The North Colonie Central School District is proud to present its Spring 2017 Continuing Education Program. This program offers a diverse selection of courses that meet the many varied interests and needs of our community.

Registration is open to all residents of North Colonie Central School District who are 21 years of age or older. Town of Colonie senior citizens, age 60, or older may take some of our courses at the reduced rate of $10.00. However, senior citizens are responsible for materials fees. A Town of Colonie “Senior Citizen Courtesy Card” is required and may be obtained from the Town of Colonie Senior Citizen Center. If you are a senior citizen registering by mail, please enclose a copy of your card.

All classes are filled on a “first come, first serve” basis, with preference given to District residents. Non-residents will be accepted if space is available.

We retain our adult education instructors to teach a course in their area of expertise. In our opinion, all instructors are highly qualified and competent in their field. The instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.

So that we can quickly and accurately process your registration form, please:

☑ Provide ALL requested information (It is very important to include a phone number and your complete mailing address so that if a class is canceled or we need to mail information to you, we are able to do so promptly)

☑ Make checks payable to “NORTH COLONIE CENTRAL SCHOOL DISTRICT”.

☑ Write the name of the course(s) for which you are registering on your check.

☑ Mail check and registration form to:
  Mr. Edward E. Dopp
  North Colonie Continuing Education Office
  445 Watervliet-Shaker Road
  Latham, New York 12110

2017 SPRING SEMESTER CALENDAR

Mail Registration Ends:
Friday, February 3, 2017

Personal Registration
(SHS Main Entrance Lobby):
Monday, February 6, 2017 • 6:30–7:30 p.m.
Tuesday, February 7, 2017 • 6:30–7:30 p.m.

Classes Begin: Monday, February 27, 2017

FEBRUARY

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>TH</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>27</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

MARCH

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>TH</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
</tbody>
</table>

APRIL

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>TH</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
</tbody>
</table>

MAY

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>TH</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
</tbody>
</table>

Spring Mini-Session

= No Continuing Ed Classes
**ENJOY A DAY TRIP!**

**New York City Getaway!**

Enjoy a day in exciting New York City! You’ll have ample time to catch a matinee, shop, visit world class museums, or maybe explore Chinatown, the Botanical gardens or even the Zoo. NYC has something for everyone to enjoy! We provide transportation ONLY through Brown Bus Company, on a charter coach.

*Fee: $46.00  Date: Saturday, May 13th, 2017  Time: Depart Sand Creek Middle School 7:30 a.m.  Depart NYC 7 p.m.*

*Fee applies to all participants. Fee nonrefundable after April 13th. Anyone under 18 must be accompanied by an adult.*

---

**ACADEMICS**

**SAT REVIEW**

This class is offered in preparation for the May 6th SAT I exam. The class will address both the verbal and math sections of the Scholastic Assessment Test I (SAT I) and will review vocabulary, analogies, reading comprehension and math. Students will be exposed to test-taking strategies and will work on practice questions. Each session will consist of one hour each of English and math preparation. In order to maximize the benefits of these classes, students are expected to attend all sessions and complete weekly assignments. Class size is limited, so please enroll as early as possible. No refunds will be given after 3/6/17. After 3/6/17, a $20.00 late fee will be assessed.

*Fee: $32.00  Length: 4 Classes  Room: C-202  Time: 6:30 - 8:30 p.m.*

**BASIC SEWING MACHINE KNOW HOW**

Melinda Frazer-Landon

Learn how your machine works, basic maintenance, choosing needle sizes and other handy hints for using your machine. Questions are welcome. Bring your sewing machine, manual, needles, thread and a basic sewing kit (dressmaker scissors/snip scissors, pins, pin cushion, sewing gauge, measuring tape and seam ripper).

*Fee: $15.00  Length: 1 Class  Room: LaFollette Dining Room  Time: 6:00 - 8:00 p.m.*

**PAPER CRAFTS**

Jaimie Babarczy

Sending handwritten cards in the mail is becoming a lost art and there’s no better card than a homemade one. Learn how to make beautiful handmade cards and other 3D projects using rubber stamps and a variety of other tools. No experience needed. The majority of the projects will be prepped ahead of time for you and will be ready for assembly.

*Fee: $20.00  Length: 2 Classes  Room: LaFollette Dining Room  Time: 6:00 - 8:30 p.m.*

---

**ENGLISH FOR BEGINNERS**

Becki Hale

Registrants will learn the basic structure of English sentences and practice conversations for daily life. They will learn to ask and answer “yes and no” questions. Activities, exercises and games will be used in class. No textbooks are needed. Handouts will be given for each class.

*Fee: $48.00  Length: 10 Classes  Room: B-209  Time: 7:00 - 9:00 p.m.*

**ENGLISH FOR INTERMEDIATES**

Becki Hale

Registrants will learn the vocabulary to make more complicated sentences. They will also learn communicative English and idioms. Activities, exercises and games will be used in class. No textbooks are needed. Handouts will be given for each class.

