



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.*

Please Note: In the event of a district snow day, your class will be canceled.

*Mohonasen does not specifically endorse any of our Adult Education providers or courses and the opinions, beliefs and practices of the presenters are entirely their own.

IMPORTANT DATES

REGISTRATION CLOSES TWO WEEKS BEFORE YOUR CLASS STARTS

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 or email AdultEducation@mohonasen.org

SCHOOL LOCATIONS:

Bradt Elementary

2719 Hamburg Street, Schenectady, NY 12303

Pinewood Elementary

901 Kings Road, Schenectady, NY 12303

Mohonasen High & Draper Middle School

2072 Curry Road, Schenectady, NY 12303

CAT Building

400 Warrior Way, Schenectady, NY 12303

DRIVER EDUCATION FOR STUDENTS

Mohonasen is now offering driver education programs throughout the year — one in the fall, spring and summer. The program is open for students outside the district as well.

The fall 2025 sixteen-week program will run from September 15, 2025, to January 14, 2026. Registrants must have a driver's permit prior to September 15, 2025.

The cost of the program is \$400. Find more about the driver education program on the Mohonasen website or FamilyID.

Contact Kate Barry at (518)356-8210, or by email at kbarry@mohonasen.org if you need additional information.

REGISTRATION

Complete a Continuing Education 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

Please note that all Aquatics Program registrations will be done online using FamilyID. For Online registration instructions, please visit www.mohonasen.org/familyid

Swim Program Inquiries: (518) 356-8270

Email: afaucett@mohonasen.org

DO NOT SEND CASH! A separate check must be issued for each course.

Please indicate course title on each check. 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 canceled 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 canceled.

You will not receive a refund after the second class of any course.

**CHECKS ARE CASHED AFTER THE FIRST CLASS.
SEE LAST PAGE FOR REGISTRATION FORMS.**

PAINT WITH PEGGY

By: Peggy Porter
 School: Mohonasen High School
 Room: 67
 Fee: \$25 per class
 Length: One night per painting
 Class time: 6-9:30 p.m.
 Skill level: All – Beginners welcome
 Limit: Eight students per class

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. 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. Peggy can be contacted at paintwithpeggy@gmail.com or phone at 518-925-2238.

September 16: OLD HOMESTEAD Supply Fee: \$30 (to be collected in class) -

This old, abandoned house at the edge of a field takes us back to a slower time and simpler way of life. (It does not have internet!) Puffy clouds are fun to paint and we will create depth in the painting by adding layers of trees. Peggy will provide a pattern for the house, if desired as she guides the students step by step through the painting.

October 14: SCHOHARIE CREEK Supply Fee: \$30 (to be collected in class) -

This painting reminds me of simple summer days spent outdoors. It could be anywhere, but the Schoharie Creek is a fond memory. Inspired by artist Wilson Bickford, we use a limited palette to create this scene. The broken tree is fun to add and can be a point of interest in the painting.

November 18: WINTER SUNRISE Supply Fee: \$30 (to be collected in class) -

This striking winter scene is created using a limited palette of colors. Peggy will guide you through mixing the necessary color values so there will be contrast between the light and dark.

MONDAY

MONDAY

GENTLE YOGA

By: Jean Sefcovic, Certified Yoga Instructor, NYS Licensed Massage Therapist
 School: Mohonasen High School
 Room: MHS Library
 Fee: \$75
 Length: Four weeks
 Dates: 9/22, 9/29, 10/6, 10/20
 Time: 6-7 p.m.
 Minimum five participants

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

BEGINNER-TO-INTERMEDIATE GUITAR & UKULELE

By: Don & Mike Warren
 School: Draper Middle School
 Room: 104
 Fee: \$50
 Length: Four weeks
 Dates: 10/20, 10/27, 11/3, 11/10
 Time: 7-8 p.m.
 Class limit: 30

You'll be welcomed into a safe, supportive environment where you'll feel capable and encouraged, no matter where you're starting from.

What You'll Learn

Beginners - Discover the joy of music as you learn essential chords, techniques, and rhythms. By the end of the course, you'll be playing a full song with the group and sharing the joy of music!

