

**Niskayuna Central School District
Continuing Education Program
2011 Winter Session**



► Program Office: The Continuing Education Office is located on the main floor of the District Office at Van Antwerp Middle School on 1239 Van Antwerp Road. Enter through the door near the ramp on Dexter Avenue. Continuing Education is the first office on the right. Although Continuing Education is now a part-time program, it is generally open mornings, Monday through Thursday. E-mail and phone messages are welcome and will be returned as soon as possible. The office is closed on Fridays and when school is not in session.

Pamela Ober
Coordinator
377-4666 (Ext. 50731)
pober@niskyschools.org

Ron Grastorf
Administrator for Human Resources
377-4666 (Ext. 50740)
rgrastorf@niskyschools.org

► Enrollment: Classes are open to school district residents and non-district residents as well. Preference is given to Niskayuna residents for space-limited classes. Non-residents, please add a \$10 per class non-resident fee.

► Registration: All students must be pre-registered. In fairness to our instructors, building staff, and other registrants, we do not accept registrations on a “walk-in” basis the first night of a class. Complete a registration form (**see page 22**) for each class. Make out a check or money order payable to Niskayuna Central School District. We do not accept credit cards or cash.

There are two ways to register: Either by mail or during the walk-in registration. At this time, we do not accept online registrations.

- Mail registration with payment to:

Continuing Education Program
District Office
1239 Van Antwerp Road
Niskayuna, NY 12309 Attention: Registration

- Attend walk-in registration – Monday, January 10, from 12-2pm, at the Niskayuna Library.

► Fees: These vary from class to class. Some classes also require a materials or text fee, usually paid to the instructor on the first night of class. Please review carefully.

► Senior rates: The district is pleased to offer reduced fees to seniors for many courses. Some classes are available at no charge. To qualify for a senior discount, you must be a school district resident, age 65 or over, or 55 and retired, and have the Senior Gold Card. Gold Cards are free and can be obtained through Continuing Education or Human Resources.

► Prorating class fees: We do not prorate program fees based on attendance.

► Refunds: Typically, refunds are issued for program-canceled classes only.

Special Note: We **DO NOT** confirm your registration. We will notify you only if your registration cannot be accepted (i.e. if a class is full or has been canceled). You are encouraged to follow updates, changes, cancellations, and other ongoing information regarding classes on the district Website: www.niskyschools.org. Link to **Community Ed.** then click on **Updates & Changes**.

Cover Photo by Sonya Ward.

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AQUATICS



The pool is located at the north end of the Niskayuna High School, 1625 Balltown Road. To access, use the Balltown Road Entrance.

- ▶ The Continuing Education program plans and coordinates the district's instructional and recreational classes during the school year.
- ▶ Aquatic team sports, special events, and open/lap swim are coordinated within the Athletic Department. Contact 382-2511, Ext. 21769 for more information.
- ▶ Open/lap swim passes are available through the Campus Supervisor at the High School. Contact Tony Barbalace 382-2511, Ext. 21716 or e-mail: tbarbalace@niskyschools.org
- ▶ You do not have to purchase a pool pass to take Continuing Education classes.

Aqua-Fitness

NHS Pool

Mondays and Wednesdays 11:30-12:30pm
February 28, March 2, 7, 9, 14, 16, 21, 23, 28, 30

Instructor: Elaine Nollett

Fee: \$35 / Seniors: \$30

This is a low-impact workout designed for overall conditioning and training for strength, posture, and flexibility. Half of the class takes place in the shallow end of the pool and half in the deep end. All students wear flotation belts so you do not need to be a swimmer to benefit from this class. Sessions consist of warm-up, conditioning, and stretching. This is an excellent cardiovascular workout, beneficial to men and women at all levels of fitness. Anyone with any concern about health-related issues should consult with a physician.

Deep Water Aerobics

NHS Pool

Tuesday and Thursday 8:30-9:30pm
March 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

Instructor: Elaine Nollett

Fee: \$40 / Seniors: \$35

▶ This is a high-energy, low-impact water exercise program with a focus on cardiovascular fitness, strengthening, conditioning, and muscle flexibility. It takes place in the deep end of the pool and requires an aquatic fitness belt. You do not have to be a swimmer to take this course. Great for body toning and for FUN! Aquatic fitness belts cost \$20 to \$45 and can be purchased online as well as through most fitness wholesale or retail centers and some water supply stores.

Learn to Swim Sundays: Children and Adults -- The American Red Cross Learn-to-Swim program provides instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience. Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people to swim and to be safe in, on, and around the water. Participants progress from one level to the next based on successful demonstration of the skills and knowledge of each level. All participants are screened at the first class to determine if they are in the appropriate level. If not, they are given the opportunity to move to the correct level and, if unable to do so, a full refund is provided. Before completing your registration, review the information below and then select the level that most closely reflects the level of progress. If you need more guidance, go to the Red Cross Website: <http://www2.redcross.org/services/hss/aquatics/lts.html>

This program costs \$70 (per student) and will be taught by two instructors and an assistant on the following dates: January 23, 30, February 6, 13, 27, March 6, 20, 27, April 3, 10 (make-up, if needed).
Instructors: Nick Deck & Tom Telese

Note: Sometimes lessons need to be canceled due to issues with the pool. Make-up dates are built in for this reason. So that we can contact you, please provide an email address on your registration. Also, for up-to-date information, go to the Community Education link at our website: niskyschools.org.

<u>TIME</u>		<u>LEVEL</u>
11:30 – noon	Adult	Parent/Child
Noon – 12:30	Preschool 1	Level 1
12:30 – 1	Preschool 2	Level 2
1-1:30	Preschool 3	Level 3
1:30 – 2:15	Level 4	Levels 5/6

Parent/Child: This class is designed for children 6 months to 3 years old. The class helps children to become comfortable in the water and to develop a readiness for learning to swim. Activities emphasize fun and safety. Swim diapers are required for kids not potty-trained. Parents join their children in the pool.

Preschool Levels 1-3: Introduction to water skills at an age-appropriate level for children ages 3-5. Parents do not join their children in the pool.

Level 1: Intro. to Water Skills -- helps students feel comfortable in the water and to enjoy the water safely.

Level 2: Fundamental Aquatic Skills -- gives students success with fundamental skills.

Level 3: Stroke Development -- builds on the skills in Level 2 by providing additional guided practice.

Level 4: Stroke Improvement -- develops confidence in strokes learned and improves other aquatic skills.

Level 5: Stroke Refinement -- provides further coordination and refinement of strokes.

Level 6: Swimming and Skill Proficiency -- refines strokes so students swim with ease, efficiency, power, and smoothness over greater distances.

ARTS & CRAFTS

Basic Bead Stringing by Kuma Beads

NHS F106

2 Thursdays 7-9pm

January 27 & February 3

Instructor: Martha Hatt

Fee: \$20 / Seniors: \$15

Materials Fee: \$17.30 first night of class

► Attention, fine jewelry lovers! Learn how to design custom jewelry and work with fine gemstone beads in this hands-on class. You will learn the two most popular bead-stringing techniques and make two finished pieces of jewelry to take home with you. Whether you want to learn a new hobby, repair or restore your heirlooms, earn extra money, or give beautiful gifts... come and get started. This class will be taught by the owner of Kuma Beads, a Burnt Hills company that has helped many people all over the country learn the art of jewelry making.

