



BETHLEHEM CENTRAL SCHOOL DISTRICT

Continuing EDUCATION

SPRING 2024 Schedule

Contact Information

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COURSE FEES

Fees vary as outlined in course descriptions. 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.** 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.

REGISTRATION

Registration must be made in advance.

- Mail your registration before Friday, February 16, or
- Drop off your registration at the High School Counseling Center, from 9 a.m. to 3 p.m. thru Friday, Feb. 16
- Registration received after Friday, Feb. 16 will not be accepted.

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.

MORE INFORMATION ONLINE

Full course descriptions and registration information can be found at bethlehemschools.org or by scanning the QR code below.



MONDAYS			
Ballroom Dancing II	Eagle Elementary Gym	6:30-7:30 p.m.	\$70/couple
Barre Sculpt	Glenmont Elementary Gym	6:45-7:30 p.m.	\$45
Intensive Writing Workshop	High School D120	6:30-8:30 p.m.	\$60
Knitting	High School D136	7-8:30 p.m.	\$50
Mastering Your DLSR Camera	High School D132	6:30-8:30 p.m.	\$50
Watercolor Workshop II	High School D125	6:30-8:30 p.m.	\$75
Your Custom Colors	High School D138	5:30-7 p.m.	\$15
Zumba	Elsmere Elementary Gym	6:30-7:30 p.m.	\$50
TUESDAYS			
Ballroom Dancing I	Eagle Elementary Gym	6:30-7:30 p.m.	\$70/couple
Cooking-Learn to Make Baklava	High School D124	6:30-8:30 p.m.	\$20+ materials
Crochet	High School D136	6-8 p.m.	\$45
Important Battles in History	High School D210	6-7:30 p.m.	\$45
Oil Painting - Continuing	High School D125	6:30-8:30 p.m.	\$75
SAT Review: Critical Reading	High School D105	6-8 p.m.	\$120+ book
What's Unique About an IRA	High School D134	6:30-8:30 p.m.	\$15
WEDNESDAYS			
Adult Learn to Swim	Middle School Pool	7-8 p.m.	\$140
Cake Decorating	High School D124	6:30-8 p.m.	\$20+ materials
Cooking - Lebanese Cuisine I	High School D124	6:30-8:30 p.m.	\$20+ materials
Design Your Perfect Wardrobe	High School D132	7-8:30 p.m.	\$20
Estate Planning	High School D132	6:30-8:30 p.m.	\$20
Find the Right College	High School D138	6:30-8:30 p.m.	\$15
Guided Meditation	High School LMC	7-8 p.m.	\$50
Handbuilding with Clay	High School D127	6:30-8:30 p.m.	\$75+ materials
Medicare Made Clear	High School D112	6-8 p.m.	\$10
Woodworking (Beginning)	High School F107	6:30-9 p.m.	\$80
Yoga	Hamagrael Elementary Gym	6:45-8p.m.	\$60
Zumba	Eagle Elementary Gym	6:30-7:30 p.m.	\$50
THURSDAYS			
Clustering Your Wardrobe	High School D138	5:30-7 p.m.	\$15
Country Line Dancing (Beginner)	High School Cafeteria	6-7:30 p.m.	\$80
Downsizing Made Simple	High School D134	7-8:30 p.m.	\$15
Introduction to Investing	High School D134	6:30-8:30 p.m.	\$15
Pastel Painting - Intermediate	High School D125	6:30-8:30 p.m.	\$75
Practicing Peace	High School LMC	4-5 p.m.	\$80
FRIDAYS			
Aqua Zumba	Middle School Pool	6-7 p.m.	\$80
SAT Review: Math	High School D205	3-5 p.m.	\$120+ book
SATURDAYS			
SAT Review: Critical Reading	High School D105	9-11 a.m.	\$120+ book



Times, locations and fees for each class are listed on page 1. Visit bethlehemschools.org for more detailed course descriptions, instructors and additional registration info.

