



# Guilderland

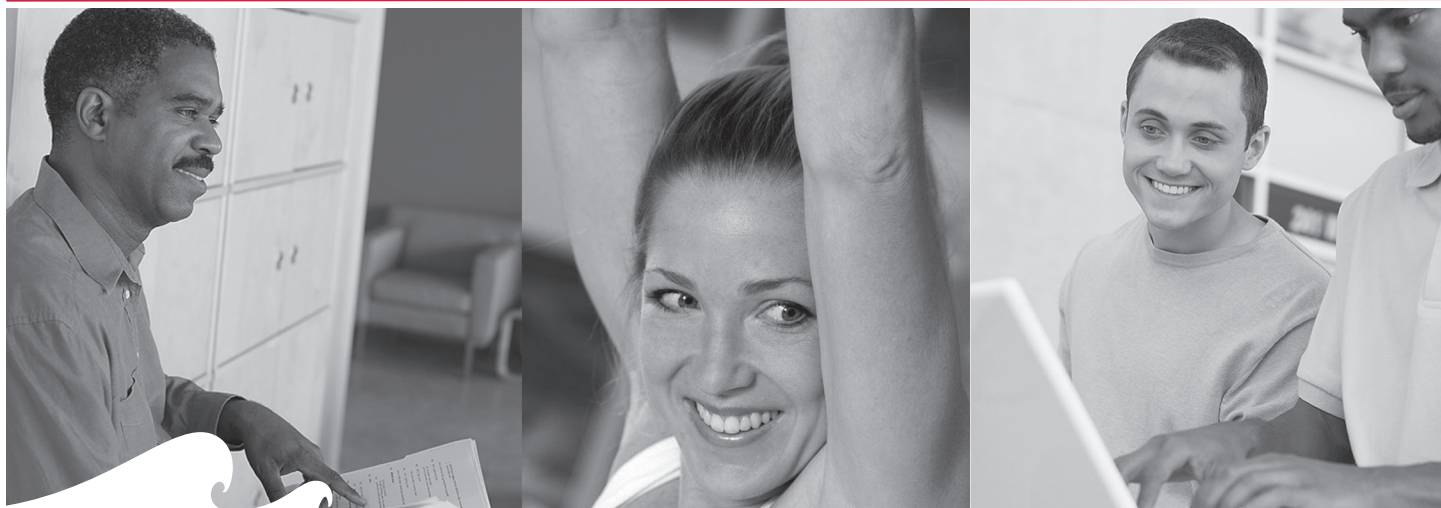
Central School District



## Continuing Education

### Fall Session: 2023

- Classes begin: September 18 (See back cover for registration deadlines)
- Register online August 28-September 8 at <https://guilderland.revtrak.net>



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

Continuing Education at Guilderland CSD 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.

Registrations **MUST** be postmarked by  
**September 8, 2023** to be accepted.

## CALENDAR

September

Mon	Tues	Wed	Thur	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
X	26	27	28	29

October

Mon	Tues	Wed	Thur	Fri
2	3	4	5	6
X	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

November

Mon	Tues	Wed	Thur	Fri
		X	2	3
6	7	8	9	X
13	14	15	16	17
20	21	X	X	X
27	28	29	30	

December

Mon	Tues	Wed	Thur	Fri
				1
4	5	6	7	8
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/academics/continuing-education/](http://www.guilderlandschools.org/academics/continuing-education/)

Only classes will be listed, **NOT** individual registrants.

### **REFUND POLICY**

Your continuing education program is a self-sustaining program with all expenses paid out of registration fees. 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 **518-720-3573** or visit us at [www.guilderlandschools.org/academics/continuing-education/](http://www.guilderlandschools.org/academics/continuing-education/)

**12x12 CHRISTMAS DÉCOR CLASS**

In this class you will be making a 12" x 12" Christmas Décor project suitable for framing that you can use to decorate your home for the Christmas. We will be using stamps, ink and specialty paper for this project. The frame is not included but may be purchased at any craft store or online. 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. For any questions you can contact the instructor at [joloves2stamp@gmail.com](mailto:joloves2stamp@gmail.com).

