Continuing Education

SPRING 2019 Schedule
including HILL Classes

For assistance during the registration period, please call the number above or use the listed email addresses.

CONTACT INFORMATION
Karen Ballard - Registrar
(518) 439-4921 ext. 22965
kballard@bethlehemschools.org

Kate Burkart - Spring Director
kburkart@bethlehemschools.org

Scott Carlton - Fall Director
scarlton@bethlehemschools.org

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 classes 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 Friday, February 8 or
• Drop off your registration at the High School main office by February 8, from 9 a.m.-3 p.m.
• Registration received after Friday, February 8 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 not be held when school is not 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 Feb. 18-22, March 22, April 19-26 or May 27. 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: Tuesdays, 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, foxtrot, swing, meringue and jitterbug. 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 22.

**Ballroom Dancing II**

Location: Eagle Elementary Cafeteria & Gym  
Instructor: Pietropaoli  
Length: 6 weeks  
Starting date: March 4  
Day & Time: Mondays, 6:30-8:00p  
Fee: $45 per person or $60 per couple

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 February 20 or March 20.

**Chinese Acupressure (Self-Massage)**

Location: High School - Room D124  
Instructor: Khalife  
Length: One night only  
Starting date: March 13  
Day & Time: Wednesday, 6:30-8:30p  
Fee: $15 (plus $15 materials fee)

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 being 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 24.

**Google Apps**

Location: High School - Room B112  
Instructor: Farrell  
Length: Two weeks  
Dates: March 7 and March 14  
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  
Instructor: Farrell  
Length: Two weeks  
Dates: March 21 and March 28  
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 - Lebanese Cuisine**

Location: High School - Room D124  
Instructor: Khalife  
Length: Two nights only  
Starting Date: April 3 and May 1  
Day & Time: Wednesdays, 6:30-8:30p  
Fee: $20 (plus $15 materials fee)

In this hands-on class, you will learn how to make and sample several Lebanese dishes (e.g. Tabbouleh, Hummus, Fatoush, Spinach pies). One of the two classes will be a vegetarian night. Please bring $15 materials fee to first class. Limit of 12 students.

**Crochet**

Location: High School - Room D124  
Instructor: Cooper  
Length: 6 weeks  
Starting Date: March 14  
Day & Time: Thursdays, 6:30-8:30p  
Fee: $45

This class will teach you the basics of crochet, as well as provide the opportunity to brush up on skills. We will learn how to read a crochet pattern and explore a variety of possible projects. Beginners - please bring a crochet hook, 1, J or K and a skein of light-colored acrylic worsted weight yarn. Experienced crocheters - just bring whatever you are currently working on. Limit of 15 students. No class April 11, April 18 and April 25.

**Digital Photography - Camera Settings Level 1 (Beginner)**

Location: High School - Room D128  
Instructor: DeBerry  
Length: 8 weeks  
Starting Date: March 11  
Day & Time: Mondays, 7:00-9:00p  
Fee: $65

Do you have a digital camera you want to learn to use? This beginner class will teach you all about aperture, shutter speed, ISO, white balance, composition, and more. We will combine in-class tutorials, handouts covering a variety of topics, group and individual learning, a series of projects, and critiques to maximize
your experience in and out of the classroom. We will use the photo uploading and storing application Flickr to share our photos each class. Leave class with a beautiful portfolio of images. Bring a digital camera and flash drive to class for storing images. **Limit of 15 students. No senior exemptions. No class on April 22.**

**NEW!**

**Digital Photography - Camera Settings Level 2 (Intermediate)**

**Location:** High School - Room D128  
**Instructor:** DeBerry  
**Length:** 8 weeks  
**Starting Date:** March 12  
**Day & Time:** Tuesdays, 7:00– 9:00p  
**Fee:** $65

