



Continuing EDUCATION

SPRING 2025 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, Feb. 14, or
- Drop off your registration at the High School Counseling Center, from 9 a.m. to 3 p.m. thru Friday, Feb. 14.
- Registration received after February 14 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

A Path to Purposeful Work	High School B115	6-8 p.m.	\$15
Intensive Writing Workshop	High School D138	6:30-8:30 p.m.	\$60
Knitting	High School D136	7-8:30 p.m.	\$50
Mastering Your DSLR Camera II	High School D132	6:30-9 p.m.	\$50
Returning to the Workforce	High School B115	6-8 p.m.	\$15
Watercolor Workshop II	High School D125	6:30-8:30 p.m.	\$75
Zumba - Monday	Eagle Elementary Gym	6:30-7:30 p.m.	\$50

TUESDAYS

Cooking-Lebanese Cuisine	High School D124	6:30-8:30 p.m.	\$20+ materials
Crochet	High School D136	6-8 p.m.	\$45
Finding the Right College	High School D138	6:30-8 p.m.	\$15
Learn to Dress for Your Body Type	High School D138	6-8 p.m.	\$15
LinkedIn Basics+	High School D138	7-8:30 p.m.	\$20
Oil Painting	High School D125	6:30-8:30 p.m.	\$75
PiYo - Tuesday	High School Library	4-5 p.m.	\$50
SAT Review: Critical Reading	High School D105	7-9 p.m.	\$120+ book
What's Unique About an IRA	High School D134	6-8 p.m.	\$15
Your Custom Colors	High School D138	6-8 p.m.	\$15
Your Job Search in the Digital Age	High School B115	7-8 p.m.	\$15

WEDNESDAYS

Adult Learn to Swim	High School Pool	7:30-8:30 p.m.	\$140
Ballroom Dancing I	Elsmere Elementary Gym	6:30-8 p.m.	\$70/couple
Become an Exchange Student/Host	High School D134	6-7 p.m.	\$15
Cake Decorating	High School D124	6:30-8 p.m.	\$20+ materials
Cooking-Learn to Make Baklava	High School D124	6:30-8:30 p.m.	\$20+ materials
Estate Planning	High School D136	6:30-8:30 p.m.	\$20
Finding Your Hidden Actor	High School B115	6:30-8:30 p.m.	\$50
Guided Meditation	High School Library	7-8 p.m.	\$50
Important Battles in American History	High School D210	6-7:30 p.m.	\$45
Introduction to Investing	High School D134	6-8 p.m.	\$15
St. Patrick's Day Fabric Wreath	High School D125	6:30-8 p.m.	\$15+ materials
Swim Stroke Development	High School Pool	6:30-7:30 p.m.	\$140
Swing Dance for Beginners	Elsmere Elementary Gym	8-9:30 p.m.	\$70/couple
Yoga	Hamagrael Elementary Cafe	6:45-8 p.m.	\$60
Zumba - Wednesday	Eagle Elementary Gym	6:30-7:30 p.m.	\$50

THURSDAYS

Ballroom Dancing II	Elsmere Elementary Gym	6:30-8 p.m.	\$70/couple
Downsizing Made Simple	High School D134	7-8:30 p.m.	\$15
Keys to Financial Freedom	High School D134	6-8 p.m.	\$15
Medicare Made Clear	High School D112	6-8 p.m.	\$10
Pastel Painting	High School D125	6:30-8:30 p.m.	\$75
PiYo - Thursday	High School Library	4-5 p.m.	\$50
Woodworking (Beginning)	High School F107	6:30-9 p.m.	\$80
Write Your Memoir	High School B115	4-5:30 p.m.	\$75

FRIDAYS

Aqua Zumba	Middle School Pool	6-7 p.m.	\$80
SAT Review: Math	High School E205	3-5 p.m.	\$120+ book

SATURDAYS

SAT Review: Critical Reading	High School D105	9-11 a.m.	\$120+ book
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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. No classes April 14-18 due to Spring Break.

Adult Learn to Swim

WEDS, 7:30p-8:30p, beginning Mar. 5

An introduction to swimming for non-swimmers. Conquer your fear of the water and become confident in and around the water. **10 sessions. No senior exemptions.**

A Path to Purposeful Work **NEW**

MON, 6p-8p, Mar. 31 only

Align your personal values with your professional journey in this interactive and insightful workshop.