Beaded Earrings

NHS F106

Thursday, February 10 7-9pm

Instructor: Martha Hatt

Fee: \$20 / Seniors: \$15

Materials Fee: \$17.30 first night of class

► Come learn three different earring-making techniques from the owner of Kuma Beads. This class is a nice extension of skills for those who have taken the bead-stringing class; however, no prior experience is necessary.

Drawing

NHS F102

6 Thursdays 6:30-8:30pm

February 3, 10, 17, March 3, 10, 17

Instructor: Jonathan Stasko

Fee: \$75

Materials Fee: \$20 paid first night of class

► This course will cover the fundamental principles that help the aspiring artist render accurate and appealing pieces of art. Students will learn to use two complementary approaches of observation and study to help them portray the beauty of light in the world around them. Media used for this course will include graphite and charcoal.



Kids' Art Studio

NHS F104

6 Wednesdays 6-8pm

February 2, 9, 16, March 2, 9, 16

Instructor: Heather Hutchison

Ages: Grades 1-5

Fee: \$70

Materials Fee: \$10 paid first night of class

► Here's a chance for an artistically inclined child to make the kind of art that s/he wants. A variety of materials (paint, oil pastels, collage, and/or other mixed media) will be on hand each class for kids to try new mediums and work on larger, long-term art projects. We will do a fun, quick warm-up activity at the beginning of each class, which each child will have the option of expanding into a larger project.

Needlepoint

NHS C251

8 Fridays 6-9pm

January 28, February 4, 11, 18, March 4, 11, 18, April 1

Instructor: Jacqueline Towne

Fee: \$65 / Seniors: \$60

► Needlepoint has been referred to as the new knitting. Participants will receive a working introduction to this relaxing Colonial pastime. The focus of the class will be the mastery and rhythm of one simple stitch. Following demonstration and instruction, students will first work a practice canvas with the intent of learning the basic stitch as well as the ability to edit and correct completed work. Participants will then be able to complete a project of their

own selection. The project can be a small one; for example: a small change purse, a cosmetic case, a checkbook cover, a bookmark, a scissors case, or a glasses case. Or, the project can be large, such as a door hanging, a wall plaque, a pillow, or a doorstop. Join us and keep a Colonial skill alive and produce a lovely handcrafted item.

Note: The materials fee will depend upon the project selected and will be collected during the first class. (Kits run from \$10 - \$65).

Oil Painting

NHS F102

5 Wednesdays

6-9pm

January 12, 19, 26, February 2, 9

Instructor: Ann Larsen

Fee: \$75

► Award winning artist Ann Larsen will introduce you to the rich, wonderful medium of oil paint. Students will learn about color, mixing values, brushwork, and composition. An emphasis on capturing large shapes first and spontaneity of paint application will be explored as you work to complete a painting at each week's session. Additional areas to be covered are: the still life; painting the landscape using sketches, color studies, and photographic references to create larger paintings; types of brushes, painting supports, and mediums. Beginning students will come away with a good working knowledge of the basics as they work on a painting every class. Intermediate and advanced students will explore more advanced color theory, brushwork, and paint application. Ann will demonstrate each class session for emphasis and reinforcement of topics covered. Students provide their own supplies and a supply list will be provided upon registration. Please visit Ann's website to view her work and biography – www.AnnLarsen.com.

Sewing 101

Iroquois Middle School Home Ec. Room

4 Thursdays

7-9pm

January 27, February 3, 10, 17

Instructor: Christine MacPherson

Ages: 16 and up

Fee: \$40

► Learn to sew or sharpen up on the skills you already have. Learn the basics of sewing and sewing machines. Class will cover threading machine, stitch width and length, extra stitches, tension, bobbins, needle choices, changing feet, and cleaning of personal machines. If you don't have, or can't bring, your own sewing machine, you may use one of the school's machines while in class. Bring thread and needles. We will complete a small sewing project in class – materials provided. Come sew with us!

Note: Bring along your sewing machine manual if you bring your machine.

Stamping I: Boxes, Bags, and Tags

NHS F104

Tuesday, January 25

6:30-9pm

Instructor: Sue Smith

Fee: \$15

Materials Fee: \$10 paid first night of class

► In this class, you will create boxes, bags, and tags using special paper folding techniques and the Big Shot die cutting machine. These items will have a Valentine's Day theme for giving small gifts. The patterns you use can be duplicated for any holiday or gift giving occasion. Please bring adhesive and small sharp scissors to class. No prior paper crafting experience needed. Email suesmithstamps@aol.com with any questions.

Stamping II: Birthday Cards

NHS F104

Thursday, February 17

6:30-9pm

Instructor: Sue Smith

Fee: \$15

Materials Fee: \$12 paid first night of class

► Need a birthday card in a hurry for someone special? This class will help fill up your card box with six rubber stamped cards and envelopes. You will be creating cards appropriate for children, males, and females, using the latest stamping techniques and tools. Please bring adhesive and small sharp scissors to class. No

prior paper crafting experience needed. Email suesmithstamps@aol.com with any questions.

Stamping III: Get Punchy and Move!

NHS F104

Tuesday, March 15 6:30-9pm

Instructor: Sue Smith

Fee: \$15

Materials Fee: \$12 paid first night of class

► In this class you will create six unique greeting cards with envelopes. Some of your cards will have motion and some will be made using paper punches. You'll be surprised with what you can create! Please bring adhesive and small sharp scissors to class. No prior paper crafting experience needed. Email suesmithstamps@aol.com with any questions.

Woodcarving – An Introduction

NHS E278

Wednesday, March 16 7-8pm

Instructor: Richard Dreyer

Fee: \$10 / Seniors: \$5

► If you have always wanted to carve, this class offers a great one-night introduction. Bring a carving knife if you have one. Wood provided.

COMMUNITY PROGRAMS

Community Chorus

Van Antwerp Auditorium

Ongoing Wednesdays

Starting January 12 5-6pm

Fee: TBA

► This group is for adults and youth (grade 8 and up) and is in conjunction with The Whitney Club from GE Global Research. Community Chorus consists of area residents, GRC employees, retirees, and their families who enjoy getting together to sing a variety of music. If you love to sing, you are welcome to join this already-established community group. Under the direction of Jason Dashew, and accompanied by pianist Susan Lake, the group meets once a week to sing for enjoyment and to practice for



informal community performances. While this is a serious group that appreciates various types of music, you do not have to be a professional to join. In fact, there are no auditions and you do not need to be able to read music. For more information and to register, contact Mike Brun at 387-6685 or Mary Anne Gauger at 387-6250.

Math Circle

NHS C446/448

Ongoing Fridays, beginning January 7

High School Students: 6-9pm

Middle School Students TBA

Instructors: O'Keefe and Krishnamoorthy

Fee: No charge

► Students with a passion and enthusiasm for mathematics are welcome to join the Albany Area Math Circle. Students come together over challenging math problems. By working hard and cheerfully learning from their mistakes, they share ideas and approaches to problem solving. The group is coordinated and advised by Dr. Mary O'Keefe, a Niskayuna resident and Adjunct Associate Professor of Economics at Union College and co-advised by Dr. Mukkai Krishnamoorthy, Associate Professor of Computer Science at RPI. For more information and to register, contact Dr. O'Keefe by e-mail at mathcircle@gmail.com.

