

Burnt Hills-Ballston Lake
CENTRAL SCHOOLS

Continuing Education

PROGRAM

Winter 2017
Course Offerings



- Plan for Disney
- Meditation classes
- German II
- and many more!

Never stop learning: BH-BL Continuing Education

We are pleased to offer a variety of classes and programs for the adults in our community. We know that learning is a lifelong journey and are happy to be a part of it with you.

The program is run at no cost to taxpayers, but it provides a multitude of

valuable resources to district residents.

BH-BL's Continuing Education program provides recreational, enrichment, vocational, and educational courses for people of all ages. We succeed when the community takes advantage of the services provided.

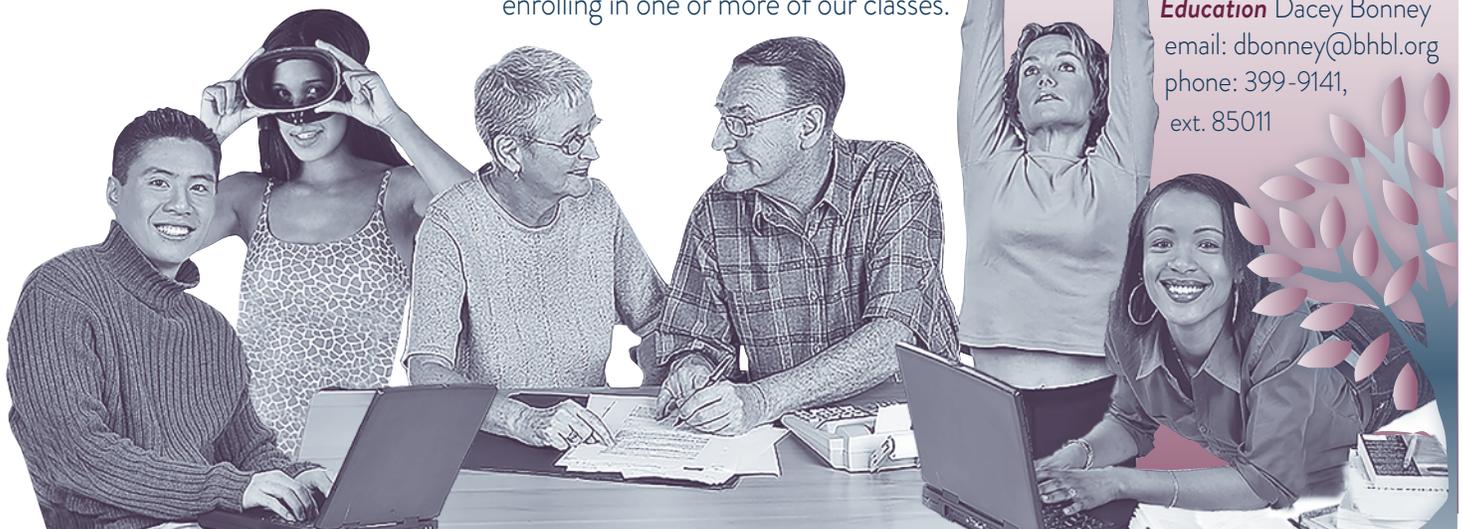
We urge you to take part in our program by suggesting ideas for future classes, volunteering to assist with the program, sharing your skills or hobbies by instructing a program, or by enrolling in one or more of our classes.

Registration:

In-person registration is
Wednesday & Thursday,
Jan. 11 & 12 from 6:30-8 p.m.
at O'Rourke Middle School,
173 Lakehill Road, Burnt Hills.

Visit www.bhbl.org for
possible course
changes.

**Director of Continuing
Education** Dacey Bonney
email: dbonney@bhbl.org
phone: 399-9141,
ext. 85011



Never stop learning: BH-BL Continuing Education

Classes are open to all persons 16 years of age or older. The number of students in each class is limited and students will be enrolled on a first-come, first-served basis. *Registrations must be received at least five days prior to the beginning of the class unless other arrangements are made with the coordinator.* Registrations may be sent by mail. Mail registrations must include the following:

- 1) **A registration card for each course. (See back page.)**
- 2) **A check made payable to BH-BL Central School District. Please mail registration cards and separate checks for each course to: BH-BL School District, Director of Continuing Education Dacey Bonney, PO Box 1389, Ballston Lake, NY 12019.**

You may register in person on Wednesday or Thursday, January 11 or 12 in the main lobby at O'Rourke Middle School from 6:30 to 8 p.m. All classes will be held in the middle school unless otherwise specified in the course description. **Some classes have moved to new locations so please read each class description carefully.** The registration fee is listed with each course. For non-residents, courses cost an additional \$3. This does not include supplies and textbooks that may be required.

