

# Sharon Community Education



Adult Education, Fall 2025

**Classes Begin  
September 7th!**

DAYTIME, EVENING CLASSES AND  
ONLINE CLASSES 24/7

[Sharoncommunityeducation.com](http://Sharoncommunityeducation.com)

Greetings and welcome back!

We at Community Education are so excited to be back in action with our Youth and Adult Programs beginning again for the 2025/2026 year! We had a very successful year for Adult Education last year and we hope to keep that momentum going. We want to thank our amazing instructors who provide their time, experience, and expertise to provide a great experience for you, the community! Without these fine folks, we would not have a program! We also want to express our gratitude to the community members who participate in our programs. Your support keeps us going and energized to continue providing you with great experiences!

You may notice some some changes in our Community Education team. In March, Barbara Coyne celebrated her retirement. She dedicated many wonderful years to Community Education and Sharon Public Schools and we wish her all the best! In July, we welcomed Alex Narcotta as our new Enrichment Manager. Alex will remain on as the Lead Instructor for our Aftercare Program at Heights Elementary in addition to his new role as Enrichment Manager. Welcome Alex!

*As always, Make today the day you learn something new!*

Sincerely,

Sara, Erin, Bridget and Alex.



**Sara Norton**  
Adult Education Manager  
snorton1@sharonschools.net



**Erin McCabe**  
Assistant Director  
emccabe@sharonschools.net



**Bridget Maddalena**  
Administrative Assistant  
bmaddalena@sharonschools.net



**Alex Narcotta**  
Enrichment Manager  
anarcotta@sharonschools.net

To learn more about Adult Education and register for programs online, visit [www.sharoncommunityeducation.com/programs/adult-education](http://www.sharoncommunityeducation.com/programs/adult-education) or scan this QR code with your mobile device!



Sharon Community Education is a self-sustained branch of the Sharon Public Schools. We support all people who are interested in academic, social, and cultural development. Sharon Public Schools does not discriminate on the basis of age, color, disability, gender identity, homelessness, national origin, race, religion, sex or sexual orientation.

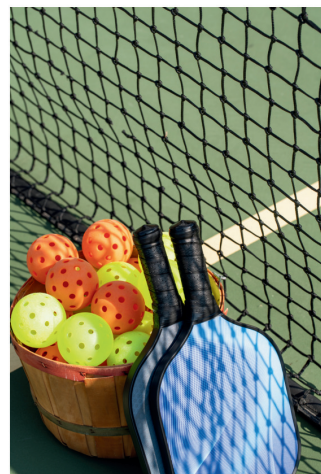


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# TABLE OF CONTENTS



<b>Discount Theater Tickets</b>	<b>04</b>
<b>Technology &amp; Art</b>	<b>05</b>
<b>Enrichment</b>	<b>07</b>
<b>Music</b>	<b>08</b>
<b>Wellness &amp; Fitness</b>	<b>09</b>
<b>College Prep</b>	<b>12</b>
<b>Online Career Training</b>	<b>13</b>
<b>Instructor Bio's</b>	<b>14</b>
<b>Registration &amp; Policies</b>	<b>15</b>





## Discount Theater Tickets to Providence Performing Arts Center are available through Community Ed!



Harry Potter and the Cursed Child  
Thursday, September 25<sup>th</sup> at 7:00 pm  
\$75 (Rear Orchestra)



Cirque Dreams Holidaze  
Sunday, December 21st at 1:00 pm  
\$49 (Rear Orchestra)

Ticket prices posted are discounted for Sharon Community Education for these specific performances.  
To reserve your tickets visit: [www.sharoncommunityeducation.com/programs/family-trips](http://www.sharoncommunityeducation.com/programs/family-trips).  
Transportation is not provided and ticket sales are final. Reservations are taken on a first come, first served basis.



**NEW!**

**Tech-Savvy Survival in 60 Minutes:  
Essential Skills for Everyday Life**

**\*Virtual Class\***

*Instructor: Nickie Welsh*

In today's fast-paced, technology-driven world, being tech-savvy is no longer optional—it's essential. This class is designed to equip you with the critical tech skills needed for everyday life. Expand your practical knowledge and confidence to navigate the digital landscape with ease. Learn key life skills when it comes to what's new in using QR Codes, tech you will encounter while traveling, interactive tech you may see at weddings, major life events, and so much more!

CLASS DATE: Thursday, 9/11/25  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29

**NEW!**

**Fast-Track to Social Media Marketing  
for Business**

*Instructor: Nickie Welsh*

Take your business to new heights with our fast-paced, comprehensive session designed to equip business owners, entrepreneurs, and marketing professionals with the essential skills and strategies needed to leverage social media for business success. Learn how to effectively reach your target audience, increase brand awareness, and drive engagement across major social media platforms.

CLASS DATE: Tuesday, 9/16/25 **OR** Tuesday, 11/18/25 (Select one date at registration)  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29

**Technology and Art**

**NEW!**

**One-Hour Instagram Mastery: Grow  
Your Business Today**

*Instructor: Nickie Welsh*

Curious about how Instagram can drive significant growth for your customer base and sales? This engaging beginner-level class has the answers you need to grow your business with Instagram. Discover the key steps to boost your company's bottom line. Plus, learn to create irresistible content and have fun along the way! Join us to unlock the potential of Instagram for your business.

