

(Continued)

PARENT UNIVERSITY 2010

3. PHOTOGRAPHY by *John Vercelletto*

Date: Tuesdays: 4/6, 4/13, 4/20 & 4/27 **Time:** 8:00PM – 9:00PM **Service Credits:** 6

This workshop will teach you basic photographic skills. Workshop will teach how to use composition, observation, and technical skills to create better photos. Please bring a digital camera to class. Registration includes 4 classes.

4. PARENT/TEEN YOGA by *Deanna Bianca*

Date: Wednesdays: 4/7, 4/14, 4/21 & 4/28 **Time:** 7:00PM – 8:00PM **Grade Level:** 6th & Up **Service Credits:** 6

Parents & teens can participate together in this yoga class, which includes partner poses, breathing and relaxation techniques. Registration includes 4 classes.

5. JAZZERCISE by *Gina Dellosso*

Date: Mondays: 4/12, 4/19, 4/26 & 5/3 **Time:** 11:00AM – 12:00PM **Service Credits:** 6

The original dance exercise phenomenon! Each 60-minute class is a fusion of dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. Every class includes a gentle warm up, 30-minute aerobic workout with muscle toning and strengthening. We are also offering activity time for your pre-school age children so you can bring them with you to the Youth Center! Registration includes 4 classes.

6. PRE-K ACTIVITY TIME by *TBA*

Date: Mondays: 4/12, 4/19, 4/26 & 5/3 **Time:** 11:00AM – 12:00PM **Age Level:** 3-4 year olds

Interested in taking our Jazzercise class? Let your pre-school age children have some fun while you join our Jazzercise class. Children will have fun playing different games, doing crafts or playing sports while the moms are working out! Registration includes 4 classes.

7. PARENT/TEEN CARDIO KICKBOXING by *Chuck Wilson*

Date: Mondays: 4/12, 4/19, 4/26 & 5/3 **Time:** 6:30PM – 7:30PM **Grade Level:** 6th & Up **Service Credits:** 6

Bored with your everyday exercise routine? Parents and teens are encouraged to try out this high-energy total body workout together! Cardio Kickboxing is a combination of Aerobics, Boxing, and Martial Arts, and is a great way to improve strength, aerobic fitness, flexibility, and coordination. Get ready to sweat and burn calories in this fun, non-contact and exciting class. Registration includes 4 classes.

REGISTRATION INFORMATION AND INSTRUCTIONS

- **PLEASE MAIL YOUR REGISTRATION FORM AND CHECK TO: North Babylon P.Y.A.C, P.O. Box 2403, North Babylon, NY 11703.** Mailed registration must be **postmarked by Friday, March 26th.** *Town of Babylon Residents:* If you received a 2009 Service Credit Voucher, please include it with your registration form to receive your discount. All workshops are open to the public.
- **The registration cost is \$10.00 per workshop (excluding #1 & #2).** You must be pre-registered in order to attend any workshops.
- Please do not bring your children to the workshops. Children are only permitted to attend workshops #4, #6 & #7 and must be registered on the registration form. Please note the appropriate age/grade levels for these workshops.
- If you miss the mail in registration and still want to register, please contact the office at **(631) 422-0333** to see what workshops are still available. We will accept walk in registration during our regular office hours, 11:00AM – 5:00PM, Monday through Friday, providing space is available. If needed, occasional arrangements can be made to register from 6:00PM – 8:00PM. Call the office for an appointment.
- All Town of Babylon residents will receive Service Credits for any workshop or series of workshops completed this year. These credits can be applied to registration costs for any P.Y.A.C. Parenting Program or Event held during the year 2011. **One Service Credit = \$1.00 off a 2011 Registration Cost**
- If you earned Service Credits in 2009, deduct the amount listed on the Service Credit Voucher from this year's registration cost. Please mail your service credit voucher with your registration form to receive your discount. Last year's service credits must be used during the year 2010. Service credits will not carry over to the following year.
- Workshop size is limited. Registration is on a first come/first served basis, so register as soon as possible. We must have a certain number of participants in order to run the workshops, so please register early to avoid cancellation. We will contact you if we have to cancel a workshop due to low registration.
- We reserve the right to cancel workshops due to lack of registration, inclement weather, and availability of building and/or availability of workshop instructor.

Parent and Youth Activities Committee consists of the following groups:
North Babylon Board of Education, North Babylon School's Administration, North Babylon Teachers' Organization,
North Babylon Council of PTAs and individual PTA units, North Babylon Public Library, North Babylon Community Youth Services,
Belmont Lake Civic Association and other interested North Babylon Community Groups.
This program is partially funded by the Town of Babylon Youth Bureau, Steve Bellone, Supervisor.