Novice - Intermediate - Elevate your skills with creative techniques and a deeper understanding of the guitar. You'll finish the course with the ability to add your own flair to our final group performance.

No Instrument? No Problem - We're here to assist you in finding the perfect guitar or ukulele to start your journey.

Meet Your Instructor - Don Warren is a passionate musician with a heart for teaching. Learn more about Don's approach and experience at Warrenlessons.com

Prior to Class - You will receive an email giving you a head start on knowing how to tune the guitar, along with other useful tips.

What to Bring - Your guitar, a pick (if you prefer), a tuner, and a pen. Missing something? Let us know, and we'll help you out.

MONDAY

GETTING PAID TO TALK/AN INTRODUCTION TO VOICE OVER

A Single-evening workshop and Q&A

By: Voice Coaches
 Location: Creative Voice Development Group, 26 Vly Road, Albany, NY
 Fee: \$25
 Length: One class
 Date: 11/17
 Time: 6:30-9 p.m.
 Class limit: 10

THIS CLASS IS OFFSITE

From audio books to advertisements and beyond, we encounter recorded voices everywhere! In this one-night class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You'll gain inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. You'll also have an opportunity to record a sample professional voice over under the direction of the instructor.

About The Instructor:

With more than 30 years as a voice over artist and voice over producer, your instructor is part of the team at Voice Coaches with clients including major television networks, gaming designers, audio book publishers and more. Learn more at voicecoaches.com.

MON/TUES

MONDAY/TUESDAY

AARP - SMART DRIVER COURSE

By: AARP Instructor

School: Mohonasen High School

Room: 62

Fee: Members \$25; Non-Members \$30 - Checks made out to AARP.

Length: Two nights

Dates: 10/6, 10/7

Class time: 6-9 p.m.

Limit: 25

Must bring your AARP card & Driver's license and attend both nights.

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 it to class.

TUESDAY

BEGINNING LINE DANCING

By: Sue Kaupelis

School: Pinewood Elementary School

Room: Cafeteria

Fee: \$50

Length: Seven weeks

Start Dates: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28

Time: 6-7:30 p.m.

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

Length: Six weeks

Session one: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21

Fee: \$48 - for session 1

Session two: 11/4, 11/18, 11/25, 12/2, 12/9, 12/16

Fee: \$48 - for session 2

Time: 6-7 p.m.

PLEASE LIST TUESDAY ON YOUR REGISTRATION

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!

TUESDAY

"TALK SAVES LIVES" AN INTRODUCTION TO SUICIDE PREVENTION

By: Thomas O Clair: Retired NYS Office of Mental Health Advocacy Specialist II, Suicide Prevention Activist, American Foundation for Suicide Prevention (AFSP) Volunteer.

School: Mohonasen High School

Room: 64

Fee: Free

Length: One class

Date: 10/7

Time: 6-7:30 p.m.

Limit: 20

Talk Saves Lives is the flagship suicide prevention training of AFSP. Attendees will learn suicide prevention through awareness, identifying the warning signs, statistics and dispelled myths concerning suicide. Q&A to follow.

TUESDAY

LEARN TO SEW OR IMPROVE THE SKILLS YOU ALREADY HAVE

By: Barb Nackley

School: Mohonasen High School

Room: 40

Fee: \$150 (some small supplies are included)

Length: Seven weeks

Dates: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28

Class time: 6:15-8:15 p.m.

Level: Beginner to intermediate

Want to learn to sew or improve your sewing skills? This class is perfect for complete beginners and people who have sewn in the past but need a refresher.

Please bring to the first class:

- Sewing Machine
- 1 ½ yards of cotton fabric for the tote bag
- Coordinating thread
- Sharp fabric scissors

WEDNESDAY

BEGINNING BALLET AND MODERN DANCE

By: Beth Jacobs
 School: Mohonasen High School
 Room: Cafeteria A
 Fee: \$65
 Length: 10 weeks
 Dates: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19
 Time: 6-7 p.m.

