



Continuing Education



Be
Inclusive
Responsible
Determined
Strong

Fall 2023 Program

Contact Information

Jennie Augar - Director
518-765-3313 ext. 103
jaugar@voorheesville.org
Joseph Sapienza - Director
jsapienza@voorheesville.org

Eligibility

Courses are open to all persons in the Capital District region with priority given to VCSD residents when necessary. Middle and High School students are welcome to register as well. Registration must be made in advance of the classes to be eligible to participate.

Online Registration

Pay online at:
<https://www.myschoolbucks.com>

Once on the homepage follow these steps to register

- Click browse all items
- View details on Continuing Education
- Select course from Options menu; click down arrow
- Fill out online registration 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 mail, fill out the attached registration form, enclose the correct fee (checks made payable to Voorheesville Central School District) and send to: Jennie Augar, Director of Continuing Education Voorheesville CSD P.O. Box 498 Voorheesville, NY 12186

Registrations close on October 11, 2023.
LATE registrations will be accepted if there is room in the class. You will not receive confirmation of registration. You will be notified only if a class is full or canceled.

Fees and Refunds

Registration fees are payable when You register. Fees are listed in the Brochure. **A separate check/money order must be made out for each course you sign up for. DO NOT SEND CASH.** Refunds will not be given after the first class has been held. There are no refunds for missed class sessions.

Cancellations and Inclement Weather

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

District Calendar 2023-24 year

Days marked XX = classes will not meet as they are district-observed holidays.

October 2023						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	XX	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
November 2023						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	XX	11
12	13	14	15	16	17	18
19	20	21	XX	XX	XX	25
26	27	28	29	30		
December 2023						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	XX	XX	XX	XX	XX	30
31						
January 2024						
S	M	T	W	Th	F	S
	XX	2	3	4	5	6
7	8	9	10	11	12	13
14	XX	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Class registration closes October 11, 2023. All Classes will begin the week of October 16, 2023 unless noted in the course description. Cash is not accepted for registration payment.

432 New Salem Road, P.O. Box 498, Voorheesville, NY 12186 518-765-3313 www.voorheesville.org

Men's Recreational Basketball

Location: High School Gym
Instructor: Bollentin
Day/Time: Mon & Wed-8pm - 10pm
Fee: \$90.00

Course Description:

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

Exercise & Fitness for Everyone

Location: VES Big Gym
Instructor: Massaroni
Day/Time: Mon & Thurs 7:30pm - 9pm
Fee: \$60.00
Senior Discount: \$30.00

Course Description:

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. The last class will be on December 7th.

Coed Volleyball

Location: Middle School Gym
Instructor: Liddle
Day/Time: Tues 8pm - 10pm
Fee: \$60.00
Senior Discount: \$30.00

Course Description:

This course is designed for the novice player to review the basic aspects of Volleyball. This is meant to be a recreational class, with an emphasis on playing the game and having fun. **The Class limit is 30 participants.**

Lap Swim

Location: High School Pool
Day/Time: Weds 7pm-8pm
Fee: \$30.00

Course Description:

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

Women's Recreational Basketball

Location: M.S. Gym
Instructor: Kelley
Day/Time: Weds 8pm -10pm
Fee: \$60.00

Course Description:

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. **The Class Limit is 20 participants **Classes will start on October 25, 2023****

Aqua Zumba

Location: High School Pool
Instructor: Hatch
Day/Time: Mon 7pm-8pm
Fee: \$70.00
Senior Discount: \$30.00

Course Description:

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. **The class limit is 30 participants.**

Mastering your DSLR Camera - Part 1

Location: High School Rm. 127
Instructor: Luther
Day/Time: Thurs 6:30pm-8:30pm
Fee: \$50.00

Course Description:

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. Become a master of the exposure triangle. Later we will learn to stop action, capture motion, and purposefully create crisp or blurred backgrounds in your photograph (shutter speed, aperture). You will discover the possibilities of your camera through advanced shooting modes, including how to shoot fireworks. We will also talk about basic flash photography. So...be prepared and bring your questions to class! ****This class needs a minimum of 6 students to run****

