Clarkstown Community Learning Center

Winter 2026

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 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 W2601J		Gwyn Guerriero
Starts: 1/12	5 Monday afternoons	12:00 – 3:00
Fee:	$120 Resident	$130 Non-resident
Course W2602J		Dan Springer
Starts: 1/13	5 Tuesday afternoons	3:00–5:00
Fee:	$90 Resident	$100 Non-resident
Course W2603J		Gwyn Guerriero
Starts: 1/21	6 Wednesday mornings	10:30 – 1:00
Fee:	$120 Resident	$130 Non-resident
Course W2604J		Gwyn Guerriero
Starts: 1/21	6 Wednesday afternoons	1:15 – 3:45
Fee:	$120 Resident	$130 Non-resident
Course W2605J		Gwyn Guerriero
Starts: 1/18	4 Sunday mornings	11:00 – 1:30
Fee:	$80 Resident	$90 Non-resident

Registration opens Wednesday, December 10th at 10 am.

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 per course: $100 Resident		**$110 Non-resident**
Course W2606J **No class 2/3**		Joyce Byrnes
Starts: 1/20	5 Tuesday evenings	6:00 – 8:30
Course W2607J **No class 2/6**		Joyce Byrnes
Starts: 1/23	5 Friday mornings	10:00 – 12:30

Watercolor – Beyond the Basics

For those students who understand the basics of watercolor and are ready to take their painting to the next level. Experience with watercolor paints and brushes, as well as the fundamental techniques are needed. Students can follow along with the instructor on a new subject each week as we explore more advanced techniques including mixed media.

Course W2608J		Gwyn Guerriero
Starts: 1/22	5 Thursday afternoons	12:30 – 3:00
Fee:	$100 Resident	$110 Non-resident

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

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 W2609J		Dan Springer
Starts: 1/12	5 Monday afternoons	3:00 – 5:00
Fee:	$90 Resident	$100 Non-resident

Collage Art Journaling NEW!!!

Begin with a bookbinding lesson to create your own art journal using upcycled materials. Spend the remaining weeks exploring a variety of collage techniques to fill the pages. This restorative beginner-friendly art practice encourages creative exploration that you can continue well beyond class.

Course W2610J		Jessie Katz Greenberg
Starts: 1/13	7 Tuesday afternoons	1:45 – 3:45
Fee:	$125 Resident	$135 Non-resident

Cross Stitch for Beginners NEW!!!

Learn to read a counted cross stitch pattern and stitch three common stitches found in cross stitch projects. By the end of class you'll have started your cross stitch piece and have all the knowledge needed to finish your project on your own.

Course W2611J		Jessie Katz Greenberg
Starts: 1/15	4 Thursday afternoons	2:15 – 4:15
Fee:	$75 Resident	$85 Non-resident

Needle Felting for Beginners

Transform soft wool into colorful 2D and 3D creations using a special needle. Projects include a 3-dimensional felted plant, felted jewelry and custom mended clothing using felting techniques. No experience necessary. Returning students welcome for several new projects!

Course W2612J		Jessie Katz Greenberg
Starts: 1/13	7 Tuesday afternoons	11:15 – 1:15
Fee:	$125 Resident	$135 Non-resident

Visible Mending NEW!!!

Extend the life of your clothing while embracing hand-stitched techniques. In three weeks, you will learn sashiko-inspired stitches, darning and hand-sewn patch techniques to mend and beautify your wardrobe. We will create a sampler in class before you stitch onto clothing.

Course W2613J		Jessie Katz Greenberg
Starts: 1/15	3 Thursday afternoons	12:00 – 2:00
Fee:	$55 Resident	$65 Non-resident

Games to Learn

Beginner Canasta

Learn this engaging and challenging card game played with two decks of cards. No partner required.

Course W2614J		Lisa Friedman
Starts: 1/13	6 Tuesday mornings	9:30 – 11:30
Fee:	$145 Resident	$155 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!

