



- WORK HARD
- PLAY HARD
- LEARN FOREVER

Continuing EDUCATION

SPRING 2018 Schedule
including **HILL** Classes



Contact Information

Karen Ballard - Registrar
(518) 439-4921 ext. 22965
kballard@bcsd.neric.org

Kate Burkart - Spring Director
kburkart@bcsd.neric.org

Scott Carlton - Fall Director
scarlton@bcsd.neric.org

For assistance during the registration period, please call the number above or use the listed 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 **Wednesday, February 14** or
- Drop off your registration at the **High School main office by Wednesday, February 14, 9 a.m.-3 p.m.**
- Registration received after **Wednesday, February 14 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 cancelled 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 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. Delmar, but classes are held in other buildings. Note class locations in 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 at 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 April 2-6. There may be other dates when a specific class does not meet. Please see course listings. In most cases, class time lost due to weather cancellations will be made up at the end of the course.

Reminder

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



Ballroom Dancing I

Location:	Eagle Elementary Cafeteria & Gym
Instructor:	Pietropaoli
Length:	8 weeks
Starting date:	March 5
Day & time:	Mondays, 6:30-8:00p
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. Partners preferred. **Limit of 20 couples. No class on April 2.**

Ballroom Dancing II

Location:	Eagle Elementary Cafeteria & Gym
Instructor:	Pietropaoli
Length:	8 weeks
Starting date:	March 6
Day & time:	Tuesdays, 6:30-8:00p
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. **Limit of 20 couples. No class on March 13 or April 3.**

Barre Sculpt

Location:	Glenmont Elementary Gym
Instructor:	Halvorsen
Length:	6 weeks
Starting date:	March 8
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 to first class. **Limit of 30 students. No class on March 29 or April 5.**

Basic Jewelry Making

Location:	High School - Room D128
Instructor:	Luberda
Length:	8 weeks
Starting date:	March 6
Day and Time:	Tuesdays, 6:00-7:25p
Fee:	\$50 (plus \$35 materials fee, paid separately)

Create beautiful jewelry! Students will learn some rudimentary terms and tools used in jewelry making. They will be shown some basic techniques to create their own wire and beaded jewelry, including necklaces, bracelets and earrings. Please bring a \$35 materials fee to the first class. **Limit of 15 students. No class on April 3.**

Chinese Acupressure ***NEW!***

Location:	High School - Room D122
Instructor:	Childers
Length:	9 weeks
Starting date:	March 7
Day & Time:	Wednesdays, 6:30-8:00p
Fee:	\$80

Acupressure has been used for thousands of years in China to promote good health, lengthen life and prevent illness. It is similar to acupuncture, but instead of needles other techniques are employed. In this class students will learn to use these techniques in a comfortable, relaxed atmosphere, as well as be introduced to daily exercises to improve circulation, flexibility, and well-being. Students will learn to use whole body self-massage using acupressure points as well as Chi Gong breathing techniques for better health and stimulation of Chi energy. Note: Wear comfortable clothing and socks, for foot massage. **Limit of 30 students. No class April 4.**

COMPUTER TECHNOLOGY MINICOURSES

Update your computer skills for home or office by taking one or both of the following minicourses:

Google Applications

Location:	High School - Room B112
Instructors:	Martyn
Length:	2 weeks
Dates:	March 8 and March 15
Day & Time:	Thursdays, 7:00-8:30p
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.**

Introduction to Excel

Location:	High School - Room B112
Instructors:	Martyn
Length:	2 weeks
Date:	March 22 and March 29
Day & Time:	Thursdays, 7:00-8:30p
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.**

Cooking 101

Location:	High School - Room D124
Instructors:	Hesse
Length:	6 weeks
Date:	March 13
Day & Time:	Tuesdays, 6:30-8:30p
Fee:	\$50 (plus \$10 materials fee for each class)

Tired of take out? Sick of microwaved meals? Want to cook healthy meals for you and your family? This cooking class will be informative, interactive and hands-on. We will cover basic cooking techniques and simple recipes. Sampling is always encouraged! Please bring a \$20 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. **Limit of 20 students. No senior exemptions. No class on April 3.**

