

Rocky Point Community Education Classes... FALL 2019

CHAIR YOGA #101

Dates: 10/21 -12/2 (no class 11/11)

Day: Mondays

Time: 7:00 PM—8:30 PM

Fee: \$60.00

Location: Middle School Weight Room

Instructor: Barbara Delledonne

Description: For the body, new to yoga or the body that finds it hard to get down on the ground. Men & Women welcomed! Wear loose clothing and bring water.



BEGINNER YOGA #102

Dates: 10/16 — 11/20

Day: Wednesdays

Time: 7:00 PM—8:30 PM

Fee: \$60.00

Location: Middle School Weight Room

Instructor: Barbara Delledonne

Description: Release stress, energize and relax with YOGA! For the body that is new to yoga or the body that needs to move more gently. Men and women welcomed! Wear loose clothing, bring a towel or yoga mat and water.



LEVEL 2 YOGA #103

Dates: 10/10/19—11/14/19

Day: Thursdays

Time: 7:00 PM—8:30 PM

Fee: \$60.00

Location: Middle School Weight Room

Instructor: Barbara Delledonne

Description: For the body that needs to flow and would like a little more movement. Men & Women welcomed! Wear loose clothing bring a towel or yoga mat and water.



BASKETBALL 35 & OVER #104

Dates: 9/9/19—12/16/19

(no class 9/30, 10/14, 11/11)

Day: Mondays

Time: 8:00 PM—9:30 PM

Fee: \$50.00

Location: Middle School GYM

Instructors: John Schmidt

Description: Get in shape! Full court basketball will start slow and finish somewhere near quick. Class limited to 16.



COUNTRY LINE DANCING WITH NATALIE #105

Dates: 9/23/19—11/18/19

(no classes 9/30, 10/14, 11/11)

Day: Mondays

Time: 7:00 PM—8:30 PM

Fee: \$60.00

Location: Middle School Cafe

Instructor: Natalie Boyle

Description: Get ready to kick up your heels for some fun County Line Dancing lessons. Learn fun dances that the top Long Island Bands and D.J.'s play. Great way to socialize, exercise, and meet new friends. All levels are welcome-basic and intermediate steps will be shared. Rubber sole shoes/boots are recommended.



CANVAS PAINT NIGHT WITH FRIENDS #106

Date: 11/12/19

Day: Tuesday

Time: 7:00 PM—9:00 PM

Fee: \$20.00 plus material fee of \$10.00 pd. to instructor day of class

Location: Middle School Room 105

Instructor: Theresa Fogal

Description: Step into your Creative Zone with friends and create a beautiful painting on canvas. Instructions and materials provided by instructor.

WOOD PALLET DECORATION-HOME SWEET HOME SIGN #107

Date: 10/22/19

Day: Tuesday

Time: 7:00 PM—9:00 PM

Fee: \$20.00 plus material fee of \$5.00 pd. to instructor day of class

Location: Middle School Room 105

Instructor: Theresa Fogal

Description: Step into your Creative Zone with friends and create a beautiful wood pallet welcome sign. You will receive step by step instructions from the instructor. All materials will be provided the night of the class.

TAI CHI FLOW #108

Date: 10/22—12/3 (no class 11/5)

Day: Tuesdays

Time: 5:30 PM - 6:30 PM

Fee: \$60.00

Location: Middle School Library

Instructor: Judith Walsh

Description: Standing/seated one hour exercise program designed to heal the body, soothe the mind, increase balance and flexibility. Judith has been teaching her program for over 20 years across New York and Long Island and uses it to manage her chronic health symptoms. Wear comfortable clothing and flat shoes— no prior experience needed.



SAT COURSE
CALL 1-800-SAT-PREP CLASS
STARTS MIDDLE OF
SEPTEMBER



CONTACT INFORMATION:

Office of Community Education
Rocky Point High School
82 Rocky Point-Yaphank Road
Rocky Point, New York 11778
Director: Lori Kuhn
631-849-6168
Communityed@rockypoint.k12.ny.us

Rocky Point Community Education Classes... FALL 2019



Please complete one registration form for each course (form may be duplicated). Mail the registration form, along with a check or money order, **NO CASH ACCEPTED**, check made payable to Rocky Point Schools.

NO REGISTRATION WILL BE ACCEPTED ON THE FIRST DAY OF THE PROGRAM.

**Rocky Point High School
Office of Community Education
82 Rocky Point – Yaphank Road
Rocky Point, New York 11778**

FALL 2019—Registration Form

Name _____ Phone # _____
Emergency Contact Name _____ Emergency Phone #: _____
Address _____ City _____
Email Address: _____
Course #: _____ Course Title: _____

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