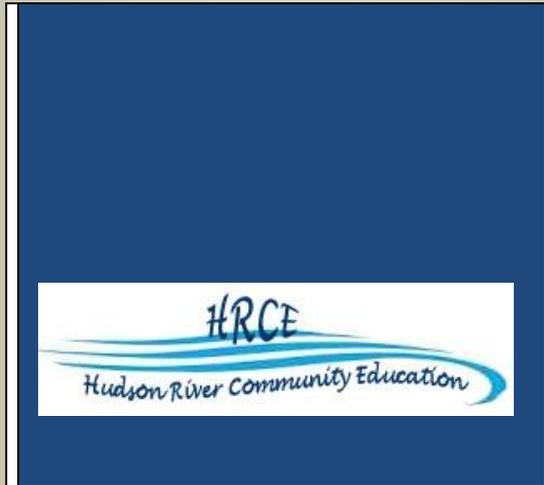


SPRING / SUMMER 2017



Hudson
River
Community
Education

Coordinated by the
Dobbs Ferry School District

COURSE CATALOG

What is HRCE?

HRCE is the Hudson River Community Education program, which offers an enrichment curriculum for lifelong learning. Afternoon, evening and Saturday classes are offered. HRCE offers a variety of intellectually stimulating, recreational, and skill-enhancing courses and lectures. Subjects range from literature, history and music to computer use, crafts, fitness, cooking, dancing and many more.

The HRCE is supported solely by course fees and tax deductible gifts.

Who can attend the HRCE?

HRCE is open to all, regardless of where they live. Parental permission is required for participation by students under the age of 18. Participants are admitted without regard to race, gender, handicap and ethnic origin. Every effort will be made to accommodate people with special needs. Please let us know if you have any special needs.

Those who have not received a catalog in the mail may download it online at www.hrcewestchester.org or call (914) 693-1500, x3148.

How do I register for a class?

Our course offerings appear online by category. When you find something that interests you, you have the following options for registering:

ONLINE: To register online and pay by credit/debit card, please click on the online registration link at www.hrcewestchester.org and follow these step-by-step instructions:

1. Choose a semester from the dropdown and click Search to view programs and course options.
2. Click on course of interest (clicking on the blue class name will give you more detailed information).
3. Click Begin Registration. (*You will be prompted to sign in if you have not already done so. If you are a new participant you will need to click Create Your Account Now to create your personal account before proceeding.)
4. Select Student and click Register.
5. Search for more programs if desired.
6. To check out, click on Complete Registration on the right-hand side of the screen in the Pending Registrations box.
7. Review selections, agree to the Terms of Use and click Continue.
8. Select a saved credit card or click Add a New Card.
9. Fill in the requested information and click Submit.
10. Your receipt and registration confirmation will be emailed to you.

* If you have a username and passcode but have forgotten them, please click Forgot Your Password? in the Login box to request an email with your information.

BY MAIL: Print and complete a registration form, which can be found at the beginning of our catalog or online, and mail it along with a check or money order made payable to Dobbs Ferry UFSD – HRCE to:

Dobbs Ferry UFSD – HRCE
505 Broadway, Dobbs Ferry, NY 10522

IN PERSON: Registration in person is available at the Dobbs Ferry School District Business Office at least two days prior to the beginning of the first class.

Some courses fill up quickly. Occasionally, a course is canceled due to low registration. Early registration is appreciated. If you register by mail, you will receive notification if the course for which you have signed up is full. We can only reserve a space in a class once we receive full payment.

Some courses have several sections; please use the name, start date, day of the week, and time to identify each course if registering by mail. This information is recorded automatically when registering online.

Registration confirmations will be sent via email.

A fee of \$25.00 will be charged for returned checks.

For questions regarding registration, please call us at (914) 693-1500, x3148 or e-mail us at HRCE@dfsd.org.

How can I suggest a course/become an instructor?

Suggestions for courses and lectures are always welcome. We are continually searching for talented and engaging individuals to teach classes. If you are interested in joining our team or suggesting a course, please submit a Course Proposal Form using the link on our website, www.hrcwestchester.org, or mail a Course Proposal Form to the address below using the downloadable form.

Dobbs Ferry UFSD – HRCE
505 Broadway, Dobbs Ferry, NY 10522

When are classes held?

Classes are held throughout the year, in the afternoons, evenings and on Saturdays. In each season, participants can choose from a multitude of classes, seminars, lectures and workshops. Some classes meet for several weeks, others only once.

The Spring 2017 program begins Monday, March 27, 2017 and the Summer 2017 program begins on Monday, June 19, 2017. Courses and single lectures have varying start dates throughout the terms.

There are no classes at any site on school-recognized holidays. Additionally, individual classes have scheduled days off; please refer to specific listings.

Where do classes meet?

Classes will meet at the Dobbs Ferry Middle/High School, 505 Broadway, Dobbs Ferry, NY 10522. Please enter the building through the Middle School main entrance. Staff will be available to direct you to your classroom.

Who are the instructors?

Outstanding instructors in all fields teach at HRCE. Every effort is made to find the best possible instructors for each course. Instructors are not permitted to use the classroom for personal gain, or to solicit clients or customers. HRCE is not responsible for any advice given within or beyond the classroom setting and course curriculum materials. While every effort is made to engage responsible instructors, HRCE assumes no responsibility for course content.

What is the refund and cancellation policy?

In the event your course is filled or canceled, we will refund your entire payment. Participants may request a refund at least 7 BUSINESS DAYS PRIOR TO THE FIRST CLASS MEETING; please note a \$15 processing fee will be deducted from the refund. No refunds will be granted, for any reason, at any other time.

Participants assume full responsibility for choosing the appropriate course level. If you are not sure which course level is suitable for you, please contact us by phone at (914) 693-1500, x3148 or e-mail at HRCE@dfsd.org.

A \$15 processing fee will be charged for transferring to another class. No refunds will be given for missed classes. There are no partial refunds or credits for any reason.

Are classes canceled in bad weather?

