

DENNIS-YARMOUTH REGIONAL SCHOOL DISTRICT ADULT EDUCATION PROGRAM

296 Station Avenue, South Yarmouth, MA 02664

Don't wait...

It may be
too late!

Early
registration
is
encouraged!

Winter-Spring 2018

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

MONDAY:	5:00-6:00	#1	BODY IMAGE: Tone and strengthen	Starts	1/22
	6:00-7:00	#2	TRADITIONAL HATHA YOGA: Cardio Room	Starts	1/22
	6:30-8:00	#3	An Introduction to ESSENTIAL OILS 1 night only	Starts	2/12
				Also Offered April 2 nd	
	5:00-6:30	#4	SPANISH FOR BEGINNERS	Starts	1/22
	6:30-7:30	#5	PORTUGUESE Part 2	Starts	1/22
	6:30-8:00	#6	INTRODUCTION TO BLOGGING	Starts:	1/22
TUESDAY:	5:00-6:30	#7	COMPUTER Basics For Everyone	Starts	1/23
	5:00- 6:30	#8	SPANISH INTERMEDIATE	Starts	1/23
	5:15-6:15	#9	ZUMBA: Cardio Room	Starts	1/23
	6:30-8:00	#10	SMARTPHONE and TABLET BASICS	Starts	1/23
	6:30-8:00	#11	GETTING PUBLISHED - WRITERS CLASS:	Starts:	5/08
	6:30-8:00	#12	SPANISH ADVANCED CONVERSATION	Starts	1/23
WEDNESDAY:	5:00-6:30	#13	NEW WAYS OF USING YOUR BRAIN	Starts	1/24
	6:00-7:00	#14	YOGA: Cardio Room	Starts	1/24
	6:00-7:30	#15	KNITTING	Starts	3/14
	6:30-8:00	#16	EFFECTIVE COMMUNICATION!	Starts	1/24
	6:30-7:30	#17	GUITAR BEGINNING Workshop	Starts	1/24
	7:30-8:30	#18	GUITAR INTERMEDIATE Level	Starts	1/24
	6:30-8:30	#19	WATERCOLOR FOR BEGINNERS	Starts	3/14
THURSDAY:	5:00- 6:00	#20	TAI CHI	Starts	1/25
	6:30-8:30	#21	MORE WATERCOLOR (Intermediate Level)	Starts	3/15
	6:10-7:10	#22	MUSCLE CONDITIONING/Low impact Intervals	Starts	1/25
	6:30-7:30	#23	PORTUGUESE For Beginners	Starts	1/25
	6:00-7:00	#24	SMART INVESTING*	Starts	2/1
	6:30-8:00	#25	HYPNOSIS For Self-Improvement	Starts	1/25

SPECIAL EVENTS: CAPE COD HISTORY JANUARY 3, 2018 WEDNESDAY 6PM-8PM

6 week class by Duncan Oliver **Register TODAY! Cost : \$15.00 Adults for entire program** DY High School Students: Free

VOICE COACHING March 8th Thursday 6:30-9 pm. Getting Paid to Talk/Making Money with Your Voice.

"This is a single evening event offering an upbeat, entertaining, and engaging introduction to the world of voice over. From industry pro and cons to real world examples, attendees will learn behind the scenes basics of both the creative and business aspects of the field in a manner that is fun and realistic." Cost \$30.00 REGISTER TODAY 1 night event



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, Jan. 5th through Friday, Jan. 19th 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 WINTER-SPRING 2018 COURSE DESCRIPTIONS

MONDAY EVENINGS

BODY IMAGE #1 (10 weeks) Starts 1/22 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 relaxation techniques. Feel great & look great, add balance to your life! MAT NEEDED. All levels are welcomed.

YOGA #2 (10 weeks) Starts 1/22 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 INTRODUCTION TO ESSENTIAL OILS #3 (1 day only) Feb. 12 or April 2nd 6:30-8:00 at DY High Cost:\$25 Instructor Mary-Jane Ryan

How To Use The 10 Most Basic Essential Oils for a multitude of health & wellness concerns. This includes toxin free cleaning, first aid, emotional healing, pet/animal care and even cooking! Learn how they are made, how to use them and where to get the purest forms.

SPANISH FOR BEGINNERS #4 (10 weeks) Starts 1/22 5-6:30 at Dy High RM.411 Cost \$115.00 Instructor: Liliana Bejarano

Absolute beginners welcome! In this class we will learn some basic Spanish skills in listening, reading, writing and speaking. We will explore formal and informal greetings, colors, numbers, time, adjectives, definite, indefinite articles and basic vocabulary. We will also construct basic sentences using the verbs Ser/Estar.

PORTUGUESE PART 2 #5 (8 week) Starts 1/22 6:30-7:30 at Dy High School Room 411 Cost \$65 Instructor: M. Matos

For those that have taken the Beginner Portuguese Class last semester.

INTRODUCTION TO BLOGGING (Building a Basic Blog Using Wordpress.com) #6 6 weeks 6:30-8:00 Cost: \$89. Starts: 1/22

If you are thinking of starting a blog to share your thoughts and skills with the world, your poetry, photos, recipes, or anything else, and don't know how to start, this course is for you. In this course you will learn how easy and fun blogging can be. This class is designed for beginners. You will receive a step-by-step guide to setting up a starter WordPress blog. You will build a blog from scratch using the free-to-use platform of Wordpress.com. You will learn how to change the design and styling, upload your content and maintain the site yourself. By the end of the course you will have set up a fully functional blog which you can update and edit from any computer. **Instructor: Liliana Bejarano**

TUESDAY EVENINGS

COMPUTER BASICS For Everyone #7 (6 weeks) Starts 1/23 5:00-6:30 DY High 2nd Floor Cost: \$89.00 Instructor: Zack Stenstrom

We know technology is changing fast. That's why this class focuses on developing the capabilities and strategies you can apply now and for years to come. Designed for the beginner and intermediate student using ANY brand computer, once you have completed this class you will effectively be able to use Email, the Internet, Microsoft Word processing and understand Files, Folders, Adobe, Google, Printing and much much more. Bonus: You will also be better able to use your Smartphone or Tablet.

