

# Guilderland

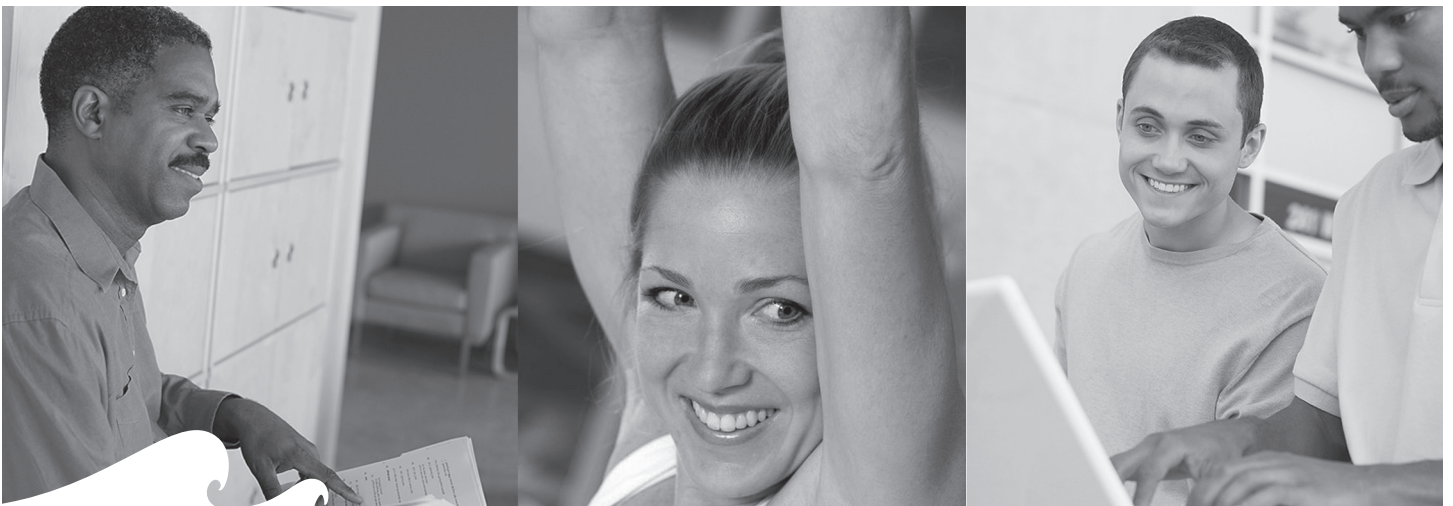
Central School District



## Continuing Education

### Fall Session: 2022

- Classes begin: September 27 (See back cover for registration deadlines)
- Register online August 15-26 at <https://guilderland.revtrak.net>



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

Continuing Education at Guilderland will offer online registration with credit card payments. 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 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 **August 26, 2022** to be accepted.

## CALENDAR

September

Mon	Tues	Wed	Thur	Fri
	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	27	28	29	30
X	X			

October

Mon	Tues	Wed	Thur	Fri
3	4	X	6	7
X	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

November

Mon	Tues	Wed	Thur	Fri
	X	2	3	4
7	8	9	10	X
14	15	16	17	18
21	22	X	X	X
28	29	30		

December

Mon	Tues	Wed	Thur	Fri
			1	2
5	6	7	8	9
12	13	14	X	16
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](http://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](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 **861-8591, extension 5080** or visit us at [www.guilderlandschools.org/academics/continuing-education/](http://www.guilderlandschools.org/academics/continuing-education/)

**BEGINNER TO INTERMEDIATE GUITAR**

*Bring your guitar and prepare to enjoy a rewarding and fun experience.*

*\*No guitar? Contact me.*

*\*No prior experience or musical ability? No worries.*

I love working with beginners. Past attendees have raved about how much they enjoyed this easy going experience. This course is taught by Don Warren, who

*\*Played with and coached a number of classic rock icons.*

*\*Is a voting member of the Grammy's.*

**Beginners-**

You will learn how to play basic chords, techniques, rhythm/strumming and timing. By the end of the course, you will be able to contribute to the group, as you play through a recognizable song.

**Intermediate-**

By the end of the course, you will be able to contribute to the final song in a variety of creative ways, to take your playing up a level and apply new-found techniques to add to your abilities as a guitarist.

