September through December

Virtual Fall Season 2020

Learning, fitness, friendship, & fun!

Online registration begins September 9

COMMUNITY PASS WEBSITE
https://register.communitypass.net/fairlawn

New programs are added throughout the semester.
Community School Flyers can be seen on-line at www.PeachJar.com
The Fair Lawn Community School is a non-profit community enterprise sponsored and administered by the Fair Lawn Board of Education with the planning and cooperation of the Fair Lawn Community School Advisory Council. We are an equal opportunity educational employer. The Community School is self-sustaining and operates at no expense to the taxpayers.

**BOARD OF EDUCATION**

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**COMMUNITY SCHOOL**

Michael Shansky, Director  
(201) 794-5450 ext. 2369

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Dorothy Siancas  
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Grace Palmieri  
Bob Greco

**REGULATIONS**

1. Any person regardless of residence may register on a space available basis. Young people under high school age should enroll in Youth Programs Only.

2. If a course is cancelled due to insufficient registration, you will be notified in advance and receive a full refund by mail or via credit card.

3. No fees will be returned for cancellations within four days prior to the start of any offering or once class has begun. A cancellation fee of $15 will be deducted from tuition refunds requested before that time. Certain fees (where indicated) are not refundable. A charge of $30 will be made on any returned checks. No refunds on limited enrollment courses.

4. Books and materials are required for many classes, and cost will be payable to the instructor the first night of class.

5. In the event of inclement weather, classes will be cancelled if Fair Lawn Public Schools are closed. Closings will be announced on Radios Stations WOR (AM710), WINS (AM 101) and Cablevision Channel 12 or 58. Make-up sessions will be arranged.

6. It is advisable to check with your physician before entering fitness programs. The Community School will not be responsible for any injuries incurred in aerobics or other physical activities. Students should obtain their own coverage for their protection if they intend to participate in Aerobics, Sports or Dance programs.

7. Smoking is prohibited in all buildings and all school property.

8. Cars must be parked properly on the street or in school parking lots. Violators will be ticketed and/or towed.

**INFORMATION**

**Register Now**

at: [https://register.communitypass.net/fairlawn](https://register.communitypass.net/fairlawn)

**Schools Symbol Code**

Community School Office (FLS)  101 Berdan Avenue  201) 794-5450 ext. 2369 or 2365

Community School Office (Edison)  37-01 Fair Lawn Avenue & Mandon Place  201) 794-5450 ext. 2369

Community School Office (SHS)  37-01 Fair Lawn Avenue & Mandon Place  201) 794-5450 ext. 2369

Community School Office (TJMS)  37-01 Fair Lawn Avenue & Mandon Place  201) 794-5450 ext. 2369

Community School Office (MMS)  37-01 Fair Lawn Avenue & Mandon Place  201) 794-5450 ext. 2369

**Office Hours:**

**General Hours of Operation**

Make Check or Money Order payable to the Fair Lawn Board of Education or F.L.B.O.E.

**Credit Card or Check Same Price**

Unless you hear otherwise you can assume that your class is available.

**Before School Programs (7:15-8:35 a.m.)**

Forrest  (201) 794-4430

Lyncrest  (201) 794-4375

Milnes  (201) 794-4422

Radburn  (201) 794-4432

Warren Point  (201) 794-4465

Westmoreland  (201) 794-4461

**After School Programs (3-6 p.m.)**

Forrest  (201) 794-4430

Lyncrest  (201) 794-4375

Milnes  (201) 794-4422

Radburn  (201) 794-4432

Warren Point  (201) 794-4465

Westmoreland  (201) 794-4461
### FALL 2020
### SCHOOL CALENDAR

**Monday, September 28**  
YUM KIPPUR - CLOSED  
**Tuesday, November 3**  
ELECTION DAY - CLOSED  
**Thursday & Friday, Nov. 5 & 6**  
TEACHER’S CONVENTION  
**Thursday & Friday, Nov. 26 & 27**  
THANKSGIVING RECESS

#### MONDAY
- September 14
- September 21
- **September 28 - closed**
- October 5
- October 12
- October 19
- October 26
- November 2
- November 9
- November 16
- November 23
- November 30
- December 7
- December 14
- December 21

#### TUESDAY
- September 15
- September 22
- September 29
- October 6
- October 13
- October 20
- October 27
- November 3 - closed
- November 10
- November 17
- November 24
- December 1
- December 8
- December 15
- December 22

#### WEDNESDAY
- September 16
- September 23
- September 30
- October 7
- October 14
- October 21
- October 28
- November 4
- November 11
- November 18
- November 25
- December 2
- December 9
- December 16
- December 23

#### THURSDAY
- September 17
- September 24
- October 1
- October 8
- October 15
- October 22
- October 29
- November 5 - closed
- November 12
- November 19
- November 26 - closed
- December 3
- December 10
- December 17

#### FRIDAY
- September 18
- September 25
- October 2
- October 9
- October 16
- October 23
- October 30
- November 6 - closed
- November 13
- November 20
- November 27 - closed
- December 4
- December 11
- December 18

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The Fair Lawn Community School Office is temporarily closed to the public.

Register online for classes and programs at
https://register.communitypass.net/fairlawn

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**New Instructors & Course Proposal**

If you are interested in proposing and teaching a class please contact the Community School.  
(201) 704-5450 Ext. 2365  
mshansky@fairlawnschools.org
*INDEX OF CLASSES*

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**Fall, 2020**

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FAIR LAWN COMMUNITY SCHOOL

c/o FAIR LAWN HIGH SCHOOL (Corner of Burbank & Norma)

14-00 BURBANK AVENUE FAIR LAWN, NEW JERSEY 07410
[201] 704-5450 ext. 2369 • FAX [201] 704-2143 • www.fairlawnschools.org/fcs

STEP 1: Create an account for you and your children

Please do not hesitate to call the Community School @ (201)704-5450 Ext.2369 with any questions.

