

# Adult & Continuing

Become a  
Lifelong Learner

A national award  
winning district

## EDUCATION

### Schenectady City School District



**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

### PLEASE REMEMBER

Mail-in registration  
deadline is Friday,  
Sept. 15, 2006.

In-person registration  
will be held from  
5-7 p.m. on  
Wednesday and  
Thursday, Sept. 20  
and 21, in the main  
office at Schenectady  
High School. (Use The  
Plaza entrance near  
flag pole).

You may only register  
in person for the  
Aquatics Program at  
the Aquatics office on  
Wednesday and  
Thursday, Sept. 20  
and 21.

Payment in full  
is necessary at  
the time of  
registration.

The Adult Education  
registration form is  
on page 9.

### MONDAY CLASSES

#### ADULT MEN'S RECREATION - OVER 30

Room: ..... SHS Small Gym  
Class Night: ..... Mondays and Wednesdays  
Start Date: ..... Oct. 11-May 9  
Time: ..... 7 p.m. to 9 p.m.  
Course Fee: ..... \$50  
Instructor: ..... Walter Peretti  
We play half-court basketball,  
racquetball (one wall), and volleyball  
when time permits. Some people also  
like to work out in the weight room.



#### TAI CHI

Room: ..... SHS Cafeteria  
Class Night: ..... Mondays  
Start Date: ..... Sept. 25  
Length: ..... 8 weeks  
Time: ..... 6:30 p.m. to 7:30 p.m.  
Course Fee: ..... \$50  
Instructor: ..... Instructor Lu, Capital District  
Tai Chi and Kung Fu Association  
Minimum: ..... 5  
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.

#### NEW! UNDERSTANDING STOCKS, BONDS & MUTUAL FUNDS

Room: ..... SHS Room D10  
Class Night: ..... Monday  
Start Date: ..... Nov. 6  
Length: ..... One Session  
Time: ..... 6 p.m. to 8 p.m.  
Course Fee: ..... \$5  
Instructor: ..... Frank Guiffre  
Minimum: ..... 3 Maximum: ..... 25  
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. This  
course will help you understand the differ-  
ences and the similarities of various types of  
investments. It will also show you how proper  
asset allocation will lower your overall risk.  
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.

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### Look Inside

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## BEGINNER HATHA YOGA

Room: ..... SHS McGee Commons

Class Night: ..... Mondays

Start Date: ..... Oct. 23-Dec. 4

Length: ..... 6 Weeks

Time: ..... 7 p.m. - 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. Using meditative breathing and utilizing Ki-energy will relieve stress, boost your immune system and restore natural healing power. No experience is necessary. Bring a yoga mat or towel and wear comfortable clothing.

## ITALIAN FOR TRAVELERS I

Room: ..... SHS Room D23

Class Night: ..... Mondays

Start Date: ..... Sept. 25-Dec. 11

Length: ..... 10 weeks

Time: ..... 7 p.m. to 8:30 p.m.

Course Fee: ..... \$65

Materials Fee: ..... \$5 (Paid night of class)

Instructor: ..... Janet Mallozzi

Minimum: ..... 5

Maximum: ..... 15

This course is for beginners, no previous knowledge is necessary.

It will focus on language useful for travel in the country, covering topics such as greetings and introductions, going to the restaurant/post office/supermarket/bank, shopping, using public transportation, asking for information and directions, etc. Grammar will be taught as needed.



## ITALIAN FOR TRAVELERS II

Room: ..... SHS Room D14

Class Night: ..... Mondays

Start Date: ..... Sept. 25-Dec. 11

Length: ..... 10 weeks

Time: ..... 7 p.m. to 8:30 p.m.

Course Fee: ..... \$65

Materials Fee: ..... \$5 (Paid night of class)

Instructor: ..... Fernando Mallozzi

Minimum: ..... 5 Maximum: ..... 15

This course is a continuation of Italian for Travelers I and is also appropriate for those who have some knowledge of Italian.

