



Continuing EDUCATION



- **Work Hard.**
- **Play Hard.**
- **Learn Forever.**

Fall 2011 Schedule including HILL Classes

Directors

Richard Villa - Fall Program

Scott Carlton - Spring Program

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villrhs@bcsd.neric.org

carlshs@bcsd.neric.org

For assistance during the registration period, please call between 3 and 4 p.m. or use the above email addresses.

Course Fees

Continuing Education course fees vary as outlined in course descriptions. Regardless of base cost, non-residents must add \$10 per course. Payment—in the form of a check or money order—must be submitted at the time of registration. **PLEASE DO NOT SEND CASH.**

Senior citizens (62 or older) with a Bethlehem Central senior citizens pass (available at the Superintendent's office, 90 Adams Place, Delmar) will be entitled to free registration in certain classes (HILL classes not included) with a minimum of 12 paid registrants. Seniors must include a copy of their senior citizens pass with their registration form to receive the exemption. One exemption per semester.

Fees for materials and supplies should not be included with the course fee when you register but should be paid to the instructor when class meets.

Eligibility

Courses are open to all persons age 16 or over in the Capital District. For courses accommodating a limited number of students, Bethlehem Central residents will have preference.

Registration

With the exception of the "Five-Hour Driver Prelicense" course, registration must be made in advance.

To register:

- **Mail your registration before September 2; or**
- **Drop off your registration at the High School main office by September 6, 9 a.m. – 3 p.m.**
- **Registration received after September 6 will not be accepted.**

For both methods, please use the registration form provided (on the back page of this brochure). The registration form is also available on the district website (<http://bethlehemschools.org>). Please use separate checks for each class also.

You will NOT receive confirmation of registration. You will be notified only if the class is canceled or if class limits have been exceeded. In both cases, your check will be returned.

Class Times/Locations

Most Continuing Education courses meet once a week, between 6 and 9:30 p.m., and last up to ten weeks. Exceptions are noted within course descriptions. Please check the schedule of the class(es) in which you are interested.

Most classes are held at either BC Middle School, 332 Kenwood Ave. in Delmar, or BC High School, 700 Delaware Ave. in Delmar. Again, exceptions are noted in the course descriptions.

Refunds

Refunds will be given if withdrawal from a class occurs before the start of the first class. Refunds will not be given for missed class sessions.

Cancellations and Rescheduled Classes

The Continuing Education Office may cancel courses with fewer than 12 registrants, since those courses may not meet expenses. In addition, we reserve the right to cancel/reschedule classes due to unforeseen situations.

Classes will be held when school is in session. Notification of cancellations due to weather will be given via local broadcast stations and on the school district's Web site (<http://bethlehemschools.org>). You can also sign-up to have school cancellations sent to you via e-mail through the district's School News Notifier system. Visit <https://snn.neric.org/bcsd/> for more information. Class time lost due to weather cancellations will be made up at the end of the course.

No classes will be held on September 14 at the HS. In all locations, No classes will be held on September 29, October 10, November 23 and 24, and Dec 26 through 30. There may be other dates when a specific class does not meet. Please see course listings.

HVCC Classes at BC in the fall
Register at <http://hvcc.edu>.

Reminder — You will NOT receive confirmation of registration. You will be notified only if a class is full or cancelled.

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You will be notified only if a class is full or cancelled.

Continuing Education COURSE DESCRIPTIONS

Fall 2011

Aqua Fitness

| | |
|----------------|----------------------------|
| Location: | High School Pool |
| Instructor: | McDonough |
| Length: | 10 weeks (20 classes) |
| Starting date: | September 13 |
| Days & time: | Tues. & Thurs., 6:30-7:30p |
| Fee: | \$65 plus equipment |

This is a moderate to high-level aerobic workout, including a deep water-jogging segment. Water workouts allow you to shed pounds and firm muscles, but they are easier on the back and joints than jogging or high-impact aerobics. Deep water jogging belt (The Watergym Belt) is required and may be obtained from www.watergym.com or 1-888-928-3749. On evenings when there are swim meets, class will begin 45-60 minutes later than usual. Limit 35 students.

Ballroom Dancing I

| | |
|----------------|------------------------------------|
| Location: | High School Cafe |
| Instructor: | Pietropaoli |
| Length: | 8 weeks |
| Starting date: | September 21 |
| Day & time: | Wednesdays, 6:30-8p |
| Fee: | \$45 per person or \$60 per couple |

Don't sit still at weddings, parties or clubs anymore. Get up and dance! This course will include the waltz, rumba, fox trot, swing, meringue and jitter bug. Students must bring in a pair of shoes to dance in. Sneakers or rubber soled shoes are not recommended. Limit of 25 couples. Partners preferred. No class on October 26.

Ballroom Dancing II

| | |
|----------------|------------------------------------|
| Location: | High School Cafe |
| Instructor: | Pietropaoli |
| Length: | 8 weeks |
| Starting date: | September 21 |
| Day & time: | Wednesdays, 8:15-9:30p |
| Fee: | \$45 per person or \$60 per couple |

Just what you've asked for! Review the basics, and add more to the dance steps taught in Course I. Also, learn the cha-cha, tango and mambo! Get in step and "Put on your dancing shoes!" Please bring an extra pair of shoes to dance in. Sneakers and rubber soled shoes are not recommended. Limit of 25 couples. Partners preferred. No class on October 26.

