

EMERSON COMMUNITY SCHOOL



SPRING 2026 BROCHURE

BOARD OF EDUCATION

Mr. William Graulich
Mrs. Amanda Riccardi
Mrs. Amy Mara, Vice President
Mr. Behrooz Pasdar, President
Mr. Keith Smith

SUPERINTENDENT OF SCHOOLS

Dr. Jillian Torrento

CO-DIRECTORS

Kate Gallucci
Tricia Mancino

COMMUNITY SCHOOL INFORMATION

201-262-5502
email: ecscool@emersonschools.org

**BACK BY POPULAR
DEMAND!**

In-Person Registration

Monday, March 2 7:00 - 8:00 PM
at Emerson High School
131 Main Street

*Don't feel comfortable registering
online?*

Have questions you need answered?

**Meet the directors and sign up
in person for your classes!**

REGISTRATION/CANCELLATION INFORMATION

1. **All adults and students, including those living in other communities, may register.** This program is sponsored by the Emerson Board of Education.
2. **No acknowledgements are sent.** You should report to your class unless notified to the contrary.
3. **You will pay a separate registration fee (\$10 per person per course) in addition to the tuition fee. This fee is not refundable for any reason, unless the course is canceled by ECS.**
4. Registrations are processed in the order they are received. Sign up early to avoid disappointment!
5. **Refunds and Withdrawals:**
 - If ECS cancels your course, you will receive a full refund.
 - If you want to withdraw from a class before it begins, you must submit your request in writing to ECS **three full business days prior to the first class meeting**. You will receive a refund (less the \$10 registration fee).
 - If you withdraw from the class **after the first session**, no refund or credit will be given. If you want to withdraw or miss a class due to personal reasons, illness, injury, or an oversight of your own, **no refund or credit will be given.**
6. Any class is subject to cancellation if registration is not sufficient. Students will be notified as soon as possible. Register early to avoid disappointment!
7. **Book and Supply Fees:** Some classes have books and additional costs. These payments are noted in the class description and are due at the first class.
8. Please check your calendar prior to registering. **Refunds will not be given for personal scheduling conflicts or double-booked classes.**

3 EASY WAYS TO SIGN UP!

1. ON-LINE

- ★ Go to our website, www.emersonschools.org
- ★ Click on DEPARTMENTS tab
- ★ Click on EMERSON COMMUNITY SCHOOL

This is a complete and secure online registration for all classes.

2. MAIL IT NOW! DON'T WAIT!

Fill in the registration form (found on the last page of this brochure) and mail it with a check or money order to:

Emerson Community School
Emerson Jr-Sr High School
131 Main Street
Emerson, NJ 07630

3. IN-PERSON

Monday, March 2 from 7:00-8:00pm at Emerson High School, 131 Main Street

KIDS “KORNER”

A BABYSITTING PREP COURSE

Fee: \$50

E 101 Tuesdays, 4/21 & 4/28 (Two Sessions) 6:30 - 8:30 PM **HS Room: 185**

E 102 Tuesdays, 5/5 & 5/12 (Two Sessions) 6:30 - 8:30 PM **HS Room: 185**

This class is open to anyone, eleven years of age or older who wants to know more about babysitting safely. Areas such as being home alone, preparing for babysitting, growth and development of children, and activities for each age will be discussed. Recognizing emergencies, calling 911 and hands on CPR training will also be covered in this course. Participants will receive AHA Pediatric “Friends & Family CPR Training” within this class. These tuition fees do not represent income to AHA or any of its components. **Students are asked to bring a baby doll or teddy bear to the first class.**

INSTRUCTOR: Mr. Bob Ehlers, local EMT, experienced instructor

E 103 BASKETBALL

Fee: \$100

Tuesdays, 4/21 - 5/26 (Six Sessions) 3:30 - 4:30 PM

Room: Gym

Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ

Class will focus on the fundamental skills of basketball, including ball handling, passing, shooting, and defense. Students should wear basketball attire & sneakers, bring extra water, and do not need to bring their own basketball. This class is for students in grades K-3.

INSTRUCTOR: Emerson Head Coach Colleen Malzahn. Colleen is in her 12th year as Head Coach of the Cavos, with over 180 wins and numerous Coach of the Year selections. As an alumni of Emerson, she is the all-time leading scorer at the high school with 1,710 career points. Colleen is also the Health & Wellness teacher at Memorial & Villano Schools.

E 104 BASKETBALL

Fee: \$100

Thursdays, 4/23 - 5/28 (Six Sessions) 3:45 - 4:45 PM

Room: Gym

Location: Villano Elementary School, 175 Linwood Avenue, Emerson, NJ

Class will focus on the fundamental skills of basketball, including ball handling, passing, shooting, and defense. Students should wear basketball attire & sneakers, bring extra water, and do not need to bring their own basketball. This class is for students in grades 4-8.

