

Three Village CSD

Continuing  
Education

Spring

2025

Dear Community Members,

Welcome to Spring 2025 season of the Three Village Continuing Education program. We hope you will take a moment to view the brochure, and participate in one of the many classes.

As always, we thank you for your continued support and hope to see you soon!

Anita Garcia CEP Coordinator

#### SCHOOL ADMINISTRATION

Dr. Kevin Scanlon  
Superintendent of Schools

Sarah Kiersh  
Director, Student Services and Community Partnership

Anita Garcia  
Coordinator for Continuing Education Program

Lucyna Woznicki  
Site Supervisor for Continuing Education Program

Evelyn (Lynn) Ninia  
Office - Continuing Education Program

#### DISTRICT SCHOOLS

? QUESTIONS ?  
Contact Continuing  
Education  
631-730-4389

#### COMMENTS AND/OR SUGGESTIONS

The Continuing Education Program is committed to meeting the needs of the diverse population of the Three Village Central School District. We value you as a participant in the program and we work hard to make your learning experience a positive one. Your comments and suggestions are always welcome. Please write to Anita Garcia, Coordinator for Continuing Education Program, at the Ward Melville High school address above, or email us at [continuinged@3villagescd.org](mailto:continuinged@3villagescd.org). Feel free to visit the district's website at [www.threevillagescd.org](http://www.threevillagescd.org).

## REGISTRATION INFORMATION

**You must be registered in a course before attending. Only those registered may attend class.** Enrollment is open to anyone 18 years or over. Registrations are processed in the order received. We strongly suggest registering online with [myschoolbucks.com](http://myschoolbucks.com) upon receipt of the brochure. If we do not have sufficient enrollment at least 2 weeks before the class is scheduled to run, it will be cancelled.

#### ONLINE:

We suggest utilizing the online registration through the [myschoolbucks.com](http://myschoolbucks.com) website. Please note all registrations made online will be pending availability in the course. If the course is full, we will contact you. If you receive a message saying enrollment is full, please call the office to confirm.

#### MAIL-IN:

Fill out a separate registration form (form may be duplicated) per person, per class/trip and mail with a separate check or money order for each course/trip. Do not send cash. If more than one person in a household is taking the same class or trip, you may issue one check to register; however, a separate registration form for each person is still required. Please include the course number and your telephone number on the check. Do not combine payments for multiple courses or trips. Fees are non-refundable. A \$35 fee will be charged for any returned check. You will NOT receive notification that the course is running, but will be notified if a course is cancelled due to low enrollment. To avoid disappointment, register early! Make your check or money order payable to TVCSD and send to:

Continuing Education Program  
Ward Melville High School  
380 Old Town Road  
East Setauket, NY 11733

#### WALK-IN:

Come to the Continuing Education Office, Room 113A, (across from the Auditorium) at Ward Melville High School.

#### OFFICE HOURS:

The CEP office will be staffed from 6:00 – 8:00 p.m., Monday through Thursday, whenever school is in session. We are closed on Fridays.

Telephone - 631-730-4389 available 24 hours. Response to messages will be made as soon as possible.

#### REFUNDS:

There are no refunds or credit provided for any reason other than a class cancellation. Please select your classes carefully.

#### CLASS CANCELLATIONS:

If it is necessary to cancel class because of inclement weather, announcements will be made posted on the district

Monday, Tuesday & Wednesday  
February 24, 25 & 26  
5:00 p.m. – 7:00 p.m.

Our staff will be available to answer your questions and process your registration. Instructors cannot register you.

#### FEES:

Registration fees are noted as part of each course description. Additional material fees are noted and collected by the instructor. Course fees are charged as follows:

- RESIDENT ADULTS UNDER 60 and Employees of the School District: Pay the total ("Res.") amount.
- RESIDENT SENIOR CITIZENS (60+) Upon presentation of proof of residency and age (COPY OF DRIVER'S LICENSE), you pay the stated course fee, plus any materials fee, unless otherwise indicated. If you have taken a course with us in the past, you are listed in our database and need not send proof of age.
- NON-RESIDENTS (including senior citizens): Pay the "Non-Res." fee as noted in each course description. NO DISCOUNT.