Hudson Valley Community College Courses at BCHS

| | |
|----------------------------------|---------------------------------|
| ENGL 101 English Composition | Tuesdays, 6:00-9:20p Room D118 |
| HIST 100 Western Civ & The World | Tuesdays, 6:00-9:20p Room D132 |
| PSYC 100 General Psychology | Thursdays, 6:00-9:20p Room D136 |

For more information on registration, go to the following link:
www.hvcc.edu/registrar/regcal-f11.pdf

Important Battles in American History New Battles for Fall Class

| | |
|----------------|-------------------------|
| Location: | High School - Room D210 |
| Instructor: | Wilson |
| Starting Date: | October 5 |
| Length: | 7 Weeks |
| Day & Time: | Wednesdays 6:15-8:00p |
| Fee: | \$45 |

American military history is one of tragedy and triumph, sacrifice and courage. There have been many battles fought not all of which were victories. But despite the outcome, each battle has proven to add another layer to the rich history that is shared by all Americans. Our current military dominance started out with meager beginnings and the commanders that we have come to love and admire all had growing pains of their own. For this class we will examine some of the most important battles in American history and how they impacted the nation on a political, social and possibly an economic level. There are so many to choose from so of course these are simply a small sample of the battles that dramatically impacted American history. The battles we will cover are as follows: Siege of Ft. William Henry; Guilford Court House; Seven Days Campaign; Antietam; Guadalcanal; Ike and Patton in Western Europe. Limit 24 students.

Beginning Guitar

| | |
|----------------|-------------------------|
| Location: | High School - Room D140 |
| Instructor: | Johnson |
| Length: | 10 Weeks |
| Starting Date: | September 22 |
| Day & Time: | Thursdays, 6:30-8:00p |
| Fee: | \$75 |

Learn the basics of playing the acoustic guitar! This class will be arranged around learning the fundamentals of guitar through songs. Possible topics include tuning, alternate tunings, rhythm guitar and accompaniment, lead and solo

playing, and arranging songs. Each student must provide his or her own guitar. Small group activities and cooperative learning will be the main format of class sessions. The emphasis of this class will be on playing songs, so be sure to bring some ideas of songs you would like to learn. Previous students welcome. Limit 15 students. No Senior Exemptions. No class on 9/29.

Chinese Yoga with Healing Chi
A combination of Tai Chi, Qigong (chi gong), yoga and balance work

| | |
|----------------|--------------------------|
| Location: | High School - Room D122 |
| Instructor: | Grandmaster Jiang Jianye |
| Length: | 8 weeks |
| Starting date: | October 6 |
| Day and time: | Thursdays, 6:00 to 7:30p |
| Fee: | \$70 |

Chinese yoga or Qigong (chi gong) is the gentle art of combining graceful movement, stretching, breathing, and mental focus. It is related to tai chi, but is easier to learn. Helps to relieve stress, stiffness and pain, control blood pressure and reduce inflammation. It reduces the pain of arthritis and neck and back pain. Everyone can benefit, regardless of age, condition, or experience. Why wait until tension becomes hyper-tension? Improve your fitness, poise, and well-being. With 50 years experience in Chinese martial and "internal" arts, Grandmaster Jiang Jianye recently founded the Health Preservation Association, a national association with 85 certified instructors. He runs the Capital District Tai Chi and Kung Fu Association and teaches workshops throughout the U.S., Canada, and the Caribbean. Limit 25 students.

Reminder — You must send a separate check for each class you are registering for.

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College Admissions 101 (for Parents)

| | |
|-------------|-------------------------------|
| Location: | High School Counseling Center |
| Instructor: | Carlton |
| Length: | 2 weeks |
| Day & Time: | Wednesdays, 6:00 -7:30p |
| Dates: | October 19 and 26 |
| Fee: | \$25 |

Do you have a high school age student who will soon be going through the college process? The admissions process over the past 5 to 10 years has changed considerably! Come and join us for a lively discussion that will be supplemented by PowerPoint presentations and hand outs. We will be discussing a myriad of topics surrounding the college process including an overview of the college timeline, the essay, the resume, the common application, on-line applications, course rigor, teacher/counselor recommendations, Naviance, testing - including the PSAT's, SAT I / SATII, PLAN and the ACT, Interviews, Interest Inventories, Early Action/Early Decision programs, the College Rep. visit, etc. Scott Carlton, School Counselor at Bethlehem High School for the past 19 years, has helped hundreds of college bound students through the admissions process. He has also been an adjunct professor for the Graduate School Counseling Program at the University of Albany where he taught classes on college admissions practices and the role of the school counselor. Limit 25 students.

Oil Painting

| | |
|----------------|-----------------------|
| Location: | High School D127 |
| Instructor: | Williams |
| Length: | 9 weeks |
| Starting date: | 9/20 |
| Day & time: | Tuesdays, 6:30-9:00 p |
| Fee: | \$50 |

Learn colors and how to see them. Paint from both setups and photos. Bring rags, turpentine, paint, brushes, canvas or canvas board and a sketchpad. Wear old clothes and a smile! Previous students are welcome. Limit 20 students.

Reminder — You will NOT receive confirmation of registration. You will be notified only if a class is full or cancelled.

