



Continuing EDUCATION



- **Work Hard.**
- **Play Hard.**
- **Learn Forever.**

Spring 2011 Schedule including HILL Classes

Directors

Scott Carlton - Spring Program

Richard Villa - Fall Program

(518) 439-4921 ext. 22965

carlshs@bcsd.neric.org

villrhs@bcsd.neric.org

For assistance during the registration period, please call between 3 and 4 p.m. or use the above email addresses.

Course Fees

Continuing Education course fees vary as outlined in course descriptions. **Regardless of base cost, 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. PLEASE DO NOT SEND CASH.

Senior citizens (62 or older) with a Bethlehem Central senior citizens pass (available at the Superintendent's office, 90 Adams Place, Delmar) will be entitled to free registration in certain classes (HILL classes not included) with a minimum of 12 paid registrants. **Seniors must include a copy of their senior citizens pass with their registration form to receive the exemption. One exemption per semester.**

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.

Eligibility

Courses are open to all persons age 16 or over in the Capital District. For courses accommodating a limited number of students, Bethlehem Central residents will have preference.

Registration

With the exception of the "Five-Hour Driver Prelicense" course, registration must be made in advance. To register:

- **Mail your registration before February 18; or**
- **Drop off your registration at the High School main office by February 21, 9 a.m. – 3 p.m.**
- **Registration received after February 21 will not be accepted.**

For both methods, please use the registration form provided on the back page of this brochure. The registration form is also available on the district Web site (<http://bcsd.k12.ny.us>). Please use separate checks for each class also.

You will NOT receive confirmation of registration. You will be notified only if the class is canceled or if class limits have been exceeded. In both cases, your check will be returned.

Class Times/Locations

Most Continuing Education courses meet once a week, between 6 and 9:30 p.m., and last up to ten weeks. Exceptions are noted within course descriptions. Please check the schedule of the class(es) in which you are interested. Most classes are held at Bethlehem Central High School, 700 Delaware Ave. in Delmar. Again, exceptions are noted in the course descriptions.

Refunds

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.

Cancellations and Rescheduled Classes

The Continuing Education Office may cancel courses with fewer than 12 registrants, since those courses may not meet expenses. In addition, we reserve the right to cancel/reschedule classes due to unforeseen situations.

Classes will be held when school is in session. Notification of cancellations due to weather will be given via local broadcast stations and on the school district's Web site (<http://bcsd.k12.ny.us>). You can also sign-up to have school cancellations sent to you via e-mail through the district's School News Notifier system. Visit <https://snn.neric.org/bcsd/> for more information. Class time lost due to weather cancellations will be made up at the end of the course.

No classes will be held on March 11, April 18 to 22, or May 30. There may be other dates when a specific class does not meet. Please see course listings.

Reminder — You will NOT receive confirmation of registration. You will be notified only if a class is full or cancelled.

WORK HARD. ● PLAY HARD. ● LEARN FOREVER. ● LEARN FOREVER. ● WORK HARD. ● PLAY HARD. ● LEARN FOREVER. ● LEARN FOREVER.

Advanced Indian Cooking

****NEW****

Location:	High School – Room D124
Instructor:	Shah
Length:	8 weeks
Starting date:	March 9
Day & time:	Wednesday, 6-9p
Fee:	\$60

Learn to prepare special vegetarian Indian dishes. The traditional dishes will include various types of breads, beans, vegetables, appetizers and deserts. These will be low in cholesterol and made with no preservatives. Sampling is encouraged. A material fee of \$25 will be collected at the first class. No senior exemptions. Limit of 15 students. No class on April 20.

Ballroom Dancing I

Location:	High School Cafeteria
Instructor:	Pietropaoli
Length:	8 weeks
Starting date:	March 2
Day & time:	Wednesdays, 6:30-8pm
Fee:	\$45 per person or \$60 per couple

Don't sit still at weddings, parties or clubs anymore. Get up and dance! This course will include the waltz, rumba, fox trot, swing, meringue and jitter bug. Students must bring in a pair of shoes to dance in. Sneakers or rubber soled shoes are not recommended. Limit of 25 couples. Partners preferred. No class on April 13 or April 20.

