



# Continuing EDUCATION



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

## Fall 2016 Schedule including HILL Classes

### Contact Information

**Karen Ballard - Secretary**  
[kballard@bcsd.neric.org](mailto:kballard@bcsd.neric.org)  
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**Scott Carlton - Fall Director**  
[scarlton@bcsd.neric.org](mailto:scarlton@bcsd.neric.org)

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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. **Each registration must be for ONE course for ONE person with ONE check for that specific course. PLEASE DO NOT SEND CASH.**

In certain courses a limited number of free registrations will be made available to senior citizens (62 and older) who have a Bethlehem Central Senior Citizens Pass (available at the high school main office, 700 Delaware Ave, Delmar). This does not apply to HILL classes. Seniors must include a copy of their senior citizens pass with their registration form to receive the exemption. One exemption per semester, per person is allowed. Classes must have sufficient paid registrations for senior exemptions to be granted.

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 ages 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 9 or**
- **Drop off your registration at the High School main office by September 9, 9 a.m. – 3 p.m.**
- **Registration received after September 9 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. Your check will not be deposited until classes start.**

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 p.m. and

9:30 p.m., and last up to 10 weeks.

Exceptions are noted within course descriptions. Please check the schedule of classes in which you are interested.

Most classes are held at Bethlehem High School, 700 Delaware Ave. in Delmar, but classes are held in other district buildings. Note class locations 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 website (<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.

**No classes will be held on October 3, October 10, October 13, November 11, or November 23-25. 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.**

**American Sign Language**

Location:	High School – Room D136
Instructor:	McGurn
Length:	6 weeks
Starting date:	October 17
Day & time:	Mondays, 6:30-7:30p
Fee:	\$30

American Sign Language is often referred to as “cool”, fun to watch, and beautiful. American Sign Language is so much more. ASL enables communication between people who are hearing, deaf and/or hard of hearing. It is a complete language with its own grammar, syntax and semantics. This class will prepare students to communicate in a manual-visual mode, give instruction and practice in vocabulary, sentence structure, and elementary conversation. The course will also introduce the history of Deaf Culture and discuss issues surrounding Deaf Culture. If there are returning students, they will be challenged on their level and we will continue where they left off. No class on October 31. Limit of 20 students.

**Aqua Fitness**

Location:	High School Pool
Instructor:	McDonough
Length:	10 weeks (18 classes)
Starting date:	October 4
Day & time:	Tuesdays & Thursdays, 7-8p
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](http://www.watergym.com) or 1-888-928-3749. No class on November 22 and November 24. Limit of 35 students.

**Ballroom Dancing I**

Location:	Eagle Elementary Gym
Instructor:	Pietropaoli
Length:	8 weeks
Starting date:	October 17
Day & time:	Mondays, 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,

**HUDSON VALLEY COMMUNITY COLLEGE AT BCHS**

ENGL 101 English Composition I  
 Start Date: September 13 Tuesdays, 6-9:20 p.m. High School Room B112

**For more information on registration, go to the following link:  
[www.hvcc.edu/enroll.html](http://www.hvcc.edu/enroll.html)**

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. Partners preferred. Limit of 25 couples.

**Ballroom Dancing II**

Location:	Eagle Elementary Gym
Instructor:	Pietropaoli
Length:	8 weeks
Starting date:	October 18
Day & time:	Tuesdays, 6:30-8p
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. Partners Preferred. No class on November 8. Limit of 25 couples.

**Barre Sculpt**

Location:	Glenmont Gym
Instructor:	Halvorsen
Length:	8 weeks
Starting date:	September 29
Day and Time:	Thursdays, 6:45-7:30p
Fee:	\$45

This fun class is a blend of ballet and strength conditioning that creates a challenging workout. This is a sculpting workout for the entire body, using small isometric movements to create lean, dense musculature and movement control. All levels are welcome and modifications are provided when needed. Please bring a yoga mat and light weights (if available) to the first class. Limit of 30 students.

