

www.voorheesville.org



Continuing Education

Fall Session is Oct. 6 through Dec. 12, 2025



518-765-3313 ext. 1103



VCSD 432 New Salem Rd, Voorheesville, NY 12186



jaugar@voorheesville.org



www.voorheesville.org

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Eligibility for Classes

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. The school Code of Conduct will be observed for student participants.

Registration must be made in advance of the classes to be eligible to participate.

Cancellations, Inclement Weather & Contingency Days

Classes will be canceled when school is canceled or closed early due to inclement weather, unsafe conditions, or an emergency. Please check the district website or your local television station to get the latest information on school closings. **No school means no class.**

There will not be any classes on dates noted with orange in the date box. Individual teachers will review their schedules with each class for any changes not listed on the brochure.

October 2025							November 2025							December 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
				1	2	3	4						1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			17
							30						16							

Fees and Refunds

Registrations fees are payable when you register. Fees are listed in the brochure with each class. 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 sessions. Checks will not be cashed until the class begins.

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:

Subject

Fee

Day of Week

Suggestions for future courses:

Detach and Return



VCSD Continuing Education Classes

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Online Registrations

You can pay for classes 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 a course from the options menu; click the down arrow
- Fill out online registration and “Add to Basket”
- If you register for more than one course, after adding a class to the 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 Registrations

If you choose to submit your registration by mail, fill out the attached registration form, enclose the correct fee (one check per class made payable to Voorheesville Central School District) and send to:

Jennie Augar,
Director of Continuing Education
Voorheesville CSD
P.O. Box 201
Voorheesville, NY 12186

In person registrations will be held on September 27, 2025 in the High School Lobby from 12 –3 pm. Online registrations close October 6th. Mail in registrations close October 1, 2025.

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.

Questions? Just ask!

Jennie Augar – Director of Continuing Education
518-765-3313 ext. 1103
jaugar@voorheesville.org



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Shallow Water Aerobics

Location: High School Pool **Instructor:** Decker

Day/Time: Mon 6:15 pm–7:15 pm

Fee: \$70.00 **Senior Discount:** \$40.00 **Weeks:** 11

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. The class will run for one hour with a warm-up and cool-down.

Deep Water Aerobics

Location: High School Pool **Instructor:** Decker

Day/Time: Mon 7:30 pm –8:30 pm

Fee: \$70.00 **Senior Discount:** \$40.00 **Weeks:** 11

Course Description: If you love a good workout and would benefit from no stress on your joints then Deep Water Aerobics is the class for you. The increased resistance allows for a good cardio work out while using a deep water floatation belt to stay afloat and maintain good posture. Guaranteed to burn calories and increase muscle mass we will complete a choreographed cardio workout to a variety of popular music and end with toning and stretching exercises. The class will run for one hour with warm up and cool down. A swim/float jogging belt can be purchased ahead at <https://www.swimoutlet.com/search?q=jog+belt> Sporti and Speedo offer less expensive options than hydro-fit, which is top of the line.



Men's Recreational Basketball

Location: HS Gym – **Instructor:** Bollentin

Day/Time: Mon & Wed–8 pm – 10 pm

Fee: \$125.00 **Weeks:** 11

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.

Lap Swim

Location: HS Pool

Day/Time: Wed 6–9 pm

Fee: \$40.00 **Weeks:** 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. Class attendants are allowed to participate in Saturday Open Swim free of charge.

Open Swim

Location: HS Pool

Day/Time: Saturdays 8 am –12 pm

Fee: Adults \$2/Children \$1. **Weeks:** 11

Course Description: Back by popular demand. Swimming is a good way to get in shape and/or maintain physical fitness. Come use the pool and have some fun. All Children under 12 must be accompanied by an adult while on school premises. No senior discount for this class. Registration not required, just pay the lifeguard on arrival. Lap swimmers are welcome to participate free of charge!



VCSD Continuing Education Classes

Women's Recreational Basketball

Location: M.S. Gym **Instructor:** C. Kelley

Day/Time: Weds 8 pm -10 pm

Fee: \$60.00 **Weeks:** 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.

Yoga

Location: HS Commons **Instructor:** Goodbee

Day/Time: Session 1 Mon 6- 7pm Session 2 Wed 6 -7pm

Fee: \$70.00 **Senior Discount:** \$35.00 **Weeks:** 11

Course Description: From Yogi Goodbee: "It will be an honor & a privilege to share the many gifts of yoga, mindfulness, and 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!". Due to high demand of the class, please specify what session you would like to sign up for.



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Co-ed Volleyball

Location: MS Gym **Instructor:** Liddle

Day/Time: Tues 8 pm 10 pm

Fee: \$60.00 – **Weeks:** 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.

Exercise & Fitness for Everyone

Location: VES Big Gym – **Instructor:** Massaroni

Day/Time: Mon & Thurs 7:30 pm – 9 pm

Fee: \$70.00 **Senior Discount:** \$40.00 **Weeks:** 11

Course Description: *This class incorporates all genres of fun music to work out for all ages. Class starts with a warm-up/walk, then flows to simple, easy-to-follow dance-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, a stretch band (if you have one), and light free weights.*



Blackbird Outreach Programs



Blackbird Outreach Programs are free for all to attend, we ask participants to register so we can plan for any available handouts. All programs will be held in our Lydia C. Tobler Performing Arts Center.



Fall Session Oct. 6 – Dec. 12, 2025

Stop, Think, Act: How to Recognize and Avoid Scams
October 16, 2025, at 7:00 p.m.

Scams, frauds, and hoaxes cost consumers and businesses time and billions of dollars each year. This presentation helps consumers recognize and avoid scams. It also presents tools and resources to utilize if you fall victim to a scam.

Online Safety: Tips to Manage Online Data Privacy
November 13, 2025, at 7:00 p.m.

As new digital technologies are introduced, they present an ever-evolving set of online data protection and privacy challenges for consumers. This presentation provides strategies and tips for safely navigating the digital world.

Child Identity Theft Prevention
December 8, 2025, at 7:00 p.m.

Children's identities are especially attractive to identity thieves because, often, the theft remains undetected for years. This presentation advises parents and guardians on how to protect their child from identity theft and the steps to take if your child becomes a victim.

