



ICHABOD CRANE CSD Adult Education Fall 2018

WHO MAY REGISTER: Any person 16 years of age or older who is not enrolled in a private or public secondary school may enroll in any course. No high school credit may be given for any course taken as part of the Adult Education Program. **THE FIVE-HOUR PRE-LICENSING COURSE IS OPEN TO ANYONE 16 YEARS OF AGE AND OLDER.**

HOW TO REGISTER: Early registration by mail protects against having to cancel a course due to low class size. Please register early!

You may register by mail or in person in the Central Office located in the High School Building. Students who wish to register for the five-hour pre-licensing course may do so either by mail or in the Central Office located in the High School with Amy Boothby. **All registration must be done either by mail or in person at the District's Central Office, High School Building.**

Please put the course title in the check memo section. All checks are made payable to ICC.

CLASSES HELD: Fall Session – September – December 2018
Winter/Spring Session – January – May 2019

TUITION: The Adult Education Program is self-supporting. The tuition for each course is listed along with each course description. The total amount of tuition is payable at the time of registration. The tuition will be refunded if a course is canceled or if a student withdraws from a course before a course begins. There will be no refunds after the first class has met.

MATERIALS FEE: In some courses, the instructor may require a fee to cover the cost of materials.

ENROLLMENT: All classes have minimum enrollments listed after each tuition amount.
If insufficient numbers register by mail or in person the class may be canceled.

SCHOOL CLOSING: The adult ed classes will be closed on evenings when the regular day school is closed or after school activities have been canceled. For information regarding closings, call 758-7575 and press 2 for emergency information and school closings.

IMPORTANT NOTICE: (Especially registrants in sports and physical activities) No classes or activities provide insurance coverage to individuals for accident or bodily injury. It is strongly recommended that you obtain your doctor's approval before participating in any of our courses that involve sports, exercise or other strenuous physical activity.

ADDITIONAL INFORMATION: Phone 758-7575, ext. 3002 Amy Boothby at the Ichabod Crane Central Office located in the High School

**UNLESS OTHERWISE LISTED, ALL COURSES
WILL BE OFFERED AGAIN IN THE WINTER/SPRING 2019
SEMESTER, WHICH BEGINS AFTER THE DECEMBER VACATION BREAK.**

DRIVER TRAINING



FIVE HOUR PRE-LICENSING COURSE

Monday, Oct 15 6:00 - 8:30 PM & Wednesday, Oct 17, 6:00 - 8:30 PM

Monday, Feb 4 6:00 - 8:30 PM & Wednesday, Feb 7 6:00 - 8:30 PM

Monday, April 8 6:00 - 8:30 PM & Wednesday, April 10 6:00 - 8:30 PM

Tuesday, May 28 6:00 - 8:30 PM & Wednesday, May 29 6:00 - 8:30 PM

Ms. Linda Renken High School – Room 213 Tuition \$30.00

CLASS LIMIT: 36

This two session course meets the requirements for the New York State mandated pre-licensing instruction. You must be at least 16 years of age and have a valid NYS Learner's Permit. Students may register either in the Central Office located in the High School with Mrs. Boothby or by mail. **THIS IS NOT A POINT REDUCTION OR A SAFE DRIVING COURSE.**

First Aid Course

Instructor: Barbara Fischer, RN

Location: High School Room 213

One session on date will be on Monday, October 22 – 6 – 9 p.m.

Tuition \$30

What would you do in a medical emergency before help arrives? This 3-hour American Heart Association (AHA) First Aid course is completed in two evenings and includes the new roll-out protocol for administering first aid. The four modules that will be covered include: First Aid Basics, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. Find out what you need to know in an emergency situation that may save someone's life. Completion cards will be sent to participants after the course and are valid for 2 years. Bring \$18 to class for card. Class size is limited to 10.

CPR and AED Training

Instructor: Barbara Fischer, RN

Location: High School Room 213

Two-night class on dates will be on Monday and Tuesday October 29 and 30 - 6 - 8 pm.

Tuition: \$35

This 4-hour American Heart Association (AHA) Heart Saver Course offers instruction in Automatic External Defibrillator (AED), and Adult and Infant/Child CPR. Instruction includes Heimlich procedure for adult and infant/child choking victims. AHA new protocols will be provided with hands-on experience so participants feel competent and confident. Completion cards will be sent to participants after the course and are valid for two years. Bring \$18 to class to pay for card. Class size limited to 6.

