

# CONTINUING EDUCATION

## *Summer Session 2012*

- Mail registrations must be postmarked by  
May 4, 2012  
(**NO REGISTRATIONS** will be accepted after  
May 7, 2012)
- Classes begin: May 14, 2012



Visit us on the Web at:  
[www.guilderlandschools.org](http://www.guilderlandschools.org)

**DETAILS OF REGISTRATION**

**ELIGIBILITY**

Courses are open to all persons in the Capital District region **age 16 and over unless otherwise stated.** You may want to consult your physician before participating in any dance or exercise program.

**REGISTRATION PROCEDURE**

**There are NO PHONE REGISTRATIONS.** To register: for EACH REGISTRANT and EACH COURSE, fill out the enclosed registration form, enclose correct fee, make separate checks FOR EACH COURSE payable to **Guilderland CSD** and send to:  
Mrs. Lisa Peck, Continuing Ed., GCSD, PO Box 18., Guilderland Center, NY 12085

Registrations **MUST** be postmarked by **May 4** to be accepted. Registrations received VIA MAIL **AFTER May 7 will NOT be accepted for any reason**, and checks **will be returned**.

**CONFIRMATION OF CLASSES**

**CONFIRMATION of registration will NOT be sent to registrants.** Please check website for class confirmation. [www.guilerlandschools.org](http://www.guilerlandschools.org) Registration priority will be given to GCSD residents.

**REFUND POLICY**

If the course is cancelled due to insufficient enrollment or if registration is not accepted due to over-booking, you **WILL** receive notification by phone, if near the beginning date, & your check will be returned. In special cases, refunds may be granted after first class meeting for a service charge of \$10. No refunds will be permitted after second class meeting.

**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 web site <[www.guilerlandschools.org](http://www.guilerlandschools.org)> and the Public Access Channel 16.

**CALENDAR SUMMER 2012**

May					June					July				
X	X	X	X	X					1					
X	X	X	X	X	4	5	6	7	8	2	X	X	X	X
14	15	16	17	18	11	12	13	14	15					
21	22	23	24	25	18	19	20	21	22					
X	29	30	31	25	26	27	28	29						

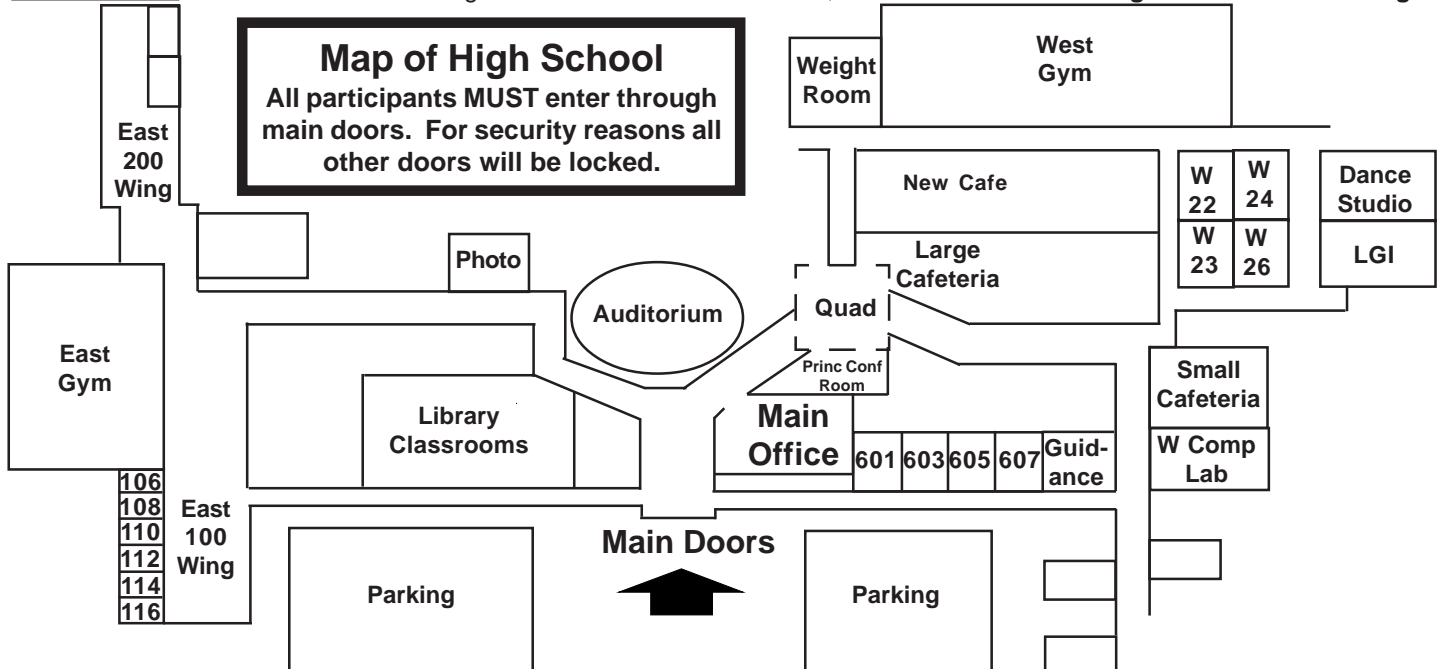
X = No Continuing Education classes held