Telugu

Language and Culture for Children

NHS C251/253/257

Ongoing Fridays

6:30-8pm

Instructor: Telugu Badi Team

Ages: 6 and up

Fee: \$60 per term

► This is an ongoing community education class open to the public. Explore the culture and one of the languages of a fascinating country -- India. Through interactive hands-on learning, children will develop reading, writing, and speaking skills in Telugu language. To register and for more information, contact Telugu_Badi@yahoo.com

COMPUTER-RELATED

Computer – The VERY Basics!

NHS D107

3 Wednesdays 6:30-9pm
January 19, 26 (6-7:30 lab time only), February 2

Instructors: Darla Gullotta and Vicky Holley
Fee: \$70 / Seniors: \$60

► This class is for individuals who have little to no experience using a computer. By the end of three sessions, participants will be able to: understand basic computer parts and terminology so that they feel comfortable asking questions; know how to use a mouse; get into and out of Microsoft Word (a widely used word processing program); find the Internet and learn how to safely navigate it; create and save a document; and print a document. The first two hours of each class will be group instruction with hands-on practice. The final half-hour will be used for practice and to answer individual questions. There will be class handouts and helpful reading/practice to do at home. Students should bring a notebook and pen/pencil.

Note: For maximum benefit, students should have access to a computer outside of class, but it is not required.

Computer – Beyond the Basics

NHS D107

2 Wednesdays 6:30-9pm
February 16, March 2

Instructors: Darla Gullotta and Vicky Holley
Fee: \$70 / Seniors: \$60

► Students taking this class need to have a practical knowledge of basic computer skills (such as how to use a mouse, find the Internet, and access e-mail). In this class, students move beyond the basics of operating a personal computer to where they feel comfortable using more advanced computer skills and access e-mail. Using Microsoft Word to facilitate instruction, students will learn how to: create, edit, and enhance a document; create a file; safely locate and utilize resources from the

internet. There will be specific practice and work at home tasks between the two classes (instructors are available by phone or email for assistance between classes). Each class session allows for significant practice, individual question/answer time. While this course may be of benefit to someone who is looking for a refresher to prepare to re-enter the work force, it is not designed as a comprehensive class for that purpose.

Note: Registrants need to bring to each class a flash drive of 1GB or larger (costs around \$15) available at office supply stores.)

Computer Video Game Creation

NHS C253

4 Tuesdays 6-7:30pm

Session 1: January 25, February 1, 8, 15

Session 2: March 1, 8, 15, 22

Instructor: Bits, Bytes & Bots

Ages: 8-14 years old

Fee: \$75 per session

► If you think playing computer games is fun, just think what a blast learning to program your own games will be! Your imagination is the limit as you use GameMaker software to create an action style computer game. You'll learn about creating sprites, objects, events, and actions. Design a room, make it look the way you want, add objects, and play your game! We'll teach you how to display health, lives, score, splash screens, and high score tables. Using drag and drop programming, you'll be creating exciting, professional-looking games you can play with your friends. Students will receive a CD with their game and the software to keep making games at home. For more information, go to www.bitsbytesbots.com.

Digital Photography

Iroquois Middle School Computer Lab

6 Tuesdays 7-9pm

January 25, February 1, 15, March 1, 8, 15

Instructor: Fred Festine

Fee: \$65 / Seniors: \$50

► This is an introductory course designed to help the novice or lightly experienced student

learn the basic elements of operating a digital camera. It is not a course in learning how to use a computer. Content will include such things as: learning about the components of a digital camera and how they work; menus and how to use them; when and how to override auto settings on your camera; and increasing your working knowledge of basic photography including photographic composition. Class time includes instruction, discussion, demonstration, and student practice taking pictures with the camera. Some computer time for students will include an introduction to basic photo-editing software such as Kodak Easy Share and Google Picasa. Our instructor is a retired teacher with over 25 years of experience operating his own professional studio. He has worked with Nikon, Panasonic, and Casio camera companies. Note: To get maximum benefit from this course, students should be prepared to spend time outside of class practicing and to share some photos with the class. Students who want to benefit from the basic overview of photo-editing and printing need to have some working knowledge of how to operate a computer.

Digital Photography: Intermediate

Iroquois Middle School Computer Lab
6 Wednesdays 7-9pm
January 26, February 2, 9, March 2, 9, 16
Instructor: Fred Festine
Fee: \$65 / Seniors: \$50

► This is a follow-up to Introduction to Digital Photography. Students need to have a DSLR camera. In this class, we will explore aperture priority, shutter priority, and manual use of our cameras. We will study metering, matrix, center weighted, and spot. Students will share their photographs and help critique each other. We will also take a one evening photography field trip. Our instructor, Fred Festine, is a retired teacher with over 25 years of experience operating his own professional studio. He has also worked with Nikon, Panasonic, and Casio camera companies.



Introduction to the Internet and World Wide Web

NHS D107
2 Wednesdays 6:30-8:30pm
March 16 & 23
Instructor: Darla Gulotta
Fee: \$60 / Seniors: \$50

► This is a class for those with basic computer skills who are looking to learn more about the Internet which has become so much a part of our culture. This class will provide participants with information on: history of the Internet and World Wide Web, identifying parts of a Web page and their uses, search engines, practical uses of the World Wide Web (social networking, shopping, research, e-mail), and internet safety awareness. Class will be comprised of both lecture and hands-on learning in the PC lab with plenty of opportunities for Q & A.

iPhoto 09 – Edit, Organize, and Share Photos in Creative Ways

Van Antwerp Middle School Computer Lab
3 Mondays 6:15-8:30pm
February 7, 14, 28
Instructor: Carol LaRow
Fee: \$70 / Seniors: \$60

► iPhoto is an easy-to-use photo management program designed to organize, edit, and save digital photos. Use editing features such as improve colors, crop, special effects, brightness, retouch, fix red eye, and more. Use face recognition feature to quickly find and label people in photos. Use with GPS enabled cameras to show where photos were taken in Google Maps. No GPS camera? Add locations to photos yourself. Create photo albums to group pictures. Design themed travel books. Quickly search for photos by keywords, ratings, dates, or other criteria. Create slide shows (with music) and send to iTunes for syncing with iPods/iPhones. Save photo collections by “burning” to a CD/DVD. Create calendars, stationery, and WEB pages, and share photos using a Mobile Me account. This class is taught by Carol LaRow, an Apple Distinguished Educator,

Smithsonian Laureate, and Google Certified Teacher.

Prerequisite: Participants should know how to use an Apple computer with some degree of confidence. We will not be teaching how to use a computer. No prior experience with iPhoto is necessary. Photos and music supplied.

Note: This is for Apple computers only. School computer lab may have iPhoto 08 or 09, which you may use. Feel free to bring your own laptop with iPhoto 09 installed.

