

New Lebanon CSD

New Lebanon Continuing Ed.



February, 2011

Volume 1, Issue 2

Winter/ Spring Course Information

The purpose of the Continuing Education Program is to provide educational, vocational and recreational opportunities to all of the residents of the New Lebanon Community.

Our goal is to provide opportunities for program collaboration with local not-for-profit agencies to expand district programs and to increase the visibility of both organizations.

If school is closed due to a holiday or inclement weather classes will be cancelled for that day.

Fees: The Continuing Education Program is self-supporting. The cost is borne by participant's fees. The tuition and course material fees offset the cost of operating the program.

Who may register: Any person 16 years of age or older who is not enrolled in a public or private secondary school may enroll in any course. No high school credit may be given for any course taking as part of the Continuing Education Program.

The Art Club and Zumbatonics is open to school age children. Please check the class description for more information.

Driver's Education classes open to students 16 years of age and older. All students must have NYS learning permit.

How to register: You may register by mail or in person at the night of the class. **Some classes require pre-registration through the mail. Please check class descriptions for more information. If you plan on attending any classes please contact Michelle Bienes @ 794-7774. This helps us know if the minimum enrollment requirement has been met.**

Tuition: The tuition for each course is listed along with each course description. The total amount of tuition is due at the time of registration. The tuition will be refunded if the course is canceled or if a student withdraws from a course before the course begins. There will be no refunds after the first class has met.

Enrollment: Some classes have a minimum enrollment. If the minimum number of students required do not enroll the class will be canceled.

- ✓ You may register by mail, bringing registration with you. Unless otherwise mentioned.
- ✓ There are no classes on: Feb.21-27, April 18-24, May 30.
- ✓ All checks are made payable to : New Lebanon Continuing Ed.
- ✓ Classes are not in session when school is closed.
- ✓ The beliefs and views expressed in the courses taught are not those of the instructors and are not necessarily shared by the New Lebanon Central School District or its administrators.
- ✓ Are you interested in teaching a class we haven't offered? Please contact Michelle Bienes 794 -7774 or Kim Trombley 766-5465
- ✓ Material Fees: In some courses a small fee will be charged to cover the cost of materials

Course Offerings:

Yoga- Monday's 3:30-4:30 Walter B.Howard Elementary School Room 4

Learn the basic techniques of yoga. You will learn the breathing and relaxation techniques that yoga has to offer. Please wear comfortable clothing and bring a mat. Cost- \$12.00 per class or \$60.00 pre-paid six week session. Walk ins are welcomed. Classes run every Monday through May 23rd. Michelle Apland-Instructor

Water Aerobics- Tuesdays 6:30-7:30- High School Pool

30 minutes of high impact water aerobics in waist deep water. Jogging and upper body resistance training with floatation dumbbells is taught. Please wear a bathing suit, water shoes, and bring a towel. Cost is \$10.00 per class. Pre-registration is not required. Walk-ins are welcome. Classes run through June 7th. Lee Ann Ayers- Instructor

Floor Exercise: Wednesdays 6:00-7:00- Walter B.Howard Elementary School Cafeteria

Low impact aerobic warm-up followed by a series of lunge combinations and balance exercises. This is followed by toning and stretches. Please bring a floor mat; wear lightweight comfortable clothing and good sneakers. Cost is \$5.00/class. Do not have to pre-register. Walk-ins are welcomed. Runs every Wednesday through June 8th. Lee Ann Ayers - Instructor

Driver's Education- A Driver's Education class will be offered in the Summer. Students must be 16 years of age and have their learner's permit. The cost is \$400.00. If interested please e-mail Clint Garrigan @ cgarrigan@newlebanonesd.org Please go onto the school web site and go to Mr.Garrigan's e-board. His e-board gives a full description of the class, and dates and times it will be held. Maximum 16 students.

Hand Building With Clay- Tuesdays March 1,8,15,29 & April 12. \$20.00 per class pre-registration required. High School Art room, 4:00-6:00 PM

This adult ceramics class will introduce participants to the diverse nature of handmade functional pottery as well as an understanding of the ceramic process. We will explore the "slab" and "coil" method and learn about designing with glazes. Each participant will create a large slab bowl, a coil pot and garden markers. (A minimum of five participants is required). Ms. Donna Brooks-Instructor

There is also a \$15.00 material fee which is payable to the instructor .

