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 welcome, including beginners. Students work independently on projects of their choosing, or on a suggested subject with feedback and guidance from the instructor. Explore, experiment and learn techniques in a relaxed group setting. All mediums.

Course F2601S		Gwyn Guerriero
Starts: 9/28	9 Monday mornings	12:00 – 2:30
Course F2602S		Gwyn Guerriero
Starts: 9/24	9 Thursday mornings	10:00- 12:30
Course F2603S		Gwyn Guerriero
Starts: 9/24	9 Thursday afternoons	12:30 – 3:00
Fee:	$200 Resident	$210 Non-resident
Course F2604Z		Gwyn Guerriero
Starts: 10/11	6 Sunday mornings	11:00 – 1:30
Fee:	$140 Resident	$150 Non-resident

Open Studio: Water and Dry/Mixed Media

A relaxed, creative environment for artists to work at their own pace. Work independently in the media of your choice while enjoying access to guidance, feedback and a supportive environment. Bring your materials and ideas.

Course F2605S		Jamey Jackson
Starts: 9/26	9 Saturday mornings	10:00 – 12:00
Fee:	$180 Resident	$190 Non-resident

Drawing

Drawing for beginners and intermediates, including repeat students. We will be using graphite and charcoal to explore form, composition and line used in different subject matters. Bring pencils, paper and erasers.

Course F2606S		Dan Springer
Starts: 9/28	10 Monday afternoons	3:00 – 5:00
Fee:	$190 Resident	$200 Non-resident

Pastel Painting

In this class we will create beautiful paintings using a variety of techniques with soft pastels. All levels are welcome. Each session will include a demonstration as well as individual instruction. Students may work on their own projects or work along with the instructor on a suggested painting. A material list will be sent upon registration.

Fee for each course: $185 Resident/ $195 Non-resident

Course F2607S	**No class 10/6**	Joyce Byrnes
Starts: 9/22	8 Tuesday evenings	6:00 – 8:30
Course F2608S	**No class 10/9**	Joyce Byrnes
Starts: 9/25	8 Friday mornings	10:30 – 1:00

Caricature Drawing NEW!!!

Explore likeness, exaggeration, style and technique. Some drawing ability is helpful. Any medium may be used.

Course F2609S		Dan Springer
Starts: 9/22	10 Tuesday afternoons	3:00 – 5:00
Fee:	$190 Resident	$200 Non-resident

Watercolor – Open Studio (Non-Beginners only)

Looking for painting motivation, more time with fellow artists, more experience or to get to the next skill level? Students work independently on paintings of their choosing or on a suggested subject with feedback and discussion with the instructor as a resource. In this relaxed atmosphere you may be encouraged to paint looser or more free or faster or with a touch more drama!

Course F2610S		Susan Lais Hostetler
Starts: 10/1	8 Thursday afternoons	3:00 – 5:30
Fee:	$185 Resident	$195 Non-resident

Stained Glass Workshop Beginner & Intermediate

Beginners learn the copperfoil method. Basic skills of designing, cutting, foiling, and soldering will be covered. Work at your pace. First class: demonstration and orientation of tools and safety procedures. Basic kit can be purchased from the instructor at the second class for $150. Kit includes tools and materials for dozens of projects and glass for the first project. Intermediates: learn 3D construction of stained glass such as lamps and boxes. Bring your tools to the first class. Glass and lamp bases are approximately $100.

Course F2611S		Ronnee Peters
Starts: 9/23	9 Wednesday evenings	6:00 – 9:00
Fee:	$270 Resident	$280Non-resident

All classes held at the Clarkstown Learning Center.

Registration Form

Name: _____

Address: _____

_____

Phone Number: _____

Emergency Number: _____

Email address: _____

All communication is through email.

Course # _____ Start Date: _____

Course Name: _____

Course Fee: _____

Applicable Discount: Senior Citizen _____CCSD Employee____
No discounts on Bus Trips, CPR, or 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
Follow us on Instagram - @Clarkstown CLC

Music Lessons

Adult Beginner Ukulele NEW!!!

