

# Continuing Education Program

Spring 2025



Register today at [www.NorthColonie.org](http://www.NorthColonie.org)

**WELCOME TO THE NORTH COLONIE CENTRAL SCHOOL DISTRICT'S CONTINUING EDUCATION PROGRAM**

*The North Colonie CSD is proud to present the Spring 2025 Continuing Education Program. This program offers a diverse selection of courses that meet the interests and needs of our community.*

Registration is open to all who are 21 years of age or older, unless noted in the class description. Town of Colonie residents will have priority when space is limited. Registration is required to attend any class. All classes are filled on a "first come, first served" basis, with preference given to district residents. Non-residents will be accepted if space is available. Course availability and location may be subject to change. For the most recent updates, please visit the online registration portal found at:

[www.northcolonie.org/CE](http://www.northcolonie.org/CE)

*We retain our adult education instructors to teach a course in their area of expertise. In our opinion, all instructors are highly qualified and competent in their field. The instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.*

2025 SPRING SEMESTER CALENDAR

Classes Begin: Monday, February 24, 2025

FEBRUARY					MARCH					
M	T	W	TH	F	M	T	W	TH	F	
24	25	26	27	28	3	4	5	6	7	
					10	11	12	13	14	
					17	18	19	20	21	
					24	25	26	27	28	
APRIL					MAY					
M	T	W	TH	F	M	T	W	TH	F	
		1	2	3	4					
7	8	9	10	11	⊗					
⊗	⊗	⊗	⊗	⊗	21	22	23	24	25	
28	29	30			28	29	30			
								1	2	
					5	6	7	8	9	
					12	13	14	15	16	
					19	20	21	22	23	

⊗ = No Continuing Ed Classes

**SENIOR CITIZEN COURTESY CARD**

Town of Colonie senior citizens, age 60 or older, may take some courses at a published reduced rate. However, senior citizens are responsible for material fees. A Town of Colonie "Senior Citizen Courtesy Card" is required and may be obtained from the Colonie Town Hall clerk desk. If you are a senior citizen registering online, you will be able to upload a copy or if you register in person, please bring identification.

**WHERE & WHEN ARE CLASSES HELD**

Most Continuing Education courses meet once a week between the hours of 6-9 p.m. over a ten week period. Classes begin Monday, February 24, 2025 and may run through May 2025, with some exceptions. Most classes are held at Shaker High School 445 Watervliet-Shaker Road Latham, NY 12110. Exceptions are noted in the course description, so please check your course. **\*\*NEW EVENING ENTRANCE FOR SHAKER HIGH SCHOOL\*\* Please enter at the SHS Main Office security desk located to the left of the drop-off circle nearest the blue and white Shaker High School sign.**

NEED DIRECTIONS? Log on to [www.northcolonie.org/CE](http://www.northcolonie.org/CE)

**INCLEMENT WEATHER POLICY**

If travel conditions are hazardous, we will postpone classes. When North Colonie CSD is closed or after-school activities are canceled due to inclement weather, classes will NOT meet that evening. In the event of inclement weather later in the day, please check with the local television stations or the North Colonie CSD's website: [www.northcolonie.org/CE](http://www.northcolonie.org/CE)

**REFUND POLICY**

- Registration fees will automatically be returned if a class is canceled (courses without the minimum required participants are subject to cancellation).
- All registrations are final five days prior to the meeting of the first class session. After this time period, no refunds will be issued.
- Please email [continuinged@nccsk12.org](mailto:continuinged@nccsk12.org) to initiate a refund regardless of payment method.

**ENJOY A DAY TRIP**

**NEW YORK CITY GETAWAY DAY TRIP**

Enjoy a day in exciting New York City! You'll have ample time to catch a matinee, shop, visit world class museums, explore Chinatown, the Botanical Gardens, or even the Zoo. NYC has something for everyone to enjoy. We provide transportation ONLY, through Brown Bus Company, on a charter coach. Pickup will be at Sand Creek Middle School. Seating is limited.

Date: Saturday, May 17 | Time: 8 a.m. | Fee: \$55

Location: Sand Creek MS at 329 Sand Creek Rd, Albany, NY 12205

**ARTS & CRAFTS**

**SEWING MACHINE KNOW HOW**

Instructor: Melinda Frazer-Landon

Participants will learn how their machine works, basic maintenance, choosing needle sizes, and other tips. Participants will need to bring their machine, manual, needles, thread, and a basic sewing kit (dressmaker scissors/snip scissors, pins, pin cushion, sewing gauge, measuring tape, and seam ripper).

Date: Monday, Feb. 24

Time: 6:30-8:30 p.m.

Fee: \$45

Length: 1 class

Location: SHS LaFollette Dining Hall

**ADVANCED KNITTING**

Instructor: Anne Sadlemire

Explore the techniques needed to knit colorwork, with a focus on intarsia and fair isle (stranded) knitting. Choose an easy intarsia (ex. Milkshake Scarf by Veera Valimaki), fair isle (ex. Spring Doodle Cup Cozy by Jaime Lomax of Pacific Knits), an intarsia combined with fair isle pattern (ex. Folkly Scout Mini Shawl by Florence Spurling), or a pattern of your choice. Patterns and more can be found on Ravelry.com. Prerequisites for this session: cast on, knit, purl, and bind off.

