Continuing Education Program
The North Colonie Central School District is proud to present its Fall 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 a published reduced rate. 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

REFUNDS: Registration in a course is a personal decision. Registrations are binding because teachers are employed and other financial commitments are made on the basis of the number of registrants for each course. After September 8th, 2017, it will be impossible to honor request for refunds. Refunds will be only be issued for $20.00 or more. Credit letters will be issued for any amount less than $20.00

YOU WILL ONLY BE NOTIFIED IF YOUR CLASS IS CANCELED.
**ENJOY A DAY TRIP!**

**NEW YORK CITY GETAWAY!**
Nothing sparkles like New York around the holidays. Spend the day enjoying great shopping, catch a show, maybe a carriage ride in Central Park or just experience spectacular decorations and the holiday magic! We provide transportation ONLY, through Brown Bus Company, on a charter coach.

Fee: $47  
Day/Date(s): Saturday, December 2nd  
Time: Depart from Shaker High School 8 a.m.  
Depart from NYC 7 p.m.  
Minimum of 30 people required. Fee applies to all participants. Fee nonrefundable after November 2nd. Anyone under 18 must be accompanied by an adult.

**ARTS & CRAFTS**

**PAPERCRAFTS**
Jaimie Babarczy
Sending handwritten cards in the mail is becoming a lost art and there’s no better card than a homemade one. You’ll love making these unique and decorative cards, perfect when you want to send something special or they make a great gift. Four cards will be made using card designs prepped and ready for assembly. No experience needed.

Fee: $32  
Length: 4 classes  
Room: C-202  
Day/Date(s): Tuesday 9/19, 10/10, 10/24, 11/14  
*Senior Fee: $10

**ZENSPIRED DRAWING**
Amy Kelly
Welcome to the exciting world of pen and ink drawing! In this program, participants will learn how to draw interesting patterns with a micron archival ink pen, in an effort to create a small composition. We will do the first composition together and then you will try one on your own. We will make your art complete by shading them to add dimension. Don’t consider yourself an artist? Not a problem! This program is for everyone and easy to learn!

Fee: $12  
Length: 1 class  
Room: C-202  
Day/Date(s): Thursday 10/12  
*Senior Fee: $10

**INTRODUCTION TO CELTIC KNOTS**
Amy Kelly
Have you ever been impressed by Celtic knot work? In this program, you will learn the basics of how to draw a simple Celtic knot. By creating a simple grid, drawing a few lines and connecting them, you will be drawing Celtic knots in no time. Join me for some Celtic Inspiration! There is a supply cost of $10.00 to be paid to the instructor on the night of class.

Fee: $12  
Length: 1 class  
Room: C-202  
Day/Date(s): Monday 11/6  
*Senior Fee: $10

**BASIC CELTIC KNOT VALENTINES**
Amy Kelly
Are you inspired by Celtic knot work? In this program we will build our skills from the Intro to Celtic Knots Class and create Heart Shaped Valentines. We will “break” the knot work flow to create a multi heart valentine. Once your knots are complete we can add them to a card and/or create a matte to highlight your work! There is a supply cost of $15.00 to be paid to the instructor on the night of class.

Fee: $12  
Length: 1 class  
Room: C-202  
Day/Date(s): Monday 12/11  
*Senior Fee: $10

**BEGINNER KNITTING**
Barbara DeFrancesco
Here is your chance to learn a variety of stitches while knitting a scarf. You will need to bring a skein of 200 yards or more of worsted weight wool, wool blend, or acrylic yarn, and size 8 or 10 straight knitting needles (no longer than 9 inches in length). The pattern for the Sampler Scarf will be distributed at our first class so we can begin knitting!