**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 noted by an asterisk (\*) if that fee is needed to maintain self sufficiency. Check course listing on page 3 for course cost.

**QUESTIONS?**

Call the Continuing Education Office at 861-8591, extension 5080 or [www.guilerlandschools.org](http://www.guilerlandschools.org)



COURSE	TEACHER	SESSION DATES (# SESSIONS)	TIME	ROOM	COST				
					Resident / Senior	Non-Resid/Senior			
<b>MONDAY</b>									
Buying or Selling a Home	Randall	5/21	( 1 )	7:00 - 9:00	607	30.00	15.00	35.00	17.50
Get Your Estate House in Order	Randall	5/14	( 1 )	7:00 - 9:00	607	30.00	15.00	35.00	17.50
Introduction to Energy for Health/Healing	Treiber	6/04	( 1 )	6:30 - 9:00	601	35.00	17.50	40.00	20.00
Introduction to Meditation	Fortuin	5/21- 6/04	( 3 )	7:30 - 8:30	Orenda Yoga Studio	40.00	20.00	45.00	22.50
Nia Dance	Hunter	5/14- 6/25	( 6 )	5:45 - 7:00	Dance Studio	55.00	27.50	60.00	30.00
Turbo Kick	Chapman	5/14 - 7/02	( 7 )	7:00 - 8:00	Dance Studio	55.00	27.50	60.00	30.00
Zumba	Uttberg	5/14 - 7/02	( 7 )	5:30 - 6:30	Large Cafe	55.00	27.50	60.00	30.00
<b>TUESDAY</b>									
Basket Weaving II*	Salada	5/15 - 6/05	( 4 )	6:00 - 9:00	23	70.00	70.00	75.00	75.00
Beginning Chinese	Chou	5/15 - 6/26	( 7 )	6:00 - 7:00	601	55.00	27.50	60.00	30.00
Conversational Arabic for Beginners	El Bibary	5/15 - 6/26	( 7 )	6:00 - 7:30	605	65.00	32.50	70.00	35.00
Conversational French	Ming	5/15 - 6/26	( 7 )	6:00 - 7:00	603	55.00	27.50	60.00	30.00
Finding and Identifying Spring Birds	Stoner	5/15	( 1 )	6:30 - 8:30	Library Classroom	30.00	15.00	35.00	17.50
Introduction to Computing*	Brew	5/15 - 6/26	( 7 )	6:00 - 8:00	FMS Computer Lab	70.00	70.00	75.00	75.00
Strength and Conditioning*	Dollard	5/15 - 6/28 T/TH	(14)	7:30 - 9:00	Weight Room	90.00	90.00	95.00	95.00
Understanding Health Care Reform: The Basics	Botsford	5/15 - 5/29	( 3 )	6:00 - 7:15	607	40.00	20.00	45.00	22.50
Zumba	Chapman	5/15 - 6/26	( 7 )	6:00 - 7:00	Large Cafe	55.00	27.50	60.00	30.00
<b>WEDNESDAY</b>									
FAQ's of Long Term Care Insurance	Guiffre	6/27	( 1 )	6:30 - 8:00	603	30.00	15.00	35.00	17.50
German for Everyone	Jiardini	5/16 - 6/20	( 6 )	6:00 - 7:30	607	60.00	30.00	65.00	32.50
Get the Most from Social Security	Guiffre	6/20	( 1 )	6:30 - 8:00	603	30.00	15.00	35.00	17.50
Guts and Butts	Adams	5/16 - 6/13	( 5 )	7:30 - 8:30	LGI	45.00	22.50	50.00	25.00
Living Healthy	Borowski	5/16 - 6/20	( 6 )	5:30 - 8:00	601	FREE	FREE	FREE	FREE
Put Your Retirement Plan on the Right Track	Guiffre	6/13	( 1 )	6:30 - 8:00	603	30.00	15.00	35.00	17.50
The Good... The Bad... The Annuity	Guiffre	6/06	( 1 )	6:30 - 8:00	603	30.00	15.00	35.00	17.50
Understanding Stocks, Bonds and Mutual Funds	Guiffre	5/23	( 1 )	6:30 - 8:30	603	30.00	15.00	35.00	17.50
Stability Ball	Adams	5/16 - 6/13	( 5 )	6:30 - 7:30	LGI	45.00	22.50	50.00	25.00
Zumba	Adams	5/16 - 6/13	( 5 )	5:30 - 6:30	Dance Studio	45.00	22.50	50.00	25.00
Zumba	Chapman	5/16 - 6/27	( 7 )	7:00 - 8:00	Large Cafe	55.00	27.50	60.00	30.00
<b>THURSDAY</b>									
Belly Dancing	Bunkoff	5/17 - 6/28	( 7 )	6:30 - 7:30	Dance Studio	55.00	27.50	60.00	30.00
Italian 2	Camposeo	5/24 - 6/21	( 5 )	5:00 - 6:00	601	45.00	22.50	50.00	25.00
Italian 3	Camposeo	5/24 - 6/21	( 5 )	6:00 - 7:00	601	45.00	22.50	50.00	25.00
Stiffies over Fifty Yoga	Tormey-Cole	5/17 - 6/28	( 7 )	9:00a - 10:00a	Orenda Yoga Studio	55.00	27.50	60.00	30.00
Zumba	Chapman	5/17 - 6/28	( 7 )	7:30 - 8:30	Dance Studio	55.00	27.50	60.00	30.00