1. Go to the website https://register.communitypass.net/fairlawn to create a Community Pass Account.
   a. Click Create an Account

2. Once your account is created please add your children or additional adults you wish to register for Community School Programs.
   a. Click followed by Add Child or Add Adult

STEP 2: Register for Program(s)

1. Log into Community Pass® https://register.communitypass.net/fairlawn

2. Click

   Continuing Education Courses - Fall, 2020

3. Choose

   or

4. Confirm information and continue

5. Select the child(ren) or adults you will be enrolling

6. Please choose the classes/programs you wish to register for each participant.
   a. Use the filter check boxes to narrow down your search

7. Please complete the online form in its entirety

8. Payment online via credit card same price, no additional fee OR
   a. Mail or bring a check to the Community School made out to:

   Fair Lawn Board of Education or F.L.B.O.E.
   (corner of Burbank Street and Norma Avenue)
300. ELDER LAW & ESTATE PLANNING Fee: $5 Virtual Wednesday, September 23rd 7:00pm
Elderly individuals and their children are faced with a wide range of questions, particularly relating to basic legal documents that they need to control their personal and financial lives, how to reduce or eliminate inheritance tax, as well as financing long term care. This course is designed to address the importance of drafting a will, living trust, financial and medical powers of attorney. This course will also address the different types of funding for facilities, such as private pay, long term care insurance, and government assistance; client eligibility for government programs such as Medicare and Medicaid will also be discussed at length. Method of instruction (Zoom, Google Meet, Facebook Live, Etc.) One session.
Instructor: Marize Helmy, Michael A. Manna & Associates, PC - Attorney at Law

301. THE SEVEN DEADLY SINS OF ESTATE PLANNING Fee: $5 Virtual Monday, October 5th 7:00pm
Despite the Information Age we are living in, with access to mass amounts of information readily available at our fingertips, our law firm continues to find people making the same mistakes relating to estate planning and asset preservation. This course is designed to share the top seven mistakes repeatedly made, to enable you to avoid them. After all, “A smart person learns from their mistakes; A wise person learns from other people’s mistakes.” Method of instruction (Zoom, Google Meet, Facebook Live, Etc.) One session.
Instructor: Marize Helmy, Michael A. Manna & Associates, PC - Attorney at Law

302. STOP SMOKING WITH HYPNOSIS Fee: $49 Virtual Thursday, October 15th 6:30-7:30pm
Through hypnosis, smoking cessation is easily achieved in a one hour session. Eliminate the craving for tobacco while minimizing discomfort. Please bring a small pillow to class. Reinforcement CD is strongly recommended and is available for purchase for $18. hypnosisnj.com One session. Instructor: Barry Wolfson, Hypnosis Counseling Center

303. LOSE WEIGHT WITH HYPNOSIS Fee: $49 Virtual Thursday, October 15th 7:30-8:30pm
Though hypnosis, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Please bring a small pillow to class. Reinforcement CD is strongly recommended and is available for purchase for $18. hypnosisnj.com One session. Instructor: Barry Wolfson

304. RELAXATION THROUGH HYPNOSIS Fee: $49 Virtual Thursday, October 15th 8:30-9:15pm
You can reduce your stress using creative visualization, imagery, and hypnosis techniques, improving the quality of your life. Achieve relaxation without much effort or time. Reinforcement CD is strongly recommended and is available for purchase for $18. hypnosisnj.com One session. Instructor: Barry Wolfson

English as a Second Language
Are you new to this country?
Do you want to improve your English? Speaking, listening and reading skills available now!
Free Classes - For adults who are employed or actively seeking employment
Classes will be online until further notice.
When in-person instruction resumes, classes would then be at Memorial Middle School.
Evening classes are offered from 6:00 - 9:00 pm
Monday, Tuesday and Thursday
For testing and registration please email DOLbcchackensack@bergen.edu or call 201-879-8912
This program is funded by a grant from the Department of Labor

REGISTER NOW!
TO ENSURE YOUR PLACE IN A CLASS OF YOUR CHOICE!
WORKSHOPS

305. INTRODUCTION TO SQUARE FOOT GARDENING
Fee: $55
Wednesday, 7-9:30 p.m. Virtual
(1 sess. Sept. 30)

If you want to have the prettiest flowers and eat the freshest, tastiest, and most healthy produce ever, but hate to weed and don’t have much time to spend in the garden each day, then you’re in luck. A SF Garden is: 50% of the cost, 20% of the space, 10% of the water, 5% of the seeds, 2% of the work and 100% as much harvest as a traditional back yard row garden. It makes gardening success easy. No weeding. No digging. No kidding! Is your backyard soil as hard as a brick? No problem! You won’t be using it in your raised beds, and as a bonus the soil is totally organic! Join us for a light and fun-filled evening of useful gardening information, class participation and a question and answer session. You will be amazed to learn what you can grow all year long by using some of our simple tricks. Materials will be mailed to all students prior to class.

Instructor: DONALD J. KANARR

306. INTERPLANTING AND SUCCESSION PLANTING
Fee: $55
Wednesday, 7-9:30 p.m. Virtual
(1 sess. Oct. 7)

Plant basil or carrots by your tomatoes for a better harvest and better tasting tomatoes, but don’t plant anything in the onion family near your peas or you will stunt their growth! Sounds crazy but it’s true. Gardeners and farmers have known this for hundreds of years. The proper layout of your garden patch will greatly enhance its productivity and taste. Knowing what to plant next after harvesting one type of vegetable in your garden is just as crucial. Each plant variety has different requirements. This course will teach you how to successfully do both for a productive and disease and pest resistant garden. Materials will be mailed to students prior to class.

Instructor: DONALD J. KANARR

307. SPROUTS, MICROGREENS & BABY GREENS
Fee: $75
Wednesday 7-9:30 pm Virtual
(1 sess. Oct. 14)

Together we’ll explore the differences between sprouts, microgreens and baby greens and how to grow all of them year-round in your home. Sprouts have very important health properties due to their high levels of nutrients and enzymes, which give our body valuable energy to detox and strengthen our immune system. Broccoli sprouts contain 20 to 50 times more nutrients than mature broccoli and have sulforaphane, a powerful anti-cancer compound that helps fight and reduce the risk of developing cancer. We will also discuss the benefits of growing and juicing wheat grass which is another powerhouse for good health. Join us for a fun-filled evening of tips for living a healthier life. Each student will receive a tray of organic broccoli sprouts to take home. Trays will be available for pick up at Midland Park High School prior to this class.

