



ICHABOD CRANE CSD

Adult Education

Winter 2025

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 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: 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

DRIVER TRAINING FIVE-HOUR PRE-LICENSING COURSE

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, February 24th & March 3rd, 6 - 9 p.m .
Tuition: \$30
Materials Fee: \$38 (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 Shelf Basket

This rectangular basket is woven with natural and dyed reed of varying sizes, dyed reed embellishments and 2 wooden "D" handles. This basket measures 13" long by 5" wide and 6" tall without handles. A great basket for storing items.

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

HEALTH AND FITNESS OFFERINGS

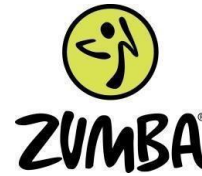
ZUMBA!

Mondays, Jan. 27 – May. 5, 2025, 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. 27 - May. 5, 2025, 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.

TRADITIONAL VINYASA

Tuesdays, Jan. 28 - May 6, 2025 6:45-7:45 p.m.

Location: High School Cafeteria

Instructor: Emily Heins

Tuition: \$30



Curious to try vinyasa yoga but not sure where to begin? How about with us! In this class, you will move through traditional vinyasa sequences. You will link your breath to movement to encourage strength, flexibility and balance. You will have "time under tension" which is a way of stating.....your muscles, joints and stamina will work hard as you move in and out of poses. We will start with a gentle slow warm-up, followed by moderate to intermediate level sequences, and a final cool down and resting pose to seal the practice. We get a little weird, have fun and always leave refreshed. This class would be nice for the newbie who wants to jump right into a moderate paced practice, the body that seeks to be more flexible, the body that likes to build some heat, or anybody seeking the deep stretch and fun of a vinyasa practice.

GENTLE YOGA - Tuesdays

Tuesdays, Jan. 28 - May 6, 2025 5:45 - 6:30 p.m.

Location: High School Cafeteria

Instructor: Emily Heins

Tuition: \$30

Do you want to try yoga but are afraid it will be too vigorous for your body? Perhaps you want a chill practice where you reset your mind. This would be the class for you. In this class we move slowly and intentionally through poses. We gently and safely stretch and twist to encourage an improvement in range of motion, balance, and flexibility. In this class we will have a slow and gentle warm up, followed by a few traditional yoga poses which are held for several moments, followed by deep stretches and a final resting pose to seal the practice. This class would be nice for the newbie, the stiff and tight body, the body that seeks gentle movement, or anybody seeking a slow and intentional practice.

BASKETBALL

Elite Players, ages 18-30

Tuesdays, Jan. 28 - May 6, 2025

8-10 p.m.

Instructor Derek Wright

Location: High School Gym

Tuition: \$50

No limit on the number of participants

Semi-Elite Players

Wednesdays, Jan. 29 - May 7, 2025

8-10 p.m.

Instructor: Greg Dedrick

Location: High School Gym

Tuition: \$50

Class limited to 18 participants

Over 40

Thursdays, Jan. 30 - May 8, 2025

8-10 p.m.

Instructor: Jeff Gibeault

Location: High School Gym

Tuition: \$50

No limit on the number of participants

