

# Guilderland

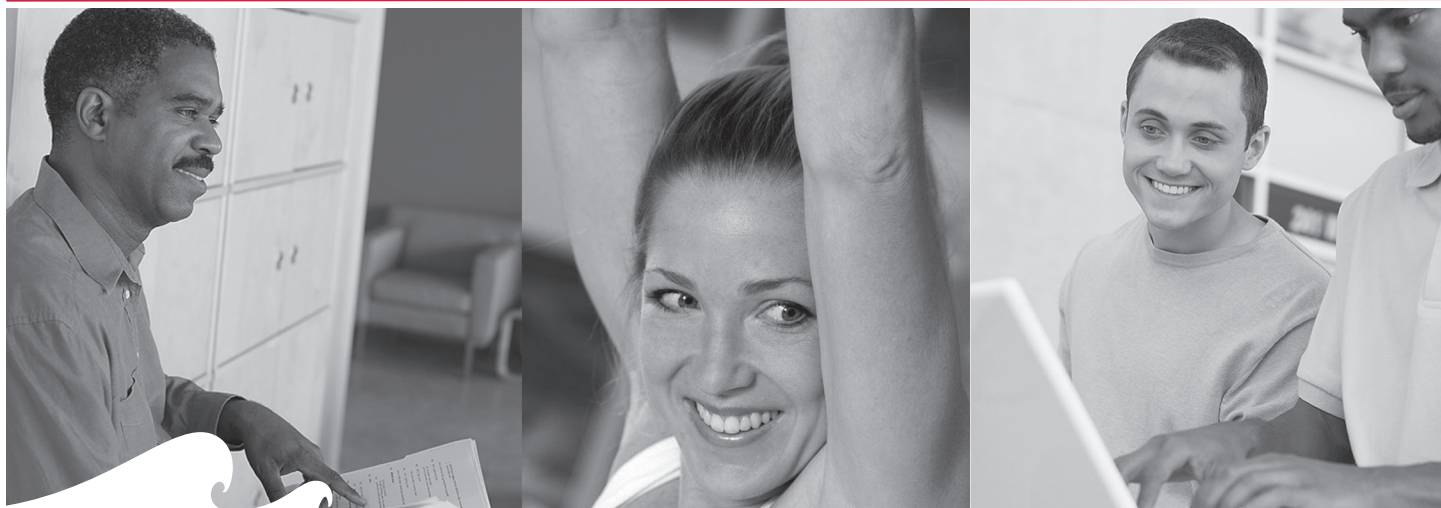
Central School District



## Continuing Education

### Winter Session: 2023

- Classes begin: January 23 (See back cover for registration deadlines)
- Register online Dec. 26-Jan. 6 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  
**January 6, 2023** to be accepted.

## CALENDAR

January

Mon	Tues	Wed	Thur	Fri
	X	X	X	X
X	X	X	X	X
X	X	X	X	X
23	24	25	26	27
30	31			

February

Mon	Tues	Wed	Thur	Fri
X	X	1	2	3
6	7	8	9	10
13	14	15	16	17
X	X	X	X	X
27	28			

March

Mon	Tues	Wed	Thur	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	X
20	21	22	23	24
27	28	29	30	31

April

Mon	Tues	Wed	Thur	Fri
3	4	5	6	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](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 AND UKULELE**

*Bring your guitar, guitar pick if you'd like, clip-on head stock tuner, a pen 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: GHS Choir Room

Limit: 30

Instructor: Don Warren of Warren Lessons

Dates: MONDAY 2/6, 2/13, 2/27, 3/6

Time: 7:00pm-8:00pm

Sessions: 4

Fee: R \$42

RS \$42

NR \$47

NRS \$47

**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: GHS Dance Studio

Limit : 20

Instructor: Beth Benedetto

Dates: MONDAY 1/23-3/27

Time: 5:45pm-6:45pm

Sessions: 9

Fee:

R \$62

RS \$32

NR \$67

NRS \$34.50

All classes are held at

Guilderland High School

UNLESS noted otherwise.