INSTRUCTOR: Emerson Head Coach Colleen Malzahn. Colleen is in her 12th year as Head Coach of the Cavos, with over 180 wins and numerous Coach of the Year selections. As an alumni of Emerson, she is the all-time leading scorer at the high school with 1,710 career points. Colleen is also the Health & Wellness teacher at Memorial & Villano Schools.

E105 SENSATIONAL SPRING CRAFTS**Fee: \$70****Tuesday, March 31 - April 28 (Four sessions; No session April 14)****3:15 - 4:15****Location: Patrick M. Villano School, 175 Linwood Avenue, Emerson, NJ****Room 104**

This class is open to 4th and 5th graders who are interested in celebrating the season of spring! The children will enjoy making different crafts each session that are inspired by the season - flowers, birds, sunshine, stars to name a few! Come and join the fun!

A \$10.00 supply fee will be collected at the first class. This can be paid directly to Miss Gordon.

Instructor: Miss Christina Gordon has been teaching in the Emerson School District for 8 years, but she has 22 years teaching experience with elementary and middle school students. She enjoys doing creative projects and helping children's inner creative spirit shine bright.

E 106 HAND SEWING**Fee: \$ 125****Tuesdays, 3/17 - 4/28 (Six Sessions - NO CLASS 4/14) 4:00 - 5:00 PM****HS Room: 29**

This class is suitable for those between **the ages of 6 and 8 years old**. Students will learn to hand sew by creating fun, usable projects each week. Projects will be a pillow, journal, wallet, tic-tac-toe game, pencil case and ball. Each student will receive a sewing kit to keep. By the end of this class students will have learned how to thread and knot their needles and perform basic hand sewing stitches. All materials are included in the cost of the program. **INSTRUCTOR:**

Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, soyoustudio.com

E 107 BEGINNER SEWING**Fee: \$125****Tuesdays, 3/17- 4/28 (Six Sessions - NO CLASS 4/14) 5:15 - 6:45 PM****HS Room: 29**

In this class students will learn the foundations of machine sewing by making a large patch pillow. Students will learn how to cut fabric, pin, and sew on a sewing machine. Following successful completion of their pillow, students will make a tote bag and pj bottoms. All materials are supplied and sewing machines are provided for use.

Suitable for those ages 8-12.

INSTRUCTOR: Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, soyoustudio.com

E 115 CREATIVE MOVEMENT**Fee: \$150****Mondays, starting 3/16 (6 sessions)****3:45 - 4:30 PM****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

The Creative Movement class is for children ages 3-4 years. Children discover movement qualities and dynamics through imagination and music. Students learn basic class etiquette, learning to take turns and group participation.

E 116 LES ENFANTS**Wednesdays, starting 3/18 (6 sessions)****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson****Fee: \$150
5:00 - 6:00 PM**

In this class, young dancers ages 5-6 develop poise, spatial awareness, and an understanding of musical phrasing and rhythm through movement. Students are introduced to the foundations of ballet, learning basic positions and simple steps in a fun, imaginative, and encouraging environment. With an emphasis on creativity and enjoyment, this class helps children build coordination, confidence, and a love of dance while exploring the joy of movement.

WELLNESS

E 117 INTRO TO MEDITATION & STRESS RELIEF**Fee: \$65****Tuesdays, March 17, 24, & 31 (Three Sessions)****7:00 - 8:30 PM****HS Room: 186**

According to doctors and health practitioners, meditation can help save your life. Regular meditation can lower your blood pressure and can help you deal successfully with life.

The world can be a stressful & chaotic place. The interaction between people can be challenging without the right coping skills. In this class you will learn various techniques for meditation. Learn about your chakras and practice clearing them for healthy living. We will be using imagery, crystal bowls & Tingsha Tibetan chimes. You will learn how to manage your stress easily in between the moments of meditation and how to cope with situations which you have no control over. Learn how to be anywhere with anyone at any time remaining in control of you! Join us for three interesting and relaxing evenings! No meditation knowledge or experience required. Even the most active minds are welcome!

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author, Experienced Teacher of Meditation.

E 118 MANIFESTING HAPPINESS, GOOD HEALTH, & PROSPERITY**Fee:\$30****Tuesday, April 7 (One Session)****7:00 - 8:30 PM****HS Room: 186**

Join this dynamic and experiential session where you'll learn how to manifest your goals using powerful techniques that combine feng shui, affirmations, crystals, and the energy of the new and full moons. Together, we'll tap into the flow of universal energy and begin creating the magic and miracles you deserve. Discover how to align your space with your intentions, express gratitude for the future you desire, and start your journey with actionable steps.

You'll leave with a personalized blueprint to refine and repeat your manifestation process—making your happiness, health, and prosperity a reality. The time to take action is now! Join us & ignite your power to manifest the life you've been dreaming of.

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author, Experienced Teacher of Meditation

E 119 CHAKRAS & SHUI - FENG SHUI YOUR SOUL**Fee: \$30**

Tuesday, April 21 (One Session)

7:00 - 8:30 PM

HS Room: 186

"As Within, So Without". Your space is a reflection of what is going on inside of you.

