



WINTER 2024

Clarkstown Community Learning Center

www.ccsd.edu/clc

Art Classes

Art classes are open to high school students through senior citizens. Students purchase their own supplies.

Email marbuco@ccsd.edu for list.

Open Studio

Artists of all levels get together to paint individual projects in any medium. Instructor is available to supply help or source material as needed.

Course W2401J

Gwynn Guerriero

Starts: 1/10 6 Wednesday mornings 10:30 – 1:30

Fee: \$100 Resident \$110 Non-resident

Course W2402J

Gwynn Guerriero

Starts: 1/10 6 Wednesday afternoons 1:45 – 4:45

Fee: \$100 Resident \$110 Non-resident

Course W2403J

Gwynn Guerriero

Starts: 1/14 5 Sunday mornings 10:30 – 1:30

Fee: \$90 Resident \$80 Non-resident

Pastel Painting

Artists of all levels welcome. Students may work on their own projects or work along with the instructor on a suggested painting. Class includes individual instruction and demonstration in basic pastel techniques.

Course W2404J **No class 1/23**

Joyce Byrnes

Starts: 1/9 7 Tuesday evenings 6:00 – 8:30

Fee: \$115 Resident \$125 Non-resident

Course W2405J **No class 1/26**

Joyce Byrnes

Starts: 1/12 7 Friday mornings 10:00 – 12:30

Fee: \$115 Resident \$125 Non-resident

Color Mixtures in Watercolor

Learn the characteristics of watercolor paints and how to achieve realistic skin tones, luminous shadows, rich darks, and natural greens. Bring your own paints, brush, palette, water containers and paper for testing colors.

Course W2406J	Janice Baragwanath
Starts: 1/26	2 Friday afternoons
	1:00 – 3:00
Fee:	\$50 Resident
	\$60 Non-resident

Wading through Watercolor (Non-beginner)

For those with watercolor experience. Each week the instructor will break down new and exciting techniques of watercolors in a relaxing environment with hands-on instruction. Each week delve into a new painting with Jayne demonstrating while the class follows suit or students can work on personal pieces.

Course W2407J	Jayne Conte
Starts: 1/9	8 Tuesday mornings
	10:00 – 12:30
Fee:	\$120 Resident
	\$130 Non-resident

Course W2408J	Jayne Conte
Starts: 1/9	8 Tuesday afternoons
	1:00 – 3:30
Fee:	\$120 Resident
	\$130 Non-resident

Course W2409J	Jayne Conte
Starts: 1/11	8 Thursday mornings
	10:00 – 12:30
Fee:	\$120 Resident
	\$130 Non-resident

Course W2410J	Jayne Conte
Starts: 1/11	8 Thursday afternoons
	1:00 – 3:30
Fee:	\$120 Resident
	\$130 Non-resident

Dog Training Classes– Paws With Manners

In Cooperation With 'Paws With Manners' Dog Training.

To register for dog training classes, please register online at www.pawswithmanners.com/register. For questions, call Samantha at 845-476-3033. Requirement for all dog training classes: Dogs must NOT be aggressive to other dogs or humans and be up to date on vaccinations and chemical flea prevention. Class size is limited so register early!

Classes taught by an experienced dog trainer. No discounts apply.

Go to www.pawswithmanners.com for full course descriptions.

Basic Obedience & Manners (Puppies through seniors welcome!)

Small group course for dogs without much (or any) prior training, or those who need to learn how to use their prior training around the distractions of a group class. **Fee: \$295**

Starts: 1/14 6 Sunday mornings 10:30 -11:15

Starts: 1/14 6 Sunday mornings 11:20- 12:05

Private Lessons NEW!!!

Learn exactly what you would like and at your own pace, one on one with the trainer! You will have all the trainer's attention and can work on what you most want/need to! This is a great choice if you have a dog who is not comfortable with other dogs. These lessons will not cover aggression issues toward dogs or people. Choose one lesson or three lessons. **One lesson fee \$150/ three lessons fee \$420.** Classes held on Sundays from 12:10 – 12:55.

Raising Your Pup! Virtual Class

Everything you ever wanted to know about raising your puppy! This one-time, 90-minute course for humans only will arm you with TONS of advice, knowledge, and tips about raising a puppy.

Fee: \$70

Date: 1/9 One Tuesday evening 7:00 – 8:30

Language Classes

Beginner German for Adults NEW!!!

German is the second most spoken language on the continent of Europe. 134 million people speak German. It has many similarities to English and is easy to learn. This class is for adults seeking to learn German for personal growth, travel, or business. Have fun while learning some basics of a new language through games, music, role plays and more!

