



# Continuing EDUCATION



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

## Spring 2012 Schedule including HILL Classes

### Directors

**Scott Carlton - Spring Program**

**Richard Villa - Fall Program**

**(518) 439-4921 ext. 22965**

[carlshs@bcsd.neric.org](mailto:carlshs@bcsd.neric.org)

[villrhs@bcsd.neric.org](mailto:villrhs@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 February 21; or**
- **Drop off your registration at the High School main office by February 24, 9 a.m. – 3 p.m.**
- **Registration received after February 24 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 Web site ([www.bethlehemschools.org](http://www.bethlehemschools.org)).

**Please use separate checks for each class.**

**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 Bethlehem Central 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 ([www.bethlehemschools.org](http://www.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 from April 6-13 or May 28. There may be other dates when a specific class does not meet. Please see course listings.**

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



styles?

*-Have you modified your investment strategy in response to changing personal objectives, recent tax law changes or activity in capital markets? Limit of 25 students.*

### Chinese Yoga with Healing Chi

**A combination of Tai Chi, Qigong, Yoga and Balance Work**

Location:	High School - Room D122
Instructor:	Grandmaster Jiang Jianye
Length:	8 weeks
Starting Date:	March 8
Day & Time:	Thursdays, 6:00-7:30pm
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 of 25 students. No class on April 12.

### College Admissions 101 (for Parents)

Location:	High School Counseling Center
Instructor:	Carlton
Length:	2 weeks
Day & Time:	Tuesdays, 6:00 -7:30pm
Dates:	March 13 and March 20
Fee:	\$25

Do you have a high school age student who will soon be going through the college process? The admissions process has changed considerably! Come and join us for a lively discussion that will be supplemented by a PowerPoint presentation and handouts. 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, and the College Rep. visit.

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 of 25 students.

### Conversational German

Location:	High School - Room D118
Instructor:	Jiardini
Length:	6 weeks
Starting Date:	March 6
Day & Time:	Tuesdays, 6:30-8:00pm
Fee:	\$45

This conversational course focuses on fun ways to learn phrases and basic grammar in order to interact with German speakers and to survive in a German speaking country. Topics include eating out and shopping as well as talking about your family and the weather,

a favorite German ice breaker! Limit of 18 students. No class on April 10.

### Country Line Dancing

Location:	Elsmere Gymnasium
Instructors:	Rich and Nancy Mendick
Length:	8 weeks
Starting Date:	March 12
Day & Time:	Mondays, 7-8:30p
Fee:	\$45 per person, \$60 per couple

Get up off of that couch and have some fun! Line dancing is a great activity, blending exercise and fun in a comfortable social atmosphere. No partners or special equipment needed, just your desire to have a good time. Learn the basic movements by learning classic and new line dances.

The class is intended to give you the background and confidence to go out Country Dancing and enjoy yourself. An optional "field trip" to one of the instructor's events is also planned. Learn Country Line Dancing from Rich & Nancy Mendick who have been Country Dance Instructors and hosting dances in the Capital District for over 20 years. So why not come out and join them and start experiencing the fun of Country Line Dancing. Limit of 30 students. No class on April 9.

### Defensive Driving

Location:	High School - Room D204
Instructor:	Bowden
Length:	Two weeks
Dates:	March 8 & 15
Day & Time:	Thursdays, 6-9pm
Fee:	\$40

This course will award all NYS motorists with a 10 percent reduction in motor vehicle liability and collision rates insurance premiums for a 3-year period. In addition this course will reduce up to 4 points off a driver's license. The 6-hour program includes videos, lecture and discussion. All students will receive a student manual and certificate upon completion. No senior exemptions. Limit of 28 students.

