

DENNIS-YARMOUTH REGIONAL SCHOOL DISTRICT ADULT EDUCATION PROGRAM

296 Station Avenue, South Yarmouth, MA 02664

Don't wait...

It may be
too late!

Early
registration
is
encouraged!

FALL 2019

**ALL CLASSES ARE HELD AT D-Y HIGH SCHOOL
210 Station Avenue**

MONDAY:	5:00-6:00	#1	BODY IMAGE: Tone and strengthen	Starts	9/23
	6:15-7:15	#2	HATHA YOGA: Cardio Room	Starts	9/23
	5:00-6:30	#3	STEP BY STEP COMPUTER FOR BEGINNERS	Starts	9/23
	5:00-6:30	#4	SPANISH BASICS 2	Starts	9/23
	6:30-8:00	#5	SPANISH BASICS FOR BEGINNERS	Starts	9/23
	6:30-7:30	#6	PORTUGUESE FOR BEGINNERS	Starts	9/23
	7:30-8:30	#7	PORTUGUESE Part 2	Starts	9/23
TUESDAY:	5:00-6:00	#8	ZUMBA: Cardio Room	Starts	9/24
	6:15-8:15	#9	ESOL- ENGLISH LEARNERS	Starts	9/24
	6:15-7:15	#10	HATHA YOGA: Cardio Room	Starts	9/24
WEDNESDAY:	5:00-6:00	#11	MUSCLE CONDITIONING/Low Impact Intervals	Starts	9/25
	6:00-7:00	#12	GENTLE FLOW YOGA: Cardio Room	Starts	9/25
	6:30-7:30	#13	GUITAR BEGINNING Workshop	Starts	9/25
	7:30-8:30	#14	GUITAR INTERMEDIATE Level	Starts	9/25
	6:30-8:30	#15	WATERCOLOR FOR BEGINNERS	Starts	9/25
	6:30-8:00	#16	ENGLISH for BEGINNERS	Starts	9/25
THURSDAY:	5:00- 6:00	#17	TAI CHI	Starts	9/26
	6:30-8:30	#18	MORE WATERCOLOR (Intermediate Level)	Starts	9/26
	5:00-6:30	#19	MS OFFICE 2010 WORD	Starts	9/26

SPECIAL EVENTS

#20: FINANCIAL FOUNDATION 4 Week Program 6PM - 7PM Thursday: October 17th Cost \$45.00

A 4-week series designed to educate individuals on the basics of stocks, bonds, mutual funds and retirement planning. This will include Stocks: Nuts and Bolts, Tour of Mutual Funds, Focus on Income and Tax Free Investing.

By Michelle Ferguson-Financial Advisor



Adult Education classes are canceled any time there is no school or school is released early due to weather conditions.



Preregistration is at the D-Y Administration Building, 296 Station Avenue, S. Yarmouth, MA 02664, between 9:00 & 3:30 Monday – Friday. Early registration is encouraged!

Course fees are not refundable after the first week.

All courses are fully described in brochures, available at local post offices, town halls, police stations, libraries & the D-Y Administration Building. For additional information, please call 508-398-7601 days & evenings 508-394 -2523 or visit www.dy-regional.k12.ma.us for a complete listing under the D-Y Regional School District web page, Adult Education side bar menu tab.

ADULT EDUCATION PROGRAM FALL 2019 COURSE DESCRIPTIONS

MONDAY EVENINGS

BODY IMAGE #1 (10 weeks) Starts 9/23 5:00-6:00 at DY HIGH Cardio Room Cost \$69.00 Sue Kenney

Tone, trim & tighten that body. Beginning with a low impact warm up followed by low impact exercises implementing Pilates, Yoga & Ballet. Ending class with relaxation techniques. Feel great & look great, add balance to your life! **MAT NEEDED.** All levels are welcomed.

YOGA #2 (10 weeks) Starts 9/23 6:15-7:15 at D-Y High Cardio Room Cost \$69.00 Eileen P. Skiver

Kind Hatha Yoga. Guided stretching and gentle movement flows will help build strength and flexibility. Guided breathing techniques and meditation will help aid in restoration and relaxation. Modifications will be offered, experimentation is encouraged, and all experience levels are welcomed. **Yoga Mat & Small Cushion - Blanket - NEEDED.** (Certified 200 Hour Kind Yoga Instructor)

STEP BY STEP COMPUTER FOR BEGINNERS: #3 (8 weeks) Starts: 9/23 5:00-6:30 DY High 2nd Floor Cost: \$125.00

Learn how to operate a desk top computer, practice keyboard skills, and explore the web safely. Gain knowledge and confidence using the computer. This class will teach you all the basics – general terminology, why the Start button is so important, how to navigate Window and Basic Microsoft Office Skills, as in how to manage your files. **Limit 8 students per class. 2nd floor Instructor: John Underwood**

SPANISH BASIC 2 #4 (10 weeks) Starts: 9/23 5:00-6:30 DY High School Cost: \$155.00 Liliana Bejarano

This class is aimed to those who have studied Spanish in the past and feel more confident with basic skills or have taken Spanish for beginners. Learn about regular and irregular verbs and how to conjugate them, we will study more vocabulary and construction of more elaborate sentences.

