



Zumba

“Ditch the Workout. Join the Party!”

Location: Eagle Elementary Gym

Instructor: Jaime-Benitez

Length: 10 weeks

Starting date: Session I - Monday, October 2

Session II - Wednesday, October 4

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! **Limit of 50 students for each class. No class on October 9 and November 22.**

LOCATIONS

BETHLEHEM HIGH SCHOOL

700 Delaware Avenue
Delmar, NY 12054

BETHLEHEM MIDDLE SCHOOL

332 Kenwood Avenue
Delmar, NY 12054

EAGLE ELEMENTARY SCHOOL

27 Van Dyke Road
Delmar, NY 12054

ELSMERE ELEMENTARY SCHOOL

247 Delaware Avenue
Delmar, NY 12054

GLENMONT ELEMENTARY SCHOOL

328 Route 9W
Glenmont, NY 12077

HAMAGRAEL ELEMENTARY SCHOOL

1 McGuffey Lane
Glenmont, NY 12077

SCHEDULE AT A GLANCE

Mondays

Ballroom Dancing II	Elsmere Elementary Gym	6:30-7:30 p.m.
Knitting	High School D136	7-8:30 p.m.
Mastering Your DSLR Camera	High School D138	6:30-8:30 p.m.
Watercolor Workshop	High School D125	6:30-8:30 p.m.
Writing Workshop	High School D120	6:30-8:30 p.m.
Zumba Session I	Eagle Elementary Gym	6:30-7:30 p.m.

Tuesdays

Ballroom Dancing I	Elsmere Elementary Gym	6:30-7:30 p.m.
Cake Decorating	High School D124	6:30-8 p.m.
Crochet	High School D127	6-8 p.m.
Oil Painting	High School D125	6:30-8:30 p.m.
Tap for Fun and Fitness	HS Cafeteria or D142	4:30-5:30 p.m.

Wednesdays

Adult Learn to Swim	Middle School Pool	7-8 p.m.
Cooking - Lebanese Cuisine I	High School D124	6:30-8:30 p.m.
Cooking - Lebanese Cuisine II	High School D124	6:30-8:30 p.m.
Estate Planning	High School D132	6:30-8:30 p.m.
Find the Right College	High School D130	6:30-8:30 p.m.
Important Battles American History	High School D210	6-7:30 p.m.
Looking Fabulous at Any Age	High School D136	6-8 p.m.
PiYo	High School Library LMC	4-5 p.m.
Skincare, Hair Color & Makeup	High School D136	6-8 p.m.
Tai Chi for Arthritis & Fall Prevention	Glenmont Elementary Gym	6:15-7:15 p.m.
Woodworking (Beginning)	High School F107	6:30-9 p.m.
Yoga	Hamagrael Elementary Gym	6:45-8p.m.
Zumba Session II	Eagle Elementary Gym	6:30-7:30 p.m.

Thursdays

Creative Writing: Poetry	High School D136	6-7:30 p.m.
Downsizing Made Simple	High School D134	7-8:30 p.m.
Medicare Made Clear	High School D112	6-8 p.m.
Pastel Painting	High School D125	6:30-8:30 p.m.
SAT Review: Critical Reading	High School D207	3:15-5:15 p.m.

Fridays

SAT Review: Math	High School E205	3-5 p.m.
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Reminder

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

POSTAL CUSTOMER

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 _____