Continuing Education
welcomes the new decade ~2020

To welcome in 2020
many financial classes
have been lowered to $10

Spring 2020
Course Catalog
Supports Continuing Education

Prestwick Chase at Saratoga is upstate New York’s premier adult community. Located only 5 minutes from the heart of downtown Saratoga Springs on 120 acres, where you can relax with the knowledge you are living in a safe and secure community.

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100 Saratoga Blvd., Saratoga Springs, New York 12866
www.prestwickchase.com
(518) 584-7766
SARATOGA SPRINGS Continuing Education

SPRING 2020 REGISTRATION

The Saratoga Springs City School District would like to thank the community for your continued support in keeping the program alive. Each year we are faced with more and more challenges to keep our program going. We want you to know that we are listening to your feedback and concerns and we are trying to find ways to make you happy. Many of you did not like the transition to an online platform. While it may be convenient to some; it is a burden to others. Being charged an additional fee for using a credit card is not a concern for some; but it is for others. To satisfy both the savvy online users and others, we are encouraging you to use checks if this is your preference. You can simply mail them; or you are welcome to walk into our office which will be open at 10am for your convenience. You will notice 2 things different this session. Our senior citizen discount is now a 25% discount for both residents and non-residents due to the current financial constraints. The second thing you will notice is that we have lowered financial classes to $10 each. Please take a look, pick a class and call a friend to join you.

Thank you for your continued support,
Kristina Meys, Continuing Education Director

PROGRAM POLICIES

CANCELLATION POLICY

Classes will be canceled 2-5 days prior, if the enrollment is below the minimum expected registrations. The Saratoga Springs City School District (not the Continuing Education office) is responsible for canceling all activities due to inclement weather. When an EXERCISE class must be canceled, there will no longer be credit given due to the new pricing guidelines where one FREE class has been incorporated in the pricing.

REFUND POLICY

A class registration is a personal decision. Registrations are binding because the instructors are employed by Continuing Education and other financial commitments are made on the basis of the number enrolled. Once the session begins and a participant has made the commitment to take a course, a refund may or may not be granted based on the circumstance. Full refunds are granted only if the class is canceled due to instructor or district facilities conflicts, at which time the Office of Continuing Education will communicate the cancellation. NOTE: Extenuating circumstances will be at the discretion of the Office of Continuing Education within 10 days of the class commencement.

REGISTRATION INFORMATION

Registration is open to all Adult residents of the Saratoga Springs City School District and non-residents with an additional $3.00 fee AS INDICATED. High School students are welcome to participate with the proper registration and a signature from the parent or guardian.

A 25% SENIOR CITIZENS DISCOUNT applies to both residents and non-residents (does NOT apply for classes that meet less than 5 sessions or are designated limited enrollment classes). The discount is indicated in the catalog for eligible courses. Senior Citizens must include their date of birth to verify they are over 62 years of age before taking advantage of the discount.

HOW TO REGISTER

Mail in registration is now PREFERRED: BEFORE mailing your registration form and bank check, access the online catalog to be certain class has not been canceled or closed due to maximum enrollment.

Check payable to: Board of Education.
Mail to: Office of Continuing Education, 3 Blue Streak Blvd., Saratoga Springs, NY 12866

ONLINE REGISTRATION INSTRUCTIONS

New accounts: www.saratogaschools.org/cenew
Existing accounts: www.saratogaschools.org/ceaccount

Online registration: This allows you to immediately secure a seat but there is an additional fee to process the transaction.
Spring 2020 runs from March 3- May 14, 2020

Saratoga Springs Continuing Education LOCATIONS

Saratoga Springs High School: 1 Blue Streak Blvd, Saratoga Spr. (518) 587-6690
Caroline Street: 310 Caroline St, Saratoga Spr. (518) 584-7612
Division Street: 220 Division Street, Saratoga Spr. (518) 583-4794
Geyser Road: 61 Geyser Road, Saratoga Spr. (518) 584-7699
Lake Avenue: 126 Lake Avenue, Saratoga Spr. (518) 584-3678

SECURITY & SAFETY

Building Entrance: To insure that our children and our community remain safe and secure within our buildings; all participants of Continuing Education MUST enter and exit through the main entrance at all Locations.

Parking: Please park in designated parking areas. Parking in school bus lanes is strictly prohibited in addition to Fire Lanes which must be left open at all times.

Prohibited: Smoking, guns, and illegal drugs are prohibited on school grounds.

Elevators: Elevators are available for classes at the Middle School and High School.

Individuals participating in Continuing Education do so at their own risk. The District is not responsible for any injuries that might occur during Continuing Education classes.

ONLINE REGISTRATION BEGINS January 24, 2020
www.saratogaschools.org/ce

Pay & Play

Pay & Play is an Adult Education favorite 18 years of age and OLDER
Each sport is played based on rolling enrollment. Bring your competitive edge and $5.00

Pay & Play

Maple Avenue Middle School: 515 Maple Ave. (518) 587-4551

PAY & PLAY

POWER VOLLEYBALL
FOR MEN AND WOMEN
Adam Giannini
For ALL POWER VOLLEYBALL PLAYERS! The competition in Power Volleyball is equal to or above U.S.V.B.A. class ‘b’ level. To contend in this setting, you must be able to bump, set, spike, serve, dink, block, dig and pass proficiently. Admission to class is contingent on players’ skill level determined by instructor’s discretion. First come, first served. NOTE: This is a PAY & PLAY course. Payments are due to the instructor at Maple Avenue Middle School the night of each class.
Bring to Class: PAY THE INSTRUCTOR $5 EACH CLASS
Day: Wednesday
Dates: Runs Wed. when school is in session
Time: 7:30 PM - 9:30 PM
Tuition: $5.00 each class
Location: Maple Avenue MS / Large Gym

PAY & PLAY

VOLLEYBALL: COED
Mary Ellen Peek
Join us for semi-weekly pick-up volleyball games for Intermediate (BB/B) level players. Players are welcome at any point in the program. NOTE: This is a PAY & PLAY course. Payments are due to the instructor at Maple Avenue Middle School the night of the class.
Bring to Class: Sneakers / PAY THE INSTRUCTOR $5 EACH CLASS
Day: Tuesday, Thursday
Dates: Runs Tues and Thurs when school is in session
Time: 7:30 PM - 9:30 PM
Tuition: $5.00 each class
Location: Maple Avenue MS / Large Gym

PAY & PLAY

INDOOR SOCCER
Joella Knapp
Indoor soccer provided the opportunity to participate in this popular sport when the weather is bad. Intermediate level of soccer skills required. Participants should be familiar with the game and be in good physical condition. We must have a minimum of 15 players (male or female) to run the program for the night. NOTE: this is a Pay & Play course and a $5 payment is due to the instructor the night of each class.
Bring to Class: PAY THE INSTRUCTOR $5 EACH CLASS
Day: Monday, Thursday
Dates: 9/30/2019 - 12/19/2019
Time: 7:30 PM - 9:30 PM
Tuition: $5.00 each class
Location: Maple Ave. MS / Large & New Gym

PAY & PLAY

BASKETBALL FOR MEN
George Russo
Come join us for these pick-up basketball games. Program devoted to physical fitness for all ages. NOTE: This is a PAY & PLAY course. Payments are due to the instructor at Maple Avenue Middle School the night of the class.
Bring to Class: PAY THE INSTRUCTOR $5 EACH CLASS
Day: Monday, Wednesday
Dates: Runs Mon and Wed when school is in session
Time: 7:30 PM - 9:30 PM
Tuition: $5.00 each class
Location: Maple Avenue MS / New Gym
ANIMALS

BEGINNER DOG OBEDIENCE
Sharon Gillis
Limited Enrollment
This class is for dogs 6 mo. and older and is designed for the family pet. We will work on the Basic Obedience exercises such as Walking on a loose leash, Come, Sit, Stay, and Down. Issues such as jumping, digging and barking will be addressed. We will use a combination of treats, praise, and leash direction to help your dog understand what is expected. Dogs must be up-to-date with vaccinations. Females in heat, or dogs showing signs of illness, aggression toward other dogs or people are not allowed to attend. Please email your dog's vaccination record to dawgtrainer98@gmail.com PRIOR to the first class. LIMITED ENROLLMENT. Classes held at the Admin. Bldg. side parking lot.