Room: Choir Room Limit: 16  
 Instructor: Don Warren  
 Dates: MONDAY 10/3-10/31  
 Time: 7:00pm-8:00pm Sessions: 4  
 Fee: R \$42      RS \$42      NR \$47      NRS \$47

**BIRDING YOUR BACKYARD**

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: 601 Limit: 12  
 Instructor: Scott Stoner  
 Dates: THURSDAY 10/6  
 Time: 6:30pm-8:30pm Sessions: 1  
 Fee: R \$32      RS \$17      NR \$37      NRS \$19.50



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

**CAKE & CUPCAKE DECORATING**

Learn a variety of techniques to make beautiful cupcakes and cakes in this sweet course. We'll cover how to fill and decorate with a piping bag, use fondant, make buttercream flowers, use candy as decoration and much more! Participants will receive a required materials list for each class so you can follow along with the instructions at home.

Room: Large Cafe Limit : 20  
 Instructor: Tara Connors - Opened Bash Parties in 2013, which hosts activity based events, including a cupcake decorating themed party.  
 Dates: MONDAY 10/3-12/12  
 Time: 6:00pm-7:30pm Sessions: 10  
 Fee: R \$77      RS \$39.50      NR \$82      NRS \$42

**CHRISTMAS CARD MAKING**

Your friends and family will love receiving beautiful Christmas cards hand made by you! In this class, you will be creating Christmas cards using rubber stamp images, inks, and specialty paper. No experience necessary, the instructor will guide you in basic rubber stamp technique. Any questions you can contact the instructor [joanne@stamptilyoudrop.com](mailto:joanne@stamptilyoudrop.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. There is a \$5 class materials fee that will be collected the day of the class.*

Room: 23 Limit : 12  
 Instructor: Joanne Mulligan  
 Dates: THURSDAY 11/3  
 Time: 6:00pm-8:00pm Sessions: 1  
 Fee: R \$32      RS \$17      NR \$37      NRS \$19.50

**CIZE LIVE**

Cize is professional dance for everyday people! This isn't one of those dance-lite workouts where you just shuffle your feet to the beat. Created by Shaun T, world famous choreographer and fitness trainer, Cize Live breaks down professionally choreographed routines, step-by-step. Before you know it, you'll be bustin' out hip moves to the hottest music around. It's so fun, you'll forget you're working out! You'll need comfortable clothes that move, sneakers, water and a towel.

**Room:** Dance Studio **Limit 20**  
**Instructor:** Beth Benedetto  
**Dates:** THURSDAY 9/29-12/1  
**Time:** 5:45pm-6:45pm **Sessions:** 9  
**Fee:** R \$62    RS \$32    NR \$67    NRS \$34.50

**ESSETRICS STRETCH & 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, the technique will make your entire body strong, flexible and agile. Perfect for men and women of all fitness levels. No special shoes required, this is a barefoot workout.

**Please bring a mat. Optional: small cushion and a band/strap.**  
**Room:** Dance Studio **Limit: 25**  
**Instructor:** Theresa Riley- Level 2 certified Eccentrics instructor, NASM certified personal trainer, NASM corrective exercise specialist, AEA certified aquatics fitness professional, instructor at the YMCA, former instructor at Bally's Fitness.  
**Dates:** FRIDAY 9/30-12/2  
**Time:** 5:45pm-6:45pm **Sessions:** 8  
**Fee:** R \$57    RS \$29.50    NR \$62    NRS \$32

**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.

**Class Confirmation:**

**Visit**

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

**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:** 605 **Limit: 25**  
**Instructor:** Jeffery Jones  
**Dates:** MONDAY 10/17  
**Time:** 6:30pm-8:00pm **Sessions:** 1  
**Fee:** R \$32    RS \$17    NR \$37    NRS \$19.50

**GENTLE YOGA (ALL LEVELS)**

This yoga class is intended to bring awareness to breath, body, and mind. We will flow through slow, steady planned sequences to strengthen, stretch, and sooth while connecting breath with movement mindfully, leaving you feeling restored mentally and physically. Each class will incorporate a mixture of simple and easy to follow flow/poses. Modifications to increase or decrease the intensity of each pose will be offered along with opportunities to practice mindfulness, breath awareness, meditative movement, and intentional stillness. This thoughtful grounding class will leave you feeling rejuvenated, restored and relaxed. **Dress in comfortable clothing that allows for stretching and movement. Bring your own yoga mat. No additional props or equipment required. This class welcomes yogis of all levels.**