*Fee: $48.00  Length: 10 Classes  Room: B-209  Time: 7:00 - 9:00 p.m.*

**SEW A SIMPLE TOTE BAG**

Melinda Frazer-Landon

Make a tote bag with contrasting fabrics for a stylish carryall. Along with your sewing machine and basic sewing kit, you will need: Simplicity pattern 8080 or similar, 5/8 cotton material, 1 ¼ contrast material, 1 5/8 yard ¾ inch elastic, matching thread. (Sew in a zipper, and knit an i-cord with or without bead for the handle.)

*Fee: $60.00  Length: 10 Classes  Room: C-212  Time: 6:30 - 8:30 p.m.*

**SEW SIMPLE LOUNGING/PJ PANTS**

Melinda Frazer-Landon

Sew for yourself or as a gift for someone else, a pair of lounging pants or use as sleepwear. Along with your sewing machine and basic sewing kit, you will need: Any weight yarn and appropriate size needles can be used. This class is not for beginners. Participants will need to know how to knit, purl, read charts, cast on and bind off, and sew by hand. Bring in an in-progress project to the first session.

*Fee: $60.00  Length: 10 Classes  Room: C-212  Time: 6:30 - 8:30 p.m.*

---

**SEW SIMPLE LOUNGING/PJ PANTS**

Melinda Frazer-Landon

Sew for yourself or as a gift for someone else, a pair of lounging pants or use as sleepwear. Along with your sewing machine and basic sewing kit, you will need: Any weight yarn and appropriate size needles can be used. This class is not for beginners. Participants will need to know how to knit, purl, read charts, cast on and bind off, and sew by hand. Bring in an in-progress project to the first session.

*Fee: $60.00  Length: 10 Classes  Room: C-212  Time: 6:30 - 8:30 p.m.*

**SEW SIMPLE TOTE BAG**

Melinda Frazer-Landon

Make a tote bag with contrasting fabrics for a stylish carryall. Along with your sewing machine and basic sewing kit, you will need: Any weight yarn and appropriate size needles can be used. This class is not for beginners. Participants will need to know how to knit, purl, read charts, cast on and bind off, and sew by hand. Bring in an in-progress project to the first session.

*Fee: $60.00  Length: 10 Classes  Room: C-212  Time: 6:30 - 8:30 p.m.*

**INTERMEDIATE KNITTING**

Anne Sadlemire

Knitting, using cables, gives elegance and texture to finished pieces. We will continue our colorwork journey using a mosaic or slip stitch pattern. Once we have chosen a pattern, we will design and knit a pouch/clutch/wristlet and block it, line it with fabric, sew in a zipper, and knit an i-cord with or without bead for the handle. All tasks completed by hand. Any weight yarn and appropriate size needles can be used. This class is not for beginners. Participants will need to know how to knit, purl, read charts, cast on and bind off, and sew by hand. Bring in an in-progress project to the first session.

*Fee: $60.00  Length: 10 Classes  Room: C-212  Time: 6:30 - 8:30 p.m.*

**CROCHET BOOTIES**

April Mead

Come and learn how to create crochet booties. Prior crochet knowledge required (chain, slip stitch, double crochet, working in the round). Please bring some 4-ply yarn and a crochet hook (size H or I).

*Fee: $20.00  Length: 2 Classes  Room: C-212  Time: 6:30 - 8:00 p.m.*

**CROCHET MITTENS**

April Mead

Come and learn how to create crochet mittens. Prior crochet knowledge required (chain, slip stitch, double crochet, working in the round). Please bring some 4-ply yarn and a crochet hook (size H or I).

*Fee: $20.00  Length: 2 Classes  Room: C-212  Time: 6:30 - 8:00 p.m.*

---

**SEW SIMPLE LOUNGING/PJ PANTS**

Melinda Frazer-Landon

Sew for yourself or as a gift for someone else, a pair of lounging pants or use as sleepwear. Along with your sewing machine and basic sewing kit, you will need: Any weight yarn and appropriate size needles can be used. This class is not for beginners. Participants will need to know how to knit, purl, read charts, cast on and bind off, and sew by hand. Bring in an in-progress project to the first session.

*Fee: $60.00  Length: 10 Classes  Room: C-212  Time: 6:30 - 8:30 p.m.*

**SEW SIMPLE TOTE BAG**

Melinda Frazer-Landon

Make a tote bag with contrasting fabrics for a stylish carryall. Along with your sewing machine and basic sewing kit, you will need: Any weight yarn and appropriate size needles can be used. This class is not for beginners. Participants will need to know how to knit, purl, read charts, cast on and bind off, and sew by hand. Bring in an in-progress project to the first session.

