ELIGIBILITY
Courses are open to all persons ages 21 or over, with the exception of SAT review courses 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 Friday, September 16, or
• Drop off your registration at the High School Counseling Center by September 16, from 9 a.m.-3 p.m.
• Registration received after Friday, September 16 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 (https://www.bethlehemschools.org/continuing-education-adult-learning/).

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. 26, Oct. 5, Oct. 10, Nov. 11 or Nov. 23-25. 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.
NEW CLASS!

Adult Learn to Swim
Location: Middle School Pool
Instructor: Banas
Length: 10 weeks
Date: October 4
Day & Time: Tuesdays, 7:00-8:00p
Fee: $70

This will be an introduction to swimming for non swimmers. The course will focus on conquering your fear of the water and becoming confident in and around the water. Limit of 10 students.

NEW CLASS!

Book Folding
Location: High School - Room D138
Instructor: Oldrich
Length: 4 weeks
Date: October 17
Day & Time: Mondays, 7:00-8:00p
Fee: $30

Book folding is the art of creating sculptures out of old books. This is an eco-friendly craft that has very little start up cost since everything needed is already in your house. The end result is a work of art. Each class will teach a different technique. See https://linktr.ee/boldrich to see what some of the finished designs will look like. This class is taught by the author of Book Folding for Beginners and Beyond. Please bring a hardcover book of at least 100 pages to the first class. Limit of 15 students.

Ballroom Dancing I
Location: Slingerlands Elementary Gym
Instructor: Russell
Length: 8 weeks
Starting date: October 17
Day & Time: Mondays, 6:30-7:30p
Fee: $50 per person or $70 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 jitterbug. Students must bring a pair of shoes to dance in. Sneakers or rubber soled shoes are not recommended. Partners preferred. Limit of 20 couples.

Barre Sculpt
Location: Glenmont Elementary Gym
Instructor: Halvorsen
Length: 6 weeks
Date: October 17
Day & Time: Mondays, 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.

NEW CLASS!

Cake Decorating
Location: High School - Room D124
Instructor: Connors
Length: 2 weeks
Dates: October 13 and October 20
Day & Time: Thursdays, 6:30-8:30p
Fee: $20 (plus $15 materials fee)

Learn a variety of techniques to make beautiful and fun cakes and cupcakes in this sweet course. Each week, we’ll cover new topics starting simple with how to fill and decorate with a piping bag to more advanced skills like chocolate work and candy decorations. Instructor will provide all supplies and each week participants will take home cupcakes that they decorated. Tara Connors opened Bash Parties in 2013, which hosts activity based events, including a cupcake decorating themed party. Please bring a $15 materials fee to both classes. Limit of 15 students. Please bring $15 materials fee to class.

Cooking - Indian Cuisine
Location: High School - Room D124
Instructors: Debuka
Length: 5 weeks
Starting Date: October 4
Day & Time: Tuesdays, 6:00-8:00p
Fee: $85 (plus $25 materials fee)

Indian cooking and Indian food is getting worldwide publicity recently because of its nutritional and medicinal value. In this hands-on class, you will learn how to make and sample vegetarian Indian dishes (e.g. Lentil soup, Khichdi, Vegetable Pilaf, etc.) If the class would like to learn to prepare other vegetarian dishes, the instructor will add those dishes to the class. Limit of 15 students. Please bring $25 materials fee to class. No senior exemptions.

Cooking - Learn to Make Baklava
Location: High School - Room D124
Instructors: Khalife
Length: One night only
Date: October 19
Day & Time: Wednesday, 6:30-8:30p
Fee: $20 (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 per class Please bring $15 materials fee to class. No senior exemptions.

Cooking - Lebanese Cuisine
Location: High School - Room D124
Instructors: Khalife
Length: One night only
Date: September 28
Day & Time: Wednesday, 6:30-8:30p
Fee: $20 (plus $10 materials fee)

In this hands-on class, you will learn how to make and will sample several Lebanese dishes (e.g. Tabbouleh, Hummus, Fattoush, Spinach pies and Meat pies). Limit of 15 students. Please bring $10 materials fee to class. No senior exemptions.
Crochet
Location: High School - Room D126
Instructor: Cooper
Length: 6 weeks
Starting Date: October 6
Day & Time: Thursdays, 6:00 – 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 October 27. No senior exemptions.

