



# Guilderland

Central School District



## Continuing Education

### Fall Session: 2024

- Classes begin: September 16 (See back cover for registration deadlines)
- Register online August 19-August 30 at <https://guilderland.revtrak.net>



[www.guilderlandschools.org/academics/continuing-education](http://www.guilderlandschools.org/academics/continuing-education)

## REGISTRATION DETAILS

### ELIGIBILITY REGISTRATION PROCEDURE

Courses are open to all persons in the Capital District Region age 16 and over unless otherwise stated. You should consult your physician before participating in any dance or exercise program. Enrollment priority is given to Guilderland Central School District residents. **NO PHONE REGISTRATIONS.**

**TO REGISTER:** Either you may register online at <https://guilderland.revtrak.net>

OR you may register by mail. For EACH REGISTRANT and EACH COURSE, fill out the enclosed registration form, enclose the correct fee, make separate checks FOR EACH COURSE

**payable to Guilderland CSD** and send to (POSTMARKED NO LATER THAN AUGUST 30, 2024):

Guilderland Central School District  
Attn: Michelle McConky  
Continuing Education  
PO Box 18  
Guilderland Center, NY 12085

### CONFIRMATION OF CLASSES

CONFIRMATION of registration will **NOT** be sent to registrants. Please check our website for class confirmation at [www.guilderlandschools.org/academics/continuing-education/](http://www.guilderlandschools.org/academics/continuing-education/)

Only classes will be listed, **NOT** individual registrants.

### REFUND POLICY

Your continuing education program is a self-sustaining program with all expenses paid out of registration fees. A class may be cancelled and checks will be returned to registrants IF enrollment does not cover the cost of the course. For online registrations, we would process refunds directly to your credit card. No refunds will be given after classes have started. If a registrant cancels prior to the start of the first class, a refund, less a \$10 cancellation fee, will be given. No refunds will be given for one or two-night courses after registration closes. Please be advised that refunds may take three to four weeks to process. No school credit is given for any course.

### CLASS TONIGHT?

Whenever the district schools are closed due to inclement weather or for other emergency reasons, classes will not meet that night. Announcements concerning closing of evening adult programs will be broadcast over radio stations: WGY, WROW, WTRY. In addition, this information can be found on the district website at [www.guilderlandschools.org](http://www.guilderlandschools.org) and the Public Access Channel 16.

### SENIOR CITIZEN POLICY (Age 60 and over)

Seniors residing in the Guilderland CSD are permitted to enroll in most Continuing Education classes at a **50% discount**. Senior citizens should X the "YES" box next to "Senior Citizen" on the registration form. Senior citizens WILL be required to pay the regular registration fee for courses if the fees are needed to maintain self-sufficiency.

### QUESTIONS?

Call the Continuing Education Office at **518-720-3573** or visit us at [www.guilderlandschools.org/academics/continuing-education/](http://www.guilderlandschools.org/academics/continuing-education/)

Continuing Education at Guilderland CSD offers online registration with credit card payment. Online registration with a credit card is the fastest way to secure your spot in upcoming classes.

Check payments may also be mailed in. Registration forms (page 10) should be filled out and mailed to us with your check payment. The full brochure and registration forms will be posted to our website.

For those without computer access, you may call to request a brochure to be mailed. Brochures are also available in your local library.

**\*\*\* Registrations MUST be postmarked by August 30, 2024 to be accepted \*\*\***

## CALENDAR

### September

Mon	Tues	Wed	Thur	Fri
X	X	X	X	X
X	X	X	X	X
16	17	18	X	20
23	24	25	26	27
30	X	X	X	X

### October

Mon	Tues	Wed	Thur	Fri
X	1	2	X	4
7	8	9	10	11
X	15	16	17	18
21	22	23	24	25
28	29	30	31	X

### November

Mon	Tues	Wed	Thur	Fri
X	X	X	X	1
4	X	6	7	8
X	12	13	14	15
18	19	20	21	22
25	26	X	X	X

### December

Mon	Tues	Wed	Thur	Fri
2	X	X	5	X
X	X	X	12	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X

X = No Continuing Education Classes held at any Guilderland Central School District sites. Classes at off-District sites will still be held.

