



CONTINUING EDUCATION PROGRAM

SPRING 2010

VOORHEESVILLE CENTRAL SCHOOL DISTRICT

Dr. Teresa Thayer Snyder, Superintendent of Schools
Mary E. Flansburg, Director of Continuing Education

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

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 and High School students may also register.

Classes will begin the week of February 8, 2010, unless otherwise noted.

IN-PERSON REGISTRATION

WHEN Monday.....**February 1, 2010**
Tuesday.....**February 2, 2010**
WHERE Clayton A. Bouton High School Foyer
432 New Salem Road, Voorheesville, NY
TIME 7:00-8:30 p.m.

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.*

CONFIRMATION OF CLASSES

Registrants **will not** be contacted for confirmation, but will be notified if the course has been cancelled due to insufficient enrollment.

MAIL REGISTRATION: If you are unable to register in person, you may register by mail. Fill out the attached registration form, enclose the correct fee (checks made payable to Voorheesville Central School District) and send to:

Mary Flansburg, Director of Continuing Education
Voorheesville CSD, P.O. Box 498
Voorheesville, NY 12186

SENIOR CITIZENS, 60 years of age or older, will pay one-half of the course fee except as noted in the brochure.

INCLEMENT WEATHER

When school is cancelled due to inclement weather, evening classes will be cancelled. If school closes during the school day due to inclement weather or emergency, check your local television stations or call 765-3314, ext. 390, to get the latest information on the status of classes for that evening. You may also check the district website at www.vcsdk12.org

Mail registration will be opened after the last in-person registration night, February 2, 2010.

DROP-OFF REGISTRATION: Registration materials may be dropped off at the high school Main Office during normal school hours (7:30 a.m. to 3:30 p.m.).

CALENDAR – SPRING 2010

February							March							April							May						
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	2	3	4	5	6		1	2	3	4	5	6					1	2	3							1
7	8	9	10	11	12	13	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
14	15	16	17	18	19	20	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
21	22	23	24	25	26	27	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
28							28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	
																					30	31					

= Classes will not meet

LIST OF COURSES

MONDAY, February 8, 2010

I. RECREATIONAL

Aquatic Aerobics (Mon., Tues., Thurs. & Sat.)
 Lap Swimming (during Aquatic Aerobic classes only)
 Women's Basketball (Wed. – Starting 2/24)
 Men's Basketball (Mon. & Wed. – Starting 2/22)
 Pilates (Tues. & Thurs.)
 * Zumba Fitness (Thurs.)
 Tai Chi (Wed.)
 Exercise & Fitness for Everyone (Mon. & Thurs.)
 Yoga (Mon.)
 Beginner's Belly Dancing (Tues.)
 Coed Volleyball (Tues. - Starting 2/23)
 Beginner's Ballroom & Swing Dancing (Wed.)
 Beginner's Latin and Swing Dancing (Wed.)

II. ARTS & CRAFTS

Valentine's Day Card Making (Thurs., 2/11)
 Scrapbooking (Thurs., 2/25)
 Mom and Me Scrapbooking (Thurs., 3/4)
 Scrapbook Crop Session (Sat., 3/20)

III. HEALTH & SAFETY

Defensive Driving (Thurs., 3/11 & 3/25)
 Red Cross Babysitting Course (Sat., 3/6)
 * Fibromyalgia (Wed., 3/24)
 * How to Live to be 100 (Tues., 4/20)

IV. SPECIAL INTEREST

* Basic Sewing (Mon.)
 Getting Paid to Talk (Tues., 3/16)
 Open Water Scuba (Mon. 4/12; Sat. 4/24, 5/1, 5/ 8, 5/15)
 Smoking Cessation (Tues. - Starting 2/23)
 Introduction to Life Coaching (Mon. 2/22 and 3/1)

* = New classes

MEN'S RECREATIONAL BASKETBALL **Bob Bollentin**
Mondays & Wednesdays (26 Sessions – Starting Feb. 22)
High School Gym **8-10 p.m. to 3/22; 7-9 p.m. to 5/26**

