

Schenectady City School District

*A national award
winning district*



Continuing Education

SPRING 2007

Classes begin week of March 12



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PLEASE REMEMBER

- ▶ Mail-in registration deadline is Friday, Feb. 16, 2007.
- ▶ In-person registration will be held from 5- 7 p.m. on Monday and Tuesday, Feb. 26 & 27, in the main office at Schenectady High School. (Use The Plaza entrance left of the flag pole).
- ▶ You may only register in person for the Aquatics Program at the Aquatics office on Monday and Tuesday, Feb. 26 & 27. Note: Life-guard registration will be held on Feb. 13 & 14 from 5:30-6:30 p.m.
- ▶ Payment in full is necessary at the time of registration.
- ▶ The Continuing Education registration form is on page 11.

Dr. Sheila Tebbano
*Director of Adult &
Continuing Education*

Washington Irving
Educational Center
422 Mumford St.
Schenectady, NY 12307
370-8220 or 370-8350
Fax: 370-8225

Check us out on the web at: www.schenectady.k12.ny.us/WIEC

MONDAY CLASSES

ADULT MEN'S RECREATION - OVER 30

Room:SHS Small Gym
 Class Night:Mondays and Wednesdays
 Class Dates:March 12 - May 23
 Time:7 - 9 p.m.
 Course Fee:\$50 ♦ Instructor:..... Walter Peretti
 We play half-court basketball, racquetball (one wall), and volleyball when time permits.

ACTING FOR ADULTS

Room:SHS FA13
 Class Night:Mondays
 Class Dates:March 12 - May 7
 Length:8 weeks ♦ Time: 7 - 9 p.m.
 Course Fee:\$65 ♦ Instructor:..... Jon South
 Minimum:6 ♦ Maximum:..... 12

Have you always wanted to try your hand at acting? Want more confidence speaking in public? Professional actor and singer Jon South has more than 20 years experience and can help you to relax, focus and find the jump-start you've been looking for. This class specializes in providing you with the skills you need to excel at auditions or in front of an audience. Semester ends with a performance presentation for fellow classmates.

TAI CHI FOR HEALTH

Room:SHS Cafeteria
 Class Night:Mondays
 Class Dates:March 12 - May 21
 Length:10 weeks ♦ Time: 6 - 7:30 p.m.
 Course Fee:\$70
 Instructor:.....Jianye Jiang and Khanh Nguyen
 Minimum:10

Tai Chi, the ancient art of meditation in motion, promotes mental, emotional, and physical healing by combining movement, meditation, relaxation, and self-defense for people of all ages and abilities. It is reported to be of therapeutic value for high blood pressure, heart disease, lung disease and arthritis. It requires no equipment and very little space.

BEGINNER HATHA YOGA WITH MODIFICATIONS FOR YOGA II PRACTICE

Room:SHS McGee Commons
 Class Night:Mondays
 Class Dates:March 12 - April 23
 Length:6 Weeks ♦ Time: 7 - 8 p.m.
 Course Fee:\$65
 Instructor:.....Josephine Sorensen
 Minimum:5 ♦ Maximum:..... 20

Yoga and stretching are designed to open the meridian channels and increase Ki-energy flow, which facilitates natural healing, increases flexibility, balance and fitness. Deep natural breathing is essential for the health of your mind and body. No experience is necessary. Bring a yoga mat or towel and wear comfortable clothing.

ITALIAN FOR TRAVELERS I

Room:SHS D23
 Class Night:Mondays
 Class Dates:March 12 - May 21
 Length:10 weeks ♦ Time: 7 - 8:30 p.m.
 Course Fee:\$65
 Materials Fee:\$5 (paid night of first class)
 Instructor:.....Fernando Mallozzi
 Minimum:8 ♦ Maximum:..... 15
 This course is for beginners, no previous knowledge is necessary. It will focus on language useful for travel in the country. Grammar will be taught as needed. Instructor will provide instructional materials.

GETTING PAID TO TALK: AN INSIDE LOOK AT PROFESSIONAL VOICE-ACTING

Room:Creative Voice Development Group, 903 Bedford Rd., Schenectady; 631-0172
 Class Night:Monday ♦ Class Date: March 12
 Length:1 night ♦ Time: 6:30 - 9 p.m.
 Course Fee:\$20
 Instructor:.....David Bourgeois
 Minimum:6 ♦ Maximum:..... 15

This specially arranged class will give participants a chance to go behind the scenes in our state-of-the-art recording and production studios. We will explore many aspects of voice-over work for television, film, radio, and narration as well as emerging opportunities for voice in multimedia. This class will cover all the basics including how to prepare the all-important demo and how to be successful and earn income in this exciting field.

PUTTING A QUILT TOP TOGETHER

Room:SHS D17
 Class Night:Monday ♦ Class Date: March 19
 Length:1 night ♦ Time: 6:30-9 p.m.
 Course Fee:\$15 ♦ Instructor:..... Pam Davis
 Minimum:3 ♦ Maximum:..... 20

Have you started a quilt and now are not quite sure how to put it all together? This and more will be covered and you will learn an important step called "squaring up" in class. Come and take notes or bring in your quilt, rotary cutting supplies and fabrics and get some help.