Learn in a fun, low-pressure group setting. Learn how to tune, strum and play easy chords to familiar songs. Ukuleles are popular because they are easy to learn. No prior experience required. Ukuleles will be provided for the first class only. Starter Ukuleles cost about $40 - $70.

Course F2612S		Jill Geddes
Starts: 9/26	8 Saturday mornings	11:00 – 11:45
Fee:	$160 Resident	$170 Non-resident

Chorus for Adults

If you enjoy singing, why not sing with friends? Each week we 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 F2613S		Leonora Breen
Starts: 9/28	9 Monday afternoons	3:30 – 4:30
Fee:	$110 Resident	$120 Non-resident

Piano for Children (Grades 1-5)

A great way for your child to begin to learn 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 payable by cash or check. **Fee: $180**

Course F2614S		Bob Goetz
Starts 9/24	9 Thursday afternoons	4:00 – 4:45

Introduction to the Guitar - Beginner

Music has often been called the universal language that we all can relate to, and the guitar is a great 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 F2615S		Burr Johnson
Starts 9/23	9 Wednesday evenings	6:00 – 6:45
Fee:	$175 Resident	$185 Non-resident

Introduction to the Guitar - Advanced Beginner

This class builds on the 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, familiar songs. Students are given individual attention as we all move towards the goal of personal improvement.

Course F2616S		Burr Johnson
Starts 9/23	9 Wednesday evenings	6:45 – 7:30
Fee:	$175 Resident	$185 Non-resident

Thank you to Jeryl Dorsey for her beautiful fall painting on the cover of our brochure!

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 and are ready to learn some new things that will help you play better, this class is for you! Work on familiar songs and build on our guitar skills.

Course F2617S		Burr Johnson
Starts: 9/23	10 Wednesday evenings	7:30 – 8:15
Fee:	$185 Resident	$195 Non-resident
Course F2618S		Burr Johnson
Starts: 9/23	10 Wednesday evenings	8:15 – 9:00
Fee:	$185 Resident	$195 Non-resident

Department of Health Class

Chronic Disease Self-Management Program

Do you have a chronic health condition (diabetes, pre-diabetes, high blood pressure, heart disease, depression, arthritis, chronic pain) that is stopping you from living your life to the fullest? Gain the skills needed to better manage your ongoing health conditions and improve the quality of your life! Take this FREE six-week workshop facilitated by the Rockland County Department of Health. It is a wonderful opportunity to take control of your health!

Call 845-364-2500 to register and receive the companion book.

Starts: 9/23	6 Wed. Afternoons	2:00 – 4:30

Registration Information

Registration opens Monday, August 31st after 10am.

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 on our website.
3. **Register by phone**. Call our office at 845-639-5628 Monday through Thursday between 10 am and 2 pm. Register with a Visa, Mastercard, Discover or American Express. Phone lines will be very busy. Please be patient.

Discounts: 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 stated no discount (Bus trips, CPR, or Children's programs).
Clarkstown Central School District employees receive a 10% discount except for Bus trips, CPR, and Children's programs. Discounts cannot be combined.

Refunds: only available if requested in writing prior to the first day of class. Email Marion Arbuco at marbuco@ccsd.edu.

Books and Crafts

"Let Them" Book Club NEW!!!

Let Them is a guided workshop and book club style conversation designed to help participants explore Mel Robbins core ideas in a practical, accessible way. Through facilitated discussion and thought-provoking questions, participants will examine how the Let Them Theory applies to everyday situations, relationships, and personal challenges. Prior reading of the book not required.

Course F2619N		Alyssa Levy
Date: 11/18	1 Wednesday evening	7:00 – 8:30
Fee:	$25 Resident	$30 Non-resident

Crocheting for Beginners NEW!!!

Learn the basics of crocheting and make simple decorative and functional items, such as coasters or mini stuffed animals. Learn about customizing patterns and selecting colors, yarn weights and designs. Supply list provided after registration.

Course F2620S		Marina Rizk
Starts: 9/26	8 Saturday afternoons	12:15 – 1:15
Fee:	$65 Resident	$75 Non-resident

There will be no classes on the following dates: 10/12/26, 11/11/26, and 11/25 through 11/29.