#### REFUNDS:

Fees will be refunded for classes that are cancelled due to insufficient enrollment. Your registration fee guarantees you a space and is the key to our decision to run the course/

website: [www.threevillagescd.org](http://www.threevillagescd.org) Cancelled classes will be rescheduled to the best of our ability, time permitting.

**NO SMOKING:** Smoking is prohibited on school property.

**HEALTH NOTICE:** Some physical activities may not be suitable for you. The TVCSD relies on each registrant to seek medical advice as to his/her capacity to participate and will not be responsible for injuries, damages, or losses.

#### MISCELLANEOUS:

Please shut off your cell phone during class. If you must take a call, do so outside the classroom. Please refrain from wearing perfume or other fragrances, as

trip.

No fees will be refunded or credited under any circumstances.

#### CONFIRMATIONS/CANCELLATIONS:

The CEP Office does not mail confirmations for classes. If the class you have signed up for is changed or cancelled, you will be notified. PLEASE ASSUME YOU ARE ACCEPTED IN A CLASS UNLESS YOU ARE NOTIFIED OTHERWISE. NO LETTER OF ACCEPTANCE WILL BE MAILED TO YOU. If you do not hear from us, attend the class as scheduled. Always feel free to call us at 631-730-4389 to verify your status.

The Continuing Education Program makes the decision to offer each course based on advanced registration. A course is cancelled if there is insufficient enrollment. To avoid disappointment, register early!

**SCHOOL NOT IN SESSION**  
March 31, April 14-17 & May 26  
See your class listing for any additional dates.  
On the above nights,  
the CEP Office will be closed as well.

many adults are allergic to them.

Fire drills are held on a regular basis. Please take them seriously! Exit the building immediately upon hearing the fire alarm and return only when instructed to do so by TVCSD staff.

Enjoy!

"Three Village Central School District admits eligible students to all programs and services without regard to sex, religion, race, color, national origin or handicap."

# COURSE LISTINGS

## NEW OFFERINGS

Ballroom Dancing: Foxtrot & Salsa	Wednesday
Ballroom Dancing: Hustle	Wednesday
Ballroom Dancing: Waltz & Swing	Wednesday
Business Owner Exit Planning	Tuesday
Cannoli Cookies & Fresh Bruschetta Pizza	Thursday
Ceramic Painting: Breakfast Plate & Mug	Tuesday
Ceramic Painting: Egg Plate with Bunny	Tuesday
Ceramic Painting: Medium Pitcher with Strawberries	Tuesday
Ceramic Painting: Sand Dollar Salad Plate	Tuesday
Charitable Giving & Your Financial Strategy	Tuesday
401(k), 403(b) or Other Employer Sponsored Plans	Thursday
Gentle Detox – Look & Feel Your Best!	Monday
Knitted Spring Garden row	Tuesday
Needle Felt a Cute Pink Pig	Thursday
Needle Felt a Green Turtle	Monday
Needle Felt a Little Yellow Chick	Thursday
Needle Felt a Sweet Bunny	Monday
Needle Felt a Van Gogh Inspired Egg	Monday
Needle Felt an 8"x 8" Two-Dimensional Spring Tree Scene	Wednesday
Needle Felt an 8"x 8" Two-Dimensional Summer Tree	Thursday
Needle Felt an 8"x 8" Two-Dimensional Sunset	Tuesday
Pilates Mat Class	Thursday
Strengthen & Stretch	Friday
Tax-Free Investing	Thursday
Usui Reiki Level 1	Wednesday
Writing as Healing	Tuesday

## ARTS/CRAFTS

Ceramic Painting: Breakfast Plate & Mug	Tuesday
Ceramic Painting: Egg Plate with Bunny	Tuesday
Ceramic Painting: Medium Pitcher with Strawberries	Tuesday
Ceramic Painting: Sand Dollar Salad Plate	Tuesday
Colored Pencil and Pastel Techniques	Monday
Exploring Painting Techniques	Tuesday
Needle Felt a Cute Pink Pig	Thursday
Needle Felt a Green Turtle	Monday
Needle Felt a Little Yellow Chick	Thursday
Needle Felt a Sweet Bunny	Monday

Needle Felt a Van Gogh Inspired Egg	Monday
Needle Felt an 8"x 8" Two-Dimensional Spring Tree Scene	Wednesday
Needle Felt an 8"x 8" Two-Dimensional Summer Tree	Thursday
Needle Felt an 8"x 8" Two-Dimensional Sunset	Tuesday