**Back by popular demand!**

**Beginners Jewelry Making**

Location:	High School -Room D127
Instructor:	Krishna
Length:	4 weeks
Starting date:	September 29
Day & Time:	Thursdays, 6:00-8:00p
Fee:	\$25 (plus \$15 materials fee for each class. See below)

In this class students will learn how to make beautiful jewelry including a set of necklace and bracelet, types of earrings, rings and a timeless classic fresh water pearl necklace. Students must bring \$30 to the first class session to cover the cost of the first two classes. For subsequent classes the materials fee will be collected the week before each class. The instructor is the owner of *Raadhe Handmade Jewelry for a Cause*. (Go to <https://www.facebook.com/RaadheHandmadeJewelry>). Limit of 15 students. No senior exemptions.

**College Admissions 101 (for Parents)**

Location:	High School Counseling Center
Instructor:	Honeywell
Length:	2 weeks
Day & Time:	Thursdays, 6:00-7:30p
Dates:	October 6 and October 13
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,

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Interest Inventories, Early Action/Early Decision programs, and the College Rep. visit. Limit of 25 students.

*Joanne Honeywell, School Counselor at Bethlehem High School for the past 20 years, has helped hundreds of college bound students through the admissions process.*

## Computer Technology Minicourses

### Computer Technology

#### Google Applications

Location:	High School - Room B112
Instructors:	Martyn
Length:	Two weeks
Date:	October 6 and October 13
Day & Time:	Thursdays, 7-8:30p
Fee:	\$25

You will need a Gmail account for this class. Explore the many applications that your free Google account has to offer including documents, sheets, presentations and much more. Limit of 15 students. No senior exemptions.

### Computer Technology

#### Introduction to Excel

Location:	High School - Room B112
Instructors:	Martyn
Length:	2 weeks
Dates:	October 20 and October 27
Day & Time:	Thursdays, 7-8:30p
Fee:	\$25

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 2013. Please bring a flash drive if you would like to save your work. Limit of 15 students. No senior exemptions.

#### Digital Photography I

Location:	High School - Room D128
Instructor:	Spannbauer
Length:	8 weeks
Starting Date:	September 20
Day & Time:	Tuesdays, 7:00 – 9:00p
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,

and printing. Post-processing will be done using Photoshop. Bring a digital camera and flash drive to class for storing images. The instructor has more than 35 years of experience in photography and teaching. Limit of 22 students. No Senior exemptions.

### Estate Planning – Taking the Mystery Out

Location:	High School – Room D118
Instructor:	Richard Fuerst, Esq.
Date of Class:	One class only - October 6
Day and Time:	Thursday, 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 of 25 students.*

### Five-Hour Driver Prelicense Class

Location:	High School - Room D216
Instructor:	Mysliwiec
Length:	One night only
Dates:	9/14, 10/5, 11/2, 12/7, 1/4, 2/1 (First Wednesday of each month, except Sept.)
Time:	3:00-8:00p (Includes half-hour break)
Fee:	\$40 Check (No Cash)

This course must be completed before scheduling a road test for a NYS driver's license. Students register with instructor 15 minutes before class. Please bring payment to 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.

### Floral Design

Location	High School - Room D125
Instructor	Archibald
Length:	8 weeks
Starting Date:	September 21
Day & Time:	Wednesdays, 7:00-9:00p
Fee:	\$75 (plus \$20 materials fee, paid separately. See below)

This program includes the different types of fresh arrangements, the proper treatment of flowers, how to increase the life of flowers, decorating with flowers and greens, and different crafts using flowers and ribbons. Each student will do his/her own flower arrangement or flower craft to take home each week. Each student will be required to bring to class a sharp (pairing or jack) knife for cutting flower stems. Scissors are acceptable, but not recommended for cutting flowers. Please bring a \$40 materials fee to the first session to cover the first two classes. For subsequent classes the materials fee will be collected the week before each class. Phebe Archibald was the owner of Phebe's Florist and Gifts in Guilderland for 23 years. Limit of 12 students. No senior exemptions. No class on October 12.

### NEW!

#### Girls Night Out – for Mothers and Daughters

Location	High School - Room D138
Instructor	D'Arcangelis
Length:	2 weeks
Starting Date:	October 6 and October 13
Day & Time:	Thursdays, 5:30 to 7:30p
Fee:	\$40

This course is designed to provide mothers (or female guardians) and tween girls (grades 5-8) with some of the skills necessary for teens to realize their full potential while moving into young adulthood. Pairs will work on increasing communication and bonding, learn skills helpful in preventing substance abuse and pregnancy and increase feelings of self-worth all while having fun through various exercises, activities and lessons. The instructor has an LMSW and is an experienced workshop and group facilitator. Limit of 10 pairs.

