

SPRING 2019



Hudson
River
Community
Education

Coordinated by the
Dobbs Ferry School District

COURSE CATALOG

Dear Community Member,

Welcome to the Hudson River Community Education (HRCE) Program. HRCE is coordinated by the Dobbs Ferry School District. Our courses are open to everyone regardless of where you live. The goal of HRCE is to offer a broad range of classes to inspire life-long learning. We have classes in art, music, dance, health and fitness, cooking, technology, personal finance and much more. HRCE's Spring Session officially kicks-off on Monday, March 25, 2019. Please try to register at least two weeks prior to the start of the class so that our instructors can be prepared. Whether you are interested in gathering information, learning a new skill or renewing an old interest, we hope you will join us. We would also appreciate your feedback, including any suggestions you may have for additional courses.

Sincerely,
HRCE Coordinator

Hudson River Community Education Registration Form

Name _____

Address _____ Apt. # _____

City _____ State _____ Zip Code _____

Home Telephone _____ Mobile Telephone _____

*Email Address _____

*Needed for notification of emergency cancellation and order confirmation

Course Title	Start Date	Day	Time	Fee

Check Visa MasterCard Discover Total \$ _____

Credit Card Number _____ Expiration Date _____ Security Code _____

Signature of Cardholder _____ Please print name as it appears on card

Please make checks payable to:
Dobbs Ferry UFSD - HRCE
505 Broadway, Dobbs Ferry, NY 10522

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.hrcewestchester.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 2019 program begins Monday, March 25, 2019 and the Summer 2019 program begins on Monday, June 24, 2019. 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

Suzanne Altman is an artist, art educator and art historian. She has been teaching and lecturing Art History for over 10 years. She works out of her studio in Ossining.

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.

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.

Steven Brunner has 25 years in the culinary profession. Steven is a retired member of the FDNY and chef/owner/operator of Exquisite Affairs, a professional catering service. He has been a guest chef on the Rachael Ray Show and the Katie Couric Show. Steven is currently working as a ski instructor at Thunder Ridge and Hockey program instructor for the NY Rangers.

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.

Mary Ann DeToma holds a Bachelor's Degree in Business Management from Empire State College, a New York State Property and Casualty Insurance Broker's License, as well as various insurance certificates. Mary Ann is a New York State Certified (6 hour) Defensive Driving instructor and sole Proprietor of Safety1st Defensive Driving.

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.

Cicely Greaves is the owner and operator of REGARD. She daily practices meditation and is a REIKI Master. In her journey she has changed her awareness, thoughts, words, deeds and actions. She is a TV host and producer of the TV show Give and Take Virtues in Life.

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.

Susan Rowe Harrison makes drawings and large scale installations for public spaces. She has exhibited her work internationally and has numerous public commissions. She holds graduate and undergraduate degrees from New York University and UC Berkeley respectively and studied painting and drawing at the School of the Art Institute in Chicago.

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™. Securities offered through Kestra Investment Services, LLC (Kestra IS), member FINRA/SIPC. Investment advisory services offered through Kestra Advisory Services, LLC (Kestra AS), an affiliate of Kestra IS. 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.

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.

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 is a member of their Board.

Martin Merchant has had two careers: he was a professional photographer for 20 years, and then became a high school digital media art teacher in Hastings-on-Hudson, NY. As an office holder for the New York State Art Teachers Association for the last 10 years, he has taught workshops to fellow art teachers at conventions and professional development conferences in all aspects of photography, digital media and Photoshop. Retiring in 2015, he has devoted his time to teaching adults all aspects of digital imaging and editing, and continues to be active in the NYSATA as the newsletter editor and an official trainer in the New York State Education Department's 2017 Visual and Media Arts Standards.

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.

David Sabol works at the Harrison Public library as the IT and emerging technologies librarian. He earned his BBA at Iona, his MLS at LIU, his MS at Pace and he's ABD with his doctoral studies in Applied IT. Daniel teaches IT courses at Fordham and Pace.

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.

Carmilla Tan has been practicing yoga for more than 10 years and is a Registered Yoga Teacher (RYT 200) with the Yoga Alliance. Her certified training is focused on Vinyasa style yoga with Three Sisters Yoga in New York City, Carmilla also teaches at the Yoga Collective NYC.

ARTS & CRAFTS

DRAWING

Instructor: S. Rowe Harrison

This class is for anyone who wants to learn how to draw or hone their drawing skills. You will learn some of the elements of drawing like how to use lines and edges, creating texture, and how to reduce complex forms to simple shapes and build out form through shading.

The only requirements are a sketch pad, a basic set of drawing pencils and erasers, and your creative curiosity.

