



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Welcome to the Family YMCA at Tarrytown & CROTON-HARMON SCHOOL DISTRICT ADULT EDUCATION EVENING PROGRAM LOCATED AT CROTON-HARMON SCHOOL DISTRICT

PROGRAM OVERVIEW:

The Family YMCA at Tarrytown, a not for profit charitable organization, is offering an adult education program open to anyone aged 18 and over. Classes take place at **Croton-Harmon High School** and **Pierre Van Cortlandt Middle School**.

REGISTRATION PROCEDURE:

You must pre-register for each class! Send you completed forms by email or snail mail to:

Lesa Dalton
Vice President, Member and Employee Engagement
Family YMCA at Tarrytown
62 Main Street, Tarrytown NY 10591
914-418-5563
lesad@ymcatarrytown.org

Note: Registration is on a first-come, first serve basis. Classes must meet a minimum to run. Register early!

PAYMENT

The YMCA accepts the following types of payment: Check (PAYABLE TO YMCA) Money Order or Credit Card (VISA, MasterCard, Discover & American Express). ***Please do not send cash.***

FINANCIAL AID

Through the generosity of our donors, the Family YMCA at Tarrytown is pleased to offer financial aid opportunities to income-qualified families and individuals. For more information, please contact Melissa Weaver at (914) 631-4807, x 106.

CLASS CANCELATIONS

At times instructors cancel classes due to illnesses or an unforeseen event. Every effort will be made to contact you that the class is cancelled prior to the class.

INCLEMENT WEATHER

If the school is closed or there is an early dismissal due to inclement weather, the program will be canceled.

WITHDRAWALS/CHANGES/DISMISSAL

Please note that classes are subject to change. Classes need to meet minimum enrollment figures in order to run. If there is not adequate sign-up for a class, students will be encouraged to try another class. There will be no refunds if you withdraw from the class once it has begun.

REFUNDS:

Program Fees are refunded for requests made up to one week prior to the first day of classes, for classes the YMCA cancels, and for documented medical reasons. Except in cases where the YMCA cancels a class, a \$10 processing fee is charged for all refunds. THERE ARE NO REFUNDS FOR WEATHER-RELATED SCHOOL CLOSINGS or INSTRUCTOR ABSENCES.

SPRING ADULT ENRICHMENT CALENDAR CROTON-HARMON SCHOOL DISTRICT

Information	CLAY TUESDAYS CHHS	DRAWING TUESDAYS PVC	KNITTING TUESDAYS CHHS	TAI CHI THURSDAYS PVC
TIME	7-9:30	7:30-9:30	7:45-9:15	7:15-8:30
LOCATION	Art Room	Home & Careers Room 233	Faculty Lounge	3 rd floor gym
1	4/3	3/6	4/17	3/8
2	4/10	3/13	4/24	3/15
3	4/17	3/20	5/1	3/22
4	4/24	4/3	5/8	4/5
5	5/1	4/10	5/15	4/12
6	5/8	4/17	5/22	4/19
7	5/15	4/24	5/29	4/26
8	5/22	5/1	6/5	5/3
9	5/29		6/12	
10	6/5		6/19	

CHHS =
Croton
Harmon
High School
PVC =
Pierre Van
Cortlandt
Middle
School

No classes
3/27 and
3/29 –
spring
break

LET'S KNIT TOGETHER –CLASS IS HELD AT CHHS

Have you always wanted to learn to knit? Have you tried and been frustrated? Do you know just a few basics, but want to move on to more difficult projects? Together we will explore fiber, patterns, knitting techniques and tools. In this class you will receive individual instruction on projects of your choice in a relaxed and friendly environment. Experienced knitters should bring their own projects and materials to the first class. Additional yarn and tools will be available for purchase. **Beginners will pay a \$15 materials fee (which will provide everything you need) directly to the instructor.**

Instructor: Lori Cohen has enjoyed teaching children and adults of all ages for many years. Knitting brings opportunities to experience great satisfaction while developing patience and learning to deal with **challenges. It's very meaningful to be able to help students learn a useful skill that can give them a lifetime of happiness.** She has recently joined the staff of the Family YMCA at Tarrytown.

Instructor: Lori Cohen

Fee: \$160

Materials fee: \$15 per person paid directly to instructor @ 1st class - beginners only. Other materials for sale.

Limit 12 students

Tuesdays – See Calendar – 1st class 4/17

POTTERY – CLASS IS HELD AT CHHS

This pottery class focuses on creating hand-built pieces, although there are also wheels to use.