Demystifying Mindfulness ***NEW***

Location:	High School - Room D132
Instructor:	Marks
Length:	One night only
Date:	Tuesday, April 10
Time:	6:00– 7:30p
Fee:	\$10

Mindfulness is everywhere you turn these days, but it's not just the latest new-age fad. Practicing mindfulness really can change your life! This class will separate the hype from reality and will show you the modern day benefits of this ancient practice. You'll experience a classic mindfulness exercise, and learn exactly what to do to start a practical mindfulness practice today. **Limit of 25 students.**

Digital Photography

Location:	High School - Room D128
Instructor:	DeBerry
Length:	8 weeks
Starting Date:	March 7
Day & Time:	Wednesdays, 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, and uploading and editing photos in Photoshop. We will use the photo uploading and storing application Flickr to share our photos each class. Bring a digital camera and flash drive to class for storing images. **Limit of 22 students. No senior exemptions. No class April 4.**

Downsizing

Location:	High School - Room D132
Instructor:	Sher, Shaw and Stone
Length:	One night only
Date:	Thursday, March 8
Time:	7:00-8:30p
Fee:	\$10

Are you an "empty nester?" Recently retired or divorced? Have you been thinking of downsizing? In this workshop, we will discuss what this involves:

the best "order" in which to sell and buy, the art of pricing your home correctly, preparing your home for sale (including de-cluttering and easy updates), local options for downsizing, the current Bethlehem market and other topics. Nina Sher is a licensed real estate salesperson with Hunt Real Estate ERA and retired BCSD French and Spanish Teacher; Cheryl Shaw of CS Property Improvement, is a Certified Stager and Designer and Judi Stone is owner of Take2Artworks. If you wish, you may send questions in advance to nina.sher@huntrealestate.com. **Limit of 30 students.**

Estate Planning – Taking the Mystery Out

Location:	High School – Room D118
Instructor:	Richard Fuerst, Esq. Higgins, Roberts, Beyerl & Coan, P.C.
Length:	One night only
Date:	Thursday, March 8
Time:	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 is an experienced local attorney and workshop facilitator who will sensitively consider your estate planning questions. **Limit of 25 students.**

Find the Right College at the Right Price ***NEW!***

Location:	High School Counseling Center
Instructor:	Dr. Skarlis
Length:	One night only
Date:	Thursday, March 22
Time:	6:30– 8:30p
Fee:	\$15

For parents of high school sophomores and juniors, Dr. Dean Skarlis of The College Advisor of New York will outline the steps you need to find a best-fit

college. Some of the topics he will cover are: The top five factors colleges expect to see in applicants; the financial aid process and strategies to reduce college costs; rankings/schmankings: understanding why "fit" is critical; SAT/ACT strategy; how to make the most of college visits; writing the essay, and more. The information and handouts you will take home from this presentation will help you in your child's college search. **Limit of 28 students.**

Five-Hour Driver Prelicense Class ***NEW INSTRUCTORS!***

Location:	High School - Room D216
Instructor:	Bell's Driving School
Length:	One night only
Dates:	2/7, 3/7, 4/11, 5/2, 6/6 (First Wednesday of the month)
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.**

Guided Meditation ***NEW!***

Location:	High School - Library Media Center
Instructor:	Ramkumar
Length:	6 weeks
Starting date:	March 8
Day & time:	Thursdays, 7:00–8:00p
Fee:	\$50

Are you looking for to improve your life? Have more energy and be relaxed. Join Janaki Ramkumar for guided meditation session that is proven to rejuvenate and recharge you. There is absolutely no experience necessary, no special clothes or ability required. This guided meditation only requires you to relax. We will be starting the session with a spiritual story and we will continue with the guided meditation. Tune your mind out for a few minutes and this program will give you more energy, relaxation, productivity and concentration. **Limit of 15 students. No class on April 5.**