Dates: Tuesday, Feb. 25 to May 13 (No class April 14 & 22)

Time: 6:30-8:30 p.m.

Fee: \$55 | Senior Fee: \$30

Length: 10 classes

Location: SHS A142

**FUN WITH RESIN JEWELRY**

Instructor: Diana Cartwright

Join this five week session of art therapy, creating different jewelry pieces from earrings to bracelets using UV resin and other materials. Discover the fun world of resin mixed with other art materials from wood to beading. Participants will be able to take home a beautiful, colorful new treasure at the end of each class.

Dates: Wednesday, Feb. 26, March 12 & 26, April 9 & 30

Time: 6:30-8 p.m.

Fee: \$125

Length: 5 classes

Location: SHS C201

**KNITTING: BEGINNER TO ADVANCED BEGINNER**

Instructor: Barbara DeFrancesco

Learn how to knit and purl a variety of different stitch patterns while creating a scarf. The sampler scarf pattern will be provided, as well as yarn and needles. There will be a \$15 materials fee for first time students. Returning students should bring materials to start work on a new or existing project.

Dates: Thursday, Feb. 27 to April 3

Time: 6:30-8:30 p.m.

Fee: \$61 | Senior Fee: \$35

Length: 6 classes

Location: SHS A142

**DIY SPRING CRAFTING**

Instructor: Diana Cartwright

Join this five week session for a fun night of art therapy, taking home a different project each session. Participants will create a spring inspired craft perfect for home display or a special gift, using various materials from wood pieces to fairy lights.

Dates: Wednesday, March 5 & 19, April 2 & 23, May 7

Time: 6:30-8 p.m.

Fee: \$120

Length: 5 classes

Location: SHS C201

**SEWING CIRCLE/DOMESTICS**

Instructor: Melinda Frazer-Landon

Trying to carve out time to sew, or want to learn to do basic mending or altering? Here's an opportunity to complete unfinished projects, do repairs, hemming, or learn to make simple items like placemats and curtains. This class will offer time and guidance. Bring a sewing machine, basic sewing kit, and project and join the fun!

Dates: Monday, March 10 to 24

Time: 6:30-8:30 p.m.

Fee: \$60

Length: 3 classes

Location: SHS LaFollette Dining Hall

**BEADED STRETCH BRACELET MAKING**

**NEW**

*Instructor: Kelly Razzano*

Make a beaded stretch bracelet! This class will go through the supplies needed and all the steps to create beaded bracelets. Participants will leave with a bracelet and the supplies to make another at home. Materials are included in the class fee.

Date: Tuesday, March 11

Time: 6-8:30 p.m.

Length: 1 class

Fee: \$40 | Senior Fee: \$35

Location: SHS C201

**CORK CRAFTING**

**NEW**

*Instructor: Tracy Mosher*

Do you have corks laying around your house that you would like to use up? Join this fun class where you can learn different crafts to create with corks. You will leave the class with at least one crafted item based on the amount of corks, so bring as many corks as you have!

Date: Thursday, March 27

Time: 7-8:30 p.m.

Length: 1 class

Fee: \$25

Location: SMS C212

**BEGINNER CROCHETING**

*Instructor: Mavis Kirk*

Learn basic crochet techniques. Please bring an "H" crochet hook and acrylic yarn in the color of your choice.

Dates: Thursday, March 13 to 27

Time: 6:30-8 p.m.

Length: 3 classes

Fee: \$45

Location: SHS C201

**INTERMEDIATE CROCHETING**

*Instructor: Mavis Kirk*

Learn some intermediate crocheting. Bring an "H" crochet hook and acrylic yarn in the color of your choice.

Dates: Thursday, May 1 to May 15

Time: 6:30-8 p.m.

Length: 3 classes

Fee: \$45

Location: SHS C201

**BAKING & COOKING**

**COOKING 101 – MUSHROOM AND ASPARAGUS RISOTTO**

**NEW**

*Instructor: Niki Blatnick*

This class is designed for beginners and intermediate cooks interested in expanding their culinary skills! In this hands-on cooking class, participants will refresh knife and culinary skills by making an impressive, yet simple dish that is sure to please family and friends. This savory, creamy dish satisfies the palette, all while sneaking in loads of vegetables. All equipment, materials, and ingredients will be supplied.

Date: Wednesday, Feb. 26

Time: 6-7:30 p.m.

Length: 1 class

Fee: \$45

Location: SMS C202

**CHOCOLATE TREATS**

**NEW**

*Instructor: Tracy Mosher*

Do you have a sweet tooth? Join this class where we will make delicious chocolate treats to enjoy that also make great gifts!

Dates: Thursday, March 13 & 20

Time: 7-8:30 p.m.

Length: 2 classes

Fee: \$65

Location: SMS C202

**GRAB AND GO SNACKS!**

**NEW**

*Instructor: Tracy Mosher*

This class will teach students some snack foods to make in bulk and package up for a grab and go tasty treat!

