



# CONTINUING EDUCATION PROGRAM

Fall 2009

## VOORHEESVILLE CENTRAL SCHOOL DISTRICT

Dr. Teresa Thayer Snyder, Superintendent of Schools  
Mary E. Flansburg, Director of Continuing Education

### ELIGIBILITY

Courses are open to all persons in the Capital District region. When necessary, priority is given to residents of the Voorheesville Central School District. Middle and High School students may also register.

### IN-PERSON REGISTRATION:

**WHEN** Monday evening.....**September 14, 2009**  
Tuesday evening.....**September 15, 2009**

**WHERE** Clayton A. Bouton High School Foyer  
432 New Salem Road, Voorheesville, NY

**TIME** 7:00-8:30 p.m.

**MAIL REGISTRATION:** If you are unable to register in person, you may register by mail. Fill out the attached registration form, enclose the correct fee (checks made payable to Voorheesville Central School District) and send to:  
Mary Flansburg, Director of Continuing Education  
Voorheesville CSD, P.O. Box 527  
Voorheesville, NY 12186

**Mail registration will be opened after the last in-person registration night [September 15, 2009]**

**DROP-OFF REGISTRATION:** Registration materials may be dropped off at the high school main office during normal school hours (7:30 a.m. to 3:30 p.m.).

**Late registration will be accepted only if there is room in the class.**

**Classes will begin Monday, September 21, 2009.**

### FEES AND REFUNDS

Registration fees are payable when you register. Fees are listed in the brochure. A separate check **must** be made for each course desired. *Refunds will **not** be given after the first class has been held.*

### CONFIRMATION OF CLASSES

Registrants **will not** be contacted for confirmation, but will be notified if the course has been cancelled due to insufficient enrollment.

**SENIOR CITIZENS**, 60 years of age or older, will pay one-half of the course fee except as noted in the brochure. Please be prepared to show age identification.

### INCLEMENT WEATHER

When school is cancelled or closes early due to inclement weather, unsafe conditions or an emergency situation, classes will be cancelled. Please check your local television station or call 765-3314, ext. 390, to get the latest information on the status of the Continuing Education classes for that evening. You may also visit the district's website at [www.vcsdk12.org](http://www.vcsdk12.org)

### DISTRICT CALENDAR – FALL 2009

September							October							November							December						
Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
6	X	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	X	12	13	14	6	7	8	9	10	11	12
13	Reg	Reg	16	17	18	19	11	X	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	X	X	X	X	20	21	22	23	X	X	X
27	X	29	30				25	26	27	28	29	30	31	29	30						X	X	X	X	X	X	X

X

= Classes will not meet

## LIST OF COURSES

MONDAY, SEPTEMBER 21, 2009

## I. RECREATIONAL

Aquatic Aerobics (Mon., Tues., Thurs. & Sat.)  
 Lap Swimming (held during Aquatic Aerobic classes)  
 Men's Basketball (Mon. & Wed.)  
 Exercise & Fitness for Everyone (Mon. & Thurs.)  
 \* Yoga (Mon.)  
 Coed Volleyball (Tues.)  
 Pilates (Tues. & Thurs.)  
 Beginner's Belly Dancing (Tues.)  
 Tai Chi (Wed.)  
 Beginner's Ballroom & Swing Dancing (Wed.)  
 Beginner's Latin and Swing Dancing (Wed.)  
 Women's Basketball (Wed.)

## II. ARTS &amp; CRAFTS

\* Acrylic Painting-Candle Holder (Tues., 10/13 & 10/12)  
 \* Acrylic One Stroke Painting-Recipe Box (Tues., 11/10)  
 Pen and Ink w/ Oil Rouging (11/3 & 11/17)  
 \* Acrylic One Stroke Painting-Wine Glasses (Tues., 12/1)  
 Ceramics (Tues.)  
 \* Mom & Me Scrapbooking (Thurs., 10/1)  
 Scrapbooking (Thurs., 10/22)  
 All Occasion Card-Making (Thurs., Nov. 5)  
 Scrapbook Crop Session (Sat., 11/21)

## III. HEALTH &amp; SAFETY

Defensive Driving (Thurs., 10/15 & 10/29)  
 \* Gluten Sensitivity (Thurs., 10/22)  
 \* Red Cross Babysitting Course (Sat., 10/3)

## IV. SPECIAL INTEREST

Digital Photography I (Wed.)  
 \* Digital Photography II (Wed.)  
 \* An Introduction to Life Coaching (Mon., 10/19)  
 Getting Paid to Talk (Wed., 12/2)

\* = New classes

**Registration: Sept. 14 & 15,  
 from 7-8:30 p.m. in the  
 high school foyer**

**MEN'S RECREATIONAL BASKETBALL**      **Bob Bollentin**  
**Mondays & Wednesdays (Sept. through Jan.)**
**High School Gym**      **7-9 p.m. to 10/28 8-10 p.m. to 1/13**

This course is intended for adults who want to work off some of the week's tension in a routine, informal game of basketball.