**BEGINNING CHINESE**

Knowing Chinese can give you more opportunities in today's world. In this fun, easy to understand class, you will quickly learn conversation. We'll cover basic sounds, words, and phrases using tools and visual aids with focus on conversation. Students will need to purchase a workbook (\$15 payable to instructor at first class). Details will be given out at the first class. **Maria Chou has been teaching Mandarin Chinese for 8 years. Limit 30**

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

**BELLY DANCING**

Learn the ancient art of Belly Dancing with women of all ages. This dance is a fun way of exploring the sensuality of womanhood while toning and tightening our bodies. An aerobic workout that focuses on strengthening leg, arm, and back muscles. Share the companionship while shaking and shimmying your way into shape! **Margaret Bunkoff "Mandisa" has studied under some of the top performers of the Capital District. Limit 20**

**BUYING OR SELLING A HOME**

Don't take chances with the single most important investment you are likely to make! Learn how to protect yourself and maximize your assets when buying or selling a home. In this course we will look at the entire purchase and sale transaction from pre-contract negotiations to closing. We will cover important topics such as septic, water and structural tests - what to expect and who pays; mortgages and mortgage contingencies; title insurance and filing fees; taxes and the role of attorneys (the bank's and yours). Be informed! **Robert G. Randall is an Attorney at law from the Randall Law Firm. Limit 30**

**BASKET WEAVING II**

Students will continue progressing at their own level, building on the skills and techniques learned in previous sessions. Baskets will be chosen by the class and instructor. A materials fee will be determined based on each individual basket. Some prior basket weaving experience is necessary. The following household materials will be needed the first session: tub for soaking reeds (at least 12" X 15" X 6"), old bath towel, pencil, ruler, cloth tape measure, utility knife, awl or ice pick, kitchen scissors, spring type clothes pin, 4" cable ties and spray bottle. **Sandy Salada has 15+ years exp. weaving baskets. Limit 10**

No confirmation of registration will be sent to registrants.

Please visit [www.guiderlandschools.org](http://www.guiderlandschools.org) for a full CONFIRMATION of classes.