Adult Learn to Swim

WEDS, 7p-8p, beginning Mar. 6

This is 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. **10 sessions. Limit of 12 students. No senior exemptions. No class April 3 and May 15**

Aqua Zumba

FRI, 6p-7p, beginning Mar. 15 **NEW**

Make a splash by adding low-impact and high-energy aquatic exercise to your fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss! **8 sessions. No class Mar. 29 and April 5.**

Ballroom Dancing I

TUES, 6:30p-7:30p, beginning Mar. 5

Beginner Ballroom Dancing will teach basics in Waltz, Fox Trot, Rumba, Jitterbug and Swing. Please no sneakers or rubber soled shoes. Partner necessary. **8 sessions. Limit of 20 couples. No class April 2.**

Ballroom Dancing II

MON, 6:30p-7:30p, beginning Mar. 4

Keep up your dancing lessons with this class that includes a review of what you learned in Ballroom Dancing I plus Cha Cha, Tango, Meringue and Mambo. Please no sneakers or rubber soled shoes. Partner necessary. **8 sessions. Limit of 20 couples. No class April 1.**

Barre Sculpt

MON, 6:45p-7:30p, beginning Mar. 4

A fun blend of ballet and strength conditioning that creates a challenging workout. Using small isometric movements, it is a workout to create lean, dense musculature and movement control. All levels are welcome. Please bring a yoga mat to first class. **6 sessions. Limit of 30 students. No class April 1.**

Cake Decorating

WEDS, 6:30p-8p - Apr. 24 & May 1

Learn a variety of techniques to make beautiful and fun cupcakes. You will assemble and use different decorating tips for writing, borders and to pipe flowers using decorating bags and other supplies. Participants will take home the cupcakes that they decorate each week. **2 sessions. Limit of 15 students. \$30 materials fee due at first class.**

Clustering Your Wardrobe

THURS, 5:30p-7p, Mar. 27 only **NEW**

You can make choosing what to wear and when easier by learning how to cluster your wardrobe with 5-8 easy pieces that coordinate with each other and span all seasons. **1 session. Limit of 12 students.**

Cooking - Lebanese Cuisine

WEDS, 6:30p-8:30p, Apr. 10 only

In this hands-on class, you will learn how to make and will sample several Lebanese dishes (e.g. Baked Kibbeh, Tabbouleh, Fattoush, Spinach pies, Meat pies). **1 session. Limit of 12 students. No senior exemptions. \$10 materials fee due at first class.**

Cooking - Make Baklava

TUES, 6:30p-8:30p, Apr. 30 only

In this hands-on class, you will learn how to make Baklava (the popular Eastern Mediterranean dessert) from scratch, and take home your own batch to enjoy. **1 session. Limit of 10 students. No senior exemptions. \$15 materials fee due at first class.**

Country Line Dancing for Beginners

THURS, 6p-7:30p, beginning Mar. 14 **NEW**

You will learn beginner line dances in a fun, judgment free environment. No previous dance experience necessary. COWBOY BOOTS ARE NOT allowed, but you should have soft soled shoes or sneakers that can slide a little without very grippy rubber soles. **8 sessions. No class April 4.**

Crochet

TUES, 6p-8p, beginning Mar. 12

Learn the basics of crochet or brush up on skills; learn 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. **6 sessions. Limit of 15 students. No senior exemptions. No class April 2.**

Design Your Perfect Wardrobe

WEDS, 7p-8:30p, Apr. 17 only

Identify your style personality; create a capsule wardrobe; recreate inspirational looks; incorporate trends; style hacks and shopping tips & tricks. This workshop is all about how to make you feel great about what you wear! **1 session. Limit of 25 students.**

Downsizing Made Simple

THURS, 7p-8:30p, Mar. 21 only

Downsizing is challenging. Learn about maximizing the sale price for your home, understanding the ever-changing real estate market, making minor updates, decluttering, and where to donate items that are no longer needed. **1 session. Limit of 30 students.**

Estate Planning - Taking The Mystery Out

WEDS, 6:30p-8:30p, Apr. 24 only

Learn the ins and outs of estate planning in simple, non-legal terms from an attorney's perspective. Find out about health care proxies and living wills, and hear about the latest legal and government changes along with nursing home and Medicaid considerations and avenues to reduce wealth transfer taxation. **1 session. Limit of 25 students.**

