



Voorheesville Central School District

Clayton A. Bouton High School
 432 New Salem Road
 Voorheesville, NY 12186
 (518) 765-3314 ext. 309

SPRING 2012

VOORHEESVILLE CONTINUING EDUCATION PROGRAM

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.....**February 13, 2012**
 Tuesday evening.....**February 14, 2012**
WHERE Clayton A. Bouton High School Cafeteria
 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 [February 14, 2012]

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 the week of Monday, February 27, 2012 or as noted in the brochure.

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

DISTRICT CALENDAR – SPRING 2012

February - March							April							May							June						
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
	27	28	29	1	2	3	1	2	3	4	5	X	X			1	2	3	4	5						1	2
4	5	6	7	8	9	10	X	X	X	X	X	X	X	6	7	8	9	10	X	12	3	4	5	6	7	8	9
11	12	13	14	15	16	17	15	16	17	18	18	20	21	13	14	15	16	17	18	19							
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26							
25	26	27	28	29	30	31	29	30						27	X	29	30	31									

X = Classes will not meet

LIST OF COURSES

I. RECREATIONAL

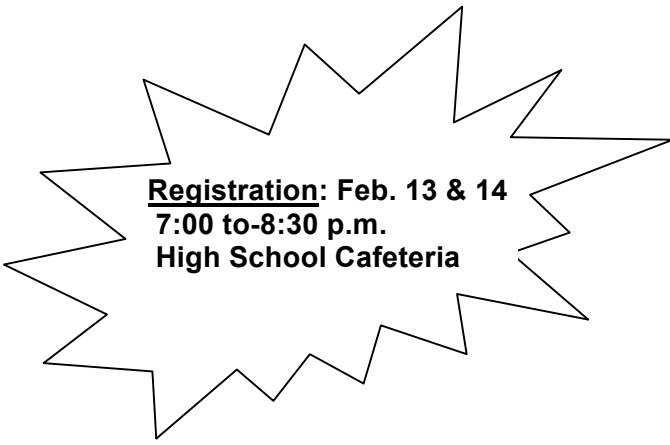
Aquatic Aerobics (Mon., Tues., Thurs. & Sat.)
 Lap Swimming (held during Aquatic Aerobic classes)
 Men's Basketball (Mon. & Wed.)
 Exercise & Fitness for Everyone (Mon. & Thurs.)
 Zumba Fitness I (Mon.)
 Pilates (Tues.)
 Coed Volleyball (Tues.)
 Introduction to Bellydancing (Tues.)
 Intermediate Ballroom Dance (Tues.)
 Intermediate Swing & Latin Dance (Tues.)
 Tai Chi (Wed.)
 Beginner's Ballroom & Swing Dancing (Wed.)
 Beginner's Latin and Swing Dancing (Wed.)
 Women's Basketball (Wed.)
 Yoga (Thurs.)
 Open Water Scuba (Sat.)

II. HEALTH & SAFETY

Defensive Driving (Thurs.)

IV. SPECIAL INTEREST

Floral Design (Tues.)
 Getting Paid to Talk (Wed.)
 Beginning Charcoal Drawing (Sat.)
 Voorheesville Public Library – Reading and Discussion
 Series, "Hearts Touched By Fire: Living Through
 The Civil War"



Registration: Feb. 13 & 14
7:00 to-8:30 p.m.
High School Cafeteria

MONDAY

MEN'S RECREATIONAL BASKETBALL Bob Bollentin
Mondays & Wednesdays (Feb. 27 thru May 23)
High School Gym 8:00-10:00 p.m.
 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 (13 sessions)
(No Class March 19 or March 22)
Elementary School Large Gym 7:30-9:00 p.m.
 Want to slim down, tone up, have more energy? Have you
 been procrastinating in the exercise department? Are you
 looking for variety in your workout? If so, this program is for
 you because it concentrates on fitness strategies, workout
 safety with musical and exercise variety. Experience the
 energy of this class moving from simple aerobic dance, Tae
 Bo, lower body floor exercise, to a cool-down, including Yoga
 in a low light overall relaxing atmosphere. Please wear
 comfortable clothing, bring a water bottle, exercise mat and
 hand weights.
FEE \$65

