Contact Information

Karen Ballard - Registrar
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Scott Carlton - Fall Director
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Kate Burkart - Spring Director
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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 21 or over, with the exception of SAT review courses, drivers’ education and the Five-Hour Driver course. 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, September 11 or
• Drop off your registration at the High School main office by September 11, from 9 a.m.-3 p.m.
• Registration received after Wednesday, September 11 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 Messenger system. Visit bethlehemschools.org for more information.

No classes will be held Sept. 30, Oct. 9, Oct. 14, Nov. 11 and November 27-29. 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: September 16
Day & time: Mondays, 6:30-8:00p
Fee: $50 per person or $70 per couple
Reminder
Don’t sit still at weddings, parties or clubs anymore. Get up and dance! This course will include the waltz, rumba, fox trot, swing, meringue and jitter bug. Students must bring in a pair of shoes to dance in. Sneakers or rubber soled shoes are not recommended. Limit of 20 couples. No class on September 30, October 14 and November 11.

Ballroom Dancing II
Location: Eagle Elementary Cafeteria & Gym
Instructor: Pietropaoli
Length: 8 weeks
Starting date: September 17
Day & time: Tuesdays, 6:30-8:00p
Fee: $50 per person or $70 per couple
*NEW CLASS!*
Become a Silver-Haired Beauty
Location: High School - Room D132
Instructor: Boyd
Length: One night only
Date: Wednesday, October 23
Time: 6:00-7:30p
Fee: $15
More and more women are opting to allow their grey hair to become the color of choice instead of adding dyes. Learn tips and techniques for a smooth and easy transition. Learn essential styling tips to turn off naysayers. Let your creativity blossom! Jill Boyd is a stylist and author of Ageless & Iconic, Looking Fabulous at Any Age. Limit of 30 students.

COMPUTER TECHNOLOGY MINI-COURSES
CT: Google Applications
Location: High School - Room B112
Instructor: Farrell
Length: 2 weeks
Dates: October 10 and October 17
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.

CT: Introduction to Excel
Location: High School - Room B112
Instructor: Farrell
Length: 2 weeks
Dates: October 24 and October 31
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.

CT: Google Applications
Location: High School - Room B112
Instructor: Farrell
Length: One night only
Date: October 2 or November 13 (choose one)
Day & Time: Wednesday, 6:30-8:30p
Fee: $15 (plus $15 materials fee)
In this hands-on class, you will learn how to make Baklava from scratch, and get to take your own batch home. This dessert is very popular in the Eastern Mediterranean region. Robert Khalife grew up in Lebanon and has been making Baklava for over 25 years to the delight of his family and friends. Limit of 10 students. Please bring $15 materials fee to class.

*NEW CLASS!*
Cooking - Learn to Make Baklava
Location: High School - Room D124
Instructors: Khalife
Length: One night only
Date: October 23
Day & Time: Wednesday, 6:30-8:30p
Fee: $15 (plus $10 materials fee)
In this hands-on class, you will learn how to make and will sample several Lebanese dishes including Tabouleh, Hummus, Fattoush, Spinach pies and Meat pies. Limit of 12 students. Please bring $10 materials fee to class.

Crochet
Location: High School - Room D126
Instructor: Cooper
Length: 7 weeks
Starting Date: September 18
Day & Time: Wednesdays, 6:30 – 8:00p
Fee: $45
This class will teach you the basics of crochet, as well as providing 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, I, 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 on September 25, October 9 or 23.

Reminder
Each registration must be for one person for one course, paid with one check or money order for that specific course. No cash will be accepted.
### Digital Photography - Editing

**Location:** High School - Room D128  
**Instructor:** DeBerry  
**Length:** 7 weeks  
**Starting Date:** October 2  
**Day & Time:** Wednesdays, 7:00–9:00p  
**Fee:** $65

In this class, you’ll learn how to turn good photos into showstoppers. We will use Photoshop and Lightroom to organize, enhance, and manipulate your photos. You will learn cropping, sizing, retouching, layers, masks, coloring, and more. We will combine in-class tutorials, informative step-by-step handouts, group and individual learning, a series of projects, and critiques to maximize your experience and set you up to take your photography to the next level. Leave class with a beautiful portfolio of images. Bring a flash drive to class to store photos. **Limit of 22 students. No senior exemptions. No class on October 9.**