Course W2411J

Mini Abraham

Starts: 1/9 8 Tuesday afternoons 4:00 – 5:00

Fee: \$100 Resident \$110 Non-resident

Photography Classes (No discounts apply)

**To register for Digital Photography classes,
call (646)854-5367 or register online at**

**www.dengrovestudios.com/classes. All classes require a fully
charged camera with an instruction manual. Open to High
school students through senior citizens.**

Introduction to Digital Photography No discounts apply.

Introducing beginners to the creative and technical possibilities of digital photography, topics include camera operation, exposure controls, shutter, aperture, ISO, white balance, depth of field, composition, portraiture, and landscape photography. A DSLR or mirrorless camera with interchangeable lenses is required. Fee: \$185

Starts: 1/9 6 Tuesday evenings 6:00 – 8:30

Photo Editing using Adobe Lightroom No discounts apply.

This course teaches how to organize, develop, edit, and share your photos with Adobe Lightroom CC Classic. Start with the fundamentals and finish with a comprehensive workflow to take photos from RAW to WOW every time! Topics include interface basics, importing photos, cropping, adjusting exposure, recovering highlights, color balance, sharpening, applying effects, retouching portraits, enhancing landscapes, exporting for printing, and social media. It is recommended that you use photos from a camera that can shoot in RAW format. As this course takes place in a standard classroom, students are required to provide their own fully charged laptop (no tablets or smart phones) with Adobe Lightroom Classic pre-installed. **Fee: \$160**

Starts: 1/24 5 Wednesday evenings 6:00 – 8:30

Gardening Classes

**In cooperation with Rockland Cornell Cooperative Extension
Facilitated by Master Gardeners.**

Each course \$25 Resident/\$30 Non-resident

Pruning Trees and Shrubs – Steve Becker

Pruning is essential to maintaining healthy and attractive trees and shrubs, yet many fear this simple and often pleasant task. Topics include the proper use and selection of tools, common landscape trees and shrubs that need pruning, the times of year to prune, and the basics on how it is done.

Course W2412J

Date: 1/23 One Tuesday afternoon 12:00 – 1:30

Starting a Garden From Scratch – Donna DeSousa

Whether you live in a condo or house, you can create the garden of your dreams; it's easier than you think! Get inspirational tips and techniques for site and soil preparation. Garden styles such as traditional beds, raised beds, vegetable gardens, and containers are also included.

Course W2413J

Date: 1/30 One Tuesday evening 5:30 – 7:00

Seed Starting Indoors and Out – Donna DeSousa

Seeds are marvelous little packages of plants just waiting to grow up in your garden. Learn how and when to start seeds indoors and how to nurture the seedlings until they are ready to plant outdoors and when to sow seeds directly outside.

Course W2414F

Date: 2/6 One Tuesday evening 5:30 – 7:00

Growing Annuals and Perennials – Donna DeSousa

Do you want constant color and blooms in your garden? This course will provide you with the knowledge to effectively use annuals and perennials in gardens of all styles.

Course W2415F

Date: 2/20 One Tuesday evening 5:30 – 7:00

Growing Cactus & Succulents Indoors & Out - Steve Becket

Learn the proper techniques of watering and fertilizing, soil requirements needed for indoor and outdoor plants, and the propagation methods to produce different varieties. Containers and pots needed for healthy growth will also be discussed.

Course W2416M

Date: 3/5 One Tuesday afternoon 12:00 – 1:30

Music Lessons

Introduction to the Guitar, Beginner

Music has often been called the universal language that we can all relate to, and the guitar is an excellent way to experience this. Learn in simple, easy to understand language, the skills used for holding the guitar, strumming chords, and playing melodies. Class is fun and interactive and will have you playing familiar songs in no time.

Course W2417J	Burr Johnson
Starts 1/10	8 Wednesday evenings 6:15 – 7:00
Fee:	\$120 Resident \$130 Non-resident

Introduction to the Guitar - Advanced Beginner

This class builds on the kind of skills acquired in Introduction to the Guitar, Beginner. You will work on refining the basics of guitar playing and continue learning new melodies and chord progressions of fun and familiar songs. Students are given individual attention as we all move towards the goal of personal improvement.

Course W2418J	Burr Johnson
Starts 1/10	8 Wednesday evenings 7:00 – 7:45
Fee:	\$120 Resident \$130 Non-resident

**The Clarkstown Community Learning Center will be closed:
December 22 – January 1
Monday, January 15
February 17 – February 19**

Intermediate Guitar

This level of guitar class is designed to help those who have experience in guitar to improve their playing. If you are someone who plays the guitar a bit and are ready to learn some new things that will help you play better, this class is for you! We work on familiar songs and build on our guitar skills in the process. It is super fun to improve your playing.

