



The Schodack Central School District provides Continuing Education programs to encourage lifelong active, reflective, and creative learners in our community. We are pleased to offer the following courses for the fall of 2022...

DRIVERS EDUCATION

DMV Five Hour Pre-Licensing with Mackay Driving School

Dates: November 8th and 10th

Time: 6:00pm to 8:30pm

Location: Maple Hill Jr./Sr. High School, Room 136

Length: 2 evenings

Course Fee: \$60

Instructor: Scott Mackay

Minimum/Maximum Enrollment: 18/36

***Please use the specific registration form available on the Continuing Education webpage.**

This course is required by New York State Department of Motor Vehicles for any individual seeking to take a New York State Road Test. The course covers the state required curriculum. Students must possess a NYS Learner's Permit in order to take this course. Registered individuals will receive a MV-278 certificate at the end to sign up for your road test (valid for one year).

Defensive Driving

Dates: (Choose 1 Saturday): October 15th, October 29th
December 3rd or December 17th

Time: 9:00am to 3:00pm

Location: Maple Hill Jr./Sr. High School, Room 136

Length: (One) Saturday of your choice

Course Fee: \$49

Instructor: Ryan McDermott

Minimum/Maximum Enrollment: 10/40

***Please use the specific registration form available on the Continuing Education webpage.**

This six-hour defensive driving course offers 10% off of car insurance as well as point reduction on licenses. The course consists of slideshows and videos geared towards creating better drivers and making our roads safer.

HEALTH & FITNESS

Co-Ed Volleyball

Starts: October 23rd

Time: 6:00pm to 9:00pm

Location: Maple Hill Jr./Sr. High School Gym

Length: Sundays for 8 weeks, NO play on November 27

Course Fee: \$40

Coordinator: Anthony Moak

Minimum/Maximum Enrollment: 6/30

Join other intermediate players for an evening of fun and competitive volleyball play. This 8-week program offers no instruction, coaching or officiating; warm-ups and games will be self-monitored. Players should play at an intermediate to advanced-intermediate level to participate and must wear kneepads. Class size for this group is extremely limited.

Over 30 Basketball

Starts: October 17th

Time: 7:00pm to 9:00pm

Location: District Office Building Gym

Length: Monday & Wednesdays that the district is open throughout the year

Course Fee: \$50 for Monday OR Wednesday (ONE NIGHT); \$100 for the year

Coordinator: Scott Stockman

Minimum/Maximum Enrollment: 10 – 16/18

***Please use the specific registration form available on the Continuing Education webpage.**

Enjoy a full-court basketball league for fun and exercise. Enrollment is very limited for this group and early registration is encouraged.

Introduction to Mindfulness Meditation

Starts: October 19th

Time: 6:30pm to 7:30pm

Location: Maple Hill Jr./Sr. High School MUF (Multi-Use Facility)

Length: Wednesdays for 5 weeks

Course Fee: \$65

Instructor: Erin Walborn-Sterantino, Qualified Teacher of MBSR

Minimum/Maximum Enrollment: 6/20

This class will explore Mindfulness Meditation, a form of meditation that involves paying close attention to what is happening in the present moment. Research has shown that the benefits of practicing this type of meditation can include stress reduction, lessened anxiety/depression, more effective emotional regulation, increased focus and an overall general sense of well-being. This "Introduction to Mindfulness Meditation series is a 5-week, secular program designed to provide a better understanding of what it is like to "be in the moment". These guided meditations are designed to last 5-15 minutes each. This will be explored with meditation styles that include sitting, laying down, stretching, walking and eating. The last class will end with a short guided retreat (1 hour) and will tie in what has been learned throughout the course.

**Please wear loose and comfortable clothing and have a yoga mat available. No experience is necessary.*

WILDFIT

Starts: October 17th

Time: 6:30pm to 7:40pm

Location: District Office Building, Room 312-314

Length: Mondays & Thursdays for 5 weeks

Course Fee: \$97

Instructor: Maria Lauzon, Certified WILDFIT Coach

Minimum/Maximum Enrollment: 10/30

WILDFIT is a *lifestyle*. Learn the psychology of food. Active participants will gain the following from this program: food freedom, improved sleep, improved skin and hair, increased energy, decreased anxiety, improved self-esteem, elimination of headaches, release of weight and much more. Based on the program created by Eric Edmeades, WILDFIT has changed the lives of over 1 million people around the globe.

LANGUAGE

Mandarin Chinese for Beginners

Starts: October 18th

Time: 7:00pm to 8:00pm

Location: Maple Hill Jr./Sr. High School, Room 119

Length: Tuesdays for 10 weeks

Course Fee: \$150

Instructor: Yuchen Powhida

Minimum/Maximum Enrollment: 4/12

In each class students will learn the Mandarin Chinese phonetic system, basic daily conversation and Chinese characters/words. Games and songs are incorporated to make the

class fun and engaging. The Mandarin phonetic system taught in the class is the Pinyin system used in China, but both traditional (used in Taiwan) and simplified (used in China) Chinese characters are presented. Paper handouts are provided in each class. Additional digital learning materials are provided through email. The goal of this course is to help students build a strong foundation for future self-study; therefore, language learning tips and self-study strategies are also shared and practiced in class. *This class is designed for beginners, so no prior knowledge is necessary.*

GENERAL INFORMATION AND REGISTRATION

REGISTRATION

Registration is open to all residents of the Schodack Central School District. Nonresidents may enroll in courses only if space is available. All mailed registration forms are due by October 13, 2022.

Register by Mail

Complete the registration form and a check made out to **Schodack Central School District** and mail both to:

Schodack Central School District
Continuing Education
1477 South Schodack Road, Castleton, NY 12033

Register in Person

- Bring a completed registration form and check to the District Office at 1477 South Schodack Road weekdays between 8am and 4pm.
- Registrations will also be accepted in person at the first night (no cash), but please call the Continuing Education Coordinator in advance at 518-732-4982.

REFUNDS

Registration in a class represents a commitment and instructors are hired based on the number of people registered. Therefore, refunds will only be issued if the class is cancelled due to insufficient enrollment, if the class is filled to maximum capacity, or injury.

Each class must meet a minimum enrollment. If a course is cancelled due to insufficient enrollment, or over-enrolled, you will be notified by phone and/or mail and receive a full refund. The refund will be mailed to you in check form and may take several weeks to process.

SCHOOL CLOSINGS

Continuing Education classes do not meet when school is closed for students.

WEATHER / EMERGENCIES

Classes may be cancelled due to weather or other emergencies. If the District closes the school, Continuing Education classes are also cancelled. Every effort will be made by the class

instructors and the Director of Continuing Education to contact all registered participants. Please be sure to check the district's website, Facebook and Twitter pages for updated information.

SUGGEST A CONTINUING EDUCATION COURSE OR BECOME AN INSTRUCTOR

Do you have a talent, interest or skill that you could share with the community? We are always looking for new course ideas and instructors! If you are interested, please contact the Director of Continuing Education for more information.

Thank you!