Point

Adult and Continuing Education Program  
Spring 2010



Coordinated by  
SCOPE Education Services  
Adult and Continuing Education Programs

SCOPE Education Services  
100 Lawrence Avenue  
Smithtown, NY 11787

## SCOPE CONTINUING EDUCATION PROGRAM

Connetquot and Bayport-Blue Point's exciting, comprehensive Continuing Education Program is coordinated and administered by SCOPE Education Services. It is open to all Connetquot and Bayport-Blue Point residents and to non-residents, as space is available, for an additional non-resident fee.

### SCOPE Education Services

100 Lawrence Avenue, Smithtown, NY 11787

631.881.9625

[miverson@scopeonline.us](mailto:miverson@scopeonline.us)

Any questions regarding this program should be directed to SCOPE at the above address, phone number, or email address.

Please do not phone the School Districts regarding Adult Education.

SCOPE offers Continuing Education Programs for residents in other districts.

Look at our complete catalog at [SCOPEONLINE.US](http://SCOPEONLINE.US)

SCOPE is a not-for-profit educational organization permanently chartered by the New York State Board of Regents to provide service to school districts. Founded in 1964 by school superintendents, it is a cooperative venture for sharing resources to deal with common concerns. It is governed by a Board of Directors of school superintendents and college representatives and serves as a regional School Study Council and School Board Institute.

### SCOPE Education Services

2009-2010 SCOPE Board of Directors

Executive Director: Dr. Joseph J. Del Rosso

President: Dr. Roberta Gerold, Superintendent, Middle Country CSD

Vice President: Dr. Charles Russo, Superintendent, East Moriches UFSD

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Mr. John J. Hogan, Superintendent, West Hempstead UFSD

Dr. Sheldon Karnilow, Superintendent, Half Hollow Hills CSD

Dr. Charles W. Rudiger, Dowling College Representative

We hope you will enjoy the wide range of course offerings and the large number of new courses. Suggestions or questions...please contact **Marsha Iverson**, Coordinator of Adult and Continuing Education Programs for SCOPE. [miverson@scopeonline.us](mailto:miverson@scopeonline.us).

Adult Education instructors are employed by SCOPE to teach courses in their area of expertise. The instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. SCOPE is not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.

SCOPE is an Equal Opportunity Employer.

<b>CBS10-402</b>	<b>Tennis</b>	<b>James Crowley</b>
An instruction class for advanced beginners and intermediate tennis players only. Instruction will include the basic ground strokes, serve, overhead volley, lobs and some play strategy. Players must bring an unopened can of three balls to the first class. Instructor will collect a \$2 fee from any student without a can of tennis balls.		
<b>7 Saturdays, 12-2pm: April 17, 24, May 1, 8, 15, 22 &amp; June 5</b>		
<b>♦ Bayport Tennis Courts</b>		
		<b>\$65</b>

<b>CBS10-408</b>	<b>Personal Watercraft &amp; Boating Safety</b>	<b>Tom Perricone</b>
This is an approved US Coast Guard & National Association of State Boating Law Administrator's course for all boaters. <u>Anyone operating a personal watercraft is required to complete this course.</u> It is intended to provide a comprehensive yet basic source of knowledge necessary to acquaint you with safe and legal boating practices in NY State. This course meets the requirements mandated for personal watercraft operator. A written test will be administered at the end of the final class, and a passing grade must be achieved in order to obtain certification. Students must attend BOTH sessions. Course completion for adults satisfies insurance reduction requirements. Upon completion, students are provided with a temporary NYS certificate. Students are responsible for the \$10 fee paid directly to NYS Parks for the permanent certificate. Bring a pen, a pencil and a highlighter to class.		
<b>2 Thursdays, 6-10pm: March 4 &amp; 11 ♦ B-B HS rm 204</b>		
		<b>\$75</b>

<b>DANCING with TOUCH DANCE STUDIOS</b>		
\$85 each Register for both classes for \$155		
<b>CBS10-409</b>	<b>Smooth Ballroom</b>	<b>Touch Dance</b>
Learn all the right moves, whether you are a beginner, intermediate or advanced dancer. Focus is on lead and follow. Partners are not required. The dances are Argentine tango, tango waltz, fox trot, milonga, Peabody, polka, quick step, American tango, American waltz and Viennese waltz. Partners are not required. Have fun and be smooth!		
<b>8 Mondays, 6:30-7:30pm: February 22, March 1, 8, 15, 22, April 12, 19 &amp; 26 ♦ Sycamore Atrium</b>		
		<b>\$85</b>
<b>CBS10-410</b>	<b>Latin &amp; Disco</b>	<b>Touch Dance</b>
Learn all the right moves, whether you are a beginner, intermediate or advanced dancer. Focus is on lead and follow. Partners are not required. The dances are bachata, bolero, cha-cha, cumbia, mambo, meringue. Paso-doble, rumba, samba, salsa, disco hustle, East Coast Swing, West Coast Swing, slow dancing, country western, line dancing, freestyle. Partners not required. Join the party and learn to dance!!		
<b>8 Mondays, 7:30-8:30pm: February 22, March 1, 8, 15, 22, April 12, 19 &amp; 26 ♦ Sycamore Atrium</b>		
		<b>\$85</b>





# Arts, Crafts & Cooking



<b>CBS10-101</b>	<b>Crystal Beaded Heart Pendant</b>	<b>Cher Bedell-Lash</b>
Learn to make a Swarovski crystal beaded heart using the right angle weave stitch. Finish your pendant with a sterling silver clasp. Many crystal colors to choose from – come see and create! Full color written instructions are included. Instructor will collect a \$25 materials fee at the first class.		
<b>2 Tuesdays, April 27 &amp; May 4, 7-9pm OFFSITE</b>		<b>\$30</b>
<b>CBS10-102</b>	<b>Peyote Zig-Zag Bracelet</b>	<b>Cher Bedell-Lash</b>
This bracelet is a great place to start learning to weave. The peyote stitch is fun and easily mastered. Create a one-of-a-kind wearable piece of art. Three colors to choose from. Written instructions included. Instructor will collect a \$12 materials fee at the first class.		
<b>2 Tuesdays, January 19 &amp; 26, 7-9pm OFFSITE</b>		<b>\$30</b>
<b>CBS10-103</b>	<b>Tassel Necklace</b>	<b>Cher Bedell-Lash</b>
Learn to build a bead pattern and make a tassel using a needle and thread. Many necklace styles and bead colors to choose from. Finish your necklace with a sterling silver clasp and a set of matching earrings. Instructor will collect a \$20-\$30 materials fee (depending on style chosen) at the first class.		
<b>2 Tuesdays, February 2 &amp; 9, 7-9pm OFFSITE</b>		<b>\$30</b>
<b>CBS10-104</b>	<b>Beaded Embroidery Heart</b>	<b>Cher Bedell-Lash</b>
Learn to create a beaded heart pin or pendant using beaded embroidery techniques. Choose from shades of reds and purples. Instructor will collect a \$20 materials fee at the first class.		
<b>3 Tuesdays, February 23, March 2 &amp; 9, 7-9pm OFFSITE</b>		<b>\$30</b>
<b>CBS10-105</b>	<b>Figure 8 Necklace &amp; Earrings with Turquoise Pendant</b>	<b>Cher Bedell-Lash</b>
This is the perfect project for all levels of beading experience. Use simple weaving and bead stringing techniques to make this lovely ensemble. Instructor will collect a \$17.50 materials fee at the first class.		
<b>2 Tuesdays, March 16 &amp; 23, 7-9pm OFFSITE</b>		<b>\$30</b>
<b>CBS10-106</b>	<b>Freshwater Pearl Necklace and Earrings</b>	<b>Cher Bedell-Lash</b>
Create an elegant fringed tassel necklace and earring set using freshwater pearls, Swarovski crystals and an assortment of Japanese and Czech seed beads. Artfully blended colors weave a wonderful coral tassel fringed stitch. Many colors to choose from. Instructor will collect a \$17.50 materials fee at the first class.		
<b>3 Tuesdays, April 6, 13 &amp; 20, 7-9pm OFFSITE</b>		<b>\$30</b>
<b>TUESDAY BEADING WITH CHER</b>		
Courses <b>CBS10-101</b> through <b>CBS10-106</b>		
Held <b>OFFSITE</b> at Studio 59		
59 Railroad Avenue		
Lake Ronkonkoma, NY 11779		
Call 631-588-5050 for directions.		

