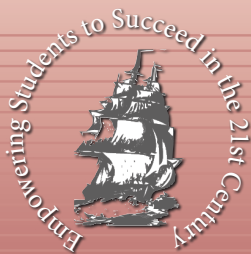




Guilderland

Central School District



Continuing Education

Fall Session: 2025

- Classes begin: September 15 (See back cover for registration deadlines)
- Register online August 18-29 at <https://guilderland.revtrak.net>



www.guilderlandschools.org/academics/continuing-education

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 AUGUST 29, 2025**):

Guilderland Central School District
Attn: Julie Adamec
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.guilerlandschools.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 will 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 may 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.guilerlandschools.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.guilerlandschools.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 (page 10) should be filled out and mailed to us with your 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 August 29, 2025 to be accepted *****

When Attending Class

Please Enter the Building Through the Main Entrance Center Driveway

CALENDAR

September

Mon	Tues	Wed	Thur	Fri
X	X	X	X	X
X	X	X	X	X
15	16	17	X	19
22	X	24	25	26
29	30	X	X	X

October

Mon	Tues	Wed	Thur	Fri
X	X	1	X	3
6	7	8	9	10
X	14	15	16	17
X	21	22	23	24
27	28	29	30	31

November

Mon	Tues	Wed	Thur	Fri
3	X	5	6	7
10	X	12	13	14
17	18	19	20	21
24	25	X	X	X

December

Mon	Tues	Wed	Thur	Fri
1	2	X	4	X
X	9	X	11	X
X	X	X	X	X
X	X	X	X	X
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.

12"X12" CHRISTMAS SAMPLER CLASS (Frame Included)

In this class you will be making a double page 12" x 12" Christmas scrapbook layout. Although photos are not necessary, feel free to bring a selection of photos that you would like to use. We will be using stamps, ink and specialty paper for this project. 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 Room 23 Limit: 10
Instructor: Joanne Mulligan
Dates: THURSDAY 11/13/2025
Time: 6:00pm—8:00pm Sessions: 1
Fee: R \$32 RS \$32 NR \$37 NRS \$37

12x12 SCRAPBOOK CLASS

In this class you will be making a double page 12" x 12" scrapbook layout. This will be a generic theme that you can customize with various stamps. Although photos are not necessary, feel free to bring a selection of photos that you would like to use. We will be using stamps, ink and specialty paper for this project. Please bring a pair of sharp scissors and adhesive to class. Suggested adhesives are craft glue, double sided tape or a tape runner, with all other supplies provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com.

Room: GHS Room 23 Limit: 10
Instructor: Joanne Mulligan
Dates: THURSDAY 10/23/2025
Time: 6:00pm—8:00pm Sessions: 1
Fee: R \$32 RS \$32 NR \$37 NRS \$37

BEGINNER SOCIAL BALLROOM

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

Room: GHS Large Café Limit: 24
Instructor: DJ Joe
Dates: TUESDAYS 9/16/2025—12/9/2025
Time: 7:00pm—8:00pm Sessions: 10
Fee: R \$67 RS \$34.50 NR \$72 NRS \$37

BIRDING YOUR BACKYARD: ATTRACTING & IDENTIFYING BIRDS CLOSE TO HOME

Are you new to feeding birds, or a veteran backyard birdwatcher looking for a few tips? Wondering what those birds are? Birds provide beauty, entertainment, and interest to our yards, and fall is a great time to start or upgrade our efforts to welcome them. This one-night class covers feeders, food, water, and shelter to best welcome birds to our yards, along with identification of common species.

Room: GHS Room 607 Limit: 14
Instructor: Scott Stoner
Dates: TUESDAY 9/30/2025
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 and fun fall cakes and cupcakes in this sweet course. Each week, we'll cover new topics like with how to fill and use a piping bag with decorating tips to using candy in unusual ways as decorations. We'll be making cupcakes in class, but all skills can be applied to cakes as well! Instructor will provide all supplies, including take home containers and each week participants will take home the cupcakes that they decorated. About 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 \$35 materials fee to first class

Room: GHS Large Café Limit: 15
Instructor: Tara Allen of Bash Parties
Dates: WEDNESDAY 10/8/2025 & 10/15/2025
Time: 6:30pm—8:00pm Sessions: 2
Fee: R \$42 RS \$42 NR \$47 NRS \$47

CHRISTMAS CARD CLASS

Your friends and family will love receiving beautiful Christmas cards handmade by you! In this class you will be creating four Christmas cards using rubber stamp images, inks, and specialty paper. Please bring a pair of sharp scissors and adhesive to class. Suggested adhesives are craft glue, double sided tape or a tape runner, with all other supplies provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com