Check out the "Fall 2016 Classes at a Glance" on Page 9 for courses listed by day and time.

### Guitar Class for Beginners

Location	High School - Room D122
Instructor	Haggerty
Length:	6 weeks
Starting Date:	September 28
Day & Time:	Wednesdays, 6:30 to 8:00p
Fee:	\$50

This fun, relaxed, introductory class will teach the beginner everything you will want to know about the acoustic guitar. General instrument care, chord shapes and patterns, strumming patterns, basic music theory, some music history and tips for song writing and all while having a good time learning some classic songs. Each student must bring their own guitar. No class on October 12. Limit of 15 students.

### NEW! Health and Wellness for Seniors

Location	High School - Room D132
Instructor	Bevin
Length:	2 weeks
Dates:	September 19 and September 26
Day & Time:	Mondays, 6:00 to 8:30p
Fee:	\$20

Living a life of health and wellness is just as important for seniors as it is for other demographics. This class will provide seniors with information on food and fitness myths, shopping smart, daily exercise and stress management techniques, in addition to other nutrition and fitness education. The instructor is a Certified Health Coach through the American Council on Exercise. Limit of 25 students.

### New Battles for Fall Class! Important Battles in American History

Location:	High School - Room D118
Instructor:	Wilson
Starting Date:	September 21
Length:	6 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: *The Battle of Bunker Hill, The Battle of Plattsburgh, The Battle of Gettysburg, The Battle of Bentonville, The Battle of San Juan Hill, and The Bay of Pigs.* No class on October 12. Limit of 25 Students.

### Indian Vegetarian Cooking

Location:	High School - Room D124
Instructor:	Krishna
Length:	5 weeks
Starting date:	October 19
Day & times:	Wednesdays, 6:30 - 8:30p
Fee: \$30 (plus \$15 materials fee for each class. See below.)	

These cooking classes are informative, interactive and hands-on featuring traditional vegetarian dishes with spices (masala). The dishes will include a variety of appetizer, salad, whole wheat bread, vegetable, rice pilaf and dessert. These are healthy menus freshly made, low in calories and cholesterol with no preservatives. Sampling is encouraged. Please bring a \$30 materials fee to the first session to cover the first two classes. For subsequent classes the materials fee will be collected the week before each class. No senior exemptions. Limit of 25 students.

### NEW! Intermediate/Intensive Indian Vegetarian Cooking

Location:	High School - Room D124
Instructor:	Krishna
Length:	4 weeks
Starting date:	October 18
Day & times:	Tuesdays, 6:30 - 9:00p
Fee: \$25 (plus \$20 materials fee for each class. See below.)	

This course will include preparation of an appetizer, entrée plus accompaniments (curry/breads/rice). Each class will include understanding benefits of relevant spices and being able to use the spices in different dishes. Menu will feature cuisine from different parts of India (North, South, East, West Indian and Chaat). Eligibility: Students who have already completed a basic Indian Cooking class. Please bring a \$40 materials fee to the first session to cover the first two classes. For subsequent classes the materials fee will be collected the week before each class. No senior exemptions. Limit of 25 students.

### Introduction to Tai chi, Qi Gong and Acupressure

Location:	High School - Room D122
Instructor:	Childers
Length:	8 weeks
Starting date:	September 27
Day & time:	Tuesdays, 6:30-8:00p
Fee:	\$ 70

Tai Chi, the ancient Chinese art of meditation in motion, promotes mental and emotional and physical healing by combining movement, meditation, relaxation and self-defense. It is reputed to be of therapeutic value for high blood pressure, heart disease, and lung disease. This form of exercise is practiced by people of all ages and physical abilities. It requires no equipment and very little space. Each movement is performed slowly to improve balance, flexibility, concentration and muscle control.