SPANISH BASICS For BEGINNERS #5 (10 weeks) Starts 9/23 6:30- 8:00 at DY High Cost \$155.00 Liliana Bejarano

Absolute beginners welcome! In this class we will learn some basic Spanish skills in listening, reading, writing and speaking. We will explore formal and informal greetings, colors, numbers, time, adjectives, definite, indefinite articles and basic vocabulary. We will also construct basic sentences using the verbs Ser/Estar.

PORTUGUESE FOR BEGINNERS #6 (8 weeks) Starts 9/25 6:30–7:30 at DY High Cost \$80 M. Matos

The course will cover topics such as greeting, introductions, asking directions, food, shopping, hotels, schedules, etc. This basic conversational class is designed to enable communication with the Brazilians in our community.

PORTUGUESE PART 2 #7 (8 weeks) Starts: 9/23 7:30-8:30 at DY High School Cost \$80 M. Matos

For those that have taken the Beginner Portuguese Class last semester.

TUESDAY EVENINGS

ZUMBA #8 (10 weeks) Starts 9/24 5:00-6:00 Cardio Room DY High Cost \$69.00 Mariela Beauchemin

Come to a party, Zumba® style! Zumba is designed to bring people together to have fun while getting their sweat on! We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness. Come to party with Mariela, you will love it!

ESOL English Learners #9 (10 weeks) Starts: 9/24 6:15-8:15 at DY High Cost:\$199.00 John Underwood

Become more comfortable Reading/ Writing/ and Conversing using your English language skills. Bring a notebook, folder, pen and pencils. There will be a book/copy paper charge of \$15-\$20.00 for a workbook or worksheets paid on the first evening. All Levels welcomed.

YOGA #10 (10 weeks) Starts 9/24 6:15-7:15 at D-Y High Cardio Room Cost \$69.00 Eileen P. Skiver

Kind Hatha Yoga. Guided stretching and gentle movement flows will help build strength and flexibility. Guided breathing techniques and meditation will help aid in restoration and relaxation. Modifications will be offered, experimentation is encouraged, and all experience levels are welcomed. **YOGA MAT & SMALL CUSHION AND/OR BLANKET NEEDED.** (Certified 200 Hour Kind Yoga Instructor)

WEDNESDAY EVENINGS

MUSCLE CONDITIONING/LOW IMPACT #11 (10 weeks), Starts 9/25 5:00-6:00 at DY High/Cardio Room Cost \$69.00

Low Impact Aerobics with Intervals of focusing on different muscle groups; Leg Work: lunges/squats. Arm Work: biceps/triceps/upper back/ and shoulders. Abdominal Work. Mat and Hand Weights needed. By combining weight training & low impact-high energy moves you will gain muscular strength, balance, endurance & flexibility. Come improve your neuromuscular coordination. Participants are encouraged to monitor themselves and work at their own pace. Have FUN!! **Sue Kenney-Instructor**

GENTLE FLOW YOGA #12 (10 weeks) Starts 9/25 6:00-7:00 DY High Cardio Room Cost \$69.00 D. Goldberg

This class is a combination of active, passive and restorative postures combined with meditation and breathing techniques which focus on the mind-body-spirit connection of yoga. Relax, renew and release with passive stretching. Build strength and flexibility with gentle flow. Integrate mindfulness through meditation-become more in tune with oneself. All levels are welcome/modifications offered. (Certified meditation, restorative, 200 RYT) You will need a Yoga mat, small cushion and or blanket.

GUITAR BEGINNING WORKSHOP #13 (8 weeks) Starts 9/25 6:30-7:30 at D-Y High 2nd floor Cost \$80.00 J. Curry

Your instructor is a Berklee GRAD. Learn to play the right way - right from the start. Do NOT let misinformation and bad habits keep you from playing the way you would like to.

GUITAR INTERMEDIATE #14 (8 Weeks) Starts 9/25 7:30-8:30 at DY High 2nd Floor Cost:\$ 80.00 Instructor: J.Curry

For students who have taken Beginning Guitar Workshop. This course will be a continuation of skills and concepts learned in Beginning Guitar.