Aqua Zumba

FRI, 6p-7p, beginning Mar. 7

Add low-impact and high-energy aquatic exercise to your fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance. **8 sessions. No senior exemptions.**

Ballroom Dancing I

WEDS, 6:30p-8:00p, beginning Mar. 5

Learn the basics in Waltz, Fox Trot, Tango, Rumba, Cha Cha and Swing. Please no sneakers or rubber soled shoes. Partner necessary. **10 sessions.**

Ballroom Dancing II

THURS, 6:30p-8:00p, beginning Mar. 6

Keep up your dancing lessons with a review of what you learned in Ballroom I plus more in-depth lessons. Prerequisite of this class is taking Ballroom I and a working knowledge of dances. Partner necessary. **10 sessions.**

Become a Rotary Exchange Student or Host Family **NEW**

WEDS, 6:00p-7:00p, Mar. 12 only

Learn how to become a Rotary Exchange Host Family for an international student and also the process for becoming an outgoing Rotary Exchange Student in another country.

Cake Decorating

WEDS, 6:30p-8:00p, Apr. 2 and Apr. 9

Learn to use different decorating tips for writing, borders and to pipe flowers. Participants will take home the cupcakes that they decorate each week. **2 sessions. \$30 materials fee.**

Cooking - Lebanese Cuisine

TUES, 6:30p-8:30p, Apr. 1 only

Learn to make several Lebanese dishes (e.g. Baked Kibbeh, Tabbouleh, Fattoush, spinach pies, meat pies). **No senior exemptions. \$15 materials fee.**

Cooking - Make Baklava

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

Learn to make Baklava (the popular Eastern Mediterranean dessert) from scratch. **No senior exemptions. \$15 materials fee.**

Crochet

TUES, 6p-8p, beginning Mar. 4

Learn the basics of crochet or brush up on skills; learn to read a crochet pattern and explore a variety of 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.**

Downsizing Made Simple

THURS, 7p-8:30p, Mar. 20 only

Learn to maximize the sale price for your home by understanding the real estate market, making minor updates, decluttering, and donating unwanted items.

Estate Planning

WEDS, 6:30p-8:30p, Apr. 23 only

Learn about health care proxies, living wills, and the latest legal and government changes along with nursing home and Medicaid considerations and avenues to reduce wealth transfer taxation.

Finding the Right College

TUES, 6:30p-8:00p, Mar. 11 only

Parents of high school sophomores and juniors will learn what colleges expect to see in applicant, the financial aid process and strategies to reduce college costs, and why "fit" is critical.

Finding Your Hidden Actor **NEW**

WEDS, 6:30p-8:30p, beginning Mar. 5

Have fun finding the actor hidden inside you! In this course we will use warm-ups, improvisation and other theatre exercises, including reading scenes from modern plays, to help create believable characters for the stage. **8 sessions.**

Guided Meditation

WEDS, 7p-8p, beginning Mar. 5

This guided meditation only requires you to relax. Tune your mind off for a few minutes and this program will give you more energy, relaxation, productivity, and concentration. No experience necessary, no special clothes or ability required. **6 sessions.**

Important Battles in American History

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

American military history is one of tragedy and triumph, sacrifice and courage. Topics covered in this class include USS Constitution vs Guerrere, the Significance of The Seven Pines, Mine Run...Meade's Rubicon, Midway...Turning Point, and Operation Rolling Thunder. **5 sessions.**

Intensive Writing Workshop

MON, 6:30p-8:30p, beginning Mar. 3

Take your writing to the next level with 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. **8 sessions. No senior exemptions.**

Introduction to Investing

WEDS, 6p-8p, Apr. 9 only

Learn the basics of stocks, bonds, and mutual funds. This class will help you understand the differences and similarities of various investment types.

Keys to Financial Freedom

THURS, 6:00p-8:00p, May 8 only

This is an introductory course to money and cash flow management. Topics covered include budgeting, savings methods and vehicles, understanding and using credit responsibly, and insurance.

Knitting

MON, 7:00p-8:30p, beginning Mar. 3

Learn to knit and purl, cast on stitches and bind them off at the end of your work. Beginners will finish a small project; 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. **8 sessions.**

Learn to Dress for Your Body Type

TUES, 6:00p-8:00p, Apr. 22 only

Learn how to enhance your assets and camouflage your figure challenges. Find out your preferences and discover fashion ideas that will make you look more attractive and feel excited once again.

LinkedIn Basics+ **NEW**

TUES, 7:00p-8:30p, Mar. 4 only

Have you established your LinkedIn Profile but you don't know what to do with it? Learn the value of creating a complete profile; find out about Profile Sections, including the hidden sections beyond the core. Learn to build your network, make valuable connections and use LinkedIn jobs to search for new positions.

Mastering Your DSLR Camera - Part 2

MON, 6:30p-9:00p, beginning Mar. 3

A continuation of DSLR Part 1 (offered in the fall), but would be suitable for anyone with requisite photography knowledge. Since all digital photographs require post-processing, we begin with a guide to edit your unprocessed photos, from start to finish, in Adobe Lightroom. This is followed by exploring advanced photography/editing techniques (panorama, HDR, etc). Bring your camera. **8 sessions.**



Medicare Made Clear

THURS, 6:00p-8:00p, Mar. 6 only

Discover Medicare basics, its parts, premiums, deductibles, how and when to apply. Learn about the types of coverage and assistance programs available to you as well.

