

Continuing Education & Swim Program



GENERAL INFORMATION

Please read before registering for any class.

Unless you are notified otherwise, you may assume you are in the course for which you registered.

No school credit is given for any course.

Whenever a particular school is closed during the day, whether for planned vacations, inclement weather, or for other emergency reasons, classes scheduled for that school will not meet that night. *All cancelled classes will be made up.*

Parking is prohibited in fire lanes. Please respect parking regulations and handicapped parking spaces.

PLEASE NOTE: Heading into the Spring session, the district will continue to follow any potential guidance set forth by the New York State Department of Health, the New York State Education Department and the Centers for Disease Control to ensure that all COVID-19 protocols and mandates are followed.

IMPORTANT DATES

**CLASSES BEGIN THE WEEK OF
SEPTEMBER 18, 2023**
(unless otherwise noted)

**REGISTRATION CLOSES
SEPTEMBER 11, 2023**

We are always looking for new courses and teachers. We would like to hear from you if you feel you are qualified to teach a course or have suggestions or ideas for new courses. If you are interested, call the Adult Education Office at (518) 356-8303. If you would like your name added or taken off our mailing list or are receiving duplicate brochures, please call (518) 356-8303 and leave the pertinent information.

SCHOOL LOCATIONS:

Bradt Elementary

2719 Hamburg Street, Schenectady, NY 12303

Pinewood Elementary

901 Kings Road, Schenectady, NY 12303

Mohonasen High & Draper Jr. High

2072 Curry Road, Schenectady, NY 12303

registration

REGISTRATION

Complete either a Continuing Education or Swim Program registration form and mail it with a check made payable to:

**Mohonasen Continuing Education
Mohonasen High School
2072 Curry Road
Schenectady, New York 12303**

Continuing Education Inquiries: (518) 356-8303

Email: AdultEducation@mohonasen.org

Swim Program Inquiries: (518) 356-8270

DO NOT SEND CASH! A separate check must be issued for each course. Please indicate course title on each check. All registration for classes must be mailed to the above address. Registration for classes cannot be made by telephone.

If you register after classes begin, you will be assessed a late charge of \$5. Refunds will be issued automatically for all classes cancelled due to insufficient enrollment.

If you decide to withdraw from a class after registration closes, but before a class begins, you will receive a refund less a \$5 service charge. No refunds will be given for one- or two-night courses after registration closes, unless the course is cancelled. *You will not receive a refund after the second class of any course.*

Your continuing education program is a self-sustaining program with all expenses paid out of registration fees. Therefore no refunds may be given after classes have started.

SEE PAGES 14-15 FOR REGISTRATION FORMS

SEE PAGE 8 FOR SWIM REGISTRATION INFO

STEP BY STEP TOGETHER! DECORATIVE PAINTING CLASSES- ACRYLIC PAINT & WATERCOLOR!

Decorative Painting classes: wine glass painting, acrylic and watercolor and more. Instructor: Lynn Circe, One Stroke Certified level 2; Certified Grumbacher Painting instructor; (please contact Lynn if you have class questions).

E-mail: lynnosclasses@yahoo.com. Or attend the Open House on September 18.

SUPPLY FEES: Payable to Lynn at class.

Class size minimum 4, maximum 8-10.

Supplies for all classes: Water bowl/basin, pallet, something to cover your section of the table, paper towels, scissors, ruler and a pen or pencil. Check additional supplies per class on the supply list from the open house.

MONDAY

OPEN HOUSE

By: Lynn Circe, O.S.C.I

School: Mohonasen High School

Room: Art Room 67

Fee: FREE

Length: 1 night: Sept. 18 7:00-8:00 PM

THIS IS AN OPEN HOUSE - Stop by to check out my new class samples. Pick-up supply lists. Door prize. Watch a painting demo at 7:30 PM. Ask questions about the classes and registration is possible at Open House for classes that still have openings. Please bring checks for the school to pay for any classes you'd like to register for.

Please contact Lynn if you can't attend the open house to make arrangements to receive a copy of the supply lists. It is recommended that ALL new painting students attend the Open House and start with a beginner class.

WEDNESDAY

WATERCOLOR BIRCH TREE CLASS

By: Lynn Circe, O.S.C.I. Level II

School: Mohonasen High School

Room: Art Room 67

Fee: R \$15 N \$20

Length: 1 night: Sept 27-6:30-8:30 PM

Skill Level: All/Beginner

Supply fee: \$2

Paint a fun watercolor birch tree scene. Watercolor paint and paper are included.

MONDAY

DOUBLE CLASS

WINE GLASS PAINTING - GRAPES AND BIG FLOWERS

By: Lynn Circe, O.S.C.I. Level II

School: Mohonasen High School

Room: Art Room 67

Fee: R \$15 N \$20

Length: 1 night: Oct. 2-6:30-9:00 PM

Skill Level: Beginner

Supply fee: \$2

Paint one or both glass designs. Grapes or a big flower. Wine glasses and paint are included. Bring basic supplies. List at open house.