Ballroom Dancing II

Location:	High School Cafeteria
Instructor:	Pietropaoli
Length:	8 weeks
Starting date:	March 2
Day & time:	Wednesdays, 8:15-9:30p
Fee:	\$45 per person or \$60 per couple

Just what you've asked for! Review the basics, and add more to the dance steps taught in Course I. Also, learn the cha-cha, tango and mambo! Get in step and "Put on your dancing shoes!" Please bring an extra pair of shoes to dance in. Sneakers and rubber soled shoes are not recommended. Limit of 25 couples. Partners preferred. No class on April 13 or April 20.

Beginning Guitar

Location:	High School - Room D220
Instructor:	Mysliwicz
Length:	8 Weeks
Starting Date:	March 9
Day & Time:	Wednesdays, 6-7:30p
Fee:	\$75

Learn the basics of playing the guitar including tuning, reading music, proper positioning, finger placement, playing written music and performing songs. Each student must bring a playable and fully functioning guitar (acoustic, classical preferred but electric guitars are acceptable—no big amps allowed). Small group activities and cooperative learning will be the main format of class sessions. Class time will be split between learning the instrument and learning new songs. Previous students welcome. Class limit: 15 students. No Senior Exemptions. No class on April 20.

Birding By Sight and Sound

Location:	High School - Room D122
Instructor:	Realbuto
Length:	Two nights
Starting Date:	April 26 & May 3
Day and Time:	Tuesdays, 6-7:30p
Fee:	\$20

Learn to recognize birds of the Northeast by their appearance and vocalizations. Students will learn a step by step approach to identifying birds by their relative size, where they are seen, and physical characteristics. Students will also get to hear the vocalizations of several different types of birds. The second class will give students an opportunity to practice their skills on a bird outing at the Audubon Society's Hollyhock Hollow Sanctuary. The class will include an opportunity to see live birds of prey that will be brought into the classroom. Course fee includes a \$3 donation to the Audubon Society.

Card-Making/Stamping

Location:	High School – Room D125
Instructor:	Apuzzo
Length:	One Night
Class Date:	March 16
Day and Time:	Wednesday, 7-9p
Fee:	\$10

Are you interested in learning to make your own cards for every occasion?

NO CLASSES

- March 11
- April 18 to 22
- May 30

Think how special the people who receive your cards will feel. It is easy and fun! Everything you need will be provided the day of the workshop. The class will be using the latest in stamping (clear acrylic). We will be creating several simple cards that will include Birthday, Thank You, Mother and Father's Day and Thinking of You cards. We'll also discover you can stamp more than just cards. Come and join the fun! A material fee of \$6 will be collected at the beginning of the class.

Chinese Yoga with Healing Chi
A combination of Tai Chi, Qigong, (chi gong), yoga and balance work

Location:	High School - Room D122
Instructor:	Grandmaster Jiang Jianye
Length:	8 weeks
Starting date:	March 3
Day and Time:	Thursdays, 6-7:30p
Fee:	\$70

Chinese yoga or Qigong (chi gong) is the gentle art of combining graceful movement, stretching, breathing, and mental focus. It is related to tai chi, but is easier to learn. Helps to relieve stress, stiffness and pain, control blood pressure and reduce inflammation. It reduces the pain of arthritis and neck and back pain. Everyone can benefit, regardless of age, condition, or experience. Why wait until tension becomes hyper-tension? Improve your fitness, poise, and well-being. With 50 years experience in Chinese martial and "internal" arts, Grandmaster Jiang Jianye recently founded the Health Preservation Association, a national association with 85 certified instructors. He runs the Capital District Tai Chi and Kung Fu Association and teaches workshops throughout the U.S., Canada, and the Caribbean. No class on April 21.

College Admissions 101 (for Parents)

Location:	High School Counseling Center
Instructor:	Carlton
Length:	2 weeks
Day & Time:	Wednesdays, 6-7:30p
Dates:	March 16 and March 23
Fee:	\$25

Do you have a high school age student who will soon be going through the college process? The admissions process has changed considerably! Come and join us for a lively discussion that will be supplemented by PowerPoint presentations and hand outs. We will be discussing a myriad of topics surrounding the college process including an overview of the college timeline, the essay, the resume, the common application, on-line applications, course rigor, teacher/counselor recommendations, Naviance, testing - including the PSAT's, SAT I / SATII, PLAN and the ACT, Interviews, Interest Inventories, Early Action/Early Decision programs, and the College Rep. visit. Scott Carlton, School Counselor at Bethlehem High School for the past 18 years, has helped hundreds of college bound students through the admissions process. He has also been an adjunct professor for the Graduate School Counseling Program at the University of Albany where he taught classes on college admissions practices and the role of the school counselor. Limit of 25 parents.

