

DENNIS-YARMOUTH REGIONAL SCHOOL DISTRICT ADULT EDUCATION PROGRAM

296 Station Avenue, South Yarmouth, MA 02664

Don't wait...

It may be
too late!

FALL 2017

Early
registration
is
encouraged!

**ALL CLASSES ARE HELD AT D-Y HIGH SCHOOL
210 Station Avenue**

MONDAY:	5:00-6:00	#1	BODY IMAGE: Tone and strengthen	Starts	9/18
	6:00-7:00	#2	TRADITIONAL HATHA YOGA: Cardio Room	Starts	9/18
	6:00-7:15	#3	AN UNDERSTANDING OF SOCIAL MEDIA	Starts	10/23
TUESDAY:	5:00-6:30	#4	COMPUTER Microsoft Word Basics	Starts	9/26
	5:15-6:15	#5	ZUMBA: Cardio Room	Starts	9/19
	6:30-8.00	#6	SMARTPHONE and TABLET BASICS	Starts	9/26
	6:30-8:00	#7	GETTING PUBLISHED - WRITERS CLASS:	Starts:	10/24
WEDNESDAY:	5:00-6:30	#8	TECHNOLOGY for Beginner or Intermediate	Starts	9/27
	6:00-7:00	#9	YOGA : DY Cardio Room	Starts	9/20
	6:00-7:30	#10	KNITTING	Starts	9/27
	6:30-8:00	#11	EFFECTIVE COMMUNICATION!	Starts	9/27
	6:30-7:30	#12	GUITAR Beginning Workshop	Starts	9/20
	7:30-8:30	#13	GUITAR Intermediate Level	Starts	9/20
	6:30-8:30	#14	WATERCOLOR for Beginners.	Starts	9/27
THURSDAY:	5:00- 6:00	#15	BODY IMAGE/Tone and Strengthen	Starts	9/21
	6:30-8:30	#16	MORE WATERCOLOR (Intermediate Level)	Starts	9/28
	6:00-7:15	#17	MUSCLE CONDITIONING/Low impact Intervals	Starts	9/21
	6:30-7:30	#18	PORTUGUESE For Beginners	Starts	9/28
	6:00-7:00	#19	SMART INVESTING*	Starts	9/21

CAPE COD HISTORY BY DUNCAN OLIVER

Mark your Calendar : **JANUARY 3, 2018** Wednesday 6pm -8pm
6 week class on CAPE COD HISTORY #20

Cost : \$15.00 Adults for entire program DY High School Students: Free
Registration Starts in December.



Adult Education classes are canceled any time there is no school or school is released early due to weather conditions.



Pre-registration is at the D-Y Administration Building, 296 Station Avenue, S. Yarmouth, MA 02664, Friday, September 1st through Friday, Sept.22 between 9:00 & 3:30. Early registration is encouraged! Course fees are not refundable after the first week. All courses are fully described in brochures, available at local post offices, town halls, police stations, libraries & the D-Y Administration Building. For additional information, please call 508-398-7601 days & evenings 508-394 -2523 or visit www.dy-regional.k12.ma.us for a complete listing under the D-Y Regional School District web page, Adult Education side bar menu tab.

ADULT EDUCATION PROGRAM FALL 2017 COURSE DESCRIPTIONS

MONDAY EVENINGS

BODY IMAGE #1 (10 weeks) Starts 9/18 5:00-6:00 at DY HIGH Cardio Room Cost \$60. Instructor: S. Kenney
Tone, trim & tighten that body...beginning with a low impact warm up followed by low impact exercises implementing Pilates & Yoga & Ballet. Ending class with a relaxation techniques. Feel great & look great, add balance to your life! MAT NEEDED. All levels are welcomed.

YOGA #2 (10 weeks) Starts 09/18 6:00-7:00 at D-Y High Cardio Room Cost \$65.00 Instructor: Marlene Priest.
All Levels: Traditional Hatha Yoga will help you stay strong and flexible. Relax with breathing techniques and meditation. Restore with Asanas that have been adapted for all levels, finish with meditation and relaxation. Classes are co-ed. YOGA MAT & SMALL PILLOW NEEDED.

AN UNDERSTANDING OF SOCIAL MEDIA #3 (2 Weeks) Starts 10/23 6:00-7:15 at DY High Cost:\$30.....Instructor Norinne Czekanski
Learn the Do's and Don'ts of Social Media. No computer use, discuss the safe ways to use social media and find the right site for you and your needs.