WEDNESDAY

SNOWMAN CLASS

By: Lynn Circe, O.S.C.I. Level II

School: Mohonasen High School

Room: Art Room 67

Fee: R \$20 N \$25

Length: 2 nights: Oct. 11 6:30-8 PM

Oct. 18 - 6:30-8:30 PM

Skill Level: Beginner

Supply fee: \$3

Night 1 – paint pouring. Night 2 – decoupage and paint. Bring a surface a aprox. 10 x 10" wood or canvas. Students will need to bring basic supplies Pick up a supply list at the Open House.

Paint a beautiful Lilly in watercolor and acrylic paint on 140 pound watercolor paper.

MONDAY

WATERCOLOR BUTTERFLY & FLOWER

By: Lynn Circe, O.S.C.I. Level II

School: Mohonasen High School

Room: Art Room 67

Fee: R \$15 N \$20

Length: 1 night: Oct. 23 6:30-9:00 PM

Skill Level: Intermediate

Supply fee: \$2 Supply list at open house

Paint a pretty Butterfly and flower scene on Watercolor Paper.

WEDNESDAY

CHICKADEES AND BIRCHES

By: Lynn Circe, O.S.C.I. Level II

School: Mohonasen High School

Room: Art Room 67

Fee: R \$15 N \$20

Length: 1 nights: Nov. 1 6:30-9:00 PM

Skill Level: Beginner/Intermediate

Supply fee: \$2 Supply list at open house

Acrylic Paint chickadees on winter birches. On a surface aprox. 11x14" – wood or canvas panel. Basecoated blue before class.

Supply fee: \$2. Pick up a Supply list at open house.

**STEP BY STEP TOGETHER!
PAINTING CLASSES!** CONTINUED**MONDAY****SUNFLOWERS**

By: Lynn Circe, O.S.C.I. Level II
 School: Mohonasen High School
 Room: Art Room 67
 Fee: R \$15 N \$20
 Length: 1 night: Nov. 6 - 6:30-9:00 PM
 Skill Level: Beginner
 Supply fee: \$2 Supply list at open house

Acrylic Paint sunflowers on a surface of your choice – wood or canvas approx. 1x 14". Basecoated before class..

WEDNESDAY**WISH UPON A STAR**

By: Lynn Circe, O.S.C.I. Level II
 School: Mohonasen High School
 Room: Art Room 67
 Fee: R \$20 N \$25
 Length: 2 nights: Nov.15 & Nov. 29 - 6:30-8:30 PM
 Skill Level: Beginner/Intermediate
 Supply fee: \$2 Supply list at open house

Acrylic Paint snowy pine trees with animals of your choice looking at a star (dog, cat, mouse, bunny ...) Surface approx. 11 x 14" canvas panel.

*monday***MONDAY****GENTLE YOGA**

By: Jean Sefcovic, Certified Yoga Instructor
 NYS Licensed Massage Therapist
 School: High School
 Room: Library
 Length 4 Classes: Oct. 16 & 23, Nov. 6 & 13
 Fee: \$15 per class
 Class Time: 6:00 to 7:00 p.m.

Please come & enjoy a time to relax, rejuvenate and reconnect at your own level. We practice gentle warm-ups, postures, (Asanas) breath awareness, (Pranayam) and relaxation (Savasana). Please come in comfortable clothes, bring your own mat & a friend! Blankets, blocks & straps can be useful. Benefits of Yoga: a healthier, stronger and more relaxed you. Improved flexibility, a great sense of calm and well-being, increased oxygen intake. Keep Healthy!

MONDAY**MEDICARE 101**

By: James W. Farnham, MBA, MS
 School: ZOOM WEBINAR
 Room:
 Fee: R & NR – FREE
 Length: 1 night: Oct 2- 6:00 to 8:00 p.m. Eastern Time

You must register in advance for this educational event.

At the registration page, please fill in your first name only and leave your last name blank.

Please register at: <https://bit.ly/38PjnZL>

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/ not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.

MONDAY

HOW MONEY WORKS

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: R & NR – \$5

Length: 1 night: Nov. 6- 7:00 to 8:15PM Eastern Time

You must register in advance for this educational event.

At the registration page, please fill in your first name only and leave your last name blank.