Do you want to extend your knowledge of photography and get comfortable with everything your DSLR does? In this class you will become a master at creating the perfect exposure, and learn all about using lighting, metering, bracketing, and more. We will also cover file management/storage and preparing your photos for print versus web. We will combine in-class tutorials, handouts covering a variety of topics, group and individual learning, a series of projects, and critiques to maximize your experience in and out of the classroom. Leave class with a beautiful online portfolio of images and a print of your favorite final image. Bring a DSLR camera and a flash drive to class for storing images. **Limit of 15 students. No senior exemptions. No class April 23.**

**Digital Photography - Editing**

**Location:** High School - Room D128  
**Instructor:** DeBerry  
**Length:** 8 weeks  
**Starting Date:** March 13  
**Day & Time:** Wednesdays, 7:00– 9:00p  
**Fee:** $65

In this class, you’ll learn how to turn good photos into showstoppers. This class will use Lightroom and Photoshop to walk you through the process of managing, editing, and storing your photos and preparing them for print versus web. You will learn cropping, sizing, retouching, layers, masks, color correction, and more. We will combine in-class tutorials, group and individual learning, a series of editing projects, and critiques to maximize your experience and set you up to take your photography to the next level. Leave class with a beautiful online portfolio of images and a print of your favorite final image. Bring photographs you’d like to edit and a flash drive to class to store photos. **Limit of 15 students. No senior exemptions. No class April 24.**

**Downsizing - Myths & Facts**

**Location:** High School - Room D132  
**Instructor:** Sher, Stone and Healy  
**Length:** One night only  
**Date:** Thursday, March 14  
**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 BCS&D French and Spanish Teacher; Judi Stone is designer and owner of Take2Artworks and ML Healey is a professional organizer and owner of Green Martha Professional Organizing. 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:** March 6  
**Day & Time:** Wednesday, 6:30 – 8:30p  
**Fee:** $10

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

**Price**

**NEW!**

**Financial Empowerment for Women**

**Location:** High School - Room D118  
**Instructor:** Bryant  
**Length:** One night only  
**Date:** March 18  
**Day & Time:** Monday, 6:00– 8:00p  
**Fee:** $10

Don’t outlive your assets! Did you know 71% of all assets controlled by women are held in cash and not invested. Statistically, women are less likely to invest, and even those who do invest tend to wait until they are older to start. Whether your goal is going back to school, building an emergency fund, sending your kids to college, saving for a major expense like a house or wedding, or just growing your overall wealth for a comfortable retirement, investing is arguably the best way to reach those goals. In this course, we will empower you with the tools you need to achieve your financial goals. **Limit of 30 students.**

**BACK BY POPULAR DEMAND!**

**Find the Right College at the Right Price**

**Location:** High School - Room D132  
**Instructor:** Dr. Skarlis  
**Length:** One night only  
**Date:** March 20  
**Day & Time:** Wednesday, 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.**

**NEW INSTRUCTORS!**

**Five-Hour Driver Prelicense Class**

**Location:** High School - Room D216  
**Instructor:** Bell’s Driving School  
**Length:** One night only  
**Dates:** March 6 or May 1  
**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**

**Location:** High School - Library Media Center  
**Instructor:** Ramkumar  
**Length:** 6 weeks  
**Starting date:** March 14  
**Day & time:** Thursdays, 7:00–8:00p  
**Fee:** $50

Are you looking to improve the quality of your life, have more energy and learn to relax? Join Janaka Ramkumar for guided meditation sessions that are 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.**

**Guitar Class for Beginners**

**Location:** High School - Library Media Center  
**Instructor:** Haggerty  
**Length:** 6 weeks  
**Starting Date:** March 12  
**Day & Time:** Tuesdays, 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.**

**Haiku Workshop**

*NEW!*  
**Location:** High School - Room D120  
**Instructor:** Preller  
**Length:** 6 weeks  
**Starting Date:** March 11  
**Day & Time:** Mondays, 6:30–8:00p  
**Fee:** $50