Instruction ranges from beginner to experienced, with emphasis on slab and coil techniques as well as texturizing clay with rubber stamps to found objects. The kiln is Low-Fire, therefore all students are asked to purchase cone 04 to 06 clay and glazes.

The instructor takes orders for the clay as soon as registration is complete and glazes are individually purchased.

Instructor: Susan Posmentier

Fee: \$140

Materials fee \$15 per student for clay; glazes are individually purchased

Limit: 12 students

Tuesdays – See Calendar – 1st class 4/3

LIFE DRAWING – Class is held at Pierre Van Cortlandt Middle School

We begin with one minute gesture drawings and then continue with longer poses throughout the evening. Suggested materials: 18 x 24 newsprint pad, Some better paper or pads (any size for longer poses) vine and compressed charcoal sticks, conte sticks (terra cotta, black) Also anything you would like to experiment with – watercolor, colored pencils etc., also a kneaded eraser. Class is for beginners to advanced.

Instructor Beatrice Di Martino received her BFA from CCAD (Columbus College of Art and Design) and continued to study at SVA and Purchase College. I worked in the graphic arts field for many years and always continued drawing and painting from life.

Instructor Beatrice Di Martino

Fee: \$120

One time shared model fee will be determined at first class and paid directly to instructor

Limit: 15 students

Tuesdays: See Calendar – 1st class 3/6

T'ai Chi with Robert Chuckrow, Ph.D– Class is held at Pierre Van Cortlandt Middle School

T'ai Chi is a meditative exercise based on Taoist philosophy and other centuries-old Chinese principles of health, spirituality, and self-defense. Its natural, relaxed movements promote inner calm and improve self-awareness, balance, and coordination. Recently published studies have confirmed that those who practice T'ai Chi have improved blood pressure, a reduction in fibromyalgia and arthritis pain, improved immune function, and a lowered risk of falls and their resulting injuries.

No equipment or special clothing is required.

Robert Chuckrow, whose Ph.D. is in experimental physics, has studied T'ai Chi, Ch'i Kung, and other movement, self-development, and healing arts since 1970. He is a certified master teacher of Kinetic Awareness® and has taught T'ai Chi extensively. A multi-award-winning author, he has written five books, three on T'ai Chi and one on diet.

.Instructor: Robert Chuckrow

Fee: \$125

Limit: 20 students

THURSDAYS: -See Calendar – 1st class 3/8



Croton-Harmon & The Family YMCA at Tarrytown
Adult Education Classes Registration Form

PLEASE PRINT

Name: _____

Date of Birth: _____ Sex: _____

Address: _____

Home Phone Number: _____

E-mail Address: _____

Emergency Contact: person to be notified in case of illness or accident.

Name: _____ Phone # _____

WAIVER, RELEASE AND HOLD HARMLESS AGREEMENT/STATEMENT OF UNDERSTANDING

I understand that certain activities of the Family YMCA at Tarrytown center activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all Family YMCA at Tarrytown Center activities. I hereby agree to waive and release all claims against and, and hold harmless the Family YMCA at Tarrytown, its volunteers, supervisors, officers, directors, trustees, participants, coaches, referees, from any claims or injury sustained during my use of the Family YMCA at Tarrytown , sustained during my use of equipment owned or leased by the Family YMCA at Tarrytown or during my use of equipment or facilities at another property during an event in which the Family YMCA at Tarrytown sponsors or participates, as well as the organizers of any related event and any persons transporting participants to and from activities that are not on Family YMCA at Tarrytown property.

I hereby give my consent to the Family YMCA at Tarrytown, and to such other person(s) as the Family YMCA at Tarrytown may designate, to use my name, voice, statements, and portrait or picture (motion or still) for advertising purposes, for purposes of trade, or for any lawful purpose whatever, in any media now known or hereafter developed.

I understand that when contact information changes that I will notify the YMCA of these changes.

I have read and fully understand the statement above.

Participant's Signature

Date

Please send a separate check for each class you wish to take. Payments will not be processed until registration is complete.

Tuesday	Class:	Fee
Thursday	Class:	Fee

Payments must be made by **Credit Card OR CHECK PAYABLE TO THE YMCA**
 The YMCA accepts VISA, MASTERCARD, DISCOVER
 and AMERICAN EXPRESS. Cash is not accepted.

Credit Card Authorization: PLEASE PRINT

Visa, Master Card, Discover or American Express (Circle)

Name of Credit Card Owner _____

Account Number _____ Expiration Date _____ Security Code _____

I authorize the Family YMCA at Tarrytown to charge my credit card for my participation in the YMCA Adult Education Program.

Signature _____

YMCA Use ONLY:	Date Received _____
	Receipt Number _____
	Amount _____
	Staff Initial _____