SPRING
2019

Continuing Education & Recreation Programs

Registering Online Is As Easy As 1..2..3!

◆ See page 5 for details ◆
Dear Community Members,

I hope this letter finds you well and enjoying some warmer days as spring approaches. The Department of Community Activities (DOCA) is pleased to offer several new courses this spring. Adults may choose from a wide variety of classes, including the following new offerings:

- Acrylic Painting
- Declutter: Get and Stay Organized
- Holistic Approaches: Unraveling ADHD, ASD & SPD
- Mindfulness: Achieve Insight to Becoming Your Best Self
- Property Enhancement for Appreciation and Sale
- Watercolor Painting
- Yoga: Hatha Yoga

Also, our students have a new course entitled Crocheting For Kids. We are also pleased to welcome back two popular favorites: Crayola: The World of Design, and of course, Mad Science.

I hope that you have the opportunity to take a course this spring in order to try a new activity or develop a new skill. I am confident that there is something for everyone in this exciting new catalog. Sincerely,

Dr. Jill DeRosa
Assistant Superintendent for Human Resources,
Student Services and Community Activities

The Department of Community Activities wishes to thank the Board of Education and the Administration for supporting our efforts to offer interesting, fun and worthwhile programs for all ages.

BOARD OF EDUCATION
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Assistant Superintendent for Human Resources, Student Services and Community Activities
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DEPARTMENT OF COMMUNITY ACTIVITIES
125 Merle Avenue, Oceanside, New York 11572-2218
Telephone: 516 594-2336 · Fax: 516 678-8944
Website: www.oceansideschools.org
REGISTRATION AND GENERAL INFORMATION

Register Online using our Web-Trac Registration System!
See Page 5 for detailed information

ALL REGISTRATIONS MUST BE RECEIVED PRIOR TO COURSE START DATES
WHEN PAYING BY CHECK: Please make check payable to OCEANSIDE UFSD

REGISTRATION BY MAIL: Registration forms can be found on page 28 & 30. A separate registration form is required for each course. You may pay the total amount of the registered courses in your household account on one check. Please mail to:
Department of Community Activities (DOCA), 125 Merle Ave., Oceanside, NY 11572

IN PERSON: You can register at the Department of Community Activities (DOCA), 125 Merle Avenue, Oceanside. Payments will be accepted during the following hours: Mon-Fri 9:00am-3:30pm; Sat 9:00am-1:00pm; Mon-Thurs 7:30pm-8:30pm beginning Monday, February 25.
Telephone: 516 594-2336  •  Fax: 516 678-8944  •  Website: www.oceansideschools.org

PLEASE NOTE THE FOLLOWING:
• Each course has a required registration minimum, determined by the DOCA office, which must be met PRIOR to the course start date in order for a course to be conducted. It is suggested that you register immediately in the course of your choice in order to ensure your place.
• Registrations will not be confirmed prior to the start of class(es).
• REFUND POLICY: If a course is cancelled, each student will be entitled to a full refund. Once class has begun, refunds will not be given.

💥SENIOR CITIZEN GOLD CARD: For residents of the Oceanside School District, sixty-two years of age or over. Entitles holder to free admission to certain District sponsored events, as well as reduced cost in certain adult courses. Courses approved for this discount are noted with Gold Card Star next to the course fee. Eligible residents wishing to enroll may obtain an application at the Department of Community Activities. Proof of age must be submitted at the time of application. All material fees must be paid.

HIGH SCHOOL STUDENTS: Students age 18 and over are encouraged to take courses for improvement and enjoyment.

PARKING: ONLY in designated areas.

IN-SERVICE CREDIT: Available for teachers. Consult your school district for approval.

INSTRUCTORS: We retain our Adult Education instructors to teach a course in their area of expertise. The 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 classroom setting and course curriculum material.

SCHOOL CLOSINGS: Any day that schools are closed, the Department of Community Activities will not operate its programs. Cancellations and closings will be posted on our website at www.oceansideschools.org, and/or broadcast over the following radio and television stations: WCBS (880 AM), WINS (1010 AM) and NEWS 12 Long Island (Cablevision’s Channel 12).

NO CLASSES: April 17 through April 28; May 23 through May 27

DISCLAIMER: The Oceanside School District does not discriminate on the basis of age, color, religion, creed, disability, marital status, veteran status, national origin, race or sex in the educational programs and activities that it operates. Inquiries concerning this policy of equal opportunity and affirmative action should be referred to the School District’s Affirmative Action Officer, 678-1221. Office is handicapped accessible.
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* Indicates New Courses
1. Go to our WebTrac Registration Homepage at: docaactivities.oceansideschools.org
2. Give the DOCA office a call at (516) 594-2336 for help with first time online registration
3. Log in...and START REGISTERING

Look for classes with the GOLD CARD STAR next to the fee and receive a 10% Senior Discount!*

*For residents of the Oceanside School District, sixty-two years of age or over. Proof of age and residency must be submitted at the time of registration.

