

### PERSONAL ENRICHMENT

#### DRAWING FOR BEGINNER AND INTERMEDIATE LEVELS

This is a foundation course, touching on such primary matters as perspective, drawing aids, composition, and value. A supply list will be provided prior to the start of class.

**Material Expenses:** \$50 approx.

**Instructor:** Elizabeth Kisseleff

**CE9 452 R1 ZOOM COURSE** Meets: Monday, 6:30pm-8:30pm for 6 sessions.

**Starts March 1**

**Fee: \$175**

#### INTRODUCTION TO LEARNING THE GUITAR

Whether you're looking to brush up on the basics or kickstart a new hobby, this course is the one for you. Working at your own pace, and under the instruction of a professional musician and music educator, you will learn such skills as reading music, basic chords, fingerpicking, and simple blues techniques. Start playing songs by the end of your first lesson. No experience necessary.

**Book required:** *Alfred's Basic Guitar Method Book I.*

**Instructor:** Thomas Rizzuto

**CE9 493 R1 ZOOM COURSE** Meets: Wednesday, 6:30pm-8:00pm for 10 sessions.

**Starts April 7**

**Fee: \$175**

#### WRITERS WRITE: PERSONAL JOURNALING

This workshop is for those with the desire to put pen to paper! Together we will spark your literary talents and inclinations to discover who you are as a writer. Whether you have never written a thing in your life or need a push to start that novel, this course will be beneficial. Besides having an amazing time, there's only one guarantee: you're going to write (because that's what writers do!).

**Instructor:** Gregory Cioffi

**CE9 692 R1 ZOOM COURSE** Meets: Monday, 6:30pm-8:00pm for 6 sessions.

**Starts March 1**

**Fee: \$135**

#### EXPLORE THE WORLD OF ACTING

Students will ZOOM into the basics of acting using sensory work, improvisation, and relaxation exercises while being taught various acting techniques. On the final class, students will perform a monologue with movement, props, and costumes supplied by student. No memorization is required, just a love of theater.

**Instructor:** Gregory Cioffi

**CE9 617 R1 ZOOM COURSE** Meets: Monday, 8:00pm-10:00pm for 6 sessions.

**Starts March 1**

**Fee: \$175**

#### THE ART OF PHOTOGRAPHY

This course will help you to transform your snapshots into memorable photographs. Focus will be placed on camera handling, composition, framing and lighting. This course is suitable for students with a "point and shoot" camera and 35mm auto/manual SLR camera. We will simplify the technology and concentrate on the art of photography. Students should have pictures available.

**Instructor:** Lawrence Chatterton

**CE5 055 R1 ZOOM COURSE** Meets: Wednesday, 7:00pm-9:00pm for 6 sessions.

**Starts March 17**

**Fee: \$175**

#### A FRESH APPROACH TO PROCRASTINATION

In this 2-part workshop, we will explore the reason that people procrastinate and provide insight to begin procrastinating in a positive way. There will be activities to generate critical thought around what are high value priorities. Participants will have the opportunity to create goals to make changes to prioritize more productively. In addition to SMART goals, we will explore the management of tasks by using the ABCDE method and the 80/20 rule. This workshop is interactive and will have both individual and group activities where participants will be encouraged to share. Participants are expected to have read or be familiar with Brian Tracy's book, *Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time*

**Instructor:** Thomas Marino

**CE9 717 R1 ZOOM COURSE** Meets: Wednesdays March 10 and 17, 6:30pm-8:30pm.

**Fee: \$80**

#### SEAR'S CATALOG MAIL-ORDER HOMES

Between the years of 1908 and the 1940's, Sears and Roebuck sold approximately 70,000 mail-order homes in 48 states through their catalog mail-order Modern Homes program, with more than 370 designs available. These homes kits came with an extensive instruction manual and 10,000 - 30,000 pieces! Learn about these "kit homes", still in existence on Long Island, and the evolution of mail order, in this interesting and historical lecture. **ONE-DAY WORKSHOP**

