

Voorheesville Central School District

Clayton A. Bouton High School
 432 New Salem Road
 Voorheesville, NY 12186
 (518) 765-3314 ext. 103
 www.voorheesville.org

SPRING 2020 VOORHEESVILLE CONTINUING EDUCATION PROGRAM

Frank Macri, Superintendent of Schools
 Mary E. Flansburg, Director of Continuing Education

ELIGIBILITY

Courses are open to all persons in the Capital District region. **When necessary, priority is given to residents of the Voorheesville Central School District.** Middle school and high school students may also register.

ON-LINE REGISTRATION:

Pay online at: <https://goo.gl/vvWc9t>

Once on the home page:

- Click Browse All Items
- View Details on Continuing Ed or Continuing Ed Aquatics
- Select course from Options menu; click down arrow
- Fill out online registration form and "Add to Basket"
- If you register for more than one course, after adding class to basket you will automatically return to View Details to select another course.
- **Please note that "Heartland" will add a convenience fee of 3.95% of the total payment amount to your purchase.**

MAIL-IN REGISTRATION: If you choose to submit your registration by mail, fill out the attached registration form, enclose the correct fee (checks made payable to Voorheesville Central School District) and send to:

Mary Flansburg, Director of Continuing Education
 Voorheesville CSD, P.O. Box 498
 Voorheesville, NY 12186

DROP-OFF REGISTRATION: Registration materials may be dropped off at the high school main office during normal school hours (7:30 a.m. to 3:30 p.m.).

Late registration will be accepted only if there is room in the class.

CLASSES WILL BEGIN THE WEEK OF FEBRUARY 24 OR AS NOTED IN THE BROCHURE.

FEES AND REFUNDS

Registration fees are payable when you register. Fees are listed in the brochure. A separate check **must** be made for each course desired. *Refunds will **not** be given after the first class has been held.*

CONFIRMATION OF CLASSES

Registrants **will not** be contacted for confirmation, but will be notified if the course has been cancelled due to insufficient enrollment.

SENIOR CITIZENS, 60 years of age or older, will pay one-half of the course fee except as noted in the brochure. Please be prepared to show age identification.

INCLEMENT WEATHER

When school is cancelled or closes early due to inclement weather, unsafe conditions or an emergency situation, classes will be cancelled. Please check the district website at voorheesville.org or your local television station to get the latest information on school closings.

DISTRICT CALENDAR – SPRING 2020

February / March							April							May							June						
Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa
	24	25	26	27	28	29													1	2							
1	2	3	4	5	6	7				1	2	3	4	3	4	5	6	7	8	9		1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	XX	XX	10	11	12	13	14	15	16	7	8	9	10	11	12	13
15	16	17	18	19	20	21	XX	XX	XX	XX	XX	XX	XX	17	18	19	20	21	22	23							
22	23	24	25	26	27	28	19	20	21	22	23	24	25	24	XX	26	27	28	29	30							
29	30	31	26	27	28	29	30	31																			

XX = Classes will not meet

LIST OF COURSES

I. RECREATIONAL

Men's Basketball (Mon. & Wed.)
 Exercise & Fitness for Everyone (Mon. & Thurs.)
 Gentle Yoga I (Tues.)
 Gentle Yoga II (Tues.)
 Aquatic Aerobics (Tues., Thurs. & Sat.)
 Lap Swimming (Mon., Tues., Wed., Thurs., Sat.)
 Coed Volleyball (Tues.)
 Zumba Fitness (Wed.)
 Women's Basketball (Wed.)
 Ballroom and Social Dancing (Thurs.)

II. HEALTH & SAFETY

Ancient Medicine for Modern Afflictions (Wed.)
 Defensive Driving (Thurs.)

III. SPECIAL INTEREST

Getting Paid to Talk (Mon.)
 Watercolor for Beginners or Not! (Mon.)
 Doing It All: Time Management for Women (Tues.)
 Notary Public Review Workshop (Tues.)
 Getting Paid to Talk (Tues.)
 Mastering Your Digital DSLR Camera I (Tues.)
 Mastering Your Digital DSLR Camera II (Wed.)
 Drawing for Beginners I (Tues.)
 Open Water Scuba Certification (Thurs.)
 How to Obtain Your Private Pilot License (Thurs.)
 Drawing for Beginners II (Sat.)

