

2011
SPRING TERM

COMMUNITY EDUCATION

(the "OUR SCHOOL" concept)

EDUCATION: A KEY TO SUCCESS

BAYONNE, NEW JERSEY



Life-Long Learning
For All

Registration - March 7th
Through March 10th, 2011
Classes Begin-
Monday, April 4th, 2011

BOARD OF EDUCATION

Bayonne, New Jersey

Hon. William Lawson
President

Hon. Ava T. Mitchell
Vice President

Hon. Jose Casais

Hon. Nina Dobkin

Hon. Matthew Klimansky, Jr.

Hon. Michael Masone

Hon. Patrick F. O'Donnell

Hon. Agnes I. Rymer, Esq.

Hon. Vincent A. Virga

Gary Maita, DMD
Board Secretary

CENTRAL OFFICE

Patricia L. McGeehan, Ed. D.

Superintendent

Robert C. Craig

Asst. Superintendent

Ellen M. O'Connor, Ed. D.

Asst. Superintendent

Leo J. Smith, Jr.

School Business Administrator

**COMMUNITY EDUCATION
COUNCIL**

Hon. Mark Smith

Katherine Bingham

Maureen Hurley Brown

Suzanne Cavanaugh

Robert Craig

Jay DiDomenico

Clifford G. Doll

Ginger Kemp

William Lawson

Vincent LoRe

Patricia L. McGeehan, Ed. D.

Ellen O'Connor, Ed. D.

Cheryl Olander

Tami Parsley

Leo J. Smith, Jr.

Community Education

Community Education as a philosophy is based on the belief that education is a lifelong process, not something that begins at age five and ends at age eighteen. It emphasizes that learning takes place not only in the class-room, but in all life experiences, such as work, social activities, and recreation; plus, in individual, family and civic settings.

Community Education also incorporates a systematic process that involves people in helping to make decisions about their future. This process is one that requires the identification of community needs, the establishment of programs and allocation of resources based on these needs and the ongoing evaluation of the process, which is essential to improving the quality of community life.

The Bayonne Board of Education has promoted the Community Education concept for more than three decades and looks forward to continued service and growth of the concept in the future years. It is with great pride that Bayonne serves as an urban model of the constructive power of Community Education. We invite all our community members to become involved with this unique and exciting concept.

The Department of Community Education and its programs are, like the City of Bayonne itself, a vibrant and growing combination of the best aspects of the modern world and the great strengths of Bayonne long-standing traditions and values. We look forward to sharing learning experiences with you, your family and your friends this semester and every semester thereafter.

**REGISTRATION INFORMATION
COMMUNITY EDUCATION**

"Learning Is A Life-Long Process"

REGISTRATION

(NO CASH PAYMENTS)

CHECKS or MONEY ORDERS ONLY

Payable to: **BAYONNE BOARD OF
EDUCATION**

IN PERSON REGISTRATION

MARCH 7TH, 8TH, 9TH, & 10TH, 2011

From 6:00 p.m. - 8:00 p.m.

**@ the Community Education Center
Avenue A & 28th Street
Bayonne, New Jersey
(By the Bay)**

REGISTRATION - BY MAIL

Early registration by mail will insure a place in class. All mailed registrations must include a registration form and a check or money order made payable to

"BAYONNE BOARD OF EDUCATION".

Registration form is located at the end of the course offerings and is to be printed out and mailed it.



Mail to:

Community Education Office
669 Avenue A
Bayonne, NJ 07002

Mailed registrations must be received by
March 18th, 2011

REGISTRATIONS WILL NOT BE CONFIRMED

**REGISTRANTS SHOULD REPORT TO CLASS
UNLESS NOTIFIED OF A CANCELLATION**

RULES AND REGULATIONS

1. **All adults are welcome**, including those living in other communities. Unless otherwise specifically noted in a specific course or program description, the course and programs described in this handbook are designed for adults and **are not open to children.**
2. **Cost of special materials or textbooks** are in addition to the registration fee.
3. **NO REFUNDS MADE AFTER THE FIRST SESSION FOR ANY REASON.**
4. **Registration fee** must be paid when you register, whether in person or by mail.
NO CASH PAYMENTS!
5. A course may be withdrawn if the registration is insufficient to meet the expenses of the class. **"If a class is cancelled, you will be notified."**
6. Enrollment in most classes is limited.
7. Classes **"will not meet"** when school is closed due to vacations, holidays, or inclement weather. Make-up sessions will be arranged.
8. **SMOKING IS PROHIBITED THROUGHOUT ALL COMMUNITY EDUCATION LOCATIONS. PLEASE COOPERATE.**
9. **PROGRAM CHANGES:** Due to certain contingencies, the Office of Community Education must reserve the option to make any changes in course offerings, scheduling, instructor and/or room assignments as appear necessary.

**LOCATION OF COMMUNITY
EDUCATION SITES**

Bayonne High School (BHS)
667 Avenue A 28th St.)