Introduction to Microsoft Word

| | |
|-------------|---------------------|
| Location: | HS- Room B112 |
| Instructor: | Martyn |
| Length: | Two Mornings |
| Dates: | September 17 and 24 |
| Day & Time: | Saturdays, 9-11a |
| Fee: | \$35 |

In this course you will be learning the basics of how to navigate the most commonly used word processing program. Microsoft Word provides a multitude of features that enable you to enhance documents with ease. You will receive a broad-based introduction to how the program can be used; from a basic letter to a brochure or even a web page. This class will be taught using the 2007 software program. Limit 15 students. No Senior Exemptions.

Introduction to Excel

| | |
|-------------|-------------------------|
| Location: | High School – Room B112 |
| Instructor: | Martyn |
| Length: | Two Mornings |
| Dates: | October 15 and 22 |
| Day & time: | Saturdays, 9-11a |
| Fee: | \$35 |

This basic course will teach students to learn how to prepare basic spreadsheets, graphs, and charts for personal, educational or business applications using Microsoft Excel. Limit 15 students. No senior exemptions.

Introduction to PowerPoint

| | |
|-------------|---------------------------|
| Location: | High School – Room B112 |
| Instructor: | Martyn |
| Length: | Two Mornings |
| Dates: | October 29 and November 5 |
| Day & time: | Saturday, 9-11a |
| Fee: | \$35 |

This basic course will teach students to learn how to prepare multimedia presentations for personal, educational or business applications using Microsoft PowerPoint. Limit 15 students. No senior exemptions.

German for Travel

| | |
|----------------|-------------------------|
| Location: | High School – Room D120 |
| Instructor: | Jiardini |
| Length: | 6 weeks |
| Starting date: | September 20 |
| Day & time: | Tuesdays, 6:30-8:00p |
| Fee: | \$30 |

Learn practical German phrases for getting around in German speaking countries, from small talk to directions

to eating out in restaurants. Lead by an enthusiastic instructor and involving interactive fun activities designed to help you relax and learn in no time! Limit 18 students.

Estate Planning – Taking the Mystery Out

| | |
|----------------|---|
| Location: | High School – Room D136 |
| Instructor: | Richard Fuerst, Esq. Higgins, Roberts, Beyerl & Coan, P.C. |
| Date of class: | October 19 |
| Day and Time: | Wednesday, 6:30 – 8:30p |
| Fee: | \$10 |

Want to take the mystery out of wills, health care proxies, powers of attorney and trusts? If you have an interest in carefully planning for your future or for the future of your loved ones, we promise to explain the ins and outs of these important estate planning strategies – in simple, non legal terms. For instance, you'll learn why thoughtful planning will benefit you and your family as we discuss, based on the latest legal and government changes, nursing home and Medicaid considerations, as well as avenues open in order to reduce wealth transfer taxation. Richard Fuerst, an experienced local attorney and workshop facilitator, will sensitively consider all your estate planning questions in this interactive workshop. Limit 25 students.

Strategic Plan for Life: Creating the Life I Want NEW!

| | |
|----------------|-------------------------|
| Location: | D121 |
| Instructor: | Barbara E. Norton, M.S. |
| Date of Class: | October 26 |
| Day and Time: | Wednesday, 7-9pm |
| Fee: | \$10 |

Are there changes you want to make in your life? Is there something you've wanted to do, but, for whatever reason, it just hasn't come to be? You do have the capacity within yourself discover what you really want, make changes in your life (small or large), and do things you have always wanted to do. What you don't always have is the opportunity express and develop your passions and ideas. This class provides the opportunity to begin and the tools to continue the process. You will envision what you want, set goals,

Check out the "Fall 2011 Classes at a Glance on Page 9" for courses listed by day and time.

and develop action plans. Creating the life you want to live is a lifelong process and this class introduces strategies that you can utilize to envision, design, and live the future you desire. Class size: 30.

Hula Fit *NEW*

| | |
|----------------|--------------------|
| Location: | Glenmont Cafeteria |
| Instructor: | Mary Ann Fischler |
| Length: | 10 weeks |
| Starting date: | September 19 |
| Day and Time: | Mondays, 7-8:00p |
| Fee: | \$40 |

HulaFit is a low-impact aerobic/cardio workout that uses lightweight exercise hoops, fun music, and a friendly and relaxed atmosphere to help increase your cardio endurance while toning your body from head to toe! During class we will be moving up, down and all around with our exercise hoops. Each class will concentrate both on upper and lower body toning. Other fitness besides hooping will be introduced such as toning bands, jump ropes, etc. In general Hula Hooping is a great fat burner! It improves your mind and spirit, and strengthens and tones your hips and waist while increasing your metabolism (calorie burn) and lowering your blood pressure! The instructor is an AFAA Certified Group Fitness Instructor. Limit 20 students. Instructors will provide equipment. Students wishing to purchase their own equipment should go to www.hulafit.net.

Living Healthy *NEW*

| | |
|---------------|-----------------------|
| Location: | HS D 134 |
| Instructor: | Shelley Oliver |
| Length: | 6 weeks |
| Start Date: | September 27 |
| Day and Time: | Tuesday, 6:30-9:00 pm |
| Fee: | \$10 |

Are you one of the many older Americans living with a chronic condition such as diabetes, heart disease, and arthritis, or are you a caregiver of one? Are you trying to juggle the physical burdens and difficult emotions with everyday life? Living Healthy, also known as The Chronic Disease Self-Management Program (CDSMP) was developed and tested by Stanford University, and was designed to complement and enhance medical treatment and disease management. Each registered participant who attends the workshop will receive a free workbook and relaxation CD. You'll learn strategies for self-management of your condition, nutrition, fitness and exercise, as well

as tips on working with health professionals, making treatment decisions and dealing with emotions. The sessions are highly interactive and participatory. This program is offered as a public service by the Center For Aging and Wellness, The University at Albany School of Social Welfare. Limit 16 students.

