



ICHABOD CRANE CSD Adult Education Fall 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 2019
Winter/Spring Session – January – May 2020

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 2020
SEMESTER, WHICH BEGINS AFTER THE DECEMBER VACATION BREAK.**

DRIVER TRAINING



FIVE HOUR PRE-LICENSING COURSE

Monday, Oct 7 6:00 - 8:30 PM & Wednesday, Oct 9, 2019 6:00 - 8:30 PM
Monday, Dec 9 6:00 - 8:30 PM & Wednesday, Dec 11, 2019 6:00 - 8:30 PM
Monday, Feb 3 6:00 - 8:30 PM & Wednesday, Feb 5, 2020 6:00 - 8:30 PM
Monday, April 6 6:00 - 8:30 PM & Wednesday, April 8, 2020 6:00 - 8:30 PM
Tuesday, May 26 6:00 - 8:30 PM & Thursday, May 28, 2020 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

Riff Raff Holiday Happening Basket

Wednesday October 16 and 23 – 6 pm to 9 pm

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

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

Location: High School Art Room 203

Instructor: Joyce Flower

Class Minimum Enrollment: 4

****Please sign up at least a week prior to the start of class so the teacher has adequate materials****



Have fun weaving this large rectangular basket that measures 12” long by 8” wide with a 14” tall wooden “D” handle. Woven with various sizes of natural, dyed reed, seagrass and a specially prepared 2” wide fabric weaver with a holiday theme. There are various fabric weavers to choose from with Christmas and winter prints on them. Please bring to class a pencil, spring type clothes pins, scissors and a tape measure.

Creative Writing

4 Tuesdays - September 10, 17, 24 and October 1, 2019 ~ 4 p.m. to 6 p.m.

Tuition: \$20

Location: High School Room 213

Instructor: Jamie Cat Callan

Minimum Enrollment: 4

Maximum Enrollment: 12

Join local author Jamie Cat Callan for a fun and inspiring afternoon of writing games, story prompts and encouraging feedback. Whether you like to write personal essays, memoir, poetry or short stories, this class will jump-start and spark your creativity. Jamie is the creator of The Writers Toolbox: Creative Games & Exercises using the "Write" Side of Your Brain from Chronicle Books. You can learn more about her here at www.JamieCatCallan.com

Voice-Overs...Now is Your Time!

Thursday, November 7, 2019 6:30 pm - 8:30 pm

Tuition: \$15 (payable to ICC at registration) \$15 to SuchAVoice at the start of class

Location: High School Room 213

Instruction: James Seawood

James Seawood is a New York based voice talent and teacher. He has brought his signature sound to commercials for a myriad of brands and organizations including Nike, Army West Point, The City of Charlotte, Cholula Hot Sauce and MGM Las Vegas Casino. James enjoys helping others bring their voice to life and inspiring people to pursue their passions, especially voice-over. Join James for a fun-filled and informative evening!

Minimum Enrollment: 5

Maximum Enrollment: 30

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry.

Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.

Paper Crafting with Alissa Weaver: Classes Fall 2019

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: Middle School Room 419

Instructor: Alissa Weaver

Card Class, September 30th 6-9pm: In this class we will create 6 cards with envelopes, 2 each of 3 designs. These will be all occasion cards, with a choice of sentiments such as “birthday” and “thinking of you”. 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 10.

Autumn Cards Class, October 16th 6-9pm: In this class we will create 6 cards with envelopes, 2 each of 3 designs. These will be cards with Seasonal Autumn designs. There will be a choice of sentiments, such as “birthday” or “thinking of you”, so you can customize to your liking. 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 10.

Thank You Cards, November 13th 6-9pm: In this class we will create 6 cards with envelopes, 2 each of 3 designs. These will be cards with a thankfulness theme. 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 10.

Christmas Holiday Cards/Tags/ Gift Boxes Classes:

Christmas Cards: November 19th 6-9 pm:

In the card class we will create 6 cards with envelopes, 2 each of 3 designs. These will be Christmas/Winter Holiday cards. 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 10.

Christmas Boxes and Tags: December 4th 6-9pm:

In the Box and Tag class we will be making 3 boxes and tags that you can use for your gift giving this holiday season. 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 \$15 payable to the instructor the evening of the class. Class size limited to 10.