Fee: $45  
Length: 6 classes  
Room: C-212  
Day/Date(s): Thursday 10/12 - 11/16  
*Senior Fee: $20

**ADVANCED BEGINNER TO INTERMEDIATE KNITTING**
Anne Sadlemire
Knit a rectangularshawl/stole. Then a twist here and turn there and what do you have? Come knit with us and see. Knit from a pattern or design your own by using a stitch pattern from a stitch dictionary or write your own “Sequence” pattern. We will discuss “Sequence” knitting in our first class. Participants will need know how to knit, purl, cast on, and read a pattern. Bring in a work-in-progress (WIP) to the first class.

Fee: $62  
Length: 10 classes  
Room: C-212  
Day/Date(s): Tuesday 9/26 - 12/5  
No class: 11/7  
*Senior Fee: $20

**SIMPLE TOTE BAG**
Melinda Frazer-Landon
Make a tote bag with contrasting fabrics for a stylish carryall. Perfect for groceries, the gym, the beach or general shopping. Along with your sewing machine and basic sewing kit, you will need: Simplicity pattern 8080 or similar, 5/8 yard of cotton material, 1/4 yard of a contrasting material, 1 5/8 of 1 inch wide webbing (belt material), and matching thread. You will love this convenient and handy tote.

Fee: $21  
Length: 2 classes  
Room: LaFollette Dining Room  
Day/Date(s): Wednesday 9/27 & 10/4  
Class Limit of 7 registrants

**SEWING CIRCLE/DOMESTICS**
Melinda Frazer-Landon
Trying to carve time out to sew, but too many things pull you away, well, come to the Sewing Circle. Here’s your opportunity to complete your unfinished projects, do repairs, hemming or if you want to try to make a simple item like placemat or curtains. This class will offer you time and guidance. So bring your machine, basic sewing kit and your incomplete project and join the fun.

Fee: $32  
Length: 3 classes  
Room: LaFollette Dining Room  
Day/Date(s): Tuesday 10/10 - 10/24  
Session A: Tuesday 10/10 - 10/24  
Session B: Wednesday 11/1 - 11/15  
Class Limit of 8 registrants per session

**COMMUNITY CROCHET**
April Mead
Do you like to crochet? Do you want to give back to the community? If so, join us for Community Crochet. We will make items that can be donated. You are welcome to bring your own projects. We will have some patterns and help available each week. Please bring 4-ply yarn and a crochet hook (G, H, or I recommended).

Fee: $22  
Length: 6 classes  
Room: C-212  
Day/Date(s): Tuesday 10/10 - 11/28  
Class Limit of 10 registrants

**LEARN BASIC COUNTED CROSS STITCH**
Melinda Frazer-Landon
Is this something you have wanted to learn but were unsure how to start? Come and learn a new skill. This technique can be applied on pre-designed kits or used to accent and create your own design work. All materials for the night will be provided at a class fee of $10.

Fee: $12  
Length: 1 class  
Room: LaFollette Dining Room  
Day/Date(s): Thursday 10/12  
*Senior Fee: $10

You will only be notified if your class is cancelled.
SILVERSMITH DESIGN
Matt Balint
Learn the basic techniques necessary for designing and creating your own original piece of jewelry in sterling silver. Skills covered are: bezel making, texture, piercing, soldering, granulation, and stone setting. All tools are provided and there is a $35 materials fee due at the first class.
Fee: $57
Length: 6 classes
Time: 6:30 – 9:30 p.m.
Day/Date(s): Wednesday 9/27 – 11/1
Class Limit of 10 registrants

CREATIVE COLLEGE SAVINGS
Thomas Dingley
688%! According to the Bureau of Labor Statistics, that is how much college tuition costs have increased since 1983 - faster than any other household expense in recent decades! Let’s take a look at different strategies that can help you save towards your child’s college future. We will explore the formulas used to calculate financial aid eligibility, and the roles that different investments play when determining how much aid you will receive. This course will also discuss the 529 College Savings Plans. Great for parents and grandparents!
Fee: $14
Length: 1 class
Time: 6:30 – 7:30 p.m.
Day/Date(s): Thursday 10/19
*Senior Fee: $10