Room: GHS Room 23 Limit: 10
Instructor: Joanne Mulligan
Dates: THURSDAY 10/30/2025
Time: 6:00pm-8:00pm Sessions: 1
Fee: R \$32 RS \$32 NR \$37 NRS \$37

R = Resident

RS = Resident Senior

NR = Non Resident

NRS = Non Resident Senior

CHRISTMAS CARD CLASS— ADVANCED

In this class you will be making Christmas cards using advanced techniques such as thermal embossing and fancy folds. Due to the complexity of the cards, we will only be making three cards. Please bring a pair of sharp scissors and adhesive to class. Suggested adhesives are craft glue, double sided tape or a tape runner, with all other supplies provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com

Room: GHS Room 23 **Limit:** 10
Instructor: Joanne Mulligan
Dates: THURSDAY 11/6/2025
Time: 6:00pm-8:00pm **Sessions:** 1
Fee: R \$32 RS \$32 NR \$37 NRS \$37

CREATIVE WRITING PROSE FICTION WORKSHOP

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:** 10
Instructor: William Laremore
Dates: THURSDAYS 11/6/2025-12/11/2025
Time: 6:00pm-8:00pm **Sessions:** 5
Fee: R \$67 RS \$34.50 NR \$72 NRS \$37



DOCUMENTING CARE AT HOME

A course based on a system of documentation which was developed while taking care of my friend who had been diagnosed with cancer of the jaw. A series of documents including forms and logs which assist the patient and/or caregiver in documenting daily care, tracking appointments, tests, procedures, surgeries and other very important information in order to be an active and informed participant in the care and treatments being given. There will be a \$25.00 **Materials Fee** for course.

Room: GHS Room 607 **Limit:** 20
Instructor: Valerie Falzo
Dates: WEDNESDAY 9/17/2025 & 9/24/2025
Time: 6:00pm-7:30pm **Sessions:** 2
Fee: R \$42 RS \$42 NR \$47 NRS \$47

R = Resident

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NRS = Non Resident Senior

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.

Room: GHS Room 23 **Limit:** 10
Instructor: Joanne Mulligan
Dates: THURSDAY 10/16/2025
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 Room 603 **Limit:** 25
Instructor: Nick Stark
Dates: THURSDAY 11/13/2025
Time: 6:15pm-7:45pm **Sessions:** 1
Fee: R \$32 RS \$32 NR \$37 NRS \$37

GERMAN FOR EVERYONE

This course is for anyone who wants to learn or relearn basic German conversation in a fun and laid-back setting.

Room: GHS Room 603 **Limit:** 16
Instructor: Lisa Jiardini
Dates: TUESDAYS 9/16/2025—12/9/2025
Time: 6:00pm-8:00pm **Sessions:** 10
Fee: R \$87 RS \$44.50 NR \$92 NRS \$47

GREETING CARD CLASS

In this class you will create four cards suitable for several occasions such as Sympathy, Thank You, Thinking of You and Get Well. Please bring a pair of sharp scissors and adhesive to class. Suggested adhesives are craft glue, double sided tape or a tape runner, with all other supplies provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com

Room: GHS Room 23 **Limit:** 10
Instructor: Joanne Mulligan
Dates: THURSDAY 10/9/2025
Time: 6:00pm-8:00pm **Sessions:** 1
Fee: R \$32 RS \$32 NR \$37 NRS \$37

GUITAR & UKULELE - LEARN a SONG!

Who it's for? Adults aged 18–80 who've always wanted to learn music but might think:

- “I’m too old.”
- “I’ve had bad past lesson experiences.”
- “I’m insecure and afraid to join.”
- “I don’t have any musical ability.”

If any of that sounds familiar, this class is especially for you. You’ll be welcomed into a safe, supportive environment where you’ll feel capable and encouraged, no matter where you’re starting from.

What You’ll Learn: Beginners: Discover the joy of music as you learn essential chords, techniques, and rhythms. By the end of the course, you’ll be playing a full song with the group and sharing the joy of music!

Novice - Intermediate: Elevate your skills with creative techniques and a deeper understanding of the guitar. You’ll finish the course with the ability to add your own flair to our final group performance.

No Instrument? No Problem

“I never knew learning guitar could be so enjoyable!” -Jean A

Prior to Class: You will receive an email giving you a head start on knowing how to tune the guitar, along with other useful tips. **What to Bring:** Your guitar, a pick (if you prefer), a tuner, and a pen. Missing something? Let us know, and we’ll help you out.