This course is intended for adults who want to work off some of the week's tension in a flexible, fun routine of halfcourt informal games. **FEE \$60**


EXERCISE & FITNESS FOR EVERYONE **Kathy Massaroni**
Mondays & Thursdays (10 sessions)

Elementary School Large Gym **7:30-9:00 p.m.**
 Want to slim down and tone up? Have you been meaning to get into an exercise program, but just have not done it yet? Are you looking for a variety in your workout? If the answer is yes to any of these questions, this exercise class is just for you. The program is a low to moderate impact exercise class. We begin with a warm-up, simple aerobic dances, Tae Bo, light weight lifting and a cool down with floor work concentrating on the abdominal, hip and thigh areas. The program stresses relaxation techniques and stretching, with an emphasis on lower back strengthening. It is not a fashion show for exercise outfits, so wear anything you are comfortable in, but be sure to wear good sneakers, bring a water bottle and light hand weights. **FEE \$35**

LIVE YOUR DREAMS, HONOR YOUR VALUES:**AN INTRODUCTION TO LIFE COACHING**

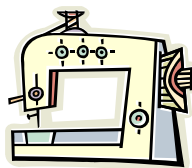
Mon., Feb. 22 and Mon., Mar. 1 **Terrice Bassler**
7:00-9:00 p.m. **Room 151**

This workshop includes two 2-hour group sessions and a one-half hour one-on-one coaching session via telephone. Each of us knows inside what really makes our heart sing in life. At the core, we are all creative, resourceful and whole beings. Why then do we get stuck? Make compromises with ourselves that keep us living small. Progressive individuals and businesses are turning to Life Coaching for making changes and moving toward a fulfilled life. In this introductory workshop, you will experience coaching tools for yourself—assessing life satisfaction, meeting your future self in guided visualization and generating new perspectives of the big and small issues that keep us from growing. Minimum class size 6; maximum class size 15

[No Senior Discount]**FEE \$40**

Registration: Feb. 1 & 2
7:00 p.m. - 8:30 p.m.
High School Foyer

MONDAY (Continued)


BASIC SEWING FOR THE BEGINNER
Mondays (6 Weeks) Room 152
Judy Zielinski
7:00 – 8:30 p.m.

Do you want to get reacquainted with your sewing machine? This class is intended to familiarize you with the basics of sewing, including both hand and machine sewing. Bring your own machine (with manual and bobbins) or use one of ours. Supplies needed will be discussed at the first class.

[No Senior Discount]
FEE \$35
YOGA
Mondays (12 sessions)
High School Cafeteria
Stacey Hugues
6:30-7:30 p.m.

Explore the world of Yoga poses that yield enormous benefits toward increased movement, balance, improved breathing, strength and flexibility. This class is geared toward the beginner and intermediate levels. Participants should bring a mat, a towel and a water bottle.

[No Senior Discount]
FEE \$50

TUESDAY, February 9, 2010

COED VOLLEYBALL
Tuesdays (12 sessions) – Starting Feb. 23
Middle School Gym
Melissa Faustel
7:30-9:30 p.m.

This course is designed to review the basic aspects of volleyball. This is meant to be a recreational class, with the emphasis on playing the game and having fun.

FEE \$60

BEGINNER'S BELLY DANCING
Tuesdays (10 sessions)
High School Cafeteria
Margaret Bunkoff
7-8 p.m.

This class will offer a relaxed atmosphere to learn the art form of belly dancing with other women of all ages, shapes and sizes. This dance is a fun way of toning and tightening the entire body, while helping to build strength and endurance in the leg and back muscles. Share the laughter and companionship with other women while getting a good workout.

FEE \$40

TUESDAY (Continued)

PILATES
Tuesdays and Thursdays (20 sessions) 6:30-7:30 p.m.
High School Commons

The Pilates Method strengthens and tones muscles; improves posture, flexibility and balance; and unites body and mind. There is no impact on the joints. The moves can be customized for individual body types and for various sports (e.g., golf, skiing, running, etc.). Bring your own mat and water bottle to class.