**CONVERSATIONAL ARABIC FOR BEGINNERS**

This course is your window to the Arab World. Come join us and enjoy a fun, stress-free approach to language learning. This course focuses only on the conversational and cultural aspects of the language. Videos, music, reading materials and fun presentations ensure a hands-on experience of the culture. By the end of this course, you should be able to use basic phrases and vocabulary to communicate in everyday situations. Topics covered include: adjectives, colors, giving/asking for directions, basic greetings, going to a restaurant and much more. **Mai El Bibary is a native Egyptian who is fluent in 3 different languages. She also holds an MS in teaching 2nd languages to adults. Limit 30**

**CONVERSATIONAL FRENCH**

Learn to speak French! Emphasis will be on conversation while learning as much grammar as is necessary to speak properly. Vocabulary and phrases needed for travel will be covered. Some topics will be: greetings, colors, calendar/time, travel, activities and much more. Workbook fee of \$12 is payable at first class. **Audrey Ming is a retired French teacher. Limit 30**

**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.

**FAQ'S OF LONG-TERM CARE INSURANCE**

"STAY OUT OF THE NURSING HOME CARE!!!" The hottest topic in the industry today. This one night, one hour course will offer you information on the Frequently Asked Questions of Long Term Care. Find out the "must-knows" of Long Term Care. Is it right for you? When should you purchase it? What does it cover?... and more. This course will be a basic understanding without the overload of information that will allow you to be conversational on the topic everyone wants to hear about. Folders will be handed out at the seminar with more in depth information to be read at your convenience. **Frank Guiffre is a licenced Financial Advisor. Limit 30**

**FINDING AND IDENTIFYING SPRING BIRDS**

Spring is a great time to look for birds! As spring approaches, many birds migrate through the Capital Region. This spectacle peaks in May. In this two-hour classroom workshop, we will discuss where to see and how to identify common types of spring birds. We'll cover the basics of binoculars and field guides, and practice an approach that will help identify birds in the field. **Scott Stoner is past President of both the Hudson-Mohawk Bird Club and the Audubon Society of the Capital Region. Limit 30**

**GETTING THE MOST FROM SOCIAL SECURITY**

Are you aware that a few key decisions can make a big difference in the amount of your Social Security benefit? Learn strategies to maximize your benefit by attending an informative seminar. The session will cover:

\*Key Social Security benefit decisions,  
\*Simple steps that can help maximize your benefits and \*How to get started. **Frank T. Guiffre is a licensed Financial Advisor. Limit 30**

**Clearing of Checks:**

Checks are held until it is determined if the class will run. If 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.

**GET YOUR ESTATE "HOUSE" IN ORDER**

Think only rich people need estate planning? FALSE! Small estates can LEAST afford the high COST of mistakes. Assume estate planning is always complicated and expensive? FALSE! Simple steps NOW can save YOU and your heirs a lot of money, time and worry. \*Lift the veil of confusion regarding the tools of estate planning. \*Avoid probate through cost-free TOD's, POD's, ITF's and more. \*Learn what a Will is for and what happens if you die without one. \*The difference between a Will and a Trust. \*Protect assets from the cost of long term care, through \*Transfers to a Trust (i.e. Medicaid Trust) \*NYS Partnership for Long Term Care \*Weigh the benefits and risks of a POA. \*Maintain independence and avoid guardianship proceedings. Attend this interesting overview. **Robert G. Randall, Jr. - Attorney at law from the Randall Law Firm. Guest speaker—Paul R. Loucks, Reg. Prin. from Cadaret, Grant & Co., Inc. Limit 30**

**GUTS AND BUTTS**

Strengthen your core the correct way...from the inside out. This will help improve your posture, balance, and overall core strength. Guts and Butts will specifically target those deep core stabilizer muscles that we all forget to train in addition to building strength up in our backsides. All you need is a mat, one 3-5 pound dumbbell, water, and comfortable clothing. Our trainer has an advanced degree in Corrective Exercise and was educated through the prestigious National Academy of Sports Medicine. **Theresa Adams is a Certified Personal Trainer and Corrective Exercise Specialist from The National Academy of Sports Medicine. She is a licensed Zumba, Aqua Zumba and Zumbatomic Instructor, Registered Nurse and owner of A New Beginning Fitness. Limit 20**