**FEE \$60**

**EXERCISE & FITNESS FOR EVERYONE**      **Kathy Massaroni**  
**Mondays & Thursdays (17 sessions)**
**Elem. School Large Gym 7-9 p.m. to 10/28 8-10 p.m. to 1/13**

Want to slim down and tone up? Have you been meaning to get into an exercise program, but just have not done it yet? Are you looking for a variety in your workout? If the answer is yes to any of these questions, this exercise class is just for you. The program is a low to moderate impact exercise class. We begin with a warm-up, simple aerobic dances, Tae Bo, light weight lifting and a cool down with floor work concentrating on the abdominal, hip and thigh areas. Wear comfortable clothing and appropriate sneakers, bring a water bottle and light hand weights.

**FEE \$60**
**YOGA**      **Stacey Hugues**  
**Mondays (12 sessions)**  
**6:30-7:30 p.m.**
**High School Cafeteria**

Explore the world of Yoga poses that yield enormous benefits toward increased movement, balance, improved breathing, strength and flexibility. Participants should bring a mat or towel and a water bottle. **[No Senior Discount]**      **FEE \$50**

**LIVE YOUR DREAMS, HONOR YOUR VALUES:**
**AN INTRODUCTION TO LIFE COACHING**
**Monday, Oct. 19**
**Terrice Bassler**
**7:00-9:30 p.m.**
**Room 151**

Each of us knows inside what really makes our heart sing in life. At the core, we are all creative, resourceful and whole beings. Why then do we get stuck? Make compromises with ourselves that keep us living small. Progressive individuals and businesses are turning to Life Coaching for making changes and moving toward a fulfilled life. In this introductory workshop, you will experience coaching tools for yourself—assessing life satisfaction, meeting your future self in guided visualization and generating new perspectives of the big and small issues that keep us from growing. Minimum Class Size 6. Maximum Class Size 25

**[No Senior Discount]**
**FEE \$15**

## TUESDAY, SEPTEMBER 22, 2009

**COED VOLLEYBALL****Melissa Faustel****Tuesdays (12 sessions) 7-9p.m. to 10/27; 8-10p.m. to 12/8  
Middle School Gym**

This course is designed to review the basic aspects of volleyball. This is meant to be a recreational class, with the emphasis on playing the game and having fun. **FEE \$60**

**BEGINNER'S BELLY DANCING****Margaret Bunkoff****Tuesdays (10 sessions)****7-8 p.m.****High School Cafeteria**

This class will offer a relaxed atmosphere to learn the art form of belly dancing with other women of all ages, shapes and sizes. This dance is a fun way of toning and tightening the entire body, while helping to build strength and endurance in the leg and back muscles. Share the laughter and companionship with other women while getting a good workout. **FEE \$40**

**PILATES****Sherrie Hickey****Tuesdays and Thursdays (19 sessions)****7-8 p.m.****High School Commons**

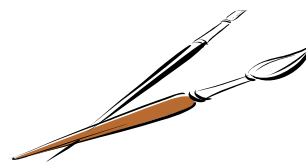
Pilates strengthens and tones muscles; improves posture, flexibility and balance; and unites body and mind. The moves can be customized for individual body types and for various sports (e.g., golf, skiing, running, etc.). Bring your own mat and water bottle to class. All levels welcome. **FEE \$70**

**[No Senior Discount]****CERAMICS****Teresa Chapman****Tuesdays [6 sessions]****Tues., 9/22 Informational Meeting, 6:30-7:30 pm, Room 146****Classes Start Tues., 10/6, 6:30-9:00 p.m., Room 146**

For the beginner or the expert, Ceramics can be a relaxing and enjoyable hobby. The information session will be used to review supply needs. Participants will select and purchase their projects. In addition, a separate supply fee of \$10.00 will be collected on 9/22. Class limited to 12 participants

