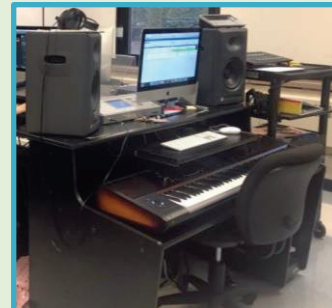
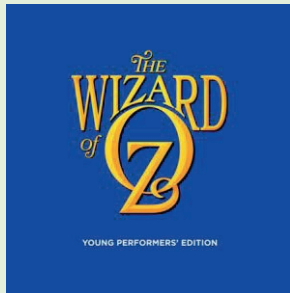
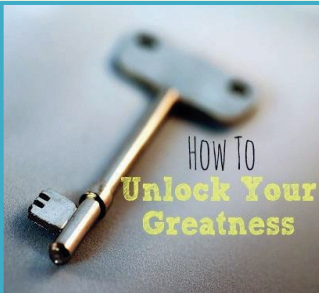
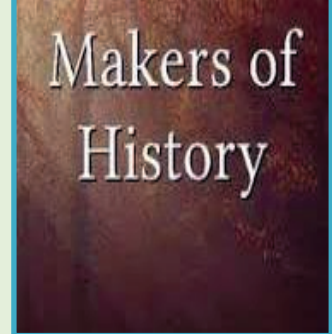
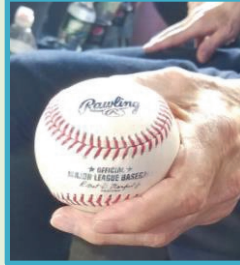


# Paramus Community School Adult and Youth Classes

## 2020 Spring and Summer Courses



Paramus Community School 145 Spring Valley Road Paramus, New Jersey 07652  
Register online at <https://register.capturepoint.com/paramuspublicschools>  
or contact Lynda J. Ariyan 201-261-7800 Ext. 3038 E-mail: [Lynda.Ariyan@paramusschools.org](mailto:Lynda.Ariyan@paramusschools.org)

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### COURSE SUGGESTIONS

If you would like to facilitate a course at the Paramus Community School or have suggestions, please contact Lynda J. Ariyan at [lariyan@paramusschools.org](mailto:lariyan@paramusschools.org) or call 201-261-7800 Ext. 3038.

## 2020 Paramus Community School Spring Calendar

No classes School Closed

No classes Minimum Day

No classes

March						April				
Monday	Tuesday	Wednesday	Thursday	Friday		Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6				1	2	3
9	10	11	12	13		6	7	8	9	10
16	17	18	19	20		13	14	15	16	17
23	24	25	26	27		20	21	22	23	24
30	31					27	28	29	30	

May						June				
Monday	Tuesday	Wednesday	Thursday	Friday		Monday	Tuesday	Wednesday	Thursday	Friday
				1		1	2	3	4	5
4	5	6	7	8		8	9	10	11	12
11	12	13	14	15		15	16	17	18	19
18	19	20	21	22		22	23	24	25	26
25	26	27	28	29		29	30			

## 2020 Paramus Community School Summer Calendar

June						July				
Monday	Tuesday	Wednesday	Thursday	Friday		Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5				1	2	3
8	9	10	11	12		6	7	8	9	10
15	16	17	18	19		13	14	15	16	17
22	23	24	25	26		20	21	22	23	24
29	30					27	28	29	30	31

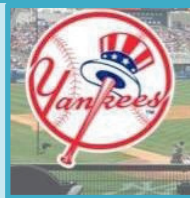
## REGISTRATION INFORMATION

**REGISTRATION** to view a full course description and register for classes, visit our registration database by scanning the barcode with a smartphone or go to <https://register.capturepoint.com/paramuspublicschools>. If you have questions in regards to registration, contact Lynda Ariyan at [lariyan@paramusschools.org](mailto:lariyan@paramusschools.org) or call 201-261-7802 Ext. 3038. **Absolutely no walk-ins accepted**

Scan here  to register

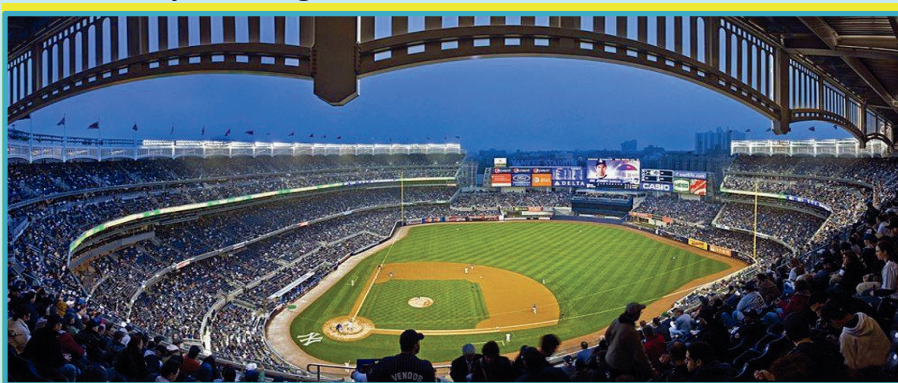


## SPORTS/MAJOR LEAGUE BASEBALL



**SR03 Detroit Tigers vs. New York Yankees Tuesday, April 28, 2020 Ticket price \$55.00**

Includes transportation to and from Yankee Stadium. Game time 6:35PM, bus leaves Paramus Community School, 145 Spring Valley Road at 5:00PM. Contact Lynda Ariyan at 201-261-7800 Ext. 3038 to reserve your ticket or go online to <https://register.capturepoint.com/paramuspublicschools> to purchase your tickets. Seats are in section 136 rows 4 and 5. Tickets distributed the day of the game, please have your registration receipt. **An adult must accompany children under 18 years of age**





# Music

## PARAMUS COMMUNITY ORCHESTRA

### Paramus Community Orchestra Celebrating our 19th Season! Summer Series 2020

Established in 2002, The Paramus Community Orchestra offers the residents of Paramus and surrounding community's enjoyable evenings of free outdoor orchestral performances, while providing a showcase for the many talented Paramus music students, alumni, faculty, and area amateur and professional musicians. The "soul" of any community can be determined by its appreciation, participation and support of music and the arts. It is our hope to touch the soul of Paramus.

In cooperation with the Mayor, The Paramus Firework Committee, Paramus Rotary, the Paramus Public Library, and the Paramus Community Orchestra Committee, we proudly announce our summer series 2020.

An American tradition, features two concerts. First concert entertaining thousands at the Garden State Plaza (baseball field behind condo complex) will be performed on a portable stage providing music before the annual firework display. This display is one of the best in Bergen County and draws thousands of people to the lawn of this sight. To add, the sound system will carry our concert to the parking lots at GSP where thousands of cars park to watch the display from their vehicles. The second pops concert at the Public Library outdoor shell gives our audience a more intimate outdoor performance for family, friends and community. Lastly, our classic concert will be performed in an evening under the stars with a celebration of classics and love of orchestral music. If interested in performing with our orchestra or for more information, call 201-742-3711 or send an email: [jwilkes@paramusschools.org](mailto:jwilkes@paramusschools.org)

**This is not a Paramus Public School or Paramus Community School Sponsored Event**

## ADULT AND YOUTH PRIVATE MUSIC LESSONS

### Private Music Lessons Monday-Friday 3:00PM-8:00PM

Paramus High School Rooms 502 and 506 and Paramus Community School Rooms T-1, T-2, T-5, and T-6  
10-week Spring session begins the week of March 16<sup>th</sup> and ends the week of May 25<sup>th</sup> No Class the week of April 6<sup>th</sup> and Monday, May 25<sup>th</sup> Make-up week June 1<sup>st</sup>

**YMUS30 Youth Spring Private Music Lessons**  
**30 Minute Lessons Fee \$380.00**

**YMUS45 Youth Spring Private Music Lessons**  
**45 Minute Lessons Fee \$495.00**

**YMUS60 Youth Spring Private Music Lessons**  
**60 Minute Lessons Fee \$675.00**

**AMUS30 Adult Spring Private Music Lessons**  
**30 Minute Lessons Fee \$380.00**

**AMUS45 Adult Spring Private Music Lessons**  
**45 Minute Lessons Fee \$495.00**

**AMUS60 Adult Spring Private Music Lessons**  
**60 Minute Lessons Fee \$675.00**

The Paramus Community Music School is a place where you can learn to play an instrument, refine your musical skills, and have a rewarding musical experience. Research shows that children involved in the arts at a young age have greater self-esteem, creative abilities, thinking and listening skills, and self-discipline. At the Paramus Community Music School, we strive to maintain a conservatory level atmosphere by hiring only master teachers who specialize in the instruments they teach. Books and instruments must be purchased or rented separately unless there is a special circumstance in which the teacher provides material in which you will reimburse to receive materials needed. Our music school offers the following individual private lessons: Bassoon, Cello, Clarinet, English Horn, Flute, French Horn, Guitar, Harp, Oboe, Percussion, Piccolo, Saxophone, String Bass, Tuba, Traditional Piano, Trombone, Trumpet, Viola, Violin, and Vocal lessons. Guitar and Violin rentals cost \$35.00 per 10-week session. **Lesson Cancellation Policy:** When a teacher or student cancels a lesson, it may be made up within the 10-week cycle. Only one cancellation will be allowed and you must notify the teacher 24 hours prior to the lesson. A make-up week has been built into the schedule. Contact Judy Wilkes, Music Coordinator at 201-261-7800 Ext. 3051 or 201-742-3711 for more information regarding music lessons or to reserve your lesson day and time.