### 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, call 861-8591 ext. 5080

### INTRODUCTION TO COMPUTING

Students will be given an opportunity to learn some basics about using a computer. This course is for people with little or no computer knowledge. It will help orient people who are "afraid" to use them. During the 7 week course, we will learn how to open and save a document, print it, use the internet, organize files, and look at some of the different programs in Microsoft Office 2010—such as Word, Power Point, Publisher, and Excel. Other topics that may be covered if time permits include working with email, putting pictures on the computer from a digital camera, and using a scanner to put photos on the computer. **Martha Brew is GCSD Computer Instructor. Limit 12**

### INTRODUCTION TO ENERGY FOR HEALTH & HEALING

Practical Tips for Taking Charge of Your Health and Energy is the vital life force that activates every function and drives every process in the human body. Learn about your energy system and why it is so important to your physical, emotional and spiritual health. The instructor will teach you a powerful and practical acupressure tapping technique. He will also perform a brief energy assessment on an individual's system and will also demonstrate how energy testing can be used to assess the compatibility of foods and substances with a person's body. **Jack Treiber is a Personal Energy Advisor and Certified Energy Practitioner. Limit 30**

### INTRODUCTION TO MEDITATION

3 part series: 1) The Simple Art of Meditation Quieting the mind and clearing the brain chatter can be most difficult. In this class we will examine some simple ways to relax and learn to be present using breath and mantra exercises. Sitting meditation. Chairs are available. 2) Meditation and Mindfulness As time flies by, we miss so much. The art of being present in the present can open us up to a richer way of life. In this class we will practice using our senses to ground us to "now". We will explore walking, eating, seeing, hearing and smelling mindfully. Sitting meditation and some walking. Chairs are available. 3) Yoga Nidra The Meditative Heart of Yoga \* Traditional forms of meditation invite us to open up and explore what is within us. Yoga Nidra invites us to empty ourselves of what no longer serves us. First we learn to recognize what is within, and then we sort out what we wish to keep and that which we wish to release. Guided imagery, sitting meditation. **Andrea Fortuin is owner of Orenda Yoga and Healing Arts. Limit 20**

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

### ITALIAN 2

ITA II introduces the fundamental elements of the Italian language within a cultural context. Emphasis is on the development of basic listening, speaking, reading, and writing skills. Upon completion, students should be able to comprehend and respond with grammatical accuracy to spoken and written Italian as well as demonstrate cultural awareness. **Piera Camposeo is an Italian teacher at GHS. Limit 10**

### ITALIAN 3

ITA III focuses on the fundamental elements of the Italian language within a cultural context. Emphasis is on the progressive development of listening, speaking, reading, and writing skills. Upon completion, students should be able to comprehend and respond with increasing proficiency to spoken and written Italian and demonstrate further cultural awareness. **Piera Camposeo is an Italian teacher at GHS. Limit 10**

### Clearing of Checks:

Checks are held until it is determined if the class will run. If 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.

### LIVING HEALTHY FREE CLASS

Are you one of the many older Americans living with a chronic condition such as diabetes, heart disease or arthritis, or a caregiver of one? Are you trying to juggle the physical burdens and difficult emotions with everyday life? This interactive workshop helps those who have ongoing health conditions take control of their lives. Each registered participant who attends the workshop will receive a free workbook and relaxation CD. This workshop is presented by the University at Albany's Center for Excellence in Aging & Community Wellness. **Linda Borowsky is a Health and Wellness Coordinator. Limit 30**

### Class Confirmation: Visit

[www.guiderlandschools.org](http://www.guiderlandschools.org)

### NIA DANCE

Enjoy an exuberant barefoot aerobic workout which blends the precision and strength of the Martial Arts, the creative joy of the Dance Arts and the relaxing and restorative energy of the Healing Arts. Through the mind-body integrative action of Nia, you will find increased cardio vascular strength, enhanced balance and flexibility as well as stress reduction. All ages & levels of fitness are welcome. Bring a mat and towel for the cool down. Come and have fun. Exercise will never be the same again! **Pat Hunter is a licensed Black Belt NIA Instructor. Limit 35**

### PUT YOUR RETIREMENT PLAN ON THE RIGHT TRACK

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. This course will teach you how to figure how much retirement will cost and provide strategies during your accumulation years to reach that goal. This course will also define specific retirement plans and offer strategies in order to meet your goals to live a long, comfortable retirement. **Frank T. Guiffre is a licensed Financial Advisor. Limit 30**