There are no classes when the Dobbs Ferry public schools are closed. For updates on closings, please visit our website or call (914) 693-1500, x3148. We will reschedule canceled classes. Please be sure to accurately fill in your e-mail address and cell phone number on the registration form so that we may contact you in case of an emergency closing (other than bad weather).

How can I become a volunteer or advisory board member?

Newcomers are always welcome. A phone call or a note is all it takes.

You can call us at (914) 693-1500, x3148, e-mail HRCE@dfsd.org, or write to:
Dobbs Ferry UFSD – HRCE
505 Broadway, Dobbs Ferry, NY 10522

** HRCE does not assume any responsibility, either expressed or implied, for damage to or loss of personal property or injury on the premises or off-site. HRCE is not responsible for any advice or consultation given within or beyond the classroom setting and course curriculum material. HRCE reserves the right to cancel courses that are under-enrolled, to change times and locations where necessary, and to substitute instructors. HRCE does not discriminate on the basis of race, color, sex, handicap, or national or ethnic origin in the administration of its educational policies. **

ABOUT OUR INSTRUCTORS

Rose Asprea has been teaching Mah Jongg throughout the Westchester community for several years. She has been playing the game for over 25 years and is a member of the National Mah Jongg League.

Maureen Ball taught in the public school system for 32 years as a Home and Careers teacher. Maureen graduated from SUNY Oneonta with a Home Economics Education degree with a concentrate in Clothing and Textiles. She also holds a Master's degree in Educational Technology from Long Island University. Maureen has been teaching quilting, knitting and crocheting to children and adults throughout her career. Following her retirement, she also taught at Hartsdale Fabrics.

A. Majid Benarafa is a NYS multi-certified and tenured high school teacher. In addition to holding various degrees from different universities and colleges, he brings a wealth of educational skills, broad knowledge and years of experience to the classroom. A. Majid has been teaching French, Arabic and Global History in urban as well as suburban settings for years.

Ed Bettinelli has been a stylized performing and recording artist for over 40 years. Ed's musical background includes graduating from the Berklee College of Music. He operated E.K.G Music, a music house based in New York City. Ed teaches privately at his studio, "The Art of Drumming", in Dobbs Ferry. Ed has worked with many in the music industry such as Geffen Records, Keith Olsen, Pat Benatar and Bon Jovi.

Janice Cianflone is a working artist and art instructor with more than 25 years of teaching experience. Educated at Pratt Institute and Massachusetts College of Art, Janice currently teaches at the Center for the Arts in White Plains as well as privately in her home studio. She is a dedicated teacher and a passionate artist. Janice has exhibited and sold work in MA, CT, and NY.

Suzanne Cohen has a Bachelor's Degree in Education. She has been a teacher of meditation and yoga for 35 years. She is a 500-hour Registered Yoga Teacher with Yoga Alliance and a member of Kripalu Yoga and Ayurveda Association.

Kathy Cressent was hooked on the intricate dance of the Argentine Tango after seeing the Broadway hit Forever Tango. She went on to study with Carlos Gavito, one of the stars of Forever Tango, as well as with Madonna's instructors for Evita. Kathy also gives workshops in womens' technique.

Antonia De Gennaro was born and educated in Salerno, Italy and is fluent in her native language. Antonia holds a Doctor of Jurisprudence Degree and has taught Italian language, grammar and culture in New York since 1989.

Tina Doyle is a certified member of the National Guild, UK, for couture pattern-making, fitting, draping and tailoring and holds a degree in 3-D Design with honors from Manchester University. She has done extensive work in fashion and interior design in the UK and US. Tina's ongoing interest in structured textiles has led to an impressive roster of exhibitions of her work, including venues in London, Manchester, Chicago and Colorado.

Jessica Goldberg holds a Bachelor's Degree in dance and sociology from the University of Maryland. Jessica has worked for Alvin Ailey American Dance Theatre, Dance New Amsterdam, Peridance, and the Y Dance Academy. Since moving to New York City she has danced with Faye Driscoll, Julie B. Johnson, Reject Dance Theatre and Ground Grippers. She currently dances with Becky Radway Dance Projects. Jessica is the Founding Co-Director of Rivertown Dance Academy in Tarrytown.

Caroline Gordon-Elliott taught acting at the Crossroads School in Los Angeles, and California Pacific College of the Performing Arts. She has studied acting at various institutions, including the Williamstown Theater Festival and Vassar College. Caroline has acted in countless theatrical productions, a handful of films, and the Internet sketch comedy group, The Monkey Box. She is trained in Meisner Technique, movement, improv, and voice-over acting. Caroline presently teaches acting and writing at the Writers and Actors Group in Manhattan.

Michael J. Greenberg, Esq. is an estate planning, elder law, and special needs attorney at Keane & Beane, P.C. in White Plains. He is a member of the Trusts & Estates and Elder Law sections of the New York State Bar Association as well as the National Academy of Elder Law Attorneys (NAELA). Michael received his law degree from Emory University School of Law and his undergraduate degree from Williams College. He is admitted to the bar in New York, New Jersey, Connecticut, and Florida.

Deborah Harris (BS, Boston University; MBA, New York University; MALS, Wesleyan University; MFA, Sarah Lawrence College) worked for New York University and Citibank where she authored numerous internal publications. Her piece, "A Mutt for America," ran in *Dissent Magazine* and her short story, "News of My Life," appeared in the Summer/Fall 2015 issue of *The Southampton Review*. She attended the Yale Writer's Conference in 2014 and 2015 and is currently working on a collection of short stories.

Thomas Herkert is a Financial Planner with Westchester Financial Advisors in Tarrytown, NY. Tom provides financial planning, asset management and other wealth management services. His professional background includes over 22 years in practice as a Certified Financial Planner. He is a Registered Representative and an Investment Advisor Representative with Kestra Investment Services, LLC (Kestra IS) and Kestra Advisory Services, LLC (Kestra AS). Westchester Financial Advisors is not affiliated with Kestra IS or Kestra AS.

Richard Hoffman has taught American History and Government at Dobbs Ferry High School since 1991. Richard also holds a Master's degree in choral conducting from the Indiana University School of Music. Over the years he has conducted, performed in and hosted many musical productions.

