



ICHABOD CRANE CSD

Adult Education

Winter/Spring 2019

WHO MAY REGISTER: Any person 16 years of age or older who is not enrolled in a private or public secondary school may enroll in any course. No high school credit may be given for any course taken as part of the Adult Education Program. **THE FIVE-HOUR PRE-LICENSING COURSE IS OPEN TO ANYONE 16 YEARS OF AGE AND OLDER.**

HOW TO REGISTER: Early registration by mail protects against having to cancel a course due to low class size. Please register early!

You may register by mail or in person in the Central Office located in the High School Building. Students who wish to register for the five-hour pre-licensing course may do so either by mail or in the Central Office located in the High School with Amy Boothby. **All registration must be done either by mail or in person at the District's Central Office, High School Building.**

Please put the course title in the check memo section. All checks are made payable to ICC.

CLASSES HELD: Fall Session – September – December 2018

Winter/Spring Session – January – May 2019

TUITION: The Adult Education Program is self-supporting. The tuition for each course is listed along with each course description. The total amount of tuition is payable at the time of registration. The tuition will be refunded if a course is canceled or if a student withdraws from a course before a course begins. There will be no refunds after the first class has met.

MATERIALS FEE: In some courses, the instructor may require a fee to cover the cost of materials.

ENROLLMENT: All classes have minimum enrollments listed after each tuition amount.

If insufficient numbers register by mail or in person the class may be canceled.

SCHOOL CLOSING: The adult ed classes will be closed on evenings when the regular day school is closed or after school activities have been canceled. For information regarding closings, call 758-7575 and press 2 for emergency information and school closings.

IMPORTANT NOTICE: (Especially registrants in sports and physical activities) No classes or activities provide insurance coverage to individuals for accident or bodily injury. It is strongly recommended that you obtain your doctor's approval before participating in any of our courses that involve sports, exercise or other strenuous physical activity.

**ADDITIONAL INFORMATION: Phone 758-7575, ext. 3002 Amy Boothby at the Ichabod Crane
Central Office located in the High School**

UNLESS OTHERWISE LISTED, ALL COURSES

WILL BE OFFERED AGAIN IN THE WINTER/SPRING 2019

SEMESTER, WHICH BEGINS AFTER THE DECEMBER VACATION BREAK.

DRIVER TRAINING



FIVE HOUR PRE-LICENSING COURSE

Monday, Oct 15 6:00 - 8:30 PM & Wednesday, Oct 17, 6:00 - 8:30 PM

Monday, Feb 4 6:00 - 8:30 PM & Wednesday, Feb 6 6:00 - 8:30 PM

Monday, April 8 6:00 - 8:30 PM & Wednesday, April 10 6:00 - 8:30 PM

Tuesday, May 28 6:00 - 8:30 PM & Wednesday, May 29 6:00 - 8:30 PM

Ms. Linda Renken High School – Room 213 Tuition \$30.00

CLASS LIMIT: 36

This two session course meets the requirements for the New York State mandated pre-licensing instruction. You must be at least 16 years of age and have a valid NYS Learner's Permit. Students may register either in the Central Office located in the High School with Mrs. Boothby or by mail. **THIS IS NOT A POINT REDUCTION OR A SAFE DRIVING COURSE.**

BASKET WEAVING

Criss-Cross Applesauce Basket

Tuesday, March 19 and 26 – 6 to 9 pm

Tuition: \$30.00 (payable to ICC at registration)

Materials Fee: \$30 (payable to the instructor on the first class)

Location: High School Art Room 203

Instructor: Joyce Flower



Learn to weave this cute, but challenging basket. You weave a square base, unweave some stakes at each corner, and you have a cross shape. Then, weave the basket from the cross shape to the top, where it becomes round. This basket is woven with natural and dyed reed, with overlays, and finished off with leather handles. The basket measures 12” across and is 6” tall. Please bring to class pencil, scissors, spring-type clothespins and a tape measure and also your patience!!!

Minimum Enrollment: 4

Maximum Enrollment: 10

CRAFTING WITH MINZ – more information coming soon

Tuition: \$13 per session (payable to ICC at registration)

Materials Fee: \$12 per session (payable to the instructor on the first night of class)

Location: High School Art Room 203

Instructor: Melissa Falkner Class Minimum Enrollment: 4 Maximum Enrollment: 26

One Night Workshops: from 6:00-9:00 pm

Session Dates are as follows:

Alissa Weaver's Card Classes

Days of the workshops are listed under each card

Tuition: \$25.00 per each card class (either 2 or 3 sessions) (Payable to ICC at Registration)

Materials Fee: \$12.00 per class payable to the instructor

Location: High School Art Room 203

Instructor: Alissa Weaver

Birthday Cards Class: In this class we will create 6 cards with envelopes, 2 each of 3 designs. These will be all birthday cards. There will be designs that are feminine, masculine and those for a child. Please bring a pair of small sharp scissors and tape-runner style adhesive. All other supplies will be provided. The adhesive will be available for purchase at class if needed (\$7). The class will include hands-on instruction and a written step-step direction sheet to take home. This is a perfect class for the beginner or experienced paper crafter alike! Materials fee of \$12 payable to the instructor the evening of the class. Class size limited to 15.

