



# Guilderland

Central School District



## Continuing Education

### Summer Session: 2025

- Classes begin: May 5 (See back cover for registration deadlines)
- Register online April 14-April 25 at <https://guilderland.revtrak.net>



[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 may be filled out, printed, and mailed to us with a 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 April 25, 2025 to be accepted \*\*\***

**When Attending Class**

**Please Enter the Building Through the Main Entrance Center Driveway**

**CALENDAR**

**May**

Mon	Tues	Wed	Thur	Fri
X	X	X	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	x
X	27	28	29	30

**June**

Mon	Tues	Wed	Thur	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	X	20
23	24	25	26	27
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.

## 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 APRIL 25, 2025):

Guilderland Central School District  
Attn: Julie Adamec  
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 are to 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 can 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/)

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

Bring your guitar, bass, or ukulele and embark on a musical adventure that promises fun and fulfillment.

No Instrument? No Problem: We’re here to assist you in 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

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

Prior to Class you will receive an email giving you a head start on knowing how to tune the guitar, along with other useful tips.

What to Bring: Your guitar, a pick (if you prefer), a tuner, and a pen. Missing something? Let us know, and we’ll help you out.

**Room: GHS Choir Room** **Limit: 30**  
**Instructor: Don Warren of Warren Lessons**  
**Dates: MONDAY 5/5/2025, 5/12/2025, 5/19/2025, 6/2/2025**  
**Time: 7:00pm-8:00pm** **Sessions: 4**  
**Fee: R \$42 RS \$42 NR \$47 RS \$47**



**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 <https://www.guiderlandschools.org/academics/continuing-education/>

**DIY MARBLE-PAINTED WINE GLASSES**

Sip in style with your own set of marble-painted wine glasses! Each participant will take home four stemless wine glasses and learn how to decorate them with a dip marbling paint technique. There will be a large selection of colors to choose from to personalize your glasses. We'll provide instruction and help throughout the entire project. Dip into a fun project with us on May 8th! A supply fee of \$20 to be collected on the night of class. Tara Connors is the owner of Bash Parties which hosts activity-based events all over the greater Capital Region. Her business frequently hosts craft events at bars, coffee shops, and continuing education programs.

**Room: GHS Large Café** **Limit: 12**  
**Instructor: Tara Connors, Owner of Bash Parties**  
**Dates: THURSDAY 5/8/2025**  
**Time: 6:00pm-8:00pm** **Sessions: 1**  
**Fee: R \$32 RS \$32 NR \$37 RS \$37**

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

**When Attending Class**

**Please Enter the Building Through the Main Entrance Center Driveway**



**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.

**DOCUMENTING CARE AT HOME**

"Documenting Care at Home" teaches students with limited or no healthcare background how to document the care being given to someone in the home or to help an individual with medical condition(s) of all types to monitor and manage those conditions more effectively by showing them how to keep track of appointments and other very important information by providing an organized, structured approach using pre-designed, ready to use copyrighted documents and instructional videos for online learning (documentingcareathome.com) and live lectures where available. It can be used to take care of someone with a serious illness (even if only temporary), chronic medical conditions (such as diabetes), temporary treatment situations (chemo or radiation therapy), or a terminal illness. Let Valerie help you navigate through this process and try to help make this life-changing time an experience instead of a nightmare. \*\*\*\*\*Course Materials Cost: \$25.00\*\*\*\*\*

**Room: GHS Room 605** **Limit: 20**  
**Instructor: Valerie Falzo**  
**Dates: WEDNESDAY 6/11/2025**  
**Time: 6:00pm-9:00pm** **Sessions: 1**  
**Fee: R \$42 RS \$42 NR \$47 NRS \$47**



**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 603** **Limit: 20**  
**Instructor: Nick Stark**  
**Dates: THURSDAY 5/29/2025**  
**Time: 6:30pm-8:00pm** **Sessions: 1**  
**Fee: R \$32 RS \$32 NR \$37 NRS \$37**



**HAND PAINTED TILE COASTERS**

Add some personality to your next happy hour with four hand painted coasters! Tara Connors from Bash Parties will be your instructor and will demonstrate how to make multiple different designs. Plenty of colors to choose from so everyone can personalize their project. A \$15 material fee is due at the time of class. Tara Connors is the owner of Bash Parties which hosts activity-based events all over the greater Capital Region. Her business frequently hosts craft events at bars, coffee shops, and continuing education programs.