BASKET WEAVING

Footed Yarn Basket

Tuesday, Nov 6 and 13 – 6 to 9 pm

Tuition: \$30.00 (payable to ICC at registration)

Materials Fee: \$33 (payable to the instructor on the first class)

Location: High School Art Room 203

Instructor: Joyce Flower



Class Minimum Enrollment: 4

Learn to weave this square to round large basket which is useful for much more than yarn! This basket is woven with natural and dyed reed and has 2 hand carved oak handles. After finishing you put the “feet” on to make it sit up off the ground. This basket is 16” tall with the feet and 12” wide. Maximum Enrollment: 10

NOTARY PUBLIC REVIEW WORKSHOP

One Night Workshop: Tuesday, November 13 - 6:00 pm-9:00 pm

Tuition: \$45

Location: High School Room 215

Instructor: Victor Bujanow

CLASS MINIMUM ENROLLMENT: 3

Victor Bujanow, CIC has been a practicing Notary Public and Notary Signing Agent for over 25 years and is an active member of the American Society of Notaries. In addition to the Notary Public Workshops throughout New York State he is also an adjunct Instructor of Insurance at several New York State Community Colleges. All materials will be provided including a 57 page workbook, handouts, and website links to NYS licensing information, booklets and forms. Also featured is an 80 question practice exam.

CRAFTING WITH MINZ

Tuition: \$13 per session (payable to ICC at registration)

Materials Fee: \$12 per session (payable to the instructor on the first night of class)

Location: High School Art Room 203

Instructor: Melissa Falkner

Class Minimum Enrollment: 4 Maximum Enrollment: 26

Session Dates are as follows:

Thursday, October 11,

Dragon Fly wine glass



Thursday, November 15

Fall Leaves Wine Glass



Thursday, December 13
Merry Christmas Wine glass



The instructor will provide all necessary supplies and walk you and your friends through step-by-step instructions to create a beautiful painting or craft which you can bring home at the end of the evening. Included: Glass, and/or materials. Melissa (Minz) Falkner has a MS in Visual Arts Education: K-12, with a focus in painting and photography.



Alissa Weaver's Card Classes

Days of the workshops are listed under each card

Tuition: \$25.00 per each card class (either 2 or 3 sessions) (Payable to ICC at Registration)

Materials Fee: \$12.00 per class payable to the instructor

Location: High School Art Room 203

Instructor: Alissa Weaver

All Occasion Cards Class: In this class we will create 6 cards with envelopes, 2 each of 3 designs. These will be all occasion cards, with a choice of sentiments such as "birthday" and "thinking of you". Please bring a pair of small sharp scissors and tape-runner style adhesive. All other supplies will be provided. The adhesive will be available for purchase at class if needed (\$7). The class will include hands-on instruction and a written step-step direction sheet to take home. This is a perfect class for the beginner or experienced paper crafter alike! Materials fee of \$12 payable to the instructor the evening of the class. Class size limited to 15.

Each session will feature different designs and are independent of each other, come to one or all.

Session 1: Thursday, September 13 6-9pm
Session 2: Wednesday, September 19 6-9pm
Session 3: Thursday, October 4 6-9pm

Autumn Cards Class: In this class we will create 6 cards with envelopes, 2 each of 3 designs. These will be cards with Seasonal Autumn designs. Please bring a pair of small sharp scissors and tape-runner style adhesive. All other supplies will be provided. The adhesive will be available for purchase at class if needed (\$7). The class will include hands-on instruction and a written step-step direction sheet to take home. This is a perfect class for the beginner or experienced paper crafter alike! Materials fee of \$12 payable to the instructor the evening of the class. Class size limited to 15. Each session will feature different designs and are independent of each other, come to one or all.

Session 1: Tuesday, October 16 6-9pm
Session 2: Wednesday, October 24 6-9pm

Thank You Cards: In this class we will create 6 cards with envelopes, 2 each of 3 designs. These will be cards with a thankfulness theme. Please bring a pair of small sharp scissors and tape-runner style adhesive. All other supplies will be provided. The adhesive will be available for purchase at class if needed (\$7). The class will include hands-on instruction and a written step-step direction sheet to take home. This is a perfect class for the beginner or experienced paper crafter alike! Materials fee of \$12 payable to the instructor the evening of the class. Class size limited to 15. Each session will feature different designs and are independent of each other, come to one or all.

Session 1: Thursday, November 1 6-9pm
Session 2: Wednesday, November 7 6-9 pm

Christmas Holiday Card Class: In this class we will create 6 cards with envelopes, 2 each of 3 designs. These will be Christmas/ Winter Holiday cards. Please bring a pair of small sharp scissors and tape-runner style adhesive. All other supplies will be provided. The adhesive will be available for purchase at class if needed (\$7). The class will include hands-on instruction and a written step-step direction sheet to take home. This is a perfect class for the beginner or experienced paper crafter alike! Materials fee of \$12 payable to the instructor the evening of the class. Class size limited to 15. Each session will feature different designs and are independent of each other, come to one or all.

