



PLAINEDGE PUBLIC SCHOOLS

ADULT CONTINUING EDUCATION



WINTER
2025

**Registration Begins
Upon Receipt Of This Brochure**

Adult Continuing Education Winter CLASS SCHEDULES

MONDAY

JANUARY 27

FEBRUARY 3, 10, 24

MARCH 3, 10

Self Defense

Women's Session: (5:45PM-6:45PM) Plainedge Fitness Center- Dance Studio

Men's Session: (7:00PM-8:00PM) Plainedge Fitness Center- Dance Studio

Registration Fee:\$50.00

Wind Jiu-Jitsu Self-Defense Program: Owned and operated by Brazilian Jiu-Jitsu Black Belt Lieutenant Kevin Wind & Brown Belt/Wrestling Coach NYC Physical Education Teacher Ken Sciabarassi.



Our self-defense program is based around physical techniques that involve participants being grabbed in different situations. Our staff teaches these techniques, then partners all participants together to practice, while also incorporating exercise and fun games to help reinforce these techniques. Along with the physical aspect, our program covers awareness principles, risk assessment, and verbal/psychological strategies a person can use to set safe boundaries with others.

Our team here at Wind Jiu-Jitsu has competed in Brazilian Jiu-Jitsu tournaments all across the Country. We have taught self-defense workshops to schools and Police Departments, with our school located on Broadway in Massapequa. Our staff is excited to bring a piece of Wind Jiu-Jitsu to the Plainedge community!

Volleyball

(6:30PM-8:00PM) BMAC Gym*

Registration Fee:\$50.00

Exciting volleyball action awaits your Monday evenings. This co-ed volleyball program features "recreational-oriented" games and is a great way to meet people while you shape up. The game format is round-robin. The composition will be adjusted during play to balance teams. Skills will be reinforced at the beginning of each evening.



TUESDAY

JANUARY 21, 28

FEBRUARY 4, 11, 25

MARCH 4

Beginner Pickleball

(6:00PM-7:30PM) Plainedge Middle School

Registration Fee:\$50.00

Hottest new game sweeping the country! This co-ed class is for those looking to learn the basics of the game or for those who are looking to improve basic skills. Pickleball is a combination of tennis, ping-pong, racquetball, and badminton. It's played on a badminton court with lightweight paddles and plastic perforated balls. Lobbing, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Bring your own paddle or use one of ours.



Advanced Pickleball

(7:45PM-9:15PM) Plainedge Middle School

Registration Fee:\$50.00

Advance your skills, master strategies, and compete at a higher level tournament style! This co-ed class is for those who already know the rules of pickleball and are looking to compete at a more intense level. Please bring your own paddle or use one of ours!

Advanced Cricut

(6:00PM-7:30PM) John H. West Steam Room

Registration Fee:\$70.00 (All Materials Are Included)

Are you familiar with the Cricut and want to learn more? Join this class to learn more about what you can do with a Cricut. Experiment with uploading various file types, layering vinyl and iron-on vinyl, and cutting different types of material. Create home decor signs and personalized items specific to your style. The registration fee includes the cost of the materials needed for all projects.



Adult Continuing Education Winter CLASS SCHEDULES

WEDNESDAY

FEBRUARY 5, 12, 26

MARCH 5, 12, 19

Beginner Pickleball

(6:00PM-7:30PM) Plainedge High School

Registration Fee:\$50.00

Hottest new game sweeping the country! This co-ed class is for those looking to learn the basics of the game or for those who are looking to improve basic skills. Pickleball is a combination of tennis, ping-pong, racquetball, and badminton. It's played on a badminton court with lightweight paddles and plastic perforated balls. Lobbing, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Bring your own paddle or use one of ours.



Advanced Pickleball

(7:45PM-9:15PM) Plainedge High School

Registration Fee:\$50.00

Advance your skills, master strategies, and compete at a higher level tournament style! This co-ed class is for those who already know the rules of pickleball and are looking to compete at a more intense level. Please bring your own paddle or use one of ours!