Akiko Ko-Taiano has been studying dance since the age of seven. She has toured nationally and internationally with prestigious dance companies. Akiko has been teaching dance for educational organizations as well as in private studios. She brings over 30 years of expertise in the field of movement education into her classes.

Tom Lee received his training from a Fred Astaire Studio instructor and has been dancing since 1987. Tom teaches ballroom dancing locally with Celeste Lee, a dancer since 2007.

Evelyn McCormack is President of Mack Digital Communications, which assists school districts and non-profits with communications services. Evelyn was previously Director of Communications for Southern Westchester BOCES for 14 years and Public Relations Specialist for the Scarsdale Schools for 3 years. She also served as VP at Large for Digital Communications at the National School Public Relations Association. Evelyn is a former journalist for Gannett Co. and an adjunct professor in the graduate program at Manhattanville College.

Blanca Medina was a beading instructor in Peru before coming to New York. She currently gives private lessons in her home and works at Michael's as a bead instructor. Blanca belongs to the Bead Society of Greater New York and in the fall will become a member of their Board.

Martin Merchant is a professional photographer and retired high school art teacher. For the last 10 years Martin has presented workshops at conventions and professional development conferences on many aspects of photography, digital media, and art history from urban street art to religious iconography. He has been teaching in adult education programs across Westchester since 1985.

PAS Auto School is the largest and most experienced driving school in the Hudson Valley teaching driving safety for over 40 years. PAS has taught tens of thousands of beginning drivers, especially teenage drivers. In addition to educating young and new drivers, PAS Auto school also offers other 1-day courses at their Tarrytown office.

Ronnee Peters is a well-known stained glass artist, designer and teacher. Ronnee has her Master's Degree in Education and has been working with glass since 1981. Her business, started in 1993, is Captured In Glass.

Gabriela Quezada graduated with a degree in Business Administration from Westchester Community College. In 2013 Gabriela started working as a Zumba instructor throughout Westchester County in senior centers, community centers and gyms teaching all levels of Zumba. She holds a Zumba Pro Skills license and an American Fitness Aerobic Instructor (A.F.A.A.) certificate. Please visit Gabriela's website, gabrielaquezada.zumba.com, for more information about Zumba.

Riverstone Yoga is very excited to be a part of the Dobbs Ferry community and support HRCE with offerings of Yoga, Tai Chi and other specialty classes. They encourage students, young and old, men and women to join them, to practice with fierceness, acceptance, love and compassion for themselves and others. They believe living well is for everyone. Their classes are designed for health and healing, fun and fitness, and a place to find and be a community, a place to keep you informed, inspired and connected. At Riverstone, it's not about the shape of your body, but the shape of your life.

ARTS & CRAFTS

CROCHETING FOR BEGINNERS

Instructor: M. Ball

Crocheting is a fast and easy way to use yarn to be creative. In this course participants will create a beginner project of their choice such as a scarf, hat, shawl or granny square. During the first class we will explore project choices, learn about hook size and "getting gauge". We will also learn about different yarns and label information that will help you choose the right yarn for your project. As the course progresses, we will learn different abbreviations used in patterns as well as common terminology, allowing you to become more adept at reading and understanding the pattern you have chosen. **There is no need to buy any materials for the first class. We will be discussing possible project choices and will begin practicing basic crochet techniques.**

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|---------|---------------------------|-----------|--------------------------------------|-----------------------------------|
| Spring: | Thursdays 8:00pm – 9:00pm | 8 classes | Location: High School Faculty Lounge | \$ 99.00 |
| | Begins: March 30, 2017 | | Ends: May 25, 2017 | <i>No class on April 13, 2017</i> |
| Summer: | Mondays 8:00pm – 9:00pm | 7 classes | Location: Middle School Room 101 | \$ 89.00 |
| | Begins: June 19, 2017 | | Ends: August 7, 2017 | <i>No class on July 3, 2017</i> |

DRAWING

Instructor: J. Cianflone

Learn the basics of drawing including contour, value and form by drawing what you see. Charcoal and pencil will be used in this class. The differences between these two materials, as well as how best to use them, will be discussed. Instructor will work with students according to their ability. **A list of required supplies will be emailed to you one week prior to the first class.**

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|---------|---------------------------|------------|----------------------------------|-----------------------------------|
| Spring: | Tuesdays 4:00pm – 6:30pm | 10 classes | Location: Middle School Room 112 | \$ 199.00 |
| | Begins: March 28, 2017 | | Ends: June 6, 2017 | <i>No class on April 11, 2017</i> |
| Summer: | Thursdays 3:00pm – 5:30pm | 6 classes | Location: Middle School Room 112 | \$ 149.00 |
| | Begins: June 29, 2017 | | Ends: August 3, 2017 | |

KNITTING FOR BEGINNERS

Instructor: M. Ball

If it is time to explore your creative side then knitting is the perfect outlet. It is portable, affordable, versatile, fun and the projects you can create are virtually limitless. We will begin with a small project such as a scarf, simple hat or baby blanket to introduce you to the basic skills of casting on, making knitting and purling stitches, binding off and reading a pattern. Choosing the right yarn can sometimes be the most important decision of your project, so we will explore different types of yarn and the information their labels can give you. You will also learn the importance of "getting gauge" and using the proper needle type and size. If you are ready for some more advanced skills we can explore increasing and decreasing stitches as well. **There is no need to buy any materials for the first class. We will be discussing possible project choices and will learn some basic skills.**

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|---------|---------------------------|-----------|--------------------------------------|-----------------------------------|
| Spring: | Thursdays 7:00pm – 8:00pm | 8 classes | Location: High School Faculty Lounge | \$ 99.00 |
| | Begins: March 30, 2017 | | Ends: May 25, 2017 | <i>No class on April 13, 2017</i> |
| Summer: | Mondays 7:00pm – 8:00pm | 7 classes | Location: Middle School Room 101 | \$ 89.00 |
| | Begins: June 19, 2017 | | Ends: August 7, 2017 | <i>No class on July 3, 2017</i> |

MIXED MEDIA

Instructor: J. Cianflone

In this course come and explore the many creative ways to use watercolor along with colored pencils, decorative papers and other materials that strike our fancy. No experience necessary. **A list of required supplies will be emailed to you one week prior to the first class.**

Location of class: Middle School Room 112

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|---------|-----------------------------------|------------|---------------------|-----------------------------------|
| Spring: | <u>Saturdays</u> 12:45pm – 3:15pm | 10 classes | | \$ 199.00 |
| | Begins: April 1, 2017 | | Ends: June 10, 2017 | <i>No class on April 15, 2017</i> |

MOSAIC WORKSHOP

Instructor: R. Peters

Working with stained glass pieces you will make a variety of projects such as frames, mirrors, planters and table tops. No foiling or soldering simply cut your glass, glue and grout. Patterns will be available. Students will buy their own materials which will be discussed during the first class. Basic skills of stained glass cutting are helpful but not required.

