



Voorheesville Central School District Continuing Education

Spring 2024 Schedule

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 by 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

February 26, 2024.

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. Checks will not be cashed until the class begins.

Cancellations, Inclement Weather and Contingency Days

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. Contingency days - May 3, May 23, May 24, and May 28 will be contingency days. If only 1 snow/emergency day is used, school will be in session on May 3. If only 2 snow/emergency days are used, school will be in session on May 23. If 3 snow/emergency days are used, school will be in session May 28. If 4 snow days are used school will be in session May 24. Classes will NOT be held if a contingency day is used. **No School means no class.**

District Calendar 2023-24 year

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

March 2024						
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/ 31	25	26	27	28	X	30
April 2024						
S	M	T	W	Th	F	S
	X	X	X	X	x	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
May 2024						
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	25
26	X	28	29	30	31	
June 2024						
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/ 30	24	25	26	27	28	29

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Men's Recreational Basketball

Location: HS Gym
Instructor: Bollentin
Day/Time: Mon & Wed-8pm - 10pm
Fee: \$125.00

Sessions: 21

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. CASH IS NOT ACCEPTED FOR CLASS PAYMENT
No Senior discount for this class.

Exercise & Fitness for Everyone

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

Sessions: 13

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. There will not be any class on April 1-18 and will end on May 6, 2024.

Coed Volleyball

Location: MS Gym
Instructor: Liddle
Day/Time: Tues 8pm 10pm
Fee: \$60.00

Sessions: 11

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. No Senior discount for this class.

Lap Swim

Location: HS Pool
Day/Time: Tue 8-9pm AND Wed 7-9pm
Fee: \$40.00

Sessions: 11

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 at their own pace. No senior discount for this class.

Women's Recreational Basketball

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

Sessions: 11

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.



Open Water SCUBA Certification

Location: HS Pool/Online
Instructor: Adirondack Scuba
Day/Time: 6pm-9pm
Fee: \$650.00

No Senior Discount is available.

Class Limit is 12 so don't wait to sign up!!!!

Course Description:

The Open Water Scuba Course consists of online course work, pool sessions and 4 open-water dives in Lake George. Each student will learn basic scuba skills and safety drills. At the completion of the pool sessions, the 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, the students will receive a Scuba Diving International (SDI) Open Water Certification Card, allowing them to dive anywhere in the world!

The course fee includes the access code for online course work, registration fees, classes and lake dives, which will be scheduled with the class at a later date. Students will be required to provide their own personal gear. Gear fitting is included and will be performed at the pool for registered participants after the classroom session and prior to the pool session on the first day of class.. Limited to 12. It is required that you contact Adirondack Scuba after

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registering to receive your e-learning code to the email address provided when you sign up to take the course. Please contact Adirondack Scuba if you have any questions at (518) 884-4056. Their email address is escubashop@aol.com. The class length is 6 weeks. No Senior discount applies to this course.

Mastering your DSLR Camera - Part 1

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

Sessions: 8

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****

Defensive Driving

Location: H.S. Room 151
Instructor: Northeast Safety Council
Day/Time: Sat 4/13 9 am-3:30 pm
Fee: \$35.00

Sessions: 1

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: Mon 7pm-8pm
Instructor: Decker
Fee: \$70.00
Senior Discount: \$35.00
Sessions: 10

Course Description:

Join us for a fun shallow water workout choreographed to popular music that targets cardiovascular fitness, muscle tone, core strength, flexibility and balance. Using the properties of the water we will maximize your training while putting less impact on your joints. Exercises can be adapted to all levels and will focus on upper and lower body moves incorporating intervals of plyometric jumps, dance, squats and speed drills. Bring your water bottle and a smile on your face. Get ready to leave those winter blues behind while you get in shape for summer. The class will run for one hour with a

warm up and cool down. *There will not be class on April 15.*



Beginner Hiking

Location: HS rm 151
Day/Time: Tues 7pm-8pm
Instructor: Guyer
Fee: \$40.00

Course Description:

Newer to, or never been hiking? This class will be an introduction to the basics of day hiking. planning and preparedness, safety, physical conditioning and how to leave minimal impact on the environment while recreating outdoors will all be covered in this class. We'll start in the classroom with the final session taking place Outdoors on a hike! The goals of this course will be to set everyone up for success with a hike at a relaxed pace, with Skills to build on for a lifetime of safe hiking. No experience required, but some physical ability required for the Hike. There will be four (4) in class sessions followed by a hike of the northern section Of Thacher Park. **There is no senior Discount for This class.**

Getting Paid to talk

Location: Creative Voice Development Group Studio
Instructor: Lembo
Day/Time: Wed 4/10 6:30pm
Fee: \$40.00
Sessions: One Night Only
NO SENIOR DISCOUNT AVAILABLE

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

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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. Directors to the recording studio will be emailed to participants. **No senior discount will be available for this class. There is a maximum class size of 25 student**



Road Map to Retirement: Top IRA Planning mistakes to avoid

Location: HS rm 127
Day/Time: Weds 3/20/24 5pm-7pm
Instructor: Reid Prinzo
Of Bryant Asset Management
Fee: \$20.00
Senior Discount: \$15.00
Sessions: One Night Only

Course Description:
 Reid Prinzo, CFA of Bryant Asset Management will be here To discuss commonly made IRA planning mistakes that put investor's retirement plans in jeopardy. This seminar can help you avoid these common mistakes so that you can make the most of your IRA savings. We'll focus on problem areas, including beneficiary designations, spousal inheritance options and IRA, Roth IRA and RMD Issues.

This class is one night only



Knitting

Location: HS Rm 126
Day/Time: Thurs 6:30-8pm
 April 12 to May 16, 2024
Instructor: Cooper
Fee: \$50.00
Sessions: 6

Course Description:
 This class will teach both the basics as well as more advanced techniques of knitting. We will learn the knit and purl stitch, casting on and binding off, increasing and decreasing and pattern reading. Depending on interest, the class can cover constructing cables and lacework. Students are encouraged to also bring any projects they may need help with. Please bring light colored. Worsted weight yarn and straight knitting needles size 8,9, or 10. Scissor, a tape measure and large eye darning needs would also be helpful.

Limit of 12 students No senior discount is available for this class.

Gardening in Containers: Tips and Techniques for Success

Location: HS Rm 127
Day/Time: Tues, May 7th @ 7pm
Instructor: Cornell Cooperative Extension Master Gardeners
Fee: \$10.00
Senior Discount: \$5.00
Sessions: One night only

Course Description:
 Discover how to successfully grow annuals, perennials, and herbs in containers to highlight your landscaping. Learn what types of containers, soil, and amendments to use in different environments and what varieties of plants work best.



Yoga

Location: HS Commons
Day/Time: Tues 6-7pm
Instructor: Goodbee
Fee: \$60.00
Senior Discount: \$30.00
Sessions: 11

Course Description:
 From Yogi Goodbee: "It will be an honor & a privilege to share the many gifts of yoga, mindfulness, meditation in this community class, as we build bridges of connections. Come one, come all, short or tall, big or small. This is an invitation for you all. To help you stand nice and tall, we probably find ourselves on all fours, maybe our legs up on a wall, we may even begin to crawl, pulse, arc, wave, and roll! It'll be a lighthearted way to de-stress, focus, and to energize our body and soul. All abilities are welcome from newbies to advanced yogis. I suggest that you wear comfortable clothing, bring whatever props you like, your own mat and perhaps a blanket to cover up during our relaxation time, and water so that you stay hydrated. Lastly bring an open heart, and an attitude of "I can!"

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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.

 (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:

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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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 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 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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