Dates: 5/13/2020-6/17/2020
Time: 6:15 PM – 7:15 PM
Tuition: District Resident - $37.00 each
Non-Resident - $40.00 each
Location: MacFadden Administration - Building

DOG OBEDIENCE: LEVEL I
Tammy Van Valkenburgh
NOW WEDNESDAYS - For young and adult dogs who have successfully completed beginner dog obedience and consistently respond to commands. Learn how to work the dogs around distractions, over longer distances and longer duration. We’ll cover use of and/or improvements on the commands: stay, wait and “leave it” as well as loose leash walking. There is homework between classes! FIRST NIGHT in the Geyser Road Elementary Library - NO DOGS - We will discuss safety and equipment options; bring proof of rabies vaccination to class or email prior to first day of class. If your dog has shown aggression, this is not the class for you. Please contact me @ dogstv2@me.com if interested in private lessons.

Dates: 4/8/2020-5/20/2020
Time: 6:35 PM – 7:35 PM
Tuition: District Resident - $37.00 each
District Resident Senior Citizen - $27.00 each
Non-Resident - $40.00 each
Non-Resident Senior Citizen - $30.00 each
Location: Geyser Elementary - Side Parking Lot

PUPPY CLASS
Sharon Gillis
Limited Enrollment
This class is for puppies at least 4 months old. Learn using positive motivation to teach your dog to Come, Sit, Stay, Down, and walking on a loose leash. Issues such as jumping, digging and barking will be addressed. Dogs must be up-to-date with vaccinations. Females in heat, or dogs showing signs of illness, aggression toward other dogs or people are not allowed to attend. Please email your dog’s vaccination record to dawgtrainer98@gmail.com prior to the first class. LIMITED ENROLLMENT. Classes held at the Admin. Bldg. side parking lot.

Dates: 5/13/2020-6/17/2020
Time: 5:00 PM – 6:00 PM
Tuition: District Resident - $37.00 each
Non-Resident - $40.00 each
Location: MacFadden Administration - Building

THE LANGUAGE OF DOGS
Helen Bemis
WANT to be a dog listener? WANT to understand what your dog is saying? THEN this TWO night class is for you. The body language of your dog tells it all. Tail wagging does not necessarily mean a happy dog. Understand the difference between a friendly dog and one that is not so friendly. Understand how your own dog is feeling! JOIN us the first night for this informational evening. Handouts will be provided with plenty of time for questions. Return NEXT WEEK for discussion and experiences of your own.

Dates: 4/21/2020-4/28/2020
Time: 5:30 PM – 7:00 PM
Tuition: $20.00
Location: High School - B103

ARTS & MUSIC

DRUMS AND DRUMMING: LEVEL 1 INTRODUCTION
Larry Levine
Join THREE TIME GRAMMY/RECORDING ACADEMY COMMENDATION RECIPIENT, Larry Levine as you learn the basics of playing drums and/or hand drumming without the heavy financial commitment this art form usually entails. Setting up and understanding the equipment, learning the usage of drumsticks and brushes, proper playing technique, stick and hand control, various rhythmic patterns and many musical styles are just a few of the topics covered. Each student will have the opportunity to play complete drum sets as well as assorted hand percussion instruments. The classes will be recorded, both audio and video, for the students’ keepsake. Literature and instruments provided, students should bring their own drumsticks or a pair will be available for use. (LIMITED ENROLLMENT 6 max)

Dates: 3/3/2020-3/31/2020
Time: 6:30 PM - 9:30 PM
Tuition: District Resident - $97.00 each
Non-Resident - $100.00 each
Location: High School - E104

IN THE GLOBAL GROOVE
Larry Levine
Join THREE TIME GRAMMY/RECORDING ACADEMY COMMENDATION RECIPIENT, drummer/percussionist Larry Levine! HE’LL take you on a rhythmic journey behind the drummers and drumming of the classic music and hits. Students will have the opportunity to participate in this multi-media experience. (Register early LIMITED ENROLLMENT 6 max)

Time: 7:00 PM – 8:30 PM
Tuition: District Resident - $60.00 each
Non-Resident - $63.00 each
Location: High School - E104

NEW! DEVELOPING A CRITICAL EYE FOR GOOD THEATRE
Terry Rabine
NEW! This course will help you develop a critical eye for enjoying theatre by explaining the job of the director, actors and designers. It will also help give you the tools to critique blocking, acting and other elements of a production. With the diversity of theaters in the Albany, Saratoga Springs, Glens Falls regions, there are more than enough performances to attend. Join Terry E. Rabine, Vice-Chair of Lake George Theatre Productions, Inc., as he guides you through the elements of a successful theatre production!

Dates: 3/5/2020-4/9/2020
Time: 7:00 PM – 8:30 PM
Tuition: District Resident - $36.00 each
Non-Resident - $39.00 each
Location: High School - B106
NEW! A DEEPER APPRECIATION IN VIEWING ART

Greg Reilly

Have you visited an ART MUSEUM or exhibit only to leave with an empty feeling? This crash course in art appreciation will equip you with the new visual and analytical skills that will help you derive a deeper meaning and enjoyment when viewing art. We will look at great works of art and sharpen our visual skills of observation, learn the language of art, and make connections between the art and the historical factors that influenced them.

Dates: 3/25/2020
Time: 6:00 PM - 8:30 PM
Tuition: $12.00 each
Location: High School - B108

CR kadın

NEW! FIRST LESSONS IN DRAWING

Adam Devoe

INTRODUCTION TO DRAWING... Have you ever thought ‘I wish I could draw’? This class will get you started! You’ll learn the basics of drawing including “the confident line”, perspective, shading and more. Drawing materials will be provided and included in the $5.00 MATERIALS FEE payable to the instructor the first night of class. Come sketch your way to an everyday art habit!

Time: 6:00 PM - 7:30 PM
Tuition: District Resident - $54.00 each
Non-Resident - $57.00 each
Resident Senior Citizens - $40.50 each
Non-Resident Senior Citizen - $43.00 each
Material Fee: $5.00 paid to instructor
Location: High School - D105

ONLINE CATALOG CAN BE FOUND AT www.saratogaschools.org/ce

NEW! PHOTOGRAPHY STUDIO LIGHTING

Kevin Greene

Learn the fundamentals of how Pro photographers set the stage for editorial style shoots. Shaping patterns of light, color, and shade, this course will shed explanations and examples of how lighting plays a role in photography and art. (Material fee - for basic lighting equipment including set of two different wattage bulb - $50.00 payable to the instructor)

Dates: 3/3/2020-3/24/2020
Time: 7:00 PM - 9:00 PM
Tuition: Resident - $48.00 each
Non-Resident - $51.00 each
Material Fee: $50.00 paid to instructor
Location: High School - D103

CRAFTS

CREATING WIRE-WRAPPED JEWELRY - INTRO LEVEL

Betty Fryer

In this hands-on class, students will learn to design and create one-of-a-kind jewelry (earrings & pendants) using wire-wrapping and wire-weaving techniques: twisting, bending, curling, spiraling, hammering, creating a wire cage to a cabochon-all without soldering! Learn the properties of sterling silver, argentium, silver-filled, copper & artisan wires; incl. shape, temper and gauge and the proper tools used. Material fee of $45 will be collected first night of class to cover individual kits used for your project. Please bring to each class: wire cutters, flat-nose & round-nose pliers, 12” ruler, permanent marker, blue painter’s low-tack tape, blunt kitchen knife, scissors & emery board. (LIMITED ENROLLMENT 10 max)

Dates: 3/19/2020-4/23/2020
Time: 6:30 PM – 9:00 PM
Tuition: District Resident - $65.00 each
Non-Resident - $68.00 each
Material Fee: $45.00 paid to instructor
Location: High School - D120

RUBBER STAMPING I: STAMP A STACK OF CARDS

Sue Horne

Beat the winter blues with a great craft. You will be stamping all occasion cards and going home with TWO of each card and envelopes. No previous experience necessary. Bring a small pair of sharp scissors and adhesive. There is a $10 Materials fee payable to the instructor.