**12x12 FALL SCRAPBOOK CLASS**

In this class you will be making a double page 12" x 12" Fall or Halloween scrapbook layout, your choice. You will pick which layout you prefer the day of class. Although photos are not necessary, feel free to bring a selection of photos that you would like to use. We will be using stamps, ink and specialty paper for this project. For any questions you can contact the instructor at [joloves2stamp@gmail.com](mailto:joloves2stamp@gmail.com).

*Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor.*

**Room: GHS Room 23** **Limit: 10**

**Instructor: Joanne Mulligan**

**Dates: THURSDAY 10/10/2024**

**Time: 6:00pm—8:00pm** **Sessions: 1**

**Fee: R \$32 RS \$32 NR \$37 NRS \$37**

**12x12 CHRISTMAS SCRAPBOOK CLASS**

In this class you will be making a double page 12" x 12" Christmas scrapbook layout. Although photos are not necessary, feel free to bring a selection of photos that you would like to use. We will be using stamps, ink and specialty paper for this project. For any questions you can contact the instructor at [joloves2stamp@gmail.com](mailto:joloves2stamp@gmail.com).

*Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor.*

**Room: GHS Room 23** **Limit: 10**

**Instructor: Joanne Mulligan**

**Dates: THURSDAY 10/24/2024**

**Time: 6:00pm—8:00pm** **Sessions: 1**

**Fee: R \$32 RS \$32 NR \$37 NRS \$37**

**Clearing of Checks:**

Checks are held until it is determined if the class will run. If a course is cancelled, your check will be returned. All other checks are deposited AFTER the first week of the new session.

**Registration Forms:**

Each registration must be for ONE person for one course with ONE check for that specific course.

**BEGINNER TO INTERMEDIATE GUITAR AND UKULELE — “LEARN A SONG”**

Ages 10 to 100! Bring your guitar, bass, or ukulele and embark on a musical adventure that promises fun and fulfillment. Prior to class you'll receive an email giving you a head start on knowing how to tune a guitar & other useful tips.

*\*No instrument? No problem. We're here to assist you finding the perfect guitar or ukulele to start your journey.*

*\*New to music? Welcome aboard: Don't worry if you've never played before. We'll start from the basics and have you strumming in no time.*

**Beginners:** Discover the joy of music as you learn essential chords, techniques, and rhythms. By the end of the course, you'll be playing a full song with the group and sharing the joy of music!

**Novice—Intermediate:** Elevate your skills with creative techniques and a deeper understanding of the guitar. You'll finish the course with the ability to add your own flair to our final group performance.

*“I never knew learning guitar could be so enjoyable!”- Jean A.*

Your instructor Don Warren is a passionate musician with a heart for teaching. Learn more about Don's approach and experience at [Warrenlessons.com](http://Warrenlessons.com)

*What to bring: Your guitar, a guitar pick if you like, a tuner, and a pen.*

**Room: GHS Choir Room** **Limit: 30**

**Instructor: Don Warren of Warren Lessons**

**Dates: MONDAYS 09/16/2024—10/07/2024**

**Time: 7:00pm-8:00pm** **Sessions: 4**

**Fee: R \$42 RS \$42 NR \$47 RS \$47**

**BIRDING YOUR BACKYARD: FEEDING AND ATTRACTING BIRDS**

Birds add color and beauty to our yards, and watching birds is a hobby that can easily be enjoyed from home! In this 2-hour class, we will cover how best to attract birds to our backyards, as we discuss types of feed and feeders, and how water and shelter, including plantings, are also important. We will show photos and discuss how to identify common and less common birds that visit our yards, and discuss how to address issues such as squirrels, hacks and birds hitting windows. Bring your questions!

**Room: GHS Room 607** **Limit: 15**

**Instructor: Scott Stoner**

**Dates: THURSDAY 10/24/2024**

**Time: 6:30pm—8:30pm** **Sessions: 1**

**Fee: R \$32 RS \$32 NR \$37 NRS \$37**

**CAKE & CUPCAKE DECORATING**

Learn a variety of techniques to make beautiful and fun fall cakes and cupcakes in this sweet course. Each week, we'll cover new topics like how to fill and use a piping bag with decorating tips to using candy in unusual ways as decorations. The instructor will provide all supplies, including take-home containers, and each week participants will take home the cupcakes that they decorated. Your instructor Tara Connors started Bash Parties in 2013, which hosts in-home activity based events, including a cupcake decorating themed party.