Beadweaving Designs NEW!!!

Take your basic bead weaving skills to the next level when this class explores additional techniques and bead variety.

Course F2621S **No class 10/19** Marianne Olbermann
Starts: 9/28 6 Monday mornings 9:30 – 11:30
Fee: $150 Resident $160 Non-resident

Foundations of Jewelry Making

Interested in making your own jewelry? Classes will focus on the basics giving you a solid foundation in stringing techniques, basic wirework and simple knotting. All materials and resources supplied. New project each week.

Course F2622Z Marianne Olbermann
Starts: 10/28 3 Wednesday mornings 9:30 – 11:30
Fee: $75 Resident $85 Non-resident

Art & Collage Journaling NEW!!!!

Begin with a bookbinding lesson to create your own handmade art journal. You'll spend the remaining weeks exploring mixed media techniques inside your journal including watercolor, collage, paper weaving, and more. This restorative, beginner-friendly art practice encourages creative exploration you can continue well beyond class.

Course F2623Z **No class 11/5** Jessie Katz Greenberg
Starts: 10/1 7 Thursday afternoons 12:30 – 2:30
Fee: $110 Resident $120 Non-resident

Needle Felting for Beginners and Intermediates

Transform soft wool into colorful 2D and 3D creations using a special needle. In this hands-on class, you will create a variety of beginner and intermediate projects including wall décor, three-dimensional felted animals and felted accessories. No experience necessary.

Course F2624Z **No class 11/5** Jessie Katz Greenberg
Starts: 10/1 7 Thursday mornings 10:00 – 12:00
Fee: $110 Resident $120 Non-resident

Bus Trips

Arthur Avenue Tour and Lunch NEW!!!

Step into New York's last enclave of family run Italian food shops, where century old bakeries, butchers and delis still thrive. You'll taste, hear the stories, and pick up insider tips from guides who know this neighborhood from the inside out. All on-the-go tastings throughout the neighborhood, including cannoli, bread, fresh mozzarella and salumi. We will then have a sit-down lunch at Mario's including fried calamari, meatballs, ravioli from Borgatti and pizza.
The bus will depart Felix Festa Middle School at 9:30 am. Our group will be divided into three groups, each having their own tour guide. When the tour is over, we will all meet at Mario's Restaurant for lunch. We will depart from Arthur Avenue at 2:00 pm. Please be aware that this is a walking tour. Seating is limited.

Course F2625N Wednesday 11/11/26 Cost $85

Clarkstown Community Learning Center

Fall 2026

www.ccsd.edu/clc

Games to Learn - Games Supplied

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!

Course F2626Z		Lisa Friedman
Starts: 10/2	5 Friday mornings	9:15 – 11:15
Fee:	$125 Resident	$135 Non-resident
Course F2627S	**No class 10/2**	Michelle Kushner
Starts: 9/25	5 Friday mornings	11:30 – 1:30
Fee:	$125 Resident	$135 Non-Resident

2026 Mah Jongg card required. Order using this link:https://mahjonggmaven.com/product/2026-pre-order-national-mah-jongg-league-card/

Advanced Beginner Canasta

Do you already know the basics of Canasta? Want to take your game to the next level? Come play with others on your level and learn more from walk-around help from Lisa.

Course F2628S		Lisa Friedman
Starts: 9/29	5 Tuesday mornings	9:30 – 11:30
Fee:	$125 Resident	$135 Non-resident

There will be no classes on the following dates: 10/12/26, 11/11/26, and 11/25 through 11/29.

German Classes

German for Beginners

Discover the beauty of the German language in a friendly, supportive environment. This beginner level course is perfect for anyone eager to start speaking, understanding, and enjoying German from day one. Through interactive lessons, fun activities, and real-life conversation practice, you will learn everyday vocabulary and useful phrases, basic grammar and pronunciation, and confidence to communicate in travel, work and social settings.

