

BROADALBIN-PERTH



CENTRAL SCHOOL DISTRICT

ADULT EDUCATION PROGRAM - SPRING 2010

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 Apr. 20 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 Tuesday, Apr. 20 at Broadalbin-Perth Middle School.

If you did not receive this brochure before Apr. 20, 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.

Broadalbin-Perth CENTRAL SCHOOL

▲ The Ultimate "Fitness Variety Punch Card"

Fitness Staff, Fit Happens

(W) \$50 for 10 Class Punch Card

Schedule available at www.go2fithappens.com

Fit Happens - Arterial Plaza, Gloversville, NY

Here is the perfect answer for those of you who are not sure which fitness class is best for you. Our 10 class "punch card" allows you to take any individual classes of your choice. You may mix and match classes. Class descriptions, specific details and times are available at www.go2fithappens.com.

The following are the available classes:

Cardiovascular - Impact and Intensity, Low Burn, Steppin', T.K.O., Boot Camp, Hi-Lo and Zumba

Sculpting and Toning - Ballistic, Gunz & Bunz, Pump 101, Yoga, Pilates, Flirt and Abtastic

▲ Spinning® Class (10 Class Punch Card)

Spinning Staff - Fit Happens

(W) \$50 for 10 Class Punch Card

Schedule available by calling 725-5433

Fit Happens - Arterial Plaza, Gloversville, NY

While burning an average of 400-500 calories per 45 minute session, spinning® classes have proven to be the most entertaining, exhilarating workout possible. With a high energy class consisting of heart-pumping music and bright lighting effects, spinning® instructors will lead you to your ultimate fitness goals but at the luxury of your own pace. This high-energy, low-impact workout invites you to a group atmosphere with nothing but energy, attainable goals and most of all, FUN!

▲ Weight Watchers, Momentum Program

Nancy Hulbert

(W) \$52 due at registration PLUS \$52 due to instructor on week 2

Thursdays, April 27 - June 17 - 6:00-6:30 p.m.

Broadalbin-Perth Middle School Tech Room

Our program provides you with a scientifically developed approach for healthy weight loss. The program maximizes good nutrition and minimizes roadblocks, so you can live life to the fullest while losing weight. Weight Watchers meetings are the key to weight loss success. Research proves that people lose three times more weight on Weight Watches than those who go it alone. New membership includes: One set of program materials, a confidential weekly weigh-in and as many informational and motivational meetings as you wish to attend each week.

▲ The Joys of Mountain Biking

Dan Simonds

(HC, S, W) \$30

Sunday, May 23 & June 6 - 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

(S) \$30

Wednesdays, May 13 - June 3 - 7:00-8:30 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.

▲ Men's Basketball

Michael Magliocca

(HC, S, W) \$20

Mondays, April 26, May 3-24 & June 7

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.

▲ Keep It Moving Fitness Class

Jillian Suchy

(HC, S, W) \$50

Tuesdays & Thursdays,

April 27 - June 3 - 7:00-8:00 p.m.

Broadalbin-Perth High School Music Room

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.

▲ Ballroom Dancing

Verlene and Steve Tierney

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

Tuesdays, April 27 - June 1 - 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, May 3-24, & June 7 & 14

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.

▲ Adirondack Pack Basket Making

Katherine Quackenbush

\$35 due at registration PLUS \$90 additional due to instructor at first class for materials

Saturday, May 8 - 9:00 a.m. - 3:30 p.m.

Broadalbin-Perth Middle School Art Room

One of the oldest surviving traditions inside the Adirondack Park, these Adirondack baskets were typically used to carry the loads needed for fishing, hunting and trapping and other pursuits in the mountain wilderness. They may typically have a flat or slightly curved "belly" that bows out to increase the volume of the contents the pack could hold. A cotton woven or leather harness with adjustable shoulder straps allows the basket to be worn comfortable on the guide or hunter's back. Class size limit of 10 students.

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

▲ First Aid, CPR and AED Certification

Mike Carney

(W) \$50

Tuesday, April 27 - 5:00-9:00 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.

▲ History of Rock & Roll

Tony Mucilli

(S) \$30

Thursdays, May 6, 13 & 20 - 6:00-8:00 p.m.

Broadalbin-Perth High School Room 1200

The History of Rock & Roll will explore the cultural and social fabric of the United States through the development of rock & roll music. This class will investigate rock & roll's growth in the 1950s and follow its progression during the second half of the twentieth century. Furthermore, this class will focus on how rock & roll became an expression of cultural, political and social changes. As a conclusion, it will evaluate those forces that have helped to cement the position of rock & roll music in popular culture.

▲ Dog Obedience Beginner Class - 6 mos. to Adult

Sylvia Carley

\$120

Tuesdays, April 27 - June 8

6:00-7:00 p.m. **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!!

▲ Racquetball

David Wiltey

(HC, S, W) \$50

Tuesdays, April 27 - May 25 - 6:00-7:30 p.m.