## FINANCE

Business Owner Exit Planning	Tuesday
Business Startups – Entrepreneur in the Making	Self-Paced
Charitable Giving	Tuesday
Creating an Amazon, Kindle & Audible Empire	Self-Paced
Estate Planning 101 – Wills v. Trusts	Thursday
Foundations of Investing	Monday
401(k), 403(b) or Other Employer-Sponsored Plan	Thursday
Growth Producing Business Strategies	Self-Paced
Healthcare, Medicare & Your Retirement	Monday, Tuesday & Thursday
Keep the Income Flowing During Retirement	Tuesday
Medicare Made Easy	Tuesday
Planning for Your Child with Special Needs	Monday
Retirement: What Happens When Paychecks Stop?	Monday, Tuesday & Thursday
Retirement: Making Your Money Last	Thursday
Social Security: Your Questions Answered	Monday & Wednesday
Tax-Free Investing	Thursday

## HEALTH/SAFETY

Adult/Child/Infant CPR/AED	Thursday
Cane Self-Defense/Protection	Thursday
Gentle Detox – Look & Feel Your Best!	Monday
Men's Self-Defense	Thursday
NYS Defensive Driving	Tuesday/Thursday
Usui Reiki Level 1	Wednesday
Women's Self-Defense	Thursday

## HOBBY

Cannoli Cookies & Fresh Bruschetta Pizza	Thursday
Chalk Paint Basics	Wednesday
Crocheting – Beginners	Tuesday

Gardening Basics	Tuesday
Knitting for Beginners	Tuesday
Knitting: Knitted Spring Garden row	Tuesday
Machine Quilting: Basic Quilt	Tuesday
Mah Jongg for Beginners	Wednesday
Mah Jongg 201	Monday
Numerology: Learn 4 Fun!	Wednesday
Vastu – Way to Success	Wednesday

## MUSIC/DANCE

Ballroom Dancing: Foxtrot & Salsa	Wednesday
Ballroom Dancing: Hustle	Wednesday
Ballroom Dancing: Salsa	Wednesday
Ballroom Dancing: Waltz & Swing	Wednesday
Country Western Line Dance: Beginners Plus	Thursday

## PERSONAL GROWTH

Getting Paid to Talk: Intro to Professional Voice Overs	Monday & Tuesday
Notary Public Refresher Course	Self-Paced
Online Notary Course (Pre-Licensing)	Self-Paced
Online Notary Signing Agent Course	Self-Paced
Remote Electronic Notary Mini Course	Self-Paced
Writing as Healing	Tuesday

## PHYSICAL FITNESS

Badminton	Wednesday
Bootybarre Class (Morning)	Tuesday
Chair Yoga	Wednesday
Fun Fitness – Move & Groove – Low-Impact Aerobics	Monday
Gentle Yoga	Tuesday & Wednesday
Pickleball - Beginner	Monday & Thursday
Pickleball – Beginner Plus	Mon, Tues, Wed, & Thursday
Pickleball – Intermediate	Tuesday & Wednesday
Pilates Mat Class	Thursday
Strengthen & Stretch	Friday
Stretch Class	Monday
Tai Chi	Wednesday
Volleyball – Bump, Set, Spike!	Tuesday
Yoga – Foundational Hatha Yoga	Monday
Zumba	Monday
Zumba Toning	Wednesday

## MONDAY

#267 - Planning for Your Child with Special Needs	WM 123
Instructor: Jeffrey Silverman	7 TO 9
Description: Parents have numerous issues to consider in planning for the long-term well-being of their children with special needs. With new tax laws and changes in government benefits, planning becomes even more important. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include: Creating financial security during uncertain times; Strategies to protect your child's assets; Special Needs Trusts; Government Benefits; Guardianship and Future housing.	
One session: 5/19	
Res: \$25 • Res. Sr: \$15 • Non-Res: \$35	
#272C - Retirement: What Happens When the Paychecks Stop?	WM 122
Instructor: Michael Christodoulou	6:30 TO 7:30
Description: We'll explore how to budget for retirement expenses, examine potential sources of retirement income, discuss strategies to provide for your goals and address potential risks.	
One session: 5/12	
Res: \$20 • Res. Sr: \$10 • Non-Res: \$30	
#273B - Healthcare, Medicare & Your Retirement	WM 122
Instructor: Michael Christodoulou	6:30 TO 7:30
Description: This class will address the latest updates in Medicare coverage, qualifications and costs for coverage and traditional expenses, long-term medical care expenses and strategies to uncover expenses.	
One session: 4/7	
Res: \$20 • Res. Sr: \$10 • Non-Res: \$30	
#273D - Healthcare, Medicare & Your Retirement	WM 122
Instructor: Michael Christodoulou	6:30 TO 7:30
Description: This class will address the latest updates in Medicare coverage, qualifications and costs for coverage and traditional expenses, long-term medical care expenses and strategies to uncover expenses.	
One session: 6/2	
Res: \$20 • Res. Sr: \$10 • Non-Res: \$30	

