



BETHLEHEM CENTRAL SCHOOL DISTRICT

# Continuing EDUCATION

## FALL 2025 Schedule

### Contact Information

**Karen Ballard - Registrar**

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**Kate Burkart - Fall Director**

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**Tyler Anderson - Spring Director**

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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, Sept 5, or
- Drop off your registration at the High School Counseling Center, from 9 a.m. to 3 p.m. thru Friday, Sept. 5.
- Registration received after Friday, Sept. 5 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](http://bethlehemschools.org) or by scanning the QR code below.



### MONDAYS

Cake Decorating	High School D124	6-7:30 p.m.	\$20+ materials
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	High School D132	6:30-9 p.m.	\$70
SAT Review: Math	High School E205	3-5 p.m.	\$120+ book
Watercolor Workshop	High School D125	6:30-8:30 p.m.	\$75
Zumba - Monday	Eagle Elementary Gym	6:30-7:30 p.m.	\$50

### TUESDAYS

Adult Learn to Swim	Middle School Pool	7:30-8:30 p.m.	\$140
Breathing for Health/Longevity	High School D132	6-7:15 p.m.	\$15
Crochet	High School D136	6-8 p.m.	\$45
Finding the Right College	High School D138	6:30-8 p.m.	\$15
Grapevine Fall Wreath Making	High School D124	6-7:30 p.m.	\$15+ materials
Introduction to Myers Briggs	High School D134	6:30-7:20 p.m.	\$30
Medicare A, B, D and More	High School D112	6-8 p.m.	\$10
Oil Painting	High School D125	6:30-8:30 p.m.	\$75
SAT Review: Math	High School E205	3-5 p.m.	\$120+ book
Swim Stroke Development	Middle School Pool	6:30-7:30 p.m.	\$140
Talking to Your Young Adult	High School D134	5:30-6:20 p.m.	\$30

### WEDNESDAYS

Ballroom Dancing II	Elsmere Elementary Gym	6:30-8 p.m.	\$70/couple
Cooking-Lebanese Cuisine I	High School D124	6:30-8:30 p.m.	\$20+ materials
Cooking-Lebanese Cuisine II	High School D124	6:30-8:30 p.m.	\$20+ materials
Does Your Job Have You Hummin'	High School D138	6:30-7:30 p.m.	\$30
Estate Planning	High School D136	6:30-8:30 p.m.	\$20
From Page to Stage	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
Intro to Basic Sign Language	High School D134	6-8 p.m.	\$60
Looking Fabulous at Any Age	High School D138	6-8 p.m.	\$20
PIYo	High School Library	4-5 p.m.	\$50
Ready, Set, Retire!	High School D138	5:30-6:20 p.m.	\$30
SAT Review: Critical Reading	High School D105	6-8 p.m.	\$120+ book
Swing Dance for Beginners	Elsmere Elementary Gym	8-9 p.m.	\$70/couple
Woodworking (Beginning)	High School F107	6:30-9 p.m.	\$80
Yoga	Hamagrael Elementary Cafe	6:45-8 p.m.	\$70
Zumba - Wednesday	Eagle Elementary Gym	6:30-7:30 p.m.	\$50

### THURSDAYS

Advanced Writing Workshop	High School D138	6:30-8:30 p.m.	\$60
Adult Learn to Swim	Middle 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/Family	High School D132	6-7 p.m.	\$15
Downsizing Made Simple	High School D134	7-8:30 p.m.	\$15
Pastel Painting	High School D125	6:30-8:30 p.m.	\$75
SAT Review: Math	High School E205	3-5 p.m.	\$120+ book
Swim Stroke Development	Middle School Pool	6:30-7:30 p.m.	\$140
Zumba Toning	Hamagrael Gym	6-7 p.m.	\$50



Times, locations and fees for each class are listed on page 1. Visit [bethlehemschools.org](http://bethlehemschools.org) for more detailed course descriptions, instructors and additional registration info.

## **Advanced Writing Workshop**

**NEW**

**THURS, 6:30p-8:30p, beginning Oct. 9**

Designed for writers with a foundational understanding of writing to deepen their skills and explore more complex techniques. Open to people with previous writing workshop experience. **8 sessions.**

## **Adult Learn to Swim**

**TUES & THURS, 7:30p-8:30p, beginning Oct. 7**

An introduction to swimming for non-swimmers (fearful swimmers). Conquer your fear of the water and become confident in and around the water.