Find the Right College at the Right Price

WEDS, 6:30p-8:30p, Apr. 10 only

Parents of high school sophomores and juniors will learn what colleges expect to see in applicants; the financial aid process and strategies to reduce college costs; the new FAFSA; why "fit" is critical; SAT/ACT strategies; how to make the most of college visits; writing the essay, and more. **1 session. Limit of 28 students.**

Guided Meditation

WEDS, 7p-8p, beginning Mar. 13

Are you looking to improve your life, have more energy and be relaxed? This guided meditation only requires you to relax. There is absolutely no experience necessary, no special clothes or ability required. Tune your mind off for a few minutes and this program will give you more energy, relaxation, productivity, and concentration. **6 sessions. Limit of 20 students. No class April 3.**

Handbuilding with Clay

WEDS, 6:30p-8:30p, beginning Mar. 6 **NEW**

Learn the techniques of handbuilding to create unique functional (ex. plates and cups) and sculptural pieces. Each week a new technique will be introduced, as well as a variety of different types of surface decorations, how to create unique handles, make and apply appliques, and create your own stamps. Clay, glazes and firing will be included in the materials fee. **8 sessions. Limit of 15 students. No class April 3. \$35 materials fee paid at first class.**

Important Battles in American History

TUES, 6p-7:30p, beginning Feb. 27

American military history is one of tragedy and triumph, sacrifice and courage. There have been many battles fought, not all of which were victories. Topics covered in this class include Washington's Native American War; Shiloh's Real Hero; Sherman's March: The Real Win of the War; Fort Stedman; and Hot Water: The Controversy of the Last American Attack in WWI. **5 sessions. Limit of 25 students.**



Intensive Writing Workshop **NEW**
MON, 6:30p-8:30p, beginning Mar. 11

Take your writing to the next level with advanced techniques to deal with issues writers confront, including facing the blank page, refining dialogue and characterizations, developing descriptions for impact and atmosphere, and understanding and working with scenes and point of view. Whether you work in fiction or nonfiction, this workshop can inspire and improve your work. **8 sessions. Limit of 15 students. No senior exemptions. No class Apr. 1.**

Introduction to Investing **NEW**
THURS, 6:30p-8:30p, May 2 only

Learn the basics of stocks, bonds, and mutual funds. This class will help you understand the differences and similarities of various investment types. Discover how asset allocation can reduce overall risk and explain the benefits of using diversification and time to build a portfolio. **1 session.**

Knitting
MON, 7p-8:30p, beginning Mar. 11

Learn how to knit and purl, cast on stitches and bind them off at the end of your work. Beginners will finish a small project: dishcloth, hat, scarf, or cowl. Intermediate knitters are welcome to tackle a more advanced project. Bring a small amount of WORSTED WEIGHT (size 4) yarn (light solid colors such as white, beige, pink) and size 7 or 8 straight needles to the first class to practice. **8 sessions. Limit of 15 students. No class April 1.**

Mastering Your DSLR Camera - Part 1
MON, 6:30p-8:30p, beginning Mar. 11

A basic course for photographers with little or no experience with today's digital cameras. Find out how and when to change settings on your DSLR. Get tips on composition and using shutter speeds, aperture and manual modes effectively. Bring your camera and your questions. **8 sessions. Limit of 25 students. No class April 1.**

Medicare Made Clear
WEDS, 6p-8p, Mar. 6 only

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. **1 session. Limit of 25 students.**

Oil Painting-Continuing **NEW**
TUES, 6:30p-8:30p, beginning Mar. 12

Take your painting to the next level. This class will strengthen foundational skills, and improve the quality of your paintings, while allowing you to explore your own style and meaning. **8 sessions. Limit of 20 students. No class April 2.**

Pastel Painting - Intermediate & Beyond **NEW**
THURS, 6:30p-8:30p, beginning Mar. 14

Create beautiful paintings using soft pastels while working from still life, photographs of landscapes, or your choice of subject matter. Explore composition, gesture, color theory, tonal value, and mark making, along with underpainting techniques, edge quality, fine detail, and exercises to help loosen up. **8 sessions. Limit of 20 students. No class April 4.**

Practicing Peace **NEW**
THURS, 4p-5p, beginning Mar. 14

Explore and experience a variety of holistic modalities to reduce stress and pain and increase joy and peace no matter what is going on in your life or the world around you. **8 sessions. No class April 4.**

SAT Review Courses
SAT Critical Reading/Writing-TUES/SAT

This class will prepare students to take the Verbal section of the SAT offered in the spring of 2024. Four classes will be held on the following dates: Tuesday, April 9 (6p-8p); Saturday, Apr. 13, Apr. 20 and Apr. 27 from 9a-11a.