## MEDICAL CODING SPECIALIST – NON CREDIT

### MEDICAL TERMINOLOGY

**\$165**

Foundation for all other medical training courses. 1000+ words and terms are defined by body systems. Words are pronounced through your computer speaker. The CD-ROM used also contains a comprehensive audio medical dictionary.

### MEDICAL CODING

**\$165**

Prepares students for entry level jobs in a doctor's office or other medical facility and includes ICD-9-CM Coding, CPT Coding, Medicare Fraud & Abuse, and evaluation & Management. You will need access to an ICD-9-CM and CPT manual to use with this CD.

### MEDICAL BILLING

**\$165**

Prepares students with entry-level accounting job skills necessary to work in a doctor's office or other medical facility. This course includes Front Office Management, Filing Part B CMS 1500, Filing Part A CMS 1450, All About Medicare, Medicare Billing Problems, Patient Record Keeping using Medisoft, Medicare as Secondary Payer, Medicare & Home Health, Medicare and Women's Health. Also included is a 28-chapter Advanced Claims Processing Manual with everything you ever wanted to know about starting your own medical billing business from home.

### INTRODUCTION TO ICD-10-CM

**\$165**

This course is a compilation of information that has been published by various government, hospital, medical, and professional organizations regarding the introduction of ICD-10-CM on October 1, 2013. Use of an online ICD-10-Cm database helps the students get practice with the new codes. In addition, the entire alphabetical, tabular, and guidelines are available for the user to download in PDF format. The material in the six-week, 39-hour course is entirely self paced. Technical support is included but no instructor-led training is offered. Study material is available on a downloaded basis.

### ADVANCED CODING - ICD9

**\$165**

This online course compiles and summarizes the official coding guidelines concerning the most common yet complex diagnosis coding issues. The Course is organized by major body system chapters, as found in the ICD-9-CM manual. Each chapter is organized by: 1) Issues, 2) Coding Clarification, 3) Physician Documentation Issues and 4) Coding Scenarios. Real-life coding problems illustrating the issues are presented with ICD-9-CM solutions.

### ADVANCED CODING - CPT

**\$165**

This course is organized according to the sections in the CPT book. Frequently asked questions from real life situations are answered in an authoritative manner. This course provides advanced coding problems and solutions. The main emphasis is on Evaluation and Management and Surgery codes. A five-step outline is used to help you code the exercise/scenarios in the problems. Detailed medical history reports, including post operative reports, are provided from which CPT codes are determined.

### ANATOMY & PHYSIOLOGY FOR THE MEDICAL OFFICE - PART ONE

**\$165**

This self-paced course presents the structure of organisms by body systems and analyzes the normal function of body organs. Topics include the five senses, the endocrine system, the blood, the heart and blood vessels, the lymphatic system, the respiratory system, the digestive system, metabolism, the urinary system and the reproductive system. Full color graphics and audio descriptions complement descriptive text material

### ANATOMY & PHYSIOLOGY FOR THE MEDICAL OFFICE - PART TWO

**\$165**

This self-paced course continues the study of body systems. Topics include the five senses, the endocrine system, the blood, the heart and blood vessels, the lymphatic system, the respiratory system, the digestive system, metabolism, the urinary system and the reproductive system. Full color graphics and audio descriptions complement descriptive text material.

### AAPC AHIMA, AND AMBA CERTIFICATION EXAM REVIEW

**\$165**

This online course is designed to prepare students to take the Certified Professional Coder Examination-Hospital (administered by the American Academy of Professional Coder), the Certified Coding Associate exam (administered by the American Health Information Management Association) and the Certified Medical Reimbursement Specialist exam (administered by the American Medical Billing Association). Review topics include Medical Terminology, Human Anatomy, CPT Coding Guidelines, ICD-9-CM (Vol. 1-3), Diagnostic Coding, HCPCS Level 2, E/M coding, Anesthesia Coding, Surgical Coding, and Use of Modifiers. Students must have access to an e-mail account.

# PHILADELPHIA FLOWER SHOW PLUS....



**Tuesday, March 2**  
**TRS10-706**



Join us for **Blooming Fun in Philadelphia!** Our first stop will be **Bartram's Garden**, America's oldest living botanical garden, a pastoral 18th century homestead surrounded by the urban bustle of Philadelphia. George Washington, Benjamin Franklin, and Thomas Jefferson have all been there – and now so will you. We will take part in a hands-on workshop entitled "The Art of Nature" where William Bartram's unique illustrations of the natural serve as the inspiration. You will be lead through the artistic process to create your own beautiful souvenir watercolor drawing of specimens from the Bartram Collection. The floral-lined cliffs of Italy's Amalfi Coast will serve as our next inspiration as we enjoy a three-course lunch at **Positano Coast** Restaurant in Philadelphia's historic district. After lunch, we will visit the **Philadelphia Flower Show's** magical displays. The theme "**Passport to the World**" will take us through a journey around foreign lands like India, Brazil and the Netherlands. Time is allotted to visit the Marketplace where you can find a variety of plants, flowers, floral decor and anything imaginable for your garden. We will leave Philadelphia around 6 pm.

**Leave your car for the day!!!** Luxury motorcoach will make two stops to pick up participants:

- **6 am: Park & Ride at Exit 52 of the Long Island Expressway**
- **6:45 am: Herricks Community Center: 999B Herricks Rd, New Hyde Park.**

**\$95 per person**  
**(includes bus transportation, 3-course lunch at**  
**Positano Coast Restaurant and entrance to the Flower Show.)**

## Online Vocational Courses

*In Partnership with Dowling Institute*

The following courses are offered by SCOPE Educations Services in cooperation with Dowling College. All of the courses listed below are taken over the internet. The courses consist of a combination course download and internet interaction. These are graded courses; certificates of completion are issued with a passing grade. Each course runs for a period of 11 weeks. You may purchase the course download at <http://www.dlearn.com/buynow.htm>. Coding courses require the download plus ICD9 and CPT manuals. The ICD9 manual costs approximately \$65-\$85 and the CPT manual costs approximately \$55-\$75. A list of sources will be supplied to purchase these manuals.

