

BUFS **D** **ce**

Bethpage Union Free School District

Continuing Education

Committed to Lifelong Learning

SPRING 2026

NEW CLASSES ADDED!

COURSE CATALOG

ONLINE REGISTRATION OPENS: Sunday, January 25, 2026

SPRING CLASSES BEGIN: Monday, March 9, 2026

BETHPAGE CE PROGRAM

Visit our website for courses and workshop information, updates,
and our secure online registration.

www.bethpagece.com

Bethpage Union Free School District

Town of Oyster Bay, Nassau County, Bethpage, NY 11714

Board of Education

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Assistant Superintendent for Pupil Personnel Services

Continuing Education

Susan Sciglibaglio

Director of Continuing Education

Lisa Vaglica

Secretary of Continuing Education

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Message from the Director...

We take great pride in Bethpage School District's Continuing Education Program, which offers educational, recreational and wellness opportunities. We are pleased to present the course offerings for the Spring of 2026. We have included some new courses, as well as our most popular courses. We strive to meet the needs of all members of our community, including residents who may not have children attending our schools. You may register through our website www.bethpagece.com or by returning the forms included in this brochure by mail. Get ready to enjoy, learn and grow!

Best regards,

Susan Sciglibaglio - Director, BCE

Lisa Vaglica - Program Secretary, BCE

Message from the Superintendent...

Dear Residents:

We are very proud to provide you with the Continuing Education Program for the Spring 2026 school year. We are always stressing the importance of lifelong learning and there is no greater example than that of our Continuing Education Program. This Spring we will be offering a wide variety of new courses designed to meet the interests of all our residents. The program is the result of years of listening to residents about the kind of workshops they would like to see offered. The BCED Program Director has added new courses with highly regarded, experienced instructors based on community suggestions. I encourage you to carefully review the booklet and take advantage of these valuable learning opportunities. And as always, feel free to suggest a course or workshop. This is your program!

Sincerely,

David Schneider

Superintendent of Schools

Bethpage CE Office Contact:

Bethpage High School

10 Cherry Avenue

Bethpage, NY 11714

516-644-4181

Bethpage CE Office Hours

Mon-Thurs: 9:30 AM - 1:00 PM

www.bethpagece.com

GENERAL INFORMATION

REGISTRATION FEES & REFUNDS

Fees are listed with each course description. Participants must pay separately for the materials that may be needed for a particular course. The Continuing Education Program is self-sustaining. In order to run a class, we must have sufficient enrollment. We will have to cancel the class if we do not have enough students registered one week before the start of class. For this reason, **refunds of courses that begin are non-refundable.**

TRANSFERS

Transfers from one course to another will be permitted prior to the second week of classes. (Enrollment Permitting).

CLASS SIZE

All CE Program Classes must meet minimum enrollment numbers in order to run. Fees may be increased or classes may be shortened in accordance with Board of Education policy to ensure that courses be conducted on a self-sustaining basis. All CE Program classes also have enrollment maximums. The expansion of these maximums is on a case-to-case basis at the discretion of the director. The CE Program will look to expansion options, rather than turn interested participants away.

CLASS SCHEDULE

Classes are held on the dates provided on the calendar page of this brochure. *Modifications to the calendar may happen because of conflicts.* Participants will be contacted by email about such changes.

EMERGENCY CLOSING

In the event of bad weather, class cancellations will be announced by local radio stations and NEWS 12; or login to our website at: www.bethpagece.com. If you are still in doubt, call 516-644-4181 for up-to-date information. All classes canceled due to poor weather will be added to the end of program sessions, unless otherwise arranged by the instructor.

INSTRUCTORS

The Continuing Education Department reserves the right to substitute instructors or arrange makeup classes when necessary. We retain our Continuing Education Instructors to teach in their area of expertise. Instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the course description in this brochure.

HIGH SCHOOL STUDENTS

High school students who are **Seniors** are permitted to register for Continuing Education courses, provided that the course is not available to the student as part of the regular instructional program. Approval is required from the Director of Continuing Education.