Creating Fall Stamped Greeting Cards

Location: H.S. Room 148
Instructor: Mulligan
Day/Time: Mon 10/16 from 6-8pm
Fee: \$30.00

Course Description:

In this class, you will create four fall holiday cards; two Halloween and two Thanksgiving. We will cover basic stamping, various coloring techniques, and embossing. Please bring a pair of sharp scissors and

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adhesive such as double-sided tape to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at joloves2stamp@gmail.com

12"x 12" Fall Holiday Decor Creations

Location: H.S. Room 148
Instructor: Mulligan
Day/Time: Mon 10/23 from 6-8pm
Fee: \$30.00

Course description:
instructor. For any questions you can contact In this class you will be making a 12" x 12" Fall Holiday Décor project suitable for framing that you can use to decorate your home for the fall holidays. We will be using stamps, ink, and specialty paper for this project. Frame is not included but may be purchased at any craft store or online. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor at joloves2stamp@gmail.com.

12" x 12" Christmas Decor Creations

Location: H.S. Room 148
Instructor: Mulligan
Day/Time: Mon 10/30 from 6-8pm
Fee: \$30.00

Course Description:
In this class, you will be making a 12" x 12" Christmas Décor project suitable for framing that you can use to decorate your home for Christmas. We will be using stamps, ink and specialty paper for this project. The frame is not included but may be purchased at any craft store or online. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor. For any questions, you can contact the instructor at joloves2stamp@gmail.com.

Creating Stamped Christmas Cards

Location: H.S. Room 148
Instructor: Mulligan
Day/Time: Mon 11/6 from 6-8pm
Fee: \$30.00

Course Description:
Your friends and family will love receiving beautiful Christmas cards handmade by you! In this class, you will be creating 4 Christmas cards using rubber stamp images, inks, and specialty paper. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will

be provided by the instructor. For any questions, you can contact the instructor at joloves2stamp@gmail.com.

Defensive Driving

Location: H.S. Room 151
Instructor: Northeast Safety Council
Day/Time: Sat 11/4 9 am-3:30 pm
Fee: \$35.00

Pre-register online at:

safetycouncilny.com

Course Description:
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 3-year period. A maximum of four points will also be reduced from the license of those who currently are carrying points on their license.

Water Aerobics

Location: High School Pool
Day/Time: Tues 7pm-8pm
Instructor: Bastian
Fee: \$60.00
Senior Discount: \$30.00

Course Description:

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. ****This class will end on November 14th****

Cooking Italian

Location: H.S. Kitchen
Instructor: Franchini
Day/Time: Thurs 6pm-8pm
Fee: \$80.00
Material Fee: \$60.00

Course Description:

This is a hands-on course where we will be making an entree and a side each class. We will be talking about different techniques and the history of Italian food. Entrees: Bolognese, Pesto, Alfredo, Puttanesca. Sides: Caesar Salad, Broccoli Rabe, Arugula Salad, Greens and Beans. Expectations: sharp knives, hot pans, following sanitation guidelines, and ability to stand through the class. About Mr. Franchini: He is a Johnson and Wales grad and has worked in all aspects of Food Service for the past 40 years from MA to FL. Currently the FSD for Voorheesville schools where he also grew up.

This class will run for 4 sessions from October 5-October 26th.

****Class is limited to 6 students.****

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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.
Photocopies of this form are acceptable.**

(Print) Last Name First Name

Street Address

City Zip

Home Phone Work Phone

Email:

Course Fee Check #

Suggestions for future courses:

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Make payable to:

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Mail this form and check or money order to:
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Voorheesville Central School District
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Voorheesville, NY 12186

**NOTE: A separate check must be made out for
each person and each course.
Photocopies of this form are acceptable.**

(Print) Last Name First Name

Street Address

City Zip

Home Phone Work Phone

Email:

Subject Fee Check #

Suggestions for future courses:

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 and vaping is prohibited in the buildings and on school grounds. Participants should consult their physician before participating in any dance or exercise program.

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