**SPRING SEMESTER: March 22 – June 4 & June 7 – August 20, 2010.**

**Please register for these online courses at:**

[www.dowling.edu/dowlinginstitute](http://www.dowling.edu/dowlinginstitute)

**and follow the prompts for *MEDICAL CODING SPECIALIST*.**

Students interested in registering for these courses should direct questions to Barbara Lewis at [onlinecourses@comcast.net](mailto:onlinecourses@comcast.net).

Registered students with course-related questions should complete the following online Support Request Form: <http://www.internetmedicalcoding.com/request.html>.

<b>CBS10-107</b>	<b>Fondant Icing</b>	<b>The Baking Coach</b>
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This introductory course will teach you how to work with fondant icing, to create flowers, and have lots of fun. Your next holiday cake will be amazing! Instructor will collect a \$15 materials fee.

**Tuesday, April 20: 6-7:30pm ♦ B-B HS rm 145**

**\$30**

<b>CBS10-108</b>	<b>Royal Icing</b>	<b>The Baking Coach</b>
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This introductory course will teach you how to work with royal icing, to create flowers, leaves, carrots and other decorations and have lots of fun. Your next holiday cake will be amazing! Instructor will collect a \$15 materials fee.

**Tuesday, April 20: 7:30-9pm ♦ B-B HS rm 145**

**\$30**

<b>CBS10-109</b>	<b>Stained Glass for Beginners</b>	<b>Stella Castro</b>
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Learn the art of stained glass using the same copper foil techniques used by Tiffany. Choose from window pieces, jewelry boxes, mirrors and more. Students will furnish their own tools and glass. Instructor will provide sources where to obtain kits, tools and glass. Cost of a basic beginner kit is estimated at approximately \$80. Cost of glass depends on the size of the project undertaken.

**8 Mondays, 7-9pm: February 22, March 1, 8, 15, 22, April 12, 19 & 26**  
**♦ Connetquot HS rm 145**

**\$85**

<b>CBS10-110</b>	<b>Mehndi Art</b>	<b>Nayana Mehta</b>
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This course teaches the exquisite art of Mehndi application, large and small designs patterns in the Rajasthani, Arabic and Bridal styles. Join us to create small designs, motifs and murals and combine them to create larger and more complex designs. Applied with Henna, these designs are long lasting on your hands and legs. You can then draw on friends and family to make beautiful temporary tattoos. Instructor will collect a \$15 materials fee at the first class.

**8 Thursdays, 7:30-9pm: January 28, February 4, 11, 25, March 4, 11, 18 & 25 ♦ Connetquot HS rm 145**

**\$85**

<b>CBS10-111</b>	<b>Drawing &amp; Painting</b>	<b>Mario Politi</b>
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Learn to draw and paint for relaxation and enjoyment. Learn techniques from a patient, local artist trained at the Art Center in Los Angeles and the School of Visual Arts in NY City. Begin with pencil and charcoal, then move on to pastel and acrylic. Explore other mediums as you become more proficient. Progress at your own pace. Bring to class: Drawing paper and soft pencils (B's) and a kneaded eraser. Instructor will provide a list of additional materials at the first class.

**6 Mondays, 6-9pm: March 1, 8, 15, 22, April 12 & 19 ♦ B-B HS rm 175**

**\$45**

<b>CBS10-112</b>	<b>Basic Sewing</b>	<b>Josephine Serra</b>
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Go Green! Make your own shopping tote to avoid all those little plastic bags. Join a retired Family and Consumer Science teacher and learn to create a pattern, use the sewing machine and take home your own tote! Bring thread, scissors, straight pins and durable fabric (two coordinating colors work well).

**5 Mondays, 6:30-8:30pm: April 12, 19, 26, May 3 & 10**  
**♦ B-B HS rm 173**

**\$55**

**CBS10-113 Sewing Repair Josephine Serra**

Learn how to thread a needle, tie off a knot, sew on a button, mark and pin a hem, mend a hole or two, and shorten a sleeve. Bring a clean garment in need of some TLC to class, along with scissors, straight pins, hand sewing needle, thread and old buttons to class.

**2 Mondays, 6:30-8:30pm: March 15 & 22 ♦ V-V HS rm 173 \$35**

**CBS10-114 The Art of Aromatherapy Kathleen Werner**

Explore the world of Essential Oils and their profound impact on your personal health and well being. Aromatherapy is the science of treating human illness by treating the body, mind, and spirit with volatile essences of plants and flowers. Aromatherapy can help bring harmony, balance, and vibrant health into your life. Instructor will collect a \$5 materials fee at the class.

**Wednesday, March 10, 6:30-8:30pm ♦ Connetquot HS rm 175 \$30**

**CBS10-115 Making Perfumes Naturally with Essential Oils Kathleen Werner**

Learn to make your own perfume using all natural essential oils that have a superior aroma to artificial perfumes. Explore the world of 100 percent pure, therapeutic grade essential oils. Individual essential oils will be sampled and discussed including medicinal properties, characteristics, contraindications and blending. Each participant will develop their own blend to take home. Instructor will collect a \$5 materials fee at the class.

**Wednesday, April 14, 6:30-8:30pm ♦ Connetquot HS rm 175 \$30**



# Computers



**CBS10-201 Digital Photography – Camera & Computer Edgar Bivens**

Get more out of your digital camera. Whether you have a compact digital camera or dSLR, you will be surprised at your camera's features. Learn more about picture taking and composition. Make your pictures better using simple computer editing.

**3 Mondays, 7-9pm: April 12, 19 & 26 ♦ Connetquot HS rm 241 \$60**

**CBS10-202 Photoshop & Photoshop Elements Edgar Bivens**

After taking pictures with your digital camera, let the power of Photoshop or Photoshop Elements get your pictures to look their best. Besides the simple editing techniques that can be used with these programs, their power is in the use of layers to transform your photos in ways you never imagined.

**3 Wednesdays, 7-9pm: April 7, 14 & 21 ♦ Connetquot HS rm 241 \$60**

**CBS10-203 Introduction to Computers Laura Dennis**

This course is for those with little or no computer experience who want a very basic, slow-paced, and hands-on approach to learning. Don't be afraid to use your computer. We will explore mouse control, selecting text, word wrap and computer terminology. Using MS Word 2003, you will learn how to create, save and print documents; draw lines and shapes; and insert ClipArt, WordArt, pictures and borders into documents. Learn how to search for information on the Internet and get an overview of email.

**10 Wednesdays, 6-7:30pm: March 3, 10, 17, 24, April 7, 14, 21, 28, May 5 & 12 ♦ Connetquot HS rm 242 \$80**

## SCOPE goes to Broadway...

# MEMPHIS, the Musical



Shubert Theatre  
**Wednesday, April 21**  
TRS10-704



From the underground dance clubs of the 1950s in Memphis, Tennessee, comes this Broadway musical hit of the year—inspired by actual events—with heart, soul, and energy to burn. Get ready to experience all the exuberance and the emotion...the beauty and the controversy...of a wondrous, defining time in our history.

Trip includes Orchestra seat to the new hit musical, *Memphis*, by luxury Motorcoach to NY City. Bus will bring us to the Theatre District where you will have lunch on your own.