Adult Education ESL (English as a Second Language) Class

When: Monday/Wednesday 6:00-8:00

November 4, 2019 - March 4, 2020 (50 hour course total)

This adult ESL class will contain 2 levels: Beginner and Intermediate. Levels will be determined on the first night of the class. The teachers of this course are both Ichabod Crane teachers with many years of teaching English and literacy to non-native speakers of English. The class will focus on the English skills that are most essential for communication in the United States, or what is sometimes called "survival English." For example, we will focus on topics such as going to the doctor, paying bills, filling out applications and forms, etc. About 50% of class time will focus on spoken communication, while the other half will focus on reading and writing. The class is free, but there will be a small fee charged for materials (Each student will receive a class textbook and notebook.)

Clase de ESL (inglés como segundo idioma) para adultos:

Cuándo: lunes / miércoles 6:00-8:00

4 de noviembre de 2019-4 de marzo de 2020 (total del curso -50 horas)

Esta clase de ESL para adultos contendrá 2 niveles: Principiante e Intermedio. Los niveles se determinarán la primera noche de la clase. Los maestros de este curso son maestros de Ichabod Crane con muchos años de enseñanza de inglés y alfabetización para hablantes no nativos de inglés. La clase se enfocará en las habilidades de inglés que son más esenciales para la comunicación en los Estados Unidos, o lo que a veces se llama "inglés de supervivencia". Por ejemplo, nos enfocaremos en temas como ir al médico, pagar facturas, completar solicitudes y formas, etc. Alrededor del 50% del tiempo de clase se centrará en la comunicación oral, mientras que la otra mitad se centrará en la lectura y la escritura. La clase es gratuita, pero se cobrará una pequeña tarifa por los materiales (cada estudiante recibirá un libro de texto y una libreta de clase).

HEALTH AND FITNESS



ZUMBA!

Mondays AND Thursdays 4:15-5:15 pm Beginning September 9 and 12, 2019

Location: Primary School Gymnasium

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 2019 – June 2020

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.

Low Impact Weight Class

Wednesday, Beginning September 18 – December 18, 2019

Instructor: Laurel Jacon

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

Instructor: Laurel Jacon

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.

Be You Yoga with Julia

Wednesdays, Beginning September 18 – December 18, 2019

Location: Primary School Music Room – 5:30 – 6:30 p.m.

Instructor: Julia Shea

Tuition: ICC: \$30 and Please bring \$5 per class to the instructor



Find ease and bring alignment back into the body. Give yourself a chance to pause at the end of the day. This yoga class will invite an experimentation and inquiry into each movement and moment while slowly flowing through different yoga postures and shapes. Give yourself the opportunity to move while building strength, toning muscles, finding length and flexibility and coming back into balance. This class is well suited for all who would like a chance to slow down at the end of the day and take the time to stretch and get back into their body. No experience necessary. Please bring a yoga mat. They are available at many retailers in the area as well as online.

Julia Vona-Shea is a 500 hour certified yoga teacher. With her yoga foundations in the Iyengar method and 200 hour and 300 hour certifications from the Kripalu Center for Yoga and Health and the Nosara Yoga Institute respectively, Julia incorporates many styles into her practice and teaching. She brings a gentle flowy experience to her classes and invites her students to honor and nourish their relationship with all aspects of Self.

CARDIO KICKBOXING

Tuesdays, Beginning October 1 – December 17, 2019

Location: Primary School gym – 5:45 p.m. – 6:45 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.

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 7:30-10:00pm with Ron Jarvis in the MS Large Gym
Start Date September 30, 2019

Elite players, ages 18-34 yrs. No limit on the number of participants.
Tuesdays 7:30- 10:00 pm with Dalton Michaud in the MS Large Gym
Start Date: October 1, 2019

Semi-Elite players, ages 30 and over. Class limited to 18 participants.
Wednesdays 7:30- 10:00 pm with Josh Wisniewski in the MS Large Gym
Start Date October 2, 2019

Over 40. Class limited to 18 participants.
Thursdays 7:30- 10:00 pm with John White in the MS Large Gym
Start Date: October 3, 2019