## TUESDAY CLASSES

### COMPUTER TRAINING COURSES

Room: ..... WI Room 108

Class: ..... Tuesdays-Thursdays

Start Date: ..... Open Enrollment

Length: ..... 45 hours

Time: ..... 9 a.m. to 2:30 p.m.

Course Fee: ..... \$150 per course

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 as their operating system. Each course is individualized and scheduling can be arranged to accommodate the student.



### BALLROOM DANCING I

Room: ..... SHS Cafeteria

Class Night: ..... Tuesdays

Start Date: ..... Sept. 26-Nov. 21

Length: ..... 8 weeks

Time: ..... 6:30 p.m. to 7:30 p.m.

Course Fee: ..... \$35 per person, \$65 per couple

Instructor: ..... Janet Murphy

Minimum: ..... 10

Maximum: ..... 50

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



**THE REGISTRATION FORM FOR THE CONTINUING EDUCATION PROGRAM IS ON PAGE 9.**

**REGISTER IN PERSON FOR THE AQUATICS PROGRAM FROM 5 PM TO 7 PM ON SEPT. 20 and 21 AT THE AQUATICS OFFICE AT SCHENECTADY HIGH SCHOOL**

**FOR MORE INFORMATION VISIT:  
WWW.SCHENECTADY.K12.NY.US/WIEC**

### BALLROOM DANCING II

Room: ..... SHS Cafeteria  
 Class Night: ..... Tuesdays  
 Start Date: ..... Sept. 26-Nov. 21  
 Length: ..... 8 weeks  
 Time: ..... 7:45 p.m. to 8:45 p.m.  
 Course Fee: ..... \$35 per person, \$65 per couple  
 Instructor: ..... Janet Murphy  
 Minimum: ..... 10    Maximum: ..... 50

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.

### THE LONG TERM CARE ADVISOR

Room: ..... SHS Room D14  
 Class Night: ..... Tuesday  
 Start Date: ..... Oct. 24  
 Length: ..... One Session  
 Time: ..... 7 p.m. to 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. Find out about the latest Medicaid changes under "The Deficit Reduction Act of 2005" signed into law on 2/7/06 and how it will affect you and your family. Review issues such as how to protect your assets for your spouse or a legacy and the cost of long-term care while in a nursing home, assisted living or adult day care facility and home care. Understand the fundamental benefits of long-term care insurance, New York State and Federal tax incentives and what qualifications are required for this type of protection. Obtain details covering The New York State Partnership for Long Term Care insurance program as well as cash policies and other insurance options. Discover how some policies provide estate recovery of all your paid premiums if you die and never make a claim. Take home a 17-page booklet covering the above.

### PILATES MAT CLASS

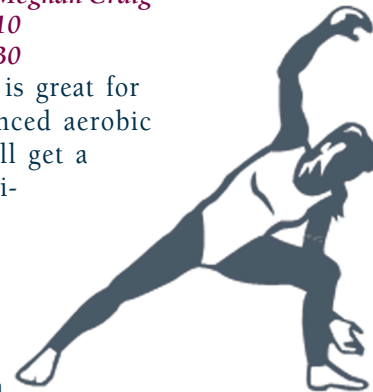
Room: ..... SHS McGee Commons  
 Class Night: ..... Tuesdays  
 Start Date: ..... Sept. 26-Nov. 21  
 Length: ..... 8 weeks  
 Time: ..... 7 p.m. to 8 p.m.  
 Course Fee: ..... \$64 (Bring your own mat)  
 Instructor: ..... Linda Knapik  
 Minimum: ..... 10  
 Maximum: ..... 18

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. Regardless of your physical condition, these classes will leave you feeling energized, powerful and whole.

### AEROBICS I

Room: ..... Oneida Middle School G Gym  
 Class Night: ..... Tuesdays  
 Start Date: ..... Sept. 26-Nov. 21 **NEW!**  
 Length: ..... 8 weeks  
 Time: ..... 6:30 p.m. to 7:30 p.m.  
 Course Fee: ..... \$30 (Bring your own mat)  
 Instructor: ..... Meghan Craig  
 Minimum: ..... 10  
 Maximum: ..... 30

This one-hour class is great for beginners and advanced aerobic participants. You will get a combination of traditional floor aerobics (with a twist if you wish), kickboxing and muscle conditioning including abs. You will need a floor mat and a water bottle every week for our fun-filled hour of stress relief.