#277 - Foundations of Investing	WM 122
Instructor: Michael Christodoulou	6:30 TO 7:30
Description: Foundations of Investing is an educational program for people who are either new to investing or need a refresher. Participants will learn: how the stock market works, the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long-term goals.	
One session: 6/9	
Res: \$20 • Res. Sr: \$10 • Non-Res: \$30	
#279A - Social Security: Your Questions Answered	WM 122
Instructor: Michael Christodoulou	6:30 TO 7:30
Description: This course will discuss how Social Security fits into your retirement income plan, when you should start taking benefits and tax considerations.	
One session: 3/24	
Res: \$20 • Res. Sr: \$10 • Non-Res: \$30	
#279B - Social Security: Your Questions Answered	WM 122
Instructor: Michael Christodoulou	6:30 TO 7:30
Description: This course will discuss how Social Security fits into your retirement income plan, when you should start taking benefits and tax considerations.	
One session: 4/28	
Res: \$20 • Res. Sr: \$10 • Non-Res: \$30	
#301 - Colored Pencil and Pastel Techniques	WM 113
Instructor: Patricia Yantz	6 TO 9
Description: Students will learn basic colored pencil and pastel painting techniques. Color and composition will be explored as well. No drawing skill is required to work with these vibrant mediums. Step-by-step demonstrations will be done on a variety of different subject matters. Students will come away with finished works of art. A list of materials will be discussed at the first class.	
ree sessions: 3/10,24,4/7	
Res: \$60 • Res. Sr: \$50 • Non-Res: \$70	
#316 - Mah Jongg 201	WM Library
Instructor: Ines Hastings	6:30 TO 9
Description: This course is for those who have had some previous experience with playing American Mah Jongg and/or would like a refresher course. You will need to have a basic understanding of the game; be able to recognize and	

identify the tiles, understand the hands on the National Mah Jongg League Card and have a general understanding of how the game is played. We will expand on playing the game using defensive and winning strategies. By the end of the class you will become a better, faster player. Please bring a 2024 National Mah Jongg League playing card. If you don't have one, they can be purchased at www.NationalMahJonggLeague.org. Also, plan on ordering the 2025 NMJL card. We will go over the new card in the last two classes.	
Eight sessions: 3/10,17,24,4/7,21,28,5/5,12	
Res: \$100 • Res. Sr: \$80 • Non-Res: \$120	
#371 - Needle Felt a Sweet Bunny	WM 115
Instructor: Shamma Murphy	6 TO 9
Description: Participants will be taught how to needle felt, step-by-step, by fiber artist, Shamma Murphy. At the end of the session you will each have your own needle felted bunny to bring home. All materials and tools will be supplied. We will be using 100% wool.	
One session: 3/24	
Res: \$30 NO DISCOUNT	
#372 - Needle Felt a Van Gogh Inspired Egg	WM 115
Instructor: Shamma Murphy	6 TO 9
Description: Participants will be taught how to needle felt, step-by-step, by fiber artist Shamma Murphy. At the end of the session you will each have your own needle felted egg to bring home. All materials and tools will be supplied. We will be using 100% wool.	
One session: 4/7	
Res: \$30 NO DISCOUNT	
#376 - Needle Felt a Green Turtle	WM 115
Instructor: Shamma Murphy	6 TO 9
Description: Participants will be taught how to needle felt, step-by-step, by fiber artist Shamma Murphy. At the end of the session you will each have your own needle felted turtle to bring home. All materials and tools will be supplied. We will be using 100% wool.	
One session: 5/19	
Res: \$30 NO DISCOUNT	
#410 - Gentle Detox - Look & Feel Your Best!	WM 122
Instructor: Eileen Weilbacher	7 TO 8:30
Description: This course offers a comprehensive guide to detoxification, focusing on the vital role of liver health in	