Instructor: DONALD J. KANARR

308. YEAR ROUND GARDENING
Fee: $55
Wednesday, 7-9:30 p.m.
(1 sess. Sept. 23)

Why settle for frozen or canned vegetables or dried herbs when you can grow your own fresh produce practically year-round here in New Jersey? It’s easier than you might think. We’ll discuss techniques to get you started from the simplest window sill garden to hot house gardening and everything in between. Knowing which varieties to plant and when can make all the difference. These time-tested and proven techniques will have you amazing your friends and neighbors as you harvest vegetables just when they are beginning to plant them! We always have a great Q & A session at the end of the class and our gardeners share their success stories as well as questions. Join us for a fun-filled evening! Materials will be mailed to all students prior to class.

Instructor: DONALD J. KANARR

MIDLAND PARK CONTINUING EDUCATION VIRTUAL CLASSES
WORKSHOPS

309. NUTRITION 101  Fee: $75
Tuesday, 7-8:30 p.m.  Virtual
(3 sess. Sept. 29 Oct. 6, 13)
Are you confused by all the nutrition information that seems to contradict itself every day? Nutrition 101 is a course that will teach you the fundamentals of health and wellness so you can navigate through the fad diets, fancy exercise plans and snake oil salespeople. Dan Mezzina is a NESTA certified Fitness Nutrition Coach and Sports Nutrition Specialist with years of experience coaching everyone from athletes to the office worker. He will guide you through meal planning methods, sleep optimization, how to shop and more!!
Instructor: DAN MEZZINA

310. REFUSE TO BE A VICTIM  Fee: $125
Thursdays, 7-8:30 p.m.  Virtual
(8 sess. beg. Sept. 24) (no class 11/5)
One of the most important steps toward ensuring your own safety is having a personal safety strategy in place before you need it. “Refuse To Be A Victim” program teaches you the tips and techniques you need to be alerted in dangerous situations and to avoid criminal confrontation. It is designed to provide individuals with information that assists in the development of their own personal safety strategies and gives you valuable information that you can apply in every area of your life such as: mental preparedness, physical security, home security, automobile security, out-of-town security, technological security, personal protection devices, and many more! While sometimes unfortunate things do happen unexpectedly, it is important to be equipped with the knowledge and skills needed for personal safety and crime prevention. This class is perfect for children, new college students, parents, and even senior citizens! Student handbook and certificate of completion is included with fee.
Instructor: KASEY DAMIANO

311. SURVIVE AND THRIVE DURING THE PANDEMIC  Fee: $50
Tuesday, 7-8:15 p.m.  Virtual
(1 sess. Oct. 20)
There are many ways and reasons the coronavirus pandemic may take a toll on our mental health. Being aware of the factors that might affect your well-being can help you take steps to combat these issues. This workshop will discuss the many coping strategies we can utilize to stay mentally healthy during this difficult time. We will learn how to reduce our stress, anxiety and social isolation. We can discover and use our new insights to thrive and grow stronger! Limit 10
Instructor: MELINDA SCARSO, ACSW LCSW BCD Licensed Clinical Social Worker

312. INTRODUCTION TO TAROT.......
Wednesday, 7-9 p.m.  Fee: $59
(2 sess. Sept. 30 & Oct. 7)  Virtual
Be your own fortune-teller! Am I going to meet Mr./Ms. Right? Will I get that raise? Is there a move in my future? Answer these questions and more with skill and insight, with a deck of Tarot cards. In this two-night introduction to the Tarot, you’ll learn brief keyword meanings for the cards and two simple spreads. By the end of the second night, you will be able to do uncannily accurate readings for yourself, your family and friends. Please bring a Rider-Waite Tarot deck (available on Amazon.com and at many bookstores) to class so you can begin working with the cards right away.
Instructor: STEPHANIE SAIBLE
WORKSHOPS

313. VOICE-OVERS  Fee: $50
AS A PROFESSION - (Getting Paid to Talk)  A Behind-The-Scenes Look at Professional Voice Acting.
Perhaps you’ve been told you have a great speaking voice, or maybe you use your voice in your current profession...This in-depth web-based class will take you behind-the-scenes and into the studio to explore the enormous growth in professional voice acting. From commercials and training material to audiobooks, gaming, education, on-hold messaging, and more, you’ll get an inside look at how ordinary people with clear communication skills pursue great voice acting opportunities. We’ll discuss: What is voice acting? Areas of growth How casting decisions are made A day on the job Working from home Industry pros and cons Skill and demo development How to set yourself apart and win the job In addition, you’ll schedule a one-on-one voice critique & tune-up with our producers via phone or video. This class is a great first step for anyone curious about the voice acting field. *This class is presented via the internet and is best suited for viewing on a device connected via wifi. The class includes video and audio. There is also a workbook section that can be downloaded for permanent reference. After purchase, you will receive instructions, including a unique password, that will allow you to access the class for 48 hours once logged in. The final portion of the class includes a multiple choice review and instructions to schedule a one-on-one voice review. To ensure organized scheduling, voice reviews should be scheduled within one week of class participation. The class will be available as of September 1st. Our team is pleased to assist with any technical questions: 866-887-2834, 9 - 4pm EST. About the presenter: Voice Coaches specializes in voice over production, communication training, and voice actor development. Production clients include Discover Communications, HGTB, WE Network, Nickelodeon, Fox Television, Lifetime, Nintendo, Universal, and numerous other clients in the private, corporate, and government sectors. Voice Coaches main offices and studios in Albany, New York employ 18 full-time production and coaching professionals, with affiliate coaches nationwide.