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## BETHLEHEM Central School District

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### Digital Photography

Location:	High School - Room D128
Instructor:	Spannbauer
Length:	10 weeks
Starting Date:	March 6
Day & Time:	Tuesdays, 7:00 – 9:00pm
Fee:	\$65

This class will cover everything you need to know to take and process beautiful images. Learn about camera equipment, settings, composition, selections, layers, macro, flash, and printing. Post-processing will be done using Photoshop. Bring a digital camera and flash drive for storing images to class. The instructor has more than 35 years of experience in photography and teaching. Limit of 22 students. No Senior Exemptions. No class on April 10.

### Drawing in Color **\*NEW\***

Location:	High School – Room D127
Instructor:	Somaio
Length:	8 weeks
Starting Date:	March 8
Day & Time:	Thursdays, 7:00-9:00pm
Fee:	\$60

Develop enhanced observational drawing skills as you investigate line, value, form, perspective, texture and color. Create dynamic drawings using colored pencils, pastels, pen and ink, water-soluble colored pencils, and various other media. This class will explore color theory and color usages in drawing with an emphasis on techniques, strategies, and materials to develop personal themes in drawing. It will help both beginning and experienced students developing manual, visual, and conceptual skills in drawing and using color. Bring a set of colored pencils. A materials list will be handed out the first night of class. Limit of 20 students. No class on April 12.

### Estate Planning – Taking the Mystery Out

Location:	High School – Room D136
Instructor:	Richard Fuerst, Esq. Higgins, Roberts, Beyerl & Coan, P.C.
Date of Class:	March 13
Day and Time:	Tuesday, 6:30 – 8:30pm
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 of 25 students.

### Five-Hour Driver Prelicense Class

Location:	High School - Room D210
Instructor:	Bowden
Length:	One night only
Dates:	2/2, 3/1, 4/5, 5/3, 6/7, 9/13 (First Thursday of each month except for the September class)
Time:	3:30-8:30pm (Includes half-hour break)
Fee:	\$40 Check (No Cash)

Advanced preregistrations allowed only for the June 7 class. See counseling center secretary for signup information.

This course must be completed

**NO CLASSES**

- April 6 to 13
- May 28

before scheduling a road test for a NYS driver's license. Students register with instructor 15 minutes before the 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 of 28 students.

### Hiking Basics

Location:	High School - Room D134
Instructor:	Reilly
Length:	3 Weeks
Dates:	April 19, 26 with a third session April 28 (Saturday daytime outing of 4 hours)
Day & Time:	Thursdays, 7:00-9:00pm
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! The 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.

The instructor, Gene Reilly, is an Adirondack 46'er & NYSDEC licensed outdoor guide, and two-term former Chairman of the Albany Chapter of the Adirondack Mountain Club (ADK). Limit of 15 students.



## Continuing Education COURSE DESCRIPTIONS *(continued)*

### Hula Fit

Location:	Glenmont Cafeteria
Instructor:	Mary Ann Fischler
Length:	10 weeks
Starting Date:	March 12
Day and Time:	Mondays, 7-8:00pm
Fee:	\$40

HulaFit is a low-impact aerobic/ cardio workout that uses light-weight 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. Instructor will provide equipment. Students wishing to purchase their own equipment should go to [www.hulafit.net](http://www.hulafit.net). Please bring a water bottle and a yoga mat for the end of class. Limit of 20 students. No class on April 2, April 9 or May 28.

### Hypnosis **\*NEW\***

Location:	High School – Room D108
Instructor:	John Kane
Length:	2 weeks
Dates:	March 15, 22
Day and Time:	Thursdays, 7-8:30pm
Fee:	\$15

As scientists investigate brain

NO CLASSES

- April 6 to 13
- May 28

function, it is becoming more and more obvious that hypnosis, rather than being some kind of make-believe or voodoo, is actually an attribute of human nature that can have a profoundly useful impact on many areas of living. Hypnosis can help people in many different ways from taking care of psychosomatic illness, managing stress, to removing unwanted habits and improving confidence. Learn what hypnosis is, where it comes from, what it can do, and in the second session, how to do it! Limit of 25 students.