WATERCOLOR for Beginners #15 (4 weeks) Starts 9/25 6:30-8:30 at DY HIGH Art Wing Cost \$95.00

Basic art and watercolor techniques, drawing for the watercolorist, color value, composition and use of various watercolor materials are the focus of this class. Each class will begin with a lecture and painting demonstration by the instructor. The students will have the remainder of the class to paint using the techniques demonstrated with one-on-one guidance from the instructor. **IMPORTANT: MUST HAVE YOUR SUPPLIES BY FIRST CLASS. Pick up your supply list in the District Office.** **Instructor Corinne Lilie**

ENGLISH for BEGINNERS #16 (10 weeks) Starts 9/25 6:30 - 8:00 at DY High Cost:\$ 159.00 Marineti Matos

Inglés para estudiantes de habla hispana. Esta es una clase para principiantes. Aprenderás herramientas básicas de comunicación en el idioma inglés, lectura, escritura, escucha y habla. Exploraremos saludos, diálogos y nuevo vocabulario. Bienvenidos. Habrá un cargo adicional de \$15-\$20 por materiales del curso.

" Inglês para iniciantes. Nestas aulas você desenvolverá habilidades simples para a comunicação em Inglês como: escuta, leitura, escrita e fala. Exploraremos dialogos simples e rotineiros. Talvez haverá cobrança extra de \$15.00 ou \$20.00 para cubrir custos com materiais."

This is a beginner's class. You will learn some basic skills in listening, reading, writing and speaking. We will explore greetings, dialogues and new vocabulary. There may be an extra book/copy paper charge of \$15-\$20.00 for a workbook or worksheets.

THURSDAY EVENINGS

TAI CHI #17 (10 weeks) Starts 9/26 5:00-6:00 at DY High Cardio Room Costs \$69.00 Instructor: Roberta Walcutt, DC

The flowing movements of T'ai Chi Chuan develop our strength, balance, vitality and ability to relax. The Yang Family short form of Tai Chi can be done by young and old alike. Some Chi Gong and meditation will be included. **Roberta Walcutt, D.C. has studied and taught for 45 years.**

MORE WATERCOLOR / INTERMEDIATE #18 (4 weeks) Starts 9/26 6:30-8:30 DY HIGH Art Wing Cost \$95.00 Corinne Lilie

This class is for those who have experience with basic art, drawing and watercolor techniques and a desire to add to their watercolor skills and experience. The focus of this class will be to add to basic knowledge of the medium and take your watercolor skills to another level. Some of the things covered in this class will be adding figures to the landscape, use of the white of your paper, getting bold with color, how to deal with shadows, reflections, halos, more about washes and composition with a different perspective. The goal for this class is to increase confidence with the medium and inspire a desire to increase skills in a fun and relaxed atmosphere. This is for Intermediate Advanced Students.

IMPORTANT: MUST HAVE YOUR SUPPLIES BY FIRST CLASS. Pick up your supply list in the District Office.

MS OFFICE 2010 WORD #19 Starts 9/26 (8 Weeks) 5:00- 6:30 DY High- 2nd floor Cost \$125.00 Instructor: Laura Romanelli

Gain knowledge and confidence using Word. This class covers the ribbon and tabs plus all the great features that are just a click away. You will learn a wide range of skills like formatting text, inserting a picture, using SpellCheck, and how to do a page setup. This class is for beginners and intermediate-level users. You must have some computer knowledge.

**FALL 2019
D Y ADULT EDUCATION**



Classes For The Community

<p>REGISTRATION FORM D-Y Adult Education – FALL 2019</p> <p>MAKE CHECKS PAYABLE TO: <u>D-Y Adult Education</u></p> <p>NAME: _____</p> <p>New students only; add email address please EMAIL: _____</p> <p>Home Phone: _____</p> <p>Cash: _____ Check # and Amount: _____</p> <p>Name of Program: _____ Please circle course number(s) below:</p> <p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20</p>	<p>REGISTRATION FORM D-Y Adult Education –FALL 2019</p> <p>MAKE CHECKS PAYABLE TO: <u>D-Y Adult Education</u></p> <p>NAME: _____</p> <p>New students only; Please add email address: EMAIL: _____</p> <p>Home Phone: _____</p> <p>Cash: _____ Check # and Amount: _____</p> <p>Name of Program _____ Please circle course number(s) below:</p> <p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20</p>
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**Fill out the registration form completely and drop off or mail to the District Office Building:
Attention: Adult Education 296 Station Avenue, S. Yarmouth, MA 02664**