



ICHABOD CRANE CSD

Adult Education

Fall 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!

All registration must be done either by mail or in person at the District's Special Education Office, Primary School Building, with Dawn Richardson, Adult Education Coordinator. Students who wish to register for the five-hour pre-licensing course may also do so by mail or in person at the same location noted above. For all applicants, please put the course title in the check memo section. All checks are made payable to ICC.

CLASS SESSIONS: **Fall Session: September – December 2023**
 Winter/Spring Session: January – May 2024

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: Some classes have minimum enrollments listed after the tuition amount. **If insufficient numbers register by mail or in person, the class may be canceled.**

SCHOOL CLOSING: The Adult Education classes will be closed on evenings when the district is closed or after-school activities are canceled. For information regarding closings, visit the district's website www.ichabodcrane.org.

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.

CONTACT INFORMATION: Dawn Richardson, Adult Education Coordinator: 518-758-7575, ext. 6008, located in the district's Special Education Office in the Primary School. Mailing address for completed applications and payments: Ichabod Crane Adult Education, 2910 Route 9, Box 820, Valatie, New York 12184

UNLESS OTHERWISE LISTED, ALL COURSES WILL BE OFFERED AGAIN IN THE WINTER/SPRING 2024 SEMESTER, WHICH BEGINS AFTER THE DECEMBER VACATION BREAK.

DRIVER TRAINING

FIVE HOUR PRE-LICENSING COURSE

Monday, Oct. 16, 6 - 8:30 p.m. & Wednesday, Oct. 18, 6 - 8:30 p.m.
Monday, Dec. 11, 6 - 8:30 p.m. & Wednesday, Dec. 13, 6 - 8:30 p.m.
Monday, Feb. 5, 6 - 8:30 p.m. & Wednesday, Feb. 7, 6 - 8:30 p.m.
Monday, Apr. 8, 6 - 8:30 p.m. & Wednesday, Apr. 10, 6 - 8:30 p.m.
Tuesday, May 28, 6 - 8:30 p.m. & Wednesday, May 29, 6 - 8:30 p.m.



Instructor: Linda Renken

Location: High School – Room 302

Tuition: \$30

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 Permit. Students may register either in the Special Education Office in the Primary School with Mrs. Richardson or by mail.

THIS IS NOT A POINT REDUCTION OR A SAFE DRIVING COURSE.

BASKET WEAVING

Wednesdays, October 25 & November 1, 6 - 9 pm

Tuition: \$30.00

Materials Fee: \$48 (non refundable payment made to the instructor at the first class)

Location: High School Room 203

Instructor: Joyce Flower

Class Minimum Enrollment: 4, Maximum: 10



Learn to weave a **Chairside Basket** – a square-to-round basket with feet. This basket is woven with natural and dyed reed with a diamond weave as an accent. The basket measures 9” square and 13” tall with the feet (10” tall without the feet). It is finished off with a pair of leather bushel basket handles for easy carrying. Participants will need to bring their own scissors, spring-type clothes pins, a pencil and tape measure to each class. Participants must attend both classes in order to complete the basket.

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:

- **Monday, Oct. 23, 2023, 6 to 8 p.m. EST:** <https://bit.ly/3peXyLI>
- **Saturday, Nov. 18, 2023, 10 a.m. to 12 p.m. EST:** <https://bit.ly/3PpADrB>

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

HOW MONEY WORKS

Instructor: James Farnham

This webinar is for anyone who wants to learn more about personal finance. Whether you're just starting out or looking to improve your financial skills, this program will provide you with the information you need to make sound financial decisions. You will learn about:

- How to save money for short-term and long-term goals
- How to invest your money wisely and avoid the high cost of waiting
- Identify and outline the three “Ds” of investing
- Uncover and illustrate the Rule of 72
- Paying off debt and the effects of compounding (both good and bad!)
- Review the Theory of Decreasing Responsibility

- Discover the power of tax-deferred saving
- Demonstrate what is meant by the “time value of money”
- Apply important concepts and principles to protect your financial assets
- Make it clear why you need a financial plan and know your financial independence number
- Ask questions and get answers from a financial expert.

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

- **Saturday, Sept. 23, 2023: 10:30 to 11:45 a.m. EST:** <https://bit.ly/46EDvHF>
- **Wednesday, Dec. 13, 2023, 7 to 8:15 p.m . EST:** <https://bit.ly/3r1YFil>

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

HEALTH AND FITNESS OFFERINGS

ZUMBA!

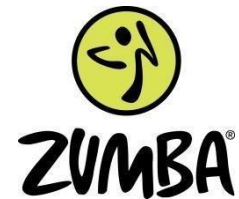
Mondays, Sept. 18 – Dec. 11, 2023, 4:30 p.m.

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

Mondays, Sept. 18 - Dec. 11, 2023, 6-7 p.m.

Location: High School Cafeteria

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.

BEGINNER YOGA

Tuesdays, Sept. 26 - Dec. 12, 2023 5-5:45 p.m.

Location: High School Cafeteria

Instructor: Michelle Lagonia

Tuition: \$30



In this class we will move slowly and intentionally through poses. We will gently and safely stretch and twist to encourage an improvement in range of motion, balance, and flexibility. Blankets, blocks and straps are available to allow for more accessibility. Come join us!

TRADITIONAL VINYASA

Tuesdays, Sept. 26 - Dec. 12, 2023 6 p.m.

Location: High School Cafeteria

Instructor: Michelle Lagonia

Tuition: \$30



In this class, we will move through traditional vinyasa sequences. We will link our breath as we move in and out of poses that encourage strength, flexibility and balance. Blankets, blocks and straps are available to allow more accessibility. Come join us!

BASKETBALL

Elite players, ages 18-30 years

Tuesdays Sept. 19 - Dec. 12, 2023

8-10 p.m.

Instructor: Shane Morris

Location: High School Gym

Tuition: \$50

No limit on the number of participants.

Semi-Elite players, ages 30 and over

Wednesdays Sept. 27 - Dec. 20, 2023

7-9 p.m. (after 11/13 8-10 p.m.)

Instructor: Greg Dedrick

Location: High School Gym

Tuition \$50

Class limited to 18 participants.

Over 40

Thursdays Sept. 21 - Dec. 14, 2023

8-10 p.m.

Instructor: Jeff Gibeault

Location: High School Gym.

Tuition: \$50

No limit on the number of participants.