### BEGINNING COUNTRY LINE DANCING

Room: ..... Oneida Middle School B Gym  
 Class Night: ..... Tuesdays  
 Start Date: ..... Oct. 3-Nov. 28 **NEW!**  
 Length: ..... 8 Weeks  
 Time: ..... 7 p.m. - 8 p.m.  
 Course Fee: ..... \$40  
 Instructor: ..... Claire Godlewski  
 Minimum: ..... 10    Maximum: ..... 50

A fun, no pressure class! No experience needed! Great exercise and a great way to relieve stress. If you love country music (or even just like it a little), come and learn the dances that are done to your favorite songs. We'll start with the "classics" like Tush Push, Boot Scoot Boogie, and the country version of the Electric Slide and go from there!

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### CARD ORGANIZER

Room: ..... SHS Room D10 **NEW!**  
 Class Night: ..... Tuesdays  
 Start Date: ..... Sept. 26 & Oct. 3  
 Length: ..... Two Sessions  
 Time: ..... 6:30 p.m. - 8:30 p.m.  
 Course Fee: ..... \$5  
 Materials Fee: ..... \$25 (Paid night of class)  
 Instructor: ..... Lisa Moore  
 Minimum: ..... 3 Maximum: ..... 8

Come and together we will hand make an organizer for your greeting cards. Over the course of this two evening class, you will create an organizer with coordinating dividers, address book and pen. This organizer makes a fabulous gift and can be used as a recipe card holder or to organize your photos. No prior stamping experience required. Please bring your double-sided tape and scissors.

### A HAUNTED HALLOWEEN

Room: ..... SHS Room D10 **NEW!**  
 Class Night: ..... Tuesday  
 Start Date: ..... Oct. 17  
 Length: ..... One Session  
 Time: ..... 6:30 p.m. - 8:30 p.m.  
 Course Fee: ..... \$5  
 Materials Fee: ..... \$10 (Paid night of class)  
 Instructor: ..... Lisa Moore  
 Minimum: ..... 3 Maximum: ..... 10

Come stamp a "ghoulish" Halloween. Together we will make two Halloween cards, a party invitation, and a treat bag for all your ghosts and goblins. No prior stamping experience required. Please bring your double-sided tape and scissors.

### THOUGHTS OF THANKFULNESS

Room: ..... SHS Room D10 **NEW!**  
 Class Night: ..... Tuesday  
 Start Date: ..... Nov. 7  
 Length: ..... One Session  
 Time: ..... 6:30 p.m. - 8:30 p.m.  
 Course Fee: ..... \$5  
 Materials Fee: ..... \$10 (Paid night of class)  
 Instructor: ..... Lisa Moore  
 Minimum: ..... 3  
 Maximum: ..... 10

Come and we will hand stamp a stack of 12 "Thank you" cards (3 each of 4 different designs). No prior stamping experience required. Please bring your double-sided tape and scissors.



### A HANDMADE HOLIDAY

Room: ..... SHS Room D10 **NEW!**  
 Class Night: ..... Tuesday  
 Start Date: ..... Nov. 28  
 Length: ..... One Session  
 Time: ..... 6:30 p.m. - 8:30 p.m.  
 Course Fee: ..... \$5  
 Materials Fee: ..... \$10 (Paid night of class)  
 Instructor: ..... Lisa Moore  
 Minimum: ..... 3 Maximum: ..... 10

Come and together we will hand stamp holiday cards, gift tags, a gift card holder and a quick little gift. No prior stamping experience required. Please bring your double-sided tape and scissors.