Dates: 3/5/2020
Time: 7:00 PM – 9:00 PM
Tuition: $15.00
Material Fee: $10.00 paid to instructor
Location: High School - D105

RUBBER STAMPING II: A BUNDLE OF CARDS

Dates: 3/12/2020
Time: 7:00 PM – 9:00 PM
Tuition: $15.00
Material Fee: $10.00 paid to instructor
Location: High School - D105

RUBBER STAMPING III: A STACK OF CARDS

Dates: 3/19/2020
Time: 7:00 PM – 9:00 PM
Tuition: $15.00
Material Fee: $10.00 paid to instructor
Location: High School - D105

RUBBER STAMPING IV: MORE CARDS!

Dates: 3/26/2020
Time: 7:00 PM – 9:00 PM
Tuition: $15.00
Material Fee: $10.00 paid to instructor
Location: High School - D105

SEWING DESIGNER PILLOWS

Patty Battesh

The right pillows can make your room look like a designer’s dream! Together we’ll learn how to choose the appropriate fabric, make custom cording, and use professional tips and tricks to sew pillows that will definitely look high-end. You can bring your own machine or use one of ours. You will need to purchase your own pattern and fabric for class but no machines or fabric are needed the first night. (LIMITED ENROLLMENT 10 max)

Dates: 4/2/2020-4/23/2020
Time: 6:00 PM – 9:00 PM
Tuition: District Resident - $54.00 each
Non-Resident - $57.00 each
Location: High School - D202

SEWING DRESSES

Patty Battesh

Do you love wearing dresses and wish you could learn to make your own? If you have knowledge of threading a sewing machine and stitching a seam, or need to refresh your memory, I’m here to guide you. We’ll study patterns and see how to change sleeves, necklines, length, etc. to make it exactly what you would want. You’ll learn how to choose your fabric, set in a sleeve, install an invisible zipper of, of course, ADD POCKETS! Who doesn’t LOVE POCKETS! (you’ll need to purchase your own pattern and fabric) First night of class bring your pattern, no machines or fabric. NOW LET’S SEW! (LIMITED ENROLLMENT 10 max)

Dates: 3/5/2020-3/26/2020
Time: 6:00 PM – 9:00 PM
Tuition: District Resident - $72.00 each
Non-Resident - $75.00 each
Location: High School - D202

TRY CHALK PAINT FOR FUN & PROFIT!

Mary Anastasio

Furniture painting for fun and profit! We will learn to re-surface vintage furniture with the latest techniques and style. Chalk paint, lacquer paint and stain finishes will be used to create textures, age and colors. Focus on the newest trends in painting furniture will be explored, Boho chic, Farm house style, Inlay stencil, and heavy distressed with glaze. Students will bring a small table, chair or frame to class to paint. If needed, a small UTILITY CART will be provided by the Continuing Education office to transport projects. ($10 Material fee payable to the instructor)

Dates: 3/3/2020-4/7/2020
Time: 6:00 PM – 8:00 PM
Tuition: District Resident - $75.00 each
Non-Resident - $78.00 each
Non-Resident Senior Citizen - $56.00 each
Resident Senior Citizen over 58.50 each
Material Fee: $10 paid to instructor
Location: High School - D116
UNWIND & CROCHET!
Dana Foster
CROCHET and CREATE with Dana in this beginner’s class. I’ll teach simple crochet stitches to create a stylish hat! Please bring your own light-colored yarn and a crochet hook or $7.00 material fee to purchase.
Dates: 3/5/2020-4/30/2020  Sessions: 8
Time: 6:30 PM – 8:30 PM Day(s):Th
Tuition: District Resident - $51.00 each
Non- Resident - $64.00 each
Non-Resident Senior Citizen - $40.50 each
Resident Senior citizens - $38.00 each
Material Fee: $7 if you need yarn and hook
Location: High School - D105

REINTRODUCE YOURSELF TO WOODWORKING
Preston Sweeney  Limited Enrollment
This class is geared towards individuals looking to improve their woodworking skills. Students will be familiarized with various woodworking techniques using hand and power tools. All materials are to be purchased by each individual and transported to and from class. The Continuing Education office has provided a utility cart for use, stored behind the security desk. An additional $15 lab fee will be collected the first night of class for lab expendables. Preston Sweeney is a Maple Avenue Middle School teacher from the Technology Education Dept. (LIMITED ENROLLMENT-10)
Dates: 3/5/2020-4/30/2020  Sessions: 8
Time: 6:00 PM – 9:00 PM Day(s):Th
Tuition: District Resident - $100.00 each
Non- Resident - $103.00 each
Material Fee: $15.00 paid to instructor
Location: High School - D123

DANCE
NEW! MUSIC & MOVEMENT
Elaina R
We all know by now that dancing and exercise releases tension, relaxes your body, calms the mind, and induces serenity deep into your soul. The movements Elaina will demonstrate not only represent the qualities of poise, grace, stamina, and femininity, but heighten your senses and awareness. The therapeutic effects of moving to music is priceless and benefits all individuals. JOIN ELAINA FOR HER MUSIC & MOVEMENT THERAPY.
Time: 5:30 PM - 6:30 PM Day(s):Tu
Tuition: District Resident - $39.00 each
District Resident Senior Citizens - $29.00 each
Non-District Resident - $42.00 each
Non-Resident Senior Citizen - $31.50 each
Location: Geyserv Road – Gym

BALLROOM DANCING - ADVANCED
Hershell Allen
A combination of Ballroom I, and Ballroom Intermediate, with more advanced steps. Learn additional steps in the Fox Trot, Waltz, Viennese Waltz, Samba, Quick Step, Paso Doble and others. A new dance or two will be added. This course will be helpful with the return of the ‘Big Band’ sound. FOR COUPLES ONLY
Time: 6:30 PM – 8:00 PM  Day(s):Tu
Tuition: District Resident - $125.00 for 2
Non-Resident per couple - $131.00 for 2
Location: Geyserv Road - Cafeteria

BALLROOM DANCING - BEGINNER
Hershell Allen
Offered by popular demand with the return of the big band sound. For beginners or those who want to brush up on their dancing skills. Dances will include both ballroom and Latin dancing including: Fox Trot, Waltz, Tango, Cha-Cha, and Rumba. FOR COUPLES ONLY
Time: 6:30 PM – 8:00 PM  Day(s):M
Tuition: District Resident - $125.00 for 2
Non-Resident per couple - $131.00 for 2
Location: Geyserv Road - Cafeteria

NEW!! SWANGO
Hershell Allen
SWANGO - This style of dance is a combination of WEST COAST SWING and ARGENTINE TANGO. NO prior experience is necessary to participate. The class will introduce a new style of dance to the other. FOR COUPLES ONLY - LET’S DANCE!!
Time: 8:00 PM – 9:30 PM  Day(s):W
Tuition: District Resident - $125.00 for 2
Non-Resident per couple - $131.00 for 2
Location: Geyserv Road - Cafeteria

BALLROOM DANCING - BEGINNER
Hershell Allen
Offered by popular demand with the return of the big band sound. For beginners or those who want to brush up on their dancing skills. Dances will include both ballroom and Latin dancing including: Fox Trot, Waltz, Tango, Cha-Cha, and Rumba. FOR COUPLES ONLY
Time: 8:00 PM – 9:30 PM  Day(s):M
Tuition: District Resident - $125.00 for 2
Non-Resident per couple - $131.00 for 2
Location: Geyserv Road - Cafeteria