### Important Battles in American History

New Battles for Spring Class

Location:	High School - Room D210
Instructor:	Wilson
Starting Date:	March 7
Length:	7 Weeks
Day & Time:	Wednesdays, 6:15-8:00pm
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. These are simply a small sample of the battles that dramatically impacted American history. The battles we will cover are as follows: Importance of Ticonderoga (F&I and Revolutionary Wars), War of 1812: The Battles of Erie and Plattsburg, Chattanooga, Petersburg, Meuse-Argonne Offensive, The Battle of Anzio, and the Battle of Leyte Gulf. Limit of 25 Students. No class on April 11.

### Indian Vegetarian Cooking

Location:	High School – Room D124
Instructor:	Shah
Length:	8 weeks
Starting Date:	March 14
Day & Time:	Wednesdays, 6 – 9pm
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 of 15 students. No class on April 11.

### Interval Core Training (ICT)

**\*NEW\***

Location:	High School – Gym C
Instructor:	Landry
Length:	6 weeks
Starting Date:	March 5
Day & Time:	Mon. /Wed. /Fri., 6:05 – 6:50 am!
Fee:	\$75

ICT is a boot camp style (no yelling though) rigorous fitness program focusing on the core but incorporating the whole body. Participants will be challenged in a variety of exercises that will make them stronger, leaner, faster, and more flexible. All levels of fitness are welcome as modifications for each exercise will be provided. A mat, shoes, water, towel, and a desire to work hard are all that is needed. Limit of 20 students.

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### iPad Photography

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

Take photos with your digital camera and then use apps to post-process them on your iPad1 or iPad2. Topics will include iPad settings, retouching, panoramas, high dynamic range, B&W and color splashing, painting & sketching, collages & montages, out of bounds, filters, and framing & text. Students must bring their own iPad to class. No senior exemptions. Limit 22 students. No class on April 11

### Italian (Beginner and Intermediate)

Location:	High School – Room D138
Instructor:	Pizzitola
Length:	8 weeks
Starting Date:	March 6 (Intermediate) or March 8 (Beginner)
Day & Times:	Tuesday, 6:30-8pm (Intermediate) Thursday, 6:30-8pm (Beginner)
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 for people who would like to take a trip to Italy and would 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 April 10 or April 12. Limit of 25 students.

### Introduction to Excel

Location:	High School – Room B112
Instructor:	Martyn
Length:	Two Mornings
Dates:	March 10 and 17
Day & Time:	Saturdays, 9-11am
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 of 15 students. No senior exemptions.

### Introduction to Microsoft Word

Location:	High School – Room B112
Instructor:	Martyn
Length:	Two Mornings
Dates:	March 24 and 31
Day & Time:	Saturdays, 9-11am
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 2010 software program. Limit of 15 students. No senior exemptions.

### Introduction to PowerPoint

Location:	High School – Room B112
Instructor:	Martyn
Length:	Two Mornings
Dates:	April 21 and 28
Day & Time:	Saturdays, 9-11am
Fee:	\$35

This basic course will teach students to learn how to prepare multimedia presentations for personal, educational or business applications using Microsoft PowerPoint. Participants may want to bring their own flash drive or thumb drive so they can save their work. Limit of 15 students. No senior exemptions.

### Knitting

Location:	High School – Room B114
Instructor:	Loux
Length:	8 weeks
Starting Date:	March 5
Day & Time:	Mondays, 7-8:30pm
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 of 15 students. No class on April 9.

### Learn QuickBooks \*NEW\*

Location:	High School – Room D110
Instructor:	Venetz
Length:	2 sessions
Dates:	March 14 and 21
Day & Time:	Wednesdays, 6-9pm
Fee:	\$30

QuickBooks is a bookkeeping and accounting software used by many small, medium and large business owners across the nation. Although Intuit, the maker of QuickBooks, claim it is easy to use, many people have difficulty or are just afraid of making mistakes which involve the compilation of information needed by federal and state taxing agencies. Included in this instruction will be: setting up a company, receiving payments and making deposits, entering sales and invoices, entering and paying bills, creating estimates, inventory and much more. The instructor, a certified QuickBooks ProAdvisor, will give students the training they need to succeed with these tasks. Limit of 25 students.