More Courses:

Zumbatonics– For children grades 1-6. Thursday’s 3:30-4:30 Walter B.Howard Elementary School Music Room \$6.00 per class. Children will enjoy learning basic zumba dances. Music is the key ingredient to Zumbatonics. It incorporates urban dance styles like hip hop, reggaeton and pop with concepts such as coordination, discipline, confidence and teamwork. Please make sure children bring a water bottle, and wear comfortable clothing. Pre-Registration required. Instructor– Lei Magdalin

Zumba– Afternoon Classes For Students 13 & older , & adults of all ages Thursdays 4:30-5:30 Walter B. Howard Elementary School Music Room. This is a basic Zumba class for adults. The original Zumba class includes basic rhythms like merengue, foxtrot, salsa, cumbia, reggaeton, belly dance, waltz, tango, samba. Please make sure you wear comfortable clothes and bring a water bottle. Pre-Registration is not required. Instructor– Lei Magdalin

Zumba– Evening Classes for Adults– Tuesday Evenings 7:00-8:00 Walter B.Howard Elementary School Cafeteria March 1, 8, 15, 22, 29 & April 5. Cost = \$50.00 for all six sessions. You must pay for all six sessions when registering. PRE REGISTRATION IS REQUIRED!!!! This is a basic Zumba class for adults. The original Zumba class includes basic rhythms like merengue, foxtrot, salsa, cumbia, reggaeton, belly dance, waltz, tango, samba. Please make sure you wear comfortable clothes and bring a water bottle. Instructor– Lei Magdalin

Kids Art Classes– 3:30-5:00 Walter B.Howard Elementary Art Room \$15.00 per two week session - The Art classes are a great way for students to continue developing their art skills in a fun, structured and creative way. Each child will walk away not only with a new learned skill, but a piece of their own artwork! Each class listed below is a 2 week session and you must be able to attend both classes. The class needs a minimum of 5 children registered in order to be held. There is a one time fee for materials, this fee is paid directly to the instructor at the first class. Mrs.Michelle Schrader-Instructor. Pre-registration required.

Wednesday s(K-3rd grade):

- *- Mosaic Treasure/Jewelry Box (March 23rd & March 30th) Materials: \$8.00 Class \$15.00
- *- Make your own Jewelry (April 27th & May 4th) Materials: \$5.00 Class \$15.00
- *- Wearable Art/Tie Dye Fun (May 25th & June 1st) Materials:\$8.00 Class \$15.00

Mondays (4-6th Grade):

- *- Make your own “Bobblehead” (April 4th & April 11th) Materials:\$8.00 Class \$15.00
- *- Oragami Sculptures (May 9th & May16th) Materials \$5.00 Class \$15.00



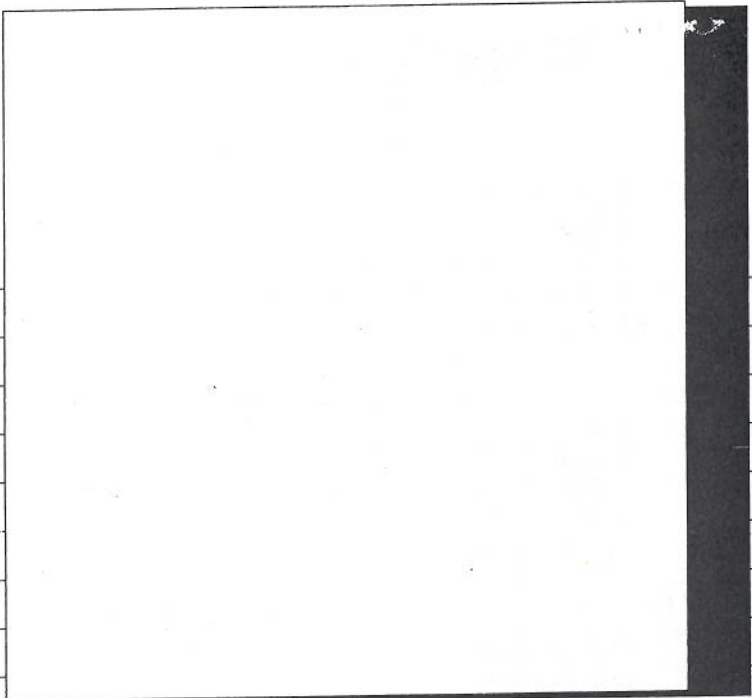
Continuing Ed

New Lebanon Continuing Ed.
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New Lebanon, New York 12125

Phone: 794-7774 Michelle Bienes
766-5465 Kim Trombley

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Registration Form:

Name:

Address:

Phone Number:

Class you are registering for:

Amount Enclosed:

Please make checks payable to NL Continuing Education. Do not include material fees. Material fees get paid directly to the instructor.

Please mail completed registration form and payment to:

New Lebanon Continuing Ed.

14665 Route 22

New Lebanon, NY 12125

Attn: Michelle Bienes