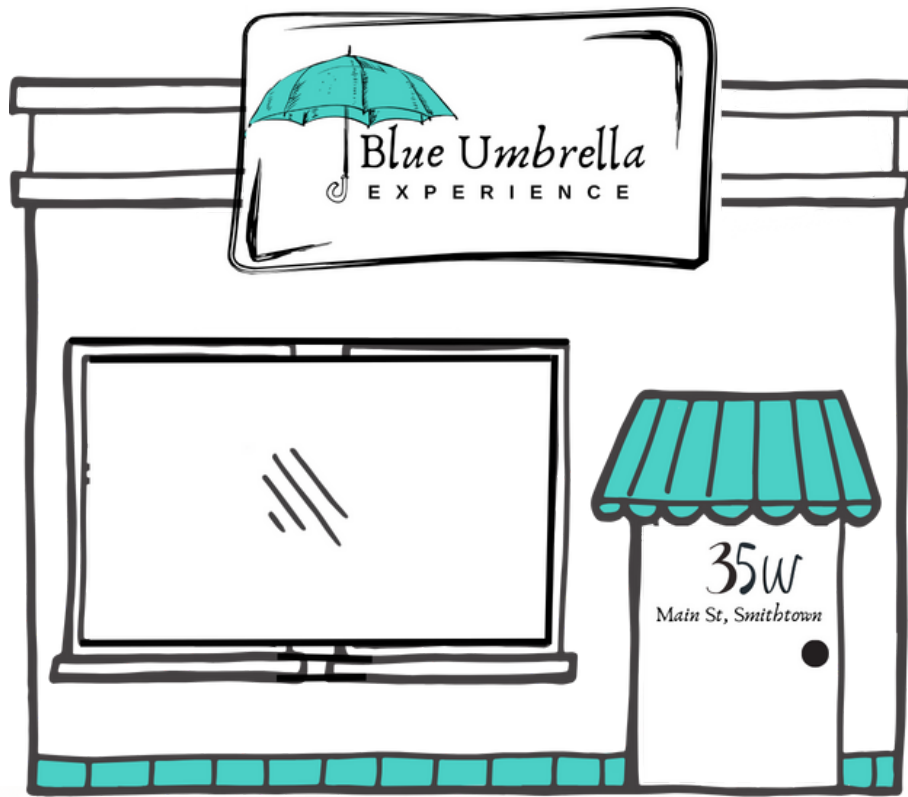


SPRING II, 2024

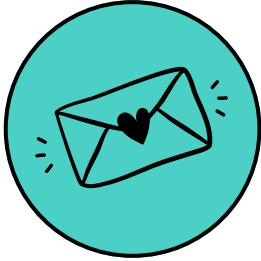


# *Above Beyond*

COMMUNITY CLASSES

COURSE CATALOG

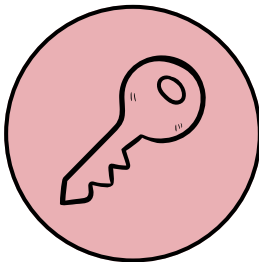
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## Letter from the Executive Director, Christy Hawkins

Hear from Christy how the Blue Umbrella Community is expanding its services in the Smithtown community.



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## Subject Key

Learn how to navigate the variety of subjects offered this session at Above and Beyond Community Classes.



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## Course Offerings

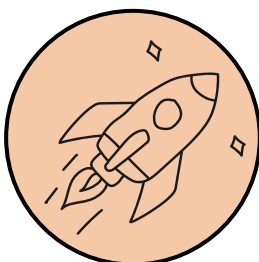
Explore Above and Beyond Community Classes exciting course offerings for the Spring II session.



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## Course Calendar

Review the dates for the 8-weeks of our Spring II Session.



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## Registration Information

Learn how easy it is to get started at Blue Umbrella Experience!



## A Letter from Executive Director, Christy Hawkins

Dear Blue Umbrella Community,

As we transition into the vibrant season of Spring, I am thrilled to share exciting news about our upcoming courses for the Spring II session. At Blue Umbrella Experience, our commitment to providing inclusive and engaging classes remains unwavering. Whether you're eager to explore a new hobby or enhance existing skills, we have something for everyone.



I'm delighted to announce that many of our past favorite classes and instructors will be returning for the Spring II session, offering enriching experiences for students of all ages and abilities. From art workshops to life skills classes, our diverse course offerings aim to inspire creativity, foster growth, and cultivate connections within our community.

In addition to our exceptional courses, I'm thrilled to share that we will be hosting a number of community social events, providing opportunities for students and families to come together and expand the Blue Umbrella community. It's through these shared experiences that lasting friendships are forged and memories are made.

Furthermore, I am excited to announce that we will soon be celebrating the formal ribbon cutting ceremony for the Blue Umbrella Experience Main Street Smithtown Studio in late Spring. This milestone marks a significant moment in our journey, and I invite you all to join us in commemorating the opening of this new chapter.

I encourage you to take a moment to browse through our all-new course catalog, where you'll find detailed information about our offerings for the Spring II session. Additionally, we've streamlined our registration process with new and improved documents, making it easier than ever to register for courses.

Thank you for being part of the Blue Umbrella Experience community. Together, let's embrace the opportunities that Spring brings and continue to learn, grow, and thrive.