BHS Community Education Center/
Richard L Korpi Ice Rink (CE Center)
Avenue A & 28th Street (By the Bay)

Henry Harris Community School (HHCS) #1
135 Avenue C (@ 5th Street)

Lincoln Community School (LCS) #5
Prospect Avenue & East 30th Street
(Use 30th Street/Parking Lot/Pool Entrance)

Midtown Community School (MCS) #8
550 Avenue A
(Between 23rd & 24th Streets)

Washington Community School (WCS) #9
191 Avenue B (@ 47th Street)

**BHS COMMUNITY EDUCATION/PHYSICAL
EDUCATION CENTER INDOOR TRACK**

Running or walking track is open to Bayonne residents only (must show residency card).
Monday thru Friday - 6:00 - 8:00 P.M.
Saturday - 9:00 A.M. - 12:00 P.M.

***Track may be closed during High School
Hockey Games.***

Proper foot wear is required.

**COURSE LISTINGS &
TABLE OF CONTENTS**

COURSE AVOCATIONS	PAGE
Ballroom Dance for Beginners.....	10
Bicycling in Bayonne for Adults.....	10
Dramatic Improvisation.....	11
Comedy Improvisation.....	11
Origami.....	11
Creative Writing.....	12
Self Esteem/Setting Boundaries.....	12
Aliens: Keeping an Open Mind.....	13
Cooking with Jay.....	14
Wine Tasting Dinner.....	14
English for Foreign Born.....	15
COMMERCIAL & DISTRIBUTIVE EDUCATION	
Cut Costs in Difficult Times.....	16
Entrepreneurship.....	16
Getting Great Real Estate Deals.....	17
Secrets of Wall Street.....	17
First Time Home Buyer Workshop.....	18
Mortgages, Financing & Credit Repair.....	18
Interested in a Real Estate Career ?.....	19
How to Plan for College.....	19
Long Term Care.....	19
Learn To Become Debt Free.....	20
Typing I.....	20
Intro To The PC.....	21
Excel 2007.....	21

FOREIGN LANGUAGE

French Beg.....	22
Italian-Beg.....	22
Italian- Intermediate.....	22
Spanish-Beg.....	23
Spanish-Intermediate.....	23

SAFETY, HEALTH & PHYSICAL EDUCATION

Aerobics-Hi/Lo Impact.....	23
Yoga.....	24
Boat Skills & Seamanship.....	24
Red Cross Certifications.....	25,26
Osteoporosis.....	26
Fibromyalgia.....	26
Headaches.....	27
Arthritis.....	27
Optimal Health.....	27
Defensive Driving.....	27
Karate-Adult.....	28
Stop Smoking w/Hypnosis.....	28
Lose Weight w/ Hypnosis.....	29
Golf.....	29
Tai Chi.....	30
Registration Form.....	31



CALENDAR - 2011 SPRING TERM

Monday Classes - April 4, 11; May 2, 9, 16, 23; June 6, 13	
Tuesday Classes - April 5, 12, 26; May 3, 10, 17, 24, 31	
Wednesday Classes - April 6, 13, 27; May 4, 11, 18, 25; June 1,	
Thursday Classes - April 7, 14, 28; May 5, 12, 19, 26; June 2	
Friday Classes - April 8, 15, 29; May 6, 13, 20, 27; June 3	
Saturday Classes - April 9, 30; May 7, 14, 21, 28 June 7, 14	
ALL CLASSES RUN FOR 8 WEEKS UNLESS STIPULATED OTHERWISE	
NO CLASSES/VACATIONS/CLOSINGS	
Apr. 16-25.....	Spring Break
May 30.....	Memorial Day

**Additionally, classes may be cancelled due
to inclement weather and during other
school facility closures**

GED INFORMATION

Information concerning General Equivalency Diploma (GED) requirements and programs can be obtained by calling 609-777-1050 or by visiting:

www.state.nj.us/njded/students/ged

Free GED classes (day & night classes) are offered at the Jersey City Adult Education Center, 299 Sip Avenue, Jersey City, NJ, 201-714-4330.

On-line GED preparation and instruction is available at PBS Literacy Link at:

www.pbs.org/literacy

**REGISTRANTS SHOULD
REPORT TO CLASS
UNLESS NOTIFIED OF A
CANCELLATION**



COMMUNITY EDUCATION PROGRAMS

AVOCATIONS

01. BALLROOM DANCE FOR BEGINNERS

BHS Cafeteria Fee: \$70

Thursday - 7:30-9:00 p.m.

Instructor- Nathan Hescocock of the Imperial Dance Studio

Whether you're getting ready for a wedding, an event or party, or have always wanted to learn the basics of ballroom, this is the ideal class for you. Dances covered are Foxtrot, Waltz, Salsa, Merengue, Swing, Cha Cha, Hustle, Tango and more.

Special attention is given to couples getting married. No partner or experience necessary, all are welcome. Guaranteed to have a great time! Class is taught by one of the most popular instructors in the area.

Class starts April 7th, 2011

02. BICYCLING IN BAYONNE FOR ADULTS L.C.S. Fee: \$15

Saturday-9:00 a.m.-5:00 p.m. 5/21/11

Instructor: Jay DiDomenico, Hudson TMA

Bicycling for pleasure, exercise, or part of your commute is a great way to stay healthy, reduce pollution and ease traffic. With cycling comes responsibility.