**Room:** GHS Large Cafe **Limit : 25**  
**Instructor:** Jennifer Newman– Certified and registered yoga instructor. Trained under Bhakti lineage.  
**Dates:** THURSDAY 9/29-12/8  
**Time:** 6:00pm-7:00pm **Sessions:**10  
**Fee:** R \$67    RS \$34.50    NR \$72    NRS \$37

**GERMAN CONVERSATION**

Learn the basic phrases and vocabulary to start speaking German right away. We will talk about German culture as well as important topics such as shopping, ordering food, staying at a hotel, and small talk about the weather and family.

Room: 601 Limit : 18

Instructor: Lisa Jiardini

Dates: MONDAY 10/3-12/12

Time: 6:00pm-8:00pm Sessions: 10

Fee: R \$87 RS \$44.50 NR \$92 NRS \$47

**HEALTHCARE AFTER RETIREMENT**

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: 605 Limit : 25

Instructor: Michael Stanton

Dates: MONDAY 10/24

Time: 6:30pm-8:00pm Sessions: 1

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

**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

**HEART LOTUS QIGONG**

Qigong is an ancient health and mindfulness practice that integrates movement, breath, mind focus and self-massage to improve and maintain a healthy body, mind and spirit. You will experience the power of this practice and learn a self-healing method that will reduce your stress, increase your vitality, strengthens your immune system and promotes healthy, graceful aging.

Room: Zoom Limit : 25

Instructor: Diana Wells

Dates: TUESDAY 10/18-11/29

Time: 6:00pm-7:15pm Sessions: 6

Fee: R \$52 RS \$27 NR \$57 NRS \$29.50

**HOLIDAY SAMPLER CLASS FOR CHRISTMAS 12X12**

In this class you will be making a 12X12 Christmas sampler suitable for framing that you can use to decorate your home. We will be using stamps, ink and specialty paper to make this project. No experience necessary. The instructor will guide you step by step in rubber stamp technique. The frame is not included but may be purchased at any craft store. **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. There is a \$10 class materials fee that will be collected the day of the class.**

Room: 23 Limit : 12

Instructor: Joanne Mulligan

Dates: THURSDAY 10/27

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

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

**INTRODUCTION TO CREATIVE WRITING PROSE**

The only prerequisite for this course is a desire to write. The only requirement is to share your own writing each meeting and provide constructive critique to everyone else's work in class discussion. From me, your instructor, you can expect weekly guidance and feedback as well as instruction aligned with creativity sparking assignments.

**Room: 603** **Limit : 8**  
**Instructor: Bill Laremore**  
**Dates: TUESDAY 9/27-12/6**  
**Time: 6:30pm-7:30pm** **Sessions: 10**  
**Fee: R \$67 RS \$34.50 NR \$72 NRS \$37**

**ITALIANO UNO/1 FOR BEGINNERS**

Basic grammar and conversation, 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 to start the amazing adventure of learning the most beautiful language in the world, "la piu' bella lingua al mondo!" 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 and she is looking forward to meeting you in person in class this fall. The password to this class is DIVERTIMENTO.

**Room: 601** **Limit : 20**  
**Instructor: Alessandra Gherlani Rastegar**  
**Dates: TUESDAY 9/27-12/6**  
**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? Lo sono qui, pronta a riprendere il nostro percorso e continuare questo meraviglioso viaggio. 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 new Italy loving friends. La nostra parola d'ordine e'sempre DIVERTIMENTO!

**Room: 601** **Limit : 15**  
**Instructor: Alessandra Gherlani Rastegar**  
**Dates: WEDNESDAY 9/28-12/14**  
**Time: 6:00pm-8:00pm** **Sessions: 10**  
**Fee: R \$87 RS \$44.50 NR \$92 NRS \$47**

**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.

**LEARN THE ART OF PAPER CRAFTING USING RUBBER STAMPS - FOUR PART SERIES**

In this four-part series you will learn the basics of rubber stamping in order to create your own greeting cards. When most people think about rubber stamps, they think about ones used at work that say "Paid" or "Copy" but we will be using artistic rubber stamps with detailed imagery. This is a craft that anyone can do, no matter your artistic or creative ability. You will be amazed at what you can do with rubber stamps.