Warm regards,

*Christy Hawkins*

**Christy Hawkins**  
Executive Director  
Blue Umbrella Experience



# SUBJECT KEY

Discover endless possibilities with our Above and Beyond Community Classes, where a diverse array of subjects and topics awaits. To make navigating our course offerings easier, we've created a subject key highlighting the main topics covered in each class. From health and wellness to STEM and beyond, there's something for everyone to explore and enjoy.

**HEALTH/WELLNESS**



Cooking.....		Psychology.....	
Mindfulness.....		Social-Emotional Learning.....	
Nutrition.....		Stress Management.	
Physical Education.....			


**CREATIVE ARTS/PERFORMANCE**

Art Studies.....		Musical Theater.....	
Creative Arts.....		Performance.....	
Music.....		Theater.....	







**HISTORY/CULTURAL STUDIES**



Cultural Studies.....  Music History..... 

General History..... 



**ENGLISH LANGUAGE ARTS/COMMUNICATION**



Communications.....  Public Speaking..... 


Digital Communications.....  Research Skills Development..... 

English Language Arts.....  Writing..... 

**STEM/SCIENCE**

Astronomy.....  STEM..... 

Biology.....  Wildlife Biology..... 

Earth Science..... 

OTHER

Gaming.....



Recording.....



Independent Lifeskills.....



Second Language.....



Personal Finance.....



Sports.....





# COURSE OFFERINGS

The following courses are being offered for the Spring II Session. All courses are available both virtually and in-person at The Blue Umbrella Experience studio, located at 35 W. Main Street, Smithtown, NY, 11787.



COURSE GUIDE



Mondays | 10:00 - 10:50 AM | Via Zoom and/or in-person

## NUTRITION & MOVEMENT

Instructors: Erin Vlasak, Jason Baron

Join us for an interactive and holistic workout experience! In this class, we'll cover a range of exercises, including isometric and isotonic routines, while also providing valuable nutritional guidance. With just basic hand weights and a mat, students will receive experienced instruction on warming up, following a fitness regimen, cooling down effectively, and making informed dietary choices. Start your day right with us! Available both in-person and on Zoom!

About Our Instructors: *Jason is a certified Group Fitness Instructor from the National Academy of Sports Medicine, and Erin is a certified Nutrition Coach from the same institution.*

Mondays | 11:00 - 11:50 AM | Via Zoom and/or in-person

## DJEMBE DRUMMING: PERCUSSION & MUSIC HISTORY

Instructor: Jerome Liggon

Come join us for an exciting journey into the world of rhythm with our Djembe Drumming: Percussion and Music History class, led by the talented Jerome Liggon. Whether you prefer virtual learning via Zoom or in-person sessions at our Smithtown, NY location, this class promises an engaging and interactive experience.

Discover the captivating art of hand drumming as Jerome shares his expertise in percussion techniques and delves into the rich history of drumming and percussion. You'll not only learn to create mesmerizing rhythms but also gain insights into the cultural significance of these instruments.

Join our vibrant community as we explore the rhythmic world of drumming together! Don't worry if you don't have a drum—just let us know, and we'll arrange one for you. And for those seeking personalized instruction, ask us about our 1:1 individual coaching opportunities!



COURSE GUIDE





Mondays | 1:00 - 1:50 PM | Via Zoom and/or in-person

## YOUR MONEY & YOU: PERSONAL FINANCE

Instructor: Gina Frisina

Mastering personal finance is a vital aspect of daily life, and our Finance Essentials class, led by Gina Frisina, offers the perfect opportunity to sharpen your financial acumen. With her background in banking and education, Gina brings a wealth of expertise to the table, making this class a favorite among students.

### COURSE GUIDE



Throughout this ongoing session, you'll delve into the intricacies of sound money management, with each week bringing fresh insights into various aspects of personal finance. Whether you join us online via Zoom or in-person at our Smithtown location, this interactive class provides a dynamic learning environment where you can engage with the material and apply it to your own financial journey. Don't miss out on this chance to take control of your finances and secure your financial future!

*About Your Instructor: Gina Frisina has over 20 years of experience in educating and coaching individuals from diverse backgrounds, of all abilities.*

Mondays | 2:00 - 2:50 PM | Via Zoom and/or in-person

## HEALTH & WELLNESS: EVERYDAY HABITS FOR HEALTHY LIVING

Instructor: Gina Frisina

Step into a journey of self-discovery and well-being with our Health & Wellness Exploration class. Embark on a transformative experience where each week unveils fresh insights and strategies to enhance your health and wellness habits. Led by dedicated professionals who are committed to empowering you on your path to a healthier lifestyle, this ongoing class offers a dynamic blend of information and interaction.

Join us either in-person at our Smithtown, NY location or online via Zoom for an engaging and interactive learning experience that caters to your preferences and schedule.

*About Your Instructor: Gina Frisina has over 20 years of experience in educating and coaching individuals from diverse backgrounds, of all abilities.*



### COURSE GUIDE







Mondays | 3:00 - 3:50 PM | Via Zoom and/or in-person

## NUTRITION & YOU: CHOOSE & MAKE HEALTHY SNACKS

Instructors: Erin Vlasak, Gina Frisina

Start your day on a nutritious note by joining us to delve into the world of nutrition and delicious healthy snacks. This interactive class, available both online via Zoom and in-person, is designed to empower students to make informed choices about their diet while enjoying tasty treats.