Fee per course: $120 Resident **$130 Non-resident**

Course W2615J		Michelle Kushner
Starts: 1/12	5 Monday afternoons	2:00 – 4:00
Course W2616J		Lisa Friedman
Starts: 1/16	5 Friday mornings	9:30 – 11:30

2025 Mah Jongg card required. Order using this link:https://mahjonggmaven.com/product/2025-pre-order-national-mah-jongg-league-card/ Game supplied.

Jewelry Making Classes

All skill levels welcome and supplies provided.

Intro to Beadweaving NEW!!!

Beadweaving involves weaving seed beads together with needle and thread. Explore peyote, herringbone and right-angle stitches. Demonstrations of techniques and hands-on practice are all that is needed to create beautiful jewelry.

Course W2617J		Marianne Olbermann
Starts: 1/12	5 Monday mornings	9:30 – 11:30
Fee:	$125 Resident	$135 Non-resident

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

Intro to Stringing, Wirework & Knotting NEW!!!

Each week will be devoted to 1 of the 3 mainstays of jewelry making. A project using these skills will be completed each week.

Course W2618J		Marianne Olbermann
Starts: 1/15	3 Thursday mornings	9:30 – 11:30
Fee:	$75 Resident	$85 Non-resident

Financial Classes

Investments 101 Back by Popular Demand!

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 W2619J		Melanie Powell
Date: 1/29	1 Thursday afternoon	12:30 – 3:00
Fee:	$25 Resident	$35 Non-resident

Managing Personal Finances NEW!!!

Take control of your money and future! Gain practical tools to confidently build a budget, plan for big goals, build financial security and make informed financial decisions – no matter your age or income level. (How much life insurance do I need? How much will I need for retirement?)

Course W2620J		Steve Cardinali
Starts: 1/14	7 Wednesday evenings	6:30 – 7:30
Fee:	$170 Resident	$180 Non-resident

Music Lessons

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 W2621J		Leonora Breen
Starts: 1/12	5 Monday afternoons	3:30 – 4:30
Fee:	$65 Resident	$75 Non-resident

Private Piano Lessons for Seniors

It's never too late to learn to play the piano! A fun way to learn the basics in a private setting. These individual lessons start with basic music, reading and playing; progress at your own rate. A piano and keyboard are provided for lesson time. A one-time book fee of $27 will be collected at the first class, payable by cash or check. Students in previous sessions will continue their studies. **Timeslot scheduled after registration is complete.** Each private lesson is 30 minutes.

Senior Fee:	**$115 Resident**	**$125 Non-resident**
Course W2622J		Bob Goetz
Starts 1/12	6 Mondays	10:00 – 2:00
Course W2623J		Bob Goetz
Starts 1/14	6 Wednesdays	10:00 – 3:00
Course W2624J		Bob Goetz
Starts 1/15	6 Thursdays	10:00–3:30

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: $120**

Course W2625J		Bob Goetz
Starts 1/15	6 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 W2626J		Burr Johnson
Starts 1/14	7 Wednesday evenings	6:00 – 6:45
Fee:	$130 Resident	$140 Non-resident

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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 W2627J		Burr Johnson
Starts 1/14	7 Wednesday evenings	6:45 – 7:30
Fee:	$130 Resident	$140 Non-resident