overall well-being. With over 1,500 functions, the liver is central to filtering toxins and supporting bodily processes. You'll learn how to cleanse and rejuvenate this essential organ, leading to improved energy levels, mental clarity, emotional balance and sustained vitality. Discover simple, effective methods to aid your liver's natural detox processes and unlock benefits that enhance your entire body. Bring your questions and embark on a journey to a healthier, more vibrant you because a clean liver is a priceless gift to yourself!

Free sessions: 4/7,21,28

Res: \$40 • Res. Sr: \$30 • Non-Res: \$55

#550B - Getting Paid to Talk: Introduction Zoom Class to Professional Voice Overs

Instructor: Creative Voices 6:30 TO 8

Description: From audio books to advertisements and beyond, we encounter recorded voices everywhere! In this one-night, live online class, your instructor will take you behind-the-scenes in the voice over world for a fun and realistic look at how the voice over world really works. You'll gain inside perspective on developing skills and how to leverage your voice's strengths and interests and more. Because this class is live, you'll have the opportunity to ask questions! Additionally, there will be a chance for a one on one script read with the instructor at the end of class. With more than 30 years' experience as a voice over artist and voice over producer, your instructor is part of the team at Voice Coaches with clients including major television networks, gaming designers, audio book publishers and more.

One session: 5/19

Res: \$45 NO DISCOUNT

#609A - Pickleball - Beginner Gelinas Gym

Instructor: Mitch Ross 6:00 TO 7:30

Description: Be a part of the fastest growing sports craze while having fun and keeping fit! Pickleball is a blend of badminton, racquetball, tennis and ping pong and is able to be played by players of all athletic abilities. This course is designed for players new to pickleball with little to no experience. Please bring your own paddle which is available on Amazon, Pickleballcentral.com or Dicks Sporting Goods (avoid wooden paddles).

Eight sessions: 3/10,17,24,4/21,28,5/5,12,6/2

Res: \$115 • Res. Sr: \$90 • Non-Res: \$125

#609B - Pickleball - Beginner Plus Gelinas Gym

Instructor: Mitch Ross 7:30 TO 9

Description: This course is designed for pickleball players with a good understanding of the rules and strategy of pickleball. Players should be able to keep score, have some consistent basic shots (ex, serve, return, medium paced drive and dinks) but may have limited consistency and control. Prior pickleball experience is required. You must bring your own paddle.

Eight sessions: 3/10,17,24,4/21,28,5/5,12,6/2

Res: \$115 • Res. Sr: \$90 • Non-Res: \$125

#614 - Zumba WM Cafeteria So.

Instructor: Linda Morton 6:30 TO 7:30

Description: Zumba is a total body workout combining all elements of fitness - cardio, muscle conditioning, balance and flexibility. Zumba uses Latin and International music and dance moves. You will experience boosted energy and a serious dose of awesome each time you leave class! Please wear sneakers and bring a towel and water.

Eight sessions: 3/10,17,24,4/7,21,28,5/5,12

Res: \$50 • Res. Sr: \$40 • Non-Res: \$60

#620 - Fun Fitness - Setauket Mini Gym

Move & Groove - Low-Impact

Aerobics with Amy Morton

Instructor: Amy Morton 5:30 TO 6:30

Description: Come and move your body and enjoy it!

This class will help you improve muscle tone, circulation, and increase endurance. Each class includes a dynamic warm-up, muscle toning exercises, low-impact aerobics and a stretching cool down. Increase or decrease intensity to your pace. Increase exercise without harm to joints. Wear

be picked up at LI CRAFTY ONES Studio. Perfect for all skill levels - come join us and create a memorable Easter keepsake!

