Marlboro Central School District

Adult Education

Cindy Storno, Adult Education Coordinator

Fall 2026

ADULT SWIM LAPS



Phyllis Trapani

Take pleasure in a body-friendly hour of freestyle swim laps. Instruction and guidance provided as needed. Class size is limited so sign up early to reserve your spot.

Mondays, September 28 - December 7
OR
Wednesdays, September 30 – December 16
6-7 PM
10 classes $65
Marlboro High School Pool
(No Class October 12 & November 25)

CO-ED VOLLEYBALL

Melanie Dina

Smile, laugh and have fun playing this fun and timeless game. All levels of play are welcome.



Tuesdays,
September 8 - December 8
7-9 PM
12 classes $75
Marlboro Elementary School Gym 3-5
(No class October 6)



QI GONG

Hannah Truncali

Discover the gentle art of Qi Gong through an eclectic blend of traditional practices, including the Eight Brocades, Five Elements, Ba Gua, and other time-honored forms. This class combines mindful movement, breathing, and meditation to improve mobility, reduce stress, enhance balance, and support overall health and longevity. No experience is necessary, and all fitness levels are welcome.

Tuesdays, September 8 - September 29
6:30-7:30 PM
4 classes $25
Marlboro Elementary School Gym K-2

LET'S PLAY PINOCHLE!

Ann Sandri

Join us for an enjoyable evening of card playing! All skill levels are welcome, whether you have played before, need some brushing up or are completely new to the game. In this class we will go over all the aspects of playing Pinochle including bidding, scoring, meld, and taking tricks. You will have the opportunity to learn variations and how to play with any number of people, utilize a "kitty", and ultimately play with a double deck. If you know how to play, join others as they hone their skills and learn something new!

Tuesdays, September 15 - November 17
6-8 PM
10 classes $45
Marlboro High School Media Center



THERAPEUTIC YOGA

Cait Fields

This eight-week group therapeutic yoga series with certified yoga therapist Cait Fields offers a gentle, supportive space to explore yoga in a way that meets you where you are. Each class is co-created based on the needs of the group and moves at a slow, comfortable pace, blending a variety of yoga styles to support both body and mind. Classes include time standing and on the floor for movement and rest, so participants are encouraged to feel comfortable coming down to and up from the mat.

Please bring your own props, including a yoga mat, blanket, two yoga blocks, and a strap.

Thursdays,
October 1 - November 19
5:30-6:30 PM
8 classes $45
Marlboro Elementary School Gym K-2



VISION BOARDING CLASS

Harrie Mule'

7 Tips to Manifesting Your Dreams: Vision boarding is a powerful visualization tool that helps individuals articulate their goals through a collage of images and words. It can help clarify intentions and keep aspirations at the forefront of your mind. By regularly viewing your vision board, you can reinforce your goals and stay focused on your dreams.

In this class, participants will engage in a variety of activities to create their own vision boards, including brainstorming, creating a word wall and affirmations, and participating in a guided group meditation designed to prepare them for the vision board process. Participants will then gather materials from magazines, photos, drawings, quotes, and other visuals that resonate with their goals and dreams and arrange them on a poster board to create something meaningful and inspiring.

Please bring: Something to write on, 1 poster board, colored markers, scissors, and a glue stick.

Thursday, October 8
5:30-7:30 PM
1 classes $15
High School Media Center

WATER AEROBICS

Vivian Lanzarone

Join us for a low-impact, high-energy water aerobics class where no swimming skills are required! This class is designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance. The resistance of the water provides a gentle, supportive workout that helps cushion the feet, knees, and back. Exercises are performed to lively, motivating music and are effective, easy to follow, and suitable for all fitness levels.

Tuesdays, November 3 - November 24
6-7 PM
4 classes $25
Marlboro High School Pool

SPANISH IMMERSION CLASS

Miriam Leino

This is Spanish 1 for beginners, immersion style. Throughout this course you will learn to speak and engage in different conversational scenarios in the target Spanish language. Students will also be familiarized with Spanish Latin American Culture and Castilian Spanish Culture from Spain.

Wednesdays, September 9 - November 18
6-7:30 PM
$60
Marlboro High School Room #19

KNITTING CLASS

Rachel Sear

Beginning to Intermediate Knitting. This class is for anyone who wants to learn the magic of weaving a long piece of yarn into a beautiful wearable garment. Please join us as we enjoy the warmth of each other's company, spin stories, and make fun projects. New knitters will have the opportunity to make a hat, as well as learn or improve their knowledge of cable stitching. Patterns will be available, but feel free to find your own. An optional $20 supply fee includes knitting needles and enough yarn to make a scarf or hat. If you prefer to bring your own supplies, please contact Rachel at rachel.sear@marlboroschools.org for a supply list.