Guitar Class for Beginners

Location	High School - Room D122
Instructor	Haggerty
Length:	6 weeks
Starting Date:	March 8
Day & Time:	Thursdays, 6:30-8:00p
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. **Limit of 15 students. No class on April 5.**

Introduction to Psychological Fitness Training™ ***NEW!***

Location:	High School -Room D132
Instructor:	Marks
Length:	One night only
Date:	Wednesday, March 28
Time:	6:00-8:00p
Fee:	\$10

To thrive in today's crazy world, you have to be strong, resilient and flexible - psychologically. This class will teach you how to get "psychologically fit". Based on the latest scientific research, you'll learn simple techniques to develop the psychological fitness to face life's challenges with courage and grace, and to pursue your goals with confidence and power. You'll leave with a time-saving exercise you can use to build your own psychological fitness in just a few minutes a day. **Limit of 25 students.**

Introduction to Tai Chi

Location	High School - Room D122
Instructor	Childers
Length:	9 weeks
Starting Date:	March 6
Day & Time:	Tuesdays, 6:30-8:00p
Fee:	\$80

Tai Chi, the ancient Chinese art of meditation in motion, promotes mental, 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 five. **Limit of 20 students. No class on April 3.**

Investing and Estate Planning 101 - Planning a Secure Future for Your Family ***NEW!***

Location:	High School -Room D118
Instructor:	Bryant & Martin
Length:	One night only
Date:	Wednesday, April 18
Time:	6:00-8:00p
Fee:	\$10

For parents with minor children, having the right financial plan and estate planning documents is critical to ensuring a secure future for your family. Join Conor Bryant, CFP and Ed Martin, Esq. to learn how to best plan for wealth accumulation, insurance needs, and college. We will also cover all the estate planning documents all parents need to protect the interests of their family, including wills, powers of attorney, health care proxies, living wills, and trusts for asset protection, probate avoidance and long-term care planning. Conor Bryant is a CERTIFIED FINANCIAL PLANNER™ and Ed Martin is a Principal Attorney at Lavelle & Finn, LLP and focuses his practice on estate planning and business law. **Limit of 25 students.**

Italian (Beginner & Intermediate)

Location:	High School - Room D138
Instructor:	Pizzitola
Length:	8 weeks
Starting date:	March 6
Day & time:	Tuesdays, 6:00-7:25p (Beginner) Tuesdays, 7:30-8:45p (Intermediate)
Fee:	\$50 (plus \$10 materials fee, paid separately)

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 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 \$10 materials fee at the first class. Please indicate Beginner or Intermediate session on the registration form. **Limit of 25 students. No class on April 3.**

Knitting

Location:	High School - Room D136
Instructor:	Loux
Length:	8 weeks
Starting date:	March 5
Day & time:	Mondays, 7:00-8:30p
Fee:	\$45

Learn how to knit and purl. With just these 2 stitches you can create endless designs. Learn to cast on stitches and bind them off at the end of your work. You will find this relaxing, creative class fun whether you knit for yourself or for someone else. Beginners will finish a small project: dishcloth, hat, scarf, or cowl. 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 colors such as white, beige, pink) and size 6 or 7 straight needles to the first class for practice. **Limit of 15 students. No class on April 2.**

Oil Pastels ***NEW!***

Location:	High School - Room D128
Instructor:	Luberda
Length:	8 weeks
Starting date:	March 6
Day & time:	Tuesdays, 7:30-9:00p
Fee:	\$50 (plus \$10 materials fee, paid separately)

Learn the basic techniques of oil pastels in this introductory level class. We will start by creating our own Monet inspired oil pastel drawing, practicing how to mix and layer colors. Then we will work from photographs to create additional drawings. Please bring a \$10 materials fee to the first class. **Limit of 15 students. No class on April 3.**

Humanities Institute for Lifelong Learning

The University In Our Town

HILL 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

CLASS NOTES

- Each HILL course meets 6 times a semester at the Delmar Reformed Church, 386 Delaware Avenue, Delmar, NY 12054.
- Starting dates and times differ for each course. See descriptions.
- **REGISTER EARLY.** Courses can be closed based on class size. It is strongly suggested that you submit your Registration Form before February 26, 2018.
- **REGISTRATIONS ARE NOT CONFIRMED.** You will only be notified if course registration is closed (registration checks are not cashed until after the semester begins.)
- HILL observes Bethlehem Central School District's full-day weather cancellations. Check local stations or the district website, www.bethlehemschools.org.
- Messages with questions about HILL courses should be left at (518) 368-7029. For more information, visit the BCSD Adult & Continuing Education page at www.bethlehemschools.org/community/adult-education.