*\*Please bring a \$35 materials fee to the first class.\**

Room: GHS Large Café Limit: 15  
 Instructor: Tara Connors, Bash Parties  
 Dates: MONDAYS 09/23/2024 & 09/30/2024  
 Time: 6:30pm-8:00pm Sessions: 2  
 Fee: R \$42 RS \$42 NR\$47 NRS \$47

**CHRISTMAS GREETING CARD CLASS**

Your friends and family will love receiving beautiful Christmas cards hand made by you! In this class, you will be creating four Christmas cards using rubber stamp images, inks, and specialty paper. For any questions you can contact the instructor at joloves2stamp@gmail.com.

*Please bring a pair of sharp scissors and adhesive such as double-sided tape to class. All other supplies will be provided by the instructor.*

Room: GHS Room 23 Limit: 10  
 Instructor: Joanne Mulligan  
 Dates: THURSDAY 11/07/2024  
 Time: 6:00pm-8:00pm Sessions: 1  
 Fee: R \$32 RS \$32 NR \$37 NRS \$37

**CREATIVE WRITING PROSE FICTION**

This writing intensive workshop is intended for students of all ability levels. Various topics in creative prose fiction writing will be explored through discussion, assignments, and peer review. By the end of this course, students will have built upon their creative writing skills, practiced the use of research to inform their creative work, given and received constructive feedback, and explored the creative process together and individually. Proficiency in the use of Microsoft Word and trading assignments with the class through email is a prerequisite.

Room: GHS Room 605 Limit: 8  
 Instructor: William Laremore  
 Dates: THURSDAYS 10/17/2024—12/12/2024  
 Time: 6:00pm-8:00pm Sessions: 7  
 Fee: R \$72 RS \$37 NR \$77 NRS \$39.50

**ESSETRICS® STRETCH AND TONE**

This is a dynamic stretching routine that will lengthen and tone. The focus is on rebalancing, improving posture, and using safe alignment in movement. Based on eccentric strengthening, which stretches the muscles and strengthens them in the elongated position, ESSETRICS® will make your entire body strong, flexible, and agile. This is a weight-free workout that consists of standing, floor work, and/or barre work. No special shoes required, this is a barefoot workout. *Please bring a mat. Optional: small cushion, and a band/strap (a towel will work if no band/cushion).*

Room: GHS Dance Studio Limit: 15  
 Instructor: Theresa Riley, Certified Essentrics®  
 Instructor Level 2  
 Dates: THURSDAYS 9/26/2024—12/12/2024  
 Time: 6:00pm—7:00pm Sessions: 10  
 Fee: R \$67 RS \$34.50 NR \$72 NRS \$37

All classes are held at  
 Guilderland High School  
 UNLESS noted otherwise.

**FALL GREETING CARD CLASS**

In this class you will create four fall holiday cards; two Halloween and two Thanksgiving. We will cover basic stamping, various coloring techniques and embossing. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at joloves2stamp@gmail.com.

Room: GHS Room 23 Limit: 10  
 Instructor: Joanne Mulligan  
 Dates: THURSDAY 09/26/2024  
 Time: 6:00pm-8:00pm Sessions: 1  
 Fee: R \$32 RS \$32 NR \$37 NRS \$37

**FINANCIAL PLANNING BASICS**

In this presentation, we'll take a look at some general financial planning concerns. While there's no such thing as a "one-size-fits-all" financial plan, this overview should assist you in thinking about your own needs.

Room: GHS Room 607 Limit: 25  
 Instructor: Jeff Jones  
 Dates: MONDAY 12/02/2024  
 Time: 6:30pm-8:00pm Sessions: 1  
 Fee: R \$32 RS \$32 NR \$37 NRS \$37

## HEALTHCARE AFTER RETIREMENT, PART 1

Do you know what to expect when it comes to Medicare? Did you know Medicare is mandatory for those collecting Social Security and it will likely be your greatest expense in retirement? If you or someone you know is turning 65, ready to retire, or losing your employer plan, this course will help you discover an understanding of Medicare. From part A to IRMAA, learn the fundamentals of how each section of Medicare works in this hands-on class aimed at making complex information easy to understand.