Learn more about cycling safety, the rules of the road, and your rights as a cyclist. Driving your bike with traffic in a city necessitates a clear understanding of which lanes to use when turning or even going straight. Certified instructors provide an eight hour program where instruction takes place both in the classroom as well as on the street. Cyclists at all levels receive a worthwhile education on bicycling in an urban area. Basic bike maintenance and avoiding road hazards are also covered. Bike more and increase your confidence by taking this class. Be a savvy cyclist!

Students must bring a working bicycle and helmet in order to participate in the ride and drills

One (1) session May 21st, 2011

03. DRAMA IMPROVISATION

BHS Room 101 Fee: \$65
Tuesday-5:00-7:00 p.m.
Instructor: Joy Newman

Live your dream of being an actor or actress. Learn to develop characters, create scenes, and work as part of an ensemble. Students are assigned duties such as describing an environment in detail, setting up everything for a scene, selecting props and set pieces, or creating sound effects. Exciting slices of life like "The First Day of Kindergarten" and "How the Old Couple First Met" are acted out and slowly joined in an unfolding coming together of scenes and characters that form a play!!!

Class starts April 5th, 2011

04. COMEDY IMPROVISATION

BHS Room 101 Fee: \$65
Tuesday-7:00-9:00 p.m.
Instructor: Joy Newman

Do people tell you that you're funny? Develop your skills as an improvisational comic. Much like the TV program "Whose Line Is It Anyway?" a person, place or activity is suggested on which to base a scene. You will be guided through improvisational comedy structures like the ABC game, translating a gibberish poem, or, spoofing a cartoon, a country western song, or horror movie laughter.

Fun-filled games and improv scenes make this class a must for comedy success!!!

Class starts April 5th, 2011

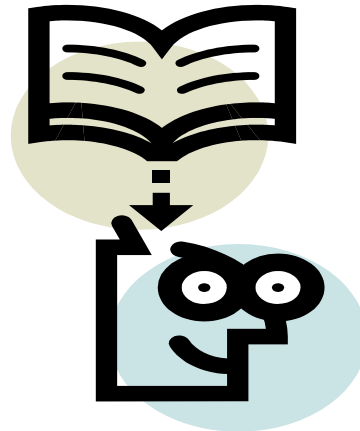
05. Origami (Japanese Paper Folding)

BHS Room 102 Fee: \$65
Tuesday-7:00-9:00 p.m.
Instructor: Bim & Doris Newman

Experience the pleasure of folding a simple square of colored paper into a flower, a star, a sailboat, a butterfly, or a life-affirming flying crane.

Folding beautiful imported paper, you will learn the step-by-step techniques used in the orient for hundreds of years. Your completed paper sculptures can become party decorations, Christmas tree ornaments, or mobiles for your own enjoyment.

Class starts April 5th, 2011



06. CREATIVE WRITING

BHS Room 102 Fee: \$65
Thursday-5:00-7:00 p.m.
Instructor: Joy Newman

Turn your dreams of writing into reality. Find your voice in fiction and nonfiction by writing from memories, imagination, and knowledge, with intellectual and emotional support from the class. You will write personal essays, scenes from plays, short stories, and interviews, followed by constructive critiques. Enjoy developing your literary skills in the relaxed atmosphere of the class.

Class starts April 7th, 2011

07. SELF ESTEEM/SETTING BOUNDARIES

BHS Room 102 Fee: \$65
Thursday-7:00-9:00 p.m.
Instructor: Joy Newman

Are you tired of being walked all over? Do you treat other people better than you treat yourself? If it's about time you learn to make changes and better choices, this class will help you improve your life. Through talk, role play, improvisation and games to release stress, we will explore feelings and get to figure out how not to treat everybody else better than we treat ourselves. As we share, build trust and gain self esteem, we will all learn to grow - together.

Class starts April 7th, 2011

08. ALIENS: FACT OR FICTION

BHS Room 106

Fee: \$65

Instructor: Tom Urciuoli

Tuesday-6:30-8:30 p.m.

The Bayonne Community News reported that on the evening of October 25, 2010 aliens visited Bayonne on the east side of 22nd Street! These and many other possibilities will be explored.

Are we humans the offspring of a time traveling alien race? Do aliens, in fact, walk among us today? If so, for what purpose did they come? Do they come in peace to guide and advance our civilization or to enslave us? Many scientists theorize aliens inseminated human females as an experiment in human husbandry, breeding us as a sub-life form to be used as their beasts of burden!

Consider the monumental feats achieved thousands of years ago. Where did the ancients get the knowledge to create such grand edifices which cannot be duplicated with present day technology.

Einstein's theory of "FOLDING TIME & SPACE" is a pre-cursor to time travel. With this in place, 100,000 years ago was yesterday to a time traveling alien! NASA is presently exploring working models of this theory. During WWII FAF pilots recoded sighting of "FFO FIGHTERS", (UFO's). These reports

were suppressed by England's then Prime Minister Winston Churchill to be made public fifty years after his demise. Why then, did the English Government extend the period of secrecy for eighty years, thirty years longer than Sir Winston intended?

Consider this incongruity, ancient civilizations so advanced they were able to predict events thousands of years into the future and yet still employed human sacrifice to appease the gods?

Format: Videos, Q&A, possible guest speakers, discussion pro & con. All your are required to bring is a point of view and an open mind to decided, ALIENS, FACT OF FICTION?