MONDAY A.M.

The Cuban Revolution

Starts: March 5

Time: 10:00 - 12:00 noon

INSTRUCTOR: Teresa Meade, Florence B. Sherwood Professor of History & Culture; Director of the Latin American & Caribbean Studies Program, Union College

This course will survey the history of Cuba from the 1959 triumph of the revolution, led by Fidel Castro, and the 26th of July Movement, through the several decades-long period in which Cuba struggled to build an independent communist nation aligned with the Soviet Union. We will finish with an examination of how Cuba has weathered "The Time of Peace", a Cuban term describing the challenging period resulting from the demise of the Soviet bloc in the 1990s. We will also briefly examine the recent U.S. decision to officially recognize Cuba.

Specifically, the course will explore the history of political and economic changes in Cuba's revolutionary ideology during both the Cold War era and the years following the Soviet Union's demise. We will trace the revolutionary government's attempts to introduce measures to eliminate social inequality, and we will evaluate the reasons behind both successful and unsuccessful policies. We will also examine the history of gender and race relations from the early 1960s to the present. In addition to considering the economic and political ties with the U.S., dating from the late 19th century, we will also examine Cuban foreign policy with other Latin American and Caribbean countries, and with the rest of the world.

HILL COMMITTEE

Bruce Bushart
Tom Clash
Maryanne Gridley
Polly Hartman

Barry Isenberg
Allen Israel
Wendy Jordan
Henry Peyrebrune

MONDAY P.M.

Sound Ideas: Art & Society in Music Since 1900

Starts: March 5

Time: 1:30 - 3:30 p.m.

INSTRUCTOR: Nancy Newman, Musicologist; Associate Professor & Chair, Department of Music, UAlbany

Music of the past century is a rich tapestry reflecting social change, aesthetic experimentation, cultural exchange and technological upheaval. This course will consider major musical works from early 20th century modernism to recent minimalism as sonic expressions of contemporary developments. We will explore landmark compositions such as Stravinsky's *Rite of Spring* and *Symphony of Psalms*; Schoenberg's *Verklarte Nacht* and *Erwartung*; Berg's *Wozzeck*; Weill's *Three Penny Opera*; Milhaud's *La Creation du Monde*; Gershwin's *Rhapsody in Blue*; Copland's *Appalachian Spring*; Bartok's *Music for Strings, Percussion and Celesta*; Babbitt's *Philomel*; Reich's *Different Trains*; and Adams' *The Death of Klinghoffer*.

Through the lens of compositional technique and stylistic innovation, we will see how musicians wrestled with issues such as nationalism, gender politics and the culture industry.

Recommended reading: Alex Ross, *The Rest is Noise: Listening to the Twentieth Century*



Dick Ramsey
Debra Renner
Barbara Richer
Martha Rozett

Donna Sawyer
Sandra Shapard

TUESDAY A.M.

Russia and the Post-Soviet States

Starts: March 6
Time: 10:00-12 noon

INSTRUCTOR: *Ausra Park, Associate Professor, Department of Political Science, Siena College*

President Vladimir Putin has described the collapse of the Soviet Union as the “greatest geopolitical catastrophe of the 20th Century.” Unquestionably, the forfeiture of a great power status was both traumatic and painful for Russia. The country lost not only its significance and voice in international politics in the 1990s but it also experienced a major economic and demographic decline, which undermined the country’s geopolitical ambitions. With the dawn of the new millennium, Russia, under the new and current leadership of President-Prime Minister-President (again!) Putin, largely regained economic and, more importantly, political standing in world affairs. This newly resurgent Russia has successfully redefined its relations with the “near abroad” countries (so-called former Soviet Republics) as it launched various innovative, covert and overt foreign policy initiatives.