*Continuing Education Course  
 Descriptions Continued  
 on Page 9*

# Humanities Institute for Lifelong Learning

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

The University In Our Town

Spring 2012

## MONDAY A.M.

### *The Writing & Ratification of the U.S. Constitution*

**Starts:** March 5  
**Time:** 10:00-12 noon  
**Place:** Delmar Reformed Church

**INSTRUCTOR:** Bob Wells, Chauncy H. Winters  
Professor of History, Union College

This course will examine the writing and ratification of the U.S. Constitution. We will start with the English and colonial roots of the document, i.e., what the authors had to draw upon as they sat down in Philadelphia in 1787. We will give the actual Constitutional Convention close attention, and will conclude with the ratification process (no sure thing) and the writings that helped result in the addition of the Bill of Rights in 1791. We will also consider the social and political assumptions behind these documents and their connection to contemporary issues confronting the United States.

#### 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 February 24, 2012.**

## TUESDAY A.M.

### *Perspectives on Politics—Trend Lines in National & New York State Politics*

**Starts:** March 6  
**Time:** 10:00-12 noon.  
**Place:** Delmar Reformed Church

**INSTRUCTOR:** Bruce Gyory, Adjunct Professor of Political Science, University at Albany (SUNY), and political consultant

We will analyze some of the major political issues facing America as the 2012 elections approach. These will include the implications of the "Great Recession;" an examination of presidential politics, focusing on the Republican primary battles; and analysis of the impact of ethnic, racial, gender gap, and sexual orientation issues on national politics. The course will conclude with a look at major New York State trend lines and their implications for the State's political future in both the short and long term.

## TUESDAY P.M.

### *The Art & Architecture of Islamic Lands from the Umayyads to the Early Ottomans: 7th-17th Centuries*

**Starts:** March 13  
**Time:** 1:30-3:30 P.M.  
**Place:** Delmar Reformed Church

**Note:** To accommodate professor's schedule, remaining 5 classes will meet at same time on following dates: Thursday, March 15; Tuesday, March 27; Thursday, March 29; Tuesday, April 3; Tuesday, April 10

**INSTRUCTOR:** Louisa Matthew, Professor of Visual Arts, Union College

This course will examine the art & architecture of the Middle East, the Maghreb, Central Asia, and India following the Muslim conquest. It will concentrate on the era starting with the Umayyad caliphate and ending with the first two centuries of the Ottoman Empire. In addition, we will look at the art in Spain, North Africa, Iran and northern India under Muslim rule. We will focus on artistic processes and materials, from manuscript painting to ceramics and metal work as well as architecture. Finally, we will consider to what extent the cultural production in these societies should be termed "Islamic", and as a corollary, what this art owes to earlier traditions and contemporary neighbors, including China, the Byzantine Empire, and even Western Europe.

## 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 Web site (<http://bcsd.k12.ny.us>), 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.

# SPRING 2012 HILL COURSES

## WEDNESDAY P.M.

### *Spring Sampler*

**Starts:** March 7  
**Time:** 1:30-3:30 p.m.  
**Place:** Delmar Reformed Church

A lecture series, each session presented from the prospective of an expert in that area.

