

Community Programs ~ 2011 Fall Brochure

GENERAL INFORMATION

Shoreham-Wading River Community Programs (CP) offers a wide variety of recreational programs for all ages. These programs are designed to promote creative expression and intellectual curiosity. There is an array of sports programs and camps for the non-interscholastic competitor throughout the year for instructional and recreational purposes. Adult programs are offered as well. Community Programs also sponsors the July 4th and Thanksgiving Day Foot Races. All proceeds from the races go to the Community Programs Scholarship Fund.

We also have a Fitness Center located on the on the eastern boundary of the High School property. The Fitness Center is open to all SWR High School students. Adult membership in the Fitness Center is available to community residents, (see registration form at end of this brochure). Our staff will lead you through a program of weight training and fitness techniques, while building muscle tone and stamina.

Community Programs provides a wide variety of classes throughout the year to promote a community of lifelong learning. Courses include academics, fine arts, leisure, sports and fitness, and music and dance activities. The SWR Community Band provides an avenue for creativity and entertainment for our community.

High School students may enroll in our Driver Education Program offered throughout the year. Students must reach their 16th birthday by the start of the program. Programs begin in September, February, and July.

Questions and/or comments about Community Programs should be directed to Coordinator, Paul Koretzki at the District Office: (631) 821-8116 or email jshamoun@swr.k12.ny.us

REGISTRATION INFORMATION

Classes meet at various locations: SWR High School, Miller Ave. Elementary School, Wading River Elementary School and the Albert G. Prodel Middle School. Please fill out the registration form and mail along with your check made out to.....

SWR Community Programs

250 B Route 25A

Shoreham, NY 11786-2192

Or come down to our offices Monday thru Friday 8:00am-3:45pm in the SWR High School District Office to register in person. Whatever your choice, please register early! If you have any questions call (631)821-8116.

FEES / REFUNDS

Because we are a self-sustaining program, the decision to offer or cancel a class is based on enrollment. ***Registration is processed on a first come, first served basis.*** For accounting purposes, please write out a separate check for each program, the only exceptions are for multiple persons in the same program. If a class is dropped due to insufficient enrollment, your check will be promptly returned and you will be notified prior to the first class. ***NO REGISTRATIONS ACCEPTED ON THE FIRST DAY OF THE PROGRAM.*** Contact Community Programs at 821-8116, if you want register late. **NO CASH ACCEPTED ONLY CHECKS OR MONEY ORDERS.**

Refunds will only be given if we are notified 1 week prior to the class or activity. **NO REFUNDS** will be given thereafter. Nonattendance at classes does not entitle you to a refund. If you have any questions/suggestions, please contact the Community Programs office at 821-8116.

VOLUNTEERING

Many opportunities are offered to establish a resume of volunteer work within our program. Be it assisting at Egg Hunts or volunteering to work at our Round Out program or other various activities. We would hope that the students of our Middle School and High School take advantage of this opportunity to enrich their volunteer resume. Contact the Community Programs Office with your requests to volunteer 821-8116.

Registration Form Students & Adults

(fill in the information below)

STUDENT NAME _____ **GRADE** _____

MAILING ADDRESS _____ **TOWN** _____ **ZIP** _____

HOME PHONE _____ **E-MAIL ADDRESS** _____

EMERGENCY CONTACT PERSON _____ **EMERGENCY PHONE #** _____

PROGRAM _____ **FEE** _____

PROGRAM _____ **FEE** _____

ADULT NAME _____

MAILING ADDRESS _____ **TOWN** _____ **ZIP** _____

HOME PHONE _____ **E-MAIL ADDRESS** _____

EMERGENCY CONTACT PERSON _____ **EMERGENCY PHONE #** _____

PROGRAM _____ **FEE** _____

PROGRAM _____ **FEE** _____

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, hereby waive, release and hold harmless Shoreham-Wading River Central School District, SWR Community Programs and their agents, employees, representatives and successors and assigns, from any and all liabilities, claims, demands and causes of action whatsoever arising directly or indirectly from my child or my participation in this program, even if any such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above-mentioned organizations or individuals. (When signed by a parent, the parent agrees to waive, release and hold harmless the above-mentioned organizations and individuals from any and all said liabilities, claims and causes of action which may be asserted on behalf of the entrant.)