SENIOR CITIZENS

Senior citizens (aged 60 and above) will receive a discounted rate on the published rate for most CE courses and programs (exclusions apply). This discounted rate is offered to both resident and non-resident participants. Books, materials and other fees are the responsibility of the participant and will not be discounted.

PARKING and ENTRY into BUILDING

Park in the Stewart Avenue parking area. **No cars are to be parked in the circle. Enter the Stewart Avenue door only.**

ACCIDENTS

There are no medical benefits provided in the Board of Education's accident coverage for Continuing Education students. Please be careful in your selection and participation in our courses.

SMOKING

Smoking is **prohibited** in all areas of the school buildings and on school grounds

www.bethpagece.com

bced@bethpage.ws

516-644-4181

Be sure to check out our website for new courses, class news, cancellations and program updates.

Bethpage CE Calendar Schedule Spring 2026

PLEASE NOTE:

- Classes meet no more than 8 times. (Note: some classes are NOT 8 weeks)
- In case of bad weather **OR** the instructor has to cancel classes there will be a makeup date.

MONDAYS	TUESDAYS	THURSDAYS
<p>CLASSES Barre Above Starts 3/2 Pickleball Starts 3/16 Basketball Latin Dance Sketching and Drawing* Acrylic Painting Techniques* Beginner Crochet* Sour Dough Workshop* Fuse Glass Workshops *</p> <p>*New class!</p>	<p>CLASSES Chair Yoga Ballroom Dance Beginner Ballroom Dance Intermediate One Stroke Painting Sweat & Swagger Crackling/Decoupage* Good Night's Sleep* Healthy Brain* Weight Training* Mah jongg Intensive Workshop *</p> <p>*New class!</p>	<p>CLASSES Line Dance Pilates Zumba Gold Pickleball Starts 3/26 Junk Journaling*</p> <p>*New class!</p>
<p>CLASSES MEET - 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4</p> <p>Make up date if needed - 5/11</p>	<p>CLASSES MEET - 3/10, 3/17, 3/24, 3/31, 4/14, 4/21, 4/28, 5/5</p> <p>Make up date if needed - 5/12</p>	<p>CLASSES MEET - 3/12, 3/19, 3/26, 4/16, 4/23, 4/30, 5/7, 5/14</p> <p>Make up date if needed - 5/21</p>

Meet Our Instructors!

JAMIE BANDIOLA has been teaching Zumba for 10 years at popular gyms such as Lucille Roberts, Synergy and ProFit club. Jamie would like her students to learn the Zumba dance, get some Zumba fitness and have some FUN!!

CRYSTAL CAPONE has a BFA in Digital Art and Design and is currently pursuing a Master's in Art Education. She has been teaching art classes for 6 years in the community. She loves animals and nature and reflects that in her creations.

MARY CAPONE has Studied Art and Design, has taught crochet at library programs and is a member of LI Rocks, a Kindness Rock Painting group that runs all through Long Island.

CATHY DARCY is a certified Yoga Instructor with over ten years of leading Hatha/Vinyasa style classes, Chair Yoga, cardio and strength classes. She's been a long-time continuing education instructor for Bethpage with a regular following.

NICOLE DEMIERI is an elementary school teacher that has been teaching and calling line dancing for several years in local establishments around Long Island. She can teach you all the dances you could possibly want!

STACEY FUCCI shares her talents as an instructor for local art stores, teaching popular do-it-yourself chalk/faux finish painting techniques, decoupage, crackling and is certified in the one-stroke painting method.

BARB HERD has a background in corporate training and career development. She enjoys helping adults achieve their wellness goals as a certified Health and Wellness Coach.

STEVE HONKA found his love of pickleball right here in our BCE program! He is an experienced coach in several sports and is a certified pickleball instructor. His knowledge of the rules and weekly mini lessons are sure to improve your game.

BOBBI KENSIL is an avid sports enthusiast and 20 year fitness professional teaching pilates, spin, and senior fitness. She offers fun and energetic workouts specially tailored to her students' needs.