Class starts April 5th, 2011

09. COOKING WITH JAY

BHS Room 314

Fee: \$100

Tuesdays-6:30-9:30 p.m.

Instructor: Jay DiDomenico

Don't sit home in front of the Food channel, improve your cooking abilities in a classroom setting. Whether your skills end at boiling water or you are an accomplished cook, this class is for you. Learn the principles and master the techniques with hands on instruction in a fun and friendly atmosphere. Through the weeks, students will hone their knife skills while roasting, braising, and sautéing dozens of

recipes. Each class ends with eating the foods you prepared.

Class limit - 20.

Class starts April 5th 2011

10. WINE TASTING DINNER

Da Noi Restaurant

Fee: \$70

Friday: 7:00 p.m. 4/8/11

Instructor: Jay DiDomenico

Learn how to choose a wine to compliment the food that you order. Understand the difference between the basic varietals and discover the types of wines you enjoy most. Take pleasure in a relaxed evening of diversifying and educating your taste buds with a delicious five course meal. Each semester different wines are tasted so those who have previously taken this class can enjoy the wine and merriment again.

Class limit - 35

One (1) session April 8th, 2011

**REGISTRATIONS
WILL NOT BE CONFIRMED**

**REGISTRANTS SHOULD REPORT
TO CLASS UNLESS NOTIFIED OF
A CANCELLATION**



**11. ENGLISH FOR FOREIGN BORN
CLASSES ARE OFFERED
FREE OF CHARGE
@ BAYONNE HIGH SCHOOL**

**BY THE INTERNATIONAL
INSTITUTE OF NEW JERSEY
1 Journal Square
Jersey City, NJ 07306**

The International Institute of New Jersey offers a six-level intensive program in conversational and workplace English for immigrants and other non-native speakers of English. Emphasis is on the practical language needed for fluent speaking, listening, reading, and writing in order to get or maintain a job. Each level of the six-level program requires 60 hours of instruction. A registration appointment must be made for testing and placement. Certificates of Proficiency are awarded upon completion. Beginning Literacy through High Advanced ESL is offered. Places are limited.

**FOR AN APPOINTMENT, PLEASE CALL:
201-653-3888 ext. 151, 102 or 111**

**COMMERCIAL & DISTRIBUTIVE
EDUCATION**

**12. HOW TO DRASTICALLY CUT
COSTS IN DIFFICULT TIMES**

BHS Room 119 Fee: \$50
Tuesday-6:00-7:35 p.m. 4/12/11
Instructor: Beverly Nathan

If you are trying to drastically cut costs because your retirement plan or your savings plan has lost a lot of money or you could lose your job and want to learn how to save thousands of dollars, this course will greatly help you. Bev Nathan, who is strictly a consumer advocate, will explain how to save thousands of dollars. To be discussed are ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving much money when getting a car, home and life insurance and methods to reduce the school and county taxes on your home. There are many other ways to save a considerable amount of money and these will be discussed in detail. Also, hundreds of money saving web sites will be discussed.

Bev Nathan formerly worked at a credit union where she showed members how to drastically cut their costs.

Optional material fee: \$20.00.
One (1) session April 12th, 2011

**13. ENTREPRENEURSHIP:
STARTING A BUSINESS WITH
LITTLE MONEY DOWN**

BHS Room 119 Fee: \$50
Tuesday-7:45-9:30 p.m. 4/12/11
Instructor: Beverly Nathan

From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second-income business which can then become full time. With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. Taking this course will save you time, money and psychological wear and tear. Also, to be discussed will be franchising.

Bev Nathan has been a successful business person for over 20 years. She presently runs her full time business in an office complex.

Optional material fee: \$20.00.
One (1) session April 12th, 2011

14. GETTING GREAT REAL ESTATE DEALS WHEN BUYING & SELLING IN DIFFICULT TIMES

BHS Room 118 Fee: \$50
Tuesday-6:00-7:45 p.m. 4/12/11
Instructor: Richard Nathan

Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and not a real estate agent. He will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. Also, he will show you how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes.

After this class, you will know how to research property at the tax assessor's office, the county clerk's office and various other methods to use to research a property including using websites. Also, to be discussed is how to sell your home with or without a realtor.

Instructor Richard Nathan has been buying and selling real estate for the past 24 years. He has successfully taught this seminar in Massachusetts, Connecticut, New York, Pennsylvania, and New Jersey for the past 20 years.

Optional material fee: \$20.00.

One (1) session April 12th, 2011

15. SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW WHEN INVESTING YOUR MONEY

BHS Room 118 Fee: \$50
Tuesday-7:45-9:30 p.m. 4/12/11
Instructor: Richard Nathan

Have you just come into some money or have some money to invest? This lively, fact packed seminar is a must for those who want to learn from strictly a consumer advocate, Richard Nathan. Since he is not a salesman and has nothing to sell you, he will be blunt and straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating in long term care insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard earned money. **IT IS TIME TO TAKE CHARGE OF YOUR MONEY!!!!!!**

Instructor: Rick Nathan, a consumer advocate, has been successfully teaching this course for over 20 years. His sole purpose is to protect you, the consumer.