BUSINESS & FINANCE

MAXIMIZING YOUR SOCIAL SECURITY BENEFIT
Frank Finch
A few key decisions can make a big difference in the amount of your social security benefit. Attend our hands-on workshop and learn strategies to get the most money from Social Security and other retirement sources. Learn how to plan for and minimize taxes and other costs during retirement, as well as when to wisely grow and protect your retirement income. This session will cover key Social Security choices, such as individual and spousal options and when to take your benefit, as we explore simple steps to maximize your benefit. Join us before you make final decisions that may not be able to be reversed.
Fee: $15
Length: 1 class
Time: 6:00 – 7:30 p.m.
Day/Date(s): Wednesday 10/25
*Senior Fee: $10

MULTIGENERATIONAL FINANCIAL PLANNING
Thomas Dingley
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: $54
Length: 1 class
Time: 7:30 – 8:30 p.m.
Day/Date(s): Thursday 10/19
*Senior Fee: $10

PRE-REITIREMENT 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: $15
Length: 1 class
Time: 6:30 – 8:00 p.m.
Day/Date(s): Wednesday 10/25
*Senior Fee: $10

RETIREMENT INCOME PLANNING - “CREATING YOUR PERSONAL PENSION”
Frank Finch
The media speaks often about the retirement crisis facing Americans. This class attacks that crisis by arming attendees with an action plan for predictable retirement income. For most, an ideal retirement 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 pension plans are closing, a wise retirement income plan is essential. This timely class will help attendees to understand how annuities and other investments can create your “personal pension”, a retirement income stream to give peace of mind.
Fee: $15
Length: 1 class
Time: 6:30 – 8:00 p.m.
Day/Date(s): Monday 10/30
*Senior Fee: $10

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: $17
Length: 1 class
Time: 6:30 – 8:30 p.m.
Day/Date(s): Wednesday 11/8
Minimum 10 registrants *Senior Fee: $10

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: $45.00
Length: 1 class
Time: 6:30 – 8:00 p.m.
Day/Date(s): Wednesday 10/18
*Senior Fee: $10

ENGLISH FOR BEGINNERS
Becky Hale
Registrants will learn basic pronunciation of words and basic structure of English sentences. You will practice conversations for daily life, understand common expressions and learn to differentiate confusing pairs of words. Activities, exercises and games will be used in class. No textbooks are needed. Handouts will be given for each class.
Fee: $54
Length: 10 classes
Time: 6:30 – 8:30 p.m.
Day/Date(s): Monday 9/18-11/27
*Senior Fee: $10

ENGLISH FOR INTERMEDIATES
Becky Hale
Registrants will understand how native English speakers speak. You will learn to make more complicated sentences. You will build vocabulary and you will learn to communicate better using familiar English idioms. Activities, exercises and games will be used in class. No textbooks are needed. Handouts will be given for each class.
Fee: $54
Length: 10 classes
Time: 6:00 – 7:30 p.m.
Day/Date(s): Monday 9/18 – 11/27
*Senior Fee: $10

Learn something new while having fun and meeting new people!
### GENERAL INTEREST

**DEFENSIVE 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 for a three-year period. A maximum of four points will also be reduced from the license of those who currently are 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.

<table>
<thead>
<tr>
<th>Fee: $23</th>
<th>Length: 1 class</th>
<th>Room: B-204</th>
<th>Time: 9:00 a.m. - 3:30 p.m.</th>
<th>Day/Date(s): Saturday 10/14</th>
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### ATTRACTING BIRDS TO YOUR BACKYARD
Scott and Denise Stoner – Natureologues
Fall and winter are great times to enjoy birds in our backyard! We all love to see them, but what can we do to attract them? This class covers the basics of food, water, and shelter (including plantings for birds and butterflies). We discuss types of seed, feeders, and common questions such as squirrels and hawks, whether to feed birds year-round, and reducing the risk of birds hitting windows. This two-hour digital slide illustrated workshop also covers the identification of common (and some less common) backyard birds that you might see. Bring your questions!