LEGO® Mindstorms® NXT Robotics

Engineering

NHS C253

4 Wednesdays

6-7:30pm

Session 1: January 26, February 2, 9, 16

Session 2: March 2, 9, 16, 23

Instructor: Bits, Bytes & Bots

Ages: Ages 8 -14

Fee: \$75 per session

► This exciting class teaches you how to program LEGO® Mindstorms® NXT robots, the coolest robots available. You will use your new skills to meet challenges such as beating your opponent at Sumo or pushing water bottles out of a ring. This class will introduce programming concepts such as repeat loops and if/then statements, and sensor use will also be taught. For the student who has little or no experience with robotics or programming. For more information, go to www.bitsbytesbots.com.

FINANCES

Annual Reports – How to Read and Understand

NHS C244

Monday, March 7

6-8pm

Instructor: Kenneth Moore

Fee: \$10 / Seniors: \$5

► In this class you will examine the six major elements of an annual report that are mandated by the federal government. You will calculate some ratios that are important to the financial health of the company and link your work to

those ratios. You will come away with a clearer understanding of what the numbers mean, how to interpret the management's discussion of the company's performance, and generate informed questions to discuss with your investment advisor. Ken Moore is a professor at the University of Albany and Union, where he teaches business courses in strategic management. He is also president of Ken Moore Associates, a management consulting group focusing on organizational development and productivity improvement. For more information go to www.kenmooreassociates.com.

Note: Please bring a calculator to class.

Buyers' Workshop

NHS C257

Thursday, February 17

7-9pm

Instructor: Carol North

Fee: \$10 / Seniors: \$5

► It's a buyer's market! Stop paying thousands of dollars a year in rent and buy a home you can call your own. This course provides a potential buyer with all of the tools needed to make the home purchasing process an exciting and rewarding experience. Topics will include financing and mortgages, closing costs, home inspections, attorney's fees, and the benefits of working with a "Buyer's Agent." Guest speakers include a Real Estate Attorney, a Mortgage Officer, and a Home Inspector. Get your questions answered and turn your dream of homeownership into a reality! Our instructor is Carol North of C.A. North Realty Inc., a licensed broker who has been working in the Capital District since 1980. For further information, contact Carol via e-mail at canorth@verizon.net.

Estate Planning

NHS A221

Tuesday, February 8

6:30-8:30pm

Instructor: Richard Fuerst

Fee: \$10 / Seniors: \$5

► Richard Fuerst, partner at Higgins, Roberts, Beyerl & Coan, P.C. an experienced workshop facilitator, sensitively considers all your estate

planning questions in this interactive workshop. Looking at everything from an attorney's perspective, this class will take the mystery out of wills, health care proxies, powers of attorney, and trusts. He describes the "ins and outs" of estate planning in simple non-legal terms, explains the latest legal and government changes related to nursing home and Medicaid considerations, as well as avenues available to reduce wealth transfer taxation.

Exit Baby Boomers: The Financial Transition to Retirement

NHS A227

Thursday, March 24 6:30-8pm

Instructor: Frank Guiffre, Financial Advisor

Fee: \$10 / Seniors: no charge

► This information seminar is for the "Baby Boomer" generation. Over the next several years, Baby Boomers will be exiting the work force and enjoying a long and fruitful retirement. This course will discuss the financial transition that will face this generation. Retirement income that was accumulated over the working years will now be distributed over the course of retirement, which can expand 30 years in some cases. With inflation, tax laws, and healthcare costs rising, it is important to know your options. Topics that will be discussed include: rolling over your 401(K) plan into something YOU can control, asset distribution management, required minimum distributions (RMDs), Individual Retirement Accounts (IRAs), and Long-Term Care. This course is strictly educational and there will be no solicitation of a specific investment. The instructor is a licensed Financial Advisor with the Halliday Financial Group in Albany. Please feel free to e-mail fguiffre@hallidayfinancial.com to learn more about course topics.

The Good, The Bad...The Annuity

NHS C257

Wednesday, February 9 6:30-8pm

Instructor: Frank Guiffre, Financial Advisor

Fee: \$10 / Seniors: no charge

► The Annuity, or "personalized pension" as it is commonly referred to, has been an investment vehicle long before insurance companies were around. Years ago, the word "annuity" made people cringe. To this day the stereotype of high fees, illiquidity, and bad investments still lingers. But there's hope! The more recent annuities are now more revised, highly regulated, have lower fees, and offer income guarantees. Learn about these new annuities compared to their ancestors and how the revisions of today can be carried forward with your older annuities. Topics discussed, but not limited to, will be: how an annuity works, fees of an annuity, the guarantee of income, the most updated revisions, the tax advantages of this investment, and how you can pass this legacy along to your loved ones. The instructor is a licensed Financial Advisor with the Halliday Financial Group in Albany. Please feel free to e-mail fguiffre@hallidayfinancial.com to learn more about course topics.

Long Term Care Advisor

NHS C257

Tuesday, February 15 7-9pm

Instructor: Brian Johnson

Fee: \$10 / Seniors: no charge

► Eliminate the myths and learn the facts about long-term care with respect to Medicare, Medicaid, transfer of funds, trusts, and look-back periods. Our instructor will cover a number of important topics in this class including: how to protect your assets for a spouse or legacy; services offered while in a nursing home, assisted living, adult day care facility, and at home; benefits of this type of insurance; tax incentives and qualifications for this type of protection. Class includes a 17-page information booklet.

Retirement Planning

NHS A227

Tuesday, March 15 6:30-8pm

Instructor: Frank Guiffre

Fee: \$10 / Seniors: no charge

► Have you figured out how to triple your income during retirement? Most retirees derive their income from three primary sources: Social Security retirement benefits, qualified retirement plans, and individual savings/investments. Traditionally, retirement was spent relaxing with minimal financial concerns. Retirement is now often defined by activities such as traveling, returning to school, doing volunteer work, or pursuing favorite hobbies or sports. With proper planning, these needs can be met. We will show you ways to figure how much retirement will cost and provide strategies during your accumulation years to reach that goal. This course will define specific retirement plans and offer strategies in order to meet your goals to enjoy a long, comfortable retirement. The instructor is a licensed Financial Advisor with the Halliday Financial Group in Albany. To learn more about course topics, please feel free to e-mail fguiffre@hallidayfinancial.com.

Selling Your Home without a Realtor

NHS A225

2 Wednesdays

7-9pm

March 2 & 9

Instructor: Carol North

Fee: \$10 / Seniors: \$5

► It is possible to sell your home without a realtor if you are well-informed about the home selling process. Avoid common mistakes and learn valuable information crucial to selling a home in today's market. This course covers topics such as setting a competitive and realistic price, advertising and marketing, qualifying your buyer, contract negotiations, and seller/buyer responsibilities and expenses. Class discussions and handouts will move your house from "For Sale" to "Sold!" saving you thousands of dollars in commission. Our instructor is Carol North of C.A. North Realty Inc., a licensed broker who has been working through the Capital District since 1980. For further information, contact Carol via e-mail at canorth@verizon.net.

Understanding Stocks, Bonds, and Mutual Funds

NHS C244

Tuesday, March 1

6:30-8:30pm

Instructor: Frank Guiffre, Financial Advisor

Fee: \$10 / Seniors: no charge

► Understand the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. Discover how to use the Internet and daily newspapers to track your investments. This course will help you understand the differences and the similarities of various types of investments. It will also show you how proper asset allocation will lower your overall risk. Understand the benefits of using mutual funds to build a balanced portfolio and help plan for a successful retirement. This course is strictly educational and there will be no attempt to promote any specific investments. Please e-mail fguiffre@hallidayfinancial.com for more course information.