Please register at:

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

This webinar is for anyone who wants to learn more about personal finance. Whether you're just starting out or looking to improve your financial skills, this program will provide you with the information you need to make sound financial decisions. You will learn about:

- How to save money for short-term and long-term goals
- How to invest your money wisely and avoid the high cost of waiting
- Identify and outline the three “Ds” of investing
- Uncover and illustrate the Rule of 72
- Paying off debt and the effects of compounding (both good and bad!)
- Review the Theory of Decreasing Responsibility
- Discover the power of tax-deferred saving
- Demonstrate what is meant by the “time value of money”
- Apply important concepts and principles to protect your financial assets
- Make it clear why you need a financial plan and know your financial independence number
- You will have the opportunity to ask questions and get answers from a financial expert.

MONDAY

INTRODUCTION TO SCIENCE-BASED FITNESS

By: Steve Grogan

School: Pinewood

Room: Gym

Class Time: 7:00 p.m. – 8:00 p.m.

Fee: \$100

4 Weeks: 10/16, 10/23, 10/30, 11/6

Level: Beginner to Advanced, all levels welcome

CLASS DESCRIPTION: If there was an exercise program that could give you results in just ONE workout per week, would you be interested in learning about it? If so, you are in luck! Certified Personal Trainer Steve Grogan is offering a course to teach you about Science-Based Fitness, an exercise program unlike anything you've seen. Each session is a mixture of a lecture and workout, where you'll learn how this system can help you lose fat and build muscle at the same time with (1) NO warm-up or cooldown, (2) NO stretching routine, and best of all (3) NO need to split your attention between “Strength Training” on one day and “Cardio” on another, Students should bring an exercise mat, two five-pound dumbbells, and two 10-pound dumbbells. Two 3-pound and two 8-pound dumbbells are also optional.

MONDAY/TUESDAY

AARP-SMART DRIVER

By: AARP Instructor

School: Mohonasen High School

Room: 62

Fee: Members: \$25 – Must bring your AARP card

Non-Members: \$30

Length: 2 nights: Oct. 2 & Oct. 3

Class time: 6:00 to 9:00 p.m.

This is a 6-hour classroom refresher course for drivers 50 and over. The impacts of aging on driving are highlighted. A 10% discount on collision & liability and 4 points reduction available upon completion. A New York State driving license is required, please bring driver's license and a pen to class. PLEASE MAKE CHECKS PAYABLE TO: AARP. Limit of 25.

TUESDAY

BEGINNING LINE DANCING

By: Sue Kaupelis

School: Pinewood Elementary School

Room: Cafeteria

Fee: R & NR \$50.00

Length: 7 weeks: 6:00-7:30 PM

START DATE: September 26

Start with some basic steps – Learn some simple line dances for fun and exercise at the same time. If you are brand new, this class is for you! ALL registrations must be mailed in.

TUESDAY

ZUMBA®

By: Laurie Zinnershine

School: Bradt

Room: Gym

Class Time: 6:00-7:00 p.m.

Session I/6 weeks – 9/19, 9/26, 10/3, 10/17, 10/24, 10/31

Session II/6 weeks – 11/14, 11/21, 11/28, 12/5, 12/12, 12/19

Fee: R/NR \$48 FOR EACH SESSION

ZUMBA!® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, hypnotic, and effective fitness experience! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Beginner to advanced everyone is welcome to join the party!

MUST PRE-REGISTER

tuesday

TUESDAY**PAINT WITH PEGGY**

By: Peggy Porter

School: Mohonasen High School

Room: 67

Fee: \$25 per class

Length: 1 night per painting 6:00 PM – 9:30 p.m.

Maximum class size 8

Skill Level: All – Beginners welcome

Have you ever wanted to try oil painting? Are you afraid you can't paint because you can't draw? WELCOME to "Paint with Peggy"! In each class you will create an oil painting. Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. Each evening the student creates a complete oil painting usually based on a Wilson Bickford design. These classes do not require drawing skills, and they are also NOT paint-by-number. At the beginning of class every student is provided with a blank canvas, brushes, palette of paints, etc. Then, through classroom instruction, each person creates their own, unique oil painting. Any level of painter will enjoy the classes. Look at photographs of the paintings at: www.paintwithpeggy.com and select which classes you want to attend. Try it! It's FUN! Peggy can be contacted by email at paintwithpeggy@gmail.com or phone at 518-925-2238.

SEPTEMBER 19: COME SAFELY HOME

Lighthouses are always a favorite and they are fun to paint. In this scene, the sun is setting over the ocean, and the bright lighthouse beam is shining out over the ocean. We place the lighthouse on a hill along with evergreen trees, flowers and a few rocks. A pattern is provided for the lighthouse.

SUPPLY FEE: \$25.00 (to be collected in class).

OCTOBER 17: SEA OATS

This is a family favorite. In this beautiful ocean scene the sun is hidden behind a bank of clouds. Peggy will explain and demonstrate how to paint this scene step by step. In one evening, you will paint an ocean scene where you are on a bluff looking out to sea. You can almost feel the sea breeze!