BERNICE LITE is a retired speech and language and special educator who has created a method for teaching mah jongg that gets you playing very quickly. She's been teaching this method for several years in local community groups and has quite a following!

MERISSA LOMBARDI is an enthusiastic and upbeat hype crew leader for this new fitness craze. She brings people together through fitness and dance.

MEGAN KEANE is an English teacher at BHS. She is always in the middle of a new creative project and is an avid reader, writer, and crafter.

JOHN MAZZEI is a life-long, professional dancer, having taught at professional dance studios, including his own, and now in several school-based programs. He loves teaching and bringing people the joy of dance.

NICK PEPE is a physical education teacher and coach for Bethpage Schools. Nick coaches JFK soccer, JV Wrestling and Marine Fitness. He is passionate about fitness and helping others reach their goals.

THERESA RE Just a mom who likes to bake bread. Fun fact... I haven't bought any bread for a year!

ANTHONY REGATEIRO is a teacher and coach at Bethpage High School. He is an enthusiast of all sports and enjoys leading social events.

KELLY SCHULTE-SMITH I am a glass artist/instructor, working with glass for over 15 years. As an artist, I enjoy the challenge of making something new and finding solutions to combine techniques to produce the final piece. I love to share my love of glass work and teach fused glass, mosaic art and stained glass art to budding and seasoned artists!

2026 BCE SPRING COURSE CATALOG

Visit the official Bethpage Continuing Education Website
www.bethpagece.com for updated class information and online registration.



CERTIFICATIONS

LIFEGUARD TRAINING ♦ Jeff Hack

This course results in certifications in Lifeguard Training, First Aid and CPR for the Professional Rescuer, and Automated External Defibrillation.

Requirements: You must be at least 15 years of age by the end of the program (February 27th), attend and pass ALL scheduled sessions to receive the certification.

DATE/TIME: 2/9, 2/10, 2/11, 2/12, 2/13, 2/23, 2/24, 2/25, 2/26, 2/27 4:00 - 7:30 PM

LOCATION: BHS Pool

TUITION: \$400 Payable to Jeff Hack **NON-REFUNDABLE after 1st session

REGISTRATION FEE: \$30 Resident / \$35 Non Resident

****Max enrollment: 10 students**

****Registration Deadline February 1, 2026**

NOTARY PUBLIC TRAINING – Online ♦ Dina DiRoma

Stand out among the competition and enhance your credentials. The Notary Public training course is designed to educate individuals with the legal terminology, concepts and classes contained in the framework of the NYS Notary booklet. Price includes study guide, practice exam, Notary Public Appreciation and NYS exam schedule. Online Training Course Includes: instant access, notary concepts, definition review, sample forms, notary law subsection review, notary facts, notary prep test, 1 full year and 24/7 access with customer support.

DATE/TIME: Online anytime after 3/9/26

REGISTRATION FEE: Resident: \$25 / Non-Resident: \$30 (paid to Bethpage School District)

COURSE/CERTIFICATION FEE: \$50.00 is payable to the instructor via PayPal before the course begins.

The instructor will email you a link to the course after registration.

If you prefer to pay the instructor by check, please mail a check PAYABLE to Dina DiRoma.

Mail to: Continuing Education, Bethpage High School, 10 Cherry Avenue, Bethpage, NY 11714

CREATIVE ARTS

ACRYLIC PAINTING ♦ Crystal Capone

Create beautiful paintings you'd hang up in your home, follow along with step-by-step instructions, learn new skills, and explore color theory.

DATE/TIME: Mondays 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4 from 6:30 - 7:30 PM

LOCATION: BHS Room 133

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

MATERIALS FEE: \$48 cash on first night of class



DRAWING and SKETCHING ♦ Crystal Capone

Learn the fundamentals of drawing and sketching through contour line drawing, shading, still life and more. Explore new techniques, textures and mediums like graphite and charcoal.