#### March 7

##### When do People Revolt?

INSTRUCTOR: **Victor Asal**, Associate Professor of Political Science & Director of the Center for Policy Research, Co-Director of the Project on Violent Conflict, University at Albany (SUNY)

#### March 14

##### The Brain and Behavior

INSTRUCTOR: **Carol Weisse**, Director of Health Professions, Union College

#### March 21

##### Arab Spring

INSTRUCTOR: **Michele Angrist**, Associate Professor of Political Science, Union College

#### March 28

##### Memory and Myth in Commemorating the American Civil War

INSTRUCTOR: **Andrea Foroughi**, Associate Professor of History & Director, Women's & Gender Studies Program, Union College

#### April 4

##### Cultural Responses to Natural Disasters

INSTRUCTOR: **Michael Brannigan**, Pfaff Endowed Chair in Ethics & Moral Values, The College of St. Rose

#### April 18

##### The History of the Future

INSTRUCTOR: **David Hochfelder**, Assistant Professor of History, University at Albany (SUNY)

## THURSDAY A.M.

### *Feminism's Literary Classics*

**Starts:** March 8  
**Time:** 10:00 a.m. -12 noon  
**Place:** Delmar Reformed Church

Note: The 5th Class will meet on Monday April 2, 1:30 P.M.-3:30 P.M. instead of Thursday, April 5

INSTRUCTOR: **Peter Heinegg**, Professor of Comparative Literature, Union College

This course will identify and analyze some of the major literary works that defined and shaped modern feminism. Feminism, one of the most important revolutions ever, had a slow start, was fiercely attacked, and is only now winning widespread support. From the beginning, however, the movement had reason and justice on its side. Powerful thinkers, including those we will study, have argued that most of what society has said about and done to women is, in one way or another, simply wrong.

Please see the Readinglists Page in the HILL web site for a list of the books that will be discussed in this course.

### HILL COMMITTEE

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



## HILL Spring 2012 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.

Name: \_\_\_\_\_ Phone (h) \_\_\_\_\_

Address: \_\_\_\_\_ Phone (w): \_\_\_\_\_

I've enclosed course fees for the following courses:

- |   |                     |                |
|---|---------------------|----------------|
| <input type="checkbox"/> The U.S. Constitution        | # registering _____ | Name(s): _____ |
| <input type="checkbox"/> Perspective on Politics      | # registering _____ | Name(s): _____ |
| <input type="checkbox"/> Islamic Art                  | # registering _____ | Name(s): _____ |
| <input type="checkbox"/> Spring Sampler               | # registering _____ | Name(s): _____ |
| <input type="checkbox"/> Feminism's Literary Classics | # registering _____ | Name(s): _____ |

**This form is for HILL classes only.**



### Lost in Space?

Location:	High School – Room D132
Instructor:	Janie Schwab
Length:	2 sessions
Dates:	March 8 and 15
Day & Time:	Thursdays, 7-9pm
Fee:	\$25

Ever want to wish upon a star but have no clue what star is the recipient of your wish? Would you like to be able to find constellations, planets, and galaxies? In this class, you will learn to read star maps to find your way around the night sky. Learn about symbols, magnitudes, and most importantly - which end is up? We will spend some time outside with telescopes (weather permitting), so please bring layers of clothes and a flashlight.

Astronomer Janie Schwab is the Director of the Dudley Observatory. A material fee of \$10 will be collected at the first class. Limit of 25 students.

### Map and Compass Basics

Location:	High School - Room D116
Instructor:	Reilly
Length:	2 Sessions
Dates:	May 17 & 19 (Saturday daytime outing)
Day & Time:	Thursday, 7:00-9:00pm
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 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 (May 19th) 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). No Senior Exemptions. Limit of 15 students.

### Nia Dance

Location:	Hamagrael New Gym
Instructor:	Hunter
Length:	10 weeks
Starting Date:	March 7
Day & Time:	Wednesdays, 5:30-6:45pm
Fee:	\$50

Enjoy an exuberant barefooted aerobic workout which blends the precision and strength of the Martial Arts, the creative joy of the Dance Arts and the relaxing and restorative energy of the Healing Arts.