*Master Vera Childers is from the Shandong province of China, and has been involved with various sports and dance forms since the age of 5. Limit of 30 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 2016

## MONDAY A.M.

### *The Elections of 2016*

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

**INSTRUCTOR:** Bruce Miroff, Professor & Collins Fellow, Department of Political Science, Rockefeller College of Public Affairs & Policy

The fall campaigns promise to continue what has been one of the oddest and most intriguing election seasons in modern American history. This course will examine an array of factors that shape presidential and congressional elections, including candidate images, issues, media, money, grass-roots organizing, strategic coalition building and the impact of the economy. Each week's class will also report on and assess campaign developments in real time, including recent polls, debates and any emerging controversies. The 5th meeting will assess the state of play on election eve, and the final class will analyze the results and speculate on their political consequences.

**NOTE:** Later start date than other courses. Class will meet on Columbus Day (Oct. 10) and is timed to have last class on Nov. 14, after the elections.

### Registration Info:

Make check payable to Bethlehem Central School District. **Mail check 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 16, 2016.**

## MONDAY P.M.

### *The Rights Revolution*

**Starts:** September 26  
**Time:** 1:30 - 3:30 p.m.  
**Place:** Delmar Reformed Church

**INSTRUCTOR:** Ryan Irwin, Assistant Professor of History, SUNY, Albany

This course will explore selected topics on post World War II America, and specifically, a number of important efforts to expand the rights of certain groups. We will consider how these various efforts directly challenged the "liberal consensus" that had emerged from the New Deal and the war. For example, we will examine the major strategies that black Americans developed during the civil rights movement such as the reliance on non-violence and their later efforts to promote black separatism and black power. We will also examine the student movement that started at Berkeley as a free speech movement and soon expanded across the nation in support of civil rights for various groups and opposition to the Vietnam War. Finally, we will consider how politicians and government leaders appropriated elements of these "rights movements" as conservatism grew in influence during the 1970s and 80s. We will conclude with an analysis that shows how Barack Obama's world view is in fact rooted in the "rights revolution" of the post-war era.

**NOTE:** No class Oct. 3 (Rosh Hashanah). Class will meet on Oct. 10 (Columbus Day). Last class will be November 7.

## TUESDAY A.M.

### *Conquering a Musical Summit Previously Unknown: The Compositions & Career of Gustav Mahler*

**Starts:** September 27  
**Time:** 10:00-12 noon  
**Place:** Delmar Reformed Church

**INSTRUCTOR:** Ann-Marie Barker Schwartz, Violinist & Director of Musicians of Ma'alwyck and Violinist for the Glimmerglass Opera

Leader of the Vienna Philharmonic, Metropolitan Opera, and the New York Philharmonic, composer of 9 monumental symphonies and several glorious orchestral song cycles, Gustav Mahler still remains an enigmatic figure. This course will narrate Mahler's life story through his symphonic repertory as well as his work as a conductor. We will listen to essential elements of his music as we also consider the impacts of his life on the music.

**NOTE:** Class will not meet on October 4 (Rosh Hashanah). Last class will be November 8.

## HILL COMMITTEE

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

Debra Renner  
 Barbara Richer  
 Donna Sawyer  
 Sandra Shapard



## FALL 2016 HILL COURSES

### TUESDAY P.M.

#### *Art, Nature and the Environment*

**Starts:** September 27  
**Time:** 1:30-3:30 p.m.  
**Place:** Delmar Reformed Church

INSTRUCTOR: **Louisa Matthew**, Professor of Art History, Union College

This course will explore human relationships with nature beginning with the end of the Roman Empire and ending in 19th century America. Each week we will investigate a different topic, focusing on the history of gardens, landscape and villa architecture, manuscripts, paintings, and other forms of representation, with a significant nod toward literature. Topics will include: pagan attitudes toward nature and the concept of "Arcadia"; the influence of Christianity and interactions with the natural world during the Middle Ages; the revival of the villa, relations between art and nature, and gardens as

personal statements during the Renaissance; the impact of the rise of romanticism; and, industrialization and the end of the American frontier in the late 19th century.

