

Guilderland

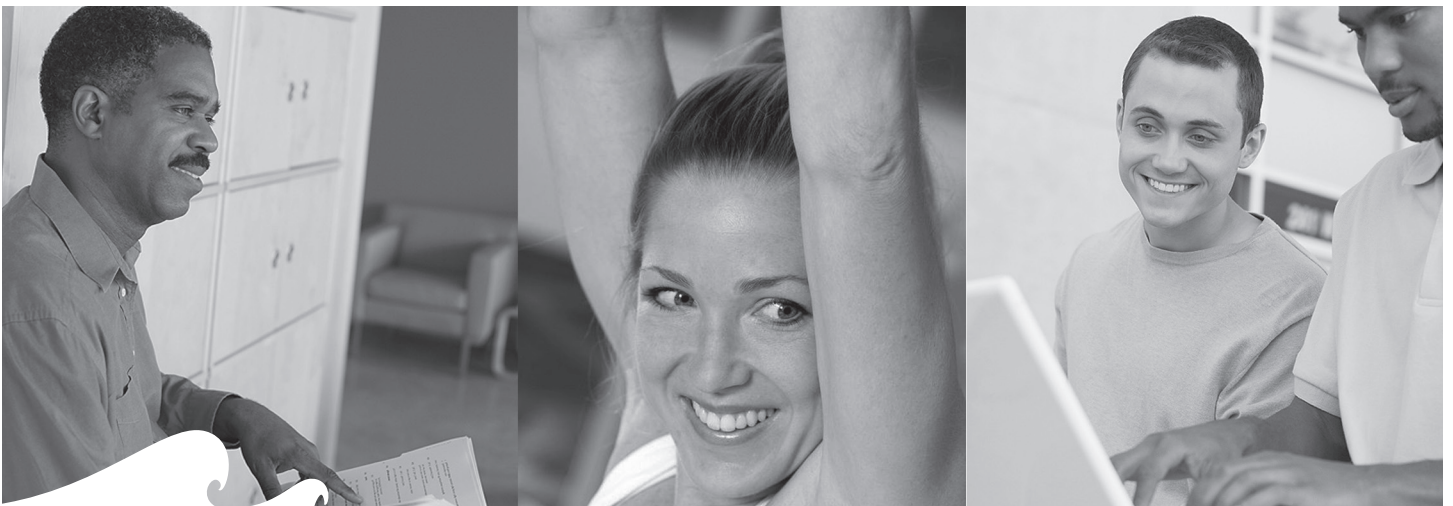
Central School District



Continuing Education

Summer Session: 2024

- Classes begin: May 6 (See back cover for registration deadlines)
- Register online April 15-April 26 at <https://guilderland.revtrak.net>



www.guilderlandschools.org/academics/continuing-education

Continuing Education at Guilderland CSD offers online registration with credit card payment. 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 to request a brochure to be mailed. Brochures are also available in your local library.

***** Registrations MUST be postmarked by April 26, 2024 to be accepted *****

CALENDAR

May

Mon	Tues	Wed	Thur	Fri
X	X	X	X	X
6	7	8	9	10
13	14	15	16	17
20	21	22	23	x
X	28	29	30	31

June

Mon	Tues	Wed	Thur	Fri
3	4	5	6	7
10	11	12	13	14
17	18	X	20	21
24	25	26	27	28
X	X	X	X	X

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

REGISTRATION DETAILS

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. **NO PHONE REGISTRATIONS.**

TO REGISTER: Either you may register online at <https://guilderland.revtrak.net>

OR you may register by mail. For EACH REGISTRANT and EACH COURSE, fill out the enclosed registration form, enclose the correct fee, make separate checks FOR EACH COURSE

payable to Guilderland CSD and send to (POSTMARKED NO LATER THAN APRIL 26, 2024):

Guilderland Central School District
Attn: Michelle McConky
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/

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. A class may be cancelled and checks will be returned to registrants IF enrollment does not cover the cost of the course. For online registrations, we would process refunds directly to your credit card. No refunds are to 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 to process. No school credit is given for any course.