DATE/TIME: Mondays 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4 from 7:30 - 8:30 PM

LOCATION: BHS Room 133

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

MATERIALS FEE: \$15 cash on first night of class



BEGINNING CROCHET ♦ Mary Capone

Learn and practice the basic single stitch and start creating wonderful projects, including potholders, coasters, and holiday decor. Socialization, Relaxation and Fun are highly encouraged! No crochet experience required. Materials will be provided, but you may bring your own needle of choice and comfort if you prefer your own.

DATE/TIME: Mondays 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4 from 6:30-7:30 PM

LOCATION: BHS Room 118

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

MATERIALS FEE: \$15 cash on the first night of class



JUNK JOURNALING ♦ Megan Keane

Transform your collected scraps (photos, ticket stubs, receipts, letters, etc.) into intentional collages that tell your story! Enjoy this low-commitment, modern twist on scrapbooking.

Come with those pesky junk drawer memories and spend time pushing your creative boundaries. **THIS IS A 6-WEEK COURSE**

DATE/TIME: Thursday, 3/12, 3/19, 3/26, 4/16, 4/23, 4/30 from 6:30 - 7:30 PM

LOCATION: BHS Room 109

REGISTRATION FEE: \$60 **MATERIALS FEE:** \$10 cash on first night of class



ONE STROKE PAINTING - Beginner ♦ Stacey Fucci

This popular painting method is one of the easiest and most enjoyable arts to master. In this beginner course, you will learn the basics of how to blend, shade, and highlight in one stroke. You will quickly and easily create beautiful projects on a variety of surfaces. This class is designed to give you the necessary skills to paint daisies, sunflowers, wildflowers, leaves, and vines. You will feel like an artist in no time!

DATE/TIME: Tuesday, 3/10, 3/17, 3/24, 3/31 from 6:30 - 8:30 PM

LOCATION: BHS Room 133

REGISTRATION FEE: \$60 **MATERIALS FEE:** \$30 cash or PayPal/Venmo to Stacey Fucci*

CREATIVE ARTS *continued*

DECOUPAGE - KEEPSAKE TRINKET BOX ✦ **Stacey Fucci**

This is a creative and relaxing workshop where you will transform an ordinary box into a charming keepsake using beautiful napkins, paint and embellishments. Learn the art of decoupage step by step while adding your own personal touch to make it truly one of a kind. Perfect for beginners and seasoned crafters alike.

Limit 12 students

DATE/TIME: Tuesday, 4/14 from 6:30 - 8:30 PM

LOCATION: BHS Room 133

REGISTRATION FEE: \$30 **MATERIALS FEE:** \$18 cash or PayPal/Venmo to Stacey Fucci*



DECOUPAGE - BIRDHOUSE ✦ **Stacey Fucci**

Create a sweet, cottage-style birdhouse using crackle/sponge painting techniques with decoupage in this relaxed and inspiring class. We'll play with paint, napkins and texture to achieve a softly aged, vintage look – perfect for home decor or gifting. No pressure, just creativity, encouragement and a beautiful handmade piece to take home. **Limit 12 students**

DATE/TIME: Tuesday, 4/21 from 6:30 - 8:30 PM

LOCATION: BHS Room 133

REGISTRATION FEE: \$30 **MATERIALS FEE:** \$18 cash or PayPal/Venmo to Stacey Fucci*



FUSED GLASS GARDEN STAKES ✦ **Kelly Schulte-Smith**

Discover the magic that happens when you fire glass at a very high temperature in a kiln. Come and make a Fused Glass Garden Stake of your own design using glass, stringers and murrini. All tools provided to create your very own one-of-a-kind Garden Stake. It will be fired in the kiln and available for pick up in two weeks from the class. **Limit 20 students.**

DATE/TIME: Monday, 3/23 from 6:00 - 8:30 PM

LOCATION: BHS Room 207

REGISTRATION FEE: \$30

MATERIALS FEE: \$40 includes: base, decorative glass/materials, kiln fee)



FUSED GLASS MOSAIC PLATE ✦ **Kelly Schulte-Smith**

Always wanted to try Glass Fusing? This is a great class to learn some basic skills and design your own plate. You are provided a 6x6 inch blank to create your mosaic bowl using scrap glass, dichroic glass, stringers, and frit. You will learn how to shape glass using a mosaic tool that is provided. Once you finish your project, it gets fired twice in the kiln, to be picked up after the class.

