

**ICHABOD CRANE CSD**  
**Adult Education**  
**Fall 2017**



**Classes Begin September 11, 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:** 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 – June 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. Potts or 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 Library**

**One session on Thursday, November 9 - 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 \$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 Wednesday and Thursday, November 1 and 2, - 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

## **GRANDMA'S THREE SHEEP BASKET**

**Tuesday, November 7 and 14 – 6 to 9 pm**

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

**Materials Fee: \$32 (payable to the instructor on the first class)**

**Location: High School Art Room 203**

**Instructor: Joyce Flower**

*Class Minimum Enrollment: 4*

*Maximum Enrollment: 10*



Learn to weave this double-handled, rectangular basket. It measures 12” long, 8” wide and is 6 1/2” tall without the handles. It is woven with natural and dyed reed of varying sizes along with seagrass. Please bring to class spring-type clothespins, pencil, tape measure and scissors.

# CRAFTING WITH MINZ

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

**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: Tuesdays: September 12; October 17;**

**Wednesdays: November 15; December 13**

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



**September 12<sup>th</sup> - Painting**



**October 17<sup>th</sup> - Painting**



**November 15<sup>th</sup> – Painting**



**December 13<sup>th</sup> – Greeting Card**

# 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.

## FUN, FITNESS & NUTRITION

**High School Library**

**First Saturday of Each Month beginning at 8 a.m.**

**August 5, 2017 through June 2018**

**Tuition - \$3/class**

**Instructors: Cadie Pangie and Mel Vooris, certified health and fitness coaches**



**OCTOBER CLASS  
WILL BE OCT 14**

Come join us for some FUN, FITNESS and NUTRITION! We are excited to offer a 30 minute workout for any fitness level (modifiers included). After the workout there will be a short presentation and discussion about nutrition and fitness, plus a bonus clean eating recipe - each time! During the hour you are with us, we will work hard, sweat, learn and most important, have FUN!

Each class is \$3 and you may bring payment to the class along with your registration form, We hope to see you there and can't wait to share this with the community!

## FITNESS WALKING PROGRAM

**High School Hallways**

**September 2017 – June 2018**

**Tuition: \$5 annual registration – please**

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.**



## **BEGINNER YOGA**

**Location: Middle School Library**

**Tuesdays beginning October 3 – November 21**

**6:30 p.m. – 7:45 p.m.**

**Tuition - \$30 for 8 weeks**

**Instructor: Valerie Spensieri**



This is an introductory class for people who have little to no experience with yoga. The class will focus on improving strength, flexibility, and balance through a variety of poses. You don't need to be able to touch your toes; you just have to be willing to try.

## **USUI REIKI LEVEL 1 PRACTITIONER**

**High School Library**

**DATE – 3 Fridays September 22, 29 and Oct 6 - 5:00 – 7:00 p.m.**

**Tuition - \$30.00**

**Instructor: Bonnie Dlugolecki, Shinpiden**

**URMT, KRMT, Karuna #88815**

Each student would be trained, attuned, and certified to practice Reiki at the basic level. The Class would be Usui Reiki Level 1 Practitioner. Each student would be trained, attuned, and certified to practice Reiki at the basic level. There would have to be a fee of \$20 per student to cover the cost of the manual and the certificate each will receive. Please bring to the first night of class.

About me: I am the owner of Natural Focus Healing Arts, a member of the International Association of Reiki Professionals, Registered as a Master Teacher with the International Center for Reiki Training, and am certified as Master Teacher in both Usui and Karuna Reiki.

# **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

## **Taxes- Myths and Truths for Sole Proprietors and Businesses**

**Instructor: Susan G. Baer, CPA**

**Wednesday, October 11, 2017 - 6 p.m to 8 p.m.**

**Location: High School Room 215**

**Tuition: \$20**



In this workshop class, for self-employed and business owners or those considering starting a business, participants will learn about some myths and truths of tax preparation. How to know what is needed for tax season and all year long, will be discussed. Ever wonder how long to keep copies of your tax returns? Your social security number versus a Federal Employer ID number? What expenses are deductible? What entity structure makes you a business? How do sales tax and estimated tax affect me? Overview of accounting programs and expense tracking to keep your business records and most importantly, save you time and money.

Instructor: Susan G. Baer, CPA – is the owner of Susan G. Baer, CPA, PC Accounting Firm in Ghent, NY and an accountant for 25+ years. Susan earned her degree from The College of St. Rose. Susan G. Baer, CPA, PC was named the 2017 Accountant of the Year by the Columbia County Chamber of Commerce.

## **NOTARY PUBLIC REVIEW WORKSHOP**

**One Night Workshop: Thursday November 30th 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.