“I’ve met people and made new friends. That isn’t easy at my age.” – Taylor F

Room: GHS Choir RoomLimit: 30

Instructor: Don Warren

Dates: MONDAYS 9/15/2025-10/6/2025

Time: 7:00pm-8:00pmSessions: 4

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



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 607Limit: 25

Instructor: Mike Stanton

Dates: MONDAY 12/1/2025

Time: 6:15pm-7:45pmSessions: 1

Fee: R \$32RS \$32NR \$37NRS \$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 607Limit: 25

Instructor: Mike Stanton

Dates: TUESDAY 12/9/2025

Time: 6:15pm-7:45pmSessions: 1

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

HIGH LOW

Experience a modern twist on low-impact aerobics in a non-stop, action-packed mix of cardio and toning tracks that will take your fitness to the next level. This no-equipment format uses simple, set choreography to create an effective steady-state cardio workout. LOW is easy to follow and a total blast. Adaptable to all levels of fitness, you can go low, but you will always leave feeling HIGH!

Room: GHS Dance StudioLimit: 30

Instructor: Sue Horan

Dates: WEDNESDAYS 9/17/2025-11/19/2025

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

ITALIANO UNO / 1 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 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, and she was born, raised, and educated in Italy.

The password to this class is DIVERTIMENTO.

Room: GHS Library ClassLimit: 25

Instructor: Alessandra Gherlani Rastegar

Dates: TUESDAYS 9/16/2025—12/9/2025

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

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

ITALIANO DUE / 2 INTERMEDIATE

Dove eravamo rimasti? The adventure of learning Italian continues here. Your teacher is ACTFL certified and was born, raised, and educated in Italy.

I look forward to meeting our "vecchi amici" and am always excited to meet "nuovi amici". La nostra parola d'ordine e' sempre DIVERTIMENTO!

Room: GHS Library ClassLimit: 15

Instructor: Alessandra Gherlani Rastegar

Dates: WEDNESDAYS 9/17/2025—11/19/2025

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

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

Class Confirmations

Visit:

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



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.

MASTERING YOUR DSLR CAMERA - PART 1

Stop using auto mode and get the most out of your DSLR or mirrorless camera! This course is for photographers with little or no experience with today's digital cameras. We start with the basics and explore how, when and where to change the settings on your camera. You will receive tips on composition and talk about what makes a great photograph. Become a master of the Exposure Triangle and learn how to stop action, capture motion, and purposefully create crisp or blurred backgrounds in your photographs (shutter speed, aperture). Discover the possibilities of your camera, including how to shoot fireworks! Basic flash photography is also covered. Be prepared and bring your questions to class!!

Room: GHS Room 605Limit: 25

Instructor: Lance Luther

Dates: TUESDAYS 9/16/2025—11/25/2025

Time: 6:30pm-9:00pmSessions: 8

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



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: VIRTUALLimit: 20

Instructor: Victor Bujanow, CIC, CNSA
(Practicing Notary Public for over 25 years)

Dates: THURSDAY 10/23/2025

Time: 5:30pm—9:30pmSessions: 1

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

RAISE THE BARRE

Barre is a class that has small movements and is low impact. We work standing, sitting, on our back, and using a (barre) chair—if possible. We work out every muscle group. It's a deliberate class where you move your body in repetitive movements to burn out the small muscles. **Yoga mat needed, bring water as well.**

Room: Westmere Elementary Back Gym **Limit:** 30

Instructor: Jessica Peck

Dates: WEDNESDAYS 9/17/2025—11/19/2025

Time: 5:30pm-6:30pm **Sessions:** 10

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

RETIRING WITH CLARITY

Retirement is a major transition, and it's natural to have questions. This session is about helping you see the bigger picture and feel confident about your next steps. We'll talk about creating reliable income from your savings, how to avoid common tax pitfalls, and other key factors to keep on your radar. ******This is one class that offers two date options.******

Room: GHS Room 601 **Limit:** 20

Instructor: Brody Yates

Dates: TUESDAY 9/30/2025 OR 11/18/2025

Time: 6:00pm—7:00pm **Sessions:** 1

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

REVERSE MORTGAGES

Joanne Russell brings over 30 years of industry experience and personalized service to her clients. As the owner of The Mortgage Place, Inc., she works directly with clients from the initial consultation through to closing. Joanne prioritizes her clients' best interests and is dedicated to providing expert advice and exceptional service. She is especially passionate about educating others and delivering trusted guidance and high-quality mortgage solutions.