Summer: Tuesdays 6:00pm – 9:00pm 6 classes Location: Middle School Room 101 \$ 169.00
Begins: June 27, 2017 Ends: August 8, 2017 *No class on July 4, 2017*

PHOTOGRAPHY WITH YOUR IPHONE

Instructor: M. Merchant

Your iPhone has a great camera that can take you from simple point-and-shoot snapshots to images that rival much more complex cameras. Familiarize yourself with the controls and settings, learn how to navigate the phone's image storage systems, and maximize its creative potential with adjustments and filters. Bring a fully charged iPhone (5 through 7) or iPad with recent or current iOS (operating system).

Spring: Monday, April 3, 2017 7:00pm – 9:00pm \$ 29.00
One-Day Workshop Location: Middle School Room 107

SEED BEAD JEWELRY BEGINNERS

Instructor: B. Medina

In this class you will work with different techniques and materials to make multiple pieces. Projects will include bracelets, necklaces, pendants and earrings, dependent upon timing. You will work with needle and thread so hand-sewing experience is required. **A \$30.00 supply kit must be purchased in cash from the instructor at the first class.**

Spring: Fridays 6:00pm – 7:30pm 5 classes Location: Middle School Faculty Lounge \$ 99.00
Begins: April 21, 2017 Ends: May 19, 2017

SEWING BEGINNER/INTERMEDIATE

Instructor: T. Doyle

If you have wanted to learn how to sew then this is the class for you! Throughout this course you will work on two projects. This class will focus on developing and maintaining good sewing machine skills, laying out and cutting fabric, reading and following a commercial paper pattern, seam finishes, pressing techniques and hand sewing. This course requires that you **bring your own machine**. There will be a limited number of machines available for use on a first come, first served basis. Please contact HRCE by phone to register and reserve a machine. **A list of required supplies will be emailed to you one week prior to the first class.**

Spring: Tuesdays 7:00pm – 9:00pm 8 classes Location: Middle School Faculty Lounge \$ 199.00
Begins: March 28, 2017 Ends: May 23, 2017 *No class on April 11, 2017*

STAINED GLASS MAKING

Instructor: R. Peters

Beginners will learn the copper foil method of stained glass construction used by Louis Comfort Tiffany. We will cover basic skills of designing, cutting, foiling and soldering as you work at your own pace. The first class will be a demonstration and orientation of tools as well as safety procedures. Intermediate students will work in three dimensions to create lampshades and boxes. All students will complete two to four projects during this course, dependent upon skill and amount of time spent working outside of class. **Beginners - A \$135.00 supply fee is due in cash to the instructor at the first class.**

Spring: Tuesdays 6:30pm – 9:30pm 9 classes Location: Middle School Room 101 \$ 199.00
Begins: March 28, 2017 Ends: May 30, 2017 *No class on April 11, 2017*

THE ART OF QUILT MAKING

Instructor: M. Ball

Quilts played a significant role in our nation's history and have deep roots in cultures around the world. Not only are they functional, they also serve as expressions of art through unique designs and colorful patterns.

Participants in this class will learn the history of quilt making and the origins of their designs by examining sample quilts. The course will continue with step-by-step instructions leading to the completion of a 36" x 36" quilt, perfect for a baby. You must bring your own sewing machine to class and basic knowledge of the machine is required.

A list of required supplies will be emailed to you one week prior to the first class.

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|---------|----------------------------|-----------|--------------------------------------|-----------------------------------|
| Spring: | Mondays 7:00pm – 9:00pm | 7 classes | Location: High School Faculty Lounge | \$ 179.00 |
| | Begins: March 27, 2017 | | Ends: May 15, 2017 | <i>No class on April 10, 2017</i> |
| Summer: | Wednesdays 7:00pm – 9:00pm | 6 classes | Location: Middle School Room 101 | \$ 159.00 |
| | Begins: June 28, 2017 | | Ends: August 2, 2017 | |

WATERCOLOR TECHNIQUES

Instructor: J. Cianflone

This class will focus on the unique qualities of watercolor painting. Techniques such as flat washes, wet-in-wet, and glazing will be explored. Projects include color mixing, landscapes, and florals with samples provided.

Students are encouraged to work at their own pace. The instructor strives to give as much individual attention as possible. **A list of required supplies will be emailed to you one week prior to the first class.**

Location of class: Middle School Room 112

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|---------|------------------------------------|---------------------------|----------------------|-----------------------------------|
| Spring: | <u>Wednesdays</u> 4:00pm – 6:30pm | OR 7:00pm – 9:30pm | 10 classes | \$ 199.00 |
| | Begins: March 29, 2017 | | Ends: June 7, 2017 | <i>No class on April 12, 2017</i> |
| | <u>Saturdays</u> 10:00am – 12:30pm | | 10 classes | \$ 199.00 |
| | Begins: April 1, 2017 | | Ends: June 10, 2017 | <i>No class on April 15, 2017</i> |
| Summer: | <u>Tuesdays</u> 6:30pm – 9:00pm | | 6 classes | \$ 149.00 |
| | Begins: June 27, 2017 | | Ends: August 8, 2017 | <i>No class on July 4, 2017</i> |
| | <u>Wednesdays</u> 3:00pm – 5:30pm | OR 6:00pm – 8:30pm | 6 classes | \$ 149.00 |
| | Begins: June 28, 2017 | | Ends: August 2, 2017 | |

BUSINESS & FINANCE

HOW TO LEAVE MONEY TO YOUR HEIRS AND PROTECT YOUR ASSETS

Instructor: M. Greenberg, Esq.