COURSE GUIDE



During each session, we'll explore the nutritional benefits of various foods and food groups, equipping you with the knowledge to make wholesome selections. From there, you'll have the opportunity to apply what you've learned by preparing and savoring nutritious snacks.

Leading the class is Erin, a certified Nutrition Coach with expertise in guiding individuals towards healthier lifestyles. Joining her is Gina, whose years of instruction and personal commitment to wellness make her a valuable addition to our team.

Don't miss out on this chance to nourish your body and expand your culinary skills. We look forward to embarking on this flavorful journey with you!

Mondays | 4:00 - 4:50 PM | Via Zoom and/or in-person

## SPORTS HISTORY: SPORTS IN MEDIA

Instructor: Jason Baron

Delve into the captivating world of sports as we explore its profound impact on diverse communities. Sports serve as a unifying force, transcending age, race, gender, and nationality, drawing fans from all walks of life. Athletes and coaches now wield their influence to effect positive change within their communities, while modern journalists are tasked with crafting compelling multimedia narratives that intertwine sports with contemporary societal issues.

In this engaging and interactive class, we'll embark on a journey to dissect the evolution of sports coverage, both past and present. We'll scrutinize the dynamic landscape of sports journalism, examining its influence on global audiences. Through lively discussions and interactive activities, we'll compare and contrast historical and contemporary sports coverage, gaining valuable insights into its enduring influence on society.

Join us as we navigate the exhilarating intersection of sports, media, and culture, and uncover the stories that shape our world.



COURSE GUIDE





Mondays | 5:00 - 5:50 PM |  
Via Zoom and/or in-person

**!** *This popular course is also offered  
Tuesdays at 10:00 AM*

## HISTORY OF WALT DISNEY: BUILDING THE WORLD OF DISNEY

Instructor: Jason Baron

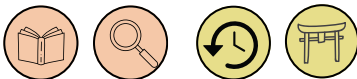
Embark on a fascinating journey through the evolution of one of the world's most iconic entertainment empires: Disney. Join us in this dynamic and interactive class as we delve into the remarkable story of how a simple sketch of a mouse transformed into a beloved global phenomenon, inspiring the creation of enchanting "magical kingdoms" across the globe.

From the inception of Walt Disney's visionary ideas to the realization of four world-class themed parks—including EPCOT, Hollywood Studios, and Animal Kingdom—we'll explore every step of the creative process. Through engaging multimedia presentations and interactive discussions, students will gain insight into the development of Disney's diverse array of attractions and experiences.

But the adventure doesn't stop there. In this interactive class, students will have the unique opportunity to compare and contrast Disney destinations in California, Florida, Paris, Tokyo, Hong Kong, and Shanghai. By examining the distinctive business models of each location, we'll uncover the secrets behind Disney's unparalleled success on a global scale.

Don't miss out on this captivating exploration of Disney's magical legacy and the visionary imagination that continues to captivate audiences worldwide. Join us and discover the enchantment behind the happiest places on earth.

### COURSE GUIDE



Mondays | 6:00 - 6:50 PM | Via Zoom and/or in-person

## LITERATURE & WRITING: BEYOND BIOGRAPHIES

Instructor: Gabby Sharp

Step into the realm of storytelling with our engaging class led by instructor Gabby. Explore the captivating narratives of individuals we admire, delving into the profound lessons hidden within their stories. From tales of triumph to accounts of resilience, uncover the insights and inspiration that lie beneath the surface.

In this interactive and collaborative class, students will have the opportunity to analyze the stories of both renowned figures and lesser-known individuals who have left an indelible mark on society. Through a blend of inspiring narratives and technical writing exploration, students will hone their storytelling skills while gaining a deeper understanding of the human experience.

Join us as we draw inspiration from Hollywood legends, historical figures, and everyday heroes, discovering the power of storytelling to uplift and inspire. Whether you're crafting your own narrative or delving into the stories of others, this class offers a journey of self-discovery and connection that will leave you inspired and enriched.



### COURSE GUIDE

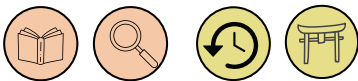




Tuesdays | 10:00 - 10:50 AM |  
Via Zoom and/or in-person

**!** This popular course is also offered  
Mondays at 5:00 PM

COURSE GUIDE



## HISTORY OF WALT DISNEY: BUILDING THE WORLD OF DISNEY

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Tuesdays | 11:00 - 11:50 AM | Via Zoom and/or in-person

## VOICE OVERS: ALL LEVELS & INTEREST

Instructor: Peter Williams

Step into the world of voice acting with our dynamic class, available both online via Zoom and in-person at our Smithtown, NY location. Led by instructor Peter Williams, this creative and interactive course offers students a comprehensive exploration of authentic voice-over techniques.

Discover the art of voice projection, master timing and various styles, and gain insights into understanding your audience—all under the guidance of Peter Williams, a seasoned actor and voice-over artist dedicated to student success.