*NEW CLASS*
Design Your Perfect Wardrobe
Location: High School - Room D132
Instructor: Carlton
Length: One class
Date: Thursday, October 13
Time: 7:00-8:30p
Fee: $20

Do you have a closet full of clothes and nothing to wear? This one evening workshop will address a number of topics that will help you develop your perfect wardrobe. We will cover: lies we tell ourselves; identifying your style personality; creating a capsule wardrobe; recreating inspirational looks; incorporating trends; style hacks and shopping tips & tricks. Bottom line, this workshop is all about how to make you feel great about what you wear! Kathy Carlton is a lifelong clothes fan, wardrobe coach and personal shopper. She has worked with women of all ages to find their style groove without sacrificing comfort or budget. Limit of 25 students.

Downsizing Made Simple
Location: High School - Room D134
Instructor: Sher, Stone and Halvorsen
Length: One night only
Date: Thursday, October 13
Time: 7:00-8:30p
Fee: $15

Downsizing is challenging. That’s why you need to have a plan. You’ve raised your kids in the big house and now it’s time for something more manageable. You want less maintenance, and freedom to travel and enjoy experiences with your family and grandkids. We can help with that! We’ll walk you through the process one step at a time and make sure that when we’re done, you’re ready to move on to the next amazing chapter of your life. We’ll cover maximizing the sale price for your home, understanding the ever-changing market, making minor updates, decluttering, and where to donate. Presented by Nina Sher, Licensed Real Estate Salesperson with Hunt Real Estate and retired BCSD teacher; Judi Stone, Interior Designer with Take2Artworks; and Liz Halvorsen, Professional Organizer with Mess to Bliss. Limit of 30 students.

Find the Right College at the Right Price
Location: High School - Room D130
Instructor: Dr. Skarlis
Length: One night only
Date: Thursday, September 22
Time: 6:30-8:30p
Fee: $15

This workshop is 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 20 students.

Five-Hour Driver Prelicense Class
Location: High School - Room D140
Instructor: Bell’s Driving School
Length: One night only
Dates: Weds., Oct. 12 or Weds. Nov. 9
(Students attend only ONE of these dates.)
Time: 3:00-8:00p (Includes 1/2 hour break)
Fee: $65 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. Ballard in the Counseling Center 3 weeks in advance of the class. This class may close out so pre-register EARLY! 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 6
Day & time: Thursdays, 7:00–8:00p
Fee: $50

Are you looking to improve your life, have more energy and feel 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 off 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 D210
Instructor: Wilson
Length: 5 weeks
Starting Date: September 28
Day & Time: Wednesdays, 6:15-8:00p
Fee: $45

American military history is one of tragedy and triumph, sacrifice and courage. There have been many battles fought, not all of which were victories. But despite the outcome, each battle has proven to add another layer to the rich history that is shared by all Americans. With so many battles to choose from, this workshop will focus on a handful of battles that dramatically impacted American history. The battles we will cover are as follows: Washington’s Strategic Retreat, The Battle of Bladensburg, Burnside’s Bridges (Antietam and Fredericksburg), Stone’s River, Grant’s Total War, and Appomattox Court House. Limit of 25 students. No class on October 5.
Looking Fabulous at Any Age

Location: High School Room D134  
Instructor: Boyd  
Length: One night only  
Date: Wednesday, September 28  
Time: 6:00-9:00p  
Fee: $20

In this class, you will learn how to dress in the most flattering colors and styles for your body type and preferences. We will review 5 ways to look younger, and to build a wardrobe with a plan so that almost everything coordinates according to your lifestyle and needs. Jill Valerie Boyd is owner and chief stylist at Ageless Iconic Style. Limit of 25 students.

Oil Painting

Location: High School Room D125  
Instructor: Somaio  
Length: 8 weeks  
Starting Date: September 27  
Day & Time: Tuesdays, 7:00-9:00p  
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 the first night for those new to oils. Still life, photo references, discussions, 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.

Medicare Made Clear

Location: High School - Room D112  
Instructor: Yuhasz  
Length: One night only  
Date: Tuesday, October 18  
Time: 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. Mary Yuhasz will be presenting from Mosaic Wealth Strategies Group, Ltd. Limit of 25 students.