Limit 20 students.

DATE/TIME: Monday, 4/27 from 6:00 - 8:30 PM

LOCATION: BHS Room 207

REGISTRATION FEE: \$30

MATERIALS FEE: \$40 includes: (base, decorative glass/materials, kiln fee)



MUSIC and DANCE

BALLROOM DANCE BEGINNER ✦ John Mazzei

In this course, you will be taught many of the popular dances such as the Waltz, Foxtrot, Swing, Rumba, Salsa, and Hustle. The goal is to not only have you learn each dance but to be proficient at movement in general and gain the confidence to get on the dance floor with your favorite partner at your next occasion. Singles are welcome! If you are a beginner or want to refresh your skills, this class is for you!

DATE/TIME: Tuesday, 3/10, 3/17, 3/24, 3/31, 4/14, 4/21, 4/28, 5/5 from 6:30 - 7:30 PM

LOCATION: BHS Cafe B

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

BALLROOM DANCE INTERMEDIATE ✦ John Mazzei

This class requires knowledge of the basics of the ballroom and Latin dances. Intermediate Ballroom instruction will include Intermediate patterns beyond those that are learned in Beginner Ballroom. Ideally, the participant will have taken the Beginner Ballroom class. Lead, follow, footwork, and some technique will be taught in this class.

DATE/TIME: Tuesday, 3/10, 3/17, 3/24, 3/31, 4/14, 4/21, 4/28, 5/5 from 7:30 - 8:30 PM

LOCATION: BHS Cafe B

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

LATIN DANCE ✦ John Mazzei

The Latin Dances you've always wanted to learn! This is the beginner class to learn the basics of dances such as Cha Cha, Rumba, Salsa, Merengue, and Bachata. The next time you hear music, you could be dancing!

DATE/TIME: Monday, 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4 from 6:30 - 7:30 PM

LOCATION: BHS Cafe B

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

LINE DANCING ✦ Nicole Demieri

Do you want to learn how to Line Dance? Do you know someone who wants to learn to Line Dance? If you can count to eight, then you can Line Dance. This is a perfect class for the true beginner dancer. Learn how to Shuffle, Kickball Change, Waltz, and more. Come join the fun! It is an exercise in disguise! Bring water and comfortable shoes. Singles welcome, no partner necessary. **THIS IS A 6-WEEK CLASS**

DATE/TIME: Thursday, 3/12, 3/19, 3/26, 4/16, 4/23, 4/30 from 6:30 - 7:30 PM

LOCATION: BHS Cafe A

REGISTRATION FEE: Resident: \$60 / Non-Resident: \$65 / Resident Senior: \$50 / Non-resident Senior \$60

LINE DANCING INTERMEDIATE ✦ Nicole Demieri

This class is for those dancers who have experience with line dancing and are familiar with the basic line dancing steps. This class will be a combination of reviewing dances from previous sessions and learning new dances. **THIS IS A 6-WEEK CLASS**

DATE/TIME: Thursday, 3/12, 3/19, 3/26, 4/16, 4/23, 4/30 from 7:30 - 8:30 PM

LOCATION: BHS Cafe A

REGISTRATION FEE: Resident: \$60 / Non-Resident: \$65 / Resident Senior: \$50 / Non-resident Senior \$60

PERSONAL GROWTH

FINALLY! A GOOD NIGHT SLEEP: TWO-PART WORKSHOP ♦ Barb Herd



Part 1: The Science of Sound Sleep

In this engaging session, we'll explore what might really be keeping you up at night and how lifestyle choices may be impacting your ability to get good quality sleep. You'll choose several strategies to implement over the next two weeks, before we meet for Part 2.