Digital Photography II

| | |
|----------------|-------------------------|
| Location: | High School – Room D128 |
| Instructor: | Spannbauer |
| Length: | 10 weeks |
| Starting Date: | 9/20 |
| Day & Time: | Tuesdays, 7:00-9:00p |
| Fee: | \$65 |

This class is a continuation of Digital Photography I. Topics may include panoramas, high dynamic range images, black & white, masking, framing, image compositing, digital painting, and out-of-bounds. Post-processing will be done in Photoshop. Bring a digital camera and flash drive for storing images to class. Limit 22 students. No Senior Exemptions.

iPad Photography *NEW*

| | |
|----------------|-------------------------|
| Location: | High School – Room D128 |
| Instructor: | Spannbauer |
| Length: | 10 weeks |
| Starting Date: | 9/21 |
| Day & Time: | Wednesdays, 7:00-9:00p |
| Fee: | \$65 |

This class will cover everything you need to know about iPad photography. Learn about apps that let you take your photos to a whole new level. Topics may include applying text, framing photos, making collages, making sketches, splashing color, applying filters, making paintings, and retouching photos. Students must bring their own iPad to class. Limit 22 students. No Senior Exemptions.

Reminder — You must send a separate check for each class you are registering for.

Five-Hour Driver Prelicense Class

| | |
|-------------|--|
| Location: | High School Rm. D204 |
| Instructor: | Bowden |
| Length: | One night only |
| Dates: | 9/15, 10/6, 11/3, 12/1, 1/5, 2/2, 3/1, 4/5, 5/3, 6/7 (Thursdays each month) |
| Time: | 3:30-8:30p (Includes half-hour break) |
| Fee: | \$40 Check (No Cash) (Advanced preregistrations allowed only for June 7 class) |

This course must be completed before scheduling a road test for a NYS driver's license. Students register with instructor 15 minutes before first class. Please bring payment to first class. Make check payable to Bethlehem Central School District. Payment and a valid NYS learner's permit are required to register. Limit 28 students. Since enrollment is usually very high for the June class, students may preregister for that class only before the class date.

Hiking Basics

| | |
|-------------|---|
| Location: | High School - Room D136 |
| Instructor: | Reilly |
| Length: | 3 Weeks |
| Dates: | October 6 and 13 with a third session October 15 (Saturday daytime outing of 4 hours) |
| Day & Time: | Thursdays, 7:00-9:00p |
| Fee: | \$35 |

Have you ever wanted to go hiking on your own or with a group but didn't know how to get started? If so, this course could be just what you need to get you out into the great outdoors! This course will cover all the basics for beginners including safety considerations, planning, equipment, and selection of destinations. The instructor will bring in samples of all the gear and equipment that is needed for both day hikes and extended overnight trips. Learn how to bring the right food and clothing, read maps and compasses, pack a backpack properly, and much more. There will also be discussion about different types of hikes in our area (easy, medium, challenging), and recommended guide books/reading material. Limit 25 students.

[Course descriptions continued on page 7.]

Humanities Institute for Lifelong Learning

"... the best education in upstate New York."
—Warren Roberts, U. at Albany

The University In Our Town

Fall 2011

MONDAY A.M.

Controversies in Chinese History: Race, Gender, Drugs & More

Starts: September 19
Time: 10:00-12 noon
Place: Delmar Reformed Church

INSTRUCTOR: **Joyce Madancy**, Associate Professor of History, Union College.

China is in the news on a daily basis, and its booming economy, domestic social changes, and government policies have generated global controversy. It is easy to think that this is a new development, and that the China of old was grand but unchanging. Nothing could be further from the truth. China was known as the Middle Kingdom for its central place in the world of commerce, culture, and ideas; and social and political ferment was a fact of life. The course will begin with a two-part overview of Chinese ideology, government, and society to set the stage for lectures on "Chinese Women: Hobbled and Heroic," "Mongols and Manchus: Foreign Rule in the Middle Kingdom," "Reconsidering Opium in Chinese History," and finally, "From Mao to Now."

Registration Info:

Make checks payable to Bethlehem Central School District.

Mail check(s) and registration form to:
HILL Program, c/o Bethlehem Central High School, 700 Delaware Ave., Delmar, NY 12054.

The registration deadline for HILL courses is September 12, 2011.

MONDAY P.M.

The Artist on the Silver Screen

Starts: September 19
Time: 1:00-3:00 p.m.

Note: Class starts one half-hour earlier than usual.

Place: Delmar Reformed Church

INSTRUCTOR: **William Jaeger**, Instructor of the History of Photography and Art Criticism, SUNY, Albany, & Hudson Valley Community College.