## BERGEN YOUTH ORCHESTRA

### YMUBYO BERGEN YOUTH ORCHESTRA

**Registration and audition fee \$50.00/Paramus Community School**

**BYO 2020-2021 season Wednesdays, September-May East Brook Middle School Rooms A-2 and A-3**

**Rehearsal times: Symphony 7:00PM-9:30PM Philharmonia 7:00PM-8:30PM Concert Strings 6:00PM-7:00PM**

We are North Jersey's longest running premier Youth Orchestra and we are opening auditions for our 51<sup>st</sup> season. The Bergen Youth Orchestra is looking for musicians with great aspirations and motivation to perform professional music in an orchestral setting. This full orchestra (strings, winds, brass, and percussion) will be preparing an incredible concert series of orchestral music that represents the most prominent composers and styles in classical music. The Bergen Youth Orchestra is providing exceptional orchestral training for serious young musicians in Northern New Jersey. Our Orchestras foster an excitement and sense of camaraderie that is shared by the musicians themselves and nurture their talent through discipline and self-confidence. Through our various preparatory levels, younger musicians will examine how aspects of meter, rhythm, tonality, intervals, chords, and harmonic progressions are organized and manipulated to establish unity and variety in genres of musical compositions. Three levels are currently offered. The BYO Symphony, BYO Philharmonia or BYO Concert Strings. BYO auditions are open throughout the season. Each applicant must play scales, a prepared piece, and sight read from symphonic literature. Each current BYO member must register to arrange for an audition at <https://register.capturepoint.com/paramuspublicschools>. Seating auditions will occur from May-September. Paramus residents attending Paramus Public Schools must participate in school district music program to be a member of BYO. If you are accepted to this fine organization, you will be recommended for one of the following orchestras:

**BYO Symphony** is a full symphony orchestra for advanced young musicians exploring standard and modern symphonic works. The orchestra will provide exceptional orchestral training for serious musicians allowing them to experience orchestral rehearsals and performances. The director/conductor will prepare you for three full concerts per year.

**BYO Philharmonia** is an intermediate ensemble that examines both standard and arranged repertoire. This orchestra learns how a professional symphony orchestra operates and prepares for performance. This group will perform concerts throughout the year at venues in Bergen County.

**BYO Concert Strings** is a string orchestra that will explore the string orchestra material that shapes young musicians to appreciate orchestral music. The string orchestra (violin, viola, cello, and string bass) is for the musician who wants to become a better instrumentalist and has a desire to learn orchestral material specific to their instrument. This group will perform concerts throughout the year at venues throughout Bergen County.

For more information, call Judy Wilkes 201-742-3711 Visit our website [www.bergenyouthorchestra.org](http://www.bergenyouthorchestra.org) on tuition, annual fees, and BYO policies.

Visit Our Webpage: <https://register.capturepoint.com/paramuspublicschools> or call Lynda J. Ariyan 201-261-7800 Ext 3038 Page 5

## ADULT CLASSES

### ARTS AND CRAFTS

#### JAPANESE FLOWER ARRANGEMENT BEGINNER AND ADVANCED

Fee \$100.00 8 Sessions, Wednesday, March 18th-May 13th No Class April 8th Paramus Community School Room T-8

AC01 4:30PM-6:00PM

Maximum 15

AC01A 7:00PM-8:30PM

Maximum 15

The Japanese art of flower arranging expresses the peaceful simplicity and material beauty of individual fresh flowers, leaves, and branches. Students learn how to place fresh flowers into beautiful arrangements that brighten a room. Students must bring a container, fruit bowl or wide-mouthed flower vase at least 2 inches in depth, a pair of scissors or flower cutter, and #8 or larger size of Kenzan (flower holder). If you do not have a Kenzan, you can buy one from the instructor. If requested by those students who wish to advance their grade, a Certificate of Completion will be granted for a fee from the Ikenobo School of Kyoto, Japan.

**Instructor:** Doris Lin website <https://ikebananji.com/> **Material fee \$100.00 paid to instructor the first day of class for flowers**

#### SEWING ADULTS BEGINNERS AND INTERMEDIATE

Fee \$180.00 7:00PM-9:00PM Paramus High School Sewing Room 406 Maximum 12

**AC02Adult Sewing Beginners and Intermediate**

6 Sessions, Mondays, March 16th-April 27th No class April 6th

**AC02A Adult Sewing Beginners and Intermediate**

6 Sessions, Mondays, May 4th-June 15th No class May 25th

**BEGINNERS/FUNDAMENTALS** We start with a bit of fabric savvy, learn the use of the sewing machine, an introduction to the use and understanding of commercial patterns, and become familiar with the terminology of sewing. Simple to sew projects will be presented in order to develop basic sewing skills, while mastering the straight stitch, sewing curves, sewing with bias tape, and adjusting patterns. Projects include pillows, sewing kit apron, and, for your final project, you will learn how to layout, adjust, cut and sew your own drawstring pajama pants.

**INTERMEDIATE** We start the class making reference samples of the different seam types, how to sew various waist closures, how to sew different zippers, button-holes, and how to finish hems. You will learn how to take body measurements to find the perfect pattern and adjust it to your size, garment construction while custom making a skirt and the perfect fit pants, and basic alterations. **Instructor:** Nayibe Manrique **Material fee \$35.00 paid to instructor the first day of class**

#### AC03 INTRODUCTION TO MIXED MEDIA

Fee: \$90.00 5 Sessions Thursdays, March 19th-April 23, No class April 9th 7:00PM-9:00PM Paramus High School Room 409 Maximum 6

Join us to learn new and fun mixed media art and crafting techniques. You may even discover your next favorite hobby! We will explore techniques ranging from inking and gel printing to stamping, embossing and die-cutting. Fun activities will lead to a completed Spring-related paper-crafting project. Experience first-hand how creating for fun can be relaxing, stress relieving, and even therapeutic! **Instructor:** Amy Denekamp, BA, Psychology, MA, Health Education, Health & Wellness Consultant, paper crafting & mixed media artist, creator of the nature and creative wellness website, A Mix of Creativity.com.

**Material fee \$20.00 paid to instructor the first day of class**

NEW

#### AC03A MORE ADVANCED MIXED MEDIA TECHNIQUES

Fee: 80.00 4 Sessions Thursdays, May 14th-June 4th 7:00PM-9:00PM Paramus High School Room 409 Maximum 6

This mixed media class is for those with prior knowledge and some experience with basic mixed media art and paper-crafting techniques. In this class, we will further explore the more advanced techniques of embossing, foiling, and die-cutting. The class can be taken as a follow-up to the introductory mixed media classes offered this session or last session. It is also suitable for those already familiar with paper-crafting and mixed media who are interested in learning some more exciting, fun, and relaxing techniques. A new, unique spring related project will be created during class. **Instructor:** Amy Denekamp, BA, Psychology, MA, Health Education, Health & Wellness Consultant, paper crafting & mixed media artist, creator of the nature and creative wellness website, A Mix of Creativity.com. **Material fee \$20.00 paid to instructor the first day of class**

### ASSESSMENT

#### ETS PARAPRO ASSESSMENT

Fee \$85.00 1 Session 2:00PM-5:00PM Paramus High School Room 913

The ParaPro Assessment is a 2½-hour computer based general aptitude test in English, which measures the skills and knowledge in reading, writing, and math and the ability to apply those skills and knowledge when assisting in classroom instruction. Please remember to bring your government issued photo ID. For more information, contact Lynda Ariyan at 201-261-7800 Ext. 3038. **Registration time the day of the exam 2:00PM-2:30PM No one will be admitted after 2:30PM.**

AT01 Tuesday, July 7th

AT01A Tuesday, August 4th

### COMPUTERS

#### CP01 INTRODUCTION TO COMPUTERS

Fee: \$140.00 3 Sessions Thursday, April 16th-30th 6:30PM-8:30PM Paramus Community School Room T-3 Maximum 10

This beginner course will introduce you to the personal computer. Learn about the Internet, E-Mail, and how to navigate your computer. Learn how about computer specifications; how to save and organize files; and more. **Instructor:** Kathleen McCann, Microsoft Office Specialist, Classy Tech, LLC.

NEW

#### CP02 BEGINNER POWERPOINT

Fee: \$140.00 3 Sessions Tuesdays, June 2nd-16th 6:30PM-8:30PM Paramus Community School Room T-3 Maximum 10

This beginner class will cover how to create professional presentations. PowerPoint allows you to combine text, pictures, graphics, video/audio clips, web pages and more to create professional and sensational presentations / slideshows. **Instructor:** Kathleen McCann, Microsoft Office Specialist, Classy Tech, LLC.