In addition I hereby grant permission to any and all of the above mentioned organizations and individuals to use any photographs, videotapes, motion pictures, recording or any other record of this event and my child's or my participation in this event for any program related advertisement or news releases.

Signature of parent or legal guardian

Office Use Only

Date Received: _____ Check # _____ Check Amount \$ _____

Grades K - 12



5-HOUR PRE-LICENSING

INSTRUCTOR: WILLIAM HUSING

DATES: OCT 17 & 18 or NOV 14 & 15 or DEC 12 & 13 or JAN 23 & 24

LOCATION: SWR HIGH SCHOOL ROOM 205

TIMES: 6:30pm – 9:00pm

FEE: \$45.00

DESCRIPTION: This is required of all NEW drivers (or anyone whose license has been revoked) before making an appointment for a road test. Bring valid learners permit and adequate identification.



YOUTH CO-ED BASKETBALL ~ GRADES PK thru 9

COACHES: PARENT VOLUNTEERS

DATES: OCT 27 thru MAR 24

FEE: \$65.00

Registration closes October 14th. Practices start Thursday October 27th (approx. times 5:30-9pm-broken down into 1 hr. time slots) and games start second week of December (approx. times 8am to 2pm). Play is arranged by the following grades and gender:

PK boys & girls MA Elem. School	4-5 boys only Middle School	4-5 girls only Middle School
K-1 boys & girls WR Elem. School	6-7 boys only Little Flower	6-7 girls only Little Flower
2-3 boys & girls MA Elem. School	8-9 boys only Little Flower	8-9 girls only Little Flower

GYMNASTICS ~ GRADES K thru 6

INSTRUCTOR: SUE MATURA

DATES: THURS - OCT 13, 20, NOV 3, 10 & 17

LOCATION: WADING RIVER ELEMENTARY SCHOOL GYM

GRADES K-3 ~ 6:30-7:30pm

GRADES 4-6 ~ 7:30-8:30pm

FEE: \$50.00



DESCRIPTION: These classes will focus on developing gymnastics skills for the early grade child.

BOYS LACROSSE ~ GRADES K thru 2

INSTRUCTOR: TOM ROTANZ

DATES: THURS - JAN 5, 12, 26, FEB 2, 9, 16, MAR 1 & 8

LOCATION: MIDDLE SCHOOL GYM

TIMES: 5:30pm to 7:30pm

Grades K-1 ~ 5:30-6:30pm

Grade 2 ~ 6:30-7:30pm

SWR STUDENTS ONLY FEE: \$55.00



DESCRIPTION: Learn the basics skills of lacrosse.

GIRLS LAX ONLY "RETURNING PLAYERS" REGISTRATION DAY

INSTRUCTOR: PAUL ANDERSON

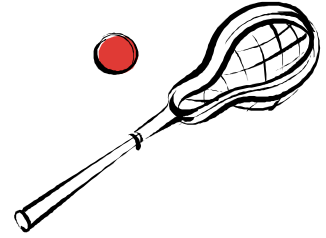
DATES: WED - OCT 19

LOCATION: SWR HIGH SCHOOL LOBBY

GRADES 2 thru 8

TIMES: 6:00pm to 7:30pm

FEE: \$50.00



"NEW" PLAYERS GIRLS LACROSSE ~ GRADES 2 thru 8

DATES: TUES – JAN 10 thru MAR 27

LOCATION: MIDDLE SCHOOL GYM

GRADES 2 thru 8

TIMES: 6:00pm to 8:00pm

FEE: \$50.00

Registration forms will be sent home in the back packs and on the web site during the first week of December.