HOW TO QUILT A QUILT

Room:SHS D17
 Class Night:Monday ♦ Class Date: March 26
 Length:1 night ♦ Time: 6:30 - 9 p.m.
 Course Fee:\$15 ♦ Instructor:..... Pam Davis
 Minimum:3 ♦ Maximum:..... 20

This class will cover the various types of quilting, or tying a quilt, and the correct backing to use to get the desired look. Also covered will be how to piece a backing and how to layer and baste the quilt together. Bring your finished quilt to class and plan to take notes.

BINDING A QUILT

Room:SHS D17
 Class Night:Monday ♦ Class Date: April 2
 Length:1 night ♦ Time: 6:30 - 9 p.m.
 Course Fee:\$15 ♦ Instructor:..... Pam Davis
 Minimum:3
 Maximum:.....20

The last step to finishing a quilt is the binding. Learn how to prepare the quilt for binding, how to make your own coordinating binding and how to sew it on so it is flat and smooth.

**CARDS WITH A TWIST**

Room:SHS D3
 Class Night:Monday ♦ Class Date: March 26
 Length:1 night ♦ Time: 7 - 9 p.m.
 Course Fee:\$10
 Materials Fee:\$5 (paid night of class)
 Instructor:.....Ann Burns
 Minimum:3 ♦ Maximum:..... 10

Your shaker and spinner cards are sure to be a big hit when they are opened. No prior stamping experience necessary. Please bring double sided tape and scissors.

FRAMED ART: CRAFTS/STAMPING

Room:SHS D3
 Class Night:Mondays
 Class Dates:April 23 - April 30
 Length:2 weeks ♦ Time: 7 - 9 p.m.
 Course Fee:\$10
 Materials Fee:\$15 (paid night of first class)
 Instructor:.....Ann Burns
 Minimum:3 Maximum: 6

Create a beautiful "Name Frame" for that special someone. Please bring your double sided tape and a paper cutter or scissors with you. No experience necessary. Instructor will contact you regarding color choices.

THE ULTRA-BEGINNER'S GARDENING CLASS

Room:B18
 Class Night:Monday ♦ Class Date: May 14
 Length:1 night ♦ Time:6:30 - 8:30 p.m.
 Course Fee:\$15
 Instructor:.....Jennifer Hanson
 Minimum:7 ♦ Maximum:..... 15

This two-hour class is perfect for the person who knows nothing about gardening, but wants to learn. Students will be taught the basic elements of how to plan and create a garden. The main focus will be on flower gardens, but vegetable gardens will be discussed briefly. Please come and enjoy a fun and informative evening.

TUESDAY CLASSES**BALLROOM I**

Room:SHS Cafeteria
 Class Night:Tuesdays
 Class Dates:March 13 - May 8
 Length:8 weeks ♦ Time:6:30 - 7:30 p.m.
 Course Fee:\$35 per person/\$65 per couple
 Instructor:.....Janet Murphy
 Minimum8 ♦ Maximum..... 40

A basic course featuring the basic social dances. Foxtrot, cha-cha, salsa and waltz will be covered. Get ready for upcoming weddings, parties, or just to have fun. Partnered or single.

BALLROOM II

Room:SHS Cafeteria
 Class Night:Tuesdays
 Class Dates:March 13 - May 8
 Length8 weeks ♦ Time: 7:45-8:45 p.m.
 Course Fee:\$35 per person/\$65 per couple
 Instructor:.....Janet Murphy
 Minimum8 ♦ Maximum..... 40

A continuation of Ballroom Dancing I featuring more steps of the basic social dances, foxtrot, cha-cha, salsa, swing, etc. A dance routine will be featured.

PILATES

Room:SHS McGee Commons
 Class Night:Tuesdays
 Class Dates:March 13 - May 8
 Length8 weeks ♦ Time: 7 - 8 p.m.
 Course Fee:\$64 ♦ Instructor:..... Linda Knapik
 Minimum10 ♦ Maximum..... 30

Pilates is a series of exercises for men and women designed to create overall fitness by integrating muscular strength, lengthening, toning, and balance together with breathing techniques and body awareness.

THE LONG TERM CARE ADVISOR

Room:SHS D12
 Class Night:Tuesday ♦ Class Date: March 13
 Length:1 night ♦ Time: 7 - 9 p.m.
 Course Fee:\$5
 Instructor:.....Charles Peterson, Long-term care specialist
 Eliminate the myth and learn the facts about long-term care with respect to Medicare, Medicaid, transfer of funds, trusts, and look back periods. Review how to protect your assets for your spouse or a legacy and the cost of long-term care (nursing home, assisted living or adult day care facility and home care). Understand the fundamental benefits of long-term care insurance, NYS and Federal tax incentives and what qualifications are required for this type of protection. Obtain details covering The NYS Partnership for Long Term Care insurance program as well as cash policies and other insurance options. Take home a 17-page booklet covering the above.

UNDERSTANDING STOCKS, BONDS AND MUTUAL FUNDS

Room:SHS D12
 Class Night:Tuesday ♦ Class Date: March 20
 Length:1 night ♦ Time: 6 - 8 p.m.
 Course Fee:\$5 ♦ Instructor:.....Frank T. Guiffre
 Minimum3 ♦ Maximum..... 35

Learn the basics of stocks, bonds and mutual funds - the true backbone of most portfolios. Discover how to use the Internet and daily newspapers to track your investments. Understand the benefits of using mutual funds to build a balanced portfolio and help plan for a successful retirement. This course is strictly educational and there will be no attempt to promote any specific investments.