## COMPUTERS

**NEW**

### CP03 BEGINNER WORD

**Fee: \$140.00**

**3 Sessions Thursdays, May 7th-21st**

**6:30PM-8:30PM**

**Paramus Community School Room T-3**

**Maximum 10**

This beginner class will teach you how to navigate through Word, edit text, format a paragraph, create lists with bullets and numbers, use spell check and more. You will learn how to create tables, create brochures, flyers, and resumes using built-in features. **Instructor: Kathleen McCann, Microsoft Office Specialist, Classy Tech, LLC.**

### CP04 BEGINNER EXCEL I

**Fee: \$140.00**

**3 Sessions Tuesdays, April 14th-28th**

**6:30PM-8:30PM**

**Paramus Community School Room T-3**

**Maximum 10**

This beginner class will teach you how to create and edit spreadsheets and workbooks using this very powerful program. You will learn basic formulas, design and manipulate tables, as well as create and print beautiful graphs and charts. **Instructor: Kathleen McCann, Microsoft Office Specialist, Classy Tech, LLC.**

**NEW**

### CP05 EXCEL II

**Fee: \$140.00**

**3 Sessions Tuesdays, May 5th-19th**

**6:30PM-8:30PM**

**Paramus Community School Room T-3**

**Maximum 10**

This class is designed for the individual with basic Excel knowledge. You will learn advanced features including VLOOKUP; Pivot Tables; and more. **Instructor: Kathleen McCann, Microsoft Office Specialist, Classy Tech, LLC.**

**NEW**

### CP06 WHAT'S UNDER THE HOOD OF A PERSONAL COMPUTER (HARDWARE COMPONENTS)

**Fee: \$75.00**

**8 Sessions, Tuesday and Thursday, April 14th, 16th, 28th, 30th, May 19th, 21st, June 2nd, and June 4th**

**7:00PM-9:00PM**

**Paramus High School Room 407 Maximum 10**

The explanations of various hardware components in a personal computer. The hardware components discussed will be Memories, Central Processing Units, Hard Drives, Motherboards, Power Supplies. Upon completion of the above hardware components the class will observe the instructor with the assembly of these components into a computer chassis as a final product. **Instructor: Bruce Kazarian, Bachelors of Science in Electrical Engineering**

## DANCE

### DA03A SQUARE DANCING AGES 8 AND ABOVE

**Fee \$70.00**

**Tuesday, January 28th -June 9th**

**No class April 7th**

**7:30PM-9:30PM**

**East Brook Middle School Cafeteria**

**Maximum 20**

Our State and National folk dance, offers fun, social opportunities, exercise, and inexpensive recreation for both couples and singles. There are more than 18 square dance clubs in our area and hundreds in the United States. All clubs dance to standardized square dance movements (calls) called in English. The standard list of MAINSTREAM calls are taught during the school year. The two-hour class challenges the mind and the body while providing fun, recreation and opportunities to socialize. While the classes are designed for first time students who have no prior square-dancing experience, those wishing to refresh their skills are equally welcomed. A local square dance club, the Circle Eights, will provide partners for singles where needed. This course is comprised of two semesters. Call Paul Ingis at 201-741-6050 for further details. **Instructor: Paul Ingis**, caller/teacher, Member: Callerlab, CCNJ, BMI/ASCAP licensed

## FINANCIAL OPTIONS

### FN01 ESTATE AND TAX PLANNING

**Fee \$15.00 Single/\$20.00 Couple**

**1 Session, Tuesday, May 12<sup>th</sup>**

**7:00PM-8:30PM**

**Paramus High School Room 407**

**Maximum 15**

This seminar is designed to acquaint individuals with the value of a professionally drawn will, the absolute necessity of a financial power of attorney, and the key provisions of an advanced medical directive/proxy. Upon your death, your estate could be subject to death taxes. New Jersey recently passed legislation to phase out its estate tax. However, New Jersey will still have an inheritance tax, the highest in the country. Most people are under the impression that both taxes are going away. How to take advantage of this change in New Jersey tax law will be explored. Poorly planned estates can also be subject to prolonged and expensive legal proceedings. This class will address these issues and how death, inheritance, capital gains, and gift taxes are interrelated. For more information, call 201-447-2800. **Instructor: Marize Helmy, Esq.**

### FN02 ELDER LAW

**Fee \$15.00 Single/\$20.00 Couple**

**1 Session, Wednesday, April 22nd**

**7:00PM-8:30PM**

**Paramus High School Room 407**

**Maximum 15**

Seniors are often without basic legal documents that they need to control their personal and financial lives as well as their medical care. They are also often unaware of various government programs that are available to pay for their home care, prescription drugs, and nursing home care. The course is designed to acquaint individuals with the value of a professionally drawn will, the necessity of a financial power of attorney, and the key provisions of a living will/medical power of attorney. Medicare and Medicaid programs will be explored in detail. The changes to Medicaid rules (particularly Qualified Income Trusts, penalties for making gifts, the five-year look back rule which was brought about by the Deficit Reduction Act of 2005) will be discussed in detail. For more information, call 201-447-2800. **Instructor: Marize Helmy, Esq.**

### FN03 HOW TO GET OUT OF DEBT, GROW YOUR MONEY, AND START A BUSINESS

**Fee \$150.00**

**3 Sessions, Tuesday-Thursday, March 17th -19th**

**7:00PM-8:30PM**

**Paramus Community School Room T-4**

**Maximum 12**

We will review what your habits are that got you into debt and how to change your behavior to get out of debt, review and learn how to make your money grow for you, and learn about saving, stocks, mutual funds and more. We are all "Business owners" on some level. You're in the business of "YOU".

**Instructor: Anthony Cappola, Business owner**

### FN05 RETIREMENT PLANNING TODAY

**Fee \$49.00**

**1 Session, Thursday, May 14th**

**6:30PM-9:30PM**

**East Brook Middle School Library**

**Maximum 10**

Retirement is a journey. It begins when we leave work, and can easily last for 20 or 30 years. As with any journey, it sometimes makes sense to stop and review where we have been and where we are going. Due to a prolonged low-interest rate environment and recent changes to Social Security and Medicare benefit rules, the need for sound financial planning in retirement has never been greater. In this one 3-hour class, you will learn how to use recent changes to Social Security and Medicare rules to your advantage, manage investment risks, and enter your retirement years with confidence. A spouse or guest is welcome to attend with you at no additional charge. **Instructor: Richard J. Walsh**, Certified Financial Planner and Chartered Retirement Planning Counselor

Visit Our Webpage: <https://register.capturepoint.com/paramuspublicschools> or call Lynda J. Ariyan 201-261-7800 Ext 3038 Page 7

## HEALTH AND WELLNESS

### HW01 AMERICAN HEART ASSOCIATION (AHA) HEARTSAVER CPR/AED/FIRST AID COURSE AGES 18+

Fee \$105.00 2 sessions, Monday, May 11th and 18th 7:00PM-10:00PM Paramus Community School Room T-4 Maximum 20

The AHA Heartsaver CPR/AED/First Aid Course is a blended learning course that combines Heartsaver CPR/AED Course and Heartsaver First Aid. Upon completion you will receive an American Heart Association Heartsaver CPR and First Aid certification card valid for 2 years. For more information contact Richard 201-644-5062.

CPR/AED/First Aid class there is a \$45.00 savings if you register for both classes HW01A and HW01B.

Instructor: Richard Van Der Wall, CTO, Medlink Communication's & S.H.I.E.L.D Manager NJ | Mobile HealthCare

### HW01A AMERICAN HEART ASSOCIATION (AHA) HEARTSAVER CPR/AED COURSE AGES 18+

Fee \$75.00 1 session, Monday, May 11th 7:00PM-10:00PM Paramus Community School Room T-4 Maximum 20

Heartsaver CPR/AED is a video-based, instructor-led course that teaches CPR for adults, children and infants and AED use, and how to relieve choking in adults, children and infants. This course teaches skills using the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements. Upon completion you will receive an American Heart Association Heartsaver CPR certification card valid for 2 years. For more information contact Richard 201-644-5062.

Instructor: Richard Van Der Wall, CTO, Medlink Communication's & S.H.I.E.L.D Manager NJ | Mobile HealthCare

### HW01B AMERICAN HEART ASSOCIATION (AHA) HEARTSAVER FIRST AID AGES 18+

Fee \$75.00 1 session, Monday, May 18th 7:00PM-10:00PM Paramus Community School Room T-4 Maximum 20

Heartsaver First Aid is a video-based, instructor-led course that teaches employees critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrive. Students learn the duties and responsibilities of first aid rescuers; first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, and bites and stings. This course is for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory, or other requirements. Upon completion you will receive an American Heart Association Heartsaver First Aid certification card valid for 2 years. For more information contact Richard 201-644-5062. Instructor:

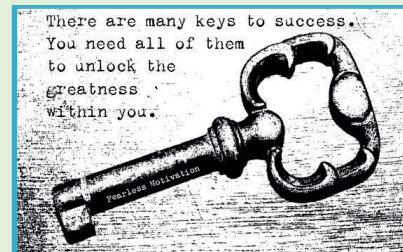
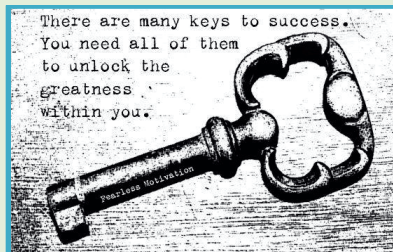
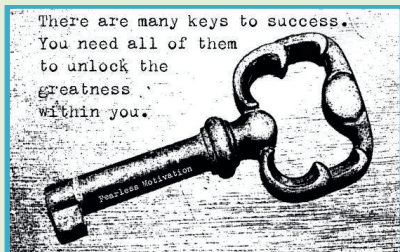
Richard Van Der Wall, CTO, Medlink Communication's & S.H.I.E.L.D Manager NJ | Mobile HealthCare