Optional materials fee: \$20.00

One (1) session April 12th, 2011

**REGISTRATIONS WILL NOT BE CONFIRMED
REGISTRANTS SHOULD REPORT TO CLASS UNLESS NOTIFIED OF A CANCELLATION**



16. FIRST-TIME HOME BUYER WORKSHOP

BHS Room 320 Fee: \$15
Thursday: 6:30-7:30 p.m.
Instructor: Intercounty Mortgage: Bill Hendricks and Tim Ford, Loan Officers
Better Homes Realty-Broker Manager-
Donna Kmec

Start your road to homeownership with us. Find out what price range you can afford. Learn about the different mortgages available today, along with the down payment and payment terms for each program. Learn about the mortgage process and credit repair process. Question and answer session. Receive a free credit report, mortgage analysis, and mortgage pre-approval (if desired) for all attendees.

One (1) session April 14th, 2010, May 5th, 2011 or June 2nd, 2011

17. HOME MORTGAGE, FINANCING & CREDIT REPAIR

BHS Room 320 Fee: \$15
Thursday: 6:30-7:30 p.m.

Instructor: Intercounty Mortgage: Bill Hendricks and Tim Ford, Loan Officers Better Homes Realty-Broker Manager-Donna Kmec

A comprehensive overview of the different mortgage programs available today for purchasing or refinancing a home. Topics include: required down payments, qualifying ratios, how credit scores affect the transaction, and how to calculate the mortgage payment. Free credit report, mortgage analysis, and mortgage pre-approval (if desired) for all attendees. The \$15 registration fee will be refunded to all who attend. Walk-ins welcome!

One (1) session April 28th, 2011 or May 19th, 2011

18. INTERESTED IN A REAL ESTATE CAREER?

BHS Room 320 Fee: \$15
Thursday: 6:30 - 7:30 p.m.
Instructor: Better Homes Realty, Broker /Manager Donna Kmec

Do you want to be a Real Estate agent? Be a part of the future of real estate! We offer our agents and clients traditional full real estate services combined with a large internet presence! Work from home or office! You will learn what is required and how to get started to become a successful Real Estate Agent! Licensed Real Estate Agents are also welcome.

One (1) session April 7th, 2011 or May 12th, 2011

19. HOW TO PLAN FOR COLLEGE

LCS Fee: \$25
Monday -6:00-7:30 p.m. 4/11/11
Instructor: Neil Mier

You want the best for your children. Giving them the best means learning how you can benefit from the new tax laws such as the Kiddie Tax Credit and Education IRA. Find out how much you should start saving and the best place to put your money.

One (1) session April 11, 2011

20. LONG TERM CARE

LCS Fee: \$25
Monday-7:30-9:00 p.m. 4/11/11
Instructor: Niel Mier

Find out how to protect your assets and cover quality long term care services when needed. Find out about your options and make an informed decision that best suits your Long Term Care needs. Learn about the following:

- What is Long Term Care?
- What qualifies you for Long Term Care?
- What does Medicare cover?
- What does Medicaid cover?
- What does Veterans Administration cover?

One (1) session April 11, 2011

REGISTRATIONS WILL NOT BE CONFIRMED

REGISTRANTS SHOULD REPORT TO CLASS UNLESS NOTIFIED OF A CANCELLATION

21. LEARN HOW TO BECOME DEBT FREE WITHOUT AFFECTING YOUR CREDIT SCORE

LCS Fee: \$25
Thursday-6:30-9:30 p.m. 4/7/11
Instructor: Carl A. Lang
Group 4 Presentations

"The Course That Teaches People How To Invest In Their Debts To Achieve True Financial Freedom!"

This workshop is designed for the MIDDLE CLASS AMERICAN who wants to lead a debt-free, stress-free lifestyle. How would you like to pay off all your consumer debt, credit cards, car payments, etc., in one to three years, then pay off your 30 year mortgage in another three to five years, saving over \$100,000 in interest alone? You can do this with your current income! No second job or living like a hermit.

LEARN SPECIFIC POWERFUL AND PROVEN STRATEGIES THAT WORK...EVERY SINGLE TIME.

This linear math, critical path technology can eliminate all your debts allowing you to operate 100% on cash, never needing credit again. Bring a calculator and a list of your debts with balances and monthly payments and during class develop your own debt elimination plan that can be implemented immediately into your lifestyle.

Note: No insurance or investments will be offered or sold. This is strictly an educational workshop.

This workshop is conducted by Carl A. Lang, a national seminar leader and professional

speaker, entertainer and certified Financial Independence consultant whose clients include Sony Electronics, American Cyanamid, Formica and AstraZenica, just to name a few. Materials Fee to be paid to the instructor on the night of class: \$10.00.
Optional Textbook Available: \$49.00.
One (1) session April 7th, 2011

22. TYPING I - (Keyboarding)

BHS Room 222 Fee: \$75
Tuesday-6:30-8:30 p.m.
Instructor: Lucille DeSarno

Beginning typing is designed for those who wish to learn how to type by the touch method with accuracy and skill. You have been wanting to learn how to type on the computer quickly and efficiently. Learn the keyboard in this hands-on seminar. Why put it off any longer? You will be surprised at how easily you learn.