*Fee: $60.00  Length: 10 Classes  Room: C-212  Time: 6:30 - 8:30 p.m.*

**INTERMEDIATE KNITTING**

Anne Sadlemire

Knitting, using cables, gives elegance and texture to finished pieces. We will continue our colorwork journey using a mosaic or slip stitch pattern. Once we have chosen a pattern, we will design and knit a pouch/clutch/wristlet and block it, line it with fabric, sew in a zipper, and knit an i-cord with or without bead for the handle. All tasks completed by hand. Any weight yarn and appropriate size needles can be used. This class is not for beginners. Participants will need to know how to knit, purl, read charts, cast on and bind off, and sew by hand. Bring in an in-progress project to the first session.

*Fee: $60.00  Length: 10 Classes  Room: C-212  Time: 6:30 - 8:30 p.m.*

**CROCHET BOOTIES**

April Mead

Come and learn how to create crochet booties. Prior crochet knowledge required (chain, slip stitch, double crochet, working in the round). Please bring some 4-ply yarn and a crochet hook (size H or I).

*Fee: $20.00  Length: 2 Classes  Room: C-212  Time: 6:30 - 8:00 p.m.*

**CROCHET MITTENS**

April Mead

Come and learn how to create crochet mittens. Prior crochet knowledge required (chain, slip stitch, double crochet, working in the round). Please bring some 4-ply yarn and a crochet hook (size H or I).

*Fee: $20.00  Length: 2 Classes  Room: C-212  Time: 6:30 - 8:00 p.m.*
CROCHET FOR THE HOME
April Mead
Come and learn how to create crochet projects for your home. Options may include pillow covers, washcloths, doilies, etc. Prior crochet knowledge required (chain, slip stitch, double crochet, working in the round). Please bring some 4-ply cotton yarn and a crochet hook (size H or I).
Fee: $20.00
Room: C-212
Day/Date(s): Mon. 5/8 & Wed. 5/10
Class Limit of 10

MAXIMIZE YOUR SOCIAL SECURITY BENEFIT
Frank Finch - Halliday Financial Group
Attend our hands-on workshop and learn strategies to get the most money from your Social Security and other retirement sources. Learn how to plan for and maximize taxes and other costs during retirement, as well as how to wisely grow and protect your retirement income. This session will cover Social Security benefits, retirement planning, andMedicaid considerations, as well as avenues open in the future.
Fee: $14.00
Room: A-205
Day/Date(s): Wed. 4/12
*Senior Fee: $10.00*

REVERSE MORTGAGE- is it right for you?
Burt Farstein
This course will guide you through the relevant facts, dispel old myths and clarify misconceptions about the current reverse mortgage and more importantly, is it right for you and your personal situation. We will go through qualifications, types of mortgages available, different ways you can get tax free cash, impact on inheritance and heirs, as well as different ways a reverse mortgage can positively impact your life in matters of retirements planning, health-related services and improving your overall lifestyle.
Fee: $14.00
Room: A-205
Day/Date(s): Wed. 3/15
*Senior Fee: $10.00*

BUSINESS & FINANCE
PRE-RETIREMENT PLANNING
Adam Rakoczy - Halliday Financial Group
This educational seminar is geared to answering important pre-retirement questions for the baby-boomer generation and also to making sure they are asking the right questions. This course will discuss the primary shift in investment strategy from accumulation to preservation and distribution. Additional topics include: asset protection and control, required minimum distributions (RMDs), health care, and tax management of distributions and estate. Most are mentally prepared for retirement but are you financially ready as well?
Fee: $14.00
Room: A-205
Day/Date(s): Mon. 3/6
*Senior Fee: $10.00*

UNDERSTANDING STOCKS, BONDS AND MUTUAL FUNDS
Adam Rakoczy - Halliday Financial Group
Since its inception, Halliday’s flagship course has been heard by thousands. Learn the basics from our investment professionals on the staples of the modern portfolio: stocks, bonds and mutual funds. This course outlines the differences between these various types of investments, so you can best determine the right ventures for you. Learn about how proper asset allocation can lower your overall risk and increase your return. Track and monitor your investments with confidence as you plan for your financial future.
Fee: $14.00
Room: A-205
Day/Date(s): Mon. 3/6
*Senior Fee: $10.00*

TAKING THE MYSTERY OUT OF PERSONAL ESTATE PLANNING
Richard A. Fuerst, Esq.
Want to take the mystery out of wills, health care proxies, powers of attorney and trusts? We promise to explain the ins and outs of these important estate planning strategies in simple, non-legal terms. You’ll also learn why thoughtful planning will benefit you and your family as we discuss, based on the latest legal and government changes, nursing home and Medicaid considerations, as well as avenues open in order to reduce wealth transfer taxation.
Fee: $14.00
Room: B-201
Day/Date(s): Tue. 3/7
*Senior Fee: $10.00*

MULTIGENERATIONAL PLANNING
Thomas Dingley – Halliday Financial Group
Family wealth transfer is not just about getting financial assets to the next generation. It is also about how to pass on what is important and how to avoid damaging our children’s relationships with each other. This seminar focuses on family wealth management and will leave the client understanding why transfers can fail, how to avoid mistakes, and how the right communication between family members may lead to successful transfers of wealth.
Fee: $14.00
Room: A-205
Day/Date(s): Thu. 4/27
*Senior Fee: $10.00*

