



Guilderland

Central School District



Continuing Education

Summer Session: 2021

- Classes begin: May 10 (See back cover for registration deadlines)
- Register online by April 30 at <https://guilderland.revtrak.net>



www.guilderlandschools.org/academics/continuing-education

Due to the Covid-19 coronavirus public health emergency, Guilderland Central School District will offer virtual and on-line classes. Please refer to the on-line brochure for class information. Instructors will reach out with virtual class meeting information prior to the start of classes.

Continuing Education at Guilderland will offer on-line registration with credit card payments. On-line 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 and request a full copy of the brochure to be mailed. Brochures are also available in your local library.

This will give everyone a welcomed option to register for our programs.

This is an ecological move as well, to help save our trees.

Registrations **MUST** be postmarked by **April 30th** to be accepted.

Registrations received **AFTER**
May 3rd will **NOT** be accepted for any reason and checks will be returned.

CALENDAR

April

Mon	Tues	Wed	Thur	Fri
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X

May

Mon	Tues	Wed	Thur	Fri
X	X	X	X	X
X	X	X	X	X
10	11	12	13	14
17	18	19	20	21
24	28	26	27	28

June

Mon	Tues	Wed	Thur	Fri
X	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
X	X	X	X	X

July

Mon	Tues	Wed	Thur	Fri
	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X

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

DETAILS OF REGISTRATION

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. There are NO PHONE REGISTRATIONS.** To register: you can register online at <https://guilderland.revtrak.net> or 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:

Guilderland Central School District
Attn: Laura Ashdown
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/continuinged. 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. It is necessary to cancel a class if enrollment does not support the cost of the course and checks will be returned. No refunds, therefore may 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. 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 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 **861-8591, extension 5080** or visit us at www.guilderlandschools.org/academics/continuing-education/

BARREFLOW

BarreFlow will help you achieve a balanced body and quiet mind. By combining aspects of yoga, Pilates, barre fitness and classic strength training. BarreFlow incorporates strength, endurance and flexibility into one invigorating workout. The general framework is built of movements that involve multiple joints and multiple muscles—often moving through more than one plane of motion. By moving the body in multiple ways at once, we are able to improve coordination, balance and reduce the risk of injury. All classes are the same level as the technique was designed to work for people at all points on their fitness journey. All you need is a yoga mat and water.

Room: Zoom **Limit 15**

Instructor: Mellissa Senecal

Dates: Thursday, 5/13-6/24

Time: 5:30pm-6:15pm **Sessions:** 8

Fee: R \$57 RS \$29.50 NR \$62 NRS \$32

BEGINNER TO INTERMEDIATE GUITAR**Beginners-**

You will be given a pre lesson PDF packet that will prepare you to enjoy 4 (30 min) lessons that will have you playing a song you know. In addition, you will have an excellent foundation for continuing to explore and enjoy the guitar.

Some experience & Intermediate-

Let's take it to the next level. We will build upon skills that you currently have and remove any frustrations or roadblocks you may have encountered.

Room: Warren Studio (In Person) **Limit 6**

Instructor: Don & Mike Warren of Warren Lessons are offering classes for beginner, some experience & intermediate players alike.

Dates: TBD by Instructor & Student

Time: TBD **Sessions:** 4

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

CHINESE LANGUAGE

This class, which is taught by a native Mandarin Chinese speaking teacher, will focus on both speaking and listening daily conversation. At the end of the session you will be able to communicate using basic phrases. You are sure to learn this is a fun, interactive class which will provide you with new language skills!

Room: Zoom **Limit 25**

Instructor: Maria Chou is a native Chinese teacher of the Mandarin dialect.

Dates: Tuesday, 5/11-6/29

Time: 7:00pm-7:40pm **Sessions:** 8

Fee: R \$57 RS \$29.50 NR \$62 NRS \$32

FINANCIAL EMPOWERMENT FOR WOMEN

Don't outlive your assets! 71% of all assets controlled by women are held in cash and not invested. Statistically, women are less likely to invest, and even those who do tend to wait until they are older to start. Whether your goal is going back to school, building an emergency fund, sending your kids to college, saving for a major expense like a house or wedding, or just growing your overall wealth for a comfortable retirement, investing is arguably the best way to reach those goals. In this course, we will empower you with the tools you need to achieve your financial goals.