One session: 3/18

Res: \$45 NO DISCOUNT

#333 - Ceramic Painting: Breakfast Plate & WM 114 Mug with Cherry Blossom

Instructor: Gabriela Schwender 6:30 TO 8:30

Description: Immerse yourself in the beauty of cherry blossoms with this hands-on ceramic painting workshop. Gabriela will guide you step-by-step to create a breakfast plate and mug adorned with delicate cherry blossom designs. All materials, glazing and firing of your masterpiece are included. Finished pieces can be picked up at LI CRAFTY ONES Studio. This class is perfect for all skill levels. Join us for a creative and relaxing experience inspired by the beauty of nature!

One session: 4/8

Res: \$55 NO DISCOUNT

#334 - Ceramic Painting: Medium Pitcher WM 114 with Strawberries

Instructor: Gabriela Schwender 6:30 TO 8:30



including a textbook, will be provided. Wear comfortable clothing. Minimum 10.  
One session: 4/10

Res: \$60 NO DISCOUNT

#505 - Country Western Line WM Cafeteria So.  
Dance-BeginnersPlus

Instructor: Ellen Cheeseman 7 TO 8:30

Description: "Life is Better When You're Dancing" so "Come Dance with Me"! All dances taught will be reviewed weekly. Leather or smooth soled comfortable shoes are recommended.

Eight sessions: 3/27,4/3,10,5/1,8,15,22,29

Res: \$75 • Res. Sr: \$60 • Non-Res: \$85

#612A - Pickleball - Beginner Plus Gelinax Gym

Instructor: Jennifer Millard 6:00 TO 7:30

Description: This course is designed for pickleball players with a good understanding of the rules and strategy of pickleball. Players should be able to keep score, have some consistent basic shots (ex, serve, return, medium paced drive and dinks) but may have limited consistency and control. Prior pickleball experience is required. You must bring your own paddle.

Seven sessions: 3/13,20,4/3,5/8,15,29,6/5

Res: \$110 • Res. Sr: \$85 • Non-Res: \$120

#612B - Pickleball - Beginner Gelinax Gym

Instructor: Jennifer Millard 7:30 TO 9

Description: Be a part of the fastest growing sports craze while having fun and keeping fit! Pickleball is a blend of badminton, racquetball, tennis and ping pong and is able to be played by players of all athletic abilities. This course is designed for players new to pickleball with little to no experience. Please bring your own paddle which is available on Amazon, Pickleballcentral.com or Dicks Sporting Goods (avoid wooden paddles).

Seven sessions: 3/13,20,4/3,5/8,15,29,6/5

Res: \$110 • Res. Sr: \$85 • Non-Res: \$120

#615A - Women's Self-Defense/Protection -WM 123

Ages 18 and Up

Instructor: Sil Crino 7 TO 9

Description: Women can be the targets of violent crimes as well as sexual assaults. With that in mind, this empowerment based self-defense class teaches the physical techniques for basic personal safety and situational awareness to improve your chances in an attack. Avoid becoming a victim and learn to protect yourself from a known or unknown assailant. Your safety is in your hands!

One session: 3/13

Res: \$25 • Res. Sr: \$15 • Non-Res: \$35

#615B - Women's Self-Defense/Protection -WM 123

Ages 18 and Up

Instructor: Sil Crino 7 TO 9

Description: Women can be the targets of violent crimes as well as sexual assaults. With that in mind, this empowerment based self-defense class teaches the physical techniques for basic personal safety and situational awareness to improve your chances in an attack. Avoid becoming a victim and learn to protect yourself from a known or unknown assailant. Your safety is in your hands!

One session: 4/3

Res: \$25 • Res. Sr: \$15 • Non-Res: \$35

#615C - Women's Self-Defense/Protection -WM 123

Ages 18 and Up

Instructor: Sil Crino 7 TO 9

Description: Women can be the targets of violent crimes as well as sexual assaults. With that in mind, this empowerment based self-defense class teaches the physical techniques for basic personal safety and situational awareness to improve your chances in an attack. Avoid becoming a victim and learn to protect yourself from a known or unknown assailant. Your safety is in your hands!

One session: 5/1

Res: \$25 • Res. Sr: \$15 • Non-Res: \$35

#617A - Men's Self Defense/Protection - WM 123

Ages 18 and Up

Instructor: Sil Crino 7 TO 9

Description: Both men and women feel that the potential for being in a threatening situation is more possible than ever in today's environment. We tend to think more about our safety and the safety of our loved ones. In this class you will learn simple and effective skills, how to adjust them, improvise and incapacitate the attacker to allow you to get away safely, essentially improving the outcome of the crisis. We will discuss situational awareness and how to recognize the signs of a possible attack. We will discuss when you should just walk away from a conflict and how to read a situation.