### Digital Photography - Camera Settings

**Location:** High School - Room D128  
**Instructor:** DeBerry  
**Length:** 8 weeks  
**Starting Date:** October 2  
**Day & Time:** Mondays, 7:00–9:00p  
**Fee:** $65

This class will cover everything you need to know to take beautiful images. Learn about camera equipment and settings, and how to take a variety of different photos: portrait, action, landscape, night, and more. We will combine in-class tutorials, hands-on exercises covering a variety of topics, group and individual learning, a series of projects, and critiques to maximize your experience and set you up to take your photography to the next level. Leave class with a beautiful portfolio of images. Bring a digital camera and flash drive to class to store photos. **Limit of 22 students. No class on October 14 or November 11.**

### Downsizing - Myths & Facts

**Location:** High School - Room D132  
**Instructor:** Sher, Shaw and Stone  
**Length:** One night only  
**Date:** Thursday, October 17  
**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: downsizing vs. rightsizing, 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 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. **Limit of 30 students.**

### Eco-Organizing

**Location:** High School – Room D134  
**Instructor:** Halvorsen  
**Length:** One night only  
**Date:** October 17  
**Day & Time:** Thursday, 6:30 – 7:30p  
**Fee:** $10

“Going green” is a top trend these days and it’s easy to learn how to organize your home and life in an eco-friendly way! This workshop will teach you how to incorporate the 3 R’s — reduce, reuse, and recycle — into your daily life. From assessing shopping habits to eliminating junk mail, you will receive tips you can use immediately to become lean and green while making your homes and lives more organized! Learn how to make homemade (and adorable!) organizing containers by reusing items from around the house, introduce eco-friendly shopping habits, and how to make non-toxic cleaning supplies. By the end of this workshop, you will be motivated and excited to weave your eco-organizing tips into your daily lives. **Limit of 20 students.**

### Drawing from Nature

**Location:** High School – Room D125  
**Instructor:** Osborne  
**Length:** 6 weeks  
**Starting Date:** October 1  
**Day & Time:** Tuesdays, 6:00 – 8:30p  
**Fee:** $50

Learn the basics of drawing using observational skills. In this class you will be using nature as your motivation. The class will explore the use of value, contrast, gradation, contour and other lines and finally color to create your own drawings of nature items. You will be using charcoal, graphite, paper, mylar, lore pencils and pastels. For the first class, please bring a drawing/sketch pad (9x12 minimum), an ebony pencil and a white eraser. **Limit of 20 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:** October 10  
**Day & Time:** Thursday, 6:00 – 8:00p  
**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 the

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**Hudson Valley Community College at BCHS**

Earn college credit with a class taught by HVCC instructors at Bethlehem Central High School. Registration for this class is through HVCC. To register, visit www.hvcc.edu/enroll. Do NOT use the registration form on back page for this HVCC class.

**Course Details:**

- **Course Title:** EDUC 110 - FOUNDATION OF EDUCATION IN AMERICA  
- **Course Location:** High School - Room D136  
- **Length:** 12 weeks  
- **Starting Date:** September 9  
- **Day/Time:** Mondays, 6:00 – 9:20p  
- **Possible Credits:** 3.0
Four Bethlehem Central School District

Five-Hour Driver Prelicense Class
Location: High School - Room D216
Instructor: Bell's Driving School Instructors
Length: One night only
Dates: October 2, December 4 OR February 5 (Students attend only ONE of these dates.)
Time: 3:00-6:00p (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 pre-register by leaving their name with Ms. Appleby in the athletic office up to a month in advance. This class may close out so pre-register EARLY! 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 - Room D136
Instructor: Ramkumar
Length: 6 weeks
Starting date: October 10
Day & time: Thursdays, 7:00–8:00p
Fee: $50

Are you looking to improve your life, have more energy and be relaxed? Join Janaki 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 20 students.

Important Battles in American History
Location: High School - Room D118
Instructor: Wilson
Length: 5 weeks
Starting Date: October 2
Day & Time: Wednesdays, 6:15-8:00p
(except 2nd week held on Thurs., Oct. 10)
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 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.