**NOTE:** *Class will not meet on October 4 (Rosh Hashanah). Last class will be November 8.*

### WEDNESDAY P.M.

#### *Latino/a Literature: Contemporary Voices*

**Starts:** September 28  
**Time:** 1:30-3:30 p.m.  
**Place:** Delmar Reformed Church

INSTRUCTOR: **Lisa Nevarez**, Professor of English, Siena College

As of the year 2015, Latinos comprised just over 17 percent of the United States population. With this rich infusion of Latino culture and Spanish language into the U.S., we welcome an accompanying body of literature. This course will celebrate

all things Latino by reading a selection of contemporary poetry, short stories, and essays. All readings will be in English. We will discuss these texts while grappling with questions and issues such as the terms Latino vs. Hispanic, bilingualism, machismo, and sexuality. Through this reading and these conversations we will focus on the diversity within Latino literature. Our writers will be from Cuban, Mexican, Dominican, and Puerto Rican backgrounds. They will include, but are not limited to, Julia Alvarez, Richard Blanco, Sandra Cisneros, Junot Diaz, Martin Espada, Lorraine Lopez, Ana Menendez, Pat Mora, Judith Ortiz-Cofer, and Pedro Pietri.

**Instructor will provide readings (poems, short stories, essays, etc.) via email to attendees.**

**NOTE:** *Class will not meet on October 12 (Yom Kippur). Last class will be November 9.*

### 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 full-day weather cancellations. Check local stations, the district website ([www.bethlehemschools.org](http://www.bethlehemschools.org)) or call for closing information.
- Messages with questions about HILL courses should be left on (518) 368-7029. Refer to <http://bethlehemschools.org/community/adult-education/> for information about classes and special events.

## HILL Fall 2016 Registration Form

Fee for each course is \$35. Seating is limited. Please provide all information (including telephone #) requested on this form and enclose **ONE CHECK FOR ALL HILL COURSES AND ALL REGISTRANTS ON THIS FORM.**

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Address: \_\_\_\_\_

Email Address (optional): \_\_\_\_\_

I've enclosed course fees for the following courses:

- |  |                     |                |
|--|---------------------|----------------|
| <input type="checkbox"/> Elections of 2016             | # registering _____ | Name(s): _____ |
| <input type="checkbox"/> The Rights Revolution         | # registering _____ | Name(s): _____ |
| <input type="checkbox"/> Gustav Mahler                 | # registering _____ | Name(s): _____ |
| <input type="checkbox"/> Art, Nature & the Environment | # registering _____ | Name(s): _____ |
| <input type="checkbox"/> Latino/a Literature           | # registering _____ | Name(s): _____ |

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

## Continuing Education COURSE DESCRIPTIONS (continued)

### Italian (Beginner and Intermediate)

Location:	High School - Room D138
Instructor:	Pizzitola
Length:	7 weeks
Starting date:	September 21
Day & times:	Weds., 6:00-7:25p (Beginner) Weds, 7:30-8:45p (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 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 October 12. Limit of 25 students.

### Knitting

Location:	High School - Room B114
Instructor:	Loux
Length:	8 weeks
Starting date:	October 17
Day & Time:	Mondays, 7:00-8:30p
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 WORSTED weight acrylic yarn (light, solid color such as white, beige, pink) and size 6 or 7 needles to the first class for practice. No class on November 7. Limit of 15 students.

### NEW!

### Living Life to its Fullest - A Health and Wellness Class

Location:	High School - Room D132
Instructor:	Bevin
Length:	2 weeks
Dates:	November 29 and December 6
Day & time:	Tuesdays, 6:00 - 8:30p
Fee:	\$20

When it comes to health and wellness, there are two important factors to know: diets never work because they don't last and the second is that a lifestyle of health consists of 20% exercise and 80% everything else. This engaging, interactive class will not only teach effective exercise techniques but will also cover nutrition, how to end sluggishness, food shopping, getting motivated and more. The instructor is a certified Health Coach through the American Council on Exercise. Limit of 25 students.

### Oil Painting

Location:	High School - Room D125
Instructor:	Williams
Length:	10 weeks
Starting date:	October 4
Day & time:	Tuesdays, 6:30 - 9:00p
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.

### Back by popular demand!

### Pastel Painting

Location:	High School - Room D125
Instructor:	Somaio
Length:	8 weeks
Starting date:	September 29
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 of 20 students.

### Piyo

Location:	High School - Room D122
Instructor:	Stanco
Length:	8 weeks
Starting date:	September 12
Day & Time:	Mondays, 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 of 25 students. No class on October 3 or October 10.