Course F2629S		Mini Abraham
Starts: 9/23	9 Wednesday afternoons	4:00 – 5:30
Fee:	$180 Resident	$190 Non-resident

German for Advanced Beginners

This course is designed for learners who already have a strong foundation in grammar, vocabulary, and conversation, and are ready to refine their fluency. Through engaging discussions, reading materials, and in-depth cultural exploration, you will master complex grammar structures, expand your vocabulary for professional, academic and social contexts, improve listening comprehension and gain confidence in nuanced speaking and writing.

Course F2630S		Mini Abraham
Starts: 9/22	9 Tuesday afternoons	4:00 – 5:30
Fee:	$180 Resident	$190 Non-resident

Financial Classes

Investments 101

We will start from the beginning…what is a stock? A bond? Mutual Fund? ETF? How much do investments really cost? Understanding your investment personality and how to make investment decisions that will help pursue your goals. This class is for information only.

Course F2631Z		Melanie Powell
Date: 10/21	One Wed. afternoon	1:00 – 3:00
Fee:	$25 Resident	$30 non-resident

Investing and Retirement Accounts NEW!!!

Learn the fundamentals of investing and how retirement accounts can help you build long term financial security. Learn about stocks, bonds, mutual funds, ETFs, risk, diversification, and compound growth in clear, practical terms. Explore common retirement accounts and learn how taxes, employee matching, fees, and withdrawal rules can affect their savings. Whether you are just getting started or want to better understand your current investments, this course will provide the knowledge you need to make more informed financial decisions. This course is for educational purposes only and does not provide individualized financial, investment, tax or legal advice.

Course F2632S		David Tepper
Starts: 9/28	6 Monday afternoons	5:00 – 6:00
Fee:	$90 Resident	$100 Non-resident

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

Board of Education 2026-2027
Mrs. Tamara Bierker, President
Mr. Jason Bass, Vice President
Michelle Bondar
Mr. Christopher Conti
Ms. Yelena Glukhova
Mr. John Maltbie
Ms. Brooke Stone

Superintendent of Schools
Dr. Marc Baiocco

Superintendent's Staff
Mr. David Carlson
Assist. Superintendent for Special Education and P.P.S.
Dr. Julie Kotler Snider
Assist. Superintendent for Curriculum, Instruction and Assessment
Mr. John LaNave
Assist. Superintendent and Chief Administrator
Dr. Christopher Macaluso
Assist. Superintendent for Personnel

Postal Patron

Non-Profit Org
U.S. Postage
PAID
Permit #9161
Monsey, New York

Continuing the Tradition of Lifelong Learning

Registration opens 8/31/26

Dance & Exercise Classes

Please consult your physician prior to starting an exercise program

Line Dancing – Beginner

This beginner friendly class is designed for anyone who wants to learn the basics of line dancing in a fun, supportive, and energetic environment. No experience or partner required! Wear comfortable shoes with low traction (for easy pivoting).

Course F2633S		Keriann Marshall
Starts: 9/28	9 Monday evenings	7:00 – 8:00
Fee:	$110 Resident	$120 Non-resident

Improver + Line Dancing NEW!!!

This class is tailored for seasoned dancers ready to push boundaries, refine technique, and embrace more challenging choreography. No partner required! Wear comfortable shoes with low traction (for easy pivoting).

Course F2634S		Keriann Marshall
Starts: 9/28	9 Monday evenings	8:00 – 9:00
Fee:	$110 Resident	$120 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 F2635S		Laura Trent
Starts: 9/22	10 Tuesday mornings	10:00 – 10:45
Fee:	$120 Resident	$130 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 F2636S		Laura Trent
Starts: 9/24	10 Thursday mornings	10:00 – 10:45
Fee:	$120 Resident	$130 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 F2637Z		Lisa Birch
Starts: 10/4	7 Sunday mornings	10:30 – 11:15
Fee:	$85 Resident	$95 Non-resident

Pop Pilates

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 F2638S	**No class 10/13**	Devin DaCosta
Starts: 9/22	10 Tuesday mornings	9:30 – 10:30
Fee:	$120 Resident	$130 Non-resident
Course F2639S		Devin DaCosta
Starts: 9/24	10 Thursday mornings	10:40 – 11:40
Fee:	$120 Resident	$130 Non-resident