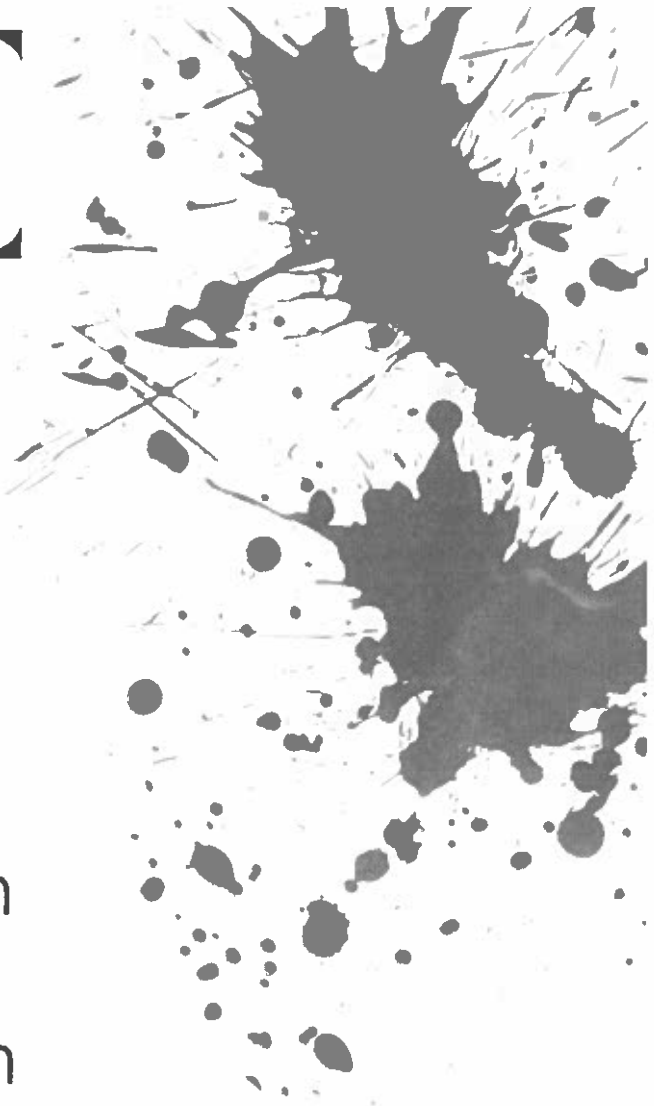
Intermediate Guitar

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! We work on familiar songs and build on our guitar skills.

Course W2628J		Burr Johnson
Starts: 1/14	7 Wednesday evenings	7:30 – 8:15
Fee:	$130 Resident	$140 Non-resident
Course W2629J		Burr Johnson
Starts: 1/14	7 Wednesday evenings	8:15 – 9:00
Fee:	$130 Resident	$140 Non-resident

Participants in our guitar classes supply their own guitars.

SAVE THE DATE



Friday
February 27

4:30 pm
to
7:00 pm

Annual Student Art Show
featuring our adult CLC students!

Free event open to the public!
NEW! Premiere of our music students & adult chorus

Discounts & early registration for our Spring Session!

Self-Esteem and Empowerment Classes for Tween Girls

Confident & Capable: Empowering Tween Girls to Shine NEW!!!

This class is designed to help tween girls build confidence and self-esteem. They will explore middle school topics from navigating friendships to developing a positive self-image. Through engaging activities and meaningful discussions girls will gain tools to thrive during this exciting yet challenging age in a safe and supportive space to grow, share and shine.

Course W2630J	**No class 1/25**	Alyssa Levy
Starts: 1/18	3 Sunday afternoons	12:30 – 1:30
Fee: $45		

Power in Our Words: An Affirmation & Art Workshop of Moms and Daughters NEW!!!

A creative and meaningful experience designed to inspire confidence and connection. We'll explore how positive affirmations can shape our thoughts and daily lives, building self-esteem and resilience. Through reflection and art, participants will create personalized affirmation posters. This is a special time for moms and tween girls to share encouragement, creativity and joy side by side. **Fee: $30**

Course W2631J		Alyssa Levy
Date: 1/29	1 Thursday evening	6:00 – 8:00
Fee: $30		

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Language Lessons

Beginner German for Adults

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. For those seeking to learn German for personal growth, travel, or business.

Course W2632J		Mini Abraham
Starts: 1/14	7 Wednesday afternoons	4:00 – 5:30
Fee:	$130 Resident	$140 Non-resident

German for Advanced Beginners

This class will help you improve your listening and comprehension skills as well as your speaking, writing, reading and fluency.

Course W2633J		Mini Abraham
Starts: 1/13	7 Tuesday afternoons	4:00 – 5:30
Fee:	$130 Resident	$140 Non-resident

Thank you to Joyce Geertz for her beautiful painting on the cover.

