



# PLAINEDGE PUBLIC SCHOOLS

## ADULT CONTINUING EDUCATION



SPRING  
2026

**Registration Begins  
Upon Receipt Of This Brochure**



# Adult Continuing Education Spring

## CLASS SCHEDULES

### MONDAY

**APRIL 13, 20, 27**

**MAY 4, 11, 18**

#### **CO-ED Self Defense**

(6:00PM-7:00PM) Plainedge Fitness Center- Wrestling Room

**Registration Fee:\$50.00**

Wind Jiu-Jitsu Self-Defense Program: Owned and operated by Brazilian Jiu-Jitsu Black Belt Lieutenant Kevin Wind & Brown Belt/Wrestling Coach NYC Physical Education Teacher Ken Sciabarassi.

Our self-defense program is based around physical techniques that involve participants being grabbed in different situations. Our staff teaches these techniques, then partners all participants together to practice, while also incorporating exercise and fun games to help reinforce these techniques. Along with the physical aspect, our program covers awareness principles, risk assessment, and verbal/psychological strategies a person can use to set safe boundaries with others.

Our team here at Wind Jiu-Jitsu has competed in Brazilian Jiu-Jitsu tournaments all across the Country. We have taught self-defense workshops to schools and Police Departments, with our school located on Broadway in Massapequa. Our staff is excited to bring a piece of Wind Jiu-Jitsu to the Plainedge community!

#### **Competitive Volleyball**

(6:30PM-8:00PM) BMAC Gym\*

**Registration Fee:\$50.00**

Exciting volleyball action awaits your Monday evenings. This co-ed volleyball program features "recreational-oriented" games and is a great way to meet people while you shape up. The game format is round-robin. The composition will be adjusted during play to balance teams. Skills will be reinforced at the beginning of each evening.

#### **Beginner Yoga**

(5:30PM-6:30PM) Dance Studio

**Registration Fee:\$50.00**

New to Yoga? Our Beginner's Yoga class is the perfect place to start. We will move at a comfortable pace, making sure you feel supported and confident on your mat. This class will focus on yoga basics, guiding you through foundational poses and mindful breathing techniques. You will learn to move with intention, build strength, increase flexibility and find a sense of calm and clarity. Please wear clothes that allow you to move freely. \*If you need a yoga mat, please let us know in advance or bring your own yoga mat.\*

#### **Flow & Restore (All Levels)**

(6:45PM-7:45PM) Dance Studio

**Registration Fee:\$50.00**

Join us for a mindful yoga flow designed for all levels that blends fluid movement with deep stretching to build strength and flexibility at your own pace. By integrating breathwork and meditation, we work to quiet the mind and release tension, leaving you feeling renewed in body, mind, and spirit.

Please bring a yoga mat, a water bottle, and an open heart.

### TUESDAY

**APRIL 14, 21, 28**

**MAY 5, 12, 26**

#### **Beginner Pickleball**

(6:00PM-7:30PM) Plainedge Middle School

**Registration Fee:\$50.00**

Hottest new game sweeping the country! This co-ed class is for those looking to learn the basics of the game or for those who are looking to improve basic skills. Pickleball is a combination of tennis, ping-pong, racquetball, and badminton. It's played on a badminton court with lightweight paddles and plastic perforated balls. Lobbing, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Bring your own paddle or use one of ours.

#### **Advanced Pickleball**

(7:45PM-9:15PM) Plainedge Middle School

**Registration Fee:\$50.00**

Advance your skills, master strategies, and compete at a higher level tournament style!

This co-ed class is for those who already know the rules of pickleball and are looking to compete at a more intense level. Please bring your own paddle or use one of ours!

#### **Advanced Cricut**

(6:00PM-7:30PM) John H. West Steam Room

**Registration Fee:\$70.00 (All Materials Are Included)**

Are you familiar with the Cricut and want to learn more? Join this class to learn more about what you can do with a Cricut. Experiment with uploading various file types, layering vinyl and iron-on vinyl, and cutting different types of material. Create home decor signs and personalized items specific to your style.

The registration fee includes the cost of the materials needed for all projects.

#### **\*BMAC**

Brian Moore Athletic Facility and Community Center  
313 North Idaho Ave  
North Massapequa, NY 11758



# Adult Continuing Education Spring

## CLASS SCHEDULES

### WEDNESDAY

APRIL 15, 29

MAY 6, 13, 20

JUNE, 3

#### **Beginner Pickleball**

(6:00PM-7:30PM) Plainedge High School

**Registration Fee:\$50.00**

Hottest new game sweeping the country! This co-ed class is for those looking to learn the basics of the game or for those who are looking to improve basic skills. Pickleball is a combination of tennis, ping-pong, racquetball, and badminton. It's played on a badminton court with lightweight paddles and plastic perforated balls. Lobbing, overhead slams, and fast volley exchanges at the net provide for a vigorous workout. Bring your own paddle or use one of ours.