CLASS DATE: Thursday, 9/18/25 **OR** Tuesday, 12/9/25 (Select one date at registration)  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29

**NEW!**

**Canva for Awesome Beginners \*Virtual  
Class\***

*Instructor: Nickie Welsh*

Unlock a world of creative possibilities with Canva, the ideal digital tool for beginners and novices! This class will teach you how to harness the power of Canva, the easiest design website available, all for free. You'll learn to create stunning designs from scratch or use templates with step-by-step guidance for any digital image you need. Whether it's online documents, business cards, email signatures, or more, you'll leave this class with the confidence and skills to use Canva effectively and creatively.

CLASS DATE: Thursday, 9/25/25 **OR** Thursday, 12/18/25 (Select one date at Registration)  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29

**Google Sheets for Awesome Beginners  
\*Virtual Class\***

*Instructor: Nickie Welsh*

Unlock the full potential of Google Sheets and gain skills that will benefit you for a lifetime! Whether you're using it for work or personal projects, this comprehensive class will transform you from a novice into an expert. You'll master the essential functions of Google Sheets, including entering, organizing, refining, analyzing, and visualizing data. Join us to build a solid foundation in Google Sheets and enhance your productivity and data management capabilities!

CLASS DATE: Tuesday, 10/28/25 **OR** Thursday, 12/11/25 (Select one date at registration)  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29

**Practical ChatGPT Training for  
Everyone \*Virtual Class\***

*Instructor: Nickie Welsh*

Have you been curious about what ChatGPT is exactly and how it can be used? Join our fun and engaging class to learn everything you need to know about ChatGPT powered by Artificial Intelligence. Understand how it works and why it's taking the world by storm. You'll explore practical everyday uses for ChatGPT in both the workforce and at home, ensuring you stay in the loop when ChatGPT is mentioned in conversations and on the news. Don't get left behind in today's tech-savvy world—attend this essential training today!

CLASS DATE: Tuesday, 9/30/25 **OR** Tuesday, 12/2/25 (Select one date at registration)  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29



**NEW!**

**Unlocking the Power of ChatGPT for Marketing Success \*Virtual Class\***

*Instructor: Nickie Welsh*

This workshop is designed for marketers who are familiar with ChatGPT and want to learn how to effectively leverage its capabilities for marketing success. In this fast-paced, practical session, you'll discover the potential of ChatGPT and gain hands-on experience crafting effective prompts to generate compelling marketing content. We'll cover key prompting techniques and explore real-world examples across various marketing applications. Leave this session with actionable strategies and a toolkit of prompts you can immediately implement to enhance your marketing efforts.

CLASS DATE: Thursday, 11/13/25  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29

**Navigate with Uber: Achieve Transportation Freedom \*Virtual Class\***

*Instructor: Nickie Welsh*

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this training workshop, students will learn the basics and gain the knowledge on how to use Uber if needed. We'll also cover how to use Uber at major airports so that you can travel with confidence and use Uber anywhere in the world (without having to ask a friend for a ride). No experience required and training materials will be provided for each attendee.

CLASS DATE: Thursday, 10/9/25  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29

**How to Use Venmo Safely \*Virtual Class\***

*Instructor: Nickie Welsh*

Stay relevant and up to date by learning all about Venmo, the popular mobile payment service. In this class, you'll discover how to securely pay friends and businesses, as well as receive money without the need for cash or checks. You'll gain a confident understanding of setting up Venmo safely, avoiding unnecessary fees, and applying it in real-world scenarios for you and your family. You'll be able to discuss the topic among family, friends and have an understanding of the key terms used when you hear about Venmo in the news! Join us to master Venmo and handle mobile payments with ease and security.

CLASS DATE: Thursday, 11/6/25 **OR** Tuesday, 12/16/25 (Select one date at Registration)  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29

**NEW!**

**YouTube Channel Starter Kit: Launch in 60 Minutes \*Virtual Class\***

*Instructor: Nickie Welsh*

Join our fun and engaging beginner class to learn how to create and launch your very own YouTube channel! Discover how to share your hobbies, advice, tutorials, talents, and more with the world on the largest media platform. We'll guide you through a step-by-step process, ensuring you have all the tools and knowledge to get started today. Dive in and start building your YouTube presence today!

CLASS DATE: Tuesday, 10/7/25  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29

**Cell Phones and Parenting: Balancing Connectivity and Safety \*Virtual Class\***

*Instructor: Nickie Welsh*

This engaging session will help you navigate the challenges of your child's digital world and provide helpful tools for your parenting toolbox. Learn practical strategies for social media/friendships, setting boundaries, ensuring online safety, and fostering healthy screen habits. Empower yourself with the tools to help raise a teen with a smart technology foundation they will use into adulthood.

CLASS DATE: Tuesday, 10/21/25  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29

**NEW!**

**Post Like a Pro: Navigating Facebook and Instagram with Meta Business Suite \*Virtual Class\***

*Instructor: Nickie Welsh*

Learn to efficiently manage your social media presence with this live, interactive online training class! You'll leave the class knowing how to streamline your posting process, schedule content, and leverage insights to boost engagement on both platforms. Whether you're a small business owner, a marketer, or simply looking to sharpen your social media skills, this class will equip you with practical tips and strategies to enhance your online impact. By the end of the session, you'll feel confident navigating Meta Business Suite and ready to make your posts truly shine!