**Room:** GHS Room 607 **Limit:** 25  
**Instructor:** Michael Stanton  
**Dates:** MONDAY 11/04/2024  
**Time:** 6:30pm-8:00pm **Sessions:** 1  
**Fee:** R \$32 RS \$32 NR \$37 NRS \$37

## HEALTHCARE AFTER RETIREMENT, PART 2

An educational course to help you understand the differences between advantage, supplemental, and prescription drug plans. This is the second class in the Healthcare series.

**Room:** GHS Room 607 **Limit:** 25  
**Instructor:** Michael Stanton  
**Dates:** MONDAY 11/18/2024  
**Time:** 6:30pm-8:00pm **Sessions:** 1  
**Fee:** R \$32 RS \$32 NR \$37 NRS \$37

## ITALIANO UNO/1 FOR BEGINNERS

Basic grammar and conversation for everyday life in Italy including pop culture, geography, some history, and, of course, food! Everything you need to know if planning to visit il Bel Paese, discover more about your roots, or start the amazing adventure of learning the most beautiful language in the world!

Suggested but not required textbook "Easy Italian Step by Step" (McGraw Hill, available also used). Your teacher is ACTFL certified, she was born, raised, and educated in Italy. The password to this class is DIVERTIMENTO.

**Room:** GHS Library Classroom **Limit:** 25  
**Instructor:** Alessandra Gherlani Rastegar  
**Dates:** TUESDAYS 09/17/2024—11/26/2024  
**Time:** 6:00pm-8:00pm **Sessions:** 10  
**Fee:** R \$87 RS \$44.50 NR \$92 NRS \$47

## ITALIANO DUE/2 INTERMEDIATE/ADVANCED

Dove eravamo rimasti? Your teacher is ACTFL certified and was born, raised and educated in Italy. I am looking forward to meeting our "vecchi amici" and I am always excited to meet "nuovi amici".

La nostra parola d'ordine e'sempre DIVERTIMENTO!

**Room:** GHS Library Classroom **Limit:** 15  
**Instructor:** Alessandra Gherlani Rastegar  
**Dates:** WEDNESDAYS 09/18/2024—11/20/2024  
**Time:** 6:00pm-8:00pm **Sessions:** 10  
**Fee:** R \$87 RS \$44.50 NR \$92 NRS \$47

## LINKEDIN: CREATING YOUR PROFESSIONAL PROFILE & BUILDING YOUR NETWORK (virtual)

Have you established your LinkedIn profile but you don't know what to do with it? Join Suzanne O'Connor, MEd, of SuzanneO Services LLC, to learn the details of LinkedIn and how to effectively use it. Whether you have a profile or you need to start from scratch, this class is for you. You will learn the value of creating a complete profile; find out about additional profile sections, including the hidden sections beyond the core. Helpful examples will be provided.

**Room:** VIRTUAL **Limit:** 15  
**Instructor:** Suzanne O'Connor  
**Dates:** THURSDAY 10/10/2024  
**Time:** 7:00pm-8:30pm **Sessions:** 1  
**Fee:** R \$32 RS \$32 NR \$37 NRS \$37

## MANDARIN CHINESE

Join this easy, fun, and interactive class to learn how to quickly communicate in Mandarin. The class will teach you daily life words and phrases to get started in this language.

**Room:** GHS Room 603 **Limit:** 25  
**Instructor:** Maria Chou  
**Dates:** MONDAYS 09/16/2024—12/02/2024  
**Time:** 6:00pm-7:30pm **Sessions:** 10  
**Fee:** R \$77 RS \$39.50 NR \$82 NRS \$42

### BASKETBALL/VOLLEYBALL LEAGUES

Do you have a group of friends who want to get together? There are spaces available in different district gyms for your league.

**MASTERING YOUR DSLR CAMERA - PART 1**

Get out of the auto mode and get the most out of your DSLR camera! This course is for photographers with little or no experience with today's digital cameras. We will start with the basics and find out how, when, and where to change the settings on your DSLR. Along the way, you will receive tips on composition and discuss what makes a great photograph. Later we will learn to stop action, blue motion, and purposefully create crisp or blurred backgrounds in your photographs (shutter speed, aperture, and manual modes). You will discover the possibilities of your camera through advanced exposure modes. We will also talk about basic flash photography and other camera accessories. Most importantly, bring your questions to class!