**Instructor:** Georgette Grier-Key

**CE9 704 R1 ZOOM COURSE** Meets: Thursday, May 13, 7:00pm-9:00pm.

**Fee: \$40**

#### ALFRED HITCHCOCK AND FILM NOIR

Gain deep insight into Alfred Hitchcock's troubled childhood from where his neurosis originated, and discover how it resulted in his inner rage and desires being expressed through film: *The Lodger*, 1927; *Rope*, 1948; *Psycho*, 1960; *Torn Curtain*, 1966; and *Frenzy*, 1972. Following WWII, filmmakers inspired by Hitchcock made movies using dark imagery and Film Noir exemplified the use of black and white film and stark lighting. Be immersed in a world of chiaroscuro and gain a greater understanding of the importance of the genre and its effects upon current cinematic output. See clips from classics *Double Indemnity*, 1944, *Laura*, 1944, *Nightmare Alley*, 1947, *Touch of Evil*, 1958, and more.

**Instructor:** Keith J. Crocker

**CE9 644 R1 ZOOM COURSE** Meets: Tuesday, 7:00pm-9:00pm for 4 sessions.

**Starts April 13**

**Fee: \$120**

#### COMEDY TEAMS

This course focuses on the social and political effects of Comedy dating from the silent era (Charles Chaplin, Buster Keaton) to the great depression (Marx Brothers, Laurel and Hardy, Three Stooges and Little Rascals). Finally, World War II as represented by Abbott and Costello. We examine the style of comedy used (ex. slapstick, verbal interplay, visual sight gags, etc.) We use 16 mm film footage to show examples of each classic comedian doing what they do best. And you know what else? We laugh, we laugh a lot in this course so please join us!

**Instructor:** Keith J. Crocker

**CE9 255 R1 ZOOM COURSE** Meets: Tuesday, 7:00pm-9:00pm for 4 sessions.

**Starts March 2**

**Fee: \$120**



#### BEGINNER PILATES

This is a mat based and core strengthening class that incorporates flexibility and toning for all levels. This exercise method aims to create a balance in the body. It is designed to cater to the individual needs of each person. Pilates offers a trimmer waist, flatter belly, better posture based on a balanced muscle tone and less fatigue, while decreasing back pain and injury. You will love it! Participants should have a towel, water and a mat accessible.

**Instructor:** Caryn Cooper

**CE9 500 R1 ZOOM COURSE** Meets: Saturday, 10:15am-11:15am for 8 sessions.

**Starts March 6**

**Fee: \$150**



#### CHAIR AEROBICS

Just like any aerobic workout, chair aerobics is designed to increase muscle strength, muscle endurance and improve range of motion while stretching and burning calories. This is a modified format that offers safe alternatives to traditional exercises while having fun at the same time. Participants should have water accessible, a sturdy chair and wear comfortable shoes.

**Instructor:** Caryn Cooper

**CE9 719 R1 ZOOM COURSE** Meets: Monday, 6:30pm-7:15pm for 8 sessions.

**Starts March 1**

**Fee: \$75**

#### MOVING FOR LIFE

This low impact dance exercise class combines elements of aerobics, cardio, stretching and yoga to address the needs of those dealing with various health and physical challenges such as breast cancer, heart disease and joint pain in a fun and safe way. Participants should have water accessible and wear comfortable shoes.

**Instructor:** Caryn Cooper

**CE9 718 R1 ZOOM COURSE** Meets: Monday, 7:30pm-8:30pm for 8 sessions.

**Starts March 1**

**Fee: \$100**

#### FULL BODY FITNESS FOR WOMEN

Each class will be one hour filled with body weight exercises that will get your heart rate up and body moving! Weekly sessions will incorporate different training methods such as strength and conditioning, aerobic, resistance training, pilates, plyometrics & cardio exercises. This program is designed for all ability levels from a beginner to an athlete. What better way to work out, then from the comfort of your home?! Participants should have a towel, water, a yoga mat and any dumbbells, or resistance bands (not a requirement) you may have at home.