CLASS TONIGHT?

Whenever the district schools are closed due to inclement weather or for other emergency reasons, classes will not meet that night. Announcements concerning closing of evening adult programs will be broadcast over radio stations: WGY, WROW, WTRY. In addition, this information can be found on the district website at www.guilderlandschools.org and the Public Access Channel 16.

SENIOR CITIZEN POLICY (Age 60 and over)

Seniors residing in the Guilderland CSD are permitted to enroll in most Continuing Education classes at a **50% discount**. Senior citizens should X the "YES" box next to "Senior Citizen" on the registration form. Senior citizens WILL be required to pay the regular registration fee for courses if the fees are needed to maintain self sufficiency.

QUESTIONS?

Call the Continuing Education Office at **518-720-3573** or visit us at www.guilderlandschools.org/academics/continuing-education/



BEGINNER TO INTERMEDIATE GUITAR AND UKULELE “LEARN A SONG”

Ages 10 and up. 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

What to bring: Acoustic guitar, guitar pick if you like, clip-on headstock tuner, and a pen.

Room: GHS Choir Room **Limit:** 30
Instructor: Don Warren of Warren Lessons
Dates: MONDAYS 06/03/2024—06/24/2024
Time: 7:00pm-8:00pm **Sessions:** 4
Fee: R \$42 RS \$42 NR \$47 RS \$47

BIRDING IN SPRING: AN INTRODUCTION

Spring is a great time to look for birds in the Capital Region. But how do we identify these birds, and where do we find them? In this one-night introductory workshop we will discuss identification techniques, binoculars, field guides, apps, and places to go “birding” in the region. Come and get a head start on this fun and popular hobby!

Room: GHS Room 607 **Limit:** 12
Instructor: Scott Stoner
Dates: TUESDAY 05/21/2024
Time: 6:30pm—8:30pm **Sessions:** 1
Fee: R \$32 RS \$32 NR \$37 NRS \$37



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NRS = Non Resident Senior

CHINESE BASIC CONVERSATION

Join this easy, fun, and interactive class to learn how to quickly communicate in Mandarin. The class will teach you daily life words and phrases to get started in this language.

Room: Virtual **Limit:** 25
Instructor: Maria Chou
Dates: MONDAYS 05/06/2024—06/24/2024
Time: 5:30PM-6:30PM **Sessions:** 7
Fee: R \$57 RS \$29.50 NR \$62 NRS \$32

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. The instructor will provide all supplies and each week participants will take home the cupcakes that they decorated. Your instructor Tara Connors started Bash Parties in 2013, which hosts in-home activity based events, including a cupcake decorating themed party.

Please bring a \$30 materials fee to the first class.

Room: GHS Large Café **Limit:** 15
Instructor: Tara Connors, Bash Parties
Dates: THURSDAYS 05/09/2024 & 05/16/2024
Time: 6:30pm-8:00pm **Sessions:** 2
Fee: R \$42 RS \$42 NR\$47 NRS \$47

ESSETRICS® STRETCH AND 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, ESSETRICS® will make your entire body strong, flexible, and agile. This is a weight-free workout that consists of standing, floor work, and/or barre work. No special shoes required, this is a barefoot workout. **Please bring a mat. Optional: small cushion, and a band/strap (a towel will work if no band/cushion).**

Room: GHS Dance Studio **Limit:** 15
Instructor: Theresa Riley, Certified Essentrics®
Instructor Level 2
Dates: THURSDAYS 05/16/2024—06/27/2024
Time: 6:00pm—7:00pm **Sessions:** 7
Fee: R \$57 RS \$29.50 NR \$62 NRS \$32



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 601 **Limit: 25**
Instructor: Nick Stark
Dates: TUESDAY 05/14/2024
Time: 6:30pm-8:00pm **Sessions: 1**
Fee: R \$32 RS \$32 NR \$37 NRS \$37

GERMAN FOR TRAVEL

We will focus on learning how to speak basic helpful phrases in German. This course is interactive, with dialogues, games, and fun!