Whether you're aspiring to enter the world of voice acting or simply looking to refine your skills, Peter's expertise and passion for teaching make this class a favorite among students. Don't miss this opportunity to unleash your vocal potential and embark on a journey of artistic expression with us!



COURSE GUIDE





COURSE GUIDE



Tuesdays | 1:00 - 1:50 PM | Via Zoom and/or in-person

PODCAST CLASS

Instructor: Peter Williams

Embark on a journey of communication and creativity and hone your podcasting skills.

Throughout the class, you'll become proficient in recording and conducting interviews with guests, instructors, and friends, allowing you to enhance your ability to communicate and forge meaningful connections. Emphasizing the importance of presenting diverse perspectives, you'll learn to tell "both sides" of the story while maintaining neutrality in opinion and response.

Under Peter's expert guidance, you'll also delve into the behind-the-scenes aspects of podcast creation, exploring the creative process and technical intricacies involved. From brainstorming ideas to post-production editing, you'll gain invaluable insights into crafting compelling podcast content.

Join us for this ongoing favorite class and unlock the power of podcasting as a medium for expression, connection, and storytelling. Don't miss out on this opportunity to unleash your creativity and make your voice heard in the digital landscape!

Tuesdays | 2:00 - 2:50 PM | Via Zoom and/or in-person

SING OUT! COMMUNITY SONG & SOUND

Instructors: Erin Vlasak, Jason Baron

Embark on a musical journey with our exciting new class led by Jason and Erin! Whether you join us via Zoom or in person, you'll enhance your singing skills and be part of the vibrant BUE music community.

Each week, dive into the fundamentals and techniques essential for interactive and harmonious group singing. From mastering pitch and tone to refining breathing techniques, you'll develop the skills needed to sing in perfect harmony with your fellow classmates.

Together, we'll explore beloved songs from Disney movies, musicals, and recording artists, creating unforgettable musical moments as a group. Don't miss out on this opportunity to expand your musical talent and connect with fellow music enthusiasts!



COURSE GUIDE







COURSE GUIDE



Tuesdays | 3:00 - 3:50 PM | Via Zoom and/or in-person

WORLD CULTURES: TRADITIONS AND LIFESTYLES AROUND THE WORLD

Instructor: Erin Vlasak

Explore the seven continents as we delve into the rich tapestry of cultures and traditions that define our world. In this engaging class, students will unravel the mysteries of diverse countries and gain insight into their unique lifestyles and customs.

From savoring mouthwatering cuisines passed down through generations to uncovering age-old traditions celebrated in specific corners of the globe, we'll explore the fascinating intricacies of global culture. Under the guidance of instructor Erin Vlasak, this interactive class promises an enriching and immersive learning experience.

Join us as we broaden our horizons and deepen our understanding of the world's diverse cultures, one continent at a time. Don't miss out on this opportunity to expand your global perspective and celebrate the rich tapestry of human heritage.

Tuesdays | 4:00 - 4:50 PM | Via Zoom and/or in-person

MUSIC APPRECIATION: THE POWER OF MUSIC IN STORYTELLING

Instructors: Jason Baron

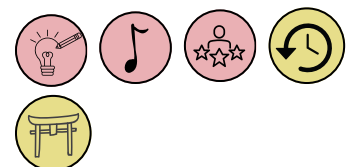
Immerse yourself in the enchanting realm where music intertwines with storytelling in Instructor Jason Baron's captivating Music Appreciation class. Embark on a global journey as we unravel the narrative power woven into melodies from around the world.

Through interactive sessions, students will uncover the intricate ways in which lyrics, tone, and rhythm convey diverse messages and evoke unique responses within us and across cultures. From soulful ballads to upbeat anthems, we'll explore an array of genres and artists, delving into the rich narratives encapsulated within each song.

Join us as we embark on a musical odyssey, unraveling the captivating stories that resonate through the universal language of music. Don't miss this opportunity to deepen your appreciation for the artistry and storytelling prowess inherent in every melody.



COURSE GUIDE





Tuesdays | 5:00 - 5:50 PM |  
Via Zoom and/or in-person

**!** *This popular course is also offered  
Saturdays at 11:00 AM*

YOGA & MEDITATION, WITH CERTIFIED YOGA  
INSTRUCTOR, SARA C.

Instructor: Sara Caldarello

Indulge in a rejuvenating and interactive yoga experience, whether you join us virtually or in person! Join certified instructor Sara for a session designed to unwind your day while strengthening your body and mind.

COURSE GUIDE

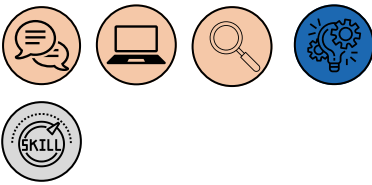


With Sara's expert guidance, you'll be guided through each pose with attention to proper form, ensuring a safe and fulfilling practice. Plus, Sara will offer personalized support to help you cultivate positive affirmations and master effective breathing techniques, enhancing your overall well-being.

Feel free to bring your own mat or use one of ours as you immerse yourself in this revitalizing class. We can't wait to share this healing journey with you!