Make checks payable to:

Fair Lawn Board of Education (F.L.B.O.E.)
Mail to:
Fair Lawn Community School
14-00 Berdan Avenue,
Fair Lawn, NJ 07410

BUSINESS SKILLS

400. EXCEL I  (Virtual) Fee: $125
Monday, 7-9 p.m. (4 sess. beg. Oct. 19)
Learn about the very useful and powerful Microsoft spreadsheet program. The basic concepts and skills of Excel will be explored including worksheets, workbooks, opening files, saving files, entering data, formatting data, formulas, copying formulas, arithmetic and column summing. Learn about using AutoSum to enter summing formulas for rows and columns. Learn about AutoFill to copy hundreds of formulas. Learn to work with spreadsheet projects that involve several separate sheets, that is, 3-dimensional workbooks. The emphasis in this class will be on writing formulas, though the class will not complete the study of functions which are very important for mastery of formula writing. Students must have a working knowledge of the Windows operating system. Precise mouse actions are needed in Excel so students should be reasonably skillful using a mouse. The skills learned will work on all versions of Excel. When finished with this course, students will be able to create simple but useful spreadsheets and be able to modify existing spreadsheets. Instructor will email all materials needed for this class. Instructor: GREG FIORENTINO
401. INTRO TO IPAD  
Fee: 35  
Monday, 7-8pm (1 sess. Oct. 5)  Virtual  
Come learn about the iPad or iPhone, and why it’s such an intuitive device to use. In this class you will learn how to navigate and update the iPad along with how to download an APP and some other great features that will make the iPad or iPhone much easier to use.  
Instructor: GREG FIORENTINO

402. ADVANCED IPAD  
Fee: $35  
Monday, 7-8pm  Virtual (1 sess. Oct. 12)  
We can navigate the iPad and download apps and now want to take it a step or two further. In this class you will learn how to use gestures, security, and some great hidden features to get even more out of your iPhone or iPad.  
Instructor: GREG FIORENTINO

403. VIRTUAL LEARNING  
Fee: $30  
Monday, 7-8 p.m. (1 sess Sept. 21)  
Hearing all the buzz about Zoom or Google Meets but don’t have a clue on how to use them. Come join this workshop to learn how to navigate the most current online platforms being used for virtual learning and connecting with family and friends. Learn about Zoom Teams, Google Classroom and more, and how teachers, companies and the like are using these platforms to conduct classes and business. Learn the benefits of each, along with the cost and features from someone who has been in the technology industry for over 15 years.  
Instructor: GREG FIORENTINO

500. (AHA) Heartsaver CPR Fee: $55  
Blended Learning  
The Heartsaver® CPR & AED Part 1 Course offers a flexible, time-saving option for workplaces that need to provide safety training. The complete course is delivered in three parts. Part 1 delivers the cognitive learning through web-based, self-paced modules. Parts 2 and 3 require students to meet with an American Heart Association Instructor to complete a hands-on skills practice session and a skills test. Upon successful completion of all three parts students receive a course completion card valid for two years.  
Contact: NJ Mobile Health Care for your skill evaluation.  
E-mail: training@njmhc.com

501. AHA Heartsaver First Aid  
Blended Learning  
Fee: $55  
The Heartsaver® First Aid contains PART 1 (Online) and PART 2 & 3 (completed at NJ Mobile Healthcare EMS) of the American Heart Association Heartsaver Fist Aid 2015 Course. After purchasing this item an e-mail will be sent to you with an access key within 24 hours. This link will be used to access PART 1 of the American Heart Association Heartsaver First Aid BLS 2015.  
Upon completion of PART 1 the student should call NJ Mobile HealthCare EMS to schedule an appointment for PART 2 & 3 (Skill Practice & Testing) of the Heartsaver First Aid Course. After successful completion for PART 2 a Heartsaver First Aid Course certification e-card will be issued.  
Contact: NJ Mobile Health Care for your skill evaluation.  
E-mail: training@njmhc.com

502. AHA Heartsaver CPR &  First Aid Blended Learning  
Fee: $85  
The Heartsaver® CPR, AED and First Aid Part 1 Course offers a flexible, time-saving option for workplaces that need to provide safety training. The complete course is delivered in three parts. Part 1 delivers the cognitive learning through web-based, self-paced modules. Parts 2 and 3 require students to meet with an American Heart Association Instructor to complete a hands-on skills practice session and a skills test. Upon successful completion of all three parts students receive a course completion card valid for two years.  
Contact: NJ Mobile Health Care for your skill evaluation.  
E-mail: training@njmhc.com
700. YOGA (Meditation & Pranayama Breathing Techniques)  Fee: $115
In this hard time that, We are all struggling with the coronavirus the best and strong remedy is yoga learn to be positive having a strong immune system to be healthy and happy.
Practicing yoga, meditation and breathing techniques for all ages.
By practicing yoga postures you gain strength and power no the body relaxing all the joints. by breathing techniques you can increase capacity of the lungs and helping the respiratory system, by meditation you can practice to gain peacefulness, relaxation which brings happiness and joyfulfulness for kids and for adults any ages.
Every Monday, Wednesday and Friday from 7-8pm Saturday 10:30am and 7pm
Eight sessions beginning September 14th. through November 7th.
Instructor: Ferrie R. Hezareh, Certified Yoga Instructor

701. ZUMBA WITH KOSHIKA Virtual
A dance fitness class for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.
A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.
Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise.
Super effective? Check. Super fun? Check and check. Starting Sunday, September 13 at 10am, Tuesday, September 15 at 7am and Thursday, September 17 at 6pm?
Contact koshika.agrawal@gmail.com

702. YOGA DANCE/MOVEMENT CLASS  Fee: $90
Sundays, 4:00pm to 5:00pm
OCTOBER 4 - NOVEMBER 15
Yoga Dance/Movement practice was-designed to energize your body. It will strengthen body’s immune system, promote healing and general wellbeing. Classes will be facilitated online using Zoom. Instructions how to download and use Zoom will be sent after registration. Each class is one hour filled with joy, dance, and playful connection. We will:
• gently stretch our bodies (no twisting into pretzel shapes)
• dance (lightely guided and free style)
• relax and meditate
• connect for sharing, discussion, and support
Movement will be accompanied by a beautiful music from around the world. Each session will leave you with a blissful body, joyous heart, and a steady quiet mind. After each class you will receive additional information and playlists to complement the practice and promote your wellness. Each class is recorded. No worry if you cannot make it on the specific time. Recording will be sent after each class.
Bonus: For those who have questions or concerns, I will set up one 1:1 additional Zoom session. No yoga or dance experience is necessary. Open to EVERYBODY, all genders, all ages, and physical abilities
Contact: Inna Shapiro http://www.IAmADance.com

REGISTER EARLY!
Your enrollment now can prevent cancellation of a class due to insufficient registration.
FITNESS, SPORTS, and DANCE

TAEKWONDO
ONLINE CLASSES

Age 6 to adult, offered through the Fair Lawn Community School

Instructor: Mary Ellen Ballantyne, 4th Dan Master Black Belt
for Ro Insler Taekwondo

For more info, contact Grandmaster Ro at roinslertkd@gmail.com
or the instructor, Ms. Mary Ellen at tkdmeb@gmail.com

FALL 2020 SESSION
Mondays and Wednesdays - 13 weeks, Sept. 14 to Dec. 16

Taekwondo combined with several styles of self-defense that allow our students to truly earn a black belt than at any other martial arts school. Our unique system focuses on improving concentration, coordination, inner strength and self-control. The easy to follow techniques and drills are designed to enable students to gain confidence, self-esteem and self-defense, while the class structure and gradual belt rank progression encourage self-discipline, respect for self and others, and a goal-setting determination to succeed.