Room: GHS Room 603 **Limit: 16**
Instructor: Lisa Jiardini
Dates: TUESDAYS 05/07/2024 - 06/25/2024
Time: 6:00pm-8:00pm **Sessions: 8**
Fee: R \$77 RS \$39.50 NR \$82 NRS \$42

Clearing of Checks:

Checks are held until it is determined if the class will run. If a course is 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.

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 06/10/2024
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 06/17/2024
Time: 6:30pm-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

INTERMEDIATE, PART 2: SOFTWARE INTEGRATION & TROUBLESHOOTING TO ADVANCE YOUR PROFESSIONAL CAREER (virtual)

Get more in-depth ‘know how’ troubleshooting and tricks on apps like Excel, Word, Powerpoint, and Access to advance your skills and be more professionally efficient! Integrating diverse software apps, and troubleshooting techniques all in a one-day intermediate 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 05/16/2024
Time: 6:00pm-9:00pm (with breaks) **Sessions:** 1
Fee: R \$42 RS \$42 NR \$47 NRS \$47

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. Proficiency in the use of Microsoft Word and trading assignments with the class through email is a prerequisite.

Room: GHS Room 605 **Limit:** 6
Instructor: William Laremore
Dates: THURSDAYS 05/09/2024—06/27/2024
Time: 6:00pm-8:00pm **Sessions:** 8
Fee: R \$77 RS \$39.50 NR \$82 NRS \$42

ITALIANO UNO/1 FOR BEGINNERS

Basic grammar and conversation for 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 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, she was born, raised, and educated in Italy. The password to this class is DIVERTIMENTO.

Room: GHS Library Classroom **Limit:** 25
Instructor: Alessandra Gherlani Rastegar
Dates: TUESDAYS 05/07/2024—06/25/2024
Time: 6:00pm-8:00pm **Sessions:** 8
Fee: R \$77 RS \$39.50 NR \$82 NRS \$42

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 Library Classroom **Limit:** 15
Instructor: Alessandra Gherlani Rastegar
Dates: THURSDAY 05/09/2024—06/27/2024
Time: 6:00pm-8:00pm **Sessions:** 8
Fee: R \$77 RS \$39.50 NR \$82 NRS \$42

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.

MASTERING YOUR DSLR CAMERA - PART 2

This course is a continuation of DSLR Part 1 (offered separately), but would be suitable for anyone with requisite photography knowledge. As all digital photographs require post-processing, we begin with a guide to edit unprocessed RAW files, from start to finish, in Adobe Lightroom. This is followed by exploring advanced photography techniques using Adobe Photoshop (panorama, HDR, plus others). There will be an opportunity to share and learn from class photos. Classes will also be dedicated to setting up an in-class studio and learning about traditional lighting patterns. There will be a class at a remote location to practice night photography, including sunset and dusk.

Room: GHS Room 605 **Limit:** 25
Instructor: Lance Luther
Dates: TUESDAY 05/07/2024—06/25/2024
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 an 80 question practice exam which attempts to emulate the actual NYS mandatory exam.

Room: VIRTUAL **Limit:** 20
Instructor: Victor Bujanow, CIC, CNSA practicing Notary Public for over 25 years.
Dates: MONDAY MORNING 06/10/2024
Time: 9:30AM—1:30PM **Sessions:** 1
Fee: R \$42 RS \$42 NR \$47 NRS \$47

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 STUDIO **Limit:** 25
Instructor: Denise Chapman Duffina
Dates: MONDAYS 05/06/2024—06/24/2024
Time: 6:00pm-7:00pm **Sessions:** 7
Fee: R \$57 RS \$29.50 NR \$62 NRS \$32

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 you 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 people 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 Small Café **Limit:** 20
Instructor: Guilderland Police Department
Dates: TUES 5/7/2024, WED 5/8/2024 & TUES 5/14/2024
Time: 6:00PM—10:00PM **Sessions:** 3
Fee: R \$NC RS \$NC NR \$NC NRS \$NC

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

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 seven-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 603 **Limit:** 15
Instructor: Lynne Ronesi
Dates: MONDAYS 05/06/2024—06/24/2024
Time: 6:00pm-8:00pm **Sessions:** 7
Fee: R \$72 RS \$37 NR \$77 NRS \$39.50

SOCIAL BALLROOM BASICS: WEST COAST SWING AND AMERICAN TANGO

The goal of social ballroom dancing is to have fun. This course will introduce the basics of dancing a few simple patterns in West Coast Swing and American Tango. There will be an emphasis on posture and leading/following to build confidence and to lay groundwork for other ballroom dance styles.

