

ICHABOD CRANE CSD Adult Education Fall 2022

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 2022
Winter/Spring Session – January - May 2023**

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 518-758-7575 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 518-758-7575, 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 2023
SEMESTER, WHICH BEGINS AFTER THE DECEMBER VACATION BREAK.**

DRIVER TRAINING

FIVE HOUR PRE-LICENSING COURSE

Monday, Oct. 17, 6 - 8:30 p.m. & Wednesday, Oct. 19, 6 - 8:30 p.m.
Monday, Dec. 12, 6 - 8:30 p.m. & Wednesday, Dec. 14, 6 - 8:30 p.m.
Monday, Feb. 13, 6 - 8:30 p.m. & Wednesday, Feb. 15, 6 - 8:30 p.m.
Tuesday, May 22, 6 - 8:30 p.m. & Wednesday, May 24, 6 - 8:30 p.m.



Ms. Linda Renken
High School – Room 302
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

Anything Basket

Tuesday, Nov. 14 and 21 – 6 to 9 p.m.
Tuition: \$30.00 (payable to ICC at registration)
Materials Fee: \$30 (payable to the instructor on the first class)
Location: High School Room 203
Instructor: Joyce Flower
Class Minimum Enrollment: 4, Maximum: 10



This square basket can be used for anything you'd like, rolls, storage, the uses are endless. The basket measures 9" square and 6" tall and is woven with various sizes of natural and dyed reed. Learn to twine and do french randing in the colors of your choice for a striking embellishment. It also features a filled base and is finished off with 2 leather bushel basket handles. Students will need to bring scissors, spring type clothespins, a pencil and a tape measure to class.

Medicare 101

Instructor: James Farnham

You are invited to a Zoom webinar.

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 have a choice of two dates. Please self-register, with your first name only, at one of the following links:

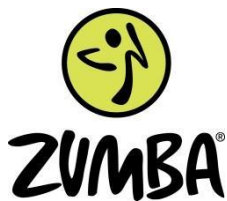
Saturday, Oct. 15, 2022, 10 a.m. to 12 p.m. (noon), Eastern Standard Time: <https://bit.ly/3MRQ2fP>

Monday, Nov. 7, 2022, 6 to 8 p.m., Eastern Standard Time: <https://bit.ly/3OXnbZw>

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



HEALTH AND FITNESS



ZUMBA!

Monday, Oct. 3 - Dec. 12, 2022

Location: High School Cafeteria

Instructor: Katie Snyder

Tuition: \$30

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.

CARDIO KICKBOXING

Wednesday, Sept. 14 - Dec. 7, 2022

Location: High School Cafeteria: 6 – 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.

YOGA

Tuesday, Sept. 27 - Dec. 20, 2022

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

Instructor: Michelle Lagonia

Tuition: \$30



Bring a mat and an open mind for an hour of stretching, strengthening, and breathing. This all levels class is perfect for those who are new to yoga, those with an existing practice, or those individuals looking to enhance their fitness routines.

BASKETBALL

Semi-Elite players, ages 30 and over. Class limited to 18 participants.

Wednesdays 7-10:00 p.m. with Josh Wisniewski in the High School Gym.

Start Date: Oct. 5, 2022 - May 24, 2023

Over 40. Class limited to 18 participants.

Thursdays 7-10 p.m. with John White in the High School Gym.

Start Date: Sept. 29, 2022- May 25, 2023

Tuition: \$50 for one night – \$90 for two nights