Due to Covid19, and until further notice, all classes will be online until we are able to resume our regular in-person classes at the Thomas Edison School.

703. BEGINNER TAEKWONDO, age 6+ Mondays & Wednesdays, 6:00-6:40 pm
For new and returning students up to High Yellow Belt
Mondays: Sept. 14 to Dec. 14, $120 ~ and/or ~
Wednesdays: Sept. 16-Dec. 16, $120

704. INTERMEDIATE TAEKWONDO Mondays & Wednesdays, 6:45-7:25 pm
For returning students students only, Green to High Blue Belt
Mondays: Sept. 14 to Dec. 14, $120 ~ and/or ~
Wednesdays: Sept. 16-Dec. 16, $120

705. ADVANCED TAEKWONDO - Mondays & Wednesdays, 7:30-8:10 pm
For returning students only, Red to Black Belt
Mondays: Sept. 14 to Dec. 14, $120 ~ and/or ~
Wednesdays: Sept. 16-Dec. 16, $120

Please note: We accept students of any rank from other martial arts schools/styles. Feel free to contact the Grandmaster or the Instructor to discuss student placement.

REGISTRATIONS ACCEPTED ONLINE ONLY WITH A COMMUNITY PASS ACCOUNT!

Login/Create an account at https://register.communitypass.net/fairlawn
Once you’ve created an account and have entered all of your information, you will receive a confirmation email. Then, log back into your account and select “Click To Select An Activity”, choose the registrant, then continue to the Catalog section and search for TAEKWONDO, carefully look through the classes offered and then choose the class you desire.
6 week course
Only $90 each - Ages 3 - 15

706. Children Intermediate Dance Class
Monday, 6:00 – 6:40 pm
September 7 - October 12

707. Children Beginner Dance Class
Tuesday, 4:00 – 4:40 pm
September 8 - October 13

708. Competitive Dance Class
Wednesday, 6:00 – 7:20 pm
September 9 - October 14

709. Rising Stars
Thursdays, 4:00 – 4:30 pm
September 10 - October 15

710. Children Hip Hop
Beginner Class
Friday, 6:00 - 6:45 pm
September 11 - October 16

711. Children Hip Hop
Intermediate Class
Friday, 6:45 - 7:25 pm
September 11 - October 16

* One time offers. Valid for one child. Can buy multiple offers. No refunds. No exchanges. Make-up classes available.

6 week course
Only $90 each - Ages 18 and up*

712. Salsa Class - Level I
Monday, 7:30 – 8:10 pm
September 7th – October 12th

713. LaBlast Fitness Class
Tuesdays, 7:30 – 8:10 pm
September 8th – October 13th

714. Salsa, Cha Cha, Bachata - Level I
Wednesdays, 8:30 – 9:10
September 9 - October 14

715. Waltz, Tango, Foxtrot Ballroom Class - Level I
Friday, 7:30 – 8:10 pm
September 11 - October 16

* One time offers. Valid per person not for a couple. Can buy multiple offers. No refunds. No exchanges. No make-up classes.


Community School Links
Community School
www.fairlawnschools.org/flcs
Online Course Registration
https://register.communitypass.net/fairlawn
Online Flyers
www.Peachjar.com
Application for Childcare Position
https://www.applitrack.com/fairlawn/onlineapp
Facebook
@FairLawnPublicSchoolDistrict
1200. Introduction to the Basics of Climate and Weather  
**Fee: $100**

Tuesdays, 7:00 P.M. – 8:00 P.M.
What is the difference between climate and weather? What causes the seasons? What are some of the major weather events that have affected the Fair Lawn area in the last few decades, and what made them so memorable? What caused Sandy to be so destructive? What are the differences between sleet, hail and freezing rain? Is the weather becoming more extreme? Everyone talks about the weather, but many people lack the basic knowledge of what causes the seasons, what determines the climate of a given location, and what factors affect the day-to-day changes in the weather as we progress through each season.

This course will include discussion of many of the atmospheric conditions such as temperature, humidity, barometric pressure, precipitation types and wind speed and direction, which determine our weather. By the end of the course, the attendee will gain the basic knowledge of the fundamentals of climate and weather, so that when the attendee hears the weather forecast, he or she will understand some of the factors that the meteorologists use to determine that forecast.

The course will also cover a topic of intense interest to everyone – storms which occasionally ravage our area, including tropical systems such as Isaias, which recently tore through our area and wreaked havoc in the few short hours that the storm raged. We will also look extensively at Sandy, perhaps the most significant weather event in many of our lifetimes, and discuss what caused it to be so destructive.

The course will also include a discussion of climate change, looking at the differences in climate which have been recorded over the past hundred years, the impact of these changes, and the potential long term impact if the planet continues to warm. If you are interested in the weather (and who isn’t?), enroll in this course which promises to be easily understandable, interesting, informative and enjoyable.

Eight weeks, September 15 – November 10 (no session on November 3rd)

**Instructor:** Michael Bodner  
Weather Climate Specialist

1201. Film and Video Production 101  
**Fee: $120**

Virtual  
Mon. & Wed., 6:00-8:00 p.m.  
(5 sess. Oct. 12, 14, 19, 21, 26)
This class is for those students interested in expanding upon or learning for the first time the skills mindset and techniques needed to write, record, edit, produce and publish quality multimedia content for the internet or theatrical viewing. Students will gain direct experience with the processes of documentary, TV show, news show and talk show formats as well as fiction, biopic and commercial marketing and corporate-style film production using industry software to create their own project. Explore the details of what it takes to plan and produce media content for the web. The history of creative ideas will be explored with a lens on past filmmakers, their successes and failures and the creative process as it applies to media arts.