**[No Senior Discount]****FEE \$50**

## TUESDAY (Continued)

**ACRYLIC PAINTING****Arlene Ableman****Tuesday [2 sessions] 10/13 and 10/27****6:30-9:30 p.m.****Room 148**

Paint a folk art rooster on a clay pot to make a decorative candle holder. Bring your brushes if you have them. One Stroke, value pack preferred. Brushes will be available for purchase. Paint and surface provided. Material Fee of \$10.00 will be collected at first session. Beginners welcome See display on registration night. **FEE \$35**

**ACRYLIC ONE STROKE PAINTING****Arlene Ableman****Tuesday [1 session] 11/10****6:30-9:30 p.m.****Room 148**

Keep your recipes in a fancy box or give one as a gift. Paint a One Stroke crackled recipe box with flowers. Surface and paints provided. Bring your one stroke brushes. Brushes will be available for purchase in class. Material fee of \$10.00 will be collected. Sample will be on display at registration. **FEE \$20**

**PEN AND INK WITH OIL ROUGING****Arlene Ableman****Tuesday [2 Sessions] 11/3 and 11/17****6:30-9:30 p.m.****Room 148**

This is an introductory class for an exciting and different painting technique with surprising results. The project begins with pen and ink and is finished with a rouging technique with oil paint that gives a gentle, striking effect. No experience necessary. We will be painting a frosted glass candle jar and a Christmas ornament. A material fee of \$20.00 will be collected on the first day of class. Samples will be on display at registration. **Maximum class size is 8 students.**

**FEE: \$35****ACRYLIC ONE STROKE PAINTING****Arlene Ableman****Tuesday [1 session] 12/1****6:30-9:30 p.m.****Room 148**

As we approach the holiday season, these One Stroke painted wine glasses will make great gifts. Each participant will paint two etched wine glasses with one stroke painted flowers. Surface and paints provided. Bring your one stroke brushes. Brushes will be available for purchase in class. Material fee of \$10.00 will be collected.

**FEE \$20**

## WEDNESDAY, SEPTEMBER 23, 2009

**TAI CHI, BEG./INT.** Capital District Tai Chi Assoc.  
**Wednesdays (12 sessions)** 6:30-7:30 p.m.  
**High School Cafeteria**

Tai Chi, the ancient Chinese art of meditation in motion, promotes mental, emotional and physical healing by combining movement, meditation, relaxation and self-defense. Tai Chi is reputed to be of therapeutic value for high blood pressure, heart disease and lung disease. This form of exercise is practiced by people of all ages and physical abilities. It requires no equipment and very little space. Each movement is performed slowly to improve balance, flexibility, concentration and muscle control.

**[No Senior Discount] FEE \$60**

**DIGITAL PHOTOGRAPHY I** Kyle Turski  
**Wednesdays [6 Sessions Beginning Sept. 23]**  
**Technology Lab [Room 155] 7-8:30 p.m.**

If you own a digital camera and would like to become better acquainted with it and take better photographs, this course is for you. This class will begin with learning to use your digital camera and understanding all of its features. We will explore the most important components of a photograph. A lesson will be devoted to image sizing for internet use, resolution for printing, enhancing images, storing images on the internet and e-mailing images. **Bring your digital camera and flash drive.**

**FEE \$50**



**DIGITAL PHOTOGRAPHY II** Kyle Turski  
**Wednesdays [6 Sessions Beginning Nov. 4]**  
**Technology Lab [Room 155] 7-8:30 p.m.**

This is a continuation of the Digital Photography I course. Topics will include adjustment layers, masking, image compositing, distortion, filtering, panoramas and actions. Post-processing will be done using Photoshop CS3. **Bring your digital camera and flash drive for storing images.**

**FEE \$50**

**WOMEN'S RECREATIONAL BASKETBALL**  
**Christine Kelley**  
**Wednesdays (10 Sessions) – Middle School Gym**  
**7-9 p.m. to 10/29; 8-10 p.m. to 12/10**

This course is designed for women looking to get in shape through a weekly game of fun, non-competitive basketball. Beginners and veterans alike are invited to play.

**FEE \$45**

## WEDNESDAY (Continued)

**BEGINNER'S BALLROOM & SWING DANCING** Gale Pappas  
**Wednesdays (8 sessions)** 7-8 p.m.  
**High School Commons**

If you want to "dance like the stars," here's your chance. Learn American style smooth ballroom dances consisting of the Foxtrot, Waltz, Tango and Viennese Waltz. Singles and couples are welcome! Class limited to 60 participants.