### SNOW MUCH FUN

Room: ..... SHS Room D10 **NEW!**  
 Class Night: ..... Tuesday  
 Start Date: ..... Dec. 5  
 Length: ..... One Session  
 Time: ..... 6:30 p.m. - 8:30 p.m.  
 Course Fee: ..... \$5  
 Materials Fee: ..... \$10 (Paid night of class)  
 Instructor: ..... Lisa Moore  
 Minimum: ..... 3  
 Maximum: ..... 10

Come together to hand stamp a greeting card, gift bag with coordinating gift tag, a magnet and cup of "Snowman Soup." No prior stamping experience required. Please bring your double-sided tape and scissors.



### WEDNESDAY CLASSES

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

Location: ..... Creative Voice Development Group,  
 903 Bedford Rd., Schenectady; 631-0172  
 Class Night: ..... Wednesday  
 Start Date: ..... Oct. 11  
 Length: ..... One Session  
 Time: ..... 6:30 p.m. - 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! Because this class takes place on-location, enrollment is limited to 15.



**BEGINNER INDOOR ROCK CLIMBING CLASS**

**Location:** ..... Electric City Rock Gym, 433 State St. Schenectady (across from Proctors Theatre)  
**Class Night:** ..... Wednesdays, Sept. 27, Oct. 4, 11, 18, 25  
**Length:** ..... 5 weeks  
**Time:** ..... 6:30 p.m. to 7:30 p.m.  
**Course Fee:** ..... \$75  
**Instructor:** ..... Andy Gilpin (NYS-certified rock climbing guide)

**Maximum:** ..... 8  
**Class Includes:** ..... All necessary equipment, unlimited use of climbing gym, professional instruction and processing time after each class.

**Curriculum:** ..... Basic climbing instruction, safety indoor and outdoors, basic climbing techniques, belay techniques, climbing for success (mental aspect of climbing), basic climbing knots, some advanced climbing techniques, comprehensive discussion on how to tie it all together.

Andy Gilpin - A New York State licensed rock climbing guide - has been climbing for 11 years and has taught rock climbing for the past eight years. Individual climbing groups, schools, church groups, scouts and SCCC Continuing Education classes have followed Andy's curriculum with great success.

Phone: 388-2704. E-mail: gilp18@hotmail.com. www.centercitysportsplex.org

**SPANISH FOR BEGINNERS**

**Room:** ..... SHS Room D23  
**Class Night:** ..... Wednesdays  
**Start Date:** ..... Sept. 27 - Nov. 15  
**Length:** ..... 8 Weeks  
**Time:** ..... 5 p.m. - 7 p.m.  
**Course Fee:** ..... \$65  
**Materials Fee:** ..... \$25 (Paid night of class)  
**Instructor:** ..... Mildred Chang  
**Minimum:** ..... 10 **Maximum:** ..... 30

Have fun learning the basics of Spanish. Knowledge of this language can give you more opportunities in the world of today. This class will place emphasis on conversational skills. In this fun, easy to understand class you will learn

conversation quickly. There will be more focus on sentences and conversation so you can speak Spanish fluently. Learn culture and costume connected with this language.

**INTERMEDIATE SPANISH**

**Room:** ..... SHS Room D23  
**Class Night:** ..... Wednesdays  
**Start Date:** ..... Sept. 27 - Nov. 15  
**Length:** ..... 8 Weeks  
**Time:** ..... 7 p.m. - 9 p.m.  
**Course Fee:** ..... \$65  
**Materials Fee:** ..... \$25 (Paid night of class)  
**Instructor:** ..... Mildred Chang  
**Minimum:** ..... 10 **Maximum:** ..... 30

Here we will expand on your basic knowledge of Spanish. There will be more practice, listening and talking in daily life. Watching and listening to a real teacher will help you to learn what you can't by listening to a tape or CD.

**INTRODUCTION TO BELLY DANCING**

**Room:** ..... Oneida Middle School B Gym  
**Class Night:** ..... Wednesdays  
**Start Date:** ..... Sept. 27-Nov. 15  
**Length:** ..... 8 Weeks  
**Time:** ..... 6 p.m. - 7:15 p.m.  
**Course Fee:** ..... \$50  
**Instructor:** ..... Cherelle Kooiker  
**Minimum:** ..... 5 **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. Beginning steps and movement will be slowly introduced.