RETIREMENT PLANNING

Room:SHS D12
 Class Night:Tuesday ♦ Class Date: April 3
 Length:1 night ♦ Time: 6 - 7:30 p.m.
 Course Fee:\$5 ♦ Instructor:.....Frank T. Guiffre
 Minimum2 ♦ Maximum..... 35

Most retirees derive their income from three primary sources: Social Security retirement benefits, qualified retirement plans and individual savings/investments. We will show you ways to figure how much retirement will cost and provide strategies during your accumulation years to reach your goals. This course will define specific retirement plans and offer strategies in order to meet your goals to live a long, comfortable retirement. Feel free to bring in your retirement portfolio for a free consultation.



NEW!

BIRTHDAY CARD BONANZA

Room:SHS D3
 Class Night:Tuesday ♦ Class Date: March 13
 Length:1 night ♦ Time:6:30-8:30 p.m.
 Course Fee:\$5
 Materials Fee:\$10 (paid night of first class)
 Instructor:.....Lisa Moore
 Minimum2 ♦ Maximum..... 10

Come stamp 5 different Birthday cards - 1 each of: feminine, masculine, teen, child and neutral. No prior stamping experience required. Please bring double-sided tape and scissors.

NEW!

CARDS IN MOTION

Room:SHS D3
 Class Night:Tuesday ♦ Class Date: March 27
 Length:1 night ♦ Time:6:30-8:30 p.m.
 Course Fee:\$5
 Materials Fee:\$10 (paid night of first class)
 Instructor:.....Lisa Moore
 Minimum2 ♦ Maximum..... 10

You will learn how to make a spinner card, waterfall card and a shaker card. No prior stamping experience required. Please bring double-sided tape and scissors.

NEW!

MAGICAL WATERCOLOR WONDER CRAYONS

Room:SHS D3
 Class Night:Tuesday ♦ Class Date: April 3
 Length:1 night ♦ Time:6:30-8:30 p.m.
 Course Fee:\$5
 Materials Fee:\$35 (paid night of first class)
 Instructor:.....Lisa Moore
 Minimum1 ♦ Maximum..... 10

Learn the magic of Watercolor Wonder Crayons. Come stamp for all occasion cards using Stampin' Up's Watercolor Wonder Crayons. Instructor will contact you regarding color choices. Color family choices include: Bold Brights, Rich Regals, Earth Elements or Soft Subtles. The material fee for this class includes the price of one family assortment package of 12 Watercolor Wonder Crayons, which will be yours to take home with you the night of class. Please bring double-sided tape and scissors.

NEW!

CELEBRATE A'MORE

Room:SHS D3
 Class Night:Tuesday ♦ Class Date: April 17
 Length:1 night ♦ Time:6:30-8:30 p.m.
 Course Fee:\$5
 Materials Fee:\$10 (paid night of first class)
 Instructor:.....Lisa Moore
 Minimum2 Maximum 10

Come stamp cards of love for Mother's Day, a Bridal Shower, a Wedding and an Anniversary. No prior stamping experience required. Please bring double-sided tape and scissors.

NEW!

BEGINNING ONE STROKE PAINTING

Room:SHS D1
 Class Night:Tuesdays
 Class Dates:March 13 - April 3
 Length:4 weeks ♦ Time: 6-8 p.m.
 Course Fee:\$30
 Materials Fee:\$25 (paid night of first class)
 Instructor:.....Robyn Posson
 Minimum5 ♦ Maximum..... 10

This four-week course will teach you the basics of the One Stroke method of decorative painting. You will complete a project at each class.

WEDNESDAY CLASSES**ITALIAN FOR TRAVELERS II**

Room:SHS D23
 Class Night:Wednesdays
 Class Dates:March 14 - May 23
 Length:10 weeks ♦ Time:7 - 8:30 p.m.
 Course Fee:\$65
 Materials Fee:\$5 (paid night of first class)
 Instructor:.....Fernando Mallozzi
 Minimum8 ♦ Maximum.....15
 This course is a continuation of Italian for Travelers I.

SPANISH I

Room:SHS D14
 Class Night:Wednesdays
 Class Dates:March 14 - May 9
 Length:8 weeks ♦ Time:5 - 7 p.m.
 Course Fee:\$65
 Materials Fee:\$25 (paid night of first class)
 Instructor:.....Mildred Chang
 Minimum10 ♦ Maximum.....30

Have fun learning the basics of Spanish. This class will place emphasis on conversational skills. In this fun easy to understand class you will learn conversation quickly. Learn culture and costume connected with this language.

SPANISH II

Room:SHS D14
 Class Night:Wednesdays
 Class Dates:March 14 - May 9
 Length:8 weeks ♦ Time:7 - 9 p.m.
 Course Fee:\$65
 Materials Fee:\$25 (paid night of first class)
 Instructor:.....Mildred Chang
 Minimum10 ♦ Maximum.....30

This class is a continuation of Spanish I.