Dates: Thursday, April 3 & 10

Time: 7-8:30 p.m.

Length: 2 classes

Fee: \$50

Location: SMS C202

**CUPCAKE AND CAKE DECORATING**

**NEW**

*Instructor: Tara Connors*

Learn a variety of techniques to make beautiful and fun cupcakes in this sweet course. The first class will cover the basics of assembling and using a piping bag and tips. Each participant will make three spring-themed cupcakes to take home. The second class will dive into more advanced techniques, including flower piping and decorating flower cupcakes. The techniques taught can be used on cakes as well. All supplies are provided and each week participants will take home the cupcakes that they decorated during the course.

Dates: Tuesday, March 4 & 11

Time: 6:30-8 p.m.

Length: 2 classes

Fee: \$65

Location: SMS C211

**HEALTHY HAPPY HOUR**

**NEW**

*Instructor: Tracy Mosher*

Love hosting parties, but struggle with finding healthy options? Join this class where you will learn to make healthier appetizers and snacks, along with mocktails!

Dates: Thursday, April 24 & May 1

Time: 7-8:30 p.m.

Length: 2 classes

Fee: \$65

Location: SMS C202

**BUSINESS & FINANCE**

**WHAT TO DO WHEN A LOVED ONE DIES**

**NEW**

*Instructor: David Kubikian*

Confused about who is in charge or who to notify when a loved one dies? What are the immediate actions to take? Who makes the arrangement and who gets what? Let us make this heartbreaking event easier to manage.

Date: Monday, March 10

Time: 6-7 p.m.

Length: 1 class

Fee: \$25 | Senior Fee: \$20

Location: SHS B204

**PLANNING FOR A LOVED ONE WITH SPECIAL NEEDS**

**NEW**

*Instructor: David Kubikian*

Individuals with disabilities and special needs have unique challenges in life, they often require government benefits, including Medicaid, Medicare, Social Security Disability, and Supplemental Security to fund essential medical services and daily housing and care needs. Learn the proper tools for helping your loved one with special needs.

Date: Monday, Feb. 24

Time: 6-7 p.m.

Length: 1 class

Fee: \$25 | Senior Fee: \$20

Location: SHS B204

**AGING IN PLACE**

**NEW**

*Instructor: David Kubikian*

Given the choice, most people want to remain in their homes for the duration of their life. Learn the actions to consider and resources available to help you remain independent in your home. This class will also discuss funding options and how to access and navigate available services.

Date: Monday, Feb. 24

Time: 7:15-8:15 p.m.

Length: 1 class

Fee: \$25 | Senior Fee: \$20

Location: SHS B204

**HOW TO IDENTIFY AND STOP THE MOST COMMON FINANCIAL TRICKS AND SCAMS**

**NEW**

*Instructor: David Kubikian*

Older adults are at risk of being financially cheated or misled. It is not only strangers who attempt these types of crimes, unfortunately it could be someone you know. This class will review how to protect yourself and stop financial scams. We will also talk about where to turn and what to do if this is happening to you or someone you know.

Date: Monday, March 3

Time: 6-7 p.m.

Length: 1 class

Fee: \$25 | Senior Fee: \$20

Location: SHS B204

**FINANCIAL PLANNING BASICS**

*Instructor: Reese Hughes*

This presentation will look at general financial planning concerns. While there is no such thing as a "one-size-fits-all" financial plan, this overview should assist participants in thinking about your own needs.

Date: Tuesday, March 18

Time: 6:30-8 p.m.

Length: 1 class

Fee: \$25 | Senior Fee: \$20

Location: SHS A205

**UNDERSTANDING STOCKS, BONDS AND MUTUAL FUNDS**

*Instructor: Nick Stark*

Since its launch in 2005, this flagship course has been heard by thousands of people and is updated daily to give participants the most up to date information. Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. This class will discuss the differences and similarities of various types of investments, explain "financial lingo," how proper asset allocation will lower overall risk, and the benefits of using mutual funds to build a balanced portfolio to plan for a successful retirement. There will be no attempt to promote any specific investments.

Date: Thursday, March 27

Time: 6:30-8 p.m.

Length: 1 class

Fee: \$25 | Senior Fee: \$20

Location: SHS A205

**HEALTHCARE AFTER RETIREMENT PART ONE**

*Instructor: Michael Stanton*

Learn what it to expect when it comes to Medicare, which is mandatory for those collecting social security and likely be the greatest expense in retirement. From Part A to IRMAA, learn the fundamentals of how each section of Medicare works in this hands-on class aimed at making complex information easy-to-understand.

Date: Tuesday, April 1

Time: 6:30-8 p.m.

Length: 1 class

Fee: \$25 | Senior Fee: \$20

Location: SHS A205

**MAXIMIZE YOUR SOCIAL SECURITY BENEFIT**

*Instructor: Frank Finch*

This hands-on workshop will teach strategies on how to get the most money from Social Security and other retirement sources. Learn how to plan and minimize taxes and costs during retirement, and how to wisely grow and protect retirement income. This session will cover key social security choices, such as individual and spousal choices, when to take the benefit, and simple steps to maximize money.