GENERAL INTEREST

Beginning Bridge II

Van Antwerp Middle School Faculty Lounge

6 Wednesdays

7-9pm

February 2, 9, 16, March 2, 9, 16

Instructor: Fran Leary

Fee: \$35 / Seniors: \$25

► Have you taken a Beginning Bridge Class, but would like to know some more about the game? Come join us for 6 weeks and we will work on knowing "some more" together. We will review some basics and work on competitive situations along with allotting time for playing. Mostly, we will have fun doing it!

Bridge -- Advanced

Van Antwerp Middle School Faculty Lounge
6 Thursdays 7-9pm
February 10, 17, March 3, 10, 24, 31
Instructor: Fran Leary
Fee: \$35 / Seniors: \$25

► Are you ready to learn some new conventions and review some old ones? We will also work at visualization while bidding and playing. Mostly, we will have fun!

College Search 101

NHS C257
Wednesday, March 2 7-9pm
Instructor: Lisa Jordan
Fee: \$20

► This class is designed for parents who are new to the college search process. Lisa Jordan, life coach and former college admission / financial aid counselor, will address parents' specific objectives, which are inherently different from the schools' focus on educating the students on the colleges. The reason it is a process rather than a single decision is that choosing the college to attend is based on a number of important supporting, potentially emotionally charged preliminary decisions. Having a clear understanding of exactly what will be the best fit for your student and how to make long-term decisions together will be the main focus of this class. Other topics include campus visits and open houses, applications and interviewing, and general financial aid.

Defensive Driving

NHS C248
2 classes 6:30-9:30pm
Tuesday, February 1, & Thursday, February 3
Instructor: Bell's Driving School
Fee: \$40/session

► This is the NYS Department of Transportation approved course that provides students with the



provision for a 10% reduction of insurance. Certification and workbook fees are included in the class cost. Registrants should check with their individual insurance companies for details and discounts and with the NYS Motor Vehicle Department for questions about points reduction. District and non-district residents both register through Continuing Education.

Design Your Life

NHS C253
2 Thursdays 7-8:30pm
February 3 & 10
Instructor: Barbara E. Norton, M.S.
Fee: \$25

► Imagine yourself a month from now, on your way to creating the life you want to live. You have the capacity within yourself to find your solutions, discover what you really want, make changes in your life (small or large), and/or do the things you have always wanted to do. What you don't always have is the opportunity to express and develop your passions and ideas. This course provides the opportunity to begin and the tools to continue the process. Creating the life you want to live is a lifelong process and this course introduces strategies that you can utilize to envision, design, and live the future you desire. Each session will include: review of strategies, interactive exercises, and lively discussion. Examples of the strategies include: determining what you want, speaking your truth, lightening your load, focusing your awareness, changing your habits, and celebrating. Barb Norton is a Life Coach with True North Personal & Professional Coaching and has a master's degree in community education.

Easy, Effective Techniques to Promote Your Health

NHS C244
Thursday, March 10 7-9pm
Instructor: Ann Chapman
Fee: \$15 / Seniors: \$10

► Eastern methods such as yoga, meditation, and Reiki are increasingly being offered in major medical centers to supplement our Western

Approaches to improve health. In this class, we'll practice techniques to enhance and maintain health based on the Chinese meridian system as presented in the book *Energy Medicine* by Donna Eden. In addition to a Six Minute Routine designed to decrease the impact of daily stress, other easy tools can help you release built-up stress, bring relaxation, pick you up when you are feeling droopy, and discharge tension. We'll discuss and demonstrate how these methods can be combined and integrated into daily life. The instructor, Ann Chapman, PhD, RMSW, is a Reiki Master Teacher/Practitioner with more than 20 years of experience.

Getting Paid to Talk

CVDG Studio, 26 Vly Road, Albany
Tuesday, February 15 6:30-9pm
Instructor: Voice Coaches
Fee: \$20 / Seniors: no charge

► Have you ever been told that you have a great voice? This class is an introduction to professional voice acting. In this one-night seminar, you will receive an overview of the opportunities in this field, explanations and demonstrations of basic techniques, an opportunity to prepare a demo and/or a chance to record a commercial script under the direction of a producer. Check us out at voicecoaches.com!

Interviews -- Dos and Don'ts

NHS C257
Wednesday, March 9 7-9pm
Instructor: Lisa Jordan
Fee: \$10

► The Dos and Don'ts covered will apply to career and college interviewing, first time interviewees, and those continuing the job hunt. Lisa Jordan, life coach and owner of The Right Fit Coaching, will address preparing for a successful interview, handling the interview itself, and the following-up necessary to nail the interview. Successful interviewing is a combination of honing key skills and avoiding the silent killers.

A Journaling Sampler

NHS 255
2 Thursdays 7-8:30pm
March 3 & 10
Instructor: Lynn Sickles
Fee: \$25

► Begin to discover the many benefits of journaling. Writing down your thoughts, ideas, emotions, memories, and the details of your day-to-day life can be an insightful and powerful tool that helps bring clarity to your life and puts you in touch with your deepest self. Join in the fun and give yourself the gift of slowing down and doing a little writing. Bring a notebook or journal and a favorite pen.



Midwinter Feast

NHS D262
Monday, March 7 6-8pm
Instructor: Tamara Flanders
Fee: \$35

► Looking for new recipes? Need an excuse to celebrate? Join us as we make zesty carrot ginger soup, midwinter kale with cranberries and pine nuts, corn cakes with spiced black beans and avocado, and chocolate cherry truffles. While the class is demonstration style, participants will have opportunities to work hands-on with the instructor. Dishes will be sampled throughout the class, so come a little hungry. We promise this class will be delicious! This course is conducted by Tamara Flanders, Holistic Health Counselor and founder of Your Body Awake – yourbodyawake.com

SAT Review and Preparation

6 Mondays
Math: March 7, 14, 21, 28, April 4, 11
NHS F309 6-7:30pm
Instructor: Shana DeRocco
Fee: \$70
English: March 8, 15, 22, 29, April 5, 12
6 Tuesdays
NHS C253 6-7:30pm
Instructor: Kristin Houghton
Fee: \$70

► These six-week subject-specific courses will help students gain confidence in their knowledge and ability to succeed with the May 7th SAT exam. Classes include general reviews for content, practice with specific problem solving, and strategy approaches to taking the exam. Please select Math and/or English and indicate grade level on the registration form. The text is The Official SAT Study Guide (ISBN #9780874478525) and will be used for both courses. Please bring on the first night.

Note: These are two separate courses. If taking both, please send in \$140.

Shamanic Journeying I

NHS C251

Tuesday, February 1

6:30-9pm

Instructor: Kathy Shearer

Fee: \$25

► Shamanic journeying is an ancient technique known to have been used over 10,000 years ago and used throughout the world in nearly every known culture to access information from other planes of consciousness. This powerful tool can allow you to find answers to many questions facing you on your spiritual and daily path. Everyone possesses an innate ability to journey as it is a means of connecting to our soul energy. We will do four separate journeys following the heartbeat of the drum and the percussion of the rattle to connect with your power animals and to ask specific questions about your unfolding path. A list of resources for further study will be provided. Please bring notebook and pen to record your journeys. Participants should also bring a mat or blanket to lie on and a scarf or kerchief to cover their eyes with. No previous experience necessary. Kathy Shearer studied for 3 years at Spirit Hollow Shamanic Center in Vermont and has practiced shamanic healing and soul retrieval for 5 years.