COURSE GUIDE



Wednesday | 11:00 - 11:50 AM | Via Zoom and/or in-person

COMMUNICATIONS & SOCIAL MEDIA: TECHNIQUES TO THRIVE IN TODAY'S DIGITAL WORLD

Instructors: Erin Vlasak, Amy Colvin

Explore the vast landscape of modern communication, transcending the days of telegrams and dial-up phones. Join us for an immersive journey into the evolving realm of digital and multimedia platforms. This interactive class, available both via Zoom and in person, aims to equip students with the skills to navigate and harness various communication channels effectively.

Under the guidance of our dynamic instructors, Amy C. and Erin V., students will delve into the intricacies of messaging and content creation across diverse platforms. From networking to mindful shopping, participants will learn to craft and disseminate messages tailored to different contexts.

Through insightful analysis, we'll examine both the positive and negative influences of contemporary messaging and platforms, offering invaluable lessons in navigating today's cultural landscape. Don't miss this opportunity to sharpen your communication prowess in an ever-changing digital world.

Wednesdays | 1:00 - 1:50 PM | Via Zoom and/or in-person

LET'S TALK SPANISH!

Instructor: Erin Vlasak

Embark on a linguistic and cultural journey with instructor Erin Vlasak, M.S., in this engaging and beloved class! Through dynamic and interactive sessions, students will dive into the fundamentals of conversational Spanish or enhance their existing language skills.

Beyond language proficiency, this class offers a rich exploration of Spanish culture, diverse dialects, and the historical evolution of the language. Gain insights into how Spanish has influenced and spread across the globe, enriching your understanding of its global significance.

Benefit from Erin's extensive teaching experience, complemented by her Spanish minor and travel background, which infuse the class with depth and authenticity. Whether you're a beginner or seeking to refine your Spanish fluency, join us for an immersive learning experience that transcends language barriers.

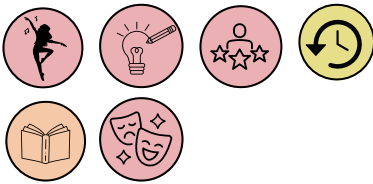


COURSE GUIDE





COURSE GUIDE



Wednesday | 2:00 - 2:50 PM | Via Zoom and/or in-person

EXPLORING BROADWAY: DISNEY MUSICALS & BEYOND

Instructor: David Macaluso

Continue your exploration of the enchanting world of Disney and Broadway, while also delving into lesser-known productions that have shaped Broadway's illustrious history. This interactive class serves as a captivating gateway into the creative collaborations and behind-the-scenes magic that have brought these iconic shows to life.

Discover the intricacies of the creative process, from inception to stage production, as we dissect the elements that make these shows truly remarkable. Engage in lively discussions, explore the art of constructive criticism, and unravel the secrets behind Broadway's most beloved productions.

Prepare for a dynamic learning experience where you may find yourself not only discussing but also dancing and singing along to the timeless tunes that have captivated audiences for generations. Join us as we journey through the captivating world of Disney and Broadway, uncovering the stories and inspirations that have shaped theatrical history.

Wednesdays | 3:00 - 3:50 PM | Via Zoom and/or in-person

STATECRAFT: STAGE ACTING & THEATER DIRECTION

Instructor: David Macaluso

Step into the captivating world behind the curtain with our interactive Performing Arts class! Explore the thrilling backstage intricacies of live theater and uncover the magic that brings productions to life.

Join us as we embark on a journey through the unseen realms of theater production. Through interviews with industry professionals, ranging from regional theater producers to touring lighting designers, we'll gain insight into the inner workings of Broadway hits like *Wicked*!

Instructor Macaluso will share firsthand experiences, offering glimpses into his nationwide performances. Through engaging videos and discussions, we'll delve into the myriad elements that contribute to a successful production, from the artistry of lighting and costumes to the precision of stage management and the intricacies of producing.

Prepare to be immersed in the collaborative spirit of theater as we uncover the secrets that make each show a theatrical masterpiece!



COURSE GUIDE







Wednesday | 4:00 - 4:50 PM | Via Zoom and/or in-person

## BUE STARS: ACTING AND IMPROVISATION TECHNIQUES

Instructors: Erin Vlasak, David Macaluso

Discover your unique acting and performance style in this dynamic class led by Instructor David Macaluso. Delve into the world of acting by studying renowned actors across various genres, gaining insights into their techniques and approaches.

### COURSE GUIDE



Through hands-on practice and guided direction, students will explore a wide range of acting styles, from stand-up comedy and dramatic performances to theatrical renditions and improvisation. This interactive class provides a platform for experimentation and collaboration, allowing students to refine their skills while embracing their individuality.

Under David's seasoned guidance, participants will learn to synchronize timing, voice modulation, and movement to express their authentic performance style. Don't miss this opportunity to unlock your acting potential and embark on a journey of self-discovery in the captivating world of performance art.

Wednesdays | 6:00 - 7:30 PM | Zoom Only

## DUNGEONS & DRAGONS: A CULTURAL PHENOMENON

Instructor: Peter Williams

Join us for the ongoing journey into the captivating world of tabletop gaming! Delve into the cultural phenomenon that unites diverse individuals through the magic of gaming. In this exclusive class, we unravel the mysteries behind the allure of character development and the profound impact of tabletop gaming on our interpersonal connections.