RETIREMENT INCOME PLANNING: PLANNING YOUR PERSONAL PENSION
Frank Finch - Halliday Financial Group
The media speaks often about the retirement crisis facing Americans. This class attacks this crisis by arming registrants with an action plan for predictable retirement income. For most, an ideal retirement income is funded by steady income without having to work. Along with social security benefits, money in annuities, IRAs, 401(k)s, 403(b)s, CDs and cash, can all be used to create an income plan to fund the retirement of your dreams. In an era where many traditional corporate pensions are closing, a wise retirement plan is essential. This timely class will help registrants understand how annuities and other investments can create your “personal pension” a retirement income stream to give peace of mind.
Fee: $14.00
Room: A-205
Day/Date(s): Wed. 3/29
*Senior Fee: $10.00*

INTRODUCTION TO MICROSOFT OFFICE WORD
John A. McCarthy
Over the course of four weeks, you’ll learn the basics of working with Microsoft Office Word. We’ll cover topics such as creating a new document, changing the fonts, using spell check, formatting techniques, inserting clip art and photographs, and many more. By the end of the course, you’ll be comfortable opening Word and typing a letter or writing that novel you’ve been putting off. This is a hands-on course. You will have time to practice in class the material we cover.
Fee: $36.00
Room: C-102
Date/Date(s): Wed. 3/8 – 3/29
Class Limit of 18

INTRODUCTION TO MICROSOFT OFFICE EXCEL
John A. McCarthy
Over the course of five weeks, you’ll learn the basics of working with Microsoft Office Excel. We’ll cover topics such as what a spreadsheet is and why it’s used, creating a new spreadsheet, formatting cells, an introduction to the formulas you can use, sorting cells, inserting clip art and photographs and much more. By the end of the course, you’ll be comfortable opening Excel and balancing your checkbook or plotting out your monthly budget. You will have time to practice in class.
Fee: $40.00
Room: C-102
Date/Date(s): Wed. 4/5 – 5/10
Class Limit of 18

Most classes are held at Shaker High School. Please note the exceptions in the class descriptions.
ABOUT BOATING SAFELY  
Thomas Venezio  
About Boating Safely is an eight hour boating safety course. It is approved by New York State to meet the Personal Watercraft licensing requirement. Many insurance companies will offer discounts on boat insurance to individuals who successfully complete this course. Topics include: Introduction to Boating, Boating Laws, Safe Boat Handling, Boating Problems, and more. This course is offered by the U.S. Coast Guard Auxiliary. (A $20.00 materials fee for the textbook will be collected at the first class.)  
Fee: $30.00  
Room: A-205  
Time: 6:30 – 9:00 p.m.  
Day/Date(s): Tue. 3/7, 3/14, 3/21, 3/28  
*Senior Fee: $10.00*

DEFFENSIVE DRIVING  
This course is a six-hour accident prevention program taught within the classroom. Any principal operator of a vehicle or vehicles completing the course will receive a 10% reduction in their insurance cost for a three-year period. A maximum of four points will also be reduced from the license of those currently carrying points on their license. NENY Safety and Health Council is a member of the National Safety Council. They will supply the instructor, student workbooks, and certificates.  
A $32.00 fee will be collected at class for the certificate.  
Fee: $23.00  
Room: B-203  
Time: 6:00 – 7:30 p.m.  
Day/Date(s): Sat. 3/25  
*Senior Fee: $10.00*

PICTURING NATURE: A practical guide to nature photography  
Scott and Denise Stoner- Natureologue  
There is incredible beauty in nature: from magnificent birds, flowers and landscapes to the tiniest insects. Suitable for all levels of photographers with a variety of equipment, this program covers the basics of nature photography including light, composition and focus. We will discuss how these elements apply to close-up, landscape and wildlife photography. Also included will be a discussion of simple editing and where to photograph nature in upstate NY. The first week will provide intensive slide-illustrated lecture and the second week will have ample opportunity for review of students’ work based on the principles taught the first week. Bring your camera and your questions!  
Fee: $20.00  
Room: B-203  
Time: 6:30 – 9:00 p.m.  
Day/Date(s): Thur. 3/2, 3/9  
*Senior Fee: $10.00*

PRE-PLANNING CEMETARY SERVICES  
Carol Durant- Memory Gardens  
Pre-planning will help you to alleviate stress at the time of need; leaving your family time to properly grieve. Pre-planning will help to avoid family confusion and potential drama, as well as provide the service you choose at the cost you would want.  
Fee: $14.00  
Room: B-203  
Time: 6:30 – 8:30 p.m.  
Day/Date(s): Wed. 3/15  
*Senior Fee: $10.00*