Shamanic Journeying II

NHS C251

Tuesday, February 15

6:30-9pm

Instructor: Kathy Shearer

Fee: \$25

In this class we will continue our journeying practice with journeys to the Upper world. Participants will meet with their Spirit guides and work on developing a relationship with them. Through four journeys participants will seek answers relating to the nature of their higher selves and the aspirations of their soul in this lifetime. They will also have the opportunity to learn how to use these techniques to assist others. A list of resources for further study will be provided. Please bring notebook and pen to record your journeys. Participants should also bring a mat or blanket to lie on and a scarf or kerchief to cover their eyes with. Previous journeying experience helpful but not required. Kathy Shearer studied for 3 years at Spirit Hollow Shamanic Center in Vermont and has practiced shamanic healing and soul retrieval for 5 years.

Sugar Blues

NHS C257

Monday, February 7

6-7pm

Instructor: Tamara Flanders

Fee: \$15

► If you're constantly craving sweets and want to understand why. If you want to gain control without willpower or deprivation, if you are ready to reclaim your body and mind... this workshop is for YOU. This course is conducted by Tamara Flanders, Holistic Health Counselor and founder of Your Body Awake – yourbodyawake.com

Tools for Personal Healing

NHS C251

Wednesday, February 9

6:30-9pm

Instructor: Kathy Shearer

Fee: \$20

► This presentation will introduce students to several new and innovative ways to take responsibility to consciously direct their own healing in safe and non-toxic ways. An understanding of the individual as a series of energy bodies; physical, ethereal, emotional, mental and spiritual will be taught as the basis for realigning our approach to overall health.

Kinesiology or muscle testing will be demonstrated as a tool for identifying positive inputs to one's system. Students will also learn techniques to consciously connect with their Higher selves, spirit guides and spiritual helpers to create a personal healing team that can assist them anytime they want. The nature and use of Flower essences (vibrational healing remedies) will also be explained. Each student will receive written handouts on these procedures and a custom Flower essence combination determined through kinesiology to take home with them. The instructor, Kathy Shearer, has been working with and teaching these healing processes for over 10 years

Travel Planning: More Fun, Less Cost

NHS C257

Thursday, March 17 7-9pm

Instructor: Anne Chapman

Fee: \$15 / Seniors: \$10

► A little time spent planning and using the internet before a trip can help it be more enjoyable and a source of treasured memories. We'll talk about easy ways to prepare for your adventures and family trips: getting free information about activities and attractions at your destination, learning about interesting sights and experiences along your travel route, planning fun for all members of the family, using the Internet to find travel bargains, finding ways to cut costs without decreasing the pleasure, and nurturing memories with photos and brief written notes. We'll also share travel tips and favorite vacation spots. After years of do-it-yourself planning, the instructor enthusiastically shares knowledge and methods learned in her hobby.

LANGUAGE

Arabic – Language and Culture

NHS C251

9 Thursdays 6-7:30pm

January 27, February 3, 10, 17, March 3, 10, 17, 24, 31

Instructor: Mai El Bibary

Fee: \$90

► If you are someone who is eager to learn the Arabic language, interested in learning about the exotic culture and long history of the Arab countries, planning a visit to an Arab country, and/or fascinated about exploring different types of food, music, and styles of life.... Then this is the class for you! It offers a glimpse of the Arab world in an interesting new approach that integrates all four skills necessary for learning a new language: reading, writing, listening, and speaking. The class requires no prior knowledge of Arabic. You can expect to learn the Arabic alphabet, greetings and introductions, main phrases used in everyday situations (shopping, ordering food, describing objects, and people, etc.), and an overall idea of the popular traditions, celebrations, characters, and tourist places in the Arab world.

Spanish

NHS A221

9 Thursdays 6:30-8pm

January 27, February 3, 10, 17, March 3, 10, 17, 24, 31

Instructor: Colleen Bosco

Fee: \$90 / Seniors: \$80

Materials Fee: \$15 collected first night of class

► Join us for 10 fun, relaxing evenings learning basic Spanish conversation! If you have considered travel to a Spanish-speaking country, or would like to recover the Spanish you've lost along the way, this is the perfect class for you! We'll be focusing on building vocabulary through engaging group activities in a no-pressure setting. Topics include greetings, traveling, giving and receiving directions, food, shopping, and more. We'll also explore some of the Spanish-speaking countries and include a variety of authentic materials including news, song, and video in our conversations. The course will be taught by Colleen Bosco, an adjunct Professor who has taught Spanish courses at the College of Saint Rose for six years. A Spanish-English dictionary is suggested but not required.

There will be no formal exams given, but practice exercises will be assigned and personalized feedback given each week.

Spanish by Hola La

Hillside Elementary School Media Center
8 Tuesdays 4:15-5pm
January 25, February 1, 8, 15, March 1, 8, 15, 22
Instructor: Sra. Esther Altheiser
Ages: 2-6 years old
Fee: \$110

► Join us this school year as we spend the day with Hola La's mascot, Pepa. Throughout our yearlong curriculum (though no single session is a prerequisite for future sessions) -- "La vida de Pepa" / "The Life of Pepa" -- children, families, and teachers will have fun spending the day with Pepa. In the fall we participated in Pepa's family routines as she got ready for the school day. This winter we will join Pepa, as well as a special visit from her brother Pepe (who loves to play practical jokes on Pepa), at school for circle time, music class, gym class, lunchtime, and, of course, recess! We will also be learning about a funny version of "The Three Little Pigs," culminating in a fiesta day! This spring, we will accompany Pepa as she plays after school with her friends, has dinner, and goes through her bedtime routine with her family. A new CD & corresponding booklet are included in this winter's registration. Hola La has again collaborated with popular bilingual children's band, Sol y Canto, www.solycanto.com, to produce this CD. These are great reinforcement tools and a fun way for kids to showcase their new knowledge!

Sra. Esther Altheiser is an experienced language teacher and a native of Peru. For further information about Hola La, please visit www.hola-la.com. ¡Gracias!

MUSIC & DANCE

Ballroom Dancing 1

NHS New Cafeteria

8 Fridays 6:30-7:15pm
January 21, 28, February 4, 11, 18, March 11, 18, April 1

Instructor: Janet Murphy
Fee: \$70 per couple

► This course in beginning social ballroom dance will feature the fox trot, waltz, cha cha, swing, and rhumba. Come and learn the basics of ballroom dance. Couples only. Janet Murphy is a longtime dance instructor and a former Radio City Music Hall Rockette.

Ballroom Dancing 2

NHS New Cafeteria
8 Fridays 7:15 – 8pm
January 21, 28, February 4, 11, 18, March 11, 18, April 1

Instructor: Janet Murphy
Fee: \$70 per couple

► This course will continue in the basics of social ballroom dance. Other dances may be taught. Couples only. Janet Murphy is a longtime dance instructor and a former Radio City Music Hall Rockette.