Course W2419J

Burr Johnson

Starts 1/10 8 Wednesday evenings 7:45 – 8:30

Fee: \$120 Resident \$130 Non-resident

Piano for Children (Grades 1-5)

A great way for your child to begin to learn the piano and the art of music. Students will be introduced to note reading by playing familiar children's songs. Sessions are progressive; your child can continue to take the class and pick up where they left off. Keyboards are available to use—no rentals are needed. A one-time book fee of \$10 will be collected at the first class (cash or check). Fee: \$160

Course W2420J

Bob Goetz

Starts 1/11 8 Thursday afternoons 4:00 – 4:45

Chorus for Adults

If you enjoy singing, why not sing with friends? Each week work on different vocal warm-ups and techniques. Sing songs from different genres and have fun putting together our own touches to each song.

Course W2421J

Leonora Breen

Starts: 1/8 6 Monday afternoons 4:30—5:30

Senior Fee: \$70 Resident \$80 Non-Resident

Private Piano Lessons for Seniors

It's never too late to learn how to play the piano! This class provides a fun way for beginners to learn the basics in a private lesson setting. The lessons start with basic music reading and playing and will have you playing simple songs in no time! These are individual lessons; progress at your own rate, not a class that you need to keep up with. A piano and keyboard are provided for lesson time. A one-time book fee of \$20 will be collected at the first class payable by cash or check. Beginners only, no experienced players. Those who have taken this course in previous sessions will continue their studies. **Timeslot scheduled after registration is complete.** Each private lesson is thirty minutes. Timeslots are available between 10 am & 3 pm.

Course W2422J

Bob Goetz

Starts 1/10 8 Wednesday afternoons 12:00 – 3:00

Senior Fee: \$130 Resident \$140 Non-resident

Course W2423J

Bob Goetz

Starts 1/11 8 Thursday afternoons 12:30 – 3:30

Senior Fee: \$130 Resident \$140 Non-resident

**All classes held at the Clarkstown Learning Center
9 Lake Road, Congers, NY 10920**

**Those 60 years of age or older receive a 20%
discount unless otherwise noted.**

CPR Classes (No discounts apply)

**To register for CPR classes please contact
Stefanie Rosenthal at**

**Prepared for Life at www.preparedforlifecpr.com
or call 845-428-9496.**

BLS for Healthcare Providers (Basic Life Support)

2 Year Certification

BLS course is intended for all Healthcare Providers with clinical responsibilities including dentists, nurses, hygienists, pharmacists, physicians, paramedics, respiratory therapists, physician's assistants, or nursing students. This course trains participants to promptly recognize cardiac arrest with a focus on High-quality CPR for infant/adult/child, deliver appropriate ventilations and provide early use of an AED.

Fee: \$95 Choose one date:

Tuesday evening	6:00 – 9:00	1/9, 2/6 or 2/27
Tuesday morning	10:00 – 1:00	1/9 or 2/27

AHA Heartsaver Family & Friends CPR (Tweens through Adults)

This course is ideal for parents, grandparents, babysitters, and others interested in learning CPR but do **not** need a CPR course completion card. It teaches lifesaving skills for adults, children and infants of CPR, AED use, and how to relieve choking.

Fee: \$55 Choose one date:

Sunday morning	10:00 – 12:00	1/21 or 2/4
Tuesday evening	6:00 – 8:00	1/23 or 2/13

AHA Heartsaver Adult/Child/Infant CPR AED

2 Year Certification

This video-based, instructor-led certification course teaches CPR and AED use and how to relieve choking in adults, children & infants. The course will also teach you how to recognize cardiac arrest, get emergency care on the way quickly and help a person until more advanced care arrives to take over.

Fee: \$80 Choose one date:

Thursday evening	6:00 – 8:30	1/18 or 2/22
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Thursday morning	10:00 – 12:30	1/18 or 2/22
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Life Coaching

Fear, Worry, Anxiety NEW!!!

These three words are connected to so many individuals on a regular basis. You simply cannot have one without the others, regardless of the order you place them in. Learning how each word fits into your life can better help you understand that they are just words. Let Life Coach Siobhan O'Shea help you peel back the layers as to how these words play a role in your life and will open your eyes to the WHY and WHAT of the root cause. This will allow you to live with more ease and clarity. Learn specific tools that are easy to follow to find peace and stop the racing mind.

Course W2424J

Siobhan O'Shea

Starts: 1/8

7 Monday afternoons

1:30 – 3:30

Fee:

\$200 Resident

\$210 Non-resident

SAT Preparation Programs

Please note that the format of the SAT exam will change in March 2024 to a Digital SAT.

Lentz & Lentz – A new test means students need a new toolkit for success. This Digital SAT prep program has been designed by experts to prepare students and boost their scores. This 24-hour in class program is divided equally between English and math. Online lesson podcasts are offered for supplemental review. Live makeup classes available. Classes are held on Monday and Wednesday evenings from 6:00-9:00 starting February 5th. For information or to register go to WWW.lentzsatprep.com or call 845-638-2826.

