

Rocky Point Community Education Fall 2022

COUNTRY LINE DANCING WITH NATALIE #101

Dates: Wednesdays, 10/12—11/16 (6 sessions)

Time: 7:00 pm—8:30 pm

Fee: \$65.00

Location: MS Cafe

Instructor: Natalie Boyle

Description: Get ready to kick up your heels for some fun Country 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.



YOGA #103

Dates: Mondays, 11/7—12/12 (6 sessions)

Time: 6:00 PM to 7:00 PM

Fee: \$60.00

Location: Middle School Weight Room

Instructor: Kim O'Connor

Description: Yoga is a mindful fitness that engages the breath, the body and the mind to improve strength, balance, and flexibility. Together, movement and deep breathing increases blood flow and warm ups the muscles while holding poses will build strength. Through a series of flows you'll learn to focus on the transition of poses with breath. This class is welcoming for all experience levels. Have a yoga mat and water bottle ready in your yoga space.



HEARTSAVER FIRST AID CPR/AED #105

Date: Monday, 11/7

Time: 6:00 PM—9:00 PM

Fee: \$70.00 includes \$20.00 for state card

Location: High School Room 121A

Instructor: Gene Buchner

Description: This course is for anyone with little or no medical training who needs a course completion card for their job regulatory (e.g. OSHA), teen babysitters, or anyone who wants to prepare for an emergency in any setting. Upon successful course completion, students receive a course completion card, valid for two years. This course meets the requirements for training outlined under the NY State Public Access to Defibrillation Law.



TAI CHI FLOW #102

Dates: Thursdays, 10/13—11/17 (6 Sessions)

Time: 5:15 PM to 6:15 PM

Fee: \$60.00

Location: Middle School Weight Room

Instructor: Judith Budd 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 is needed.



MENS BASKETBALL 30 & Over #104

Dates: Mondays, 10/3—12/19 (no class 10/10)

Time: 7:00 PM to 9:30 PM

Fee: \$55.00

Location: Middle School Gym

Instructor: Joseph LaMacchia

Description: Come join our group of shooters! Practice your skills and workout while playing the game. The emphasis of this class is to have a good time so bring a friend or come prepared to make one. Dress appropriately with comfortable clothing and sneakers.



HOLIDAY WINE GLASS PAINTING #106

Date: Thursday, 11/3

Time: 7:00 PM to 9:00 PM

Fee: \$15.00 plus \$6.00 for supplies

Location: Middle School Room 116

Instructor: Theresa Fogal

Description: Uncork your creativity and gather with friends for a fun filled paint night. Instruction and materials provided by the instructor. Material fee of \$6.00 to be paid to instructor day of class.



COMING SPRING 2023



FALL 2022—Registration Form

Name _____ Phone # _____

Emergency Contact Name _____ Emergency Phone #: _____

Address _____ City _____

Email Address: _____

Course #: _____ Course Title: _____

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**, made payable to Rocky Point Schools. **ONCE CAMP STARTS NO REFUND. NO REGISTRATION WILL BE ACCEPTED ON THE FIRST DAY OF THE PROGRAM.**

**Rocky Point High School
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82 Rocky Point – Yaphank Road
Rocky Point, New York 11778**

CONTACT INFORMATION:

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