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<th>Fee: $17</th>
<th>Length: 1 class</th>
<th>Room: B-203</th>
<th>Time: 6:30 – 8:30 p.m.</th>
<th>Day/Date(s): Thursday 10/12</th>
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### ESSENTIAL OILS
**MAKE & TAKE**
Jessica Martin
Discover how therapeutic grade essential oils can support health and wellness in this hands-on, introductory course! Learn the many benefits of essential oils, how to use them to optimize your health, safe ways to use essential oils with children, and how to incorporate them into your household. All participants will make their own essential oil roller, so they can dive in and immediately begin enjoying the benefits!

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<tr>
<th>Fee: $12</th>
<th>Length: 1 class</th>
<th>Room: C-201</th>
<th>Time: 6:30 – 8:00 p.m.</th>
<th>Day/Date(s): Thursday 10/12</th>
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### BEGINNER’S GUITAR LESSONS
Bill Hayes
This beginner's piano/keyboard 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 | Length: 7 classes | Room: SHS Band Room | Time: 7:00 – 9:00 p.m. | Day/Date(s): Tuesday 9/19 – 10/31 |

*Senior Fee: $10 Minimum 10 registrants

### PLAY BEGINNING PIANO OR KEYBOARD USING GUITAR CHORD SYMBOLS
**CHORD SYMBOLS**
Bill Hayes
This beginning piano/keyboard course will show you the basics of playing the instrument using guitar chord symbols without the need to read music. You will learn to play scales and simple melodies while accompanying yourself using chords. Please bring a small, battery powered keyboard with internal speakers to the first class (no amplifiers). Such inexpensive keyboards may be purchased through Amazon.

| Fee: $28 | Length: 4 classes | Room: SHS Chorus Room | Time: 7:00 – 9:00 p.m. | Day/Date(s): Wednesday 9/27 – 10/18 |

Class Limit of 10 registrants

### COOKING
**PRETZEL & PIZZA BOOTCAMP**
Aimee Tweedie
Do you crave a warm, soft pretzel and not one of Aunt Mall’s lukewarm salty bread-things? Do you order pizza or buy frozen, but want something better or different? You, too, can make homemade pretzels and pizza! In this class, you’ll learn how to make your own soft pretzels and pizza in one day! In the morning (9am-noon) you make traditional soft pretzels, either salty or sweet, with simple or fancy toppings. Plus you will make dipping sauces for your creation. During the afternoon (noon-3pm) you will make pizza dough, plus homemade mozzarella cheese or homemade tomato sauce. Then you will make your pizza how you like it, bake your creation and enjoy! There is a $40.00 fee to cover the cost of ingredients, which must be paid to the instructor at the beginning of class. [Don't forget to bring lunch or eat a big breakfast!]

| Fee: $32 | Length: 1 class | Room: A-138 | Time: 9:00 a.m. - 3:00 p.m. | Day/Date(s): Saturday 10/14 |

Class Limit of 8 registrants

### FALL 2017

### LESS-STRESSED HOLIDAY BAKING
**Aimee Tweedie**
Do the food demands of the holidays stress you out more than gift shopping? Do you avoid hosting friends and family because you aren’t sure what to make? Do you want to make your own special dish this year? In this 3-class series, you will make easy brunch dishes, appetizers and tasty side dishes that will impress and surprise your family and friends. Plus you will find ideas about what to do with leftover turkey besides sandwiches and/or soup. There is a one-time fee of $30.00 to cover the cost of ingredients, which must be paid on the first night of class.

| Fee: $32 | Length: 3 classes | Room: A-138 | Time: 6:30 – 8:30 p.m. | Day/Date(s): Tuesday 10/31 - 11/14 |