**Leave your car for the day!!! Luxury motorcoach will make two stops to pick up participants:**

- **9:30 am: Park & Ride at Exit 52 of the Long Island Expressway**
- **10:15 am: Herricks Community Center: 999B Herricks Rd, New Hyde Park.**

**\$130 per person**  
**(includes bus and orchestra seat to *Memphis*)**

# BILLY ELLIOT, the Musical



Imperial Theater  
**Saturday, May 15**  
TRS10-705



**A fabulous Mother's day gift  
or family treat!!!!**

Experience Billy's thrilling, inspiring story—"the most exciting musical of the decade." *Billy Elliot* was the 2009 Tony Award winner with 10 Tony Awards.

Trip includes a front mezzanine ticket to the hit musical, *Billy Elliot* by luxury Motorcoach to NY City. Bus will bring us to the Theatre District where you will have lunch on your own.

**Leave your car for the day!!! Luxury motorcoach will make two stops to pick up participants:**

- **9:30 am: Park & Ride at Exit 52 of the Long Island Expressway**
- **10:15 am: Herricks Community Center, 999B Herricks Rd, New Hyde Park.**

**\$135 per person**  
**(includes bus and front mezzanine seat to *Billy Elliot*)**



# Fabulous SCOPE Trips

## Museum and Art Gallery Tour



**TRS10-701 – Thursday, April 22: MOMA and the Asia Society**  
**TRS10-702 – Thursday, May 27: Cathedral of St. John the Divine and the Museum of the City of New York**

Judy Maiman is a noted art expert, tour guide, and docent. NY City and its environs include many of the world's best museums and art-related sites. Judy plans each of the days and helps you view each exhibit with insight and knowledge that is guaranteed to enhance your experience. Travel on a luxury motorcoach and have a relaxing lunch at your expense. Museum admissions are additional. This is a real treat for art lovers!!

**Judy will lecture as we travel to NY City. Luxury motorcoach will make two stops to pick up participants:**

- 8 am: Park & Ride at Exit 52 of the Long Island Expressway
- 8:45 am: Herricks Community Center: 999B Herricks Road, New Hyde Park.

**\$44 per person for one tour or attend both tours for \$80**

## BREATHTAKING TRIP TO GROUNDS FOR SCULPTURE

Hamilton, New Jersey

Thursday, June 3

**TRS10-703**

Trip to the world renowned 35-acre Sculpture Park and museum founded by the celebrated sculptor J. Seward Johnson, Jr. We will arrive at 11 am for a guided tour of some of the highlights of the park. Lunch will be at the stunning, beautiful restaurant, RATS, on the property. The "Zagat Survey" restaurant will serve us a complete three-course meal including coffee or tea and dessert. After a leisurely lunch, we will have two hours to stroll the sculpture park on our own.

**Leave your car for the day!!! Luxury motorcoach will make two stops to pick up participants:**

- 9 am: Park & Ride at Exit 52 of the Long Island Expressway
- 9:45 am: Herricks Community Center: 999B Herricks Road, New Hyde Park.

**\$95 per person**

**(includes bus, admission to the park, guided tour, and 3-course lunch)**

<b>CBS10-204</b>	<b>Microsoft Word 2007</b>	<b>Laura Dennis</b>
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This course covers it ALL! Learn how to set margins and tabs, change defaults, print and save documents, customize the Quick Access toolbar, shortcuts, task panes, smart tags, styles, spelling and grammar, create envelopes and labels, insert page number, cut/copy/paste multiple items on the Clipboard, borders and shading, find/replace/go to features, mail merge, tables, sorting, bullets/numbering/multi-level lists, text boxes, Quick Parts, WordArt, headers and footers, Format Painter, highlighter pen, pictures/ClipArt, shapes, cars, columns and watermarks. Students must have basic computer skills.

**10 Wednesdays, 7:30-9:30pm: March 3, 10, 17, 24, April 7, 14, 21, 28, May 5 & 12 ♦ Connetquot HS rm 242**

**\$95**

<b>CBS10-205</b>	<b>Make Money Selling Items on EBay</b>	<b>Dina Elardo</b>
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Turn household items into cash by selling on EBay, one of the nation's largest online auction houses. Learn all the steps required to list and sell items on EBay including:

- Authorization setup
- Pricing
- Settling your auction
- Shipping arrangements
- Uploading photographs
- What to include in your item's description
- Correspondence
- And more!

This course includes a take home, step-by-step guide covering class topics and a sample auction from beginning to end. This course is a lecture series. No computers will be used.

**Wednesday, February 3: 6-9pm ♦ B-B HS 325**

**\$55**

<b>CBS10-206</b>	<b>Digital Photography with PhotoShop</b>	<b>Susann Gude</b>
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Learn how to take your own photographs to the next step. This class focuses on retouching the face, eyes and other enhancements using Adobe Photoshop. Equipment choices, digital and traditional cameras, computers, external hard drives and other tools will be discussed. Bring your own laptop and camera for hands-on instruction. Learn file management and how to order photos over the internet. Painter, Lab prints, Simple Photo (Preview and I-Photo, Mac compatible) programs will be introduced. Load Adobe Photoshop or Adobe Elements on your laptop or use the school's computers. Work on your own images—please bring focused and well-exposed photos. A critique of your photos and digital enhancements made in class will be a valuable learning tool.

**3 Thursdays, 7-9pm: April 15, 22 & 29 ♦ Connetquot HS rm 241**

**\$65**

<b>CBS10-207</b>	<b>MS Word 2003 – Introduction</b>	<b>Stephen Stengel</b>
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This beginner course teaches the basic features of MS Word. Practical exercises are used to illustrate skills required to create letters and other documents. Learn about formatting, using ClipArt, tables and other useful tools to make your finished documents look polished and professional. A flash drive is needed for saving your work and for home practice.

**8 Mondays, 7-8pm: January 25, February 1, 8, 22, March 1, 8, 15 & 22 ♦**

**\$70**

<b>CBS10-208</b>	<b>MS Excel 2003 – Introduction</b>	<b>Stephen Stengel</b>
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This beginner course explains the basic features of MS Excel – a calculating spreadsheet program. Practical, everyday exercises are used to illustrate the skills required to create forms and charts, simple databases and more. Effective use of formulas, formatting data and integrating Excel information in MS Word will also be introduced. A flash drive is needed for saving your work and for home practice.

**8 Mondays, 8:15-9:15pm: January 25, February 1, 8, 22, March 1, 8, 15 & 22 ♦ B-B HS 325**

**\$70**

<b>CBS10-209</b>	<b>MS Word 2003 – Advanced</b>	<b>Stephen Stengel</b>
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Participants will learn how to sort and calculate, customize tables and charts, create catalogs and directories, work with long documents, styles and creating/revising footnotes and endnotes. Other topics include: customizing Word features, creating forms, working with web documents and, if time permits, creating indexes and tables of contents, figures and authorities. A flash drive is needed for saving your work and for home practice.

**8 Mon, 7-8pm: April 12, 19, 26, May 3, 10, 17, 24, June 7 ♦ B-B HS rm 325 \$70**

<b>CBS10-210</b>	<b>MS Excel 2003 – Advanced</b>	<b>Stephen Stengel</b>
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This course is a continuation of MS Excel 2003 – An Introduction. Participants will learn custom, auto and conditional formatting; creating and using lists; filtering, extracting and using database functions; to work with analysis and other advanced tools; to create macros and menus; and, if time permits, create PivotLists, PivotTables and PivotCharts.