Pilates

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

Course F2640S		Barb Casper
Starts: 9/22	9 Tuesday evenings	6:00 – 7:00
Fee:	$110 Resident	$120 Non-resident
Course F2641S		Barb Casper
Starts: 9/24	9 Thursday evenings	6:00 – 7:00
Fee:	$110 Resident	$120 Non-resident
Course F2642S		Barb Casper
Starts: 9/27	9 Sunday mornings	10:00 – 11:00
Fee:	$110 Resident	$120 Non-resident

Strengthen and Stretch

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 F2643S	**No class 10/13**	Devin DaCosta
Starts: 9/22	10 Tuesday mornings	10:50 – 11:50
Fee:	$120 Resident	$130 Non-resident
Course F2644S	**No class 10/8**	Barb Casper
Starts: 9/24	10 Thursday mornings	9:30 – 10:30
Fee:	$120 Resident	$130 Non-resident

Stretching and Mobility NEW!!!

Mobility, flexibility and stretching are essential to everyday movement. Join us in improving mobility and stretching those tight muscles and feeling an overall improvement in the little aches and pains. Wednesday class is chair based. Thursday is on a mat or standing. Bring a mat.

Course F2645S	**No class 11/4**	Lisa Jankun
Starts: 9/23	8 Wednesday mornings	11:15 – 12:15
Fee:	$95 Resident	$100 Non-resident
Course F2646S	**No class 11/5 & 11/19**	Lisa Jankun
Starts: 9/24	8 Thursday mornings	10:30 – 11:30
Fee:	$95 Resident	$100 Non-resident

Power for Parkinson's Fitness "BE Active & Beyond"

This active seated chair circuit is an effective class designed to elevate your heart rate while improving balance, strength, flexibility and posture, with focus on muscle memory patterns pertaining to using movement in opposite directions at the same time and speed. All medication is required to be taken prior to class. Bring a water bottle. An aide may accompany the participant at no cost. Handicap access to the building, classroom and bathrooms is available.

Course F2647S		Christine Jelalian
Starts: 9/28	9 Monday mornings	10:30 – 11:30
Fee:	$110 Resident	$120 Non-resident

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

Cardio and Toning

Work on cardio and toning in one class, with thirty minutes dedicated to low impact aerobics followed by thirty minutes of toning. Hit all the major muscles and cardio in one session. Bring 3-5 pound weights, a mat and water.

Course F2648S	**No class 11/3**	Lisa Jankun
Starts: 9/23	8 Wednesday mornings	10:00 – 11:00
Fee:	$95 Resident	$100 Non-resident

Chair Fitness

Work on strength, flexibility and endurance while seated or standing with the support of a chair. Bring light hand weights.

Course F2649S	**No class 11/6**	Lisa Jankun
Starts: 9/25	8 Friday mornings	10:45 – 11:30
Fee:	$85 Resident	$95 Non-resident

Muscle Strength and Endurance for Seniors (Beginner)

This is an incredible class for senior individuals who are looking to start their journey of getting stronger, increase flexibility and balance and have fun while doing it. The class uses light hand weights, resistance bands and balance balls while in and out of a chair. You must be able bodied for this class. We have movements both in and out of the chair. You will need to bring 1-to-3-pound weights.

Senior Fee for each:	$80 Resident	$90 Non-resident
Course F2650S		Devin DaCosta
Starts: 9/28	9 Monday mornings	11:50 – 12:50
Course F2651S		Devin DaCosta
Starts: 9/23	9 Wednesday mornings	11:50 – 12:50

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.

Senior Fee for each:	$80 Resident	$90 Non-resident
Course F2652S		Devin DaCosta
Starts: 9/28	9 Monday mornings	9:30 – 10:30
Course F2653S		Devin DaCosta
Starts 9/23	9 Wednesday mornings	9:30 – 10:30

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 and upper body. Learn core conditioning and improve balance and posture. Bring a mat and 3-to-5-pound weights.