The class blends vocabulary and history of classical ballet, Russian ballet technique, British RAD ballet and American Ballet styles together with elements of Graham, Ailey and other modern dance idioms. The teacher was a professional ballet and modern dancer in NYC and elsewhere. Wear work out clothing and have hair secured in place and away from face, no swing ponytails. Wear socks, ballet shoes or bare feet.

WEDNESDAY

ESTATE PLANNING 101: HOW TO PROTECT WHAT MATTERS MOST

By: Pam Starsia, Starsia Law
 School: Mohonasen High School
 Room: 62
 Fee: Free
 Length: One class
 Date: 10/8
 Class time: 6:30-8 p.m.

Discover how to secure your legacy and protect your family's future. This introductory session will cover topics including Wills, Trusts, Power of Attorney and more. You will learn how to protect your assets and ensure your wishes are honored with strategic estate planning and discover ways to minimize legal complications and costs associated with probate and estate distribution. Get expert advice on crafting a plan that secures your family's future and gives you peace of mind.

WEDNESDAY

EXPANSIVE YOGA

By: Antoinette Furbert, Certified Yoga Instructor, B.S.
 School: Center for Advanced Technology
 Room: 110B
 Session I: 5 weeks: 9/17, 9/24, 10/1, 10/8, 10/15
 Fee: \$60
 Session II: 6 weeks: 11/5, 11/12, 11/19, 12/3, 12/10, 12/17
 Fee: \$72 (\$12 discount if you sign up for both sessions)
 Class time: 6:30-7:30 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. Classes are designed using progressively sequencing instruction to assist students of all levels toward advancing their practice.

WEDNESDAY

LEGAL TOOLS FOR NAVIGATING YOUR SPECIAL NEEDS CHILD TRANSITION TO ADULTHOOD

By: Pam Starsia, Starsia Law
 School: Mohonasen High School
 Room: 62
 Fee: Free
 Length: One class
 Date: 11/5
 Class time: 6:30-8 p.m.

When your child turns 18, they're legally an adult - but they still have a lot of growing up to do. As a parent, you play a key role during this critical time. However, without planning, privacy laws could prevent you from helping when it matters most. You'll learn about the essential legal steps that can keep you involved in your child's health and financial decisions. We'll cover must-have documents like health care proxies and HIPAA authorizations.

WEDNESDAY

CUPCAKE/CAKE DECORATING

By: Tara Connors (Bash Parties)
 School: Mohonasen High School
 Room: 40
 Fee: \$35 (Plus \$35 supply fee to instructor) BRING TO FIRST CLASS
 Length: Two nights
 Date: 11/5, 11/12
 Time: 6-7:30 p.m.
 Level: Beginner to intermediate
 Limit: 15

Learn a variety of techniques to make beautiful and fun fall cakes and cupcakes in this sweet course. Each week, we'll cover new topics like with how to fill and use a piping bag with decorating tips to using candy in unusual ways as decorations. We'll be making cupcakes in class, but all skills can be applied to cakes as well! Instructor will provide all supplies, including take home containers and each week participants will take home the cupcakes that they decorated.

About your instructor: Tara Connors started Bash Parties in 2013, which hosts in-home activity-based events, including a cupcake decorating themed party.

WEDNESDAY

WEDNESDAY

BOATING SAFETY

By: Jack Hochmuth

School: Draper Middle School

Room: Library

Fee: \$10

Supply fee: \$20 (to be collected first night of class)

Length: Four weeks

Dates: 11/12, 11/19, 12/3, 12/10

Time: 6:30–8:30 p.m.

This course meets the New York State and U.S. Coast Guard requirements for Personal Watercraft (PWC) Operation and Youth and Adult Boating Certification. Upon successful completion, participants will receive a boating certificate that is good for life and can be used to operate a PWC (e.g., Jetski) or as a youth boater able to operate a vessel independently. (To operate a PWC independently, a person must be at least 14 years old and have their boating certificate on board.) This course teaches the fundamentals of safe boating operation, including accidents and emergencies; boating related activities; boats and motors; equipment; fueling and ventilation; marine environment; numbering and registration; personal watercraft; and rules of the road. The course is for adults and children 10 years of age and older. Limit 25 participants.