#### **Advanced Pickleball**

(7:45PM-9:15PM) Plainedge High School

**Registration Fee:\$50.00**

Advance your skills, master strategies, and compete at a higher level tournament style!

This co-ed class is for those who already know the rules of pickleball and are looking to compete at a more intense level.

Please bring your own paddle or use one of ours!

#### **Beginner Cricut Class**

(6:00PM-7:30PM) John H. West Steam Room

**Registration Fee:\$70.00(All Materials Are Included)**

Do you have a desire to personalize gifts for others as well as for yourself? Organizing the house and in need of unique labels? In this class, you will learn tips and tricks to create endless crafts, personalized gifts, unique t-shirts, stickers, signs and so much more! You will never have to order personalized and unique items online again! Put your new skills to the test in this class by creating projects such as personalized stickers, a unique water bottle, a customized wooden sign, and a t-shirt or canvas bag to keep for yourself or to give as a gift!



### THURSDAY

APRIL 16, 23, 30

MAY 7, 14, 21

#### **Strength & Stretch**

(6:00PM-7:00PM) Plainedge Fitness Center - Weight Room

**Registration Fee:\$50.00**

Are you looking to enhance your physical strength and flexibility through a combination of strength training and stretching exercises? Whether you're looking to improve muscle tone, build endurance, or increase your range of motion, this course offers a balanced approach to physical fitness that emphasizes both strength and flexibility.



#### **Advanced Pickleball**

(6:30PM-8:00PM) Plainedge Middle School

**Registration Fee:\$50.00**

Advance your skills, master strategies, and compete at a higher level tournament style! This co-ed class is for those who already know the rules of pickleball and are looking to compete at a more intense level. Please bring your own paddle or use one of ours!



# REGISTRATION FORM

## SPRING COURSES

Name:  
Address:  
Phone Number:  
Email:  
Circle One: Resident

Non- Resident (Add \$5.00 per class)  
Gold Card Member (Discount \$10.00 per class)  
2 or more courses (Discount \$5.00 per class)

**Course Attending: Please check all that apply and return form with your check or fill out the form by visiting [bit.ly/PlainedgeSpringAdultEducation2026](https://bit.ly/PlainedgeSpringAdultEducation2026)**

Course	Time	Registration Fee	Amount Enclosed Registration Plus Any Additional Fees or Discounts (Non-Resident, Gold Card)
Monday: CO-ED Self Defense	6:00PM-7:00PM	\$50.00	
Monday: Competitive Volleyball	6:30PM-8:00PM	\$50.00	
Monday: Beginner Yoga	5:30PM-6:30PM	\$50.00	
Monday: Yoga Flow & Restore	6:45PM-7:45PM	\$50.00	
Tuesday: Beginner Pickleball	6:00PM-7:30PM	\$50.00	
Tuesday: Advanced Pickleball	7:45PM-9:15PM	\$50.00	
Tuesday: Advanced Cricut	6:00PM-7:30PM	\$70.00	
Wednesday: Beginner Pickleball	6:00PM-7:30PM	\$50.00	
Wednesday: Advanced Pickleball	7:45PM-9:15PM	\$50.00	
Wednesday: Beginner Cricut Class	6:30PM-8:00PM	\$70.00	
Thursday: Strength & Stretch	6:00PM-7:00PM	\$50.00	
Thursday: Advanced Pickleball	6:30PM-8:00PM	\$50.00	

**Total Amount Enclosed:** \_\_\_\_\_

**Registration closes on March 20, 2026**

**Courses offered are subject to sufficient enrollment.**

**Participants will know a week prior to the start date if the course is canceled**

**Central Administration**

Carol Muscarella , Interim Superintendent of Schools  
Dr. Lisa DePaola, Assistant Superintendent for Curriculum and Instruction  
Peter Porrazzo, Assistant Superintendent for Business  
Joseph A. Maisano, Assistant Superintendent for Human Resources  
Dennis Ricci, Assistant to the Superintendent for Academic Services  
Brett Prochazka, Director of Facilities

**Board of Education**

Joseph Beyrouty, President  
Michael Morrissey, Vice President  
Ken Auer, Joseph Garcia, Douglas Pascarella,  
Michael Ponticello, Kathleen Versace

**Please make checks payable to Plainedge Public Schools and return to:**

Plainedge Public Schools Adult Education Program  
241 Wyngate Dr, N. Massapequa NY, 11758  
(516) 992-7450

Send all checks via mail or drop them off at  
Plainedge District Administration Building  
241 Wyngate Drive  
Massapequa, NY 11758