



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 2024...

CRAFTING

Quilting with Amy

Starts: September 25th

Time: 6:00pm to 7:30pm

Location: MH Jr./Sr. High School Library

Length: Wednesdays for 10 weeks (no class on October 23rd & November 27th) – Last class will be held on December 11th

Course Fee: \$75

Instructor: Amy Fink

Minimum/Maximum Enrollment: 7/20

Learn how to quilt or strengthen your current quilting skills at this beginner's quilting class. Participants will learn basic machine quilting skills including designing, cutting, piecing, sandwiching, quilting and binding. Participants will receive one yard of fabric at the first class to create a simple project. Bring your sewing machine, rotary cutter and cutting mat to class or take turns borrowing shared materials. Email amyfink27@gmail.com with any questions.

JUGGLING!

More Balls than Hands! – Intro to 3 Ball Juggling

Starts: September 24th

Time: 6:00pm to 7:00pm

Location: MH Jr./Sr. High School Lawn (or HS Multi-Use Facility (MUF) if inclement weather)

Length: Tuesdays for 4 weeks

Course Fee: \$40

Instructor: Ben Borkovitz

Minimum/Maximum Enrollment: 3/20

Juggling is a lot of fun! If you'd like to learn how to juggle three balls, this class is for you! The instructor has successfully taught hundreds of people to enjoy juggling three balls. Come join

us for a lighthearted journey into the juggling world, which will include instruction, demonstrations and the instructor's personal stories from the juggling world.

**Some props will be available at the class. However, if you have juggling balls, please bring them!*

More Balls than Hands! – Juggling Continued

Starts: October 22nd

Time: 6:00pm to 7:00pm

Location: MH Jr./Sr. High School Lawn (or HS Multi-Use Facility/MUF if inclement weather)

Length: Tuesdays for 4 weeks

Course Fee: \$40

Instructor: Ben Borkovitz

Minimum/Maximum Enrollment: 3/20

This class is geared toward people that have taken the first course and want to continue learning, as well as those that already have some training and want to explore new patterns, including juggling with a partner or partners, and possibly juggling pins or rings. As with the first class, in addition to juggling, demonstrations and some of Ben's juggling experiences from around the country will be included. ****If you take the first course and then decide that you would like to register for the second, you will have the opportunity to do so at the last class of the first session. PLEASE REGISTER USING SEPARATE FORMS IF SIGNING UP FOR BOTH AT THE SAME TIME. YOU MAY PAY WITH ONE CHECK.**

**Some props will be available at the class. However, if you have juggling balls, or other props, please bring them!*

DRIVERS EDUCATION

DMV Five Hour Pre-Licensing with Mackay Driving School

Dates: November 5th and 7th

Time: 6:00pm to 8:30pm

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

Length: 2 evenings

Course Fee: \$60

Instructor: Scott Mackay, Mackay Driving School

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: Saturday, November 2nd

Time: 9:00am to 3:00pm

OR

Dates: Tuesday, December 3 AND Thursday, December 5

Time: 6:00-9:00pm both evenings

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

Course Fee: \$54

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 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

Jazz with Me

Starts: September 27th

Time: 6:00pm to 6:45pm

Location: Castleton Elementary School Small Gym

Length: Fridays for 10 weeks

Course Fee: \$60

Instructor: Amanda Smith

Minimum Enrollment: 5

Cool adults dance, too! Join this low impact, fitness dance class. Classes typically focus on Jazz techniques, including isolations, contractions, and percussive footwork while working towards stylized choreography with an experienced Jazz instructor. This class is perfect for beginners or for those who are ready for a fun night dancing with friends.

**Wear comfortable clothing, indoor shoes, and bring water.*

Evening Yoga Flow & Tone

Starts: September 24th

Time: 6:30pm to 7:30pm

Location: MH Jr./Sr. High School Library

Length: Tuesdays for 10 weeks

Course Fee: \$85

Instructor: Jennifer Delaney

Minimum/Maximum Enrollment: 5/20

The focus of these classes will be on strengthening, lengthening, and stretching through a creative series of postures. All classes will consist of meditation, movement and pranayama (breath work) designed to unify the mind and body. Classes will allow you to arrive and enjoy quiet stillness, move the body to burn off excess energy, and wind down to a deeper state of relaxation as you prepare for your evening. All levels and experiences are welcome and modifications will be offered.

**Students required to bring a yoga mat, water and any other props that you find useful (blocks, blanket, pillows).*

Men's Basketball

Starts: September 23rd

Time: 7:15pm to 9:15pm

Location: District Office Building Gym

Length: Mondays & Wednesdays (that the district is open, through May 14)

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

Coordinator: Logan Samarija

Minimum/Maximum Enrollment: 10 – 16/18

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

Enjoy a full-court men's basketball league (ages 18+) for fun and exercise. Enrollment is very limited for this group and early registration is encouraged.

Co-Ed Volleyball

Starts: September 8th

Time: 6:00pm to 9:00pm

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

Length: Sundays for 15 weeks, NO play on December 1st

Course Fee: \$105

Coordinator: Anthony Moak

Minimum/Maximum Enrollment: 6/28

Join other intermediate players for an evening of fun and competitive volleyball play. This 15-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.

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 September 12, 2024.

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 - 4pm.
- Registrations will also be accepted in person at the first night (no cash). Please call the Continuing Education Coordinator with any questions 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 canceled due to weather or other emergencies. **If the District closes the school, Continuing Education classes are also canceled.** Every effort will be made by the class instructors 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!