

BROADALBIN-PERTH



CENTRAL SCHOOL DISTRICT

ADULT EDUCATION PROGRAM - FALL 2009

The Broadalbin-Perth Adult Education Program is designed to meet the needs and interests of adult residents of the Broadalbin-Perth Central School District and surrounding area.

Register now: Classes begin soon!

We offer two easy ways to register:

1 Complete the enclosed registration form and return it and payment by Oct. 7 to:

David Wiltey
Broadalbin-Perth Middle School
1870 Co. Hwy. 107
Amsterdam, NY 12010

2 Attend the Adult Education registration set for 5:00-6:30 p.m. on Wednesday, Oct. 7 at Broadalbin-Perth Middle School.

If you did not receive this brochure before Oct. 7, please call Dave Wiltey at 762-1237 to register by phone.

How to pay:

Checks must be payable to: Broadalbin-Perth Central School District (unless otherwise stated). Any additional fees should be made payable to instructor as indicated.

Credit for teachers:

Teachers may use classes designated with a "W" (wellness) towards in-service credit.



Download and print a registration form online at www.bpcsd.org

Policies & Procedures

1. Registration is on a first-come, first-served basis, including mailed registrations.
2. Broadalbin-Perth district residents will have priority over out-of-district residents.
3. Classes must meet minimum enrollment to run. BPCSD has the final say on class offerings.
4. When maximum enrollment is reached, additional registrants will be placed on a call list.
5. Persons are eligible for adult education if they are 18 years of age or older and not presently enrolled in a public or private school.
6. In the event of inclement weather, check the district Web site (www.bpcsd.org), local TV stations or local radio stations for cancellations. If the district is closed, adult education classes will not run.
7. Your instructor will reschedule cancelled classes if necessary.
8. All courses must be prepaid when you register.
9. Refund Policy: No refunds will be given after class meets for the second time.



SAVE \$10 – CLIP THIS COUPON!

(SAVINGS APPLY TO DESIGNATED CLASSES)

Coupon may be used by senior citizens and Patriot Health Club members, as indicated:

- **Senior Citizens**
Classes marked "S" in honor of our senior citizens
- **Patriot Health Club Members**
Classes marked "HC" (Health Club)

Do you have an idea for an adult education class or are you interested in teaching a class?

The Broadalbin-Perth Adult Education program is seeking people who may be interested in teaching adult education courses or who have ideas for adult education classes. These classes could be in the areas of crafts, cooking, foreign language, woodcarving, stenciling, stained glass, herbs, gardening, baking, art, or sports, just to name a few.

Anyone interested in teaching or who has a suggestion for a class can call David Wiltey at (518) 762-1237 for more information.

▲ The Joys of Mountain Biking

Dan Simonds

(HC, W) \$30

Sunday, Oct 18 & 25 - 10:00-11:30 a.m.

Intersection of Route 29 & Route 10

This class is designed around trail rides in the scenic Rockwood State Forest. Instruction on techniques, speed control, approaches to hills, equipment, and bike maintenance will be provided on an as needed basis. Bring your own mountain bike and helmet and come and enjoy the trail rides.

▲ Beginning Guitar

Dan Simonds

\$30

Wednesdays, Oct 14, 21, 28 & Nov 4 - 6:00-7:30 p.m.

Broadalbin-Perth Intermediate School Music Room

Do you think you have what it takes to play the guitar? Come and find out. Learn the basics: Chords, strumming, simple scales. At the conclusion of the course, you will be able to play some songs. You don't have to read music to participate. Guitars will be available for those who need them.

▲ Volleyball

Beth Tomlinson

(HC, S, W) \$30

Wednesday, Oct 14, 21, 28, Nov 4, 18 & Dec 2

6:00-7:00 p.m.

Broadalbin-Perth Middle School Gym

This class is designed for individuals who want to enjoy the sport of volleyball. Volleyball is a great way to get you moving while having fun. All levels of players are welcome.

▲ Keep It Moving Fitness Class

Jillian Suchy

(HC, S, W) \$50

Tuesdays & Thursdays,

Oct 13 - Dec 10

7:00-8:00 p.m.