This course addresses how artists are portrayed—and exaggerated, mystified, fictionalized, and falsified—in Hollywood movies. Each session will focus on one artist or one artistic period, and will show portions of movies to talk about how the artists and their art were used in the making of the movies. While the focus will be on films widely available, some segments will be drawn from more avant-garde or documentary sources. The inevitable romanticizing of the artist in general will be one of the overarching themes, and comparisons to the art and scholarly history of the artists will be discussed after the screenings. Potential artists include Michelangelo, Van Gogh, Vermeer, Pollock, Kahlo, Toulouse-Lautrec, and Warhol, with a special session on photographers such as Weegee and Arbus. Film lists will be provided in advance for those interested in viewing the movies before we discuss them in class.

CLASS notes

- Each HILL class meets 6 times a semester.
- Starting dates and times differ for each course. See descriptions.
- HILL observes Bethlehem Central School District's snow day cancellations. Check local stations or the district website (<http://bethlehemschools.org>) for closing information.
- Messages with questions about HILL courses should be left on (518) 368-7029. Refer to HILL's Web site at <http://bcsd.k12.ny.us/HILL> for information about classes and special events.

TUESDAY A.M.

From Swing to Rock: American Popular Music's Postwar Turbulence

Starts: September 20
Time: 10:00-12 noon
Place: Delmar Reformed Church

INSTRUCTOR: **Albin Zak III**, Professor of Music, SUNY, Albany

This series of lectures and discussions will engage a compelling story of transformation in the popular music culture of the 1950's. A mere twenty years separate Glenn Miller in his prime from the advent of Beatle mania. Such profound musical contrast in such close historical proximity suggests some tumultuous upheaval, some revolutionary cultural force. The fact that the fundamental revolution was disguised by a veneer of disposable commercial pop music makes the story all the more fascinating. In retrospect, however, we can see and hear the foundations of a new musical language whose influence dominates global pop music to this day.

The course's central focus is on the testimony of the era's hit records which provide us with both entertaining artworks and telling historical evidence. Topics covered, among others, include changing music markets, evolving concepts and practices of sound recording, and the roles of artists, entrepreneurs, and fans.

TUESDAY P.M

The Middle East and the United States: 19th Century Romance to 21st Century Crisis

Starts: September 20
Time: 1:30-3:30 p.m.
Place: Delmar Reformed Church

INSTRUCTOR: **Karl Barbir**, Professor of History, Siena College

This course concentrates upon the relationship between the United States and the Middle East, particularly during the past half century. Although this region held a place in the American imagination as far back as the Puritans, most of the Middle East was not conscious of the U.S. until the 18th century, when Yankee traders bought raisins which were sold on the streets of Boston as early as 1785. American missionaries introduced American values to this region beginning in the early 19th century, and additionally there was that matter of the Tripoli pirates in 1803!

Only after World War II did the Middle East become central to U.S. foreign policy, and our relationship with this region in turn became central to world affairs. The course will focus on this complex historical period.

WEDNESDAY P.M.

Islam, Past & Present

Starts: September 21
Time: 1:30-3:30 p.m.
Place: Delmar Reformed Church

INSTRUCTOR: **Peter Bedford**, John and Jane Wold Professor of Religious Studies, Union College

Islam is a rich, diverse religious tradition that has found expression over the past 1300 years in various cultures around the world. It is impossible to understand Islam in the modern world without an appreciation of its long, complex history. In this class we will explore aspects of this history, outline the central religious tenets of Islam, and discuss how they have been interpreted in ways that account for the various forms of modern Islam. This class will allow us to reflect more broadly on issues such as the relationship between religions and the state, the role religion plays in group identity, and how different beliefs and practices can be captured within what is claimed to be a single religious tradition.

HILL COMMITTEE

- Cynthia Abele
- Bruce Bushart
- Tom Clash
- Maryanne Gridley
- Polly Hartman
- Barry Isenberg
- Wendy Jordan
- Henry Peyrebrune
- Dick Ramsey
- Sandra Shapard



CLASS notes

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- Messages with questions about HILL courses should be left on (518) 368-7029. Refer to HILL's Web site at <http://bcSD.k12.ny.us/HILL> for information about classes and special events.

HILL Fall 2011 Registration Form

Fee for each course is \$35. Seating is limited. Please provide all information (including telephone #) requested on this form and enclose a separate check for each course.

This form is for HILL classes only.

Name: _____ Phone (h) _____

Address: _____ Phone (w): _____

I've enclosed course fees for the following courses:

- Chinese History # registering _____ Name(s): _____
- Artist on the Silver Screen # registering _____ Name(s): _____
- American Popular Music # registering _____ Name(s): _____
- The Middle East # registering _____ Name(s): _____
- Islam # registering _____ Name(s): _____

Continuing Education **COURSE DESCRIPTIONS** (continued)

Map and Compass Basics

| | |
|-------------|--|
| Location: | High School - Room D 116 |
| Instructor: | Reilly |
| Length: | 2 Sessions |
| Dates: | October 20 & 22(Saturday daytime outing) |
| Day & Time: | Thursday, 7:00-9:00p |
| Fee: | \$25 |

Have you ever wanted to have more confidence hiking in unfamiliar terrain, or gotten confused and uncertain if you were on the correct trail after passing that intersection? If so, this course could be just what you need to be more comfortable out exploring the great outdoors! This course will cover how to read a compass and relate it to the features on topographical maps, as well as physical features in the field such as peaks, ponds and rivers. Participants will need to purchase a compass for practice in the classroom and for guidance during the field outing. (The instructor recommends the Silva Explorer III). The class session will be followed by a 4 hour local outing (October 22) where some of the knowledge gained can be put into practice. The instructor, Gene Reilly, is an Adirondack 46'er, NYSDEC licensed outdoor guide, and two-term former Chairman of the Albany Chapter Adirondack Mountain Club (ADK). Limit 15 students. No Senior Exemptions.