An exploration of the haiku, from traditional to modern, that includes reading a wide range of haiku, writing and sharing our own, and analysis in a workshop setting. One guiding principle for this class comes from the quote, “Thesmartest person in the room, is the room.” The teacher will serve more as guide than expert. Hopefully we all learn (and teach) together. Participants will be expected to read haiku, write your own, and discuss in class. James Preller is the author of many books for children and he’s eager to share his enthusiasm for the art of the haiku, and to learn more about the craft in a group setting. **Limit of 15 students.**

**Introduction to Tai Chi**

**Location:** High School - Room D122  
**Instructor:** Childers  
**Length:** 9 weeks  
**Starting Date:** March 12  
**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 5. **Limit of 30 students. No class April 23.**

**Investing and Estate Planning 101:**  
**Planning a Secure Future for Your Family**

**Location:** High School - Room D118  
**Instructor:** Bryant & Martin  
**Length:** One night only  
**Date:** April 11  
**Day & Time:** Thursday, 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, CPP 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 12  
**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 23.**

[Course descriptions continued on page 7]
Great Transformations in American Politics

Starts: Monday, March 4
Time: 10:00 - 12:00 noon
Place: Delmar Reformed Church

INSTRUCTOR: Timothy Weaver, Assistant Professor, Political Science, UAlbany

In the last four decades, American politics and policy have undergone a series of profound transformations that have altered the relationship between the government, the market, and the citizen. This course will consider three of these transformations in detail: the shift towards a pro-market economic policy; the rise of mass incarceration; and the changing welfare state. In addition to exploring these policy shifts, we will also examine the ideas that have underpinned them: liberalism, neoliberalism, and conservatism. Moreover, while many of the great transformations in American politics and policy have occurred at the federal level, there is much variation among the states and the cities. Therefore, we will also peer beneath the national level to see how these shifts have played out differently around the country. As such, our study of the subnational level will focus on two contradictory policy positions: the right-wing imposition of austerity on the states; and the progressive efforts to raise the minimum wage at the state and local levels. We will also consider whether the Trump presidency and the rising partisanship of our time will herald another “great transformation.”

Franklin Roosevelt, the Great Depression, and the New Deal

Starts: Monday, March 11
Time: See schedule below.
Place: Delmar Reformed Church

INSTRUCTOR: Andrew Morris, Associate Professor of History, Union College

This course will examine the American response to the greatest economic downturn in the nation’s history and will focus in particular on the first two terms of the presidency of Franklin D. Roosevelt. We will explore the origins of the Great Depression, successes and failures of various phases of the New Deal, Roosevelt’s own strengths and weaknesses as a political leader, challenges to the New Deal from movements on the left and the right, and the lasting significance of the Depression and New Deal as a watershed period in American politics and culture.

Full class schedule - Franklin Roosevelt:
- Monday, March 11, 1:30 p.m.-3:30 p.m.
- Thursday, March 21, 10 a.m.-12 noon
- Thursday, March 28, 10 a.m.-12 noon
- Thursday, April 18, 10 a.m.-12 noon
- Tuesday, April 23, 10 a.m.-12 noon
- Thursday, April 25, 10 a.m.-12 noon

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.
- 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 18, 2019.
- REGISTRATIONS ARE NOT CONFIRMED. You will only be notified if course registration is closed. Registration checks will be deposited after the semester begins and cash refunds will not be available after that date.
- 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.

HILL COMMITTEE
Bruce Bushart
Tom Clash
Maryanne Gridley
Polly Hartman
Barry Isenberg
Allen Israel
Wendy Jordan
Henry Peyrebrune
Dick Ramsey
Debra Renner
Barbara Richer
Martha Rozett
Donna Sawyer
Sandra Shapard
HILL COMMITTEE
(in memoriam)
TUESDAY A.M.
Topics in African American History

**Starts:** Tuesday, March 5
**Time:** 10:00 a.m. - 12 noon
**Place:** Delmar Reformed Church

**INSTRUCTOR:** Melinda Lawson, Lecturer and Director of the Public History Program, Union College

This course will explore major themes in African American history, from slavery to Black Lives Matter. We will examine the origins and nature of slavery in the United States, black protest in the antebellum period, and black life during the Civil War and Reconstruction eras. We will then assess life for blacks under the violent racial order known as Jim Crow, and then, the political, economic, and cultural struggle for freedom as it took shape from Reconstruction through the Civil Rights/Black Power movements of the mid-twentieth century. Finally, we will consider both the progress for blacks as well as the backlash which blacks have suffered during the age of Obama and Trump.