Tuesdays, January 11 - February 2
6-8 PM
4 classes $40
Marlboro High School Media Center

ACTING FOR THE NON-ACTOR

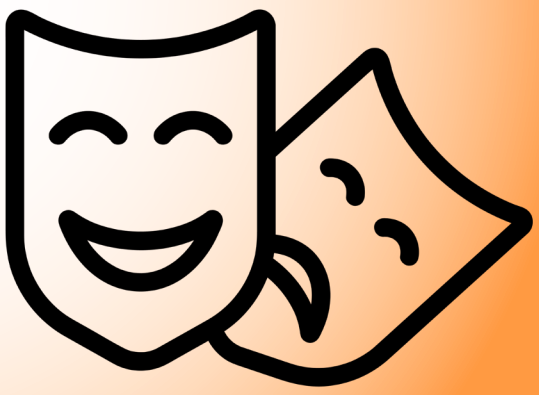
Harrie Mule'

If you've ever wanted to try acting, this class is for you! This one-day workshop will introduce participants to three influential acting teachers and their respective techniques. Beginner-friendly exercises, including improvisation games, will help reduce self-consciousness and build confidence. To wrap up the workshop, participants will work in pairs on short two-person scenes, exploring character, intention, and simple storytelling without the pressure of memorization. The instructor will assign partnerships to encourage participants to explore the scenes together.

By the end of the workshop, participants will walk away with a stronger understanding of the craft of acting and creative skills they can bring into their everyday lives. Get in touch with your creativity, gain confidence, and who knows—community theater might be in the stars for you!

Designed for adults of all ages. No experience necessary. Maximum of 10 participants.

Thursday, November 5 & Thursday, November 12
6-8PM
2 classes $25
High School Media Center



IMPROV CLASS

Harrie Mule'

When was the last time you surprised yourself? Interactive improv games spark creativity, laughter, and connection while building confidence, communication skills, and spontaneity. No acting experience required—just a willingness to play, laugh, and say "yes" to the unexpected!

Thursday, October 29
6-8 PM
1 class $25
High School Media Center



SCARF DANCING

Vivian Lanzarone

Vivian is a scarf dancing teacher, certified aerobics instructor, and personal trainer. She has put together a fun, energetic, low-impact dance workout using beautiful flowing scarves and great music. This total-body workout is designed to energize your mind, body, and soul. A $20 fee for the scarf is payable to the instructor at class. Enjoy this amazing dance workout and continue the fun at home with your new scarf! Take one class or all four.

Tuesdays, October 6 - October 27
6-7 PM
$5 per class or all four for $15
Marlboro Elementary Gym K-2

ZUMBA®

Andria Dunkin

My Zumba® class is a total-body workout for everybody! It combines all elements of fitness—cardio, muscle conditioning, balance, flexibility—and ends with a serious dose of feel-good energy. Come sweat it out with me to the uplifting rhythms of salsa, merengue, cumbia, reggaeton, and more! I can't wait to see you on the dance floor for a workout that feels like a party!

Mondays, September 14 - January 11 - 6:30-7:30 PM
15 classes $60 - Marlboro Elementary Gym K-2
(No classes September 21, October 12, December 28)

LEARN TO SPEAK ENGLISH

Ulster BOCES

Learn to converse in English. Instruction in speaking, reading and writing English (includes citizenship education) Must be 18 years or older and must register first. Please bring a notebook & pencils. We need at least 8 students for class to run.

Mondays & Wednesdays
September 14, 2026 - December 16, 2026
5:30-8:30 PM
25 classes - Free
Marlboro High School Room #13
(No Classes on September 21, October 12, November 11, & November 25)

HOLIDAY WREATH DECORATING CLASS



Lorraine Bono

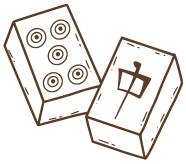
Make and take home a beautiful, fresh 20" wide wreath to decorate your doorway for the holidays. Wreaths are made of fresh balsam and decorated with ribbon, white-tipped pine cones, extra greens, juniper berries, white pine, small colored glass balls, and artificial poinsettias. This class will be limited to 15 participants per class. A material fee of $30 is payable to the instructor the night of the class.