BALLROOM DANCING - BEGINNER
Hershell Allen
Waltz, Samba, Quick Step, Paso Doble and others. A new dance or two will be added. This course will be helpful with the return of the ‘Big Band’ sound. FOR COUPLES ONLY
Time: 6:30 PM – 8:00 PM  Day(s):Tu
Tuition: District Resident - $125.00 for 2
Non-Resident per couple - $131.00 for 2
Location: Geyserv Road - Cafeteria

SWING I
Hershell Allen
SWING is one of the most popular dances in the world! Come have an invigorating, fun-filled experience as you learn the Jitterbug, Lindy-Hop and Jive. FOR COUPLES ONLY
Time: 6:30 PM – 8:00 PM Day(s):W
Tuition: District Resident - $125.00 for 2
Non-Resident per couple - $131.00 for 2
Location: Geyserv Road - Cafeteria

WEST COAST SWING
Hershell Allen
West Coast Swing is characterized by an elastic look that results from its extension-compression technique of partner connection. Dancing in primarily a slotted area on the dance floor to moderate tempo blues and R&B music. Go back in time to the 1930’ & 1950’s for some fun! FOR COUPLES ONLY
Dates: 3/2/2020-5/11/2020  Sessions: 10
Time: 8:00 PM – 9:30 PM Day(s):M
Tuition: District Resident - $125.00 for 2
Non-Resident per couple - $131.00 for 2
Location: Geyserv Road – Cafeteria

STRENGTH TRAINING FOR WOMEN MON & WED
Susan Johnson
Join us in a relaxed atmosphere; a class for all ages with both standing and floor strengthening exercises. Participants must bring own hand weights, yoga mat and water bottle.
Time: 6:00 PM – 7:00 PM Day(s):M, W
Tuition: District Resident - $102.00 each
District Senior Citizen - $76.50 each
Non- Resident - $105.00 each
Non-Resident Senior Citizen - $79.00 each
Location: Caroline Street – Large & Small Gym

MONDAY only
Dates: 3/2/2020-5/11/2020  Sessions: 10
Time: 6:00 PM – 7:00 PM Day(s):M
Tuition: District Resident - $57.00 each
District Senior Citizen - $43.00 each
Non- Resident - $60.00 each
Non-Resident Senior Citizen - $45.00 each
Location: Caroline Street Large Gym

WEDNESDAY only
Time: 6:00 PM – 7:00 PM Day(s):W
Tuition: District Resident - $51.00 each
District Senior Citizen - $38.00 each
Non- Resident - $54.00 each
Non-Resident Senior Citizen - $40.50 each
Location: Caroline Street Large Gym
TABATA -MON & WED
Kendra Vickers-Evans
Tabata timing entails 20 seconds of cardiovascular exercises and 10 seconds of rest or relief periods, repeated 8 times for a total of 4 minutes. Varying the intensity of effort exercises the heart muscle, providing a cardiovascular workout, improving aerobic capacity and permitting exercise for longer and/or more intense levels. We use weights and mats to give you a great workout.

Dates: 3/2/2020-5/13/2020
Time: 5:30 PM - 6:30 PM
Tuition: District Resident - $105.00 each
District Senior Citizen - $79.00 each
Non-Resident - $108.00 each
Non-Resident Senior Citizen - $81.00 each
Location: Geyser Road - Gym

ZUMBA -THURS only
Dates: 3/12/2020-5/14/2020
Time: 6:00 PM – 7:00 PM
Tuition: District Resident - $45.00 each
District Senior citizens - $34.00 each
Non-Resident - $48.00 each
Non-Resident Senior Citizen - $36.00 each
Location: Division Street Large Gym

FINANCIAL
ANNUITIES DEMYSTIFIED IN 2020
Robert Gomez
Annuities - are a way of saving with certainty. Its main competition is the certificate of deposit. The features of these two ways of saving will be compared by their commonalities and their differences. Your questions of using the differences to address your needs will also be discussed and demonstrated.

Dates: 3/17/2020
Time: 6:00 PM – 7:00 PM
Tuition: $10.00
Location: High School - B105

ARE YOU READY TO DOWNSIZE?
Neil Bindeglash
According to AARP, an American turns 50 every eight seconds. That is more than 30,000 people every day. During this time, many people begin to think about downsizing, either by choice or because of health related issues. This 1 1/2 hour class will give an overview about how to break this mammoth task down into manageable pieces: Topics will include: Sorting your possessions, how to downsize, how to get rid of no longer needed items, space planning for a new residence, questions to ask before you hire a mover, home staging, when a Senior Move Manager is right for you, questions to ask before you hire them.

Dates: 3/31/2020
Time: 6:30 PM – 8:00 PM
Tuition: $10.00
Location: High School - B103

ESTATE ESSENTIALS: PLANNING FOR YOUR FUTURE AND YOUR FAMILY
Edward Martin
Join Ed Martin, a local estate planning attorney with the law firm of Lavelle & Finn LLP, as he leads a discussion on timely estate planning opportunities. Learn about wills, powers of attorney, health care proxies, using trusts for asset protection, probate avoidance, tax reduction, long-term care planning, Medicaid eligibility and more.

Dates: 4/7/2020
Time: 5:00 PM – 7:00 PM
Tuition: $10.00
Location: High School - B113

How to organize your estate
Debra Verni
An estate plan is a roadmap (in reality a set of documents) that outlines what you want to happen to you, your dependents, and your assets (and liabilities) if you are not able to speak for yourself. If you are single, married, and/or have kids, and/or have significant or unusual assets, and/or own part of or all of a business, you must definitely need an estate plan! This class will identify the “must have” documents for your estate plan.

Dates: 4/9/2020
Time: 6:30 PM – 8:30 PM
Tuition: $10.00
Location: High School - B105
GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE: AN INTRODUCTION TO PROFESSIONAL VOICE-ACTING
Will Hahn
GREAT OPPORTUNITY! Travel south one night for a voice class in an actual STUDIO! If you have ever been told you have a great voice... this is the class for you. From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare and where to find work in this exciting field!

CLASS #1
Dates: 3/2/2020 Sessions: 1
Time: 6:30 PM – 9:00 PM Day(s):M
Tuition: $15.00
OFF SITE LOCATION: Creative Voice Dev Group
26 Vly Rd, Albany NY 12205

CLASS #2
Dates: 3/30/2020 Sessions: 1
Time: 6:30 PM – 9:00 PM Day(s):M
Tuition: $15.00
OFF SITE LOCATION: Creative Voice Dev Group
26 Vly Rd, Albany NY 12205

MAXIMIZING YOUR SOCIAL SECURITY BENEFITS
Frank Finch
A few key decisions can make a big difference in the amount of your social security benefit. Attend our hands-on workshop and learn strategies to get the most money from Social Security and other retirement sources. Learn how to plan for and minimize taxes and other costs during retirement, as well as how to wisely grow and protect your retirement income. This session will cover key Social Security choices, such as individual and spousal options and when to take your benefit, as we explore simple steps to maximize your money. We will also give limited attention to Medicare and health care costs and choices. Join us before you make final decisions that may not be able to be reversed.

CLASS #1
Dates: 3/18/2020 Sessions: 1
Time: 6:00 PM – 8:00 PM Day(s):W
Tuition: $10.00
Location: High School - B106

MULTI-GENERATIONAL PLANNING
Frank Finch
You’ve worked hard, have accumulated money and assets, and are looking forward to enjoying an active retirement. Let’s hope you don’t need expensive extended care in the future, but, what if you did? How important is it for you to protect your remaining wealth to your family upon your death? How important is it for you to remain free to choose where you live, and with whom you’re surrounded as you age? Come explore planning ideas to fit your mindset and your values. This course is designed to help empower people to maintain their independence, as well as their investments and dignity throughout their retirement years.