SUPPLY FEE: \$25.00 (to be collected in class).

NOVEMBER 14: POINSETTIAS IN MACRO

This painting is different from a landscape, and it is also a lot of fun to paint! By using acrylic underpainting and oil glazing, we create flowers that look three dimensional. A pattern for the layout of the flowers is provided and Peggy explains and demonstrates every step for this holiday favorite.

SUPPLY FEE: \$25 (to be collected in class)

TUESDAY**GETTING PAID TO TALK/AN INTRODUCTION TO PROFESSIONAL VOICE OVER**

A Single-evening workshop and Q&A

By: Voice Coaches

LOCATION: Creative Voice Development Group

Address: 26 Vly Road, Albany, NY

Fee: R & NR \$25

Length: 1 night-Oct. 24 (6:30 to 9:00 p.m.)

Class Limit: 25

THIS CLASS IS OFFSITE Join us for an upbeat, single-evening insider's look into the growing field of professional voice over.

From audio books, training material, animation, gaming, and commercials to socially relevant content, television, and much, much more, today's voice over field has become great way to leverage your individual interests, voice qualities, and communication skill in a whole new way. Learn about how the industry really works today, trends in opportunity in your community, and areas of future growth and hear about the top traits casting professionals look for when hiring voice professionals. You'll also hear samples from working voice over artists.

And because this class is small, you'll have the opportunity to record a sample professional voice over under the direction of our instructor, who can offer feedback and advice.

If you've ever wondered how to begin in voice over part time, full time, or for supplemental or retirement income, this workshop is a great, upbeat, and most importantly, realistic first step.

SWIM PROGRAMS



For pool information please email Aquatics Director Alicia
Faucett at afaucett@mohonasen.org, or call (518) 356-8270.

FALL 2023

SWIMMING *pool*

SPRING 2023 SWIMMING POOL CLASSES FOR ADULTS & CHILDREN POOL UTILIZATION SCHEDULE – Spring 2023

TIME	MON	TUE	WED	THUR	FRI	SAT
6:00-7:15 a.m.	Early Bird Swim	Early Bird Swim	Early Bird Swim	Early Bird Swim	Early Bird Swim	
7:45 am-3:00 p.m.	Instructional Block	Instructional Block	Instructional Block	Instructional Block	Instructional Block	10:00-10:30 a.m. Level 3 10:30-11:00 a.m. Level 4
3:00-7:00 p.m.	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	10:00-10:30 a.m. Parent/Tot
7:15-9:00 p.m.	Water Aerobics & Lap Swim		Water Aerobics & Lap Swim		Family & Lap Swim (1 Lap Lane Only)	10:30-11:00 a.m. Level 1 11:00-11:30 a.m. & 11:30-12:00 p.m. Level 2 11-11:45 a.m. Levels 5 and 6 12:00-12:30 p.m. & 12:30-1:00 p.m. Adaptive/Private Lessons

FamilyID® for SWIM REGISTRATION

Please note that all Spring Aquatics Program registrations will be done online using FamilyID. For Online registration instructions, please visit www.mohonasen.org/familyid or see below. If you have any questions about registration, please contact the Aquatics Director at afaucett@mohonasen.org. Online registration is required for all pool programs. Payment can be online using a credit card or select the “pay by check” option to mail in payment.

IMPORTANT INFORMATION Regarding Registration...

- Early registration is advised since classes fill up quickly. All registration is processed on a first come, first serve basis.
- Confirmations **can not** be given over the phone. You will receive a confirmation email when online registration has been completed.
- No refunds will be given after the first class of each session.

Regarding Pool Closings...

- The pool will be closed when a lifeguard is unavailable or if there is adverse weather. All cancellations will be listed on the Mohonasen School Website.
- If the pool is closed due to adverse weather, there will be **no make-ups** for the classes missed.
- The pool will be closed on holidays and school vacations. Please email afaucett@mohonasen.org or visit the swimming pool link on the website for information if you are unsure if the pool is open.

Regarding Other Issues...

- For further information, contact Alicia Faucett, Aquatics Director, at afaucett@mohonasen.org or (518) 356-8270. **Please note** the best way to contact Alicia is by e-mail.
- R = Resident NR = Non-resident

To register:

