



# Guilderland

Central School District



## Continuing Education

### Winter Session: 2024

- Classes begin: January 22 (See back cover for registration deadlines)
- Register online December 25-January 5 at <https://guilderland.revtrak.net>



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

GENERAL INFORMATION:

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  
**January 5, 2024** to be accepted.

CALENDAR

January

Mon	Tues	Wed	Thur	Fri
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
22	23	24	25	26
29	30	31		

February

Mon	Tues	Wed	Thur	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
X	X	X	X	X
26	27	28	29	

March

Mon	Tues	Wed	Thur	Fri
				1
4	5	6	7	8
11	12	13	14	X
18	19	20	21	22
25	26	27	28	X

April

Mon	Tues	Wed	Thur	Fri
X	X	X	X	X
8	9	X	11	12
X	X	17	X	X
X	X	X	X	X
X	X			

X = No Continuing Education Classes held at  
Guilderland Central School District Sites.  
Classes at 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 taken.***

**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  
Continuing Education  
Attn: Michelle McConky  
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. Therefore, no refunds 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 our website at: [www.guilderlandschools.org/academics/continuing-education/](http://www.guilderlandschools.org/academics/continuing-education/)



## BEGINNER TO INTERMEDIATE GUITAR AND UKULELE "LEARN A SONG"

Bring your guitar, bass or ukulele and prepare to enjoy a rewarding and fun experience.

*\*No guitar? No problem. Contact me.*

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

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

**Novice—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.

Past attendees have raved about how much they enjoyed this fun, informative and easy going experience. Read more about your instructor Don at [Warrenlessons.com](http://Warrenlessons.com)

**Room:** GHS Choir Room

**Limit:** 30

**Instructor:** Don Warren of Warren Lessons

**Dates:** MONDAYS 01/22/2024—02/12/2024

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

**Sessions:** 4

**Fee:** R \$42

RS \$42

NR \$47

NRS \$47

## COLLEGE PLANNING 101 (virtual)

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:** virtual via Zoom

**Limit:** 25

**Instructor:** Nancy Adis, Educational Consultant

**Dates:** WEDNESDAY 03/20/2024

**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 Room 605

**Limit:** 25

**Instructor:** Nancy Adis, Educational Consultant

**Dates:** WEDNESDAY 03/13/2024

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

**Sessions:** 1

**Fee:** R \$32

RS \$32

NR \$37

NRS \$37

## CUPCAKE DECORATING

Learn a variety of techniques to make beautiful and fun cupcakes in this sweet course. We'll cover how to fill and decorate with a piping bag, to more advanced skills like piping flowers. Instructor will provide all supplies and each week participants will take home the cupcakes that they decorated. Your instructor Tara Connors opened Bash Parties in 2013, which hosts activity based events, including a cupcake decorating themed party. ***\*Please bring a \$30 materials fee to the first class.\****

**Room:** GHS Large Cafe

**Limit:** 15

**Instructor:** Tara Connors, Bash Parties

**Dates:** MONDAYS 01/22/2024 & 01/29/2024

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

**Sessions:** 2

**Fee:** R \$42

RS \$42

NR\$47

NRS \$47

## EMOTIONAL EATING NUTRITION WORKSHOP (virtual)

Join Lisa Battisti, MS, RDN, RYT-500, C-IAYT for this nutrition workshop about emotional eating. You will learn how to recognize what emotional eating is and how to manage it.

**Room:** VIRTUAL

**Limit:** 20

**Instructor:** Lisa Battisti

**Dates:** WEDNESDAY 03/27/2024

**Time:** 5:30pm—6:45pm

**Sessions:** 1

**Fee:** R \$32

RS \$32

NR \$37

NRS \$37

## Class Confirmation / Cancellation:

Visit

[www.guilderlandschools.org/academics/continuing-education/](http://www.guilderlandschools.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:** GHS Room 605 **Limit:** 25  
**Instructor:** Nick Stark  
**Dates:** TUESDAY 03/26/2024  
**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 Room 605 **Limit:** 25  
**Instructor:** Michael Stanton  
**Dates:** MONDAY 01/22/2024  
**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 Room 605 **Limit:** 25  
**Instructor:** Michael Stanton  
**Dates:** MONDAY 01/29/2024  
**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 Room 603 **Limit:** 8  
**Instructor:** William Laremore  
**Dates:** THURSDAYS 01/25/2024-04/11/2024  
**Time:** 6:00pm-8:00pm **Sessions:** 10  
**Fee:** R \$87      RS \$44.50      NR \$92      NRS \$47

**INTRO COURSE ON SOFTWARE INTEGRATION, TROUBLESHOOTING & AI TO ADVANCE YOUR PROFESSIONAL CAREER (virtual)**

Get 'Know How' troubleshooting and tricks on apps like Excel, Word and Access to advance your skills and be more professionally efficient! Integrating diverse software apps, troubleshooting techniques and what AI means, all in a One Day introductory course! Taught by Software Specialist professional and Technical Trainer, Professor Mena-Quinn who has in depth knowledge and experience on troubleshooting, creating, designing and training clients in learning how to use new software more effectively while considering recent AI elements.

