

DENNIS-YARMOUTH REGIONAL SCHOOL DISTRICT ADULT EDUCATION PROGRAM

296 Station Avenue
South Yarmouth, MA 02664

Walk-in's
welcome for
registrations!

SPRING 2010
PROGRAM START-UP IS MONDAY, JANUARY 25, 2010

D-Y HIGH SCHOOL

MONDAY

7:00-9:00 # 6 Digital Photography, starts 1/25
6:45-8:15 #10 Rights and Responsibilities of the
American Citizen, starts 1/25

WEDNESDAY

2:30-3:30 # 1 Advanced Italian, starts 3/3
6:00-7:00 # 2 Beginning Italian, starts 3/3
3:45-5:45 # 7 Intermediate Italian, starts 3/3
6:30-8:30 # 4 Cape Cod History, starts 1/6

THURSDAY

6:00-7:00 # 9 Portuguese, starts 1/28
7:15-8:15 # 5 Continuing Portuguese, starts 1/28

COMPUTER CLASSES
To be announced when available

CLASSES AT OTHER LOCATIONS

MacARTHUR ELEMENTARY SCHOOL

| | | | |
|----------------|--|----------------|---|
| 6:15-7:15 # 3 | Body Image, Mon/Wed starts Wed. 1/27 | 5:30-7:30 # 12 | Thursday Night Traditional Hatha Yoga 1/28 – 3/25 |
| 7:15-8:30 # 8 | Muscle Conditioning, Mon/Wed starts Wed. 1/27 | 5:30-7:30 # 13 | Tuesday Night Traditional Hatha Yoga 3/30 – 5/25 |
| 5:30-7:30 # 11 | Tuesday Night Traditional Hatha Yoga 1/26 – 3/23 | 5:30-7:30 # 14 | Thursday Night Traditional Hatha Yoga 4/1 – 5/27 |

STATION AVENUE ELEMENTARY

Zumba 6-Weeks: \$50

Tuesday 6:15-7:45 #15 Zumba, runs 1/5, 1/12, 1/19, 1/26, 2/9 & 2/23
Tuesday 6:15-7:45 #17 Zumba, runs 3/9, 3/16, 3/23, 3/30, 4/6 & 4/13
Wednesday 6:15-7:45 #16 Zumba, runs 3/10, 3/17, 3/24, 3/31, 4/7 & 4/14

Zumba 8-Weeks: \$70

Tuesday 6:15-7:45 #18 Zumba, runs 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8 & 6/15
Wednesday 6:15-7:45 #19 Zumba, runs 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9 & 6/16

Pre-registration is at the D-Y Administration Building, 296 Station Avenue, South Yarmouth, MA 02664, Monday, January 4 through Friday, January 22, 2010 between 8:00 and 3:30. Additional registrations are taken at the indicated location/dates during orientation week, January 25 – January 29, if space is available. **Early registration is encouraged!** Course fees are not refundable after orientation week. All courses are fully described in brochures, available at local post offices, town halls, schools, libraries & the D-Y Administration Building. See each class description for details/dates. For additional information, please call 398-7600 or visit www.dy-regional.k12.ma.us

ADULT EDUCATION PROGRAM SPRING 2010 COURSE DESCRIPTIONS**Advanced Italian Course #1****Wednesday Afternoon****2:30-3:30 at D-Y High****Instructor: R. Pannone**

This course is for people who want to build upon what they have learned in Beginning Italian I and II and feel they are ready to acquire more language skills. Students must be able to converse at least in the past, present, present perfect and future and the imperfect. In addition to intense conversation and language structure, short stories will be read and discussed. Class starts 3/3 and runs for 10 weeks. No orientation. **Cost \$50.**

Beginning Italian Course #2**Wednesday Evening****6:00-7:00 at D-Y High****Instructor: R. Pannone**

This course is for people with no experience with the Italian language. The course will cover topics such as food, shopping, directions, etc. Culture is an integral part of language learning. Conversation is based upon individual ability. Class starts 3/3 and runs for 10 weeks. No orientation. **Cost \$50.**

Body Image Course #3**Monday/Wednesday Evening****6:15-7:15 at MacArthur Elementary****Instructor: S. Kenney**

Tone, trim and tighten that body...beginning with a low impact Aerobic warm up followed by low impact exercises including Pilates and Yoga. Feel great & look great! **MAT NEEDED.** Class starts 1/27 and runs for 10 weeks. No orientation. **Cost \$55.**