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

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 W2634J		Keriann Marshall
Starts: 1/12	5 Monday evenings	7:00 – 8:00
Fee:	$60 Resident	$70 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 W2635J		Keriann Marshall
Starts: 1/12	5 Monday evenings	8:00 – 9:00
Fee:	$60 Resident	$70 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 W2636J		Laura Trent
Starts: 1/13	5 Tuesday mornings	10:00 – 10:45
Fee:	$60 Resident	$70 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 W2637J		Laura Trent
Starts: 1/15	5 Thursday mornings	10:00 – 10:45
Fee:	$60 Resident	$70 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 W2638J		Lisa Birch
Starts: 1/18	4 Sunday mornings	10:30 – 11:15
Fee:	$50 Resident	$60 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 W2639J		Devin DaCosta
Starts: 1/12	5 Monday mornings	10:25 – 11:25
Fee:	$60 Resident	$70 Non-resident
Course W2640J **No class 2/17**		Devin DaCosta
Starts: 1/13	6 Tuesday mornings	9:20 – 10:20
Fee:	$75 Resident	$85 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 W2641J		Barb Casper
Starts: 1/13	7 Tuesday evenings	6:00 – 7:00
Fee:	$85 Resident	$95 Non-resident
Course W2642J		Barb Casper
Starts: 1/15	7 Thursday evenings	6:00 – 7:00
Fee:	$85 Resident	$95 Non-resident
Course W2643J		Barb Casper
Starts: 1/18	5 Sunday mornings	10:00 – 11:00
Fee:	$60 Resident	$70 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 W2644J **No class 2/17**		Devin DaCosta
Starts: 1/13	6 Tuesday mornings	10:25 – 11:25
Fee:	$75 Resident	$85 Non-resident
Course W2645J		Barb Casper
Starts: 1/13	7 Tuesday evenings	7:00 – 8:00
Fee:	$85 Resident	$95 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. Bring a mat.

Fee per course: $85 Resident $95 Non-resident

Course W2646J		Lisa Jankun
Starts: 1/14	7 Wednesday mornings	11:15 – 12:15
Course W2647J		Lisa Jankun
Starts: 1/15	7 Thursday mornings	10:30 – 11:30

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 W2648J		Lisa Jankun
Starts: 1/14	7 Wednesday afternoons	12:30 – 1:30
Fee:	$85 Resident	$95 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 W2649J		Lisa Jankun
Starts: 1/16	7 Friday mornings	10:45 – 11:30
Fee:	$75 Resident	$85 Non-resident

<u>Muscle Strength and Endurance for Seniors</u> (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.

Course W2650J		Devin DaCosta
Starts: 1/12	5 Monday mornings	11:30 – 12:30
Senior Fee:	$45 Resident	$55 Non-resident
Course W2651J **No class 2/18**		Devin DaCosta
Starts: 1/14	6 Wednesday mornings	11:30 – 12:30
Senior Fee:	$55 Resident	$65 Non-resident

<u>Muscle Strength & Endurance for Seniors</u> (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 W2652J		Devin DaCosta
Starts: 1/12	5 Monday mornings	9:20 – 10:20
Senior Fee:	$45 Resident	$55 Non-resident
Course W2653J **No class 2/18**		Devin DaCosta
Starts 1/14	6 Wednesday mornings	9:20 – 10:20
Senior Fee:	$55 Resident	$65 Non-resident

Registration opens Wednesday, December 10th at 10 am.

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 W2654J		Barb Casper
Starts: 1/15	7 Thursday evenings	7:00 – 8:00
Fee:	$85 Resident	$95 Non-resident
Course W2655J		Lisa Jankun
Starts: 1/16	7 Friday mornings	9:30 – 10:30
Fee:	$85 Resident	$95 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 W2656J		Devin DaCosta
Starts: 1/12	5 Monday evenings	5:30 – 6:30
Fee:	$60 Resident	$70 Non-resident
Course W2657J **No class 2/13**		Devin DaCosta
Starts: 1/16	6 Friday mornings	9:20 – 10:20
Fee:	$75 Resident	$85 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 W2658J		Barb Casper
Starts: 1/14	7 Wednesday evenings	7:00 – 8:00
Fee:	$85 Resident	$95 Non-resident
Course W2659J		Barb Casper
Starts: 1/17	5 Saturday mornings	10:15 – 11:15
Fee:	$60 Resident	$70 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 W2660J		Barb Casper
Starts: 1/12	5 Monday evenings	7:00 – 8:00
Fee:	$60 Resident	$70 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 W2661J	**No class 2/18**	Devin DaCosta
Starts: 1/14	6 Wednesday mornings	10:25 – 11:25
Fee:	$75 Resident	$85 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 W2662J		Barb Casper
Starts: 1/12	5 Monday evenings	6:00 – 7:00
Fee:	$60 Resident	$70 Non-resident
Course W2663J		Barb Casper
Starts: 1/14	7 Wednesday evenings	6:00 – 7:00
Fee:	$85 Resident	$95 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 W2664J **No class 2/9**		Christine Jelalian
Starts: 1/12	5 Monday mornings	10:30 – 11:30
Fee:	$60 Resident	$70 Non-resident