### Prepare for the "New" PSAT exam!

### PSAT Review: Math

Location:	High School - Room D204
Instructor:	Fredette
Length:	6 weeks
Starting date:	September 13
Day & time:	Tuesdays, 3:15-5:00p
Fee:	\$120 plus book (see course description)

This course will prepare sophomores or juniors planning to take the new PSAT on Saturday, October 22 for the Math section of the test. Students will receive review and instruction on key math skills and concepts along with test strategies needed for the PSAT or SAT. Students must have *Barron's Strategies and Practice for the New PSAT/NMSQT* for the first class. Limit of 25 students.

### SAT Review: Critical Reading & Writing Subtests

Location:	High School – Room D112
Instructor:	Sharp
Length:	4 weeks
Dates:	9/8, 9/15, 9/22, and 9/29
Day & time:	Thursdays, 3:15-5:15p
Fee:	\$120 + book (listed below)

This course will prepare students to take the Verbal section of the SAT offered in the fall of 2016. Students will receive instruction on the sentence completions and passage-based reading questions in the 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. For the first class, students must have *Cracking the New SAT with 4 Practice Tests, 2016 Edition: Created for the Redesigned 2016 Exam*, published by Princeton Review. Limit of 25 students.

### SAT Review: Math

Location:	High School – Room D102
Instructor:	Corson
Length:	6 classes
Dates:	9/12, 9/14, 9/19, 9/21, 9/26 and 9/28
Day & time:	Mon. and Weds., 3:15-5:00p
Fee:	\$120 + book (listed below)

This course will review formulas, problems and concepts for the Mathematics portion of the SAT for students who plan to take the exam during one of the Fall administrations. Students must have the *Barron's Math Workbook for the New SAT - 6th Edition*. Limit of 25 students.

### Tap for Fun and Fitness (Beginner/Intermediate)

Location:	High School Cafeteria
Instructor:	Feldman
Length:	8 weeks
Starting date:	September 13
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 [allaboutdance.com](http://allaboutdance.com). No class on October 11. Limit of 30 students.

### Your Passport to Retirement & Discussion on Changes to Social Security

Location:	High School – Room D118
Instructor:	Bryant
Length:	One session
Date:	October 4
Day & time:	Tuesday, 6:00-8:00p
Fee:	\$10

Are you wondering if you have enough saved for 30+ years of retirement? Don't put your head in the sand, cross your fingers and hope for the best. If you are wondering how much is enough, or if it may be too late to get serious about saving for retirement, this course is for you. Topics include: Cash Management, Strategies for Successful Investing, Calculating the Cost of Retirement, Sources of Retirement Income and changes in Social Security. Limit of 25 students.

*Conor Bryant is a Certified Financial Planner™ at Bryant Asset Management in Slingerlands.*

### Back by popular demand! Watercolor Workshop

Location:	High School – Room D125
Instructor:	Somaio
Length:	8 weeks
Starting date:	October 17
Day & time:	Mondays, 7:30-9:30p
Fee:	\$60

Beginning and intermediate students will 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 will be for students to come away with a deeper understanding of the poetic language of painting and to have an increased level of mastery of painting skills. A supply list will be given out the first night of class. Limit of 20 students.

### Woodworking (Beginning)

Location:	High School - Room F107
Instructor:	Ferraro
Length:	8 weeks
Starting date:	September 27
Day & time:	Tuesdays, 6:30-9:00p
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.

### Writing Workshop

Location:	High School - Room D120
Instructor:	Higgins
Length:	8 weeks
Starting Date:	September 21
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 be encouraged to set realistic writing goals, explore strategies for meeting them and work on a project with opportunities to share work. Taught by Ellen Higgins, Ph.D., a professional writer, editor, and teacher. No class on October 12. Limit of 15 students. No senior exemptions.

### Yoga New instructor!

Location:	Middle School Upper Gym
Instructor:	McCarroll
Length:	7 weeks
Starting date:	October 24
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 of 50 students. No class on November 21.