Date: Tuesday, April 1

Time: 6-7:15 p.m.

Length: 1 class

Fee: \$25 | Senior Fee: \$20

Location: SHS A210

**NAVIGATING THE WORLD OF RETIREMENT STRATEGIES**

*Instructor: Frank Finch*

This class is designed to help participants to understand strategies that can benefit them and others that may hurt them. The class will cover: fighting risk with low-cost, customized investment portfolios for growth and income, wisely managing your 401(k)/IRAs with strategic withdrawals, meeting needs and goals with annuities, cash value life insurance, and long term care insurance policies.

Date: Tuesday, April 1

Time: 7:30-8:45 p.m.

Length: 1 class

Fee: \$25 | Senior Fee: \$20

Location: SHS A210

**HEALTHCARE AFTER RETIREMENT PART TWO**

*Instructor: Michael Stanton*

This course is designed to help understand the differences between advantage, supplemental, and prescription drugs plans.

Date: Thursday, April 8

Time: 6:30-8 p.m.

Length: 1 class

Fee: \$25 | Senior Fee: \$20

Location: SHS A205

**TAKING THE MYSTERY OUT OF PERSONAL ESTATE PLANNING**

*Instructor: Richard A Fuerst, Esq*

Take the mystery out of wills, health care proxies, power of attorney, and trusts, all in simple, non-legal terms. The session will discuss nursing home and Medicare considerations, and avenues to reduce wealth transfer taxation.

Date: Monday, May 5

Time: 6:30-8:30 p.m.

Length: 1 class

Fee: \$25

Location: SHS B209

**DANCE**

**BALLROOM DANCE BASICS**

*Instructor: Rita Russell*

Learn the basics of popular ballroom dances! Taught in a five-week session, this class is for beginners or those who want a refresher. Students will become familiar with the basic steps and the principles of lead and follow, frame, and the character and music for waltz, tango, and foxtrot. Singles or couples are welcome. Partner sharing is encouraged, but not required.

Dates: Monday, April 21 to May 19

Time: 7-7:45 p.m.

Length: 5 classes

Fee: \$50 | Senior Fee: \$45

Location: Latham Ridge Auditorium

**BEGINNING AMERICAN RHYTHM DANCES**

*Instructor: Rita Russell*

Learn the basics of three popular dances! Taught in a five-week session, this class is for beginners or those who want a refresher. Students will become familiar with the basic steps and the principles of lead and follow, frame, and the character and music for rumba, salsa, and swing. Singles or couples are welcome. Partner sharing is encouraged, but not required.

Dates: Monday, April 21 to May 19

Time: 8-8:45 p.m.

Length: 5 classes

Fee: \$50 | Senior Fee: \$45

Location: Latham Ridge Auditorium

**DIY HOME**

**HOME REPAIR CARPENTRY**

*Instructor: Salvador Morley*

Participants will learn to do simple repairs around their homes, such as adjusting interior and exterior doors, installing an interior door, a screen door, locks and deadbolts, a new rubber seal on the bottom of an exterior door, and repairing a screen. The class will also review adjusting kitchen cabinet doors and how to make them self-closing. Questions and/ or topics welcome as time permits.

Date: Monday, March 24

Time: 6:30-8:30 p.m.

Length: 1 class

Fee: \$30

Location: SHS C112

**THE ART OF CUTTING BOARD CREATION**

*Instructor: Joel Scism*

Learn to craft a one-of-a-kind cutting board that is both functional and a work of art. No previous woodworking experience required, as students will learn the basic skills needed to design and create this custom cutting board. Material costs are extra and will depend on the type of wood chosen. The instructor will contact participants before the first class.

Dates: Monday, February 24 to March 10

Time: 6-8:30 p.m.

Length: 3 classes

Fee: \$65 | Senior Fee: \$55

Location: SHS C112

**CRAFTING COMFORT: BUILD YOUR OWN ADIRONDACK CHAIR**

*Instructor: Joel Scism*

In this hands-on course, you'll transform raw lumber into a beautiful, comfortable Adirondack chair that will grace your patio or garden for years to come. No previous woodworking experience required. Material costs are not included and are an estimated \$100. The instructor will finalize the details with participants before the first class.

Dates: Wednesday, Feb. 26 to March 26

Time: 6-8:30 p.m.

Length: 5 classes

Fee: \$90 | Senior Fee: \$70

Location: SHS C112



**NEW**

**DIY BASIC HOME ELECTRIC AND PLUMBING**

*Instructor: Salvador Morley*

Learn how to install GFI outlets, single and three-way switches, thermostats, light fixtures, and change a light fixture to a fan light fixture. In the plumbing segment, learn to repair or replace a shut off with push on connectors, deal with clogged drains and leaks, and repair supply pipes with PEX and PVC. Questions and/ or topics welcome as time permits.

Date: Tuesday, April 22

Time: 6:30-8:30 p.m.

Length: 1 class

Fee: \$30

Location: SHS C112

**GENERAL INTEREST**

**PRACTICAL CAREGIVING**

*Instructor: Melinda Burns*

Caregiving can be both challenging and rewarding. This class will offer support and ideas to find and keep balance in the caregiving journey. Melinda Burns, author and caregiver for over 25 years, will provide helpful insights into the caregiving experience.