Cape Cod History Course #4**Wednesday Evening****6:30-8:30 at D-Y High****Instructor: D. Oliver**

Come learn about Yarmouth and Cape Cod. Classes will include 1. Early History-Coming of the Pilgrims-Start of Cape towns. 2. Indians and Shore Whaling. 3. 18th and 19th Century to Civil War. 4. Post Civil War-Rise of Tourism. 5. 20th Century. Runs: Wednesday evenings: 1/6, 1/13, 1/20, 1/27, 2/3 & 2/10. **Cost of \$10 covers all sessions.**

Continuing Portuguese Course #5**Thursday Evening****7:15 - 8:15 at D-Y High****Instructor: M. Motta**

This class is a continuation of Portuguese I. This conversational class is more in depth yet still designed to enable communication with the Brazilians in our community. No orientation. Starts 1/28 and runs for 8 weeks. **Cost \$50.**

Digital Photography Course #6**Monday Evening****7:00 - 9:00 p.m. at D-Y High****Instructor: L. Delgrego**

The digital camera has radically transformed the world of photography, and the new tools for digital imaging are more sophisticated and less expensive every year. This course will teach students fundamentals of digital photography, to advanced photography, with emphasis on enhancing each student's ability to create high-quality digital photographs. We will examine techniques of image acquisition and images printed. Each meeting consists of classroom lecture, discussion and demonstrations. No equipment is required. All levels of photographic knowledge welcome! Runs 1/25, 2/1, 2/8, 2/22, 3/1, 3/8, 3/15 & 3/22. **Cost \$50.**

Intermediate Italian Course #7**Wednesday Afternoon****3:45-5:45 at D-Y High****Instructor: R. Pannone**

This course is for people with some experience in Italian language or for those who want to review and reinforce what they learned in Beginning Italian. This class was previously called Beginning Italian II. Class is for 2 hours and runs for 10 weeks. Culture is an integral part of language learning. Conversation will be intense and is geared to individual ability. Class starts 3/3. No orientation. **Cost \$75.**

Muscle Conditioning Course #8**Monday/Wednesday Evening****7:15 - 8:30 MacArthur Elementary****Instructor: S. Kenney**

With a combination of weight training and low impact-high energy moves you will gain muscular strength, balance, endurance and flexibility. A "FUN" class! **MAT & HAND WEIGHTS NEEDED.** No orientation. Starts 1/27 and runs 10 weeks. **Cost \$55.**

Portuguese Course #9**Thursday Evening****6:00-7:00 at D-Y High****Instructor: M. Motta**

As a Brazilian teacher, I would like to introduce interesting topics such as greetings, introductions, asking directions, food, shopping, hotels, schedules, etc. This basic conversational class is designed to enable communication with the Brazilians in our community. Class starts 1/28 and runs for 8 weeks. No orientation. **Cost \$50.**

Rights and Responsibilities of the American Citizen Course #10**Monday Evening****6:45-8:15 at D-Y High****Instructor: J. Calise**

The ideas of democracy originated thousands of years ago. How do U.S. citizens practice these principles today? This course offers a fundamental understanding of the American system of government. First, it examines the nation's roots and the government's different levels. At each level, the people hold the power to make all laws. Next, this course discusses the freedoms and rights that the Constitution grants to U.S. citizens. Along with privileges, they have responsibilities. Clearly, citizens play a large part in American government. In fact, democracy means "government by the people." Therefore, the goal of this course is to identify the roles that U.S. citizens play in their democracy. Class starts 1/25 and runs for 8 weeks. No orientation. **Cost \$50.**

Traditional Hatha Yoga**Tuesday Evening****MacArthur Elementary****Instructor: D. Russ**

Classes will skillfully combine beginner and intermediate students. Focusing on body alignment, breath work and the gentle flow of postures will help ease the student into a relaxed state of well-being. Each class will end with relaxation and meditation. **BRING YOGA MAT & SMALL PILLOW TO CLASS. DO NOT EAT BEFORE CLASS.** No orientation, 8 weeks. **LIMIT 15 STUDENTS PER CLASS!**

Course #11 5:30 - 7:30 January 26 Cost \$50**Course #13 5:30-7:30 March 30 Cost \$50**

Traditional Hatha Yoga**Thursday Evening****MacArthur Elementary****Instructor: D. Russ**

Classes will skillfully combine beginner and intermediate students. Focusing on body alignment, breath work and the gentle flow of postures will help ease the student into a relaxed state of well-being. . Each class will end with relaxation and meditation.