**Instructor:** Diane Calimopulos

**CE9 663 R1 ZOOM COURSE** Meets: Tuesday, 7:30pm-8:30pm for 8 sessions.

**Starts March 2**

**Fee: \$150**

#### ZUMBA

Join in the dance fitness party craze that combines aerobic exercise with Latin-inspired dance moves such as mambo, cha-cha-cha, salsa and more! Party yourself into shape as you burn calories in this exercise in disguise. Please wear comfortable clothing and have water accessible.

**Instructor:** Caryn Cooper

**CE9 463 R1 ZOOM COURSE** Meets: Tuesday, 7:00pm-8:00pm for 8 sessions.

**Starts March 2**

**Fee: \$150**

#### ZUMBA GOLD

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active folder participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a dance fitness class that feels friendly, and most of all, fun. Please wear comfortable clothing and have water accessible.

**Instructor:** Caryn Cooper

**CE9 498 R1 ZOOM COURSE** Meets: Saturday, 9:00am-10:00am for 8 sessions.

**Starts March 6**

**Fee: \$150**



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Please visit our website for a full course listing,  
**WWW.NCC.EDU/CONTINUINGEDUCATION**



# REGISTRATION FORM

Please answer all questions on this form and send it together with your check, money order, or credit card information to:

**OFFICE OF WORKFORCE DEVELOPMENT & LIFELONG LEARNING**

Nassau Community College  
One Education Drive  
Garden City, New York 11530-6793

**Make check payable to:** Nassau Community College  
**OR fax the form with credit card information to:**  
516.828.3507

**YOU MUST BE 18 OR OLDER TO REGISTER WITH THE EXCEPTION OF ALTERNATIVES, HSE, AND SAT PROGRAMS.**

**HOW DID YOU HEAR ABOUT OUR COURSES?**

- |                                    |                                 |
|------------------------------------|---------------------------------|
| <input type="checkbox"/> TV        | <input type="checkbox"/> Friend |
| <input type="checkbox"/> Website   | <input type="checkbox"/> Email  |
| <input type="checkbox"/> Mail      | <input type="checkbox"/> Other  |
| <input type="checkbox"/> Newspaper |                                 |

Last Name \_\_\_\_\_

Complete First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: (     ) \_\_\_\_\_

Cell Phone: (     ) \_\_\_\_\_

Work Phone: (     ) \_\_\_\_\_

- Male
- Female

\*Birthdate: mm/dd/yyyy \_\_\_\_/\_\_\_\_/\_\_\_\_\_\*  
\*required\* at NCC?  Yes  No

e-mail: \_\_\_\_\_ NCC ID #: \_\_\_\_\_

**COURSE SELECTION**

CED #	SECTION	COURSE TITLE	DAY	FEE
Total Amount :				\$

**Non-Credit Refund Policy:** Tuition is refundable when a course is canceled by the College. Tuition is refundable to the student whose written request for withdrawal has been received by the Office of Workforce Development & Continuing Education prior to the beginning of the class. A 50% refund of tuition may be made to the student who has applied in writing to the Office of Workforce Development & Continuing Education prior to the second session of the class. **NO REFUNDS WILL BE MADE AFTER THE SECOND CLASS MEETING OF ANY CLASS.** Please be advised that if a refund is due it will take approximately 2-3 weeks to be processed.

**CREDIT CARD PAYMENT INSTRUCTIONS:**

I authorize the use of my credit card account for full payment of the amount of my course registration as indicated on this non-credit registration application.

*Students with overdue tuition and fees may be referred to a collection agency and will incur additional liabilities of up to 33% to cover all associated collection cost processes.*

**Step 1:** Print Cardholder's name  
(as it appears on the credit card) \_\_\_\_\_

**Step 2:** Provide Cardholder's signature: \_\_\_\_\_

**Step 3: Please read:** I certify that there is sufficient credit amount on the card listed below to cover the fee charges shown on the accompanying Registration Form. Otherwise, I understand the lack of approval by my credit card company will result in cancellation of this registration for non-payment.

**Step 4: Card Information:**  
**PLEASE Check ONE:**  VISA  Mastercard  Discover  American Express

**Card Number:** \_\_\_\_\_ **Date of Expiration:** \_\_\_\_/\_\_\_\_