



# Continuing EDUCATION

FALL 2024 Schedule

## Contact Information

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## COURSE FEES

Fees vary as outlined in course descriptions. Non-residents must add \$10 per course. Payment—in the form of a check or money order—must be submitted at the time of registration. **Each registration must be for ONE course, for ONE person, with ONE check for that specific course. PLEASE DO NOT SEND CASH.** Fees for materials and supplies should not be included with the course fee when you register but should be paid to the instructor when class meets.

## REGISTRATION

Registration must be made in advance.

- Mail your registration before Monday, September 9, or
- Drop off your registration at the High School Counseling Center, from 9 a.m. to 3 p.m. thru Monday, September 9
- Registration received after Monday, September 9 will not be accepted.

Refunds will be given if withdrawal from a class occurs before the start of the first class. Refunds will not be given for missed class sessions.

## MORE INFORMATION ONLINE

Full course descriptions and registration information can be found at bethlehemschools.org or by scanning the QR code below.



MONDAYS			
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.	\$50
Watercolor Workshop	High School D125	6:30-8:30 p.m.	\$75
Zumba	Eagle Elementary Gym	6:30-7:30 p.m.	\$50
TUESDAYS			
Cake Decorating	High School D124	6:30-8 p.m.	\$20+ materials
Crochet	High School D136	6-8 p.m.	\$45
Learn to Dress for Your Body Type	High School D138	6-8 p.m.	\$15
Medicare Made Clear	High School D112	6-8 p.m.	\$10
Oil Painting	High School D125	6:30-8:30 p.m.	\$75
Roadmap to Retirement	High School D134	5-7 p.m.	\$10
SAT Review: Critical Reading	High School D132	5:30-7:30 p.m.	\$120+ book
Woodworking (Beginning)	High School F107	6:30-9 p.m.	\$80
WEDNESDAYS			
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
Cooking-Lebanese Cuisine	High School D124	6:30-8:30 p.m.	\$20+ materials
Cooking-Learn to Make Baklava	High School D124	6:30-8:30 p.m.	\$20+ materials
Estate Planning	High School D136	6:30-8:30 p.m.	\$20
Find the Right College	High School D138	6:30-8 p.m.	\$15
Guided Meditation	High School LMC	7-8 p.m.	\$50
Important Battles in American History	High School D210	6-7:30 p.m.	\$45
Introduction to Investing	High School D134	6-8 p.m.	\$15
Keys to Financial Freedom	High School D134	6-8 p.m.	\$15
LinkedIn: Creating a Professional Profile	High School D134	7-8:30 p.m.	\$20
PiYo	High School LMC	4-5 p.m.	\$50
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
Yoga	Hamagrael Elementary Cafe	6:45-8 p.m.	\$60
Zumba	Eagle Elementary Gym	6:30-7:30 p.m.	\$50
THURSDAYS			
Ballroom Dancing II	Elsmere Elementary Gym	6:30-8 p.m.	\$70/couple
Downsizing Made Simple	High School D134	7-8:30 p.m.	\$15
Introduction to Investing	High School D134	6-8 p.m.	\$15
Pastel Painting	High School D125	6:30-8:30 p.m.	\$75
What's Unique About an IRA	High School D134	6-8 p.m.	\$15
FRIDAYS			
Aqua Zumba	Middle School Pool	6-7 p.m.	\$80



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.

### Adult Learn to Swim

**WEDS, 7:30p-8:30p, beginning Oct. 9**

This is an introduction to swimming for non-swimmers. The course will focus on conquering your fear of the water and becoming confident in and around the water. **10 sessions. Limit of 12 students. No senior exemptions. No class Nov. 27. The Oct. 9 class will begin at 8 p.m.**

### Aqua Zumba

**FRI, 6p-7p, beginning Oct. 18**

Make a splash by adding low-impact and high-energy aquatic exercise to your fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss! **8 sessions. Limit of 25 students. No senior exemptions. No class Oct. 25 or Nov. 29.**

### Ballroom Dancing I

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

NEW INSTRUCTOR! Beginner Ballroom Dancing will teach basics in Waltz, Fox Trot, Tango, Rumba, Cha Cha and Swing. Please no sneakers or rubber soled shoes. Partner necessary. **10 sessions. Limit of 20 couples. No class Nov. 27.**