WEDNESDAY

CARDIO SCULPT 101 - FUN FITNESS FOR ALL LEVELS

By: Kim Aquilo

School: Center for Advanced Technology (CAT Building)

Room: 110 B

Fee: \$50

Length: Four weeks

Dates: 10/8, 10/15, 10/22, 10/29

Time: 5:30– 6:10 p.m.

A cardio sculpt class is a high-energy, fast-paced group fitness class that combines cardio exercises with strength training. The goal is to tone muscles and burn calories while getting your heart rate up. Bring towel/ water and your own bands/weights if you have them.

Here are some things you can expect to find in a cardio sculpt class:

- Warm-up: to prepare your body for the rest of the class
- Cardio: High-intensity cardio bursts to get your heart pumping
- Strength training: Toning exercises like push-ups, planks, squats and plies to build lean muscle
- Variety: Different exercise formats and choreography to keep things interesting

Some benefits of cardio sculpt include:

- Increasing your metabolism to help tone body fat and build muscle
- Improving circulation and lowering blood pressure
- Decreasing the risk of heart disease

WEDNESDAY

GREETING CARD CLASS

By: Joanne Mulligan

School: Mohonasen High School

Room: 68

Fee: \$25

Length: One class

Date: 10/8

Time: 6–8 p.m.

Level: Beginner to Advanced, all levels welcome

In this class you will create four cards suitable for several occasions such as sympathy, thank you, thinking of you and get well. Please bring a pair of sharp scissors and adhesive to class. Suggested adhesives are craft glue, double sided tape or a tape runner, with all other supplies provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com.

WEDNESDAY

FALL GREETING CARD CLASS

By: Joanne Mulligan

School: Mohonasen High School

Room: 68

Fee: \$25

Length: One class

Date: 10/15

Time: 6–8 p.m.

Level: Beginner to Advanced, all levels welcome

In this class you will create four fall holiday cards; two Halloween and two Thanksgiving. Please bring a pair of sharp scissors and adhesive to class. Suggested adhesives are craft glue, double sided tape or a tape runner with all other supplies provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com.

WEDNESDAY

12" X 12" SCRAPBOOK CLASS

By: Joanne Mulligan

School: Mohonasen High School

Room: 68

Fee: \$25

Length: One class

Date: 10/22

Time: 6–8 p.m.

Level: Beginner to Advanced, all levels welcome

In this class you will be making a double page 12" x 12" scrapbook layout. This will be a generic theme that you can customize with various stamps. Although photos are not necessary, feel free to bring a selection of photos that you would like to use. We will be using stamps, ink and specialty paper for this project. Please bring a pair of sharp scissors and adhesive to class. Suggested adhesives are craft glue, double sided tape or a tape runner with all other supplies provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com.

SWIM PROGRAMS



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

2025-26

SWIMMING *pool*

2025-2026

Pool Utilization Schedule

TIME	MON	TUE	WED	THUR	FRI	SAT
5:30-7 a.m.	Early Bird Swim	Early Bird Swim	Early Bird Swim	Early Bird Swim	Early Bird Swim	
7:45 am-3 p.m.	Instructional Block	Instructional Block	Instructional Block	Instructional Block	Instructional Block	
3-7 p.m.	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	10 a.m. - 1 p.m. Swim lessons
7:15-9 p.m.	Water Aerobics & Lap Swim		Water Aerobics & Lap Swim		Family & Lap Swim	

FamilyID® for SWIM REGISTRATION

Please note that all 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

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 p.m.

Online registration for classes opens Monday, August 25 at noon. Minimum registration to run the class will be five participants. Registration must be done online.