1. Visit www.familyid.com and click on “Find a Program” at the top right. Please note a direct link is also available on the district website at www.mohonasen.org/familyid
2. Type “Mohonasen” into the search box at the top of the page. Click on the “Find” box.
3. Click on “Mohonasen Spring Programs” to open registration form.
4. Next click on the green Register Now button and scroll, if necessary, to the Create Account/Log In green buttons. If this is your first time using FamilyID, click Create Account. Click Log In, if you already have a FamilyID account.
5. Create your secure FamilyID account by entering the account owner First and Last names (parent/guardian), E-mail address and password. Select I Agree to the FamilyID Terms of Service. Click Create Account.
6. You will receive an email with a link to activate your new account. (If you don’t see the email, check your E-mail filters (spam, junk, etc.).
7. Click on the link in your activation E-mail, which will log you in to FamilyID.com
8. Once in the registration form, complete the information requested. All fields with a red* are required to have an answer.
9. Click the Save & Continue button when your form is complete.
10. Click the green Pay & Submit button
11. On the next screen, click on Proceed to Payment to be directed to the payment processor.
12. You may use a credit or debit card to process your payment. Input the cardholder’s full name, the card number, expiration date and CVC code.
13. After you click Pay, you will receive a completion email from the payment processor confirming your payment and an email from FamilyID confirming your registration. At any time, you may log in at www.familyid.com to update your information and to check your registration(s). To view a completed registration, select the ‘Registration’ tab on the blue bar.

Support

If you need assistance with registration on the Family ID site, contact FamilyID at: support@familyid.com or 888-800-5583 x1.

Support is available 7 days per week and messages will be returned promptly.

course DESCRIPTION

AQUA FITNESS CLASSES

“Aqua Fitness” is a term used to describe exercise done in a vertical position that uses the waters resistance and buoyancy to strengthen and condition the body.

WATER AEROBICS

Utilize the natural resistance provided by the water to challenge and exercise all major muscles groups in one class and get a great aerobic workout at the same time. A great class for adults or teens looking to maintain their fitness program.

Monday & Wednesday Only
Shallow Class: 7:15 - 8:00 p.m.

Online registration for classes opens Monday, August 21.

- **Session 1: 9/13-10/13**
Length: 10 Classes
Fee: R: \$60 NR: \$80
Senior: \$45
- **Session 2: 10/23-11/27**
Length: 10 Classes
Fee: R: \$60 NR: \$80
Senior: \$45
- **Session 3: 11/29-1/10**
Length: 10 Classes
Fee: R: \$60 NR: \$80
Senior: \$45
- **Session 4: 1/17-2/26**
Length: 10 Classes
Fee: R: \$60 NR: \$80
Senior: \$45
- **Session 5: 2/28-4/8**
Length: 10 Classes
Fee: R: \$60 NR: \$80
Senior: \$45
- **Session 6: 4/10-5/13**
Length: 10 Classes
Fee: R: \$60 NR: \$80
Senior: \$45

FAMILY SWIM

This recreational program gives everyone in the family an opportunity to swim together. Annual passholders are welcome to use the pool during this time. Those who do not have an annual pass will be charged \$5.00 per person (\$10 per family max.) Children 12 & under must be accompanied by an adult.

- **Fridays: 7:15 - 9:00 p.m.**

Family Swim/Lap Swim/Early Bird Swim

OPEN SWIMMING CARD

(Card Valid for 1-year from the date of purchase.)

	Resident	Non-Resident
Students (9-12)	\$60.00	\$90.00
Ind. Adult	\$125.00	\$180.00
Ind. Senior	\$80.00	\$130.00
Household	\$175.00	\$250.00
Single swim	\$5.00	\$7.00
Senior Single swim	\$3.00	\$5.00

(Please bring exact change. The pool staff will not have change available.)

FITNESS & RECREATIONAL SWIMS

LAP SWIM/EARLY BIRD SWIM

Swimming laps is a good way to get in shape and/or maintain physical fitness. To participate, swimmers must be able to complete one full lap in the pool. Swimmers will be issued an annual pass which must be presented upon entry to the pool area. The pass will be valid for 1-year from the date of purchase.

Online registration for this event opens Monday, August 21.

- **Monday thru Friday:**
6:00 - 7:15 a.m.
- **Mondays, Wednesdays & Fridays**
7:15 - 9:00 p.m.

POOL CLOSED: 10/9, 11/10, 11/22-24, 12/26-1/2, 1/5, 2/19-23, 3/15, 3/29, 4/1-5, 5/24, 6/19

PLEASE NOTE: There will be no morning swim on days AFTER there has been a snow day.

SWIMMING *pool*

Mohonasen Swim Lessons are offered to all members of the community. Feel free to sign up online by visiting www.mohonasen.org/familyid, and following the instructions. After you click Pay, you will receive a completion email from the payment processor confirming your payment and an email from FamilyID confirming your registration.

One day per week: Saturday 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9, 12/16
SATURDAYS: 8 CLASS SESSION

FEE: R: \$70 per student **NR:** \$90 per student

PRESCHOOL AQUATIC PROGRAM (PARENT/TOT)

The Class is designed for Children from 9 Months-4 years old who have little to no experience in the pool. An instructor leads along each session while parents use several holding positions to lend support and reassurance as children explore the water and practice skills such as water adjustment, bubble blowing, entry and exit. Class emphasis is on fun and safety. **Parents must accompany their child in the water.**

Saturdays: 10:00 - 10:30 a.m.