Have you ever stopped to think about how the areas blocked in your life, & your physical space are connected to your body? Or how your body is responding to what is happening in your space? Did you know that each area of the "bagua" (the map of your space relating to areas of your life) is also connected with one of your "chakras". Learn how the chakras in your body are always sending you personal messages. Get simple ways to adjust specific areas in your home or office to create a healthy thriving environment for not only your space, but for your mind & your soul. Experience a chakra clearing meditation & presentation giving you & tools to manage your personal "Chakras & Shui.". *No Chakra, Feng Shui or Meditation Experience Required. All Are Welcome!

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author, Experienced Teacher of Meditation

E120 THE COMFORT TABLE : NOURISHMENT FOR BODY & MIND Fee \$30

Wednesday, 4/8 (One Session) 7:00-8:30 pm

HS Room: 186

This class will be led by two instructors who will share insights on holistic nutrition for optimal health and well being. This includes gut health, weight management and foods for emotional being. Also a guided practice with deep breathing and mindfulness meditation. This is a unique class as it incorporates your mind, body, and soul to be the healthiest version of yourself.

INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

INSTRUCTOR: Tara Pattermann, MA,HN-BC Reiki Master Teacher, Owner Empowering Health and Healing

E 121 AGING POWERFULLY

Fee: \$30

Thursday, March 19 (One Session) 7:00-8:30 pm

HS Room: 186

Are you frustrated with losing weight after 40 or older? Do you wonder why it is so hard? Is it stopping you from reaching your health and wellness goals? Have trouble losing weight? This class helps you to lose weight and age powerfully. Learn how to lose weight, have more energy and balance your blood sugar. Learn what foods are best for aging and your weight loss and health goals.

Instructor: Irene Maltzan, Certified Wellness Counselor Owner of the Wellness Tree

E122 CLEAR THE CLUTTER, CALM THE MIND (VIRTUAL)

Fee: \$30

Wednesday, April 22nd (One Session) 7pm- 8:30pm

VIA ZOOM

Discover simple, meaningful changes that can help you live with more positivity, resilience, and ease. This workshop offers practical, realistic steps you can start using today to make a powerful difference in your daily life

In this workshop, you will:

- Understand the signs and symptoms of stress and anxiety and how they affect your body
- Identify your personal triggers for stress and anger

- Learn effective ways to declutter your physical “stuff”
- Explore strategies to simplify your life and stay present
- Build habits that help you feel more empowered, motivated, and healthy

When you clear your mind, everything else follows.

A calm mind leads to a tidy home, a smoother workday, and a more balanced, grounded life.

INSTRUCTOR: Diane Lang, M.A., counseling educator & experienced instructor

E 123 HORMONE HEALTH - NAVIGATING SHIFTS DURING MIDLIFE WITH CONFIDENCE (VIRTUAL)

Wednesday, May 6 (One Session) 7pm- 8:30pm VIA ZOOM

Fee:

\$30

Hormonal changes in midlife and later can feel overwhelming physically, emotionally, and mentally. From sleep disruptions and mood swings to energy dips and physical changes, this phase of life often brings unexpected challenges. But with the right knowledge and tools, it can also be a time of powerful transformation.

In this empowering workshop, we'll explore:

- What to expect during midlife and later.
- How these changes impact your mood, weight, sleep, and overall well-being
- Practical strategies to support hormonal balance through nutrition, movement, mindset, and lifestyle choices

Whether you're in perimenopause, menopause, or simply navigating the shifts of midlife, this session will help you feel informed, supported, and equipped to take charge of your health on your own terms.

INSTRUCTOR: Diane Lang, M.A., counseling educator & experienced instructor

E124 FINDING AND PROTECTING YOUR INNER PEACE (VIRTUAL)

Fee: \$30

Wed, March 25th (One Session) 7:00 - 8:30 pm VIA Zoom

In these turbulent times, we can all use healthy coping strategies to eliminate stress and anxiety and protect our inner peace. This workshop will explore strategies to weed out negativity and cultivate lasting happiness that can benefit instructors as well as their students.

INSTRUCTOR: Diane Lang, M.A., counseling educator & experienced instructor

E 125 DISCOVER THE POWER OF ESSENTIAL OILS - Take Home Your Own Custom Blends!

Wednesday, 3/25 (One session) 7:00 - 9:00 PM

Fee: \$35

HS Room: 184

Materials fee of \$12 payable to the instructor - includes all supplies for your personalized essential oil creations.

Join us for an engaging, hands-on workshop where you'll not only learn about essential oils but also create your own personalized remedies to take home! This **interactive "Make & Take" class** is perfect for anyone curious about natural wellness solutions.

What You'll Learn & Create:

- ✓ The basics of essential oils – what they are and how to use them effectively
- ✓ Practical tips for incorporating essential oils into your daily routine
- ✓ How to support your body and mind naturally for common concerns like stress, sleep, pain,

immunity, and energy

✓ A custom rollerball remedy & essential oil spray tailored to your needs

You'll select a recipe that suits your wellness goals and craft your own roller bottle and spray to take home! Plus, you'll receive **educational handouts** and have the opportunity to ask questions during our Q&A session.

