

**ICHABOD CRANE CSD**  
**Adult Education**  
**Spring 2017**

**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:** 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 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:**   **Session 1 – September –December 2016**  
                          **Session 2 – January – March 2017**  
                          **Session 3 - March - May 2017**  
                          **See course listing for specific class dates.**

**TUITION:** 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 a small fee will be charged 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.

**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 SPRING 2017  
SEMESTER, WHICH BEGINS AFTER THE DECEMBER VACATION BREAK.**

# **BASKET WEAVING**

## **Jeremiah Basket - CANCELED**

**2 Wednesdays March 15 and 22, 2017: from 6:00 - 9:00 pm**

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

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

**Location: High School Art Room 203**

**Instructor: Joyce Flower**

*Class Minimum Enrollment: 4*

*Maximum Enrollment: 10*



Learn to weave this multi-use basket that starts out square at the base and finishes in an oval at the top. It has a sturdy wooden “D” handle and a round “lashing” for an interesting finished look. The base is 10” square and the basket is 8” tall without the handle. Natural reed of various sizes is used to weave this versatile basket. Please bring to class spring-type clothespins, pencil, tape measure and scissors.

# **DRIVER TRAINING**

## **FIVE HOUR PRE-LICENSING COURSE**

Monday, Oct 3, 6:00 - 8:30 PM & Wednesday, Oct 5, 6:00 - 8:30 PM

Monday, Dec 5, 6:00 - 8:30 PM & Wednesday, Dec 7, 6:00 - 8:30 PM

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

Monday, April 3, 6:00 - 8:30 PM & Wednesday, April 5, 6:00 - 8:30 PM

Tuesday, May 30, 6:00 - 8:30 PM & Wednesday, May 31, 6:00 - 8:30 PM

**Ms. Linda Renken High School – Room 305**

**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. Potts or Mrs. Boothby or by mail. **THIS IS NOT A POINT REDUCTION OR A SAFE DRIVING COURSE.**

# HEALTH AND FITNESS

## YOGA

**Mondays Beginning April 24 - June 26**

**Intro to Yoga 8-Week Course - 6 p.m. - 7:30 p.m**

**Location: High School Library**

**Instructor: Liz Hamlin-Berninger**

**Tuition: \$25 per semester**

Liz Hamlin-Berninger has been a student of yoga for over 20 years. A 500 hr certified yoga instructor, specializing in Iyengar style yoga. Liz brings compassion and humor to her teaching, and is passionately motivated to make yoga accessible to all levels regardless of age or ability. Liz also offers Yoga and mindful based Stress & Anxiety Workshop for Teens and private yoga lessons focusing on therapeutic yoga for: Scoliosis, arthritis, hip, knee and back problems and sports injuries.

Iyengar yoga is a form of hatha yoga that promotes strength, flexibility, and stamina, as well as a more focused state of mind. It is suitable for people of all ages and experience, from yoga enthusiasts to athletes interested in building core strength. It is particularly beneficial to those facing challenges due to injury, arthritis, and physical or neurological disorders (students should always discuss their conditions with their teachers prior to beginning). Classes are designed for different levels of experience and capacity.

### **Intro to Yoga 8-Week Course**

This 8-week course focuses on learning the basic yoga principles and the practice of asana (postures) safely. Students will develop a strong foundation by working from the ground up, creating a solid understanding of the basic building blocks of yoga. It is designed to open up all the major muscles and joints of the body and to build strength, stamina, and stress reduction. We will use repetition and add a little challenge in every class. Each pose builds upon the previous pose, and you will feel strong, open, more flexible, energized, and prepared for the following week. You will be encouraged (but not required) to do some home practice and will receive a handout with the sequence that was done in class. After completing this course, you will be able to participate confidently and safely in any Level 1 or 2 yoga class.

-Students with physical limitations are welcome to attend, modified postures will be provided if needed.

## **ZUMBA!**

**Mondays AND Tuesdays 4:15-5:15 pm Beginning January 3, 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.

## **AEROBIC DANCE**

**Thursdays Beginning March 16, 2017 - April 27, 2017 (6 weeks)**

**High School - 6:15 p.m. - 7:15 p.m.**

**Instructor: Belinda Losowski**

**Tuition: \$25.00**

The Aerobic Dance class is designed to be a *fun* way to burn calories and tone your body. No dance background is required to get the most out of this class! Together we will learn a series of beginning to intermediate level exercise and dance routines choreographed to a variety of music from the 70's through today. We'll round out the class with 15 minutes of toning and stretching exercises to strengthen your core, upper body and lower body. Options to increase or decrease the intensity level of the exercise and dance moves will be provided so you can customize your workout to your fitness level. Come join us for 60 minutes a week to help you reach your fitness goals and have some fun!

## **CARDIO SCULPT**

**Mondays Beginning March 20, 2017 - May 1 (6 weeks)**

**High School Gym - 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 18-35yrs.** No limit on the number of participants.  
**Mondays 7:30-9pm** with Will Ferguson in the MS Large Gym (Start Date October 17, 2016)

**Mixed skill levels, ages 18-?yrs.** No limit (for those who enjoy a smaller court!)  
**Mondays 7:30-9pm** with John White in the MS large Gym (Start Date October 17, 2016)

**Elite players, ages 18-34 yrs.** No limit on the number of participants.  
**Tuesdays 7:30-9pm** with Raul DeLeon in the MS Large Gym (Start Date: October 18, 2016)

**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 12, 2016)

**Over 40.** Class limited to 18 participants.  
**Thursdays 7:30-9** with John White in the MS Large Gym (Start Date: October 6, 2016)

## **FINANCIAL**

**NEW WORKSHOPS WILL BE IN THE FALL**

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