IT'S EASIER THAN EVER TO REGISTER FOR CLASSES!
## WEEK AT A GLANCE

### MONDAY
- Body Sculpting
- Creative Story and Script Writing
- Defensive Driving
- Getting Paid to Talk: An Intro to Professional Voice Overs
- Notary Signing Agent Course
- Zumba

### TUESDAY
- Defensive Driving
- E-Mail Marketing: Grow Your Business
- Eating Clean: Healthy Sweets? - Yes, It’s True!
- Fitness Without a Gym
- Guided Meditation for Self-Healing
- Italian
- Savvy Social Security Planning: Maximize Retirement Income
- Water Aerobics & Toning
- Watercolor Painting

### WEDNESDAY
- Acrylic Painting
- Basketball
- Body Sculpting
- Declutter: Get and Stay Organized
- History of Motion Pictures: Scandals & Conspiracies
- Holistic Approaches: Unraveling ADHD, ASD & SPD
- Mindfulness: Achieve Insight to Becoming Your Best Self
- Notary Public Training Course
- Pilates-Barre Blend
- Property Enhancement for Appreciation and Sale
- Savvy Social Security Planning: Maximize Retirement Income
- Social Media Marketing: Save Time and Increase Leads
- Yoga: Hatha Yoga
- Zumba

### THURSDAY
- Film Study: New York on Film
- Volleyball (Competitive League)

### FRIDAY
- Water Aerobics & Toning
- You “Two” Can Go to School!!

### SATURDAY
- Defensive Driving
- Infant & Pre-School Aquatic Program
- Mah Jongg for Beginners
- Mah Jongg for Intermediates

### SUNDAY
- Basketball
- Water Aerobics & Toning
• Adult Basic Education (ABE):
  Provide instruction in basic reading, writing and math. Classes focus on the basic academic skills of
  reading, writing, critical thinking and problem solving in preparation for post-secondary education
  or employment.

• High School Equivalency/TASC (Test Assessing Secondary Completion):
  Preparation in all areas needed for the TASC test, including Reading, Writing, Math, Science, Social Studies.

• English as a New Language (ENL):
  English skills taught in reading, writing, speaking. Knowledge of English not necessary. Beginner,
  Intermediate and Advanced Levels. Computer Skills introduced.

TIMES FLEXIBLE. WORK AT YOUR OWN PACE IN ALL AREAS. MAKE YOUR OWN SCHEDULE.

CLASS SCHEDULES
ABE, TASC and ENL Classes
Monday through Thursday
6:00pm to 9:00pm

LOCATION & CONTACT INFORMATION
Oceanside School #6 - OHS Castleton Entrance
Rear of Building - 3rd Floor
145 Merle Ave., Oceanside, NY
Call 678-7577 for more information
Look for classes with the GOLD CARD STAR next to the fee and receive a 10% Senior Discount!*  

*For residents of the Oceanside School District, sixty-two years of age or over. Proof of age and residency must be submitted at the time of registration.

CAREERS & FINANCE

NOTARY PUBLIC TRAINING COURSE
Dina DiRoma
This course will help you gain the confidence and knowledge you need to pass the Notary Training exam with ease. Add a new credential to your resume and be an asset to your company by enhancing your credentials! The objective of this course is to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary booklet. Price includes: Supplemental Study Guide, Notary Fact Sheet, Practical Exam, Sample Forms, Notary Public Applications, NYS Exam Schedule and Booklet, access to Notary Public Central’s unlimited customer support. Commissioned Notaries are always welcome to attend. Please bring a pen and highlighter.

1 Session, Wed, March 13
6:30-9:30pm
HS Room N211
Fee $69

NOTARY SIGNING AGENT COURSE
Bill Walker
This course is designed to equip students with the essential skills they will need to properly perform Loan Document Signings. Topics covered include: Lending Process, Various Loan Types, Identifying Documents in a Loan Packet, Signing Agent Process, Proper Execution of Documents, What is Expected of the Signing Agent (your responsibilities and limitations thereof), Lender Lingo, Identifying Individuals, Current Industry Trends, and Where/How to Find Work (Signing Companies will be provided as possible leads).

1 Session, Mon, March 25
7:00-9:00pm
HS Room N211
Fee $69

SAVVY SOCIAL SECURITY PLANNING:
Ben Lipschitz
Maximize Retirement Income
CFP®, ChFC, CLU
Social Security is far more complicated than most people realize. The decisions that you make now can have a tremendous impact on the total amount of benefits that you stand to receive over your lifetime. To help you better understand the Social Security system, this workshop will cover the following topics:

- The 5 factors to consider when deciding to apply for benefits
- When it makes sense to delay benefits, and when it does not
- How to coordinate Social Security with your other sources of retirement income
- How you can maximize your benefits
- How to coordinate benefits with your spouse
- and much more! For many, Social Security decisions are amongst the top 1-3 most important financial decisions to make in their lifetime. This workshop is a tool to help you make the right choices.

1 Session, Wed, March 13
or 1 Session, Tues, May 21
7:00-8:30pm
HS Room N120
Fee: $15
DECLUTTER: Get and Stay Organized
Joanna Peters, CPC, ELI-MP
Why do so many of us struggle with clutter? Join us to discover new approaches to de-cluttering and organizing, by using simple, helpful tips to manage the mess that causes stress. Learn techniques to shift your mindset by following a step-by-step guide to keep any part of your home or work place organized going forward.
2 Wed, begins March 20
HS Room N120
7:00-8:30pm
Fee: $30

EATING CLEAN: Healthy Sweets? - Yes, It’s True!
Lee Hoffman
In this class there will be discussion, demonstrations, and tasting of various sweets that are truly heavenly and good for you. Great taste doesn’t have to come with a price to your waistline and health, so let’s learn how to satisfy those sugar cravings without the guilt! On the menu: homemade almond milk, chocolate pudding, special banana smoothie and a quick and easy chia pudding. All recipes will be provided and are Vegan, Gluten-free and Dairy-free. Bring your sweet tooth!
1 Session, Tues, April 16
School #6 Kitchen
7:00–9:00pm
Fee: $15