INSTRUCTOR: Lorinda Walker brings **29 years of experience as a Licensed Massage Therapist and 18 years as an essential oil expert.** As a **Certified AromaTouch Practitioner & Instructor**, she's passionate about helping others discover the benefits of essential oils in a fun and practical way!

E 126 WEIGHT LOSS WITH HYPNOTISM

Fee: \$30

Wednesday, 4/29 (One Session) 6:45 - 8:15 PM

HS Room 181

If you constantly eat between meals, consume excessive amounts of foods, must have something to eat immediately upon arriving home from work, or are compelled to eat before bedtime, then this hypnotism seminar may be just the ticket for you. Following a 30 minute question and answer period, you'll close your eyes for sixty minutes and while the group is in a subconscious state (hypnotized), you will be given suggestions through imagery and fantasy on how to defeat all of the above negatives. It is strongly suggested that you bring a pillow and a mat.

INSTRUCTOR: Marc Sky, hypnotist, experienced adult school instructor

E 127 CHOCOLATE HEALING WITH HYPNOSIS

Fee: \$30

Wednesday, 4/29 (One Session) 8:30 - 10:00 PM

HS Room 181

The power of hypnosis has been used to help millions of people overcome their problems. Any part of your life that is controlled by your mind can be improved by it. Dark (not milk) chocolate contains a natural chemical called phenyletylamine, or PEA. It increases serotonin levels in the brain, which creates a trance-like state. Using the soothing power of hypnosis and the help of dark chocolate, the instructor can help you to remove your problem (weight, smoking, stress, bad habits, guilt, jealousy, fears, phobias, headaches, anger, or chronic pain). Bring a pillow, mat, and a bar of dark chocolate (50-70% cocoa). A Dove dark chocolate bar is okay.

INSTRUCTOR: Marc Sky, hypnotist, experienced adult school instructor

HEALTH AND RECREATION

E 128 PICKLEBALL**Thursdays, 3/19 - 4/23 (Five Sessions - no class 4/16)****Fee: \$155
6:30 - 8:00 PM****Location: Villano School Gym**

Come learn the fastest growing sport in America! All classes include one hour of instruction and 30 minutes of guided play to get you on the court having fun. Classes include the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 12 students.

INSTRUCTORS: Premier Pickleball Certified Instructors**E 132 PICKLEBALL - ROAD TO OPEN PLAY*****Tuesdays, 3/17 - 4/21 (Five Sessions - no class 4/14)****Fee: \$155
6:30 - 8:00 PM****Location: Villano School Gym**

For students that have taken a community school class or have taken a 5 week beginner series but are not at a 3.25 (low intermediate) level. The completion of this class should elevate the students rating from 3.0 to 3.25. This class has a maximum capacity of 12 students.

INSTRUCTORS: Premier Pickleball Certified Instructors**E 134 ZUMBA****Wednesdays, 3/25 - 4/29 (Five Sessions - no class 4/15)****Fee: \$100
7:00 - 8:00 PM****Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ**

Zumba is a Latin and international dance and fitness program. It is an interval and total body workout. The class moves between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. It is easy to follow and anyone can do it. Come join the party!

INSTRUCTOR: Lisa Salerno is licensed to teach Zumba, Zumba Gold, Zumba toning and Zumba kids. She has been teaching Zumba since 2007.

E 135 Beginner Total Body Strength & Conditioning**Tuesdays - April 21, 28, May 5, 12, 19 (5 Sessions)****Fee: \$90
6:30 - 7:30PM****Villano School Learning Lab - 175 Linwood Ave**

Build strength, improve endurance, and gain confidence in this supportive, beginner-friendly class for adults of all fitness levels. Designed to focus on proper form and foundational movements, this total body workout helps you safely develop strength and stamina at your own pace. Classes include a dynamic warm-up, strength circuits using bodyweight, light weights, and resistance bands, light cardio intervals, and a guided stretch. Whether you're new to exercise or returning after time away, you'll build a strong fitness foundation in a welcoming, non-intimidating environment. Light dumbbells (2-3 lbs), a mat, and water are recommended. No prior experience necessary.

INSTRUCTOR: Cara Kupersmith: she has been a Group Fitness Instructor with AFAA (Aerobic Fitness Association of America) for the last 15 years with additional certifications in Spin (cycling) and Aquafitness. A certified Personal Trainer with NASM (National Academy of Sports Medicine) for the last 3 years, she teaches fitness classes and trains clients at both the Kaplen JCC on the Palisades in Tenafly, and Fitness Factory/Glenpointe Spa in Teaneck.