A flash drive is needed for saving your work and for home practice.

**8 Mondays, 8:15-9:15pm: April 12, 19, 26, May 3, 10, 17, 24 & June 7 ♦ B-B HS 325 \$70**

<b>CBS10-211</b>	<b>Creating Web Pages with HTML</b>	<b>Stephen Stengel</b>
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This introductory course will help you design and create web pages, through case-based, problem-solving learning. No special programs will be used which means you will be able to create your own web pages at home with any text editing program, such as Notepad or Wordpad. The web pages you create will include hypertext links, a variety of fonts, colors and graphics, tables and frames. A flash drive is needed for saving your work and for home practice.

**8 Tues, 7-8pm: April 13, 20, 27, May 4, 11, 18, 25 & June 1 ♦ B-B HS rm 325 \$70**

<b>CBS10-212</b>	<b>MS PowerPoint 2003 – Introduction</b>	<b>Stephen Stengel</b>
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PowerPoint is the most popular and powerful presentation program in the workplace. It allows you to create your own professional-looking presentations for the computer or data projector. This program makes it possible to create audience handouts, outlines and speaker's notes. Topics covered include: creating presentations quickly and easily using prepared designs, adding and deleting slides, entering text-shapes-lines, inserting clipart and photos, the role of the master slide and preparing notes and handouts. A flash drive is needed for saving your work and for home practice.

**8 Tuesdays, 8:15-9:15pm: April 13, 20, 27, May 4, 11, 18, 25 & June 1 ♦ B-B HS rm 325 \$70**



## Careers and Money



<b>CBS10-301</b>	<b>10 Roadblocks to a Carefree Retirement</b>	<b>Ira Bergman, CFS</b>
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Will your retirement income last the rest of your life? That's the question! Inflation is the biggest factor to consider in a retirement plan. Distribution strategies for retirement income need to be adjusted to today's lifestyles and longevity issues. This class looks at retirement income needs vs. sources, pension distribution, investment strategies and most importantly, how to build reliable income in retirement, without worrying about the markets.

**Thursday, April 8: 7:30-9:30pm ♦ B-B HS rm 206 \$30**

<b>CBS10-602</b>	<b>Calling Our Angels</b>	<b>Susan Meyer-Corbett</b>
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Today's complex world can be uplifted by simply calling upon Angels, who are willing to bring us help, guidance and messages concerning our future success, health, families and more. We'll share stories of Angel encounters, learn to receive clear, more direct guidance by becoming attuned to Angelic vibrations. We'll practice contacting our guardian angels, and explore a range of Archangels like Michael and Metatron. Angels bring light & fun with their presence as they encourage us to take ourselves less seriously & enjoy life more. Optional book can be purchased for \$15 from Instructor at class.

**3 Wednesdays, 6:30-8pm: April 14, 21 & 28 ♦ B-B HS rm 120 \$45**

<b>CBS10-603</b>	<b>Pausing at the Crossroads</b>	<b>Valerie Sandler</b>
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In all passages of life, we reach a crossroad where we come face to face with the unknown. Do we take a new, decisive direction or is it a place for parting with our old ways? The crossroad isn't the end; it is merely a pause and an invitation to go on. The way there may have been long and rough but a fresh crossroad affords the opportunity to choose a new path. Here's your chance to name the essential elements of a life well lived – the silly and the serious – and to practice weaving these elements into a life map that lights the way past the intersection.

**3 Wednesdays, 7-9pm: May 5, 12 & 19 ♦ Connetquot HS rm 189 \$45**

<b>CBS10-604</b>	<b>Civil War Soldier Life</b>	<b>Gary Tameling</b>
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The sesquicentennial anniversary of the American Civil War begins in April 2011. New discoveries and new sources of knowledge catapulted interest in the War to perhaps an all-time high. This course will attempt to give you a TASTE of what it was like to be a soldier in the armies of the United States of America, which will include an outdoor drill in linear combat, weather permitting. Dress for a mild to moderate activity level. Instructor will collect a \$6 materials fee at the first class.

**2 Thursdays, 6-8:15pm: May 6 & 13 ♦ B-B HS rm 209 \$40**

<b>ESM10-605</b>	<b>Color Theory</b>	<b>Christina Zambella</b>
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In this course, we will discuss the physiology of color and how it affects us in daily life. Learn how to use the "Color Wheel" to understand color and how it fits in our lives, from the colors in our home, to the colors we wear, to our hair and makeup color. Course also includes hands-on mixing of paints. Supply list provided the first night of class.

**3 Tuesdays, May 11, 18 & 25, 6:30-8:30pm ♦ B-B HS rm 209 \$55**

<b>CBS10-510</b>	<b>Spanish for Healthcare Providers</b>	<b>Charles Osborne</b>
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This class is for the healthcare professional that needs to communicate with Spanish-speaking patients and colleagues. Develop practical, everyday vocabulary, including healthcare vocabulary; gain basic grammar and pronunciation and develop ease in conversation needed to communicate with Spanish-speaking patients and colleagues. Bring to first class: Spanish for Healthcare Professionals by William C. Harvey M.S. (\$10 at Amazon.com).

**10 Tuesdays, 7:30-9pm: March 2, 9, 16, 23, April 13, 20, 27, May 4, 11 & 18 ♦ Connetquot HS, rm 186** **\$80**

<b>CBS10-511</b>	<b>Chronic Pain</b>	<b>Theresa Pruessen, RN</b>
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Millions of people suffer with chronic pain. More than half also suffer from the medication they take for their chronic pain, and many times surgery and other invasive procedures are useless. We will discuss alternative, complementary, and natural ways to lessen and cope with the pain. Learn about common physical therapies, mind-body medicine, diet and supplements, distraction therapies, and energy healing. Wear comfortable clothing.

**Wednesday, March 3, 6-9pm ♦ B-B HS rm 120** **\$35**

<b>CBS10-512</b>	<b>Russian</b>	<b>Inna Scotto</b>
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Join us for the fast and fun way to learn Russian. This course Russian language course is for beginners who wish to learn the alphabet, pronunciation, vocabulary, reading, and some useful expressions.

**8 Tuesdays, 7-9pm: April 13, 20, 27, May 4, 11, 18, 25 & June 1 ♦ B-B HS rm 120** **\$80**

<b>CBS10-513</b>	<b>A Better Night's Sleep</b>	<b>Janine Thomson</b>
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Join us for an informative evening exploring the holistic approach to a better night's sleep. Learn techniques to quiet your mind and relax your body, allowing you to wake up in the morning, refreshed and ready to start a new day.

**Thursday, May 6: 7:30-8:30pm ♦ Connetquot rm 188** **\$30**

<b>CBS10-514</b>	<b>Stress Reduction</b>	<b>Janine Thomson</b>
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Learn time-tested, easy stress reduction techniques for dealing with life's stresses. With minor modifications, you can teach them to your children, no matter their age. Give this gift to yourself and your loved ones – it can help throughout your lives.