BEGINNER’S GUITAR LESSONS  
Phil Rogers  
This beginner’s guitar course will show you the basics of the acoustic guitar. You will learn how to tune a guitar, change strings, strum, scales, finger exercises and 28 chords used in today’s most popular music. Students should expect to purchase a book from the instructor, which will be used throughout the course, for $16, paid at the beginning of the first class. Please bring a working ACOUSTIC guitar to the first class.  
Fee: $49.00  
Room: SHS Band Room  
Time: 7:00 – 9:00 p.m.  
Day/Date(s): Tue. 2/28 – 4/25  
No Class: 3/7  
*Senior Fee: $10.00*  
Minimum 10 Students

EASY BAKING  
Aimee Tweedie  
Do you hate spending $5 on your morning muffin or scone? In this class, you will make quick and easy treats like: scones, biscuits, muffins, quick breads, fruit crisp, cobbler, granola, all customizable and all without special tools or expensive ingredients. Plus you will be taking treats home! There is a one-time fee of $25.00 to cover the cost of ingredients which must be paid to the instructor on the first night of class.  
Fee: $25.00  
Room: A-138  
Time: 6:30 – 8:30 p.m.  
Day/Date(s): Tue. 2/28, 3/7, 3/14  
Class Limit of 8

DINNER FROM A SMALL PLANET  
Aimee Tweedie  
Do you pick up the phone and order takeout when you feel like cooking the same old thing? Do you want to try to make restaurant favorites but think it’s too complicated? Do you want to make something different for dinner, but don’t have a ton of time? Each Tuesday for three weeks, your class will make an Italian, Mexican or Chinese dinner: appetizer or soup, two entrees, and dessert or side dish. Each recipe will be easy and/or simple. You will sit down and eat! There is a one-time fee of $30.00 to cover the cost of ingredients which must be paid to the instructor on the first night of class.  
Fee: $30.00  
Room: A-138  
Time: 6:30 – 9:00 p.m.  
Day/Date(s): Tue. 3/28, 4/4, 4/11  
Class Limit of 8

HOME IMPROVEMENT  
BASIC CARPENTRY TOOLS  
Sal Morley  
This class will introduce you to basic carpentry tools. You will learn how and when to use these tools and all the important safety aspects that go along with their use. The instructor will inform you how to use these tools to make several repairs around your house. The class will consist of demonstration followed by a question and answer period.  
Fee: $23.00  
Room: C-112  
Time: 6:30 – 8:30 p.m.  
Day/Date(s): Mon. 5/1, 5/8  
*Senior Fee: $10.00*
SPRING 2017

NORTH COLONIE Continuing Education Program

SPANISH FOR BEGINNERS
Miriam Carrillo
Learning Spanish is a lot easier than you may think. This course teaches you the Spanish you will find useful in everyday situations. It starts at the very beginning, introduces conversations in Spanish and builds the foundation for listening comprehension. Students will need to purchase a $16 book from the instructor, paid at the beginning of first class.

Fee: $49.00  Length: 7 Classes  Room: B-203  Time: 7:00 – 9:00 p.m.
Day/Date(s): Mon. 2/27 – 4/10  "Senior Fee: $10.00"

SPANISH II
Miriam Carrillo
This course builds on what you learned and it is designed to increase your knowledge in Spanish. You will be able to create meaningful sentences and learn vocabulary on different subjects developing the skills that will help you communicate in Spanish. Students will need to purchase a $16 book from the instructor, paid at the beginning of first class.

Fee: $49.00  Length: 7 Classes  Room: B-203  Time: 7:00 – 9:00 p.m.
Day/Date(s): Tue. 2/28 – 5/9  "Senior Fee: $10.00"

CONVERSATIONAL GERMAN
Ursula W. MacAffer
This class, taught by a native speaker of the language from the former East Germany, is designed to emphasize conversational German. You can use the language to communicate whether in the reading of old family memorabilia or speaking the language with family or friends. Students will need to purchase a workbook – details will be provided at 1st class. Some knowledge of the German language is necessary; this is not an introductory course to the language.

Fee: $53.00  Length: 10 Classes  Room: B-210  Time: 6:30-8:00 p.m.
Day/Date(s): Tue. 2/28 – 5/9  No Class: 4/18  "Senior Fee: $10.00"

DANCE

BALLROOM DANCE-beginner
Cristy Kim
This class is designed for the beginners with little or no experience. You will be introduced to popular basic steps of waltz, foxtrot, swing, rumba and Mambo. You will learn the basic technique, dance posture, foot work and partnership to become a good leader or follower. Most importantly, you will learn to relax and have fun. Singles are welcome but no guarantees of partner (s). Students will need to purchase a $16 book from the instructor, paid at the beginning of first class.