Class limit - 25.
Class starts April 5th, 2011

23. INTRO TO THE PC

(For the 1st time user)
BHS Room 223 Fee: \$80
Thursday-7:00-8:30 p.m.
Instructor: Mauro Minervini

A basic introductory workshop taught in the Windows environment. Be introduced to the different hardware components as well as input-output devices. Also includes a brief introduction to word processing. Limit 20.
Class starts April 7th, 2011



24. EXCEL - 2007

BHS Room 224 Fee: \$80
Tuesday-6:30-8:30 p.m.
Instructor: Sandy Adamson

Learn how to build and format great spreadsheets and worksheets. It will cover the basics from creating worksheets and entering data to understanding toolbars, formulas and functions. This will help you to organize, process and present data. Flash drives will be available for purchase for \$10 for those who do not bring their own.
Prerequisite: Knowledge of Windows.
Class starts April 5, 2011

REGISTRATIONS WILL NOT BE CONFIRMED

REGISTRANTS SHOULD REPORT TO CLASS UNLESS NOTIFIED OF A CANCELLATION



FOREIGN LANGUAGES

Foreign language classes are conversational in format. The specific language being taught is utilized as much as possible in each session. All courses are taught by experienced language teachers utilizing proven techniques. Limit 25.

25. FRENCH-Beginners

BHS Room 103 Fee: \$70
Tuesday - 7:00-8:30 p.m.
Instructor: Soledad Rodas

Speak French from day one! Authentic situational exercises introduce you to the structures and usage of language in everyday life.

Class starts April 5th, 2011

26. ITALIAN-Beginners

BHS Room 123 Fee: \$70
Tuesday-7:00-8:30 p.m.
Instructor: Louis Conci

All the basics of the Italian language taught in simple, practical and useful form.

Class starts April 5th, 2011

27. ITALIAN-Intermediate

BHS 123 Fee: \$70
Thursday- 7:00-8:30 p.m.
Instructor: Louis Conci

Advanced course-students will become better acquainted with Italian verbs and sentence structure, which is helpful. Reading, writing and speaking colloquial Italian will be covered. Prerequisite: students having taken Italian Beginners or equivalent.

Class starts April 7th, 2011

28. SPANISH-Beginners

BHS 107 Fee: \$70
Tuesday-7:00-8:30 p.m.
Instructor: Gladys Loyola

All the basics of the Spanish language taught in simple, practical and useful form.

Class starts April 5th, 2011

29. SPANISH-Intermediate

BHS Room 10 Fee: \$70
Thursday-7:00-8:30 p.m.
Instructor: Gladys Loyola

Spanish Beginners course or its equivalent is a pre-requisite to this course.

Class starts April 7th, 2011

SAFETY, HEALTH & PHYSICAL EDUCATION

30. AEROBICS-HIGH LOW

IMPACT WITH TONING

BHS CE Center Dance Room
Fee: \$65
Monday & Wednesday-7:00-8:30 p.m.
Instructors: Donna O'Driscoll
Christine Ravetier

Have fun, feel alive and SHAPE UP TO A BETTER YOU.

This aerobic and muscle toning program is a total experience and fitness activity set to music. No previous experience needed. Both high and low impact steps are demonstrated by AFAA certified instructors so you can work out at your own pace and your particular fitness level. What this class can do for you:

- increase overall energy
- improves muscle tone and endurance
- promotes better posture, coordination, flexibility and agility
- promotes first-rate functioning or cardiovascular system (heart and lungs)
- provides relaxation techniques

Breathable lightweight clothing and supportive sneakers are recommended.

Class repeats itself every 8 weeks.

Sixteen (16) sessions.

Class limit: 35

Class starts April 4th, 2011

31. YOGA

BHS CE Center Dance Room Fee: \$65

Tuesdays-7:30-9:15 p.m.

Instructor: Donna O'Driscoll

Using body movements, breathing techniques and conscious relaxation, yoga can

- Improve balance, muscle tone, flexibility and strength
- Reduce stress
- Promote focus and peace of mind

The goal is not achieving an external ideal form, but instead, starting from "where you are" and adapting postures according to your individual needs and capacity.

Limit 20.

Class starts April 5th, 2011

32. YOGA

CE Center Dance Room Fee: \$65

Thursdays-7:30-8:45 p.m.

Instructor: Christopheray

Bodily posture (asanas), and breath control (pranayama), create a strong, supple body and a relaxed mind. All of these practices will be incorporated into these classes. You will learn new postures each week and review poses previously taught. Christopheray is a certified teacher and registered with the yoga alliance with more than fifteen years of study, practice, and teaching. You can expect his classes to be fueled with heart, humor, and clarity. Please bring an empty stomach.
Limit 20.

Class starts April 7th, 2011

Christopheray, more than just posing!

33. BOAT SKILLS & SEAMANSHIP

BHS Room 108 Fee: \$25

Tuesday -6:30-8:30 p.m.

Instructor: John Dineen U.S. Power Squadron

All Adults and teenagers (ages 16 and over) are required to take this course and pass same in order to receive a NEW JERSEY CERTIFICATE to operate a POWERED DRIVEN VESSEL ON THE WATERS OF NEW JERSEY. Instruction in the Basic Seamanship and Safe Boating

handling. Sessions will include Boat Construction & Nomenclature. Boat Handling, Safety & Legal Requirements, Navigation Rules, Aids to Navigation, Piloting, Trailering and Review & Test. Material cost of \$45.00 per student collected by staff at first session. Class limit 20

Class starts April 5th, 2011

RED CROSS CERTIFICATIONS

34. ADULT-CPR (Max 10 participants)

LCS Fee: \$60

Course 1: Monday 3/28 6:00-9:00 p.m.