**Tuesday, May 4: 7:30-8:30pm ♦ Connetquot rm 188** **\$30**



## Food for the Mind....



<b>CBS10-601</b>	<b>The Magic in YOU</b>	<b>Joseph Fallarino</b>
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You are not only unique, you are magical. The "Magic in You" is a "body, mind, and heart" program that enables you to discover the magic that is within you and transform every area of your life – your career, your finances, your relationships, your health and fitness. This seminar will only give you new and proven ways to achieve your goals, it will also revitalize you by giving you the energy, confidence, and self esteem to excel.

**Tuesday, April 13, 7-10pm ♦ B-B HS rm 204** **\$30**

<b>CBS10-302</b>	<b>Elder Law</b>	<b>John M. Bigler, Esq.</b>
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Learn about elder law planning to preserve assets in the face of long-term catastrophic illness. Medicaid, Medicare and the pros and cons of Long-term insurance will be discussed. Planning wills, trusts, and life estates will be examined and compared.

**Thursday, March 18: 7-10pm ♦ Connetquot HS rm 175** **\$35**

<b>CBS10-303</b>	<b>Build a Successful Business Using the Internet</b>	<b>Charles Gueli</b>
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Do you have a burning desire to launch a home or small business online? Choose a niche for your web-based business, develop content for your website, learn how to generate traffic, and how to best monetize your website into a successful business. In addition, you will have the option to purchase online tools, forums and supplemental tutorials to help you during your first year in business for an additional fee of \$299.

**10 Mondays, 7-10pm: January 25, February 1, 8, 22, March 1, 8, 15, 22, April 12 & 19 ♦ B-B HS rm 206** **\$80**

<b>CBS10-304</b>	<b>Security Guard Pre-Assignment Training</b>	<b>Delton Braham</b>
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This course provides students with the required 8-hour Pre-Assignment Training course needed to become a Security Guard. Students are issued a certificate upon successful completion for submission to NYS. The second course, Security Guard On-the-Job Training must be completed in 90 days.

**Monday & Tuesday, March 22 & 23: 6-10pm ♦ Conn. HS rm 188** **\$80**

<b>CBS10-305</b>	<b>Security Guard On-the-Job Training</b>	<b>Delton Braham</b>
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You must complete the 8-hour Pre-Assignment Training course to become a Security Guard before taking this course, which covers: legal powers and limitations, emergency situations, communications and public relations, ethics and conduct and report writing.

**4 Wednesdays, 6-10pm: May 5, 12, 19 & 26 ♦ Conn. HS rm 188** **\$160**

	<b>Interviewing Skills</b>	<b>Christina Clayton</b>
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Stand out in a crowd! Learn techniques that will turn your nervousness into confidence! Learn how to answer those daunting interview questions. A good resume may get you to the job but a great interview will get you IN the job! You only have one time to make a first impression! Course includes discussion, hints and hand out materials to increase your interview abilities and chances of landing the job. Mock interviews will help you practice the skills you've learned. Be sure to bring a copy of your resume.

**CBS10-306: Monday & Thursday, March 15 & 18: 7-9pm ♦ Connetquot HS rm 149** **\$30**

**CBS10-307: Mon. & Thurs., April 5 & 8: 7-9pm ♦ B-B HS rm 208** **\$30**

<b>CBS10-308</b>	<b>Notary Public Training</b>	<b>Dina Elardo</b>
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Stand out among the competition! Add a new certification to your resume and become an asset to your company by enhancing your credentials! All companies need to have documents notarized. This course teaches the legal terminology, concepts and clauses contained in the framework of the NYS Notary Public Exam. Bring a pen and/or highlighter. Commissioned notaries are welcome to attend.

**Monday, February 1: 7-10pm ♦ Connetquot HS rm 188** **\$55**

<b>CBS10-309</b>	<b>Tax Free Investing</b>	<b>Thomas Lawler</b>
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Join us to learn how certain investments can deliver tax-free income and possible keep you in a lower tax bracket. Suitable for investors in the 25% tax bracket or higher.

**Tuesday, April 14: 8-9pm ♦ B-B rm 209** **\$30**

<b>CBS10-310</b>	<b>Notary Signing Agent</b>	<b>Dina Elardo</b>
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Discover a rewarding career as a Notary Signing Agent in the Lending Industry! Be your own boss! This course is designed to equip you with the essential skill needed to properly perform Loan Document Signings. Topics include: lending process, loan types, document identification and preparation, Signing Agent process, lender lingo, identifying individuals, current industry trends, and how to find work. Pre-requisite: A Commissioned NYS Notary Public or completion of a Notary Public Training Course.

**Tuesday, February 2: 7-9pm ♦ Connetquot HS rm 188 \$70**

<b>CBS10-311</b>	<b>Divorce... Understanding the Financial Issues</b>	<b>Karen Godfrey &amp; Michael McCrain</b>
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Discover how to protect yourself financially before, during, and after a divorce and the essential financial issues for every stage of divorce. Topics include key tax considerations; financial consequences in divorce settlements; child support; Spousal support and maintenance; splitting retirement plans – IRA, pensions, 401K, 403B, 457; marital versus separate property; and property valuation including business valuations.

**Wednesday, April 28, 7-9pm ♦ B-B HS rm 209 \$30**

<b>CBS10-312</b>	<b>Worried About Your Job? Don't Panic...</b>	<b>William Kaufman</b>
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Are layoffs looming large in your place of work? Have you been recently laid off? Don't panic! Join us to discuss your options for pension and 401K transfers into a personal retirement account and emergency fund. Learn how you might access funds without tax penalties. Avoid common mistakes. Understanding Roth IRA and lump sum distributions will ease your worries in times of professional uncertainty.

**Tuesday, April 13: 7-9pm ♦ Connetquot HS rm 145 \$30**

<b>CBS10-313</b>	<b>Financial Solutions for Small Business Owners</b>	<b>Thomas Lawler</b>
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Making the most of your business is easy when you have the right tools and a solid strategy. We will discuss ideas to utilize banking, retirement and insurance tools to build and protect your business according to your short- and long-term goals.

**Tuesday, April 14: 7-8pm ♦ B-B HS rm 209 \$30**

<b>CBS10-314</b>	<b>First-Time Home Buyers Guide</b>	<b>Rory Licata</b>
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Purchasing a home is one of the biggest decisions a person will make in their lifetime; it is also one of the most expensive. This seminar is designed to educate the first-time home buyer in the entire purchase process, from pre-contract through closing. Topics include pre-contract inspections, negotiation techniques, contract and title issues, title insurance, mortgages, and more.

**Thursday, February 25: 7-9pm ♦ B-B HS rm 208 \$30**

<b>CBS10-315</b>	<b>Purchasing Foreclosed Properties</b>	<b>Rory Licata</b>
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Buying a foreclosure can offer both great rewards and certain risks. This course is designed to educate you about the risks and how to avoid them. Learn the different sources of foreclosures, the three stages of foreclosed properties, the risks associated with each stage, and the very best techniques to maximize your profit. Investigate the deals, how to successfully bid at auctions and get an in-depth look at the closing process and how it differs from a conventional purchase.