SIGN LANGUAGE I

Room:SHS D24
 Class Night:Wednesdays
 Class Dates:March 14 - May 9
 Length:8 weeks ♦ Time:7 - 8:30 p.m.
 Course Fee:\$65
 Instructor:.....Kim Dergosits
 Minimum6 ♦ Maximum.....30

Sign language basics for the beginner including manual alphabet, vocabulary and deaf culture.

STARTING A BUSINESS

Room:SHS D15
 Class Night:Wednesdays
 Class Dates:March 14 - April 4
 Length:4 weeks ♦ Time:6 p.m. - 8 p.m.

Course Fee:\$50 ♦ Instructor:..... Larry DePaulo
 Minimum5 ♦ Maximum.....10

Have an idea for a new business? Learn how to develop your idea and to test out its possibilities for success. Explore how to write a business plan that gets results and leads to successful achievement of your ideas. Course objective are: identify factors that must be considered when starting and operating a business; recognize that most new businesses fail because of mismanagement; understand why successful entrepreneurs look at current and future trends to remain in business; learn the essential parts of the business plan; and see how funding sources of new ventures view proposals.

HANDLING CHANGE IN YOUR PERSONAL & PROFESSIONAL LIFE

Room:SHS D15
 Class Night:Wednesdays
 Class Dates:April 18 - May 9
 Length:4 weeks ♦ Time:6 - 8 p.m.
 Course Fee:\$50 ♦ Instructor:..... Larry DePaulo
 Minimum5 ♦ Maximum.....10

Life is change. Each day that passes you are not the same person that you were the day before. How do you handle the changes in your life? This course helps you explore your ideas about change and can help you make changes in your life.

COLLEGE FUNDING

Room:SHS McGee Commons
 Class Night:Wednesday ♦ Class Date: April 18
 Length:1 night ♦ Time:6 - 7:30 p.m.
 Course Fee:.....\$5 ♦ Instructor:.....Frank T. Guiffre
 Minimum2 ♦ Maximum.....30

For many parents, providing a college education for their kids is one very important goal. This course will offer information on how to prepare for the cost of college, saving strategies, and the usage of proper investment vehicles to help secure families with the right amount for the ever rising costs of tuition. This course is strictly educational and will offer both a question and answer portion at the end.

PORTFOLIO ANALYSIS

Room:SHS McGee Commons
 Class Night:Wednesday ♦ Class Date: April 25
 Length:1 night ♦ Time:6 - 7:30 p.m.
 Course Fee:.....\$5 ♦ Instructor:.....Frank T. Guiffre
 Minimum2 ♦ Maximum.....30

As most people get closer to the age of retirement, there are many questions and concerns that arise from a portfolio standpoint. Whether it be retirement, college planning, estate planning, or even major purchase goals and many others, being on the right track is the most important thing. Topics to be discussed are proper asset allocation, risk tolerance, consolidation of investments, budget plans, time horizon for goals and the importance of strategic planning. This course will offer guidance in choosing the right path for your personal goals and will offer free consultations and portfolio analysis for all who attend. The instructor is a licensed Financial Advisor with the Halliday Financial Group.

BELLY DANCING I & II

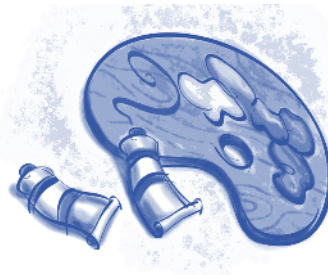
Room:Oneida Middle School Gym B
 Class Night:Wednesdays
 Class Dates:March 14 - May 9
 Length:8 weeks ♦ Time: 6 - 7:30 p.m.
 Course Fee:\$50
 Instructor:.....Cherelle Kooiker
 Minimum5 ♦ Maximum..... 25
 Come experience the sensual art and beauty of belly dancing. Not only will this make a firmer looking you, but it also has great health benefits.

WATERCOLOR

Room:SHS D3
 Class Night:Wednesdays
 Class Dates:March 14 - May 9
 Length:8 weeks ♦ Time: 6 - 9 p.m.
 Course Fee:\$40
 Materials Fee:\$10 (paid night of first class)
 Instructor:.....Kira Feurstein
 Minimum 5 ♦ Maximum..... 15



Painting with watercolor paints can be exciting and fun, but also extremely difficult to master. This class will be fun for beginners and veterans alike. After an 8-week period, students will be able to use basic watercolor techniques successfully, be able to compose an original painting from original sketches, have increased individual watercolor skills, and be more appreciative of watercolor and the processes involved. No prior experience is needed. If you do own any artists' materials such as: sketchbooks, glue, pencils, tape, scissors, etc.; you are encouraged to bring them with you.



WRITING STORIES OF YOUR LIFE

Room:SHS D10
 Class Night:Wednesdays
 Class Dates:March 14 - April 25
 Length:6 weeks ♦ Time: 6 - 8 p.m.
 Course Fee:\$10
 Instructor:.....Dolores E. Black
 Minimum4 ♦ Maximum..... 20



This introductory course examines reasons for writing personal short stories on past experiences, ways to get organized, use of memory and tips on composing stories. Class time includes informal lectures, discussions and time for reading and writing life stories. Prerequisites: Basic skills in writing sentences and paragraphs.