The course will focus primarily on the post-Cold War period and will examine the transformation of relations between Russia and the former 15 Soviet Republics, including the impact that major political and international events of the 21st century had on the post-Soviet region.

TUESDAY P.M.

New American Cinema: Films of the 1960s & 70s

Starts: March 6
Time: 1:30-3:30 p.m.

INSTRUCTOR: *Rob Edelman, Lecturer, Department of Art & Art History, UAlbany*

During the late 1960s and early 1970s, great social changes were occurring in the United States. These changes were sparked by the emerging youth culture, the progression of the Civil Rights Movement, opposition to the war in Vietnam, and the advent of the modern-era feminist movement. This course will explore the manner in which these changes impacted American cinema, with film content reflecting youth alienation, the drug culture, and alternative lifestyles and politics. Some of the film clips we will consider are from: *The Graduate, Bonnie and Clyde, Five Easy Pieces, Taxi Driver, Kramer vs. Kramer, The Candidate, Nashville, Easy Rider, Midnight Cowboy, Shaft, Born on the Fourth of July*, and *M*A*S*H*.

Suggested reading: Peter Biskind, *Easy Riders, Raging Bulls: How the Sex-Drugs-and-Rock 'N Roll Generation Saved Hollywood*

WEDNESDAY P.M.

What Can We Learn from Shakespeare’s Kings?

Starts: March 7
Time: 1:30-3:30 p.m.

INSTRUCTOR: *Martha Rozett, Professor Emerita, Department of English, UAlbany*

This course will begin with two British monarchs: Queen Elizabeth I, whose long reign extended from before Shakespeare’s birth until 1603, and her cousin King James I, who succeeded her and remained on the throne during the years in which Shakespeare wrote most of the tragedies, the Roman plays and the late romances. The two monarchs differed in many respects, but Shakespeare’s audiences at the Globe surely thought about how the kings on the stage compared with them as they watched the plays. The five subsequent sessions will each be devoted to a play and a king: Richard III, Richard II, Macbeth, Claudius in Hamlet, and King Lear. Our focus will be on the political situations in which the kings find themselves, the choices they make and the tragic consequences of those choices.

The discussions will include some details about the sources Shakespeare was working from and how his use of those sources reveals the issues he set out to explore. While we will not be able to discuss the plays as fully as we might like, each session will devote some attention to key scenes and to the main themes of the plays.

Attendees are encouraged to use any edition of the plays, preferably one with line numbers for easy reference.

Spring 2018 HILL Registration Form

This form is for HILL classes only.

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: _____

I've enclosed course fees for the following courses:

- The Cuban Revolution # registering ____ Name(s): _____
- Sound Ideas # registering ____ Name(s): _____
- Russia and the Post-Soviet States # registering ____ Name(s): _____
- New American Cinema # registering ____ Name(s): _____
- Shakespeare’s Kings # registering ____ Name(s): _____



Pastel Painting

Location:	High School - Room D125
Instructor:	Somaio
Length:	8 weeks
Starting date:	March 8
Day & time:	Thursdays, 7:00–9:00p
Fee:	\$60

This is an introductory course in the technique of Pastel. Finished works will 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 and 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. No class on April 5.**

PiYo

Location:	High School – Cafeteria
Instructor:	Stanco
Length:	8 weeks
Starting date:	March 5
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 April 2.**

Reminder

You will NOT receive confirmation of registration.