One session: 3/20

Res: \$25 • Res. Sr: \$15 • Non-Res: \$35

#617B - Men's Self Defense/Protection - WM 123

Ages 18 and Up

Instructor: Sil Crino 7 TO 9

Description: Both men and women feel that the potential for being in a threatening situation is more possible than ever in today's environment. We tend to think more about our safety and the safety of our loved ones. In this class you will learn simple and effective skills, how to adjust them, improvise and incapacitate the attacker to allow you to get away safely, essentially improving the outcome of the crisis. We will discuss situational awareness and how to recognize the signs of a possible attack. We will discuss when you should just walk away from a conflict and how to read a situation.

One session: 4/10

Res: \$25 • Res. Sr: \$15 • Non-Res: \$35

#617C - Men's Self Defense/Protection - WM 123

Ages 18 and Up

Instructor: Sil Crino 7 TO 9

Description: Both men and women feel that the potential for being in a threatening situation is more possible than ever in today's environment. We tend to think more about our safety and the safety of our loved ones. In this class you will learn simple and effective skills, how to adjust them, improvise and incapacitate the attacker to allow you to get away safely, essentially improving the outcome of the crisis. We will discuss situational awareness and how to recognize the signs of a possible attack. We will discuss when you should just walk away from a conflict and how to read a situation.

One session: 5/8

Res: \$25 • Res. Sr: \$15 • Non-Res: \$35

you achieve your entrepreneurial dreams. Join us and start building your future today! Downloadable book included.  
Self-Paced: N/A

Res: \$175 NO DISCOUNT

#417 - Growth Producing Business Strategies Online  
Instructor: Dina DiRoma 24/7 FOR 90 DAYS  
Description: Are you ready to take your business to the next level and ensure steady, sustainable growth? This self-paced online course is designed for entrepreneurs and business owners who want to expand their companies and tap into



THREE VILLAGE CENTRAL SCHOOL DISTRICT  
Anita Garcia, Coordinator  
Continuing Education Program – Rm. 113A  
Ward Melville High School  
380 Old Town Road  
East Setauket, NY 11733

**\*\*ECRWSS\*\***  
Residential Customer

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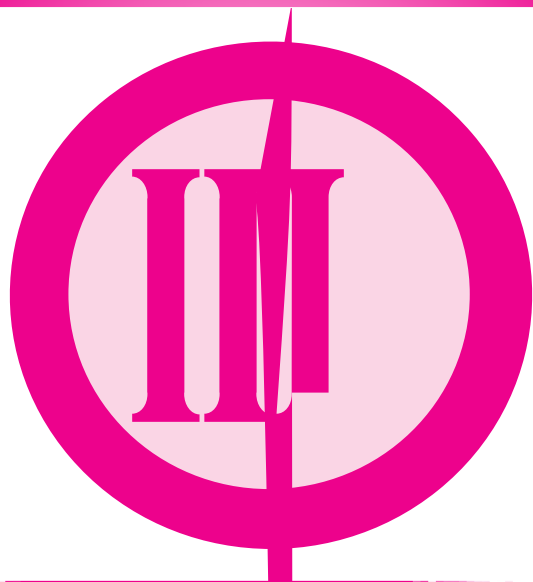
# CONTINUING EDUCATION

THREE VILLAGE CENTRAL SCHOOL DISTRICT

ONLINE\* ◦ MAIL-IN ◦ WALK-IN

Walk-in registration February 24, 25 and 26  
Monday-Tuesday-Wednesday  
5:00 TO 7:00 PM  
Ward Melville HS – Rm. 113A  
Auditorium Entrance – South Side of Building

Online registration: Use [www.myschoolbucks.com](http://www.myschoolbucks.com)  
\*Online registration is open as soon as the brochures are posted to the website and mailed. We encourage you to utilize the online registration/payment option



## BOARD OF EDUCATION

Susan Megroz-Rosenzweig, President  
Karen Roughley, Vice President  
Vincent Vizzo  
Dr. Jeffrey Kerman  
Dr. Shaorui Li  
Dr. David McKinnon  
Dr. Stanley Bak  
Inger Germano, District Clerk