Investing and Estate Planning 101
Location: High School - Room D118
Instructor: Bryant & Martin
Length: One night only
Date: October 30
Day & Time: Wednesday, 6:00-8:00p
Fee: $10

Don't leave your heirs a mess! Are you wondering if you have set your investment accounts up properly and have the appropriate estate documents in place? Or are you just starting out with a new family and want to know if you have everything set up appropriately. Learn how to best plan for wealth accumulation, insurance needs, college expenses and to learn about the estate planning documents all parents need including wills, power of attorney, health care proxies, living wills, trusts, 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: October 1
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 the basics with an emphasis on having fun and 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

[Course descriptions continued on page 7]
MONDAY A.M.

Darkness & Light:
The 20th Century & What it Means For Us

Starts: Monday, October 7
Time: 9:30–11:30 a.m.
Note: 1/2 hour earlier start & end time
Place: Delmar Reformed Church

INSTRUCTOR: Richard Fogarty, Associate Professor of History, UAlbany

Perhaps it is too soon to pass a verdict on the last century, but this course will try. What are the legacies of what has been called an “age of extremes?” We will take a tour through some of the main themes of 20th century world history—war, revolution, genocide, the rise and fall of empires, emancipation, technological advancement, globalization, the changing role of religion, environmental change—and ask questions about how developments in these areas shape our lives today. Firm answers may elude us, as well as a final verdict, but we will emerge far better informed about the roots of the rapidly unfolding changes we see around us in the world today.

MONDAY P.M.

America’s Gilded Ages:
Then, Now, & How they Differ

Starts: Monday, October 7
Time: 1:30–3:30 p.m.
Place: Delmar Reformed Church

INSTRUCTOR: Mary Valentis, Visiting Associate Professor of English, UAlbany

Mark Twain coined the term the “gilded age” to identify a period between 1870 and 1910 when the robber barons “gilded” over significant social and economic problems and injustices. That period of rapid economic growth and extreme wealth helped to conceal mass unemployment, poverty and a divided society. Artists, writers, essayists and economists exposed and chronicled the lifestyles of both the very rich as well as the lives and struggles of the less fortunate. As we know, there is ample evidence to characterize present day American as a second gilded age. The so-called top 1 percent of today enjoy great wealth while the other 99 per cent own less than the richest 400 people in the country. This course will examine and compare the literary/cinematic, social, economic, and aesthetic productions and conditions of both “Gilded Ages.” Class lectures will include some film clips as well as summaries and analysis of the novels listed below. Edith Wharton and Theodore Dreiser will represent the first gilded age with Wharton’s The Age of Innocence and Dreiser’s An American Tragedy. Attendees are encouraged, but not required, to read these novels as the basis for the first classes but they may also want to watch the movie versions of The Age of Innocence and Dreiser’s novel, A Place in the Sun. The novels discussed for the second gilded age will include Jeffery Eugenides’ The Marriage Plot and Claire Messud’s The Emperor’s Children. Films such as Woody Allen’s Matchpoint and Blue Jasmine will augment the literary and cultural material and discussions.
TUESDAY A.M.
Christianity: A History From the Reformation to Modern Times

Starts: Tuesday, October 8
Time: 10:00–12 noon
Place: Delmar Reformed Church

INSTRUCTOR: Peter Bedford, John & Jane Wold Professor of Religious Studies & Director of Religious Studies, Union College

Modern Christianity is still living with the effects of the Reformation, which in the 16th century split the Christian Church in Western Europe into Protestants and Catholics. The Reformation was followed by a series of challenges to Christianity over the next 500 years. Our discussion of how and why the Reformation occurred will lay the groundwork for an examination of subsequent developments. These challenges included changes in the relationship between church and state, the rise of science and new grounds for knowledge, encounters in the New World and with other religions, and secularization and the decline of Christian adherence in the West. We will discuss all of these as we consider where Christianity might be heading in the future.

