



Voorheesville Central School District

Clayton A. Bouton High School

432 New Salem Road

Voorheesville, NY 12186

(518) 765-3314 ext. 211

www.voorheesville.org

SPRING 2018

VOORHEESVILLE CONTINUING EDUCATION PROGRAM

Brian Hunt, 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 26 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 2018

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
	26	27	28	1	2	3										1	2	3	4	5						1	2
4	5	6	7	8	9	10	X	X	X	X	X	X	X	6	7	8	9	10	11	12	3	4	5	6	7	8	9
11	12	13	14	15	16	17	8	X	10	11	12	13	14	13	14	15	16	17	18	19	10	11	12	13	14	15	16
18	19	20	21	22	23	24	15	16	17	18	19	20	21	20	21	22	23	24	25	26							
25	26	27	28	29	30	31	22	23	24	25	26	27	28	27	X	29	30	31									
							29	30																			

X = Classes will not meet

LIST OF COURSES

I. RECREATIONAL

Deep Water Aerobics (Mon.)
 Men's Basketball (Mon. & Wed.)
 Exercise & Fitness for Everyone (Mon. & Thurs.)
 Yoga for All (Mon.)
 Aquatic Aerobics (Tues., Thurs. & Sat.)
 Early Bird Aquatics (Tues.)
 Lap Swimming (Mon., Tues., Thurs., Sat.)
 Coed Volleyball (Tues.)
 Women's Basketball (Wed.)
 Ballroom & Social Dancing (Thurs.)

II. HEALTH & SAFETY

Self Defense (Mon.)
 Defensive Driving (Thurs.)

III. SPECIAL INTEREST

Digital Photography (Wed.)
 Getting Paid to Talk (Mon.)

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<https://goo.gl/vvWc9t>

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MONDAY

MEN'S RECREATIONAL BASKETBALL Bob Bollentin
Mondays and Wednesdays (Feb. 26 to May 24)
High School and Middle School Gyms 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 \$60



EXERCISE & FITNESS FOR EVERYONE Kathy Massaroni
Mondays & Thursdays (10 sessions)

Elementary School Large Gym 7:30-9:00 p.m.

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 \$50

ROCKIN IN THE DEEP
Deep Water Aqua Fitness
Mondays (13 Sessions)
Feb. 26 to June 3

Wendy Decker
7:00-8:00 p.m.
HS Pool

If you love a good work out and enjoy the benefits of no stress on your joints in the water then Rockin in the Deep is the class for you! We will rock to contemporary and traditional music with fun choreography. We will use deep water flotation belts to maintain good posture in the water and, after a warm up, will go into a cardio routine guaranteed to burn calories. The class will incorporate Tabata as well as the use of weight training during the last 15 minutes of class to include an abdominal challenge to target your core. Flotation Belts and Barbells can be purchased prior to the first class (contact Mary Flansburg at mflansburg@voorheesville.org or by telephone at (518) 765-3314 ext. 211.

Min. 10 Participants

FEE \$75 (Sr. Cit. Fee \$60)

MONDAY

SELF DEFENSE

**Mondays (8 sessions)
High School Commons**

You will learn basic concepts and techniques in defending yourself and others against an attacker. Utilizing the concepts of Defensive Hapkido, a Korean-based self-defense system, you will be taught how to use another person's weight and strength against them. During the eight-week course you will use some of the same techniques taught to law enforcement and military forces around the world.

Steve Plue

**Northeast Martial Arts
7:00-8:30 p.m.**

FEE \$48

YOGA For All

**Mondays (8 sessions)
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.

**Sabrina Bonaiuto
6:30-7:30 p.m.**

FEE \$40

**Max. 20 Participants
[No Senior Discount]**

TUESDAY



COED VOLLEYBALL

Tuesdays (12 Sessions)

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

Bill Liddle

8:00-10:00 p.m.

Middle School Gym

FEE \$60

WEDNESDAY

GETTING PAID TO TALK: VOICE-OVER AS A PROFESSION

Creative Voice Development Group

Wed., May 16 (1 Session)

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. Note: There is a limit of 12 participants per class.

[No Senior Discount]

6:30-9:00 p.m.

FEE \$35

WEDNESDAY



WOMEN'S RECREATIONAL BASKETBALL

Wednesdays (10 Sessions)

Middle School Gym

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

[No Senior Discount]

Christine Kelley

8:00-10:00 p.m.