FEE \$90
[No Senior Discount]
THE BUTT STOPS HERE
SMOKING CESSATION PROGRAM
Judy Zielinski
7:00-8:00 p.m.
Tuesdays, Feb. 23, Mar. 2, 9, 16, 23, 30; and
Thursday, Mar. 11

This program offers guidance and group support to help you keep your resolution to be tobacco-free. This group is open to any tobacco users who would like to quit or reduce their use of tobacco products. These seven, one-hour sessions include a workbook and other "survival aids" to help you move toward a healthier lifestyle for both yourself and those around you.

[No Senior Discount]
FEE \$30
GETTING PAID TO TALK: VOICE-OVER AS A PROFESSION
Creative Voice Development Group
Tuesday, March 16 6:30-9 p.m.
CLASS TO BE HELD AT THE RECORDING STUDIO

Voice-overs have come a long way since the days of announcers! The voice-over field continues to grow dramatically and individuals just like you are finding enjoyment and success in this exciting field. You'll learn what a voice-over is, how to create a demo and what voice-types are in demand. Where to look for professional voice opportunities and how to build success will also be discussed. Whether you're just curious about voice-overs or are considering voice work professionally, this single-evening class is a great place to start! Directions to the recording studio will be mailed to participants.

Note: There is a limit of 12 participants per class. **FEE: \$15**
HOW TO LIVE TO 100 WITHOUT DRUGS OR SURGERY
Tues., April 20 6:30-8:00 p.m.
Dr. Sarah Westcott
Room 151 AAC Family Wellness Center

Dr. Westcott will present this one of a kind workshop on the true definition of health and how to embrace and maximize the body's innate healing capacity. Get the most of your years naturally.

[No Senior Discount]
FEE \$10

WEDNESDAY, February 10, 2010

TAI CHI, BEG./INT. Capital District Tai Chi Assoc.
Wednesdays (12 sessions) 6:30-7:30 p.m.
High School Cafeteria

Tai Chi, the ancient Chinese art of meditation in motion, promotes mental, emotional and physical healing by combining movement, meditation, relaxation and self-defense. Tai Chi is reputed to be of therapeutic value for high blood pressure, heart disease and lung disease. This form of exercise is practiced by people of all ages and physical abilities. It requires no equipment and very little space. Each movement is performed slowly to improve balance, flexibility, concentration and muscle control.

[No Senior Discount]

FEE \$60

BEGINNER'S BALLROOM & SWING DANCING Gale Pappas
Wednesdays (8 sessions) 7-8 p.m.
High School Commons

If you want to "dance like the stars," here's your chance. Learn American style smooth ballroom dances consisting of the Foxtrot, Waltz, Tango and Viennese Waltz. Singles and couples are welcome! Class limited to 60 participants.

[No Senior Discount]

FEE \$50



BEGINNER'S LATIN & SWING DANCING Gale Pappas
Wednesdays (8 sessions) 8-9 p.m.
High School Commons

Learn American style rhythm dances consisting of East Coast Swing, Rumba, Cha Cha, Mambo/Salsa and Merengue. Class size limited to 60 participants. Singles and couples are welcome. **[No Senior Discount.]**

FEE \$50

Note: 50% off the second class if you register for both Beginner's Ballroom & Swing class and the Beginner's Swing & Latin Dance class. [Two classes for \$75.00; no senior discount].

WOMEN'S RECREATIONAL BASKETBALL
Middle School Gym Starting Feb. 24 Christine Kelley
Wednesdays (10 Sessions) 7:30-9:30 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. **FEE \$45**

WEDNESDAY (Continued)

FIBROMYLAGIA
Wed., March 24
Room 151

Learn about the far reaching effects of fibromyalgia and then learn about the drugless, non-surgical treatments that are available.

