



Continuing EDUCATION

- WORK HARD
- PLAY HARD
- LEARN FOREVER

FALL 2023 Schedule
including **HILL** Classes

Contact Information

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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. For courses accommodating a limited number of students, Bethlehem Central residents will have preference.

REGISTRATION

Registration must be made in advance.

To register:

- Mail your registration before Friday, September 8, or
- Drop off your registration at the High School Counseling Center by September 8, from 9 a.m.-3 p.m.
- Registration received after Friday, September 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 (<https://www.bethlehemschools.org/continuing-education-adult-learning/>).

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 some 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 ParentSquare platform. Visit bethlehemschools.org for more information.

No classes will be held Sept. 25, Oct. 9, Nov. 10, or Nov. 22-24. 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.



Adult Learn to Swim

Location:	Middle School Pool
Instructor:	Banas/ McGaughan
Length:	10 weeks
Date:	October 4
Day & Time:	Wednesdays, 7:00-8:00p
Fee:	\$140

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. This is not a class for individuals who are comfortable in swimming in water over their head. Please note, the pool does not have stairs to enter or exit the pool, however there is a ladder or a lift, so please plan accordingly. **Limit of 12 students. No class November 22.**

Ballroom Dancing I

Location:	Elsmere Elementary Gym
Instructor:	Pietropaoli
Length:	8 weeks
Starting date:	October 17
Day & time:	Tuesdays, 6:30-7:30p
Fee:	\$70 per couple

Get out and have some fun learning to dance. Beginner Ballroom Dance Class will teach basics in waltz, fox trot, rumba, jitterbug and swing. Please no sneakers or rubber soled shoes. Partner necessary. **Limit of 20 couples.**

Ballroom Dancing II

Location:	Elsmere Elementary Gym
Instructor:	Pietropaoli
Length:	8 weeks
Starting date:	October 16
Day & time:	Mondays, 6:30-7:30p
Fee:	\$70 per couple

Keep up your dancing lessons in this Intermediate Ballroom Dance Class. This includes a review of what you learned in Ballroom I and more, plus cha cha, tango, meringue and mambo. Please no sneakers or rubber soled shoes. Partner necessary. **Limit of 20 couples.**

Cake Decorating

Location:	High School - Room D124
Instructor:	Connors
Length:	2 weeks
Dates:	October 10 and October 17
Day & Time:	Tuesdays, 6:30-8:00p
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. About your instructor: Tara Connors opened Bash Parties in 2013, which hosts activity based events, including a cupcake decorating themed party. **Limit of 15 students. Please bring \$15 materials fee to class.**

Cooking-Lebanese Cuisine I

Location:	High School - Room D124
Instructor:	Khalife
Length:	One night only
Date:	October 25
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. kibbeh, tabbouleh, spinach pies and meat pies). **Limit of 12 students. Please bring \$10 materials fee to class. No senior exemptions.**

Cooking-Lebanese Cuisine II

Location:	High School - Room D124
Instructor:	Khalife
Length:	One night only
Date:	November 15
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. shawarma, spinach pie in fillo dough, fattoush, meat pies in fillo dough.) **Limit of 12 students. Please bring \$10 materials fee to class. No senior exemptions.**

NEW CLASS!

Creative Writing-Poetry

Location:	High School - Room D136
Instructor:	Sukhonos
Length:	6 weeks
Starting Date:	October 12
Day & Time:	Thursdays, 6:00 – 7:30p
Fee:	\$50

In this versatile workshop, we will write poems based on a short prompt, share our writing, get feedback, and read short poems together. We will focus on descriptive language, metaphors, and appeals to the five senses; finding surprising ways of using language in this workshop will be useful beyond this class and help you with writing in all areas of your life. At the end of the six week class, you should come away with a small portfolio of published poems. I am a published poet from New York City and I am happy to bring my perspective while learning from others! **Limit of 25 students.**

Crochet

Location:	High School - Room D127
Instructor:	Cooper
Length:	6 weeks
Starting Date:	October 10
Day & Time:	Tuesdays, 6:00 – 8:00p
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, 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 24.**