Through the mind-body integrative action of Nia, you will find increased cardiovascular strength, enhanced balance and flexibility as well as stress reduction. All ages and levels of fitness welcome. Bring a mat or towel for the cool down. Come and have fun. Exercise will never be the same again.

Pat Hunter is a licensed Black Belt Nia Instructor. No senior exemptions. Limit of 30 students. No class on April 11.

### Oil Painting

Location:	High School - Room D127
Instructor:	Williams
Length:	9 weeks
Starting Date:	March 8
Day & Time:	Tuesdays, 6:30 – 9:00pm
Fee:	\$50

Learn colors and how to see them. Paint from setups and photos. Bring rags, turpentine, paint, brushes, canvas, or canvas board, and sketchpad. If you're not sure what brushes, colors, etc. to bring, this information will be covered in the first class. If selecting supplies before the first class, try water oils. They work the same as oils only are not as toxic, and are easier to clean up. Wear old clothes

and a smile. Previous students are more than welcome. Limit of 20 students. No class on April 12.

### Pilates Matwork

Location:	Hamagrael New Gym
Instructor:	Dorothy Russell, Certified Pilates Instructor
Length:	8 weeks
Starting Date:	March 6
Days & Time:	Tues. & Thurs., 4:15-5:15pm
Fee:	\$60

Pilates is a dynamic workout designed to address the ABCs of fitness: Alignment, Breath and Balance, and Core strength and stability. Benefits will come quickly in improved posture, strength and core power. The class will begin with a low impact warm up to loosen the major muscle groups. The rest of the class will be done on mats on the floor. Bring weights if you have them. They can enhance many of the moves and postures. Be sure to wear comfortable clothing and bring your own sticky mat and water bottle. No senior exemptions. Limit of 30 students.

### Piyo

Location:	High School – Room D122
Instructor:	Stanco
Length:	10 weeks
Starting Date:	March 7
Day & Time:	Wednesdays, 4:00-5:00pm
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. Students from all levels of fitness are encouraged to attend. Limit of 25 students. No class on April 11.



### Watercolor Workshop II

Location:	High School – Room D127
Instructor:	Somaio
Length:	8 weeks
Starting Date:	March 5
Day & Time:	Mondays, 7-9pm
Fee:	\$65

This class is a continuation of Beginning Watercolor. Students with basic watercolor experience, intermediate and advanced levels are welcome. Through expressive interpretation of still life, landscape and figurative subjects, students will practice watercolor techniques including transparent wash, dry brush-on, wet-on-wet and resist while discovering their own artistic voice. A variety of painting styles will be explored. Students will also work on independent projects in discussion with the instructor. Limit of 20 students. No class on April 9.

### Woodworking (Beginning)

Location:	High School - Room F107
Instructor:	Ferraro
Length:	10 weeks
Starting Date:	March 8
Day & Time:	Thursdays, 7:00 to 9:00pm
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. No senior exemptions. Limit of 12 students. No class on April 12.

### Writing Workshop

Location:	High School - Room D120
Instructor:	Higgins
Length:	7 weeks
Starting Date:	March 7
Day & Time:	Wednesdays, 6:30-8:30pm
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. No senior exemptions. Limit of 15 students. No class on April 11.

### Yoga

Location:	Middle School Upper Gym
Instructor:	Savage
Length:	10 weeks
Starting Date:	March 5
Day & Time:	Mondays, 6:45-8:30pm
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 of 50 students. No class on April 9.

### Zumba - "Ditch the Work Out. Join the Party!"

Location:	Eagle Elementary Cafeteria and Gym
Instructor:	Hagen
Length:	10 weeks
Starting Date:	March 7
Day & Time:	Wednesdays, Two Sessions

Available:  
 Session I - 6:30-7:30p  
 Session II - 7:45-8:45p  
 (please indicate which session you are choosing on the 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 of 50 students for each class. No class on April 11.