Session 1: Thursday, November 15 6-9 pm
Session 2: Tuesday, December 4th 6-9pm

Introduction to Astrology
September 27th
October 4th/11th/18th/25th
November 1st/ 8th/15th
December 6th/13th
Time: 7:30 pm -9 pm - 1.5hr classes
Tuition: \$50.
Location: High School Room 213
Instructor: Barbara Saskia Klap



This is a 10-week class. An astrological birth chart, also called horoscope, is basically a blueprint of the psyche of an individual. It is a reflection of the heavens at the moment of a person's birth, thus it follows the ancient concept: "As above, so below". The complex symbolic language of Astrology is made up of three major components: The ten planets which represent ten different dimensions of experience, the twelve zodiac signs which represent the style in which those experiences will play out and the twelve astrological houses which will show in what area of life they will all unfold. The planets are connected with each other through geometric angles, called the aspects, which describe the relationships between them.

This class will introduce students to these three basic components which make up a horoscope. Thus students will be introduced to the twelve zodiac signs, the twelve astrological houses and the ten planets. In addition the concept of aspects and the four elements will be introduced.

Adult English as Another Language
Free Drop-In Class
Monday evenings beginning in October 2018
from 6-8 pm.

Information to follow soon.

HEALTH AND FITNESS



ZUMBA!

Mondays AND Thursdays 4:15-5:15 pm Beginning September 10 and 13, 2018

Location: Primary School Gymnasium (September 10 – Dec 17, 2018)

High School Cafeteria (January 3 – May 30, 2019)

Instructor: Katie Snyder

Tuition: \$40 Fall Semester (Sept.-Dec.) – 1 day/week
 \$70 Fall Semester – (Sept.-Dec.) – 2 days/week
 \$60 Spring Semester (Jan.-June) – 1 day/week
 \$120 Spring Semester (Jan.-June) – 2 days/week

CLASS MINIMUM ENROLLMENT: 13

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.



FITNESS WALKING PROGRAM

High School Hallways

September 2018 – June 2019

Tuition: \$5 annual registration

You will receive a badge that you must wear while in the building.

Walking for physical fitness has proven its health benefits in a number of studies. When it is difficult to walk on the street because of traffic, inclement weather you now can walk in the safe, clean halls of the High School.

You may walk from 5:00 to 7:30 p.m. on any Monday through Friday that school is in session.

If school is closed or canceled, this program will be canceled too. Also when school is not in session, the program is canceled.

CARDIO SCULPT

Mondays Beginning September 17 – October 29 (6 weeks)

High School Weight Room - 5:30 - 6:30

Instructor: Abby Boothby

Tuition: \$30.

In an hour workout, one night per week, tone and strengthen. Using various types of strength training equipment (free weights, body bars, exercise bands, steps) you will strengthen muscles you never knew you had. Beginning, intermediate, and advanced students are welcome. No one gets left behind. Get pumped and have fun!

CARDIO KICKBOXING

Tuesdays, October 16 – December 4

Location: High School Cafeteria – 6 p.m. – 7 p.m.

Instructor: Melissa Kugler

Tuition: \$30.

Cardio kickboxing class is an amazing aerobic experience, utilizing martial arts based kickboxing techniques to increase muscular strength, cardiovascular conditioning, coordination, and balance. It's about repetition instead of complicated choreography. So as a beginner it won't take long to catch on. No prior martial arts or kickboxing experience necessary. Class is designed for all fitness levels.

BASKETBALL

New Rules

- 1. If you do not pay, you do not play.**
- 2. Ages 18 and older only. No High School Students.**

On different nights, different skill levels and ages play pick-up games for fun and exercise. The days and times are listed below. Age limits and skill levels are just GUIDELINES. We won't be checking IDs, but by listing ages, the intent is to have similar skill levels and intensity levels playing together. If participants find they're in a group that does not fit his or her abilities, tuition is transferable to other nights. Instructors are able to help participants determine which night will be a good fit for a player.

**Tuition: \$40 for one night
\$70 for two nights
\$100 for three nights**

Mixed skill levels, ages 25-55 yrs. No limit on the number of participants.

Mondays 7:30-9pm with Ron Jarvis in the MS Large Gym

Start Date October 1, 2018 to May 28, 2019

Elite players, ages 18-34 yrs. No limit on the number of participants.

Tuesdays 7:30-9pm with Dalton Michaud in the MS Large Gym

Start Date: October 2, 2018 to May 28, 2019

Semi-Elite players, ages 30 and over. Class limited to 18 participants.

Wednesdays 7:30-9pm with Josh Wisniewski in the MS Large Gym

Start Date October 3, 2018 to May 28, 2019

Over 40. Class limited to 18 participants.

Thursdays 7:30-9 with John White in the MS Large Gym

Start Date: October 4, 2018 to May 28, 2019