FEE \$60

MASTERING YOUR DIGITAL SLR CAMERA

Wednesdays (8 Sessions)

**Lance Luther
7:00-8:30 p.m.**

Room 146

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 SLR cameras. Find out how, when and where to change the settings on your DSLR camera. We will start from the basics (exposure, focus modes, white balance and ISO) and then learn to stop action, blur motion, and purposefully create crisp or blurred backgrounds in your photographs (shutter speed, aperture and manual modes). You will use your camera in hands-on exercises to discover the possibilities of your camera and learn these advanced exposure modes. Along the way, you will receive tips on composition and how to prepare for photo opportunities. Bring your camera, manual, sample photos, tripod (if you have one), questions and charged batteries to class.

Minimum of 8 participants.

[No Senior Discount]

FEE \$45

THURSDAY

DEFENSIVE DRIVING

Thursday, March 8 and March 22

Northeast Safety Council

7:00-10:00 p.m.

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 & SOCIAL DANCING Ron Tritto
Thursdays (6 sessions) 7:00-8:30 p.m.
STARTING April 26 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



SATURDAY



OPEN WATER SCUBA COURSE
See Class Dates and Times Below
Voorheesville HS Pool

Adirondack Scuba

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. **Class Size: Min. 6 Students; Max.10 Students FEE \$450 [No Senior Discount]**

Classroom Session: Thursday, April 12
6:00 p.m. to 9:00 p.m.
Voorheesville High School
Room 151

Pool Session #1: Saturday, April 28
5:00 p.m. to 8:00 p.m.

Pool Session #2: Saturday, May 5
5:00 p.m. to 8:00 p.m.

Pool Session #3: Saturday, May 12
5:00 p.m. to 8:00 p.m.

Pool Session #4: Saturday, May 19
5:00 p.m. to 8:00 p.m.

Certification Dates: June 9th and June 10th
Lake George

ON-LINE REGISTRATION:

Pay online at:

<https://goo.gl/vvWc9t>

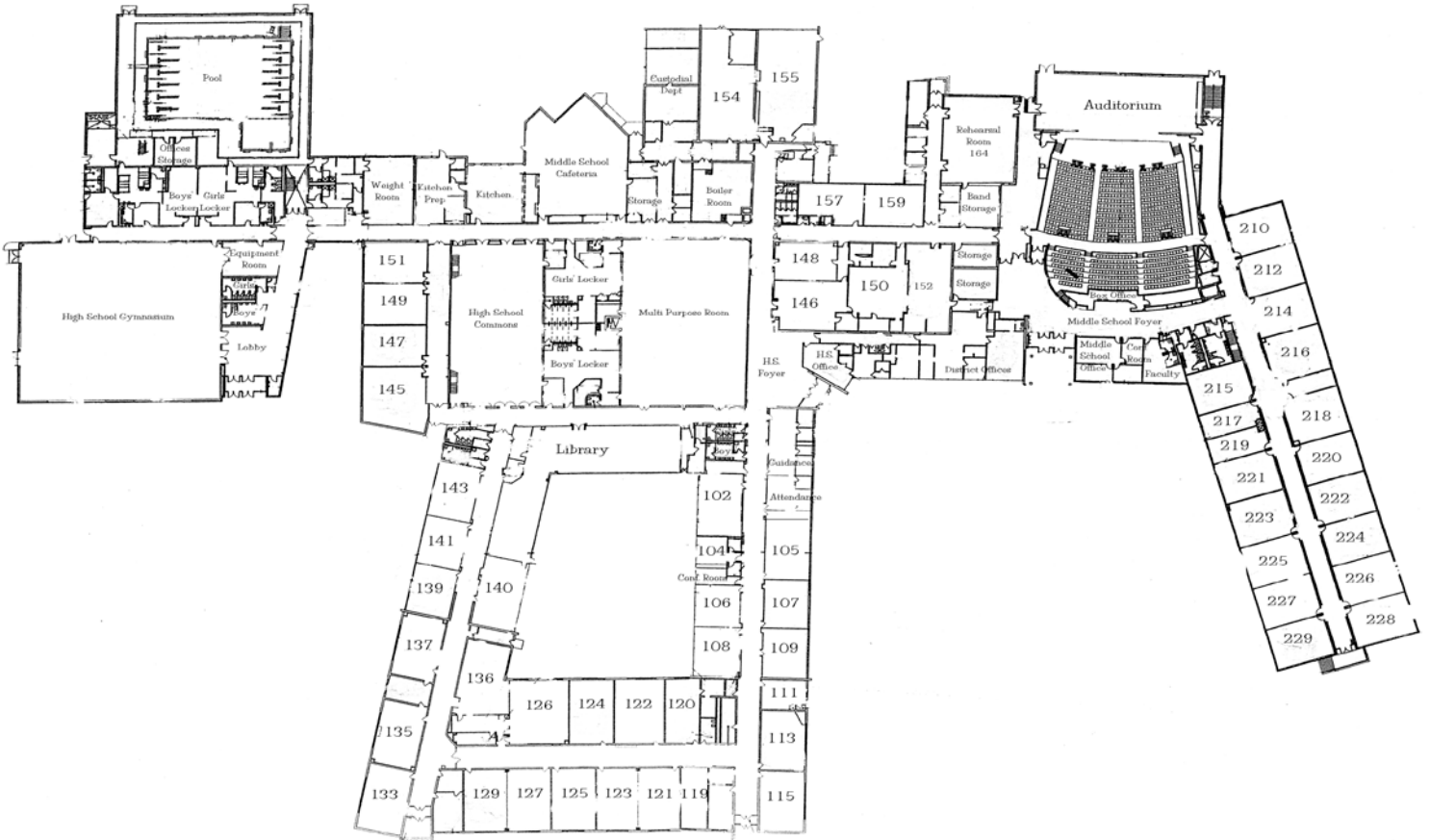
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AQUATIC CLASSES