Guitar – Beginning

Van Antwerp Middle School Auditorium
8 Mondays 7-8pm
January 31, February 7, 14, 28, March 7, 14, 21, 28

Instructor: Rob Skane
Fee: \$60 / Seniors: \$40

► This class is for the novice who has little or no experience playing. Course content starts with the basics -- how to hold the guitar, body posture, strumming, learning easy chords, scales, learning to listen and play at the same time -- and progresses at a gentle pace to include other techniques and playing. Bring your own electric or acoustic guitar. Our instructor is a professional musician with over 15 years of experience teaching students of all levels in acoustic, electric, and bass guitar.



Guitar – Intermediate

Van Antwerp Middle School Auditorium
8 Mondays 8-9pm
January 31, February 7, 14, 28, March 7, 14, 21, 28

Instructor: Rob Skane
Fee: \$60 / Seniors: \$40

► Students will be taught more advanced chords and scales. The basics of music theory will be applied in this class. Students will learn how to build and alter chords and understand what scales can be used in a given playing situation. Bring your own electric or acoustic guitar. Our instructor is a professional musician with over 15 years of experience teaching students of all levels in acoustic, electric, and bass guitar.

PHYSICAL EDUCATION

Aerobic Dance

Rosendale Middle School Gym
Mondays & Wednesdays 6-7pm
January 19, 24, 31, February 7, 9, 14, 28, March 2, 7, 9, 14, 16, 21, 23, 28, 30

Instructor: Carol Baldwin
Fee: \$75 / Seniors: \$60

► This is a progressive course choreographed for the non-dancer so that students feel as though they are performing while firming the body and strengthening the cardiovascular system. Though designed with women in mind, men would also benefit from and enjoy this course. Hand and ankle weights are optional. The instructor is a retired Niskayuna Physical Education Teacher with over 25 years of commitment to health and wellness for adults and youth. Please bring a mat for floor work.

Pilates

NHS New Cafeteria
Mondays and Wednesdays

Session I -- Early 4:30-5:30pm

Session I -- Late 5:45-6:45pm

January 10, 12, 19, 24, 26, 31, February 2, 7, 9, 14, 16

Session II -- Early 4:30-5:30pm

Session II -- Late 5:45-6:45pm

February 28, March 2, 7, 9, 14, 16, 21, 23, 28, 30

Instructors: Bonnie Strobel / Eliana Roque
Fee per session: \$40 / Seniors: \$30

► Pilates is a body-conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. In addition, Pilates increases circulation and helps to sculpt the body and strengthen the body's "core" or "powerhouse" (torso). People who do Pilates regularly feel they have better posture, are less prone to injury, and experience better overall health. These classes are designed for either the beginner or the experienced student and involve a highly effective mat workout. Exercises focus on the "core" body muscles: abdominals and back. Each session ends with a relaxing cool-down. Bring your own floor mat and water for hydration. Anyone with any concern about health-related issues should consult with a physician.

Step Aerobics

Van Antwerp Middle School Gym
Tuesdays and Thursdays 6:30-7:30pm

Session I: January 11, 13, 18, 20, 25, 27, February 1, 3, 8, 10, 15, 17

Session II: March 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

Instructor: Joanne Pappas
Fee per session: \$40 / Seniors \$30

► Jackie's Strong Step is a high-energy, low-impact fitness class. It can be performed by virtually everyone. This is a safe, effective workout with varying step height, arm intensity, and measured heart rates. Strong Step classes offer the safest and most effective choreography in the current step market. This is an ongoing class, but newcomers are welcome to join. The instructor will take care to help you feel comfortable and participate at a level that meets your needs. Steps are available on a first-come/first-served basis. Anyone with any concern about health-related issues should consult with a physician.

Women at the Gym

NHS Fitness Center
Tuesday and Thursday 7:15-8:15pm
March 8, 10, 15, 17, 22, 24, 29, 31
Instructor: Elaine Nollett
Fee: \$65 / Seniors: \$50

► Does the idea of working out in a gym appeal to you, but you don't know where to begin? This course is designed to help you gain the knowledge and confidence you need to get started! Using the NHS Fitness Center, women will work with a personal trainer to tailor individualized programs of aerobic exercise, strength training, and stretching designed to meet health and fitness goals. Sessions are limited to four or five participants. Students will end up with a written workout plan to be used at home or the gym. The instructor is a certified Personal Trainer, American College of Sports Medicine.

Yoga for Children

Rosendale Cafeteria
5 Mondays 6-7pm
February 28, March 7, 14, 21, 28
Ages: 4-8 years old
Instructors: Laura Etringer and Alicia Brabazon-Curtin
Fee: \$35

► Welcome yoginis! All children need space to move, unwind, be creative, and explore. We will tie in movement, breathing, stories, music and FUN! Instructors are both certified yoga teachers, moms, and former elementary school educators. Parents are welcome to stay or drop off. Please wear comfortable clothes and bring a mat if you have one. Questions – email laura.etringer@yahoo.com or Alicia.brabazoncurtin@gmail.com.

Yoga – Gentle Flow

NHS New Cafeteria
8 Tuesdays 8-9pm
February 1, 8, 15, March 1, 8, 15, 22, 29
Instructor: Laura Etringer
Fee: \$65

► Treat yourself to an hour of gentle flow yoga. This class will focus on connecting breath and movement as you stretch and strengthen, relax and renew. Suitable for all levels -- beginners welcome! Please wear comfortable clothing and bring water and a mat if you have one. Email any questions to laura.etringer@yahoo.com

ZUMBA Tuesdays!

Craig Elementary School Gym
9 Tuesdays 5:30-6:30pm
January 25, February 1, 8, 15, March 1, 8, 15, 22, 29
Instructor: Lora Hyde
Fee: \$65

► This class is “Exercise in Disguise.” Join the party and dance your way to fitness with easy-to-learn moves and great music. ZUMBA combines international rhythms in an interval format which results in maximum calorie burn and lots of fun. Bring your smiles and be prepared to sweat! Please wear athletic shoes and bring a water bottle and small towel. No experience required – for all fitness levels. Anyone with any concern about health-related issues should consult with a physician.

ZUMBA Wednesdays!

Craig Elementary School Gym
9 Wednesdays 5:30-6:30pm
January 26, February 2, 9, 16, March 2, 9, 16, 23, 30
Instructor: Jen Antal and Patty Brown
Fee: \$65

► This class is for everyone! Designed especially with the new ZUMBA participant in mind, or those who would like to know what to expect next in the choreography, this instructor will break down moves at a slower pace at the beginning of each class. Same fun moves and music, just a slightly lower intensity. Please wear athletic shoes and bring a water bottle and small towel. No experience required – for all fitness levels. Anyone with any concern about health-related issues should consult with a physician.

LOCATION

Signs directing participants to their classrooms will be hung before classes begin. Please look at the Niskayuna High School map on the next page and the following for detailed information regarding location.

Niskayuna High School (NHS): Most classes are located at Niskayuna High School on Balltown Road. Please use the Nott Street Extension entrance and park in the main lot behind the school.

A Hall: Go in the Art Wing/Little Theatre door and go all the way down the hall. Turn left at the end of the hall. Take another left when you come to area with tables and pillars.