**[No Senior Discount] FEE \$50**

Note: 50% off the second class if you register for both Beginner's Ballroom & Swing class and the Beginners Swing & Latin Dance class. [Two classes for \$75.00; **No Senior Discount**].



**BEGINNER'S LATIN & SWING DANCING** Gale Pappas  
**Wednesdays (8 sessions)** 8-9 p.m.  
**High School Commons**

Learn American style rhythm dances consisting of East Coast Swing, Rumba, Cha Cha, Mambo/Salsa and Merengue. Class size limited to 60 participants. Singles and couples are welcome. **[No Senior Discount] FEE \$50**

Note: 50% off the second class if you register for both Beginner's Latin & Swing Dancing class and the Ballroom & Swing dance class. [Two classes for \$75.00; **No Senior Discount**].

**GETTING PAID TO TALK: VOICE-OVERS AS A PROFESSION** Creative Voice Development Group  
**Wednesday, Dec. 2 ONLY** 6:30-9:00 p.m.  
**CLASS TO BE HELD AT THE RECORDING STUDIO**

This specially-arranged class gives participants a chance to go behind the scenes in a state-of-the-art recording/production studio. Explore aspects of voice-over work for TV, film, radio and narration, as well as opportunities for voice in multimedia. Basics include preparing the all-important demo and how to successfully earn income in this exciting field. Ask questions, hear examples of professional voice-over recordings and record a commercial script for playback during class. Directions to the recording studio will be mailed to participants. **Note:** There is a limit of 12 participants per class. **FEE: \$15**

**THURSDAY, SEPTEMBER 24, 2009****MOM & ME SCRAPBOOKING**

Thursday, Oct. 1  
Room 146

Join us for a scrapbooking and card-making class for parent and child. We will work on a two-page scrapbook, along with a few cards for you to bring home. A material fee of \$10.00 will be collected by the instructor for this class.

Cinde Apuzzo  
6:30-8:30 p.m.

**FEE \$10**

**SCRAPBOOKING**

Thursday, Oct. 22  
Room 146

Are you ready to find out how easy scrapbooking and card-making can be? Preserve your memories for future generations to enjoy. Everything you need will be provided. A material fee of \$10.00 will be collected by the instructor for this class.

Cinde Apuzzo  
6:30-8:30 p.m.

**FEE \$10**

**ALL OCCASION CARD-MAKING**

Thursday, Nov. 5  
Room 146

Create beautiful, inspiring handmade all occasion cards with "Close to My Heart" products and supplies. A material fee of \$6.00 will be collected by the instructor for this class.

Cinde Apuzzo  
6:30-8:30 p.m.

**FEE \$10**

**SCRAPBOOK CROP SESSION**

Saturday, Nov. 21

This six-hour crop session will give the serious scrapbooker enough time to catch up on big projects. Bring your supplies (including photos, tools, adhesive, paper, etc.); some materials will be available to purchase; and bring a lunch. A \$5.00 mini-workshop fee will be collected by the instructor.

Cinde Apuzzo  
10:00 a.m. – 4:00 p.m.

**FEE \$10**

**DEFENSIVE DRIVING**

Thursday, Oct. 15 and Oct. 29  
Room 151

This course is a six-hour accident prevention program taught within the classroom. Any principal operator of a vehicle completing the course will receive a 10% reduction in his/her liability and collision 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. Student workbooks and certificates will be provided.

N.E. Safety Council  
7:00-10:00 p.m.

**[No Senior Discount]**

**FEE \$40**

**THURSDAY (Continued)****UNLOCKING THE SECRETS OF GLUTEN SENSITIVITY**

Thursday, Oct. 22 7:00-8:30 p.m. Dr. Sarah Westcott  
Room 151 AAC Family Wellness Center

Not just for those diagnosed with celiac disease! If you have fibromyalgia, osteoporosis, migraines (and many other conditions), you may just be intolerant to gluten. This presentation goes over those conditions related to gluten intolerance, the cause, the testing and some dietary tricks to start diversifying the grains in your diet.

**[No Senior Discount]**

**FEE \$10**

**SATURDAY, OCTOBER 3, 2009****AMERICAN RED CROSS BABYSITTING COURSE**

Saturday, Oct. 3

9:00 a.m. – 5:00 p.m.