Wednesday 3/30 6:00-9:00 p.m.

Course 2: Monday 5/2 6:00-9:00 p.m.

Wednesday 5/4 6:00-9:00 p.m.

Recognizing and caring for breathing and cardiac emergencies in adults, handling emergency situations until advanced medical help can take over. Adult CPR and basic precautions for preventing disease transmission will also be covered. One (1) year certification.

35. INFANT & CHILD CPR (Max 10 participants)

LCS Fee: \$60

Course 1: Monday 4/4 6:00-9:00 p.m.

Wednesday 4/6 6:00-9:00 p.m.

Course 2: Monday 5/9 6:00-9:00 p.m.

Wednesday 5/11 6:00-9:00 p.m.

Preventing, recognizing and providing basic care for breathing and cardiac

emergencies in infants and children under the age of 12 until advanced medical help can take over. Basic precautions for preventing disease transmission will also be covered. Course includes child AED training.

(1 year certification)

36. CPR/AED FOR PROFESSIONAL RESCUE

LCS (Max 10 participants) Fee: \$100

Course 1: Friday 4/1 4:00-7:00 p.m.
Friday 4/8 4:00-7:00 p.m.
Friday 4/29 4:00-7:00 p.m.

Course 2: Friday 5/6 4:00-7:00 p.m.
Friday 5/13 4:00-7:00 p.m.
Friday 5/20 4:00-7:00 p.m.

Recognizing and caring for breathing and cardiac emergencies, two-rescuer CPR, use of resuscitation mask and bag valve-mask resuscitator. Also, knowledge and skills needed to care for victims of sudden cardiac arrest through use of an AED Covers Adult/Child/Infant. One (1) year certification.

37. FIRST AID (Max 10 participants)

LCS Fee: \$60

Course 1: Monday 4/11 6:00-8:00 p.m.
Wednesday 4/13 6:00-8:00 p.m.

Course 2: Monday 5/16 6:00-8:00 p.m.
Wednesday 5/18 6:00-8:00 p.m.

Basic care for injuries or sudden illnesses until advanced medical care can take over. The course covers handling emergency situations; basic disease transmission precautions; recognizing and caring for bleeding, wounds, sudden illnesses; and immobilizing muscle, bone and joint injuries. This course does not include information on breathing or cardiac emergencies. The course meets OSHA Guidelines for First Aid.

(3 year certification)

38. LIFEGUARD TRAINING

LCS Fee: \$250

(Max 20 participants)

Course 1: Friday 4/1 6:00 p.m.- 9:00 p.m.
Saturday 4/2 8:00 a.m. - Noon
Friday 4/8 6:00 p.m. - 9:00 p.m.
Saturday 4/9 8:00 a.m. - Noon
Thursday 4/28 6:00 p.m. - 9:00 p.m.
Saturday 4/30 8:00 a.m. - Noon
Thursday 5/6 6:00 p.m. - 9:00 p.m.
Saturday 5/8 8:00 a.m. - Noon
Friday 5/13 6:00 p.m. - 9:00 p.m.
Saturday 5/14 8:00 a.m. - Noon

This course is deal for facilities with traditional pools. Professionalism, surveillance, victim recognition, equipment-based rescues, and caring for head, neck, and back injuries will be covered. All participants must be 15 years of age.

Three (3) year certification.

39. OSTEOPOROSIS

BHS 106 Fee: \$15

Tuesday: 8:00-9:00 p.m. 4/5/11
Instructor: Dr. Brian K. Beebe

Learn what you need to know about osteoporosis, the silent killer.

One (1) session April 5th, 2011

40. FIBROMYALGIA

BHS 106 Fee: \$15

Tuesday: 8:00-9:00 p.m. 4/12/11
Instructor: Dr. Brian K. Beebe

Find out about fibromyalgia, and why you ache all over.

One (1) session April 12th, 2011

41. HEADACHES

BHS 106 Fee: \$15

Tuesday: 8:00-9:00 p.m. 4/26/11
Instructor: Dr. Brian K. Beebe

Learn all about headaches, one of our most common complaints.

One (1) session April 26th, 2011

42. ARTHRITIS

BHS 106 Fee: \$15

Tuesday: 8:00-9:00 p.m. 5/3/11
Instructor: Dr. Brian K. Beebe

Arthritis: Reversible, preventable, and treatable. Learn all the facts.

One (1) session May 3rd, 2011

KARATE (Tae-Kwon-Do)

TKD is not merely a physical martial skill, but rather, it is a way of life. TKD trains both the body and mind through strict discipline and places great emphasis on the development of moral character. A TKD student displays control of the mind, self-discipline, kindness and humility in addition to the physical grace.

The Community Education Tae-Kwon-Do classes meet on a year-round basis in eight week cycles developing students to higher levels of proficiency. All ages and levels are welcomed and will receive appropriate placement and training.

