



# ICHABOD CRANE CSD Adult Education Spring 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 2017  
Winter/Spring Session – January – May 2018

**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

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**UNLESS OTHERWISE LISTED, ALL COURSES  
WILL BE OFFERED AGAIN IN THE WINTER/SPRING 2018  
SEMESTER, WHICH BEGINS AFTER THE DECEMBER VACATION BREAK.**

# DRIVER TRAINING



## FIVE HOUR PRE-LICENSING COURSE

Monday, Oct 2, 6:00 - 8:30 PM & Wednesday, Oct 4 6:00 - 8:30 PM  
Monday, Dec 4, 6:00 - 8:30 PM & Wednesday, Dec 6 6:00 - 8:30 PM  
Monday, Feb 5, 6:00 - 8:30 PM & Wednesday, Feb 7 6:00 - 8:30 PM  
Monday, April 9, 6:00 - 8:30 PM & Wednesday, April 11 6:00 - 8:30 PM  
Tuesday, May 29, 6:00 - 8:30 PM & Wednesday, May 30 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 **TBD**.**

**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 \$5 to class for card. Class size is limited to 10.

## CPR and AED Training

**Instructor: Barbara Fischer, RN**

**Location: High School Library**

**Two-night class on Monday and Wednesday, April 23 and 25 - 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 \$5 to class to pay for card. Class size limited to 6.

# **BASKET WEAVING**

## **You Put a Hex On Me Basket Class Full**

**Tuesday, April 10 and 17 – 6 to 9 pm**

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

**Materials Fee: \$29 (payable to the instructor on the first class)**

**Location: High School Art Room 203**

**Instructor: Joyce Flower**



*Class Minimum Enrollment: 4*

*Maximum Enrollment: 10*

Starting on a wooden hexagon base, we will insert natural and dyed reed for spokes and weave the basket in the same colors for a color block effect. Careful attention to shaping to keep your basket in a hexagon shape will be learned and finished off with a braided lashing. This basket would be a great size for a wastebasket. Measures 11” tall by 10” wide. Please bring spring-type clothes pins, a pencil, tape measure and an old towel to class.

## **NOTARY PUBLIC REVIEW WORKSHOP**

**One Night Workshop: Tuesday, May 1st - 5:00pm-9:00pm**

**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.

## **Medicare 101**

**One Night Workshop: Monday, April 30<sup>th</sup> – 6 p.m. – 8 p.m.**

**Location: High School Room 215**

**Instructor: James W. Farnham, MBA, MS**

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare Medicare Parts A, B, C and D. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you become more well-informed and explain what Medicare means for you!

# CRAFTING WITH MINZ



**February 26**



**April 24**



**March 26**



**May 22**

One Night Workshops: from 6:00-9:00 pm (See paintings and craft above)

**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: Monday, February 26; Monday, March 26; Tuesday, April 24 and Tuesday, May 22**

**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, Canvas, paint and/or materials. Melissa (Minz) Falkner has a MS in Visual Arts Education: K-12, with a focus in painting and photography.**

# HEALTH AND FITNESS



## ZUMBA!

**Mondays AND Tuesdays 4:15-5:15 pm Beginning September 11 and 12, 2017**

**Location: Primary School Gymnasium**

**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.

## Mindfulness Stress Reduction **\*\*NEW DATES\*\***

**Middle School Library**

**Mondays – April 9, 16 and 23, 2018 – 6:30 p.m. – 8:00 p.m.**

**Tuition: \$60**

**Instructor: Andrea Horowitz, LMHC**

Andrea is a mental health counselor with a special interest in stress, addiction and anxiety. She has worked in both community and private practice settings. As an outdoor lover she often incorporates nature and the outdoors into her therapy approaches, such as working with horses in Equine Assisted Therapy. Andrea enjoys working with people and helping them live a life they love. She is also a 1996 graduate of Ichabod Crane!

- **Stress education**
- **Explanation of mindfulness and meditation**
- **Lots of practice with mindfulness and meditation**
- **A gentle chair yoga routine to help with physical stress**

Got stress? We can help you stress less in 2018! Come learn about stress, the good the bad and the surprising. Learn ways to de-stress through mind training, meditation and connecting with your body. Every session will include a meditation practice so you can begin to work on reducing your stress from the very first session. The sessions are designed to build on one another, to refine and increase your skills with stress reduction. We will also be doing some gentle chair yoga that you can do anywhere to relieve physical tension. Ring in the new year with a less stressed you.

Due to the cumulative nature of the information the instructor asks that those interested attend all 4 weeks.



## **FITNESS WALKING PROGRAM**

**High School Hallways**

**September 2017 – June 2018**

**Tuition: \$5 annual registration**

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.**

## **REIKI LEVEL 1 PRACTITIONER**

**Middle School Library**

**Wednesday, February 28, March 7 and March 14**

**Time: 6 – 8 p.m.**

**Tuition: \$30.00 (to the school district)**

**Materials fee: \$25 (paid to the instructor the first night of class)**

**Instructor: Bonnie Dlugolecki, owner of Natural Focus Healing Arts, is a Certified Master Teacher in both Usui and Karuna ®Reiki, member of the International Association of Reiki Practitioners, and Registered Master Teacher with the International Center for Training.**

In this course, students are introduced and attuned to the healing life force energy best known by the Japanese word Reiki. Reiki is a healing technique based on the principle that energy can be channeled by means of touch, to activate the natural healing processes of the recipient's body and restore physical and emotional well-being. Upon completion of this class, students will be certified as a Level 1 Reiki Practitioner with the basic skills enabling them to perform Reiki on themselves and others.

## **CARDIO SCULPT**

**Mondays Beginning April 9 – May 14 (6 weeks)**

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

**Instructor: Abby Boothby**

**Tuition: \$25.00**

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!

# **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 Will Ferguson in the MS Large Gym  
Start Date October 23, 2017

**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 10, 2017

**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 4, 2017

**Over 40.** Class limited to 18 participants.  
**Thursdays 7:30-9** with John White in the MS Large Gym  
Start Date: October 5, 2017