### Ballroom Dancing II

**THURS, 6:30p-8:00p, beginning Oct. 10**

NEW INSTRUCTOR! Keep dancing with a review of Ballroom I plus Cha Cha, Tango, Meringue and Mambo. Prerequisite: Ballroom I class and having a working knowledge of dances. Please no sneakers or rubber soled shoes. Partner necessary. **10 sessions. Limit of 20 couples. No class Nov. 28.**

### Cake Decorating

**TUES, 6:30p-8:00p - Oct. 8 and Oct. 15**

Learn a variety of techniques to make beautiful and fun cupcakes for Halloween, Thanksgiving or anytime. You will assemble and use different decorating tips for writing, borders and to pipe flowers using decorating bags and other supplies. Participants will take home the cupcakes that they decorate each week. **2 sessions. Limit of 15 students. \$30 materials fee due at first class.**

### Cooking - Lebanese Cuisine

**WEDS, 6:30p-8:30p, Oct. 2 only**

In this hands-on class, you will learn how to make and will sample several Lebanese dishes (e.g. Baked Kibbeh, Tabbouleh, Fattoush, spinach pies, meat pies). **1 session. Limit of 12 students. No senior exemptions. \$10 materials fee due at first class.**

### Cooking - Make Baklava

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

Learn how to make Baklava (the popular Eastern Mediterranean dessert) from scratch, and take home your own batch to enjoy. **1 session. Limit 10 students. No senior exemptions. \$15 materials fee due at first class.**

### Crochet

**TUES, 6p-8p, beginning Oct. 1**

Learn the basics of crochet or brush up on skills; learn to read a crochet pattern and explore a variety of projects. Beginners - bring a crochet hook, I, J or K and a skein of light-colored acrylic worsted weight yarn. Experienced crocheters - bring whatever you are currently working on. **6 sessions. Limit of 15 students. No senior exemptions. No class Oct. 22.**

### Downsizing Made Simple

**THURS, 7p-8:30p, Oct. 24 only**

Downsizing is challenging. Learn about maximizing the sale price for your home, understanding the ever-changing real estate market, making minor updates, decluttering, and where to donate items that are no longer needed. **1 session. Limit of 30 students.**

### Estate Planning - Taking The Mystery Out

**WEDS, 6:30p-8:30p, Oct. 23 only**

Learn the ins and outs of estate planning in simple, non-legal terms. Find out 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. **1 session. Limit of 25 students.**

### Find the Right College at the Right Price

**WEDS, 6:30p-8:30p, Oct. 2 only**

Parents of high school sophomores and juniors will learn: what colleges expect to see in applicants; the financial aid process and strategies to reduce college costs; why "fit" is critical; SAT/ACT strategies; how to make the most of college visits; writing the essay; and more. **1 session. Limit of 28 students.**

### Guided Meditation

**WEDS, 7p-8p, beginning Oct. 9**

Are you looking to improve your life, have more energy and feel relaxed? This guided meditation only requires you to relax. No experience necessary, no special clothes or ability required. Tune your mind off for a few minutes and this program will give you more energy, relaxation, productivity, and concentration. **6 sessions. Limit of 20 students.**

### Important Battles in American History

**WEDS, 6p-7:30p, beginning Oct. 2**

American military history is one of tragedy and triumph, sacrifice and courage. Many battles have been fought, not all of which were victories. Topics covered in this class include: The Siege of Yorktown; Overland Campaign; Antietam or Gettysburg; The Turning Point? Gaines Mill; Largest Assault of the Civil War; and The Math of Iwo Jima and Okinawa. **5 sessions. Limit of 25 students.**

### Intensive Writing Workshop

**MON, 6:30p-8:30p, beginning Oct. 21**

Take your writing to the next level with advanced 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. Whether you work in fiction or nonfiction, this workshop can inspire and improve your work. **8 sessions. Limit of 15 students. No senior exemptions. No class Nov. 11.**

### Introduction to Investing

**THURS/WEDS, 6p-8p, Oct. 17 or Nov. 6**

Learn the basics of stocks, bonds, and mutual funds. This class will help you understand the differences and similarities of various investment types. Discover how asset allocation can reduce overall risk and the benefits of using diversification and time to build a portfolio. **1 session. Please indicate which date you are interested in when you register. Limit of 25 students per session.**