Room: GHS Large Café **Limit:** 24
Instructor: Joe Sweeney
Dates: MONDAY 05/06/2024 - 06/24/2024
Time: 7:00pm-8:00pm **Sessions:** 7
Fee: R \$57 RS \$29.50 NR \$62 NRS \$32

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 607 **Limit:** 25
Instructor: Nick Stark
Dates: TUESDAY 06/25/2024
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 06/04/2024
Time: 6:30pm-8:00pm **Sessions:** 1
Fee: R \$32 RS \$32 NR \$37 NRS \$37

Class Confirmation

Visit:

www.guilderlandschools.org/academics/continuing-education/

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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: TUES/THURS 05/07/2024 - 06/27/2024, *No class on 05/14/2024 & 05/16/2024, makeup 05/20/2024, 05/22/2024*
Time: 7:30pm-9:00pm **Sessions:** 16
Fee: R \$92 RS \$92 NR \$97 NRS \$97

YOGA 4 ALL

It will be an honor & a privilege to share the many gifts of yoga asanas, creative mindful movement, with an invitation to relax and let go in this community class, as we building bridges of meaningful connections as we transition from one season, and blossom open to another. So, come one, come all, short or tall, big or small. This is an invitation for you all. To help you stand nice and tall, we'll probably find ourselves on all fours, maybe our legs up on a wall, we may even begin to crawl, pulse, arc, wave, and roll! It'll be a lighthearted way to de-stress, focus, and energize our body, mind and soul. All abilities are welcome from newbies to advanced yogis. I suggest that you wear comfortable clothing, bring whatever props you like, straps, bands, your own mat and perhaps a blanket to cover up during our relaxation time, and water so that you stay hydrated. Lastly, bring an open heart of gratitude, and an attitude of "I can!".

Room: Large Café **Limit:** 25
Instructor: Yogi Douglas Goodbee
Dates: TUES. 05/7/2024 - 06/25/2024 *except 5/21 & 5/28*
Time: 6:00PM—7:00PM **Sessions:** 6
Fee: R \$52 RS \$27 NR \$57 NRS \$29.50



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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:** 25
Instructor: Jessi Johnson
Dates: WEDNESDAY 05/08/2024—06/26/2024
Time: 6:30pm-7:30pm **Sessions:** 7
Fee: R \$57 RS \$29.50 NR \$62 NRS \$32



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! *NOTE: WES = Westmere Elementary School

Room: WES Back Gym **Limit:** 25
Instructor: Karla Jamie-Benitez
Dates: TUESDAYS 05/07/2024-06/25/2024
Time: 6:30pm-7:30pm **Sessions:** 8
Fee: R \$57 RS \$29.50 NR \$62 NRS \$32

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.

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: (Street), (City), NY (ZIP)

PHONE #: Email Address:

COURSE: WEEKNIGHT: \$ PAID: CHECK #:

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GUILDERLAND CENTRAL
SCHOOL DISTRICT

DIRECTOR OF
CONTINUING EDUCATION:

Jeff Gregory

8 School Road/ P.O. Box 18
Guilderland Center, NY 12085
(518) 720-3573

gregoryjeff@guilderlandschools.net

SUPERINTENDENT

Marie Wiles, Ph.D.

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Service.

Guilderland

Central School District

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



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Continuing Education

Summer Session: 2024

- Mail Registrations must be postmarked by April 26
- Register online April 15-April 26 at <https://guilderland.revtrak.net>
- Classes begin: May 6