THURSDAY CLASSES

TAPPERCIZE I

Room:SHS Cafeteria
 Class Night:Thursdays
 Class Dates:March 15 - May 17
 Length:8 weeks ♦ Time: 7:45-8:45 p.m.
 Course Fee:\$30 ♦ Instructor:..... Janet Murphy
 Minimum8 Maximum 30
 A fun, no-pressure class that mixes tap and exercise together. A dance is taught. A lot of fun! Tap shoes are optional. For all levels.

TAPPERCIZE II

Room:SHS Cafeteria
 Class Night:Thursdays
 Class Dates:March 15 - May 17
 Length:8 weeks ♦ Time:6:15-7:15 p.m.
 Course Fee:\$30 ♦ Instructor:..... Janet Murphy
 Minimum8 ♦ Maximum..... 30
 A fun, no-pressure class that picks up where Tapercize I left off. If you ever wanted to tap dance when you were young, this is the class for you. Tap shoes are optional.

JAZZ

Room:SHS Cafeteria
 Class Night:Thursdays
 Class Dates:March 15 - May 17
 Length:8 weeks ♦ Time: 7:15-7:45 p.m.
 Course Fee:\$20 ♦ Instructor:..... Janet Murphy
 Minimum8 ♦ Maximum..... 30
 Warm-up exercises, balancing exercises and Jazz steps to contemporary music.

SOJOURNS INTO SELF-CARE

Room:SHS Wrestling Room
 Class Night:Thursdays
 Class Dates:March 15 - May 10
 Length:8 weeks ♦ Time: 7 - 8 p.m.
 Course Fee:\$60
 Instructor:.....Monique Reese
 Minimum5 ♦ Maximum..... 20
 "Self care" encompasses important life tools that many are unfamiliar with, or don't make time for. Various topics will be covered each week including: visualization, deep muscle relaxation, self-massage, aromatherapy and natural health. Simply bring a 3-ring binder and a mat/towel and come ready to relax!



INTERMEDIATE ONE STROKE PAINTING

Room:SHS D36
 Class Night:Thursdays
 Class Dates:March 15 - April 5
 Length:4 weeks ♦ Time: 6 - 8 p.m.
 Course Fee:\$30
 Materials Fee:\$25 (paid night of first class)

Instructor:.....Robyn Posson
 Minimum5 ♦ Maximum..... 10
 This four-week course is a continuation of what was learned in the beginning class. We will learn more advanced designs and will complete a project in each class. Prerequisite: Beginning One Stroke Painting.

PHOTO ORGANIZATION

Room:SHS D36
 Class Night:Thursday
 Class Date:March 15
 Length:1 night ♦ Time:6:30-8:30 p.m.
 Course Fee:\$5
 Materials Fee:\$35 (paid night of first class)
 Instructor:.....Kathy Cieszynski
 Minimum3 ♦ Maximum..... 15



Do you have bags or boxes of unorganized photos? Let me help you get them organized in one place. Fee includes a photo safe box that holds 2400 photos in 12 separate compartments. Bring your photos and I will help you develop an organizational scheme.

DIGITAL PHOTO ORGANIZATION

Room:SHS D36
 Class Night:Thursday ♦ Class Date: March 22
 Length:1 night ♦ Time: 6 - 9 p.m.
 Course Fee:\$5
 Materials Fee:\$30 (paid night of first class)
 Instructor:.....Kathy Cieszynski
 Minimum3 ♦ Maximum..... 15



Do you have CDs full of unorganized digital photos? Let me teach you how to get them organized in a usable and logical way. Fee includes a software program that is easy to use and will help you keep track of which photos have been printed and/or backed up.

BEGINNING SCRAPBOOKING

Room:SHS D36
 Class Night:Thursday ♦ Class Date: March 29
 Length:1 night ♦ Time: 6:30-9 p.m.
 Course Fee:\$5
 Materials Fee:\$5 (paid night of first class)
 Instructor:.....Kathy Cieszynski
 Minimum3 ♦
 Maximum..... 15



Would you like to learn the process of scrapbooking? Come and learn the basics. Once you know the basics, you can go as far as you want. Bring 3 or 4 photos to start and we will create a page. Instructor will have additional supplies available for purchase.



SATURDAY CLASSES

DEFENSIVE DRIVING

Room:Mt. Pleasant Middle School; Room 216
 Dates:March 10, April 21, May 19, June 16
 Time:9 a.m. - 3:30 p.m.
 Course Fee:\$35
 Instructor:.....Ron Longo
 Minimum10 Maximum 30

This long-standing course will reduce your auto liability and collision insurance 10 percent per year for three years and remove up to 4 points from your driving record.

Drivers with excessive points can avoid possible revocation or suspension of their licenses. However, the course will not override a mandatory suspension or revocation (e.g. 3 speeding tickets in 18 months).

Course allows drivers to discover their driving attitudes and what effect they have on the way they handle themselves on the highway.



Fee includes course material and DMV certification. Must bring your driver's license or permit.