Spring: Thursdays 7:00pm – 9:00pm 10 classes Location: Middle School Room 112 \$ 225.00
Begins: April 4, 2019 Ends: June 13, 2019 *No class on April 13, 2019*

DRAWING WITH COLOR

Instructor: S. Rowe Harrison

Through an exploration of water-based color media such as watercolor, gouache, inks and water soluble pencils, we will learn the basics of color from understanding color combinations and relationships, to value, hue and saturation. We will learn where to find color inspiration and how to create a color palette for your artwork.

Spring Saturdays 1:00pm – 3:00pm 10 classes Location: Middle School Room 112 \$ 225.00
Begins: April 06, 2019 Ends: June 22, 2019 *No class on April 20 and May 25, 2019*

KNITTING FOR BEGINNERS

Instructor: B. Medina

This class is for beginners or for those who are still learning the basics. Learn step by step knitting techniques and more. Supplies: Bring a pair of needles #8, scissors and yarn. Do not bring tick or fine yarn.

Spring: Saturdays 10:00am – 12:00pm 6 classes Location: Middle School Faculty Lounge \$ 150.00
Begins: March 30, 2019 Ends: May 11, 2019 *No class on April 20, 2019*

SEED BEAD JEWELRY

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 some hand-sewing experience is required. ****A \$30.00 supply fee is due in cash to the instructor at the first class.****

Spring: Fridays 7:00pm – 9:00pm 5 classes Location: MS Faculty Lounge \$ 125.00
Begins: April 5, 2019 Ends: May 10, 2019 *No class on April 20, 2019*

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

Spring: Tuesdays 7:00pm – 9:00pm 6 classes Location: Middle School Faculty Lounge \$ 150.00
Begins: April 2, 2019 Ends: May 14, 2019 *No classes April 16, 2019*

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 10 classes Location: Middle School Room 101 \$ 250.00
Begins: March 26, 2019 Ends: June 11, 2019 *No classes April 16 and May 21, 2019*

WATERCOLOR TECHNIQUES

Instructor: S. Altman

This class will focus on the unique qualities of watercolor painting. Techniques such as flat washes, wet-in-wet, and glazing will be explored. Students are encouraged to work at their own pace. The instructor strives to give as much individual attention as possible.

Spring: Wednesdays 4:00pm – 6:30pm 10 classes Location: Middle School Room 112 \$ 200.00
Begins: March 27, 2019 Ends: June 5, 2019 *No class on April 17*

ART & MUSIC APPRECIATION

MUST SEE TREASURES NYC MUSEUMS

Instructor: S. Altman

This class takes you on a virtual tour through the great art museums of NYC pointing out what works of art should not be missed.

Spring: Tuesdays 6:30pm – 7:45pm 3 classes Location: Middle School Room 109 \$ 50.00
Begins: April 30, 2019 Ends: May 14, 2019 *No class on April 17*

HOW TO READ AND INTERPRET A WORK OF ART

Instructor: S. Altman

In this class, you will be shown many different ways of looking at art and understanding it. We will examine works from the perspective of the medium used, use of the elements of art like color, shape and texture, use of focal point and point of view and many other tools to increase your comprehension and appreciation of any work of art. Examples will be shown from the entire span of art history.

Spring: Mondays 6:30pm – 8:00pm 6 classes Location: Middle School Room 109 \$ 110.00
Begins: April 8, 2019 Ends: June 3, 2019 *No class on April 15 and April 22*

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? What do musicians "do" and how does it affect us?

These courses invite 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, whether through "classical", "popular", or other musical genres.

All generations are welcome --- no previous listening/playing experience necessary. Intended for those who love all types of music and want to enrich their listening experiences beyond the merely familiar.

Course A: Introduction: Why Listen

Course A: Wednesdays 6:30pm – 8:30pm 4 classes Location: High School Room 205 \$ 100.00
Begins: March 27, 2019 Ends: April 24, 2019 *No Class April 17, 2019*

This course is designed for those who have never taken "A Thousand Years of Music" before.

Course B: Musical Anniversaries 1969, 1919, 1869, and 1619

Course B: Wednesdays 6:30pm – 8:30pm 7 classes Location: High School Room 205 \$ 175.00
Begins: May 8, 2019 Ends: June 19, 2019

This course is open to all, whether new or repeating (Course A is not required to take Course B)

BUSINESS & FINANCE

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 6:30pm – 8:30pm 3 classes Location: Middle School Room 109 \$ 49.00
A SPOUSE OR GUEST IS WELCOME AT NO ADDITIONAL COST.

COOKING

BBQ BASICS

Instructor: S. BRUNNER

This course teaches everything you need in order to cook amazing BBQ on your own just in time for the summer. You will learn BBQ, grilling and marinating techniques for meat, fish and vegetables.