ADAPTIVE/PRIVATE LEARN TO SWIM

These classes utilize highly experienced instructors to work one-on-one with students that may have special needs or would like a more specialized approach to swim lessons. These classes are also recommended for athletes hoping to become competitive swimmers.

Saturdays: 12:00-12:30 p.m. & 12:30-1:00 p.m.

LEVEL 1: POLLIWOG:

Students in Level 1 are oriented to the aquatic environment. With the instructor's support students are introduced to the following elementary aquatic skills: floating, basic glides and kicking on front/back, submerging under water, blowing bubbles, and water safety.

Saturdays: 10:30-11:00 a.m.

LEVEL 2: TADPOLE

Students learn the fundamental skills without instructor support. They are able to move around independently in shallow water and fully submerge. They will begin alternating arms and legs on their back and front to lay the foundation for future strokes, as well as both front and back glides.

Saturdays: 11:00-11:30 p.m. & 11:30 a.m. - 12:00 p.m.

LEVEL 3: MINNOW

The objective of level 3 is to build on the skills in level 2 by providing guided practice in coordinating front and back crawl. Students will be introduced to elementary backstroke, streamline glides and breaststroke. Introduction to treading water and kneeling dives are in the deep water.

Saturdays: 10:00 - 10:30 a.m.

LEVEL 4: SUNFISH

Students increase their endurance by swimming familiar strokes (front crawl, elementary back and back crawl) for greater distances. Standing dives and sidestroke are introduced along with the basics of turning at the pool wall.

Saturdays: 10:30 - 11:00 a.m.

LEVEL 5: FLYING FISH

The objective of Level 5 is the coordination and refinement of all the strokes: front and back crawl, butterfly, elementary backstroke, breaststroke and sidestroke. Flip turns on front and back are introduced.

Saturdays: 11:00 a.m. - 11:45 a.m.

LEVEL 6: WARRIOR

Refines the strokes so students swim them with ease, efficiency and power over greater distances. Level 6 is designed with options that focus on preparing students to participate in more advanced courses, such as Lifeguard Training or competitive swim team.

Saturdays: 11:00 - 11:45 p.m.

For more information about the Mohonasen Learn-to-Swim program, please contact our Aquatics Director Alicia Faucett at afaucett@mohonasen.org or (518) 356-8270.

WEDNESDAY

FALL GREETING CARD CLASS

By: Joanne Mulligan
School: Mohonasen High School
Room: 68
Class Time: 6:00 p.m. – 8:00 p.m.
Fee: R \$25.00 N \$30.00
Length: 1 Night: Sept. 27
Level: Beginner to Advanced, all levels welcome

CLASS DESCRIPTION: In this class you will create four fall holiday cards; two Halloween and two Thanksgiving. We will cover basic stamping, various coloring techniques and embossing. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at joloves2stamp@gmail.com

WEDNESDAY

12" X 12" HOLIDAY DÉCOR CLASS

By: Joanne Mulligan
School: Mohonasen High School
Room: 68
Class Time: 6:00 p.m. – 8:00 p.m.
Fee: R \$25.00 N \$30.00
Length: 1 Night: Oct. 4
Level: Beginner to Advanced, all levels welcome

CLASS DESCRIPTION: In this class you will be making a 12" x 12" Fall Holiday Décor project suitable for framing that you can use to decorate your home for the fall holidays. We will be using stamps, ink and specialty paper for this project. Frame is not included but may be purchased at any craft store or online. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at joloves2stamp@gmail.com

WEDNESDAY

12" X 12" CHRISTMAS DÉCOR CLASS

By: Joanne Mulligan
School: Mohonasen High School
Room: 68
Class Time: 6:00 p.m. – 8:00 p.m.
Fee: R \$25.00 N \$30.00
Length: 1 Night: Oct. 11
Level: Beginner to Advanced, all levels welcome

CLASS DESCRIPTION: In this class you will be making a 12" x 12" Christmas Décor project suitable for framing that you can use to decorate your home for the Christmas. We will be using stamps, ink and specialty paper for this project. The frame is not included but may be purchased at any craft store or online. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at joloves2stamp@gmail.com

WEDNESDAY

CHRISTMAS CARD CLASS

By: Joanne Mulligan
School: Mohonasen High School
Room: 68
Class Time: 6:00 p.m. – 8:00 p.m.
Fee: R \$25.00 N \$30.00
Length: 1 Night: Oct. 11
Level: Beginner to Advanced, all levels welcome

CLASS DESCRIPTION: Your friends and family will love receiving beautiful Christmas cards hand made by you! In this class you will be creating 4 Christmas cards using rubber stamp images, inks, and specialty paper. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at joloves2stamp@gmail.com.