Country Line Dancing

Location:	Glenmont Cafeteria
Instructors:	Rich and Nancy Mendick
Length:	8 weeks
Starting Date:	March 7
Day & Time:	Mondays, 7-8:30p
Fee:	\$45 per person, \$60 per couple

Get up off of that couch and have some fun! Line dancing is a great activity, blending exercise and fun in a comfortable social atmosphere. No partners or special equipment needed, just your desire to have a good time. Learn the basic movements by learning classic and new line dances. The class is intended to give you the background and confidence to go out Country Dancing and enjoy yourself. An optional "field trip" to one of the instructor's events is also planned. Learn Country Line Dancing from Rich & Nancy Mendick who have been Country Dance Instructors and hosting dances in the Capital

District for over 20 years. So why not come out and join them and start experiencing the fun of Country Line Dancing. No class on March 21 or April 18.

The CSI Effect: Fact or Fiction?

****NEW****

Location:	High School - Room D114
Instructor:	Anderson
Length:	5 weeks
Starting Date:	March 2
Day & Time:	Wednesdays, 6:30-8p
Fee:	\$30

What is the CSI Effect and how is it impacting our society in general? Should we believe what we see on the most popular Hollywood dramas like CSI, NCIS, Law & Order? Or is it creating an unrealistic perception that crimes are solved in minutes? This class will trace the development and impact of the CSI Effect through fiction, non-fiction, and television media. The instructor teaches Detective Fiction, is a lifelong mystery reader and an unpublished mystery writer.

Defensive Driving

Location:	High School - Room D204
Instructor:	Bowden
Length:	Two weeks
Dates:	March 10 & 17
Day & time:	Thursdays, 6-9p
Fee:	\$40

This course will award all NYS motorists with a 10 percent reduction in motor vehicle liability and collision rates insurance premiums for a 3-year period. In addition this course will reduce up to 4 points off a driver's license. The 6-hour program includes videos, lecture and discussion. All students will receive a student manual and certificate upon completion. No senior exemptions.

Digital Photography

Location:	High School - Room D128
Instructor:	Spannbauer
Length:	10 weeks
Starting Date:	March 1 or March 2
Day & Time:	Tuesdays (Session I) or Wednesdays (Session II), 7- 9p (Indicate preference for Session I or II on registration form.)
Fee:	\$65

This class will cover everything you

need to know to take and process beautiful images. Learn about camera equipment, settings, composition, selections, layers, macro, flash, and printing. Post-processing will be done using Photoshop. Bring a digital camera and flash drive for storing images to class. The instructor has more than 30 years experience in photography and teaching. Limit of 22 students. No Senior Exemptions. Register for Session I or II. No class on April 19 or April 20.

Drawing on the Artist Within

****New****

Location:	High School - Room D127
Instructor:	Somaio
Length:	8 weeks
Starting Date:	March 10
Day & Time:	Thursdays, 7:30-9:30p
Fee:	\$60

Drawing on the Right Side of the Brain and Drawing on the Artist Within are two books by Betty Edwards that we will use to introduce basic methods, media and concepts in Drawing. We will emphasize drawing from observation with development of relative value, negative/positive space and shape, composition, line, edge development, volumetric analysis of form, light and perspective. If you enjoy drawing and would like to develop or practice your drawing skills, this class is for you. Materials list will be provided the first night of class. Copies of the books will be available for purchase through the instructor. No class on April 21.

Drumming & Percussion – Find Your Rhythm ****NEW****

Location:	High School - Room D122
Instructor:	Goodrich
Dates of class:	March 2, 9
Day and Time:	Wednesdays, 6-7p
Fee:	\$15

This is an opportunity to learn the basics of hand percussion in a relaxed atmosphere. A variety of simple rhythms will be taught and practiced in class. The focus will be to have fun and experiment while exploring your creative side. All experience levels welcome. No musical background necessary. Some instruments will be available to share but if you have a drum, wood block, shaker, etc., please bring it to class.