Educational Services Center (ESC) – This program offers (6) 90-minute math and (6) 90-minute verbal sessions, plus two 3-hour practice exams sessions. All exam subject matter is given rigorous review. Students become skilled in recognizing the pattern and style of questions, navigating incorrect answer choices, and working to full potential within the time limits. Classes are held on Sundays from 10 am – 1 pm starting January 21st.

To register go to www.wsctestprep.com or call 1-800-762-8378.

Dance and Exercise Classes

Please consult your physician prior to starting an exercise class.

Line Dancing – Beginner

Line dancing is a great form of exercise! Beginner class is for those just starting out. Learn basic steps and how to put them together to do easy, popular line dances to various music genres. No partner needed. No sneakers.

Course		Keriann Marshall
Starts: 1/8	6 Monday evenings	7:00 – 8:00
Fee:	\$70 Resident	\$80 Non-resident

Line Dancing– Intermediate

If you know the basics of line dancing and are ready to move on to more advanced steps and dances, then this class is for you! No partner needed. No sneakers.

Course W2426J		Keriann Marshall
Starts: 1/8	6 Monday evenings	8:00 – 9:00
Fee:	\$70 Resident	\$80 Non-resident

Strengthen and Stretch NEW!!!

Thirty minutes of strength training followed by thirty minutes of stretching to give your muscles the challenge and recovery needed for optimal health and fitness. Bring a pair of dumbbells, a mat and water.

Course W2427J	No class 2/13	Devin DaCosta
Starts: 1/9	7 Tuesday mornings	10:30 – 11:30
Fee:	\$80 Resident	\$90 Non-resident

Pilates

Course focuses on the core postural muscles which keep the body balanced and are essential to providing support to the spine. Teaches awareness of breath and alignment of the spine and aims to strengthen the deep abdominal muscles.

Bring a mat.

Course W2428J		Siobhan O'Shea
Starts: 1/8	8 Monday mornings	9:30 – 10:30
Fee:	\$90 Resident	\$100 Non-resident
Course W2429J		Barb Casper
Starts: 1/9	8 Tuesday evenings	6:00 – 7:00
Fee:	\$90 Resident	\$100 Non-resident
Course W2430J		Barb Casper
Starts: 1/11	8 Thursday evenings	6:00 – 7:00
Fee:	\$90 Resident	\$100 Non-resident
Course W2431J		Barb Casper
Starts: 1/14	6 Sunday mornings	10:00 – 11:00
Fee:	\$70 Resident	\$80 Non-resident

Pop Pilates NEW!!!

POP Pilates is a mix of modern, upbeat, and classical Pilates exercises all set to a heart-pumping playlist. Each song track focuses on a different muscle group leaving no muscle untouched. Bring a mat.

Course W2432J	No class 2/13	Devin DaCosta
Starts: 1/9	7 Tuesday mornings	9:15 – 10:15
Fee:	\$80 Resident	\$90 Non-resident

Sweating to the Oldies

A fun way to get in shape! Easy to follow dance routines to your favorite oldies music (1950's and on) No experience necessary. Wear sneakers or dance shoes. Bring water.

Course W2433J		Laura Trent
Starts: 1/9	8 Tuesday mornings	11:00 – 11:45
Fee:	\$90 Resident	\$100 Non-resident

Sweating to the Oldies with Weights

Dance routines to your favorite oldies music combined with some weight work to improve muscle strength! Wear sneakers or dance shoes. Bring 1-3pound weights.

Course W2434J		Laura Trent
Starts: 1/11	8 Thursday mornings	10:40 – 11:25
Fee:	\$90 Resident	\$100 Non-resident

Total Body Conditioning

Exercises to strengthen and tone all muscles plus improve balance and stamina. Bring lightweight dumbbells and a mat. We will provide fitness ball and Xrtubes.

Course W2435J		Barb Casper
Starts: 1/10	8 Wednesday evenings	7:00 – 8:00
Fee:	\$90 Resident	\$100 Non-resident
Course W2436J		Barb Casper
Starts: 1/13	6 Saturday mornings	10:15 – 11:15
Fee:	\$70 Resident	\$80 Non-resident

Muscle Strength and Endurance for Seniors (Beginner)

Move to music through exercises designed to increase muscular strength, range of motion, and help with everyday functions. A chair is available for seated or standing support. The chair will also be used to incorporate some of the exercises. Course designed for men and women.

Improve your agility, balance, muscle strength, cardiovascular endurance, and flexibility. No floor exercises. You will need 1-to-3-pound weights.

