



Marlboro Central School District

# Adult Education

Cindy Storno, Adult Education Coordinator

Spring 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, March 2 - May 18**  
**OR Wednesdays, March 4 - May 13**  
**6-7 PM**  
**10 classes \$65**  
**Marlboro High School Pool**  
(No class March 30, April 1 & April 6)



## WATER AEROBICS

Vivian Lanzarone

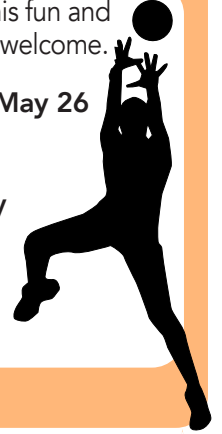
Join us for a low-impact yet high-intensity water aerobics class—no swimming skills required! This class is designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance. The natural resistance of the water cushions your feet, knees, and back, making it a safe and effective workout for all fitness levels. Exercises are performed to lively, motivating music and are easy to follow—come make a splash and feel great!

**Tuesdays, April 7 - 28, 6-7 PM**  
**4 classes \$25, Marlboro High School Pool**

## CO-ED VOLLEYBALL

Melanie Dina

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



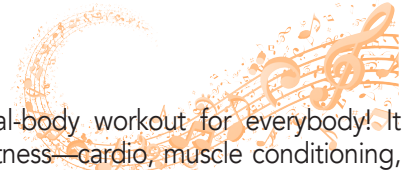
**Tuesdays, March 3 - May 26**  
**7-9 PM**  
**12 classes \$75**  
**Marlboro Elementary School Gym 3-5**  
(No class March 31)

## 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, March 2 - June 8, 6:30-7:30 PM**  
**12 classes \$55 - Marlboro Elementary Gym K-2**  
(No class March 30, April 6 & May 25)



## MEDITATION: A BEGINNERS JOURNEY

Lauren Remer

This course is designed to introduce beginners to meditation practices by building foundational knowledge and understanding. Participants will learn about the general principles of meditation and develop skills through hands-on practice with a variety of meditation techniques.

**Wednesdays, March 4 - April 8, 5:30-6:30 PM**  
**4 classes \$25, Marlboro Elementary School K-2 Wing Circle Center**

## MEDITATION: DEEPENING YOUR PRACTICE

Lauren Remer

This five-week series is designed for students who have completed the beginner meditation class or who have an established foundational practice. Each week explores a core dimension of contemplative work, guiding participants from basic techniques toward a more embodied, intentional, and personally meaningful practice. Participants will examine the psychology of intention, learn to use the body as a grounding resource, navigate inner experiences with curiosity, explore the role of ritual and meaning-making, and consider how meditation supports ongoing personal transformation. The course blends instruction, guided practice, and group discussion to foster a deeper, more sustainable relationship with meditation.

**Wednesdays, March 29 - May 27, 5:30-6:30 PM**  
**5 classes \$30, Marlboro Elementary School K-2 Wing Circle Center**



**\*NEW\* THERAPEUTIC YOGA** with Cait Fields

**NOTICE: Cait will not be holding a yoga class this semester. She will be back with a new class in Fall 2026.**

## SCARF DANCING

Vivian Lanzarone

I am a Scarf Dancing teacher, certified aerobics instructor, and personal trainer. I've created a fun, energetic, low-impact dance workout using a scarf and great music. It's a total-body experience for the mind, body, and soul. Beautiful, flowing scarves are used during class. A \$20 scarf fee is payable to the instructor at the first session. Enjoy this amazing dance workout—and keep the energy going at home with your new scarf! Take one class or join us for all four.

**Tuesdays, May 5 - 26, 6-7 PM**

**\$5 per class or all four for \$15, Marlboro Elem. Gym K-2**



## SPALATES

Christina Purdy

Step into a self-care space designed for a modern-day queen! Enjoy an all-levels mat Pilates class created to lengthen and strengthen you from tip to toe. Then, unwind with a luxurious DIY facial, followed by meditation and a debrief on micro-changes you can make to elevate your well-being routine. You deserve this! What else could a modern-day queen ask for? Class one will focus on basic Pilates and foundational skincare. Class two will build on the basics, refining Pilates technique and elevating the facial experience. Grab the girls—you won't want to miss out on this amazing class!

**Friday, April 10 OR Friday, April 17, 6:30-8 PM**

**\$8 per class, Marlboro Elementary School Gym K-2**

## HANGING BASKET CLASS

Lorraine Bono

Create your own beautiful hanging basket to brighten up your home. Whether you plan to hang it in the sun or shade, Lorraine can accommodate your choice of annuals that will work best for your environment. The instructor will provide the hanging basket, potting soil, fertilizer, and annuals. This class is limited to 20 participants. A \$25 materials fee, payable to the instructor on the night of the class, is required.



**Tuesday, May 12, 6-7:30 PM**

**\$5, Marlboro High School Room #2**

## FRENCH FOR TRAVELERS

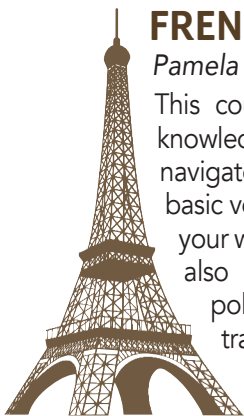
Pamela LaLonde

This course is designed for those with no prior knowledge of French who would like to confidently navigate French-speaking countries. You'll learn basic vocabulary and practical strategies for finding your way around and asking questions. The course also covers useful cultural insights, including polite ways to address people, how to use local transportation, shop, and order food. Perfect for anyone planning a trip or simply wanting to explore a new language and culture!