Dates: Thursday, Feb. 27 to March 13

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

Length: 3 classes

Fee: \$50

Location: SHS B204

**NEW**

**BOAT AMERICA - NYS BOATING SAFETY COURSE\***

*Instructor: Thomas Venezio*

In 2025, **all** boat operators in New York State **must** have a boating safety certificate. Boat America is an eight-hour, NASBLA approved boating safety course. It is approved by New York State to meet the Boating and the Personal Watercraft licensing requirement. Students must attend all four classes. **\*Open to ages 16+**

Dates: Tuesday, March 4 to March 25

Time: 7-9 p.m.

Length: 4 classes

Fee: \$30 | Senior Fee: \$20

Location: SHS B209

**NATIONAL DIABETES PREVENTION PROGRAM**

*Instructor: Zarina Jalal*

Learn to lower the risk of Type 2 diabetes through sustainable habits with trained coaches from Lincoln Pharmacy. Beginning with an in-person session and continuing via Zoom for one year, participants aim to lose 5-7% of their weight and maintain it with long-term strategies. Internet access required.

Dates: Wednesday, February 27 **(CONTINUES ONLINE)**

Time: 7-8 p.m.

Length: 1 class, continues online

Fee: \$25 | Senior Fee: \$20

Location: SHS A140

**NEW**

**LEARN TO LIST ON EBAY**

*Instructor: Janet Young*

Learn how to sell on eBay! Students should bring a device that connects to the internet with the eBay app downloaded and an item to sell in a shipping box/envelope.

Date: Tuesday, March 11

Time: 6-8 p.m.

Length: 1 class

Fee: \$45 | Senior Fee: \$40

Location: SHS B203

**BEST YEARS AHEAD**

*Instructor: Susan LaRosa*

This six-week course offers activities, content, and group discussions to promote well-being, self-awareness, and flexibility. Areas of focus include decision making, conflict management, embracing change, life vision, and more, with a new topic each week.

Dates: Thursday, March 13 to April 24 (No class April 17)

Time: 6:30-8 p.m.

Length: 6 classes

Fee: \$70 | Senior Fee: \$65

Location: SHS B209

**CONVERSATIONAL GERMAN**

*Instructor: Melinda Burns*

Learn and practice German conversational skills! This class will include everyday vocabulary, simple sentence structures and dialogues, and pronunciation. Have fun learning about German culture and heritage, with special guest speakers.

Dates: Thursday, March 20 to April 3

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

Length: 3 classes

**NEW**

Fee: \$35  
Location: SHS B210

**CREATIVE WRITING PROSE FICTION**

*Instructor: William D. Laremore*

This writing intensive workshop is intended for students of all ability levels. Various topics in creative prose fiction writing will be explored through discussion, assignments, and peer review. Reader experience discussions of our work provide tailored feedback for learning and improving student writing.

Dates: Wednesday, April 2 to May 7 (No class April 16)

Time: 6-8 p.m.

Length: 5 classes

**NEW**

Fee: \$125  
Location: SHS B203

**INTRODUCTION TO ARTIFICIAL INTELLIGENCE (AI) AND VIRTUAL AGENT**

*Instructor: Sachin Kapale*

Discover the basics of AI and virtual agents. Learn key concepts like machine learning and natural language processing, and build simple virtual agents. This beginner-friendly course emphasizes practical skills, ethical considerations, and real-world applications of AI technology.

Dates: Tuesday, March 4 & 11

Time: 6-7 p.m.

Length: 2 classes

**NEW**

Fee: \$55 | Senior Fee: \$50  
Location: SHS B210

**GET PAID TO TALK: AN INTRODUCTION TO VOICE OVER**

*Instructor: Anna Bourgeois*

From audiobooks to advertisements and beyond, we encounter recorded voices everywhere! Go behind-the-scenes in the voice over field for a fun and realistic look at how it really works. Students will also have an opportunity to record.

Date: Monday, April 28

Time: 6:30-9 p.m.

Length: 1 class

Location: Recording Studio at 26 Vly Rd Albany, NY 12205

**NEW**

Fee: \$30

**MONARCH: MYSTERIES OF A BUTTERFLY**

*Instructor: Scott Stoner*

Beautiful and declining, Monarch butterflies progress from egg to butterfly in just four weeks. They fly 3,000 miles each fall to Mexico, and successive generations return the next year. This class examines mysteries of their life cycles, causes for their decline, and how to create a pollinator garden to help them.

Dates: Tuesday, April 29

Time: 6:30-8 p.m.

Length: 1 class

**NEW**

Fee: \$32 | Senior Fee: \$27

Location: SHS A210



**MINDFULNESS & RELAXATION**

**QI GONG**

*Instructor: Glen Culbertson*

Learn to relax, breathe, and move with attention in a practice available to all. With nothing to remember and no required sequence, without correction, participants will learn about their body through fundamentals of Tai Chi movement. Movements are rigorous but enjoyable, flowing but grounded, slow but powerful, rooted but expansive, physical but meditative.