Course W2437J	Siobhan O'Shea
Starts: 1/8 8 Monday mornings	10:45 – 11:45
Senior Fee: \$68 Resident	\$78 Non-resident
Course W2438J	Siobhan O'Shea
Starts: 1/10 8 Wednesday mornings	10:45 – 11:45
Senior Fee: \$68 Resident	\$78 Non-resident

Muscle Strength & Endurance for Seniors (Intermediate)

Intended for those who have taken Muscle Strength and Endurance for Beginners or are not a beginner. No floor exercises. You will need 1-to-3-pound weights.

Course W2439J	Siobhan O'Shea
Starts: 1/9 8 Tuesday mornings	9:30 – 10:30
Senior Fee: \$68 Resident	\$78 Non-resident
Course W2440J	Siobhan O'Shea
Starts: 1/11 8 Thursday mornings	9:30 – 10:30
Senior Fee: \$68 Resident	\$78 Non-resident

WalkFit

Energize your outdoor routine indoors! Fitness walking varying in pace & directional changes with balance and coordination drills combined with weight exercises to strengthen all major muscle groups for an effective workout! Bring handheld dumbbells.

Course W2441J		Barb Casper
Starts: 1/8	6 Monday evenings	6:00 – 7:00
Fee:	\$70 Resident	\$80 Non-resident
Course W2442J		Barb Casper
Starts: 1/9	8 Tuesday evenings	7:00 – 8:00
Fee:	\$90 Resident	\$100 Non-resident
Course W2443J		Barb Casper
Starts: 1/10	8 Wednesday evenings	6:00 – 7:00
Fee:	\$90 Resident	\$100 Non-resident

Barre

Sculpt lean, strong muscles while increasing your flexibility and balance with high repetition, low impact ballet inspired exercises. Bring a pair of 2- or 3-pound weights and a mat. All levels welcome!

Course W2444J	No class 2/14	Devin DaCosta
Starts: 1/10	7 Wednesday mornings	9:15 – 10:15
Fee:	\$80 Resident	\$90 Non-resident
Course W2445J		Siobhan O'Shea
Starts: 1/12	8 Friday mornings	9:15 – 10:15
Fee:	\$90 Resident	\$100 Non-resident

Bodyweight Strength Training NEW!!!

Increase your strength and flexibility through bodyweight exercises. We will cover the basics of strength training focusing on exercises that can be performed anywhere and without equipment. Proper form, variations and sequencing will be emphasized. Bring a mat and water.

Course W2446J	No class 2/16	Devin DaCosta
Starts: 1/12	7 Friday mornings	9:15 – 10:15
Fee:	\$80 Resident	\$90 Non-resident

Zumba

Zumba is a total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, and boosted energy! Easy to follow Latin dance rhythms.

Course W2447J		Lisa Birch
Starts: 1/25	4 Thursday evenings	5:30 – 6:30
Fee:	\$50 Resident	\$60 Non-resident

Course W2448J		Lisa Birch
Starts: 1/21	4 Sunday mornings	10:30 – 11:30
Fee:	\$50 Resident	\$60 Non-resident

Better Abs and Booty

Create a better body with a stronger leaner core and firmer butt and thighs. A total hour of glute and tummy power! Alternate dumbbell and bodyweight exercises while standing, seated or on the mat to effectively work abs and back and lower body. Bring a mat and handheld dumbbells.

Course W2449J		Barb Casper
Starts: 1/8	6 Monday evenings	7:00 – 8:00
Fee:	\$70 Resident	\$80 Non-resident

Chair Fitness NEW!!!

This enjoyable class is strictly done in a chair – no standing – with light weights and bands for a full body strength and stretch. Bring one-to-three-pound weights.

Course W2450J	Siobhan O'Shea
Starts: 1/9	8 Tuesday afternoons 12:00 – 1:00
Fee:	\$90 Resident \$100 Non-resident

Cardio Dance

Class is set to the best upbeat music to get your heart rate up and get you in better shape. Learn cardio and dance moves followed by a lightweight workout. End with a full stretch for quick recovery. Bring lightweights, a towel and mat.

Course W2451J	Siobhan O'Shea
Starts: 1/10	8 Wednesday mornings 9:30 – 10:30
Fee:	\$90 Resident \$100 Non-resident

Basic Body Sculpting

Get fit from head to toe with basic resistance exercises! Use handheld dumbbells to gain strength, muscle tone and range of motion. A total workout to challenge abs, lower & upper body. Learn core conditioning and improve balance & posture. Bring a mat and 3-to-5-pound weights.

