

DENNIS-YARMOUTH REGIONAL SCHOOL DISTRICT
ADULT EDUCATION PROGRAM

296 Station Avenue, South Yarmouth, MA 02664



SPRING 2017

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

MONDAY	6:00 - 7:00	#1	Yoga	Starts	1/30
	5:00 - 6:00	#2	Body Image	Starts	3/13
	6:00 - 7:00	#3	Social Networking 101	Starts	4/3
	6:00 - 7:00	#4	Building Your Brand on Social Network Sites	Starts	5/8
TUESDAY	5:15 - 6:15	#5	Zumba	Starts	1/31
	5:15 - 6:30	#6	Basic Computing for Beginners-2x	Starts	3/7
	6:45 - 8:00	#7	Excel for Beginners-2x	Starts	3/7
	6:30 - 8:00	#8	Getting Published - Writer's Class	Starts	4/4
WEDNESDAY	6:00 - 7:00	#9	Yoga	Starts	2/1
	5:00 - 6:00	#10	Body Image	Starts	2/1
	7:00 - 8:00	#11	Beginning Guitar Workshop	Starts	2/1
	5:15 - 6:30	#12	Internet for Beginners	Starts	3/8
	6:45 - 7:45	#13	MS Office Word	Starts	3/8
	6:30 - 8:30	#14	Watercolor for Beginners	Starts	3/15
THURSDAY	6:00 - 7:30	#15	Knitting	Starts	3/15
	5:00 - 6:00	#16	Tai Chi	Starts	1/26
	6:00 - 7:00	#17	Muscle Conditioning	Starts	2/2
	5:15 - 6:30	#4**	Basic Computing for Beginners-2x	Starts	3/9
	6:45 - 8:00	#5**	Excel for Beginners-2x	Starts	3/9
	6:30 - 7:30	#18	Portugese for Beginners	Starts	2/2
	6:30 - 8:30	#19	MORE Watercolor (Intermediate)	Starts	3/16
6:00 - 7:30	#20	Smart Investing	Starts	3/30	



Cape Cod History by Duncan Oliver

Starts January 4th, 2017 6pm - 8pm *6 week course*

Cost: Only \$15 per adult for all 6 classes; DY High School students attend for free.

Registration coming soon!

★ 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, Fri. Dec. 30th through Fri. Jan. 20th 2017 between 9:00 & 3:30. Early registration is encouraged! If you plan to mail your registration, please address to Attn: Adult Education. All courses are fully described in brochures available at local post offices, town halls, police stations, libraries & the D-Y Admin Building. Course fees are not refundable after the first week. For additional information, please call 508-398-7601 (days) & 508-394-2523 (evenings) 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. Thank you!

ADULT EDUCATION PROGRAM SPRING 2017 COURSE DESCRIPTIONS

MONDAY EVENINGS

Yoga #1 Starts 1/30 10 weeks 6:00 - 7:00 D-Y High Cardio Rm Cost: \$65 Instructor: Marlene Priest

All Levels: Yoga will help you stay strong and flexible. Relax with breathing techniques and stretching. Restore with Asanas that have been adapted for all levels, finish with meditation and relaxation. Classes are co-ed. YOGA MAT & SMALL PILLOW NEEDED.

Body Image - 1 class per week #2 Starts 3/13 10 weeks 5:00 - 6:00 D-Y High Cardio Rm 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. Classes end with relaxation techniques. Feel great & look great! MAT NEEDED. All levels are welcomed.

Social Networking 101 #3 Starts 4/3 4 weeks 6:00 - 7:00 D-Y High Cost: \$45 Instructor: Norinne Czekanski

Learn how to use Facebook, Twitter & LinkedIn and the Do's and Don'ts of Social Networking. Learn how to use these for job searches, business and/or personal networking. The 4 classes will cover all related information on social networking sites, what is right for you, and how to be safe with your information.

Building Your Brand on Social Network Sites #4 Starts 5/8 2 weeks 6:00 - 7:00 D-Y High Cost: \$45 Instructor: Norinne Czekanski

Building your Social Network Profile. Hands-on site work while instructor guides you in a group setting. Must have computer skills. Classes focus on Facebook, Twitter and LinkedIn.

TUESDAY EVENINGS

Zumba #5 Starts 1/31 10 weeks 5:15 - 6:15 D-Y High Cardio Rm 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!

Basic Computing for Beginners-2 per wk #6 Starts 3/7 6 weeks 5:15 - 6:30 D-Y High 2nd Floor Cost: \$165 Instructor: Angela Busco

Gain knowledge and confidence using the computer. This class teaches you general terminology, about the Start menu, how to navigate all areas of the computer, and how to manage your files. Class is held on the 2nd floor/main entrance. **Limit 12 students per class. Class meets Tues & Thurs!**

Excel for Beginners-2 per wk #7 Starts 3/7 6 weeks 6:45 - 8:00 D-Y High 2nd Floor Cost: \$165 Instructor: Angela Busco

Excel isn't just for number crunching! Would you like to know what Excel can do for you? How much time it can save you? Learn about the ribbon, tabs and the many functions just a click away. This class creates a solid foundation from which you can build on no matter what field you use it in. **Class meets Tues & Thurs!**

Getting Published - Writer's Class #8 Starts 4/4 3 weeks 6:30 - 8:00 D-Y High Cost: \$45 Instructor: Ric Wasley

An interactive program covering the steps needed to become a successful author or writer. Discussed are various formats, types of books, and various publishing options from agents to eBooks. How do you get it published?