Room: Zoom **Limit 25**

Instructor: Conor J Bryant— Certified Financial Planner

Dates: Monday, 5/24

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

Fee: R \$32 RS \$17 NR \$37 NRS \$19.50

INTRODUCTION TO ENERGY FOR HEALTH & HEALING

PRACTICAL TIPS FOR TAKING CHARGE OF YOUR HEALTH. 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 that you can use to help you feel better, by releasing stress, boosting your energy level and releasing the energy disruptions blocking good physical and emotional health. He will 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.

Room: Zoom **Limit 25**

Instructor: Jack Treiber is a Personal Energy Manager and Certified Energy Practitioner.

Dates: Monday, 5/24

Time: 7:00pm-9:00pm **Sessions:** 1

Fee: R \$32 RS \$17 NR \$37 NRS \$19.50

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.

LAWFULLY COMING TO THE U.S. OR REMAINING HERE: THE BASICS OF IMMIGRATION LAW

A fly-over of the various types of non-immigrant visas; the difference between a green card and a visa; who is a non-immigrant, an unlawful immigrant and an immigrant and their eligibility for a green card; obtaining a green card through employment or family connections; what a green card permits you to do; how to lose it and renew it. No advice on individual cases.

Room: Zoom**Limit 15**

Instructor: Laurence Stevens is retired from the State Tax Dept. and an Immigration lawyer for 15 years.

Dates: Wednesday, 6/9**Time: 6:30pm-7:30pm****Sessions: 1****Fee: R \$32 RS \$17 NR \$37 NRS \$19.50****LAWFULLY COMING TO THE U.S. OR REMAINING HERE: THE BASICS OF IMMIGRATION LAW**

A fly-over of the various types of non-immigrant visas; the difference between a green card and a visa; who is a non-immigrant, an unlawful immigrant and an immigrant and their eligibility for a green card; obtaining a green card through employment or family connections; what a green card permits you to do; how to lose it and renew it. No advice on individual cases.

Room: Zoom**Limit 15**

Instructor: Laurence Stevens is retired from the State Tax Dept. and an Immigration lawyer for 15 years.

Dates: Wednesday, 6/16**Time: 6:30pm-7:30pm****Sessions: 1****Fee: R \$32 RS \$17 NR \$37 NRS \$19.50****MONARCH**

Monarch butterflies are unique. Seemingly fragile, they migrate 3,000 miles each fall to their wintering home in Mexico. Their death defying caterpillars live solely on toxic milkweed, then use this toxicity as a defense against predators. Some of the details of their life cycle are still shrouded in mystery. This program explores the world of these amazingly adapted and strong pollinators that are in steep decline in North America. We look at some of the causes for their decline, and offer some steps we can take to help stop it, including creating a butterfly garden.

Room: Zoom**Limit 16****Instructor: Scott Stoner****Dates: Thursday, 5/27****Time: 6:30pm-8:30pm****Sessions: 1****Fee: R \$32 RS \$17 NR \$37 NRS \$19.50****NOTARY PUBLIC REVIEW WORKSHOP**

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 encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer 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 information, booklets, and forms. Also featured is a 80 question practice exam which attempts to emulate the actual NYS mandatory exam. \$10 fee applies at start of class.

Room: Zoom**Limit 25**

Instructor: Victor Bujanow CIC practicing Notary Public for over 25 years.

Dates: Wednesday, 5/26**Time: 5:30pm-8:30pm****Sessions: 1****Fee: R \$42 RS \$22 NR \$47 NRS \$24.50****RELEASE: 8 WEEK PHYSICAL & EMOTIONAL TRANSFORMATION**

Erin Calhoun M.S., NKT of Albany Holistic Kinesiology is offering an eight-week movement series that focuses on releasing physical and emotional trauma from the body. Each 45 minute session will target a specific chakra and provide myofascial release, stretching, and lymphatic stimulation to improve mobility in the area of the body associated with that chakra. Additionally, guided meditation will also be provided to alleviate any emotional trauma connected to the chakra.