The first hour of the lecture will cover methods to ensure that your life savings are passed down to your loved ones, that your estate will not be taken by the government through undue taxes, and that someone you trust will be selected to fulfill your last wishes. We will compare the advantages and disadvantages of wills and revocable living trusts, cover methods for reducing or deferring gift, estate, income and capital gains taxes, show you how to prevent in-laws from gaining access to your family's estate, and teach you how to avoid problems that may arise out of the probate process.

The second hour will address how seniors can protect their assets from medical costs and maintain control in medical and financial decisions and how to assign the trusted people to make these decisions if they cannot. We will cover planning for long-term care, asset-protection, how to apply for Medicaid, the look-back period, asset transfer dos and don'ts, setting up a trust, costs of receiving care at home, nursing-home expenses, and the role of an elder-law attorney.

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|---------|--------------------------|-----------------|----------------------------------|
| Spring: | Thursday, April 27, 2017 | 6:30pm – 8:30pm | \$ 29.00 |
| | One-time workshop | | Location: Middle School Room 113 |

RETIREMENT PLANNING TODAY

Instructor: T. Herkert

In straightforward language, this class explains time-tested strategies that help you make informed financial decisions. Whether your objective is to build a nest egg, protect your assets or preserve your lifestyle throughout retirement, this course helps you plan your future with confidence. You will learn about the many ways to save for retirement as well as the advantages and disadvantages of each. You will discover how to save money on taxes, manage investment risks and protect your assets from potential long-term health care expenses. Above all, this course will show you how to assess your financial situation and develop a personalized plan to achieve your retirement goals. Age requirement: Adults 21+ only.

Spring: Thursdays, May 11 & 18, 2017
Two-day workshop

6:30pm – 9:00pm

\$ 49.00

Location: Middle School Room 109

DANCE & MUSIC

A THOUSAND YEARS OF MUSIC

Instructor: R. Hoffman

What does music across the centuries say to us? What makes some music "classic"? Why are some works considered masterpieces while others are long forgotten? This course invites you to experience a wide menu from the Middle Ages to Mozart to modern times through listening and discussion. We'll explore what composers and songwriters say with music and how they do it. All generations are welcome --- no previous listening/playing experience necessary. Classes are intended for those who love all types of music and want to enrich their listening experiences beyond the merely familiar.

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|---------|--|-----------|--------------------------------|---------------------------------|
| Spring: | Wednesdays 6:30pm – 8:30pm Begins: April 19, 2017 | 8 classes | Location: High School Room 205 | \$ 199.00 |
| | | | Ends: June 7, 2017 | |
| Summer: | Wednesdays 6:30pm – 8:30pm Begins: June 21, 2017 | 5 classes | Location: High School Room 205 | \$ 129.00 |
| | | | Ends: July 26, 2017 | <i>No class on July 5, 2017</i> |

ADULT JAZZ: BEGINNER/INTERMEDIATE

Instructor: J. Goldberg

This class will explore exciting variations consisting of center barre, stretching, conditioning, progressions across the floor and movement combinations. Jazz builds awareness of body rhythms, coordination, performance quality, and the ability to master increasingly complex and intricate choreography.

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|---------|---|-----------|-------------------------------------|-----------------------------------|
| Spring: | Mondays 6:00pm – 7:00pm Begins: March 27, 2017 | 6 classes | Location: High School Aerobics Room | \$ 79.00 |
| | | | Ends: May 8, 2017 | <i>No class on April 10, 2017</i> |
| Summer: | Mondays 6:00pm – 7:00pm Begins: June 26, 2017 | 6 classes | Location: High School Aerobics Room | \$ 79.00 |
| | | | Ends: August 7, 2017 | <i>No class on July 3, 2017</i> |

ARGENTINE TANGO

Instructor: K. Cressent

Looking for fun-filled evenings of dance? The instructor will have you on the dance floor in no time with easy-to-follow instructions for mastering the basics of the romantic Argentine Tango. The class will cover ochos, the basic eight and turns; maybe even some ganchos (hooks) and a "shoe shine" thrown in for good measure. This is a beginner's class, but valuable for those who have taken a course in the past and simply want to brush up on the fundamentals. No partner necessary, just bring your enthusiasm. **Leather-soled shoes are required.**

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|---------|---|-----------|-------------------------------------|-----------------------------------|
| Spring: | Fridays 6:45pm – 7:45pm Begins: March 31, 2017 | 8 classes | Location: High School Aerobics Room | \$ 99.00 |
| | | | Ends: May 26, 2017 | <i>No class on April 14, 2017</i> |

BALLROOM DANCING

Instructor: T. Lee

Learn the proper posture, frame and hold essential for successful ballroom dancing, as well as the fundamental dance steps of such classics as the waltz, foxtrot, swing, rumba and cha-cha. Join in the fun and discover the wide range of physical and mental benefits that ballroom dancing offers. This class is for new beginners and advanced beginners.

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|---------|--|-----------|-------------------------------------|-----------------------------------|
| Spring: | Tuesdays 7:45pm – 8:45pm Begins: March 28, 2017 | 8 classes | Location: High School Aerobics Room | \$ 99.00 |
| | | | Ends: May 23, 2017 | <i>No class on April 11, 2017</i> |
| Summer: | Tuesdays 7:45pm – 8:45pm Begins: June 27, 2017 | 6 classes | Location: High School Aerobics Room | \$ 79.00 |
| | | | Ends: August 8, 2017 | <i>No class on July 4, 2017</i> |

DRUM CIRCLE/THERAPY

Instructor: E. Bettinelli

Studies have shown that even a brief drumming session can double alpha brain wave activity, dramatically reducing stress and producing feelings of euphoria and well-being. These classes will tap into some of the many wonders and benefits of drumming (hands-on). In our circle we will be building and exploring many rhythms. We will be playing many different types of Latin percussion and hand drums, along with sharing a story or two as we relax our minds, bodies and souls.

