



ICHABOD CRANE CSD

Adult Education

Fall 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! *****New this year***** For all health and fitness classes you can register and pay for both sessions when you sign up in the fall to claim your spot for the entire school year.

All registration must be done either by mail or in person at the District's Transportation Office 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 main office and must include a photocopy of their learners permit with their registration. 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 16 – December 13, 2024**
Winter/Spring Session: January 27 – May 9, 2025

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. 3560, located in the district's Transportation Office. 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 2025 SEMESTER, WHICH BEGINS AFTER THE DECEMBER VACATION BREAK.

DRIVER TRAINING

FIVE-HOUR PRE-LICENSING COURSE

Monday, Oct. 7, 6 - 8:30 p.m. & Wednesday, Oct. 9, 6 - 8:30 p.m.
Monday, Dec. 9, 6 - 8:30 p.m. & Wednesday, Dec. 11, 6 - 8:30 p.m.
Monday, Feb. 3, 6 - 8:30 p.m. & Wednesday, Feb. 5, 6 - 8:30 p.m.
Monday, Apr. 7, 6 - 8:30 p.m. & Wednesday, Apr. 9, 6 - 8:30 p.m.
Monday, May 12, 6 - 8:30 p.m. & Wednesday, May 14, 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 Transportation Office with Mrs. Richardson or by mail. Please include a photocopy of your permit with your registration.

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

BASKET WEAVING

Mondays, October 28 & November 4, 6 - 9 p.m .
Tuition: \$30
Materials Fee: \$52 (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



On The Go Tote

Learn how to weave this tall, rectangular basket which will be handy for transporting your lunch, groceries or craft supplies. This basket is woven with various sizes of dyed and natural reed. It has a block of color which will be woven with either navy blue or brown, whichever you choose and will be framed with triple twining with colored reed. The pattern is formed by

the placement of colored and natural stakes. Finished with a sturdy leather handle, skeds on the bottom for strength and a decorative button of your choice. This basket is 13” tall, 12” long and 6” wide.

**Students will need to bring spring type clothespins, pencil, tape measure, scissors, and an old towel 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:

- **Monday, October 7, 2024, 6-8 p.m. EST:** <https://bit.ly/3R36ApZ>
- **Saturday, November 9, 2024, 10 a.m. to 12 p.m. EST:** <https://bit.ly/3Vgza9N>

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:

- **Tuesday, September 24, 2024, 6-8 p.m. EST:** <https://bit.ly/4brx4JP>
- **Wednesday, November 20, 2024, 6-8 p.m. EST:** <https://bit.ly/3yDR1hY>

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

HEALTH AND FITNESS OFFERINGS

ZUMBA!

Mondays, Sept. 16 – Dec. 9, 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, Sept. 16 - Dec. 9, 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.

YOGA FOR EVERYBIRDIE - Mondays

Mondays, Sept. 16 - Dec. 9, 2024 7:15-8:15 p.m.

Location: High School Cafeteria

Instructor: Emily Heins

Tuition: \$30

In this evening Vinyasa influenced flexibility flow, we will warm up the body before going into classic standing sequences and mobility drills. After building some heat, we slow it down with deep restorative stretches. The final resting pose will cool it all down and prepare you for a

good night of sleep. There will be options to modify up or down to meet you where you are. All levels welcome.

GENTLE YOGA - Tuesdays

Tuesdays, Sept. 17 - Dec. 10, 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

Tuesdays, Sept. 17 - Dec. 10, 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

Tuesdays, Sept. 17 - Dec. 10, 2024

8-10 p.m.

Instructor TBD

Location: High School Gym

Tuition: \$50

No limit on the number of participants

Semi-Elite Players

Wednesdays, Sept. 18 - Dec. 11, 2024

8-10 p.m.

Instructor: Greg Dedrick

Location: High School Gym

Tuition: \$50

Class limited to 18 participants

Over 40

Thursdays, Sept. 19 - Dec. 12, 2024

8-10 p.m.

Instructor: Jeff Gibeault

Location: High School Gym

No limit on the number of participants