**Part One- Intro to rubber stamping- \$5 materials fee that will be collected the day of the class.**

**Part Two- Let's Emboss - \$5 materials fee that will be collected the day of the class.**

**Part Three - Color Your World - \$5 materials fee that will be collected the day of the class.**

**Part Four - Let's Get Fancy -\$5 materials fee that will be collected the day of the class.**

**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: 23** **Limit : 12**  
**Instructor: Joanne Mulligan**  
**Dates: THURSDAY 9/29-10/20**  
**Time: 6:00pm-8:00pm** **Sessions: 4**  
**Fee: R \$57 RS \$29.50 NR \$62 NRS \$32**

**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

**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. Become a master of the exposure triangle. Later we will learn to stop action, capture motion, and purposefully create crisp or blurred backgrounds in your photograph (shutter speed, aperture). You will discover the possibilities of your camera through advanced shooting modes, including how to shoot fireworks. We will also talk about basic flash photography. So...be prepared and bring your questions to class!

Room: 603 Limit :25

Instructor: Lance Luther

Dates: MONDAY 10/3-11/28

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

Fee: R \$72 RS \$37 NR \$77 NRS \$39.50

**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: FRIDAY 9/30

Time: 6:00pm-9:00pm Sessions: 1

Fee: R \$42 RS \$22 NR \$47 NRS \$24.50

- **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 women 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 women 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.

- Room: GHS Large Cafe Limit: 25

- Instructor: Guilderland Police Department

- Dates: WEDNESDAY 10/19, 10/26, 11/02

- Time: 5:30pm-9:30pm Sessions: 3

- Fee: R \$NC RS \$NC NR \$NC NRS \$NC

- **RETIREMENT PLANNING**

- Planning for retirement income starts with three basic questions: 1) What does retirement mean to you? 2) When do you plan to retire? 3) How long will your retirement last? You need to address each of these questions with answers unique to your situation assuming the plan will be designed to support the lifestyle you envision. Let's discuss the action you can take now to achieve your expectations.

- Room: 605 Limit : 25

- Instructor: Nick Stark

- Dates: TUESDAY 10/25

- Time: 6:30pm-8:00pm Sessions: 1

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

- **ROADMAP TO RETIREMENT: TOP IRA PLANNING**

- **MISTAKES TO AVOID**

- This course covers commonly made IRA planning mistakes that put investors retirement plans in jeopardy. This seminar can help you avoid these common mistakes so that you can make the most of your IRA savings. We'll focus on problem areas, including beneficiary designations, spousal inheritance options and IRA, Roth IRA and RMD issues.

- Room: 601 Limit 25

- Instructor: Reid Prinzo

- Dates: THURSDAY 10/13

- Time: 6:00pm-7:00pm Sessions: 1

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



**RUBBER STAMPING - FALL CARDS**

There is no better way to get into the new season than to stamp some fall cards. We will make some amazing cards using autumn colors, images, and incorporate fun techniques and folds. Envelopes included. No prior stamping experience necessary. ***Please bring small scissors and double-sided adhesive.***

Room: 23 Limit: 12  
 Instructor: Ann Burns  
 Dates: WEDNESDAY 10/12  
 Time: 6:30pm-9:00pm Sessions: 1  
 Fee: R \$42 RS \$22 NR \$47 NRS \$24.50

**RUBBER STAMPING - HOLIDAY SAMPLER FRAME**

The holidays will be here and it's time to think about gift giving. In this class we will create a beautiful 8X10 holiday sampler frame that you can give as a gift or keep for yourself. No stamping experience required. ***Please bring small scissors and double-sided adhesive.***

**Materials fee \$10**  
 Room: 23 Limit: 12  
 Instructor: Ann Burns  
 Dates: WEDNESDAY 11/16  
 Time: 6:30pm-9:00pm Sessions: 1  
 Fee: R \$42 RS \$22 NR \$47 NRS \$24.50

**SECRETS OF A DISNEY VACATION PLANNER**

Have you always dreamed of a trip to Walt Disney World but are too overwhelmed with all of the details or afraid that a trip is out of your reach? Come hear insider tips and tricks for having the best Disney World vacation experience shared by a professional Disney planner. Whether it's your first time or 50th visit, you will be amazed at how much you learn!