BRING YOGA MAT & SMALL PILLOW TO CLASS. DO NOT EAT BEFORE CLASS. No orientation, 8 weeks. LIMIT 15 STUDENTS PER CLASS!

Course #12 5:30 - 7:30 January 28 Cost \$50**Course #14 5:30-7:30 April 1 Cost \$50****Zumba****Tuesday Evening****Station Avenue Elementary****Instructor: P. Taylor**

By integrating Zumba into everyday life, individuals may achieve long-term benefits while experiencing an absolute blast of caloric burning, heart racing, muscle pumping, body energizing movements meant to engage and captivate for life! Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got Zumba! No orientation, classes begin as noted below and run for either 6 or 8 weeks.

6-week Zumba sessions**Course #15 6:15 - 7:45 on 1/5, 1/12, 1/19, 1/26, 2/9 & 2/23 Cost \$50 for 6 weeks****Course #16 6:15 - 7:45 on 3/9, 3/16, 3/23, 3/30, 4/6 & 4/13 Cost \$50 for 6 weeks****NEW! 8-week Zumba session NEW!****Course # 18 6:15 - 7:45 on 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8 & 6/15 Cost \$70 for 8 weeks****Zumba****Wednesday Evening****Station Avenue Elementary****Instructor: P. Taylor**

By integrating Zumba into everyday life, individuals may achieve long-term benefits while experiencing an absolute blast of caloric burning, heart racing, muscle pumping, body energizing movements meant to engage and captivate for life! Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got Zumba! No orientation, classes begin as noted below and run for either 6 or 8 weeks.

6-week Zumba session**Course #17 6:15 - 7:45 3/10, 3/17, 3/24, 3/31, 4/7 & 4/14 Cost \$50 for 6 weeks****NEW! 8-week Zumba session NEW!****Course #19 6:15 - 7:45 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9 & 6/16 Cost \$70 for 8 weeks****REGISTRATION FORM**

D-Y Adult Education – SPRING 2010
296 Station Avenue, South Yarmouth, MA 02664

MAKE CHECKS PAYABLE TO: D-Y Adult Education

NAME: _____

MAILING

ADDRESS: _____

_____ Zip _____

EMAIL: _____

Home Phone: _____

Alternate Phone: _____

Cash: _____ Check # and Amount: _____

Please circle course number(s) below:

1 2 3 4 5 6 7 8 9 10 11

12 13 14 15 16 17 18 19

REGISTRATION FORM

D-Y Adult Education – SPRING 2010
296 Station Avenue, South Yarmouth, MA 02664

MAKE CHECKS PAYABLE TO: D-Y Adult Education

NAME: _____

MAILING

ADDRESS: _____

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EMAIL: _____

Home Phone: _____

Alternate Phone: _____

Cash: _____ Check # and Amount: _____

Please circle course number(s) below:

1 2 3 4 5 6 7 8 9 10 11

12 13 14 15 16 17 18 19

D-Y Adult Education Program Spring 2010 Calendar

JANUARY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 25 | 26 | 27 | 28 | 29 |

FEBRUARY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---------|-----------|----------|--------|
| 1 | 2 | 3 | 4 | 5 |
| 8 | 9 | 10 | 11 | 12 |
| SCHOOL VACATION WEEK 2/15 - 2/19 | | | | |
| 22 | 23 | 24 | 25 | 26 |

MARCH

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 1 | 2 | 3 | 4 | 5 |
| 8 | 9 | 10 | 11 | 12 |
| 15 | 16 | 17 | 18 | 19 |
| 22 | 23 | 24 | 25 | 26 |
| 29 | 30 | 31 | | |

APRIL

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---------|-----------|----------|-------------|
| | | | 1 | Good Friday |
| 5 | 6 | 7 | 8 | 9 |
| 12 | 13 | 14 | 15 | 16 |
| SCHOOL VACATION WEEK 4/19 - 4/23 | | | | |
| 26 | 27 | 28 | 29 | 30 |

MAY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 3 | 4 | 5 | 6 | 7 |
| 10 | 11 | 12 | 13 | 14 |
| 17 | 18 | 19 | 20 | 21 |
| 24 | 25 | 26 | 27 | 28 |

JUNE

| | | | | |
|----|----|----|----|----|
| | 1 | 2 | 3 | 4 |
| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 | 18 |

This calendar is provided specifically as a general reference tool. The number of class sessions will vary according to class listing. Some adjustments may be made to accommodate for running a class with lower enrollments.

D-Y Adult Education classes are canceled any time there is no school