



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 2019

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 25 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 2019

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

XX = Classes will not meet

LIST OF COURSES

I. RECREATIONAL

Zumba Fitness (Mon.)
 Men's Basketball (Mon. & Wed.)
 Exercise & Fitness for Everyone (Mon. & Thurs.)
 Yoga for All (Mon.)
 Aquatic Aerobics (Tues., Thurs. & Sat.)
 Lap Swimming (Mon., Tues., Thurs., Sat.)
 Coed Volleyball (Tues.)
 Women's Basketball (Wed.)
 Latin Social Dancing (Thurs.) **

II. HEALTH & SAFETY

Defensive Driving (Thurs.)
 Peaceful Abiding: Mindful-Awareness Practice (Tues.)**
 Chi-Gong for Physical Health and Emotional Wellbeing (Wed.)
 Approaching PTSD Through Chi-Gong (Wed.)**

III. SPECIAL INTEREST

Watercolor for Absolute Beginners or Not (Mon.)**
 Getting Paid to Talk (Tues.)
 Digital Photography (Wed.)
 Google-Suite for Beginners (Wed.)**
 Open Water Scuba Certification (Thurs.)

** NEW CLASSES

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**ALL CLASSES BEGIN DURING THE WEEK OF
 FEBRUARY 25, 2019
 UNLESS OTHERWISE NOTED IN THE BROCHURE**

MONDAY

MEN'S RECREATIONAL BASKETBALL Bob Bollentin
Mondays and Wednesdays (Feb. 25 to July 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 \$90



EXERCISE & FITNESS FOR EVERYONE Kathy Massaroni
Mondays & Thursdays (10 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 \$50

ZUMBA FITNESS
Mondays (14 Sessions)

Penny Hatch
6:30-7:30 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. If you enjoy high energy, fun music and want to get moving, Zumba may be just what you need.

Max. 35 Participants

FEE \$70

[No Senior Discount]

YOGA For All
Mondays (8 sessions)

Sabrina Bonaiuto
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 \$48

[No Senior Discount]

MONDAY

WATERCOLOR FOR ABSOLUTE BEGINNERS OR NOT! **Mondays (8 Sessions)** Kimberly Audino **Art Room 146** 7:00-9:00 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

PEACEFUL ABIDING: MINDFUL-AWARENESS PRACTICE **Tuesdays (6 Sessions)**

Note: BEGINNING MARCH 5TH

Ruth Cox
Cafeteria
6:30-7:30 p.m.

The purpose of mindful-awareness practice is to cultivate a clear-seeing sense of ourselves. When our mind and body are synchronized and in harmony, the emotional and physical fluctuations of daily life are minimized and equanimity results. With mindful-awareness practice we can slowly nurture new ways of thinking and behaving that create new paths to peace.

Minimum of 8 Participants

FEE \$35

[No Senior Discount]

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

Note: TUESDAY, MAY 14, 2019 (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

WEDNESDAY

WOMEN'S RECREATIONAL BASKETBALL

Wednesdays (10 Sessions)
Middle School Gym

Christine Kelley
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]

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.

FEE \$50

[No Senior Discount]

GOOGLE-SUITE FOR BEGINNERS **Wednesdays (6 Sessions)**

Shauna Worthley
7:00-8:00 p.m.

Room 140

Unlock all of the extras that come with a free Gmail account.

This class will cover the basics of the Google Suite including Drive, Calendar, Docs, Slides, Sheets, Hangouts and more.

This course is designed for beginners. Students must have a free Gmail account. Students may bring their own laptop or one can be provided.

Minimum of 8 Participants

FEE \$35

[No Senior Discount]

CHI-GONG FOR PHYSICAL HEALTH AND EMOTIONAL WELLBEING

Wednesdays (6 Sessions)
High School Cafeteria

Oded Ben-Ami
7:00-8:00 p.m.

Chi-Gong is a very simple yet unique synergy between movement, meditation, visualization, energy work, breathing and sometimes vocalization. It is a system of holistic self-healing that works synergistically on body, mind and spirit. Wear comfortable clothing. No experience or special props required.

[No Senior Discount]

FEE \$60

WEDNESDAY

APPROACHING PTSD THROUGH CHI-GONG

**Wednesdays (6 Sessions)
High School Cafeteria**

**Oded Ben-Ami
7:00-8:00 p.m.**

Note: BEGINNING MAY 1st

Is it possible that doing a few slow movements, making some strange sounds and using our imagination, can actually help Post-Traumatic Stress Disorder? It may sound like a type of martial art, but Chi-Gong is an ancient Chinese practice that's used for self healing. It is very simple to learn yet very effective. Post-Traumatic Stress Disorder (PTSD) is often treated using talk therapy and medication, and Chi-Gong is not really known among PTSD sufferers. But given the impressive results that it delivers, it ought to. Please note that this course is very similar to the Chi-Gong course taught earlier this semester, but it focuses on PTSD and is intended to create a supportive environment for PTSD sufferers.

[No Senior Discount]

FEE \$60

THURSDAY

DEFENSIVE DRIVING

Thursdays

March 14 and March 28

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]

Northeast Safety Council

7:00-10:00 p.m.

Room 151

FEE \$40

INTRO TO LATIN SOCIAL DANCING

Thursdays (6 sessions)

Note: BEGINNING APRIL 18TH

This class is designed to introduce you to the fun Latin dances! At the end of six (6) lessons, one and one-half hours each week, you will be able to dance several popular Latin social dances that can be danced to modern recording artists. The basics of Cha Cha, Merengue, Salsa, and Bachata 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



THURSDAY



OPEN WATER SCUBA COURSE

See Class Dates and Times Below
Voorheesville HS Pool

Adirondack Scuba

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 20 Introduction (Classroom) 6:00-9:00 p.m. Room 151

March 28 Pool Unit 1 7:00-10:00 p.m.