NEW

### HW02 UNLOCK THE KEYS TO GREATNESS

Fee \$59.00 2 Sessions, Tuesday, April 14th-21st 7:00PM-9:00PM Paramus Community School Room T-4 Maximum 15

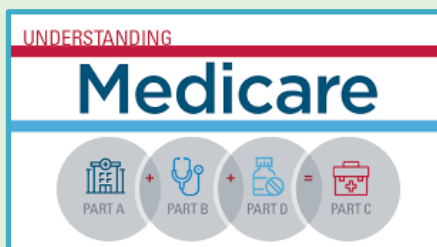
Let Certified Canfield trainers help you unlock your potential and master the techniques needed to attain your goals. This experiential workshop will instruct you on cutting edge practices to clarify your life vision and illuminate the steps needed to create change in your life. Learn to effectively use visualizations and affirmations, hone in on your special gifts, clarify your purpose and replace fear-based thinking with empowering self-talk. Master the Art of Success based on the results of best-selling author and motivational coach Jack Canfield. His New York Times worldwide best seller, The Success Principles, provides essential strategies for people from all walks of life to create the life they want. Instructors: Dawn Romeo, LCSW, LCADC and Linda Voogd, MA, LCADC



### HW03 NAVIGATING THE MEDICARE PROCESS

Fee \$25.00 1 Session, Tuesday, March 24, 2020 7:00PM-8:30PM Paramus Community School Room T-3 Maximum 20

This course will discuss the basics of Medicare: Medicare Parts A and B and the limitations, Medicare Advantage—Part C and Medicare Part D, and prescription drug coverage. Discuss when and how to enroll in Medicare, how much Medicare costs, the enrollment period, Medicare coverage, and why you might be at risk for thousands of dollars of out of pocket medical expenses. You will learn about Medicare Supplement Plans, details if you were to choose a Medicare Advantage Plan, and how to make the right decisions on your healthcare when turning 65 to provide you with peace of mind and confidence. Instructor: Stuart Schwartz





## SPECIAL INTERESTS

### SI01 NJ BOATING SAFETY CERTIFICATE/LICENSE (AGE 12+)

**Fee \$85.00    2 Sessions Thursday, April 30th and May 7th    7:00PM-10:00PM    Paramus High School Room 402    Maximum 18**

Anyone operating a motorboat or Jet Ski in New Jersey must have a Boating Safety Certificate, or risk a fine up to a \$500. This 2-night course includes course book, lecture, homework exercises, videos, Q&A discussions, proctored exam, and issuance of your permanent NJ State Police Boating Safety Certificate. There are NO RENEWALS or maintenance fees FOR LIFE. Active U.S. Coast Guard licensed Masters teach our course, towboat operators, engineers, and attorneys. Our enhanced content discusses chart reading, boat handling, proper anchoring, and more. Classroom instruction is supplemented with real hardware like navigation lights, NOAA charts, anchors, horns, distress signals, and more. Alumni are given free lifetime telephonic access to our decades of expertise and 60 days free and unlimited Sea Tow breakdown coverage. **Instructor: Frank Dudis, NJ Boating College, LLC**

### SI02 MAH JONGG

**Fee \$120.00    4 Sessions, Thursday, May 7th-28th 7:00PM-9:00PM    Paramus Community School Room T-4    Maximum 8**

Learn to play the American version of this ancient Chinese game. The course will cover the rules of the game as sanctioned by the National Mah Jongg League (NMJL). The game is easy to learn, fun to play, and a very social pastime. The instructor will obtain for you the current NMJL card, required to play the game. **Instructor: Barney Gallasio**

**Material Fee \$9.00 paid to the instructor the first day of class**

NEW

### SI03 MAKERS OF HISTORY

#### Churchill, Hitler, Napoleon, Galileo, and Jackie Robinson

**Fee \$50.00    5 Sessions Mondays, April 27th-June 1st No class May 25th    6:30PM-7:45PM    Paramus Community School Room T-3    Maximum 12**

Whether or not prominently situated individuals control events is unclear, but two facts stand out: (1) We praise or blame them for things that happen on their watch, regardless of whether they bear any responsibility;(2) we greatly simplify them so that those we like are turned into saints (Washington, Lincoln), and those we dislike or don't know are dismissed as "evil" or "losers" (Mohammad, Lenin). In this course we will look at the makers of history as complex individuals, with motives as mixed as ours are, the only difference being that they operate on the world stage. **Instructor: Manfred Weidhorn, Ph.D. Columbia University**

### SI04 OUR BODIES' NEED FOR NATURE

**Fee \$30.00    1 Session, Tuesday, April 28th    7:00PM-9:00PM    Paramus High School Room 402    Maximum 20**

In this class, we will explore the various health and well-being benefits derived from spending more time surrounded by nature. Studies around the world have shown that there are a multitude of physical and emotional health benefits gained from visiting forests, water features, and green spaces, in addition to the more obvious benefits of unwiring from technology and getting more exercise. The concept that began in Japan as "forest bathing," which means immersing oneself in nature, is finally catching on in America. We will discuss how to incorporate more regular nature visits into our busy lives, based on our own interests and personalities. In addition, information will be shared about local nature spots and activities you may have never known existed! **Instructor: Amy Denekamp, BA, Psychology, MA, Health Education, Health & Wellness Consultant, creator of the nature and creative wellness website, A Mix of Creativity.com.**

NEW

### SI05 OUR FAMILIES' NEED FOR NATURE

**Fee \$30.00    1 Session, Tuesday, May 5th    7:00PM-9:00PM    Paramus High School Room 402    Maximum 20**

This class is for parents, grandparents, and caregivers interested in learning new and exciting ways to incorporate nature-oriented activities and exploration into their children's and overall families' daily lives and routines. Research shows that children are receiving less and less outdoor time as our society becomes more and more digital. The effects of "nature deficit," especially in children, are far reaching for overall health and well-being. Learn how to instill a life-long love for nature in your children and how to inspire everyone to leave the screens behind and really see and appreciate all the wonders that nature has to offer. We will share information of family-friendly activities and places that you may never knew existed. The whole family will benefit from this great learning experience!

**Instructor: Amy Denekamp, BA, Psychology, MA, Health Education, Health & Wellness Consultant, paper crafting & mixed media artist, creator of the nature and creative wellness website, A Mix of Creativity.com.**

## SPORTS AND RECREATION

### SR01 RECREATIONAL FENCING AGES 21+

**Fee \$120.00    10 Sessions Thursday, March 26th-June 4th No class April 9th 7:00PM-8:30PM West Brook Middle School Gym    Maximum 15**

This class is for adults looking for a new experience in non-competitive fencing at a beginner or intermediate level in foil fencing. At one time, fencing was the art of self-defense, today fencing is one of the most fun-filled, skillful sports known. No experience needed. Equipment is provided. Sneakers and loose clothing, pants only, no shorts or skirts. Please contact Bruce for equipment requirements at 551-206-8664. **Instructor: Bruce Anderson**

**Material fee \$15.00 (gloves) paid to instructor the first day of class**

### SR02 FLY FISHING

**Fee \$80.00    7 Sessions, Tuesdays, March 31st-May 19th No class April 7th    7:00PM-10:00PM    West Brook Middle School Cafeteria/Old Gym    Maximum 20**

Students will learn the techniques needed to cast a fly rod as well as fly selection, tackle for fly-fishing, lines and leaders, knots, entomology, and how to read a stream. All equipment is provided. Students with their own rods and reels are encouraged to use them in class. All instructors are volunteers from East Jersey Trout Unlimited with many years of experience in fly-fishing. **Instructor: East Jersey Trout Unlimited**

## YOUTH CLASSES

### ARTS AND CRAFTS

#### FUN WITH ART

Fee \$80.00 10 Sessions Wednesday, March 18th-May 27th No class April 8th West Brook Middle School Art Room Maximum 20  
**Material fee \$20.00 paid to instructor the first day of class** Instructor: Ann Monton, New Jersey Certified Art Teacher

##### YAC01 Fun with Art Grades K-3<sup>rd</sup>

4:00PM-5:00PM

Grades K-3 will explore the fundamentals of art with step-by-step drawings that include landscapes, cartoons, animals, and many more favorites! Enjoy working with the mediums of soft chalk pastels, watercolors, and paint. This class is a wonderful introduction that will continue to enrich a child's love for the arts.

##### YAC01A Fun with Art Grades 3<sup>rd</sup> -10<sup>th</sup>

5:00PM-6:00PM

Grades 3-9 will explore a more advanced level of the arts. Subjects such as landscapes, seascapes, sunsets, still life, and animals will be drawn. We will paint with acrylic paint on canvas board and enjoy other mediums as well.