Indian Vegetarian Cooking

| | |
|----------------|-------------------------|
| Location: | High School – Room D124 |
| Instructor: | Shah |
| Length: | 8 weeks |
| Starting date: | September 21 |
| Day & time: | Wednesdays, 6 – 9p |
| Fee: | \$60 |

This class will feature vegetarian dishes with natural spices and masalas. The traditional dishes will include various types of whole wheat breads, appetizers, salad, dals, beans, vegetables, rice, snacks and desserts. These will be low in cholesterol, low in calories and made with no preservatives. Sampling is encouraged. A material fee of \$25 will be collected at the first class. No senior exemptions. Limit 15 students.

Italian (Beginner and Intermediate)

| | |
|----------------|---|
| Location: | High School - Room D138 |
| Instructor: | Pizzitola |
| Length: | 8 weeks |
| Starting date: | Sept 20 (Beginner) or Sept 22 (Intermediate) |
| Day & times: | Tuesday, 6:30-8:00p (Beginner) Thursday, 6:30-8:00p (Intermediate) |
| Fee: | \$50 per session plus materials fee |

The beginner class will focus on basics with the emphasis on having fun with learning the Italian language through role-play, conversation, inquiring about directions, shopping, and having a pleasant stay in Italy. The Intermediate class is also for people who would like to take a trip to Italy but would also like to broaden their knowledge of the Italian language and culture. Emphasis will be on conversation with the past and future tenses if requested. Instructor will collect a nominal materials fee at the first class. Please indicate Beginner or Intermediate session on registration form. No Class on 9/29. Limit 25 students.

Knitting

| | |
|----------------|-------------------------|
| Location: | High School - Room B114 |
| Instructor: | Loux |
| Length: | 8 weeks |
| Starting date: | September 19 |
| Day & time: | Mondays, 7-8:30p |
| Fee: | \$ 45 |

Join the knitting craze and discover what you are missing. Knitting is fun and easy to learn. Beginners will learn how to cast on, knit, purl and cast off. You will be amazed at how easily and quickly you can finish a small project - hat, scarf, market bag. Intermediate knitters are welcome to brush up on their knitting skills and tackle a more advanced project: a felted bag, socks or mittens. Bring a small amount (3 oz.) of solid, light-colored acrylic yarn and size 6 needles to the first class for practice. Limit 15 students. No class on 10/10.

Nia Dance

| | |
|----------------|------------------------|
| Location: | Hamagrael New Gym |
| Instructor: | Hunter |
| Length: | 10 weeks |
| Starting date: | September 21 |
| Day & time: | Wednesdays, 5:30-6:45p |
| Fee: | \$50 |

De-stress and re-energize! Would you like an alternative to traditional

aerobics? NIA technique is a creative, barefoot, spirited, aerobic program that combines Eastern and Western exercise. NIA blends dance, martial arts, yoga and tai chi into a fun-filled, joyous exercise class. It offers cardiovascular fitness, increased flexibility and balance, overall strengthening exercises, as well as stress reduction. Try NIA! Exercise will never be the same again. All ages and levels of fitness are welcome. Please bring a water bottle and a mat for floor work. No senior exemptions. Ms. Hunter is a certified Black Belt Nia Instructor. Limit 30 students.

Piyo

| | |
|----------------|----------------------|
| Location: | HS D122 |
| Instructor: | Stanco |
| Length: | 10 weeks |
| Starting date: | September 20 |
| Day & Time: | Tuesdays, 4:00-5:00p |
| Fee: | \$50 |

Piyo is a fusion of Yoga and Pilates. This class will be taught by a certified yoga instructor and draw upon various styles of yoga to build a practice with Pilates Piyo techniques allow you to build a strong, lean, and flexible body while cultivating mental well-being. Bring a mat and a bottle of water to this class and wear comfortable clothing. All levels of fitness are encouraged to attend Limit 25 students.

Pilates Matwork

| | |
|----------------|--|
| Location: | Hamagrael New Gym |
| Instructor: | Dorothy Russell, Certified NETA (National Exercise Trainers Association) Pilates Instructor |
| Length: | 8 weeks |
| Starting date: | September 20 |
| Days & time: | Tues. & Thurs., 4:15-5:15p |
| Fee: | \$60 |

During World War I Joseph Pilates developed his own innovative system to increase and maintain Total Core Body Strength. Often he found his inspiration in Yoga. Pilates Matwork is his lasting contribution to fitness. In this Pilates Matwork class different ability levels will be accommodated. Options from Beginner to More Advanced will be given throughout the routine. Work at your own level and advance when you are ready. No matter what your level, you will experience a noticeable improvement in Core Strength. The graceful and deliberate exercises will strengthen

Reminder — You must send a separate check for each class you are registering for.

and tone the entire body. This challenging workout is followed by a short, but deep, relaxation. You will have earned it! Bring a sticky mat, water, and a set of comfortable free weights (2 water bottles will do). No Senior Exemptions. No class 9/29. Limit 30 students.

