



Voorheesville Central School District

Clayton A. Bouton High School
 432 New Salem Road
 Voorheesville, NY 12186
 (518) 765-3314 ext. 101
 www.voorheesville.org

OCTOBER 15 – JANUARY 31, 2023 VOORHEESVILLE CONTINUING EDUCATION PROGRAM

Frank Macri, Superintendent of Schools
 Joseph Sapienza, Jessica Tabakian, Directors of Continuing Ed

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://www.myschoolbucks.com>

Once on the home page:

- Click Browse All Items
- View Details on Continuing Ed
- 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 to 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:
 Jessica Tabakian, Director of Continuing Education
 Voorheesville CSD
 P.O. Box 498
 Voorheesville, NY 12186

jtabakian@voorheesville.org

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

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.

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 or your local television station to get the latest information on school closings.

LIST OF COURSES

- Defensive Driving (Oct. 15)
- Men's Basketball (Mon. & Wed.)
- Exercise & Fitness for Everyone (Mon. & Thurs.)
- Aquatic Zumba (Sat.)
- Water Aerobics (Tues)
- Lap Swim (Tues)
- Coed Volleyball (Tues.)
- Women's Basketball (Wed.)

DISTRICT CALENDAR – 2022-23

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

XX = Classes will not meet

ALL CLASSES BEGIN DURING THE WEEK OF
OCTOBER 15, 2022
UNLESS OTHERWISE NOTED IN THE BROCHURE

MONDAY & WEDNESDAY

MEN'S RECREATIONAL BASKETBALL Bob Bollentin
Mondays and Wednesdays
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

MONDAY & THURSDAY

EXERCISE & FITNESS FOR EVERYONE Kathy Massaroni
Mondays & Thursdays (10 sessions) 7:30-9:00 p.m.
High School Commons

This class incorporates all genres of fun music to work out to for all ages. Class starts with a warm up/walk, then flows to simple, easy-to-follow dance/zumba type moves. We work with stretch bands, light free weights; do some balance work, muscle building and even do a fun core workout in a chair. We will have cool down, relaxation, stretching and massage during the last 30 minutes of class. We turn the lights down low, and enjoy simple yoga poses to increase flexibility and then relax through breathing techniques and self-massage of the face, head and neck. Hydrate before class and bring an exercise mat or thick towel, a water bottle, stretch band (if you have one), and light free weights.

FEE \$60

Senior Discount

\$30

TUESDAY

WATER AEROBICS Vicky Bastian
Tuesdays (10 Sessions) 7:00-8:00 p.m.
High School Pool

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.

Max. 30 Participants FEE \$60
Senior Discount \$30

LAP SWIM
Tuesdays (10 Sessions) 7:00-8:00 p.m.
High School Pool

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.

Max. 10 Participants FEE \$30

TUESDAY

COED VOLLEYBALL Bill Liddle
Tuesdays (12 Sessions) 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
Senior Discount \$30

WEDNESDAY

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

SATURDAY

AQUA ZUMBA Penny Hatch
Saturdays (10 Sessions) 1:00-2:00 p.m.
High School Pool

Aqua Zumba is perfect for those looking to make a splash and adding a low impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss. There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Max. 30 Participants FEE \$70
Senior Discount \$35

SATURDAY-OCTOBER 15th

DEFENSIVE DRIVING Northeast Safety Council
Saturday 9:00-3:30 p.m.
October 15 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 their 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. Please bring your license to the class

Min. 10 Participants FEE \$35
Pay Online Only: safetycouncilny.com

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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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

Online payment option for Continuing Education <https://www.myschoolbucks.com>

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
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- Please note that "Heartland" will add a convenience fee to your purchase.

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.