Room: Zoom**Limit 25**

Instructor: Erin Calhoun M.S., NKT of Albany Holistic Kinesiology

Dates: Tuesday, 5/11-6/29**Time: 10:00am-11:00am****Sessions: 8****Fee: R \$57 RS \$29.50 NR \$62 NRS \$32****RETURNING TO TRAVEL: WHAT YOU NEED TO KNOW**

All your questions answered about returning to travel in the time of Covid and beyond.

Room: Zoom**Limit 25****Instructor: Jennifer Price****Dates: Wednesday, 5/19****Time: 7:00pm-8:30pm****Sessions: 1****Fee: R \$32 RS \$17 NR \$37 NRS \$19.50**

SPRING BIRDING

Birds add color and beauty to our yards. In this two hour workshop, 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 factors. 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, hawks and birds hitting windows. Bring your questions!

Room: Zoom**Limit 16****Instructor: Scott Stoner****Dates: Monday, 5/24****Time: 6:30pm-8:30pm****Sessions: 1****Fee: R \$32 RS \$17 NR \$37 NRS \$19.50****YOGA FLOW –ALL LEVELS**

Class begins with a slow-paced Vinyasa practice-connecting movement to breath. Once we work to link the mind and body actively, a transition will be made to restorative passive, supported asanas (poses) to promote opening of the deeper tissues within the body and letting go of the mind. The combination of movement and stillness allows for an energetic balance as well as a union between effort and ease.

Room: Zoom**Limit 15****Instructor: Melissa Senecal****Dates: Tuesday, 5/11-6/29****Time: 6:00pm-7:00pm****Sessions: 8****Fee: R \$57 RS \$29.50 NR \$62 NRS \$32****YOGA FOR ALL LEVELS**

From the beginner to advanced yoga student, this class is adaptable to all levels. We move with the breath and focus on alignment in asana (yoga poses). Pranayama (breathing practices) relaxation, meditation techniques are also included in this hour long class.

Room: Zoom**Limit 20****Instructor: Lisa Battisti****Dates: Wednesday, 5/12-6/2****Time: 5:30pm-6:30pm****Sessions: 4****Fee: R \$42 RS \$22 NR \$47 NRS \$24.50****YOGA FOR ALL LEVELS - HELD OUTDOORS**

From the beginner to advanced yoga student, this class is adaptable to all levels. We move with the breath and focus on alignment in asana (yoga poses). Pranayama (breathing practices) relaxation, meditation techniques are also included in this hour long class.

Room: GHS outdoor courtyard**Limit:10****Instructor: Lisa Battisti****Dates: Wednesday, 6/9-6/30****Time: 5:30pm-6:30pm****Sessions: 4****Fee: R \$42 RS \$22 NR \$47 NRS \$24.50****YOUR PASSPORT TO A RETIREMENT & DISCUSSION ON CHANGES TO YOUR SOCIAL SECURITY**

Are you wondering if you have enough saved for 30+ years of retirement? Don't put your head in the sand, cross your fingers and hope for the best. If you are wondering how much is enough, or if it may be too late to get serious about saving for retirement, this course is for you.

Room: Zoom**Limit 25****Instructor: Conor Bryant CFP****Dates: Monday, 5/17****Time: 6:00pm-8:00pm****Sessions: 1****Fee: R \$32 RS \$17 NR \$37 NRS \$19.50****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!

Room: Zoom**Limit 25****Instructor: Karla Jamie-Benitez****Dates: Tuesday, 5/11-6/29****Time: 6:30pm-7:30pm****Sessions: 8****Fee: R \$57 RS \$29.50 NR \$62 NRS \$32**

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:**

Laura Ashdown

Continuing Education, GCSD

Resident of School District? (Please circle) Yes

No

PO Box 18

Senior Citizen (over 60)? (Please circle) Yes

No

Guilderland Center, NY 12085-0018

PLEASE PRINT: Miss / Ms. / Mr. / Mrs. _____

(First Name)

(Last Name)

ADDRESS: _____, NY _____

(Street)

(City)

(Zip)

PHONE #: _____ **Email Address:** _____**COURSE:** _____ **WEEKNIGHT:** _____ **\$ PAID:** _____**CHECK #:** _____

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GUILDERLAND CENTRAL
SCHOOL DISTRICT
DIRECTOR OF
CONTINUING EDUCATION:
Jeff Gregory

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Guilderland Center, NY 12085
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SUPERINTENDENT
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Guilderland

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