TUESDAY P.M.
“A Song for All Seas,” The Life & Music of Ralph Vaughan Williams

**Starts:** Tuesday, March 5
**Time:** 1:30-3:30 p.m.
**Place:** Delmar Reformed Church

**INSTRUCTOR:** Ann Marie Barker Schwartz, Director & Violinist, Musicians of Ma'alwyck

Composer of nine symphonies, numerous orchestral and chamber music pieces, operas, ballets, masques and film and radio drama music, Vaughan Williams is considered to be the heir apparent to Henry Purcell as one of the greatest of English composers. Yet much of his music remains unperformed and unknown, especially outside of England. This course will examine many genres of his music, as well as explore his work documenting English folksongs and revising the English hymnal. We will also consider his fascinating life, living through two world wars and perched on the transition of European culture from old world to modern. This class will offer a unique exploration into this composer who represented “the essence of Englishness.”

WEDNESDAY P.M.
Horror & Literature: What is a Monster?

**Starts:** Wednesday, March 6
**Time:** 1:30-3:30 p.m.
**Place:** Delmar Reformed Church

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

From vampires to zombies, ghosts to werewolves, and things that go bump in the night: in this course participants will learn about different “monsters.” We will spend time discussing the history and folklore behind each of the above listed monsters, including their depiction in literature. Additionally, we will learn about the history of the horror novel, share some urban legends, and appreciate the legacy of Halloween. Each class session will incorporate short literary selections, and we will read Shirley Jackson’s short classic novel *The Haunting of Hill House*. We will analyze the spine-tingling sensations these readings produce and explore our own thresholds of fear. Furthermore, we will question what constitutes a “monster” and study its importance to our cultural perceptions of the “other.” Above all, we will have a frightfully good time!

Participants are requested to read Chapters 1-3 of *The Haunting of Hill House* prior to the first class.

### Spring 2019 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: 
Address: 
Phone 

I’ve enclosed course fees for the following courses:

- [ ] American Politics  # registering ___  Name(s): 
- [ ] Franklin Roosevelt  # registering ___  Name(s): 
- [ ] African American History  # registering ___  Name(s): 
- [ ] Music of Ralph Vaughan Williams  # registering ___  Name(s): 
- [ ] Horror & Literature  # registering ___  Name(s): 

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*Bethlehem Central School District*  
*Spring 2019*  
*HILL Courses*
**Knitting**

Location: High School - Room D136  
Instructor: Loux  
Length: 8 weeks  
Starting date: March 11  
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 22.

*NEW!*  
**Looking Fabulous at Any Age**

Location: High School - Room D132  
Instructor: Boyd  
Length: One night only  
Date: March 26  
Day & time: Tuesday, 6:00–7:30p  
Fee: $10

In this new year, no matter your age or lifestyle, it is your time to get noticed and not blend in with everyone else. When you become excited about your appearance, you will attract more opportunities, improve your social or work life and relationships. Jill Valerie Boyd, stylist and author of Ageless & Iconic Looking Fabulous At Any Age, teaches concepts and tips to elevate your style within your budget. Whether you are in business, active in your community, or in a new relationship, up-leveling your appearance is a key to success. Jill’s promise is that you will take many ideas from this class that will make an immediate impact on your life. Her presentation will change the way you see yourself and others. This class is for men and women. Limit of 30 students.

*BACK BY POPULAR DEMAND!*  
**Notary Public Review**

Workshop

Location: High School - Room D134  
Instructor: Bujanow  
Length: One night only  
Date: March 11  
Day & time: Monday, 6:00–9:00p  
Fee: $20 (plus $10 materials fee, paid separately)

This three-hour class prepares you to take and pass the New York State Exam to become a notary. A 57-page workbook, which includes an 80-question practice exam and other handouts, will be included. A materials fee of $10 can be paid at the beginning of the class. Limit of 20 students.