WEDNESDAY

EXPANSIVE YOGA

By: Antoinette Furbert, Certified Yoga Instructor, B.S.
School: Pinewood
Room: Gym
SESSION I: 5 weeks: 9/27, 10/4, 10/11, 10/18, 10/25
Fee: R & NR \$60
SESSION II: 5 weeks: 11/8, 11/15, 11/29, 12/6, 12/13
Fee: R & NR \$60
Class Time: 6:00 to 7:00 p.m.
Level: MIXED

Come experience the benefits of a yoga practice that blends the Celebration of the Heart and the Science of Biomechanics. Expansive Yoga is a yoga practice which integrates the mechanical laws of movement with balanced energetic action in the performance of asana to tone muscles, increase strength and flexibility while increasing awareness and sense of wellbeing. Thus, each practice start with a heart-oriented theme that is intertwined with the postural instructions. Classes are dedicated to serving and empowering each student, while cultivating lighted heartedness, playfulness, and joyful awareness. Classes are designed using progressively sequencing instruction to assist students of all levels toward advancing their practice.

Expansive Yoga is absolutely perfect for everyone at every level!

wednesday

WEDNESDAY

HOW MONEY WORKS

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: R & NR – \$5

Length: 1 night: Dec. 13, 7:00 to 8:15PM Eastern Time

You must register in advance for this educational event.

At the registration page, please fill in your first name only and leave your last name blank.

Please register at:

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

This webinar is for anyone who wants to learn more about personal finance. Whether you're just starting out or looking to improve your financial skills, this program will provide you with the information you need to make sound financial decisions. You will learn about:

- How to save money for short-term and long-term goals
- How to invest your money wisely and avoid the high cost of waiting
- Identify and outline the three "Ds" of investing
- Uncover and illustrate the Rule of 72
- Paying off debt and the effects of compounding (both good and bad!)
- Review the Theory of Decreasing Responsibility
- Discover the power of tax-deferred saving
- Demonstrate what is meant by the "time value of money"
- Apply important concepts and principles to protect your financial assets
- Make it clear why you need a financial plan and know your financial independence number
- You will have the opportunity to ask questions and get answers from a financial expert.

thursday

THURSDAY

ESTATE PLANNING AND ASSET PROTECTION

By: Glenn J. Witecki, Esq

Attorney and Counselor at Law

School: Mohonasen High School

Room: LGI

Fee: R & N \$5

Length: 1 night: November 2

Class Time: 6:15 p.m. to 8:15 p.m.

INSTRUCTOR NAME/CREDENTIALS: Glenn J. Witecki, Esq.

Glenn did his undergraduate work at the Boston University School of Management (B.S.B.A. magna cum laude), received a Master's Degree from the Philosophy Department at the University of Chicago and his J.D. from Albany Law School. He has been practicing law in Schenectady, New York since 1985, initially in the Criminal Defense Arena and for the past 31 years in Trusts and Estates, Elder Law and Real Estate.

COURSE DESCRIPTION: In this session you will learn about estate planning basics as well as more enhanced planning opportunities through the use of Trusts – both Revocable and Irrevocable. The discussion will include answers to various questions, such as: What forms of asset protection and Medicaid payments are available to an individual or married couple if they need Nursing Home care? What is the difference between the "five-year look-back period" pertaining to Medicaid funding and a "penalty period?" How much money can an individual or married couple protect if they need Nursing Home care even if they have done no prior asset protection planning? When purchasing annuities do I need to consider the payout period relative to receiving Nursing Home Medicaid? Find the answers to these crucial questions and others by attending this session. Among other things, this session will explore the uses of Revocable and Irrevocable Trusts in preventing Will challenges, protecting assets from Long Term care expenses and offering enhanced flexibility to your estate plan. You will have an opportunity to ask specific questions pertaining to your own circumstances.

THURSDAY

TREE OF LIFE SUNCATCHER

By: Karen Nerney

School: Mohonasen High School

Room: 69

Class Time: 6:00 p.m. – 8:00 p.m.

Fee: \$45-Includes all supplies used during class

Length: 1 Night: Oct. 26

Level: Beginner to Advanced, all levels welcome

CLASS DESCRIPTION: Create a beautiful Tree of Life suncatcher using a metal ring, wire, iridescent beads and a crystal to catch the sunlight. The Tree of Life is a reminder that we are connected to everything around us. This is a beginner class, but some fine motor dexterity is required. To view the completed project, please visit www.gratitudeplace.com/projects.

THURSDAY

EARRING MAKING 101

By: Karen Nerney

School: Mohonasen High School

Room: 69

Class Time: 6:30 p.m. – 8:00 p.m.

