

# DENNIS-YARMOUTH REGIONAL SCHOOL DISTRICT ADULT EDUCATION PROGRAM

296 Station Avenue, South Yarmouth, MA 02664

Don't wait...

It may be  
too late!

## Fall 2021

Early  
registration  
is  
encouraged!

**ALL CLASSES ARE HELD AT D-Y HIGH SCHOOL  
210 Station Avenue, South Yarmouth**

<b>MONDAY:</b>	5:00-6:00	#1	BODY IMAGE: TONE AND STRENGTHEN	Starts	9/20
	5:00-6:00	#2	BEGINNER GUITAR	Starts	9/20
	6:00-7:00	#3	INTERMEDIATE GUITAR	Starts	9/20
	6:00-7:00	#4	GENTLE YOGA	Starts	9/20
	6:30-7:30	#5	PORTUGUESE FOR BEGINNERS	Starts	9/20
	7:30-8:30	#6	PORTUGUESE Part 2	Starts	9/20
<b>TUESDAY:</b>	6:30-8:00	#7	ENGLISH for BEGINNERS/Conversation	Starts	9/21
	6:15-7:15	#8	HATHA YOGA: Cardio Room NOTE: early start date	Starts	9/14
	5:00-6:15	#9	COMPUTER Microsoft WORD BASICS	Starts	9/21
	6:15-7:15	#10	MS Office Intro to Excel	Starts	9/21
<b>WEDNESDAY:</b>	5:00-6:00	#11	MUSCLE CONDITIONING/Low Impact Intervals	Starts	9/22
	6:00-7:00	#12	GENTLE YOGA:	Starts	9/22
	5:00-6:30	#13	SPANISH BASICS FOR BEGINNERS	Starts	9/22
	6:30-8:00	#14	SPANISH BASICS 2	Starts	9/22
	6:15-8:15	#15	DRAWING BASICS FOR THE PAINTER NOTE:	Starts	9/15
	6:15-8:15	#16	WATERCOLOR FOR BEGINNERS	Starts	10/13
	6:15-8:15	#17	MORE WATERCOLOR (Intermediate Level)	Starts	11/10
<b>THURSDAY:</b>	5:00-6:00	#18	TAI CHI	Starts	9/23
	6:15-7:15	#19	ZUMBA: Cardio Room	Starts	9/23
	6:00-7:30	#20	FINANCIAL FOUNDATION	Starts	10/21

### **SPECIAL EVENTS**

**#20: FINANCIAL FOUNDATION 2 Week Program 6 PM – 7:30 PM Thursday: October 21, 2021**  
**Cost \$45.00**

A 2-week series designed to educate individuals on the basics of stocks, bonds, mutual funds and retirement planning.  
This will include Stocks: Nuts and Bolts, Tour of Mutual Funds, Focus on Income and Tax-Free Investing.

**By Michelle Ferguson-Financial Advisor**

**WEAR A MASK IN AND OUT OF THE BUILDING. SOCIAL DISTANCE WILL BE IN EFFECT.**

★ **Adult Education classes are canceled any time there is no school or school is released early due to weather conditions.** ★

**Pre-registration by PHONE/ Suzanne 508-566-1117 or EMAIL-kenneys@dy-regional.k12.ma.us**  
**Leave your Complete Name and the name of the class that you want to take and your phone number/email address.**

**BRING YOUR CHECK OR CASH ON THE FIRST NIGHT OF CLASS.**

**Early registration is encouraged by phone/email only! Course fees are not refundable after the first week.**  
**All courses are fully described in brochures, available ON LINE. For additional information, please call evenings 508-566-1117 or visit www.dy-regional.k12.ma.us for a complete listing under the D-Y Regional School District web page, Adult Education side bar menu tab.**

# ADULT EDUCATION PROGRAM WINTER – FALL 2021 COURSE DESCRIPTIONS

## ***MONDAY EVENINGS***

### **BODY IMAGE #1 (8 weeks) Starts 9/20 5:00-6:00 at DY HIGH Cardio Room Cost \$60.00 Sue Kenney**

Tone, trim & tighten that body. Beginning with a low impact warm up followed by low impact exercises implementing Pilates, Yoga & Ballet. Ending class with relaxation techniques. Feel great & look great, add balance to your life! MAT NEEDED. All levels are welcomed.

### **GUITAR BEGINNING WORKSHOP #2 (8 weeks) Starts 9/20 5:00-6:00 at D-Y High 2nd floor Cost \$88.00 J. Curry**

Your instructor is a Berklee Graduate. Learn to play the right way - right from the start. Do NOT let misinformation and bad habits keep you from playing the way you would like to.

### **GUITAR INTERMEDIATE #3 (8 Weeks) Starts 9/20 6:00-7:00 at DY High 2nd Floor Cost:\$ 88.00 Instructor: J.Curry**

For students who have taken Beginning Guitar Workshop. This course will be a continuation of skills and concepts learned in Beginning Guitar.