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|---------|----------------------------|-----------|---|----------|
| Spring: | Wednesdays 7:30pm – 8:30pm | 8 classes | Location: The Art of Drumming 145 Palisade Street, Dobbs Ferry | \$ 99.00 |
| | Begins: April 19, 2017 | | Ends: June 7, 2017 | |

DRIVING

DRIVER'S EDUCATION

Instructor: PAS Auto School

Learn how to drive safely with the added bonuses of driving privileges at age 17 and lower insurance premiums. The program consists of sixteen 90-minute driving sessions and sixteen 90-minute lecture sessions. Classes are held Monday through Friday on a rotating A & B schedule; one day of lecture then one day of driving. **You must be available all five days.** Driving instruction is provided by PAS Auto School. Students must turn 16 years old and obtain a Learner's Permit no later than June 23, 2017. Driving lessons will be scheduled separately with PAS Auto School. Please see Application/Consent form at the end of this catalog.

| | | | |
|---------|---------------------------------|--------------------------------|-----------|
| Summer: | June 26, 2017 – August 11, 2017 | Lecture Class: 8:00am – 9:30am | \$ 499.00 |
|---------|---------------------------------|--------------------------------|-----------|

FITNESS

Barre

Instructor: Riverstone Yoga

This class utilizes a combination of yoga and barre movements that targets the muscles in the core, glutes and thighs. We incorporate precise movements that sculpt and lengthen the muscles. With your newfound strength, flexibility and balance your entire yoga practice will improve along your body. Low-impact use of weights helps to lengthen and strengthen arms for easier chaturangas and killer triceps.

| | | | | |
|---------|--|------------|-------------------------------------|-----------------------------------|
| Spring: | Saturdays 11:00am – 12:00pm Begins: April 1, 2017 | 10 classes | Location: High School Aerobics Room | \$ 129.00 |
| | | | Ends: June 10, 2017 | <i>No class on April 15, 2017</i> |
| Summer: | Saturdays 11:00am – 12:00pm Begins: July 1, 2017 | 6 classes | Location: High School Aerobics Room | \$ 79.00 |
| | | | Ends: August 5, 2017 | |

CHAIR YOGA

Instructor: Riverstone Yoga

Yoga is a physical, mental, and spiritual practice that aims to transform the body and mind. This class is designed to work with seniors and participants with limited mobility.

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|---------|---|------------|----------------------------------|---|
| Spring: | Mondays 6:15pm – 7:15pm Begins: March 27, 2017 | 10 classes | Location: Middle School Library | \$ 129.00 |
| | | | Ends: June 12, 2017 | <i>No class on April 10 or May 29, 2017</i> |
| Summer: | Mondays 5:45pm – 6:45pm Begins: July 10, 2017 | 6 classes | Location: Middle School Room 101 | \$ 79.00 |
| | | | Ends: August 14, 2017 | <i>No class on July 3, 2017</i> |

HANNA SOMATIC EXERCISE

Instructor: A. Ko-Taiano

Hanna Somatic exercises are an excellent complement to any workout routine, yoga practice or athletic activity. These gentle, easy and safe movements help you to feel comfortable in your own body and more skilled with your overall movement. Benefits include relief of chronic muscle pain as well as improved breathing, self-awareness, mental focus and energy. These classes are appropriate for any age or activity level.

| | | | | |
|---------|---|----------------------|-------------------------------------|-----------------------------------|
| Spring: | Mondays 7:15pm – 8:45pm Begins: March 27, 2017 | 6 classes | Location: High School Aerobics Room | \$ 119.00 |
| | | Ends: May 8, 2017 | | <i>No class on April 10, 2017</i> |
| Summer: | Mondays 7:15pm – 8:45pm Begins: July 10, 2017 | 6 classes | Location: High School Aerobics Room | \$ 99.00 |
| | | Ends: August 7, 2017 | | <i>No class on July 3, 2017</i> |

MINDFUL YOGA: BEGINNER PLUS

Instructor: S. Cohen

Yoga is a holistic approach to health and well-being uniting mind, body, and spirit. In addition to yoga poses, this class incorporates meditation and stress reduction techniques you can carry into your daily life. Bring a yoga mat and wear comfortable clothing.

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|---------|--|--------------------|-------------------------------------|-----------------------------------|
| Spring: | Wednesdays 7:00pm – 8:30pm Begins: March 29, 2017 | 10 classes | Location: High School Aerobics Room | \$ 189.00 |
| | | Ends: June 7, 2017 | | <i>No class on April 12, 2017</i> |

PILATES

Instructor: Riverstone Yoga

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes use of the abdominals, lower back, hips and thighs.

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|---------|--|----------------------|-------------------------------------|-----------------------------------|
| Spring: | Tuesdays 6:30pm – 7:30pm Begins: March 28, 2017 | 10 classes | Location: High School Aerobics Room | \$ 129.00 |
| | | Ends: June 6, 2017 | | <i>No class on April 11, 2017</i> |
| Summer: | Tuesdays 6:30pm – 7:30pm Begins: June 27, 2017 | 6 classes | Location: High School Aerobics Room | \$ 79.00 |
| | | Ends: August 8, 2017 | | <i>No class on July 4, 2017</i> |

POP PILATES

Instructor: G. Quezada

Do you feel like your workout routine has become stale? The innovative, new energy of Pop Pilates takes group fitness to a whole new level with the combination of total body Pilates exercises and choreographed dance. Participants will be challenged to flow from one exercise to the next, developing a rock solid core and leaving no muscle untouched. Every exercise can be modified to fit personal needs.