*NEW!*

**Paying for College (It Takes More than Good Grades)**

Location: High School - Room D132  
Instructor: Testa  
Length: 2 weeks  
Starting date: April 4  
Day & time: Thursdays, 6:30–8:00p  
Fee: $15

This workshop helps parents and grandparents prepare for the high cost of a college education. Those who attend will leave with a greater appreciation for the difference a college education can make in a child’s future, as well as a host of information about grants, scholarships, student loans, and even some lesser-known ways to save for this life-changing event. We will discuss: why a college education is worth every penny, how much a four-year degree costs today – and what it may cost tomorrow, where to find “free” money for college, and easy tax-advantaged ways to start saving now. Instruction by: Michael R. Testa, CRPS®. Limit of 30 students.

**NEW INSTRUCTOR!**

**Oil Painting**

Location: High School - Room D125  
Instructor: Somaio  
Length: 10 weeks  
Starting date: March 12  
Day & time: Tuesdays, 6:30–9:00p  
Fee: $50

This painting workshop is suitable for any level. Bring your own supplies and project ideas if you like. A materials list will be handed out the first night for those new to oils. Still life, photo references, techniques and demonstration of oil painting techniques will be available weekly. Learn more about color mixing, traditional layering, and brushwork. New and returning students are welcome. Limit of 20 students. No class on April 23.

**PiYo**

Location: High School – Cafeteria  
Instructor: Stano  
Length: 8 weeks  
Starting date: March 5  
Day & time: Tuesdays, 4:00-5:00p  
Fee: $50

PiYo is a fusion of Yoga and Pilates. This class will be taught by a certified Yoga instructor and draw upon various styles of yoga to build a practice with Pilates. PiYo techniques allow you to build a strong, lean, and flexible body while cultivating mental well-being. Bring a mat and a bottle of water to this class and wear comfortable clothing. All levels of fitness are encouraged to attend. Limit of 25 students. No class on April 23.

**SAT Review: Critical Reading & Writing Subtests - Two Sessions**

Location: High School – Room D114 (Session 1)  
High School – Room D207 (Session 2)  
Instructor: Flynn (Session 1)  
Leach (Session 2)  
Length: 6 classes each session  
Dates: SESSION 1 - Mon. 2/25, Tues. 2/26, Wed. 3/13, Mon. 2/25, Tue. 2/26, Thurs.2/28 (finishes before March and May SAT)  
SESSION 2 - Sat. 3/30, Sat. 4/6, Sat. 4/13, Sat. 5/4, Sat. 5/11, Sat. 5/18 (finishes before June SAT)  
Time: Session 1: 4:00-6:00p  
Session 2: 8:30-10:30a  
Fee: $120 + book (listed below)

This course will prepare students to take the Verbal section of the SAT offered in the Spring of 2019. 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, 2018 edition: Created for the Redesigned 2018 Exam, published by Princeton Review (available on amazon). Limit of 25 students.

SAT Review: Math
Location: High School - Room D102
Instructor: Corson
Length: 6 classes

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. No class March 8, March 22, April 19 or April 26.

Tap for Fun and Fitness
(Beginner/Intermediate)
Location: High School Cafeteria or Room D142
Instructor: Feldman
Length: 8 weeks
Starting date: March 12
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 April 23.

Watercolor Workshop
Location: High School – Room D127
Instructor: Somalo
Length: 8 weeks
Starting date: March 11
Day & time: Mondays, 7:00-9:00p
Fee: $65

Students without any experience, 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 22.

Writing Workshop
Location: High School – Room D120
Instructor: Higgins
Length: 8 weeks
Starting Date: February 27
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.

Yin & Yang Qi Gong Meditation
Location: High School – Room D122
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 March 22, April 19, and April 26.