**Room: GHS 23****Limit: 10****Instructor: Joanne Mulligan****Dates: THURSDAY 10/12****Time: 6:00pm-8:00pm****Sessions: 1****Fee: R \$32****RS \$32****NR \$37****NRS \$37****12x12 FALL HOLIDAY DÉCOR CLASS**

In this class you will be making a 12" x 12" Fall Holiday Décor project suitable for framing that you can use to decorate your home for the fall holidays. We will be using stamps, ink and specialty paper for this project. Frame is not included but may be purchased at any craft store or online. 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. For any questions you can contact the instructor at [joloves2stamp@gmail.com](mailto:joloves2stamp@gmail.com).

**Room: GHS 23****Limit: 10****Instructor: Joanne Mulligan****Dates: THURSDAY 10/05****Time: 6:00pm-8:00pm****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, email [gcsd.adulted@guilderlandschools.net](mailto:gcsd.adulted@guilderlandschools.net)

**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 11/6-11/27****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: GHS 605****Limit: 14****Instructor: Scott Stoner****Dates: MONDAY 10/30****Time: 6:30pm-8:30pm****Sessions: 1****Fee: R \$32****RS \$32****NR \$37****NRS \$37**

**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:** GHS Large Cafe **Limit : 15**

**Instructor:** Tara Connors - Opened Bash Parties in 2013, which hosts activity based events, including a cupcake decorating themed party.

**Dates:** MONDAY 10/23-10/30

**Time:** 6:30pm-8:00pm **Sessions:** 2

**Fee:** R \$42      RS \$42      NR\$47      NRS \$47

**CHRISTMAS GREETING CARD CLASS**

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. For any questions you can contact the instructor at joloves2stamp@gmail.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.*

**Room:** GHS 23 **Limit : 10**

**Instructor:** Joanne Mulligan

**Dates:** THURSDAY 10/19

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

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

**COLLEGE APPLICATION BOOT CAMP FOR SENIORS**

Seniors - now is the time to be making progress on your college applications! In this working session, you will receive guidance on the elements of the Common Application and strategies for ways to highlight your best self. Topics will also include:

- personal essays
- letters of recommendation
- timelines and tracking tools
- college visits and demonstrated interest

**Room:** GHS 605 **Limit: 15**

**Instructor:** Nancy Adis

**Dates:** WEDNESDAY 9/20

**Time:** 7:00pm-8:30pm **Sessions:** 1

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

**COLLEGE PLANNING FOR JUNIORS**

- Juniors - now is the time to start planning for college. Understanding the college selection process and its many steps will help you work confidently through the activities over the course of both junior and senior year, thereby helping to reduce potential stress. Attendees will receive guidance on key activities to work on this year in order to be successful in next year's application process.

• *Topics will also include:*

- - making a balanced college list
- - the must-dos of standardized testing and college preparation
- - how to maximize college visits
- - the application process
- -timelines and tracking tools

• **Room:** GHS 605 **Limit : 15**

• **Instructor:** Nancy Adis

• **Dates:** WEDNESDAY 9/27

• **Time:** 7:00pm-8:30pm **Sessions:** 1

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

**COLLEGE PLANNING 101; LOOKING AHEAD**

- 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 for successful college planning which leads to finding their best individual choice. Attendees will receive guidance on:

- - making a balanced college list
- - the must-dos of standardized testing and college planning
- - how to maximize college visits
- - strategies for college financing
- - the application and essay process
- -the college planning calendar

• **Room:** GHS 605 **Limit : 15**

• **Instructor:** Nancy Adis

• **Dates:** WEDNESDAY 10/4

• **Time:** 7:00pm-8:30pm **Sessions:** 1

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

**CORE DE FORCE**

- This is an MMA-inspired work out that promises to burn calories and help sculpt total body definition using your own body weight as resistance. With CORE DE FORCE, you won't get a run-of-the-mill Kickboxing workout. You'll get a total-body shred that focuses on blasting fat off your core—no equipment needed. In 3-minute "rounds," you'll alternate between Boxing, Kickboxing, and Muay Thai combinations, cardio spikes, and bodyweight training for an insane calorie burn. MODIFICATIONS will be shown so anyone at any fitness level can do this program. You will need water, a towel, comfortable clothes that you can move in, sneakers and a mat.