E136 Chair Fitness & Yoga
Thursdays - April 23, 30, May 7, 14, 21 (5 Sessions)
Villano School Learning Lab - 175 Linwood Ave

Fee: \$90
6:30 - 7:30PM

Improve strength, flexibility, and balance in this gentle, supportive class designed for adults of all abilities. Using a chair for stability and support, participants will perform seated and standing exercises that promote mobility, muscle tone, and overall wellness. Each class includes light strength work, stretching, and simple yoga-inspired movements to enhance posture, coordination, and relaxation. This low-impact format reduces strain on joints while helping you stay active and energized. Perfect for beginners, those returning to exercise, or anyone seeking a safe and accessible way to move. Light dumbbells (2-3 lbs) and water are recommended. No floor work required.

INSTRUCTOR: Cara Kupersmith: she has been a Group Fitness Instructor with AFAA (Aerobic Fitness Association of America) for the last 15 years with additional certifications in Spin (cycling) and Aquafitness. A certified Personal Trainer with NASM (National Academy of Sports Medicine) for the last 3 years, she teaches fitness classes and trains clients at both the Kaplen JCC on the Palisades in Tenafly, and Fitness Factory/Glenpointe Spa in Teaneck.

E 139 HIKING - LEVEL 1

Fee: \$90

Orientation Class - Wednesday, 4/1

7:00 - 8:00 PM

HS Room: 184

Hikes: Sundays, 9:00am: 4/19, 4/26, 5/3. Bonus hike: 5/31.

Hikes:. This is an introductory class to hiking in the woods and is ideal for those who would like to learn more about hiking and/or experienced hikers who want a shorter, less vigorous hike. The hike selection is intended to provide some aspect of history, scenic views and/or the beauty of nature unspoiled. Hikes last approximately 3-4 hours at an easy to moderate pace, and cover a distance of approximately four miles. Ascents and descents will be easy to moderate, although there may be some short steep and rocky sections. Hikes may get progressively more difficult in nature. There are three planned hikes, with a potential fourth "bonus" hike.

ORIENTATION CLASS: Wednesday, 10/15 will cover essential aspects of hiking (e.g. trail etiquette, what to wear and bring, description of a typical hike, etc.) This will also provide an opportunity to meet other hikers and learn about the planned hikes.

HIKES: Hikes are planned for Sundays: 10/19, 10/26, 11/9. If a makeup date is needed due to weather or unforeseen circumstances, a hike will be held on 11/16 (if no make-up is necessary, a "bonus" fourth hike will be held on 11/16). Directions to each hike location will be provided in advance.

Note: 1) Consult your physician with any health concerns before embarking on a program of physical activity, such as hiking. 2) A sign off on a Release of Liability form (provided prior to

each hike) is required to participate. 3) Please include your email address and cell number on the registration form, so you may be contacted in the event of any late changes to the schedule.

HIKE LEADER: Nate Bellmay has over 30 years hiking experience in various terrains and locations, and is accustomed to the type of trail features and landscapes associated with these Hikes.

INTRODUCTION TO KUNG FU **Fee: \$65**
E140 Mondays beginning 3/16 (5 Sessions) **5:30 - 6:30 PM**
E 141 Thursdays beginning 3/19

**Location: Peter Kwok's Kung Fu Academy, at The Masonic Temple Lodge,
275 Kinderkamack Rd., Westwood NJ**

This 5-week introductory program is for ages 10 years and up. The curriculum is centered on Chinese martial arts (Kung Fu). Kung Fu emphasizes strength, balance, and coordination. Students will learn blocking, punching, and kicking techniques (through a series of movements called 'forms') to help develop confidence, conditioning, and mobility. Students will also learn self-defense activities.

INSTRUCTOR: Randy Elia, owner of Peter Kwok's Kung Fu Academy

TAI CHI FOR BALANCE AND BONE STRENGTHENING (8 Sessions)
Fee: \$120

E 143 Mondays, beginning 3/16 7:00 - 8:00 PM
E 144 Thursdays, beginning 3/19 7:00 - 8:00 PM
E 145 Thursdays, beginning 3/19 9:30 - 10:30 AM
E 146 Saturdays, beginning 3/21 10:00 - 11:00 AM

**Location: Peter Kwok's Kung Fu Academy, at The Masonic Temple Lodge,
275 Kinderkamack Rd., Westwood NJ**

Learn and follow the ancient, grateful movements of Tai Chi, a gentle, low-impact workout perfected in China over 2,500 years ago. We begin with gentle stretching to increase bio-energy and support the functioning of your major organs. Then complete the 12 Classical Tendon Exchange exercises to develop and strengthen your tendons and bones. This specially designed class incorporates both mind and body, thereby increasing balance, energy, and your immune system while decreasing stress. The **eight session class** is suitable for people of all ages.

INSTRUCTOR: Randy Elia, owner of Peter Kwok's Kung Fu Academy

INTRODUCTION TO GOLF (Four Sessions)

E 147 Mondays, 3/16 - 4/6 7:00 - 8:15 PM Fee: \$120
E 148 Tuesdays, 3/17 - 4/7 7:00 - 8:15 PM Fee: \$120

Get in on this dynamic sport! This comprehensive instructional golf program is designed for all players - beginners to advanced. The course stresses the importance of developing sound fundamental swing mechanics that will allow you to enjoy the game for years to come. Enjoy four nights at the CLOSTER DRIVING RANGE. Driving range ball fee is separate. Bring a driver, wedge, and iron to the first class. This class is for ages 15 and up.