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MONDAY

MEN'S RECREATIONAL BASKETBALL Bob Bollentin
Mondays and Wednesdays (Feb. 24 to July 29)
High School Gym 8:00-10:00 p.m.

This course is intended for adults who want to work off some of the week's tension in a routine, informal game of basketball.

FEE \$90



EXERCISE & FITNESS FOR EVERYONE Kathy Massaroni
Mondays & Thursdays (14 sessions) 7:30-9:00 p.m.
Elementary School Large Gym

Want to slim down or tone up? Are you looking for variety in your workout? If so, this program is for you because it concentrates on fitness strategies and workout safety with musical and exercise variety. Experience the energy of this class by starting with safe warm-up, simple aerobic dance, stretch band, light weights and balance work, Tae Bo...even a vigorous workout in a CHAIR! The lower body floor exercise and Yoga cool-down stretches in a low light relaxing atmosphere, lends itself to learning strategies for relaxation and better quality sleep. Bring a water bottle, hand weights, a stretch theraband and exercise mat for an optimum workout.

FEE \$70

GETTING PAID TO TALK: VOICE-OVER AS A PROFESSION
Creative Voice Development Group

MONDAY, MAY 14 (1 Session) 6:30-9:00 p.m.
Class to be held at the studio

This specially-arranged class gives participants a chance to go behind the scenes in a state-of-the-art recording/production studio. Explore aspects of voice-over work for TV, film, radio and narration, as well as opportunities for voice in multimedia. Basics include preparing the all-important demo and how to successfully earn income in this exciting field. Ask questions, hear examples of professional voice-over recordings and record a commercial script for playback during class. Directions to the recording studio will be mailed to participants.

[No Senior Discount]

FEE \$35

WATERCOLOR FOR BEGINNERS OR NOT!

Mondays (8 Sessions) Kimberly Audino
Art Room 148 5:00-7:00 p.m.

This class is designed to "build in" success, with the right paper, paints, brushes, and simple exercises. Unlike acrylics or oils, watercolor paints have a mind of their own; but learn to work with them and they'll do most of the work for you. You'll study exactly how to handle the paints to get the beautiful effects only watercolor can provide. **All supplies and smock included. Minimum of 8 Participants.**

[No Senior Discount]

FEE \$75

TUESDAY

COED VOLLEYBALL Tuesdays (12 Sessions)

Bill Liddle
8:00-10:00 p.m.
Middle School Gym

This course is designed for the novice player to review the basic aspects of Volleyball. This is meant to be a recreational class, with emphasis on playing the game and having fun.
Max. 30 Participants **FEE \$60**

GENTLE YOGA I Tuesdays (4 sessions)

Kaitlyn Lyons Zamzam
6:30-7:30 p.m.
High School Cafeteria

Yoga For All offers a variety of opportunities for everybody and any(BODY). Being an all level class, the intention is to help students navigate a practice that serves them both mentally and physically. Wear comfortable clothing and bring your exercise mat, towel and water bottle.

Max. 20 Participants **FEE \$28**
[No Senior Discount]

GENTLE YOGA II Tuesdays (6 sessions) (BEGINNING APRIL 21)

Kaitlyn Lyons Zamzam
6:30-7:30 p.m.
High School Cafeteria

Gentle Yoga II is a continuation of Gentle Yoga I; an all level class to help students navigate a practice that serves them both mentally and physically. Wear comfortable clothing and bring your exercise mat, towel and water bottle.

Max. 20 Participants **FEE \$42**
[No Senior Discount]

NOTARY PUBLIC REVIEW WORKSHOP TUESDAY, MARCH 3 (1 Session)

Victor Bujanow
6:00-9:00 p.m.
High School Library

This workshop will prepare you for the New York State Notary Public test and will provide you with a comprehensive view of the Notary Public office, including a review of the duties and responsibilities involved with this office. The workshop will also offer an 80-question practice exam.

[No Senior Discount] **FEE \$25**

DOING IT ALL: TIME MANAGMENT FOR WOMEN

TUESDAY, MAY 19 (1 Session)
Joëlle Lydon
High School Library
6:30-8:00 p.m.