Part 2: Putting it into Practice

Bring your questions, insights, and sleep experiences! This interactive session builds on the foundation from Part 1. Explore additional tips to wind down, stay asleep, and wake up refreshed. Learn how to reclaim restorative sleep in this engaging series. It's time to stop dragging through your days!



DATE/TIME: Tuesday, 3/10, 3/24 from 7:00 - 8:00 PM

LOCATION: BHS Room 112

REGISTRATION FEE: Resident: \$30 / Non-Resident: \$35

BETTER BRAIN HEALTH: TWO-PART WORKSHOP ♦ Barb Herd



Part 1: Foundations for a Healthy Brain

Struggling with focus, memory lapses, or brain fog? Explore how lifestyle factors like sleep, inflammation, nutrition, stress, toxins, and more influence cognitive wellness. Learn practical strategies to enhance focus and memory and create a personalized Brain Health Action Plan of your own.

Part 2: Putting it Into Practice

Share experiences from your action plan, discuss challenges and successes, and discover new techniques to maintain mental sharpness. Engage in interactive activities and group discussions to reinforce healthy habits for lifelong brain health. Join us for this interesting and fun series!

DATE/TIME: Tuesday, 4/14, 4/28 from 6:30 - 8:00 PM

LOCATION: BHS Room 112

REGISTRATION FEE: Resident: \$30 / Non-Resident: \$35

MAH JONGG CRASH COURSE WORKSHOP ♦ Bernice Lite



New to Mah Jongg or need a quick refresher? This small group/crash-course teaches you how to play by breaking down and recognizing patterns - making the game easier, faster and less intimidating. You'll be playing hands by the first night! You will have open play time for 2 weeks after the workshop. **Limit 8.**

MUST BUY the 2026 CARD in APRIL from <https://www.nationalmahjonggleague.org/> prior to the class.

DATE/TIME: Tuesday, 4/14 and 4/21 from 6:30 - 8:30 PM with the instructor
4/28 and 5/5 for independent play/practice

LOCATION: BHS Faculty Lounge

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

SOUR DOUGH WORKSHOP ✦ **Theresa Re**

Ever wanted to make your own sourdough but didn't know where to start? Join us for a relaxed, hands-on evening where we'll take all the mystery out of natural fermentation. We'll guide you through the basics step-by-step—from feeding your "mother" starter to that first satisfying slice. Don't worry about perfection; this is a space to ask questions, get your hands a little floury and enjoy the process. By the end of class, you'll have the skills and the confidence to bake beautiful loaves in your own kitchen. We can't wait to roll up our sleeves and share the magic of sourdough with you. See you at the mixing bowl! **Limit 12 students**



DATE/TIME: Monday, 4/27 **OR** 5/4 **(PICK ONE)** from 6:30 - 8:30 PM

LOCATION: JFK Room 117

REGISTRATION FEE: \$30

MATERIALS FEE: \$40 includes reusable take-home starter kit materials, ingredients for the workshop, and a loaf of dough to bake at home.

WELLNESS, HEALTH, and FITNESS

HEALTH DISCLAIMER Registrants are advised to check with their doctors should there be any questions as to their ability to participate in any course.

BASKETBALL ✦ **Anthony Regateiro**

Come join your friends and neighbors in this friendly, recreational, pick-up game of basketball. All ages 18 and over are welcome. **Pre-registration is required**

DATE/TIME: Mondays 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4 from 8:00 - 10:00 PM

LOCATION: CBS Gym

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

BARRE ABOVE: Total Body Tone ✦ **Jeanne Chillianis**

Totally unique workout approach that combines exercise movements from ballet, pilates, and yoga. Small isometric strength training movement to strengthen and tone muscles and increase balance. You will see improvements in your posture, flexibility, overall body strength, and balance.