Course W2452J	Siobhan O'Shea
Starts: 1/11	8 Thursday mornings 10:45 – 11:45
Fee:	\$90 Resident \$100 Non-resident
Course W2453J	Barb Casper
Starts: 1/11	8 Thursday evenings 7:00 – 8:00
Fee:	\$90 Resident \$100 Non-resident

Games, Crafts, and Songs

Canasta

Learn to play this fun & challenging card game. Played with two decks of cards and a partner gives you hours of fun!

Course	W2454J	Lisa Friedman
Starts:	1/12 6 Friday mornings	9:30 – 11:30
Fee:	\$100 Resident	\$110 Non-resident

Bridge in a Day NEW!!!

Learn the basics of bridge in one day! Bring your lunch and get on the road to learning this fun and challenging game. Exercise your mind!

Course	W2455J	Marlene Case/Ed Connery
Date:	1/11 One Thursday	9:00 – 3:00
Fee:	\$125 Resident	\$130 Non-resident

Just Play and Learn Bridge **NEW!!!**

For those that have basic knowledge of the game. Come play with others and get some important tips and insights from walk around instructors.

Course	W2456J	Marlene Case/Ed Connery
Starts:	1/18 6 Thursday afternoons	1:00 -3:00
Fee:	\$100 Resident	\$110 Non-resident

Gothic Calligraphy **NEW!!!**

This medieval script is still popular today! We will look at historical samples and use a broad edged pen to make our own beautiful letters. Pen included in fee.

Course	W2457J	Elinor Holland
Starts:	1/9 7 Tuesday evenings	6:30 – 7:30
Fee:	\$80 Resident	\$90 Non-resident

Beginner Mah Jongg

Come learn this ancient Chinese game made modern!

Beginner Mah Jongg will teach you how to play and help you develop strategy & confidence—all while having fun!

2023 Mah Jongg card required. Large print card \$10.

Order at www.nationalmahjonggleague.org or

call 212-246-3052. Game supplied.

Course W2458J	No class 2/2	Stacy Budkofsky
Starts 1/12	5 Friday mornings	11:30 – 1:30
Fee:	\$120 Resident	\$130 Non-resident

Let's Make More Jewelry (Non-beginner)

Take your introductory beaded jewelry skills to the next level. Using wire, cords and beads explore various techniques such as wirewrapping, knotting, macrame & beadweaving. Supplies included in fee.

Course W2459J	Marianne Olbermann	
Starts: 1/8	5 Monday mornings	9:30 – 11:30
Fee:	\$120 Resident	\$130 Non-resident

Fun With Flowers NEW!!!

In this hands-on floral design class, students work to create a seasonal arrangement for the Valentine's holiday. Principles of line, design and color will be covered. Materials included. Bring scissors or clippers.

Course W2460F	Barbara Cohen	
Date: 2/1	One Thursday evening	6:30 – 8:30
Fee:	\$40 Resident	\$50 Non-resident

Health & Well Being Classes

T'ai Chi Chih®

Joy thru Movement is a moving meditation based on the Far East principles of serenity, wisdom, wellness, and longevity. This easy to learn discipline consists of 19 movements and 1 pose, all of which are gentle, soft, and flowing. Can be done by people of all ages while seated or standing regardless of physical abilities. When practiced, the vital force energy (chi) is activated, circulated, and balanced to bring calmness and inner peace to the mind and body. The practice of T'ai Chi Chih provides many physical and emotional benefits.

Wear comfortable clothing, flexible shoes, or stocking feet.

Course W2461J **Intermediate** Oreann Kempadoo, RN

Starts: 1/8 6 Monday afternoons 12:00 – 1:00

Fee: \$70 Resident \$80 Non-resident

Course W2462J **Beg./Interm.** Oreann Kempadoo, RN

Starts: 1/9 6 Tuesday afternoons 12:00 – 1:00

Fee: \$70 Resident \$80 Non-resident

Course W2463J **Beg./Interm.** Oreann Kempadoo, RN

Starts: 1/14 6 Sunday mornings 10:00 – 11:00

Fee: \$70 Resident \$80 Non-resident

Stretch with Straps NEW!!!

Learn Meditation, breathing techniques, and gentle yoga poses. We will then stretch out with straps. An hour to stretch the body & relax the mind. Bring a yoga mat, strap, & block.

Course W2464J Donna Leavy

Starts 1/8 8 Monday mornings 9:30 – 10:30

Fee: \$90 Resident \$100 Non-resident

Yoga for Flexibility and Balance NEW!!!

Learn classic yoga postures to increase flexibility, balance, strength, and range of motion. No experience necessary.

Bring a yoga mat and a block.