TUESDAY P.M.
A History of Native America

Starts: Tuesday, October 8
Time: 1:30–3:30 p.m.
Place: Delmar Reformed Church

INSTRUCTOR: Maeve Kane, Assistant Professor of History, UAlbany

This course will survey the indigenous history of North America, with a focus on Native nations in what is now New York State. We will explore the important continuities and challenges that Native people and nations experience today. Finally, using written, oral, archaeological, artistic, and legal records, we will examine indigenous history in North America from antiquity to the present day.

WEDNESDAY P.M.
Pops is Tops: The Life & Music of Louis Armstrong

(HILL is pleased to be able to offer this special course from Swing University, Jazz at Lincoln Center)

Starts: Wednesday, October 16
(Course starts one week later than the other HILL courses)
Time: 1:30–3:30 p.m.
Place: Delmar Reformed Church

INSTRUCTOR: Seton Hawkins, Director of Public Programs & Education, Swing University, Jazz at Lincoln Center

We will explore the life and music of Louis Armstrong, one of the 20th century’s most important and influential artists. An unparalleled master of the trumpet, a trailblazing singer, a legendary entertainer, and the architect of modern jazz, Armstrong achieved such mastery and innovation in his life that it is impossible to understand 20th century popular music without studying him. One of the most beloved entertainers and performers of his time, Armstrong also achieved a fundamental revolution in the way we hear music. Join us as we celebrate the genius of geniuses, Louis Armstrong.

HILL COMMITTEE
Bruce Bushart Polly Hartman Henry Peyrebrune Martha Rozett
Tom Clash Barry Isenberg Dick Ramsey Donna Sawyer
Jim Demetriades Allen Israel Debra Renner
Maryanne Gridley Wendy Jordan Barbara Richer

Fall 2019 HILL Registration Form

This form is for HILL classes only.

Fall 2019 HILL Courses

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 20th Century # registering ___ Name(s): __________________________
- America’s Gilded Age # registering ___ Name(s): __________________________
- Christianity # registering ___ Name(s): __________________________
- Native America # registering ___ Name(s): __________________________
- Louis Armstrong # registering ___ Name(s): __________________________
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. 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.

Looking Fabulous at Any Age

Location: High School - Room D132
Instructor: Boyd
Length: One night only
Date: October 29
Day & time: Tuesday, 6:00–7:30p
Fee: $20 (plus $10 materials fee, paid separately)

No matter what your age or lifestyle, it is your time to get noticed and not blend in with everyone else. When you are excited about your appearance, you attract more opportunities, improve your social or work life and relationships. Whether you are in business, active in your community, or in a new relationship, up-leveling your appearance is a key to your success. Jill Boyd, stylist and author of Ageless & Iconic, Looking Fabulous at Any Age, will help change the way you see yourself and others. This class is for men and women. Limit of 30 students.

*NEW CLASS!

Medicare Made Clear

Location: High School - Room D112
Instructor: Yuhasz
Length: One night only
Date: October 21
Day & time: Monday, 6:30–8:00p
Fee: $10

Whether you are approaching Medicare age, are already on Medicare, or a caregiver who assists parents or elderly relatives, finding the right Medicare coverage can be difficult. Having proper knowledge is essential for picking the right Medicare plan. At this workshop, you will learn all about Medicare basics, its parts, premiums, deductibles, how and when to apply and the qualifications for available assistance programs. Come join us to learn more. Mary Yuhasz will be presenting from Mosaic Wealth Strategies Group, Ltd. Limit of 25 students.

*NEW CLASS!

Learn to Fly: How to Obtain Your Private Pilot License

Location: High School - Room D132
Instructor: Maybee
Length: One night only
Date: October 21
Day & time: Monday, 6:00–8:30p
Fee: $50

Learn how to knit and purl. With just these two 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 October 14 or November 11.

*NEW CLASS!

Oil Painting

Location: High School - Room D125
Instructor: Somaio
Length: 10 weeks
Starting date: October 3
Day & time: Thursdays, 6:30–9:00p
Fee: $75

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 on the first night for those new to oils. Still life, photo references, and returning students are welcome. Limit of 20 students. No class on November 27.