Course F2654S		Barb Casper
Starts: 9/22	10 Tuesday evenings	7:00 – 8:00
Fee:	$120 Resident	$130 Non-resident
Course F2655S	**No class 11/5 & 11/19**	Lisa Jankun
Starts: 9/24	7 Thursday mornings	9:30 – 10:30
Fee:	$85 Resident	$95 non-resident
Course F2656S		Barb Casper
Starts: 9/24	9 Thursday evenings	7:00 – 8:00
Fee:	$110 Resident	$120 Non-resident
Course F2657S	No class 11/6	Lisa Jankun
Starts: 9/25	8 Friday mornings	9:30 – 10:30
Fee:	$95 Resident	$100 Non-resident

Better Booty Workout

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 F2658S		Barb Casper
Starts: 9/28	9 Monday evenings	7:00 – 8:00
Fee:	$110 Resident	$120 Non-resident

Bodyweight Strength Training

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 F2659S	**No class 10/13**	Devin DaCosta
Starts: 9/28	10 Monday evenings	5:30 – 6:30
Fee:	$120 Resident	$130 Non-resident
Course F2660S	**No class 10/9**	Devin DaCosta
Starts: 9/25	9 Friday mornings	9:20 – 10:20
Fee:	$110 Resident	$120 Non-resident

The Community Learning Center office will be closed from December 22, 2026 until January 4, 2027.

Square Dancing NEW!!!

See how much fun modern western square dancing can be! Each week, you'll learn a few "calls" and will be helped every step of the way by the "angels" from the Rockland Rocky Tops square dance club. At the conclusion, you'll be able to dance the Mainstream program anywhere in the world! Often called "friendship set to music," square dancing requires no more exertion than a stroll in the park. Make new friends and join this wonderfully welcoming community!! Casual attire and sneakers. No prior experience or partner required.

Course F2661S		Chris Wadel
Starts: 9/22	13 Tuesday evenings	7:00 – 9:00
Fee:	$200 Resident	$210 Non-resident

WalkFit

Energize your outdoor routine indoors! Fitness walking varying in pace and 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 F2662S		Barb Casper
Starts: 9/28	9 Monday evenings	6:00 – 7:00
Fee:	$110 Resident	$120 Non-resident
Course F2663S		Barb Casper
Starts: 9/23	9 Wednesday evenings	6:00 – 7:00
Fee:	$110 Resident	$120 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.

Course F2664S		Devin DaCosta
Starts: 9/28	9 Monday mornings	10:40 – 11:40
Fee:	$110 Resident	$120 Non-resident
Course F2665S		Devin DaCosta
Starts: 9/23	9 Wednesday mornings	10:40 – 11:40
Fee:	$110 Resident	$120 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 F2666S		Barb Casper
Starts: 9/23	9 Wednesday evenings	7:00 – 8:00
Fee:	$110 Resident	$120 Non-resident
Course F2667S		Barb Casper
Starts: 9/26	9 Saturday mornings	10:15 – 11:15
Fee:	$110 Resident	$120 Non-resident

Thank you to Jeryl Dorsey for her beautiful fall painting on the cover of our brochure!

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

To register for CPR classes please contact Stefanie Rosenthal at Prepared for Life at www.preparedforlifecpr.com or call 845-428-9496.

AHA Heartsaver Family and Friends CPR

This class is ideal for parents, grandparents, babysitters, and others interested in learning CPR who *don't need a course completion card*. Learn the lifesaving skills for adults, children and infants, AED use and how to relieve choking.

Fee: $59 Choose one date:

Tuesday evening 6:00 – 8:30 9/29, 10/27, 11/10, 12/1

Sunday morning 10:00 – 12:30 9/27, 11/15, 12/6

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 assistants, medical 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: $99 Choose one date:

Wednesday morning 10:00 – 1:00 9/23, 10/21 or 12/2

Thursday evening 6:00 – 9:00 9/23, 10/21 or 12/2

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 also teaches 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: $89 Choose one date:

Sunday morning 10:00 – 12:30 9/27, 11/15, 12/6
Tuesday evening 6:00 – 8:30 9/29, 10/27, 10/10, 12/1

Health & Well Being Classes

Please consult your physician prior to starting an exercise program

Meditation and the Art of Stillness

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

Course F2668Z Marie Gartshore, E-RYT200
Starts: 10/5 8 Monday evenings 5:45 – 6:45
Fee: $95 Resident $100 Non-resident

Course F2669S Marie Gartshore, E-RYT200
Starts: 9/22 9 Tuesday evenings 5:45 – 6:45
Fee: $110 Resident $120 Non-resident

Full Moon Meditation & Sound Bath NEW!!!