Each session will feature different designs and are independent of each other, come to one or both.

Session 1: Thursday, February 28th 6-9pm

Session 2: Tuesday, March 26th 6-9pm



Spring All Occasion Cards: In this class we will create 6 cards with envelopes, 2 each of 3 designs. These will be cards that could be "thinking of you", "thank you", "hello" etc. There will be a variety of sentiments choices. Please bring a pair of small sharp scissors and tape-runner style adhesive. All other supplies will be provided. The adhesive will be available for purchase at class if needed (\$7). The class will include hands-on instruction and a written step-step direction sheet to take home. This is a perfect class for the beginner or experienced paper crafter alike! Materials fee of \$12 payable to the instructor the evening of the class. Class size limited to 15. Each session will feature different designs and are independent of each other, come to one or both.

Session 1: Wednesday, April 17th 6-9pm

Session 2: Tuesday, May 7th 6-9 pm



Adult English as Another Language

Free Drop-In Class

Monday evenings beginning in October 2018

from 6-8 pm.

Information to follow soon.

HEALTH AND FITNESS



ZUMBA!

Mondays AND Thursdays 4:15-5:15 pm Beginning September 10 and 13, 2018

Location: Primary School Gymnasium (September 10 – Dec 17, 2018)

Primary School Gymnasium (January 7 – May 27, 2019)

High School Cafeteria (January 3 – May 30)

Instructor: Katie Snyder

Tuition: \$40 Fall Semester (Sept.-Dec.) – 1 day/week
 \$70 Fall Semester – (Sept.-Dec.) – 2 days/week
 \$60 Spring Semester (Jan.-June) – 1 day/week
 \$120 Spring Semester (Jan.-June) – 2 days/week

CLASS MINIMUM ENROLLMENT: 13

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.



FITNESS WALKING PROGRAM

High School Hallways

September 2018 – June 2019

Tuition: \$5 annual registration

You will receive a badge that you must wear while in the building.

Walking for physical fitness has proven its health benefits in a number of studies. When it is difficult to walk on the street because of traffic, inclement weather you now can walk in the safe, clean halls of the High School.

You may walk from 5:00 to 7:30 p.m. on any Monday through Friday that school is in session.

If school is closed or canceled, this program will be canceled too. Also when school is not in session, the program is canceled.

CARDIO KICKBOXING

Tuesdays, January 8, 2019 – April 16, 2019

Location: High School Cafeteria – 6 p.m. – 7 p.m.

Instructor: Melissa Kugler

Tuition: \$30.

Cardio kickboxing class is an amazing aerobic experience, utilizing martial arts based kickboxing techniques to increase muscular strength, cardiovascular conditioning, coordination, and balance. It's about repetition instead of complicated choreography. So as a beginner it won't take long to catch on.

No prior martial arts or kickboxing experience necessary. Class is designed for all fitness levels.

POUND®

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums

Tuesdays, January 8, 2019 – April 16, 2019

Location: High School Cafeteria – 7 p.m. – 8 p.m.

Instructor: Jessica Nichols

Tuition: \$30

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Low Impact Weight Class

Instructor: Laurel Jacon

Location: Primary School Gym – 5:45 – 6:30

January 28, 2019 – March 25, 2019

Tuition: \$25

45 minutes to firm & tone!

Core strength, muscle toning & mood boosting.

Using weights, gliding disks, kettle bells (if you have one) and your own resistance.

BASKETBALL

New Rules

- 1. If you do not pay, you do not play.**
- 2. Ages 18 and older only. No High School Students.**

On different nights, different skill levels and ages play pick-up games for fun and exercise. The days and times are listed below. Age limits and skill levels are just GUIDELINES. We won't be checking IDs, but by listing ages, the intent is to have similar skill levels and intensity levels playing together. If participants find they're in a group that does not fit his or her abilities, tuition is transferable to other nights. Instructors are able to help participants determine which night will be a good fit for a player.

Tuition:\$40 for one night
\$70 for two nights
\$100 for three nights

Mixed skill levels, ages 25-55 yrs. No limit on the number of participants.
Mondays 7:30-9pm with Ron Jarvis in the MS Large Gym
Start Date October 1, 2018 to May 20, 2019

Elite players, ages 18-34 yrs. No limit on the number of participants.
Tuesdays 7:30-9pm with Dalton Michaud in the MS Large Gym
Start Date: October 2, 2018 to May 28, 2019

Semi-Elite players, ages 30 and over. Class limited to 18 participants.
Wednesdays 7:30-9pm with Josh Wisniewski in the MS Large Gym
Start Date October 3, 2018 to May 29, 2019

Over 40. Class limited to 18 participants.
Thursdays 7:30-9 with John White in the MS Large Gym
Start Date: October 4, 2018 to May 30, 2019