**BEGINNING SELF-DEFENSE FOR WOMEN**

**Room:** ..... Oneida Middle School G Gym  
**Class Night:** ..... Wednesdays  
**Start Date:** ..... Oct. 4 - Nov. 29  
**Length:** ..... 8 Weeks  
**Time:** ..... 6:30 p.m. - 7:30 p.m.  
**Course Fee:** ..... \$45  
**Instructor:** ..... Kathleen Ferguson  
**Minimum:** ..... 8 **Maximum:** ..... 16

This is a class designed to introduce women, ages 16 and up, to some basic self-defense techniques. Students will stretch, exercise and learn some basic self-defense techniques including striking, kicking, joint locks, take-downs and how to escape from certain self-defense situations. Students should wear light, comfortable clothing and sneakers. (Women only please)

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## THURSDAY CLASSES

### BEGINNING ONE STROKE PAINTING

Room: ..... SHS Room D10  
 Class Night: ..... Thursdays  
 Start Date: ..... Oct. 5 - Oct. 26  
 Length: ..... 4 Weeks  
 Time: ..... 6 p.m. to 8 p.m.  
 Course Fee: ..... \$30  
 Materials Fee: ..... \$25  
 (Paid night of class)

Instructor: ..... Robyn  
 Posson, OSCI (Donna Dew-  
 berry, One Stroke Certified  
 Instructor)

Minimum: ..... 5  
 Maximum: ..... 20

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.



### TAPERCIZE I

Room: ..... SHS Cafeteria  
 Class Night: ..... Thursdays  
 Start Date: ..... Sept. 28 - Nov. 16  
 Length: ..... 8 weeks  
 Time: ..... 7:45 p.m. - 8:45 p.m.  
 Course Fee: ..... \$30

Instructor: ..... Janet Murphy  
 Minimum: ..... 8    Maximum: ..... 25

A fun, no-pressure class that mixes tap and exercise together. A dance is taught. If you ever wanted to tap dance when you were young, this is the class for you. A lot of fun! Tap shoes are optional. For all levels.



### TAPERCIZE II

Room: ..... SHS Cafeteria  
 Class Night: ..... Thursdays  
 Start Date: ..... Sept. 28-Nov. 16  
 Length: ..... 8 weeks  
 Time: ..... 6:15 p.m. - 7:15 p.m.  
 Course Fee: ..... \$30

Instructor: ..... Janet Murphy  
 Minimum: ..... 8    Maximum: ..... 25

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  
 Start Date: ..... Sept. 28-Nov. 16  
 Class Night: ..... Thursdays  
 Length: ..... 8 weeks  
 Time: ..... 7:15 p.m. - 7:45 p.m.  
 Course Fee: ..... \$20  
 Instructor: ..... Janet Murphy  
 Minimum: ..... 8    Maximum: ..... 25

Warm-up exercises, balancing exercises and Jazz steps to contemporary music (example: Beatles music).



## SATURDAY

### DEFENSIVE DRIVING

Room: ..... MPMS Room 216  
 Dates: ..... Five classes: Oct. 21, Nov. 18,  
 Dec. 9, Jan. 20, Feb. 10  
 Time: ..... 9 a.m. - 3:30 p.m.  
 Course Fee: ..... \$35  
 Instructor: ..... Ron Longo  
 Minimum: ..... 10    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 have a Driver's License.



# Are you over 21?

The following classes are free for adults ages 21 and over

**FREE!**

Need a diploma and job skill training?

## 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.

### COMPUTER CLASSES

Offered Tuesdays-Thursdays from 9 a.m. - 2:30 p.m. Turn to page 2 for details. (Note: There is a charge for this course)

### 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 WIEC for more information.

### THE DROP-IN CENTER

The Drop-In Center is a resource/referral center designed to help formerly incarcerated individuals with employment, educational and transitional needs.

### JOB FACILITATOR OFFICE

Call for an appointment — for assistance in reaching your employment goals.