### **GENTLE YOGA #4 (8 weeks) Starts 9/20 6:00-7:00 DY High Cardio Room Cost \$60.00 D. Goldberg**

This class is a combination of active, passive and restorative postures combined with meditation and breathing techniques which focus on the mind-body-spirit connection of yoga. Relax, renew and release with passive stretching. Build strength and flexibility with gentle flow. Integrate mindfulness through meditation. Become more in tune with oneself. All levels are welcome and modifications offered. (Certified meditation, restorative, 200 RYT) You will need a Yoga mat, strap, blocks, small cushion and or blanket.

### **PORTUGUESE FOR BEGINNERS #5 ( 8 weeks) Starts 9/20 6:30-7:30 at DY High Cost \$88 M. Matos**

The course will cover topics such as greeting, introductions, asking directions, food, shopping, hotels, schedules, etc. This basic conversational class is designed to enable communication with the Brazilians in our community.

### **PORTUGUESE PART 2 #6 (8 weeks ) Starts: 9/20 7:30-8:30 at DY High School Cost \$88 M. Matos**

For those that have taken the Beginner Portuguese Class last semester.

## ***TUESDAY EVENINGS***

### **ENGLISH for BEGINNERS #7 (8 weeks) Starts 9/21 6:30 - 8:00 at DY High Cost:\$ 135.00 Sherry Barr**

Learn to communicate better in English. Become more confident in speaking and listening in everyday conversations. Conversation is Key. Bring a notebook, folder, pen, and pencils. There may be a book/copy paper charge of \$15-\$20 paid on the first evening. All levels welcome.

### **YOGA #8 (8weeks) \*\*\* Starts 9/14\*\*\* 6:15-7:15 at D-Y High Cardio Room Cost \$60.00 Eileen P. Skiver**

**Kind Hatha Yoga.** Guided stretching and gentle movement flows will help build strength and flexibility. Guided breathing techniques and meditation will help aid in restoration and relaxation. Modifications will be offered, experimentation is encouraged, and all experience levels are welcomed. YOGA MAT & SMALL CUSHION AND/OR BLANKET NEEDED. (Certified 500 Hour Kind Yoga Instructor)

## **COMPUTER CLASSES: TUESDAY**

### **MS OFFICE 2010 WORD #9 Starts 9/21 (8 Weeks) 5:00- 6:15 DY High- 2nd floor Cost \$110.00**

You will learn new skills and gain confidence in the creation, formatting and editing of a basic Word document. Learn about the basic ribbon features that allow you insert images/logos and create an outstanding document or letter. You must have some computer knowledge to enroll into this class. Instructor: Liliana Bejarano

### **MS OFFICE EXCEL: #10 Starts 9/21 (8 Weeks) 6:15-7:15 Dy-high 2nd floor Cost \$95.00 Instructor: Liliana Bejarano**

In this introductory class, you will learn how to use Excel to create and organize simple lists, small budgets, and organize your contacts. We will explore the ribbon features, the formula bar and auto-sum. This class will give you a foundation of basic Excel skills on which you can build. You must have some computer knowledge to enroll into this class.

## ***WEDNESDAY EVENINGS***

### **MUSCLE CONDITIONING/LOW IMPACT #11 (8 weeks). Starts 9/22 5:00-6:00 at DY High/Cardio Room Cost \$60.00**

Low Impact Aerobics with Intervals of focusing on different muscle groups; Leg Work: lunges/squats. Arm Work: biceps/triceps/upper back/ and shoulders. Abdominal Work. Mat and Hand Weights needed. By combining weight training & low impact-high energy moves you will gain muscular strength, balance, endurance & flexibility. Come improve your neuromuscular coordination. Participants are encouraged to monitor themselves and work at their own pace. It is similar to Boot Camp. Have FUN!! Sue Kenney-Instructor

### **GENTLE YOGA #12 (8 weeks) Starts 9/22 6:00-7:00 DY High Cardio Room Cost \$60.00 D. Goldberg**

This class is a combination of active, passive and restorative postures combined with meditation and breathing techniques which focus on the mind-body-spirit connection of yoga. Relax, renew and release with passive stretching. Build strength and flexibility with gentle flow. Integrate mindfulness through meditation. Become more in tune with oneself. All levels are welcome and modifications offered. (Certified meditation, restorative, 200 RYT) You will need a Yoga mat, strap, block, small cushion and or blanket.

## **WENESDAY EVENING CONTINUES:**

### **SPANISH BASICS For BEGINNERS #13 (8 weeks) Starts 9/22 5:00-6:30- at DY High Cost \$130.00 Liliana Bejarano**

Absolute beginners welcome! In this class we will learn some basic Spanish skills in listening, reading, writing and speaking. We will explore formal and informal greetings, colors, numbers, time, adjectives, definite and indefinite articles and basic vocabulary. We will also construct basic sentences using the verbs Ser/Estar.

### **SPANISH BASIC 2 #14 (8 weeks) Starts: 9/22 -6:30- 8:00 DY High School Cost: \$130.00 Liliana Bejarano**

This class is aimed to those who have studied Spanish in the past and feel more confident with basic skills or have taken Spanish for beginners. Learn about regular and irregular verbs and how to conjugate them, we will study more vocabulary and construction of more elaborate sentences.