CLASS DATE: Tuesday, 11/11/25  
TIME: 1:00 to 2:00 PM  
LOCATION: Virtual Class  
TUITION: \$29



**NEW!**

### **Professional Training for Becoming a Software Development Manager**

*Instructor: Mohammad Masud*

Unlock your potential and transform your career by enrolling in our software development manager training program! Specifically designed for software professionals ready to lead. This program provides essential management and technical skills tailored for the software industry. This class will cover management and technical skills, people skills, process aspects, and the art of software development management. It will also create awareness of common pitfalls in management practices. Don't just manage, lead with confidence with tools to bring predictability, repeatability, and sustainability to your software development organization.

CLASS DATES: Tuesdays, 10/21/25 to 12/2/25  
(No class 11/11/25) (6 Weeks)  
TIME: 7:00 to 8:00 PM  
LOCATION: Community Education, Room 1103  
TUITION: \$50

## **Enrichment**

**NEW!**

### **Framed Glass Painting Workshop** **Instructor: Irina Tolmach**

Glass painting is a very unique and meditative type of painting. Vivid, bright and translucent colors create beautiful images on the framed glass. No experience is needed, just the willingness to allow yourself to enjoy the colorful adventure. Guided by artist, Irina Tolmach, you will create your own masterpiece.

\*All materials and supplies will be provided.

CLASS DATE: Wednesday, 10/8/25  
TIME: 11:00 am to 1:00 PM  
LOCATION: Community Education, Room 1102  
TUITION: \$65 (Includes all materials)



### **Digital Photography 101**

*Instructor: Ken Berman*

Digital Photography 101 will explore key methods and concepts in photography. You will learn how to control your digital camera to become an 'extension of your vision,' and develop images using Adobe Lightroom to refine your photographs. You will also learn about the history of photography, and methods that photographers use to communicate their ideas. Weekly photo projects will allow you to understand your camera settings, compositional techniques, lighting techniques, and creative seeing. Students will also have the opportunity to invite a family or friend to Mr. Berman's studio to practice portraits.

\*Students will need to provide their own DSLR/mirror-less camera and subscription to Adobe Lightroom.

CLASS DATES: Mondays, 9/29/25 to 11/24/25  
(No class 10/13/25) (8 Weeks)  
TIME: 5:00 to 6:30 PM  
LOCATION: Community Education, Room 1102  
TUITION: \$240

**NEW!**

### **Conversational Spanish Level I**

*Instructor: Lionel Beauvoir*

The primary objective of this course is to develop a basic understanding of the Spanish language, including foundational skills in speaking, listening, reading, and writing. Students will learn essential vocabulary and grammar needed for everyday communication, while also gaining an appreciation for the cultures of Spanish-speaking countries.

Registration for this course will close on 9/26/25. Upon receipt of the confirmation email, students will receive links to purchase books to aid in the learning of this course.

CLASS DATES: Thursdays, 10/9/25 to 12/4/25  
(No class 11/27/25) (8 Weeks)  
TIME: 6:30 to 7:30 PM  
LOCATION: Community Education, Room 1102  
TUITION: \*\$115  
\*Does not include cost of the books.

**NEW!**

### **Conversational French Level I**

*Instructor: Lionel Beauvoir*

The primary objective of this course is to develop a basic understanding of the French language, including foundational skills in speaking, listening, reading, and writing. Students will learn essential vocabulary and grammar needed for everyday communication, while also gaining an appreciation for the culture of French-speaking countries.

Registration for this course will close on 9/26/25. Upon receipt of the confirmation email, students will receive links to purchase books to aid in the learning of this course.

CLASS DATES: Tuesdays, 10/7/25 to 12/2/25  
(No class 11/11/25) (8 Weeks)  
TIME: 6:30 to 7:30 PM  
LOCATION: Community Education, Room 1102  
TUITION: \$115

### **A Mindful Outdoor Experience**

*Instructor: Susan Novick*

Experience the healing power of nature through a mindful outdoor experience. The program is based on Forest Bathing (Shinrin-Yoku), or immersing in the forest. Forest Bathing is a practice developed in Japan found to have physical and mental health benefits. Participants will have a chance to slow down and unwind. You will be guided through mindful breathing, moving and walking. You will be invited to open your senses to your surroundings and experience the natural world in new ways. This is appropriate for anyone that can walk a short distance on an uneven surface. Participants should bring a towel, mat, or portable chair to sit on. In the event of severe weather the program will be canceled. There will be no rain dates.

CLASS DATES:

Thursday, 9/18/25
Thursday, 10/30/25
Friday, 11/14/25
Thursday, 12/11/25

TIME: 10:30 AM to 12:00 PM  
LOCATION: Moose Hill Wildlife Sanctuary  
TUITION: \$25 per class



**NEW!**

### Medicare: What You Need to Know

*Instructor: Kelly Freitas*

Navigating Medicare can feel like a complex and difficult process. Medicare plans don't have to be confusing. This class will break it down for you so you can plan your benefits strategy or help you guide your parents in their choices. Learn the many facets of Medicare Part A, B, C (Medicare Advantage) and D (Prescription Drug Plan and Medigap Supplement plans). Get all our questions answered so you know when, where, and how to start or fix your current plan. This course will help you know how to pick the plan that is best for you.