This course provides a comprehensive overview of reverse mortgages, a unique financial option available to homeowners aged 62 and older. Learn how reverse mortgages allow you to convert a portion of your home equity into tax-free cash—without selling your home or making monthly mortgage payments. Explore how this powerful tool can support retirement planning, provide financial flexibility, and help you maintain independence while staying in your home.

******This is one class that offers two date options.******

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

Instructor: Joanne Russell

Dates: THURSDAY 9/25/2025 OR 12/4/2025

Time: 5:30pm—6:30pm **Sessions:** 1

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

SCOTTISH COUNTRY DANCING 101

Introductory Scottish Country Dance course for beginners with no prior dance experience.

Goal: Teach basic footwork, formations, and easy Scottish Country and Ceilidh dances.

Enjoy Scottish culture, history, and music? Looking to unplug and reconnect with a community? Forget about your stressful day while engaging your mind and body? Try Scottish Country Dancing! Social dancing made popular in 18th century Scotland (the days of Outlander!) and still thriving today, Scottish Country Dancing is a great way to meet new people (we change partners for every dance), get moving, keep your brain active, and have fun! You'll learn steps and formation put together into dances. A beginner level class with neither experience, nor kilt, nor partner required – everyone is welcome. Soft-soled shoes (jazz, ballet, ghillies) recommended, but not required to join in. Bethany Wright is a Scottish Country Dance teacher with training in Scotland and Canada. (2 hr class with a break for a wee chat, tea, and snack)

Room: Dance Studio **Limit:** 24

Instructor: Bethany Wright

Dates: MONDAYS 9/15/2025 - 11/17/2025

Time: 7:00pm—9:00pm **Sessions:** 8

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

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 607 **Limit:** 25

Instructor: Jeff Jones

Dates: MONDAY 11/10/2025

Time: 6:15pm—7:45pm **Sessions:** 1

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

**Class Confirmation**

Visit:

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

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NRS = Non Resident Senior

SPANISH FOR BEGINNERS, PART II

During this 10-week course, students will build on grammatical structure, acquire listening comprehension and pronunciation, and apply vocabulary of the Spanish language, while immersing in different Latin American cultural components. Prerequisite for this course: Spanish for Beginners I or College Level Spanish 100.

Room: VIRTUAL **Limit:** 20
Instructor: Carmen Nieves
Dates: THURSDAYS 9/18/2025 - 11/20/2025
Time: 6:00pm—8:00pm **Sessions:** 10
Fee: R \$87 RS \$44.50 NR \$92 NRS \$47

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 607 **Limit:** 25
Instructor: Reese Hughes
Dates: TUESDAY 11/18/2025
Time: 6:15pm—7:45pm **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
 (Sean is a member of NSCA and ISSA)
Dates: TUES & THURS 9/16/2025—12/11/2025
No Class on 10/21/2025
Time: 7:30pm-9:00pm **Sessions:** 19
Fee: R \$97 RS \$97 NR \$102 NRS \$102

ZUMBA

A mix of high and low-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, all while incorporating salsa, merengue, reggaeton and other dance styles!! So get ready to have a BLAST while dancing your bootie off!!

What to Bring: Water and comfy sneakers.

YOU WILL SWEAT!!

Room: GHS Dance Studio **Limit:** 30
Instructor: Jessi Johnson
Dates: TUES & THURS 9/25/2025—12/11/2025
Time: 6:30pm-7:30pm **Sessions:** 19
Fee: R \$87 RS \$44.50 NR \$92 NRS \$47



ZUMBA - “DITCH THE WORKOUT, JOIN THE PARTY”

Zumba is the most popular workout in the fitness world today! You have undoubtedly been hearing about Zumba around town, and in the media. It's time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. 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: Westmere Elementary Back Gym **Limit:** 50
Instructor: Karla Jamie-Benitez
Dates: TUESDAYS 9/16/2025-12/9/2025
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: GCSD, Continuing Education
Attn: Julie Adamec
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 #:** _____

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**

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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 #:** _____

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: GCSD, Continuing Education
Attn: Julie Adamec
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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GUILDERLAND CENTRAL
SCHOOL DISTRICT

DIRECTOR OF
CONTINUING EDUCATION:

Jeff Gregory

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Guilderland Center, NY 12085
(518) 720-3573

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SUPERINTENDENT

Daniel Mayberry

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

Guilderland

Central School District

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Continuing Education

Fall Session: 2025

- Mail Registrations must be postmarked by August 29
- Register online August 18-29 at <https://guilderland.revtrak.net>
- Classes begin: September 15