**Room: GHS Large Café** **Limit: 12**  
**Instructor: Tara Connors, Owner of Bash Parties**  
**Dates: MONDAY 5/12/2025**  
**Time: 6:00pm-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 605** **Limit: 20**  
**Instructor: Michael Stanton**  
**Dates: TUESDAY 5/6/2025**  
**Time: 6:30pm-8:00pm** **Sessions: 1**  
**Fee: R \$32 RS \$32 NR \$37 NRS \$37**

**Class Confirmations**

Visit:

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

## 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 605 **Limit:** 20  
**Instructor:** Michael Stanton  
**Dates:** TUESDAY 5/13/2025  
**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 (American Council on the Teaching of Foreign Languages) certified and was born, raised, and educated in Italy.

The password to this class is DIVERTIMENTO.

**Room:** Library Classroom **Limit:** 25  
**Instructor:** Alessandra Gherlani Rastegar  
**Dates:** TUESDAY 5/6/2025—6/24/2025  
**Time:** 6:00pm-8:00pm **Sessions:** 8  
**Fee:** R \$77 RS \$39.50 NR \$82 NRS \$42

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

Registrations  
**MUST** be  
 postmarked by  
**April 25, 2025**  
 to be accepted.

## ITALIANO DUE/2 INTERMEDIATE

If you took Italian classes before, "nonna's" lessons included, and you already have a little more than basic knowledge of the language, you are welcome to join the second course. Grammar and fun are a must.

Your teacher is ACTFL (American Council on the Teaching of Foreign Languages) certified and was born, raised, and educated in Italy.

I look forward to meeting our "vecchi amici" and am always excited to meet "nuovi amici".

La nostra parola d'ordine e' sempre DIVERTIMENTO!

**Room:** Library Classroom **Limit:** 25  
**Instructor:** Alessandra Gherlani Rastegar  
**Dates:** WEDNESDAY 5/7/2025—6/25/2025  
**Time:** 6:00pm-8:00pm **Sessions:** 8  
**Fee:** R \$77 RS \$39.50 NR \$82 NRS \$42

## MASTERING YOUR DSLR CAMERA - PART 2

This course is a continuation of DSLR Part 1 (offered separately), but would be suitable for anyone with requisite photography knowledge. As all digital photographs require post-processing, we begin with a guide to edit unprocessed RAW files, from start to finish, in Adobe Lightroom. This is followed by exploring advanced photography techniques using Adobe Photoshop (panorama, HDR, plus others). There will be an opportunity to share and learn from class photos. Classes will also be dedicated to setting up an in-class studio and learning about traditional lighting patterns. There will be a class at a remote location to practice night photography, including sunset and dusk.

**Room:** GHS Room 603 **Limit:** 20  
**Instructor:** Lance Luther  
**Dates:** TUESDAY 5/6/2025—6/24/2025  
**Time:** 6:30pm-9:00pm **Sessions:** 8  
**Fee:** R \$87 RS \$44.50 NR \$92 NRS \$47



**MEDIA AND DIGITAL LITERACY**

Posts on social media, information on websites and blogs, even the stories we see in the news media can be biased, distorted, or downright wrong. Learn how to identify credible information — no matter what the source. In this course, we will learn how to assess the credibility of information, what makes an information source authoritative, how the news media frame stories, how to identify disinformation, and why certain content spreads widely on social media. In addition, we will consider the impact of artificial intelligence on information literacy, as well as the ongoing effects of media exposure in a fast-paced, 24/7 media environment.

**Room:** GHS Room 603 **Limit:** 20  
**Instructor:** Dave Albert  
**Dates:** MONDAY 5/5/2025—6/23/2025  
**Time:** 6:00pm-7:30pm **Sessions:** 7  
**Fee:** R \$67 RS \$34.50 NR \$72 NRS \$37

**MONARCH: MYSTERIES of a BUTTERFLY**

Beautiful and declining, Monarch butterflies progress from egg to butterfly in just four weeks. They fly 3,000 miles each fall to Mexico, and successive generations return the next year. This class examines mysteries of their life cycles, causes for their decline, and how to create a pollinator garden to help them.