Some say time is money. I say Love is Time: time for yourself, time to pursue your creative endeavors, time to be with the people who matter, time to make a difference. Learn three key ways you can begin to take back your time so you are living your life. (Joëlle Lydon, MA, CPC, is an internationally sought-after mentor, mentoring smart, successful, self-aware and spiritual women to transform their life and love struggles, low self-esteem and mistrust into ease and genuine confidence.)

Max. 20 participants. **FEE \$25**
[No Senior Discount]

TUESDAY

MASTERING YOUR DIGITAL DSLR CAMERA - PART 1 Tuesdays (8 Sessions) Room 146 Lance Luther 7:00-8:30 p.m. (BEGINNING MARCH 3)

Get out of the auto mode and get the most out of your DSLR Camera! This course is for photographers with little or no experience with today's digital cameras. We will start with the basics and find out how, when and where to change the settings on your DSLR. Along the way, you will receive tips on composition and discuss what makes a great photograph. Later we will learn to stop action, blur motion, and purposefully create crisp or blurred backgrounds in your photographs (shutter speed, aperture and manual modes). You will discover the possibilities of your camera through these advanced exposure modes. We will also talk about basic flash photography and other camera accessories. Most importantly...bring your questions to class!

Minimum of 6 participants. **FEE \$60**
[No Senior Discount]

WEDNESDAY

ZUMBA FITNESS Wednesdays (8 sessions)

Jennifer Fuld
6:00-7:00 p.m.
High School Commons

Zumba is a popular fitness program that combines Latin and international music and moves to help you burn away calories. It's an easy-to-follow cardio workout. This is an all-levels class and is appropriate for everyone, whether you have previous Zumba experience or not. Wear comfortable clothing and athletic shoes to allow for movement; a water bottle is recommended.

[No Senior Discount] **FEE \$56**

WOMEN'S RECREATIONAL BASKETBALL

Wednesdays (10 Sessions)
Christine Kelley
Middle School Gym
8:00-10:00 p.m.

This course is designed for women looking to get in shape through a weekly game of fun, non-competitive basketball. Beginners and veterans alike are invited to play.

Max. 20 Participants **FEE \$60**
[No Senior Discount]

DRAWING I Wednesdays (4 sessions)

Michael Roach
6:30-8:00 p.m.
Room 148

Draw more than a straight line and basic shapes. In this beginner's drawing class you will learn to create sketches fearlessly on paper. Make art by understanding light and shadows, interiors, the human form, still life, nature and lots more. All class supplies are included.

[No Senior Discount] **FEE \$50**

WEDNESDAY

MASTERING YOUR DIGITAL SLR CAMERA - PART 2
Wednesdays (8 Sessions) **Lance Luther**
Room 146 **7:00-8:30 p.m**
(BEGINNING MARCH 4)
 This course is designed for intermediate users that have taken Part 1 or are fully familiar with shutter priority, aperture priority and manual shooting modes. With more hands-on exercises, we will set up a classroom studio and learn advanced flash photography techniques and lighting patterns. You will also learn basic editing in Lightroom and Photoshop. We will also discuss various advanced photography techniques include HDR, panorama, night photography (including fireworks), panning, high speed, macro and high-contrast photography.
Minimum of 6 participants. **FEE \$60**
[No Senior Discount]

ANCIENT MEDICINE FOR MODERN AFFLICTIONS
Wednesdays (3 Sessions) **Oded Ben-Ami**
High School Library **7:00-8:00 p.m.**
 Thousands of years ago, traditional Chinese medicine has discovered that there's only one cause for all of our ailments - physical, mental or emotional, diagnosable or not: the cause is a blockage of "Chi", or life-force. A self-healing practice called Chi-Gong, was then developed to allow patients to open their own Chi blockages and find renewed wellbeing. This is ancient medicine which is free, very effective, has no side effect, frees us from dependence on a caregiver and empowers us to take control over our own health. In this class we'll study this practice and reclaim the power that's been given to us to improve our health.
[No Senior Discount] **FEE \$50**