Paying for College (& How to Minimize Debt)

Location: High School – Room D138
Instructor: Testa
Length: 2 weeks
Starting date: October 10 and October 17
Day & Time: Thursdays, 6:30-8:00p
Fee: $20

This workshop helps parents and grandparents prepare for the high cost of a college education. Learn about debt loads that typical American students are carrying after they graduate from college and how you can avoid or minimize this dangerous trap. We’ll also cover financial aid including grants, scholarships, student loan types, parent loans, 403b’s, and other investment options. Topics will also include easy tax-advantaged ways to start saving now. Michael Testa is a Chartered Retirement Plans Specialist (CRPS). Limit of 30 students.

Directions to all locations can be found on the Bethlehem Central School District website at bethlehemschools.org
PiYo
Location: Middle School – Cafeteria
Instructor: Stanco
Length: 8 weeks
Starting date: September 24
Day & Time: Tuesdays, 4:15-5:15p
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.

*NEW CLASS!*
Quilting 101
Location: High School – Room D134
Instructor: Kirkman
Length: 5 weeks
Starting date: October 21
Day & Time: Mondays, 7:00-8:30p
Fee: $40 (plus $20 materials fee, paid separately)
Have you always wanted to learn how to quilt, or has it been a while and you want to brush up on the basics? Either way, Quilting 101 is for you! You will learn the basics of quilting including getting to know your machine, cutting blocks, piecing, quilting and finishing. By the end of the class you will have created a mini quilt from start to finish and be ready to tackle your first large quilt! Class requirements: must bring your own machine and be ready to tackle your first large quilt! Class of 12 students. No class on November 11.

Retirement & Discussion on Changes to Social Security
Location: High School - Room D118
Instructor: Bryant
Length: One night only
Date: October 22
Time: Tuesday, 6:00-8:00p
Fee: $10
Are you wondering if you have enough saved for 30+ years of retirement? 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.

SAT Review: Critical Reading & Writing Subtests
Location: High School - Room D114
Instructor: Flynn
Length: 6 classes
Dates: Mon, 9/16, Weds, 9/18, Mon, 9/23, Weds, 9/25, Tues, 10/1, Weds, 10/2
Day & time: 4:00-5:00p
Fee: $120 plus book listed below
This class will prepare students to take the Verbal section of the SAT offered in the fall of 2019. The course will be completed right before the October 5th SAT exam. For the first class, students must have Cracking the SAT with 5 Practice Tests, 2019 edition - published by Princeton Review (available on Amazon). Limit of 25 students.

SAT Review: Math
Location: High School - Room D102
Instructor: Corson
Length: 6 classes
Dates: Tues, 9/17, Thurs, 9/19, Tues, 9/24, Thurs, 9/26, Tues, 10/1, Thurs, 10/3
Day & time: 3:15-5:00p
Fee: $120 plus 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 – 7th edition for the first class. Limit of 25 students.

Tap for Fun and Fitness (Beginner/Intermediate)
Location: High School Cafeteria
Instructor: Feldman
Length: 8 weeks
Starting date: September 24
Day & time: Tuesdays, 6:30-7:30p
Fee: $50
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 October 8.

Watercolor Workshop II
Location: High School – Room D127
Instructor: Somaio
Length: 8 weeks
Starting date: October 7
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 October 14 or November 11.

Woodworking (Beginning)
Location: High School – Room F107
Instructor: Shannon
Length: 8 weeks
Starting date: October 1
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.

Writing Workshop
Location: High School – Room D120
Instructor: Higgins
Length: 8 weeks
Starting Date: October 16
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 November 27.

Yoga
Location: Hamagrael Gym/Auditorium  
Instructor: Adams  
Length: 10 weeks  
Starting date: October 1  
Day & time: Tuesdays, 6:45-8:00p  
Fee: $60

This class will focus on the 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.

Zumba
“Ditch the Workout. 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, September 23  
Session II - Wednesday, September 25  
Day & Time: Mondays OR Wednesdays, 6:30-7:30p  
Please indicate which session you are choosing on the registration form.  
Fee: $50

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! No class on September 30, October 14 or November 11 (session 1); or on October 9 and November 11 (session 2).
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.)

Office Use Only
Date Received ___________ Check ___________ Money Order ___________ Initials ___________