Prospective babysitters ages 11 to 15 will learn the basics of becoming responsible and reliable babysitters. From learning how to give rescue breaths to an unconscious child and choosing the best solution in a difficult situation, to preparing for an interview and building a resume, participants in this course will be fully prepared to enter the babysitting world. Students will take home the "Babysitter's Training Handbook," an emergency reference guide, key chain breathing barrier, babysitter's training CD-ROM, and the ability to confidently overcome challenging obstacles faced while babysitting.

**FEE \$60**



# AQUATIC CLASSES

≈ Beginning September 21, 2009 ≈

## AQUATIC AEROBIC EXERCISE

### Beginner - Intermediate

**Mondays 12 Classes 7-8 p.m.**  
**Rosemarie McDonough**  
**FEE \$60 (Sr. Cit. Fee \$30)**

**Tuesdays 14 Classes 8-9 p.m.**  
**Vicki Bastian**  
**FEE \$70 (Sr. Cit. Fee \$35.00)**

**Thursdays 12 Classes 7-8 p.m.**  
**Vicki Bastian**  
**FEE \$60 (Sr. Cit. Fee \$30)**

These classes are designed with the beginner to intermediate exerciser in mind. Our aim will be to increase your mobility, flexibility and stamina while firming your muscles and, most of all, boost your self-confidence! All of this can be accomplished in a one-hour class in a pool with waist-high water. You will be dancing, jumping, and stretching to fun music that will make it hard to keep your feet still. All this while helping to stretch and tone your body.

## AQUATIC AEROBIC EXERCISE

### Advanced

**Tuesdays 14 Classes 7-8 p.m.**  
**Vicki Bastian**  
**FEE \$70 (Sr. Cit. Fee \$35)**

**Thursdays 12 Classes 8-9 p.m.**  
**Vicki Bastian**  
**FEE \$60 (Sr. Cit. Fee \$30)**

Stay C-o-o-o-l. Get a firmer, stronger body. Try our great water workout!!! Try this well-designed water workout for the energetic exerciser that will boost your stamina and firm your muscles. In fact, aerobics done in the pool provides the same training benefits as aerobics on land. Water offers 12 times more resistance than air with less wear and tear on your body! The class is choreographed to music that has a good beat which will put a smile on your face and keep you moving.

## AQUA FITNESS

### Intermediate - Advanced

**Mondays 12 Classes 8-9 p.m.**  
**Rosemarie McDonough**  
**FEE \$60 (Sr. Cit. Fee \$30)**

This is a moderate to high-level aerobic workout, including a deep water jogging segment. Water workouts allow you to shed pounds and firm muscles, but are easier on the back and joints than jogging or high impact aerobics. Come experience the fun of a great cardiovascular workout. A deep water jogging belt is required for this course. ***If you need to purchase a belt (\$23), indicate so on your registration form. Bring that payment to the instructor at the first class where you will receive your belt.***

### Wet Workout

**Vicki Bastian 7-8 a.m.**  
**Saturdays 12 Classes**  
**FEE \$60 (Sr. Cit. Fee \$30)**

Come join us in the pool! What better way to get into shape as we jog, kick, jump, punch, rock, ski and Tae Bo our way to cardiovascular fitness with upbeat music! Since water softens impact and has 12 times more resistance than air, this is a great way to burn those calories without undue stress on joints and bones. Enhance your breathing and build up your stamina. A "rock 'em, sock 'em" workout built with you in mind. Give it a try and you just may be hooked (and fit) for life!!

### LAP SWIM

**Sept. 21–Dec. 23**  
***Three lap swim lanes will be available during all aerobics classes (Mon., Tues., Thurs. & Sat. at the times listed above).***

Swimming laps is a good way to get in shape and/or maintain physical fitness. Lanes will be available for fast, medium and slow swimmers. Circle swimming will be utilized if lanes are shared. **FEE: \$100**



Voorheesville Central School District Continuing Education Program  
Voorheesville, New York

# Exercise and Fitness

Health & Safety

Pool Classes

DEFENSIVE DRIVING

RECREATIONAL

# Arts and Crafts

*Do you have a special skill or interest that you would like to teach to others? Contact Mary Flansburg at 765-3314, ext. 390.*

Voorheesville Central School District  
P.O. BOX 498  
VOORHEESVILLE, NY 12186

Non-Profit Organization

U.S. POSTAGE

**PAID**

Permit No. 730  
Albany, NY

POSTAL CUSTOMER