Target Audience: teachers, administrators, office managers, office professionals and technology interest novices.  
**Room:** VIRTUAL **Limit:** 25  
**Instructor:** Lucy Mena-Quinn  
**Dates:** THURSDAY 02/08/2024  
**Time:** 6:00pm-9:00pm, with breaks **Sessions:** 1  
**Fee:** R \$42      RS \$42      NR \$47      NRS \$47

**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

**\*\* R = Resident****RS = Resident Senior****NR = Non Resident****NRS = Non Resident Senior**



**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 you're planning to visit il Bel Paese, discover more about your roots or start the amazing adventure of learning the most beautiful language in the world!

Suggested but not required textbook "Easy Italian Step by Step" (McGraw Hill, available also used). Your teacher is ACTFL certified, was born, raised and educated in Italy. The password to this class is DIVERTIMENTO.

**Room:** GHS Room 603 **Limit:** 25

**Instructor:** Alessandra Gherlani Rastegar

**Dates:** WEDNESDAYS 01/24/2024—4/17/2024

**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? 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 "nuovi amici". La nostra parola d'ordine e'sempre DIVERTIMENTO!

**Room:** GHS Room 603 **Limit:** 15

**Instructor:** Alessandra Gherlani Rastegar

**Dates:** TUESDAYS 01/23/2024—04/09/2024

**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. Later we will learn to stop action, blue motion, and purposefully create crisp or blurred backgrounds in your photographs (shutter speed, aperture and manual modes). You will discover the possibilities of your camera through these advanced exposure modes. We will also talk about basic flash photography and other camera accessories. Most importantly, bring your questions to class!

**Room:** GHS Room 605

**Limit:** 25

**Instructor:** Lance Luther

**Dates:** TUESDAYS 01/23/24—03/19/24

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

**Fee:** R \$77 RS \$39.50 NR \$82 NRS \$42

**NOTARY PUBLIC REVIEW WORKSHOP (virtual)**

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 to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer to 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 info, 64-pg workbook, and sample 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:** VIRTUAL

**Limit:** 20

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

**Dates:** TUESDAY 01/23/2024

**Time:** 5:30pm-9:30pm **Sessions:** 1

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

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

There is great beauty in nature, and it can be captured with any type of camera, from cell phone to the latest DSLR or mirrorless camera. Suitable for all levels of photographers with a variety of equipment, this workshop covers basic elements including light, composition, and focus, and how they apply to close-ups, landscapes, and wildlife photography. We also discuss tools and techniques in the field and basic editing.

**Room:** GHS Room 607

**Limit:** 12

**Instructor:** Scott Stoner

**Dates:** TUESDAY 02/27/2024

**Time:** 6:30pm—8:30pm **Sessions:** 1

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

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 people of all ages and abilities. **You will need to bring your own exercise mat. Towel and water recommended.**

Room: GHS DANCE STUDIOLimit: 25

Instructor: Denise Chapman Duffina

Dates: MONDAYS 01/22/24—04/08/24, \*NOT ON 02/05/24\*

Time: 6:00pm-7:00pmSessions: 9

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

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 Room 603Limit: 15

Instructor: Lynne Ronesi

Dates: MONDAYS 01/22/2024—04/08/2024

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

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



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SOCIAL BALLROOM BASIC: WALTZ, HUSTLE, AND CHA-CHA *\*partner required\**

This ten-week session will focus on the basic, Bronze Level 1 steps for three dances: Waltz, Hustle, and Cha-Cha. Every class will reinforce posture, dance frame, lead/follow techniques, and dance floor etiquette. **A partner is required.**

Room: GHS LARGE CAFELimit: 20

Instructor: DJ Joe Sweeney

Dates: TUESDAYS 01/23/24—04/09/2024

Time: 7:00pm-8:00pmSessions: 10

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



SOCIAL SECURITY

As you approach retirement, when to claim Social Security retirement benefits 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 Room 607Limit: 25

Instructor: Reese Hughes

Dates: TUESDAY 03/05/2024

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

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

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

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 Room 607Limit: 25

Instructor: Nick Stark

Dates: TUESDAY 02/06/2024

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

Fee: R \$32RS \$32NR \$37NRS \$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 RoomLimit: 20

Instructor: Sean Dollard, a member of NSCA and ISSA.

Dates: TUESDAYS & THURSDAYS 01/23/24-04/11/24

Time: 7:30pm-9:00pmSessions: 20

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



YOGA FOR BETTER BALANCE (virtual)

Join Lisa Battisti, MS, RDN, RYT-500, C-IAYT for this 4 week yoga class that focuses on balance training. You will need a chair and a tennis ball for this class.

Room: VIRTUALLimit: 20

Instructor: Lisa Battisti

Dates: MONDAY 03/04/2024—03/25/2024

Time: 10:00am-11:00amSessions: 4

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

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 STUDIOLimit: 30

Instructor: Jessi Johnson

Dates: WEDNESDAY 01/24/2024—04/17/2024

Time: 6:30pm-7:30pmSessions: 10

Fee: R \$67RS \$34.50NR \$72NRS \$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.



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:** Continuing Education, GCSD  
Attn: Michelle McConky  
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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(ZIP)

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

COURSE: \_\_\_\_\_    WEEKNIGHT: \_\_\_\_\_    \$ PAID: \_\_\_\_\_    CHECK #: \_\_\_\_\_

GUILDERLAND CENTRAL  
SCHOOL DISTRICT  
DIRECTOR OF  
CONTINUING EDUCATION:  
Jeff Gregory

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# Continuing Education

## Winter Session: 2024

- Mail Registrations must be postmarked by January 5
- Register online December 25-January 5 at <https://guilderland.revtrak.net>
- Classes begin: January 22