| | | | | |
|---------|---|----------------------|-------------------------------------|-----------------------------------|
| Spring: | <u>Wednesdays</u> 5:45pm – 6:45pm Begins: March 29, 2017 | 10 classes | Location: High School Aerobics Room | \$ 129.00 |
| | | Ends: June 7, 2017 | | <i>No class on April 12, 2017</i> |
| | <u>Saturdays</u> 9:45am – 10:45am Begins: April 1, 2017 | 10 classes | Location: High School Aerobics Room | \$ 129.00 |
| | | Ends: June 10, 2017 | | <i>No class on April 15, 2017</i> |
| Summer: | <u>Wednesdays</u> 7:30pm – 8:30pm Begins: June 28, 2017 | 6 classes | Location: High School Aerobics Room | \$ 79.00 |
| | | Ends: August 2, 2017 | | |
| | <u>Saturdays</u> 9:45am – 10:45am Begins: July 1, 2017 | 6 classes | Location: High School Aerobics Room | \$ 79.00 |
| | | Ends: August 5, 2017 | | |

TAI CHI

Instructor: Riverstone Yoga

Chinese martial art that involves slow, meditative body movements designed for self-defense and to promote inner peace. This class is open to all skill levels ages 18+ and geared towards participants with limited mobility.

| | | | | |
|---------|---|----------------------|-------------------------------------|-----------------------------------|
| Spring: | Thursdays 6:15pm – 7:15pm Begins: March 30, 2017 | 10 classes | Location: High School Aerobics Room | \$ 129.00 |
| | | Ends: June 8, 2017 | | <i>No class on April 13, 2017</i> |
| Summer: | Thursdays 6:15pm – 7:15pm Begins: June 29, 2017 | 6 classes | Location: High School Aerobics Room | \$ 79.00 |
| | | Ends: August 3, 2017 | | |

ZUMBA

Instructor: G. Quezada

Zumba is a fun and energetic workout that combines Latin and international music with unique moves and combinations. We take the "work" out of workout by mixing low and high-intensity moves for an interval-style fitness party. It allows participants to enjoy their workout and stick to the program so they can achieve long-term health benefits in both body and mind. It provides a mixture of body-sculpting movements with easy-to-follow dance steps, with fast and slow rhythms that maximize calorie and fat burning, as well as total body toning.

| | | | | |
|---------|--|------------|-------------------------------------|-----------------------------------|
| Spring: | <u>Thursdays</u> 7:30pm – 8:30pm Begins: March 30, 2017 | 10 classes | Location: High School Aerobics Room | \$ 129.00 |
| | <u>Saturdays</u> 8:30am – 9:30am Begins: April 1, 2017 | 10 classes | Location: High School Aerobics Room | \$ 129.00 |
| | | | Ends: June 8, 2017 | <i>No class on April 13, 2017</i> |
| | | | Ends: June 10, 2017 | <i>No class on April 15, 2017</i> |
| Summer: | <u>Thursdays</u> 7:30pm – 8:30pm Begins: June 29, 2017 | 6 classes | Location: High School Aerobics Room | \$ 79.00 |
| | <u>Saturdays</u> 8:30am – 9:30am Begins: July 1, 2017 | 6 classes | Location: High School Aerobics Room | \$ 79.00 |
| | | | Ends: August 3, 2017 | |
| | | | Ends: August 5, 2017 | |

GAMES

MAH JONGG

Instructor: R. Asprea

Come learn the basics of this intriguing ancient Chinese tile game of luck and skill. Be the first player to assemble combinations of tiles into specific patterns that make up a hand by picking & discarding tiles. A social, and yet competitive, game that requires practice and strategy – and a little bit of luck! **A \$9.00 material fee is due in cash to the instructor at the first session.**

| | | | | |
|---------|---|-----------|-------------------------------------|-----------|
| Spring: | <u>Wednesdays</u> 5:30pm – 7:30pm Begins: April 19, 2017 | 6 classes | Location: High School Aerobics Room | \$ 159.00 |
| Summer: | <u>Wednesdays</u> 5:30pm – 7:30pm Begins: June 28, 2017 | 6 classes | Location: High School Aerobics Room | \$ 159.00 |
| | | | Ends: May 24, 2017 | |
| | | | Ends: August 2, 2017 | |

LANGUAGE & CULTURE

ARABIC FOR BEGINNERS/ADVANCED BEGINNERS

Instructor: A.M. Benarafa

This is a course in Modern Standard Arabic (MSA). It will introduce students to speaking, listening, reading and writing skills in the standard means of communication in the Arab World, as well as reinforce your current skills. The course is proficiency-based, implying that all activities within the course are aimed at placing the learner in the context of the native-speaking environment from the very beginning. No prerequisites.

| | | | | |
|---------|--|-----------|----------------------------------|-----------------------------------|
| Spring: | Wednesdays 5:30pm – 7:30pm Begins: March 29, 2017 | 8 classes | Location: Middle School Room 110 | \$ 199.00 |
| | | | Ends: May 24, 2017 | <i>No class on April 12, 2017</i> |

FRENCH FOR BEGINNERS

Instructor: A.M. Benarafa

This course is designed for students who have had limited exposure to French. Students will be able to socialize, provide and obtain information, express personal feelings on various topics, and get others to adopt a course of action.

| | | | | |
|---------|--|-----------|----------------------------------|-----------------------------------|
| Spring: | Tuesdays 5:30pm – 7:30pm Begins: March 28, 2017 | 8 classes | Location: Middle School Room 110 | \$ 199.00 |
| | | | Ends: May 23, 2017 | <i>No class on April 11, 2017</i> |

ITALIAN

Instructor: A. De Gennaro

The beginner course is designed for participants who have little or no knowledge of Italian. Italian language classes are offered through a comprehensive approach, with a goal of enabling one to read, write and speak with equal proficiency while gaining knowledge of Italy, its culture and history. The classes are conducted in Italian with some English used in the beginning as a support.

The intermediate and intermediate/advanced courses are designed for participants who know basic tenses (present, future, some pasts) and would like to improve their conversational skills. More time is dedicated to conversing, with a continued focus on pronunciation and inflection.