**Room:** GHS Room 603 **Limit:** 25  
**Instructor:** Lance Luther  
**Dates:** TUESDAYS 09/17/2024—11/12/2024  
**Time:** 6:30pm-9:00pm **Sessions:** 8  
**Fee:** R \$87 RS \$44.50 NR \$92 NRS \$47

**NOTARY PUBLIC REVIEW WORKSHOP (virtual)**

This workshop prepares you for the NYS Notary Public test and will provide you with a comprehensive view of the notary public office. Confusing laws, concepts, and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a notary public officer is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer to an attorney, and minimizing legal liability. This workshop is a must for notary public candidates to become fully aware of the authority, duties, and responsibilities involved in this office. All materials will be provided including website links to NYS Dept of State licensing info, 64-pg workbook, and sample forms. Also featured is an 80 question practice exam which attempts to emulate the actual NYS mandatory exam.

**Room:** VIRTUAL **Limit:** 20  
**Instructor:** Victor Bujanow, CIC, CNSA practicing Notary Public for over 25 years  
**Dates:** THURSDAY 10/24/2024  
**Time:** 5:30pm—9:30pm **Sessions:** 1  
**Fee:** R \$42 RS \$42 NR \$47 NRS \$47

**POUND**

Exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up, and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to people of all ages and abilities. **You will need to bring your own exercise mat. Towel and water recommended.**

**Room:** GHS Dance Studio **Limit:** 25  
**Instructor:** Denise Chapman Duffina  
**Dates:** MONDAY 9/16/2024-12/02/2024, but not 10/07/24  
**Time:** 6:00pm-7:00pm **Sessions:** 9  
**Fee:** R \$62 RS \$32 NR \$67 NRS \$34.50

**R.A.D. (RAPE AGGRESSION DEFENSE)**

Be prepared for any situation by taking a R.A.D. (Rape Aggression Defense) class. This unique class is designed to provide you with skills that will increase safety and confidence on a daily basis. Whether you have limited or increased exposure to potentially dangerous situations, it is always important to be prepared. Taught by experienced certified instructors of the Guilderland Police Department, students will learn how to access and defend themselves when faced with an unsafe encounter. The course includes lecture, discussion, and self-defense techniques suitable for people of all ages and abilities. If you have ever considered taking a self-defense class, now is the time to do it. Gain new skills, friends, and the confidence to protect yourself in any situation. (This is a no fee, 3-day class)

**Room:** GHS Small Café **Limit:** 20  
**Instructor:** Guilderland Police Department  
**Dates:** TUES 10/15/24, WED 10/16/24 AND TUES 10/22/24  
**Time:** 5:30pm—9:30pm **Sessions:** 3  
**Fee:** R \$NC RS \$NC NR \$NC NRS \$NC

**Instructors Wanted**

Do you have a particular hobby or skill? Do you enjoy passing on your knowledge? We are actively seeking new and interesting classes to add to our course offerings. For more information please email [gcsd.adulted@guilderlandschools.net](mailto:gcsd.adulted@guilderlandschools.net)

## REFLECTING ON LIFE THROUGH JOURNALING: A WRITING WORKSHOP

Our lives are a rich tapestry of experiences, emotions, and memories. Too often, we neglect to reflect on these individual threads that, woven together, shape our unique story. This interactive 10-session workshop, titled "Reflecting on Life Through Journaling", invites you to explore and articulate aspects of your life through the practice of journaling. In this course, each session is designed to address a different aspect of life. By responding to prompts and exercises that acquaint you with the expressive use of language, you will explore components of your life while developing your writing skills and expressive abilities. By the end of this course, you will have created a substantial personal journal, a tangible testament to your journey of self-exploration and expression. This journal will serve not only as a personal memoir but also as a resource for creative inspiration and future reflection. Whether you prefer to write on your laptop, in a spiral notebook or leather-bound diary, with pen or pencil, or even (gulp) in your phone, bring your favorite writing tools to each session.