Humanities Institute for Lifelong Learning

"... the best education in upstate New York."
 – Warren Roberts, U. at Albany

The University In Our Town

Spring 2011

MONDAY A.M.

Women Matching Men in Opera

Starts: February 28
Time: 10:00-12 noon
Place: Delmar Reformed Church

INSTRUCTOR: Josef Schmee, K. B. Sharpe
 Professor emeritus, Union College

Opera is an art known for its grand gestures and oversized personalities. It is not surprising that operas are populated by powerful women, who in George Eliot's phrase were made to match the men. This course explores six masterpieces all showing the artfulness of women when confronting their male counterparts: Mozart's *Così fan tutte*, Cherubini's *Medea*, Beethoven's *Fidelio*, Verdi's *Macbeth*, Bizet's *Carmen* and Strauss' *Die Fledermaus*. During the summer of 2011, four of these operas will be presented by either Glimmerglass (*Medea*, *Carmen*) or Lake George Opera (*Così*, *Fledermaus*). Using excerpts, we will try to understand the cultural and societal sources of each opera, its music and literary background.

Registration Info:

Make checks payable to Bethlehem Central School District.

Mail check(s) and registration form to:
 HILL Program, c/o Bethlehem Central High School, 700 Delaware Ave., Delmar, NY 12054.

The registration deadline for HILL courses is February 18, 2011.

MONDAY P.M.

From Revolution to Terror: War, Society, and Culture in the Modern World

Starts: March 7
Time: 1:30-3:30 p.m.
Place: Delmar Reformed Church

INSTRUCTOR: Richard S. Fogarty, Associate Professor of History, University at Albany, SUNY.

Warfare has undergone profound changes. The effects of war upon societies engaged in armed conflict have also changed, penetrating more widely and deeply into our lives. This course will examine war in its social and cultural context: how violence has worked its way into people's lives, how wars transformed cultures, and how some of the truths of war have been expressed in culture. We will examine the evolution of modern war and such topics as the role of women, war crimes, post traumatic stress disorder, and war in art and literature. We will conclude with an examination of war, society, and culture in the present day, ultimately coming to a deeper understanding and appreciation of the transformative power of modern war, both on and off the battlefield. (Be sure to check www.bcsd.k12.ny.us/HILL for suggested readings.)

TUESDAY A.M.

"Unhallowed Arts": Postmodernity Meets Frankenstein

Starts: March 8
Time: 10:00-12 noon
Place: Delmar Reformed Church

INSTRUCTOR: Randall Craig, Professor of English, University at Albany, SUNY

While Mary Shelley's *Frankenstein* has long been a staple of popular culture, its popularity with contemporary writers of serious fiction is surprising. Why this novel and why now? These questions will motivate our study of a series of works published from 1992 to 2009. The first class will be devoted to *Frankenstein* itself, after which we will read in order: Alasdair Gray's *Poor Things*, R. M. Berry's *Frank*, Laurie R. King's *A Monster's Notes*, and Peter Ackroyd's *The Casebook of Victor Frankenstein*. The objectives of our study will be to gain a sense of what postmodern narrative is and how it works, to explore the appeal of Shelley's fictional experiment to writers today, and to speculate about the meaning of these modern monsters to contemporary culture.

CLASS notes

- Each HILL class meets 6 times a semester.
- Starting dates and times differ for each course. See descriptions.
- HILL observes Bethlehem Central School District's snow day cancellations. Check local stations or the district Web site (<http://bcsd.k12.ny.us>), for closing information.
- Messages with questions about HILL courses should be left on (518) 368-7029. Refer to HILL's Web site at <http://bcsd.k12.ny.us/HILL> for information about classes and special events.

SPRING 2011 HILL COURSES

TUESDAY P.M

Empire and Independence: The British Experience in India

Starts: March 1
Time: 1:30-3:30 p.m.
Place: Delmar Reformed Church
INSTRUCTOR: Tillman Nechtman, Assistant Professor of History, Skidmore College

Beginning in the late-Mughal period in India, this course will study the rise and fall of Britain's South Asian empire. How was it that a mercantile company chartered in 1600 by Elizabeth I came to possess a territorial empire in India by the late-eighteenth century? How was it that that empire came to be the crowning jewel of Britain's national empire by the reign of Queen Victoria? As it attempts to understand the complicated history of Britain's Indian empire, this class will not only explore the many ways that British imperialism in India changed the subcontinent but also the many ways that India shaped Britain itself and, indeed, the wider world. We will end with an exploration of the early histories of the independent nations that emerged from British India in 1947. (Be sure to check www.bcsd.k12.ny.us/HILL for suggested readings.)