- Session 1: 9/15-10/20
 Length: 10 Classes
 Fee: R: \$60 NR: \$80
 Senior: \$45
- Session 2: 10/22-11/24
 Length: 10 Classes
 Fee: R: \$60 NR: \$80
 Senior: \$45
- Session 3: 1/21-3/2
 Length: 10 Classes
 Fee: R: \$60 NR: \$80
 Senior: \$45
- Session 4: 3/4-4/13
 Length: 10 Classes
 Fee: R: \$60 NR: \$80
 Senior: \$45
- Session 5: 4/15-5/18
 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 per person or \$7 per person for out of district (\$10 per family max.) Children 12 & under must be accompanied by an adult.

- Fridays: 7:15 - 9 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.)

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 annual passes is ongoing.

- Monday thru Friday:
 5:30 - 7 a.m.
- Mondays, Wednesdays & Fridays
 7:15 - 9 p.m.

POOL CLOSED: 10/13, 11/11, 11/26-28, 12/22-1/2, 1/19, 2/16-2/22, 4/3-4/10, 5/25, 6/19.

PLEASE NOTE: The pool is closed on all school breaks and holidays. There will be no a.m. 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.

FALL SESSION: 10/11, 10/18, 11/1, 11/8, 11/15, 11/22, 12/6, 12/13 NO CLASS: 10/25, 11/29 (REGISTRATION OPENS AUGUST 25 AT NOON)

WINTER SESSION: 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/28, 3/7 NO CLASS: 2/21 (REGISTRATION OPENS DECEMBER 15 AT NOON)

SUMMER SESSION 1: 6/29, 6/30, 7/1, 7/2, 7/6-9

SUMMER SESSION 2: 7/13-16, 7/20-23 (REGISTRATION FOR BOTH SUMMER SESSIONS OPENS MAY 11 AT NOON)

FEE: R: \$80 per student
NR: \$100 per student
PRIVATE/ADAPTIVE: \$125 per student

ADD FOR CLASS TIME INFORMATION, PLEASE SEE FAMILYID COURSE LISTINGS

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.**

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.

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.

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.

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.

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.

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.

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.

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

WEDNESDAY

CHRISTMAS CARD CLASS

By: Joanne Mulligan
School: Mohonasen High School
Room: 68
Fee: \$25
Length: One class
Date: 10/29
Time: 6–8 p.m.
Level: Beginner to Advanced, all levels welcome

Your friends and family will love receiving beautiful Christmas cards handmade by you! In this class you will be creating four Christmas cards using rubber stamp images, inks, and specialty paper. Please bring a pair of sharp scissors and adhesive to class. Suggested adhesives are craft glue, double sided tape or a tape runner with all other supplies provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com.

WEDNESDAY

CHRISTMAS CARD CLASS ADVANCED

By: Joanne Mulligan
School: Mohonasen High School
Room: 68
Fee: \$25
Length: One class
Date: 11/5
Time: 6–8 p.m.
Level: Intermediate to Advanced - **Pre-requisite: Basic stamping knowledge is necessary**

In this class you will be making three Christmas cards using advanced techniques such as thermal embossing and fancy folds. Please bring a pair of sharp scissors and adhesive to class. Suggested adhesives are craft glue, double sided tape or a tape runner with all other supplies provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com.

WEDNESDAY

CHRISTMAS 12 X 12 SAMPLER CLASS (FRAME INCLUDED)

By: Joanne Mulligan
School: Mohonasen High School
Room: 68
Fee: \$25
Length: One class
Date: 11/12
Time: 6–8 p.m.
Level: Beginner to Advanced, all levels welcome

In this class you will be making 12" x 12" sampler for Christmas. Please bring a pair of sharp scissors and adhesive to class. Suggested adhesives are craft glue, double sided tape or a tape runner with all other supplies provided by the instructor. There will be a \$5.00 materials fee collected for the frame at the time of the class. For any questions you can contact the instructor at jo@joscraftcorner.com.