Spring: Tuesdays 7:00pm – 9:00pm 3 classes Location: High School Cafeteria \$ 75.00
Begins: April 30, 2019 Ends: May 14, 2019

DINNER TODAY, A DELIGHT TOMORROW

Instructor: S. BRUNNER

Create leftovers purposely, when you're planning meals, think about what extras can become. This course will help you plan your meals while thinking how to turn leftovers into a quick, delicious, inexpensive and creative meal.

Spring: Tuesdays 7:00pm – 9:00pm 3 classes Location: High School Cafeteria \$ 75.00
Begins: April 2, 2019 Ends: April 23, 2019 *No Class April 16, 2019*

DANCE

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.

Spring: Wednesdays 6:00pm – 7:00pm 5 classes Location: High School Aerobics Room \$ 60.00
Begins: May 15, 2019 Ends: June 12, 2019

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.**

Beginners:

Spring: Fridays 6:00pm – 7:00pm 8 classes Location: High School Aerobics Room \$ 100.00
Begins: March 29, 2019 Ends: May 31, 2019 *No class on April 19 and May 24, 2019*

Intermediate:

Spring: Fridays 7:00pm – 8:00pm 8 weeks Location: High School Aerobics Room \$ 100.00
Begins: March 29, 2019 Ends: May 31, 2019 *No class on April 19 and May 24, 2019*

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.

Spring: Tuesdays 6:00pm – 7:00pm 10 classes Location: High School Aerobics Room \$ 125.00
Begins: March 26, 2019 Ends: June 11, 2019 *No class April 16 and May 21, 2019*

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 21, 2019. Driving lessons will be scheduled separately with PAS Auto School. Please see Application/Consent form at the end of this catalog.

Spring: Underway Began: February, 2019 Ends: June, 2019

Summer: Begins: June 24, 2019 Ends: August 2019 \$ 500.00

SAFETY 1ST DEFENSIVE DRIVING

Instructor: M. DeToma

The New York State Point and Insurance Reduction Program (6 Hour Defensive Driving Course) has many benefits. These include discounts on your automobile insurance if you are the principal operator assigned to a vehicle on an insurance policy, point reduction from your driver's license, and learning safe driving techniques. Must attend full six hours for certification. Please bring your driver's license. **A \$15.00 supply fee is due in cash to the instructor at the first session.**

Fall: Wednesday & Thursday, April 10 & April 11, 2019 6:00pm – 9:00pm \$ 45.00
Two-day workshop Location: Middle School Room 107

FITNESS & YOGA

GENTLE FLOW YOGA

Instructor: C. Tan

The yoga class is a gentle yoga flow focused on de-stressing and connecting breath with movement. We will flow through the basics of Sun Salutation As and Bs as well as other warrior poses in a mindful way. no experience or yoga mats needed, all ages are welcome. This class is perfect for a beginner/intermediate student who just wants to move and stretch. Yoga mats will be provided but you are welcome to bring your own mat or yoga blocks.

Spring: Saturdays 10:00am – 11:00am 10 classes Location: High School Aerobics Room \$ 125.00
Begins: March 30, 2019 Ends: June 15, 2019 *No class on April 20 and May 25, 2019*

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 6:30pm – 8:00pm 10 classes Location: High School Aerobics Room \$ 185.00
Begins: April 1, 2019 Ends: June 24, 2019 *No class on April 15, April 22 and May 27, 2019*

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.

Spring: Wednesdays 7:15pm – 8:45pm 6 classes Location: High School Aerobics Room \$ 100.00
Begins: May 8, 2019 Ends: June 12, 2019

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.

Saturdays 8:30am – 9:30am 10 classes Location: High School Aerobics Room \$ 125.00
Begins: March 30, 2019 Ends: June 15, 2019 *No class on April 20 and May 25, 20*

Thursdays 7:00pm – 8:00pm 10 classes Location: High School Aerobics Room \$ 125.00
Begins: April 4, 2019 Ends: June 13, 2019 *No class on April 18*

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: Wednesdays 5:00pm – 7:00pm 6 classes Location: High School Faculty Lounge \$ 150.00
April 24, 2019 Ends: May 29, 2019

LANGUAGE & CULTURE

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

ISBN-13: 978-0471359616

ISBN-13: 978-0658005442

Beginners:

Spring: Thursdays 6:30pm – 7:30pm 10 classes Location: Middle School Room 107 \$ 125.00
Begins: March 28, 2019 Ends: June 6, 2019 *No class on April 18, 2019*

Intermediate:

Spring: Thursdays 7:30pm – 8:30pm 10 classes Location: Middle School Room 107 \$ 125.00
Begins: March 28, 2019 Ends: June 6, 2019 *No class on April 18, 2019*

PERSONAL WELLNESS

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.

