

# ICHABOD CRANE CSD Adult Education Winter 2023



**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 in the High School Building. This is for all courses, including the five-hour pre-licensing course. 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.

**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 it 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 were canceled. For information regarding closings, you can visit our website [www.ichabodcrane.org](http://www.ichabodcrane.org) for real-time updates.

**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:** Please email Amy Boothby at [aboothby@ichabodcrane.org](mailto:aboothby@ichabodcrane.org).

# DRIVER TRAINING

## FIVE HOUR PRE-LICENSING COURSE

- 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.**

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## BASKET WEAVING

### All Season's Basket

**Monday, March 27 and Monday, April 3, 2023 – 6 to 9 p.m.**  
**Tuition: \$30 (payable to ICC at registration)**  
**Materials Fee: \$45 (payable to the instructor on the first class)**  
**Location: High School Room 203**  
**Instructor: Joyce Flower**  
**Class Minimum Enrollment: 4, Maximum: 10**

*Starting on an 8" round wooden base, weave with natural and dyed reed of various sizes to match your 2" seasonal fabric strip. Fabric will be in various seasonal patterns in red, blue and autumn hues. Basket is 7" tall and 12" wide with leather bushel basket handles to coordinate with the fabric strip. Please bring pencil, scissors, old towel, spring-type clothespins and measuring tape to class.*



# Medicare 101

Instructor: James Farnham

*You are invited to a Zoom webinar.*



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

- Wednesday, March 1, 2023, 6:00 to 8:00 PM Eastern Time: <http://bit.ly/3hBuFFj>
- Saturday, April 22, 2023, 10:00 AM to 12:00 Noon: <http://bit.ly/3O5oeqp>
- Thursday, May 11, 2023, 6:00 to 8:00 PM Eastern Time: <https://bit.ly/3V41Dwc>

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

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## HEALTH AND FITNESS



### ZUMBA!

Monday, January 30 - June 5, 2023 - 4:30 - 5:30

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**

**Monday, January 30 - May 1, 2023**  
**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, January 10 - May 2, 2023**  
**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.*

## **MEN'S ENERGY**

**Thursday, February 2 at 6:30 - 8:00 p.m.**  
**Location: High School Room, Room 302**  
**Instructor: Geoff Gloak**  
**Tuition: \$10**

*This class is for men who are ready to feel their best regardless of their age. We'll discuss the aspects of our health and diet that may be slowing us down, and how small changes can lead to big results!*

*You can do this! Let's kick off 2023 with health and vitality!*

*Geoff Gloak is a health coach and the author of the Health Doesn't Have to Be Hard newsletter. He specializes in helping men in midlife and beyond achieve—and maintain—their health goals. For more information, visit [www.coachgloak.com](http://www.coachgloak.com).*

## **BASKETBALL**

**Elite players, ages 18-30 yrs.** No limit on the number of participants.  
Tuesdays 8-10 p.m. with Shane Morris in the High School Gym.  
Start Date: November 15, 2022 to May 23, 2023

**Semi-Elite players, ages 30 and over.** Class limited to 18 participants.  
Wednesdays 7-10 P.M. with Greg Dedrick in the High School Gym.  
Start Date: Oct. 5, 2022 to May 24, 2023

**Over 40.** Class limited to 18 participants.  
Thursdays 7-10 p.m. with Jeff Gibeault in the High School Gym.  
Start Date: Sept. 29, 2022 to May 25, 2023

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

