

www.voorheesville.org



Continuing Education

Fall Session is Oct. 5 through Dec. 12, 2026



518-765-3313 ext. 1103



VCSD 432 New Salem Rd, Voorheesville, NY 12186



jaugar@voorheesville.org

www.voorheesville.org



*****ECRWSS*****

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Permit No. 1025
Albany, NY

VCSD Continuing Education Classes

Fall Session Oct.5- Dec. 12, 2026

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 26, 2026
in the High School Lobby from 11 am -2 pm. Online
registrations close October 6th. Mail in registrations close
September 28, 2026.

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



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 201
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

www.voorheesville.org



Shallow Water Aerobics

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

Day/Time: Mon 6:30 pm–7:30 pm

Fee: \$75.00 **Senior Discount:** \$45.00 **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 7:45 pm –8:45 pm

Fee: \$75.00 **Senior Discount:** \$45.00 **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 workout 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: \$130.00 **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, Sat 2– 4 pm

Fee: \$45.00 **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.

Open Swim

Location: HS Pool

Day/Time: Saturdays 2:30 pm –4:30 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

Fall Session Oct. 6 – Dec. 12, 2025

Women's Recreational Basketball

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

Day/Time: Weds 8 pm – 10 pm

Fee: \$65.00 **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.

Co-ed Volleyball

Location: MS Gym **Instructor:** Liddle

Day/Time: Tues 8 pm – 10 pm

Fee: \$65.00 – **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.

Getting Paid to Talk

Location: Creative Voice Development Group Studio

Instructor: Lembo

Day/Time: Nov 6, 2026

Fee: \$40.00

One Night Only

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. Directors to the recording studio will be emailed to participants. No senior discount will be available for this.

Exercise & Fitness for Everyone

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

Day/Time: Tues & Thurs 7:30 pm – 9 pm

Fee: \$80.00 **Senior Discount:** \$50.00 **Weeks:** 11

Improve your strength, balance, flexibility, and overall wellness in a welcoming environment designed for adults of all fitness levels. This class combines easy-to-follow fitness movements with stretching, balance exercises, light strength training, and guided relaxation techniques to help increase energy, reduce stress, and support overall health. Workouts incorporate a variety of fun music and include exercises performed standing, seated, and on a mat using stretch bands and light hand weights.

Participants should bring:

Exercise stretch band, Yoga or fitness mat, Light hand weights, Water bottle. Wear Comfortable layered clothing and supportive athletic shoes. Whether you're beginning a fitness routine or looking to maintain an active lifestyle, this class offers a safe and enjoyable way to improve your physical fitness and well-being.



VCSD Continuing Education Classes

Defensive Driving Course

Location: HS Room 107

Instructor: National Safety Council

Date: Saturday, October 24, 2026

Time: 9:00 a.m. – 3:00 p.m.

Fee: \$35.00

Course Description:

Reduce your auto insurance premium and refresh your defensive driving skills by completing the New York State Defensive Driving Course. Participants who successfully complete the course may qualify for:

A 10% reduction in liability, no-fault, and collision insurance premiums (where applicable).

Up to a 4-point reduction on their NYS driving record for point calculation purposes.

Bring a valid driver's license and a lunch or snack for the scheduled break.

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Public Speaking

Location: HS Room 105

Instructor: Mamorella

Day/Time: Wednesdays • 7:00 p.m. – 8:30 p.m.

Fee: \$45.00

Course Description:

The art of public speaking is an essential skill and is often met with apprehension and fear. This course is designed for beginners and those looking to strengthen their public speaking abilities while reducing anxiety in a supportive environment.

Participants will learn through engaging discussions, informal speaking activities, impromptu presentations, and guided practice. Topics include:

Understanding and overcoming public speaking anxiety

Speaking effectively with PowerPoint

Speech organization and delivery

Capturing and maintaining audience attention

Verbal and nonverbal communication

Active listening skills

Informative, persuasive, and ceremonial speaking

Building confidence through hands-on presentation practice

Whether you're preparing for workplace presentations, community leadership, interviews, or simply want to become a more confident communicator, this course will provide practical skills that can be applied immediately.



VCSD Continuing Education Classes

Watercolor Painting

Watercolor Painting

Instructor: Ajamian

Location: HS Art Room

Dates: Thursdays, October 1, 8, and 15

Time: 7:30–9:00 p.m. Fee: \$50.00

Explore the fundamentals of watercolor painting in this three-session class designed for beginners and those looking to expand their artistic skills.

Participants will learn watercolor techniques, color theory, and color mixing while creating a variety of seasonal paintings inspired by autumn.

Participants should bring 8½" × 11" watercolor paper, a large-tip brush, a medium-tip brush, a small fine-tip brush, a pencil, eraser, pencil sharpener, and a watercolor palette containing at least the primary colors. Participants with a larger watercolor palette are encouraged to bring it for additional color options.

The Holocaust Through Primary Sources: Auschwitz and Jewish Life in Europe

Instructor: Smith

Location: HS Library Media Center Time: Tuesdays 7 pm

Fee: \$40. Seniors \$25.

Through historical timelines, primary source documents, photographs, maps, and survivor testimony, this course explores Jewish life before, during, and after the Holocaust. Using Auschwitz and occupied Poland as the central case study, participants will examine how the Holocaust unfolded while comparing the experiences of Jewish communities in other parts of Europe, including Italy and the Netherlands. The course emphasizes historical evidence, critical thinking, and the diversity of Jewish experiences across Europe.

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Mixed Media Locket & Christmas Diorama

Instructor: Ajamian

Location: HS Art Room

Date: Thursday, November 19

Time: 7:30 p.m. (approximately 1½–2 hours)

Fee: \$30.00

Create two unique holiday keepsakes in one evening.

Participants will begin by designing a mixed media keepsake locket using miniature embellishments such as beads, buttons, decorative papers, and other creative elements. Participants are encouraged to bring any small sentimental items they would like to incorporate into their locket. The second project will feature the creation of a miniature Christmas diorama using a variety of materials provided by the instructor.

A materials fee of \$22 is payable to the instructor.

Holiday Craft Workshop

Instructor: Ajamian

Location: HS Art Room

Dates: Thursdays, October 22, November 5, and
November 12

Time: 7:30 p.m. (approximately 1½–2 hours)

Fee: \$35.00

Celebrate the season with a hands-on crafting workshop featuring a variety of fall and holiday-themed projects. Participants will learn decoupage techniques while creating seasonal home décor using materials provided by the instructor. If time permits, participants may also complete one or two handmade greeting cards to take home.

A materials fee of \$17 is payable to the instructor.



**CONTINUING
EDUCATION
IN PERSON
REGISTRATION!
SEPT 26TH FROM
11 AM TO 2 PM
AT THE HS MAIN
ENTRANCE
432 NEW SALEM RD
VOORHEESVILLE
CLASSES BEGIN
OCT. 5, 2026**