C Hall: Go in the Art Wing/Little Theatre door and go all the way down the hall. Turn left.

D Hall: Enter through the Art Wing/Little Theatre door; go straight. Take your first left.

F Hall: Go straight through Art Wing/Little Theatre door. Art rooms are on your right.

New Cafeteria: Enter through doors to the left of the Art Wing doors. Go in that side door and you will see the new cafeteria. You may want to park in that upper left lot.

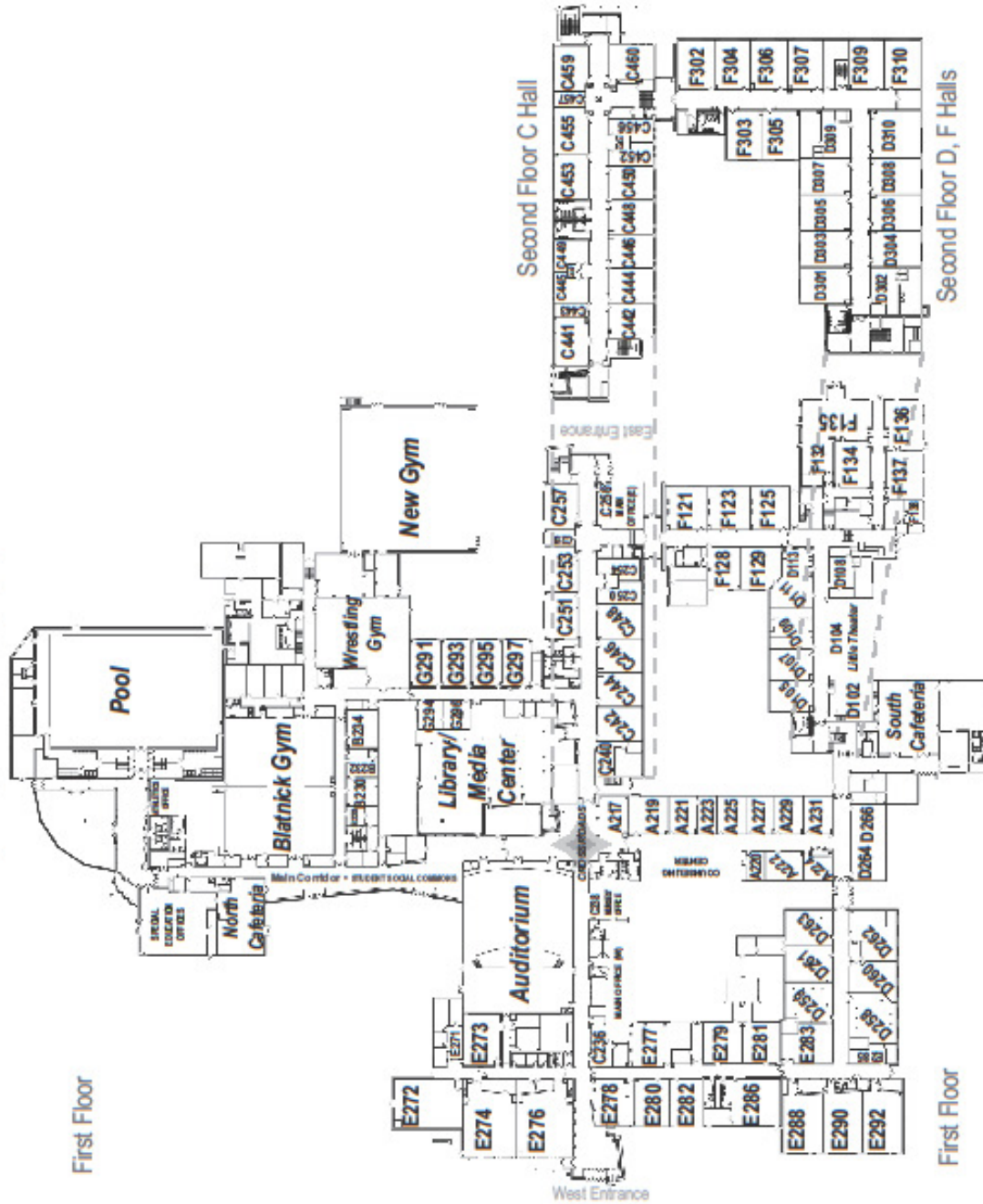
New Foods Rooms (D260 & D262): Enter through doors to the left of the Art Wing doors. Take a left. Go around corner to your left and straight through a breezeway. The New Foods Room is the first room on your left. You may want to park in that upper left lot.

For Aquatic classes and those in the Fitness Center, please park in the front of the school to the left and enter through the glass doors.

Van Antwerp Middle School: Please enter through the front of the school on Story Avenue. The Faculty Lounge and Auditorium are located right across from the door by the pillars. If entering through the doors by the Main Office, go to the right.

Iroquois Middle School: Enter through the double doors by the Main Office. The Computer Lab and Cafeteria are located up the stairs located to your left.

NISKAYUNA HIGH SCHOOL



REGISTRATION FORMS

WE DO NOT CONFIRM REGISTRATIONS. We notify you only if you do not get into a class or if a class is canceled. Please allow sufficient turnaround time with registrations.

INSTRUCTIONS: Use one registration form per registrant per course. One check for multiple courses is acceptable. Mail check (payable to Niskayuna Schools) along with registrations to: Continuing Education Program, District Office, 1239 Van Antwerp Rd., Niskayuna NY 12309 Atten: Pam Ober

REMINDER: Our district school buildings are under construction. PLEASE CHECK YOUR LOCATION CAREFULLY. For changes, updates, and corrections, please go to the Community Education link on the district Website at www.niskyschools.org.

Course Title _____ Start Date _____
Name of person taking the course _____ if youth, grade level _____
Street Address _____
City _____ State _____ ZIP _____
Is the person taking the course a Niskayuna School District Resident? ___yes___ no
If not , non-resident fees apply - include \$10 non-resident fee per course in course payment.
Phone # _____ E-mail address _____ Amount Paid _____ check # _____

Course Title _____ Start Date _____
Name of person taking the course _____ if youth, grade level _____
Street Address _____
City _____ State _____ ZIP _____
Is the person taking the course a Niskayuna School District Resident? ___yes___ no
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Street Address _____
City _____ State _____ ZIP _____
Is the person taking the course a Niskayuna School District Resident? ___yes___ no
If not , non-resident fees apply - include \$10 non-resident fee per course in course payment.
Phone # _____ E-mail address _____ Amount Paid _____ check # _____



NISKAYUNA CENTRAL SCHOOL DISTRICT

Continuing Education Program 2011 Winter Session

Class and registration information enclosed!

Telephone: 377-4666, Ext. 50731

Website: www.niskyschools.org

Superintendent: Dr. Kevin S. Baughman

Assistant Superintendent for Educational Programs & Instruction: Dr. Deborah Shea

Assistant Superintendent for Business: Matthew Bourgeois

Board of Education: Jeanne Sosnow, President, Barbara Mauro, Vice President

John Buhrmaster, Debra Gordon, David Hudson, Deborah Oriola, Robert Winchester

Niskayuna Central School District

1239 Van Antwerp Road

Niskayuna, NY 12309

www.niskayunaschools.org



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