GUIDED MEDITATION FOR SELF-HEALING
Patricia Anderson
Meditation is relaxing and brings with it many powerful benefits. Guided meditation literally walks you through a meditation and helps you find a calm and peaceful state one step at a time. Come and explore your own innate abilities in connecting to healing power which lies within you. Join this class and be guided in using the light touch of your own hands, on various positions of your body, to help bring about harmony and balance within. No attunements are necessary as it is your breath, hands and intention, using an ancient healing modality, which connects you to your own self-healing. Learn how to awaken the healer within you! A handout will be provided for additional reinforcement. NOTE: You may sit in a chair (provided) or bring your own yoga mat.
3 Tues, begins March 26
School #6 Room W-23
7:00-8:00pm
Fee: $30

Don’t miss out!
Register Now!
HOLISTIC APPROACHES: Unraveling ADHD, ASD & SPD
Dr. Emil Tocci, DC, CCWP, CCSP, CCN
You may be a new parent who wants to keep your child as healthy as possible or perhaps you and your family have been trying to navigate through your child’s health challenges for a while. Perhaps you have been utilizing approaches such as Physical Therapy, Occupational Therapy, Speech, Behavior and Psychology, with good results, but you feel your child can still get better. We will explore a hidden piece of the puzzle that is missed 95% of the time and help you learn how to help your child reach his or her full potential. A question and answer session will also be held at the end of the class.
1 Session, Wed, April 10 or 1 Session, Wed, May 15
7:00-8:00pm HS Room N120
Fee: $15

MINDFULNESS: ACHIEVE INSIGHT TO BECOMING YOUR BEST SELF Joanna Peters, CPC, ELI-MP
Mindfulness is the ability to be fully present, conscious, and aware of your body, mind, and feelings. Learn how to introduce mindfulness into your busy life and watch how the overall feel of your life improves! Stress reduction, relationship ease, efficiency, restful sleep, and improved physical and mental health are only some of the benefits of using this technique. Join us to learn how mindfulness can work for you to improve your overall well-being.
1 Session, Wed, April 3
7:00-8:00pm HS Room N120
Fee: $15

It's Easy to Register for Adult Continuing Ed Classes Online!
Give the DOCA office a call for help with first time online registration. You can then LOG IN and START REGISTERING!!

Refunds Will Not Be Given Once Class Has Begun!
The following is a partial list of programs sponsored by South Nassau Communities Hospital Department of Community Education, in cooperation with the Oceanside Department of Community Activities. ADVANCE REGISTRATION IS NECESSARY. Contact SNCH Community Education at (516) 377-5333 for more information.

ADULT, INFANT & CHILD CPR TRAINING
As an American Heart Association Community Training Center, the Department of Community Education at South Nassau Communities Hospital offers Advanced Cardiac Life Support (ACLS) and Basic Life Support (BLS) which includes the use of an Automated External Defibrillator (AED). Classes are open to professionals as well as the general community. For more information, training dates or registration fees, please call Community Education at (516) 377-5333.

WOMEN & CHILDREN’S HEALTH EDUCATION
A wide range of prenatal and parenting programs are available to our families through our Parent-Child Education Center. This off-site center is located at 2277 Grand Avenue in Baldwin. To register, or for more information, call Parent/Child Education at (516) 377-5310.

Baby Care Class • Breast-Feeding Support Group • Infant and Child CPR • Maternity Orientation Preparation for Breast-Feeding Class • Prepared Childbirth Class • Sibling Class

ADDITIONAL HEALTH EDUCATION, AWARENESS AND OUTREACH SERVICES
• Health education/health promotion programs
• Preventive health care/screening
• Smoking cessation classes
• Support Groups:
  - Bariatric
  - Bereavement
  - Cancer and Family
  - Caregiver
  - Diabetes Type I
  - Diabetes Type II
  - Dialysis
  - Heart Failure Support Group
  - Stroke

Call South Nassau Communities Hospital’s Department of Community Education at (516) 377-5333 for more information and current schedule of offerings.

Be sure to check out the “Sports, Dance, & Physical Fitness” section for a list of other classes that can help improve your health & well-being!
ACRYLIC PAINTING

Whether you paint regularly or haven’t painted since grade school, you’ll be welcomed and comfortable in this class. Join us to express your inner artist while learning fun and creative ways to produce a portrait or landscape painting from a picture. With easy to follow steps you will gain basic art knowledge, or further your previous practice. Bring your own photo of a person, pet or landscape to work from and learn simple, effective techniques needed to create a fabulously genuine work of art. **Limit 12**
5 Wed, begins March 27
7:00-8:30pm
HS Room S123
Fee: $63

MAH JONGG FOR BEGINNERS

If you know nothing about Mah Jongg but would like to learn, this course will introduce you to this exciting game of luck and skill! Learn the tiles, how to read the card, and set up basic play. By the end of the class you will be able to form your own game with friends or classmates. Mah Jongg cards and sets will be provided for practice. If you have access to a set, bring it. Instructor will provide information on purchase of the 2019 National Mah Jongg League card. **Limit 16**.
8 Sat, begins March 16
11:30am-1:30pm
School #6 OFT Conference Room
Fee: $90