Dates: Tuesday, February 25 to May 6

Time: 6:15-7:05 p.m.

Fee: \$55 | Senior Fee: \$45

Length: 10 classes

Location: Blue Creek Cafeteria

**NEW**

**TAI CHI**

*Instructor: Glen Culbertson*

Tai Chi is a Chinese martial art practiced for health. Relaxed, balanced, slow-flowing, and intentional movement using internal energy rather than muscle force to develop power has proven health benefits. Available to all, it is fun to do and is all about the feeling!

Dates: Tuesday, February 25 to May 6

Time: 7:15-8:05 p.m.

Fee: \$55 | Senior Fee: \$45

Length: 10 classes

Location: Blue Creek Cafeteria

**NEW**

**INTRODUCTION TO MEDITATION**

*Instructor: Carleen Reid*

Join us for an introduction to meditation. Meditation is the deliberate focusing of attention to bring about feelings of calm, heightened energy, and awareness. Regular meditation offers many health benefits, such as reduced stress and anxiety. Please bring a yoga mat, yoga bolster, or pillow.

Date: Tuesday, April 22

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

Fee: \$80 | Senior Fee: \$70

Length: 1 class

Location: Southgate Gym

**NEW**

**NEW**

**SWIMMING & EXERCISE - EXERCISE CLASSES**

**KICK FIT**

*Instructor: Eileen Franko*

Kick fit is an aerobic exercise class designed for any level of exercise, high or low impact. This class will include warm-up, toning and strength training, along with a cool down and stretching. Modifications are available for all moves, making this class easy to follow and do. All equipment (mats and weights) provided.

Dates: Monday, Feb. 24 to May 5 (No class April 7)

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

Length: 10 classes

Location: Shaker Road Loudonville Fire Department

Fee: \$60

**TOTAL BODY TONING**

*Instructor: Eileen Franko*

This class is designed with the overall body in mind, helping to tone the body, reduce bone density loss, and increase strength. Exercise for all major muscle groups and balance included. All equipment is provided (mats, weights, bands, etc.). This is an excellent class for anyone looking to get back into exercise.

Dates: Monday, Feb. 24 to May 5 (No class April 7)

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

Length: 10 classes

Location: Shaker Road Loudonville Fire Department

Fee: \$60

**YOGA FLOW SCULPT**

*Instructor: Mary Jude Maxwell*

Participants will learn to take their yoga practice up a notch by adding light weights to help maintain/increase bone density and muscle burn. Some familiarity with basic yoga poses is preferred, but not required. Wear comfortable clothing that won't restrict movement and be prepared to strengthen and stretch. Please bring a yoga mat, a set of 2-3 lb. hand weights, and water.

Dates: Monday, Feb. 24 to March 10

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

Length: 3 classes

Location: Forts Ferry Gym

Fee: \$45

**AEROBICS AND TONING**

*Instructor: Eileen Franko*

A class with everything: 20 minutes of cardio (featuring old fashioned aerobic moves), 20 minutes of toning, and 20 minutes of butts and guts! This total body workout for cardiovascular benefits allows for strengthening and toning of muscles. Modifications provided for all cardio moves and exercises to make you successful. All equipment provided (mats, weights, bands, etc.).

Dates: Wednesday, Feb. 26 to May 7 (No class April 9)

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

Length: 10 classes

Location: Shaker Road Loudonville Fire Department

Fee: \$60

**ZUMBA**

*Instructor: Regina Garrant*

Ditch the workout, join the party! Zumba® is a latin-inspired dance fitness total body workout, incorporating Latin and international dance rhythms of merengue, salsa, cumbia, reggaeton, and more. No dance experience needed, and the class is suitable for adults of all ages and fitness levels. Once the music starts, participants will forget they are even working out in this class that is "exercise in disguise!"

Dates: Wednesday, Feb. 26 to May 7 (No class April 16)

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

Length: 10 classes

Location: Southgate Cafeteria

Fee: \$62

**YOGA WITH AMANDA**

*Instructor: Amanda Jeffes*

Relax and decompress with mindful movements meant to engage the body, mind, and spirit. This all-level class will focus on fundamentals and proper alignment, incorporating movement, breath-work, and guided meditation. Wear comfortable clothes and be prepared to breathe, relax, and sweat a little. Please bring a mat and water.

Dates: Wednesday, March 12 to May 21 (No class April 16)

Time: 7-8 p.m.

Length: 10 classes

Location: Boght Hills Gym

Fee: \$105

**TOTAL BODY EXERCISE**

*Instructor: Judy Mnich*

This workout engages all body parts. Start out with standing exercises, some cardio, then move to a floor workout. Participants should wear comfortable clothing and supportive sneakers. Please bring a mat and water bottle.

Dates: Tuesday, March 11 to May 6 (No class April 15)

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

Length: 8 classes

Location: Boght Hills Gym

Fee: \$40 | Senior Fee: \$30

**YOGA WITH WEIGHTS**

*Instructor: Mary Jude Maxwell*

Participants will learn to take their yoga practice up a notch by adding light weights to help maintain/increase bone density and muscle burn. Some familiarity with basic yoga poses is preferred, but not required. Wear comfortable clothing that won't restrict movement and be prepared to strengthen and stretch. Please bring a yoga mat, a set of 2-3 lb. hand weights, and water.