YOUTH CO-ED SOCCER ~ GRADES PK thru 6

INSTRUCTOR: PARENT VOLUNTEER

DATES: SUN – SEPT 18 thru NOV 6 (rain date NOV 13)

LOCATION: FIELDS BEHIND TENNIS COURTS

GRADES PK thru 1 ~ 1:00pm – 2:00pm

GRADES 2 thru 6 ~ 2:00pm – 3:00pm

FEE: \$55.00



DESCRIPTION: Learn fundamentals & techniques in the sport.

TEEN REC ~ GRADES 6 thru 8

INSTRUCTORS: DOTSIE BUBARIS & EILEEN BAIRD

DATES: GRADE 6 ~ SEPT 23, OCT 14, NOV 4, DEC 3, JAN 7, FEB 4, MAR 2, APR 20 & MAY 12

DATES: GRADES 7 & 8~SEPT 24, OCT 15, NOV 5, DEC 2, JAN 6, FEB 3, MAR 3, APR 21 & MAY 11

LOCATION: ALBERT G. PRODELL MIDDLE SCHOOL

TIMES: 7:00pm – 10:00pm

SWR STUDENTS ONLY FEE: \$4.00 per night Refreshments will be sold

DESCRIPTION: Join us for a variety of activities such as: basketball, indoor soccer, table tennis, air hockey, etc. or just "hangout" with your friends and relax!

TEEN REC FOR SPECIAL PERSONS

INSTRUCTORS: JACKIE SESSA & DANIELLE SESSA

DATES: FRIDAYS - SEPT 23 thru JUNE 8, 2012

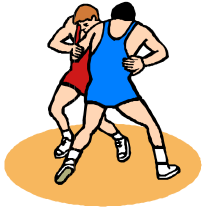
LOCATION: BRIARCLIFF SCHOOL GYM

TIMES: 7:00pm - 9:30pm

FEES: SWR RESIDENTS FEE: \$30.00 NON-RESIDENTS FEE: \$60.00

DESCRIPTION: Come play basketball, table tennis, dance if you like and much more. It's a nice place to make new friends.

OPEN MAT WRESTLING ~ GRADES 7 thru 12



INSTRUCTOR: JOE CONDON

DATES: MON & WED – SEPT 19 thru NOV 16

LOCATION: HIGH SCHOOL AUX GYM

TIMES: 7:00pm - 8:00pm

SWR STUDENTS ONLY FEE: \$10.00

DESCRIPTION: Practice basic skills and proper techniques unique to the sport of wrestling. Students will develop physical fitness, have fun and build their self-esteem. No sport builds confidence and develops a positive work ethic like wrestling.

KIDS WRESTLING ~ GRADES K thru 6



INSTRUCTOR: JOE CONDON

DATES: MON & WED - DEC 5 thru MARCH 14, 2012

LOCATION: HIGH SCHOOL AUX GYM

GRADES K-2 ~ 6:00-6:45pm

GRADES 3-6 ~ 6:45-8:00pm

SWR STUDENTS ONLY FEE: \$65.00

DESCRIPTION: Learn fundamentals & techniques in the sport of wrestling.

CHILDREN'S YOGA WORKSHOPS ~ GRADES 1 thru 5

INSTRUCTOR: LINDA LINDAMAN

TIMES: 2:50-3:35pm

DATES: WED - OCT 12, 19, 26, NOV 2, 9 & 16

LOCATION: MILLER AVE. Elem. - GYM

DATES: THURS – OCT 13, 20, 27, NOV 3, 10 & 17

LOCATION: WADING RIVER ELEM. - GYM



SWR STUDENTS ONLY FEE: \$40.00 for either Miller Ave. or Wading River Elementary

DESCRIPTION: Children will learn how the ancient science of yoga can help improve muscle tone, flexibility and strength. They will also learn how to create a wonderful feeling of well-being and calm within themselves. We will be doing both physical Postures (Asanas) and breathing techniques (Pranayama). Please wear loose clothing and bring a large towel or yoga mat. We have a few mats if you don't have one.