**Room:** GHS Room 605 **Limit:** 14  
**Instructor:** Scott Stoner  
**Dates:** TUESDAY 6/10/2025  
**Time:** 6:30pm-8:00pm **Sessions:** 1  
**Fee:** R \$32 RS \$32 NR \$37 NRS \$37

**Instructors Wanted**

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**Clearing of Checks:**

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**Registration Forms:**

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

**NOTARY PUBLIC EXAM PREP 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:** FRIDAY 6/6/2025  
**Time:** 12:30pm—4:30pm **Sessions:** 1  
**Fee:** R \$42 RS \$42 NR \$47 NRS \$47

**RESEARCH FOR CREATIVE WRITING PROSE SCIENCE FICTION**

This writing intensive workshop is intended for students of all ability levels. Topics in creative prose fiction writing will be explored through discussion, assignments, and peer review. Reader experiences of our work provide tailored feedback for learning and improving student writing. 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 will have explored the creative process together and individually. Proficiency in the use of Microsoft Word and exchanging assignments with the class through email is a prerequisite. Please note that this workshop focuses on Science Fiction and its Subgenres.

**Room:** GHS Room 605 **Limit:** 6  
**Instructor:** William Laremore  
**Dates:** THURSDAY 5/8/2025, 5/15/2025, 5/29/2025, 6/5/2025, 6/12/2025  
**Time:** 6:00pm—8:00pm **Sessions:** 5  
**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 605 Limit: 20  
 Instructor: Jeff Jones  
 Dates: TUESDAY 6/3/2025  
 Time: 6:30pm-8:00pm  
 Fee: R \$32 RS \$32 NR \$37 Sessions: 1  
NRS \$37



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**Instructors Wanted**

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**Class Confirmation**

Visit:

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

**SPANISH FOR BEGINNERS (VIRTUAL)**

During this 8-week course, students will learn the grammatical structure, acquire listening comprehension and pronunciation, and apply vocabulary of the Spanish language, all while immersing into the cultural components of different Latin American communities. The course will be delivered using a communicative approach and active participation.

Room: VIRTUAL Limit: 20  
 Instructor: Carmen Nieves  
 Dates: WEDNESDAY 5/7/2025—6/25/2025  
 Time: 6:00pm-8:00pm Sessions: 8  
 Fee: R \$77 RS \$39.50 NR \$82 NRS \$42

**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 605 Limit: 20  
 Instructor: Reese Hughes  
 Dates: TUESDAY 5/20/2025  
 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.



**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  
(Sean is a member of NSCA and ISSA)  
**Dates:** TUES/THURS 5/6/2025 - 6/26/2025  
**Time:** 7:30pm-9:00pm **Sessions:** 15  
**Fee:** R \$97 RS \$97 NR \$102 NRS \$102



**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.

**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, email [gcsd.adulted@guilderlandschools.net](mailto:gcsd.adulted@guilderlandschools.net)**

**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 bootie off!!

**Room:** GHS DANCE STUDIO **Limit:** 30  
**Instructor:** Jessi Johnson  
**Dates:** WEDNESDAY 5/7/2025—6/18/2025  
**Time:** 6:30pm-7:30pm **Sessions:** 7  
**Fee:** R \$57 RS \$29.50 NR \$62 NRS \$32



**Class Confirmation:**

Visit

<https://www.guilderlandschools.org/academics/continuing-education/>



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

**When Attending Class**

**Please Enter the Building Through the Main Entrance Center Driveway**

**\*\* R = Resident**

**RS = Resident Senior**

**NR = Non Resident**

**NRS = Non Resident Senior**

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: GCSD, Continuing Education, GCSD
Attn: Julie Adamec
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: (Street) (City) NY (ZIP)

PHONE #: Email Address:

COURSE: WEEKNIGHT: \$ PAID: CHECK #:

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ADDRESS: (Street) (City) NY (ZIP)

PHONE #: Email Address:

COURSE: WEEKNIGHT: \$ PAID: CHECK #:

GUILDERLAND CENTRAL  
SCHOOL DISTRICT

DIRECTOR OF  
CONTINUING EDUCATION:

Jeff Gregory

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

gregoryjeff@guilderlandschools.net

SUPERINTENDENT

Marie Wiles, Ph.D.

Published by the Guilderland Central  
School District in cooperation with the  
Capital Region BOCES Communications  
Service.

## Guilderland

Central School District

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



POSTAL CUSTOMER

Non-Profit  
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Albany, NY  
Permit No. 164



# Continuing Education

## Summer Session: 2025

- Mail Registrations must be postmarked by April 25
- Register online April 14-April 25 at <https://guilderland.revtrak.net>
- Classes begin: May 5