## Zumba

*"Ditch the Work Out. Join the Party!"*

**Location:** Session I: Glenmont Cafeteria  
Session II: Eagle Cafeteria  
and Gymnasium

**Instructor:** Jaime-Benitez

**Length:** 10 weeks

**Starting date:** Session I: Monday, September 19

Session II: Wednesday, September 21

**Day & Time:** Mondays or Wednesdays - 6:30-7:30p

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. It's 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 October 3 and October 10 (Session I) or October 12 and November 23 (Session II).**

### LOCATIONS

**Eagle Elementary School**  
27 Van Dyke Road  
Delmar, NY 12054

**Glenmont Elementary School**  
328 Route 9W  
Glenmont, NY 12077

**Bethlehem Central Middle School**  
332 Kenwood Avenue  
Delmar, NY 12054

**Bethlehem Central High School**  
700 Delaware Avenue  
Delmar, NY 12054

## Fall 2016 Continuing Education Courses At-a-Glance

Day	Place	Time
<b>Mondays</b>		
American Sign Language	High School D136	6:30-7:30 p.m.
Ballroom Dancing I	Eagle Elementary Gym	6:30-8 p.m.
Health and Wellness for Seniors	High School D132	6-8:30 p.m.
Knitting	High School B114	7-8:30 p.m.
Piyo	High School D122	4-5 p.m.
SAT Review: Math	High School D102	3:15-5 p.m.
Watercolor Workshop	High School D125	7:30-9:30 p.m.
Yoga	Middle School Upper Gym	6:45-8:30 p.m.
Zumba	Glenmont Cafeteria	6:30-7:30 p.m.
<b>Tuesdays</b>		
Aqua Fitness	High School Pool	7-8 p.m.
Ballroom Dancing II	Eagle Elementary Gym	6:30-8 p.m.
Digital Photography I	High School D128	7-9 p.m.
HVCC English 101	High School B112	6-9:20 p.m.
Intermed. Indian Vegetarian Cooking	High School D124	6:30-9 p.m.
Tai Chi, Qi Gong and Accupressure	High School D122	6:30-8 p.m.
Living Life to its Fullest	High School D132	6-8:30 p.m.
Oil Painting	High School D125	6:30-9 p.m.
PSAT Review: Math	High School D204	3:15-5 p.m.
Tap for Fun and Fitness	High School Cafeteria	6:30-7:30 p.m.
Woodworking (Beginning)	High School F107	6:30-9 p.m.
Your Passport to Retirement	High School D118	6-8 p.m.
<b>Wednesdays</b>		
Five-Hour Driver Prelicense Class	High School D216	3-8 p.m.
Floral Design	High School D125	7-9 p.m.
Guitar Class for Beginners	High School D122	6:30-8 p.m.
Important Battles in American Hist.	High School D118	6:15-8 p.m.
Indian Vegetarian Cooking	High School D124	6:30-8:30 p.m.
Italian (Beginner)	High School D138	6-7:25 p.m.
Italian (Intermediate)	High School D138	7:30-8:45 p.m.
SAT Review: Math	High School D102	3:15-5 p.m.
Writing Workshop	High School D120	6:30-8:30 p.m.
Zumba	Eagle Cafeteria & Gymnasium	6:30-7:30 p.m.
<b>Thursdays</b>		
Aqua Fitness	High School Pool	7-8 p.m.
Barre Sculpt	Glenmont Cafeteria	6:45-7:30 p.m.
Beginners Jewelry Making	High School D127	6-8 p.m.
College Admissions 101	High School Counseling Center	6-7:30 p.m.
CT: Google Apps	High School B112	7-8:30 p.m.
CT: Introduction to Excel	High School B112	7-8:30 p.m.
Estate Planning	High School D118	6:30-8:30 p.m.
Girls Night Out	High School D138	5:30-7:30 p.m.
Pastel Painting	High School D125	7:30-9:30 p.m.
SAT Review: Reading/Writing	High School D112	3:15-5:15 p.m.

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

Bethlehem Central School District  
700 Delaware Ave.  
Delmar, NY 12054

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Check out the  
"Fall 2016  
Continuing Education  
Courses at a Glance"  
on Page 9 for courses  
listed by day and time.

## 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 [www.bethlehemschools.org](http://www.bethlehemschools.org) (Click on the "Community" top link on the menu at the top of the district homepage. Continuing Education can be found here.)

### Office Use Only

Date Received \_\_\_\_\_

Check Money Order

Initials \_\_\_\_\_