OTHER

DAYTIME COMPUTER CLASSES

Room:Washington Irving Educational Center
 422 Mumford Street; Room 108
 Class Night:Tuesdays-Thursdays
 Class Date:Open Enrollment
 Time:9 a.m. - 2:30 p.m.
 Course Fee:\$150 per course (45 hours) or \$3.33 per hour
 Instructor:.....Helen Boscherini

- » Introduction to Microsoft Word
- » Introduction to Microsoft Excel
- » Introduction to Microsoft PowerPoint
- » Introduction to Microsoft Access
- » Internet Fundamentals
- » Keyboarding

Students will be using Windows NT 2003 as their operating system. Each course is individualized and scheduling can be arranged to accommodate the student.



COURSE SCHEDULE: SPRING 2007

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Adult Men's Recreation

7-9 p.m.
SHS Small Gym

Acting for Adults

7-9 p.m.
SHS FA13

TAI Chi for Health

6-7:30 p.m.
SHS Cafeteria

Beginner Hatha Yoga

7-8 p.m.
SHS McGee Commons

Italian for Travelers I

7-8:30 p.m.
SHS D23

**Getting Paid to Talk
Professional Voice Acting**

6:30-9 p.m.
Creative Voice
Development Group

**Putting a Quilt Top
Together**

6:30-9 p.m.
SHS D17

How to Quilt a Quilt

6:30-9 p.m.
SHS D17

Binding a Quilt

6:30-9 p.m.
SHS D17

Cards with a Twist

7-9 p.m.
SHS D3

**Framed Art:
Crafts/Stamping**

7-9 p.m.
SHS D3

**The Ultra Beginner's
Gardening Class**

6:30-8:30 p.m.
Room TBD

Ballroom I

6:30-7:30 p.m.
SHS Cafeteria

Ballroom II

7:45-8:45 p.m.
SHS Cafeteria

Pilates

7-8 p.m.
SHS McGee Commons

The Long Term Care Advisor

7-9 p.m.
SHS D12

Stocks, Bonds and Mutual Funds

6-8 p.m.
SHS D12

Retirement Planning

6-7:30 p.m.
SHS D12

Birthday Card Bonanza

6:30-8:30 p.m.
SHS D3

Cards in Motion

6:30-8:30 p.m.
SHS D3

Watercolor Wonder Crayons

6:30-8:30 p.m.
SHS D3

Celebrate A'More

6:30-8:30 p.m.
SHS D3

Beginning One Stroke Painting

6-8 p.m.
SHS D1

Italian for Travelers I

7-8:30 p.m.
SHS D23

Spanish I

5-7 p.m.
SHS D14

Spanish II

7-9 p.m.
SHS D14

Sign Language I

7-8:30 p.m.
SHS D24

Starting A Business

6-8 p.m.
SHS D15

**Handling Change in Your
Personal & Professional Life**

6-8 p.m.
SHS D15

College Funding

6-7:30 p.m.
SHS McGee Commons

Portfolio Analysis

6-7:30 p.m.
SHS McGee Commons

Belly Dancing I&II

6-7:30 p.m.
Oneida Gym B

Watercolor

6-9 p.m.
SHS D3

Writing Stories of Your Life

6-8 p.m.
SHS D10

Tappercize I

7:45-8:45 p.m.
SHS Cafeteria

Tappercize II

6:15-7:15 p.m.
SHS Cafeteria

Jazz

7:15-7:45 p.m.
SHS Cafeteria

Sojourns Into Self-Care

7-8 p.m.
SHS Wrestling Room

Intermediate One Stroke Painting

6-8 p.m.
SHS D36

Photo Organization

6:30-8:30 p.m.
SHS D36

Digital Photo Organization

6-9 p.m.
SHS D36

Beginning Scrapbooking

6:30-9 p.m.
SHS D36

Don't Forget!

Defensive Driving

will be offered on
Saturdays from
9 a.m. - 3:30 p.m.

Computer Classes

are offered at WIEC
Tuesdays - Thursdays
9 a.m. - 2:30 p.m.

See page 7 for
more information!

Are you over 21? Need a diploma and job skill training?

The following classes are **FREE** for adults ages 21 and over

FREE!

Washington Irving Educational Center

422 Mumford Street Schenectady, NY 12307 Phone: 370-8220 or 370-8350 Fax: 370-8225

GED Classes

Offered Mondays-Fridays from 9 a.m. - 2:30 p.m.

English as a Second Language Classes

Offered Monday-Friday from 9 a.m. - 2:30 p.m.

CHOICES

Bridging the gap between education and career. Explore—Plan—Apply. Call 370-8230 for more information.

Transitional Services

A resource/referral service designed to help formerly incarcerated individuals with employment, educational and transitional needs. Call 370-8332 for more information.

Job Assistance

Call 370-8230 for an appointment for assistance in reaching your employment goals.