Estate Planning-Taking the Mystery Out

Location:	High School - Room D132
Instructor:	Richard A. Fuerst, Esq.
Length:	One night only
Date:	Wednesday, October 25
Time:	6:30– 8:30p
Fee:	\$20

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 and 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, regardless of your health, you can learn the advantage of having a health care proxy and/ or living will. You'll also 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 A. Fuerst, experienced local attorney and workshop facilitator, will sensitively consider all your estate planning questions in this interactive workshop. **Limit of 25 students.**

Downsizing Made Simple

Location:	High School - Room D134
Instructors:	Sher, Stone, Halvorsen and Fortin
Length:	One night only
Date:	Thursday, October 19
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; Liz Halvorsen, professional organizer with Mess to Bliss; and Lisa Fortin of Homestead Funding. **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:	Wednesday, September 27
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 28 students.**

Five-Hour Driver Prelicense Class-Online Options

There are no in-person prelicense classes this fall, but there are three online options for the five-hour class. Scan the QR code to learn details:



Important Battles in American History

Location	High School - Room D210
Instructor	Wilson
Length:	5 weeks
Starting Date:	September 27
Day & Time:	Wednesdays, 6:00-7:30p
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 and military leaders that dramatically impacted American history. Topics we will cover are as follows: Benedict Arnold: Traitor or Scorned? Zachary Taylor: Luck or Skill at Buena Vista? Grant, the Butcher? Franklin, the Pickett's Charge of the West. Why Black Jack? **Limit of 25 students.**

Knitting

Location:	High School - Room D136
Instructor:	Loux
Length:	8 weeks
Starting date:	October 2
Day & time:	Mondays, 7:00-8:30p
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 of WORSTED WEIGHT (size 4) yarn (light solid colors such as white, beige, pink) and size 6 or 7 straight needles to the first class to practice. **Limit of 15 students. No class on October 9.**

Looking Fabulous at Any Age

Location:	High School - Room D136
Instructor:	Boyd
Length:	One night only
Date:	Wednesday, October 4
Time:	6:00-8:00p
Fee:	\$15

In this class you will learn how to dress in the most flattering colors and styles for your body type and preferences, five 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, owner and chief stylist at Ageless Iconic Style, is renowned for the creativity, originality, sophistication, and elegance with which she dresses her clients. As an aesthetician she has taught classes on skin care and makeup. Jill's core skill is helping both men and women to look and feel absolutely radiant in all stages of life. **Limit of 12 students.**



NEW CLASS!

Mastering Your DSLR-Part One

Location:	High School - Room D138
Instructor:	Luther
Length:	8 weeks
Starting Date:	October 2
Day & Time:	Mondays, 6:30–8:30p
Fee:	\$50

Get out of the auto mode and get the most out of your DSLR Camera! This course is for photographers with little or no experience with today's digital cameras. We will start with the basics and find out how, when and where to change the settings on your DSLR. Along the way, you will receive tips on composition and discuss what makes a great photograph. Later we will learn to stop action, blue motion, and purposefully create crisp or blurred backgrounds in your photographs (shutter speed, aperture and manual modes). You will discover the possibilities of your camera through these advanced exposure modes. We will also talk about basic flash photography and other camera accessories. Most importantly...bring your questions to class! **Limit of 25 students. No class on October 9.**

Medicare Made Clear

Location:	High School - Room D112
Instructor:	Yuhasz
Length:	One night only
Date:	Thursday, November 9
Time:	6:00–8:00p
Fee:	\$10

Whether you are approaching Medicare age, are already on Medicare, or a caregiver who assists a person who has Medicare, understanding the many parts of Medicare is essential in choosing the right coverage. At this workshop, you will learn Medicare basics, its parts, premiums, deductibles, how and when to apply. We will discuss the types of coverage and assistance programs available to you as well. Please come join me at this educational event. **Limit of 25 students.**

WE ARE HIRING!

Looking for a part-time job or full-time career? Check out our employment recruiting page using the QR code or visit our website at bethlehemschools.org.