[No Senior Discount]

FEE \$10

Dr. Thanasi Sarris
AAC Family Wellness
6:30-8:00 p.m.

THURSDAY, February 11, 2010

ZUMBA FITNESS
Thursdays (10 sessions)
High School Cafeteria

Zumba is a popular fitness program that combines dance styles such as Cumbia, Merengue, Salsa, Reggaeton, Calypso and Hip-Hop. Participants will pump their legs, windmill their arms, clap their hands, and dip, slide and spin. Zumba is aerobic dancing that is lots of fun and easy to learn. This is an all-levels class and is appropriate for everyone, whether you have previous Zumba experience or not. Wear comfortable clothing and athletic shoes to allow for movement; a water bottle is recommended. If you enjoy high energy, fun music and want to get moving, Zumba may be just what you need. So, "ditch the workout, join the party."

[No Senior Discount.]

FEE \$50

Lisa Cala Ruud
7-8 p.m.

DEFENSIVE DRIVING
Thurs., 3/11 and 3/25
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 his/her 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. Northeastern New York, a member of the National Safety Council, will supply the instructor, student workbooks and certificates.

[No Senior Discount]

FEE \$40

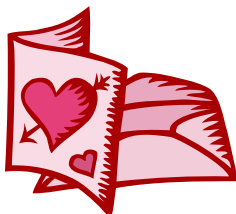
N.E. Safety Council
7-10 p.m.



THURSDAY (Continued)

VALENTINE'S DAY CARD MAKING**Thurs., Feb. 11 – Room 146**

Create beautiful, inspiring handmade Valentine's Day cards with "Close to My Heart" products and supplies. A material fee of \$6.00 will be collected by the instructor at the first class.

FEE \$10**SCRAPBOOKING****Thurs., Feb. 25 – Room 146**

Are you ready to find out how easy scrapbooking and card-making can be? Preserve your memories for future generations to enjoy. Everything you need will be provided. A material fee of \$10.00 will be collected by the instructor at the first class.

FEE \$10**MOM & ME SCRAPBOOKING****Thurs., March 4 – Room 146
Room 146**

Join us for a scrapbooking and card-making class for parent and child. We will work on a two-page scrapbook, along with a few cards for you to bring home. A material fee of \$10.00 will be collected by the instructor for this class.

FEE \$10**SCRAPBOOK CROP SESSION****Sat., March 20 - Room 146**

This six-hour crop session will give the serious scrapbooker enough time to catch up on big projects after the holidays. Bring your supplies (including photos, tools, adhesive, paper, etc.); some materials will be available to purchase; and bring a lunch. A \$5.00 mini-workshop fee will be collected by the instructor.

FEE \$10**Cinde Apuzzo****6:30-8:30 p.m.****Cinde Apuzzo****6:30-8:30 p.m.****Cinde Apuzzo****6:30-8:30 p.m.****Cinde Apuzzo****10:00 a.m. – 4:00 p.m.**

SATURDAY

**AMERICAN RED CROSS BABYSITTING COURSE****Sat. March 6****9:00 a.m. – 5:00 p.m.**

Prospective babysitters **ages 11 to 15** will learn the basics of becoming responsible and reliable babysitters. From learning how to give rescue breaths to an unconscious child and choosing the best solution in a difficult situation, to preparing for an interview and building a resume, participants in this course will be fully prepared to enter the babysitting world. Students will take home the "Babysitter's Training Handbook," an emergency reference guide, key chain breathing barrier, babysitter's training CD-ROM, and the ability to confidently overcome challenging obstacles faced while babysitting.