• **Room:** WES FRONT GYM **Limit : 25**

• **Instructor:** Beth Benedetto

• **Dates:** TUESDAY 9/19-11/14

• **Time:** 5:45pm-6:45pm **Sessions:** 9

• **Fee:** R \$62      RS \$32      NR \$67      NRS \$34.50

## Class Confirmation:

Visit

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

**FALL GREETING CARD CLASS**

In this class you will create four fall holiday cards; two Halloween and two Thanksgiving. We will cover basic stamping, various coloring techniques and embossing. 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. For any questions you can contact the instructor at [joloves2stamp@gmail.com](mailto:joloves2stamp@gmail.com).

Room: GHS 23

Limit : 10

Instructor: Joanne Mulligan

Dates: THURSDAY 9/28

Time: 6:00pm-8:00pm

Sessions: 1

Fee: R \$32      RS \$32      NR \$37      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 605

Limit: 25

Instructor: Jeffery Jones

Dates: MONDAY 10/16

Time: 6:30pm-8:00pm

Sessions: 1

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

**HEALTHCARE AFTER RETIREMENT PART 1**

Do you know what to expect when it comes to Medicare? Did you know Medicare is mandatory for those collecting Social Security and it will likely be your greatest expense in retirement? If you or someone you know is turning 65, ready to retire, or losing your employer plan, this course will help you discover an understanding of Medicare. From part A to IRMAA, learn the fundamentals of how each section of Medicare works in this hands-on class aimed at making complex information easy to understand.

Room: GHS 605

Limit : 25

Instructor: Michael Stanton

Dates: MONDAY 11/13

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 605

Limit : 25

Instructor: Michael Stanton

Dates: MONDAY 11/20

Time: 6:30pm-8:00pm

Sessions: 1

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

**INTRODUCTION TO CREATIVE WRITING**

This writing intensive workshop is intended for students of all ability levels. Various topics in creative prose fiction writing will be explored through discussion, assignments, and peer review. By the end of this course, students will have built upon their creative writing skills, practiced the use of research to inform their creative work, given and received constructive feedback, and explored the creative process together and individually.

Room: GHS 603

Limit: 10

Instructor: William Laremore

Dates: THURSDAY 9/21-11/30

Time: 6:00pm-8:00pm

Sessions: 10

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

**Class Confirmation:**

Visit

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

**INTRODUCTION TO SCIENCE BASED FITNESS**

If there was a method of exercise where all you needed was one 30-minute workout per week, AND you wouldn't need to do separate "strength" and "cardio days," would you be interested in learning about it? If so, you are in luck! Certified Personal Trainer Steve Grogan will teach you about "Science-Based Fitness," which is unlike anything you might have seen. Each session is a mixture of a lecture and a 30-45 minute workout, where you'll learn how this system helped Steve go from 241 to 160 pounds. Students should bring an exercise mat, two 3-pound dumbbells, two 5-pound dumbbells, and two 10-pound dumbbells. Two 8-pound dumbbells are also a good idea, but optional.

**Room: GHS DANCE STUDIO****Limit: 10****Instructor: Steve Grogan****Dates: THURSDAY 9/21-10/12****Time: 6:30pm-8:00pm****Sessions: 4****Fee: R \$52****RS \$27****NR \$57****NRS \$29.50****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 : 25****Instructor: Alessandra Gherlani Rastegar****Dates: TUESDAY 9/19-11/21****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: WEDNESDAY 9/20-12/6****Time: 6:00pm-8:00pm****Sessions: 10****Fee: R \$87****RS \$44.50****NR \$92****NRS \$47****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 :25****Instructor: Lance Luther****Dates: TUESDAY 9/19-11/7****Time: 6:30pm-8:30pm****Sessions: 8****Fee: R \$77****RS \$39.50****NR \$82****NRS \$42****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.



**Class Confirmation:**

Visit

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

**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: GHS 605****Limit : 25****Instructor: Victor Bujanow CIC practicing Notary Public for over 25 years.****Dates: MONDAY 10/23****Time: 5:30pm-9:30pm****Sessions: 1****Fee: R \$42****RS \$42****NR \$47****NRS \$47****PIYO**

PiYO combines yoga and Pilates with calorie burning cardio. The workout is low-impact while still being dynamic and full of energy. You will build strength and stamina using your own body weight. PiYo is great for all fitness levels and modifications will be shown. Please bring a towel and a yoga mat. You will also need water and a towel. Shoes are optional for this workout.