THURSDAY

THURSDAY

ZUMBA

By: Laurie Zinnershine
School: Bradt
Room: Gym
Length: Six weeks
Session one: 9/18, 9/25, 10/2, 10/9, 10/16, 10/23
Fee: \$48 for Session one
Session two: 11/6, 11/13, 11/20, 12/4, 12/11, 12/18
Fee: \$48 for Session two
Time: 6–7 p.m.
PLEASE LIST **THURSDAY** ON YOUR REGISTRATION

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

VIRTUAL

EMOTIONAL RELEASE FOR INNER PEACE

By: Jesse Wicher

Fee: \$39

Length: One session

Date: 9/29

Class time: 6:30- 9 p.m.

Class link: <https://us06web.zoom.us/j/89618341483?pwd=s3yCCjdSsqXkpaO6AuPjfGAoNPR8v5.1>

Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and actually sabotage our inner peace. In this single evening course, you will learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.

MEDITATION FOR RELAXATION AND PERSONAL HEALING

By: Jesse Wicher

Fee: \$149

Length: Five sessions

Date: 10/1, 10/8, 10/15, 10/22, 10/29

Class time: 7-9 p.m.

Class link: <https://us06web.zoom.us/j/86882450743?pwd=CtgPIKNw1GrbRbcnc4Slelj2p1KG3W.1>

Do you suffer from stress, anxiety or sleeplessness-- or even high blood-pressure or hypertension? Does your mind never stop going? Meditation is a simple, easy to learn practice that involves focusing your thoughts and your breathing to help you relax into the present moment. Studies show that regular meditation can help promote increased mental clarity and emotional balance, reduce the physical effects of stress, and create a greater sense of well-being. In this interactive course, you will learn the empowering concepts and techniques for successful personal meditation and will find support in crafting your own meditation regimen.

REIKI CERTIFICATION CLASSES

By: Jesse Wicher

Fee: \$175

Length: One session

Date: 10/4

Class time: 10 a.m. -5 p.m.

Class link: <https://us06web.zoom.us/j/82730963853?pwd=sRczZtY2yAJeBqJUSeLdN3BQZaGmLa.1>

Become a certified Reiki healer. During this in-depth session, you will delve deeply into the ancient Japanese art of energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality and correct physical, mental and emotional imbalances. Each course level provides training, course manual, attunement and in-class experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice.

NOTARY PUBLIC REVIEW WORKSHOP

By: Victor Bujanow, CIC

Zoom meeting

Fee: \$55

Length: One class

Date: 10/23

Time: 5:30-9:30 p.m.

Must Pre-register and provide email for Zoom invite

This workshop prepares you for the New York State Notary Public test and will provide you with a comprehensive view of the Notary Public office. Confusing laws, concepts, and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a Notary Public officer is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer an attorney, and minimizing legal liability. All materials will be provided including website links to NYS Department of State licensing information, booklets and forms. Also featured is an 80 question Practice Exam which attempts to emulate the actual NYS mandatory exam.

INSTRUCTOR: Victor Bujanow, CIC has been a practicing Notary Public and Notary Signing Agent for over 25 years. In addition to the Notary Public Workshops he has been teaching Insurance Pre-Licensing Courses as well as Continuing Education courses at several New York State Colleges.

PSYCHIC DEVELOPMENT AND MEDIUMSHIP

By: Jesse Wicher

Fee: \$149

Length: Five sessions

Date: 10/2, 10/9, 10/16, 10/23, 10/30

Class time: 7-9 p.m.

Class link: <https://us06web.zoom.us/j/81187716498?pwd=7sYWZMSu44zM2Tno7WuGGaQGW8S.EiZ.1>

Think you're not psychic? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates.

MEDICARE 101

By: James W. Farnham, MBA, MS

ZOOM WEBINAR

Length: Three stand-alone classes

Fee: Free

Session one: 10/1

Time: 6-8 p.m.

Register at: <https://bit.ly/4k9Psec>

Session two: 10/18

Time: 10 a.m.-12 p.m.

Register at: <https://bit.ly/4368QBX>

Session three: 11/3

Time: 6-8 p.m.

Register at: <https://bit.ly/4jL88kv>

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

After registering, you will receive a confirmation email containing information about joining the 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, High Deductible Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans.

THE ART OF THE REPEAT INCOME

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: Free

Length: Three stand-alone classes

Session one: 10/8

Time: 6-8 p.m.