April 4 Pool Unit 2 7:00-10:00 p.m.

April 11 Pool Unit 3 7:00-10:00 p.m.

April 18 Pool Unit 4 7:00-10:00 p.m.

Final Checkouts June 8 and June 9

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

[No Senior Discount]

FEE \$475

Scuba Session 2

April 15 Introduction (Classroom) 6:00-9:00 p.m. Room 151

May 2 Pool Unit 1 7:00-10:00 p.m.

May 9 Pool Unit 2 7:00-10:00 p.m.

May 16 Pool Unit 3 7:00-10:00 p.m.

May 30 Pool Unit 4 7:00-10:00 p.m.

Final Checkouts June 15 and June 16

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

[No Senior Discount]

FEE \$475

ON-LINE REGISTRATION:

Pay online at:

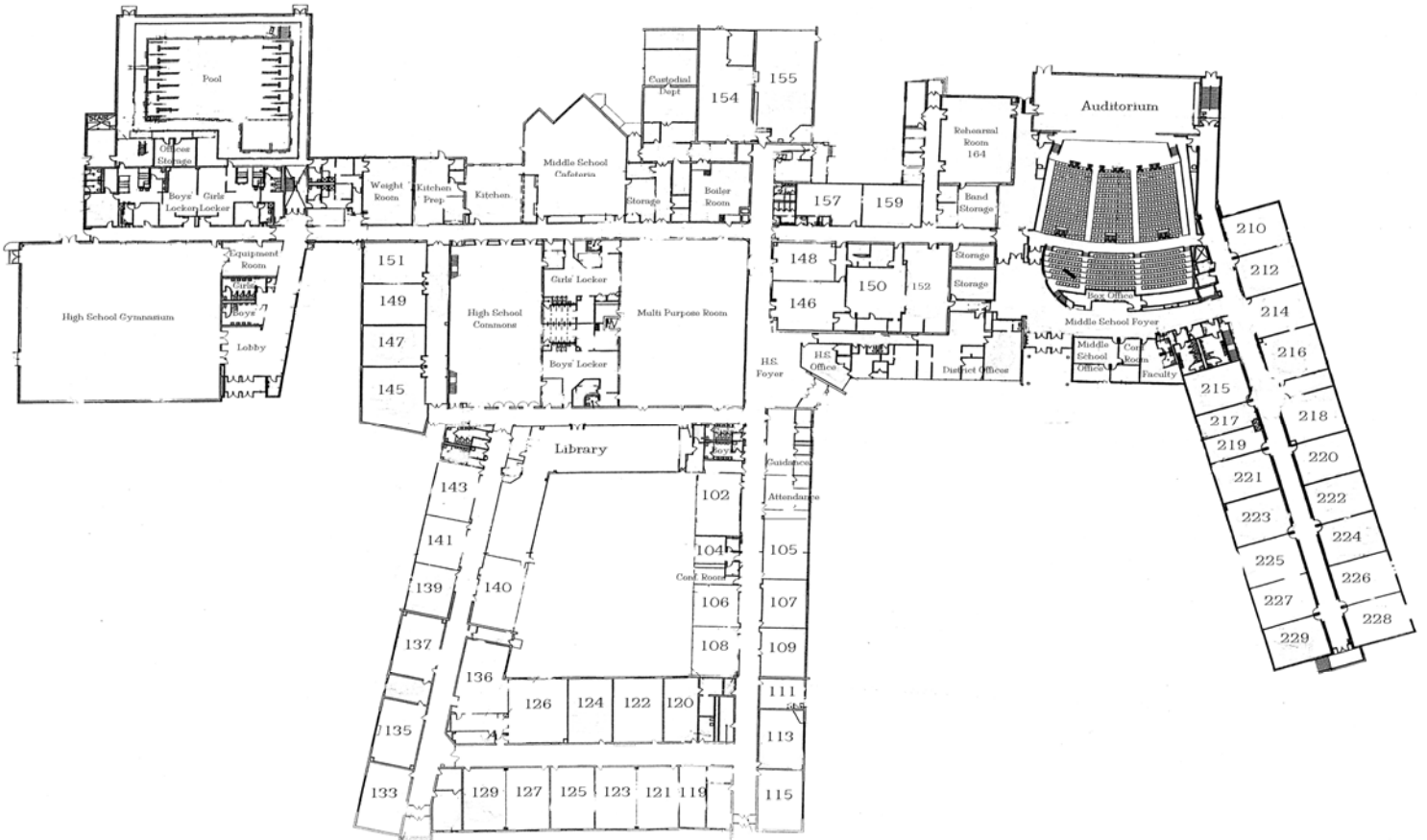
<https://goo.gl/vvWc9t>

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AQUATIC CLASSES

≈ All Aquatic Classes Begin the Week of February 25th ≈

Wake Up with Water Aerobics

Tuesdays 14 Classes 6:15 to 7:15 a.m.
February 26 to June 4 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 26 to June 4 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.

No Swimming: April 22 through April 27, 2019
and May 27, 2019

Water Aerobics: Beginner - Intermediate

Thursdays 14 Classes 7-8 p.m.
February 28 to June 6 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 2 to June 8 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.

Lap Swim

February 25 to June 8

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 6:15 a.m. to 7:15 a.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. **FEE \$85**

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.