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

**NO CLASSES**

- April 6 to 13
- May 28

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## Spring 2012 Continuing Education Courses At-a-Glance

Mondays	Place	Time
Interval Core Training	High School Gym C	6:05-6:50 am!
Knitting	High School B114	7-8:30 pm
SAT Math (Session II)	High School D242	3:15-5 pm
Water Color II	High School D127	7-9 pm
Country Line Dancing	Elsmere Gymnasium	7-8:30 pm
Hula Fit	Glenmont Cafeteria	7-8 pm
Yoga	Middle School Upper Gym	6:45-8:30 pm
Tuesdays		
Birding	High School D122	6-7:30 pm
College Admissions	High School Counseling Center	6-7:30 pm
Conversational German	High School D118	6:30-8 pm
Digital Photo	High School D128	7-9 pm
Estate Planning	High School D136	6:30-8:30 pm
Intermediate Italian	High School D138	6:30-8:00 pm
Oil Painting	High School D127	6:30-9 pm
SAT Math (session I-Advanced)	High School D242	3:30-5:15 pm
Tap	High School Cafeteria	6:30-7:30 pm
Pilates	Hamagrael New Gym	4:15-5:15 pm
Wednesdays		
Ballroom Dance I	High School Cafeteria	6:30-8 pm
Ballroom Dance II	High School Cafeteria	8:15-9:30 pm
Battles in American History	High School D210	6:15-8 pm
Financials to Funerals	High School D132	6:30-8 pm
Indian Vegetarian Cooking	High School D124	6-9 pm
Interval Core Training	High School Gym C	6:05-6:50 am!
Investment Portfolio	High School D112	6:30-8:30 pm
iPad Phototgraphy	High School D128	7-9 pm
Piyo	High School D122	4-5 pm
Quick Books	High School D110	6-9 pm
Writing Workshop	High School D120	6:30-8:30 pm
Nia Dance	Hamagrael New Gym	5:30-6:45 pm
Zumba I	Eagle Gym	6:30-7:30 pm
Zumba II	Eagle Gym	7:45-8:45 pm

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



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# Spring 2012 Continuing Education Courses At-a-Glance

Thursdays	Place	Time
American Sign Language	High School D136	6:30-7:30 pm
Beginning Guitar	High School D140	6:30-8 pm
Beginning Italian	High School D138	6:30-8 pm
Chinese Yoga	High School D122	6-7:30 pm
Defensive Driving	High School D204	6-9 pm
Drawing	High School D127	7-9 pm
Five Hour Class	High School D210	3:30-8:30 pm
Hiking Basics	High School D134	7-9 pm
Hypnosis	High School D108	7-8:30 pm
Lost in Space	High School D132	7-9 pm
Map and Compass	High School Counseling Center	7-9 pm
SAT Math III	High School D242	3:30-5:15 pm
Strategic Plan for Life	High School D121	7-9 pm
Woodworking	High School F107	7-9 pm
Pilates	Hamagrael New Gym	4:15-5:15 pm
Fridays		
Interval Core Training	High School Gym C	6:05-6:50 am!
Saturdays		
Computer Classes	High School B112	9-11 am
SAT Reading/Writing	High School E209	9:15-11:30 am

**March 2012**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**April 2012**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**May 2012**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

 There will be no classes on these days

WORK HARD. ● PLAY HARD. ● LEARN FOREVER. ● WORK HARD. ● PLAY HARD. ● LEARN FOREVER.



**NO CLASSES**

- April 6 to 13
- May 28

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Check out the Spring 2012  
Classes at a Glance on  
Pages 12 and 13 for courses  
listed by day and time.

Bethlehem Central School District  
90 Adams Place  
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 8. 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 [www.bethlehemschools.org](http://www.bethlehemschools.org)  
 (Click on the "Continuing Education" link on the menu on the left-hand side of the first page.)

**Office Use Only**

Date Received \_\_\_\_\_ Check Cash Money Order Initials \_\_\_\_\_