Tuesday, December 1 or Wednesday, December 2
6-7:30PM - $5
Marlboro High School Room #2

MAH JONGG

Janet DeStefano

Come out for a fun night of Mah Jongg for both new and experienced players. Open to eight (8) beginners and eight (8) experienced players. Beginners will learn the basic rules and strategies of this fun and addictive game to be successful Mah Jongg players. If you are an experienced player, you are welcome to join us for a night of fun, friendship and competition (don't forget your card). On the registration, please note either beginner or experienced (Mahjongg beginner or Mahjongg experienced). Beginners, please bring $15 for the Mah Jongg card, payable to the instructor on the first night.



Mondays, September 28 - December 14
6-8 PM - 10 classes - $45
Marlboro High School Media Center
(No class October 12 & November 2)

EVENING UNDER THE STARS

Robert DeMarco

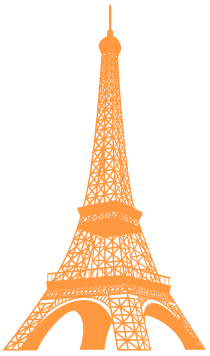
Join us for an "Evening Under the Stars" in the planetarium at Marlboro High School. Guests will become better observers of our local night sky, identify constellations, fly to the planets in our solar system, view the universe on the grandest scale, and explore the most talked about and exciting astronomical phenomenon out there! The Spring session sold out quickly, so reserve a seat before they are gone.



Thursday, TBD
7-8 PM
$7
Marlboro High School Planetarium

FRENCH FOR TRAVELERS

Pamela LaLonde



This course is designed for people who speak no French, and would like to be able to navigate in French speaking countries. Strategies for finding one's way around, and basic vocabulary to aid in asking questions will be taught. Students will be taught some of the customs of the countries, such as polite ways to address people, using transportation systems, shopping, and ordering food.

Tuesdays, September 8 - October 13
6-7:30 PM
6 classes $40
Marlboro High School Room #19

AMERICAN INDEPENDENCE THROUGH THE EYES OF HOLLYWOOD

Paul Ellis-Graham

This film course takes a look back at how Hollywood has portrayed the American Revolution Era both on film and television.

Filmography: 1776 (1972), John Adams (2008) HBO miniseries clips, Devil's Disciple (1959), John Paul Jones (1959), The Patriot (2000), Benedict Arnold; A question of honor (2003) A&E

Tuesdays, September 8, September 22, October 20, October 27, November 10, November 24, & December 1
7-9 PM
7 classes $45 - Marlboro High School Room #13

Important Class Information

NO CLASSES ON THE FOLLOWING DATES

September 21; October 12; November 11, 25, 26, & 27; December 21–31; January 1 & 18; and any day school or school activities are canceled.

Check the District website or contact the Office of Adult Education for cancellation information.

REFUND POLICY

Refunds for withdrawing from a course will be honored only until the completion of the first class. If you choose to withdraw from a course, you must do so in writing to the Office of Adult Education no later than the day following the completion of the first day of class.

Marlboro Adult Education Registration Form

—Please complete all contact information—

Name _____ Email _____

Address _____ Phone (required) _____

Name of Participant	Age	Course	Date/Day/Time	Fee

Please make check/money order payable to: **Marlboro Adult Education**

Mail payment and registration form to:
Marlboro Central School District
ATTN: Marlboro Adult Education
21 Milton Tpke, Suite 100
Milton, NY 12547

All courses for Senior Citizens (65+): no more than $25

PRE-REGISTRATION IS REQUIRED!

Courses may be cancelled due to insufficient enrollment: Please register as early as possible!

Marlboro Central School District

Adult Education

Course Offerings

Fall 2026

MARLBORO CENTRAL SCHOOL DISTRICT BOARD OF EDUCATION

Faith Nannini, President
Patricia Benninger, Vice President
Jennifer DeSantis
JoAnn Reed
Michael Schreiber
John Shillieto
Harry Toromanides

SUPERINTENDENT OF SCHOOLS
Michael Rydell

www.marlboroschools.org

cindy.storno@marlboroschools.org

Take a Class!

We encourage all of our community members to take advantage of the course offerings outlined in this brochure. Wherever your interests lie or whatever your needs may be, there is truly something for everyone. ***Sign up today!***

Teach a Class!

Do you have something to offer the community? Our classes have covered a broad spectrum of interests over the years: areas as diverse as art, music, computers, cooking, health and wellness, photography, etc. If you have knowledge or a skill you would like to share, this may be for you. Please contact the Adult Education Office at **(845) 236-8000 x1200** and speak with us about completing an Adult Education proposal form. The personal enrichment of teaching will certainly be felt by students and teacher alike.

OFFICE OF ADULT EDUCATION
Cindy Storno
Adult Education Coordinator
Marlboro Central School District
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Milton, NY 12547

(845) 236-8000, ext. 1200
(845) 347-3971 Fax

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