Pastel Painting Back By Popular Demand!

| | |
|----------------|-----------------------|
| Location: | HS Room D127 |
| Instructor: | Somaio |
| Length: | 10 weeks |
| Starting Date: | September 22 |
| Day & Time: | Thursdays, 7:30-9:30p |
| Fee: | \$60 |

This is an introductory course in the technique of pastel. Rich, painterly color can be achieved with the ease of drawing. Finished works can range from a simple colored sketch to a robust finished work comparable to an oil painting. Classes will consist of a brief talk about technique or demonstration followed by a painting session. Mixing and layering colors, working on a variety of textural surfaces and basic color theory will be discussed. Artists with more advanced skills are encouraged to work independently. Imagine yourself as a child drawing with a new box of crayons- the more colors the better. We will use soft, not oil pastels. A materials list will be handed out the first night of class. Limit 20 students. No class on 9/29.

Watercolor

| | |
|----------------|--------------|
| Location: | HS Room D127 |
| Instructor: | Somaio |
| Length: | 10 weeks |
| Starting Date: | September 19 |
| Day & Time: | Mondays 7-9p |
| Fee: | \$60 |

Beginning and intermediate students will learn and practice basic watercolor technique including, transparent wash, dry brush, wet-on-wet, and resist as well as color mixing, and good composition. We will work from still-life setups, photographs, and our imaginations. The goal of this class is that students will come away with a deeper understanding of the poetic language of painting as well as an increased level of mastery of painting skills. A supply list will be given out the first night of class. Limit 20 students. No class on October 10.

SAT Review: Critical Reading & Writing Subtests

| | |
|-------------|--|
| Location: | High School E209 |
| Instructor: | Smith |
| Length: | 3 weeks |
| Dates: | September 10, 17, 24 (Class is designed to finish before the October SAT.) |
| Day & time: | Saturdays, 9:30-11:30a |
| Fee: | \$60 + book (listed below) |

This course will prepare students to take the Critical Reading and Writing sections of the SAT offered in the fall of 2011. Students will receive instruction on the sentence completions and passage-based reading questions in the new Critical Reading section. Time will also be spent on the Writing subtest that includes Identifying Sentence Errors, Improving Sentences, Improving Paragraphs and writing the Essay. Limit 25 students. Students must have Barron's How To Prepare For The New SAT (25th edition) for 1st class.

SAT Review: Math

| | |
|-----------------------|--|
| Location: | High School Rm. D242 |
| Instructor: | Corsan |
| Length: | 6 weeks |
| Dates of instruction: | September 13, 15, 20, 22, 27, and 28(Class is designed to finish before the October 2011 SAT.) |
| Days and times: | Days as listed above from 3:15 to 5:00p |
| Fee: | \$120 + book (listed below) |

This course will review formulas, problems and concepts for the Mathematics portion of the SAT. Limit 30 students. Students must have Barron's Math Workbook For The New SAT for first class.

Tap for Fun and Fitness (Beginner/Intermediate)

| | |
|----------------|-----------------------|
| Location: | High School Cafeteria |
| Instructor: | Feldman |
| Length: | 8 weeks |
| Starting date: | September 20 |
| Day & time: | Tuesdays, 6:30-7:30p |
| Fee: | \$45 |

This class will be easy enough for beginners and challenging enough for experienced tappers. Come and work on keeping fit while enjoying the fun and sounds of tap dancing. Basic steps as well as combinations and new steps will be taught. Dance your way to good health! (Need tap shoes? Go to allabout-dance.com) Limit 30 students.

Reminder — You will NOT receive confirmation of registration. You will be notified only if a class is full or cancelled.

Woodworking (Beginning)

| | |
|----------------|----------------------|
| Location: | High School Rm. F107 |
| Instructor: | Ferraro |
| Length: | 10 weeks |
| Starting date: | September 21 |
| Day & time: | Wednesdays, 7 to 9 p |
| Fee: | \$75 |

Acquaint yourself with woodworking through basic instruction in the use of hand and power tools. Activities will center on students' projects of their choice. A small fee may be required for miscellaneous supplies. Intermediate students are welcome. Please, no skilled craftsmen wanting to use equipment for advanced sawing or planing. Limit 12 students. No senior exemptions.

Writing Workshop

| | |
|----------------|-------------------------|
| Location: | High School - Room D120 |
| Instructor: | Higgins |
| Length: | 7 weeks |
| Starting Date: | October 5 |
| Day & Time: | Wednesdays, 6:30-8:30p |
| Fee: | \$60 |

So you've always wanted to write a book or you've always written something—stories, letters, a journal? Perhaps there is a story you've always wanted to tell? This seven-week workshop offers a supportive environment for your writing, with practical exercises and strategies to inspire and improve your work. Participants will have opportunities to share work. Taught by Ellen Higgins, Ph.D., a professional writer, editor, and teacher. Limit 15 students. No senior exemptions.

Yoga

| | |
|----------------|-------------------------|
| Location: | Middle School Upper Gym |
| Instructor: | Savage |
| Length: | 10 weeks |
| Starting date: | September 12 |
| Day & time: | Mondays, 6:45-8:30p |
| Fee: | \$65 |

This class will focus on development of body awareness and alignment, flexibility and strength training through the practice of the physical poses of Yoga known as Asanas. Tone and strengthen your muscles, ligaments, joints and nerves. Support and maintain the smooth functioning and health of all of the body's systems. Dress in comfortable clothes that allow stretching and bring a yoga mat and blanket. Please refrain from eating a heavy meal two hours prior to class. Limit 50 students. No class on 10/10 or 10/31.