MAH JONGG FOR INTERMEDIATES

Learn and practice defensive plays as well as winning strategies. By the end of the class you will become a better player as you play with friends or classmates. Mah Jongg cards and sets will be provided for practice. If you have access to a set, bring it. Instructor will provide information on purchase of the 2019 National Mah Jongg League card. **Limit 16**.
8 Sat, begins March 16
9:15-11:15am
School #6 OFT Conference Room
Fee: $90

WATERCOLOR PAINTING

In this beginner level course, you will be introduced to the creative world of watercolor. While learning the basics of materials, tool techniques, color mixing and application exploration, we will create abstract designs, still life, landscapes and much more! Join us as we focus on getting comfortable with watercolor painting techniques. Students will learn to develop a final painting from beginning stages to a finished product with the help of in-class demonstrations, and one-on-one artistic advice from the instructor. Brushes, paint, pencils, and high quality watercolor paper will be provided for class use. **Limit 12**.
6 Tues, begins March 26
7:00-8:30pm
Middle School Room 101-A
Fee: $75

**Look for classes with the GOLD CARD STAR next to the fee and receive a Senior Discount!**
*See page 8 for details!*
SPECIAL INTERESTS

CREATIVE STORY AND SCRIPT WRITING
L.I. Motion Picture
Arts Center & Museum
Do you think you have a great story in you? This class will teach what tools are necessary to create a story with interesting characters and a fascinating plot. Discover how to write a screenplay and how it differs from writing a novel. Everyone loves a great story; this class will help you write your own.
1 Session, Mon, March 25
7:00-9:00pm
HS Room N119
Fee: $29

DEFENSIVE DRIVING
NYS Dept of Motor Vehicles Approved
This course will reduce your auto liability and collision insurance 10% for three years and will remove up to 4 points from your driving record. By taking this course, drivers with excessive points can avoid a possible revocation or suspension of their license. The main focus of this course is to allow the driver to discover their driving attitude and the effect it has on the way they handle themselves on the highway. Please note: Weekday classes will be held at Oceanside High School. Saturday classes held at Oceanside Middle School.
A. Mon & Tues, March 4 & 5
7:00-10:00pm
HS Room N207
B. Mon & Tues, May 6 & 7
7:00-10:00pm
HS Room N207
C. Sat, April 6
9:00am-3:30pm – Bring Lunch
Middle School Room 100
D. Sat, June 1
9:00am-3:30pm – Bring Lunch
Middle School Room 100
Fee: $40

E-MAIL MARKETING: Grow Your Business
Jillian Weston
Market Your Business, Market Yourself
This class teaches you the importance of e-mail marketing, and why/how it can help you increase business. Participants will learn the fundamentals of growing a quality list of recipients, finding new customers, effectively organizing customer lists, and customizing your templates and branding. These industry expert tips and strategies will help convert your e-mails into sales.
1 Session, Tues, May 21
7:00-8:30pm
HS Room N119
Fee: $15

FILM STUDY: New York on Film
Philip Harwood
Although the film industry began in New York City, it eventually moved out to Hollywood. However, hundreds of films feature New York City and it’s surrounding boroughs as either a setting or theme. Film historian Philip Harwood presents an evening in which we will discuss and see clips from such movies as 42nd Street, King Kong, The Naked City, On The Town, West Side Story, Superman: The Movie, The Godfather II, Manhattan, and other films which celebrate New York City.
1 Session, Thurs, March 21
7:30-9:00pm
School #6 Room B3
Fee: $20

Refunds Will Not Be Given Once Class Has Begun!
GETTING PAID TO TALK: An Introduction to Professional Voice Overs

Voice Coaches

Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare, and where to find work in your area! We’ll discuss industry pros and cons and play samples from working voice professionals. In addition, you’ll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic, and a great first step for anyone interested in the voice over field!

1 Session, Mon, April 8
6:30-9:00pm
HS Room N210
Fee: $40

HISTORY OF MOTION PICTURES: Scandals & Conspiracies

L.I. Motion Picture Center & Museum

When tragedy strikes a famous person, the public becomes fascinated with the details. In the last 60 years, three such incidents have raised the question, “What really happened?” This class will present films and create discussions surrounding the deaths of three of the nation’s most famous; Marilyn Monroe, Natalie Wood, and John F. Kennedy.

1 Session, Wed, April 10
7:00-9:00pm
School #6 Cafeteria
Fee: $29

PROPERTY ENHANCEMENT FOR APPRECIATION AND SALE

Larry Gordon

A great landscape can change the habits of the people who own it, enabling them to spend more time outside. Increase the appeal of your home for personal enjoyment or property sale. In this class we will discuss structural features of landscaping and provide affordable and practical solutions for your property’s outdoor space. Bring photos of your home and questions.

1 Session, Wed, March 20
7:00-8:30pm
HS N121
Fee: $20

SOCIAL MEDIA MARKETING: Save Time and Increase Leads

Jillian Weston

Learn the importance of online marketing and how to receive the maximum amount of leads in the shortest amount of time. We will discuss different Social Media platforms such as Facebook, Instagram, Twitter and more to discover what their demographics are and which industries they are the most beneficial for. You will then learn how to search for potential clients and interact with them on these platforms so you can increase business even with a busy schedule.