≈ All Aquatic Classes Begin the Week of February 26, 2018 (Except as Noted) ≈

ROCKIN IN THE DEEP
Deep Water Aqua Fitness
Mondays (13 Sessions)
February 26 to June 4

Wendy Decker
7:00-8:00 p.m.
HS Pool

FEE \$75 (Sr. Cit. Fee \$60)

If you love a good work out and enjoy the benefits of no stress on your joints in the water then Rockin in the Deep is the class for you! We will rock to contemporary and traditional music with fun choreography. We will use deepwater flotation belts to maintain good posture in the water and, after a warm up, will go into a cardio routine guaranteed to burn calories. The class will incorporate Tabata as well as the use of weight training during the last 15 minutes of class to include an abdominal challenge to target your core. Flotation Belts and Barbells can be purchased prior to the class (contact Mary Flansburg at mflansburg@voorheesville.org or by telephone at (518) 765-3314 ext. 211. Min. 10 Participants

Water Aerobics: Beginner - Intermediate

Thursdays 14 Classes **7-8 p.m.**
March 1 to June 7 **Vicky Bastian**
FEE \$80 (Sr. Cit. Fee \$65)

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.

Wet Workout (Water Aerobics)

Saturdays 14 Classes **7-8 a.m.**
March 3 to June 9 **Vicky Bastian**
FEE \$80 (Sr. Cit. Fee \$65)

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.

Wake Up with Water Aerobics

Tuesdays 14 Classes **6:15 to 7:15 a.m.**
February 27 to June 5 **Vicky Bastian**
FEE \$80 (Sr. Cit. Fee \$65)

Start your day with an invigorating workout. This is a moderate to high-level aerobic workout in the water. Water exercise offers greater resistance and much less wear and tear on the body. Get into shape and achieve cardiovascular fitness as you jog, kick, jump, punch, rock, ski, twist and Tae Bo your way to better health.

Water Aerobics: Intermediate - Advanced

Tuesdays 14 Classes **7-8 p.m.**
February 27 to June 5 **Vicky Bastian**
FEE \$80 (Sr. Cit. Fee \$65)

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.

Lap Swim

February 26 to June 9

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 8:00 p.m.
 Tuesdays 6:15 a.m. to 7:15 a.m.
 Tuesdays 7:00 p.m. to 8:00 p.m.
 Thursdays 7:00 p.m. to 8:00 p.m.
 Saturdays 7:00 a.m. to 8:00 a.m. **FEE \$85**

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>
_____	_____	_____
_____	_____	_____

 Suggestions for future courses:

Detach and Return

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<u>Subject</u>	<u>Fee</u>	<u>Day of Week</u>
_____	_____	_____
_____	_____	_____

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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 teach to others? Contact Mary Flansburg at 765-3314, ext. 211.