### **DRAWING BASICS for the Painter #15 (4 Weeks) Starts 9/15 6:30-8:30 at Dy High Art Wing Cost: \$95.00**

**Instructor and Artist: Corinne Lillie** This is a basic drawing class for artists who would like to learn basic drawing techniques before putting their brush to paper or canvas. You will learn how drawing is basically all about shapes and value. How crucial something as basic as how you hold the pencil can be to determine and capture: light and shadow, perspective, and how to turn shapes into figures. Learn the different approaches to outlining and how to draw fabric. Email:-blacksheepstudiocc@gmail.com-- for your supply list.  
*Once you know the Basics of Drawing, you will paint with more ease and confidence*

### **WATERCOLOR for Beginners #16 (4 weeks) Starts 10/13 6:30-8:30 at DY HIGH Art Wing Cost \$95.00**

Basic art and watercolor techniques, color value, composition and use of various watercolor materials are the focus of this class. Each class will begin with a lecture and painting demonstration by the instructor. The students will have the remainder of the class to paint using the techniques demonstrated with one-on-one guidance from the instructor. IMPORTANT: MUST HAVE YOUR SUPPLIES BY FIRST CLASS. Email:-blacksheepstudiocc@gmail.com-- for your supply list. **Instructor Corinne Lillie**

### **MORE WATERCOLOR / INTERMEDIATE #17 ( 4 weeks) Starts 11/10 6:30-8:30 DY HIGH Art Wing Cost \$95.00**

This class is for those who have experience with basic art, drawing and watercolor techniques and a desire to add to their watercolor skills and experience. The focus of this class will be to add to basic knowledge of the medium and take your watercolor skills to another level. Some of the things covered in this class will be adding figures to the landscape, use of the white of your paper, getting bold with color, how to deal with shadows, reflections, halos, more about washes and composition with a different perspective. The goal for this class is to increase confidence with the medium and inspire a desire to increase skills in a fun and relaxed atmosphere. This is for Intermediate Advanced Students. **Corinne Lillie**  
IMPORTANT: MUST HAVE YOUR SUPPLIES BY FIRST CLASS. Email:-blacksheepstudiocc@gmail.com-- for your supply list.

## **THURSDAY EVENINGS**

### **TAI CHI #18 (8 weeks) Starts 9/23 5:00-6:00 at DY High Cardio Room Costs \$60.00 Instructor: Roberta Walcutt, DC**

The flowing movements of T'ai Chi Chuan develop our strength, balance, vitality and ability to relax. The Yang Family short form of Tai Chi can be done by young and old alike. Some Chi Gong and meditation will be included. **Roberta Walcutt, D.C. has studied and taught for 45 years.**

### **ZUMBA #19 (8 weeks) Starts 9/23 6:15-7:15 Cardio Room DY High Cost \$60.00 Mariela Beauchemin**

Come to a party, Zumba® style! Zumba is designed to bring people together to have fun while getting their sweat on! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness. Come to party with Mariela, you will love it!

### **FINANCIAL FOUNDATION #20 Starts 10/21 (2 Weeks) 6:00 – 7:30 DY High Room 401 Cost \$45.00**

A 2-week series designed to educate individuals on the basics of stocks, bonds, mutual funds and retirement planning. This will include Stocks: Nuts and Bolts, Tour of Mutual Funds, Focus on Income and Tax-Free Investing. **By Michelle Ferguson-Financial Advisor**

## **REGISTER BY CALLING 508-566-1117**

**Space is limited. Bring your check on the first night of class.**

**Wear a mask in and out of the building.**

**OR you may come to**

**REGISTRATION NIGHT : TUESDAY and WEDNESDAY Sept 14/15<sup>th</sup>**  
**from 5:30-6:30 at DY High School Front Lobby. Come Register OR**  
**CALL the above number to reserve a spot. You may also email your**  
**registration info to [suzanne603@hotmail.com](mailto:suzanne603@hotmail.com)**  
**Thank you for your support and participation!**

# D-Y ADULT EDUCATION



## Classes For The Community

<b>REGISTRATION FORM</b> <b>D-Y Adult Education – FALL 2021</b> <b>MAKE CHECKS PAYABLE TO:</b> <b><u>D-Y Adult Education</u></b>	<b>REGISTRATION FORM</b> <b>D-Y Adult Education –FALL 2021</b> <b>MAKE CHECKS PAYABLE TO:</b> <b><u>D-Y Adult Education</u></b>
NAME: _____	NAME: _____
New students only; add email address please EMAIL: _____	New students only; Please add email address: EMAIL: _____
Home Phone: _____	Home Phone: _____
Cash: _____ Check # and Amount: _____	Cash: _____ Check # and Amount: _____
Name of Program: _____ Please circle course number(s) below:	Name of Program _____ Please circle course number(s) below:
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

**Fill out the registration form completely and BRING IT with you on the first night of class.**  
**You must CALL 508-566-1117 and HOLD A SPOT as Space is limited.**  
**WEAR YOUR MASK in and out of the building.**