### Keys to Financial Freedom

**NEW**

**WEDS, 6:00p-8:00p, Oct. 2**

This is an introductory course to money and cash flow management. Topics covered include budgeting, savings methods and vehicles, understanding and using credit responsibly, and insurance. Designed for those who are just starting out or looking to take control of their financial futures. **1 session. Limit of 25 students.**

### Knitting

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

Learn how to knit and purl, cast on stitches and bind them off at the end of your work. Beginners will finish a small project: dishcloth, hat, scarf, or cowl. 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 to the first class to practice. **8 sessions. Limit of 15 students. No class Oct. 14 and Nov. 11.**

### Learn to Dress for Your Body Type

**NEW**

**TUES, 6:00p-8:00p, Sept. 24 only**

Learn to dress for your body type – how to enhance your assets and camouflage your figure challenges. Find out your preferences and discover fashion ideas that will make you look more attractive and feel excited once again. **1 session. Limit of 20 students.**



## LinkedIn: Creating Your Professional Profile and Building Your Network **NEW**

**WEDS, 7:00p-8:30p, Oct. 23 only**

Have you established your LinkedIn Profile but you don't know what to do with it? Learn the value of creating a complete profile; find out about Profile Sections, including the hidden sections beyond the core. Learn to build your network, make valuable connections and use LinkedIn jobs to search for new positions. **1 session. Limit of 25 students.**

## Mastering Your DSLR Camera - Part 1 **NEW**

**MON, 6:30p-9:00p, beginning Oct. 7**

A basic course for photographers with little or no experience with today's digital cameras. Find out how and when to change settings on your DSLR. Get tips on composition and discover using shutter speeds, aperture and manual modes effectively. Bring your camera and your questions. **8 sessions. Limit of 25 students. No class Oct. 14 or Nov. 11.**

## Medicare Made Clear

**TUES, 6:00p-8:00p, Oct. 29 only**

Discover Medicare basics, its parts, premiums, deductibles, how and when to apply. Learn about the types of coverage and assistance programs available to you as well. **1 session. Limit of 25 students.**

## Oil Painting

**TUES, 6:30p-8:30p, beginning Oct. 22**

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 are welcome. **8 sessions. Limit of 20 students.**

## Pastel Painting

**THURS, 6:30p-8:30p, beginning Oct. 17**

Create beautiful paintings using soft pastels while working from still life, photographs of landscapes, or your choice of subject matter. Explore composition, gesture, color theory, tonal value, and mark making, along with underpainting techniques, edge quality, fine detail, and exercises to help loosen up. **8 sessions. Limit of 20 students. No class Oct. 31 or Nov. 28.**

## PiYo

**WEDS, 4p-5p, beginning Sept. 25**

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. Limit of 25 students.**

## Roadmap to Retirement

**TUES, 5:00p-7:00p, Oct. 1 only**

Commonly made IRA planning mistakes put an investor's retirement plans in jeopardy. Learn to avoid these common mistakes so that you can make the most of your IRA savings. We'll focus on problem areas, including beneficiary designations, spousal inheritance options and IRA, Roth IRA and RMD issues. **1 session. Limit of 25 students.**

## SAT Review - Critical Reading & Writing Subtests

**TUES, 5:30p-7:30p, beginning Sept. 10**

This class will prepare students to take the Verbal section of the SAT offered in the fall of 2024. The course will be completed right before the October 5th SAT exam. Students must have *The Official Digital SAT Study Guide* available on Amazon. **4 sessions. Limit of 25 students.**

## SAT Review - Math

**WEDS, 3:00p-5:00p, beginning Sept. 11**

This course will review formulas, problems and concepts for the Mathematics portion of the SAT for students who plan to take the exam this spring. Students must have *The Official Digital SAT Study Guide* available on Amazon. **4 sessions. Limit of 25 students.**

## Swim Stroke Development **NEW**

**WEDS, 6:30p-7:30p, beginning Oct. 9**

This is a stroke development class for those who are able to swim 25 yards and feel comfortable being in water over their head. The class will focus on becoming more confident with the freestyle stroke and rhythmic breathing as well as the elementary backstroke. This class is NOT for experienced swimmers who are looking for advanced skills. **4 sessions. Limit of 12 students. No class Nov. 27. Oct. 9 class will begin at 7p. No senior exemptions.**