Fee: $28.00  Length: 7 Classes  Place: Southgate Cafeteria  Time: 7:00 – 8:00 p.m.
Day/Date(s): Mon. 3/13 – 5/1  No Class: 4/17  Minimum of 20 Students  "Senior Fee: $10.00"

Ballroom Dance-intermediate
Cristy Kim
A continuation of Ballroom I, and you must have taken Ballroom I. We will develop more complicated steps from Ballroom I with enhanced technique and styles. You will be introduced to the alignment of the dance floor and the rules of the dance floor etiquette. Also, you will earn to develop a good understanding of music, speed and tempo. Double your fun by learning more steps and dancing with confidence.

Fee: $15.00  Length: 7 Classes  Place: Southgate Cafeteria  Time: 8:00 – 8:30 p.m.
Day/Date(s): Mon. 3/13 – 5/1  No Class: 4/17  "Senior Fee: $10.00"

BEGINNER TAP DANCE
Carolyn Frantz
This class is designed for beginners with little or no experience. You will be introduced to basic steps, technique and terminology of tap dance. Partners are not required for this class.

Fee: $40.00  Length: 10 Classes  Place: Forts Ferry Gym  Time: 7:00 – 8:00 p.m.
Day/Date(s): Tue. 2/28 – 5/9  No Class: 4/18  Minimum of 10 registrants  "Senior Fee: $10.00"

AQUA ZUMBA©
Angela Gordon
This class is perfect for those registrants looking to make a splash by adding a low-impact, high-energy aquatic exercise to the fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you shouldn’t miss! There is less impact on your joints during an Aqua Zumba' class so you really can let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Water temperature will be between 79-81°F.

Fee: $20.00 per session  Room: SHS Pool  Length of Each Session: 5 Classes  Session A: Time: 7:00 – 8:00 p.m.
Day/Date(s): Thur. 3/2 – 3/30  Session B: Time: 7:00 – 8:00 p.m.
Day/Date(s): Thur. 4/6 – 5/11  No Class: 4/20

EARLY BIRD SWIM
Start your day with an early morning swim! This course is open to students who know how to swim and would like to practice or exercise. There will be a water safety instructor on duty, but the course does not include swimming instruction. Water temperature will be approximately 79-81°F.

Fee: $64  Length: 21 Classes  Room: SHS Pool  Time: 6:30-7:30 a.m.
Day/Date(s): Tue. & Thur. 2/28 – 5/16  No Class: 4/18 & 4/20  "Senior Fee: $10.00"

OPEN SWIM
This course is open to students who know how to swim and would like time to practice, improve, or exercise. There will be a water safety instructor on duty, but the course does not include swimming instruction. Water temperature will be approximately 79-81°F.

Fee: $35.00  Room: SHS Pool  Length of Each Session: 10 Classes  Session A: Time: 7:00 – 8:00 p.m.
Day/Date(s): Tue. 2/27 – 5/8  No Class: 4/17  Session B: Time: 8:00 – 9:00 p.m.
Day/Date(s): Wed. 3/1 – 5/10  No Class: 4/19  "Senior Fee: $10.00"

HIKING 101
Jim Slavin, ADK Mountain Club
Looking to explore our stunning wilderness areas? Join our informative, fun classes and optional group hikes that will help you prepare for the hiking experience. Program focuses on benefits, essential gear and safety, map reading, appreciating nature, and more!

Fee: $15.00 which covers class room instruction  Length: 3 Classes  Time: 6:30 – 7:30 p.m.
Day/Date(s): Wed. 3/29, 4/12, 4/26  Optional outdoor hikes: Sat. 5/6, 5/13 (weather dependent)  "Senior Fee: $10.00"

WATER AEROBICS
This course utilizes slimmer pool exercises to help you shape up and tone your body. Water temperature will be approximately 79-81°F.

Fee: $36.00  Length: 10 Classes  Place: SHS Pool  Time: 7:10 – 8:10 p.m.
Day/Date(s): Tue. 2/28 – 5/9  No Class: 4/18  "Senior Fee: $10.00"

Session B: Eileen Goldmann
Fee: $36.00  Length: 10 Classes  Place: SHS Pool  Time: 7:00-8:00 p.m.
Day/Date(s): Wed. 3/1 – 5/10  No Class: 4/19  "Senior Fee: $10.00"

HIKING 101
Jim Slavin, ADK Mountain Club
Looking to explore our stunning wilderness areas? Join our informative, fun classes and optional group hikes that will help you prepare for the hiking experience. Program focuses on benefits, essential gear and safety, map reading, appreciating nature, and more!

Fee: $15.00 which covers class room instruction  Length: 3 Classes  Time: 6:30 – 7:30 p.m.
Day/Date(s): Wed. 3/29, 4/12, 4/26  Optional outdoor hikes: Sat. 5/6, 5/13 (weather dependent)  "Senior Fee: $10.00"

PHYSICAL FITNESS & RECREATION

WATER AEROBICS
This course utilizes slimmer pool exercises to help you shape up and tone your body. Water temperature will be approximately 79-81°F. EZ access steps will be available.