INSTRUCTOR: Thomas P. McGuinness, PGA teaching professional at PGATSS in Paramus, NJ

E149 BALLET WORKOUT

Fee: \$150

Mondays, starting 3/16 (6 sessions)

6:00 - 7:00 PM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

BA Ballet Workout is a dynamic, full-body fitness class inspired by classical ballet. Designed to build long, lean muscles, this workout strengthens the core, lifts and tones the glutes, sculpts the legs and arms, improves posture, and increases flexibility—all while cultivating balance, grace, and poise. Open to adults of all experience levels, from complete beginners to seasoned dancers and athletes, the class offers safe, effective exercises that challenge each student at their own level. You'll leave feeling stronger, more aligned, and energized—discovering a sense of strength and elegance you may not have thought possible.

E 150 BARRE CLASS

Fee: \$150

Mondays, starting 3/16 (6 sessions)

7:00 - 8:00 PM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

Ballet Arts' Barre is a low-impact, total-body workout designed to strengthen, tone, and sculpt muscles from head to toe. This class focuses on commonly targeted areas—hips, thighs, seat, abdominals, and arms—using controlled movements at the ballet barre for balance and alignment. Using your own body weight for resistance, BA Barre blends focused strength work with stretching to create long, lean muscles without bulk, while remaining gentle on the joints. The workout is effective and accessible for adults of varying ages, body types, and fitness levels, and pairs well with other fitness or sports training.

E 151 MAT PILATES

Fee: \$150

Tuesdays, starting 3/17 (6 sessions)

9:00 - 10:00 AM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

Pilates is a mindful, full-body workout that focuses on strengthening and toning the core muscles to improve balance, flexibility, posture, and overall body awareness. This mat-based class uses your own body weight as resistance, emphasizing proper technique and controlled movement to build a strong, sustainable fitness foundation. Perfect for beginners, the class offers personalized modifications to meet individual needs and abilities, ensuring a safe and supportive environment for all participants. Please wear comfortable clothing and bring your own mat.

E 152 TAP**Mondays, starting 3/16 (6 sessions)****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

Tap Dance is an energetic and joyful dance style that anyone can learn—no previous dance experience required. This class offers a fun way to improve cardiovascular fitness while building strength, flexibility, coordination, and balance. Tap dancing also boosts brain power, challenging students to develop rhythm, timing, and both mental and muscle memory as they learn and connect steps. The result is a lively workout that engages the body and mind—and delivers plenty of smiles along the way. Wear comfortable clothing that allows for easy movement and tap shoes. Come make some noise and have fun!

**Fee: \$150
8:00 - 9:00 PM****E 153 YOGA****Thursdays, starting 3/19 6:30 – 7:45 PM OR or Saturdays 8:00-9:00 am (6 sessions) Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

Whether you're new to yoga or an experienced practitioner, you're welcome in our yoga classes. Rooted in the classical teachings of the Jivamukti Method, this practice connects movement, breath, and mindfulness in ways that support well-being both on and off the mat. Classes include breath awareness, flowing vinyasa sequences, alignment exploration, optional hands-on assistance, chanting, deep relaxation, and meditation. Students will leave feeling energized, grounded, and more connected to body and mind.

Fee: \$150**E 154 BEGINNING BALLETT****Tuesdays, starting 3/17 (6 sessions)****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

When it comes to building strength, grace, flexibility, and tone, ballet is one of the most effective physical and mental workouts available. This class improves posture and alignment, enhances balance, and promotes ease and efficiency of movement—key components of long-term health and well-being. Students will learn the fundamentals of proper ballet technique in a supportive, encouraging environment suitable for adult learners. Wear comfortable clothing that allows for freedom of movement and ballet slippers.

**Fee: \$150
7:00 – 8:00 PM****E 155 BALLETT****Thursdays, starting 3/19 (6 sessions)****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

Designed for adults with prior ballet experience—whether from childhood or more recent training—this class offers the opportunity to return to ballet in a supportive and inspiring environment. Reduce stress, challenge your mind, and move expressively to beautiful music while reconnecting with the artistry of dance. Students will refine proper technique, refresh foundational skills, and continue developing strength, coordination, and grace. Wear comfortable clothing that allows for ease of movement and ballet slippers.