Oil Painting

Location	High School Room D125
Instructor	Somaio
Length:	8 weeks
Starting Date:	October 3
Day & Time:	Tuesdays, 6:30-8:30p
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.**

Pastel Painting

Location	High School Room D125
Instructor	Somaio
Length:	8 weeks
Starting Date:	October 5
Day & Time:	Thursdays, 6:30-8:30p
Fee:	\$75

Pastel painting combines the joy of drawing and painting in a way no other medium does. In this class we will explore different techniques and materials so students can create unique, personal, and exciting artwork. We will cover the basics of strokes, work on a variety of surfaces and pay attention to composition, value control and other painting fundamentals. It is open to artists of any level. A materials list and paper package order form will be provided on the first night. **Limit of 20 students. No class on November 23.**

PiYo

Location:	High School Library LMC
Instructor:	Stanco
Length:	8 weeks
Starting date:	September 27
Day & Time:	Wednesdays, 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.**

SAT Review: Critical Reading & Writing Subtests

Location:	High School - Room D207
Instructor:	Sharp
Length:	4 classes
Dates:	9/14, 9/21, 9/28 and 10/4
Day & Time:	Thursdays, 3:15-5:15p
Fee:	\$120 plus book listed below

This class will prepare students to take the Verbal section of the SAT offered in the fall of 2023. The course will be completed right before the October 7 SAT exam. For the first class, students must have the *Princeton Review - 10 Practice Tests for the SAT, 2023: Extra Prep to Help Achieve an Excellent Score (College Test Preparation)*. Available on Amazon. **Limit of 25 students.**

SAT Review: Math

Location:	High School - Room E205
Instructor:	Corson
Length:	4 classes
Dates:	9/15, 9/22, 9/29, 10/6
Day & time:	Fridays, 3:00-5:00p
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 this fall. The course will be completed right before the October 7 SAT exam. *Princeton Review - 10 Practice Tests for the SAT, 2022: Extra Prep to Help Achieve an Excellent Score (2021)*. Available on Amazons. **Limit of 25 students.**

Humanities Institute for Lifelong Learning

The University In Our Town

HILL Registration Info:

Bethlehem's Humanities Institute for Lifelong Learning is an independent organization offering opportunities for lifelong learning to residents of the Capital District since 1993. HILL courses are in the humanities and related cultural areas and include selections that focus on contemporary issues, respond to community interests and appeal to a wide audience.

- In Fall 2023, HILL will present three six-week courses, in person at the Delmar Reformed Church, 386 Delaware Ave. in Delmar AND online via Zoom.
- Registration is required for each individual to attend a course. There is a \$35 fee for each course selected.
- Registration must be completed online at www.hillclasses.org. Click the Registration Form link.

CLASS NOTES

- **REGISTER NO LATER THAN SEPTEMBER 28, 2023.**
- **HILL will not be able to provide Zoom technical support but will direct you to sites that can help you.**
- Messages with questions about HILL courses that are NOT related to Zoom should be left at (518) 368-7029 and a volunteer will call you back.
- For more information or to register, visit the HILL website, www.hillclasses.org or scan the QR code.



MONDAY A.M.

Irish History from the Ancient World to the Present

Starts: Monday, October 2
Time: 10:30 a.m. - 12:15 p.m.
Place: Delmar Reformed Church and Zoom

INSTRUCTOR: Karen Sonnelitter,
Associate Professor of History, Siena College

We will explore the history of Ireland from the earliest settlers to the present day. We will focus on the political, cultural, social, and religious factors that have shaped Irish history, including movements for Irish independence from the Middle Ages to the modern day. Class sessions will cover the following topics: Early Ireland: Ancient Settlers, Christianity, Viking Invasions, the Norman Conquest; Early Modern Ireland: The Tudor Reconquest, the Reformation, Rebellions, Plantations; Anglo Irish Ascendancy: The Battle of the Boyne, Grattan's Parliament, the 1798 Rebellion, the United Kingdom; Irish Nationalism: Catholic Emancipation, the Famine, the Land League; Independent Ireland: Easter Rising, Anglo-Irish War, Partition, the Creation of the Republic; and Modern Ireland: The Conflict in Northern Ireland, Ireland in the EU, Ireland Today.