PiYo

Location: High School Room D122  
Instructor: Stanco  
Length: 8 weeks  
Starting date: October 12  
Day & Time: Wednesdays, 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. No class on November 23.

Road Map to Retirement: Top IRA Planning Mistakes to Avoid

Location: High School – Room D134  
Instructor: Prinzo  
Length: One week only  
Starting date: Tuesday, September 27  
Time: 6:00-8:00p  
Fee: $20

Commonly made IRA planning mistakes put investor’s retirement plans in jeopardy. This seminar can help you avoid these common mistakes so that you can make the most of your IRA savings. We’ll focus on problem areas, including beneficiary designations, spousal inheritance options and IRA, Roth IRA and RMD issues. Limit of 25 students.

SAT Review: Critical Reading & Writing Subtests

Location: High School - Room D105  
Instructor: Leach  
Length: 4 classes  
Dates: Mon. 9/19, Wed. 9/21, Tues. 9/27, Wed. 9/28  
Time: 6:30-8:30p  
Fee: $120 plus book listed below

This class will prepare students to take the Verbal section of the SAT offered in the fall of 2022. The course will be completed right before the October 1st SAT exam. For the first class, students must have 10 Practice Tests for the SAT, 2022: Extra Prep to Help Achieve an Excellent Score (2022). Available on Amazon. Limit of 25 students.
**MONDAY P.M.**

**Biden, Trump and the Midterm Elections**

Starts: **Monday, October 10**  
Time: **1:30 p.m. - 3:15 p.m.**  
Place: **VIA ZOOM**

**INSTRUCTOR:** Bruce Miroff, Professor of Political Science Emeritus, UAlbany

The midterm elections in November will determine control of Congress and shape American politics over the next two years. This course will examine the important ways in which midterm elections are different than presidential election years. We will focus on the key races for control of the Senate and consider the impact of reapportionment on the battle for the House majority. Each week will feature an update on developments that affect these partisan battles for power. Even though they are not on the ballot, President Biden and former President Trump will play major roles in this year's elections.

**WEDNESDAY P.M.**

**A-Tisket, A-Tasket: The Swinging Music of Ella Fitzgerald**

Starts: **Wednesday, October 12**  
Time: **1:30 p.m. - 3:15 p.m.**  
Place: **VIA ZOOM**

**INSTRUCTOR:** Seton Hawkins, Director, Education Resources and Public Programming Education, Jazz at Lincoln Center

Join us as we spend six weeks delving into the extraordinary life, brilliant music and stardom of America’s “First Lady of Song,” Ella Fitzgerald. Exploring her early life and rise to fame with the Chick Webb Orchestra; to her rise to pop stardom; to her iconic Songbook series, collaborations with Louis Armstrong, and beyond, we’ll celebrate the life and music of one of Jazz’s greatest legends.

**TUESDAY P.M.**

**The Mind and the World: Modern Science Meets Metaphysics**

Starts: **Tuesday, October 11**  
Time: **1:30 p.m. - 3:15 p.m.**  
Place: **VIA ZOOM**

**INSTRUCTOR:** Ron McClamrock, Associate Professor of Philosophy, UAlbany

This course addresses a branch of philosophy that deals with the way our minds engage with the world. For philosophers, the term “metaphysics” is often used for how we understand what we think of as “reality.” Philosophers since pre-Socratic times have studied metaphysics, but we will approach the topic from a contemporary perspective, with a focus on the world as presented to us by modern science. Topics will include: What is the relationship between our existence as beings that consciously experience the world around us, in contrast to our existence as physical/biological organisms? How do advances in Artificial Intelligence raise new questions about the abilities and limitations of the human mind? Is there room for human free will and responsibility in the world we discover through science, or is that in conflict with modern brain science? Can belief in the existence or non-existence of some kind of God be justified in such a world?
SAT Review: Math
Location: High School - Room E205
Instructor: Ryan
Length: 8 weeks
Starting Date: September 3
Day & Time: Mondays, 6:30-8:30p
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 this fall. The course will be completed right before the October 1st SAT exam.