THURSDAY

DEFENSIVE DRIVING **Northeast Safety Council**
Thursdays **7:00-10:00 p.m.**
March 14 and March 28 **Room 151**
 This course is a six-hour accident prevention program taught within the classroom. Any principal operator of a vehicle completing the course will receive a 10% reduction in his/her liability and collision insurance for a three-year period. A maximum of four points will also be reduced from the license of those who currently are carrying points on their license. Student workbooks and certificates will be provided.
[Min. 10 Students - No Senior Discount] **FEE \$40**

THURSDAY

INTRO TO BALLROOM AND SOCIAL DANCING **Ron Tritto**
Thursdays (6 sessions) **7:00-8:30 p.m.**
(BEGINNING APRIL 23) **Elementary School Large Gym**
 This class is designed to get you up and out on the social dance floor fast with six (6) lessons, one and one-half hours each week that will introduce new dancers to several popular social dances that can be danced to today's contemporary music. The basics of Jitterbug Swing, Foxtrot, Waltz and Rumba will be taught. Both couples and singles are welcome to attend. Minimum of 12 participants required. Dance classes require mild exercise. It is recommended that you consult your physician prior to participating.
[No Senior Discount] **FEE \$75**

HOW TO OBTAIN YOUR PRIVATE PILOT LICENSE
THURSDAY, MARCH 5 (1 Session) **Mike Maybee**
High School Library **6:30-9:00 p.m.**
 This course will provide an overview of the requirements to obtain a private pilot license and will include discussion about opportunities available in the Capital District and their costs. The course will also cover the basic components of learning to fly: aerodynamics; airplane instruments, engines and systems; communications; air traffic control and airspace; airports; Federal Aviation Regulations; airplane performance and weight and balance; and much more. The objective of this course is to provide you enough basic information to help you determine if flying is right for you.
[No Senior Discount] **FEE \$10**

SATURDAY

DRAWING II **Michael Roach**
Saturdays (4 sessions) **10:30 a.m.12:00 p.m.**
(BEGINNING May 16) **Room 148**
 In the second installment of this beginner's drawing class students will expand their skill and technique with the human form, and understand more about transferring facial expressions, still life, and nature onto paper with pencils. All class supplies are included.
[No Senior Discount] **FEE \$50**

OPEN WATER SCUBA

OPEN WATER SCUBA COURSE

Adirondack Scuba

See Class Dates and Times Below
 Voorheesville HS Pool

NOTE: WE ARE OFFERING TWO SEPARATE SPRING SESSIONS. THE CLASS DATES AND TIMES FOR EACH SESSION ARE LISTED SEPARATELY.

This Open Water Scuba Course consists of online course work, four pool sessions and five or six open water dives in Lake George. Each student will be outfitted in scuba gear and will learn basic scuba skills and safety drills. At the completion of the pool sessions, students will spend two full days diving in Lake George where learned skills are practiced and further reviewed under close supervision. Upon successful completion of the course, students will receive a Scuba Diving International (SDI) Open Water Certification Card allowing them to dive anywhere in the world. Course fee includes access code for online course work, registration fees, and full rental gear for the course. Students must provide their own personal gear consisting of mask, snorkel, fins and boots. These can be purchased at the first classroom session.

SCUBA SESSION 1

March 10 Introduction (Classroom 6:00-8:00 p.m., Room 151; Pool 8:00-9:00 p.m.)

March 21 Pool Unit 1 3:00-6:00 p.m.

March 28 Pool Unit 2 3:00-6:00 p.m.

April 25 Pool Unit 3 3:00-6:00 p.m.

May 16 Pool Unit 4 3:00-6:00 p.m.

Final Checkout Dive: June 6 and June 7 (All Day)

Class Size: Min. 6 Students; Max.10 Students

[No Senior Discount]

FEE \$475

SCUBA SESSION 2

April 21 Introduction (Classroom 6:00-8:00 p.m., Room 151; Pool 8:00-9:00 p.m.)

May 5 Pool Unit 1 7:00-10:00 p.m.

May 12 Pool Unit 2 7:00-10:00 p.m.

May 19 Pool Unit 3 7:00-10:00 p.m.