Class Limit of 8 registrants

### COOKIE SWAP
**Aimee Tweedie**
Do you avoid the annual holiday cookie exchange? Are you looking for tasty but easy cookie recipes? Do you want to make a special cookie for someone with a food sensitivity or allergy? In this class, you will choose from different cookie or candy recipes, bake them, share them with the other students, and make your own cookie plate to bring home and share. You will learn tips and tricks to reduce the stress of planning and hosting the swap! There will be a $20.00 fee to cover the cost of ingredients, which must be paid to the instructor at the beginning of class.

| Fee: $32 | Length: 1 class | Room: A-138 | Time: 6:30 – 9:00 p.m. | Day/Date(s): Tuesday 12/5 |

Class Limit of 8 registrants

### FOREIGN LANGUAGE

### CHINESE FOR BEGINNERS
**Maria Chou**
Knowing this language can give you more opportunities in today’s world. In this fun, easy to understand class, you will quickly learn conversation. We’ll cover basic sounds, words, and phrases using tools and visual aids with focus on conversation. New students will need to purchase a workbook. Details will be given out at the first class.

| Fee: $54 | Length: 10 classes | Room: B-204 | Time: 6:00 – 7:30 p.m. | Day/Date(s): Tuesday 9/19 - 11/21 |

*Senior fee: $10

### CHINESE FOR INTERMEDIATES
**Maria Chou**
We will expand on what we learned in the beginner class, focusing more on sentences and conversation so you can speak Chinese fluently. This class will increase your confidence in speaking and listening to the Chinese language. New students will need to purchase a workbook. Details will be given out at the first class.

| Fee: $54 | Length: 10 classes | Room: B-204 | Time: 7:30 – 9:00 p.m. | Day/Date(s): Tuesday 9/19 - 11/21 |

*Senior Fee: $10

In person registration will be September 11 & 12, 6:30-7:30 p.m. in the Shaker High School Main Lobby.
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: $50  Length: 7 classes  Time: 7:00 – 8:00 p.m.
Day/Date(s): Monday 9/18 – 11/6  No class: 10/9  "Senior Fee: $10"

SPANISH II
Miriam Carrillo
This course builds on what you learned and 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: $50  Length: 7 classes  Time: 6:30 – 8:00 p.m.
Day/Date(s): Tuesday 9/19 - 11/21

CONVERSATIONAL GERMAN
Ursula W. MacAffer
This course is designed to teach the language of 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. Some knowledge of the German language is necessary; this is not an introductory course to the language.

Fee: $54  Length: 10 classes  Time: 6:30 – 8:00 p.m.
Day/Date(s): Tuesday 9/19 – 11/21  "Senior Fee: $10"

BEGINNING JAPANESE
Brian Kowalski
This class will be taught by a fluent speaker of the Japanese language. The class will introduce you to the language and teach you how to create meaningful sentences, and increase your vocabulary, while building your way to conversational Japanese. You will also learn basic skills in the Japanese language that will help you communicate. Registrants need to rent or buy the textbook Nihongo - Fun & Easy: Survival Japanese Conversation for Beginners ($21.75 – $44.55, can be rented, purchased new or used from Amazon.com), and bring textbook to all classes.

Fee: $68  Length: 10 classes  Time: 7:00 – 9:00 p.m.
Day/Date(s): Thursday 9/28 – 12/14  "Senior Fee: $10  No class: 10/5, 11/23"

DANCE
BALLROOM I AND II
Crysty Kim

Ballroom I is designed for beginners with little or no experience. You will be introduced to popular basic steps of Tango, Cha Cha, Foxtrot, Swing and Merengue. You will learn the basic techniques, dance posture, proper foot work and partnership skills to become a successful leader or follower. Most importantly, you will learn to relax and have fun. Singles are welcome, no guarantees of partner(s).

Ballroom II is for the advanced beginner level student. It is a continuation of Ballroom I and you must take Ballroom I or have equivalent experiences. We will develop more complicated steps from Ballroom I with enhanced techniques and styles. You will be introduced to the alignment of the dance floor and the rule of the dance floor etiquette. Also, you will learn to develop a good understanding of music, speed and tempo. Double your fun by learning more steps and dancing with confidence!