Linda Lindaman has been practicing Yoga for 30 years and currently teaches in several Health Clubs, Yoga Studios, and for the Town Libraries, Wellness Center, and Schools.



ATOMIC ZUMBA® ~ GRADES 3 thru 5

fitness

INSTRUCTOR: BOBBIE ANN DePIERRO

TIMES: 2:50pm – 3:35pm

LOCATIONS: **MILLER AVE** Elementary School GYM

DATES: MON - SEPT 26, OCT 3, 17, 24, NOV 7 & 14

LOCATIONS: **WADING RIVER** Elementary School GYM

DATES: FRI - OCT 7, 14, 21, 28 & NOV 12

SWR STUDENTS ONLY FEE: \$45.00 for either *Miller Ave. or Wading River Elementary*

DESCRIPTION: Specially designed for children ages 4 thru 12. Introduction to international music & rhythms such as salsa, chumbia, calypso, merenge and much more. Kids get fit and have a blast doing it!

CO-ED CORE ELEMENTS OF SPORT PERFORMANCE ~ GRADES 7 thru 12

INSTRUCTOR: ADAM LIEVRE

DATES: SEPT 18 thru NOV 10

LOCATION: SWR FITNESS CENTER



SESSIONS: TUES – 7:00pm - 8:00pm or 8:00pm – 9:00pm

SESSIONS: THURS – 7:00pm – 8:00pm or 8:00pm – 9:00pm or

SESSIONS: SUNDAY – 10:00am – 11:00am or 11:00am - 12noon

SWR STUDENST ONLY (limited to 8 per session)

FEE: \$65.00

DESCRIPTON: Training will be an intense 8 week, 1 hour session based on their potential and enhance their athletic ability through challenges and workouts rooted in movement, balance and strength. Athletes must pre-register for 2 of the 6 / 1 hr. sessions per week listed above. You can not just show up because the instructor needs to know who is coming.

ADULT INFORMATION

EXPLORE YOUR CREATIVITY BY DRAWING & PAINTING

INSTRUCTOR: EILEEN WEILBACHER

DATES: THURS – OCT 6, 13, 20, 26 & NOV 9

LOCATION: SWR High School Art Room

TIMES: 7:30pm – 9:30pm

FEE: \$45.00



DESCRIPTION: Learn how to draw and paint from interesting sculptures and objects. We'll start off slowly and build on our experiences. Adding washes of color to your drawings. We will explore line, tone, color, texture, composition, creating a 3 dimensional affect on paper.

MATERIALS needed:

#3 B Pencils

White eraser (Faber Castel is a good brand)

4 tubes of Windsor or Newton paint: Cadmium Red, Cadmium Yellow, Ultramarine Blue and Hooker's Green (or real Kelly Green if you can find it)

Plastic flat plate to mix colors on (you can use the lid of a large take-out container)

Plastic cup for water

A few nylon brushes (white or gold): small thin round brush #2 or #3, a #5 or #6 brush, and a flat angled brush about 1/2" wide

11 x 14 or larger water color pad of paper

MENS BASKETBALL OVER 35

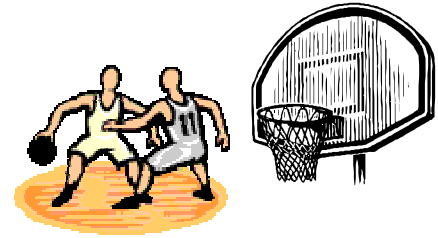
JIM TRAINA

DATES: MON & WED – SEPT 12 thru JUNE 6, 2012

LOCATION: MIDDLE SCHOOL FRONT GYM

TIMES: 5:30pm – 7:45pm

FEE: \$125.00



DESCRIPTION: Good way to keep fit! (Monday times will change in October)

DEFENSIVE DRIVING



INSTRUCTOR: TONY CANNONE

DATES: TUES & WED, OCT 25 & 26

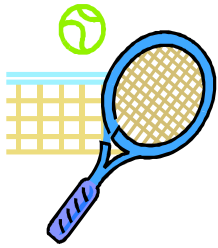
LOCATION: SWR HS ROOM A205

TIMES: 6:30pm - 9:30pm (6 hour program)

FEE: \$40.00

DESCRIPTON: ARC is offering the Point/Insurance Reduction Program to NY drivers as incentive for their involvement in this driver improvement course.