FEE \$60**OPEN WATER SCUBA COURSE****Adirondack Scuba****4/12 - Classroom Session 6-9 p.m. Room 151****4/24, 5/1, 5/8, 5/15 - Pool Sessions 2:30-5:30 p.m. HS Pool****Dates for Lake George open dives to be announced**

This Open Water Scuba Course consists of online course work, four pool sessions and 5-6 open water dives in Lake George. Each student will be outfitted in scuba gear and will learn basic scuba skills and safety drills. At the completion of the pool sessions, 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, students will receive a Scuba Diving International (SDI) Open Water Certification Card allowing them to dive anywhere in the world. Course fee includes access code for online course work, registration fees, and full rental gear for the course. Students must provide their own personal gear consisting of mask, snorkel, fins and boots. These can be purchased at the first classroom session.

Class Size: Min. 6 Students; Max. 8 Students FEE \$375**[No Senior Discount]**



AQUATIC CLASSES

≈ Beginning the week of February 8, 2010 ≈

AQUATIC AEROBIC EXERCISE

Beginner - Intermediate

Mondays 14 Classes 7-8 p.m.
Rosemarie McDonough
FEE \$70 (Sr. Cit. Fee \$35)

Tuesdays 14 Classes 8-9 p.m.
Vicky Bastian
FEE \$75 (Sr. Cit. Fee \$37.50)

Thursdays 14 Classes 7-8 p.m.
Vicky Bastian
FEE \$75 (Sr. Cit. Fee \$37.50)

These classes are designed with the beginner to intermediate exerciser in mind. Our aim 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 a pool with 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 without injury or stress.

AQUATIC AEROBIC EXERCISE

Advanced

Tuesdays 14 Classes 7-8 p.m.
Vicky Bastian
FEE \$75 (Sr. Cit. Fee \$37.50)

Thursdays 14 Classes 8-9 p.m.
Vicky Bastian
FEE \$75 (Sr. Cit. Fee \$37.50)

Stay C-o-o-o-l. Get a firmer, stronger body. Try our great water workout!!! Try this well-designed water workout for the energetic exerciser that will boost your stamina and firm your muscles. In fact, aerobics done in the pool provides the same training benefits as aerobics on land. Water offers 12 times more resistance than air with less wear and tear on your body! The class is choreographed to music that has a good beat which will put a smile on your face and keep you moving.

AQUA FITNESS

Intermediate - Advanced

Mondays 14 Classes 8-9 p.m.
Rosemarie McDonough
FEE \$70 (Sr. Cit. Fee \$35)

This is a moderate to high-level aerobic workout, including a deep water jogging segment. Water workouts allow you to shed pounds and firm muscles, but are easier on the back and joints than jogging or high impact aerobics. Come experience the fun of a great cardiovascular workout. A deep water jogging belt is required for this course. ***If you need to purchase a belt (\$26), indicate so on your registration form. Bring that payment to the instructor at the first class where you will receive your belt.***

Wet Workout 7-8 a.m.
Vicky Bastian
Saturdays 13 Classes
FEE \$70 (Sr. Cit. Fee \$35.00)

Come join us in the pool! What better way to get into shape as we jog, kick, jump, punch, rock, ski and Tae-Bo our way to cardiovascular fitness with upbeat music! Since water softens impact and has 12 times more resistance than air, this is a great way to burn those calories without undue stress on joints and bones. Enhance your breathing and build up your stamina. A "rock 'em, sock 'em" workout built with you in mind. Give it a try and you just may be hooked (and fit) for life!!

LAP SWIM February 8 – May 29
Three lap swim lanes will be available during all aerobics classes (Mon., Tues., Thurs. & Sat. at the times listed above)

Swimming laps is a good way to get in shape and/or maintain physical fitness. Lanes will be available for fast, medium and slow swimmers. Circle swimming will be utilized if lanes are shared. **FEE: \$100**

Voorheesville Central School District Continuing Education Program

Exercise and Fitness

Health & Safety

Pool Classes

DEFENSIVE DRIVING

RECREATIONAL

Arts and Crafts

Do you have a special skill or interest that you would like to teach to others? Contact Mary Flansburg at 765-3314, ext. 390.

Voorheesville Central School District
P.O. BOX 498
VOORHEESVILLE, NY 12186

Non-Profit Organization

U.S. POSTAGE

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Albany, NY

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