Oil Painting

TUES, 6:30p-8:30p, beginning Mar. 4

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 welcome. **8 sessions.**

Pastel Painting

THURS, 6:30p-8:30p, beginning Mar. 6

Explore different techniques and materials to 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. Class is open to artists of any level. **8 sessions.**

PiYo - Tuesday

TUES, 4p-5p, beginning Mar. 4

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. **8 sessions.**

PiYo - Thursday

THURS, 4p-5p, beginning Mar. 6

See PiYo-Tuesday for course description.

Returning to the Workforce After a Career Break

MON, 6:00p-8:00p, Mar. 3 only

Participants who are re-entering the paid workforce after a career pause will engage in a supportive environment that fosters confidence, skill development, and networking opportunities. Topics include identifying transferable skills, addressing time away from the workforce when job searching, networking strategies, and work-life balance.

SAT Review - Reading & Writing

SATURDAYS & TUES, beginning Mar. 29

Students will prepare for the verbal section of the Spring 2025 SAT. Classes will be held Saturday, Mar. 29, Apr. 5, and Apr. 26 from 9am-11am and Tuesday, Apr. 29 from 7pm-9pm. Students must have *The Official Digital SAT Study Guide* available on Amazon.

SAT Review - Math

FRI, 3:00p-5:00p, beginning Apr. 4

Students will prepare for the Spring 2025 SAT by reviewing mathematics formulas, problems and concepts. Students must have *The Official Digital SAT Study Guide* available on Amazon. **4 sessions.**

St. Patrick's Day Wreath Making

WEDS, 6:30p-8:00p, Feb. 26 only

Join us in making an easy and cute fabric wreath just in time for St. Patrick's Day. **\$25 materials fee.**

Swim Stroke Development

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

This is a stroke development class for those who are able to swim 25 yards and feel comfortable being in water over their head. Learn freestyle stroke, rhythmic breathing and elementary backstroke. This class is NOT for experienced swimmers who are looking for advanced skills. **4 sessions. No senior exemptions.**

Swing Dancing for Beginners

WEDS, 8:00p-9:30p, beginning Mar. 5

This introductory course will focus strictly on swing dancing. No previous dance experience needed. The first two classes provide an important foundation for the remainder of the course. **10 sessions.**

Watercolor Workshop II

MON, 6:30p-8:30p, beginning Mar. 3

Students with some watercolor experience or those who have taken Watercolor 1 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. **8 sessions.**

What's Unique About an IRA?

TUES, 6:00p-8:00p, Apr. 22 only

Learn the ins and outs of IRAs and learn how to avoid unnecessary penalties. This class is ideal for those just beginning to save, retirees, and anyone in between.

Woodworking - Beginning

THURS, 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. No senior exemptions.**

Write Your Memoir

THURS, 4:00p-5:30p, beginning Mar. 6

Learn a method of memoir writing that is easy, simple, and quick. Find and develop your writing voice. You will write portions of your memoir by the end of this session. Bring a large writing pad and pen or pencil. **8 sessions. No senior exemptions.**

Yoga

MON/WEDS, 6:45p-8:00p, beginning Feb. 26

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.**

Your Custom Colors

TUES, 6:00p-8:00p, Apr. 29 only

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

Your Job Search in the Digital Age

TUES, 7:00p-8:00p, Mar. 11 only

Learn about identifying your career goal, targeting your resume, renovating your LinkedIn profile, and preparing for an interview and salary negotiation.

Zumba - Mondays

MON, 6:30-7:30p starting Mar. 17

"Ditch the workout. Join the party!" Zumba® is the most popular workout in the fitness world today! 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! **10 sessions.**

Zumba - Wednesdays

WED, 6:30-7:30p starting Mar. 19

See the description above for Zumba - Mondays. **10 sessions.**

HUMANITIES INSTITUTE FOR LIFELONG LEARNING (HILL)

HILL will offer four six-week classes in Spring 2025. Use the QR code or visit hillclasses.org for information and registration. Registration opens on or about Feb. 1. Course fees are \$45 each.



- East Asian Civilization (MON, 10:00a-12:00p, beginning Mar. 17)
- In a Silent Way: The Music of Miles Davis (MON, 1:30p-3:30p, beginning Mar. 17)
- The Life and Work of Louisa May Alcott: The Woman Behind Little Women (TUES, 1:30p-3:30p, beginning Mar. 18)
- Inequality in America (WEDS, 1:30p-3:30p, beginning Mar. 19)





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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

****** 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 _____