Bring your mat, water, and dress comfortably! **Limit 15**

DATE/TIME: Mondays, 3/2, 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27 from 6:00 - 7:00 PM

LOCATION: BHS Cafe A

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

CHAIR YOGA ✦ **Cathy Darcy**

This is a gentle class in which stretches and yoga postures are done in a chair and/or standing, using the chair for support and balance. The class may be done completely in the chair to accommodate limited mobility. Focus on deep breathing, linking breath to movement, and relaxation. **Please bring a strap or tie**

DATE/TIME: Tuesdays, 3/10, 3/17, 3/24, 3/31, 4/14, 4/21, 4/28, 5/5 from 6:00 - 7:00 PM

LOCATION: BHS Cafe A

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

WELLNESS, HEALTH, and FITNESS *continued*

PILATES ♦ **Bobbi Kensil**

Come and enjoy the benefits of Pilates, which focuses on proper alignment, breathing, joint release, and a complete range of motion. Pilates brings harmony and balance to the body, incorporates all the muscles, and targets the core. The Pilates method creates flexibility and a toned, trim body. Anyone at any fitness level will benefit. **A soft mat is required.**

DATE/TIME: Thursdays, 3/12, 3/19, 3/26, 4/16, 4/23, 4/30, 5/7, 5/14 from 7:00 - 8:00 PM

LOCATION: Cafe B

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

SWEAT & SWAGGER ♦ **Merissa Lombardi**

Get ready to move, groove, and unleash your inner confidence with this class that blends fitness, dance, and attitude into one powerful workout! You'll dive into fun, easy-to-follow dance-inspired routines that incorporate strength-building movements, cardio bursts, and plenty of flair. No experience necessary, open to all levels.

DATE/TIME: Tuesdays, 3/10, 3/17, 3/24, 3/31, 4/14, 4/21, 4/28, 5/5 from 7:00 - 8:00 PM

LOCATION: BHS Cafe A

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

WEIGHT TRAINING ♦ **Nick Pepe**

Introductory weight training fitness class specifically designed to help adults of all fitness levels build strength, improve muscle tone, and enhance overall physical well-being. This class offers a supportive and engaging environment to kick-start your fitness journey.

Different movement patterns will be taught through a specific program to best fit the group's individual needs. **Limit 15**

DATE/TIME: Tuesdays, 3/10, 3/17, 3/24, 3/31, 4/14, 4/21, 4/28, 5/5 from 6:00 - 7:00 PM

LOCATION: BHS Weight Room

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-resident Senior \$80

ZUMBA GOLD ♦ **Jamie Bandiola**

Zumba Gold is a lower intensity version of the traditional Zumba workout designed for older adults, beginners, and or individuals with physical limitations. Focuses on improving balance, flexibility, and cardiovascular strength, along with reducing stress and burning calories. This class has easy-to-follow dance moves!

DATE/TIME: Thursdays, 3/12, 3/19, 3/26, 4/16, 4/23, 4/30, 5/7, 5/14 from 7:00 - 8:00 PM

LOCATION: Auxiliary Gym

REGISTRATION FEE: Resident: \$80 / Non-Resident: \$85 / Resident Senior: \$70 / Non-Resident Senior \$80



WELLNESS, HEALTH, and FITNESS *continued*

PICKLEBALL BEGINNER - MONDAYS ♦ Steve Honka

Get some exercise and make new friends while playing the fastest-growing sport in America, Pickleball! - part tennis, part ping-pong. This class is for **BEGINNERS ONLY and NOVICE PLAYERS** to continue their instruction. Emphasis will be on rules, serving, drills and different strokes. For those repeating the beginner class, we will delve deeper into the game and practice skills. Emphasis will be on ground strokes, strategy and tactics to improve your play. **Please do not sign up for this session if you are a previous experienced player. Bring a paddle. Limit 16**

DATE/TIME: Mondays, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4, 5/11 from 7:00 - 8:30 PM

LOCATION: JFK Gym

REGISTRATION FEE: Resident: \$90 / Non-Resident: \$100 / Resident Senior: \$80 / Non-resident Senior \$90