During each lively session of this limited enrollment **Zoom class**, we'll dissect the intricacies of communication and explore the power of narrative in crafting compelling stories within the realm of Dungeons & Dragons (D&D). Whether you're a seasoned player or new to the game, you'll uncover valuable insights into enhancing your everyday interactions and relationships.

Don't miss out on this unique opportunity to embark on a journey of discovery through the captivating world of tabletop gaming!



### COURSE GUIDE



**!** Please note: This course is only available virtually and is not offered for in-person instruction.



COURSE GUIDE



Thursdays | 11:00 - 11:50 AM | Via Zoom and/or in-person

PSYCHOLOGY: PSYCHE = SOUL + LOGOS = TO STUDY  
 FOCUS ON MEMORY, PERSONALITY AND HUMAN DEVELOPMENT

Instructor: Erin Vlasak

Join us for an engaging and enlightening exploration of the fascinating world of psychology. In this interactive class, students will delve into the diverse branches and applications of psychology, gaining valuable insights into its relevance in everyday life.

Instructor Erin V. will lead discussions on how scientific research findings illuminate aspects of human development, behavior, and personality styles, shedding light on the way we learn new skills and navigate our emotions.

From dissecting the connection between thoughts, feelings, and actions to exploring psychology's influence in diverse fields like animal care, advertising, fashion, and education, this class offers a holistic view of psychology's impact on society. Don't miss this opportunity to deepen your understanding of the human mind and its multifaceted interactions with the world around us.

Thursdays | 1:00 - 1:50 PM | Via Zoom and/or in-person

IMPROV TO IMPROVE: ACTING IT OUT!

Instructor: David Macaluso

Come aboard our perennial favorite class, where we harness the power of Acting and Improv to enhance our listening, empathy, communication, and interpersonal connections. Prepare for a journey of creativity, expression, and burgeoning self-assurance as we collaborate to craft characters, scenes, and narratives.

Led by the dynamic instruction of David Macaluso, this interactive class cultivates a vibrant community of budding actors and improv enthusiasts. Together, we embrace the joy of creativity and the delight of laughter, exploring the endless possibilities of theatrical expression.

Join us as we embark on a journey of self-discovery and camaraderie, where every moment is an opportunity to shine and connect with one another in meaningful ways!



COURSE GUIDE





Thursdays | 2:00 - 2:50 PM | Via Zoom and/or in-person

PERFORMING ARTS: ACTING & STORYTELLING THROUGH SONG, DANCE, & MOVEMENT

Instructor: David Macaluso

This highly interactive Acting and Performing Arts-based class is an examination of theatrical performance by way of song, dance and movement to act out scripted lines.

We will learn techniques for using natural breath, accessing emotions, and a groundwork will be laid for physical and vocal presence. We will develop confidence, emotional expressivity and how to “stick to the script”-a great life lesson!

We will create some song, dance and movement of our own from self-scripted storytelling and learn how to communicate constructively by directing each other.

Whether you join us on Zoom or in person at 35 West, prepare to embark on a journey of self-discovery and artistic growth in this cherished class!

Whether you join us on Zoom or in person at 35 West, prepare to embark on a journey of self-discovery and artistic growth in this cherished class!

COURSE GUIDE



Thursdays | 4:00 - 4:50 PM | Via Zoom and/or in-person

SHOW PERFORMANCE CLASS: CREATE, DESIGN, & ACT IN OUR SPRING SHOW

Instructor: David Macaluso

Embark on a captivating exploration of the natural world in our interactive class, where we unravel the fascinating science behind the diverse environments that harbor rare and thriving wildlife. Delve into the intricacies of habitats uniquely suited to hosting specific birds and wildlife, gaining insight into the delicate balance of ecosystems.

Our journey will lead us to national and international parks and refuge sites, offering glimpses into the rich tapestry of biodiversity across the globe. Guiding us through this adventure is instructor Sheryl Brook, drawing from her extensive local and international travels to witness firsthand the wonders of these remarkable places and the majestic animals that call them home.



COURSE GUIDE





Thursdays | 4:00 - 4:50 PM

## ANIMALS & NATURE

Instructor: Sheryl Brook

Delve into the intricate tapestry of life on Earth with this engaging and interactive class, where students will unravel the mysteries of the interconnected web of ecosystems across the globe.

### COURSE GUIDE



Led by instructor Sheryl Brook, this course will illuminate the scientific principles underpinning the "circle of life" and how various animal kingdoms intertwine, influencing each other in profound ways. From the ancient migratory routes of sea turtles, monarch butterflies, and migratory birds to the ripple effects they create on other species and ecosystems, students will explore the fascinating dynamics of the natural world.

In addition to understanding the delicate balance of nature, participants will examine the profound impact of human activity on this intricate "circle of life." Join us for an enlightening journey that promises to deepen your appreciation for the wonders of our planet. Don't miss out on this captivating class experience!







Thursdays | 5:00 - 5:50 PM | Via Zoom and/or in-person

**INNERFORCE: KARATE**  
*MARTIAL ARTS & PERSONAL SAFETY*

Instructor: Andrew Hall

Join Sifu A. Hall, a seasoned martial arts instructor with over 30 years of experience in karate and self-defense, on a transformative journey to master the mental and physical skills of karate. Whether in our Smithtown studio or via Zoom, students will engage in a dynamic session encompassing warm-up exercises, instruction in various karate techniques and combinations, and a rejuvenating cool-down.