Course W2465J	No class 2/13	Devin DaCosta
Starts: 1/9	7 Tuesday mornings	11:45 – 12:45
Fee:	\$80 Resident	\$90 Non-resident
Course W2466J	No class 2/16	Devin DaCosta
Starts: 1/12	7 Friday mornings	10:30 – 11:30
Fee:	\$80 Resident	\$90 Non-resident

Hatha Yoga

Hatha yoga includes mediation breath work, stretching, & strengthening of the muscles and the proper sequencing of yoga poses. Leave each session with a renewed sense of well-being, a stretched and strengthened body and a calm, clear mind. Bring a mat, yoga strap and blocks.

Course W2467J	No class 2/20	Donna Leavy
Starts 1/9	7 Tuesday mornings	9:30 – 10:30
Fee:	\$80 Resident	\$90 Non-resident
Course W2468J	No class 2/21	Donna Leavy
Starts 1/10	7 Wednesday evening	6:00 – 7:00
Fee:	\$80 Resident	\$90 Non-resident
Course W2469J	No class 2/15	Donna Leavy
Starts: 1/11	7 Thursday mornings	9:30 – 10:30
Fee:	\$80 Resident	\$90 Non-resident

Chair Yoga

Yoga builds strength & increases flexibility. While listening to relaxing music seated on a chair, learn breathing techniques, gentle hip openers, side stretches, and more to increase flexibility. Bring a yoga strap and a foam block.

Course W2470J	Siobhan O'Shea	
Starts 1/8	8 Monday afternoons	12:00 – 1:00
Fee:	\$90 Resident	\$100 Non-resident
Course W2471J	Siobhan O'Shea	
Starts 1/10	8 Wednesday afternoons	12:00 – 1:00
Fee:	\$90 Resident	\$100 Non-resident

Gentle Yoga

This class is appropriate for all students seeking the benefits of a very relaxing, gentle, and restorative practice. Deep restorative work improves range of motion and joint mobility, reduces pain and the effects of stress. Students with injuries, arthritis or other chronic conditions, limitations related to age or size as well as students with a more vigorous yoga practice will benefit from this practice. You will need a mat, a yoga strap and a block and water.

Course W2472J	Siobhan O'Shea	
Starts 1/9	8 Tuesday mornings	10:45 – 11:45
Fee:	\$90 Resident	\$100 Non-resident
Course W2473J	Siobhan O'Shea	
Starts 1/11	8 Thursday afternoons	12:00 – 1:00
Fee:	\$90 Resident	\$100 Non-resident

Restorative Yoga

A reset for the body and mind! Restorative yoga is a slow, soothing, meditative style of yoga that focuses on deep stretching by holding the postures for several minutes on the floor. During the posturing, one-to-two-minute meditations are practiced to increase relaxation, reduce stress, & deepen breath techniques. Bring a yoga mat, towel, strap, and block.

Course W2474J	No class 2/14	Devin DaCosta
Starts: 1/10	7 Wednesday mornings	10:30 – 11:30
Fee:	\$80 Resident	\$90 Non-resident

Basic Yoga

This traditional yoga class integrates posture (asanas), breathing techniques (pranayama), energy work, and deep relaxation for the whole being. Relieve tension without strain. Enjoy increased flexibility and range of motion. Wear loose clothing and bring a mat, towel, and water.

Course W2475J	Marie Gartshore, E-RYT200	
Starts 1/8	6 Monday evenings	7:00 – 8:00
Fee:	\$70 Resident	\$80 Non-resident
Course W2476J	Marie Gartshore, E-RYT200	
Starts 1/9	8 Tuesday evenings	7:15 – 8:15
Fee:	\$90 Resident	\$100 Non-resident
Course W2477J	Marie Gartshore, E-RYT200	
Starts 1/11	8 Thursday evenings	7:15 – 8:15
Fee:	\$90 Resident	\$100 Non-resident
Course W2478J	Marie Gartshore, E-RYT200	
Starts: 1/13	6 Saturday mornings	10:45 – 11:45
Fee:	\$70 Resident	\$80 Non-resident

Meditation and the Art of Stillness

A regular meditation practice enables more restful sleep, stress and anxiety reduction and management, a quiet mind and body, increased mental clarity, heightened perception, creative inspiration, and self-healing. Establish regular meditation practice and achieve a state of tranquility that pervades your everyday life. Wear loose clothing.

Course	W2479J	Marie Gartshore, E-RYT200
Starts	1/9	8 Tuesday evenings 6:00 – 7:00
Fee:	\$90 Resident	\$100 Non-resident
Course	W2480J	Marie Gartshore, E-RYT200
Starts	1/11	8 Thursday evenings 6:00 – 7:00
Fee:	\$90 Resident	\$100 Non-resident
Course	W2481J	Marie Gartshore, E-RYT200
Starts	1/13	6 Saturday afternoons 12:00 – 1:00
Fee:	\$70 Resident	\$80 Non-resident

Past Life Regression NEW!!!