45. KARATE - ADULTS

LCS Fee: \$55
Monday, Wednesday, Friday-7:00-9:00 p.m.
Instructor: Sensei Thomas Hudacko
(6th DAN)

Tae-Kwon-Do Korean Karate: No experience necessary. Teaches self-defense geared to improve speed, power, balance, focus, and discipline. Also taught are basic judo techniques; rolls, break-falls, throws and mat skills. Martial Arts also serves as a great form of aerobic exercise.

Chief Instructor Sensei Hudacko is a certified Black Belt instructor with 25 years in the Martial Arts. He is a

43. OPTIMAL HEALTH

BHS 106 Fee: \$15
Tuesday: 8:00-9:00 p.m. 5/10/11
Instructor: Dr. Brian K. Beebe

Learn how chiropractic works and how it relates to everything you do.

One (1) session May 10th, 2011

44. DEFENSIVE DRIVING COURSE/ POINT INSURANCE REDUCTION

LCS Fee: \$45
Saturday: 9:00 a.m.-4:00 pm. 5/14/11
Instructor: Dave Rzewnicki

Garden State Safety Council

***Certified for Insurance Discount and
2 Points off NJ Driver's License!***

In just 6 short hours you will receive a 5% savings in basic insurance cost AND up to a 2-point reduction of points off of your DMV driving record. This enjoyable classroom adventure will cause you to evaluate your driving habits and attitudes, and help to identify where simple changes can be made which will enhance your driving experience from both a safety and knowledge perspective! Course cost includes a supplied workbook and educational movies.

www.pwaynj.com/safedriver

One (1) session May 14th, 2011

senior instructor with the Bushi Kobu Jitsu Kyokai, a member of the United States Judo Federation and has a background in Karate-Do.

www.baytkd.bayonne.net

Class starts April 4th, 2011

46. STOP SMOKING WITH HYPNOSIS

LCS Fee: \$50
Monday-6:30-7:30 p.m. 4/11/11
Instructor: Barry Wolfson

Through hypnosis, stopping smoking is easily achieved in a one hour session. Eliminate the craving for tobacco while minimizing withdrawal discomfort. Hypnosis is recognized by the American Medical Association for its therapeutic effects. To ensure physical comfort, please bring a small pillow to class. Reinforcement tapes and CDs are strongly recommended and are available for purchase.

Tapes are \$13 and CDs are \$18.

www.hypnosisnj.com

One (1) session April 11th, 2011

47. LOSE WEIGHT WITH HYPNOSIS

LCS Fee: \$50

Monday-7:30-8:30 p.m. 4/11/11

Instructor: Barry Wolfson

Through hypnosis, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Hypnosis is recognized by the American Medical Association for its therapeutic effects. Please bring a small pillow to class. Reinforcement tapes and CDs are strongly recommended and are available for purchase. www.hypnosisnj.com Tapes are \$13 and CDs are \$18.

One (1) session April 11, 2011



48. LEARN GOLF'S FUNDAMENTALS

16th St Golf School Fee: \$50

Instructor: Dept. of Parks Staff

Monday: 6:00-7:00 p.m. or
7:00-8:00 p.m. or 8:00-9:00 p.m.

Improve your grip, set up and swing acceleration with short, medium and long irons as well as chipping, pitch shots and putting. An easy eight (8) week (45 minutes each) lesson course. No equipment needed. Limit: 4 students per group.

Class starts April 4th, 2011

**REGISTRATIONS WILL NOT BE
CONFIRMED**

**REGISTRANTS SHOULD REPORT TO
CLASS UNLESS NOTIFIED OF A
CANCELLATION**

49. TAI CHI

BHS CE Center Multi-Purpose Room

Fee: \$65

Thursday-7:30-8:30 p.m.

Instructor: Earl Baxter

Tai Chi is a centuries old Chinese practice designed to exercise the mind and body through a series of gentle, flowing postures that create a kind of synchronized dance.

Tai Chi combines mental concentration with slow, controlled movements to focus the mind, challenge the body, and improve the flow of life energy thought to sustain health and quiet the mind.

Almost anyone can do Tai Chi, Even those with conditions that may exclude them from other forms of exercise; senior citizens, the overweight, and the arthritic can all participate.

There's a long list of benefits that the regular practice of Tai Chi can bring including improving strength, flexibility, balance and coordination. It can also help to improve heart function and decrease blood pressure. Another important benefit of Tai Chi is stress reduction, and we all know how important that is!

Class starts April 7th, 2011

REGISTRATION FORM - SPRING 2011

Registrations must be received no later than March 18th

Date: _____

Name: _____

Address: _____

City/State: _____

Zip: _____

Phone (home): _____

Phone (work): _____

COURSE REGISTRATION INFORMATION

Course #: _____

Course Title :

Night Class Meets: _____

Time: _____ School/Room : _____

Fee: _____ (FOR OFFICE USE) PAID M/O: ____ Check # _____

Print this form and Mail to:
Community Education Office
Avenue A & 28th Street
Bayonne, NJ 07002

**Make all checks & money orders
payable to:**

BAYONNE BOARD OF EDUCATION.

Use separate form for each course.

NO CASH PAYMENTS

CLASSES ARE FOR ADULTS ONLY

REGISTRATIONS WILL NOT BE CONFIRMED

***REGISTRANTS SHOULD REPORT TO CLASS
UNLESS NOTIFIED OF A CANCELLATION***