**Thursdays, March 5 - April 16, 6-7:30 PM**

**6 classes \$40, Marlboro High School Room #19**

*(No class April 2)*



## EVENING UNDER THE STARS

Robert DeMarco

Join us for a captivating night in the planetarium as we journey through the cosmos! Guests will become better observers of our local night sky, identify constellations, fly through the planets of our solar system, view the universe on a grand scale, and explore some of the most talked-about and exciting astronomical phenomena. The fall session sold out quickly—reserve your seat before they're gone!

**Thursday, May 21, 7-7:45 PM**

**\$7**

**Marlboro High School Planetarium**



## LEGACY - MY LIFE, MY STORY

Harrie Mulé

This creative writing class for seniors offers a supportive and engaging environment where participants can reflect on their life experiences while fostering new friendships.

Designed for beginners, the course introduces basic storytelling techniques and guides attendees in creating personal narratives that can be shared with loved ones or included in memoirs. It is a meaningful way for seniors to document their stories and create a lasting legacy keepsake. Participants should bring something to write on and a pen, and are encouraged to bring a selection of mementos (photographs or other small cherished items) to inspire their writing. The class is easy and fun, designed for seniors and anyone who enjoys writing—or wants to learn how to write their own personal story. Maximum enrollment is 15 participants.

**Tuesday, May 12 & Wednesday, May 13, 5-7 PM**

**2 classes \$25, Marlboro High School Media Center**



## LET'S PLAY PINOCHLE!

Ann Sandri

Join us for an enjoyable evening of card playing! All skill levels are welcome—whether you've played before, need a refresher, or are completely new to the game. In this class, we will cover all aspects of playing Pinochle, including bidding, scoring, meld, and taking tricks. Participants will have the opportunity to learn game variations, how to play with different numbers of players, how to utilize a "kitty," and how to play with a double deck. If you already know how to play, join others as you hone your skills and learn something new!

**Mondays, March 2 - May 18, 6-8 PM**

**10 classes \$45, Marlboro High School Media Center**

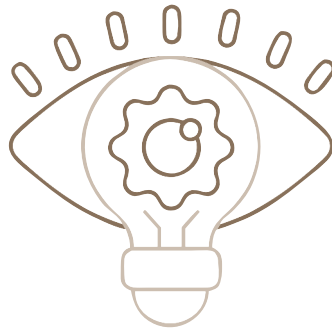
*(No class March 30 & April 6)*



# VISION BOARDING CLASS - 7 TIPS TO MANIFESTING YOUR DREAMS

Harrie Mulé

Vision Boarding is a powerful visualization tool that helps individuals articulate their goals through a collage of images and words. It serves to clarify intentions and keep aspirations at the forefront of one's mind. By regularly viewing their board, participants can reinforce their goals and stay motivated. 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 process. Participants will gather materials from magazines, photos, drawings, quotes, and other visuals that resonate with their goals and dreams, and then arrange these materials onto a poster that is meaningful and inspiring. Participants should bring something to write with, one poster board, colored markers, scissors, and a glue stick.



**Tuesday, April 21, 5-7 PM**  
**1 class \$12.50, Marlboro High School Media Center**



# ACTING FOR THE NON-ACTOR

Harrie Mulé

If you've ever wanted to try acting, this class is for you! This one-day workshop introduces non-actors to three influential acting teachers and their respective techniques through beginner-friendly exercises, including improvisation games that help reduce self-consciousness and build confidence. To wrap up the day, 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 support the scene work. 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 any age. No experience necessary. Maximum enrollment is 10 participants.

**Tuesday, May 19 & Wednesday, May 20, 6-8 PM**  
**2 classes \$25, Marlboro High School Media Center**

## Important Class Information

**NO CLASSES ON THE FOLLOWING DATES:**

March 30 - April 6, May 25, and any day school or school activities are cancelled. Check the District website or contact the Office of Adult Education for cancellation information.

**PRE-REGISTRATION IS REQUIRED!**

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

**ALL COURSES FOR SENIOR CITIZENS (65+):**

No more than \$25.

**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.

**MAIL PAYMENT AND REGISTRATION FORM TO:**

Marlboro Central School District  
 ATTN: Marlboro Adult Education  
 21 Milton Tpke, Suite 100  
 Milton, NY 12547

# 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**



Marlboro Central School District

# Adult Education

## Course Offerings

Spring 2026



### MARLBORO CENTRAL SCHOOL DISTRICT BOARD OF EDUCATION

*Rhoda Antonia Uszenski, President*

*James Mullen, Vice President*

*Patricia Benninger*

*James Kuha*

*Faith Nannini*

*JoAnn Reed*

*Harry Toromanides*

### SUPERINTENDENT OF SCHOOLS

*Michael Rydell*

[www.marlboroschools.org](http://www.marlboroschools.org)

[cindy.storno@marlboroschools.org](mailto: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

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(845) 347-3971 Fax

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