#### SEW YOUNG BEGINNERS AND INTERMEDIATE

Fee \$120.00 5:45PM-7:00PM Paramus High School Sewing Room 406 Maximum 12

Sewing is a fun-filled and exciting art that helps develop creativity and imagination in children. Sewing teaches children to follow instructions, concentrate on a task, and reinforces hand-eye motor skills. Learn to use a sewing machine and the basics of sewing. Students will work on simple to sew projects in order to develop basic sewing skills. Start making a pillow and get introduced to the basics of quilting by making a colorful placemat. Intermediate students, who know how to use a sewing machine, will learn how to take body measurements and how to read and use commercial patterns. You will learn sewing terminology and the basics of garment construction while making a skirt and cotton flannel shorts. **Instructor: Nayibe Manrique** **Material fee \$25.00 paid to instructor the first day of class**

##### YAC02 Youth Sewing

6 Sessions, Monday, March 16th-April 27th No class April 6th

##### YAC02A Youth Sewing

6 Sessions, Monday, May 4th-June 15th No class May 25th

### DRIVER'S EDUCATION

#### DE01 DRIVER'S EDUCATION BEHIND THE WHEEL

Paramus Driving School provides supervised instruction on the fundamental skills of safe driving to students who are at least 16 years old. Our one-on-one personalized approach is crucial to new drivers staying focused their first time behind the wheel. WE ARE THE ONLY DRIVING SCHOOL IN NJ THAT PROVIDES A TWO-HOUR HIGHWAY LESSON IN THE 6 HOUR PROGRAM. This helps us to properly prepare new drivers to navigate defensive driving techniques and sharpen in-the-moment decision-making skills appropriate for varying traffic patterns and roadways. Our instructors are all educators by profession. Their patient and attentive teaching style allows them to identify each driver's needs and customize specific exercises to ensure the best value of investment and time. Paramus Driving School provides instructors with state-approved, fully-insured dual controlled cars which gives an added level of safety and confidence during these early stages of learning. The road to safe driving starts with Paramus Driving School. We design programs to meet the needs of drivers of all ages, including those who learn differently or have special needs. The fee for our six-hour behind-the-wheel instruction is \$340.00. Please make checks payable to Paramus Driving School. There is a separate \$10 cash fee to process the permit application with the New Jersey Motor Vehicle Commission. For more information, please contact Paramus Driving School Instructor and Paramus High School Teacher Howard Blackwood at 201-925-6822 or Paramus Driving School at 201-702-8880. **Paramus Driving School will send forms with payment and contact information** **Instructor: Howard Blackwood, Paramus High School Teacher and Paramus Driving School, LLC**

### ENRICHMENT

#### YCH01 BRAINYAK CHESS AND STRATEGIC BOARD GAMES GRADES 1<sup>ST</sup>-5<sup>TH</sup>

Fee \$165.00 6 Sessions, Thursday, April 30th-June 4th 4:30PM-6:00PM Midland School Art Room Maximum 20

Critical thinking and strategic planning are vital life skills for students, especially if developed early. Our chess children have won countless awards from local, state, and national tournaments. Our chess session will be one hour, including 20 minutes of instruction and supervised play. After chess, several critical thinking board games will be introduced to keep the class exciting! Students will learn Stratego, Pandemic and/or Cat Lady to explore the history, geography, medicine aside from the games' challenges. For more information, E-mail: [info@brainyakkid.com](mailto:info@brainyakkid.com) or call Christine Wu 201-925-3701 [www.brainyakkid.com](http://www.brainyakkid.com) **Instructor: Brainyak Staff**

#### YED03 BRAINYAK S.T.E.M. SCIENCE MAINYAK GRADES K-1<sup>ST</sup>

Fee \$105.00 6 Sessions, Tuesday, April 21-May 26, 2020 4:30PM-5:30PM Midland School Art Room Maximum 16

Your child will have non-stop "WOOS & WOWS" every week, learning all the incredible amazing sciences related to "chemical reaction" in our daily lives! This class is taught by a Paramus science educator who has inspired countless young minds to engage in science for the past 30 years. [www.brainyakkid.com](http://www.brainyakkid.com) **Instructor: Brainyak Staff** **Material fee \$15.00 paid to instructor the first day of class**

#### YED06 LENTZ AND LENTZ SAT PREPARATION

Fee \$465.00 8 Sessions Thursday, March 5th-April 23rd 6:30PM-9:30PM Paramus Community School Room T-3 and T-4 Maximum 18  
**Practice testing session Sunday, April 19<sup>th</sup> 1:30PM-5:00PM at Fair Lawn Jewish Center 10-10 Norma Avenue, Fair Lawn, New Jersey**

This 30-hour program is divided equally between English and math and covers all facets of the SAT. Class features: test taking techniques, preparation for the essay, practice SAT(s), advanced math and shortcut math, vocabulary development, speed-reading and online lesson podcasts for supplemental review. Previous SAT type problems are used in conjunction with our own copyrighted curriculum. Lentz & Lentz teachers have been specifically trained to teach this program and all of our instructors have a background in teaching. Free extra help and live makeup sessions included in tuition: Students can set up free extra help by making an appointment with their instructor before or after class. If a student misses a class or has a scheduling conflict they can contact Lentz & Lentz to set up a live make up class at a neighboring location. For information call Lentz & Lentz at 845-638-2826 or visit [www.LentzSATPrep.com](http://www.LentzSATPrep.com) **Instructor: Lentz and Lentz Staff**

#### YS01 BRAINYAK S.T.E.M. LEGO ROBOTICS GRADES 2<sup>ND</sup>-3<sup>RD</sup>

Fee \$140.00 6 Sessions, Wednesday, April 22nd-May 27th 4:30PM-5:45PM Paramus Community School Room T-3 Maximum 12

This class is for beginners and children who have completed the beginner class before. It aims to teach children basic robotics theory through using fun LEGO activities and programming software in order to introduce them to the unlimited potential robotics has to offer. Start the robotics adventure today by introducing your child to this exhilarating S.T.E.M. class. Check out all our robotics offerings [www.brainyakkid.com](http://www.brainyakkid.com) **Instructor: Brainyak Staff**

## SPORTS

### FENCING

**Fee \$120.00 10 Sessions, Thursdays, March 19th-May 28th No class April 9th West Brook Middle School New Gym Maximum 15**  
**Sneakers and loose clothing required. Pants must cover ankle, no shorts or skirts. Some classes require that you own equipment.**

**Material fee \$13.00 paid to the instructor the first day of class for fencing gloves**

#### **YR01 Beginner Foil Fencing Ages 8-12**

**5:00PM-6:30PM**

At one time fencing was the art of self-defense. Today fencing is a fun-filled, skillful sport known to Americans. All equipment except for fencing gloves is provided. Please contact Patrick Curran for equipment requirements at 551-265-3956. **Instructor: Patrick Curran**

#### **YR02 Intermediate and Advanced Ages 8+**

**6:30PM-8:00PM**

Students learn the fundamentals as well as terminology, safety rules, footwork, parries, offensive, and deceptive use of the foil. Rules of the match and ethics will be included. Electric scoring equipment will be used. This stage is the continuation of our beginners' program. Must finish Beginners Foil Fencing or have prior experience. **Instructor: Patrick Curran**

### TGA OF BERGEN COUNTY PREMIER JUNIOR GOLF

**Fee \$130.00**

**6 Sessions, Tuesdays**

**West Brook Middle School New Gym**

**Maximum 20**

#### **YR04 Golf Grades K-3<sup>rd</sup>**

**6:15PM-7:15PM**

**Tuesday, March 24th-May 5th No class April 7th**

#### **YR04A Golf Grades 4<sup>th</sup>-8<sup>th</sup>**

**7:15PM-**

**8:15PM**

**Tuesday, March 24th-May 5th No class April 7th**

#### **YR04B Golf Grades K-3<sup>rd</sup>**

**6:15PM-7:15PM**

**Tuesday, May 12th-June 16th**

#### **YR04C Golf Grades 4<sup>th</sup>-8<sup>th</sup>**

**7:15PM-8:15PM**

**Tuesday, May 12th-June 16th**

TGA brings the golf course to you! Our award-winning curriculum incorporates golf instruction, educational components, and character development lessons in a fun and nurturing environment. Students develop skills and understanding of the game through station-based activities and drills that increase in difficulty throughout our 5-level program. Come tee it up with TGA! For more information, contact Fred at [fferber@playtga.com](mailto:fferber@playtga.com) or 845-499-3416. **Instructor: TGA Staff**

### TGA OF BERGEN COUNTY PREMIER YOUTH TENNIS

**Fee \$130.00**

**6 Sessions, Tuesdays**

**West Brook Middle School New Gym**

**Maximum 20**

#### **YR05 Tennis Grades K-2<sup>nd</sup>**

**6:15PM-7:15PM**

**Tuesday, March 24th-May 5th**

**No class April 7th**

#### **YR05A Tennis Grades 3<sup>rd</sup>-5<sup>th</sup>**

**7:15PM-8:15PM**

**Tuesday, March 24th-May 5th**

**No class April 7th**

#### **YR05B Tennis Grades 6<sup>th</sup>-8<sup>th</sup>**

**8:15PM-9:15PM**

**Tuesday, March 24th-May 5th**

**No class April 7th**

#### **YR05C Tennis Grades K-2<sup>nd</sup>**

**6:15PM-**

**7:15PM**

**Tuesday, May 12th-June 16th**

#### **YR05D Tennis Grades 3<sup>rd</sup>-5<sup>th</sup>**

**7:15PM-8:15PM**

**Tuesday, May 12th-June 16th**

#### **YR05E Tennis Grades 6<sup>th</sup>-8<sup>th</sup>**

**8:15PM-9:15PM**

**Tuesday, May 12th-June 16th**

TGA is serving up aces in our tennis class! We get students moving while teaching them the fundamentals of the game, important life skills, and academic lessons intrinsic to the sport. Station-based games and drills increase in difficulty as players progress through our 5-level enrichment program. Come play with TGA. For more information, contact Christine at [Ckostianis@playtga.com](mailto:Ckostianis@playtga.com) or 917-304-3986. **Instructor: TGA Staff**

