



*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 winter/spring of 2024...*

## **CRAFTING**

### **Crocheting with Amy**

Starts: February 28<sup>th</sup>

Time: 6:00pm to 7:30pm

Location: MH Jr./Sr. High School, Room 224

Length: Wednesdays for 10 weeks (no class on April 3<sup>rd</sup> due to school vacation)

Course Fee: \$75

Instructor: Amy Fink

Minimum/Maximum Enrollment: 7/20

Learn how to crochet or strengthen your current crochet skills while joining with fellow crafters in a relaxing environment. Participants will learn: four different stitches, how to read a pattern, the magic circle, cabling, increasing and decreasing. Each week a new project will be highlighted and taught. Participants will receive two skeins of yarn and a crochet hook at the first class. Projects include granny squares, coasters, dishcloths, hats, scarves, baskets and more.

## **DRIVERS EDUCATION**

### **DMV Five Hour Pre-Licensing with Mackay Driving School**

Dates: March 5<sup>th</sup> and 7<sup>th</sup>

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).

## HEALTH & FITNESS

### **Evening Yoga Flow & Tone**

Starts: February 27<sup>th</sup>

Time: 6:30pm to 7:30pm

Location: MH Jr./Sr. High School Library

Length: Tuesdays for 10 weeks (no class on April 2<sup>nd</sup> due to school vacation)

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).*

### **Introduction to Mindfulness Meditation**

Starts: February 26<sup>th</sup>

Time: 6:30pm to 7:30pm

Location: Castleton Elementary School Small Gym

Length: Mondays for 5 weeks

Course Fee: \$85

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.*

### **Hall Walkers**

Starts: March 4<sup>th</sup>

Time: 6:00pm to 9:00pm

Location: District Office Building Hallways

Length: M-F, March 4 – May 10, 2024 (closed April 1-5 due to school vacation)

Fee: FREE, must be pre-registered & obtain ID

*\*See MH Hall Walkers Guidelines 2024 for more information.*

*\*An ID badge will be issued to each registered hall walker.*

## **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 February 20, 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 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 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!