



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 2025...

CRAFTING

Introduction to Sewing

Starts: March 4th

Time: 6:30pm to 8:00pm

Location: MH Jr./Sr. High School, Room 116

Length: Tuesdays for 10 weeks (no class on April 15th due to school vacation)

Course Fee: \$150 (sewing machines and all supplies included)

Instructor: Stacy Hand

Minimum/Maximum Enrollment: 5/15

Participants will learn basic stitches and their uses as well as at-home repair skills including sewing buttons, fixing hems and mending torn seams. They will also learn how to read a sewing pattern and make a pillow, stuffed animal, pajama pants and basic skirt. Skills build upon each class to help develop confidence in constructing a wearable garment. Participants will not be required to purchase any materials for this class, but may bring their own supplies, if desired. Participants are encouraged to bring their own portable sewing machines if they prefer.

The instructor, Stacy Hand, is a professional menswear tailor and dressmaker with over 10 years of experience. She also has a certificate from the Fashion Institute of Technology in Costume Design, and has been the costume designer for Columbia County Youth Theater and Chatham School District since 2018.

DRIVERS EDUCATION

DMV Five Hour Pre-Licensing with Mackay Driving School

Dates: March 4th and 6th

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: Tuesday, April 1st (Part I) AND Wednesday, April 2nd (Part II)

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

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

Strategies for Living with Chronic Pain

Starts: March 6th

Time: 6:00pm to 7:30pm

Location: Maple Hill Jr./Sr. High School Room 135

Length: Thursdays for 8 weeks (NO class on March 20th & April 17th)

Course Fee: \$100

Instructor: Pat Phillips

Minimum/Maximum Enrollment: 6/20

Chronic pain is not solely a medical condition but affects us socially, emotionally and psychologically, as well. This class will focus on all areas of life that can be affected, and will teach strategies that can help manage chronic pain. Cognitive Behavioral Therapy (CBT) is evidence-based and has been shown to improve quality of life for those suffering with chronic pain. Class will consist of the presentation of material, exploring strategies and homework to practice new skills and chart your progress.

Pat Phillips was trained in CBT at the Albany VA where she worked with veterans for a number of years. She also has applied the above strategies to her own life.

Qi (Chi) Gong

Starts: March 3rd

Time: 6:00pm to 7:00pm

Location: Castleton Elementary School Auditorium

Length: Mondays for 8 weeks (NO class on March 24th and April 14th)

Course Fee: \$100

Instructor: Pat Phillips

Minimum/Maximum Enrollment: 6/20

Qi Gong promotes flexibility, strength, relaxation and healing, using coordinated breath and standing movements. This class is ideal for individuals with movement limitations that might make floor work, or intense bending, difficult. The sequence that will be taught will consist of eight movements.

Pat Phillips has been practicing Qi Gong for nearly four years. She has a second degree black belt in Tai Kwon Do, practiced yoga for 10 years and was a runner, until being sidelined by injury and joint replacement. Qi Gong has helped restore flexibility and manage pain.

*Participants should bring non-skid socks, or a yoga mat, if they do not wish to be barefoot.

Evening Yoga Flow & Tone

Starts: March 4th

Time: 6:30pm to 7:30pm

Location: MH Jr./Sr. High School Library

Length: Tuesdays for 10 weeks (no class on April 15th 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).*

Co-Ed Volleyball

Starts: January 5th

Time: 6:00pm to 9:00pm

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

Length: Sundays for 15 weeks, (NO play on April 20th and May 11th)

Course Fee: \$126

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. **This class is a continuation from the fall Continuing Education session, but openings are still available and enrollment is ongoing until February 20th.

Hall Walkers

Starts: March 3rd

Time: 6:00pm to 9:00pm

Location: District Office Building Hallways

Length: M-F, March 3 – May 9, 2025 (closed April 14-18 due to school vacation)

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

**See MH Hall Walkers Guidelines 2025 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, 2025.

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 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!**