### CAPOEIRA

**Fee \$150.00**

**10 Sessions**

**Paramus Community School Dance Studio**

**Maximum 20**

Capoeira is a 400+ year old Brazilian art form, which combines dance, acrobatics, self-defense, percussion, musical instruments, singing, history, and physical fitness. Students will sing and sweat their way to new levels of inner discipline, focus and concentration. Each class is age appropriate and the benefits vary according to age which builds and increases self-confidence. Students learn their own limits and through the process of learning, they learn to respect their own body and mind and in turn learn to respect others. Students grow through this program and overcome the many negative influences today and focus on their limits to seeing the possibilities of what they can become. Comfortable clothing required. For more contact Irani 201-820-3197. **Instructor: Irani Andreati, President CAOBA**

#### **YR06 Capoeira Boys and Girls 5-12-year old**

**5:00PM-6:00PM**

**Tuesday, March 24th-June 2nd No class April 7th**

#### **YR06A Capoeira Boys and Girls 5-12-year old**

**5:00PM-6:00PM**

**Thursday, March 26th-June 4th No class April 9th**

#### **YR07 Capoeira Teens and Adults**

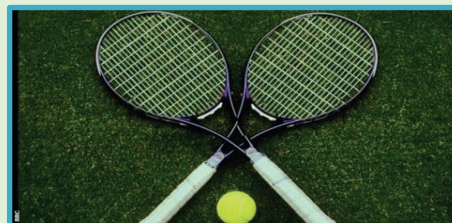
**7:00PM-8:00PM**

**Tuesday, March 24th-June 2nd No class April 7th**

#### **YR07A Capoeira Teens and Adults**

**7:00PM-8:00PM**

**Thursday, March 26th-June 4th No class April 9th**



# Paramus Community School Summer Camp

## ARTS AND CRAFTS

### SEWING GRADES 1<sup>st</sup>-8<sup>th</sup>

**Fee \$150.00**

**1:00PM-3:00PM**

**Paramus High School Sewing Room 406**

**Maximum 12**

Sewing is a fun filled and exciting art that helps foster the creativity of young children while teaching them to follow instructions and concentrate on a task, reinforcing hand-eye coordination, developing fine motor and problem-solving skills. Best of all, by designing and sewing their own creations girls and boys will bust their confidence and self-esteem. **Instructor: Nayibe Manrique**, Mrs. M, is a fashion professional trained at FIT, 30 years of sewing experience and 18 years teaching children and adults. She worked at Bergdorf Goodman and Barneys New York managing the Alterations Department. Mrs. M. developed and runs the Sewing Program for the Girl Scouts of Northern New Jersey.

#### **YSUMSEW01 Pajama Party!! Sewing Camp**

**July 6<sup>th</sup>-10<sup>th</sup>**

Sign up for this Pajama-rific Sewing Camp where the fun of learning happens using the sewing machine in a safe, cooperative, non-competitive, and encouraging environment. Boys and girls will have fun selecting fabrics to make their own cozy pajamas and learn the basics of quilting, by making a 9 square pillow. We close the program with a Grand Finale Pajama Party where the children have fun wearing their creations. Parents and friends are welcome to take pictures during the best pillow fight ever. What a self-esteem buster this Sewing Camp is! **Material fee \$35.00 paid to the instructor the first day of class**

#### **YSUMSEW02 Green Funky Fashion Sewing Camp**

**July 13<sup>th</sup>-17<sup>th</sup>**

This Green Funky Fashion is a sustainability sewing program and a great way for children to be environmentally conscious, learn to sew, and make fun items to wear. We begin by talking about how important the child's role is to cut down on waste by recycling, reusing and reinventing old things into new fun creative items. On the first day of class, students will bring a few old items of clothing to work with and transform them into new purses, hats, tops, pillows, etc. We work in a cooperative, non-competitive, encouraging environment and with that, their ideas and imagination start to flow and the result is a collection of pieces of their own creation. On the last day, there will be a Fashion Show where the children will be the Star Designers and model their Green Creations.

**Material fee \$25.00 paid to the instructor the first day of class**

## COMPUTER AND FINE ARTS

### Computer and Fine Arts rising 4<sup>th</sup>-12<sup>th</sup> grade students

**Fee \$180.00 19 sessions Monday-Friday, June 29-July 24, 2020 No class Friday, July 3, 2020**

**Instructor: Andrea Lanchero, Certified Art Teacher, Paramus Public Schools**

#### **YSUMA01 Intermediate/Advanced Photography Grades 4<sup>th</sup>-8<sup>th</sup>**

**9:15AM-10:00AM**

Already experienced the world through the lens of a digital camera? Learn more difficult techniques of taking a photograph and how to edit. To manipulate digital images, you will learn extraordinary special effects in Adobe Photoshop. Expand on your past knowledge in this area to create a larger portfolio.

#### **YSUMA02 Beginner Computers in Art Grades 4<sup>th</sup>-7<sup>th</sup>**

**10:00AM-10:45AM**

Beginner students will fuse art and technology together through this class using state of the art Mac computers. Learn to be a graphic designer by using Adobe Creative Suite to create your own artwork, movie posters, label designs, notepads, and so much more. Enjoy the world of computer art.

#### **YSUMA03 Beginner Photography Grades 4<sup>th</sup>-8<sup>th</sup>**

**10:45AM-11:30AM**

Experience the world through the lens of a digital camera. Learn techniques of taking photographs and how to edit in Adobe Photoshop. To manipulate digital images, students will learn how to use special effects in Adobe Photoshop. Students will enjoy the magic of traditional black and white photography from making their own camera, developing their own film, and printing photos in the darkroom. Students will be engaged in photography shoots in the studio and in nature, documenting your own life.

#### **YSUMA04 Intermediate/Advanced Computers in Art Grades 6<sup>th</sup>- 8<sup>th</sup>**

**11:30AM-12:15PM**

Experienced students will fuse art and technology together through this class using state of the art Mac computers. Continue to be a graphic designer by using Adobe Creative Suite to create your own artwork, movie posters, label designs, notepads, and so much more. Advance your skills in the world of computer art.

### Art rising 1st-12th grade students

**Fee \$180.00 19 sessions Monday-Friday, June 29-July 24, 2020 No class Friday, July 3, 2020**

**Instructor: Felicia Steele, Certified Art Teacher**

#### **YSUMA05 Intermediate Art Grades 7<sup>th</sup>-9<sup>th</sup>**

**9:00AM-10:00AM**

Are you eager to create, want to experiment, and excited about new possibilities? This awesome Summer Art camp Intermediate campers are encouraged to explore and take risks, allowing them to strengthen their creativity and creative cognitive problem-solving skills. Intermediate campers use a wide variety of mediums for multiple projects to develop their individual artistic expression.

#### **YSUMA06 Secondary Art Grades 4<sup>th</sup>-6<sup>th</sup>**

**10:00AM- 10:45AM**

Here is an enriching, rewarding experience, whether your child is exploring new horizons or getting a chance to improve on skills they are already starting to develop. Secondary campers will engage in art projects, which include ceramics, painting, mixed media, printmaking, and more! Our campers have a fantastic summer, letting their imaginations soar in Paramus Summer Art Camp!

#### **YSUMA07 Beginner Art Grades 1<sup>st</sup>-3<sup>rd</sup>**

**10:45AM-11:30AM**

Open the or to a creative and meaningful summer for your child. Beginner artists explore their own creativity while learning about color, perspective and composition. Campers will be given the opportunity to draw, paint, use mixed media and clay each fun week of camp to produce their very own artwork to be proud of.

#### **YSUMA08 Advanced Art Grades 10<sup>th</sup>-12<sup>th</sup>**

**11:30AM-12:30PM**

Whether working to improve artistic skills or preparing portfolios for college admissions, Advanced campers are introduced to materials and methods used in professional artistic practice. Through projects, studio time, critiques, and discussions Advanced campers develop as artists who use their abilities to realize personal and artistic growth.