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

SAT Review: Critical Reading & Writing Subtests

Location:	High School – Room D112
Instructor:	Sharp
Length:	4 weeks
Dates:	Session I: 4/12, 4/19, 4/26, 5/3 (finishes before May SAT) Session II: 5/10, 5/17, 5/24, 5/31 (finishes before June SAT)
Time:	Thursdays, 3:30–5:30p
Fee:	\$120 + book (listed below)

This course will prepare students to take the Verbal section of the SAT offered in the Spring of 2018. In preparation for the Reading Test, students will be guided through the following: 1) an overview of the types of passages to expect, as well as tips for encountering each type 2) how to enhance the skills required to answer the “command of evidence” questions 3) vocabulary in context strategies, per the new test design. In preparation for the Writing and Language Test, students will be guided through the following: 1) an overview of the commonly tested standard English conventions, including tips and tricks 2) a de-emphasis on memorization, with an emphasis on skill based test taking strategies 3) easy to remember punctuation rules. Although the essay is not required, students’ writing skills will shine after being guided through: 1) a guided practice on how to read and analyze several passages with a heavy emphasis on analysis 2) an overview of rhetorical strategies including ethos, pathos, logos, rhetorical questions, and more! 3) suggestions for cohesive, inclusive essay structure. 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 (available on Amazon). **Limit of 25 students.**

SAT Review: Math Session I

Location:	High School - Room D102
Instructor:	Corson
Length:	6 classes
Class dates:	3/16, 3/23, 4/13, 4/20, 4/27, 5/4 (finishes before May SAT)
Time:	Fridays, 3:15-5:00p
Fee:	\$140 + book (listed below)

This course will review formulas, problems, concepts, and strategies for the Mathematics portion of the SAT for students who plan to take the exam during one of the spring administrations. Students must have the *Barron’s Math Workbook for the NEW SAT – 6th edition* for the first class. **Limit of 25 students.**

SAT Review: Math Session II

Location:	High School - Room D232
Instructor:	Turner
Length:	6 classes
Class dates:	4/24, 5/1, 5/8, 5/15, 5/22, 5/29 (finishes before June SAT)
Time:	Tuesdays, 3:00-4:45p
Fee:	\$140 + book (listed below)

This course will review formulas, problems, concepts, and strategies for the Mathematics portion of the SAT for students who plan to take the exam during one of the spring administrations. Students must have the *Barron’s Math Workbook for the NEW SAT – 6th edition* for the first class. **Limit of 25 students.**

Tap for Fun and Fitness (Beginner/Intermediate)

Location:	High School Cafeteria
Note:	First class will meet outside HS Room D142
Instructor:	Feldman
Length:	8 weeks
Starting date:	March 6
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. **Limit of 30 students. No class on March 20 or April 3.**



Watercolor Workshop II

Location:	High School – Room D127
Instructor:	Somaio
Length:	8 weeks
Starting date:	March 5
Day & time:	Mondays, 7:00-9:00p
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 2.**

Woodworking (Beginning)

Location:	High School - Room F107
Instructor:	Shannon
Length:	8 weeks
Starting date:	March 6
Day & time:	Tuesdays, 6:30-9:00p
Fee:	\$80

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 and students must provide all materials for their projects, including: lumber, glue, sandpaper, etc. 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 3.**

Writing Workshop

Location:	High School - Room D120
Instructor:	Higgins
Length:	8 weeks
Starting Date:	March 7
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 eight-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. **Limit of 15 students. No senior exemptions. No class on April 4.**

Yin & Yang Qi Gong Meditation ***NEW!***

Location:	High School D-122
Instructor:	Childers
Length:	8 weeks
Starting date:	March 16
Day & time:	Fridays, 6:30-8:00p
Fee:	\$80

Qi Gong meditation is a meditative art of relaxation, using different breathing techniques and short movements. Qi Gong is the skill of working with the qi, or the vital energy of the body. This particular form of Qi Gong meditation consists primarily of meditation, physical movements and breathing exercises. Qi Gong practitioners develop an awareness of qi sensations in their bodies and use their mind to guide the qi in the body. The benefits of Qi Gong are said to reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. **Limit of 30 students. No class on April 6.**

Yoga

Location:	Hamagrael Gym/Auditorium
Instructor:	Adams
Length:	9 weeks
Starting date:	March 6
Day & time:	Tuesdays, 6:45-8:00p
Fee:	\$50

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 3.**

Your Passport to Retirement & Discussion on Changes to Social Security

Location:	High School - Room D118
Instructor:	Bryant
Length:	One night only
Date:	Tuesday, March 13
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. Conor Bryant is a Certified Financial Planner™ at Bryant Asset in Delmar. **Limit of 25 students.**

Directions to all locations

can be found on the Bethlehem Central School District website at <http://bethlehemschools.org>



Zumba

“Ditch the Work Out. Join the Party!”