Students must have the Barron’s Math Workbook for the SAT – 7th edition for the first class. Limit of 25 students.

Woodworking (Beginning)
Location: High School Room F107
Instructor: Shannon
Length: 8 weeks
Starting Date: September 21
Day & Time: Wednesdays, 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.

Limit of 12 students. No class on October 5. No senior exemptions.

Writing Workshop
Location: High School - Room D120
Instructor: Higgins
Length: 8 weeks
Starting Date: October 17
Day & Time: Mondays, 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.

Yoga
Location: Hamagrael Elementary Gym
Instructor: Adams
Length: 10 weeks
Starting date: September 21
Day & time: Wednesdays, 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. No class on October 5 or November 23.

Zumba
“Ditch the Workout. Join the Party!”
Location: Eagle Elementary Gym
Instructor: Jaime-Benitez
Length: 10 weeks
Starting date: Monday, October 3
Session I - Monday, October 3
Day & Time: Mondays OR Wednesdays, 6:30-7:30p
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! Limit of 50 students. No class on October 5 (Session 2) or November 23 (Session 2).
LOCATIONS

**BETHLEHEM CENTRAL HIGH SCHOOL**
700 Delaware Avenue
Delmar, NY 12054

**BETHLEHEM CENTRAL MIDDLE SCHOOL**
332 Kenwood Avenue
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

**SLINGERLANDS ELEMENTARY SCHOOL**
25 Union Avenue
Delmar, NY 12054

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**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.*

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### SCHEDULE AT A GLANCE

#### Mondays

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<tr>
<td>Barre Sculpt</td>
<td>Glenmont Elementary Gym</td>
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<td>Book Folding</td>
<td>High School D138</td>
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<td>Knitting</td>
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<tr>
<td>Watercolor Workshop</td>
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<tr>
<td>Writing Workshop</td>
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<tr>
<td>Zumba Session I</td>
<td>Eagle Elementary Gym</td>
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#### Tuesdays

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<td>Adult Learn to Swim</td>
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<tr>
<td>Cooking - Indian Cuisine</td>
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<td>Medicare Made Clear</td>
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<td>Oil Painting</td>
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<tr>
<td>Road Map to Retirement</td>
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#### Wednesdays

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<tr>
<td>Cooking - Lebanese Cuisine</td>
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<td>Five Hour Pre-License Course</td>
<td>High School D140</td>
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<tr>
<td>Important Battles American History</td>
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<tr>
<td>Looking Fabulous at Any Age</td>
<td>High School D134</td>
<td>6-9 p.m.</td>
</tr>
<tr>
<td>PiYo</td>
<td>High School D122</td>
<td>4:15-5:15 p.m.</td>
</tr>
<tr>
<td>Woodworking (Beginning)</td>
<td>High School F107</td>
<td>6:30-9 p.m.</td>
</tr>
<tr>
<td>Yoga</td>
<td>Hamagrael Elementary Gym</td>
<td>6:45-8 p.m.</td>
</tr>
<tr>
<td>Zumba Session II</td>
<td>Eagle Elementary Gym</td>
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#### Thursdays

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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>Cake Decorating</td>
<td>High School D124</td>
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<tr>
<td>Crochet</td>
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<tr>
<td>Design the Perfect Wardrobe</td>
<td>High School D132</td>
<td>7-8:30 p.m.</td>
</tr>
<tr>
<td>Downsizing Made Simple</td>
<td>High School D134</td>
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<tr>
<td>Find the Right College</td>
<td>High School D130</td>
<td>6:30-8:30 p.m.</td>
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<tr>
<td>Guided Meditation</td>
<td>High School D136</td>
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#### Various Days

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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>SAT Review: Math</td>
<td>High School E205</td>
<td>3-5 p.m.</td>
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<tr>
<td>SAT Review: Critical Reading</td>
<td>High School D105</td>
<td>6:30-8:30 p.m.</td>
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*Fall 2022*
Reminder
You must send a separate check for each class you are registering for.

View full schedule on page 7.

Continuing EDUCATION Registration Form

Use this form for Continuing Education Courses Only. For HILL registration, see page 5. 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/continuing-education-adult-learning

Office Use Only
Date Received ___________ Check Money Order Initials ___________