Dates: Monday, April 21 to May 5

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

Length: 3 classes

Location: Forts Ferry Gym

Fee: \$45

SWIMMING & EXERCISE - SWIM CLASSES

**CARDIO SPLASH**

Instructor: Marcia Partlow

This water aerobics class will be a fresh alternative to land aerobics with minimal impact to the joints, offering cardio and muscular gains. The ability to swim is not required. Water weights are required.

Dates: Tuesday, Feb. 25 to May 6 (No class April 15)  
 Time: 7-8 p.m. Fee: \$60 | Senior Fee: \$50  
 Length: 10 classes Location: SHS Pool

**AQUA ZUMBA**

Instructor: Penny Hatch

Aqua Zumba® blends the Zumba philosophy with water resistance, for one pool party participants shouldn't miss! There is less impact on joints during an Aqua Zumba class, as water creates natural resistance, making every step more challenging and helping to tone muscles.

Dates: Thursday, Feb. 27 to May 8 (No class April 17)  
 Time: 7-8 p.m. Fee: \$65  
 Length: 10 classes Location: SHS Pool

**EARLY BIRD SWIM**

Start your Tuesdays and Thursdays with an early morning swim! This course is open to students who know how to swim and would like to practice or exercise. There will be a water safety instructor on duty, but the course does not include swimming instruction. Water temperature will be approximately 79-81°F.

Dates: Tuesdays and Thursdays, Feb. 25 to May 8 (No class April 15 & 17)  
 Time: 6:15-7 a.m. Fee: \$110 | Senior Fee: \$90  
 Length: 20 classes Room: SHS Pool

**FRIDAY NIGHT OPEN SWIM**

Start your weekend with a relaxing late night swim! This course is open to students who know how to swim and would like to practice or exercise. There will be a water safety instructor on duty, but the course does not include swimming instruction. Water temperature will be approximately 79-81°F.

Dates: Friday, Feb. 28 to April 25 (No class April 18)  
 Time: 7-8 p.m. Fee: \$110 | Senior Fee: \$90  
 Length: 8 classes Room: SHS Pool

IMPORTANT INFORMATION REGARDING AQUATICS

- Water temperature will be maintained between 79–81°F.
  - EZ access steps will be available.
- All swimmers must shower before entering the pool.
  - No band-aids or bobby pins please.