1 Session, Wed, March 27
7:00-8:30pm
HS Room N119
Fee: $15

NEVER STOP LEARNING
Professionally and Personally
CLASSES TO BE ANNOUNCED

Online Registration begins Monday, February 4 at 7:00 PM.
For further information please call the DOCA office at 594-2336

56th Annual Roller Skating Show
(With the Oceanside Kiwanis Club)
"A Space Odyssey"

Friday March 15
& Saturday March 16
7:00 pm
School 9M Gym

PUBLIC INVITED

Tickets: $10 – Friday or Saturday Shows
(Cash or Check only)

Tickets are required and can be purchased at the
Department of Community Activities office, during the following hours:
Monday-Friday: 10:00 am to 12 noon & 2:00 pm to 3:30 pm
Monday-Thursday evenings: 7:30 pm to 8:30 pm
Saturday: 9:00 am to 1:00 pm

All adults and all children must have a ticket to be admitted to the show.
Limited seating available for all performances.
- NO STROLLERS ALLOWED -
INVENT THE FUTURE TODAY

Sign up for Camp Invention by March 22nd to save $25 - PROMO CODE: INNOVATE25
or sign up March 23rd - May 10th to save $15 - PROMO CODE: PLAY15FLYER

Camp Invention®

- August 12-16, 2019
- Price: $305 (Before Discount)
- Register today at www.campinvention.org
- LIT (Leaders-In-Training) program available for teens entering 7th-9th Grade
  REGISTRATION IS LIMITED
- Leadership Intern positions for entering 10th-12th Grade, Information to follow
  - Location: Oceanside School #6

Camp Invention is in partnership with the
OCEANSIDE DEPARTMENT OF COMMUNITY ACTIVITIES

BASKETBALL CAMP
for Boys & Girls entering Grades 2-9

Hard 2 Guard Basketball Camp has been providing quality basketball instruction for over a decade. The camp is staffed by high school coaches as well as college and high school players. The coaches emphasize basketball fundamentals and advanced skills while promoting sportsmanship and healthy competition. Hard 2 Guard is the perfect summer camp for both beginning and experienced basketball players.

Session I: June 27th - June 28th
Time: 8:30am - 2:30pm
Location: School #6 & OHS

Session II: August 12th - 16th
Location: School #6 & OHS

More information to follow in the Hard 2 Guard Basketball Camp brochure.
Oceanside Department of Community Activities

Summer Playground
July 1st - August 9th
Oceanside School District Boys & Girls
Pre-K through Grade 9

Playground - Gr 1-9
Gr 1-6: Mon-Fri, 9am-2pm
Gr 7-9: Mon-Fri, 8:45am-1:45pm

Extended Playground - Gr K-6
Mon-Fri, 8am-4pm OR 8am-6pm

Early Childhood

3 & 4 Year Olds
Mon-Fri, 9:15am-12:15pm
Must be 3 by June 30, 2019 & Toilet Trained
Must be 4 by Dec 31, 2019

5 Year Olds
Mon-Fri, 9:15am-1:45pm
Must be 5 by Dec. 31, 2019

Registration

Rolling Registration for Early Childhood thru Grade 9 begins
MONDAY, MARCH 4th at 9:00am

ONLINE Registration for all CITs (9th - 11th Grades) begins
MONDAY, MARCH 11th at 7:00pm

Detailed information on ALL programs
including 9th, 10th & 11th Grade CITs
will follow in 2019 SUMMER PLAYGROUND PACKETS.
FOR CHILDREN WITH SPECIAL NEEDS

Important Registration Information: Registrations will not be confirmed! Assume that your child is enrolled in the class unless otherwise notified.

SPECIAL NEEDS SOCCER
Grades: K-6
Oceanside United Soccer Club offers recreational soccer instruction and play for the special needs community. We are also looking for volunteers to help out at these sessions. For further information or to volunteer contact Karen Meagher at mjmkem10@ol.com.
Location: School #8, Gym
Days: Fridays
Time: 5:30-6:30pm
Oceanside United Soccer Club
Fee: No Fee

TENNIS INSTRUCTION
Grades: 1-8
Instructor: Heather Corriel
Times: Gr 1-2...9:00am  Gr 3-5...9:00am  Gr 6-8...11:00am
Fee: Resident: $70
Location: School #6 Castleton Gym/High School
Dates: March 23, 30, April 6, May 4, 11, 18, June 1, 8
You must bring your own Tennis Racquet!

Have your child stay fit and learn skills to last a lifetime from a certified tennis Instructor.

*The first 3 Saturdays will take place in the Castleton Gym. Here, your child will learn the basics of tennis in an Indoor setting. The last 5 Saturdays, Children will test their new-found skills at Oceanside High School. Three weeks in the HS auxiliary gym, last 2 weeks (weather permitting) on the HS courts. Class size is LIMITED!

OCEANSIDE UNITED SOCCER INTRAMURAL REGISTRATION
Registration for Fall 2019 through Spring 2020 Intramural/Academy programs will begin in May. Once again all registration will be Online. Please visit our website at www.OUSC.com for all registration information as well as our Facebook page. Registrants must have been born on or before 2014. Information regarding travel team tryouts can be found on our website. Please call 764-FEET with any questions.

OCEANSIDE ICE HOCKEY
Tryouts for grades 5-12, Middle School & Varsity will take place this spring. Teams skate in Nassau County High School Hockey League. Teams are now being formed for upcoming spring season. For further information contact Bill Clark at 528-5271 or e-mail Wilbur2776@aol.com.
EGG HUNT

Saturday, April 13th
Co-sponsored by Kiwanis and Oceanside Dept. of Community Activities
Oceanside Schoolhouse Green

For 3 to 9 Year Olds

3 & 4 yr. olds ......................... 11:00am
5 & 6 yr. olds ......................... 11:30am
7, 8 & 9 yr. olds .............. 12:00 noon

In case of rain, program will be held in Merle Ave Gym.