**Fee: \$150
7:00 – 8:30 PM**

LANGUAGES

E 157 SPANISH - BEGINNERS

Fee: \$80

Tuesdays, 3/17 - 4/28 (Six Sessions; NO CLASS 4/14) 6:30 - 7:30 PM HS Room: 180

Have fun learning the essential grammar and vocabulary to communicate in everyday situations. Whether for travel, work, or just to learn a second language, the instructor will guide you through the steps. It is a no pressure, fun approach that will get you going and increase your confidence. **There will be an additional \$25 fee to be paid on the first day for the textbook that will be used in class.**

INSTRUCTOR: Nora Aanonsen, experienced instructor from grammar school to college level

E 158 SPANISH - BEYOND BEGINNERS

Fee: \$80

Tuesdays, 3/17 - 4/28 (Six Sessions; NO CLASS 4/14) 7:30 - 8:30 PM HS Room: 180

If you have a grasp on vocabulary and a basic grasp of grammar, this class will provide further learning with the support of the instructor. Come review the fundamentals, progress with grammar, and build vocabulary through practice in class. **There will be an additional \$25 fee to be paid on the first day for the textbook that will be used in class.**

INSTRUCTOR: Nora Aanonsen, experienced instructor from grammar school to college level

E 159 AMERICAN SIGN LANGUAGE - Level One

Fee: \$80

Tuesdays, 3/17 - 4/28 (Six Sessions; NO CLASS 4/14) 6:30 - 8:00 PM HS Room: 91

Learn the fundamentals of American Sign Language (ASL). Students will be introduced to spelling, grammar, exchanging personal information, as well as talking about family, friends, and activities. This course is designed for those who have little or no knowledge of ASL.

INSTRUCTOR: Carl Andreasen, experienced instructor

MONEY MATTERS

E 161 TAXES, IRMAA, IRA's, OH MY!

Fee: \$30

Wednesday, April 8 (One session)

7:00 - 8:30 PM

HS Room: 185

The question of whether you'll have enough money to enjoy retirement is often a daunting prospect. A recent study by SeniorLiving.org reveals that the greatest financial concern among individuals aged 55 to 64 is running out of money during retirement, a sentiment echoed by 38% of those aged 65 and older. Compounding these worries, many retirees find themselves facing unexpected tax burdens, often due to the complex nature of our tax system and government programs. However, the good news is that you can take proactive steps to navigate potential financial pitfalls by proper planning and attending our class is a good place to start because you'll learn:

- How to avoid Medicare surcharges (IRMAA)
- Understand the optimal use of taxable, tax-deferred, and tax-free assets to strategically manage your income during retirement.
- Discover approaches for managing your income, including the implications of a Roth IRA conversion.
- Get up to speed on the recent changes affecting the Stretch IRA, including how these adjustments could alter your estate planning and tax strategies.
- Learn about the latest OBBB updates that may affect your financial decisions in retirement.

INSTRUCTOR: Paul Muller, **CFP, AEP**, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a **CERTIFIED FINANCIAL PLANNER™** professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E 163 RETIREMENT PLANNING BOOT CAMP (3 nights)

Fee: \$60

Module 1: Wednesday, March 18

7:00 - 8:30 PM

HS Room: 185

Module 2: Wednesday, March 25

7:00 - 8:30 PM

HS Room: 185

Module 3: Wednesday, April 1

7:00 - 8:30 PM

HS Room: 185

SPECIAL INTERESTS

E 167 MAH JONGG - Beginner

Fee: \$130

Thursdays, 3/19, 3/26, 4/9, 4/23 from 6-8:30. (4 Sessions)

HS Cafeteria

Learn the Modern American version of this ancient Chinese game in a no pressure, fun environment. You will learn the basics of playing the game as well as basic strategies. Each player will need to have a 2024 National Mah Jongg League card. You can purchase one at nationalmahjonggleague.org/store.aspx# A Large Print card (\$15) is recommended.

INSTRUCTOR: Stacy Budkofsky has been playing Mah Jongg since 2003 and teaching students of all ages, from 2nd graders to senior citizens, for many years. Her patience and love for the game shines through in her careful explanations of the rules and strategies.

E 168 HAVE FUN WITH A PSYCHIC READING

Fee: \$30

Wednesday, 4/22 (One session)

6:45 - 8:15 PM

HS Room 181

Have you ever had a psychic reading? Here's a fun and exciting opportunity to find out about yourself, your relationship and your future. Renown psychic Marc Sky will do group readings in this enlightening and entertaining class. Find out about your future and learn how to be your own psychic. You will have your palm read and find out all about love, business, relationships and more. You will also receive an 8 page detailed Numerology chart prepared specifically for YOU. Based on your name and birthday, this chart will analyze what motivates you in life, the impression you give others, the way you express yourself, the lessons you must learn, your destiny, best activities for the year, cycles & turning points in your life, the challenges you must meet and your personal horoscope every day for a year. Also included for the ladies is a Romance Astro-numerology chart revealing your romantic, fun-loving self! **NOTE: Your numerology chart is prepared in advance. When you sign up for the class, please provide your birthday.**

INSTRUCTOR: Marc Sky, psychic & experienced instructor

E 169 SUPERPOWER MEMORY

Fee: \$30

Wednesday, 4/22 (One session)

8:30 - 9:45 PM

HS Room: 181

Do you have trouble remembering names or forget where you put your car keys? In this no-holds barred workshop, you will learn the secrets of developing a near-photographic memory with very little effort. You'll discover easy, sure-fire ways to instantly recall names, faces, lists, instructions, or school work & vocabulary. Workbook is included in the fee. All ages are welcome!