## CULINARY ARTS

### CULINARY ARTS AGES 10-18

12:00PM-3:00PM    Paramus High School Room 404    Maximum 12    Instructor: Robert Levinsohn, Paramus High School Culinary Teacher/Specialist

**Material fee \$50.00 paid to the instructor the first day of class for each registered class**

<b>YSUMCA01 Street Foods from Around the World</b> <b>4 Sessions, Monday-Thursday June 29th-July 2nd</b> Go on a flavor exploration of the different types of street foods. Vietnamese Summer Rolls, Tacos, Crepes, and Pitas with Falafel and Hummus.	<b>Fee \$140.00</b>	<b>YSUMCA02 Baked Goods</b> <b>5 sessions Monday-Friday, July 6th-10th</b> Chocolate Chip, Ricotta Cookies, Red Velvet Cupcake, Peanut Butter Chew, Oatmeal Raisin, Sugar Cookies, Butter Cookies, and Devil's Food Cake Cupcakes.	<b>Fee \$180.00</b>
<b>YSUMCA03 Soups</b> <b>5 sessions Monday-Friday, July 13th-17th</b> Soups, soups, and more soups! We will be preparing soup dishes from around the world. Each day will be a different culinary adventure with plenty of soup to enjoy and have some for the next day.	<b>Fee \$180.00</b>	<b>YSUMCA04 Breakfast for Lunch</b> <b>5 sessions Monday-Friday, July 20th-24th</b> Enjoy cooking different breakfast foods for lunch: Pancakes, French Toast, Omelet, Crepes, and Hot Cereal.	<b>Fee \$180.00</b>

## MUSIC

### MUSIC Rising 4<sup>th</sup>-12<sup>th</sup> grade students

A two- or four-week program that allows students to explore their musical interests and talents. Classes are taught by teachers who belong to one of five Model School of the Arts in the state of New Jersey. This program offers beginner, intermediate, and advanced students the opportunity to participate in group lessons and a variety of ensembles, which include band and orchestra. On Fridays, our families and friends are invited to attend mini concerts and displays to view and listen to the children in our superior camp experience. **Select One:** Cello, Clarinet, Flute, French Horn, Oboe, Percussion, Saxophone, String Bass, Trombone, Trumpet, Viola, or Violin. **Instructor: Paramus Community School Music Staff**  
 Payment and registration form due no later than **Monday, June 12, 2020. After June 12, 2020, a late fee of \$25.00 will be applied.**

If paying by check, make checks payable to

Paramus Community School 145 Spring Valley Road, Paramus, New Jersey 07652 Attention Lynda Ariyan

9 SESSIONS June 29th-July 10th No class Friday, July 3rd	10 SESSIONS July 13th-24th	19 SESSIONS June 29th-July 24th No class Friday, July 3rd
<b>YSUMMU01 Beginner Instrumental Lessons</b> <b>9:00AM-10:00AM</b> <b>Fee \$98.00</b> <b>SESSION ONE:</b> Beginners wind, brass, percussion, or strings. Students will receive a group lesson and a large ensemble experience every day for two weeks. This 2-week session is perfect for beginner student who would like an introduction to a new instrument.	<b>YSUMMU02 Beginner Instrumental Lessons</b> <b>9:00AM-10:00AM</b> <b>Fee \$103.00</b> <b>SESSION TWO:</b> Beginners wind, brass, percussion, or strings. Students will receive a group lesson and a large ensemble experience every day for two weeks.	<b>YSUMMU03 Beginner Instrumental Lessons</b> <b>9:00AM-10:00AM</b> <b>Fee \$200.00</b> <b>SESSION THREE:</b> Beginners wind, brass, percussion, or strings. Students will receive a group lesson and a large ensemble experience every day for four weeks.
<b>YSUMMU04 Intermediate Instrumental Lessons</b> <b>10:00AM-11:30AM</b> <b>Fee \$139.00</b> <b>SESSION ONE:</b> Intermediate students who have at least 1-2 years of experience can sign up for our Intermediate level classes. This 90-minute class is for Intermediate wind, brass, percussion, or strings. Students will receive a group lesson and a large ensemble experience every day for two weeks.	<b>YSUMMU05 Intermediate Instrumental Lessons</b> <b>10:00AM-11:30AM</b> <b>Fee \$155.00</b> <b>SESSION TWO:</b> Intermediate students who have at least 1-2 years of experience can sign up for our Intermediate level classes. This 90-minute class is for Intermediate wind, brass, percussion, or strings. Students will receive a group lesson and a large ensemble experience every day for two weeks.	<b>YSUMMU06 Intermediate Instrumental Lessons</b> <b>10:00AM-11:30AM</b> <b>Fee \$294.00</b> <b>SESSION THREE:</b> Intermediate students who have at least 1-2 years of experience can sign up for our Intermediate level classes. This 90-minute class is for Intermediate wind, brass, percussion, or strings. Students will receive a group lesson and a large ensemble experience every day for four weeks.
<b>YSUMMU07 Advanced Instrumental Lessons</b> <b>10:00AM-11:30AM</b> <b>Fee \$139.00</b> <b>SESSION ONE:</b> Advanced students who have at least 3 years of experience can choose an advanced Music program that will enhance their studies in the small ensemble. Advanced wind, brass, percussion, or strings, students will receive a group lesson and a large ensemble experience every day for two weeks.	<b>YSUMMU08 Advanced Instrumental Lessons</b> <b>10:00AM-11:30AM</b> <b>Fee \$155.00</b> <b>SESSION TWO:</b> Advanced students who have at least 3 years of experience can choose an advanced Music program that will enhance their studies in the small ensemble. Students will receive a group lesson and a large ensemble experience every day for two weeks.	<b>YSUMMU09 Advanced Instrumental Lessons</b> <b>10:00AM-11:30AM</b> <b>Fee \$294.00</b> <b>SESSION THREE:</b> Advanced students who have at least 3 years of experience can choose an advanced Music program that will enhance their studies in the small ensemble. Students will receive a group lesson and a large ensemble experience every day for four weeks.

NEW 9 SESSIONS June 29th-July 10th No class Friday, July 3rd	NEW 10 SESSIONS July 13th-24th
<b>YSUMMU10 Beginner Piano</b> <b>11:30AM-12:15PM</b> <b>Fee \$98.00</b> <b>Session One:</b> Students will have the opportunity to learn the keyboard in our outstanding piano lab. Musicians will learn the fundamental techniques to play the piano in a group lesson.	<b>YSUMMU10A Beginner Piano Part II</b> <b>11:30AM-12:15PM</b> <b>Fee \$103.00</b> <b>Session Two:</b> Students will have the opportunity to continue the keyboard in our outstanding piano lab. Musicians will advance their fundamental techniques to play the piano in a group lesson.
<b>YSUMMU11 Ukulele</b> <b>11:30AM-12:15PM</b> <b>Fee \$98.00</b> <b>Session One:</b> Students will have the opportunity to learn the Ukulele in a group lesson. Ukuleles must be purchased and brought to the first lesson. If enough interest, we will open up a second session for students who are interested and would like to advance to the next level.	<b>YSUMMU11A Ukulele Part II</b> <b>11:30AM-12:15PM</b> <b>Fee \$103.00</b> <b>Session Two:</b> Students will have the opportunity to continue to learn the Ukulele in a group lesson during session two. Ukuleles must be purchased and brought to the first lesson.

## ENRICHMENT

### YSUMEN01 LEGO ROBOTICS RISING 5TH-8TH GRADE STUDENTS

**Fee: \$190.00**    **5 Sessions, Monday-Friday, July 6th-10th**    **12:15PM-3:00PM**    **Paramus Community School Room T-3**    **Maximum 14**

This program will challenge students with a more sophisticated LEGO Robotics system Mindstorm. Students will develop higher levels of hand-eye coordination, robot knowledge and computer programming concept through creation of Mindstorm robots. They will learn many different perspectives on achieving the goals by using various resources and the importance of self-discipline by working in a team environment. For more information, E-mail: [info@brainyakkid.com](mailto:info@brainyakkid.com) or call Christine Wu 201-925-3701 **Instructor: Brainyak Staff**

## SPORTS

### TGA PREMIER PLUS SPORTS CAMP AGES 5-14

**Fee: pay per session week; see chart below**    **Monday-Friday**    **Maximum 40**    **Paramus High School Middle Gym and Field**

<b>YSUMTGA1 full day</b> <b>YSUMTGA1A half day</b> <b>4 Sessions, June 29<sup>th</sup>-July 2<sup>nd</sup> No class July 3<sup>rd</sup></b>	<b>YSUMTGA2 full day</b> <b>YSUMTGA2A half day</b> <b>5 Sessions, July 6<sup>th</sup>-10<sup>th</sup></b>	<b>YSUMTGA3 full day</b> <b>YSUMTGA3A half day</b> <b>5 Sessions, July 13<sup>th</sup>-17<sup>th</sup></b>	<b>YSUMTGA4 full day</b> <b>YSUMTGA4A half day</b> <b>5 Sessions, July 20<sup>th</sup>-24<sup>th</sup></b>	<b>YSUMTGA5 full day</b> <b>YSUMTGA5A half day</b> <b>5 Sessions, July 27<sup>th</sup>-31<sup>st</sup></b>
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SCHEDULE		TIME	COST PER WEEK Week of June 29th YSUMTGA1	COST PER WEEK Weeks of July 6th-27th YSUMTGA2 - YSUMTGA5
9:00AM-9:15AM	Check in			
9:15AM-10:30AM	Period One choose 1 of 3 sports	<b>FULL DAY</b>	<b>FULL DAY</b>	<b>FULL DAY</b>
10:30AM-10:45AM	Break	9:00AM-3:00PM	YSUMTGA1	YSUMTGA2 - YSUMTGA5
10:45AM-12:00PM	Period Two choose 1 of 3 sports		\$175.00	\$212.00
12:00PM-12:45PM	Lunch			
12:45PM-2:00PM	Period Three choose 1 of 3 sports	<b>HALF DAY</b>	<b>HALF DAY</b>	<b>HALF DAY</b>
2:00PM-2:15PM	Break	9:00AM-12:00PM	YSUMTGA1A	YSUMTGA2A - YSUMTGA5A
2:15PM-3:00PM	Universal games		\$125.00	\$155.00