**Thursday, April 15: 7-9pm ♦ B-B HS rm 208 \$30**

<b>CBS10-505</b>	<b>Community CPR Adult, Child &amp; Infant</b>	<b>First Aid Depot</b>
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This course is ideally suited for business people, adult and childcare workers, family members, babysitters, PTA groups and first aid teams. Learn to recognize an emergency, assess the conscious and unconscious victim, CPR, heart disease prevention, rescue breathing, choking emergencies and so much more. Students completing the course receive an American Red Cross Community CPR Card valid for one year. All materials, including text book, will be provided.

**Monday, March 1: 7-9pm ♦ Connetquot HS rm 189 \$70**

<b>CBS10-506</b>	<b>First Aid</b>	<b>First Aid Depot</b>
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This course is ideally suited for business people, adult and childcare workers, first aid teams and social clubs. You will learn how to recognize an emergency, assess the conscious and unconscious victim, bleeding control, blood borne pathogens, burns, fractures and splinting, sudden illness, shock, environmental emergencies and so much more. Students who complete the course will receive an American Red Cross Community CPR Card valid for three years. All materials, including text book, will be provided.

**Thursday, March 11: 7-9pm ♦ Connetquot HS rm 189 \$70**

<b>CBS10-507</b>	<b>Natural Childbirth Education</b>	<b>Amy Gribbin</b>
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The Bradley Method teaches natural labor techniques in which the pregnant woman and her coach play active roles. It encourages mothers to trust their bodies throughout their pregnancy and birth using natural breathing, relaxation, nutrition, and exercise. The primary goal is for mother and baby to have the safest and most rewarding birth experience possible. Classes also contain education on breastfeeding and newborn care.

**10 Thursdays, 7-9pm: January 21, 28, February 4, 11, 25, March 4, 11, 18, 25 & April 8 ♦ Connetquot HS rm 187 \$70**

<b>CBS10-508</b>	<b>Psychic Tell-It Night</b>	<b>Lois Martin</b>
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Join a noted international professional psychic numerologist for a 'number-full' evening of adventure. We all possess our own identity and unique characteristics, and by simply becoming aware of this much-needed spiritual approach, it becomes an easy, practical way of opening communication to our higher self. Numerology is the key – all you need is an understanding of the spelling of your name and date of birth. This will be an entertaining and enlightening evening for the curious at heart. Psychic spot readings will be offered voluntarily and for entertainment purposes.

**Wednesday, April 28, 6:30-9:30pm ♦ B-B HS rm 219 \$30**

<b>CBS10-509</b>	<b>Spanish for English Speakers</b>	<b>Charles Osborne</b>
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This course is for individuals who need to communicate with Spanish speakers. Learn practical, everyday vocabulary, gain basic grammar and pronunciation, and develop ease in conversation needed to communicate with Spanish-speaking clients and co-workers. Bring to first class: **Practice Makes Perfect: Spanish Vocabulary** by Dorothy Richmond (\$8.60 at Amazon.com).

**10 Tuesdays, 6-7:30pm: March 2, 9, 16, 23, April 13, 20, 27, May 4, 11 & 18 ♦ Connetquot HS, rm 186 \$80**

<b>CBS10-411</b>	<b>Hatha Yoga</b>	<b>Marcia Salvesen</b>
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Yoga is an ancient discipline that will increase your strength, endurance and flexibility, as well as reduce stress and increase mental focus. This is an active class, during which we will learn many of the basic yoga postures, simple breathing exercises and relaxation. Students should bring a mat and an old belt or necktie, and wear comfortable clothes that permit full body movement. Please refrain from eating one hour prior to class.

**8 Thursdays, 7-9pm: February 25, March 4, 11, 18, April 8, 15, 22 & 29 ♦ B-B HS Dance Studio** **\$60**

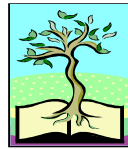
<b>CBS10-412</b>	<b>Golf Fundamentals</b>	<b>James Scaffani</b>
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Join the Golf Pro from Sayville Golf Course to explore the fundamentals of the golf swing and all that is necessary to play the game of golf. Students will learn grip, stance, posture, full swing, putting and chipping. Bring a 7-iron or 9-iron and one dozen golf wiffle balls.

**8 Mondays, 7-9pm: March 1, 8, 15, 22, April 12, 19, 26 & May 3**  
♦ John Pearl ES Gym **\$80**



## Special Interests



<b>EIS10-501</b>	<b>American Red Cross Babysitting Training</b>	<b>Claudine Campanelli</b>
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Designed for 11- to 15-year olds, the Babysitter's Training will teach you to care for children and infants; keep the children you watch safe; handle emergencies such as injuries, illnesses and household accidents; problem solve; and write resumes and interview for jobs. Complete this course in just two evenings – begin babysitting the next! Fee includes participant manuals, resources and the American Red Cross certificate.

**Monday & Tuesday, April 12 & 13: 6-9pm ♦ B-B HS rm 219** **\$50**

	<b>Defensive Driving</b>	<b>Christina Clayton</b>
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INSURANCE AND POINT REDUCTION PROGRAM, sponsored by Empire Safety Council, will reduce your auto liability and collision insurance 10% per year for 3 years and will remove up to 4 points from your driving record. Course may be taken every 18 months to remove points. All drivers are eligible regardless of age, violation or accident record. Fee includes all course materials and DMV certificate.

**CBS10-502: Tuesday & Wednesday, March 16 & 17: 6:30-9:30pm**  
♦ Connetquot HS rm 188 **\$45**

**CBS10-503: Tuesday & Wednesday, May 4 & 5: 7-10pm**  
♦ B-B HS rm 206 **\$45**

<b>CBS10-504</b>	<b>Guitar for Beginners</b>	<b>Jeff Denny</b>
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If you know little to nothing about the guitar, this is the class for you. Learn notes and chords, playing without looking at the guitar, play a guitar song, getting the most out of your practice, and scales and exercises.

**6 Wednesdays, 7-8pm: April 7, 14, 21, 28, May 5 & 12**  
♦ B-B HS rm 201 **\$75**

<b>CBS10-316</b>	<b>Are We There Yet? Retirement Readiness</b>	<b>David Paciorek</b>
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Will your nest egg carry you through your golden years? This course will help you develop your Retirement Readiness Roadmap including stocks, bonds, mutual funds, asset allocation, Social Security, Medicare, long-term care, estate planning strategies and other valuable resources. An optional personal financial analysis plan is also available.

**4 Thursdays, 7-9pm: March 4, 11, 18 & 25 ♦ Conn. HS rm 188** **\$45**

<b>CBS10-317</b>	<b>Marketing for Small Business Owners and Entrepreneurs</b>	<b>Debra Scala-Giokas</b>
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How do you find free and inexpensive ways to promote your business, services or ideas? Learn how to increase your visibility and your name recognition. This fast-paced course, with a focus on relationship building, will cover the nuts and bolts of marketing including networking, social media, and a dozen community exposure ideas. Instructor will collect a \$5 materials fee at class.

**Monday, March 22: 7-9pm ♦ B-B HS rm 219** **\$30**

<b>CBS10-318</b>	<b>Financial Fitness Preparedness</b>	<b>Ronald Steiger</b>
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Do you know what important documents are needed in a crisis and where they are? This course will help organize your essential financial paperwork. Prepare an emergency master list to serve you and your family should tragedy strike.