SPANISH INTERMEDIATE # 8 (10 weeks) Starts 1/23 5:00-6:30 Room 411 DY high Cost \$115.00 Instructor: Liliana Bejarano

This class is aimed to those who have studied Spanish in the past and feel more confident with basic skills or have taken Spanish for beginners. We will learn about regular and irregular verbs and how to conjugate them, we will study more vocabulary and construction of more elaborated sentences.

ZUMBA #9 (10 weeks) Starts 1/23 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 # 10 (6 weeks) Starts 1/23 6:30-8:00 DY High 2nd Floor Costs: \$89.00 Inst. Zack Stenstrom

This class covers touch screen devices such as: *Apple's iPhone, Samsung, HTC, Motorola, Google, Sony, LG, Windows and more.* Technology is changing fast and we are getting new phones all the time, this class will keep you up with the times. Designed for both the beginner and intermediate, you will learn the skills and strategies to effectively use your current Smartphone or Tablet and any others you buy in the future. As a bonus you will better be able to use your desktop or laptop computer.

GETTING PUBLISHED - WRITERS CLASS: #11 (3 weeks) Starts 05/08 D-Y High 6:30-8:00 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?

SPANISH ADVANCED CONVERSATION #12 (10 weeks) Starts 1/23 6:30-8:00 Room 411 Cost \$115.00 Instructor: Liliana Bejarano

This a conversation level class. If you have studied Spanish in the past but haven't had the opportunity to practice, welcome back, this course is for you! If you understand Spanish, even though don't speak as fluent as you want, come and join us!

WEDNESDAY EVENINGS

NEW WAYS of Using Your BRAIN - SUCCESS STRATEGIES #13 (4 Weeks) - Starts 1/24 5 - 6:30pm Cost:\$55.00 Instructor Zach S.

The right strategy is what separates a successful situation from a difficult one. When in this class you will learn strategies such as how to memorize shopping lists and avoid procrastination. Communication strategies for better interactions with family, friends and others. Self-help strategies to reduce anxiety and stress. What you will do with what you learn in this class is both astounding and NEW!

YOGA #14 (10 weeks) Starts 1/24 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 #15 (8 Weeks) Starts 3/14 6:00-7:30 at DY High Cost:\$95.00 Instructor: Diane M.

This class is for all skill levels, whether you're brand new to the craft of knitting, have some experience but want to learn more advanced techniques, or just need to get the creative juices flowing again. For beginners, the class will cover the fundamentals of English style knitting; more advanced techniques will be introduced according to each student's interests and abilities. Materials: beginners should bring worsted weight yarn and size 8 needles to the first class; students with some knitting experience should bring pattern and materials required for a project of their choice.

CONTINUED WEDNESDAY

EFFECTIVE COMMUNICATION! #16 (6 weeks) Starts 1/24 6:30-8 at DY High 2nd Floor Cost: \$70. Instructor: Zach Stenstrom
"Now we're talking." Together we all learn now 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 #17 (7 weeks) Starts 9/24 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 #18 (7 Weeks) Starts 1/24 7:30-8:30 at DY High 2nd Floor Cost: \$ 65.00 Instructor John Curry
For students who have taken Beginning Guitar Workshop. This course will be a continuation of skills and concepts learned in Beginning Guitar.

WATERCOLOR for Beginners #19 (4 weeks) Starts 3/14 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.**

THURSDAY EVENINGS

TAI CHI #20 (10 weeks) Starts 1/25 5:00-6:00 at DY High Cardio Room Costs \$65.00 Instructor: Roberta Walcutt
The flowing movements of T'ai Chi Chuan develop our strength, balance, vitality and ability to relax. 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.

MORE WATERCOLOR / INTERMEDIATE #21 (4 weeks) Starts 3/15 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/LOW IMPACT #22 (10 weeks). Starts 1/25 6:10-7:10 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! S. Kenney

PORTUGUESE FOR BEGINNERS #23 (8 weeks) Starts 1/25 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 #24 (4 weeks) Starts 2/1 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

HYPNOSIS FOR SELF-IMPROVEMENT #25 (6 weeks) Starts 1/25 6:30-8:00 at DY High 2nd Floor Cost: \$45 Instructor: Tony Boutin
Learn the basics of Hypnosis and Self-hypnosis for positive change. Explore the exciting possibilities of your subconscious mind in action. Interactive exercises with engaging lectures. (4 years of experience in the field)

<p>REGISTRATION FORM</p> <p>D-Y Adult Education – Winter 2018</p> <p>MAKE CHECKS PAYABLE TO:</p> <p><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> <p>1 2 3 4 5 6 7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20 21 22 23 24...25</p>	<p>REGISTRATION FORM</p> <p>D-Y Adult Education –Winter 2018</p> <p>MAKE CHECKS PAYABLE TO:</p> <p><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> <p>1 2 3 4 5 6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19 20 21 22 23 24 25</p>
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**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**

D-Y ADULT EDUCATION

Winter-Spring 2018



Classes for the Community

Thank you for your support and participation!

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For additional information, please call **(days): 508-398-7601, (evenings): 508-394-2523** or visit www.dy-regional.k12.ma.us for a complete listing under the Adult Education side bar menu tab. Thank you!

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