



Guilderland

Central School District



Continuing Education

Summer Session: 2026

- Classes begin: May 11 (See back cover for registration deadlines)
- Register online April 20-May 1 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 18 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 MAY 1, 2026**):

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.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/

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 at your local library.

**Registrations MUST be postmarked by
May 1, 2026 to be accepted**

**When Attending Class Please Enter the Building Through
the Main Entrance Center Driveway**

CALENDAR

May

Mon	Tues	Wed	Thur	Fri
X	X	X	X	X
X	X	X	X	X
11	12	13	14	15
18	19	20	21	X
X	26	27	28	29

June

Mon	Tues	Wed	Thur	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	X
22	23	24	25	26
29	30	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.

ACRYLIC COLOR COURSE

Introduction to techniques and application, learning different basic acrylic painting techniques, such as flat wash, blending, dry brush, and layering. Participants will understand how to use these techniques, when to apply them, and where they are used in a painting like sky, land, trees, and textures. Practice exercises will be included to build confidence. By the end of the session, participants will create one simple landscape.

Session 1: The first day focuses on learning different basic acrylic painting techniques.

Session 2: Participants will focus on composition, color balance, and smooth blending to achieve depth and harmony in the painting.

Session 3: Introduces a new landscape with a different theme or mood. Participants will explore new color combinations, textures, and elements.

Session 4: Participants will combine all techniques learned throughout the course. **COURSE MATERIAL FEE: \$20.00**

Room: GHS Room 23 **Limit:** 15
Instructor: Shweta Shubha
Dates: TUESDAY 6/9/2026-6/30/2026
Time: 5:30pm—7:30pm **Sessions:** 4
Fee: R \$57 RS \$29.50 NR \$62 RS \$32

**BEGINNER GUITAR OR UKULELE:
 PLAY YOUR FIRST SONGS IN 4 WEEKS**

Always wished you could play guitar or ukulele but never knew where to start? In this relaxed four-week class, you'll learn a handful of simple chords, easy strumming patterns, and begin playing recognizable songs together with the group. No musical experience is required. This class is designed especially for adults who are completely new, or who may have tried years ago and want to start again in a supportive, low-pressure environment.

Instructor Don Warren, founder of Warren Music Academy, has decades of experience helping beginners quickly feel comfortable and make real progress.

Room: GHS Choir Room **Limit:** 30
Instructor: Don Warren of Warren Lessons
Dates: MONDAY 6/1/2026-6/22/2026
Time: 7:00pm—8:00pm **Sessions:** 4
Fee: R \$42 RS \$42 NR \$47 RS \$47



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

CHARCUTERIE BOARD WORKSHOP

Create a stunning charcuterie board in this hands-on workshop! Learn how to select and style cheeses, meats, fruits, and accompaniments for beautiful presentation and flavor balance. Perfect for entertaining or gifting. All materials are provided, just bring your creativity and appetite!

Room: GHS Large Café **Limit:** 15
Instructor: Gunish Gujral of Graze Praise
Dates: FRIDAY 5/15/2026
Time: 6:00pm—8:00pm **Sessions:** 1
Fee: R \$32 RS \$32 NR \$37 RS \$37



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

When Attending Class

Please Enter the Building Through the Main Entrance Center Driveway



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.

GERMAN CONVERSATIONS

If you want to freshen up your German skills, join us for a fun evening of dialogs, games, and everyday German phrases. Not for absolute beginners.

Room: GHS Room 603 **Limit:** 15
Instructor: Lisa Jiardini
Dates: TUESDAYS 5/12/2026 –6/30/2026
Time: 6:00 p.m.— 8:00 p.m. **Sessions:** 8
Fee: R \$77 RS \$39.50 NR \$82 NRS \$42

GET PAID TO TALK: AND INTRODUCTION TO VOICE OVER

Today, voice over is used across industries including advertising, audiobooks, corporate narration, animation, gaming, e-learning, and more. Join us and learn how voice actors are selected for projects, what skills are required to begin developing voice over ability, and common misconceptions about entering the field. During this fun and informative single-evening class, you'll go behind the scenes of the voice over industry with a professional who's clients include Netflix, Nickelodeon, HBO, Nintendo, and numerous others to learn how professional voice actors develop their skills and find opportunities in the field. You'll also hear examples of professional voice over demos and have the opportunity to read a short sample script with instructor guidance. This class offers a realistic and engaging introduction for anyone curious about voice acting. No prior experience is required.