SPECIAL EVENT - Interim Lecture
No Charge & Open to All
February 15, 2011, 10 a.m.
Michael J. Murphy, Distinguished Teaching Professor Emeritus, SUNY
"A Time to Live and a Time to Die: Moral Issues in Aging Research"

WEDNESDAY P.M.

Spring Sampler: Contemporary Issues Confronting America

Starts: March 9
Time: 1:30-3:30 p.m.
Place: Delmar Reformed Church

A lecture series, each session presented from the perspective of an expert in that area, all focusing on contemporary issues facing America.

March 9

Recent U.S. Demographic Trends and their Implications for Public Policy

INSTRUCTOR: Richard Alba, Distinguished Professor (Emeritus) of Sociology, University at Albany (SUNY) and currently Distinguished Professor of Sociology, Graduate Center, City University (CUNY)

March 16

Understanding Climate Change and the Challenge of a Clean Energy Economy

INSTRUCTOR: Allan Belenz, Former Director, Office of Climate Change, New York State Department of Environmental Conservation

March 23

The Current Supreme Court Confronts Major Constitutional Issues

INSTRUCTOR: Paul Finkelman, President William McKinley Distinguished Professor of Law & Public Policy & Senior Fellow, Government Law Center, Albany Law School

March 30

The Past & Future of Food & Farming in America

INSTRUCTOR: Kendra Smith-Howard, Assistant Professor of History, University at Albany (SUNY)

April 6

Health Care Reform: Where Do We Go From Here?

INSTRUCTOR: Martin A. Strosberg, PhD, Professor of Healthcare Management, Union Graduate College

April 13

Understanding the Financial Crisis: Where do We Go from Here?

INSTRUCTOR: Hugh Johnson, Chairman and Chief Investment Officer of Hugh Johnson Advisors (HJA), formerly Chief Economist for First Albany Corporation

HILL COMMITTEE

- Cynthia Abele
- Bruce Bushart
- Tom Clash
- Maryanne Gridley
- Polly Hartman
- Barry Isenberg
- Wendy Jordan
- Donald Kennedy
- Henry Peyrebrune
- Dick Ramsey
- Sandra Shapard



HILL Spring 2011 Registration Form

Fee for each course is \$35. Seating is limited. Please provide all information (including telephone #) requested on this form and enclose a separate check for each course.

This form is for HILL classes only.

Name: _____ Phone (h) _____

Address: _____ Phone (w): _____

I've enclosed course fees for the following courses:

- | | | | |
|---|---------------------|----------------|--|
| <input type="checkbox"/> Opera | # registering _____ | Name(s): _____ | |
| <input type="checkbox"/> War, Society and Culture | # registering _____ | Name(s): _____ | |
| <input type="checkbox"/> Postmodernity meets Frankenstein | # registering _____ | Name(s): _____ | |
| <input type="checkbox"/> The British Experience | # registering _____ | Name(s): _____ | |
| <input type="checkbox"/> Sampler | # registering _____ | Name(s): _____ | |

Continuing Education COURSE DESCRIPTIONS (continued)

Introduction to Excel

Location:	High School – Room B112
Instructor:	Martyn
Length:	Two Mornings
Dates:	March 5, 12
Day & time:	Saturdays, 9-11a
Fee:	\$35

This basic course will teach students to learn how to prepare basic spreadsheets, graphs, and charts for personal, educational or business applications using Microsoft Excel. Limit of 15 students. No senior exemptions.

Introduction to Middle Eastern Dance

Location:	Middle School (Upper Gym)
Instructor:	Santos
Length:	8 weeks
Starting date:	March 2
Day & time:	Wednesdays, 6-7p
Fee:	\$45

This class is all about having fun and igniting your inner belly dance fire. Learn basic belly dance movements in an encouraging, non-threatening and carefree atmosphere. Finger ripples, shoulder shimmies, hip lifts, drops and circles will unleash your creative juices in no time! All low impact activities perfect for ALL body shapes and sizes. Students should wear gym/yoga style workout clothing for ease and comfort. No class on April 20.