Dates: 5/13/2020 Sessions: 1
Time: 6:15 PM – 8:00 PM Day(s):W
Tuition: $10.00
Location: High School - B103
NAVIGATING THE WORLD OF RETIREMENT PLANNING STRATEGIES
Frank Finch
This class focuses on breadth and not depth that will improve your consumer confidence by defining popular, and new, products and financial strategies that bombard us in the media. These products and strategies include: age/stage-related mutual funds, portfolio construction approaches, IRAs, annuities (i.e., variable, fixed, immediate, deferred, guaranteed income features); various life insurance and long term care insurance policies, etc.. You will leave the class with a better understanding of retirement products and strategies, and for whom they are designed.

Dates: 4/29/2020
Time: 6:15 PM – 8:00 PM
Tuition: $10.00
Location: High School - B103

RETIREMENT PLANNING TODAY 5 hours
Steve Hipsley
This two part course is designed to get you prepared for retirement. Income sources, investing, taxes, and estate planning are just one component of retiring. We will also discuss the holistic side of retirement. This course blends financial education with life planning to help you build wealth, align your money with your values, achieve your retirement lifestyle goals and provide you with the tools necessary to achieve those goals. Couples are encouraged to attend.

CLASS #1
Dates: 4/23/2020-4/30/2020
Time: 6:30 PM – 9:00 PM
Tuition: District Resident (individual) - $15.00
District Resident - couple - $25.00 for 2
Non-Resident (individual) - $18.00 each
Non-Resident - couple - $31.00 for 2
Material Fee: $25 Fee for Textbook per couple.
Location: High School - B106

CLASS #2
Dates: 5/6/2020
Time: 6:00 PM - 7:15 PM
Tuition: $10.00
Location: High School - B105

THE NEW & CURRENT REVERSE MORTGAGE FOR Y2020
Burton Farbstein
Seniors age 62+ and interested family members- This course will guide you through the relevant facts, dispel old myths and clarify misconceptions about current Reverse Mortgages and whether it is the RIGHT CHOICE FOR YOU! We discuss the qualifications, mortgage types, different ways to receive your Tax-Free cash, impact on inheritance and heirs, and different ways a Reverse Mortgage can positively impact your life in matters of retirement planning, health-related services and improving your overall lifestyle. (Mr. Farbstein is a NYS licensed Mortgage Loan Originator)

CLASS #1
Dates: 4/7/2020
Time: 6:00 PM - 7:15 PM
Tuition: $10.00
Location: High School - B105

CLASS #2
Dates: 5/6/2020
Time: 6:00 PM - 7:15 PM
Tuition: $10.00
Location: High School - B105

WHAT ARE YOUR COINS AND CURRENCY WORTH?
Anthony Swiatek
Do you have any coins and currency in a drawer, storage container or safe deposit box? Are you aware that your proof set valued at $6 and $8 can be worth $13,000 and $200,000 respectively? That's not a typo! Likewise, your 2000 Sacagawea golden colored dollar could be worth $7500 to $67,000!!? Find out what your 2000 Sacagawea colored dollar could be worth. Are you aware that your proof set valued at $6 and $8 can have a set value of $13,000? If you have a Trust, do you need a Will? Is a Wills vs. Trusts? Learn the answers to these and many other estate planning questions. There will be ample time for questions.

Dates: 3/12/2020
Time: 6:30 PM - 8:30 PM
Tuition: $10.00
Location: High School - B105

WILLS vs. TRUSTS
Debra Verni
If you have a Trust, do you need a Will? Is a Trust better than a Will? If don’t have a Will or a Trust, where will all of my assets go? What’s the difference between a Revocable and Irrevocable Trust? Learn the answers to these and many other estate planning questions. There will be ample time for questions.

Dates: 3/12/2020
Time: 6:30 PM - 8:30 PM
Tuition: $10.00
Location: High School - B105

BAKING PASTRIES
Tara Penge
Tara is the owner and the chef of Geyser Lodge. She attended The Culinary Institute of America and has worked 30 years in the restaurant business. This specific class will teach you how to make the cakes, pastries, and cookies served to our guests, as well as baking enough to take home to your family.

Class will be held at the Geyser Lodge, 182 Ballston Ave., Saratoga Springs NY.

Dates: 3/4/2020
Time: 6:00 PM – 8:00 PM
Tuition: $15.00
Material Fee: $20.00 paid at time of registration

FAMILY DINNERS on the DASH
Amy Kantor
Stress and panic need not be ingredients for nightly dinner ideas in a busy family. You can put tasty and wholesome food on the table with a few simple recipes and ingredients in stock.

Go International! Take linguini with clam sauce, so fast a 12-year old can make it. Chinese fried rice with frozen veggies, shrimp or chicken, or even tofu. So easy! Finally, tacos w/o the commercial spice packets. Amy has been cooking and creating meals for her son since kindergarten and now he’s finishing college.

Dates: 3/24/2020
Time: 6:30 PM - 9:30 PM
Tuition: $15.00
Material Fee: $15.00 paid at time of registration

MIDDLE EASTERN MEDLEY
Amy Kantor
Tired of spending $5 for a small tub of hummus? Determined to experiment with budget friendly recipes? We'll do it all in this class, from making three distinct chickpea spreads (hummus) including pumpkin and chocolate dessert [with secret ingredients: maple syrup, tahini, vanilla & cocoa powder]. Delicious, healthy, vegan & guilt-free!

Dates: 4/1/2020
Time: 6:30 PM - 9:30 PM
Tuition: $15.00
Material Fee: $15.00 paid at time of registration

ONLINE CATALOG CAN BE FOUND AT www.saratogaschools.org/ce

Register ONLINE at www.saratogaschools.org/ce
NEW! CHOCOLATE MAKING BASICS

Deb Morris

NEW! LOVE CHOCOLATE? Come experience the creation of decadent chocolate treats with Deb Morris. She’ll begin with a bit of history...where do cacao beans come from? What exactly is bloom? Best of all...why can’t I stop raiding my kid’s Halloween treat bag?! Then move on to the kitchen where you’ll be able to make (and eat) several of your own chocolate treats while learning how (and why) to temper chocolate. Bring your apron! (Material fee of $25.00 payable to Deb Morris for ingredients (and the bonus lecture!)

Dates: 5/6/2020
Time: 6:30 PM - 8:30 PM
Tuition: $10.00
Material Fee: $25.00 paid at time of registration
Location: High School - D201

WHEN IS IT BRUNCH?

Amy Kantor

No brunch is complete without fluffy favorites such as quiche with a homemade crust, French toast casserole, hash brown casserole and Strata (great use for stale bread). Caterer Amy Kantor will demonstrate the ins and outs of some of her menu classics used this last quarter century. Since casseroles must sit uncooked for 24 hours, she’ll bring ready-to-eat versions and we’ll make mini take-home portions.

Dates: 3/18/2020
Time: 6:30 PM - 9:30 PM
Tuition: $15.00
Material Fee: $15.00 paid at time of registration
Location: High School - D201

MAKING FOR MATURE SKIN

Patricia Forward

Our skin is the largest organ of the body. It is a protective shell that needs to be nourished and nurtured. As we age, not only will our bodies change, our skin loses elasticity (elastosis), the skin’s surface thins developing age spots and changes in pigmentation, causing makeup application to be more challenging. My class will provide tips and tricks on how to correct or conceal these imperfections to look younger. Makeup is all about illusion. You will leave with the knowledge necessary to determine which skin products are beneficial to your skin keeping it hydrated and nourished. You will learn makeup application to enhance your skin tone, eyes, brows, lips and cheeks and much more!

Dates: 4/8/2020
Time: 6:00 PM – 9:00 PM
Tuition: $15.00
Material Fee: $5.00 paid to the instructor
Location: High School - D121

NEW! HOW TO BECOME AN AUTHOR OF CHILDREN’S BOOKS

Fern DiSiena

Fern DiSiena has been an author of children’s books for 12 years, publishing a total of 5 books written in Thai-English. In July 2019, I was invited locally, as a guest star to read and sign my books at Northshire Bookstore, on Broadway in Saratoga Springs. Recently, I was a guest on a TV cable show in NYC to share my knowledge and experience as an author, as well as volunteering to read my books at local schools and libraries. Allow me the opportunity to share my knowledge and experience to those interested in writing children’s books.