CLASS DATE: (Choose One at Registration)

Tuesday	9/30/25	6:00 to 8:00 pm
Monday	10/6/25	6:00 to 8:00 pm

LOCATION: Community Education, Room 1103

TUITION: \$5

**NEW!**

### Optimize your Social Security Money

**Instructor: Kelly Freitas**

For many, Social Security represents the biggest piece of their retirement income. But for many others, it just represents the biggest puzzle. By doing it right you can add thousands if not hundreds of thousands of dollars to your lifetime income. Whether you are single, married, divorced, widowed, disabled, self-employed, have a child with a disability, have a pension, or are a lawful immigrant you will get your questions answered with Kelly, a registered Social Security Analyst. Such questions may include:

- Should I wait until full retirement age?
- Can I collect benefits based on my spouse or even better, my ex?
- How will Social Security taxation affect me?
- How does my pension affect my benefits, spouse, or dependents?

CLASS DATE: Tuesday, 9/16/25

TIME: 6:00 to 8:00 PM

LOCATION: Community Education. Room 1103

TUITION: \$5

**NEW!**

### CPR Training

*Instructor: Brian Foley*

Learning CPR is a very valuable skill and immediate administration of CPR greatly increases the chances of survival for an individual experiencing a cardiac event before EMS can arrive. The curriculum is provided by The American Heart Association's Heart Course and conducted by Certified CPR Instructor, Brian Foley. This course will include: CPR, AED, Choking and First Aid training for Adults, Children and Infants. Certification is valid for 2 years.

CLASS DATE: Thursday, 10/30/25

TIME: 6:00 to 8:00 PM

LOCATION: Community Education Classrooms

TUITION: \$75

### You're Engaged! Now What?

*Instructor: Patty Fratto*

Are you, or do you know someone who is engaged to be married? Planning a wedding can be overwhelming! Finding your perfect venue, deciding what vendors you need, booking them, securing room blocks, guest transportation, deciding on your decor, choosing and sending your invitations, creating a timeline for your wedding day... The list goes on. This workshop can help you learn where to begin or plan next steps if you've already begun! Patty Fratto, of Perfectly Coordinated, will provide you a step by step to do list, the timeline to accomplish those steps, and how to remain organized throughout the process. If there's a wedding in your future... This class is a must!

\*Register your partner or planning buddy at the same time and save \$5.00 at check out!

CLASS DATE: Thursday, 10/23/25

TIME: 6:00 to 8:30 PM

LOCATION: Community Education, Room 1103

TUITION: \$25 for one person or \$45 for two.

**NEW!**

### Introduction to Aviation

*Instructor: Leo Yakirevich*

Learn the basics of flight, aircraft operation, communication, navigation, and understanding the nuances of flying in different types of conditions with licensed pilot and certified flight instructor, Leo Yakirevich. This program is for teens and adults with a serious interest in aviation. You will participate in four classroom sessions and will receive an official logbook to track instruction hours. After completion of the four classes, students have the option to contract directly with Mr. Yakirevich for a Discovery Flight in his aircraft from Taunton Municipal Airport in Taunton, MA.

\*The optional Discovery Flight is not included in this course. Community Education, Sharon Public Schools and the Town of Sharon bear no responsibility or liability for practical flight participation/instruction. Students interested in the Discovery Flight must contract directly with the instructor.

CLASS DATES: Tuesdays and Thursdays, 10/7/25 to 10/16/25 (2 Weeks, 4 Classes)

TIME: 6:00 to 7:30 PM

LOCATION: Community Education, Room 1103

TUITION: \$145

## **Music**

### Instant Piano for Hopelessly Busy

**People \*\*Virtual Class\*\***

*Instructor: Craig Coffman*

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture/demonstration. Ages 13+. Class is limited to 25 students.

CLASS DATE: Monday, 10/27/25

TIME: 6:30 to 9:30 PM

LOCATION: Virtual Class

TUITION: \$69



### **Instant Guitar for Hopelessly Busy**

**People \*\*Virtual Class\*\***

*Instructor:* Craig Coffman

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture/demonstration. For ages 13+. Class limited to 15 students.

CLASS DATE: Tuesday, 10/28/25

TIME: 6:30 to 9:00 PM

LOCATION: Virtual Class

TUITION: \$69



### **Wellness and Fitness**

**NEW!**

#### **Burn Boot Camp**

*Instructors:* Sharon Burn Boot Camp Trainers

Burn Boot Camp workouts are designed for all fitness levels and can be modified up or down. Our strength and conditioning routines push you at any stage of your journey, building both physical and mental strength for true transformation. Each 45-minute workout focuses on different types of training for different areas of the body. You'll never do the same workout twice, and your body will be constantly challenged. No plateaus here.