JOIN US FOR SOME EGG-CELLENT FUN!
Children’s After-School Recreational, Educational and Social Program

The C.A.R.E.S. program is designed to meet your child’s needs in a professionally supervised and caring atmosphere.

CHILDREN ARE TRANSPORTED from Schools #2, #3, #4, #5, #8, #9E and private schools to the C.A.R.E.S. Site at School #6, Merle Avenue. The program is run by a professional, certified teaching staff including experienced instructors for all specialty areas with an average ratio of 8 children per staff member.

AM Program conducted Monday through Friday from 8:30-9:15am for Kindergarten ONLY.
PM Program conducted Monday through Friday from dismissal-6:00pm for Grades K-6.
Kindergarten may attend both AM and PM programs

Program Activities

Homework Time ★ Daily Snacks ★ Storytime ★ Cooking (Age Appropriate)
Quiet Games ★ Movies ★ Indoor/Outdoor Activities ★ Arts & Crafts

Fees

Fees are calculated based on the total number of days in the school year.

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- Please be aware of the pick-up schedule for which you have registered.
- You may pick up your child at any point prior to your scheduled pick-up time.
- **LATE PICK-UP**: Each late pick up after your scheduled time will result in a **$25 LATE FEE**.

If you would like to register your child for the C.A.R.E.S. program, information and registration forms are available at the DOCA office. **Two-day notice is required before child may attend C.A.R.E.S. program.**

Convenient Payment Service

You can pay for the C.A.R.E.S. Program with your Credit Card.

**AUTO PAY** - Have automatic payments charged to your credit card on a monthly basis.

You may call the D.O.C.A. office for any additional information at (516) 594-2336
**ITALIAN**

*Emilia Castro*

Learning a new language can give you a great sense of accomplishment! In this class you will experience the joy of learning the Italian language. We will explore the amazing culture of Italy as well as build vocabulary, practice speaking, reading, writing and singing. This course is for beginners, so come and join us for a fun and educational class.

6 Tues, begins March 19  
7:00-8:30pm  
HS Room N210  
Fee: $69

**PARENTS & PRE-SCHOOLERS**

**INFANT & PRE-SCHOOL AQUATIC PROGRAM**

Swim & Scuba  
From age 6 months to 4 years, start your child out right in their introduction to the water. Learn how to work with your child for their comfort and yours. Child must be at least 6 months of age. Birth Certificate must be presented at time of registration. One adult (swimmer or non-swimmer) must accompany child in pool. (No unregistered siblings please). Swim diapers or "Swimpers" are required.

6 Sat, begins April 6  
9:00-9:30am  
Swim and Scuba - 490 Sunrise Hwy, RVC  
Fee: $165

6 Sat, begins April 6  
9:30-10:00am  
Swim and Scuba - 490 Sunrise Hwy, RVC  
Fee: $165

YOU "TWO" CAN GO TO SCHOOL! A Two Year Old Separation Class*

Lisa Santiago  
Even your two year old can go to school! Your child will love this opportunity to learn through various age-appropriate activities (e.g. simple crafts, painting, singing, playtime and story time, etc.) Two year olds will enjoy this time to explore new experiences with friends and other children their age. Led by certified educator. Limit 8, so register early!*

10 Fri, begins March 8  
12:00-1:30pm  
School #6 Room 203  
Fee: $150

YOU "TWO" CAN GO TO SCHOOL! A Two Year Old Separation Class*  
Lisa Santiago  
FALL 2018 EXTENSION - As a continuation of skills that have been taught, your child will enjoy a positive learning atmosphere where they can socialize and interact with children of their own age. They will also develop the concept that learning is fun and learn the feeling of independence. Led by certified educator. Limit 8, so register early! **NOTE:** Only participants of Fall 2018’s You "Two" Can Go To School course are eligible to enroll *

10 Fri, begins March 8  
10:00am-11:30am  
School #6 Room 203  
Fee: $150

*These classes are for two year olds only - parents do not stay with child. Child must be 2 years old by program start date. Birth Certificate must be presented at time of registration.*
SPORTS, DANCE & PHYSICAL FITNESS

BASKETBALL
Love playing basketball? Join an intramural team of recreational players for fun and exercise on the court. All levels of players are welcome. All games are played indoors as half-court pick-up games. Limited Registration.
10 Wed, begins March 6
7:30-10:00pm
10 Sun, begins March 10
9:00-11:30am
School #6 Castleton Gym
Fee: $71 - No makeup days.

BODY SCULPTING
This quick workout will focus on toning and strengthening muscles in a full body, light weight, high repetition fitness class. Participants will work on arm, leg and core strengthening using dumbbells. This class is a great way to burn calories and tone in a non-intimidating setting. Please bring light weights (2-5 lbs) and a mat. A perfect warmup for our ZUMBA classes!
9 Mon, begins March 11
6:30-7:15pm
9 Wed, begins March 6
6:30-7:15pm
School #6 Merle Ave Gym
Fee: $74

FITNESS WITHOUT A GYM
No time for the gym? No problem! In this workshop you will be learning creative and fun ways to get a great workout without needing a gym membership. We will discuss circuit training, strength training, and cardio training, looking at the many different ways of doing them. We will also see and explore some fun and cheap tools that we can use for our “out of the gym” workouts.
1 Session, Tues, March 26
7:00-8:30pm
HS Room N119
Fee: $15