ADULT TENNIS – BEGINNERS



INSTRUCTOR: ROBERT LEE

DATES: THURS - SEPT 22, 29, OCT 6, 13, 20 & 27

LOCATION: SWR HS TENNIS COURTS

TIMES: 6:30pm - 7:30pm

FEE: \$50.00

DESCRIPTION: Learn basic tennis techniques of serving, forehand and backhand drives, volley, etc. Wear sneakers, bring your own racquet.

ADULT TENNIS – DOUBLES PLAY

INSTRUCTOR: ROBERT LEE

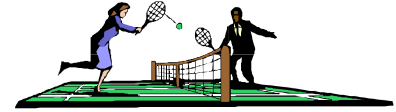
DATES: THURS - SEPT 22, 29, OCT 6, 13, 20 & 27

LOCATION: SWR HS TENNIS COURTS

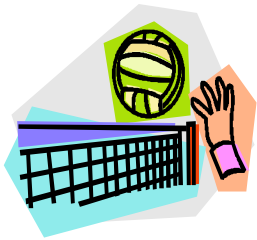
TIMES: 7:30pm - 9:00pm

FEE: \$60.00

DESCRIPTION: Players will be paired up for doubles play. Basic techniques will be expanded upon to develop advanced skills, court movement, advanced volley, approach shots, ball rotation, net play, etc. Wear sneakers, bring your own racquet.



CO-ED ADULT VOLLEYBALL 20 and OVER



INSTRUCTOR: HOWARD COHEN

DATES: MON & WED - SEPT 12 to JUNE 6, 2012

LOCATION: MIDDLE SCHOOL BACK GYM

TIMES: 8:00pm - 9:45pm

FEE: \$75.00

DESCRIPTION: Join us for a night of competitive volleyball.

ADULT YOGA WORKSHOP

INSTRUCTOR: LINDA LINDAMAN

DATES: WED - OCT 12, 19, 26, NOV 2, 9 & 16

LOCATION: MILLER AVENUE Elementary School GYM

TIMES: 4:00pm - 5:15pm

FEE: \$55.00

DESCRIPTION: Each week we will explore a different aspect of yoga. Topics will be breathing, hand placement, energy systems and the therapeutic benefits of yoga. Wear loose clothing and bring a large towel or yoga mat.



INSTRUCTOR: BOBBIE ANN DePIERRO

DATES: SESSION 1 - WED – OCT 5, 12, 19, 26, NOV 2

SESSION 2 - WED – NOV 16, 30, DEC 7, 14, 21 & JAN 4

SESSION 3 - WED – JAN 11, 18, 25, FEB 1, 8 & 15

LOCATION: MILLER AVE Elementary School GYM

TIMES: 7:30pm – 8:30pm

FEE: \$60.00 each session

DESCRIPTION: This new program has become one of the fastest-growing “dance” based fitness workouts.

Upcoming Events

COMMUNITY BAND CONCERTS

December 9th

March 9th

May 25th

SWR HS Auditorium ~ 7:30pm



THANKSGIVING DAY FOOT RACES
NOVEMBER 24, 2011

SPRING 2012 DRIVER EDUCATION ~ Week of DECEMBER 19th the registration forms will be in the Guidance Department, Community Programs Department and will also be listed on the School Web Site.



Check school web site for registration forms ~ www.swrschools.org

38th ANNUAL EGG HUNT - MARCH 31, 2012
1:15pm at the Albert G. Prodell Middle School
Rain Date April 1st