All swimmers MUST shower before entering the pool. No band aids or bobby pins please! Bathing caps are highly recommended!
**Course Schedule**

**BY TOPIC**

---

**BOOTCAMP**

Eileen Franko  
This class is included both cardio and toning. The total body workout includes cardiovascular benefits while strengthening and toning your muscles. It includes weights, exercise bands, ball and other equipment to keep it fun yet effective. All equipment is provided and no experience is necessary. There will also be lots of exercises for that pesky mid-section, abs, thighs, butt and legs! All exercises can be modified for any fitness level.

Fee: $45.00  
Length: 10 Classes  
Time: 6:00 – 7:00 p.m.  
Place: Patrizio Center for the Arts, 5 First Avenue, Latham  
Day/Date(s): Tue. 2/28 – 5/9  
No Class: 4/18  
Class Limit of 20

---

**BASKETBALL**

Kim Burns  
This is a coed course which provides registrants with the opportunity to participate in a non-competitive basketball program.

Fee: $68.00  
Length: 10 Classes  
Time: 8:00 – 10:00 p.m.  
Place: Shaker Junior High School - New Gym  
Day/Date(s): Wed. 3/1 – 5/10  
No Class: 4/19  
“Senior Fee: $10.00”

---

**KICK FIT**

Eileen Franko  
IT’S BACK!! An aerobic exercise class that can be high or low impact designed for any level of exerciser. It includes a warm-up, cardio conditioning using non-contact kicks and arm movements resulting in a high energy class, which will burn fat, build muscle and strengthen your cardiovascular system. The class also includes a toning and abdominal section. All equipment is provided and no experience is necessary. All exercises can be modified for any fitness level. Come and share in the fun.

Fee: $45.00  
Length: 10 Classes  
Time: 6:00 – 7:00 p.m.  
Place: Patrizio Center for the Arts, 5 First Avenue, Latham  
Day/Date(s): Wed. 3/1 – 5/10  
No Class: 4/19  
Class Limit of 20

---

**BEGINNER STEP CLASS**

Eileen Franko  
This class will teach you all the moves that you need to take a step class. We will learn new steps and combinations each week. Each class is over 6000 steps, if you’re counting! The class also includes a toning and an abdominal section at the end. All equipment is provided and no experience is necessary. All exercises can be modified for any fitness level. It’s a great workout and lots of fun.

Fee: $45.00  
Length: 10 Classes  
Time: 6:00 – 8:00 p.m.  
Place: Patrizio Center for the Arts, 5 First Avenue, Latham  
Day/Date(s): Thur. 3/2 – 5/11  
No Class: 4/20  
“Senior Fee: $10.00”

---

**FITNESS CENTER TRAINING**

Mike Donnelly  
Get individualized guidance to help achieve and maintain body toning, shaping and strength training. Ideal for weight reduction, increasing flexibility, building muscle, conditioning and overall improving your health. Great for start-up fitness and/or maintenance program. Instructor available from 6:00 – 8:00 p.m.

Fee: $36 per session  
Length: 10 Classes  
Room: SHS - Fitness Center  
Time: 6:00 – 8:00 p.m.  
Session A: Day/Date(s): Tue. 2/28 – 5/9  
No Class: 4/18  
“Senior Fee: $15.00”  
Class Limit of 20  
Session B: Day/Date(s): Thur. 3/2 – 5/11  
No Class: 4/20  
“Senior Fee: $15.00”  
Class Limit of 20

---

**AREROBIC DANCE**

Terri Jardine  
This class is designed with both women and men in mind. Each hour-long class provides a total body cardiovascular and strength training workout. Class consists of a floor segment to tone both the upper and lower body, stretching, and aerobics. Anyone can take this class. It’s led by a professionaly trained instructor who demonstrates the routines at low, moderate, and high impact levels. Participants should wear comfortable clothing, sneakers, bring a container of water to stay hydrated, and a mat/towel for the floor work.

Fee: $42.00  
Length: 10 Classes  
Place: Latham Ridge-Gym  
Time: 6:30 – 7:30 p.m.  
Day/Date(s): Thur. 3/2 – 5/11  
No Class: 4/20  
“Senior Fee: $10.00”

---

**STATIONARY TAI CHI**

Sandra Balint  
Stationary Tai Chi is a graceful and meditative Tai Chi routine that combines Yang Style and Sun Style Tai Chi. It was created by Jianye Jiang for beginners and older adults, but all different ages enjoy its gentle movements. Qi Gong and balance movements will also be part of this course, which like Tai Chi, help relieve stress, improve balance and add to an overall sense of well-being.

Fee: $25.00  
Length: 6 Classes  
Time: 6:00 – 7:00 p.m.  
Place: Latham Ridge Auditorium  
Day/Date(s): Thur. 3/2 – 4/13  
No Class: 4/23  
“Senior Fee: $10.00”

---

**GENTLE YOGA & MEDITATION**

Dorothy Russell  
We hear more and more about the benefits of yoga. Come settle into a gentle introduction to this ancient practice of stilling the mind through breathing techniques and a series of strength, posture and stretches, called asanas, the mind’s attention is brought to the body. And this forces growing moves away from the chatter of the world and the chatter of the mind into a place of personal peace and stillness.