Broadalbin-Perth High School Music Room

This class is located at our own High School. Come join the fun we will have getting into shape. This hour long fitness class will include a variety of styles. Aerobics, step boxing, and yoga style stretches will be included. Students must bring a towel and/or a floor mat. All students must preregister.

▲ History of Broadalbin

Gordon Cornell – Village & Town Historian

\$15

Wednesday, Oct 28 & Nov 4 - 6:00-7:30 p.m.,

Broadalbin-Perth Middle School Media Center

This photographic presentation will include some of Broadalbin's early history going back more than 200 years. Included will be place names, their origins, and the location of early industries. Maps and Photos will be available for viewing, and ample time will be allowed for questions.

▲ First Aid, CPR and AED Certification

Mike Carney

(W) \$50

Thursday, Oct 22 - 6:00-10:00 p.m.

B-P High School Conference Room 2218

American Red Cross standard first aid, CPR, and automated defibrillator certification, taught by a certified American Red Cross instructor. The participant will receive, upon completion of the course, an American Red Cross standard first aid CPR and AED card. This class can be used as a refresher for coaches. Minimum of 6 participants needed to run the class.

▲ Men's Basketball

Michael Magliocca

(HC, S, W) \$35

Mondays, Oct. 19 - Dec 21 - 7:00 - 8:30 p.m.

Broadalbin-Perth High School Gym

Pick-up basketball games will be played. All levels of players are welcome. Come play hard, get a good workout, and have fun.

▲ Horseback Riding

Jennifer Romriell

(W) \$125

Mondays - Oct 12, 19, 26, Nov 2, 9 & 16

4:45-5:45 p.m. **OR**

Thursdays - Oct 15, 22, 29, Nov 5, 12 & 19

6:00-7:00 p.m.

"R" Quarter Horse – Bornt Road Broadalbin

Have you ever looked at alternative ways to get exercise? Horseback riding may be just the thing for you. Come learn how to ride a horse. It is great exercise, and you can enjoy the great outdoors.

▲ Beaded Jewelry

Roberta Schlicht

(S) \$25 due at registration PLUS an additional \$30 to be paid to instructor at first class for materials

Wednesdays, Oct. 14, 21 & 28 - 6:30-8:30 p.m.

Broadalbin-Perth Middle School Technology Room

Learn to design and create your own jewelry to "Accent Your Life." This three-week class will teach you how to create a beaded memory wire with Swarovski crystals, pearls with gold accents and matching earrings, a stretch bracelet with matching earrings, and a single strand Obsidian Mahogany braided and charm necklace. Class size limit of 10 students.

▲ Defensive Driving

Bob Santo

\$10 due at registration PLUS \$35 due to instructor at first class.

Tuesday, Nov 3 & Wednesday, Nov 4

6:00-9:00 p.m.

Broadalbin-Perth Middle School Media Center

We are offering the New York State Department of Motor Vehicles approved six-hour accident prevention course. You can receive a 10 percent discount on your auto collision and liability insurance (valid for 3 years). Reduce your driving record by four points and improve your driving skills.

▲ Nutrition & Healthy Living

Beth Smith

(W) \$15

Wednesday, Oct 15 - 6:30-8:30 p.m.

B-P Intermediate School Media Center

Do you want to live younger, longer? What are the four cultures in the world today that contain the most centenarians? Learn about the nutrition principles of longevity that make these people live the longest, healthiest lives. Also, what one change can you make in your diet that will result in losing 10-20 lbs.? The body is the most fascinating machine ever created, and this class will help you integrate the best nutrition into your daily life, thus enhancing your vitality compass.

NOTE: Registrants will ONLY be notified if classes are cancelled. Otherwise, report to the first class.

▲ Ballroom Dancing

Verlene and Steve Tierney

(HC, S, W) \$125 per couple

Tuesdays, Oct 20, 27 Nov 3, 10, 17, & 24

7:00-8:15 p.m.

Broadalbin-Perth Intermediate School Gym

Discover the world of moving to music in perfect partnership. The resurgence in the popularity of ballroom dancing has led to thousands of couples discovering the elegance and joy of ballroom dance as they learn the techniques and step executions together. Participants will learn the Fox Trot, Rumba, and Swing. This class will be offered as Ballroom Dancing for beginners. Participants must have a partner.

