

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

Colorblock Tote

Tuesday, March 24 and March 31 - 6 pm to 9 pm

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

Materials Fee: \$37 (payable to the instructor at the first class)

Location: High School Art Room 203

Instructor: Joyce Flower

Class Minimum Enrollment: 4

Class Maximum Enrollment: 10



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

Learn to weave this rectangular tote basket, woven in natural, dark brown, black, gray and finished off with braided leather handles in gray to match. This useful tote measures 12" long by 6" wide and 10 inches tall. Great for all your carrying needs. Please bring to class clip type clothespins, a pencil and tape measure.

Voice-Overs...Now is Your Time!

Tuesday, February 4, 2020 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.

Adult Education ESL (English as a Second Language) Class

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

November 19, 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 January 6 and 9, 2020

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 January 15 – March 11, 2020

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 January 15, 2020

Two sessions –

- **Session 1 – January 15 – March 11, 2020-CANCELED**
- **Session 2 - March 18 – May 13, 2020**

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

Minimum number to hold class: 10 (If minimum not met, class will be canceled)

Maximum: 25



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 January 14, 2020 to April 7, 2020

Location: High School Cafeteria – 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