



**ICHABOD CRANE CSD**

# **Adult Education**

**Winter/Spring 2024**

**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](http://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 FALL 2024 SEMESTER, WHICH BEGINS IN SEPTEMBER.**

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## **DRIVER TRAINING**

### **FIVE HOUR PRE-LICENSING COURSE**

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.**

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## **BASKET WEAVING**

**Spring Fling– Wednesday, March 6 & 13, 2024**

**Tuition: \$30.00**

**Materials Fee: \$45** (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 this square to round basket woven on a Williamsburg “D” wooden handle. This basket is woven with natural and dyed reed for weavers and overlays with a three rod wale as an accent. The basket measures 12” round at its widest and 12” tall. Students should bring to class scissors, spring-type clothes pins, pencil, tape measure, small spray bottle and an old towel.

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# 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:

- **Thursday, February 1, 2024, 6:00 to 8:00 PM Eastern Time:** <https://bit.ly/45a1PyZ>
- **Saturday, April 20, 2024, 10:00 AM to 12:00 Noon Eastern Time:** <https://bit.ly/46pyDF9>

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

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# 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, February 10, 2024, 12:30 to 2:00 PM Eastern Time: <https://bit.ly/3PSYRdO>
- Saturday, May 4, 2024, 10:00 AM to 12:00 Noon Eastern Time: <https://bit.ly/3EU6OZZ>

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

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## HEALTH AND FITNESS OFFERINGS

### ZUMBA!

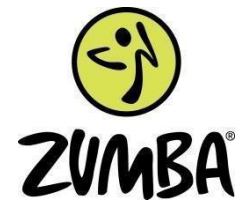
**Mondays, Jan. 29 – May. 13, 2024, 4:30 p.m.**

**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, Jan. 29 – May. 13, 2024, 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, Jan. 30 - May. 14, 2024 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, Jan. 30 - May. 14, 2024 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 Jan. 30 - May. 14, 2024**

**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 Feb. 7 - May 22, 2024**

**8-10 p.m.**

**Instructor: Greg Dedrick**

**Location: High School Gym**

**Tuition \$50**

*Class limited to 18 participants.*

**Over 40**

**Thursdays Jan. 25 - May. 16, 2024**

**8-10 p.m.**

**Instructor: Jeff Gibeault**

**Location: High School Gym.**

**Tuition: \$50**

*No limit on the number of participants.*