GED PREPARATION — ADDITIONAL LOCATIONS

Room: **Schenectady High School**
 1445 The Plaza, Room D10
 Class Night: Tuesdays & Thursdays,
 Time: 5 p.m. to 8 p.m.
 Start Date: Open Enrollment
 Course Fee: No charge*
 Instructor: Ellen Mueller

Room: **Yates Family Self-Sufficiency Center**
 E34 - Room 203
 Class Night: Tuesdays & Thursdays
 Time: 5 p.m. to 8 p.m.
 Start Date: Open Enrollment
 Course Fee: No charge*
 Instructor: David Filkins

Room: **Schenectady County Main Library**
 Class Night: Mondays & Wednesdays
 Time: 6 p.m. to 9 p.m.
 Start Date: Open Enrollment
 Course Fee: No charge*
 Instructor: Chuck Brooks

Room: **Schenectady Job Training Agency**
 433 State Street, 3rd Floor
 Class Night: Mondays, Wednesdays, Fridays
 Time: 3 p.m. to 5 p.m.
 Start Date: Open Enrollment
 Course Fee: No charge*
 Instructor: David Filkins

**Please Note: Students over age 21 do not pay for GED/ESL classes. Students under 21 should contact Washington Irving, 370-8220 or 370-8350, for the course costs. For applications and/or more information regarding the NYS GED test, please go to: www.emsc.nysed.gov/ged*

ENGLISH AS A SECOND LANGUAGE ADDITIONAL LOCATIONS

We now offer free ESL night classes!

Room: Schenectady High School, Room D12
 Class Night: Wednesday & Thursday
 Time: 5 p.m. to 8 p.m.
 Start Date: Open Enrollment
 Course Fee: No charge*
 Instructor: Dorothy Valachovic

DISTANCE LEARNING PROGRAMS

English as a Second Language

Crossroads Cafe is a study-at-home program, a flexible, self paced course for anyone learning English as a second language. VHS/DVD and text/photo packets are available.

Giving Ready Adults a Study Program (GRASP)

- Study for your GED at home.
- Learn at your own pace.
- Materials delivered by mail.
- Learning continually supervised by experienced teachers.

AQUATIC PROGRAMS

Aqua Aerobics can help you get fit and stay fit. Pool exercises are done in a vertical position and use the water's resistance and buoyancy to strengthen and condition your body. Aqua Aerobics allows you to personalize your workout by choosing a higher or lower intensity. You will look good and feel good as a result of "working the water" safely and sweat-free. Aqua aerobics is for both men and women of all fitness levels and nonswimmers are welcome. Sign up for one, two or all three evenings.

LOW INTENSITY AQUACIZE

Tuesdays: 5:30 p.m. - 6:30 p.m.

Fee: SCSD Residents: \$45; Non-SCSD Residents: \$50

A low intensity, high strengthening course designed for students who are looking for a non-intimidating workout, conditioning and cool down.

HIGH INTENSITY AQUACIZE

Tuesdays: 6:30 p.m. - 7:30 p.m.

Fee: SCSD Residents: \$45; Non-SCSD Residents: \$50

A high energy, no impact exercise class that contains many varieties of styles from deep water to kick boxing. Easy to follow, for all ages and body types with splashes and splashes of fun.

AQUA FITNESS

Wednesdays: 5:30 p.m. - 6:30 p.m.

Fee: SCSD Residents: \$45; Non-SCSD Residents: \$50

This course develops your physical fitness level using the water as a resistance factor when performing low-impact activities. It also improves your cardiorespiratory, muscular strength, muscular endurance and flexibility.

DEEP WATER EXERCISE

Wednesdays: 6:30 p.m. - 7:30 p.m.

Fee: SCSD Residents: \$45; Non-SCSD Residents: \$50

Involves cardiovascular and muscular endurance training through water resistance exercises. All exercises are done with flotation equipment.

ADULT BEGINNER SWIM LESSONS

Course begins March 12 and ends May 14

Mondays: 6:30 p.m. - 7:30 p.m.

Fee: SCSD Residents: \$40; Non-SCSD Residents: \$45

This course is designed to teach adults basic swimming and water safety skills. In addition, it helps to increase personal

comfort in and out of the water. Class is taught by a certified American Red Cross Water Safety Instructor.

LIFEGUARD TRAINING

Course begins Feb. 26 and ends March 9

Mondays-Fridays: 3:30 p.m. - 7:30 p.m.

Fee: SCSD Residents: \$118; Non-SCSD Residents: \$200

This course introduces techniques and practices of advanced water safety, rescue and resuscitation methods. It also emphasizes lifeguarding techniques and swimming pool operation. Prerequisites: 500 yard continuous swim, surface dive and recover a 10-pound brick under water for 15 yards. Participants must be 15 years of age by the completion of the course.

WATER SAFETY INSTRUCTOR COURSE

Course begins March 15 and ends May 17

Thursdays: 4 p.m. - 8 p.m.

Fee: \$200

This course helps to perfect methods of teaching water safety and basic swimming strokes and teaches you how to plan, conduct and evaluate swimming and water safety courses. An advanced course for skilled swimmers. Satisfactory completion qualifies the student for the American Red Cross Water Safety Instructor Certification.

Aquatic program registration is from 5:30 - 7:30 p.m. on Monday, February 26 and Tuesday, February 27 in the Aquatics Office at Schenectady High School. Lifeguard registration will be held February 13 & 14 from 5:30-6:30 p.m.

Mail-in registrations for aquatic programs WILL NOT BE ACCEPTED.

The program session dates are March 12 - May 17

Resident Aquatic Passes are available everyday from 5:30 p.m. to 7 p.m. in the Aquatic Office at Schenectady High School.

SCSD Residents: FREE. Non-SCSD residents: \$2. Resident Aquatic Passes are not issued during Registration.