Room: 603 Limit: 25  
 Instructor: Jennifer Price-Authorized Disney Vacation Planner.  
 Dates: WEDNESDAY 9/28  
 Time: 7:00pm-9:00pm Sessions: 1  
 Fee: R \$32 RS \$17 NR \$37 NRS \$19.50

**SOCIAL SECURITY**

As you approach retirement, when to claim Social Security retirement benefit 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: 605 Limit: 25  
 Instructor: Reese Hughes  
 Dates: TUESDAY 10/18  
 Time: 6:30pm-8:00pm Sessions: 1  
 Fee: R \$32 RS \$17 NR \$37 NRS \$19.50

**STAMP A STACK OF HOLIDAY CARDS**

Get into the holiday spirit with beautiful handmade cards. Your friends will be amazed when they receive their cards made by you! You will go home with 6 simple but elegant cards (3 designs, 2 each). Envelopes included. No stamping experience necessary. ***Please bring small scissors and double-sided adhesive.***

Room: 23 Limit: 12  
 Instructor: Ann Burns  
 Dates: WEDNESDAY 10/26  
 Time: 6:30pm-9:00pm Sessions: 1  
 Fee: R \$42 RS \$22 NR \$47 NRS \$24.50

**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 (National Strength and Conditioning Association) and ISSA (International Sports Science Assoc.).  
 Dates: TUESDAY/THURSDAY 9/29-12/8  
 Time: 7:30pm-9:00pm Sessions: 19  
 Fee: R \$97 RS \$97 NR \$102 NRS \$102

**TURBO KICK**

Turbo Kick Live combines traditional kickboxing moves with high-intensity (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape; learning hard-hitting combos and edgy dance moves while torching fat and carving lean, sexy muscle in the most empowering class you've ever taken! In every Turbo Kick Live class, you will incorporate real kickboxing moves with proper form and technique to get totally sculpted. No bags or gloves necessary. Wear comfortable clothing and sneakers. Bring water and a towel.

**Room: Dance Studio** **Limit: 20**  
**Instructor: Beth Benedetto**  
**Dates: WEDNESDAY 9/28-12/7**  
**Time: 5:45pm-6:45pm** **Sessions: 9**  
**Fee: R \$62 RS \$32 NR \$67 NRS \$34.50**

**UNDERSTANDING 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: 603** **Limit: 25**  
**Instructor: Jessica Wilson**  
**Dates: THURSDAY 10/13**  
**Time: 6:30pm-8:00pm** **Sessions: 1**  
**Fee: R \$32 RS \$17 NR \$37 NRS \$19.50**

**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.

**Instructors Wanted**

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**ZUMBA**

Get ready for the most fun you've ever had exercising. Zumba is the most popular workout in the formed world today. Zumba fuses Latin and international dance rhythms with easy to follow choreography to create a one of a kind total body workout that will blow you away! Wear comfortable clothes you can move in. Water & towel is recommended.

**Room: Dance Studio** **Limit: 25**  
**Instructor: Denise Chapman Duffina is a Certified Zumba and AFAA Aerobics Instructor.**  
**Dates: MONDAY 10/3-12/12**  
**Time: 6:00pm-7:00pm** **Sessions: 10**  
**Fee: R \$67 RS \$34.50 NR \$72 NRS \$37**

**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: WES Small Back Gym** **Limit: 50**  
**Instructor: Karla Jamie-Benitez**  
**Dates: TUESDAY 9/27-12/6**  
**Time: 6:30pm-7:30pm** **Sessions: 10**  
**Fee: R \$67 RS \$34.50 NR \$72 NRS \$37**



**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 #:** \_\_\_\_\_

**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  
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**CHECK #:** \_\_\_\_\_

GUILDERLAND CENTRAL  
SCHOOL DISTRICT  
DIRECTOR OF  
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Jeff Gregory  
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SUPERINTENDENT  
Marie Wiles, Ph.D.

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

## Guilderland

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



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# Continuing Education

## Fall Session: 2022

- Mail Registrations must be postmarked by August 26
- Register online August 15-26 at <https://guilderland.revtrak.net>
- Classes begin: September 27