Introduction to PowerPoint

Location:	High School – Room B112
Instructor:	Martyn
Length:	One Morning
Dates:	March 19
Day & time:	Saturdays, 9-11:30a
Fee:	\$35

This basic course will teach students to learn how to prepare multimedia presentations for personal, educational or business applications using Microsoft PowerPoint. Participants may want to bring their own flash drive or thumb drive so they can save their work. Limit of 15 students. No senior exemptions.

Knitting

Location:	High School - Room B114
Instructor:	Loux
Length:	8 weeks
Starting date:	March 7
Day & time:	Mondays, 7-8:30p
Fee:	\$ 45

Join the knitting craze and discover what you are missing. Knitting is fun and easy to learn. Beginners will learn how to cast on, knit, purl and cast off. You will be amazed at how easily and quickly you can finish a small project - hat, scarf, market bag. Intermediate knitters are welcome to brush up on their knitting skills and tackle a more advanced project: a felted bag, socks or mittens. Bring a small amount (3 oz.) of solid, light-colored acrylic yarn and size 6 needles to the first class for practice. Limit 15 students. No class on April 18.

Lost in Space? ****NEW****

Location:	High School – Room D140
Instructor:	Schwab
Length:	2 sessions
Dates:	March 3 and 10
Day & Time:	Thursdays, 7-9pm
Fee:	\$25

Ever want to wish upon a star but have no clue what star is the recipient of your wish? Would you like to be able to find constellations, planets, and galaxies? In this class, you will learn to read star maps to find your way around the night sky. Learn about symbols, magnitudes, and most importantly - which end is up? We will spend some time outside with telescopes (weather permitting), so please bring layers of clothes and a flashlight. Astronomer Janie Schwab is the Director of the Dudley Observatory. A material fee of \$10 will be collected at the first class. Limit of 25 students.

Make Your Own Holiday Cards

Location:	High School – Room D125
Instructor:	Apuzzo
Length:	One Night
Class date:	April 6
Day and Time:	Wednesday, 7-9p
Fee:	\$10

Are you interested in learning to make your own cards for the Holidays? Think how special the people who receive

your cards will feel. It is easy and fun! Everything you need will be provided the day of the workshop. The class will be using the latest in stamping (clear acrylic). We will be creating several simple holiday cards. We will also discover you can stamp more than just cards. Come and join the fun! A material fee of \$6 will be collected at the beginning of the class.

Map and Compass Basics

Location:	High School - Room D116
Instructor:	Reilly
Length:	2 Sessions
Dates:	Wednesday, May 18 & Saturday, May 21
Time:	Wednesday, 7-9p; Saturday, 9a-1p
Fee:	\$25

Have you ever wanted to have more confidence hiking in unfamiliar terrain, or gotten confused and uncertain if you were on the correct trail after passing that intersection? If so, this course could be just what you need to be more comfortable out exploring the great outdoors! This course will cover how to read a compass and relate it to the features on topographical maps, as well as physical features in the field such as peaks, ponds and rivers. Participants will need to purchase a compass for practice in the classroom and for guidance during the field outing. (The instructor recommends the Silva Explorer III) The class session will be followed by a 4 hour local outing (May 21st) where some of the knowledge gained can be put into practice. The instructor, Gene Reilly, is an Adirondack 46'er, NYSDEC licensed outdoor guide, and two-term former Chairman of the Albany Chapter Adirondack Mountain Club (ADK). Limit of 15 students. No Senior Exemptions.

Nia Dance

Location:	Hamagrael New Gym
Instructor:	Hunter
Length:	10 weeks
Starting date:	March 2
Day & time:	Wednesdays, 5:30-6:45p
Fee:	\$50

Enjoy an exuberant barefooted aerobic workout which blends the precision and strength of the Martial Arts, the creative joy of the Dance Arts and the relaxing and restorative energy of the Healing Arts. Through the mind-body integrative action of Nia, you will find

increased cardiovascular strength, enhanced balance and flexibility as well as stress reduction. All ages and levels of fitness welcome. Bring a mat or towel for the cool down. Come and have fun. Exercise will never be the same again. The instructor holds a Black Belt in Nia. No senior exemptions.