Dates: 5/7/2020
Time: 6:00 PM - 7:30 PM
Tuition: $15.00
Location: High School - B106

ONLINE CATALOG
CAN BE FOUND AT
www.saratogaschools.org/ec
MESSAGEs FROM BEYOND 2020
Hillary Kramer
Reunite with your loved ones on the Other Side who guide and comfort your way! In this moving and profound presentation filled with compassion, Hillary will convey intuitive messages that demonstrate there is more to life than what you think. Integrating her clairvoyant gifts with academic credentials, Hillary will offer guidance and inspiration on your life's important choices. For 35 years, Hillary has offered consultations with accuracy and insight to clients across the country. Info: www.hillarykramermrsw.com.
Dates: 5/7/2020
Time: 7:00 PM – 8:30 PM
Day(s):Th
Tuition: $15.00
Location: High School - B102

NEW!! DRESSING YOUR BEST FOR YOUR INTERVIEW
Jill Boyd
Did you know that your image says a great deal about you? As well as your culture, education, confidence/self-esteem and if you’re a team player? Think about the messages you want to convey through your appearance and body language. The nonverbal cues that you project give more information than what you actually are about to say. Of course, qualifications and experience count but haven’t you wondered why another with a similar background was hired rather than you? Employment personnel make instantaneous decisions as you enter the room, as to whether you will be a serious candidate to consider. It’s much like an audition on Broadway; the director instinctively identifies potential talent. You’ll learn 3 considerations for preparing for this most important day! Jill Boyd is an image consultant and former HR professional.
Dates: 3/11/2020
Time: 6:00 PM – 7:30 PM
Day(s):W
Tuition: $12.00
Location: High School - D103

VISION BOARD PARTY!
Lauren Mascolo
Throw out your 2019 New Year’s Resolutions! Studies show the majority of resolutions are never achieved, UNLESS you create a Vision of what you want for the future. This is a powerful process in clarifying your goals and mapping out your vision into reality whether it be getting in shape, losing weight, considering a new career path, or just to find happiness. Vision Boards are such fun and an enlightening way to scope out your goals using a variety of images, phrases, and words that appeal to you. Learn how to actualize your goals and create a visual tool to attain all you desire!
A Materials Fee of $15 is payable to the instructor.
Dates: 5/7/2020
Time: 6:00 PM - 7:45 PM
Day(s):Th
Tuition: $15.00
Material fee: $15 paid to instructor
Location: High School - D103

NEW!! IMAGINING AMERICA: CONTEMPORARY AMERICAN SHORT STORIES
Marino D’Orazio
Join Professor, Marino D’Orazio, JD, PhD, as he facilitates readings and discussion of some of the best American Contemporary short stories and the ways in which distinguished authors (of different ethnic, cultural or racial backgrounds) address through their fiction the complexities of our society and the similarities & differences between the “American Dream” and current reality. (a materials fee will be collected if unable to access pdf files and print from a computer) Required textbook: “Imagining America: Stories from the Promised Land” edited by Wesley Brown. (available on Amazon.com)
Time: 7:00 PM – 9:00 PM
Day(s):W
Tuition: District Resident - $75.00 each
District Senior Citizen - $56.00 each
Non-Resident - $78.00 each
Non-Resident Senior Citizen - $58.50 each
Material Fee: see class description
Location: High School - B104

NEW!! FLY FISHING
Ralph Yusavage
Learn to FLY FISH from an Orvis endorsed guide. Begin with classroom time explaining the many different pieces of equipment, how they are used and the basics of relevant stream entomology and appropriate choice and use of flies. Some outdoor or gym space learning to cast and some of the many different casts that may be used. We’ll take a trip to the Spa State Park or Kayaderosseras Creek to learn how to read a trout stream. (Material fee of $35 to rent a rod and reel for casting - payable to instructor.) LIMITED ENROLLMENT register early!
Dates: 3/5/2020-4/2/2020
Time: 7:00 PM – 9:00 PM
Day(s):Th
Tuition: District Resident - $60.00 each
Non-Resident - $63.00 each
Material Fee: $35 to rent equipment
Location: Saratoga Springs High School Library

NEW!! IMAGE, COLORS, STYLE AND HOME DECOR
Jill Boyd
Surrounding yourself with your true expression is often captured with your favorite colors and home decor. Mirroring your image becomes an absolute comfort as your home becomes your sanctuary. This class focuses on your personal style and preferences and how they are reflected in your home. Jill Valerie Boyd is an image consultant with a Master’s Degree in counseling and is author of “Ageless & Iconic Looking Fabulous At Any Age.”
Dates: 4/8/2020
Time: 6:00 PM – 7:30 PM
Day(s):W
Tuition: $12.00
Location: High School - D103

NEW!! DRESSING YOUR BEST FOR YOUR INTERVIEW
Jill Boyd
Did you know that your image says a great deal about you? As well as your culture, education, confidence/self-esteem and if you’re a team player? Think about the messages you want to convey through your appearance and body language. The nonverbal cues that you project give more information than what you actually are about to say. Of course, qualifications and experience count but haven’t you wondered why another with a similar background was hired rather than you? Employment personnel make instantaneous decisions as you enter the room, as to whether you will be a serious candidate to consider. It’s much like an audition on Broadway; the director instinctively identifies potential talent. You’ll learn 3 considerations for preparing for this most important day! Jill Boyd is an image consultant and former HR professional.
Dates: 3/11/2020
Time: 6:00 PM – 7:30 PM
Day(s):W
Tuition: $12.00
Location: High School - D103

RETURNS BASIC MAP & COMPASS WORKSHOP
Sherri Odell
GET OUTDOORS!!
While we have a few weeks left of Spring, and with Summer soon approaching, learn a fun and simple way to navigate in the wilderness. Students will gain knowledge on how to use a base plate, orienteering compass, how to read a topographic map, and how to use a compass with that topographic map.
Dates: 5/6/2020-5/13/2020
Time: 6:00 PM – 8:30 PM
Day(s):W
Tuition: District Resident - $27.00 each
Non-Resident - $30.00 each
Material Fee: $12.00 paid to instructor
Location: High School – Library

NEW!! IMAGINING AMERICA: CONTEMPORARY AMERICAN SHORT STORIES
Marino D’Orazio
Join Professor, Marino D’Orazio, JD, PhD, as he facilitates readings and discussion of some of the best American Contemporary short stories and the ways in which distinguished authors (of different ethnic, cultural or racial backgrounds) address through their fiction the complexities of our society and the similarities & differences between the “American Dream” and current reality. (a materials fee will be collected if unable to access pdf files and print from a computer) Required textbook: “Imagining America: Stories from the Promised Land” edited by Wesley Brown. (available on Amazon.com)
Time: 7:00 PM – 9:00 PM
Day(s):W
Tuition: District Resident - $75.00 each
District Senior Citizen - $56.00 each
Non-Resident - $78.00 each
Non-Resident Senior Citizen - $58.50 each
Material Fee: see class description
Location: High School - B104

NEW!! SARATOGA DURING THE VICTORIAN ERA
Hollis Palmer
During the Victorian Era, Saratoga Springs was the number one place to be during the summer season. Those who visited reflected the values, behaviors and culture of the era. The story of Saratoga during this time period will be told in three parts:
Part 1 - Saratoga until the Civil War - the age of hotel life
Part 2 - Saratoga 1865-1886 - the age of great hotels in their prime
Part 3 - Saratoga 1886-1910 - the decline begins
Time: 6:30 PM - 8:00 PM
Day(s):W
Tuition: $27.00
Location: High School – Library