Students should own a cell phone or video camera and also own or purchase Adobe Premiere Pro or other video editing software.

**Instructor:** BART CAPUANO

1202. Film and Movie History Overview  
**Fee: $120**

Virtual  
Mon. & Wed., 6:00-8:00 p.m.  
(5 sess. Sept. 21, 23, 30, Oct. 5, 7)  
No class 9/28
In this class students will explore examples of film and media productions starting with the Egyptian Optura to the first film ever made in the late 1800’s. This course is a journey into the timeline of the world’s history of learning how to use the technology of cameras and microphones to produce content over the past 100+ years exploring the medium in the form of films produced to entertain, advertise, inform and connect people in multiple ways and for varying purposes. Historically powerful forms of advertising, propaganda, fiction and non-fiction works will be explored from Buster Keaton in the silent era into the era of “talkies” and up through the present-day Hollywood blockbuster, films will be dissected and analyzed for deepest comprehension.

**Instructor:** BART CAPUANO
1203. MASTER THE NY TIMES CROSSWORD  
Fee: $80  
Thursday, 7:00-8:00 p.m.  
(6 Classes Sept. 24 – Nov. 19)  
no class 11/5  
Have you always wanted to master the NY Times crossword? Or, do you love trying but have never quite gotten over the hump? Join Steve Manin in an interactive course that will jump start your inner cruciverbalist. Steve is a writer, entrepreneur and filmmaker who credits the NY Times puzzle with making him smarter, a better writer, and unbeatable at Jeopardy. Each session will start with a fresh puzzle, and each clue will be worked until Steve has elicited the correct answer from the class. You’ll find that success is really not about vocabulary. You know most of the words. What you may not know includes myriad little tricks and, most importantly, the ability to train your brain to think like an expert crossword puzzle solver.  
Instructor: STEVE MANNIN

1204. BASIC DOG OBEDIENCE  
Monday, 5:00-6:00 p.m.  
Fee: $120  
4 sess. Sept. 14, 21, 28, Oct. 5) ..........  
Teach your dog basic good manners (Come, Sit, Down, Stay, Heel, etc.) on leash. In addition, all common behavioral problems will be specifically addressed during a question and answer period at the end of class. The common behavioral problems to be addressed will include jumping, barking, chewing, mouthing and housebreaking. Recommended training collars can be purchased at the first session.  
For safety reasons, group classes are operated with a zero-tolerance policy regarding aggression. If your dog has even one instance of unprovoked aggression before, during, or after class, you will be automatically dropped from this class. There are no refunds for dogs/handlers who discontinue training as a result of this change. Please note – No child under 14 years of age can handle a dog in our group classes.

1205. INTERMEDIATE DOG OBEDIENCE  
Monday, 5:00-6:00 p.m.  
(4 sess. Oct. 12, 19, 26, Nov 2)  
This class will help you expand your dog’s vocabulary in addition to teaching hand signals and demanding more attention from your dog. While focusing on the same commands taught in Basic Obedience, this course will further enhance the relationship between dog and owner. The dog’s response to commands will become more consistent and reliable, and the training will build up to off-leash recalls and stays. Recommended training collars can be purchased at the first session.  
Pre-Requisite: Basic Obedience  
For safety reasons, group classes are operated with a zero-tolerance policy regarding aggression. If your dog has even one instance of unprovoked aggression before, during, or after class, you will be automatically dropped from this class. There are no refunds for dogs/handlers who discontinue training as a result of this change. Please note – No child under 14 years of age can handle a dog in our group classes.

COMMUNITY PASS WEBSITE  
https://register.communitypass.net/fairlawn
SPECIAL INTERESTS

LENTZ & LENTZ SAT PREP

1206. SAT & PSAT PREPARATION – IN PERSON CLASSES
SUNDAYS AT FAIR LAWN JEWISH CENTER
LIVE ONLINE VIRTUAL CLASSROOM
TUITION: $465 (includes book).

Designed to benefit students of all ability levels, this 24-hour program which has been running in Fair Lawn for over four decades is divided between English and math covering all facets of the SAT. Classes feature test-taking techniques, practice exams, advanced math and shortcut math, vocabulary development, speed reading, preparation for the essay, algebra II, trigonometry, online lesson podcast system for review of missed classes. The podcasts are extremely helpful to all students especially those with cognitive and perceptual disabilities and I.E.P(s). Extra help is available at no additional charge, before or after class. Course material and complimentary spring refresher classes are included with tuition. Previous SAT and PSAT 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. Positive scores on the SAT and PSAT could translate into thousands of dollars in scholarships and savings. For more information or to register call 1 (845) 638-2826 or visit LentzSATPrep.com. The SAT/PSAT prep course at Fair Lawn Jewish Center will be held on the following Sundays from 12:45 to 3:45 p.m. except where noted:

1) Sunday, Sept. 13 12:45-3:45pm 2) Wednesday, Sept. 23 6:30-9:30pm
3) Wednesday, September 30 6:30-9:30 pm
   (all Sundays at 12:45 to 3:45 p.m.) AUDITORIUM (1st Floor)

1207. SAT PREP - VIRTUAL ONLINE CLASSROOM
HOSTED THROUGH ZOOM
LIVE ONLINE VIRTUAL CLASSROOM
TUITION: $465 (includes book).

Lentz & Lentz is proud to be offering a live online virtual classroom for SAT and PSAT prep. These classes are taught by our best rated teachers. The reviews from students who have taken these classes have been excellent. This live online course consists of the same instructional content as our in-person classroom courses conducted at our local high schools. 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. These lessons proceed according to the exact same format as our classroom lesson plans, and everything our instructors write down over the course of the lesson, and all of the problems, notes, and solutions covered during a particular class, will be visible online. Should students have any questions, they can push a button to raise their hand. Questions are answered in real time and there is also access to free individualized extra-help. The online classroom is a perfect solution for preparation allowing students the convenience and flexibility to prepare in the comfort and safety of their own homes.