World Gym Fitness Center

161 Perth Fitness Road, Perth, NY

Come and play the fast-paced game of Racquetball. Learn the basics of the game and compete in doubles and singles. Eye protection is a must. (A few racquets will be available, but your own is preferred)

▲ Keyboarding Skills

Sauna Sitts

\$30

May 17, 19, 24 & 26 - 6:00-7:30 p.m.

Broadalbin-Perth High School Room 1201

Keyboarding skills are essential in today's job market. In this 6-hour class you will be on your way to mastering keyboarding techniques while building speed and accuracy. Students will use KeyPro, designed to help increase efficiency.

▲ Defensive Driving

Bob Santo

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

Tuesday, May 4 & May 11

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.

▲ Automotive Brake Class

Michele Spaulding

\$30

Tuesday & Thursday, April 27 & 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) \$95

Mondays, April 26, - May 17 - 5:30-7:00 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.

▲ Stained Glass

Katherine Quackenbush

\$45 due at registration PLUS \$20 additional due to instructor at first class for materials

Tuesday, April 27 - 4:00-8:00 p.m. &

Wednesday, April 28 - 4:00-7:00 p.m.

Broadalbin-Perth Middle School Art Room

This beginning stained glass class will teach you how to make a small stained glass piece. You will pick your own pattern, choose your glass and learn how to cut glass, foil glass and solder the pieces together.

▲ Horseback Riding

Jennifer Romriell

(W) \$125

Mondays - April 26 - June 7 - 4:45-5:45 p.m.

OR

Thursdays - April 29 - May 27 - 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

Tuesdays, May 18, 25 & June 1 - 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.

- Classes continued on next page -



4

▲ Summer Salads & Desserts

Ginger Smith

(S) \$30 PLUS \$15 due to instructor for supplies

Tuesday, May 4, 11 & 18 - 6:00 - 8:00 p.m.

Broadalbin-Perth Middle School Cafeteria

Come join the fun. Learn to make a variety of salads and desserts just in time for summer.

▲ Parent-Child Swim Lessons

Fulton County YMCA Staff

\$40 - General Public

Classes begin April 26th & continue for 7 weeks

Fulton County YMCA

Program for children ages 6 to 36 months with an adult in the water. This is an introduction to the aquatic environment for parents and their children. Parents learn basic aquatic safety and have a positive experience with their children. Classes include introduction to basic water skills such as floating, kicking and paddling, blowing bubbles, and jumping in. Songs, games, and toys are used as instructional aids. Thirty minute classes meet once a week during each session.

Shrimp: Parent-Child Swim Lesson

(Ages 6-18 Months)

Days: Tuesdays - 6:00 - 6:30 p.m.

Saturdays - 8:45 - 9:15 a.m.

Sundays - 8:30 - 9:00 a.m.

Perch: Parent-Child Swim Lesson

(Ages 18-36 Months)

Days: Thursdays - 6:00 - 6:30 p.m.

Saturdays - 8:45 - 9:15 a.m.

Sundays - 8:30 - 9:00 a.m.

Adult/Teen Swim Lessons: A program of swim instruction for both the beginner or advanced swimmer

(Ages 15 and up)

Days: Mondays - 5:15 - 6:00 p.m.

Thursdays - 11:30 a.m. - 12:15 p.m.

▲ Waterfront Lifeguard Training Course

Fulton County YMCA Staff

\$245 - General Public

Mondays & Wednesdays - April 26 - May 26

5:30 - 8:30 p.m. - Fulton County YMCA

Participants must be 15 years of age by the end of the course. Participants must pass the pre-course fitness test that consists of: the ability to swim 550 yards of a combination of front crawl and breaststroke, perform head first and feet first surface dives, retrieve 3 rings from the deep end, and retrieve a 10 lb. brick from the deep end and swim to the shallow end with the brick.

Broadalbin-Perth Central School

20 Pine Street

Broadalbin, NY 12025

Return Service Requested

Non-Profit Org.
U.S. Postage
PAID
Permit No. 14
Broadalbin, NY
12025

Board of Education

President: Wendy Perry
Vice President: Kim Hentnik
Paul Chizek
Sari Stewart
John Pecora
Edward Szumowski
Joseph Renaud

Superintendent
Stephen Tomlinson

Assistant Superintendent
Marco Zumbolo

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

Boxholder
Broadalbin, New York 12025

Adult Education Registration Form (may be photocopied)

Please make checks payable to:
Broadalbin-Perth Central School District
(Unless otherwise stated)

Registration fee enclosed \$ _____

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 April 20, 2010

In-person registrations may be made from 5-6:30 p.m. on Tuesday, April 20 at the Broadalbin-Perth Middle School.

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)

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.

Signature Date

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 Info: 1 year - \$110 or \$10 Per Month
Senior Citizens - \$100

Fitness Center Hours
Monday - Friday - 6 - 7:15 a.m. & 3 - 7 p.m.
Saturday - 8 a.m.-12 p.m
Come to the Fitness Center for registration & training during the hours designated above.