CLASS DATES: Tuesdays & Thursdays, 10/7/25 to 10/30/25 (4 Weeks, 8 Classes)

TIME: 6:30 to 7:15 PM

LOCATION: Burn Boot Camp, 800 S. Main St., Sharon (Behind Shaws)

TUITION: \$235



#### **Primordial Sound Meditation**

*Instructor:* Rashmi Shetty

"Discover How to Reduce Stress Without Changing Your Daily Routine" Meditation is a powerful way to manage stress, reduce anxiety, and connect with your true self. In this workshop, you'll establish a life-changing meditation practice that seamlessly integrates into your lifestyle. All you need is a comfortable seat and a willingness to explore.

This workshop is designed for beginners and seasoned meditators alike. Experience increased well-being, energy, and creativity as you meditate regularly in a sacred and supportive space. This class will be virtual and the meeting link will be emailed to registered participants prior to the start of the course. Each student will have a private virtual meeting to review your birth chart that will be scheduled with the instructor.

CLASS DATES: Wednesdays, 10/1/25 to 10/15/25 (3 Weeks)

TIME: 7:00 to 8:15 PM

LOCATION: Virtual Class

TUITION: \$195

#### **Vinyasa Yoga**

*Instructor:* Rashmi Shetty

Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit "to place in a special way" Vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Participants should have a yoga mat or a large towel, and water. This class is appropriate for all levels.

CLASS DATES: Tuesdays, 9/30/25 to 11/25/25 (8 Weeks)(No class 11/11/25)

TIME: 7:00 to 8:15 PM

LOCATION: Sharon Middle School Fitness Room

TUITION: \$95

### **Yoga for Seniors**

*Instructor:* Lisa Orkin

Learn yoga postures and breathing exercises on a yoga mat or seated in a chair. Yoga means "union," and is a great way to stretch, relieve stress, and practice breathing exercises to calm your mind, body, and spirit. This class is open to all levels of experience and mobility. Come restore and renew your inner being!

\*Please provide your own yoga mat or if you would like to participate from a chair, one will be provided.

CLASS DATES: Tuesdays, 9/9/25 to 12/9/25 (12 Weeks) (No class 9/23/25 & 11/11/25)

TIME: 10:30 to 11:30 AM

LOCATION: Community Education, Room 1102 & 1103

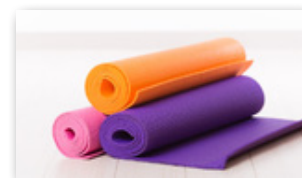
TUITION: \$99

CLASS DATES: Thursdays, 9/11/25 to 12/11/25 (12 Weeks) (No class 10/2/25 & 11/27/25)

TIME: 10:30 to 11:30 AM

LOCATION: Community Education, Room 1102 & 1103

TUITION: \$99



#### **Pilates on the Mat**

*Instructor:* Grant Keith

Pilates is a unique system of training in which the body, mind, and spirit work together. Focusing on your core, or powerhouse, it will improve posture, strength, flexibility, balance, and stamina. You gain body knowledge that will help you correct wrong postures, restore vitality, and elevate your spirit. The benefit of Pilates is easily transferred into your daily life tasks. The workout consists of a series of exercises performed on a mat, using just your body. This class is suitable for those new to Pilates or advanced students. Students should wear comfortable fitting clothes and bring an exercise mat, a towel, and a water bottle.

CLASS DATES: Thursdays, 10/9/25 to 12/4/25 (8 Week Sessions) (No class on 11/27/25)

TIME: 6:30 to 7:30 PM

LOCATION: Sharon Middle School, Fitness Room

TUITION: \$75

### **Country Line Dancing**

*Instructor: Bonnie Puccio*

Want to Boot Scoot Boogie? No partner needed! Line dancing is a group dance in which dancers stand side-by-side in one or more lines as they perform a series of choreographed dance moves in unison. While it's often done to country music, line dancing can also be done to pop music by artists such as Bruno Mars and Ed Sheeran. Learn classic dances such as Tush Push, Footloose, and many more!

CLASS DATES: Wednesdays, 10/8/25 to 11/12/25 (6 Weeks)

TIME: 6:30 to 7:30 PM

LOCATION: Cottage St. Elementary, Cafeteria

TUITION: \$75



### **Women's Recreational Basketball**

*Instructor: Sara Cohen & Christine Sooklal*

Women (18+) are invited to play in our recreational basketball league. No prior experience necessary, although this program is not instructional. Players should be familiar with the rules of the game and be ready to play and have fun!

DATES: Thursdays, 9/18/25 to 11/6/25 (6 Weeks) (No class 9/25/25 & 10/2/25)

TIME: 7:00 to 9:00 PM

LOCATION: Cottage St. Elementary, Gym

TUITION: \$55

### **Men's Basketball**

*Instructor: Dave Dubois*

A friendly class for experienced basketball players over the age of 30. Players are divided up into new and evenly balanced teams each week, and matched up against individual opponents of similar skills and ability. All players and teams get equal playing time. Players should be in good physical condition. Limited to 30 players.

DATES: Sundays, 9/7/25 to 11/30/25 (13 Weeks)

TIME: 8:00 to 10:00 AM

LOCATION: Sharon High School, Gym.