COURSE GUIDE



Prepare to break a sweat as you learn and practice fundamental karate maneuvers under Sifu Hall's expert guidance. Progression through belt levels will be earned through diligent practice and testing. Beyond the physical aspects, InnerForce Karate emphasizes the application of karate skills to real-life scenarios, empowering students with invaluable self-defense knowledge and mental acuity. Join us and unlock the potential within you through the art of karate.

Fridays | 11:00 - 11:50 AM | Via Zoom and/or in-person

**FRIDAY FITNESS!**

Instructor: Jason Baron

Join us for an invigorating workout session led by the lively and certified group fitness instructor, Jason Baron! Kickstart your weekend with a dynamic exercise routine designed to make fitness enjoyable.

Under Jason's expert guidance, you'll begin with thorough stretching and warm-up routines, setting the stage for a series of exercises that can be seamlessly integrated into your daily routine, no matter where you are.

Engage your core, track your progress, and revel in the camaraderie of fellow participants as you sweat it out together in this live, interactive class. Don't miss out on the chance to elevate your fitness journey with Jason!

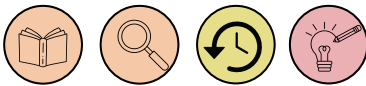


COURSE GUIDE





COURSE GUIDE



Fridays | 1:00 - 1:50 PM | Via Zoom and/or in-person

FILM & ART HISTORY SERIES: THE STORY & CREATIVE DESIGN BEHIND SUPERHEROES, DC EDITION

Instructor: Gabby Sharp

Since the 1930s, superheroes have captivated audiences, offering both entertainment and insights into the zeitgeist of their times. Delve deep into the captivating world of DC superheroes in this engaging and interactive class.

Explore the creative inspirations behind iconic characters such as Batman, Superman, and Wonder Woman. Gain insights into their origin stories, formidable powers, vulnerabilities, and the driving forces behind their heroic deeds.

Join us as we hone our research, communication, and presentation skills while uncovering the historical and cultural significance of these beloved characters. Step into the realm of DC and unravel the secrets and excitement behind our favorite superheroes!

Fridays | 2:00 - 2:50 PM | Via Zoom and/or in-person

FILM & ART HISTORY SERIES: THE STORY & CREATIVE DESIGN BEHIND STAR WARS

Instructor: Gabby Sharp

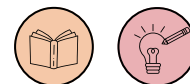
Step into the epic universe of Star Wars and embark on an unforgettable journey through its captivating lore and legendary characters. Whether you're drawn to the allure of the Dark Side or stand ready to fight against the Imperial Army, this interactive class, available via Zoom or in person, invites students to explore the rich tapestry of the Star Wars saga.

Under the guidance of instructor Gabby, delve into the behind-the-scenes magic that brought iconic scenes to life and discover the common themes woven throughout the storyline. From the complex character development of Darth Vader and Anakin Skywalker to the emergence of new heroes like Rey, students will unravel the intricacies of this timeless saga.

Through critical analysis and lively discussion, the class will uncover the secrets of Star Wars' enduring success over the past four decades. Join us as we celebrate the cultural phenomenon that continues to captivate audiences worldwide!



COURSE GUIDE





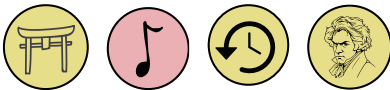
Fridays | 3:00 - 3:50 PM | Via Zoom and/or in-person

## MUSIC HISTORY: POP MUSIC FROM THE 1950'S THROUGH TODAY

Instructor: Gabby Sharp

Attention Music Fans! Dive into the rich tapestry of musical history with our exciting NEW interactive class led by Instructor Gabby.

### COURSE GUIDE



Together, we'll go on a journey through the decades as we explore the diverse world of pop music and iconic artists who shaped them.

Through engaging discussions and immersive activities, students will unravel the origins and legacies of pop, gaining a deeper understanding of the instruments and stylistic elements that define it's evolution through the decades. Get ready to discover fascinating insights and expand your musical knowledge in Gabby's dynamic and passionate teaching environment!

Don't miss out on this opportunity to groove through musical history and uncover the secrets behind your favorite tunes.

Fridays | 6:00 - 7:30 PM | Via Zoom Only

## MUSICAL CONNECTIONS: HOW MUSIC UNITES US

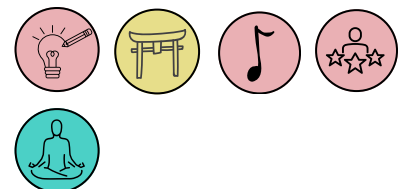
Instructor: Erin Vlasak

Come join us every Friday evening from 6 to 7:30 pm via Zoom for an engaging and cherished class experience. Musical Connections remains a cornerstone of our offerings where we explore the rich tapestry of musical genres spanning the globe.

Delve into the diverse melodies that resonate across cultures, uncovering the profound ability of music to foster unity and cohesion within communities. Embrace the opportunity to share your personal musical favorites, and perhaps even showcase your talents through performances, as we delve into discussions on harmony, rhythm, and melody, recognizing the unique significance each song holds for individuals. Don't miss out on this captivating journey through the world of music!



