

# Paramus Community School Adult and Youth Classes

2021 Virtual Spring Classes



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

# 2021 Virtual Spring Classes

Instructors will send a link for your online class prior to or the day of class

When registering for a class in CommunityPass, <https://register.capturepoint.com/paramuspublicschools> select a program group (left side of the screen) or click on the program under results to add the course to your cart. (Example: Health and Wellness - Navigating the Medicare System)

## Virtual Music Classes

### Adult and Youth Private Music Lessons

10-week Spring session begins the week of March 22nd and ends the week of June 1st Make-up week June 7th  
No class Friday, April 2nd, the week of April 19th, and Monday, May 31st

<b>AMS30 Adult Spring Private Music Lessons</b> 30 Minute Lessons Fee \$360.00	<b>AMS45 Adult Spring Private Music Lessons</b> 45 Minute Lessons Fee \$455.00	<b>AMS60 Adult Spring Private Music Lessons</b> 60 Minute Lessons Fee \$635.00
<b>YMS30 Youth Spring Private Music Lessons</b> 30 Minute Lessons Fee \$360.00	<b>YMS45 Youth Spring Private Music Lessons</b> 45 Minute Lessons Fee \$455.00	<b>YMS60 Youth Spring Private Music Lessons</b> 60 Minute Lessons Fee \$635.00

We are offering virtual music lessons. Lessons will be offered for students who have some experience and can fundamentally set up, tune, have past knowledge of at least 1 year of lessons, own or rent student books instruments for instruction. You may sign up for 10 lessons at 30 minutes, 45 minutes or 60 minutes. Instruments that will be taught: Piano, guitar, voice, flute, oboe, clarinet, trumpet, French horn, trombone, baritone, tuba, saxophone, percussion, violin, viola, cello, and string bass. Once registered, the music coordinator will set up the day and time of your lesson. **Please sign up by March 18<sup>th</sup>**, all registrations must be completed by this date. Call Judy Wilkes, music coordinator at 201 742-3711.

## Virtual Adult Classes

### Health and Wellness

#### HW2 Navigating the Medicare System

Fee \$25.00

1 Session, Thursday, April 8th

7:00PM-8:30PM

Maximum 25 students

This course will discuss the basics of Medicare: Medicare Parts A, B, C, and Part D. Parts of Medicare and how to avoid thousands of dollars in out of pocket costs. **Instructor: Stuart Schwartz**

#### HW3 Fun Techniques for Stress Reduction

Fee \$30.00

1 Session, Thursday, May 13th

7:00PM-8:30PM

Maximum 12 students

Feeling stressed? You're not alone! Want to learn some fun, effective ways at keeping stress more under control? Join us in discovering various fun ways to reduce stress using several "tried and true" stress management techniques. First, we will learn about the psychological and physiological effects of stress and how important it is to keep it under control. Then, we will explore traditional ways of reducing stress from deep breathing, guided imagery, and body scanning, to mindfulness, movement, and meditation activities. Techniques will be easy for all ages and abilities and can be shared with others in your life for maximum stress relieving benefit. This class can be taken on its own or in conjunction with classes provided by the same instructor. Additional classes offered focus on discovering further fun, creative and active stress reduction techniques. **Instructor: Amy Denekamp, BA, Psychology; MA, Health Education; Health and Wellness Consultant**

#### HW3A Creative and Fun Stress Reduction

Fee \$30.00

1 Session, Thursday, May 20th

7:00PM-8:30PM

Maximum 12 students

Life is stressful for all of us, in so many ways! Wouldn't it be great to learn about a ton of new, fun and creative ways to reduce stress that will benefit you and everyone in your family? In this class, we will explore various fun ways that you can achieve stress relief and mindfulness through creative means, such as expressing oneself through art, music, writing, and hobbies, to name a few. Learn ways to help yourself and everyone in your family, from young children to grandparents, find the most beneficial ways of creatively reducing stress levels, based on everybody's own interests and personalities. We can't get rid of stress altogether, but we can work on keeping it at bay as much as possible in our lives! This class can be taken on its own or in addition to other stress reduction classes provided by the same instructor. **Instructor: Amy Denekamp, BA, Psychology; MA, Health Education; Health and Wellness Consultant.**

#### HW3B Active and Fun Activities for Stress Reduction

Fee \$30.00

1 Session, Thursday, May 27th

7:00PM-8:30PM

Maximum 12 students

Let's face it, life can be very stressful, especially if we're busy! Would you like to reduce your stress, but don't feel you have the time or patience to slow down much and sit still for too long? Reducing stress through participating in active mindfulness may just be the right fit for you! How can you be active and mindful at the same time, you ask? Lots of ways! This class will explore several mindful, fun activities that can be practiced by individuals and family members of all ages and abilities. We will discuss the benefits of movement and physical activities and how incorporating nature and the great outdoors into our activities greatly increases the overall health benefits. **Instructor: Amy Denekamp, BA, Psychology; MA, Health Education; Health and Wellness Consultant.**