ZUMBA FITNESS I Jennifer Seay
Mondays (10 sessions) 6:00-7:00 p.m.
High School Commons
 Zumba is a popular fitness program that combines Latin and
 international music and moves to help you burn away calories.
 It's an easy-to-follow cardio workout. This is an all-levels class
 and is appropriate for everyone, whether you have previous
 Zumba experience or not. Wear comfortable clothing and
 athletic shoes to allow for movement; a water bottle is
 recommended. If you enjoy high energy, fun music and want
 to get moving, Zumba may be just what you need.
[No Senior Discount] Max. 35 Participants FEE \$50

TUESDAY

COED VOLLEYBALL Bill Liddle
Tuesdays (12 sessions) 8:00-10:00 p.m.
Middle School Gym
 This course is designed for the novice player to review the
 basic aspects of Volleyball. This is meant to be a recreational
 class, with emphasis on playing the game and having fun.
Max. 30 Participants FEE \$60

PILATES Mary Chew
Tuesdays [8 Sessions] 7:00-8:00 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 \$40
[No Senior Discount]

TUESDAY

INTRODUCTION TO BELLYDANCING Margaret Bunkoff
Tuesdays (8 sessions) 6:30-7:30 p.m.
High School Cafeteria

Learn the ancient art of Bellydancing with 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 legs, arms, and back. Margaret Bunkoff "Mandisa" has studied under several top performers in the Capital District including Habiba-Donna Floyd, Serena-Laura Singh, Lilya-Suzanne Rancourt and Merydia-Lynn Buell. So share the laughter and companionship with others while shaking and shimmying your way into shape! **FEE \$40**

INTERMEDIATE BALLROOM DANCE Ron Tritto
Tuesdays (8 sessions) 7:00-8:00 p.m.
Elementary School Large Gym

Refine your dancing technique and styling. Learn more dance steps in this intermediate American Smooth dance class. Students will study at least one bronze level smooth dance per session to be determined by the instructor. Students must have completed Beginner's Ballroom class as a pre-requisite. A dance partner is required for this level. Class requires mild exercise. It is recommended that students consult their physician prior to participating. Class size limit 50.

[No Senior Discount – No Multi-Class Discount] FEE \$50

INTERMEDIATE SWING & LATIN DANCE Ron Tritto
Tuesdays (8 sessions) 8:00-9:00 p.m.
Elementary School Large Gym

Refine your dancing technique and styling. Learn more dance steps in this intermediate American Rhythm dance class. Students will study at least two bronze level rhythm dances per session to be determined by the instructor. Students must have completed Beginner's Swing & Latin class as a pre-requisite. A dance partner is required for this level. Class requires mild exercise. It is recommended that students consult their physician prior to participating. Class size limit 50.

[No Senior Discount – No Multi-Class Discount] FEE \$50

FLORAL DESIGN Phebe Archibald
Tuesdays (8 sessions) 7:00-9:00 p.m.
Room 146

Learn about different types of fresh arrangements, the proper treatment and use of flowers, how to increase the life of flowers, decorating with flowers and greens, and different crafts using flowers and ribbon. Each student will make their own arrangement or craft to take home each week. Students must bring a utility knife for cutting flower stems. A separate \$10.00 materials fee will be collected for each class. **FEE \$40**
Class limited to 12 participants [No Senior Discount]

WEDNESDAY

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

WOMEN'S RECREATIONAL BASKETBALL

Christine Kelley Middle School Gym
Wednesdays (10 Sessions) 8:00-10:00 p.m.

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**

BEGINNER'S BALLROOM DANCING Gale Pappas
Wednesdays (8 sessions) 7:00-8:00 p.m.
No Class March 7 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, and Tango. 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 the Beginner's Ballroom Dance class and the Beginner's Latin & Swing Dance class. [Two classes for \$75.00; **No Senior Discount.**]



BEGINNER'S LATIN & SWING DANCING Gale Pappas
Wednesdays (8 sessions) 8:00-9:00 p.m.
No Class March 7 High School Commons

Learn American style rhythm dances consisting of East Coast Swing, Rumba, and Cha Cha. 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 the Beginner's Ballroom Dance class and the Beginner's Latin & Swing Dance class. [Two classes for \$75.00; **No Senior Discount.**]

THURSDAY

YOGA

**Thursdays (10 sessions)
High School Commons**

This is a Level 1 General Hatha class for people with some Yoga experience although beginners are welcome. This class will combine relaxation, breathing, posture and meditation. The emphasis will be on increasing flexibility, strength and relaxation and improving coping mechanisms to stress resulting in a fitter, calmer, healthier self. Participants should bring a mat, small pillow and blanket, and wear comfortable clothing. **Max. 25 Participants**

**Linda Conway PT, CYT
6:00-7:30 p.m.**

FEE \$40

[No Senior Discount]

DEFENSIVE DRIVING

**Thursday, March 8 and March 22
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.**

FEE \$40

[No Senior Discount]

GETTING PAID TO TALK: VOICE-OVERS AS A PROFESSION

Creative Voice Development Group

Thursday, March 15 (1 Session)

6:30-9:00 p.m.