THE SURGEON IS IN: A HISTORY OF MEDICINE in the REVOLUTIONARY WAR ERA
Joe Craig
Think you know your REVOLUTIONARY WAR HISTORY? Did it include medicine? The "Healing Arts" at that time were uncomfortable, sometimes very painful and scary! Uncertain of their outcome and often ineffectual, still, they were the only options for ill, injured or wounded persons. Discover how healers did the best they could considering patients were stricken with sickness and trauma. Join Joe Craig as he takes you back in time to the 1700's!
Dates: 4/23/2020
Time: 7:00 PM - 8:30 PM
Day(s):Th
Tuition: $12.00
Location: High School - B105
GARDENING

CONTAINER HERB & EDIBLE

Suzanne Balet-Haight
Create a beautiful and delicious herb garden with colors and textures. It’s easy to harvest your own fresh herbs for cooking. Great for a sunny window or on the patio as the weather warms up. Materials fee of $20 payable to Suzanne Balet-Haight of Balet Flowers & Designs. www.facebook.com/BaletFlowers and www.baletflowers.com

Dates: 3/18/2020
Time: 6:30 PM – 9:00 PM
Tuition: $15.00
Material Fee: $20 paid to instructor
Location: High School - D116

SPRING POT FOR YOUR PORCH

Niki Russell
Come make your first spring pot for your porch! We’ll use a variety of annuals, perennials, and herbs to brighten up your pot. While we plant, we’ll discuss watering tips, dead heading and root systems. Welcome the Spring with planting. Material fee of $15 payable to instructor for pot, soil and plants.

Dates: 4/23/2020
Time: 6:30 PM – 9:00 PM
Tuition: $15.00
Material Fee: $15 paid to instructor
Location: High School - D116

HEALTH & WELLNESS

ALZHEIMER’S AND OTHER DEMENTIAS FOR FAMILIES

Maria Geizer
For family members of people who are currently living with early, middle or late stage Alzheimer’s Disease and other dementias. Topics covered will be: Alzheimer’s Disease or other dementias overview, Capturing Life’s Journey, Techniques to Manage Behavior, and Activities to Encourage Engagement. Alzheimer’s effects short-term memory; *Participants must have personal experience with Alzheimer’s or other dementias.

Dates: 3/3/2020 - 4/7/2020
Time: 6:00 PM – 7:00 PM
Tuition: $10.00
Location: High School - B107

PARENTS and/or GUARDIANS of ANXIOUS CHILDREN (PAC)

INFORMATION & SUPPORT – A110M

Karen Dickinson
Parenting a child who suffers from anxiety can be a very challenging role. This class can offer families an opportunity to feel less alone by providing a supportive and confidential setting to openly discuss their feelings and everyday struggles. Weekly sessions will include opportunities for parents to share their personal stories, read and openly discuss informational articles on anxiety, and hear from guest speakers who have personal experience with anxiety, or professional knowledge of parenting the anxious child. *Participants must agree to keep all personal information shared, during this informational and support class, confidential to its members.

Dates: 3/3/2020 - 4/7/2020
Time: 6:00 PM – 7:00 PM
Tuition: District Resident - $32.00 each
Non-Resident - $35.00 each
Location: High School – Library

ONLINE CATALOG CAN BE FOUND AT
www.saratogaschools.org/ce
MALE & FEMALE BRAINS: HOW ARE WE DIFFERENT?
Rachel McDermott
In this two-night workshop, we will discuss expression emotion vs. bonding and sharing. In addition, this is everyone’s favorite topic: the Male brain vs. the Female brain; then on to communication differences; expectations; and techniques to apply for conflict resolution. In the second class, we will discuss living by your values and the five essential features in a dating relationship.

Dates: 3/17/2020-3/19/2020
Time: 6:00 PM - 7:30 PM
Day(s): Tu, Th
Tuition: $20.00
Location: High School - B103

NEW! PRIME TIME HEALTH
Sherri Rose
Join us in a group setting as we use science-based research to discuss how the food we eat affects our brains, our body, and our behavior. We use workbooks and activities to demonstrate how lifestyle, exercise, attitude and nutrition affect our overall health. This is a great opportunity to hear from others, make some new friends and connect with others who understand and support you in your health and wellness journey. Add years to your life and life to your years with the Prime-Time Health Plan.

Dates: 3/24/2020-4/07/2020
Time: 6:30 PM - 8:30 PM
Day(s): Tu
Tuition: $20
Location: High School - B103

NEW! SELF-CARE IS A STRESS MANAGEMENT STRATEGY
Lynn Sickles
NEW! Our own individual needs are often overlooked as we get caught up in the overwhelming busyness of our day to day lives while meeting the needs of others. Although, stress can be eliminated, to avoid the negative effects of stress on the body, developing a few stress management and self-care habits can help us live a life of health and well-being. In this two night class we will dispel the myth that self-care is selfish, whereas self-care is about replenishing your resources without depleting someone else’s.

Dates: 4/2/2020-4/9/2020
Time: 6:30 PM – 8:00 PM
Day(s): Th
Tuition: $20.00
Location: High School - B104

NEW! PREPARING FOR PREGNANCY
Sherri Rose
A healthy pregnancy starts before conception and continues well after delivery. Dr. Sears’ years of pediatric experience provides relevant and valuable information to both new and experienced moms in all stages of pregnancy. This is a great opportunity to hear from others, make some new friends and connect with others. Attend any or all of the workshops - Prepare Right Now, Eat Right Now and Live Right Now!

Dates: 3/24/2020-4/07/2020
Time: 6:30 PM - 8:30 PM
Day(s): Tu
Tuition: District Resident Individual: $36.00
District Resident Couple: $40.00 [2]
Non-Resident Individual: $40.00
Non-Resident Couple: $44.00
Location: High School - B108

TWEEN/TEEN/WOMEN’S SELF DEFENSE SEMINAR
Lauren Mascaro
This class is designed to make you more aware, prepared, and ready for any situation that may occur in your everyday life on any given day. How this approach differs from any other, is that you will start from the point of attack. I believe attacks begin before it becomes physical, and I teach how to avoid the attack altogether. This class will be fun and engaging, after all, self-defense should not be a scary thing, it should make you feel smarter and stronger. I guarantee you will leave my class immediately feeling empowered and more confident. (Wear comfortable clothing & soft soled shoes)

Dates: 3/26/2020
Time: 6:00 PM – 7:45 PM
Day(s): Th
Tuition: $15.00 each
Location: High School – Teaching Auditorium

NEW! THE POWER OF "NO"
Joelle Lydon
Imagine all of the cool ideas in this world that never happened and all of the really important requests that were never made because the woman who had the idea or the request was afraid of hearing the word “no.” Join us to learn 3 key ways you can begin to harness the power of “no” so it no longer stops you in business and life. Joelle Lydon, MA, CPC is an internationally sought after Relationship expert. Release your inner self and take responsibility for your life’s trajectory!

http://www.yourlovebydesign.com/coaching

Dates: 4/21/2020
Time: 6:30 PM – 7:30 PM
Day(s): Th
Tuition: $12.00
Location: High School – Library

PARENTS & ELECTRONICS: BALANCING THE TWO
Rachel McDermott
SUMMER IS COMING! A workshop for parents or guardians to discuss the era of electronics and the challenges they present. We’ll determine the differences between a need from a want; work vs. play; present vs. future needs; and expectations in the social and/or educational setting. We’ll also discuss how to negotiate rules when it comes to a parent’s vs. a child’s use for these electronic devices: be it a computer, laptop, IPad, or Iphone.