Registration opens Wednesday, December 10th at 10 am.

Health & Well Being Classes

Please consult your physician prior to starting an exercise program

Chair Yoga

Practice yoga both sitting in a chair and standing. Perform gentle hip openers, side stretches, and more to increase flexibility while listening to music and practicing breathing techniques. Bring a yoga strap and a foam block.

Fee per course: $50 Resident		**$60 Non-resident**
Course W2665J		Donna Leavy
Starts: 1/13	4 Tuesday mornings	11:00 – 11:45
Course W2666J		Donna Leavy
Starts: 1/15	4 Thursday mornings	11:00 – 11:45

Gentle Yoga

This class is for students seeking the benefits of a relaxing, and gentle practice. Deep restorative work improves range of motion and joint mobility, reduces pain and the effects of stress. Students with injuries, arthritis, other chronic conditions, or with limitations due to age or size will benefit from this class. Bring a mat, yoga strap and a block.

Course W2667J		Donna Leavy
Starts: 1/14	4 Wednesday mornings	10:00 – 11:00
Fee:	$50 Resident	$60 Non-resident

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

Hatha Yoga

Hatha yoga includes mediation breath work, stretching, and 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.

Fee per course: $50 Resident **$60 Non-resident**

Course W2668J		Donna Leavy
Starts: 1/13	4 Tuesday mornings	9:45 – 10:45
Course W2669J		Donna Leavy
Starts: 1/15	4 Thursday mornings	9:45 – 10:45

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 W2670J		Marie Gartshore, E-RYT200
Starts: 1/12	5 Monday evenings	7:00 – 8:00
Fee:	$60 Resident	$70 Non-resident
Course W2671J	**No class 2/19**	Marie Gartshore, E-RYT200
Starts: 1/15	6 Thursday evenings	7:00 – 8:00
Fee:	$75 Resident	$85 Non-resident
Course W2672J	**No class 2/21**	Marie Gartshore, E-RYT200
Starts: 1/17	5 Saturday afternoons	12:00 – 1:00
Fee:	$60 Resident	$70 Non-resident

Intermediate Yoga 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 W2673J **No class 2/17**		Marie Gartshore, E-RYT200
Starts: 1/13	6 Tuesday evenings	7:00 – 8:00
Fee:	$75 Resident	$85 Non-resident

Yoga for Flexibility and Balance

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

Course W2674J		Devin DaCosta
Starts: 1/12	5 Monday evenings	6:30 – 7:30
Fee:	$60 Resident	$70 Non-resident
Course W2675J **No class 2/13**		Devin DaCosta
Starts: 1/16	6 Friday mornings	10:25 – 11:25
Fee:	$75 Resident	$85 Non-resident

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<u>Yoga for Young Adults</u> (Ages 16 and above) NEW!!!
Yoga offers young adults a powerful tool to support their physical, emotional, and mental well-being. It builds strength and flexibility, reduces stress and anxiety, improves focus, fosters confidence as well as a healthy body image. By integrating movement, breath, and relaxation, yoga gives us lifelong tools for resilience, balance and inner calm. Young adults of all abilities including special needs are welcome!
Fee: $60