WEDNESDAY EVENINGS

Yoga #9 Starts 2/1 10 weeks 6:00 - 7:00 D-Y High Cardio Rm Cost: \$65 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. Don't ignore issues until it screams out for attention! Yoga is accessible to everyone and offers a great physical and mental workout.

Body Image - 1 class per week #10 Starts 2/1 10 weeks 5:00 - 6:00 D-Y High Cardio Rm Cost: \$60 Instructor: S. Kenney

Tone, trim & tighten that body... beginning with a low impact warm up followed by low impact exercises including Pilates & Yoga. Class ends with relaxation techniques. Feel great & look great! MAT NEEDED.

Beginning Guitar Workshop #11 Starts 2/1 7 weeks 7:00 - 8:00 D-Y High Cost: \$65 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.

Internet for Beginners #12 Starts 3/8 8 weeks 5:15 - 6:30 D-Y High 2nd Floor Cost: \$110 Instructor: Angela Busco

Gain knowledge and confidence using the internet. This class will teach you what a web browser is versus a search engine; how to change settings in your browser; how to protect against and avoid security threats to your computer; and emailing and attachments.

MS Office Word #13 Starts 3/8 8 weeks 6:45 - 8:00 D-Y High 2nd Floor Cost: \$110 Instructor: Angela Busco

Gain knowledge and confidence using Word. This class covers the ribbon and tabs plus all the great features that are just a click away. You will learn a wide range of skills like formatting text, inserting a picture, using SpellCheck, and how to do page setup. This class is for beginners to intermediate-level users.

Watercolor for Beginners #14 Starts 3/15 4 weeks 6:30 - 8:30 D-Y High Cost: \$95 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.

Knitting #15 Starts 3/15 8 weeks 6:00 - 7:30 D-Y High Cost: \$95 Instructor: Diane M.

This class is for all skill levels, whether you're embarking on a new crafting adventure, have the basics down but 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.

ADULT EDUCATION PROGRAM SPRING 2017 COURSE DESCRIPTIONS

THURSDAY EVENINGS

Tai Chi # 16 Starts 1/26 10 weeks 5:00 - 6:00 D-Y High Cardio Rm Cost: \$65 Instructor: Roberta Walcutt

The flowing movements of T'ai Chi Chuan develop our strength, balance, vitality and ability to relax. This is a Beginning Level Class. The Yang Family short form of Tai Chi can be done by young and old alike. Some Chi Gong and meditation will be included. Roberta Walcutt, D.C. has studied and taught for 45 years

Muscle Conditioning - 1 class per week # 17 Starts 2/2 10 weeks 6:00 - 7:00 D-Y High Cardio Rm Cost: \$60 Instructor: S. Kenney

Mat and Hand Weights needed With a combination of weight training & low impact-high energy moves you will gain muscular strength, balance, endurance & flexibility.

Basic Computing for Beginners-2 per wk # 7* Starts 3/9 6 weeks 5:15 - 6:30 D-Y High 2nd Floor Cost: \$165 Instructor: Angela Busco

Gain knowledge and confidence using the computer. This class teaches you general terminology, about the Start menu, how to navigate all areas of the computer, and how to manage your files. Class is held on the 2nd floor/main entrance. **Limit 12 students per class. Class meets Tues & Thurs!**

Excel for Beginners-2 per wk # 8* Starts 3/9 6 weeks 6:45 - 8:00 D-Y High 2nd Floor Cost: \$165 Instructor: Angela Busco

Excel isn't just for number crunching! Would you like to know what Excel can do for you? How much time it can save you? Learn about the ribbon, tabs and the many functions just a click away. This class creates a solid foundation from which you can build on no matter what field you use it in. **Class meets Tues & Thurs!**

Portugese for Beginners # 18 Starts 2/2 8 weeks 6:30 - 7:30 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.

MORE Watercolor (Intermediate Level) # 19 Starts 3/16 4 weeks 6:15 - 8:15 D-Y High Art Wing Cost: \$95 Instructor: Corinne Lilie

This class is for those who have experience with basic art, drawing and watercolor techniques and a desire to add their watercolor skills and experience. The focus of this class will be to add basic knowledge of the medium and take your watercolor skills to the next 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.

Smart Investing # 20 Starts 3/30 4 weeks 6:00 - 7:30 D-Y 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 four classes: Stocks: Nuts & Bolts, Tour of Mutual Funds, Focus on Income & Tax Free Investing. Michelle is a Financial Advisor.

REGISTRATION FORM
D-Y Adult Education - SPRING 2017

NAME _____

EMAIL ADDRESS _____
(New students only)

Cell Home _____

Cash Check Check # _____ Amount: _____

MAKE CHECKS PAYABLE TO: D-Y Adult Education

CLASS NAME _____

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 20 21 22

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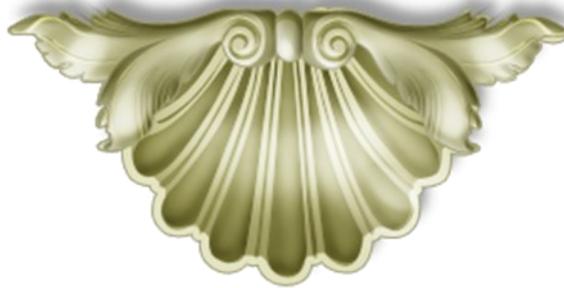
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D-Y ADULT EDUCATION 2017



Classes for the Community

Thank you for your support and participation!

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Please fill out the registration form completely and return to the DISTRICT OFFICE on Station Ave.