**COLLEGE CHOICE 101: FINDING THE BEST FIT**

Making the best college choice academically, socially, and financially is an important and (often) overwhelming process. In this session, high school students and parents will receive strategies and actionable steps to help identify and pursue the best college choice. Attendees will receive guidance on:

-Making a balanced college list

-The must-do's of standardized testing and college preparation

-How to maximize college visits

-Strategies for college financing

-The application and essay process

- The college choice calendar

Room: GHS 605

Limit : 30

Instructor: Nancy Aldis— Associate member of the Independent Educational Consultants Association, M.S. in Higher Education-Student Affairs, Owner of CollegeChoice Consulting.

Dates: WEDNESDAY 2/8

Time: 7:00pm-8:00pm

Sessions: 1

Fee: R \$32

RS \$32

NR \$37

NRS \$37

**ESSEINTRICS 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: GHS 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 1/27-3/31

Time: 5:45pm-6:45pm

Sessions: 10

Fee: R \$67

RS \$34.50

NR \$72

NRS \$37

**FINANCIAL PLANNING BASICS**

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

Room: GHS 603

Limit: 30

Instructor: Jeffery Jones

Dates: MONDAY 1/23

Time: 6:30pm-8:00pm

Sessions: 1

Fee: R \$32

RS \$32

NR \$37

NRS \$37

**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 soothe 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 : 20

Instructor: Jennifer Newman– Certified and registered yoga instructor. Trained under Bhakti lineage.

Dates: THURSDAY 1/26-4/13 No class 3/23

Time: 5:45pm-6:45pm

Sessions:10

Fee: R \$67

RS \$34.50

NR \$72

NRS \$37

**Clearing of Checks:**

Checks are **held** until it is determined if the class will run. If 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.guilderlandschools.org/academics/continuing-education/](http://www.guilderlandschools.org/academics/continuing-education/)

**GUIDED MEDITATION & YOGA NIDRA**

This class is intended to deeply relax the mind and body through various methods of meditation. Each session will incorporate multiple forms of meditation to include intentional breath awareness, light and gentle movement, moving meditation, guided meditation, intentional stillness, and yoga nidra (yogic sleep). Music, sound, and silence will be incorporated as appropriate. This class is an excellent introduction for those new to meditation or individuals looking to expand/renew their practice.

***Dress in comfortable clothing that allows for stretching and movement. Bring your own yoga mat. No additional props or equipment required.***

Room: GHS Large Cafe

Limit : 10

Instructor: Jennifer Newman– Certified and registered yoga instructor. Trained under Bhakti lineage.

Dates: THURSDAY 2/9-3/9

Time: 7:00pm-8:00pm

Sessions: 4

Fee: R \$42

RS \$22

NR \$47

NRS \$24.50

**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 603

Limit : 30

Instructor: Michael Stanton

Dates: MONDAY 1/30

Time: 6:30pm-8:00pm

Sessions: 1

Fee: R \$32

RS \$32

NR \$37

NRS \$37

**HEALTHCARE AFTER RETIREMENT PART 2**

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

Room: GHS 603

Limit : 30

Instructor: Michael Stanton

Dates: MONDAY 2/6

Time: 6:30pm-8:00pm

Sessions: 1

Fee: R \$32

RS \$32

NR \$37

NRS \$37

**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 : 30

Instructor: Diana Wells

Dates: TUESDAY 1/24-2/28

Time: 6:00pm-7:15pm

Sessions: 6

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

**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: GHS 603

Limit : 20

Instructor: Alessandra Gherlani Rastegar

Dates: WEDNESDAY 1/25-4/5

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: GHS 603

Limit : 15

Instructor: Alessandra Gherlani Rastegar

Dates: TUESDAY 1/24-4/4

Time: 6:00pm-8:00pm

Sessions: 10

Fee: R \$87

RS \$44.50

NR \$92

NRS \$47

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



**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: GHS 605****Limit :30****Instructor: Lance Luther****Dates: TUESDAY 1/31-3/28****Time: 6:30pm-8:30pm****Sessions: 9****Fee: R \$82****RS \$42****NR \$87****NRS \$44.50****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 : 20****Instructor: Victor Bujanow CIC practicing Notary Public for over 25 years.****Dates: TUESDAY 3/21****Time: 6:00pm-9:30pm****Sessions: 1****Fee: R \$42****RS \$42****NR \$47****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.