### COURSE GUIDE



**!** Please note: This course is only available virtually and is not offered for in-person instruction.



Saturdays | 11:00 - 11:50 AM |  
Via Zoom and/or in-person

**!** *This popular course is also offered  
Tuesdays at 5:00 PM*

**YOGA & MEDITATION**

WITH CERTIFIED YOGA INSTRUCTOR, JILL M., AND KIDS YOGA  
TEACHER TRAINED INSTRUCTOR, NINA S.

Instructors: Jill Mayer, Nina Sclafani

Indulge in a rejuvenating yoga experience, whether you join us virtually or in person! Join certified instructor Jill, and kids yoga teacher trained instructor, Nina, for a session designed to unwind your day while strengthening your body and mind.

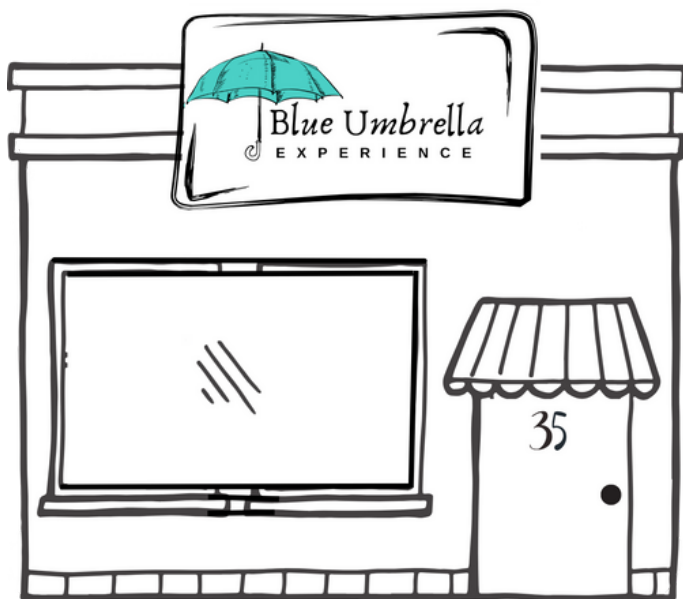
COURSE GUIDE



With their expert guidance, you'll be guided through each pose with attention to proper form, ensuring a safe and fulfilling practice. Plus, they will offer personalized support to help you cultivate positive affirmations and master effective breathing techniques, enhancing your overall well-being.

Feel free to bring your own mat or use one of ours as you immerse yourself in this revitalizing class. We can't wait to share this healing journey with you!

**!** *Please note: This course will not be offered on May 18th. The 8th and final day of the course will be held on Saturday, June 29, to ensure all 8 sessions are delivered.*







# COURSE CALENDAR

Please review, under your courses day of the week, the dates your class will be meeting over the course of the 8-week Spring II Session. Please note: All courses are available both virtually and in-person at The Blue Umbrella Experience studio, located at 35 W. Main Street, Smithtown, NY, 11787.

Spring II Session begins Wednesday, May 1, and ends Monday, July 1.

Monday Classes			
• May 6	• May 20	• June 10	• June 24
• May 13	• June 3	• June 17	• July 1
<i>Please note, classes will not meet Monday, May 27th to observe Memorial Day.</i>			

Tuesday Classes			
• May 7	• May 21	• June 4	• June 18
• May 14	• May 28	• June 11	• June 25

Wednesday Classes			
• May 1	• May 15	• May 29	• June 12
• May 8	• May 22	• June 5	• June 19

Thursday Classes			
• May 2	• May 16	• May 30	• June 13
• May 9	• May 23	• June 6	• June 20

Friday Classes			
• May 3	• May 17	• May 31	• June 14
• May 10	• May 24	• June 7	• June 21

Saturday Classes			
• May 4	• May 18	• June 1	• June 15
• May 11	• May 25	• June 8	• June 22
<i>Please note, Saturday Yoga will not meet on May 18, &amp; will meet on June 29th instead.</i>			



# REGISTRATION

## HOW TO REGISTER

Registering for classes at Blue Umbrella Experience is easy! Simply reach out to our Executive Director, Christy Hawkins, at [CHawkins@buexperience.org](mailto:CHawkins@buexperience.org), and specify which courses you are interested in taking.

Downloadable course information flyers are available at [abccommunityclasses.org](http://abccommunityclasses.org).

If you are interested in discussing third-party payee and direction billing options, please reach out to Christy Hawkins.

## COURSES FOR EVERYONE, NO MATTER WHERE YOU ARE!

Our classes are open to the public, and all are welcome to join via Zoom or in person at Blue Umbrella Experience, conveniently located at 35 West Main St, Smithtown, NY.

Don't miss out on the chance to explore new interests and skills with us at Blue Umbrella Experience!





*Above Beyond*  
COMMUNITY CLASSES

*THANK YOU FOR YOUR INTEREST!*



**Connect with Us!**  
35 W Main St,  
Smithtown, NY, 11787  
(631) 992 - 7033  
[chawkins@buexperience.org](mailto:chawkins@buexperience.org)