**Room: GHS Room 603**

**Limit: 15**

**Instructor: Lynne Ronesi**

**Dates: THURSDAYS 09/26/2024—12/12/2024**

**Time: 6:00pm-8:00pm**

**Sessions: 10**

**Fee: R \$87**

**RS \$44.50**

**NR \$92**

**NRS \$47**



## SOCIAL BALLROOM BASICS: WALTZ, FOXTROT AND SWING (a partner is required and must also register separately)

The goal of social ballroom dancing is to have fun. This 10-week course will focus on the basic steps for three dances: Waltz, Foxtrot and Swing. Every class will reinforce posture, dance frame, lead/follow techniques, and dance floor etiquette.

**Room: GHS Large Café**

**Limit: 24**

**Instructor: Joe Sweeney**

**Dates: TUESDAYS 09/17/2024 - 11/26/2024**

**Time: 7:00pm-8:00pm**

**Sessions: 10**

**Fee: R \$67**

**RS \$34.50**

**NR \$72**

**NRS \$37**

## SOCIAL SECURITY

As you approach retirement, when to claim Social Security retirement benefits is one of the biggest financial decisions you'll need to make. Should you begin receiving benefits at your full retirement age or should you take it as soon as possible? In this course, we will summarize the benefits and drawbacks of taking Social Security at each age as well as the factors to help you make a decision.

**Room: GHS Room 607**

**Limit: 25**

**Instructor: Reese Hughes**

**Dates: TUESDAY 11/12/2024**

**Time: 6:30pm-8:00pm**

**Sessions: 1**

**Fee: R \$32**

**RS \$32**

**NR \$37**

**NRS \$37**

All classes are held at  
Guilderland High School  
UNLESS noted otherwise.

## STOCKS, BONDS, AND MUTUAL FUNDS

This flagship course has been heard by thousands of people since the launch in 2005. Each year we make adjustments to give you the most up-to-date information. Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. This informational class will help you understand the differences and similarities of various types of investments and explain "financial lingo". 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 to plan for a successful retirement. There will be no attempt to promote any specific investments.

**Room: GHS Room 607**

**Limit: 25**

**Instructor: Nick Stark**

**Dates: TUESDAY 10/29/2024**

**Time: 6:30pm-8:00pm**

**Sessions: 1**

**Fee: R \$32**

**RS \$32**

**NR \$37**

**NRS \$37**

### Class Confirmation

Visit:

[www.guilderlandschools.org/academics/continuing-education/](http://www.guilderlandschools.org/academics/continuing-education/)

**R = Resident**

**RS = Resident Senior**

**NR = Non Resident**

**NRS = Non Resident Senior**



**STRENGTH TRAINING AND CONDITIONING**

Learn how to make a dramatic change in your body from someone who has done it himself. Participants are provided with a custom-designed fitness program that is both functional & challenging. Whether your goal is to lose weight, increase flexibility, or just boost your general health, this class may be just what you have been looking for. Instructor has successfully lost over 100 lbs. using the same exercise principles you will learn. All fitness levels welcomed. Gain muscle, lose body fat the right way.

**Room:** GHS Weight Room **Limit:** 20  
**Instructor:** Sean Dollard is a member of NSCA and ISSA  
**Dates:** TUES & THURS 9/17/2024—12/12/2024, but no class held on 10/31/2024  
**Time:** 7:30pm-9:00pm **Sessions:** 19  
**Fee:** R \$97 RS \$97 NR \$102 NRS \$102



**ZUMBA**

A mix of low and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of AWESOME!! So get ready to have a BLAST while dancing your booty off!! *Bring: water, towel (optional)*

**Room:** GHS Dance Studio **Limit:** 25  
**Instructor:** Jessi Johnson  
**Dates:** WEDNESDAYS 9/18/2024—11/20/2024  
**Time:** 6:30pm-7:30pm **Sessions:** 10  
**Fee:** R \$67 RS \$34.50 NR \$72 NRS \$37

**BASKETBALL / VOLLEYBALL LEAGUES**  
Do you have a group of friends who want to get together? There are spaces available in different district gyms for your league.



