



PLAINEDGE PUBLIC SCHOOLS

ADULT CONTINUING EDUCATION



FALL 2026

**Registration Begins
Upon Receipt Of This Brochure**

Adult Continuing Education FALL CLASS SCHEDULES

MONDAY

OCTOBER 19, 26

NOVEMBER 2, 16, 23, 30

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.*



Yoga Flow and Restore

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

Registration Fee:\$50.00

Ready to evolve your practice? Our Intermediate Yoga class is to be your next step. We will build on your foundation in a supportive and encouraging setting, guiding you through dynamic sequences and introducing more advanced postures. You will also learn deeper breathwork techniques to help you connect with your body and find a powerful sense of focus. This class is for students who are ready to explore and unlock their full potential on the mat. *If you need a yoga mat, please let us know in advance or bring your own yoga mat.*



Competitive Volleyball

(7:00PM-8:30PM) 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.

TUESDAY

OCTOBER 13, 20, 27

NOVEMBER 10, 24

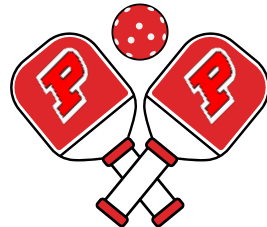
DECEMBER 1

Beginner Pickleball

(5:30PM-7:00PM) 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 is 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

(7:15PM-8:45PM) 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!



Cricut

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



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 are 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.



***BMAC**

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

Adult Continuing Education

FALL CLASS SCHEDULES

WEDNESDAY

OCTOBER 14, 21, 28

NOVEMBER 4, 18

DECEMBER 2

Beginner Pickleball

(7:00PM-8:30PM) 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 improve basic skills. Pickleball is a combination of tennis, ping-pong, racquetball, and badminton. It is 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. *

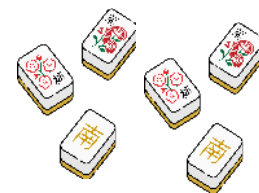


Mah Jongg

(6:00PM-7:30PM) Charles E. Schwarting STREAM Room

Registration Fee: \$60.00

Have you always wanted to learn how to play Mah Jongg? This beginner-friendly class is designed for those who are brand new to the game or have very little experience. In a relaxed and supportive setting, participants will learn the basics of American Mah Jongg, including the tiles and their suits, how to read and understand the National Mah Jongg League card, how to build a winning hand, and more.



*If you already own a Mah Jongg set, please feel free to bring it to class.

* Each participant will need their own 2026 National Mah Jongg card and may be ordered directly from the National Mahjong League at: <https://www.nationalmahjonggleague.org/store.aspx#>

THURSDAY

OCTOBER 15, 22, 29

NOVEMBER 5, 12, 19

Advanced Pickleball

(7:00PM-8:30PM) 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!

Stretch & Reset Yoga

(5:30PM-6:30PM) Plainedge Fitness Center Dance Studio

Registration Fee:\$50.00

Unwind, release tension, and reconnect with your body. This gentle yoga-inspired class combines deep stretching, mindful movement, and focused breathing to improve flexibility, ease muscle tension, and promote relaxation. Perfect for all fitness levels, Stretch & Reset offers a calming way to slow down, recharge, and leave feeling refreshed and renewed. 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.



REGISTRATION FORM

FALL 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/Plainedge_Fall-AdultEducation2026

Course	Time	Registration Fee	Amount Enclosed Registration Plus Any Additional Fees or Discounts (Non-Resident,Gold Card)
Monday - Beginner Yoga	5:30PM-6:30PM	\$50.00	
Monday - Yoga Flow & Restore	6:45PM-7:45PM	\$50.00	
Monday - Competitive Volleyball	7:00PM-8:30PM	\$50.00	
Tuesday - Beginner Pickleball	5:30PM-7:00PM	\$50.00	
Tuesday - Advanced Pickleball	7:15PM-8:45PM	\$50.00	
Tuesday - Cricut	6:00PM-7:30PM	\$70.00	
Tuesday - Strength and Stretch	6:00PM-7:00PM	\$50.00	
Wednesday- Mah Jongg	6:00PM-7:30PM	\$60.00	
Wednesday - Beginner Pickleball	7:00PM-8:30PM	\$50.00	
Thursday - Stretch & Reset Yoga	5:30PM-6:30PM	\$50.00	
Thursday - Advanced Pickleball	7:00PM-8:30PM	\$50.00	

Total Amount Enclosed: _____

Registration closes on October 5 , 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

Dr. Christopher Zublionis , 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

Michael Morrisey, President
Joseph Garcia, Vice President
Ken Auer, Joseph Beyrouty, 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