## Watercolor Workshop

**MON, 6:30p-8:30p, beginning Oct. 21**

Students with basic watercolor experience, intermediate and advanced levels are welcome. Through expressive interpretation of still life, landscape and figurative subjects, students will practice watercolor techniques including transparent wash, dry brush-on, wet-on-wet and resist while discovering their own artistic voice. A variety of painting styles will be explored. **8 sessions. Limit 20 students. No class Nov. 11.**

## What's Unique About an IRA?

**THURS, 6:00p-8:00p, Oct. 10 only**

Join our class to learn the ins and outs of IRAs and learn how to avoid unnecessary penalties. This class is ideal for those just beginning to save, retirees, and anyone in between. **1 session. Limit of 25 students.**

## Woodworking - Beginning

**TUES, 6:30p-9p, beginning Oct. 15**

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. Limit 12 students. No senior exemptions.**

## Yoga

**WEDS, 6:45p-8:00p, beginning Oct. 9**

This class will focus on the development of body awareness and alignment, flexibility and strength training through the practice of the physical poses of yoga known as Asanas. Dress in comfortable clothes and bring a yoga mat and blanket. **10 sessions. Limit of 50 students. No class Nov. 27.**

## Zumba

**Session 1: MON, 6:30-7:30p starting Sept. 30 (Eagle)**

**Session 1: WEDS, 6:30-7:30p starting Oct. 2 (Eagle)**

"Ditch the workout. Join the party!" 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 meant to engage and captivate for life! **On the registration form, please indicate which session/location you are signing up for. These are two separate classes of 10 sessions each. Limit 50 students. No classes Oct. 14, Nov. 11, or Nov. 27.**

## HUMANITIES INSTITUTE FOR LIFELONG LEARNING (HILL)



HILL will offer three six-week classes in Fall 2024. Use the QR code or visit [hillclasses.org](http://hillclasses.org) for information and registration. Registration opens on or about Sept. 1. Course fees are \$45 each.

- The Elections of 2024 and the Future of American Government (MON, 1:30p-3:30p, beginning Oct. 7)
- World War II, Classic Cinema, and American Memory (TUES, 10:30a-12:30p, beginning Oct. 8)
- Listening to Mahler (WEDS, 1:30p-3:30p, beginning Oct. 9)

HILL INFO





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**. For HILL registration, see page 3. Please use one form per person (photocopies are acceptable). Write one check per course payable to "Bethlehem Central School District." Fees for materials and supplies should not be included with the course fee when you register but should be paid to the instructor when class meets.

**PLEASE PRINT and FILL OUT FORM COMPLETELY. INCOMPLETE FORMS WILL NOT BE PROCESSED. PLEASE WRITE CLEARLY.**

Check here if you are a senior citizen

In certain courses a limited number of free registrations will be made available to senior citizens (62 and older) who have a Bethlehem Central Senior Citizens Card (available at the high school main office, 700 Delaware Ave, Delmar). Seniors must include a copy of their senior citizens pass with their registration form to receive the exemption. One exemption per semester, per person is allowed. Classes must have sufficient paid registrations for senior exemptions to be granted. If box is checked above, please submit a copy of your BC Senior Card.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Course Title #1 \_\_\_\_\_

Starting Date: \_\_\_\_\_ Day, Time & Session: \_\_\_\_\_

Fee: \_\_\_\_\_ Check # : \_\_\_\_\_

Course Title #2 \_\_\_\_\_

Starting Date: \_\_\_\_\_ Day, Time & Session: \_\_\_\_\_

Fee: \_\_\_\_\_ Check # : \_\_\_\_\_

Course Title #3 \_\_\_\_\_

Starting Date: \_\_\_\_\_ Day, Time & Session: \_\_\_\_\_

Fee: \_\_\_\_\_ Check # : \_\_\_\_\_

Mail checks and registration forms to:  
**Director, Continuing Education - Bethlehem Central High School**  
700 Delaware Avenue  
Delmar, NY 12054

**\*\*\*\* You will NOT be notified that you are registered for a class.  
You will be notified only if the class you registered for is cancelled or full.  
Checks will not be cashed until class begins.\*\*\*\***

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

**Office Use Only**  
Date Received \_\_\_\_\_ Check Money Order Initials \_\_\_\_\_