### STABILITY BALL CORE & STRENGTH TRAINING CLASS

Stabilization endurance training improves your posture and balance, increases your flexibility, and turns that stubborn body fat into lean muscle. This class has been designed to accommodate those of all ages and fitness levels. This is a unique opportunity to work out with a Certified Personal Trainer from the National Academy of Sports Medicine. Participants will need to provide their own stability ball and light dumbbells. (General Rule: If you are 5'6" or under you will need a 55 cm ball. If you are over 5'7" you will need a 65 cm ball.) **Theresa Adams is a Certified Personal Trainer and Corrective Exercise Specialist from The National Academy of Sports Medicine. She is a licensed Zumba, Aqua Zumba and Zumbatomic Instructor, Registered Nurse and owner of A New Beginning Fitness. Limit 20**

### 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.

### STIFFIES OVER FIFTY YOGA

Yoga ISN'T about being a pretzel. It IS about becoming more supple, stronger and attaining better balance, on and off the mat. Learn the basics of this life affirming practice as you breathe, move and align your way to better health. **Laurel Tormey-Cole is a certified Yoga Instructor who specializes in working with people over 50. Limit 14**

**Class confirmation:  
Visit  
[www.guilderlandschools.org](http://www.guilderlandschools.org)**

**STRENGTH TRAINING AND  
CONDITIONING**

This course meets twice per week. 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. **EVERY Tuesday AND Thursday. Sean Dollard is a member of NSCA (National Strength and Conditioning Association) and ISSA (International Sports Science Association). Limit 20**

**THE GOOD... THE BAD... THE ANNUITY**

The Annuity or "personalized pension" as it is commonly referred to has been an investment vehicle long since insurance companies have been around. 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. **Frank T. Guiffre is a licensed Financial Advisor. Limit 30**

**TURBO KICK**

Suitable for all fitness levels, Turbo Kick mixes kickboxing and simple dance moves with music that makes you want to move. This full body workout combines sports specific drills, intervals, kickboxing moves and a mind/body influenced cool down to give you the ultimate cardiovascular and strength workout you won't want to miss. Shoes that are appropriate for movement are required for this class. **Denise Chapman is a certified AFAA Group Fitness, Zumba, and Turbo Kick instructor. Limit 30**

**UNDERSTANDING HEALTH CARE  
REFORM: THE BASICS**

The Affordable Care Act, passed by Congress in 2010, reshapes the landscape of American health care. In three sessions, we will gain a practical understanding of the Act, focusing on how it changes Medicare and Medicaid in New York State. The course aims to be a resource for anyone wanting to understand the health care choices that we will all need to make. **Kenneth Botsford is a former college History professor. Limit 30**

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at **Guilderland High School**  
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**UNDERSTANDING STOCKS, BONDS  
AND MUTUAL FUNDS**

Learn 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. **Frank T. Guiffre is a licensed Financial Advisor with Halliday Financial Group. Limit 30**

**Clearing of Checks:**

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**Registration Forms:**

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**ZUMBA**

Zumba is a Latin inspired dance fitness party that will exhilarate you from deep within your core. Come dance with us to exotic rhythms like Salsa, Merengue, Cumbia, Reggaeton, and more set to sexy Latin and international beats. We will break down the steps so you are sure to have a great time. Be prepared though, we burn about 400 calories per class!!! Please dress comfortably and bring water. **Theresa Adams is a Certified Personal Trainer and Corrective Exercise Specialist from The National Academy of Sports Medicine. She is a licensed Zumba, Aqua Zumba and Zumbatomic Instructor, Registered Nurse and owner of A New Beginning Fitness. Limit 30**

**ZUMBA**

Zumba is the most popular workout in the fitness world today! Zumba fuses hypnotic Latin and international dance rhythms with easy to follow moves to create a one-of-a-kind total body workout that will blow you away. Wear comfortable clothes that you can move in and sneakers. It is recommended that you bring water. Ditch the work out and join the party. **Denise Chapman is a certified AFAA Group Fitness, Zumba, and Turbo Kick instructor. Limit 30**