Room: GHS Room 603 **Limit:** 20
Instructor: Anna Bourgeois
Dates: MONDAY 6/15/2026
Time: 6:30pm—9:00pm **Sessions:** 1
Fee: R \$37 RS \$37 NR \$42 NRS \$42

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HEALTHCARE 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 Income Related Monthly Adjusted Amount (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:** 20
Instructor: Michael Stanton
Dates: MONDAY 5/18/2026
Time: 6:15pm—7:45pm **Sessions:** 1
Fee: R \$32 RS \$32 NR \$37 NRS \$37



HEALTHCARE 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:** 20
Instructor: Michael Stanton
Dates: THURSDAY 5/28/2026
Time: 6:15pm—7:45pm **Sessions:** 1
Fee: R \$32 RS \$32 NR \$37 NRS \$37

Instructors Wanted

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Class Confirmations

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INTRODUCTION TO CHUNKY BLANKET MAKING

In this class you will learn the technique of making your own 30x50 inch chunky knit blanket. You will learn how to cast on, knit, connect skeins of yarn together and how to cast off.

Supplies Needed to BRING to class: 5 skeins of #7 CHUNKY KNIT YARN available at Hobby Lobby, Yarn Bee Eternal Bliss (brand is on sale 30% off every other week or, Michael's Bernat brand, also on sale every other week BOGO. Please bring your own scissors and your enthusiasm to learn! **There is a \$45.00 charge for class learning materials**

Room: GHS Large Café **Limit:** 10
Instructor: Lisa Miccio
Dates: MONDAY 5/11/2026—6/29/2026
Time: 5:30pm—8:30pm **Sessions:** 7
Fee: R \$92 RS \$92 NR \$97 NRS \$97

INTRODUCTION TO TAROT CARDS

Come learn the basics of tarot! Tarot is a tool for personal discovery and creative problem solving through the use of symbols and stories. This workshop is for you if you have never touched a tarot deck but want to start, or if you have begun studying but feel overwhelmed by how much there seems to be to learn, or if you have been using tarot for a while but feel stuck with your progress.

We will cover the origins of tarot, how to choose and care for a deck, the underlying framework of the cards, the types of symbolism used on the cards, some basic spreads, and a few easy ways to interpret the cards that don't require memorizing! If you own a tarot deck, please bring it to class. The recommended deck is a Rider-Waite based deck.

Room: GHS Room 603 **Limit:** 20
Instructor: Erin Sheehan
Dates: THURSDAY 6/11/2026
Time: 6:30pm—8:00pm **Sessions:** 1
Fee: R \$32 RS \$32 NR \$37 NRS \$37



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 Classroom **Limit:** 25
Instructor: Alessandra Gherlani Rastegar
Dates: TUESDAY 5/12/2026—6/30/2026
Time: 6:00pm—8:00pm **Sessions:** 8
Fee: R \$77 RS \$39.50 NR \$82 NRS \$42

MASTERING YOUR DIGITAL CAMERA—PART 3

At long last, the final chapter in the Digital Camera trilogy. Part 1 was a beginner class to build a foundation. Part 2 primarily involved post-processing of photos. Part 3 will explore "advanced" photography and the use of the camera each week in either the classroom or a remote location. Topics will include nature/wildlife, landscapes, sunsets, astrophotography, macrophotography and long exposures - plus much more! Every situation is different, with its own set of unique challenges, and we will discuss how to apply the "photography factors" to capture the desired image. Photography is a learning process and the ultimate goal is to: "Think like a photographer!"

Room: GHS Room 605 **Limit:** 25
Instructor: Lance Luther
Dates: TUESDAY 5/12/2026—6/30/2026
Time: 6:30pm—9:00pm **Sessions:** 8
Fee: R \$87 RS \$44.50 NR \$92 NRS \$47



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NOTARY PUBLIC EXAM PREP 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: WEDNESDAY 6/10/2026
Time: 9:30am—1:30pm **Sessions: 1**
Fee: R \$42 RS \$42 NR \$47 NRS \$47



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Clearing of Checks:
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Registration Forms:
Each registration must be for **ONE** person for one course with **ONE** check for that specific course.

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. (This is a no fee, 3-day class).

Room: GHS Small Café **Limit: 20**
Instructor: Patricia Stallmer, Guilderland Police Department
Dates: MONDAY 5/11/2026, TUESDAY 5/12/2026, & TUESDAY 5/19/2026
Time: 5:30 p.m.—9:00 p.m. **Sessions: 3**
Fee: R \$NC RS \$NC NR \$NC NRS \$NC

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



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to be accepted.