**Room: WES FRONT GYM****Limit: 25****Instructor: Beth Benedetto****Dates: MONDAY 9/18-11/27****Time: 5:45pm-6:45pm****Sessions: 9****Fee: R \$62****RS \$32****NR \$67****NRS \$34.50****POUND**

Exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

**You will need to bring your own exercise mat. Towel and water recommended.**

**Room: GHS DANCE STUDIO****Limit : 25****Instructor: Denise Chapman Duffina****Dates: MONDAY 10/16-12/4****Time: 6:00pm-7:00pm****Sessions: 8****Fee: R \$57****RS \$29.50****NR \$62****NRS \$32****REFLECTING ON LIFE THROUGH JOURNALING: A WRITING WORKSHOP**

Our lives are a rich tapestry of experiences, emotions, and memories. Too often, we neglect to reflect on these individual threads that, woven together, shape our unique story. This interactive ten-session workshop, titled "Reflecting on Life Through Journaling," invites you to explore and articulate aspects of your life through the practice of journaling. In this course, each session is designed to address a different aspect of life. By responding to prompts and exercises that acquaint you with the expressive use of language, you will explore components of your life while developing your writing skills and expressive abilities. By the end of this course, you will have created a substantial personal journal, a tangible testament to your journey of self-exploration and expression. This journal will serve not only as a personal memoir but also as a resource for creative inspiration and future reflection. Whether you prefer to write on your laptop, in a spiral notebook or leather-bound diary, with pen or pencil, or even (gulp) in your phone, bring your favorite writing tools to each session.

**Room: GHS 603****Limit: 15****Instructor: Lynne Ronesi****Dates: MONDAY 9/18-12/4****Time: 6:00pm-8:00pm****Sessions: 10****Fee: R \$87****RS \$44.50****NR \$92****NRS \$47****\*\* R = Resident****RS = Resident Senior****NR = Non Resident****NRS = Non Resident Senior**



**SOCIAL RUMBA, FOXTROT & SWING**

This ten-week session will focus on the basic, Bronze Level 1 steps for three dances: Rumba, Foxtrot, and East Coast Swing. Every class will reinforce posture, dance frame, lead/follow techniques, and dance floor etiquette.

Room: GHS LARGE CAFE

Limit : 20

Instructor: DJ Joe Sweeney

Dates: TUESDAY 9/19-11/21

Time: 7:00pm-8:00pm

Sessions:10

Fee: R \$67

RS \$34.50

NR \$72

NRS \$37

**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: 25

Instructor: Reese Hughes

Dates: TUESDAY 10/10

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: 25

Instructor: Nick Stark

Dates: TUESDAY 10/3

Time: 6:30pm-8:00pm

Sessions: 1

Fee: R \$32

RS \$32

NR \$37

NRS \$37

**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 and ISSA.

Dates: TUESDAY/THURSDAY 9/19-11/30

Time: 7:30pm-9:00pm

Sessions: 20

Fee: R \$97

RS \$97

NR \$102

NRS \$102

**ZUMBA**

A mix of low and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of AWESOME!! So get ready to have a BLAST while dancing your bootie off!!

Room: GHS DANCE STUDIO

Limit: 30

Instructor: Jessi Johnson

Dates: WEDNESDAY 9/20-12/6

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

PO Box 18

Guilderland Center, NY 12085-0018

Resident of School District? (Please circle ) Yes No

Senior Citizen (over 60)? (Please circle ) Yes No

**PLEASE PRINT:** Miss / Ms. / Mr. / Mrs. \_\_\_\_\_

(First Name)

(Last Name)

**ADDRESS:** \_\_\_\_\_, NY \_\_\_\_\_

(Street)

(City)

(Zip)

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

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

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

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(Street)

(City)

(Zip)

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

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

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

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(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

PO Box 18

Guilderland Center, NY 12085-0018

Resident of School District? (Please circle ) Yes

No

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

No

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

GUILDERLAND CENTRAL  
SCHOOL DISTRICT  
DIRECTOR OF  
CONTINUING EDUCATION:  
Jeff Gregory

8 School Road/ P.O. Box 18  
Guilderland Center, NY 12085  
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SUPERINTENDENT  
Marie Wiles, Ph.D.

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## Guilderland

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



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# Continuing Education

## Fall Session: 2023

- Mail Registrations must be postmarked by September 8
- Register online August 28-September 8 at <https://guilderland.revtrak.net>
- Classes begin: September 18