

# 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 2018

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

<b>MONDAY:</b>	5:00-6:00	#1	BODY IMAGE: Tone and strengthen	Starts	9/17
	6:00-7:00	#2	TRADITIONAL HATHA YOGA: Cardio Room	Starts	9/17
	5:00-6:30	#3	NEW WAYS OF USING YOUR BRAIN	Starts	9/17
	6:15-8:15	#4	ENGLISH for ESOL Students	Starts	9/17
	5:00-6:30	#5	SPANISH BASICS FOR BEGINNERS	Starts	9/24
	6:30-7:30	#6	PORTUGUESE Part 2	Starts	9/17
	6:30-8:00	#7	SPANISH BASIC 2	Starts:	9/24
<b>TUESDAY:</b>	5:00-6:30	#8	COMPUTER Basics For Everyone	Starts	9/18
	5:00-6:30	#9	SPANISH CONVERSATION	Starts	9/24
	5:15-6:15	#10	ZUMBA: Cardio Room	Starts	9/18
	6:30-8.00	#11	SMARTPHONE and TABLET BASICS	Starts	9/18
<b>WEDNESDAY:</b>					
	5:00-6:00	#12	Body Image Tone and strengthen	Starts	9/19
	6:00-7:00	#13	YOGA: Cardio Room	Starts	9/19
	6:30-7:30	#14	GUITAR BEGINNING Workshop	Starts	9/19
	7:30-8:30	#15	GUITAR INTERMEDIATE Level	Starts	9/19
	6:30-8:30	#16	WATERCOLOR FOR BEGINNERS	Starts	10/10
	6:30-7:30	#17	PORTUGUESE For Beginners	Starts	9/19
<b>THURSDAY:</b>					
	5:00- 6:00	#18	TAI CHI	Starts	9/20
	6:30-8:30	#19	MORE WATERCOLOR (Intermediate Level)	Starts	10/11
	6:10-7:10	#20	MUSCLE CONDITIONING/Low impact Intervals	Starts	9/20
	6:00-7:00	#21	SMART INVESTING*	Starts	9/20

### **SPECIAL EVENTS**

#### **#22 CAPE COD HISTORY JANUARY 2, 2019 WEDNESDAY 6PM-8PM**

6 week class by Duncan Oliver    Cost : \$15.00/Adult for entire program    DY High School Students: Free

#### **#23 VOICE COACHING OCTOBER 23rd Tuesday 6:30-9 pm. Getting Paid to Talk/Making Money with Your Voice**

"This is a single evening event offering an upbeat, entertaining, and engaging introduction to the world of voice over. From industry pro and cons to real world examples, attendees will learn behind the scenes basics of both the creative and business aspects of the field in a manner that is fun and realistic." Cost \$30.00 REGISTER TODAY 1 night event



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



Pre-registration is at the D-Y Administration Building, 296 Station Avenue, S. Yarmouth, MA 02664, Friday, August 24th through Friday, Sept. 14th between 9:00 & 3:30.

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](http://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 2018 COURSE DESCRIPTIONS**

### **MONDAY EVENINGS**

**BODY IMAGE #1 (10 weeks) Starts 9/17 5:00-6:00 at DY HIGH Cardio Room Cost \$65. Instructor: S. 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 9/17 6:00-7:00 at D-Y High Cardio Room Cost \$65.00 Instructor: Marlene Priest.**  
All Levels: Traditional Hatha Yoga will help you stay strong and flexible. Relax with breathing techniques and meditation. Restore with Asanas that have been adapted for all levels, finish with meditation and relaxation. Classes are co-ed. YOGA MAT & SMALL PILLOW NEEDED.

**NEW WAYS of Using Your BRAIN - SUCCESS STRATEGIES #3 (4 Weeks) - Starts 9/17 5:00 - 6:30pm Cost:\$65.00 Zach S.**  
The right strategy is what separates a successful situation from a difficult one. When in this class you will learn strategies such as how to memorize shopping lists and avoid procrastination. Communication strategies for more interesting and insightful interactions with family, friends and others. Self-help strategies to reduce anxiety and stress. What you will do with what you learn in this class is both astounding and NEW!

**ENGLISH for ESOL Students #4 (10 weeks) Starts: 9/17 6:15-8:15 at DY High Cost:\$199.00 Instructor Mr. 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.

**SPANISH Basics For BEGINNERS #5 (10 weeks) Starts 9/24 5:00-6:30 at Dy High RM.411 Cost \$135.00 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 PART 2 #6 (8 weeks ) Starts 9/17 6:30-7:30 at Dy High School Cost \$75 Instructor: M. Matos**  
For those that have taken the Beginner Portuguese Class last semester.

**SPANISH BASIC 2 #7 (10 weeks) Starts: 9/24 6:30-8:00 at Dy High School Cost: \$135.00 Room 411 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. We will learn about regular and irregular verbs and how to conjugate them, we will study more vocabulary and construction of more elaborated sentences.

### **TUESDAY EVENINGS**

**COMPUTER BASICS For Everyone #8 (6 weeks) Starts 9/18 5:00-6:30 DY High 2<sup>nd</sup> Floor Cost: \$89.00 Zack Stenstrom**  
We know technology is changing fast. That's why this class focuses on developing the capabilities and strategies you can apply now and for years to come. Designed for the beginner and intermediate student using ANY brand computer, once you have completed this class you will effectively be able to use Email, the Internet, Microsoft Word processing and understand Files, Folders, Adobe, Google, Printing and much more. Bonus: You will also be better able to use your Smartphone or Tablet.