CLASS TO BE HELD AT THE 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 \$30

[No Senior Discount]

SATURDAY



OPEN WATER SCUBA COURSE

Adirondack Scuba

**April 3 (Tuesday) - Classroom Session 6-9 p.m. Room 151
Apr. 21; May 5,12,19 Pool Sessions 3:00-5:30 p.m. HS Pool
Checkout Dives in Lake George June 9, 10**

This Open Water Scuba Course consists of online course work, four pool sessions and 5-6 open water dives in Lake George. Each student will be outfitted in scuba gear and will learn basic scuba skills and safety drills. At the completion of the pool sessions, students will spend two full days diving in Lake George where learned skills are practiced and further reviewed under close supervision. Upon successful completion of the course, students will receive a Scuba Diving International (SDI) Open Water Certification Card allowing them to dive anywhere in the world. Course fee includes access code for online course work, registration fees, and full rental gear for the course. Students must provide their own personal gear consisting of mask, snorkel, fins and boots. These can be purchased at the first classroom session.

**Class Size: Min. 6 Students; Max. 8 Students FEE \$375
[No Senior Discount]**

BEGINNING CHARCOAL DRAWING

Kristen Wells

Mar. 3 (5 sessions)

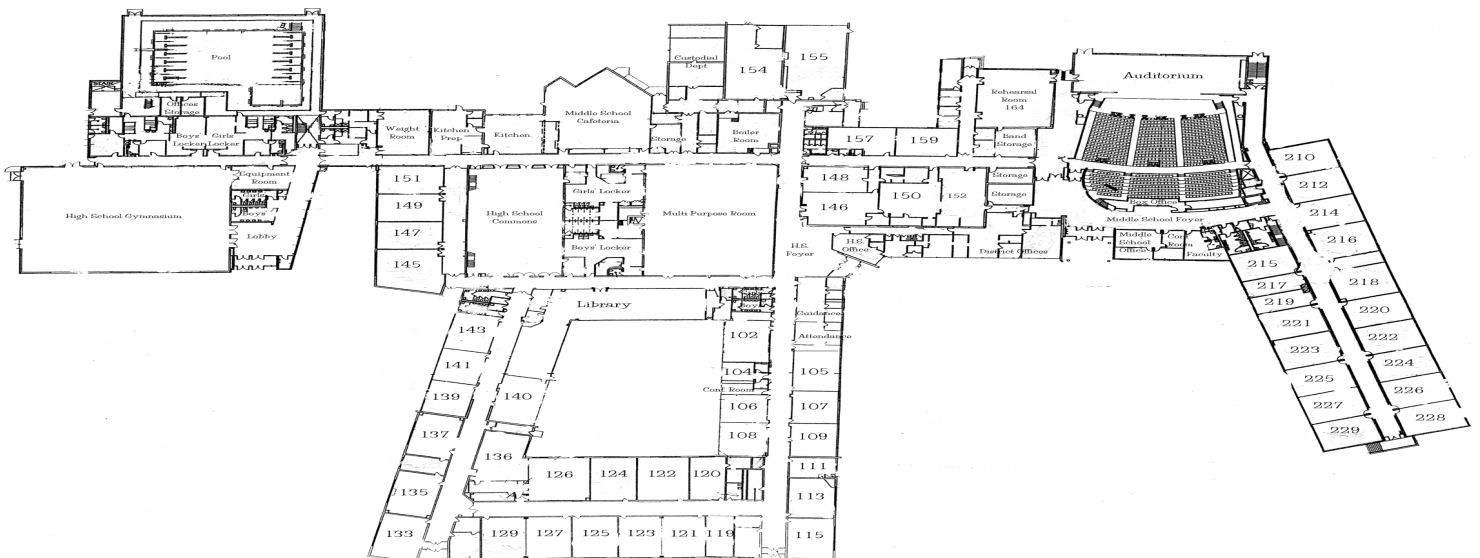
8:00 a.m. – 10:00 a.m.