TUESDAY EVENINGS

COMPUTER BASICS #4 (6 weeks) Starts 9/26 5:00-6:30 DY High 2nd Floor Cost: \$89.00 Instructor: Zack Stenstrom
Microsoft Word Basics (with equivalents Apple Pages and Google Documents)!More than just a typewriter, the document programs Word, Pages and Google Documents have many features to make your document creation easier and more robust. You will learn basics like Cut, Copy, Paste and file/folder organization as well as skills to improve general computer use and flexibility. Computer users of all levels can benefit from this class!!

ZUMBA #5 (10 weeks) Starts 9/19 5:15-6:15 Cardio Room DY High Cost \$60 Instructor: Christy
Every class feels like a party! You don't even have to know how to dance. Just move your body and follow my lead. It's easy! Come try it, I guarantee you will have a blast! I look forward to meeting you! Stay Fit and Have Fun!

SMARTPHONE and TABLET BASICS # 6 (6 weeks) Starts 9/26 6:30-8:00 DY High 2nd Floor Costs: \$89.00 Inst. Zack Stenstrom
Smartphone and Tablet Basics - Samsung, HTC, Sony, LG, Windows, and more! Ever think: "I know this device can do more" or "I'm afraid I'll break it"? That can become: "This device does exactly what I want it to." Learn the basics of any Android or Windows mobile device and how to make it work for you. This class applies to anyone, from beginners to experienced users. Together we will discuss general use, handy features, expanding your device to do more, troubleshooting problems and beyond!

GETTING PUBLISHED - WRITERS CLASS: #7 Starts 10/24 D-Y High 6:30-8:00 3 weeks Cost \$45 Instructor Ric Wasley
An interactive program covering the steps needed to become a successful author or writer, including various formats, types of books and detail the various options from agents to eBooks. How do you get it published?

WEDNESDAY EVENINGS

TECHNOLOGY for the Beginner or Intermediate #8 (6 weeks) Starts 9/27 5:00-6:30 at DY High 2nd Floor Cost: \$89.00 Instructor Zach S.
Come take a journey through space and time finding yourself now present and comfortable with technology. All participants will find pleasure in learning about computers, smartphones, tablets, printers, popular programs, the "Internet", Google, Facebook and more. Your experienced instructor will guide you through a world of discovery shedding fear and creating possibility. No devices are required to bring or own, learning and fun are guaranteed!

YOGA #9 (10 weeks) Starts 9/20 6:00-7:00 DY High Cardio Room Cost \$65.00 Instructor : Marlene Priest
Classes are fun, energizing, and focused on the mind-body-spirit connection of yoga. Modifications are offered so all levels are welcome and encouraged! I invite my students to truly listen to their bodies while practicing, as most people tend to ignore their issues until it screams out for attention. Yoga is accessible to everybody and is a great avenue for a physical and mental workout. (Certified 200-hour Power Yoga instructor.)

KNITTING #10 (8 Weeks) Starts 9/27 6:00-7:30 at DY High Cost:\$95.00 Instructor: Diane M.
Knitting: This class is for all skill levels, whether you're embarking on a new crafting adventure, have the basics down by want to learn more advanced techniques, or just need to get the creative juices flowing again. Beginners will create a scarf as they learn the fundamentals of English style knitting (cast on, knit, purl stitches, cast off); more advanced knitters will learn techniques required to complete a project of their choice. The rewards of knitting are enhanced in a setting where we can share our progress and ideas with other knitters. Materials: beginners should bring 200 grams of worsted weight yarn and size 8 needles (either straight or circular) to first class; those with some experience should bring pattern and materials for their chosen project.

EFFECTIVE COMMUNICATION! #11 (6 weeks) Starts 9/27 6:30-8 at DY High 2nd Floor Cost: \$70. Instructor: Zach Stenstrom
"Now we're talking." Together we all learn how to be better communicators as we find how to gain strong rapport with anyone. It is wonderful to finally hear what others are saying and to know in what way to respond. Isn't it fun to speak the same language and still hear the words "Now you're speaking my language"? When you finish this "Effective Communication" course, rapport is easy, pacing is mastered and new skills are learned, opening new doors for you in the world of language!

GUITAR BEGINNING WORKSHOP #12 (7 weeks) Starts 9/20 6:30-7:30 at D-Y High Cost \$65.00 Instructor: John Curry
Your instructor is a Berklee GRAD. Learn to play the right way - right from the start. Don't let misinformation and bad habits keep you from playing the way you would like to.

GUITAR INTERMEDIATE LEVEL #13 (7 Weeks) Starts 9/20 7:30-8:30 at DY High 2nd Floor Cost: \$ 65.00 Instructor John Curry
For students who have taken Beginning Guitar Workshop or anyone else who is familiar with basic chords and songs and would like to expand their knowledge of guitar playing.