Fee: $43  Length: 7 classes
Place: Southgate Cafeteria
Minimum of 20 registrants. "Senior Fee: $10"

Ballroom I: Monday 9/25 – 11/13  No class: 10/9
Time: 7:00 – 8:00 p.m.
Ballroom II: Monday 9/25 – 11/13  No class: 10/9
Time: 8:00 – 8:45 p.m.

OPEN SWIM
This course is open to registrants who know how to swim and would like to practice or exercise. There will be a certified lifeguard on duty, but the course does not include swimming instruction. Water temperature will be approximately 79–81°F.

Fee: $36 per session  Length: 10 classes
Room: SHS Pool  "Senior Fee: $10 per session"
Session A: Monday 9/18 – 11/27  No class: 10/9
Time: 7:00 – 8:00 p.m.
Session B: Wednesday 9/20 – 11/29  No class: 11/22
Time: 8:00 – 9:00 p.m.

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: $21 per session  Length: 5 classes
Room: SHS Pool  Time: 7:00 – 8:00 p.m.
Session A: Thursday 9/28 – 11/2  No class: 10/5
Session B: Thursday 11/9 – 12/14  No class: 11/23

SWIMMING & EXERCISE
WATER AEROBICS
This course utilizes Slimnastic pool exercises to help you shape up and tone your body. Water temperature will be approximately 79–81°F.

Fee: $37  Length: 10 classes
Room: SHS Pool  "Senior Fee: $10"

Session A: Marcia Partlow
Time: 7:30 – 8:10 p.m.
Day/Date(s): Tuesday 9/19 - 11/21

Session B: Eileen Goldmann
Time: 7:00 – 7:50 p.m.
Day/Date(s): Wednesday 9/20 – 11/29  No class: 11/22

EARLY BIRD SWIM

Open registration for the Early Bird Swim begins Tuesday, September 19, 2017.

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

Fee: $65  Length: 21 classes
Room: SHS Pool  Time: 6:30 - 7:30 a.m.
Day/Date(s): Tuesday & Thursday 9/19 – 12/7  "Senior Fee: $20  No class: 9/21, 11/7, 11/23"

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 which covers class room instruction
Room: B-204 Time: 6:30 – 7:30 p.m.  Length: 3 classes
Day/Date(s): Tuesday 9/19 – 10/3
Optional Outdoor Hikes: Saturday 10/7, 10/14 (weather dependent)  "Senior Fee: $10"

Water temperature will be maintained between 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

AEROBIC DANCE
Terri Jardine
This class is designed with both women and men in mind. Each class provides a total body cardiovascualr and strength training workout. Class consists of a floor segment to tone both the upper and lower body, stretching and aerobics. Our class has all the right moves set to current and motivating music. It is led by a trained instructor who demonstrates the routines at low, moderate, and high impact levels. Participants should wear comfortable clothing, sneakers, and bring a container of water to stay hydrated and a mat/towel for the floor work.

Fee: $44 Length: 10 classes
Place: Latham Ridge Gym Time: 6:30 - 7:00 p.m.
Day/Date(s): Thursday 9/28 - 12/7 No class: 11/23
*Senior Fee: $10

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 startup fitness and/or maintenance program. Instructor available from 6:00 - 8:00 p.m.

Fee: $40 Length: 10 classes
*Senior Fee: $15
Session A: Tuesday 9/19 - 11/21
Session B: Thursday 10/12 - 12/7 No class: 11/23
Fee: $30 Length: 8 classes
*Senior Fee: $15

BOODY TONING
Judy Mnich
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! Please wear comfortable clothing and bring mats and water bottles.