**ZUMBA**

Zumba is a dance fitness class performed to Latin and International music. Zumba is a fun way to work out and get your body moving to great music. Zumba is appropriate for all ages and fitness levels but be prepared to sweat. Wear comfortable clothes to move in and sneakers. It is recommended that you bring a water bottle. Ditch the workout and join the party. **Kathleen Uttberg is a certified Zumba and AFAA Aerobics Instructor. Limit 30**

**No confirmation of  
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[www.guilderlandschools.org](http://www.guilderlandschools.org)  
for a full CONFIRMATION of  
classes.**

**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:** Mrs. Lisa Peck  
Continuing Education, GCSD  
PO Box 18  
Guilderland Center, NY 12085-0018

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

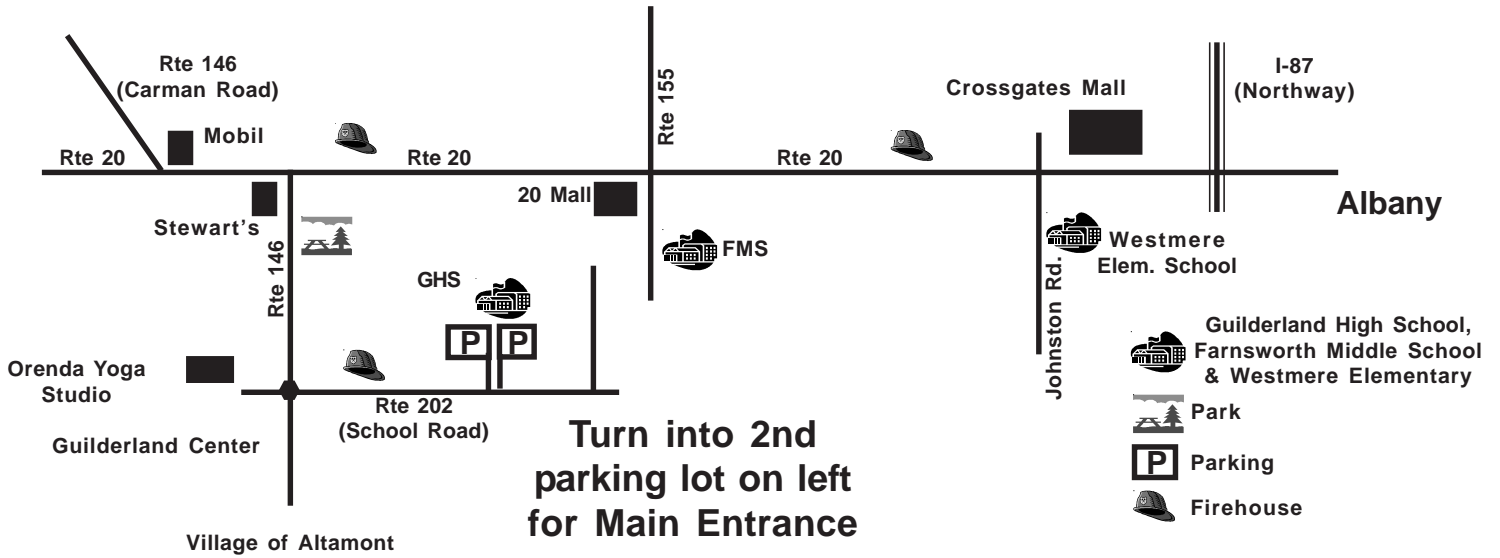
**PLEASE PRINT:** Miss / Ms. / Mr. / Mrs. \_\_\_\_\_  
(First Name) (Last Name)

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

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

**COURSE** \_\_\_\_\_ **WEEKNIGHT** \_\_\_\_\_ **\$ PAID** \_\_\_\_\_

# DIRECTIONS TO GHS, FMS & WESTMERE ELEMENTARY



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Guiderland Center, NY 12085-0018

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

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

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

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

**COURSE** \_\_\_\_\_ **WEEKNIGHT** \_\_\_\_\_ **\$ PAID** \_\_\_\_\_

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

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

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

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

**COURSE** \_\_\_\_\_ **WEEKNIGHT** \_\_\_\_\_ **\$ PAID** \_\_\_\_\_

# Guilderland

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## GUILDERLAND CONTINUING EDUCATION

*Summer Session 2012*

- Mail registrations must be postmarked by  
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