Register at: <https://bit.ly/4diQTON>

Session two: 10/25

Time: 10 a.m.-12 p.m.

Register at: <https://bit.ly/4k97ME6>

Session three: 11/13

Time: 6-8 p.m.

Register at: <https://bit.ly/3F09IFE>

You must register in advance for this event. At the registration page, please fill in your first name only and leave your last name blank.

This program is designed for beginners, entrepreneurs, commission-only employees, account executives, brokers, sales and business development professionals, agents, independent contractors, stay at home parents, or even retirees who want to start building recurring income.

Learn how to build a sustainable source of repeat income. Identify effective strategies and proven methods to earn reliable ongoing revenue.

PLEASE NOTE: Registrations will be accepted through one day before the program.

VIRTUAL

VENESA WEST: FINANCIAL FREEDOM CONSULTANT

Venesa West is the founder and CEO of Morrison West Consulting, a virtual multi-service agency helping individuals transform their lives through financial literacy, real estate coaching, and digital influence. As a Licensed Real Estate Agent, Certified Credit Repair Consultant for over 8 years, tax professional and Social Media Influencer, Venesa combines professionalism and relatability to deliver results for her clients.

She's passionate about breaking down complex topics like credit repair, budgeting, and homeownership into clear, actionable steps for everyday people.

HOME BUYING 101

By: Venesa West

Fee: \$45

Length: Three nights

Date: 9/30, 10/7, 10/14

Time: 6:00-7:15 p.m.

Class link: <https://bit.ly/46pAHQS>

Buying your first home? This workshop breaks down the process step-by-step. Learn how to get mortgage-ready, boost your credit, and navigate contracts like a pro. Perfect for first-time buyers or anyone planning a move in the next 1-3 years. Bring questions and leave with a clear action plan.

FINANCIAL FREEDOM BASICS: CREDIT, BUDGETING & MORE

By: Venesa West

Fee: \$40

Length: Three nights

Date: 10/16, 10/23, 10/30

Time: 6:30-7:45 p.m.

Class link: <https://bit.ly/3Uy4bER>

Topics include:

- Fixing and building credit (what really works)
- Budgeting hacks for any income level
- How to save for big goals like a home, car, or debt payoff
- Avoiding financial pitfalls and creating a plan for success
- Ideal for renters, future homeowners, or anyone who wants to break the paycheck-to-paycheck cycle.

SOCIAL MEDIA FOR BEGINNERS

By: Venesa West (Financial Freedom Consultant)

Fee: \$50

Length: Three nights

Date: 11/7, 11/14, 11/21

Time: 5:30-6:45 p.m.

Class link: <https://bit.ly/4mAkA83>

Grow your online presence and learn to use social media for your side hustle, small business, or personal brand. This hands-on course will cover Facebook, Instagram & TikTok basics, creating content with confidence, and building your audience, even if you're not tech-savvy.

STRESS-FREE LIVING: MINDFULNESS & LIFE BALANCE

By: Venesa West (Financial Freedom Consultant)

Fee: \$35

Length: Three nights

Date: 11/8, 11/15, 11/22

Time: 6-7:15 p.m.

Class link: <https://bit.ly/40EBIX2>

Recharge and refocus with practical tools for stress management. Learn easy meditation, mindset shifts, and time management tips to create balance in a busy life. Perfect for professionals, parents, and anyone looking to improve their daily routine.

registration FORM

FALL 2025

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		
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 2025



SCHOOL LOCATIONS

Bradt Elementary

2719 Hamburg Street, Schenectady, NY 12303

Pinewood Elementary

901 Kings Road, Schenectady, NY 12303

Mohonasen High & Draper Middle School

2072 Curry Road, Schenectady, NY 12303

CAT Building

400 Warrior Way, Schenectady, NY 12303

CONTACT US

Continuing Education Inquiries: (518) 356-8303

Email: AdultEducation@mohonasen.org

Swim Program Inquiries: (518) 356-8270

Driver Education: (518) 356-8210, or email
kbarry@mohonasen.org