



ICHABOD CRANE CSD
Adult Education
Spring 2021
Via Zoom

DRIVER TRAINING

FIVE HOUR PRE-LICENSING COURSE

Monday, May 3 and Wednesday May 5, 2021 6:00 - 8:30 PM

Ms. Linda Renken

Via Zoom

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 Photo 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.**

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. You **must** have your photo permit, the paper permit is no longer accepted to take the class. 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 WHO HAS THEIR PHOTO PERMIT.**

HOW TO REGISTER: You must register before the class start date. The best way to register now is by mail. You may mail your registration form and your check to Amy Boothby, Central Office, Ichabod Crane CSD, 2910 Route 9, Valatie, NY 12184. Please put the course title in the check memo section. All checks are made payable to ICC.

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.

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 FALL 2021 SEMESTER, WHICH BEGINS SEPTEMBER 2021.

HEALTH AND FITNESS

CARDIO KICKBOXING

Location: Via Zoom

Mondays 6:00 p.m. – 7:00 p.m. Beginning January 11, 2021 - April 26, 2021

Tuition: \$30

Instructor: Melissa Kugler

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.

Topic: Medicare 101

Description: Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.

You must register in advance for this educational event.

**At the registration page, please fill in your first name only
and leave your last name blank.**

Please register at:

Saturday, May 1, 2021, 10:00 AM to 12:00 Noon Eastern Time: <http://bit.ly/3aj4iyq>

After registering, you will receive a confirmation email containing information about joining the webinar.