WATERCOLOR for Beginners #14 (4 weeks) Starts 9/27 6:30-8:30 DYHIGH Art Wing Cost \$95.00 Instructor Corinne Lilie
Basic art and watercolor techniques, drawing for the watercolorist, color value, composition and use of various watercolor materials are the focus of this class. Each class will begin with a lecture and painting demonstration by the instructor. The students will have the remainder of the class to paint using the techniques demonstrated with one-on-one guidance from the instructor. **IMPORTANT: MUST HAVE YOUR SUPPLIES BY FIRST CLASS. Pick up your supply list in the District Office.**

ADULT EDUCATION PROGRAM FALL 2017 COURSE DESCRIPTIONS

THURSDAY EVENINGS

BODY IMAGE #15 (10 weeks) Starts: 9/21 5:00-6:00 at DY High School Cardio Room Cost: \$60 Instructor: S. Kenney

Tone, trim & tighten that body...beginning with a low impact warm up followed by low impact exercises implementing Pilates & Yoga & Ballet. Ending class with a relaxation techniques. Feel great & look great, add balance to your life! MAT NEEDED. All levels are welcomed.

MORE WATERCOLOR / INTERMEDIATE #16 (4 weeks) Starts 9/28 6:30-8:30 DY HIGH Art Wing Cost \$95.00 Instructor: C.Lilie

This class is for those who have experience with basic art, drawing and watercolor techniques and a desire to add to their watercolor skills and experience. The focus of this class will be to add to basic knowledge of the medium and take your watercolor skills to another level. Some of the things covered in this class will be adding figures to the landscape, use of the white of your paper, getting bold with color, how to deal with shadows, reflections, halos, more about washes and composition with a different perspective. The goal for this class is to increase confidence with the medium and inspire a desire to increase skills in a fun and relaxed atmosphere. **Artist/Instructor: Corinne Lilie**

MUSCLE CONDITIONING/ #17 (10 weeks). Starts 9/21 6:00-7:15 at DY High/Cardio Room Cost \$60. Instructor: S. Kenney

Low Impact Aerobics with Intervals of focused muscle conditioning on Arms/ Abs/ Legs. _Mat and Hand Weights needed with a combination of weight training & low impact-high energy moves you will gain muscular strength, balance, endurance & flexibility. A "FUN" class!

PORTUGUESE FOR BEGINNERS #18 (8 weeks) Starts 09/28 6:30 – 7:30 at D-Y High Cost \$65. Instructor: M. Matos

The course will cover topics such as greeting, introductions, asking directions, food, shopping, hotels, schedules, etc. This basic conversational class is designed to enable communication with the Brazilians in our community.

FINANCIAL SMART INVESTING #19 (4 weeks) Starts 9/21 6:00-7:00 at DY High Cost \$45 Instructor: M. Ferguson

A 4-week series designed to educate individuals on the basics of stocks, bonds, mutual funds and retirement planning. This will include Stocks: Nuts and Bolts, Tour of Mutual Funds, Focus on Income and Tax Free Investing. M. Ferguson is a Financial Advisor.

Fill out the registration form completely and drop off or mail to the District Office Building:

Attention: Adult Education 296 Station Avenue, S. Yarmouth, MA 02664

<p align="center">REGISTRATION FORM</p> <p align="center">D-Y Adult Education – FALL 2017</p> <p align="center">MAKE CHECKS PAYABLE TO:</p> <p align="center"><u>D-Y Adult Education</u></p> <p>NAME: _____</p> <p>New students only; add email address please EMAIL: _____</p> <p>Home Phone: _____</p> <p>Cash: _____ Check # and Amount: _____</p> <p>Name of Program: _____</p> <p>Please circle course number(s) below:</p> <table style="width:100%; text-align: center;"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td></td><td></td><td></td><td></td> </tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22					<p align="center">REGISTRATION FORM</p> <p align="center">D-Y Adult Education –FALL 2017</p> <p align="center">MAKE CHECKS PAYABLE TO:</p> <p align="center"><u>D-Y Adult Education</u></p> <p>NAME: _____</p> <p>New students only; Please add email address: EMAIL: _____</p> <p>Home Phone: _____</p> <p>Cash: _____ Check # and Amount: _____</p> <p>Name of Program: _____</p> <p>Please circle course number(s) below:</p> <table style="width:100%; text-align: center;"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td></td><td></td> </tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22		
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D-Y ADULT EDUCATION

FALL 2017



Classes for the Community

Thank you for your support and participation!

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Make Checks Payable to **D-Y ADULT EDUCATION**