TUITION: \$165

### **Recreational Co-Ed Basketball**

*Instructors: David Chu & David Gorvine*

Do you dream of being an aspiring NBA STAR or play for the love of the game? Looking for an activity that will offer you exercise and enjoyment at the same time? Don't be misled; this recreational program is designed for the more serious player. We don't SLAM DUNK, RUN FAST, OR ALWAYS HIT OUR SHOTS, but, we manage to have fun. This class offers shooting games, scrimmage situations, individual instruction to improve your game, and an opportunity to meet some great people in a relaxed atmosphere. Limited to 20 players.

DATES: Mondays, 9/15/25 to 12/8/25 (12 Weeks) (No class 10/13/25)

TIME: 7:30 to 10:00 PM

LOCATION: Cottage St. Elementary, Gym

TUITION: \$145

### **Indoor Pickleball**

*Instructor: Pratyush Shukla*

This recreational program is for players with intermediate to advanced pickleball skills. We will set up two pickleball courts and will group players with comparable skills to make it enjoyable for all. Players will need to provide their own racquet/balls, and be ready to play and have fun! Limited to 10 players.

DATES: Fridays, 9/12/25 to 12/5/25 (10 Weeks) (No class 9/19/25, 10/31/25 & 11/28/25)

TIME: 7:00 to 9:00 PM

LOCATION: Heights Elementary School, Gym.

TUITION: \$89

### **Monday Badminton**

*Instructor: Yi Zhou*

This Co-Ed class is for beginner to intermediate players looking to improve their skills. All play is in accordance with the rules of the Badminton World Federation (BWF). Please indicate "Monday Badminton" on the Registration Form. Please bring your own shuttles. Limited to 8 players. Ages 15+ welcome.

DATES: Mondays, 9/15/25 to 12/1/25 (10 Weeks) (No class 9/22/25 & 10/13/25)

TIME: 7:30 to 10:00 PM

LOCATION: Sharon Middle School, Gym

TUITION: \*\$130

\*50% discount for Seniors & Town Employees.

### **Tuesday Badminton**

*Instructor: Ranjit Shetty*

This Co-Ed class is for people familiar with the rules of the sport of badminton. This course is for beginner-intermediate level players who wish to play and have a good time on Tuesday evenings. There will be pickup games in accordance with the Badminton World Federation (BWF) rules. Please indicate "Tuesday Badminton" on the registration form. Please bring your own shuttles. Limited to 8 players. Ages 15+ are welcome.

DATES: Tuesdays, 9/16/25 to 12/2/25 (10 Weeks) (No class 9/23/25 & 11/11/25)

TIME: 7:30 to 10:00 PM

LOCATION: Sharon Middle School, Gym

TUITION: \*\$130 per session

\*50% discount for Seniors & Town Employees

### **Badminton Intermediate**

*Instructor: Xiaodong Tian*

This Co-Ed class is designed for players familiar with the rules of the sport of badminton, but who have little or no competitive experience. This is an instructional course for people who wish to gain some experience and sharpen their skills. All play is in accordance with the Badminton World Federation (BWF). Please bring your own shuttles. Limited to 8 players.

DATES: Wednesdays, 9/17/25 to 12/3/25 (10 Weeks) (No class 10/1/25 & 11/26/25)

TIME: 7:30 to 10:00 PM

LOCATION: Sharon Middle School, Gym

TUITION: \*\$130

\*50% discount for Seniors & Town Employees





### Intermediate Volleyball

*Instructors:* Virginia Bradley & Eric Wang

This Co-Ed class is designed for players who have a full understanding of the rules of volleyball and are familiar with a “4-2 rotation,” and who have little competitive experience. Players will sharpen their skills through scrimmages and pickup games. All play is strictly in accordance with the United States Volleyball Association ball-handling rules. Limited to 18 players ages 15+.

DATES: 9/15/25 to 12/8/25 (10 Weeks) (No class 9/22/25, 10/6/25 & 10/13/25)

TIME: 7:30 to 10:00 PM

LOCATION: Sharon Middle School, Gym

TUITION: \*\$130

\*50% discount for Seniors & Town Employees

### Volleyball: Power

*Instructor:* Eric Wang

This Co-Ed class is for experienced players with well-developed ball-handling skills. All play is in accordance with USVBA rules. Although the class is administered as a “pickup” organization, all play is at the competition level (approximately level C). Players registering for the first time must have the instructor’s approval. **Important Note:** Players with little experience should consider the Monday night Intermediate Volleyball class. Ages 18+ welcome.

DATES: Tuesdays, 9/16/25 to 12/9/25 (10 Weeks) (No class 9/23/25, 10/7/25 & 11/11/25)

TIME: 7:30 to 10:00 PM

LOCATION: Sharon Middle School, Gym

TUITION: \*\$130

\*50% discount for Seniors & Town Employees

### Volleyball: Advanced

*Instructor:* Denny Aldrin

This recreational class is for players with intermediate to advanced ball handling skills. This course is for individuals who wish to refine their skills and extend their appreciation of volleyball through pick up games. Coordinator approval will be required for new participants. Please specify “Volleyball-Advanced” on the registration form. **Important Note:** Players with little experience should consider Intermediate Volleyball on Mondays. This class is for advanced players only. New players will be contacted by the coach to assess skill level. Limited to 15 players.