Dates: 5/5/2020-5/7/2020
Time: 6:00 PM – 7:30 PM
Day(s): Tu, Th
Tuition: $20.00
Location: High School - Library

CONVERSATIONAL SPANISH
Lali Roura
This course is designed for those with intermediate and advanced Spanish language skills willing to practice everyday Spanish through dialogues and conversation. Students will learn new expressions and vocabulary that will help them improve their spoken Spanish and their ability to communicate in Spanish. Purchase of the book “Spanish Conversation” by Jean Yates, ISBN: 978-1-259-58636-1 is needed for this class. Ven y anete conmigo! ($2 Material fee payable to the instructor)

Dates: 3/4/2020-4/22/2020
Time: 6:30 PM – 8:00 PM
Day(s): W
Tuition: District Resident - $63.00 each
District Senior citizens - $47.00 each
Non-Resident - $66.00 each
Non-Resident Senior Citizen - $49.50 each
Material fee: $2 paid to instructor
Location: High School - B107

You are welcome to walk into our office in the
McFadden Administration Office
or mail your payment to
Continuing Education at 3
BlueStreak Blvd. Saratoga
Springs NY 12866
GERMAN: BEGINNING TO INTERMEDIATE
Regina Hartmann-Hurwitz
This course emphasizes everyday spoken German and German culture. Learn how to pronounce and readGerman and words and texts. We will also study some grammatical rules. New skills will be applied in conversations as they would occur in everyday situations. Accommodation will be made for both beginning and intermediate level students.

Time: 7:00 PM – 9:00 PM  Day(s):Tu
Tuition: District Resident - $86.00 each
Non-Resident - $89.00 each
Non-Resident Senior Citizen - $67.00 each
Resident Senior Citizen - $64.50 each
Location: High School - B106

SPANISH FOR BEGINNERS
Lali Roura
This class is an introduction for people with no or very little knowledge of the Spanish language. We will learn basic grammar, pronunciation, greetings, and useful expressions for practical situations. Ven y unete conmigo! (§6 material fee payable to the instructor)

Time: 6:30 PM – 8:00 PM  Day(s):Tu
Tuition: District Resident - $81.00 each
District Senior Citizens - $61.00 each
Non-Resident - $84.00 each
Non-Resident Senior Citizen - $63.00 each
Material fee: §6 paid to instructor
Location: High School - B104

PUBLIC

NYS SAFE BOATING COURSE
Timothy McGuiggan
Those born on or after May 1,1996 are required to successfully complete an approved Boaters Education Course in order to operate a motor boat. Current marine legislation does now require all personal watercraft operators to possess and carry a Safety Certificate for the 2020 season! This instructor led, state approved, workshop will cover the basic principles of safe and legal boating practices. Completion of this three evening course is mandatory in order to meet the State hourly requirements for personal watercraft (PWC) operators of all ages. Individuals less than 10 years of age may NOT participate. $30 Lab fee due to instructor

Dates: 3/16/2020-3/30/2020  Sessions: 3
Time: 6:00 PM – 9:00 PM  Day(s): M
Tuition: $20.00
Material Fee: $30.00 paid to instructor
Location: High School - B104

DEFENSIVE DRIVING 6 HOUR COURSE
Michelle Stuchci
This course will award all principle operators of a motor vehicle with a minimum 10% reduction in auto liability, no-fault, and collision insurance premiums each year for a three year period. In addition, those motorists who have incurred violation points on their record will receive up to a four point reduction. The program consists of six hours of classroom instruction focused on highway safety and alcohol education to increase driver awareness and promote safe driving behaviors. Participants will be involved in group discussions, lecture, and viewing videos. Course materials include a student workbook and a certificate upon completion. $30 Lab fee payable to instructor. BOTH NIGHTS MANDATORY

Time: 6:00 PM – 9:00 PM  Day(s):W, Th
Tuition: $20.00
Material Fee: $30.00 paid to instructor
Location: High School - B104

MECHANICAL CLOCK REPAIR I
Karl Burghart
This class will be the first of a two semester course. Repair I is the first course covering the basics of clock repair. The initial investment will be a $25.00 mechanical clock movement kit that you will be using for Repair I and II. Students will learn basic repair techniques with hands-on demonstrations. Students will learn pivot polishing on the lathe and bushing techniques. You will be using for Repair I and II. Students will learn pivot polishing on the lathe and bushing techniques.

Dates: 3/19/2020-5/14/2020  Sessions: 8
Time: 6:00 PM – 8:00 PM  Day(s):Th
Tuition: District Resident - $52.00 each
District Senior Citizen - $39.00 each
Non-Resident - $55.00 each
Senior Citizen - Non Resident - $41.00 each
Material Fee: $25 for clock kit paid to instructor
Location: High School - computer lab - library

MECHANICAL CLOCK REPAIR II - ADVANCED
Peter Elmendorf
Prerequisite for this class will be Repair of Mechanical Clocks I. Students will work on their own clocks during class with help from the instructors as needed.

Dates: 3/19/2020-5/14/2020  Sessions: 8
Time: 6:00 PM – 8:00 PM  Day(s):Th
Tuition: District Resident - $52.00 each
District Senior Citizen - $39.00 each
Non-Resident - $55.00 each
Non-Resident Senior Citizen - $41.00 each
Location: High School - computer lab - library

TRAVEL

ICELAND’S MAGICAL NORTHERN LIGHTS DISCOVERY TRIP
ICELAND TRIP INFORMATIONAL SESSION
"You could be on your way to Iceland, a land and culture forged by fire and ice. Where steaming lava fields and massive glaciers sculpt mountains and valleys, leaving thundering waterfalls and plunging fjords. In this land of many natural wonders, enjoy the rare opportunity to see the aurora borealis - one of nature’s most dazzling light displays, also known as the northern lights."

7 Days with Airfare and 10 Meals (5 breakfasts & dinners) for less than $3,000 (double occupancy) Book by April 17, 2020 and save $200 per person

TRAVEL PAMPHLETS ARE AVAILABLE IN THE ADMINISTRATION BUILDING AT 3 BLUESTREAK

Dates: 3/4/2020  Sessions: 1
Time: 5:30 PM – 7:00 PM  Day(s):W
Tuition: FREE INFORMATIONAL SESSION
Location: High School - B109

SECRETS of a DISNEY VACATION PLANNER
Jennifer Price
Have you always dreamed of a trip to Walt Disney World but are too overwhelmed with all the details or afraid that a trip is out of your reach? Come hear insider tips and tricks for having the best Disney World vacation experience with the guidance of a professional Disney vacation planner!

Dates: 3/25/2020  Sessions: 1
Time: 7:00 PM – 8:00 PM  Day(s):W
Tuition: $15.00
Location: High School - B106

Registration with Credit card can be convenient; but it costs you money. This session we would like to encourage payment by check.

You are welcome to walk into our office in the MacFadden Administration Office or mail your payment to Continuing Education at 3 BlueStreak Blvd Saratoga Springs NY 12866
### SARATOGA SPRINGS CITY SCHOOL DISTRICT CONTINUING EDUCATION

**SPRING 2020**

**-REGISTRATION FORM**  **PLEASE PRINT LEGIBLY**

<table>
<thead>
<tr>
<th>NAME: ________________________________________________</th>
<th><strong>E-mail Address (mandatory)</strong></th>
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<tbody>
<tr>
<td>Last Name       First Name</td>
<td><strong>E-mail Address (mandatory)</strong></td>
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<tr>
<td>ADDRESS: ________________________________________________</td>
<td>PHONE: _____________________</td>
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<tr>
<td>Street   City   Zip Code</td>
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<td>COURSE NAME(1): __________________________________________________________________________________________</td>
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**Make Checks payable to BOARD OF EDUCATION**

Check# _____  total $ ________

Please Check the Appropriate Box(s):

- [ ] Resident of Saratoga Springs City School District
- [ ] Non-Resident
- [ ] Senior Citizen (age 62 & over)  DOB: ___/___/____

Senior citizens must enter their birth date for verification of senior discount.

**GENERAL WAIVER OF LIABILITY:** By signing this release, I understand that the Saratoga Springs City School District will not be held responsible for injury to person or loss of/damage to property.

Signature: __________________________  Date: ______________

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*For student under 18 years of age*

**ONLINE REGISTRATION AVAILABLE THROUGH:**

[www.saratogaschools.org/ceregistration](http://www.saratogaschools.org/ceregistration)

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**CONTINUING EDUCATION OFFICE**  (518) 583-4782