For more information about the Schenectady High School Pool and the programs please contact Mr. Leo Rouse, Aquatics Director at 370-8181 or via e-mail: rousel@schenectady.k12.ny.us

POOL USE SCHEDULE: SPRING 2007

(Subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 AM Adult Lap	6-7 AM Adult Lap	6-7 AM Adult Lap	6-7 AM Adult Lap	6-7 AM Adult Lap
7:30 AM to 2:10 PM PE Classes	7:30 AM to 2:10 PM PE Classes	7:30 AM to 2:10 PM PE Classes	7:30 AM to 2:10 PM PE Classes	7:30 AM to 2:10 PM PE Classes
5:30 PM to 7:30 PM Adult Lap	5:30 PM to 7:30 PM Adult Lap	5:30 PM to 7:30 PM Faculty/Staff Swim	4 PM to 8 PM WSI Course	5:30 PM to 7:30 PM Family/Open Swim
6:30 PM to 7:30 PM Adult Swim Lessons	5:30 PM to 6:30 PM Low Intensity Aqua	6:30 PM to 7:30 PM Aqua Aerobics	5:30 PM to 7:30 PM Family/Open Swim	
	6:30 PM to 7:30 PM High Intensity Aqua			

The above schedule is subject to change. Pool schedule begins March 12, 2007. If you have any questions regarding the pool schedule, please contact Leo Rouse, Aquatic Director, Schenectady High School, 370-8181 or email at rousel@schenectady.k12.ny.us. For complete descriptions of the Aquatic Programs being offered this spring, turn to page 10.

Schenectady City School District COURSE REGISTRATION FORM: Spring 2007

Continuing Education ONLY.

You must register in person for the Aquatics programs.

Please fill out **one** form for each class. For more forms call 370-8220.

Last Name: _____
 First Name: _____
 Address: _____

 Home Telephone: _____
 Work Telephone: _____
 E-mail: _____
 Course: _____

My check is enclosed in the amount of: \$ _____
 My check number is: _____

(Non-Residents add \$5; Seniors over 65-years-old and SCSD employees deduct \$5*; There is a \$5 late fee if registering after Feb. 27, 2007)
 *Does not apply to courses \$5 or less

MAKE CHECK PAYABLE TO: SCHENECTADY CITY SCHOOL DISTRICT

SEND TO: Dr. Sheila Tebbano, Director
 Washington Irving Education Center
 422 Mumford Street, Schenectady, NY 12307
 (518) 370-8220 or (518) 370-8350

Tell us what classes you would like offered in the future:

Schenectady City School District COURSE REGISTRATION FORM: Spring 2007

Continuing Education ONLY.

You must register in person for the Aquatics programs.

Please fill out **one** form for each class. For more forms call 370-8220.

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Tell us what classes you would like offered in the future:

Schenectady City School District Continuing Education

Sponsored by the Board of Education/Dr. Sheila Tebbano, Director of Adult and Continuing Education, (518) 370-8220

WHO CAN REGISTER?

Anyone over age 16 is eligible to attend the Continuing Education classes of the Schenectady City School District. Out-of-district residents will pay an additional fee.

REGISTRATION:

By mail (deadline is Friday, Feb. 16): Fill out an application. Return it with your check to the address shown at the bottom of the registration form on page 11. Apply early to ensure entry into the classes you desire. DO NOT MAIL CASH. Receipts will not be given for check payments. However, if a receipt is necessary for employer reimbursement, let your instructor know and arrangements will be made for you. Once a course is scheduled, refunds cannot be made. You must register in person for the aquatics programs.

In-person (at the school):
In-person registration will take place between 5 p.m. and 7 p.m. on Monday, Feb. 26 and Tuesday Feb. 27

ONLY at the Schenectady High School main office (please use The Plaza entrance left of the flagpole). Receipts will be given at registration.

INCLEMENT WEATHER/ CANCELLATIONS:

If day classes in the Schenectady City School District are canceled due to inclement weather, the evening classes will automatically be canceled. Classes will be made up WHEN POSSIBLE.

REGISTRATION POLICIES:

Registration is on a first come, first served basis. You are urged to register BY MAIL to ensure a space in the classes you desire. PAYMENT IN FULL IS NECESSARY AT

THE TIME OF REGISTRATION. Non-resident fees are \$5 more than resident fees, unless otherwise stated. Seniors 65-years-old and older receive a \$5 discount, unless the course is \$5 or less. A \$5 late fee will be charged for enrolling in a course after Feb. 27.

NOTIFICATION:

You will be notified in advance ONLY if a class has been canceled. Most classes have minimum and maximum registrations. Class cancellations are at the discretion of the instructor when minimums are not met.

REFUND POLICY:

A full refund will be issued ONLY if a class has been canceled.

WANTED: CONTINUING EDUCATION INSTRUCTORS

Interested in becoming an Adult Education Instructor?
If you have a special skill or talent and would like to share your passion with others, we would like to hear from you!
Call [370-8220](tel:370-8220) or [370-8350](tel:370-8350) for details and a registration form.

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Schenectady City School District

108 Education Drive, Schenectady, NY 12303
518-370-8100 Fax: 518-370-8173
www.schenectady.k12.ny.us

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