Room 146

Join us for a fresh approach to drawing fundamentals and charcoal techniques. Come with or without ideas and leave with your own works of art. Students will work from observation and photos. This course is designed for the beginner yet open to all levels. Drawing supplies are included in the course fee.

Max. 10 Students

FEE \$45



VOORHEESVILLE PUBLIC LIBRARY

Reading and Discussion Series at the Voorheesville Public Library

HEARTS TOUCHED BY FIRE: LIVING THROUGH THE CIVIL WAR

The Voorheesville Public Library has been awarded a prestigious grant from the National Endowment for the Humanities and the American Library Association to produce comprehensive programming about the Civil War. This offers an extraordinary opportunity for you to learn about this seminal time in American history. Visit civilwarprograms.blogspot.com for a list of programs in the Capital District.

Sessions are free and open to the public. Copies of the books are available for checkout. Contact the Voorheesville Public Library at 765-2791 or online at reference@voorheesvillelibrary.org to register.

Let's Talk About It: Making Sense of the American Civil War

This series of scholar-led book discussions explores the causes and events of the war and how it formed who we are as a nation. Each discussion will focus on a different theme and will be led by Andrea Foroughi, Assoc. Professor of History at Union College.

"Making Sense of Shiloh" will discuss writings by Ambrose Bierce, Ulysses Grant, Shelby Foote, Braxton Bragg, and Bobbie Ann Mason. Wed., March 21, 6:30 p.m.

"The Shape of War" will be based on the book Crossroads of Freedom: Antietam by James M. McPherson. Tue., April 17, 6:30 p.m.

"War and Freedom," the final topic, will include writings by Abraham Lincoln, Frederick Douglass, Margaret Walker, Leon Litwach, and others. Sat. May 19, 1:30 p.m.

The Filmmaker's Eye on the American Civil War

This film series is devoted to American films that explore the lives and experiences of both those directly involved in the war as well as those at home.

"The Oldest Living Confederate Widow Tells All"

Sun., March 4 at 2:00 p.m.

This is the story of Lucy Marsden, age 99, who, at age 14, married a man of 50 and had 6 children. Within her story is the tale of her husband, Capt. Marsden, who went off to war (the Civil War) at age 13 and of Castalia Marsden, the former slave of the Marsden family, now a housekeeper. (1994, color, 170 minutes)

"Gettysburg"

Sun., April 15 at 2:00 p.m. (Part 1)

Sun., Apr. 22 at 2:00 p.m. (Part 2)

There is no home front in this film. It is strictly a depiction of the summer of 1863—the Battle of Gettysburg. It was filmed on location at the Gettysburg National Park and used thousands of Civil War re-enactors.

"The Conspirator"

Sun., May 6 at 2:00 p.m.

Mary Surrat, the owner of a boarding house where John Wilkes Booth and others met to plot the assassination of President Abraham Lincoln, is captured and tried as a co-conspirator because she must have known about the plot. Those arresting her decide to deal with the matter quickly in front of a military tribunal rather than by a jury of her peers as is guaranteed by the Constitution.



AQUATIC CLASSES

~ All Aquatic Classes Begin the Week of February 27, 2012 ~

AQUATIC AEROBIC EXERCISE

Beginner - Intermediate

Mondays 13 Classes 7-8 p.m.
Rosemarie McDonough
FEE \$65 (Sr. Cit. Fee \$40)

Tuesdays 14 Classes 8-9 p.m.
Vicky Bastian
FEE \$70 (Sr. Cit. Fee \$42)

Thursdays 14 Classes 7-8 p.m.
Vicky Bastian
FEE \$70 (Sr. Cit. Fee \$42)

Take the plunge into a healthy lifestyle. These classes are designed with the beginner to intermediate exerciser in mind. Our goal 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 the pool in 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.
Vicky Bastian
FEE \$70 (Sr. Cit. Fee \$42)

Thursdays 14 Classes 8-9 p.m.
Vicky Bastian
FEE \$70 (Sr. Cit. Fee \$42)

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 13 Classes 8-9 p.m.
Rosemarie McDonough
FEE \$65 (Sr. Cit. Fee \$40)

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 (\$26), indicate so on your registration form. Bring that payment to the instructor at the first class where you will receive your belt.***

Wet Workout 7-8 a.m.
Vicky Bastian
Saturdays 13 Classes
FEE \$65 (Sr. Cit. Fee \$40)

Start your weekend with a splash! 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 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.

Lap Swim Feb. 27 – June 9
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