TUESDAY P.M.

Sergei Prokofiev: The 20th Century Defender of Melody

Starts: Tuesday, October 3
Time: 1:30 p.m. - 3:15 p.m.
Place: Delmar Reformed Church and Zoom

INSTRUCTOR: Ann-Marie Barker Schwartz,
Founder, Musicians of Ma'alwyck

Prokofiev, who stated that a composer is duty bound to serve Man and the people, and to beautify and defend life, wrote music that soars with melody yet anchors itself firmly in the 20th century idiom. He worked mostly in Russia and what became the Soviet Union, living through tremendous political upheavals, and dying on the same day as Joseph Stalin. Without doubt, Prokofiev

is one of the musical geniuses of the 20th century. We will examine his life through his musical output, including symphonies, concerti, solo piano music, and his operas and ballets. Among the pieces we will explore are the ballets Romeo and Juliet and Cinderella, the symphonies Numbers 1 (Classical) and 5, and the 1st piano concerto.

WEDNESDAY P.M.

Urban Politics and Policies: New York City and Beyond

Starts: Wednesday, October 4
Time: 1:30 p.m. - 3:15 p.m.
Place: Delmar Reformed Church and Zoom

INSTRUCTOR: Tim Weaver, *Associate Professor of Political Science, UAlbany*

American cities distill many of the contradictory currents that run through American politics writ large. They are wellsprings of progressivism, sites of eye-watering inequality, and have often been at the front lines of battles over race and ethnicity. This course will examine these contradictions and consider how and why urban politics and policies have simultaneously advanced egalitarian, conservative, and pro-market measures. Using New York City as our primary, but not exclusive, case study, we will consider how urban policy and politics have varied over the course of the twentieth century and examine new developments in the early twenty-first century. In so doing, we will explore a variety of conflicting accounts of urban political development and examine some of the central policy issues facing cities, such as the problems of urban poverty, mass incarceration, deindustrialization, and gentrification.





Skincare, Hair Color and Makeup

Location:	High School - Room D136
Instructor:	Boyd
Length:	One night only
Date:	October 17
Day & Time:	Wednesday, 6:00-8:00p
Fee:	\$15

In this class you will learn how to care for your skin type – what you need to know to keep your skin vibrant and healthy; what makeup products and colors are best for you; and hair color choices or deciding to go grey. Jill Valerie Boyd, owner and chief stylist at Ageless Iconic Style, is renowned for the creativity, originality, sophistication, and elegance with which she dresses her clients. As an aesthetician, she has taught classes on skin care and makeup. Jill’s core skill is helping both men and women to look and feel absolutely radiant in all stages of life. **Limit of 12 students.**

Tai Chi for Arthritis and Fall Prevention

Location:	Glenmont Elementary Cafeteria
Instructor	Holman
Length:	8 weeks
Starting Date:	October 4
Day & Time:	Wednesdays, 6:15-7:15p
Fee:	\$55

Come and experience the gentle energy of Tai Chi in a safe and friendly environment. This class we will focus on TC-A which is known to increase balance, decrease falling, improve flexibility and promote overall well-being. Taught by Melody Holman who is a certified instructor, she has found Tai Chi to be transformative and would like to share this knowledge with others. **Limit of 15 students. No class on November 22.**

Tap for Fun and Fitness

Location:	HS Cafeteria or outside HS D142
Instructor	Feldman
Length:	8 weeks
Starting Date:	October 3
Day & Time:	Tuesdays, 4:30-5:30p
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.**

Watercolor Workshop I

Location	High School Room D125
Instructor	Somaio
Length:	8 weeks
Starting Date:	October 2
Day & Time:	Mondays, 6:30-8:30p
Fee:	\$75

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 9.**

Woodworking (Beginning)

Location	High School Room F107
Instructor	Shannon
Length:	8 weeks
Starting Date:	October 4
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 November 22. No senior exemptions.**

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.

Writing Workshop

Location:	High School - Room D120
Instructor:	Higgins
Length:	8 weeks
Starting Date:	October 16
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 27
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 November 22.**



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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PERMIT # 730

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 _____