This is a therapeutic technique that aims to access & explore an individual's past memories & experiences which are believed to be from a previous life. Donna will guide you into a relaxed state through a guided imagery & into a deep state of relaxation to gain insight from assumed past lives that can facilitate healing, self-discovery, and understanding of present-day challenges. Will be done seated or lying down. Bring a mat and pillow if lying down.

Course	W2482J	Donna Lorence
Date:	1/20	One Saturday morning 9:00 – 10:00
Fee:	\$25 Resident	\$35 non-resident

Melt Method Series for Whole-Body Wellness

Revitalize and Renew with this gentle self-treatment technique that enhances mobility, stability, and performance and is clinically proven to reduce chronic pain while restoring overall well-being. Using soft MELT foam rollers and therapy balls we will harmonize the entire body, reduce pain, and improve flexibility. Discover a path to relaxation, stress relief, anti-aging, increased mobility, a renewed sense of well-being, and a healthier, happier you! Bring an exercise mate, done barefoot or with thin socks, and must be able to get up and down from the floor independently.

Course W2483J	Donna Lorence
Starts 1/19 6 Friday mornings	9:30 – 10:30
Fee: \$90 Resident	\$100 Non-resident
Course W2484J	Donna Lorence
Starts 1/18 6 Thursday evenings	6:15 – 7:15
Fee: \$90 Resident	\$100 Non-resident

Reiki – Energy for Mind, Body, Spirit

This ancient Japanese energy healing technique harmonizes and balances the whole person physically, mentally, and emotionally while stimulating the body's natural healing process. Donna will clear the Chakra energy centers & provide both group and one-on-one healing in a non-invasive manner utilizing crystals, Tibetan sound bowls and guided meditation. Bring a mat or choose to sit in a chair.

Course W2485J	Donna Lorence
Starts: 1/18 6 Thursday evenings	7:30 – 8:30
Fee: \$90 Resident	\$100 Non-resident

Registration Information

There are **three** ways to register:

1. **Register by mail.** Send registration form, payment, proof of age (if applicable) to the Community Learning Center, 9 Lake Road, Congers, NY 10920.

2. **Register online.** See instructions listed.

3. **Register by phone.**

Call our office at 845-639-5628 Monday through Thursday between 10 am and 2 pm. We can register you with a Visa, Mastercard, Discover or American Express.

Senior citizens 60 years of age or older receive a 20% discount. Does not apply to courses that already have a senior fee noted or otherwise state no discount (Dog training, CPR, Photography or Children's programs).

Clarkstown Central School District employees receive a 10% discount except for Dog Training, CPR, Photography and Children's programs. Discounts cannot be combined.

Refunds are only available if requested in writing prior to the first day of class.

Email Marion Arbuco at marbuco@ccsd.edu.

Online Registration Instructions

Registering online is the fastest method of registration. It does require a few steps, but we will receive your registration instantly. You can pay with a Visa, Mastercard, Discover, or American Express card or with your checking account. You do not need to create an account with the system, so we provide a Guest log in for you to use.

- 1. Go to www.ccsd.edu/clc**
- 2. Click the link on the left for “Online Payments”**
- 3. Under Community Learning Center courses, click the “Guest log in”.**
- 4. You will now be at the MySchoolbucks website. In the upper right-hand corner, there will be a search tool that looks like a small magnifying glass. Click that and type in the course code of the class you would like. If the course is available, it will pop up.**
- 5. When the course pops up, click ‘View details’. You can then fill in the required information. If you are 60 years or older, you may deduct 20% off the price if the class is eligible for the discount.**
- 6. If you are interested in a second course, follow the same instructions.**
- 7. When you are done, click the shopping cart in the upper-right hand corner to finish the purchase.**
- 8. The next page that comes up will offer you the chance to create an account or continue with the guest log in. Click “continue” on the guest login side.**
- 9. The next screen will ask for your payment. Be sure to put the billing address of the credit card in the address section or the sale will not go through.**

Registration Form

Name: _____

Address: _____

Phone Number: _____

Emergency Number: _____

Email address: _____

Please print your email clearly. All communication is through email.

Course # _____ **Start Date:** _____

Course Name: _____

Course Fee: _____

Applicable Discount: Senior Citizen _____ **CCSD Employee** _____
No discount on Dog Training, CPR, Photography of SAT Prep.

Check # _____ **Cash** _____ **Total** _____

**Community Learning Center
At the Clarkstown Learning Center
9 Lake Road, Congers, NY 10920
Marion Arbuco, Director
marbuco@ccsd.edu**

845-639-5628

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Clarkstown Central School District
Community Learning Center
At the Clarkstown Learning Center
9 Lake Road
Congers, NY 10920
Mrs. Marion Arbuco, Director
marbuco@cccsd.edu 845-639-5628

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