**ZUMBA - "DITCH THE WORKOUT, JOIN THE PARTY"**

Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body energizing, awe-inspiring movements meant to engage and captivate for life! You will love it! *\*NOTE: WES = Westmere Elementary School*

**Room:** WES Back Gym **Limit:** 25  
**Instructor:** Karla Jamie-Benitez  
**Dates:** TUESDAYS 9/17/2024-11/26/2024  
**Time:** 6:30pm-7:30pm **Sessions:** 10  
**Fee:** R \$67 RS \$34.50 NR \$72 NRS \$37

**Clearing of Checks:**  
Checks are held until it is determined if the class will run. If a course is cancelled, your check will be returned. All other checks are deposited AFTER the first week of the new session.

**Registration Forms:**  
Each registration must be for ONE person for one course with ONE check for that specific course.

REGISTRATION FORMS MUST BE FOR INDIVIDUALS, FOR INDIVIDUAL COURSES, ACCOMPANIED BY INDIVIDUAL CHECKS. Multiple registrations for people and/or courses, with checks for multiple registrations will be returned to sender and will NOT be registered. Send check or money order. NO CASH

Make payable to: **GUILDERLAND CSD**

**SEND TO:** Continuing Education, GCSD  
Attn: Michelle McConky  
PO Box 18  
Guilderland Center, NY 12085-0018

Resident of School District? (Please circle) Yes No  
Senior Citizen (over 60)? (Please circle) Yes No

**PLEASE PRINT:** Miss / Ms. / Mr. / Mrs. \_\_\_\_\_  
(First Name) (Last Name)

**ADDRESS:** \_\_\_\_\_, NY \_\_\_\_\_  
(Street) (City) (ZIP)

**PHONE #:** \_\_\_\_\_ **Email Address:** \_\_\_\_\_

**COURSE:** \_\_\_\_\_ **WEEKNIGHT:** \_\_\_\_\_ **\$ PAID:** \_\_\_\_\_ **CHECK #:** \_\_\_\_\_

REGISTRATION FORMS MUST BE FOR INDIVIDUALS, FOR INDIVIDUAL COURSES, ACCOMPANIED BY INDIVIDUAL CHECKS. Multiple registrations for people and/or courses, with checks for multiple registrations will be returned to sender and will NOT be registered. Send check or money order. NO CASH

Make payable to: **GUILDERLAND CSD**

**SEND TO:** Continuing Education, GCSD  
Attn: Michelle McConky  
PO Box 18  
Guilderland Center, NY 12085-0018

Resident of School District? (Please circle) Yes No  
Senior Citizen (over 60)? (Please circle) Yes No

**PLEASE PRINT:** Miss / Ms. / Mr. / Mrs. \_\_\_\_\_  
(First Name) (Last Name)

**ADDRESS:** \_\_\_\_\_, NY \_\_\_\_\_  
(Street) (City) (ZIP)

**PHONE #:** \_\_\_\_\_ **Email Address:** \_\_\_\_\_

**COURSE:** \_\_\_\_\_ **WEEKNIGHT:** \_\_\_\_\_ **\$ PAID:** \_\_\_\_\_ **CHECK #:** \_\_\_\_\_

REGISTRATION FORMS MUST BE FOR INDIVIDUALS, FOR INDIVIDUAL COURSES, ACCOMPANIED BY INDIVIDUAL CHECKS. Multiple registrations for people and/or courses, with checks for multiple registrations will be returned to sender and will NOT be registered. Send check or money order. NO CASH

Make payable to: **GUILDERLAND CSD**

**SEND TO:** Continuing Education, GCSD  
Attn: Michelle McConky  
PO Box 18  
Guilderland Center, NY 12085-0018

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GUILDERLAND CENTRAL  
SCHOOL DISTRICT

DIRECTOR OF  
CONTINUING EDUCATION:

Jeff Gregory

8 School Road/ P.O. Box 18  
Guilderland Center, NY 12085  
(518) 720-3573

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SUPERINTENDENT

Marie Wiles, Ph.D.

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# Guilderland

Central School District

8 School Road / PO Box 18  
Guilderland Center, NY 12085



# Continuing Education

## Fall Session: 2024

- Mail Registrations must be postmarked by August 30
- Register online August 19-August 30 at <https://guilderland.revtrak.net>
- Classes begin: September 16