## GED PREPARATION — ADDITIONAL LOCATIONS

<p>Room: ..... Schenectady County Community College, Elston Hall Room 323</p> <p>Class Night: ..... Tuesdays &amp; Thursdays,</p> <p>Time: ..... 6 p.m. to 9 p.m.</p> <p>Start Date: ..... Open Enrollment</p> <p>Course Fee: ..... No charge*</p> <p>Instructor: ..... Ellen Mueller</p>	<p>Room: ..... Yates Family Self-Sufficiency Center E34 - Room 203</p> <p>Class Night: ..... Tuesdays &amp; Thursdays</p> <p>Time: ..... 5 p.m. to 8 p.m.</p> <p>Start Date ..... Open Enrollment</p> <p>Course Fee: ..... No charge*</p> <p>Instructor: ..... David Filkins</p>
<p>Room: ..... Schenectady County Main Library</p> <p>Class Night: ..... Mondays &amp; Wednesdays</p> <p>Time: ..... 6 p.m. to 9 p.m.</p> <p>Start Date ..... Open Enrollment</p> <p>Course Fee: ..... No charge*</p> <p>Instructor: ..... Eleanor Smith</p>	<p>Room: ..... City Mission Family Life Center 311 Clinton St., Schenectady</p> <p>Class Night: ..... Mondays &amp; Wednesdays,</p> <p>Time: ..... 5 p.m. to 8 p.m.</p> <p>Start Date: ..... Open Enrollment</p> <p>Course Fee: ..... No charge*</p> <p>Instructor: ..... David Filkins</p>

*\*Please Note: Students over age 21 do not pay for GED/ESL classes. Students under 21 should contact Washington Irving, 370-8220 or 370-8225, for the course costs.*

For Applications and/or more information regarding the NYS GED test, please go to: [www.emsc.nysed.gov/ged](http://www.emsc.nysed.gov/ged)

## 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.

## COURSE SCHEDULE : FALL 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Adult Men's Recreation <i>Over 30, (M, W), 7-9 p.m. SHS Small Gym</i>	Ballroom Dancing I <i>6:30-7:30 p.m. SHS Cafeteria</i>	Adult Men's Recreation <i>Over 30, (M, W), 7-9 p.m. SHS Small Gym</i>	Taperize II <i>6:15-7:15 p.m. SHS Cafeteria</i>	
Understanding Stocks, Bonds and Mutual Funds <i>6-8 p.m. SHS Room D10 One Session</i>	Ballroom Dancing II <i>7:45-8:45 p.m. SHS Cafeteria</i>	<i>Beginning Self-Defense for Women 6:30-7:30 p.m. Oneida Middle School</i>	Taperize I <i>7:45-8:45 p.m. SHS Cafeteria</i>	
Tai Chi <i>6:30-7:30 p.m. SHS Cafeteria</i>	The Long Time Care Advisor, 7-9 p.m. <i>SHS Room D 14 One Session</i>	Introduction to Belly Dancing <i>6-7:15 p.m. Oneida Middle School</i>	Jazz <i>7:15-7:45 p.m. SHS Cafeteria</i>	
Italian for Travelers I <i>7-8:30 p.m. SHS D23</i>	Beginning Country Line Dancing, <i>7-8 p.m. Oneida Middle School</i>	Beginner Indoor Rock Climbing Class, <i>6:30-7:30 p.m. Electric City Rock Gym</i>	Beginning One Stroke Painting, <i>6-8:30 p.m. SHS Room D10</i>	
<i>Italian for Travelers II 7-8:30 p.m. SHS D14</i>	Computer Training , Courses, <i>(T-Th) , 9 a.m. - 2:30 p.m. WI Room 108</i>	Computer Training , Courses, <i>(T-Th) , 9 a.m. - 2:30 p.m. WI Room 108</i>	Computer Training , Courses, <i>(T-Th) , 9 a.m. - 2:30 p.m. WI Room 108</i>	
Beginner Hatha Yoga, <i>7-8 p.m. SHS McGee Commons</i>	Pilates Mat Class, <i>7-8 p.m. SHS McGee Commons</i>	Get Paid to Talk Creative Voice Dev. Group, <i>7-8 p.m. Creative Voice Development Group One Session</i>		
	Aerobics I, <i>6:30-7:30 p.m. Oneida Middle School</i>	Spanish for Beginners, <i>5-7 p.m. SHS D23</i>		
	<i>Various Craft Classes, 6:30-8:30 p.m. SHS Room D10</i>	Intermediate Spanish, <i>7-9 p.m. SHS D23</i>		