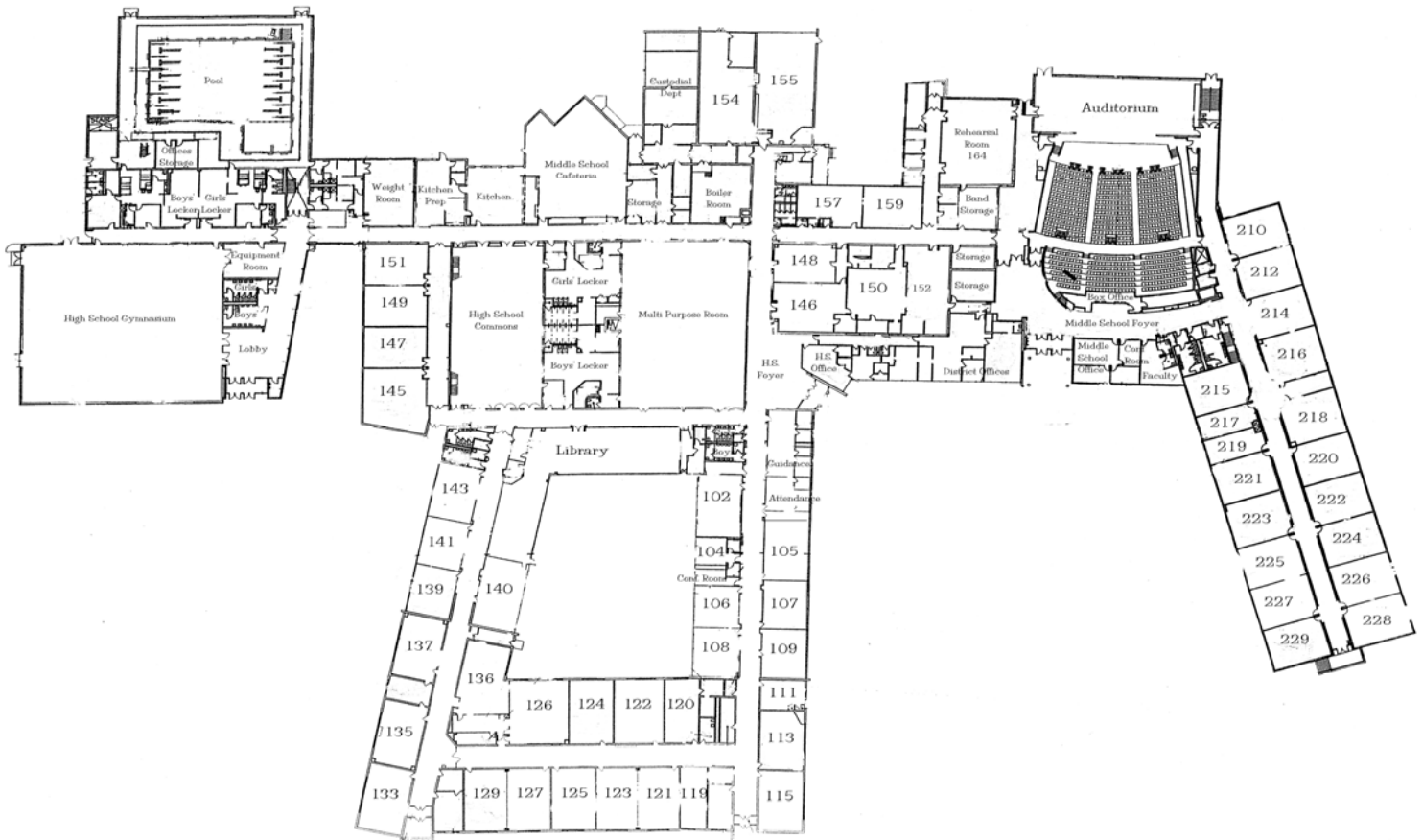
May 26 Pool Unit 4 7:00-10:00 p.m.

Final Checkout Dive: June 20 and June 21 (All Day)

Class Size: Min. 6 Students; Max.10 Students

[No Senior Discount]

FEE \$475





AQUATIC CLASSES

≈ ALL AQUATIC CLASSES BEGIN THE WEEK OF FEBRUARY 24 ≈

Water Aerobics: Intermediate - Advanced

Tuesdays 14 Classes 7-8 p.m.
February 25 thru June 2 Vicky Bastian
FEE \$84 (Sr. Cit. Fee \$72)

Try this well-designed water workout for the energetic exerciser that will boost your stamina and firm your muscles. In fact, aerobics done in the pool provides the same training benefits as aerobics on land. Water offers 12 times more resistance than air with less wear and tear on your body! The class is choreographed to music that has a good beat which will put a smile on your face and keep you moving.