Fee: $36 Length: 10 classes
Place: Loudonville Gym Time: 6:00 - 7:00 p.m.
Day/Date(s): Monday 9/18 - 12/4 No class: 10/9, 10/23
*Senior Fee: $10

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 and all 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: $36 Length: 10 classes
Place: Latham Ridge Auditorium Time: 6:00 - 7:00 p.m.
Day/Date(s): Thursday 9/28 - 12/7 No class: 11/23
*Senior Fee: $10

CHINESE YOGA WITH HEALING QI
Sandra Balint
Chinese Yoga with Healing Qi is part of the Chinese Yoga Series created by Jiany 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 doable, gentle and calming exercise that refreshes.

Fee: $36 Length: 10 classes
Place: Latham Ridge Auditorium Time: 7:00 - 8:00 p.m.
Day/Date(s): Thursday 9/28 - 12/7 No class: 11/23
*Senior Fee: $10

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

Fee: $56 Length: 8 classes
Room: SHS - F Gym Time: 7:30 – 9:30 p.m.
Day/Date(s): Thursday 10/12 – 12/7 No class: 11/23
*Senior Fee: $20

GENTLE YOGA & MEDITATION
Dorothy Russell
We hear more and more about the benefits of yoga. Come settle into a gentle introciuction to this ancient practice of stilling the mind through breathing techniques and a series of strength, posture and stretches called asanas, the minds 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: $46 Length: 10 classes
Place: Southgate School Gym Time: 6:00 – 7:00 p.m.
Day/Date(s): Monday 9/25 - 12/4 No class: 10/9
Class Limit of 40 registrants

HATHA YOGA
Camille Engel
This class is designed to strengthen the body, calm the mind, release tension, enhance confidence and nurture a feeling of overall well-being. “Hatha” means a yoga system of physical exercises and breathing control. All levels are welcome!

Fee: $42 Length: 9 classes
Place: Southgate School Gym Time: 6:00 – 7:00 p.m.
Day/Date(s): Wednesday 9/27 – 12/13
No class: 10/11 & 10/18 Class Limit of 40 registrants

BOOTCAMP
Eileen Franko
This class includes both cardio and toning. The total body workout includes cardiovascular benefits while strengthening and toning your muscles. It includes weights, exercise bands, balls 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 leg! All exercises can be modified for any fitness level.

Fee: $46 Length: 10 classes
Place: Patrizio Center for the Arts, 5 First Avenue, Latham Time: 6:00 - 7:00 p.m.
Day/Date(s): Thursday 9/28 - 12/7 No class: 11/23
Class Limit of 20 registrants

KICK FIT
Eileen Franko
IT’S BACK!! An aerobics 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: $46 Length: 10 classes
Place: Patrizio Center for the Arts, 5 First Avenue, Latham Time: 6:00 - 7:00 p.m.
Day/Date(s): Monday 9/18 - 12/4 No class: 10/9 & 11/13
Class Limit of 20 registrants

TOTAL TOP TO TOE TONING (T5)
Eileen Franko
A fun class that works all of your major muscle groups. The class is designed with the overall body in mind, helping to tone your body, reduce bone density loss and increase your strength. Total Top to Toe Toning (T5) works your arms and legs and also focuses on your midsection, sometime referred to as “butts and guts”.

Fee: $46 Length: 10 classes
Place: Patrizio Center for the Arts, 5 First Avenue, Latham Time: 6:00 - 7:00 p.m.
Day/Date(s): Wednesday 9/20 - 11/29 No class: 11/22
Class Limit of 20 registrants
**FALL 2017**

**Continuing Education Office**
Shaker High School
445 Watervliet-Shaker Road
Latham, New York 12110

(518) 785-5989

**Director:** Mr. Edward E. Dopp

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**NORTH COLONIE Continuing Education Program**

**Where And When Classes Are Held**
Most Continuing Education courses meet once a week between the hours of 6:00-9:00 p.m. over a ten week period. Classes begin the week of September 18th. 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](http://www.northcolonie.org) and click on 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](http://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](http://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.