**SPANISH CONVERSATIONAL/HABLEMOS ESPAÑOL- #9 (10 weeks) Starts 9/24 5:00-6:30 at DY High Room 411 Cost \$135.00**  
This a conversation level class. If you have studied Spanish in the past but haven't had the opportunity to practice, welcome back this course is for you! If you understand Spanish, even though don't speak as fluent as you want, come and join us. **Instructor: Liliana**

**ZUMBA #10 (10 weeks) Starts 9/18 5:15-6:15 Cardio Room DY High Cost \$65.00 Instructor: Christy**  
Every class feels like a party! You don't even have to know how to dance. Just move your body and follow my lead. It's easy! Come try it, I guarantee you will have a blast! I look forward to meeting you! Stay Fit and Have Fun!

**SMARTPHONE and TABLET BASICS # 11 (6 weeks) Starts 9/18 6:30-8:00 DY High 2<sup>nd</sup> Floor Costs: \$89.00 Zack Stenstrom**  
This class covers touch screen devices such as: *Apple's iPhone, Samsung, HTC, Motorola, Google, Sony, LG, Windows and more.* Technology is changing fast and we are getting new phones all the time, this class will keep you up with the times. Designed for both the beginner and intermediate, you will learn the skills and strategies to effectively use your current Smartphone or Tablet and any others you buy in the future. As a bonus you will better be able to use your desktop or laptop computer.

### **WEDNESDAY EVENINGS**

**BODY IMAGE ##12 (10 weeks) Starts 9/19 5:00-6:00 at DY HIGH Cardio Room Cost \$65. Instructor: S. 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 #13 (10 weeks) Starts 9/19 6:00-7:00 DY High Cardio Room Cost \$65.00 Instructor : Marlene Priest**  
Classes are fun, energizing, and focused on the mind-body-spirit connection of yoga. Modifications are offered so all levels are welcome and encouraged! I invite my students to truly listen to their bodies while practicing, as most people tend to ignore their issues until it screams out for attention. Yoga is accessible to everybody and is a great avenue for a physical and mental workout. (Certified 200-hour Power Yoga instructor.)

**GUITAR BEGINNING WORKSHOP #14 (7 weeks) Starts 9/19 6:30-7:30 at D-Y High 2<sup>nd</sup> floor Cost \$70.00 Instructor John Curry**  
Your instructor is a Berklee GRAD. Learn to play the right way - right from the start. Don't let misinformation and bad habits keep you from playing the way you would like to.

**CONTINUED WEDNESDAY CLASSES**

**GUITAR INTERMEDIATE LEVEL #15 (7 Weeks) Starts 9/19 7:30-8:30 at DY High 2nd Floor Cost: \$ 70.00 Instructor: John 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 #16 (4 weeks) Starts 10/10 6:30-8:30 DYHIGH Art Wing Cost \$95.00 Instructor Corinne Lillie**

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.**

**PORTUGUESE FOR BEGINNERS #17 (8 weeks) Starts 9/19 6:30 – 7:30 at D-Y High Cost \$75. Instructor: 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.

**THURSDAY EVENINGS**

**TAI CHI #18 (10 weeks) Starts 9/20 5:00-6:00 at DY High Cardio Room Costs \$65.00 Instructor: Roberta Walcutt**

The flowing movements of Tai 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 #19 (4 weeks) Starts 10/11 6:30-8:30 DY HIGH Art Wing Cost \$95.00 Corinne Lillie**

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.

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

**MUSCLE CONDITIONING/LOW IMPACT #20 (10 weeks). Starts 9/20 6:10-7:10 at DY High/Cardio Room Cost \$65. S. Kenney.**

Low Impact Aerobics with Intervals of focusing on different muscle groups; Leg Work: lunges/squat. Arm Work: bicep/tricep /upper back/ and shoulders. Abdominal Work. Mat and Hand Weights needed with a combination of 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!!

**FINANCIAL SMART INVESTING #21 (4 weeks) Starts 9/20 6:00-7:00 at DY High Cost \$45 Instructor: M. Ferguson**

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. M. Ferguson is a Financial Advisor

<p><b>REGISTRATION FORM</b>  <b>D-Y Adult Education – FALL 2018</b>  <b>MAKE CHECKS PAYABLE TO:</b>  <b><u>D-Y Adult Education</u></b></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: _____  <b>Please circle course number(s) below:</b></p> <p>1 2 3 4 5 6 7 8 9 10 11 12 13          14 15 16 17 18 19 20 21 22 23</p>	<p><b>REGISTRATION FORM</b>  <b>D-Y Adult Education –FALL 2018</b>  <b>MAKE CHECKS PAYABLE TO:</b>  <b><u>D-Y Adult Education</u></b></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 _____  <b>Please circle course number(s) below:</b></p> <p>1 2 3 4 5 6 7 8 9 10 11 12          13 14 15 16 17 18 19 20 21 22 23</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**

**D-Y ADULT EDUCATION**

**FALL 2018**



**Classes For The Community**

**Thank you for your support and participation!**

**Pre-registration is at the D-Y Administration Building,  
296 Station Avenue, South Yarmouth, MA 02664,**

**Friday, August 24<sup>th</sup> through Friday, September 14<sup>th</sup> between 9:00 & 3:30  
or mail your registration to Attention: DY Adult Education.**

**Early registration is encouraged!**

**Course Fees are NOT refundable after the first week.**

**Make Checks Payable to D-Y ADULT EDUCATION**