Wet Workout (Water Aerobics)

Saturdays 13 Classes 7-8 a.m.
February 29 thru June 6 Vicky Bastian
FEE \$78 (Sr. Cit. Fee \$66)

Start your weekend with a splash! What better way to get into shape as we jog, kick, jump, punch, rock, ski and Tae Bo our way to cardiovascular fitness with upbeat music! Since water softens impact this is a great way to burn those calories without undue stress on joints and bones. Enhance your breathing and build up your stamina. A "rock 'em, sock 'em" workout built with you in mind.

Water Aerobics: Beginner - Intermediate

Thursdays 14 Classes 7-8 p.m.
February 27 thru June 4 Vicky Bastian
FEE \$84 (Sr. Cit. Fee \$72)

Take the plunge into a healthy lifestyle. These classes are designed with the beginner to intermediate exerciser in mind. Our goal will be to increase your mobility, flexibility and stamina while firming your muscles and, most of all, boost your self-confidence! All of this can be accomplished in a one-hour class in the pool in waist-high water. You will be dancing, jumping, and stretching to fun music that will make it hard to keep your feet still. All this while helping to stretch and tone your body.

Lap Swim

February 24 thru June 6

Swimming laps is a good way to get in shape and/or maintain physical fitness. Three lap swim lanes will be available for fast, medium and slow swimmers. Circle swimming will be utilized if lanes are shared.

Mondays 7:00 p.m. to 9:00 p.m.
Tuesdays 7:00 p.m. to 8:00 p.m.
Wednesdays 7:00 p.m. to 9:00 p.m.
Thursdays 7:00 p.m. to 8:00 p.m.
Saturdays 7:00 a.m. to 8:00 a.m.
Saturdays 1:00 p.m. to 3:00 p.m. **FEE \$100**

REMINDER: NO CLASSES

Friday, April 10
Saturday, April 11
Monday to Saturday, April 13-April 18
Monday, May 25

INCLEMENT WEATHER

When school is cancelled or closes early due to inclement weather, unsafe conditions or an emergency situation, Continuing Education classes will be cancelled. Please check the district website at voorheesville.org or your local television station to get the latest information on school closings.

REGISTER BY MAIL TODAY

Please send check or money order – Do not send cash
Make payable to:

VOORHEESVILLE CENTRAL SCHOOL DISTRICT

Mail this form and check or money order to:
VOORHEESVILLE CONTINUING EDUCATION PROGRAM
Voorheesville Central School District
P.O. Box 498
Voorheesville, NY 12186

**NOTE: A separate check must be made out for
each person and each course.**

(Print) Last Name First Name

Street Address

City Zip

Home Phone Work Phone

Email:

<u>Subject</u>	<u>Fee</u>	<u>Day of Week</u>
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Suggestions for future courses:

Detach and Return

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(Print) Last Name First Name

Street Address

City Zip

Home Phone Work Phone

Email:

<u>Subject</u>	<u>Fee</u>	<u>Day of Week</u>
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Detach and Return

Online payment option for Continuing Education

<https://goo.gl/vvWc9t>

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The Voorheesville Central School District is not responsible for any injuries incurred during the activities through its Continuing Education program. Any ensuing expenses will be borne by the participant. Continuing Education participants are required to abide by the regulations governing the school buildings. Smoking is prohibited in the buildings and on school grounds. Participants should consult their physician before participating in any dance or exercise program.

Voorheesville Central School District
P.O. BOX 498
VOORHEESVILLE, NY 12186

Non-Profit Organization

U.S. POSTAGE

PAID

Permit No. 730
Albany, NY

POSTAL CUSTOMER

Voorheesville Central School District Continuing Education Program

Exercise and Fitness

Health & Safety

Pool Classes

DEFENSIVE DRIVING

RECREATIONAL

Arts and Crafts

Do you have a special skill or interest that you would like to share?

Contact the Voorheesville Central School District at

518-765-3313 ext. 101