Fee: $45.00  
Length: 10 Classes  
Place: Southgate Gym  
Time: 6:00–7:00 p.m.  
Day/Date(s): Mon. 3/6 – 5/15  
No Class: 4/17  
Class Limit of 40

---

**BODY TONING**

Judy Mniich  
This total body workout uses cardio, aerobic and stretching exercises to tone and sculpt your body. Improve your overall fitness and flexibility while shaping up! Students should wear comfortable clothing and please bring mats and water bottles.

Fee: $35.00  
Length: 10 Classes  
Place: Loudonville - Gym  
Time: 6:00 – 7:00 p.m.  
Day/Date(s): Mon. 2/27 – 5/8  
No Class: 4/17  
“Senior Fee: $10.00”

---

**ZUMBA**

Shannon Riley - A  
Tina Hennessey - B  
Ditch the workout, join the party! Zumba has been taking the fitness industry by storm all over the world as the hottest way to get into shape. The good news is you don’t need any dance experience and the class is suitable for adults of all ages and fitness levels.

Fee: $46.00  
Length: 10 Classes  
Time: 7:00 – 8:00 p.m.  
Place: Shaker Jr. High School – Old Gym  
Day/Date(s): Mon. 2/27 – 5/8  
No Class: 4/17  
“Senior Fee: $46.00”

---

**PILATES**

Dorothy Russell  
Pilates is a dynamic workout program designed to improve four major areas, the ABC’s of a fitness program: Alignment, Breath Control, Core Musculature Strength and Stability. Focus on these four areas now will improve quality of life for many years to come. The class will begin with a 15 minute low impact aerobic warm up to loosen the major muscle groups. The rest of the class will be done on mats on the floor. Be sure to wear comfortable clothing and bring your own mat or towel.

Fee: $45.00  
Length: 10 Classes  
Place: Southgate Gym  
Time: 6:00 – 7:00 p.m.  
Day/Date(s): Wed. 3/1 – 5/10  
No Class: 4/19  
Class Limit of 30

---

**CHINESE YOGA WITH HEALING QI**

Sandra Balint  
Chinese Yoga with Healing Qi is part of the Chinese Yoga Series created by Jianye Jiang. Drawing from longstanding Indian and Chinese practices, he blends Tai Chi, Qi Gong, and stretching, balancing and meridian-centered movements to create a head to toe, gentle and calming exercise that refreshes the entire body. No mat required.

Fee: $25.00  
Length: 6 Classes  
Time: 7:10 – 8:10 p.m.  
Place: Latham Ridge Auditorium  
Day/Date(s): Thur. 3/2 – 4/13  
No Class: 4/23  
“Senior Fee: $10.00”

---

**CHINSE DANCE**

Eileen Franko  
It’s a total body workout incorporating Latin and international dance rhythms of meringue, salsa, belly dance, flamenco, tango and much more.

Fee: $42.00  
Length: 10 Classes  
Place: Boght Hills Gym  
Time: 6:00 – 7:00 p.m.  
Day/Date(s): Wed. 3/1 – 5/10  
No Class: 4/19

---

**VOLLEYBALL**

Joe Turton  
This is a coed course which provides students with the opportunity to participate in an informal volleyball program. Volleyball rules at the recreational level apply.

Fee: $60.00  
Length: 10 Classes  
Room: SHS - F - Gym  
Time: 7:30 – 9:30 p.m.  
Day/Date(s): Thur. 3/2 – 5/18  
No Class: 4/20, 5/11  
“Senior Fee: $10.00”
NORTH COLONIE Continuing Education Program

Where And When Classes Are Held
Most Continuing Education courses meet once a week between the hours of 7:00–9:00 p.m. over a ten week period. Classes begin the week of February 27. Any exceptions are noted within the course description for the course(s) in which you are interested. Most classes are held at Shaker High School, Watervliet-Shaker Road in Latham. Exceptions are noted in the course description, so please check your course.

Need Directions? Log on to www.northcolonie.org/district-services/continuing-education/

Inclement Weather Policy
If traveling conditions are hazardous, we will postpone classes. Whenever the North Colonie Central Schools are closed during the day, due to inclement weather, or school holidays, classes will NOT meet that evening. In the event of inclement weather later in the day, check with the local television stations or the North Colonie Central School District web site; www.northcolonie.org

SNN-School News Notifier Information
You are encouraged to sign up to receive School News Notifier (SNN) messages, which is an email system that will be used going forward to communicate important continuing education information, including inclement weather messages. During the sign-up process, users will have the option of checking what topics they would like to receive news about; be sure to click “continuing education.” Go to www.northcolonie.org, and on the left-hand side of the page, under “connect”, is a logo for “SNN.” Click that link to sign up.