PILATES-BARRE BLEND
This total body workout is a balanced blend of Pilates and Barre techniques. Pilates aims to strengthen and lengthen the core and spine through a classic series of mat exercises. The standing Barre workout strengthens and sculptures the major muscle groups of thighs and glutes as well as toning the arms. This dynamic and efficient workout is geared for all fitness levels.
8 Wed, begins March 6
7:00-8:00pm
School #9E Gym
Fee: $70

Look for classes with the GOLD CARD STAR next to the fee and receive a Senior Discount!*
*See page 8 for details!
Volleyball (Competitive League)  
Form a team of advanced players for competitive league play (minimum of 6 players). **Players must provide their Team Name at the time of registration.** Only the first six complete teams to register are admitted to the league. No Exceptions. Entrance into class will be at the discretion of the instructor.

**School #6 Castleton Gym**  
Fee: $42

**WATER AEROBICS & TONING**  
Do something good for yourself! Increase your energy, flexibility, and strength with minimal impact on your joints and bones. Enjoy the warmth of an 84° pool and work off the stress of the day in the company of others.

**Swim and Scuba**

6 Tues, begins April 9  
9:30-10:30am

6 Fri, begins April 12  
9:30-10:30am

6 Sun, begins March 31  
9:00-10:00am

**Swim and Scuba – 490 Sunrise Hwy. RVC**  
Fee: $110

**YOGA: Hatha Yoga**

This classic yoga class teaches asana (yoga poses), pranayama (breathing techniques) and relaxation practices. The goal of Hatha Yoga is to help you achieve your personal best through clear cueing of proper alignment with exercises both on the mat and standing. Bring your Yoga mat and ‘grippy socks’, if you prefer not to be barefoot. Two foam Yoga blocks are recommended, but not required, in order to modify and deepen your practice of poses. **All Levels Welcome! Limit 25.**

**School #6 Merle Ave Gym**  
Fee: $70

**ZUMBA**

Looking for a great workout but hate going to the gym? Give Zumba a try and dance away the calories each week. Zumba is a high energy dance-fitness class inspired by international rhythms and moves. This workout allows anyone and everyone to enjoy exercising. If you can move, you can Zumba! Beginners are welcome and encouraged to join! Bring water, a small towel and wear sneakers. **Sign up for our Body Sculpting classes for a great warmup!**

**School #6 Merle Ave Gym**  
Fee: $74

Refunds Will Not Be Given Once Class Has Begun!
SENIOR CLUB OF OCEANSIDE

The club is designed to meet the leisure needs of the adults of the community. Program offers refreshments, parties, trips, cards, BINGO and just plain sociability. Membership is open to all adults 55 years of age and over.

Tues, 11:00am-3:00pm

SENIOR CLUB OF OCEANSIDE TRIPS

BUSES DEPART FROM OCEANSIDE MCDONALD’S AND THE EAST ROCKAWAY VILLAGE HALL ON ATLANTIC AVE.

St. Patrick’s Day Luncheon and Show - Elmsford, NY

Monday, March 11, 2019

$99.00 includes “Rhythm of the Dance” show at Westchester Broadway Theatre and a delicious lunch. This show has won critical acclaim and is an inspiring epic, reliving the journey of Irish Celts throughout history. Featuring Irish step dancers, songs, brilliant costumes, musicians and Irish Tenors, this show is a step above the rest! An enjoyable afternoon of entertainment with friends... deluxe coach, taxes, and tips included.

Leave Oceanside at 9:30am • East Rockaway at 9:45am • Return approximately 5:30pm

Woodloch Pines - Hawley, Pennsylvania

Mon-Fri, April 29 - May 3, 2019

Call Janet for details at (516) 599-6087. Limited space available - for Seniors 57 and over ONLY!

Contact Janet for locations and times of departure.

Resorts Casino on the Boardwalk - Atlantic City, NJ

Thursday, July 11, 2019

$75.00 includes show by nationally famous comedy singer Joey Vincent, $25 slot play, stroll on the boardwalk while taking in the sun and surf, deluxe coach, taxes, and tips. Join us!

Leave Oceanside at 8:00am • East Rockaway at 8:15am • Return approximately 9:00pm

Discover City Island - Bronx, NY

Thursday, August 22, 2019

$110.00 includes a day at NYC’s City Island in the Bronx. Discover this community seaside fishing village with lots of history, enjoy a narrated tour by a local guide with a trip to the National Landmark Bartow-Pell Mansion and lunch at a famous waterfront restaurant, deluxe coach, taxes, and tips.

Contact Janet at (516) 599-6087 for locations and times of departure.

SENIOR CLUB TRIP POLICIES

Seats on bus are assigned when payment in full is received. Final payment is due 35 days prior to scheduled trip date. Make checks payable to: Senior Club of Oceanside. Please mail to Janet Matthews, 29 Prospect Ave, East Rockaway, New York 11518, or call Janet at (516) 599-6087; Cell# (516) 428-0995. Alternate Contact: Lucille Fox • 39 Waldo Ave., East Rockaway, NY 11518 • (516) 593-1824; Cell# (516) 434-9279.

Cancellation Policy: Full cash refund up to 1 month before trip date; No credit or refund on trip reservations unless we can re-sell them. No credit or refund for cancellations on day of the trip.