Step into the space of deep stability and power under the grounding energy of the Taurus Full Moon. This two-part evening is designed to align your mind, body and intentions. Part 1 is anchoring work. Focused grounding practice to stabilize your energy and manifest your intentions. Part 2 is Restorative Sound Bath. Immerse yourself in healing frequencies to soothe your nervous system and connect with the Earth. No prior mediation experience requires. Bring a yoga mat or blanket and a pillow is optional.

Course F2670Z		Alyssa Levy
Date: 10/26	One Monday evening	7:15 – 8:15
Fee:	$40 Resident	$50 Non-resident

Gentle Yoga

Move with intention and create more ease in your body. This gentle, all-levels class blends mindful movement, mobility, and breath to improve balance and joint health without rushing or pushing. Reduce stiffness, improve balance, recover from a busy week or simply reconnect with your body. This class offers a supportive space to slow down, move well, and leave feeling refreshed.

Bring a yoga mat, a yoga block and light weights.

Course F2671S		Jamie Shields
Starts: 9/22	9 Tuesday mornings	9:45 – 10:45
Fee:	$110 Resident	$120 Non-resident

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

Chair Yoga for Strength & Mobility

Using a chair for support, we'll explore gentle yoga, functional movement, and mobility exercises that improve flexibility, balance, posture and coordination while increasing the strength needed for everyday activities. Every movement can be adapted to meet you where you are, making the class ideal for beginners, older adults, those recovering from injury or anyone who prefers additional support. Wear comfortable clothes.

Course F2672S		Jamie Shields
Starts: 9/22	9 Tuesday mornings	11:00 – 12:00
Fee:	$110 Resident	$120 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 F2673Z		Marie Gartshore, E-RYT200
Starts: 10/5	8 Monday evenings	7:00 – 8:00
Fee:	$95 Resident	$100 Non-resident
Course F2674S		Marie Gartshore, E-RYT200
Starts: 9/24	9 Thursday evenings	7:00 – 8:00
Fee:	$110 Resident	$120 Non-resident

<u>Intermediate Yoga</u> NEW!!!

For experienced yoga practitioners who have a strong foundation in asana and pranayama and want to take their discipline to the next level. Focus on mastering posture and breath and building the strength to hold these for longer periods. Wear loose clothing, bring a mat, towel, and water.

Course F2675S		Marie Gartshore, E-RYT200
Starts: 9/22	9 Tuesday evenings	7:00 – 8:00
Fee:	$110 Resident	$120 Non-resident

<u>Yoga for Flexibility and Balance</u>

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

Course F2676S	**No class 10/13**	Devin DaCosta
Starts: 9/22	10 Monday evenings	6:30 – 7:30
Fee:	$120 Resident	$130 Non-resident
Course F2677S	**No class 10/9**	Devin DaCosta
Starts: 9/25	9 Friday mornings	10:40 – 11:40
Fee:	$110 Resident	$120 Non-resident

All classes held at the Clarkstown Learning Center.

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

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.

Beginner/Intermediate Classes:

Course F2678S		Oreann Kempadoo, RN
Starts: 9/29	5 Tuesday afternoons	12:00 – 1:00
Fee:	$70 Resident	$80 Non-resident
Course F2679S		Oreann Kempadoo, RN
Starts: 9/29	5 Tuesday evenings	6:00 – 7:00
Fee:	$70 Resident	$80 Non-resident
Course F2680S		Oreann Kempadoo, RN
Starts: 9/27	5 Sunday mornings	10:00 – 11:00
Fee:	$70 Resident	$80 Non-resident

Intermediate Class:

Course F2681S		Oreann Kempadoo, RN
Starts 3/23	4 Monday afternoons	12:00 – 1:00
Fee:	$60 Resident	$70 Non-resident

Explore, Learn, and Grow!