▲ Intermediate Ballroom Dancing

Verlene and Steve Tierney

(HC, S, W) \$125 per couple

Mondays, Oct 19, 26, Nov 2, 9, 16 & 23

7:00-8:15 p.m.

Broadalbin-Perth Intermediate School Gym

This is a more advanced class. It is designed for those dancers who have previously completed a ballroom dancing class. Participants must have a partner.

▲ Automotive Brake Class

Michele Spaulding

\$30

Thursdays, Oct 22 & Oct 29

5:00-7:00 p.m.

Broadalbin-Perth Bus Garage

Are you tired of paying a garage to service and maintain your brakes on your vehicle? This class is designed to teach you how to service and repair your own brakes. Class one will cover front disc brake service and repair, and class two will cover service and repairing of rear drum brakes.

▲ Beginning/Intermediate Golf

Mike Iannotti, Golf Pro

(W) \$100

Mondays, Oct 19, 26, Nov 2, 9 - 4:00-5:30 p.m.

Holland Meadows Golf Club

This golf class includes how to develop the proper golf swing. You will learn how to chip and putt to better your game. The golf teaching professional will teach the rules and proper etiquette of the game. Come and have fun.

▲ Kayak and Fall Foliage

The Boat House

(W) \$30

Wednesday, Oct 14th - 5:30 p.m.

The Boat House - 2855 Aqueduct Rd

Schenectady, NY 12309

Imagine yourself paddling on the Mohawk River during the peak of the fall foliage season. Immerse yourself in nature as you learn to paddle a kayak. All level of paddlers welcome. No equipment necessary; come see what you've been missing. Guide is certified with the American Red Cross in Community Water Safety, First Aid, and CPR

▲ Adirondack Wildlife Presentation

Warren Greene

\$15

Wednesday, Oct 28th - 7:00-8:00 p.m.

Broadalbin Perth Middle School Media Center

Enjoy this intense Adirondack experience of fauna and flora as taken through the eyes of Warren Greene. Warren is a local nature photographer with his photos appearing in Adirondack Life and the Conservationist. He has also co-authored a book entitled "Birds of the Adirondacks." This unique slide show will last about an hour with plenty of time for questions and answers.

▲ Gratitude Album

Maura Hibbits

\$20 due at registration PLUS an additional \$15 to be paid to instructor at first class for the book and all materials needed to complete it

Wednesday, Oct 21 & Nov 4 - 6:30-8:30 p.m.

Broadalbin Perth High School Room 1316

We have so much to be grateful for, and in this class, you will be creating a mini scrapbook album that will highlight your gratitude. We will be using a scalloped blackboard album, coordinating scrapbook papers, and embellishments to create your own work of art. It will be a memento for years to come! You will need to bring about 20 photos (the book is about 3.5" x 6"), double sided adhesive, a 12" paper trimmer, and a white and black journaling pen. (I will have some extras on hand if you do not have these items.)

▲ Pottery: Throwing on the wheel

Katherine Quackenbush

\$40

Tuesday, Oct 20 - Thursday Oct 22 - 5:00-8:30 p.m.

Broadalbin Perth Middle School Art Room

One of the most common methods potters use in crating cylinder like objects out of clay is to use a potter's wheel. Throwing is the process of shaping the lump of clay using the wheel. Please wear comfortable old clothes. Class size is limited.

▲ Hearty Fall Soups

Lauren Saltsman

(W) \$35 due at registration PLUS an additional \$15 to be paid to instructor at first class for supplies.

Wednesday, Oct 21 - 6:00-9:30 p.m.

B-P Middle School Home & Careers Room

Cold weather is coming and there is nothing like a nice hot bowl of soup. Executive Chef Lauren Saltsman from Union Hall Inn Restaurant will teach you how to make corn chowder, butternut squash bisque, & broccoli & cheddar soup.

▲ Holiday Platters

Megan Saltsman

\$35 due at registration PLUS an additional \$15 to be paid to instructor at first class for supplies.

Monday, Nov 2 - 6:00-9:30 p.m.

B-P Middle School Home & Careers Room

Come learn from Professional Pastry Chef Megan Saltsman of Union Hall Inn on how to make a variety of decorative and delicious cookies and how to turn them into inexpensive and creative holiday gift platters.