Oil Painting

Location:	High School - Room D127
Instructor:	Williams
Length:	9 weeks
Starting date:	March 1
Day & time:	Tuesdays, 6:30-9p
Fee:	\$50

Learn colors and how to see them by working on your own paintings. Paint from photos of ours or bring your own photos or pictures. Bring rags, paints (just a beginners set is fine) brushes, canvas, or canvas board, and sketchpad. If you're not sure what brushes, colors, etc. to bring, this information will be covered in the first class. If selecting supplies before the first class, try water oils. They work the same as oils only are not as toxic, and are easier to clean up. Wear old clothes. Previous students are more than welcome. Limit of 20 students.

Pilates Matwork

Location:	Hamagrael New Gym
Instructor:	Dorothy Russell, Certified NETA* Pilates Instructor
*National Exercise Trainers Association	
Length:	8 weeks
Starting date:	Thursday, March 3
Days & time:	Tues. & Thurs., 4:15-5:15p
Fee:	\$60

During World War I Joseph Pilates began his life-long work to create a system to increase and maintain Total Core Body Strength. Often he found his inspiration in Yoga. Pilates Matwork is his lasting contribution to fitness. In this Pilates Matwork class different ability levels will be accommodated. Options from Beginner to More Advanced will be given throughout the routine. Work at your own level and advance when you are ready. No matter what your level, you will experience a noticeable improvement in Core Strength as well as improved Flexibility, Posture, Balance and Alignment. The graceful and deliberate exercises will strengthen and tone the entire body. This challenging workout

is followed by a short, but deep, relaxation. You will have earned it! Bring a sticky mat, water, and a set of comfortable free weights (2 water bottles will do). No Senior Exemptions. No class on March 22.

Piyo

Location:	High School – Room D122
Instructor:	Stanco
Length:	10 weeks
Starting date:	March 7
Day & Time:	Monday, 4-5p
Fee:	\$50

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. No class on April 18.

SAT Review: Critical Reading & Writing Subtests

Session I (Timed to finish before the May test administration)

Location:	High School – Room E209
Instructor:	Smith
Length:	5 weeks
Dates:	March 5, 12, 19, 26 and April 9 (No class on April 2)
Day & time:	Saturdays, 9:15-11:30a
Fee:	\$100 + book (listed below)

Session II (Timed to finish before the June test administration)

Location:	High School – Room E209
Instructor:	Smith
Length:	5 weeks
Dates:	April 30 May 7, 14, 21, 28
Day & time:	Saturdays, 9:15-11:30a
Fee:	\$100 + book (listed below)

This course will prepare students to take the Verbal section of the SAT offered in May or June 2011. Students will receive instruction on the sentence completions and passage-based reading questions in the Critical Reading section. Time will also be spent on the Writing subtest that includes Identifying Sentence Errors, Improving Sentences, Improving Paragraphs and writing the Essay. For the 1st class, students must have Barron's SAT 2010

(25th edition) – Sharon Weiner Green and Ira Wolf are the editors. Register for Session I or II. Limit of 25 students.

SAT Review: Math

Location:	High School - Room D242 (Letzing) or Room D102 (Corson)
Instructor:	Letzing (Session I & III) Corson (Session II)
Length:	6 weeks
Starting dates:	Session I* - March 24 (Course ends May 5 just before the May test) Session II – March 24 (Course ends May 5 just before the May test) Session III –April 26 (Course ends May 31 just before the June test)
Days & time:	Session I - Thur., 3:30-5:15p Session II – Thur., 3:30-5:15p Session III – Tues., 3:30-5:15p
Fee:	\$120 + book (listed below)

Session I* is an Advanced Course designed for students who have taken Pre-Calculus or Calculus. Session II and III are designed for students who have not yet taken Pre-Calculus. Students must have the Barron's Math Workbook for the new SAT for the first class. Limit of 25 students for all three sessions. Register for Session I*(Advanced) or Session II or Session III.

Tap for Fun and Fitness (Beginner/Intermediate)

Location:	High School Cafeteria
Instructor:	Feldman
Length:	8 weeks
Starting date:	March 1
Day & time:	Tuesdays, 6:30-7:30p
Fee:	\$45

This class will be easy enough for beginners and challenging enough for experienced tappers. Come and work on keeping fit while enjoying the fun and sounds of tap dancing. Basic steps as well as combinations and new steps will be taught. Dance your way to good health! (Need Tap shoes? Go to allaboutdance.com). Limit of 20 students. No class on April 19.