DATES: Wednesdays, 9/17/25 to 12/3/25 (10 Weeks) (No class 10/1/25 & 11/26/25)

TIME: 7:30 to 10:00 PM

LOCATION: Sharon Middle School, Gym

TUITION: \*\$130

\*50% discount for Seniors & Town Employees

### Zumba

*Instructor:* Anna McNamara

Dubbed the world’s largest fitness party, the 60-minute heart pumping, dance-loving goodness has an open invite to all. Participants of any skill and fitness level are welcome! You will get a good sweat on and leave with an endorphin rush that has you craving more. Depending on how much you exert yourself, expect to burn anywhere between 600-1000 calories!!!

DATES: Mondays, 9/29/25 to 12/8/25 (10 Weeks) (No class 10/13/25)

TIME: 7:00 to 8:00 PM

LOCATION: Heights Elementary, Gym

COST: \*\$125

\*50% discount available for Seniors & Town Employees



**NEW!**

### Zumba Toning

*Instructor:* Anna McNamara

Zumba Toning incorporates aerobics, dance, and weights in one fun-filled 60 minute class! All you need is a set of small hand weights (1lb or 2lb), comfortable clothes, sneakers and water to join the party!

\*Students should bring their own hand weights (1 or 2lbs max). Zumba brand offers Toning Sticks, but regular hand weights work just as well.

DATES: Thursdays, 9/18/25 to 12/11/25 (10 Weeks) (No class 9/25/25, 10/2/25 & 11/27/25)

TIME: 7:00 to 8:00 PM

LOCATION: Heights Elementary, Gym

COST: \*\$125

\*50% discount available for Seniors & Town Employees



### **Charting Your Course: Preparing for a Career in Medicine**

*Instructor: Sam White*

Join Sam White, a medical student at Duke University School of Medicine, to learn strategies for navigating the path from high school to medical school. Sam will address the important decisions students will need to make to best prepare themselves for a career in medicine. She will share insights from her experience to help your student prepare for their journey towards medical school.

DATE: Thursday, 10/2/25  
TIME: 7:00 to 8:00 PM  
LOCATION: Virtual  
TUITION: \$15

### **The PSAT Is Coming. Be Ready!**

*Instructor: Travis Minor*

The PSAT marks the beginning of most students' college admissions journeys and sets the tone for their experience with testing. This three-session class with Open Door Founder Travis Minor will ensure that your student understands the structure and content of the PSAT and has a toolbox of effective strategies for both the Reading/Writing and Math sections of the test. All registrants will have access to a full practice test and comprehensive score report.

DATES: 10/7/25, 10/8/25 & 10/9/25  
TIME: 7:00 to 8:00 PM  
LOCATION: Virtual  
TUITION: \$225

## **College Prep**

### **The SAT, The ACT, and You: Everything You Need to Know About College Admissions Testing \*Virtual\***

*Instructor: Travis Minor*

The landscape of college admissions testing continues to evolve, and many parents and students are understandably uncertain about what these changes mean for them. This class will identify and unpack the major issues relating to testing so that you can help develop a smart, effective, and informed plan for your student. Attendees will gain an understanding of the differences between the SAT and ACT, the keys to building a testing timeline, the changing role of tests in college admissions, and the essential components of impactful preparation. Reduce stress by developing a strategic plan for your student's bright future!

DATE: Wednesday, 9/17/25  
TIME: 7:00 to 8:00 PM  
LOCATION: Virtual  
TUITION: \$15

**NEW!**

### **Exploring College Options Abroad** **Instructor: Liz Suh**

Join college counselor Liz Suh for an informative session on international higher education. Learn how overseas colleges compare to U.S. institutions, what the application process entails, key financial considerations, and standout options in countries around the world. Perfect for families curious about expanding their college search globally.

DATE: Tuesday, 9/16/25  
TIME: 7:00 to 8:00 PM  
LOCATION: Virtual  
TUITION: Free

**NEW!**

### **How a Gap Year Can Pave the Way to an Intentional Future**

*Instructors: Julia Rogers & Margaret Szegvari*

Thinking about a gap year? The right plan can help students build independence, gain clarity, and enter college with confidence. Julia Rogers, internationally recognized gap year expert and former president of the Gap Year Association and Margaret Szegvari, career educator and consultant will help you understand gap year opportunities, college deferment and reapplication, financing strategies, and how to design a meaningful experience. Whether you're deep in planning or just getting started, this webinar will give you the insights to make the best choice for your family.

DATE: Wednesday, 10/15/25  
TIME: 7:00 to 8:00 PM  
LOCATION: Virtual  
TUITION: Free

Community Education is dedicated to serving the community. Please continue to share your suggestions for programs you would like to see or if you would like to join our team of instructors, please contact us. We are always looking for new and interesting classes.