THURSDAY

JANUARY 30

FEBRUARY 6, 13, 27

MARCH 6, 13

Strength & Stretch

(6:00PM-7:00PM) Plainedge Fitness Center Weight Room

Registration Fee:\$50.00

Are you looking to enhance your physical strength and flexibility through a combination of strength training and stretching exercises? Whether you're looking to improve muscle tone, build endurance, or increase your range of motion, this course offers a balanced approach to physical fitness that emphasizes both strength and flexibility.

Beginner Cricut Class

(7:00PM-8:30PM) John H. West Steam Room

Registration Fee:\$70.00(All Materials Are Included)

Do you have a desire to personalize gifts for others as well as for yourself? Organizing the house and in need of unique labels? In this class, you will learn tips and tricks to create endless crafts, personalized gifts, unique t-shirts, stickers, signs and so much more! You'll never have to order personalized and unique items online again! Put your new skills to the test in this class by creating projects such as personalized stickers, a unique water bottle, a customized wooden sign, and a t-shirt or canvas bag to keep for yourself or to give as a gift!

Boot Camp/ Core Conditioning

(7:15PM-8:45PM) Plainedge Fitness Center Weight Room

Registration Fee:\$50.00

This high-energy fitness course is designed to challenge participants through a combination of boot camp-style workouts and focused core conditioning exercises. Whether you're looking to build strength, improve endurance, or tone your abdominal and back muscles, this class provides a comprehensive, full-body workout with an emphasis on core stability and functional fitness.



REGISTRATION FORM

WINTER COURSES

Name:
 Address:
 Phone Number:
 Email:
 Circle One: Resident

Non- Resident (Add \$5.00 per class)
 Gold Card Member (Discount \$10.00 per class)
 2 or more courses (Discount \$5.00 per class)

Deadline to submit registration forms and payments is January 10, 2025

Course Attending: Please check all that apply and return form with your check or fill out the form by visiting bit.ly/AdultEducationWinter2025Registration

Course	Time	Registration Fee	Amount Enclosed Registration Plus Any Additional Fees or Discounts (Non-Resident, Gold Card)
Self Defense (Women Only)	5:45PM-6:45PM	\$50.00	
Self Defense (Men Only)	7:00PM-8:00PM	\$50.00	
Volleyball	6:30PM-8:00PM	\$50.00	
Beginner Pickleball	6:00PM-7:30PM	\$50.00	
Advanced Pickleball	7:45PM-9:15PM	\$50.00	
Advanced Cricut	6:00PM-7:30PM	\$70.00	
Beginner Pickleball	6:00PM-7:30PM	\$50.00	
Advanced Pickleball	7:45PM-9:15PM	\$50.00	
Strength & Stretch	6:00PM-7:00PM	\$50.00	
Beginner Cricut	7:00PM-8:30PM	\$70.00	
Boot Camp/ Core Conditioning	7:15PM-8:45PM	\$50.00	

If you're signing up for pickleball, please indicate if you will be playing with friends and provide their name (s)

Total Amount Enclosed: _____

**Courses offered are subject to sufficient enrollment.
 Participants will know a week prior to the start date if the course is canceled**

Central Administration
 Dr. Edward A. Salina, Jr., Superintendent of Schools
 Dr. Guy J. Le Vaillant, Deputy Superintendent
 Dr. Lisa DePaola, Assistant Superintendent of Curriculum and Instruction
 Catherine Honeyman, Assistant Superintendent of Curriculum and Instruction
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 Brett Prochazka, Director of Facilities

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Please make checks payable to Plainedge Public Schools and return to:
 Plainedge Public Schools Adult Education Program
 241 Wyngate Dr. N. Massapequa NY, 11758
 (516) 992-7450
 Send all checks via mail or drop them off at
 Plainedge District Administration Building
 241 Wyngate Drive
 Massapequa, NY 11758