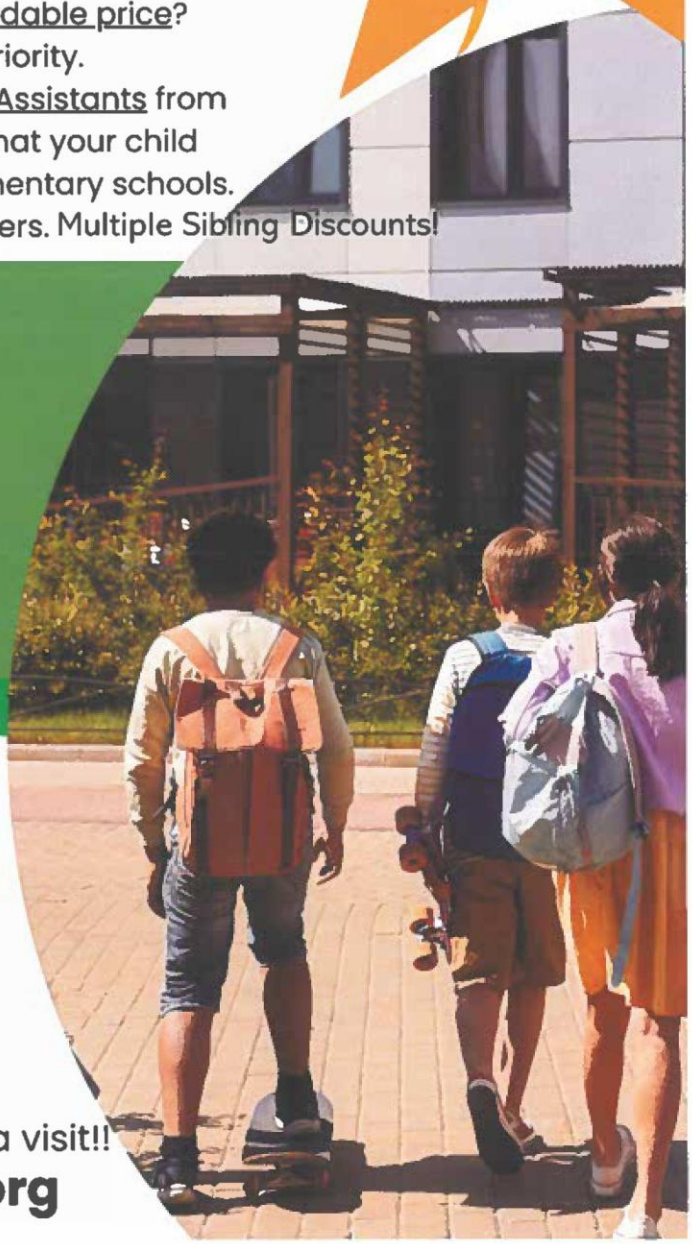
CLARKSTOWN LEARNING CENTER

FESTAVILLE

AFTER SCHOOL ENRICHMENT PROGRAM

Celebrating over **10 years** in the Clarkstown Central School District!

Do you want your child in one of the TOP RATED SCHOOL AGE CHILD CARE PROGRAMS in NEW YORK STATE ?
Do you want your child to put down their devices and socialize ?
Do you want the best care at the most affordable price?
Join Festaville where your child is our TOP priority.
Run by Clarkstown Teachers and Teaching Assistants from all grade levels in OUR DISTRICT, we know what your child needs to succeed. Free busing from all Elementary schools.
Teacher discounts available to CCSD teachers. Multiple Sibling Discounts!



Activities:

- HOMEWORK HELP
- GAMES
- STEM
- ARTS AND CRAFTS
- OUTDOOR SPORTS/GAMES
- MONTHLY PIZZA PARTIES
- STUDENT OF THE MONTH AWARDS

TWO LOCATIONS ...AND UPK!!!

Felix Festa Middle School–
Black and White Cafeteria & outdoor space
Congers Learning Center–
Children can rotate through our five rooms: Study Hall, Play Room, Game Room, Art Room and Adventure Room
Outside playground area for all

REGISTER NOW or schedule a visit!!

www.festaville.org