RAISE THE BARRE

Work every muscle group in this low impact vinyasa-style class where we work both on and off the mat using deliberate movements. Bring your yoga mat and water.

Room: Westmere (WES) Small Gym Limit: 30
 Instructor: Jessica Peck
 Dates: WEDNESDAYS 5/13/2026—6/24/2026
 Time: 5:30p.m.—6:30pm 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 Room 607 Limit: 20
 Instructor: Jeff Jones
 Dates: MONDAY 5/11/2026
 Time: 6:15pm—7:45pm Sessions: 1
 Fee: R \$32 RS \$32 NR \$37 NRS \$37



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518-720-3573

Class Confirmation

Visit:

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

SPANISH FOR BEGINNERS (VIRTUAL)

During this 7-week course, students will learn vocabulary and grammatical structures, listening comprehension, pronunciation, cultural immersion of the Spanish language. The course will be delivered through a communicative approach and active participation.

Room: VIRTUAL Limit: 20
 Instructor: Carmen Eugenia Nieves
 Dates: THURSDAY 5/14/2026—6/25/2026
 Time: 6:00pm—8:00pm Sessions: 7
 Fee: R \$72 RS \$37 NR \$77 NRS \$39.50

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: 20
 Instructor: Nick Stark
 Dates: THURSDAY, 5/21/2026
 Time: 6:15pm—7:45pm Sessions: 1
 Fee: R \$32 RS \$32 NR \$37 NRS \$37



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When Attending Class
Please Enter the Building Through the Main Entrance Center Driveway

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 5/12/2026—6/30/2026
FIRST WEEK CLASS DATES ADDED:
 5/11/2026 & 5/15/2026
NO CLASS: 5/19/26—5/21/2026
Time: 7:30pm—9:00pm **Sessions:** 15
Fee: R \$92 RS \$92 NR \$97 NRS \$97



THE ART OF EFFORTLESS TRAVELING

Planning your next vacation doesn't have to feel overwhelming. This two-session series is designed to help you explore two of the most popular travel styles—Disney destinations and all-inclusive resorts—in a clear, approachable way. We'll walk you through what to expect, how to choose the right fit for your family or travel style, and insider tips to make the most of your experience.

Room: GHS Room 607 **Limit:** 20
Instructor: Jennifer Price
Dates: TUESDAY 6/9/2026 & 6/23/26
Time: 6:00pm—7:30pm **Sessions:** 2
Fee: R \$42 RS \$42 NR \$47 NRS \$47



WATER COLOR COURSE

In this four day watercolor course participants will understand essential techniques and apply them in creating beautiful landscapes with confidence.

Session 1

The first day focuses on learning basic watercolor techniques such as flat wash, wet on wet, wet on dry, and simple blending.

Session 2

Participants will create a complete landscape by applying the techniques learned. The focus will be on smooth washes, color blending, and basic composition to achieve a balanced and soft watercolor effect.

Session 3

The third day introduces a new landscape with a different theme. Participants will explore textures, light effects, and layering techniques while painting elements such as trees, mountains, or water.

Session 4

On the final day, participants will create another unique landscape, combining all techniques learned. The focus will be on depth, composition, and finishing details to complete a more refined and expressive watercolor painting.

(COURSE MATERIAL FEE: \$15.00)

Room: GHS Room 23 **Limit:** 15
Instructor: Shweta Shubha
TUESDAY 5/12/2026—6/2/26
Time: 5:30pm—7:30pm **Sessions:** 4
Fee: R \$57 RS \$29.50 NR \$62 NRS \$32

Clearing of Checks:
 Checks are held until it is determined if the class will run. If cancelled, your check will be returned. All other checks are deposited AFTER the first week of the new session.

Registration Forms:
 Each registration must be for **ONE** person for one course with **ONE** check for that specific course.

Class Confirmation:
 Visit
<https://www.guilderlandschools.org/academics/continuing-education/>

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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: (Street) (City) NY (ZIP)

PHONE #: Email Address:

COURSE: WEEKNIGHT: \$ PAID: CHECK #:

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COURSE: WEEKNIGHT: \$ PAID: CHECK #:

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

Daniel Mayberry

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Service.

Guilderland

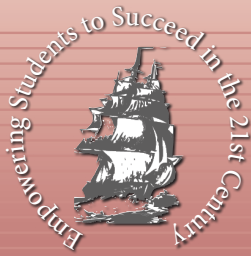
Central School District

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



POSTAL CUSTOMER

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- Register online April 20-May 1 at <https://guilderland.revtrak.net>
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