▲ Dog Obedience

Beginner Class - 6 mos. to Adult

Sylvia Carley

\$120

Tuesdays, Oct 20 - Nov 24 - 6-7 or 7:30-8:30 p.m.

Dogs R Us - 11 Chestnut Street - Johnstown

This is a structured class. Your dogs will learn sit, sit-stay, down, down-stay, recall, take it, off or leave it. We will start adding some distraction training, and go over behavioral problems. We will discuss behavioral problems, such as barking, chewing, jumping, biting, potty training, crate training, etc. All dogs will be on lead in this class. They will also be socialized around other dogs and people. Proof of up-to-date vaccinations is required prior to bringing your puppy or dog into class!! - Classes continued on next page -



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▲ Hi-Low

Fit Happens Staff

(W) \$35

Tuesdays OR Thursdays, Oct 13 - Nov 19 - 5:30 a.m.

Fit Happens - Arterial Plaza - Gloversville, NY

Instructors will assess participants' needs and design a combination class including a 30 minute Cardiovascular-Calorie Burning Class Description (Impact, Intensity & Interval) and a 30 minute Sculpt/Tone Resistance and Weight Training Class Description (or Ab'tastic - 15 minutes of lower abdominals, upper abdominal, obliques, abs, guts, fluff...whatever you call it, we'll stretch it, tone it, strengthen it!

▲ TKO (Total Knockout Workout)

Fit Happens Staff

(W) \$35

Wednesdays, Oct 14 - Nov 8 - 5:15 p.m.

Fit Happens - Arterial Plaza - Gloversville, NY

A knockout workout utilizing high intensity kicks, punches, blocks, and drills designed to challenge all fitness levels. May conclude with a 15-20 minute sculpt/toner segment. Optional use of light resistance equipment/modification offered (NO STEP).

▲ Steppin'

Fit Happens Staff

(W) \$35

Tuesdays, Oct 13 - Nov 17 - 4:30 p.m.

Fit Happens - Arterial Plaza - Gloversville, NY

A high energy workout with choreography designed to meet participants' needs. May incorporate interval training (periods of high energy alternated with low intensity sequences), and/or segments of sculpt/toner resistance training (with a variety of optional toning equipment) in an interval, or concluding format. Participants may modify moves or eliminate the step altogether! All classes will include Ab'tastic - 15 minutes of lower abdominals, upper abdominal, obliques, abs, guts, fluff...whatever you call it, we'll stretch it, tone it, strengthen it!

Join the BP Health Club/Fitness Center and...

Get in shape • Use quality facilities • Enroll in health-club related classes at a reduced rate!

- Membership Information: Fitness Center Hours:
• 1 Year (Paid in Advance) - \$110 or \$10 Per Month - \$120
• Senior Citizens - \$100
• 6-7:15 a.m. - Monday - Friday
• 3-8 p.m. - Monday & Wednesday
• 3-7 p.m. - Tues, Thurs & Friday
• 8 a.m.-12 p.m. - Saturday

Come to the Fitness Center for quick registration & training during the hours designated above.

Broadalbin-Perth Central School
20 Pine Street
Broadalbin, NY 12025

Return Service Requested

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U.S. Postage
PAID
Permit No. 14
Broadalbin, NY
12025

Board of Education

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Assistant Superintendent
David Wiltey
Adult Education Coordinator
(518-762-1237)

Boxholder
Broadalbin, New York 12025

Adult Education Registration Form (may be photocopied)

Registration fee enclosed \$ _____ Session _____

Last Name First Name Middle Initial

Street Address City State Zip Code

Date of Birth ___/___/___ School District of Residence _____

Home Phone _____ Work Phone _____

Please register me for the following class(es):

- 1. _____
2. _____
3. _____
4. _____

All mail-in registrations must be received by Oct. 7, 2009

In-person registrations may be made from 5-6:30 p.m. on Wednesday, Oct. 7 at the Broadalbin-Perth Middle School.

WAIVER: I agree by signing this registration form to waive all rights and claims against the Broadalbin-Perth Central School District. I knowingly and freely assume all risks.

Mail completed forms and payments to:
David Wiltey • B-P Middle School
1870 Co. Hwy. 107 • Amsterdam, NY 12010
Checks must be payable to: Broadalbin-Perth Central School District (unless otherwise stated)

Signature

Date