SAT Math - FRIDAYS

This course will review formulas, problems and concepts for the Mathematics portion of the SAT for students who plan to take the exam this spring. Four classes will be held on the following dates: Friday, April 12, Apr. 19, Apr. 26 and May 3 from 3p-5p.

Limit of 25 students for each class. Students must have The Official Digital SAT Study Guide available on Amazon (\$23.99).

What's Unique about an IRA?
TUES, 6:30p-8:30p, Apr. 16 only **NEW**

Join our class to learn the ins and outs of IRA's and learn how to avoid unnecessary penalties; ideal for those just beginning to save, retirees, and anyone in between. **1 session.**

Watercolor Workshop II **NEW**
MON, 6:30p-8:30p, beginning Mar. 11

This class is designed to build upon skills learned in Watercolor 1. In addition to color theory and painting techniques, we will explore still life, landscapes, botanicals, portraits, and figures. Grow confidence and skills with watercolor combinations and work in a series. **8 sessions. Limit 20 students. No class Apr. 1.**

Woodworking - Beginning
WEDS, 6:30p-9p, beginning Mar. 13

Basic woodworking instruction and the use of hand and power tools. Students must provide all materials for their projects, including: lumber, glue, sandpaper, etc. Intermediate students are welcome, but please no skilled craftsmen looking to use equipment. **8 sessions. Limit 12 students. No senior exemptions. No class Apr. 3.**

Yoga
WEDS, 6:45p-8p, beginning Mar. 13

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. Dress in comfortable clothes and bring a yoga mat and blanket. **10 sessions. Limit of 50 students. No class April 3.**

Your Custom Colors **NEW**
MON, 5:30p-7p, Mar. 25 only

Find and use the colors that reflect your beauty and transform your personal style, enhance your unique beauty and elevate your energy. **1 session.**

Zumba
Session 1: MON, 6:30-7:30p starting Mar. 4 (Elsmere)
Session 1: WEDS, 6:30-7:30p starting Mar. 13 (Eagle)

"Ditch the workout. Join the party!" 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 offers calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! **On the registration form, please indicate which session/location you are signing up for. These are two separate classes of 10 sessions each. Limit 50 students. No classes April 1, 3, 10, and 15.**

HUMANITIES INSTITUTE FOR LIFELONG LEARNING (HILL)



HILL will offer three six-week classes in Spring 2024. Use the QR code or visit hillclasses.org for information and registration. Registration opens on or about Feb. 2.

- A Swingin' Affair: The Music of Frank Sinatra (MON, 1:30p-3:30p, beginning Mar. 11)
- Early America to the Revolution (TUES, 1:30p-3:30p, beginning Mar. 12)
- Six Great Moments in the History of Art (WEDS 1:30p-3:30p, beginning Mar. 13)





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Reminder

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

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Continuing **EDUCATION** Registration Form

Use this form for **Continuing Education Courses Only**. For HILL registration, see page 3. Please use one form per person (photocopies are acceptable). Write one check per course payable to "Bethlehem Central School District." 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.

PLEASE PRINT and FILL OUT FORM COMPLETELY. INCOMPLETE FORMS WILL NOT BE PROCESSED. PLEASE WRITE CLEARLY.

Check here if you are a senior citizen

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 Card (available at the high school main office, 700 Delaware Ave, Delmar). 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. If box is checked above, 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 more detailed course descriptions are available on the district website at www.bethlehemschools.org/continuing-education-adult-learning

Office Use Only

Date Received _____

Check Money Order

Initials _____