Prices include a 2.5% fuel surcharge.
CULTURAL ARTS

The Oceanside Community Chorale will present

MUSIC AROUND THE WORLD

Saturday, June 8th
8:00pm
School #8, Auditorium

Tickets available from Chorale members or the Department of Community Activities office.
Cost: $10; Children Under 12 Free.

For Information Call Frank (516) 764-2787
www.oceansidesings.com
COMMUNITY INFORMATION

TOWN OF HEMPSTEAD SENIOR CENTER  766-8888
The Oceanside Senior Center is located at 2900 Rockaway Avenue, Oceanside, NY 11572. It is a multi-purpose facility open Monday through Friday from 9:00am to 4:45pm, and is open to all Town of Hempstead residents over the age of 60. We offer a wide variety of classes, programs, activities and services, as well as a lunch program and transportation on a limited basis. For further information call Toni Santillo, Asst. Coordinator.

SPORTS ORGANIZATIONS

Oceanside Baseball Little League
oceansidenyll@gmail.com
www.oceansidebaseball.org

Oceanside United Soccer Club
www.ousc.com

Oceanside Stallions Football
www.oceansidestallions.org
info@oceansidestallions.org

Oceanside Fastpitch Girls Softball
www.oceansidesoftball.com

Oceanside Youth Lacrosse
oceansideyouthlacrosse@gmail.com
P.O. Box 438, Oceanside

Oceanside Ice Hockey - Grades 6-12
Bill Clark
Wilbur2776@aol.com
528-5271

Oceanside Stallions A.C. Roller Hockey
www.leaguelineup.com/stallionshockey
279-0466  Steve Lane
897-1889 - Hot Line

DO YOU HAVE A COURSE YOU WOULD LIKE TO TEACH?

Name: ____________________________________________________________

Address: __________________________________________________________

City/Town: _______________________________________________________

State: _____________________________________________________________

Daytime Phone: (  ) ___________________  Eve: (  ) ___________________

Subject area(s) you wish to teach: ______________________________________

______________________________________________________________
Oceanside School District Dept. of Community Activities

YOUTH REGISTRATION FORM

Please Print: ALL FIELDS REQUIRED

Date:

Activity:

Day(s):

Time:

Child’s Name:

D.O.B.

Parent/Guardian Full Name:

Parent/Guardian E-Mail Address:

Address:

Town:

Grade:

Home School:

Phone #:

Cell #:

Emergency Contact:

Phone #:

Fee $______ Please Check One: ☐Cash (exact change) ☐Credit ☐Check No. ______

Parent/Guardian Signature ____________________________ Receipt No. __________________

PLEASE NOTE: REFUNDS WILL NOT BE GIVEN ONCE CLASS HAS BEGUN!

Oceanside School District Dept. of Community Activities

YOUTH REGISTRATION FORM

Please Print: ALL FIELDS REQUIRED

Date:

Activity:

Day(s):

Time:

Child’s Name:

D.O.B.

Parent/Guardian Full Name:

Parent/Guardian E-Mail Address:

Address:

Town:

Grade:

Home School:

Phone #:

Cell #:

Emergency Contact:

Phone #:

Fee $______ Please Check One: ☐Cash (exact change) ☐Credit ☐Check No. ______

Parent/Guardian Signature ____________________________ Receipt No. __________________

PLEASE NOTE: REFUNDS WILL NOT BE GIVEN ONCE CLASS HAS BEGUN!
Oceanside School District Dept. of Community Activities

ADULT REGISTRATION FORM

PLEASE NOTE: REFUNDS WILL NOT BE GIVEN ONCE CLASS HAS BEGUN!

ONE FORM PER CLASS • Make checks payable to: OCEANSIDE UFSD

Please Print: ALL FIELDS REQUIRED

Program: ________________________ Date: ________________________

Day(s): ________________________ Time: ________________________

Name: (Mr., Mrs., Ms.)_________________________ D.O.B. ______________

Address: __________________________________________

Town: ________________________ E-Mail: ________________________

Phone #: ________________________ Cell #: ________________________

Fee $ _______ Please Check One: □ Cash (exact change) □ Credit □ Check No. _______

In consideration of allowing me to participate in the listed activity/program, I hereby covenant and agree to release, defend and hold harmless the Oceanside Union Free School District from and against any and all liability, loss, damages, claims, or actions (including costs and attorney fees) for bodily injury and/or property damage, to the extent permissible by law, arising out of participation in, or in connection with, the use of Oceanside District property, facilities and/or services.

I understand that my participation in the listed activity/program may involve rigorous physical activity and risks of physical injury, and I assume these and any and all other risks, known or unknown, associated with this activity. I hereby consent to emergency transportation and treatment in the event of illness or injury. I hereby accept responsibility for the payment of any emergency transportation or treatment. I further certify that I am in good physical condition, and I have no medical or physical conditions that would restrict my participation in this event.

Signature ________________________ Receipt No. ________________
REGISTRATION FORMS

Please fill out the registration forms completely & drop off at or mail to:
Oceanside Department of Community Activities
School #6, 125 Merle Avenue
Oceanside, New York 11572-2218

All registration payments must be received by the Department of Community Activities office prior to the start of the first session. No exceptions. Some classes are limited. Registrations will be accepted subject to availability and in the order in which they are received. Cash: Exact Amount. A separate form is required for each activity.

Make checks payable to: OCEANSIDE UFSD. NO REFUNDS ONCE CLASS HAS BEGUN!
We also accept payment by credit card (Visa, MasterCard, American Express & Discover)

NOTES
Look inside for information on easy and convenient ways to register!