CLASS LOCATIONS

**BLUE CREEK ELEMENTARY**

18 Clinton Road | Latham, NY 12110

**BOGHT HILLS ELEMENTARY**

38 Dunsbach Ferry Road | Cohoes, NY 12047

**FORTS FERRY ELEMENTARY**

95 Forts Ferry Road | Latham, NY 12110

**LATHAM RIDGE ELEMENTARY**

6 Mercer Avenue | Latham, NY 12110

**RECORDING STUDIO**

26 Vly Rd | Albany, NY 12205

**SHAKER HIGH SCHOOL (SHS)**

445 Watervliet-Shaker Road | Latham, NY 12110

**SHAKER MIDDLE SCHOOL (SMS)**

475 Watervliet-Shaker Road | Latham, NY 12110

**SHAKER ROAD LOUDONVILLE FIRE DEPARTMENT**

550 Albany Shaker Road | Loudonville, NY 12211

**SOUTHGATE ELEMENTARY**

30 Southgate Road | Loudonville, NY 12211

REGISTRATION & PAYMENT POLICY

**Payment options:** Check or credit/debit. We are unable to accept cash.

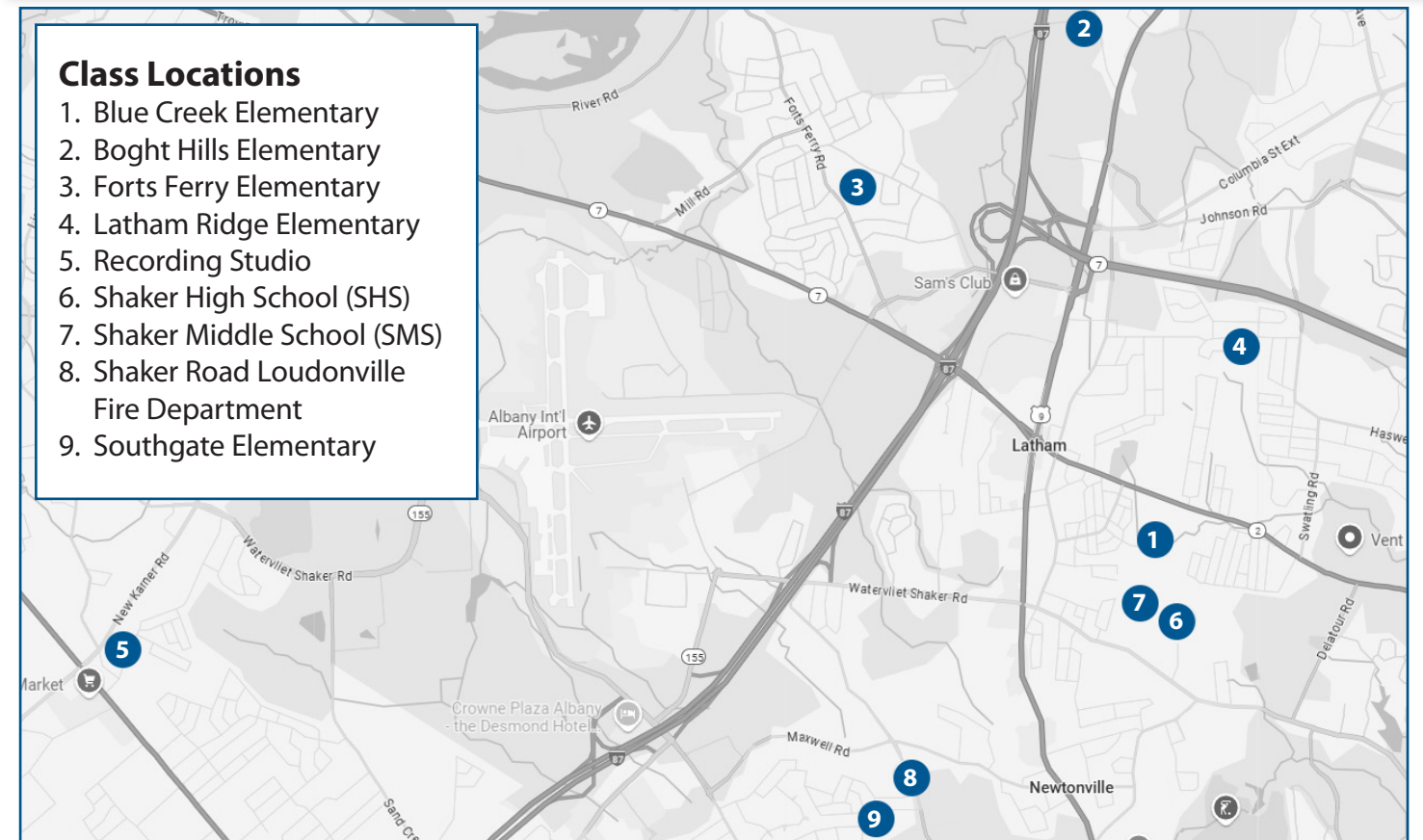
- Course registration may take place at northcolonie.org/CE
  - Use the online registration and payment option within the Arbiter Sports registration system. You may select to pay via check or online via credit/debit card.
  - If you run into issues with online registration, please contact us at 518-785-5511 x3128 or email at continuing+registration@nccsk12.org to set up an appointment to register in-person or over the phone. In-person or over the phone registrations must be paid by check.
- To pay by check, send your payment via regular mail to the following address (include your name, phone number, and course name(s)):
  - North Colonie Continuing Education Program
  - 91 Fiddlers Lane Latham, NY 12110
  - Make checks payable to: North Colonie Central School District
- Payment and registration MUST be received one week prior to the start date of the course.

**Please note:** To attend our continuing education courses, **registration is required.** If you are not registered, we are unable to provide you a seat. Unregistered attendance impacts our enrollment numbers and instructor compensation. If you experience any issues with registration, please call (518) 785-8591, email us at ContinuingEd@nccsk12.org, or schedule an appointment to register at the North Colonie CSD District Office for assistance. *We're here to help ensure a smooth registration process for everyone.*

CLASS LOCATIONS

**Class Locations**

1. Blue Creek Elementary
2. Boght Hills Elementary
3. Forts Ferry Elementary
4. Latham Ridge Elementary
5. Recording Studio
6. Shaker High School (SHS)
7. Shaker Middle School (SMS)
8. Shaker Road Loudonville Fire Department
9. Southgate Elementary



## Board of Education

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91 Fiddlers Lane, Latham, NY 12110

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Interested in teaching an Adult Education class? Visit our website at [NorthColonie.org/CE](http://NorthColonie.org/CE) to learn more!

SPRING 2025

NORTH COLONIE CONTINUING EDUCATION



North Colonie CSD  
Kindergarten Registration  
2025-2026

Open Enrollment  
1/6/25 through 2/28/25

**Register today!**  
Visit our website at  
[northcolonie.org/kindergarten-registration](http://northcolonie.org/kindergarten-registration)

(Must be 5 years old by December 1, 2025)



## SPRING 2025 Continuing Education Program - Registration Information

### ONLINE REGISTRATION

Online Registration & Payment Available  
Visit: [www.northcolonie.org/CE](http://www.northcolonie.org/CE)

### ADDITIONAL INFORMATION

General Questions? Email [continuinged@nccsk12.org](mailto:continuinged@nccsk12.org) or  
Call 518-785-5511 x3128  
Registration Questions? Email: [continuinged+registration@nccsk12.org](mailto:continuinged+registration@nccsk12.org)

**Updates & More:** Course availability and location may be  
subject to change. For the most recent updates, please visit  
the online registration portal found at:  
[www.northcolonie.org/CE](http://www.northcolonie.org/CE)