

# Rocky Point Community Education Classes... SPRING 2020

## BEGINNER YOGA #101

**Dates:** 3/16/20—4/27/20  
(no class 4/6)

**Day:** Mondays

**Time:** 7:00 PM—8:30 PM

**Fee:** \$60.00

**Location:** Middle School Weight Room

**Instructor:** Barbara Delledonne

**Description:** Release stress, energize and relax with YOGA! For the body that is new to yoga or the body that needs to move more gently. Men and women welcomed! Wear loose clothing, bring a towel or yoga mat and water.

## BASKETBALL 35 & OVER #102

**Dates:** 1/6/20—6/15/20  
(no class 1/20, 1/17, 4/6, 5/25)

**Day:** Mondays

**Time:** 8:00 PM—9:30 PM

**Fee:** \$50.00

**Location:** Middle School GYM

**Instructors:** John Schmidt

**Description:** Get in shape! Full court basketball will start slow and finish somewhere near quick. Class limited to 16.

## COUNTRY LINE DANCING WITH NATALIE#103

**Dates:** 3/9/20—4/20/20  
(no class 4/6)

**Day:** Mondays

**Time:** 7:00 PM—8:30 PM

**Fee:** \$60.00

**Location:** Middle School Cafe

**Instructor:** Natalie Boyle

**Description:** Get ready to kick up your heels for some fun County Line Dancing lessons. Learn fun dances that the top Long Island Bands and D.J.'s play. Great way to socialize, exercise, and meet new friends. All levels are welcome-basic and intermediate steps will be shared. Rubber sole shoes/boots are recommended.

## CANVAS PAINT NIGHT WITH FRIENDS #104

**Date:** 4/16/20

**Day:** Thursday

**Time:** 7:00 PM—9:00 PM

**Fee:** \$20.00 plus material fee of \$10.00 pd. to instructor day of class

**Location:** Middle School Cafe

**Instructor:** Theresa Fogal

**Description:** Step into your Creative Zone with friends and create a beautiful painting on canvas. Instructions and materials provided by instructor.

## FARMHOUSE STOVE TOP COVER #105

**Date:** 3/19/20

**Day:** Thursday

**Time:** 7:00 PM—9:00 PM

**Fee:** \$20.00 plus material fee of \$20.00 pd. to instructor day of class

**Location:** Middle School Cafe

**Instructor:** Theresa Fogal

**Description:** Step into your Creative Zone with friends and create a beautiful personalized wood farmhouse stovetop cover. You will receive step by step instructions from the instructor. All materials will be provided the night of the class. Please provide color request and wording/phrase you would like at the time of registration.

## TAI CHI FLOW #106

**Date:** 3/19/20— 4/30 ( no class 4/9 )

**Day:** Thursdays

**Time:** 5:15 PM - 6:15 PM

**Fee:** \$60.00

**Location:** Middle School Library

**Instructor:** Judith Walsh

**Description:** Standing/seated one hour exercise program designed to heal the body, soothe the mind, increase balance and flexibility. Judith has been teaching her program for over 20 years across New York and Long Island and uses it to manage her chronic health symptoms. Wear comfortable clothing and flat shoes—no prior experience needed.

**SAT COURSE**  
**CALL 1-800-SAT-PREP CLASS**  
**STARTS MIDDLE OF**  
**MARCH**

### **CONTACT INFORMATION:**

Office of Community Education  
Rocky Point High School  
82 Rocky Point-Yaphank Road  
Rocky Point, New York 11778  
Director: Lori Kuhn  
631-849-6168  
Communityed@rockypoint.k12.ny.us

# Rocky Point Community Education Classes... SPRING 2020



Please complete one registration form for each course (form may be duplicated). Mail the registration form, along with a check or money order, **NO CASH ACCEPTED**, check made payable to Rocky Point Schools.  
**NO REGISTRATION WILL BE ACCEPTED ON THE FIRST DAY OF THE PROGRAM.**

**Rocky Point High School  
Office of Community Education  
82 Rocky Point – Yaphank Road  
Rocky Point, New York 11778**

Spring 2020—Registration Form

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Phone #: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Email Address: \_\_\_\_\_

Course #: \_\_\_\_\_ Course Title: \_\_\_\_\_

Spring 2020—Registration Form

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Phone #: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Email Address: \_\_\_\_\_

Course #: \_\_\_\_\_ Course Title: \_\_\_\_\_

Spring 2020—Registration Form

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Phone #: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Email Address: \_\_\_\_\_

Course #: \_\_\_\_\_ Course Title: \_\_\_\_\_