### Don't Forget!

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

Turn to page 6 for more information!

GED Preparation and Distance Learning Courses (See page 7 for details)

# Interested in teaching a continuing education class?

The Schenectady City School District is looking for people with special skills and talents to teach in our adult/continuing education program during **Spring 2007**. These are PAID positions!

**Anyone who is interested should contact the Schenectady City School District's Adult Education Department at:**

Washington Irving Educational Center  
422 Mumford Street, Schenectady, NY 12307  
370-8220 or 370-8350

or e-mail Dr. Sheila Tebbano, Director of Adult & Continuing Education at:  
[tebbanos@schenectady.k12.ny.us](mailto:tebbanos@schenectady.k12.ny.us)

### Let us know what course you want to teach!

Course categories include, but are not limited to: Arts & Crafts, Language Arts, Music and Dance, Physical Education, Public Service, Personal Health, Self Improvement, Business, Home Economics, Computers and Software, Applications, Sciences, Etc.

## Schenectady City School District COURSE REGISTRATION FORM: FALL 2006

**Continuing Education ONLY. You must register in person for the Aquatics programs**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Work Telephone: \_\_\_\_\_

Emergency Medical Contact: \_\_\_\_\_

I wish to enroll in the following course(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

(Non-Residents add \$5; Seniors over 65-years-old deduct \$5\*; There is a \$5 late fee if registering after Sept. 21, 2006)

\*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: \_\_\_\_\_

\_\_\_\_\_

## 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.

### AQUA AEROBICS

*Tuesday: 6:30 p.m. to 7:30 p.m.*

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

A high energy workout that gets rid of tension and stress. Each class will consist of a warm up, an aerobic workout, conditioning exercises, cool-down and a final stretch. Nonswimmers are easily accommodated. A class for all fitness levels.

### LOW INTENSITY AQUACIZE

*Tuesday: 5:30 p.m. to 6:30 p.m.*

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

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

### HIGH INTENSITY AQUACIZE

*Tuesday: 6:30 p.m. to 7:30 p.m.*

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

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.

### ADULT BEGINNER SWIM LESSONS

*(PLEASE NOTE: Class Begins Sept. 25 and ends Dec. 4)*

*Monday: 6:30 p.m. to 7:30 p.m.*

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

In this adult beginner class, students will learn basic water skills such as front and back floats and back glides. Students will have an introduction to the front crawl and backstroke. Introduction to deep water.

### LIFEGUARD TRAINING

*(PLEASE NOTE: Class Begins Sept. 11 and ends Dec. 12)*

*Monday, 6 p.m. to 8:30 p.m.*

*Fee: SCSD Residents: \$118; Non-SCSD Residents: \$185*

Participant must be 15 years old prior to the conclusion of the class to take this course. Participant must pass a prerequisite swim test. Upon completion, you will receive certifications in lifeguard training, CPR for the Professional Rescuer, First



Aid, AED, Oxygen Administration and Preventing Disease Transmission. \* Please note: The participant must pay a refundable \$5.00 fee to take the prerequisite swim test.

### WATER SAFETY INSTRUCTOR COURSE

*(PLEASE NOTE: Class Begins Wednesday, March 16; Class Ends Wednesday, May 18)*

*Wednesday: 4 p.m. to 8 p.m.*

*Fee: SCSD Residents: \$200*

Participant must be 16 years or older to take this course. There is no prerequisite swim test, but the participant must know how to swim. In this course, you will learn the fundamentals on how to teach swimming to children, adults, special needs populations and refining your swimming strokes.