Yoga
Location: Hamagrael Gym(s)
Instructor: Adams
Length: 9 weeks
Starting date: March 5
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 23.

Your Passport to Retirement & Discussion on Changes to Social Security
Location: High School – Room D118
Instructor: Bryant
Length: One night only
Date: March 21
Day & Time: Thursday, 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.

Zumba
“Ditch the Work Out. Join the Party!”
Locations: Session I - Glenmont Cafe/Gym
Session II - Eagle Cafeteria and Gymnasium
Instructor: Jaime-Benitez
Length: 10 weeks
Starting date: Session I - Monday, March 11
Session II - Wednesday, March 13
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 22 (session 1) or April 24 (session 2).

Directions to all locations can be found on the Bethlehem Central School District website at bethlehemschools.org

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SPRING 2019 COURSES AT-A-GLANCE

Mondays
- Ballroom Dancing I: Eagle Elementary Gym/Cafe, 6:30-8 p.m.
- Digital Photography - Settings I: High School D128, 7-9 p.m.
- Financial Empowerment for Women: High School D118, 6-8 p.m.
- Haiku Workshop: High School D120, 6:30-8 p.m.
- Knitting: High School D136, 7-8:30 p.m.
- Notary Public Review Workshop: High School D134, 6-9 p.m.
- SAT Critical Reading Session I: High School D114, 4-6 p.m.
- Watercolor Workshop: High School D127, 7-9 p.m.
- Zumba Session I: Glenmont Cafe/Gym, 6:30-7:30 p.m.

Tuesdays
- Ballroom Dancing II: Eagle Elementary Gym/Cafe, 6:30-8 p.m.
- Digital Photography - Settings II: High School D128, 7-9 p.m.
- Guitar for Beginners: High School LMC, 6:30-8 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.
- Looking Fabulous at Any Age: High School D132, 6-7:30 p.m.
- Oil Painting: High School D125, 6:30-9 p.m.
- PiYo: High School Cafeteria, 4-5 p.m.
- SAT Critical Reading Session I: High School D114, 4-6 p.m.
- Tap for Fun and Fitness: High School Cafeteria or D142, 6:30-7:30 p.m.
- Woodworking: High School F107, 6:30-9 p.m.
- Yoga: Hamagrael Gym, 6:45-8 p.m.

Wednesdays
- Barre Sculpt: Glenmont Gym, 6:45-7:30 p.m.
- Chinese Acupressure: High School D122, 6:30-8 p.m.
- Cooking: Learn to Make Baklava: High School D124, 6:30-8:30 p.m.
- Cooking: Lebanese Cuisine: High School D124, 6:30-8:30 p.m.
- Digital Photography - Editing: High School D128, 7-9 p.m.
- Estate Planning: High School D118, 6:30-8:30 p.m.
- Find the Right College: High School D132, 6:30-8:30 p.m.
- Five-Hour Driver Prelicense Class: High School D216, 3-8 p.m.
- Important Battles in Amer. History: High School D210, 6:15-8 p.m.
- SAT Critical Reading Session I: High School D114, 4-6 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
- CT: Google Apps: High School B112, 7-8:30 p.m.
- CT: Introduction to Excel: High School B112, 7-8:30 p.m.
- Crochet: High School D124, 6:30-8:30 p.m.
- Downsizing: High School D132, 7-8:30 p.m.
- Guided Meditation: High School LMC, 7-8 p.m.
- Investing and Estate Planning: High School D118, 6-8 p.m.
- Pastel Painting: High School D125, 7-9 p.m.
- Paying for College: High School D132, 6:30-8 p.m.
- SAT Review: Critical Reading: High School D114, 4-6 p.m.
- Your Passport to Retirement: High School D118, 6-8 p.m.

Fridays
- SAT Math: High School D102, 3:15-5 p.m.
- Yin & Yang Qi Gong Meditation: High School D122, 6:30-8 p.m.

Saturdays
- SAT Critical Reading Session II: High School D207, 8:30-10:30 a.m.
Reminder
You must send a separate check for each class you are registering for.

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.)