The following texts are suggested for both classes:

Italian: A Self-Teaching Guide, 2nd Edition by Edoardo A. Lèbano

ISBN-13: 978-0471359616

Smiley Face Reader: Raccontini Simpatici (Italian Edition) by McGraw-Hill

ISBN-13: 978-0658005442

Beginners

Spring: Thursdays 6:00pm – 7:00pm 10 classes Location: Middle School Room 107 \$ 129.00
Begins: March 30, 2017 Ends: June 8, 2017 *No class on April 13, 2017*

Intermediate

Spring: Thursdays 7:15pm – 8:15pm 10 classes Location: Middle School Room 107 \$ 129.00
Begins: March 30, 2017 Ends: June 8, 2017 *No class on April 13, 2017*

Intermediate/Advanced

Summer: Thursdays 6:30pm – 7:30pm 6 classes Location: Middle School Room 112 \$ 79.00
Begins: June 29, 2017 Ends: August 3, 2017

NETWORKING

SOCIAL MEDIA: NEXT STEPS

Instructor: E. McCormack

Are you already on Facebook but want to venture out into Twitterville? Wondering about Instagram and how to use it personally or professionally? Curious about Facebook business pages and groups? This class will take you deeper into the most popular social media platforms including Facebook, Twitter, Instagram, Pinterest and more. We'll examine how to use the platforms, how to look at the metrics, how to "follow", "block" and "unfriend" people, and how to use these platforms for your small business and non-profits. We will also spend time looking at some of the most popular apps you can download to amp up your social media use, create graphics for your posts, merge photos and text, and more.

Summer: Tuesdays & Thursdays 6:30pm – 8:30pm 9 classes Location: Middle School Room 113 \$ 199.00
Begins: June 27, 2017 Ends: July 27, 2017 *No class on July 4, 2017*

PERFORMING ARTS

ACTING

Instructor: C. Gordon-Elliott

This class will provide acting techniques for beginners and intermediates. Through scene and monologue work and group exercises, we will build our skills in auditioning, character work, scene study, and feeling comfortable with a script for both stage and screen. The class is taught in a fun and welcoming environment.

Spring: Wednesdays 7:00pm – 9:00pm 6 classes Location: Middle School Library \$ 159.00
Begins: April 19, 2017 Ends: May 24, 2017

WRITING

TELLING STORIES: A CREATIVE WRITING WORKSHOP

Instructor: D. Harris

What story do you want to tell? How should you tell it? This workshop is for those who are still searching for their stories as well as those who have launched their creative projects. Short stories, novels and memoirs are welcome. We will discuss the essential elements of writing: character, narrative, point-of-view and voice, as well as techniques for bringing your story to life. We'll share strategies for overcoming the things that get in the way of writing and offer supportive, thoughtful comments on one another's work. Weekly readings of contemporary literature, writing exercises and writing prompts will help develop critical skills and ignite the creative impulse.

Spring: Saturdays 11:00am – 12:30pm 6 classes Location: Middle School Room 107 \$ 119.00
Begins: April 1, 2017 Ends: May 13, 2017 *No class on April 15, 2017*

DOBBS FERRY HIGH SCHOOL SUMMER DRIVER EDUCATION PROGRAM

DOBBS FERRY HIGH SCHOOL APPLICATION/CONSENT SLIP

505 Broadway, Dobbs Ferry, NY 10522 (914) 693-1500 x3148

Today's Date: _____

Student's Name, Address, Date of Birth and Permit/License # MUST BE EXACTLY as on the permit/ license otherwise the DMV will NOT Convert your Junior to Senior License

| | | | |
|--|-------|----------|---------------------------------|
| | | | Male () Female () |
| Last | First | Middle | Date of Birth |
| Address | | | Home Phone / Student Cell Phone |
| City | State | Zip Code | E-Mail Address |
| PERMIT/LICENSE NUMBER: _____ | | | _____ |
| <small>(Required by 06/23/17. Include copy with application or as soon as acquired.)</small> | | | Name of Full-Time High School |

SUMMER PROGRAM CONSISTS OF:

- Sixteen (16) 90-minute driving and sixteen (16) 90-minute lecture sessions. **June 26th - August 11th**
- Classes are held Monday through Friday on a rotating A & B schedule (one day lecture, from 8:00 a.m. to 9:30 a.m. / one day driving) - **YOU MUST BE AVAILABLE ALL FIVE DAYS**

Please indicate the top 3 time slots that you are available for driving lessons (1, 2 and 3). Schedule will depend on teacher availability and order in which application is received.

7:00 A.M. _____ 8:30 A.M. _____ 10:00 A.M. _____ 11:30 A.M. _____
 1:00 P.M. _____ 2:30 P.M. _____ 4:00 P.M. _____ 5:30 P.M. _____

PARENT/GUARDIAN INFORMATION AND CONSENT

I give my child permission to be enrolled in the aforementioned driver education program.

Parent/Guardian (Print Name) _____ Parent/Guardian (Signature) _____ Phone Number _____

EMERGENCY CONTACT INFO: _____ Name _____ Phone Number _____

IMPORTANT INFORMATION

- 1) The summer 2017 program starts on June 26th and will be conducted for 7 weeks.
- 2) Fee for the program is \$499.00. Payment is required with this application. Mail completed and signed application (along with payment if not paid online) to: **Dobbs Ferry UFSD, 505 Broadway, Dobbs Ferry, NY 10522, Attention: HRCE.**
- 3) **You must submit a copy of your permit with your application or as soon as acquired prior to 06/24/17.** Course requirements and assignments will be provided at the mandatory 60-minute **Orientation on Monday, June 19, 2017 at 5:00 p.m. in room 107 of the Dobbs Ferry Middle School.**
- 4) Driving instruction is provided by PAS Auto School (914) 332-7700.

DO NOT WRITE BELOW THIS LINE. FOR OFFICE USE ONLY.

| | | | |
|------------------------|-----------------|------------------|---------------------|
| ASSIGNED DRIVING TIMES | _____ Day _____ | _____ Time _____ | _____ Teacher _____ |
| ASSIGNED LECTURE TIMES | _____ Day _____ | _____ Time _____ | _____ Teacher _____ |
| PAYMENT _____ | CHECK # _____ | DATE _____ | |
| PR____ DA____ | PU____ PA____ | | |

Dobbs Ferry UFSD - HRCE
505 Broadway
Dobbs Ferry, NY 10522
(914) 693-1500, x3148
www.hrcewestchester.org

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SPRING / SUMMER 2017 COURSE CATALOG