Zumba - "Ditch the Workout Join the Party!"

| | |
|----------------|--|
| Location: | Eagle Elementary Cafeteria and Gymnasium |
| Instructor: | Hagen |
| Length: | 10 weeks |
| Starting date: | September 14 |
| Day & Time: | Wednesdays, Two Sessions Available: Session I 6:30-7:30p; Session II 7:45 - 8:45 (Please indicate which session you are choosing on registration form) |
| Fee: | \$45 |

Zumba is the most popular workout in the fitness world today! You have undoubtedly been hearing about Zumba around town, and in the media. Its time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it! Limit 50 students for each session.

Reminder — You must send a separate check for each class you are registering for.

| Fall 2011 Continuing Education Courses At-a-Glance | | |
|--|-------------------------------|-----------------|
| Mondays | Time | Place |
| Knitting | High School B114 | 7-8:30 p.m. |
| Writing | High School D120 | 6:30-8:30 p.m. |
| Watercolor | High School D127 | 7-9 p.m. |
| Cafe Hula Fit | Glenmont Cafeteria | 7-8 p.m. |
| Yoga | Middle School Upper Gym | 6:45-8:30 p.m. |
| Tuesdays | | |
| Aqua Fitness | High School Pool | 6:30-7:30 p.m. |
| Tap | High School Cafeteria | 6:30-8:30 p.m. |
| German | High School D120 | 6:30-8 p.m. |
| Piyo | High School D122 | 4-5 p.m. |
| Oil Painting | High School D127 | 6:30-9 p.m. |
| Beginning Italian | High School D138 | 6:30-8 p.m. |
| Living Healthy | High School D134 | 6:30-9 p.m. |
| SAT Math | High School D242 | 3:15-5 p.m. |
| Digital Photo | High School D128 | 7-9 p.m. |
| HVCC - Western Civ. | High School D132 | 6-9:30 p.m. |
| HVCC English Comp. | High School D118 | 6-9:30 p.m. |
| Pilates | Hamagrael Gym | 4:15-5:15 p.m. |
| Wednesdays | | |
| Ballroom Dancing | High School Cafeteria | 6-9:30 p.m. |
| Writing | High School D120 | 6:30-8:30 p.m. |
| Estate Planning | High School D136 | 6:30-8:30 p.m. |
| Strategic Plan for Life | High School D121 | 7-9 p.m. |
| Indian Vegetarian Cooking | High School D124 | 6-9 p.m. |
| College Class | High School Counseling Center | 6-7:30 p.m. |
| Battles | High School D210 | 6:15-8 p.m. |
| Wood | High School F107 | 7-9 p.m. |
| iPad Photo | High School D128 | 7-9 p.m. |
| SAT Math | High School D242 | 3:30-5:15 p.m. |
| Zumba | Eagle Gym | 6:30-9 p.m. |
| Nia | Hamagrael Gym | 5:30-6:45 p.m. |
| Thursdays | | |
| Hiking: Map Reading | High School D116 | 7-9 p.m. |
| Guitar | High School D140 | 6:30-8 p.m. |
| Aqua Fitness | High School Pool | 6:30-7:30 p.m. |
| Italian | High School D138 | 6-9 p.m. |
| Five-Hour Class/Defensive Driving | High School D204 | 3:30-8:30 p.m. |
| Chinese Yoga | High School D122 | 6-7:30 p.m. |
| HVCC - Psychology | High School D136 | 6-9:20 p.m. |
| Pastel | High School D127 | 7:30-9:30 p.m. |
| Pilates | Hamagrael Gym | 4:15-5:15 p.m. |
| Saturdays | | |
| Computer Classes | High School B112 | 9-11 a.m. |
| SAT Classes | High School E209 | 9:30-11:30 a.m. |

You must send a separate check for each class you are registering for.

Check out the "Fall 2011 Classes at a Glance on Page 9" for courses listed by day and time.

Bethlehem Central School District
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Delmar, NY 12054

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Continuing Education Registration Form

Use this form for Continuing Education Courses Only. For HILL registration, use the form on page 6. Please use one form per person (photocopies are acceptable). Write *one check per course* payable to "Bethlehem Central School District."

PLEASE PRINT and FILL OUT FORM COMPLETELY. INCOMPLETE FORMS WILL NOT BE PROCESSED.

Check here if you are a senior citizen
(If box is checked, please submit a copy of your BC Senior Card)

Name: _____

Address: _____

Home phone: _____ Alternate Phone: _____ Email Address: _____

Course Title #1 _____

Starting Date: _____ Day, Time & Session: _____

Fee: _____ Check #: _____

Course Title #2 _____

Starting Date: _____ Day, Time & Session: _____

Fee: _____ Check #: _____

Course Title #3 _____

Starting Date: _____ Day, Time & Session: _____

Fee: _____ Check #: _____

Mail checks and registration forms to:
Director, Continuing Education - Bethlehem Central High School
700 Delaware Avenue
Delmar, NY 12054

**Remember: You will not be notified that you are registered for a class.
You will be notified only if the class you registered for is cancelled or full.**

The registration form and this brochure are also available on the district website at <http://bcsd.k12.ny.us> (Click on the "Continuing Education" link on the menu on the right-hand side of the first page.)

Office Use Only

Date Received _____ Check Money Order Initials _____