Group 7, Prep for the November SAT
(Weekday Evening Class Schedule Starts September 23 & 24)
Wednesday from 6:00 TO 7:30pm for English
Sept 23, 30, Oct 7, 14, 21, 28, from 6:00 to 7:30pm for English. Testing Nov 4
Thursday from 7:30-9:00pm for Math
Sept 24, Oct 1, 8, 15, 22, 29, from 7:30- to 9:00pm for Math. Testing Nov 5

Group 8, Prep for the November SAT
(Weekend Class Schedule Starts September 26)
Saturday from 9:00am to 10:30am for English
Sept 26, Oct 3, 10, 17, 18-(Sunday 9:00am-10:30am); 24, Testing October 31
Saturday from 11:00am to 12:30pm for Math
Sept 26, Oct 3, 10, 17, 18-(Sunday 11:00am-12:30pm), 24, Testing October 31
LEADING THRU CRISIS BY TURNING ADVERSITY INTO ADVANTAGE

1208. Leading Thru Crisis by Turning Adversity Leadership Workshop
(Adult 18+)
Wednesdays, Noon to 1pm - Wednesdays, 6:00-7:00pm
This workshop is split into 2 parts. Turning Strength Into Adversity - Part 1 is about how to see opportunity in every adversity. You will learn how to see the good in bad situations and use it to move forward. Turning Adversity Into Advantage - Part 2 will highlight and you will understand the Leaders 11 perspective principles during Crisis.
Eight sessions beginning September 9 through December 31.
Instructor: Anupama Kinatukara

1209. Maxwell DISC Profile Communication Workshop:
Friday, noon to 1pm - Friday, 6:00 to 7:00pm
A Maxwell DISC Profile interactive workshop that would allow you to explore ways to:
• Recognize your strengths and limitations
• Overcome your shortcomings and clear the path for personal and professional growth
• Understand how others are different and how to work with each personality
• Build a stronger team that communicates, appreciates the style of others and works well together.
• Learn effective strategies for handling conflict and personality clashes
• Develop yourself and others to be their best.
One session classes, September 11 through December 31.
Instructor: Anupama Kinatukara

Youth Impact Workshop

The John Maxwell Youth Exploratory Impact Report consists of a “mini” DISC assessment (personality profile assessment) and seven pages report that provides your youth market participants with: A quick assessment of their primary D.I.S.C. style – A summary of their style or personality profile – Their key strengths – Areas for personal growth – Examples of career paths that utilize their strengths.

1210. Youth Impact Workshop for Middle School Fee: $125 P/S - per session
Thursday, 3:00-4:00pm - Thursday, 4:30-5:30pm
One session classes, September 10 through December 31.
Instructor: Anupama Kinatukara

1211. Youth Impact Workshop + “mini” DISC assessment for High School
Fee: $125 P/S - per session
One session classes, September 11 through December 31.
Instructor: Anupama Kinatukara

1212. Youth Leader Workshop for Middle Schoolers/Freshmen Fee: $250
Tuesday, 3:30-4:30pm - Wednesday, 3:30-4:30pm
Four sessions, TUES. September 8 & WED September 9 through December 31.
Instructor: Anupama Kinatukara

1213. Youth Leadership Workshop for High Schoolers/Undergraduates Fee: $250
Tuesday, 6:00-7:00pm - Wednesday, 6:00-7:00pm
Four sessions, TUES. September 8 & WED September 9 through December 31.
Instructor: Anupama Kinatukara
FALL 2020 CHESS WIZARDS

1500. CHESS WIZARDS BEGINNER (Nifty Knights) Fee: $85 (3rd grade-5th grade, Boys & Girls) Wednesdays, 3:00pm-4:00pm
Beginner: known as Nifty Knights: Knows how to move every piece correctly, and has been introduced to castling. Not yet displaying coherent strategies.
Eight sessions beginning September 23rd. through November 18th. No class November 11th.
Instructor: Chess Wizards instructor

1501. CHESS WIZARDS INTERMEDIATE (Brilliant Bishops) Fee: $85 (3rd grade-5th grade, Boys & Girls) Wednesdays, 3:00pm-4:00pm
Intermediate: Known as Brilliant Bishops: Understands check and checkmate. Has done checkmate before but does not always make logical trades. Eight sessions beginning September 23rd. through November 18th. No class November 11th.
Instructor: Chess Wizards instructor

1502. CHESS WIZARDS INTERMEDIATE (Rad Rooks) Fee: $85 (3rd grade-5th grade, Boys & Girls) Wednesdays, 3:00pm-4:00pm
Strong Intermediate: Known as Rad Rooks: Understands check, checkmate, castling, en passant. Is able to make combinations of moves. Can Use forks, pins, skewers, pawn promotion, and other basic tactics regularly. Eight sessions beginning September 23rd. through November 18th. No class November 11th. Instructor: Chess Wizards instructor

TAEKWONDO
ONLINE CLASSES

Age 6 to adult, offered through the Fair Lawn Community School

Instructor: Mary Ellen Ballantyne, 4th Dan Master Black Belt for Ro Insler Taekwondo
For more info, contact Grandmaster Ro at roinslertkd@gmail.com
or the instructor, Ms. Mary Ellen at tkdmeb@gmail.com

FALL 2020 SESSION
Mondays and Wednesdays - 13 weeks, Sept. 14 to Dec. 16

BEGINNER TAEKWONDO, age 6+
Mondays & Wednesdays, 6:00-6:40 pm
For new and returning students up to High Yellow Belt
Mondays: Sept. 14 to Dec. 14, $120 ~ and/or ~
Wednesdays: Sept. 16-Dec. 16, $120

INTERMEDIATE TAEKWONDO
Mondays & Wednesdays, 6:45-7:25 pm
For returning students students only, Green to High Blue Belt
Mondays: Sept. 14 to Dec. 14, $120 ~ and/or ~
Wednesdays: Sept. 16-Dec. 16, $120

ADVANCED TAEKWONDO
Mondays & Wednesdays, 7:30-8:10 pm
For returning students only, Red to Black Belt
Mondays: Sept. 14 to Dec. 14, $120 ~ and/or ~
Wednesdays: Sept. 16-Dec. 16, $120

Please note: We accept students of any rank from other martial arts schools/styles. Feel free to contact the Grandmaster or the Instructor to discuss student placement

REGISTRATIONS ACCEPTED ONLINE ONLY WITH A COMMUNITY PASS ACCOUNT!