**10 sessions over 5 weeks.**

## **Ballroom Dancing I**

**THURS, 6:30p-8:00p, beginning Oct. 9**

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**

**WEDS, 6:30p-8:00p, beginning Oct. 1**

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**

**THURS 6:00p-7:00p, Oct. 9 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.

## **Breathing for Health and Longevity**

**NEW**

**TUES 6:00p-7:15p, Nov. 4 only**

Yoga breathing is not just for yoga students. Learn a variety of breathing techniques so that you can have a direct effect on your nervous system, stress level, sleep patterns, digestion, heart rate, and more. This is not a yoga course.

## **Cake Decorating**

**MON, 6:00p-7:30p, Nov. 17 and Nov. 24**

Learn a variety of techniques to make beautiful and fun cupcakes in this sweet course. Participants will take home the cupcakes that they decorate each week. **2 sessions. \$25 materials fee.**

## **Cooking: Lebanese Cuisine I**

**WEDS, 6:30p-8:30p, Oct. 8 only**

Learn to make several Lebanese dishes (e.g. Baked Kibbeh, Tabbouleh, Fattoush, spinach pies, meat pies). **\$15 materials fee.**

## **Cooking: Lebanese Cuisine II**

**WEDS, 6:30p-8:30p, Nov. 5 only**

This class will offer different dishes from the first class. In this hands-on class, you will learn how to make and will sample several Lebanese dishes (Shawarma. Spinach pies in Fillo dough, Fattoush, Fava beans salad). **\$15 materials fee.**

## **Crochet**

**TUES, 6p-8p, beginning Oct. 7**

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.**

## **Does Your Job Have You Hummin' or Bummin'**

**NEW**

**WEDS, 6:30p-7:30p, beginning Oct. 15**

After the honeymoon period wears off in a new job, the next thing that begins to wear is your patience, tolerance, and happiness. How long do you stick with something you are not happy with? Consider how unhappiness is impacting your life and put together a plan of action to make the change you need. **3 sessions.**

## **Downsizing Made Simple**

**THURS, 7p-8:30p, Oct. 16 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: Taking the Mystery Out**

**WEDS, 6:30p-8:30p, Oct. 22 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.

## **Fall Wreath Making with Grapevines**

**NEW**

**TUES, 6:00p-7:30p, Sept. 30 only**

Happy fall y'all! Get sweater weather ready with an autumn Grapevine Wreath. Make an 18" grapevine wreath complete with a variety of flowers and a wood cut out with a welcoming message. **\$25 materials fee.**

## **Finding the Right College at the Right Price**

**TUES, 6:30p-8:00p, Oct. 14 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.

## **From Page to Stage**

**NEW**

**WEDS, 6:30p-8:30p, beginning Oct. 8**

Find your Inner Actor as you conjure up material for a short play, called a "Five by Five". You will do warm-ups, read scripts from modern playwrights and use theatre games, sense memory exercises and improvisation to develop monologues and scenes. You will also have a chance to present your monologues and scenes. **8 sessions.**

## **Guided Meditation**

**WEDS, 7p-8p, beginning Oct. 15**

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 Oct. 1**

Topics will include: Winfield Scott: America's Greatest General? The Emancipation Proclamation: The Civil War's Turning Point? Chancellorsville: Lee's Real Defeat at Gettysburg; George Thomas: The Greatest Civil War General; and Harold Moore and the First Encounter. Possible trip to Gettysburg, Oct. 11-12 with enough interest. **5 sessions.**

## **Intensive Writing Workshop**

**MON, 6:30p-8:30p, beginning Oct. 20**

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. Open to writers of all levels. **8 sessions.**

## **Introduction to Basic Sign Language**

**NEW**

**WEDS, 6p-8p, beginning Oct. 8**

Become familiar with conversationally relevant sign language, fingerspelling and numbers. A combination of American Sign Language (ASL) and Pidgeon Sign English (PSE) will be used in the teaching process. Cultural, educational and linguistic information on deaf people will be presented. **6 sessions.**

## **Knitting**

**NEW**

**MON, 7:00p-8:30p, beginning Oct. 6**

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.**



## Looking Fabulous at Any Age

**WEDS, 6:00p-8:00p, Oct. 8 only**

Learn your most flattering colors, how to choose styles for your body type to enhance your best assets and minimize figure challenges and how to build a wardrobe with a plan so that almost everything coordinates according to your lifestyle and needs.