Win the summer with TGA Premier Plus Sports Camps! Our Premier Plus camp maximizes the fun by including instruction, games, and exciting activities across eight sports: golf, tennis, lacrosse, flag football, floor hockey, cheerleading, ultimate frisbee, and volleyball. Each day features an action-packed schedule that allows every camper to play three different sports while building friendships and important life skills like teamwork and sportsmanship. TGA provides all equipment and a thoroughly trained staff of coaches who maintain 10:1 coach to camper ratio. We welcome campers' ages 5 to 14 who will be divided into groups based on age and ability to ensure every child has an enjoyable and safe experience while developing a well-rounded athletic skill set throughout the week. Multi-sport participation has many benefits including helping to foster athletes' physical and cognitive growth which is why this concept is endorsed by the U.S. Olympic Committee through the American Development Model. Get off the sidelines and join us for a week of Premier Plus camp this summer! Campers must provide snack, lunch, and water; please dress appropriately. **Instructor: TGA of Bergen County Staff**

## THEATRE

### YSUMTH01 JUNIOR THEATRE ROCKS GRADES 3<sup>rd</sup>-9<sup>th</sup>

**Fee \$442.00**    **Monday-Friday, June 29th-July 24th No class Friday, July 3rd**    **12:00PM-3:00PM**    **Paramus High School Auditorium/Choir Room 503**    **Maximum 40**

This year the Paramus Community Junior Theatre Rocks will present *The Wizard of Oz*

**Auditions Tuesday and Wednesday, June 16th and 17th 4:30PM-6:30PM**    **Memorial Elementary School Music Room**

Two performances will take place at Paramus High School Auditorium on Friday, July 24<sup>th</sup> at 7:00PM and Saturday, July 25<sup>th</sup> at 2:00PM. For more information, contact Kristine Hart at [khart@paramusschools.org](mailto:khart@paramusschools.org) or 201-370-2854. **Directors: Kristine Hart and Kathryn Osborne**

### *The Wizard of Oz* TICKET SALES

Two performances take place at Paramus High School Auditorium 99 East Century Road, Paramus  
To purchase tickets for the performances, go to <https://register.capturepoint.com/paramuspublicschools> or  
contact Lynda Ariyan 201-261-7800 Ext. 3038

<b>YSUMTH01A Fee \$14.00 Student and Senior Citizens</b> <b>Friday, July 24<sup>th</sup> at 7:00PM</b>	<b>YSUMTH01C Fee \$14.00 Student and Senior Citizens</b> <b>Saturday, July 25<sup>th</sup> at 2:00PM</b>
<b>YSUMTH01B Fee \$18.00 Adults</b> <b>Friday, July 24<sup>th</sup> at 7:00PM</b>	<b>YSUMTH01D Fee \$18.00 Adults</b> <b>Saturday, July 25<sup>th</sup> at 2:00PM</b>

## Information and School Locations

### Sponsored by

Paramus Board of Education	Administration	Advisory Council	Paramus Community School Staff
Bernadette McCausland, President Melissa Caminiti, Vice President Joanne G. Bergmann Lisa Cassesa Alison Donoghue Anthony Feorenzo, Jr. Keri Greene William Holzmann Patricia Kim	<b>Dr. Michele Robinson,</b> Superintendent of Schools  <b>Mr. Sean Adams,</b> Assistant Superintendent of Schools  <b>Dr. Alfredo Aguilar,</b> Business Administrator/ Board Secretary	Dr. Alfredo Aguilar Melissa Caminiti Cathy Eng Fred Rohdieck Felicia Steele	<b>Dr. Alfredo Aguilar,</b> Business Administrator/ Board Secretary 201-261-7800 Extension 3010  <b>Lynda J. Ariyan</b> Community School 201-261-7800 Ext. 3038

### Paramus Community School locations

<u>Paramus Community School</u>	<u>East Brook Middle School</u>	<u>Memorial Elementary School</u>	<u>Midland Elementary School</u>
145 Spring Valley Road	190 Spring Valley Road	203 East Midland Avenue	241 West Midland Avenue
<u>Paramus High School</u>	<u>West Brook Middle School</u>	<b>SMOKING IS PROHIBITED ON SCHOOL PROPERTY</b>	
99 East Century Road	560 Roosevelt Boulevard		

**GENERAL INFORMATION** The Board of Education has appointed a Supervisor for the Adult and Youth classes. The Paramus Community School provides the administrative and operational expenses of the program in its annual budget. It is intended that, except for these basic expenditures, the program will be self-sustaining.

The Paramus Community School is a hidden gem that provides courses designed to promote educational, recreational, physical well-being and cultural activities for children and adults. The Paramus Community School promotes the Paramus Board of Education's mission, to develop all students as open-minded life-long learners, who pursue their dreams and add value to the world.

Classes include interesting topics: arts and crafts, computers, culinary arts, dance, driver's education, enrichment, financial options, health and wellness, music, special interests, and sports and recreation. Classes are held Monday-Thursday throughout the district. Course which are instructed by licensed professionals are solely for the intended purpose of the course as set forth in the course description, and not for the solicitation of advice and/or medical diagnosis which may be related to the field in which the licensed professional practices.

**CANCELLATIONS OF CLASS** In case of inclement weather visit <https://register.capturepoint.com/paramuspublicschools> or call 201-261.7800 Ext. 3038. If class is cancelled due to inclement weather or an emergency, we will make-up the missed session as long as we are able to secure a classroom. If the Paramus Community School along with the instructor is not able to make-up the missed session, class will not be rescheduled and we will not provide a refund for the class session.

#### REFUNDS/CREDITS/PAYMENTS

**ABSOLUTELY NO REFUNDS OR CREDITS FOR ANY REASON TWO DAYS BEFORE CLASS BEGINS OR AFTER THE FIRST MEETING OF CLASS.** If there is low enrollment two business days prior to the class start date, the Paramus Community School will cancel class and provide you with a full refund in the form of payment you made. If you paid with a check, please allow 4-8 weeks for your refund check. If a student requests to cancel class, this must be done at least three days before the start date of the class. A refund minus a \$25.00 processing fee will be provided. The Paramus Community School does not prorate or provide a make-up class for late registration or a missed session. Payments are made in the form of a check, credit card (Discover, MasterCard, Visa), or money order, **NO CASH PAYMENTS.** An appeal to Administration may be granted and cash will be accepted due to specific circumstances.

**REGISTRATION** to view a full course description and register for classes, visit our registration database by scanning the barcode with a smartphone or go to <https://register.capturepoint.com/paramuspublicschools> **Absolutely no walk-ins accepted.**





NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT NO. 26



Check or money order payable to Paramus Community School  
Paramus Community School 145 Spring Valley Road, Paramus, New Jersey 07652 Attention Lynda Ariyan

Course Number	Course Name	Course Fee
Registrant Name		Parent/Guardian Name (if applicable)
Female/Male	Contact Phone Number	
Address		
E-mail Address		
Grade (child only)	Date of Birth (child only)	Instrument (if applicable)

**Photo and Name Display Permission Agreement:** The Paramus Community School provides courses designed to promote educational, recreational, physical well-being and cultural activities for children and adults. From time to time, the instructor may take pictures in class to use in our pamphlets or display on the bulletin board outside the Paramus Community School office. Please indicate if you grant or deny permission to have your or your child's photo released for the above purpose.

☐ I grant permission to have my or my child's photo displayed for Paramus Community School

☐ I do not grant permission to have my or my child's photo displayed for Paramus Community School

To attend class, this portion must be completed and signed

**Refunds:** Absolutely no refunds or credits for any reason two days before class begins or after the first meeting of class. If there is low enrollment two business days prior to the class start date, the Paramus Community School will cancel class and provide you with a full refund in the form of payment you made. If you paid with a check, please allow 4-8 weeks for your refund check. If a student requests to cancel class, this must be done at least three days before the start date of the class. A refund minus a \$25.00 processing fee will be provided. The Paramus Community School does not prorate or provide a make-up class for late registration or a missed session. Payments are made in the form of a check, credit card, or money order, NO CASH PAYMENTS. An appeal to Administration may be granted and cash will be accepted due to specific circumstances.

This release is provided to the Paramus Board of Education by \_\_\_\_\_ (Your Name).

I hereby release, indemnify, keep, and hold harmless for myself and on behalf of my child/children, my family, heirs, executors, administrators, assignees, the Paramus Board of Education and its officers, members, employees, agents, and successors of any of the aforementioned, against and from any and all liability with regard to any injury, loss, claim, and/or damage to myself or my child/children and from any loss, damage, claims, causes of action, liabilities, obligations, demands, or expenses asserted against the Paramus district or its officers, members, employees, agents, and successors, by any person, persons, or entity, as well as from and against all costs, counsel fees, expenses, and liabilities incurred in the event or activity identified above. This release waives all claims, including those of which I am not aware and those not mentioned in this release.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Visit Our Webpage: <https://register.capturepoint.com/paramuspublicschools> or call Lynda J. Ariyan 201-261-7800 Ext 3038