## Virtual Youth Classes

### Instructors will send a link for your online class prior to or the day of class

When registering for a class in CommunityPass, <https://register.capturepoint.com/paramuspublicschools> select a program group (left side of the screen) or click on the program under results to add the course to your cart. (Example: Youth Sports - TGA Cheerleading)

### Driver's Education

#### YDE1 Driver's Education Behind the Wheel

Paramus Driving School provides instruction on the fundamental skills of safe driving to students who are at least 16 years old. We are the only driving school in NJ that provides a two-hour highway lesson in the 6 hour program. Our instructors are all educators by profession. 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. 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 \$385.00. Please make checks payable to Paramus Driving School. There is a separate \$10.00 cash fee to process the permit application with the New Jersey Motor Vehicle Commission. Paramus Driving School will send forms with payment and contact information. For more information, please contact Paramus Driving School at 201-702-8880 or Howard Blackwood at 201-925-6822. **Instructor: Howard Blackwood, Paramus High School Teacher and Paramus Driving School, LLC**

### Enrichment

#### SAT Prep Live Interactive Class

**Fee \$465.00 (includes shipment of workbook)**

**Maximum 30 students per group**

Lentz & Lentz is proud to be offering a live online virtual classroom for SAT and PSAT prep. These live online courses consist of the same instructional content as our in-person classroom courses. Students prep in the comfort, convenience, and safety of their own homes. With easy to use screen sharing technology hosted through ZOOM, we were able to create a virtual classroom in which the instructor and all students can communicate with one another in real time. These lessons proceed according to the exact same format as our classroom lesson plans. Everything our instructors write down over the course of the lesson, including problems, notes, and solutions are visible online. Students with questions can push a button to raise their hand. In addition to real time answers there is also access to free individualized extra-help. Students also have the opportunity to re-listen to lessons in their entirety. The online classroom is a perfect solution for preparation allowing students the convenience and flexibility to prepare in the comfort and safety of their home. For information call Lentz & Lentz at 845-638-2826. **Instructor: Lentz and Lentz Staff**

**YE4 (Group 11)**

**6:00PM-7:30PM**

**(English) Tuesdays, March 16th-May 4th  
(Math) Wednesdays, March 17th-May 5th**

**YE4A (Group 14)**

**6:00PM-7:30PM**

**(English) Mondays, April 12th-May 24th  
(Math) Tuesdays, April 13th-May 25th**

**YE4B (Group 15)**

**Saturdays, April 10th-May 22nd**

**(English) 9:00AM-10:30AM  
(Math) 11:00AM-12:30PM**

### Sports

#### YS1 TGA of Bergen County Cheerleading

**Fee: \$140.00**

**8 Sessions, Tuesdays, March 23rd-May 18th, no class April 20th**

**4:30PM-5:30PM**

**Maximum 12 students**

A TGA coach will lead students in grades 1st-5th, through a dynamic warm-up, instructional lessons, and activities to develop the fundamental skills of cheerleading, including: motions, cheer choreography, and dancing. Students also learn the rules, etiquette, history, and vocabulary of the sport. For more information call Kevin Rooney at 201-375-7406 **Instructor: TGA Coach**

**Paramus Community School  
For Adults and Youth**



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

**Information and school locations**

<b>Sponsored by</b>			
<b>Paramus Board of Education</b>	<b>Administration</b>	<b>Advisory Council</b>	<b>Paramus Community School Staff</b>
Melissa Caminiti, President Patricia Kim, Vice President Joanne Bergmann Lisa Cassesa Alison Donoghue Anthony Feorenzo, Jr. Keri Greene William Holzmann Bernadette McCausland	<b>Mr. Sean Adams,</b> Superintendent of Schools  <b>Mr. Timothy Donohue,</b> Assistant Superintendent of Schools  <b>Steven J. Cea,</b> Interim Business Administrator/ Board Secretary	Lynda Ariyan Melissa Caminiti Cathy Eng Fred Rohdieck Felicia Steele	<b>Steven J. Cea,</b> Interim Business Administrator/ Board Secretary 201-261-7800 Extension 3010  <b>Lynda J. Ariyan</b> Community School 201-261-7800 Ext. 3038 <a href="mailto:lariyan@paramusschools.org">lariyan@paramusschools.org</a>

**GENERAL INFORMATION** 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 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. Courses 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** If class is cancelled due to an emergency, we will make-up the missed session. 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. 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 credit card (Discover, MasterCard, Visa).

**Instructors will send a link for your online class prior to or the day of class**

**Course Suggestions**

If you have suggestions or would like to teach a class at the Paramus Community School, please email Lynda Ariyan [lariyan@paramusschools.org](mailto:lariyan@paramusschools.org) or call 201-261-7800 Ext. 3038. Thank you and stay safe.