Locations: Session I - Glenmont Cafeteria

Session II - Eagle Cafeteria and Gymnasium

Instructor: Jaime-Benitez

Length: 10 weeks

Starting date: Session I - Monday, March 5

Session II - Wednesday, March 7

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 April 2 (Session 1) or April 4 (Session 2).**

Spring 2018 Continuing Education Courses At-a-Glance

Day	Place	Time
Mondays		
Ballroom Dancing I	Eagle Elementary Gym/Cafe	6:30-8 p.m.
Knitting	High School D136	7-8:30 p.m.
PiYo	High School Cafeteria	4-5 p.m.
Watercolor Workshop	High School D127	7-9 p.m.
Zumba Session I	Glenmont Cafeteria	6:30-7:30 p.m.
Tuesdays		
Ballroom Dancing II	Eagle Elementary Gym/Cafe	6:30-8 p.m.
Basic Jewelry Making	High School D128	6-7:25 p.m.
Cooking 101	High School D124	6:30-8:30 p.m.
Demystifying Mindfulness	High School D132	6-7:30 p.m.
Introduction to Tai Chi	High School D122	6:30-8 p.m.
Italian (Beginner)	High School D138	6-7:25 p.m.
Italian (Intermediate)	High School D138	7:30-8:45 p.m.
Oil Pastels	High School D128	7:30-9 p.m.
SAT Review: Math Session II	High School D232	3-4:45 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.
Yoga	Hamagrael Gym	6:45-8 p.m.
Your Passport to Retirement	High School D118	6-8 p.m.
Wednesdays		
Chinese Acupressure	High School D122	6:30-8 p.m.
Digital Photography	High School D128	7-9 p.m.
Five-Hour Driver Pre-License	High School D216	3-8 p.m.
Intro. to Psychological Fitness Training	High School D132	6-8 p.m.
Investing and Estate Planning 101	High School D118	6-8 p.m.
Writing Workshop	High School D120	6:30-8:30 p.m.
Zumba Session II	Eagle Cafeteria & Gymnasium	6:30-7:30 p.m.
Thursdays		
Barre Sculpt	Glenmont Gym	6:45-7:30 p.m.
Google Apps	High School B112	7-8:30 p.m.
Introduction to Excel	High School B112	7-8:30 p.m.
Downsizing	High School D132	7-8:30 p.m.
Estate Planning	High School D118	6:30-8:30 p.m.
Find the Right College	High School Counseling Center	6:30-8:30 p.m.
Guided Meditation	High School LMC	7-8 p.m.
Guitar for Beginners	High School D122	6:30-8 p.m.
Pastel Painting	High School D125	7-9 p.m.
SAT Review: Critical Reading	High School D112	3:30-5:30 p.m.
Fridays		
SAT Review: Math Session I	High School D102	3:15-5 p.m.
Yin & Yang Qi Gong Meditation	High School D122	6:30-8 p.m.

Bethlehem Central High School

700 Delaware Ave., Delmar, NY 12054

Eagle Elementary School

27 Van Dyke Road, Delmar, NY 12054

Glenmont Elementary School

328 Route 9W, Glenmont, NY 12077

Hamagrael Elementary School

1 McGuffey Lane, Delmar, NY 12054



Non-Profit Org.
U.S. Postage
PAID
Albany, NY
Permit No. 79

ECRWSS

Reminder

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

POSTAL CUSTOMER

View full schedule
on page 9.

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. PLEASE WRITE CLEARLY.

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. Checks will not be cashed until class begins.******

The registration form and this brochure are also available on the district website at 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 _____