**Monday, April 12: 7-9pm ♦ Connetquot HS rm 184** **\$30**

<b>CBS10-319</b>	<b>The NEW Retirement</b>	<b>Thomas Williams</b>
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Learn how retirement in the future differs from retirement in the past...the changing landscape, the impact of economic and market trends, the outlook for Social Security, how much you can expect to spend on health care, and the effects of taxes and inflation on your retirement portfolio. Discover five things you can do to take control of your financial future and how your investing "personality" can affect your financial decisions.

**Tuesday, May 18: 7-9pm ♦ Connetquot HS rm 184** **\$30**

<b>CBS10-320</b>	<b>Getting Paid to Talk</b>	<b>Voice Coaches</b>
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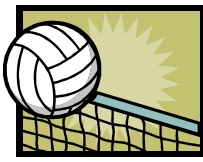
Make money with your voice. This class will explore all aspects of voice-over work for television, film, radio, audio books, documentaries and the internet in your area. Participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!

**Thursday, February 4: 6:30-9pm ♦ Connetquot HS rm 188** **\$30**

<b>CBS10-321</b>	<b>Live Debt Free</b>	<b>Robert Zambito</b>
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Get completely out of debt – including your mortgage! Owe nothing to anyone! This workshop is designed for those who want to live a stress-free, debt-free lifestyle. Learn specific, powerful and time-proven strategies that work every single time! Bring a list of your debt (for your viewing only) with balances and monthly payments as well as a calculator. FREE private consultation available after workshop.

**Thursday, February 11: 7-10pm ♦ B-B HS rm 208** **\$30**



# Physical Fitness, Sports and Dance



<b>CBS10-401</b>	<b>Vinyasa Yoga</b>	<b>Susan Camean</b>
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Float through this yoga class where the important postures or asanas are practiced with many elaborate variations and movements. Each variation is linked to the next by a succession of specific transitional movements, synchronized with the breath. Bring a yoga mat and wear comfortable clothing. Please refrain from eating one hour prior to class.

**8 Tuesdays, 7-8pm: February 2, 9, 23, March 2, 9, 16, 23 & April 13**  
 ♦ Edith L. Slocum ES, Atrium **\$70**

<b>CBS10-403</b>	<b>Belly Dancing</b>	<b>Lenora Dome</b>
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A fun introduction to belly dance as a form of fitness, stress reduction and a way to attain grace and femininity through this ancient art form! Belly dance benefits the female mind and spirit as well as the entire body. Basic belly dance technique and steps will be taught using veils, tambourines, skirts and candles. Wear comfortable clothes, non-slip socks or shoes; no sneakers.

**5 Mondays, 6-7pm: February 22, March 1, 8, 22 & April 12**  
 ♦ Edith L. Slocum ES, Atrium **\$50**

<b>CBS10-404</b>	<b>Zumba!</b>	<b>Maria Filosa</b>
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Experience the latest fitness craze. Zumba fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. This dance class uses salsa, meringue, hip-hop and belly dancing among other international favorites to work every muscle in your body. It is exercise in disguise! Zumba combines fast and slow rhythms for calorie burning moves. You don't have to know how to dance to do Zumba. Wear comfortable clothing, sneakers and bring water. Come and join the party! Join Zumba!!!

**8 Thursdays, 6-7pm: January 21, 28, February 4, 11, 25, March 11, 18 & 25** ♦ Edith L. Slocum ES, Atrium **\$60**

	<b>Fluid Power Fitness</b>	<b>Cathleen Deutscher</b>
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Fluid Power produces optimum strength in concert with long, lean muscles and a fuller range of motion. This dynamic class fuses elements of pilates, yoga, dance and strength training to burn fat, tighten and tone the entire body and promote a relaxed and balanced state of being. It is designed for absolute beginners and seasoned athletes. All levels and backgrounds will see remarkable results! Teens 16 and older are welcome. SCOPE students may only register for ONE of the three courses listed. This course is held offsite at **Fluid Power Fitness**: 14 South Main St. Sayville, 2nd floor.

**CBS10-405: 8 Wednesdays, 7:30-8:30am: March 3, 10, 17, 24, April 7, 14, 21 & 28** ♦ OFFSITE **\$65**

**CBS10-406: 8 Wednesdays, 9-10am: March 3, 10, 17, 24, April 7, 14, 21 & 28** ♦ OFFSITE **\$65**

**CBS10-407: 8 Saturdays, 8:30-9:30am: March 6, 13, 20, 27, April 10, 17, 24, & 31** ♦ OFFSITE **\$65**

<b>CBS10-402</b>	<b>Tennis</b>	<b>James Crowley</b>
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An instruction class for advanced beginners and intermediate tennis players only. Instruction will include the basic ground strokes, serve, overhead volley, lobs and some play strategy. Players must bring an unopened can of three balls to the first class. Instructor will collect a \$2 fee from any student without a can of tennis balls.

**7 Saturdays, 12-2pm: April 17, 24, May 1, 8, 15, 22 & June 5**  
 ♦ Bayport Tennis Courts **\$65**

<b>CBS10-408</b>	<b>Personal Watercraft &amp; Boating Safety</b>	<b>Tom Perricone</b>
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This is an approved US Coast Guard & National Association of State Boating Law Administrator's course for all boaters. Anyone operating a personal watercraft is required to complete this course. It is intended to provide a comprehensive yet basic source of knowledge necessary to acquaint you with safe and legal boating practices in NY State. This course meets the requirements mandated for personal watercraft operator. A written test will be administered at the end of the final class, and a passing grade must be achieved in order to obtain certification. Students must attend BOTH sessions. Course completion for adults satisfies insurance reduction requirements. Upon completion, students are provided with a temporary NYS certificate. Students are responsible for the \$10 fee paid directly to NYS Parks for the permanent certificate. Bring a pen, a pencil and a highlighter to class.

**2 Thursdays, 6-10pm: March 4 & 11** ♦ B-B HS rm 204 **\$75**

## DANCING with TOUCH DANCE STUDIOS

\$85 each  
 Register for both classes for \$155

<b>CBS10-409</b>	<b>Smooth Ballroom</b>	<b>Touch Dance</b>
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Learn all the right moves, whether you are a beginner, intermediate or advanced dancer. Focus is on lead and follow. Partners are not required. The dances are Argentine tango, tango waltz, fox trot, milonga, Peabody, polka, quick step, American tango, American waltz and Viennese waltz. Partners are not required. Have fun and be smooth!

**8 Mondays, 6:30-7:30pm: February 22, March 1, 8, 15, 22, April 12, 19 & 26** ♦ Sycamore Atrium **\$85**

<b>CBS10-410</b>	<b>Latin &amp; Disco</b>	<b>Touch Dance</b>
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Learn all the right moves, whether you are a beginner, intermediate or advanced dancer. Focus is on lead and follow. Partners are not required. The dances are bachata, bolero, cha-cha, cumbia, mambo, meringue. Paso-doble, rumba, samba, salsa, disco hustle, East Coast Swing, West Coast Swing, slow dancing, country western, line dancing, freestyle. Partners not required. Join the party and learn to dance!!

**8 Mondays, 7:30-8:30pm: February 22, March 1, 8, 15, 22, April 12, 19 & 26** ♦ Sycamore Atrium **\$85**