## Mastering Your DSLR Camera

**MON, 6:30p-9:00p, beginning Oct. 20**

This course is for photographers with little or no experience with today's digital cameras. We start with the basics and discuss how, when and where to change the settings on your camera. Get tips on composition and learn how to stop action, capture motion, and purposefully create crisp or blurred backgrounds in your photographs (shutter speed, aperture). **8 sessions.**

## Medicare: Understanding Parts A, B, D and More

**TUES, 6:00p-8:00p, Oct. 21 only**

Are you confused about Medicare Advantage, Medigap, and prescription drug plans? This class will guide you through the different parts of Medicare and what each type of additional coverage means. Don't miss this opportunity to gain clarity and confidence about your Medicare options.

## Oil Painting

**TUES, 6:30p-8:30p, beginning Oct. 14**

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 Oct. 16**

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

**WEDS, 4p-5p, beginning Sept. 10**

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.**

## Ready, Set, Retire: A Non-Financial Look at Retirement Planning

**NEW**

**WEDS, 5:30p-6:20p, beginning Oct. 15**

Transitioning from an environment which has provided a lot of day-to-day structure, to having none, can be daunting. This workshop will help focus on what you find important in life and help begin the goal setting process toward a successful and fulfilling retirement. **3 sessions.**

## Relationships & Communications: Introduction to Myers Briggs

**NEW**

**TUES, 6:30p-7:20p, beginning Oct. 14**

Learn about the most widely used personality type tool in the world, the Myers Briggs Type Indicator. It will explain things you do and help you understand those strange things that others do, and build a bridge to better understand each other. **3 sessions.**

## SAT Review - Reading & Writing

**WEDS, 6:00p-8:00p, beginning Oct. 29**

Prepare for the verbal section of the Fall/Winter 2025 SAT. Students must have *The Official Digital SAT Study Guide* available on Amazon. **4 sessions.**

## SAT Review - Math

**VARIOUS, 3p-5p, between Sept. 22-Oct. 2**

Prepare for the math section of the Fall/Winter 2025 SAT by reviewing mathematical formulas, problems and concepts. Classes will be held Monday, Sept. 22, Thursday, Sept. 25, Tuesday, Sept. 30 and Thursday, Oct. 2. Students must have *The Official Digital SAT Study Guide* available on Amazon. **4 sessions.**

## Swim Stroke Development

**TUES & THURS, 6:30-7:30p, beginning Oct. 7**

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. **10 sessions/5 weeks.**

## Swing Dancing for Beginners

**WEDS, 8:00p-9:00p, beginning Oct. 1**

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.**

## Talking to Your Young Adult About Next Steps in Life

**NEW**

**TUES, 5:30p-6:20p, beginning Oct. 14**

Are you concerned about your child reaching their full potential? Are you looking to discuss young adults who haven't yet "left the nest." In this session, we'll explore how to support and encourage our children while also maintaining a healthy balance in our own lives. **3 sessions.**

## Watercolor Workshop

**MON, 6:30p-8:30p, beginning Oct. 20**

Students with basic watercolor experience, intermediate and advanced levels are welcome. Students will practice watercolor techniques including transparent wash, dry brush-on, wet-on-wet and resist while discovering their own artistic voice. Students will also work on independent projects in discussion with the instructor. **8 sessions.**

## Woodworking - Beginning

**WEDS, 6:30p-9p, beginning Oct. 8**

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.**

## Yoga

**WEDS, 6:45p-8:00p, beginning Sept. 17**

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. **12 sessions.**

## Zumba - Mondays

**MON, 6:30-7:30p beginning Oct. 20**

"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 beginning Oct. 8**

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

## Zumba Toning

**NEW**

**THURS, 6:00-7:00p beginning Oct. 9**

Zumba Toning is a dance-fitness class that combines the energy of Zumba with a focus on strength training and muscle toning. It uses light weights to add resistance to the movements, enhancing rhythm and coordination while sculpting targeted areas like arms, core, and legs. Please bring zumba toning sticks, 1, 2 or 3 lb weights or two water bottles for weights. **8 sessions.**

## More info

Use the QR code or visit the district website for full course descriptions.





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**Bethlehem** CENTRAL SCHOOL DISTRICT

700 Delaware Avenue, Delmar, New York 12054

Non Profit Org.  
US POSTAGE  
PAID  
ALBANY, NY  
PERMIT # 730

**Reminder**

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

**ECRWSS POSTAL CUSTOMER****Continuing EDUCATION Registration Form**

Use this form for **Continuing Education Courses Only**. 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 Counseling Center, 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 be deposited prior to class beginning.\*\*\*\***

*The registration form and more detailed course descriptions are available on the district website at  
[www.bethlehemschools.org/continuing-education-adult-learning](http://www.bethlehemschools.org/continuing-education-adult-learning)*

**Office Use Only**

Date Received \_\_\_\_\_

Check Money Order

Initials \_\_\_\_\_