*****Please note start date of 3/16*****

PICKLEBALL BEGINNER/INTERMEDIATE - THURSDAYS ♦ Steve Honka

This class is for those with some previous pickleball experience from the beginner class. We will delve deeper into the game and practice skills. Emphasis will be on ground strokes, strategy and tactics to improve your play. **Please do not sign up for this session if you are an experienced player. Limit 16.**

DATE/TIME: Thursdays, 3/26, 4/16, 4/23, 4/30, 5/7, 5/21 from 7:00 - 9:00 PM

LOCATION: JFK Gym

REGISTRATION FEE: Resident: \$90 / Non-Resident: \$100 / Resident Senior: \$80 / Non-resident Senior \$90

***** Please Note this is 6 weeks for 2 hours*****

***** Due to the popularity of this class, you may only register for 1 session of pickleball.*****

***** We will keep waiting lists if you are closed out*****

YOUR ENROLLMENT IS NOT FINAL UNTIL CHECK IS RECEIVED IN THE MAIL

REGISTRATION OPTIONS

Because many of our programs have enrollment requirements (minimum/maximums), we encourage participants to **register early online**. **Maximum enrollment is based upon the order in which registration forms with payments are received**. The Continuing Education Program is self-sustaining. In order to run a class, we must have sufficient enrollment. We will have to cancel the class if we do not have enough students registered one week before the start of class. For this reason, **refunds of courses that have begun are non-refundable**.

You will only receive notification if the class has been canceled or if a class is filled.

PLEASE MARK THE DATES ON YOUR CALENDARS!

ONLINE REGISTRATION:

The online registration begins January 25th for the Spring 2026 session.

Online registration will close on February 15th.

Visit our official website at www.bethpagece.com, and click on the registration tab. From the Registration page, click the registration button that will take you to our online registration form. Complete all the form fields, check the class/classes you wish to enroll in, and click the submit button. Review your enrollment information on our receipt page and click register to finalize.

You must print a copy of your online verification and submit it by mail along with your check payable to Bethpage School District. ** Online registrations are not finalized until payment is received******

REGISTER BY MAIL: Complete the registration form below and mail it with your **check payable to Bethpage School District**. Materials fees are paid directly to the instructor (PayPal, Venmo, check). **No acknowledgment of registration will be sent**. You are automatically enrolled unless otherwise notified.

Checks will NOT be deposited until the class in which you are enrolled begins.

Your registration must be paid to attend the first class.

SPRING 2026 BETHPAGE CE MAIL-IN REGISTRATION FORM

One form and one check per student

PLEASE include ALL fields

Name: _____

Are you a Bethpage district resident? Yes / No Are you a senior 60 or over? Yes / No

Address: _____ City/Zip: _____

Email: _____ **(required)**

Home Phone #: _____ Cell Phone #: _____

Emergency Contact Name: _____ **(required)**

Emergency Contact Phone #: _____ **(required)**

Registration Type - Circle One: Resident / Non-resident / Resident Senior / Non-resident Senior

Course #1 : _____ **Course #1 Fee** _____

Course #2: _____ **Course #2 Fee** _____

Total Payment: _____ Check #: _____

Include Check Payable to Bethpage School District

Mail to: Bethpage Continuing Education, 10 Cherry Avenue, Bethpage, NY 11714



Name: _____

Are you a Bethpage district resident? Yes / No Are you a senior 60 or over? Yes / No

Address: _____ City/Zip: _____

Email: _____ **(required)**

Home Phone #: _____ Cell Phone #: _____

Emergency Contact Name: _____ **(required)**

Emergency Contact Phone #: _____ **(required)**

Registration Type - Circle One: Resident / Non-resident / Resident Senior / Non-resident Senior

Course #1 : _____ **Course #1 Fee** _____

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Mail to: Bethpage Continuing Education, 10 Cherry Avenue, Bethpage, NY 11714

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BETHPAGE UNION FREE SCHOOL DISTRICT
BETHPAGE, NY 11714



TRY NEW CLASSES FOR SPRING 2026!

Visit our website for new courses and workshops,
updates, information, and our secure online registration.

www.bethpagece.com