Tips for Beautiful, Sustainable Perennial Gardens ****NEW****

Location:	High School - Room D122
Instructor:	Mendez
Length:	One night only
Date:	Monday, February 28
Time:	6-8p
Fee:	\$15

Discover great perennials, the majority of which are native, for spring, summer and fall color as well as design tips and organic practices for healthy, gorgeous gardens. Sustainable practices will be emphasized. Topics covered include perennials, shrubs, annuals, fertilizers, natural repellants, and much more. Kerry Ann Mendez is the owner of Perennially Yours (www.pyours.com).

Watercolor Workshop II

Location:	High School – Room D127
Instructor:	Somaio
Length:	10 weeks
Starting date:	March 7
Day & time:	Mondays, 7-9p
Fee:	\$65

This class is a continuation of Beginning Watercolor. 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. Students will also work on independent projects in discussion with the instructor. No class on April 18.

Woodworking (Beginning)

Location:	High School - Room F107
Instructor:	Ferraro
Length:	10 weeks
Starting date:	March 3
Day & time:	Thursdays, 7-9p
Fee:	\$75

Acquaint yourself with woodworking through basic instruction in the use of hand and power tools. Activities will center on students' projects of their choice. A small fee may be required for miscellaneous supplies. Intermediate students are welcome. Please, no

skilled craftsmen wanting to use equipment for advanced sawing or planing. Limit of 12 students. No senior exemptions. No class on April 21.

Writing Workshop

Location:	High School - Room D120
Instructor:	Higgins
Length:	7 weeks
Starting Date:	March 2
Day & Time:	Wednesdays, 6:30-8:30p
Fee:	\$60

So you've always wanted to write a book or you've always written something—stories, letters, a journal? Perhaps there is a story you've always wanted to tell? This seven-week workshop offers a supportive environment for your writing, with practical exercises and strategies to inspire and improve your work. Participants will have opportunities to share work. Taught by Ellen Higgins, Ph.D., a professional writer, editor, and teacher. Limit of 15 students. No senior exemptions.

Yoga

Location:	Middle School Upper Gym
Instructor:	Savage
Length:	10 weeks
Starting date:	February 28
Day & time:	Mondays, 6:45-8:30p
Fee:	\$65

This class will focus on development of body awareness and alignment, flexibility and strength training through the practice of the physical poses of Yoga known as Asanas. Tone and strengthen your muscles, ligaments, joints and nerves. Support and maintain the smooth functioning and health of all of the body's systems. Dress in comfortable clothes that allow stretching and bring a yoga mat and blanket. Please refrain from eating a heavy meal two hours prior to class. Limit of 50 students. No class on April 4 and April 18.

Zumba - "Ditch the Work Out. Join the Party!"

Location:	Eagle Elementary Cafeteria and Gymnasium
Instructor:	Hagen
Length:	10 weeks
Starting date:	March 9
Day & Time:	Wednesdays, Two Sessions Available: Session I - 6:30-7:30p; Session II - 7:45-8:45p (Please indicate which session you are choosing on the registration form.)
Fee:	\$45

Zumba is the most popular workout in the fitness world today! You have undoubtedly been hearing about Zumba around town, and in the media. Its time for you to 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 will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it! Class limit of 50. Please indicates Session I or Session II on registration form. No class on April 20.

NO CLASSES

- March 11
- April 18 to 22
- May 30

NO CLASSES

- March 11
- April 18 to 22
- May 30

Reminder — You will **NOT** receive confirmation of registration. You will be notified only if a class is full or cancelled.

Bethlehem Central School District
90 Adams Place
Delmar, NY 12054

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Detach and return the registration form below

Continuing Education Registration Form

Use this form for Continuing Education Courses Only. For HILL registration, use the form on page 6. Please use one form per person (photocopies are acceptable). Write *one check per course* payable to "Bethlehem Central School District."

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

Check here if you are a senior citizen
(If box is checked, 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

**Remember: 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.**

The registration form and this brochure are also available on the district website at <http://bcsd.k12.ny.us> (Click on the "Continuing Education" link on the menu on the right-hand side of the first page.)

Office Use Only

Date Received _____ Check Cash Money Order Initials _____