Spring Wednesdays 7:30pm – 8:30pm 6 classes Location: The Art of Drumming \$ 75.00
145 Palisade Street, Dobbs Ferry
Begins: April 24, 2019 Ends: May 29, 2019

RELATIONSHIP BUILDING

Instructor: C. Greaves

Topics:

-Our thoughts shape our words and our actions

-Wellness of the mind, I think I am....

-Understanding REIKI, Understanding Mindfulness/Meditation, Energy & Healing, Renewal and what does that mean, Topic of Choice.

Goal: Self Mastery/Virtues and Me/Staying in My Lane.

Spring Thursdays 6:00pm– 7:30pm 8 classes Location: Middle School Room 113 \$ 150.00
Begins: April 25, 2019 Ends: June 12, 2019

TECHNOLOGY

HTML & WEBSITE BUILDING

Instructor: D. Sabol

Learn the basics of HTML content and website building. This four-week course will teach you CSS and JavaScript as well. You will be able to build websites when we are through.

Spring Saturdays 9:00am– 11:00am 4 classes Location: Middle School Room 107 \$ 120.00
Begins: April 6, 2019 Ends: May 4, 2019 *No class on April 20, 2019*

IPHONE & IPAD PHOTOGRAPHY

Instructor: M. Merchant

In two 2-hour sessions, learn how to get the most out of the camera in your iPhone/iPad that can take you from simple “point-and-shoot” snapshots to photography that rivals 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. Classes will cover set up, controls, composition, storage, and sharing of images on your iPhone/iPad.

Spring: Tuesdays 7:00pm – 9:00pm 2 classes Location: Middle School Room 109 \$ 50.00
Begins: April 23, 2019 Ends: April 30, 2019

EDITING PHOTOS ON YOUR IPHONE & IPAD

Instructor: M. Merchant

In two 2-hour sessions, learn simple editing techniques with the iPhone’s editing tools: cropping, exposure adjustment, color correction and enhancement. With the free iPhone application SnapSeed, students will also explore more creative alterations such as cloning, perspective correction, retouching, and applying various special effect filters.

Spring: Tuesdays 7:00pm – 9:00pm 2 classes Location: Middle School Room 109 \$ 50.00
Begins: May 7, 2019 Ends: May 14, 2019

CYBER SECURITY

Instructor: D. Sabol

Come and learn the methods and ways cyber crimes are committed. In addition to learning about some of the tools, you will learn how to protect yourself on the web. We will discuss items you may have heard like a sql injection to things that you have never heard.

Spring Saturdays 9:00am– 11:00am 1 classes Location: Middle School Room 107 \$ 30.00
Begins: May 11, 2019

MICROSOFT OFFICE

Instructor: D. Sabol

The goals and outcomes of this course will give a brief overview of MS Word, MS Excel and MS PowerPoint.

Spring Saturdays 9:00am– 11:00am 3 classes Location: Middle School Room 107 \$ 90.00
Begins: June 1, 2019 Ends: June 15, 2019

WRITING

TELLING STORIES: A CREATIVE WRITING WORKSHOP

Instructor: D. Harris

In this workshop, we will discuss the fundamentals of writing: character, narrative, point-of-view, and voice, and learn how these elements can bring your story to life. We'll share strategies for overcoming the things that get in the way of moving ahead, and offer supportive, thoughtful comments on each other's work. Weekly readings of contemporary literature, writing exercises, and writing prompts will help develop critical skills and ignite your creative impulse. The course is for those who are still searching as well as those who have begun their creative projects. Short stories, novels, and memoirs are welcome..

Spring: Mondays 4:00pm – 5:30pm 6 classes Location: Middle School Room 107 \$ 110.00
Begins: April 1, 2019 Ends: May 20, 2019 *No class on April 15 and April 22, 2019*

Spring: Mondays 6:00pm – 7:30pm 6 classes Location: Middle School Room 107 \$ 110.00
Begins: April 1, 2019 Ends: May 20, 2019 *No class on April 15 and April 22, 2019*

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: _____			_____	
(Required by 06/21/19. Include copy with application or as soon as acquired.)			Name of Full-Time High School	

SUMMER PROGRAM CONSISTS OF:

- Sixteen (16) 90-minute driving and sixteen (16) 90-minute lecture sessions. **June 24th - August 09th**
- 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 2019 program starts on June 24th and will be conducted for 7 weeks.
- 2) Fee for the program is \$500.00. 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 06/21/2019.** Course requirements and assignments will be provided at the mandatory 60-minute **Orientation on Wednesday, June 19, 2019 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____