INSTRUCTOR: Marc Sky, experienced adult school instructor

E 170 ADULT CPR/AED

Fee: \$80

Wednesday, 3/25 (One Session) 6:30 - 8:30 PM

HS Room: 186

The Adult CPR/AED course equips students to recognize and care for a variety of breathing, and cardiac emergencies involving adults. It is designed for students who need a certification that satisfies OSHA, workplace or other regulatory requirements.

INSTRUCTOR: Marc Drapkin has over 10 years experience as a fireman and was employed by the State of NJ as a Probation Officer for 30 years. Marc is a Certified Red Cross Instructor Trainer.

E176 ACTING FOR BEGINNERS: Discover Your Creative Voice

Fee: \$100

Tuesdays, 3/17 - 4/28 (SIX SESSIONS; NO CLASS 4/14) 7:00 - 8:30PM HS Room: 179

Unlock your creative potential and build confidence through the art of acting! This introductory acting class welcomes students of all experience levels who are curious about exploring performance and self-expression. Over six engaging sessions, participants will learn fundamental acting techniques in a supportive, non-judgmental environment that encourages risk-taking and creative growth. Through a combination of theater games, improvisation exercises, scene work, and character development activities, students will discover the joy of storytelling while developing valuable life skills such as public speaking confidence, emotional awareness, and creative problem-solving. No previous acting experience is required – just bring your curiosity and willingness to play! Comfortable clothing recommended for movement exercises.

INSTRUCTOR: Matthew Fairchild is a passionate and seasoned professional actor with over 40 years of experience in the entertainment industry working with award winning directors and cinematographers. He is skilled in both stage and screen acting, with a diverse portfolio spanning commercials, films, television, and musical theatre. Matthew has a proven track record of mentorship and instruction, and is committed to guiding aspiring performers in achieving their dreams.

ARTS AND CRAFTS

E 177 LEARN TO SEW FOR ADULTS

Fee: \$160

Tuesdays, 3/17 - 5/12 (Eight Sessions - NO CLASS 4/14) 7:00 - 8:30 PM HS Room: 29

This class is for anyone above the age of 14 who wants to learn to sew or wants to improve their skill set. Students will be required to bring in their own garment sewing pattern from Simplicity brand as well as their own fabric suitable for their choice of garment. All details for choosing their pattern and fabric will be given during the first class so it is NOT necessary to bring materials for the first class. Students will be taught the techniques suitable for the successful completion of their garment of choice. Sewing machines will be provided for use.

INSTRUCTOR: Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, Soyoustudio.com.

E 178 FAST AND FABULOUS CARDMAKING - SPRING GREETINGS CREATED BY YOU

Wednesday, May 13

7:00 - 9:30 PM

HS Room: 180

Fee: \$40

Supply Fee \$15.00 payable to instructor at first class

From Spring Holidays to thanking your loved ones, we have you covered this Spring! Spend a relaxing and enjoyable evening simply and very quickly creating 8 beautiful handmade Spring themed all occasion greeting cards while being introduced to various stamping products and classic techniques that can be used for various occasions. All levels of talent are welcome!

INSTRUCTOR: Angela Stevenson, a Rubberstamp and Paper Art enthusiast, Independent Stampin Up demonstrator and Certified Universal (Copic) Marker Designer has spent 25 years instructing in community school and paper art studio settings sharing what she loves to do!

MUSIC

E 181 PRIVATE PIANO LESSONS (ALL AGES)

Fee: \$400

8 weeks of lessons - 1 hour per week

Location: 11 Irving Street, Old Tappan, NJ

It's never too late to learn! Mastery of enjoyable pieces will foster an understanding of how music is organized and applied to the piano. This course welcomes learners of all levels as it provides an affordable, fun journey into a true musical experience. Following registration, the instructor will call students to set up lesson times. A \$25 book fee will be collected at the first lesson. Only prerequisite: access to a piano/keyboard. Join any time throughout the year!

INSTRUCTOR: Anita Dadaian, certified music teacher, B. Mus. Ed., M. Ed.

E 182 JOY OF SINGING

Fee: \$130

Tuesdays, 4/21 - 5/12, Thursday 5/21, Tuesday 5/26 (6 Sessions) 7:00 - 8:30 PM

HS: Music Room

Open to ages 14 and up.

Have a song in your heart? Want to impress your friends at karaoke night? Well, come on down and experience the JOY OF SINGING. Join this fun, lighthearted, and welcoming ensemble to not only explore your vocal ability but also to foster new connections with others. This class will focus on technique, warm-ups, breathing, and fun exercises. We will sing a myriad of different pieces ranging from choral standards, Broadway, to pop! Be prepared to learn a lot, and express yourself in a warm and open environment. Practice tracks and music will be provided.

INSTRUCTOR: Joey Gibbs is in his third year teaching in the Emerson Public Schools. He has taught private instrumental and voice lessons to college students, co-directed the Villano musical, and loves to guide others in the joy of music-making.