Be sure to check our website for the most up to date information. [www.sharoncommunityeducation.com](http://www.sharoncommunityeducation.com)

Questions, Comments, Concerns, Ideas? Please do not hesitate to contact us: Sharon Community Education-Adult Ed.  
Phone: (781) 784-1574 or Email: [snorton1@sharonschools.net](mailto:snorton1@sharonschools.net)



Superintendent: Dr. Peter Botelho  
Assist. Superintendent: Ellen Whittemore  
Assist. Superintendent: Dr. Joel Jocelyn  
Assist. Director of Community Ed: Erin McCabe  
Adult Program Manager: Sara Norton





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- Business

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- Health and Fitness

- Peer Support Specialist
- Plan de Estudios del Curso de Certificación de Organización de Bodas y Eventos
- Professional Interpreter
- Professional Recovery Coach
- Social Service Assistant
- Web Design Professional

- Hospitality
- Language

To learn more and enroll, visit:

**careertraining.ed2go.com/SharonEd**

2401-1505-B-2402

2405-1555-B

**Denny Aldrin** is a Sharon resident and avid volleyball player.

**Virginia Bradley** has been playing Volleyball with Adult Ed for years and took over for the former instructor in 2021.

**Craig Coffman** is an experienced piano and guitar instructor, professional pianist and music director. His piano and guitar seminars, offered through Community Colleges and Community Education Programs, have been attended by over 30,000 students over the past 27 years. He is the author of “Chords are Key for Piano” and “Chords are Key for Guitar,” as well as additional music education materials which are available online.

**Anna McNamara** is a certified Zumba instructor who loves teaching Zumba classes. The reason is simple: Every class feels like a party!

**Susan Novick** is Kripalu Certified as a Mindful Outdoor Guide. Sue has a lifelong interest in the outdoors and is passionate about guiding people to find new ways to connect with nature. She is also an occupational therapist and a geriatric care manager.

**Lisa Orkin** is a certified Kripalu yoga instructor and occupational therapist. She has studied in India and has taught yoga classes to children and adults in schools, gyms, and at corporate events.

**Bonnie Puccio** is a graduate of Fitchburg State College and has 20 years of line dancing experience. She has taught for over 10 years in a variety of venues such as health clubs, dance halls, adult education programs, and assisted living facilities.

**Ranjit Shetty** has played badminton since childhood. Badminton games can be fun and intense at the same time. It is a good workout.

**Rashmi Shetty** is a software professional with a passion for yoga. She has been practicing yoga for many years and believes yoga is a way of life and would like to share it with the community. Rashmi is a certified yoga instructor having completed 200 hours of training.

**Pratyush Shukla** is a Sharon resident and sports enthusiast. He loves playing volleyball, tennis, and pickleball.

**Xiaodong Tian** is a civil engineer with a passion for badminton. Like many Chinese, he started playing badminton as a little kid and kept playing as a hobby throughout his whole life. He enjoys the game that increases fitness, agility, strength, speed, and precision. More importantly, badminton is really fun. Xiaodong is looking forward to meeting new friends on the court.

**Eric Wang** is a Sharon resident and long time player of Volleyball: Power who has experience assisting program coordinators.

**Nickie Welsh** earned her B.A. in Communication Studies from Iowa State University. Her great passion is teaching adults how to easily utilize technology to connect with their family and friends. Every single person has a unique learning style so she strives to make technology useful for all!

**Yi Zhou** has been playing Badminton since high school for over 30 years. It is a fun and high demand sport.

*Additional instructor biographies can be found by visiting our online catalog at [www.sharoncommunityeducation.com](http://www.sharoncommunityeducation.com).*





## REGISTRATION FORM

NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE NO \_\_\_\_\_

D.O.B. \_\_\_\_\_

ADDRESS \_\_\_\_\_

PROGRAM \_\_\_\_\_

PROGRAM \_\_\_\_\_

COST \_\_\_\_\_

### PAYMENT METHODS



All major credit cards are accepted online or by phone.



Checks should be made payable to: Town of Sharon-Community Ed.



Cash can be accepted at the Community Education Office. Exact amount only please.

### REGISTRATION METHODS



Online by visiting:  
[www.sharoncommunityeducation.com](http://www.sharoncommunityeducation.com)



Mail to: Office of Community Ed  
181 Pond St., Sharon, MA 02067



Drop Off to: Community Education  
181 Pond St., Sharon, MA 02067



Call Sara Norton at:  
(781) 784-1574 x5

### PROGRAM POLICIES

**Refund Policy:** Due to prior financial obligations, tuition is non-refundable. Refunds will only be given in the event of class cancellation, a medical limitation (a doctor's note is required), or if the class is over-subscribed. Classes are not made up due to participant's absence, but will be made up in the event of instructor absence or weather and emergency cancellations. Refunds are subject to a processing fee.

**Course Cancellations/Substitutions:** Sharon Community Education is a self-supporting branch of the Sharon Public Schools. Classes that do not have sufficient enrollment to pay the cost of conducting the course cannot be held. Sharon Community Education reserves the right to cancel any course due to low enrollment or substitute for a listed teacher. If a class needs to be canceled due to low enrollment, you will be notified at least 2 business days prior to the start of class via email.

**Discounts:** Senior Citizens (65 years of age and over) or Town Employee may enroll in courses for a fee of 50% off the full tuition where indicated under "COST." Tuition is only reduced, not the materials cost or fees. One, Two, or Three night classes are not discounted.

All programs are covered under the Town of Sharon's Liability insurance policy while the programs are in session and occur on town property. Classes that take place outside of town property are covered under that location's insurance policy.



Office of Community Education  
Sharon Public Schools  
181 Pond St.  
Sharon, MA 02067

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See page 8 for  
details

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