Fee: \$45-Includes all supplies used during class

Length: 1 Night: Nov 30

Level: Beginner to Advanced, all levels welcome

CLASS DESCRIPTION: In this class, you will make and finish earrings using beads and wire. You'll learn how to make wire loops as well as experiment with wire to make your own unique earrings. Make a pair of dangle or chandelier earrings for yourself and one to give as a holiday gift! This is a beginner class, but some fine motor dexterity is required.

THURSDAY

DEFENSIVE DRIVING

Instructor: Ron Long

School: Mohonasen High School

Room: 62

Fee: R\$40 N\$50

Length: 2 nights: Oct. 12 & Oct.19

Class time: 6:00 to 9:00 p.m.

Minimum Enrollment 10

Maximum Enrollment 40

This Long-standing course can reduce your auto liability and insurance 10 percent per year for three years and reduce up to 4 points from your driving record. Fee includes course material and DMV certification. Must bring your driver's license or permit.

THURSDAY

ZUMBA®

By: Laurie Zinnershine

School: Bradt

Room: Gym

Class Time: 6:00-7:00 p.m.

FEE: R & NR \$80

10 weeks – 9/21, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7

ZUMBA!® is a fusion of Latin, International and popular music/ dance themes creating a dynamic, exciting, hypnotic, and effective fitness experience! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Beginner to advanced everyone is welcome to join the party!

MUST PRE-REGISTER

THURSDAY

MEDICARE 101

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: R & NR – FREE

Length: 1 night: Nov. 2- 6:00 to 8:00 p.m. Eastern Time

You must register in advance for this educational event.

At the registration page, please fill in your first name only and leave your last name blank.

Please register at:

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/ not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.

FRIDAY

BEGINNER-TO-INTERMEDIATE GUITAR (NEED A MINIMUM 8 STUDENTS TO RUN CLASS)

By: Don Warren

School: Draper Middle School

Room: 104

Fee: R & NR \$50

Length: 4 weeks - 11/3, 11/17, 12/1, 12/8 - 7:00 to 8:00 p.m.

Start Date: November 7

BEGINNER-TO-INTERMEDIATE GUITAR

Bring your guitar and prepare to enjoy a rewarding and fun experience.

- No guitar? Contact me.
- No prior experience or musical ability? No worries.

I love working with beginners. Past attendees have raved about how much they enjoyed this easy going experience. This course is taught by Don Warren, who

- Played with and coached a number of classic rock icons
- Is a voting member of the grammys

BEGINNERS: You will learn how to play basic chords, techniques, rhythm/strumming and timing. By the end of the course, you will contribute to the group, as you play through a recognizable song.

NOVICE - INTERMEDIATE: By the end of the course, you will be able to contribute to the final song in a variety of creative ways, to take your playing up a level and apply new-found techniques to add to your abilities as a guitarist. The instructors have 40+ years of experience, as educators and professional recording pros. For testimonials, visit: <http://warrenlessons.com>.

What to Bring: An acoustic guitar, guitar pick, clip-on headstock tuner, & pen. Limited to 16.

registration **FORM**

Please use separate form for each class and registrant. You may copy this form. **PLEASE PRINT!**

Course Title _____

Dates Held or Session _____

Your Name _____

Street _____

City _____ State _____ Zip _____

Phone (HOME) _____ (CELL) _____ (E-mail) _____

School District of Residence _____

Fee Paid \$ _____ Check No. _____

Course Title _____

Dates Held or Session _____

Your Name _____

Street _____

City _____ State _____ Zip _____

Phone (HOME) _____ (CELL) _____ (E-mail) _____

School District of Residence _____

Fee Paid \$ _____ Check No. _____

Course Title _____

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School District of Residence _____

Fee Paid \$ _____ Check No. _____

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FALL 2023

Please use separate form for each class and registrant. You may copy this form. **PLEASE PRINT!**

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School District of Residence _____

Fee Paid \$ _____ Check No. _____

Course Title _____

Dates Held or Session _____

Your Name _____

Street _____

City _____ State _____ Zip _____

Phone (HOME) _____ (CELL) _____ (E-mail) _____

School District of Residence _____

Fee Paid \$ _____ Check No. _____

POSTAL CUSTOMER

MOHONASEN CONTINUING EDUCATION | FALL 2023



IMPORTANT DATES

Classes begin the week of September 18, 2023 (unless otherwise noted). Registration closes September 11, 2023.

SCHOOL LOCATIONS

Bradt Elementary

2719 Hamburg Street, Schenectady, NY 12303

Pinewood Elementary

901 Kings Road, Schenectady, NY 12303

Mohonasen High & Draper Jr. High

2072 Curry Road, Schenectady, NY 12303

CONTACT US

Continuing Education Inquiries: (518) 356-8303

Email: AdultEducation@mohonasen.org

Swim Program Inquiries: (518) 356-8270