Aquatic program registration is from 5 p.m. to 7 p.m. on Wednesday, Sept. 20 and Thursday, Sept. 21 in the Aquatics Office at Schenectady High School.

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

The Program session dates are  
Sept. 25 - Dec. 9.

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: FALL 2006 (Subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 AM <i>Adult Lap Swim</i>	6-7 AM <i>Adult Lap Swim</i>	6-7 AM <i>Adult Lap</i>	6-7 AM <i>Adult Lap</i>	6-7 AM <i>Adult Lap Swim</i>
7:30 AM to 2:10 PM <i>PE Classes</i>	7:30 AM to 2:10 PM <i>PE Classes</i>	7:30 AM to 2:10 PM <i>PE Classes</i>	7:30 AM to 2:10 PM <i>PE Classes</i>	7:30 AM to 2:10 PM <i>PE Classes</i>
3:30 PM to 5:30 PM <i>Swim Team Practice</i>	2:15 PM to 3 PM <i>Faculty/Staff Swim</i>	2:15 PM to 3 PM <i>Faculty/Staff Swim</i>	2:15 PM to 3 PM <i>Faculty/Staff Swim</i>	3:30 PM to 5:30 PM <i>Swim Team Practice</i>
5:30 PM to 7:30 PM <i>Adult Lap</i>	3:30 PM to 5:30 PM <i>Swim Team Practice</i>	3:30 PM to 5:30 PM <i>Swim Team Practice</i>	3:30 PM to 5:30 PM <i>Swim Team Practice</i>	5:30 PM to 7:30 PM <i>Family/Open Swim</i>
6-8 PM <i>Lifeguard Training</i>	5:30 PM to 7:30 PM <i>Adult Lap</i>	5:30 PM to 7:30 PM <i>Adult Lap</i>	4-8 PM <i>WSI Course</i>	
6:30 PM to 7:30 PM <i>Adult Swim Lessons</i>	5:30 PM to 6:30 PM <i>Aqua Aerobics</i>	6:30 PM to 7:30 PM <i>Aqua Aerobics</i>	5:30 PM to 7:30 PM <i>Family/Open Swim</i>	
	6:30 PM to 7:30 PM <i>Aqua Aerobics</i>			

The above schedule is subject to change. Pool schedule begins **Wednesday, Sept. 6, 2006.**  
Evening aquatic programs will start on time if there is a HOME SWIM MEET.

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](mailto:rousel@schenectady.k12.ny.us)

For complete descriptions of the Aquatic Programs being offered this fall, turn to page 7.

## **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, Sept. 15): Fill out an application. Return it with your check to the address shown at the bottom of the registration form on page 9. 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 Wednesday, Sept. 20 and Thursday, Sept. 21 **ONLY** at the

Schenectady High School main office (please use The Plaza entrance by 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.** Nonresident 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 Sept. 21.

### **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** or **370-8350** for details and a registration form.

### **BOARD OF EDUCATION**

Jeff P. Janiszewski, *President*  
Warren R. Snyder, *Vice President*  
Linda Bellick  
Maxine Brisport  
James R. Casino  
John Mitchell  
Lisa Russo



Schenectady City School District

108 Education Drive, Schenectady, NY 12303

518-370-8100 Fax: 518-370-8173

[www.schenectady.k12.ny.us](http://www.schenectady.k12.ny.us)

Non-Profit Org.  
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Schenectady, NY

### **ADMINISTRATION**

Eric Ely, *Superintendent*  
Sharon Therriault,  
*Assistant Superintendent  
for Curriculum and Instruction*  
Michael San Angelo, Ed.D.,  
*Assistant Superintendent for Business*  
William Roberts,  
*Assistant Superintendent  
for Operations*  
Arnold A. Spadafora  
*Associate Superintendent*

**Residential Customer**

**Postal Patron**

Check us out on the web at: [www.schenectady.k12.ny.us](http://www.schenectady.k12.ny.us)