**PICTURING NATURE: A PRACTICAL GUIDE TO NATURE PHOTOGRAPHY**

Suitable for all levels of photographers with a variety of equipment, this program covers basic elements including light, composition, focus, and how they apply to close-ups, landscapes, and wildlife photography. We also discuss tools and techniques in the field, and simple editing.

**Room: GHS 603****Limit : 12****Instructor: Scott Stoner****Dates: THURSDAY 3/30****Time: 6:00pm-8:00pm****Sessions: 1****Fee: R \$32****RS \$32****NR \$37****NRS \$37****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: GHS 605****Limit :25****Instructor: Reid Prinzo****Dates: WEDNESDAY 1/25****Time: 6:00pm-7:30pm****Sessions: 1****Fee: R \$32****RS \$32****NR \$37****NRS \$37****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

**RUBBER STAMPING - BIRTHDAY CARDS FOR EVERYONE!**

Need a birthday card in a hurry? After this class you will be ready to send one to that special someone. We will make 4 cards using different techniques and folds. Your family and friends will be so impressed when they receive their handmade birthday card from you! Envelopes included. No prior stamping experience necessary.

**Please bring small scissors and double-sided adhesive.**

**MATERIALS FEE \$5**

Room: GHS 23

Limit: 15

Instructor: Ann Burns

Dates: WEDNESDAY 2/1

Time: 6:30pm-9:00pm

Sessions: 1

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

**RUBBER STAMPING - SPRING CARDS AND TREAT HOLDER**

Tired of the cold & snow? Let's think spring and create some bright and cheery cards. We will make 3 cards celebrating Easter and Spring along with a cute treat holder for your special someone.

Envelopes included. No stamping experience required. **Please bring small scissors and double-sided adhesive.**

**MATERIALS FEE \$5**

Room: GHS 23

Limit: 15

Instructor: Ann Burns

Dates: WEDNESDAY 3/8

Time: 6:30pm-9:00pm

Sessions: 1

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

**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.

**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: GHS 607

Limit: 30

Instructor: Reese Hughes

Dates: TUESDAY 2/7

Time: 6:30pm-8:00pm

Sessions: 1

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

**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 607

Limit: 30

Instructor: Nick Stark

Dates: TUESDAY 1/24

Time: 6:30pm-8:00pm

Sessions: 1

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

All classes are held at  
Guiderland 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 is a member of NSCA (National Strength and Conditioning Association) and ISSA (International Sports Science Assoc.).

**Dates:** TUESDAY/THURSDAY 1/24-4/6

**Time:** 7:30pm-9:00pm **Sessions:** 20

**Fee:** R \$97 RS \$97 NR \$102 NRS \$102

**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:** GHS Dance Studio **Limit:** 30

**Instructor:** Denise Chapman Duffina is a Certified Zumba and AFAA Aerobics Instructor.

**Dates:** WEDNESDAY 1/25-4/5

**Time:** 6:00pm-7:00pm **Sessions:** 10

**Fee:** R \$67 RS \$34.50 NR \$72 NRS \$37

**BASKETBALL/VOLLEYBALL LEAGUES**

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

**Instructors Wanted**

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**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:** 30

**Instructor:** Karla Jamie-Benitez

**Dates:** TUESDAY 2/7-4/4

**Time:** 6:30pm-7:30pm

**Sessions:** 8

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



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

GUILDERLAND CENTRAL  
SCHOOL DISTRICT  
DIRECTOR OF  
CONTINUING EDUCATION:  
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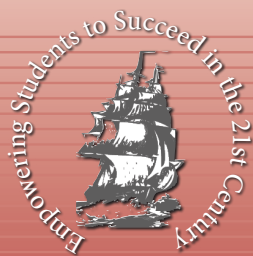
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Central School District  
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# Continuing Education

## Winter Session: 2023

- Mail Registrations must be postmarked by January 6
- Register online Dec. 26-Jan. 6 at <https://guilderland.revtrak.net>
- Classes begin: January 23