SEE PAGE 12
700 Courses
Live In-person Sylvan Academic Camps - Fall 2020

Avoid learning loss during these unusual times with Sylvan’s Academic Camps. Our camps will boost confidence and enhance academic skills to set your child up for success - in and out of the classroom. Help your child gain the confidence and build stronger skills while schools remain in a remote schooling schedule!

READING COMPREHENSION and STUDY SKILLS (grades 1-5)

1503. 8 Weeks Fridays 12-11pm September 18th- November 20th LIVE in person instruction! Strict safety precautions will be in place $100 (5 student minimum.) No class 10/30 and 11/6.

1504. 8 Weeks Saturdays 12-11pm September 19th- November 21st LIVE in person instruction! Strict safety precautions will be in place $100 (5 student minimum.) No class 10/31 and 11/7.

STRONG READING SKILLS ARE ESSENTIAL FOR SUCCESS BOTH IN AND OUT OF THE CLASSROOM. Sylvan’s Reading Camp will help your child learn strategic and creative reading techniques to boost confidence not only in Language Arts, but in all subject areas. Our expert teachers coach your child through an array of engaging activities to help build strong lifelong reading skills

Sylvan’s Reading Camp provides your child with:
- The skills to read and understand various types of materials
- Personal attention within a collaborative environment
- Age and grade-appropriate
- Focused on targeted skill and subject areas
- Led by caring, qualified teachers who help build confidence

Middle School Reading Comprehension and Study Skills Boot Camp: (grades 6-8)

1505. 8 Weeks Fridays 12-11pm September 18th- November 20th LIVE in person instruction! Strict safety precautions will be in place $100 (5 student minimum.) No class 10/30 and 11/6.

1506. 8 Weeks Saturdays 12-11pm September 19th- November 21st LIVE in person instruction! Strict safety precautions will be in place $100 (5 student minimum.) No class 10/31 and 11/7.

Let Sylvan help your child handle middle school with ease! Middle School can be an exciting but challenging time for students. Students must adjust to new environments, take on more responsibilities, and handle heavier workloads. Our Middle School Boot Camp will give your child the skills and confidence needed for success - both in and out of the classroom.
MATH EDGE (Grades 1-8)

1507. 8 Weeks Wednesdays 3-4 pm September 16th – November 4th Live in person instruction! Strict safety precautions will be in place - $100 (5 student minimum.)

1508. 8 Weeks Fridays 1-2pm September 18th- November 20th LIVE in person instruction! Strict safety precautions will be in place - $100 (5 student minimum.) No class 10/30 and 11/6

1509. 8 Weeks Saturdays 1-2pm September 19th- November 21st LIVE in person instruction! Strict safety precautions will be in place - $100 (5 student minimum.) No class 10/31 and 11/7

A fun approach for your child to improve understanding of key math concepts and math facts skills, while increasing speed and accuracy.

- Learn strategies to help with grade appropriate math skills.
- Increase speed and accuracy of math facts.
- Solve word problems.
- Review the problem-solving process: Understand, Plan, Solve, and Look Back.
- Solve different types of word problems.
- Learn and apply multiple problem-solving strategies such as: Find a Pattern, Work Backward, Solve a Simpler Problem, Draw a Diagram, and Write an Equation.
- Write and solve equations for word problems.

CODING! (grades 3-8)

1510. 8 Weeks Wednesdays 3-4 pm September 16th – November 4th Live in person instruction! $125 (5 student minimum.)

Our Sylvan Coding courses help teach STEM (Science, Technology, Engineering and Math) concepts to students in a fun, interactive and engaging way. Beyond encouraging an interest in technology, our curriculum fosters innovation, creativity and imagination. Sylvan Coding features renowned technology that leverages an easy step-by-step introduction to coding and convenient drag-and-drop technology. Students learn computer programming skills through video game design. The courses foster a creative learning environment where students learn how to bring characters and stories to life using basic coding building blocks. Students also learn design conception, pattern recognition, algorithmic thinking, and problem-solving skills.
Attention parents of high school students who reside in Fair Lawn and attend public or private high schools in or outside of Fair Lawn.

The Community School, in cooperation with the Fair Lawn Driving School, located at 13-03 Fourth Street, Fair Lawn, will provide six (6) hours of Behind the Wheel Driver Education during school year 2020/2021.

Students will be required to provide proof of their date of birth, home address, phone number and the name of the High School they attend. Also required is an eye examination and a passing grade on the written test. Students can register and submit paperwork prior to their 16th birthday, but a permit can not be purchased and therefore driving can not begin until they turn 16. PLEASE NOTE: The Community School does not administer either the Road or Written test required to obtain a valid New Jersey Driver's license.

To enroll your daughter/son contact the Fair Lawn Driving School at:
Email: info@fairlawndrivingschool.org
Call: 201-797-0104
The Fair Lawn Driving School is located at:
13-03 4th Street, Fair Lawn NJ 07410
(Open 7 days a week)
You will need the following:
1. Check made payable to NJ MVC for $10.00 (permit cost)
2. Check made payable to the Fair Lawn Driving School for $315.00 (6 hour lesson cost)
3. Check made payable to the Fair Lawn Board of Education (FLBOE) for $20.00
4. The completed Student Learner’s Permit Application*
5. Original student’s U. S. Birth certificate, U.S. Passport or other acceptable ID
6. The completed student information sheet. Original Scorecard. (written test)

Please call the Fair Lawn Driving School with any further questions

Step 2: Schedule Your Lessons
Step 3: Complete Your 6 Hours
Step 4: Validate Your Permit
FLCS WEBSITES LINKS
www.fairlawnschools.org/flcs

Community Pass
https://register.communitypass.net/fairlawn

Childcare Application for employment
https://www.applitrack.com/
fairlawnschools/onlineapp/

Make Check or Money Order payable to the
Fair Lawn Board of Education or F.L.B.O.E.

CREDIT CARDS ACCEPTED

DATED - DO NOT DELAY