Course W2676J		Dawn Tobin-Holt
Starts: 1/12	5 Monday evenings	6:15 – 7:00

<u>Meditation and the Art of Stillness</u>
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 W2677J		Marie Gartshore, E-RYT200
Starts: 1/12	5 Monday evenings	5:45 – 6:45
Fee:	$60 Resident	$70 Non-resident
Course W2678J	**No class 2/17**	Marie Gartshore, E-RYT200
Starts: 1/13	6 Tuesday evenings	5:45 – 6:45
Fee:	$75 Resident	$85 Non-resident

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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 W2679J		Oreann Kempadoo, RN
Starts 1/12	5 Monday afternoons	12:00 – 1:00
Fee:	$60 Resident	$70 Non-resident
Course W2680J		Oreann Kempadoo, RN
Starts: 1/13	7 Tuesday afternoons	12:00 – 1:00
Fee:	$85 Resident	$95 Non-resident
Course W2681J		Oreann Kempadoo, RN
Starts: 1/18	5 Sunday mornings	10:00 – 11:00
Fee:	$60 Resident	$70 Non-resident

Seated Only T'ai Chi Chih:

Course W2682J		Oreann Kempadoo, RN
Starts: 1/14	7 Wednesday afternoons	12:30 – 1:30
Fee:	$85 Resident	$95 Non-resident

Introduction to Reiki Energy Healing

Discover and experience this energy healing modality. Learn what Reiki is, how it promotes relaxation and well-being, and gain a basic understanding of the body's Chakras. Enjoy a few minutes of hands-on Reiki and Chakra balancing from a Reiki Master to personally feel its calming, restorative effects. No experience needed - just an open and curious mind.

Course W2683J		Donna Lorence
Date: 2/21	1 Saturday morning	10:30 – 12:00
Fee:	$30 Resident	$40 Non-resident

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 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: $95 Choose one date:

Tuesday afternoon	12:00 – 3:00	1/20 or 2/24
Tuesday evening	6:00 – 9:00	1/20 or 2/24

No discounts apply to CPR classes.

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: $85 Choose one date:

Thursday afternoon	12:00 – 2:30	1/15 or 2/12
Thursday evening	6:00 – 8:30	1/15 or 2/12

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: $55 Choose one date:

Tuesday evening	6:00 – 8:00	1/27 or 2/10
Sunday morning	10:00 – 12:00	1/25

Other Programs Offered through the CLC

Go to www.ccsd.edu/clc for more information.

Early Riser Program

This before school childcare program is offered at all elementary schools starting at 6:45 am. Children must be pre-registered. Only pay for the days that you use the program. Staffed by CCSD employees. Activities provided.

FestaVille

This after school childcare program is held at Felix Festa Middle School and the CLC in Congers. Students are bussed on District buses to the location that you choose. Licensed through the Office of Children and Family Services (OCFS). Children must be pre-registered. Activities provided. Go to Festaville.org for more information.

Dog Training Classes with Paws With Manners

To register please go to www.pawswithmanners.com.
For questions, call 845-212-7033. **Requirements for all classes**: Dogs must not be aggressive to other dogs or humans and MUST be up to date on vaccinations and chemical flea protection. No discounts apply.
Go to www.pawswithmanners.com for class descriptions & schedules.

Basic Obedience & Manners (puppies through senior dogs)
45 minute class Fee: $295

Starts: 1/13	6 Tuesday evenings	6:15-7:00
Starts: 1/17	5 Saturdays/1 Sunday morning (2/22)	10:30-11:15

Intermediate Obedience / Canine Good Citizen
45 minute class Fee: $295

Starts: 1/17	5 Saturdays/1 Sunday morning (2/22)	11:30-12:15

Go to www.pawswithmanners.com for class descriptions & schedules.

No discounts apply to Dog Training classes.
Classes held at the Clarkstown Learning Center
9 Lake Road, Congers, NY 10920

Registration Information

Registration opens Wed., December 10th 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 (Dog training, CPR, or Children's programs). Clarkstown Central School District employees receive a 10% discount except for Dog Training, 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.

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 Dog Training, 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

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

Postal Patron

Continuing the Tradition of Lifelong Learning

Registration opens 12/10/25