REFUNDS: Registration fees will automatically be returned if a class is cancelled. Refunds will not be made for any multiple-week course after

the first class. Notification of withdrawal for any course must be received at least five days prior to the first class.

CLASS SCHEDULE: Classes begin the week of January 30 unless otherwise specified. Classes do not meet when school is closed either as a holiday or because of the weather. If classes are cancelled late in the day, the information will be relayed to local TV and radio stations, and posted on www.bhbl.org. If classes are cancelled due to the weather, every effort to reschedule will be made. Classes may need to be moved to a different location, day and/or time, or in some circumstances may not be able to be made up.

SENIOR CITIZENS: Any resident of the school district who is 60 years of age or older and holds a Senior Citizen Pass is entitled to enroll in one eligible class free of charge (as long as the class has sufficient enrollment). Eligible courses are denoted with an asterisk (*).

* First course free, subsequent courses 50% discount

** A 10% discount only

All other courses are not eligible for any discounts. Seniors must have a Senior Citizen Pass which can be obtained at the BH-BL District Office, 173 Lakehill Road, Burnt Hills.

PARKING REGULATIONS: Cars must be parked in the parking lot. There is no parking permitted in the fire lanes in front of the building. The fire lanes are clearly marked as No Parking Zones. Fire safety requires these lanes be kept free of parked cars.

Monday

LEARN HOW TO LIVE WITH LESS STRESS

**Kim Perone • \$12 (\$15 NR) • Feb. 27 • 6-7 pm
• Library**

Stress is everywhere! Learn how to harness the power of positivity, engage new tools and techniques, expand your perspective, prioritize, and reap the benefits. Join Life Coach Kim Perone from Inspired Life Coaching for this one-hour workshop. When you change the way you look at things, the things you look at change.

THE POWER OF YOU**

**Kim Perone • \$90 (\$93) • 6 weeks (Mar. 6-Apr. 10)
• 6-8 pm • Library**

Join Certified Life Coach Kim Perone for six weeks of self discovery. When clarity, compassion, and contentment are present, fear, chaos, stress, overwhelm and doubt fade away. Aimed at propelling you forward in life and enabling you to live your life with purpose, class is designed with your highest self in mind. Pave the way for you inspired life! Each week will build upon the previous week and empower you to live your best life.

COMPREHENSIVE RETIREMENT PLANNING*

**Richard Lane • \$5 • Mar. 13 & 20 • 6:30-8 pm
• Room 105**

A study of all the issues and decisions facing soon-to-be retirees or those currently enjoying the golden years, including efficient portfolio design for the retiree, retirement income planning, risk mitigation in

retirement, Social Security decision making, tax considerations, efficient tax planning, and estate planning. Many more topics will also be explored and you'll leave with the tools needed to develop your own retirement financial plan.

RETIREMENT INCOME PLANNING: CREATING YOUR PERSONAL PENSION*

Michael Sleasman • \$5 • March 13 • 6:30-8 pm • Room 121

The media speaks often about the retirement crisis facing Americans. This class attacks that crisis by arming attendees with an action plan for predictable retirement income. For most, an ideal retirement is funded by steady income without having to work. Along with social security benefits, money in annuities, IRAs, 401(k)s, 403(b)s, CDs and cash, can all be used to create an income plan to fund the retirement of your dreams. In an era where many traditional corporate pension plans are closing, a wise retirement income plan is essential. This timely class will help attendees understand how annuities and other investments can create a "personal pension" and retirement income stream to give peace of mind.



20 WAYS TO EARN RESIDUAL INCOME*

**Jim Farnham, MBA, MS, Licensed Agent
• \$5 • March 27 • 6-8 pm • Room 109**

Uncover more than 20 specific ways to earn dependable, ongoing, and reliable income from stocks, bonds, mutual funds, equity index annuities, insurance, taxes, retirement income and social security,

your mortgage, self-publishing and on-demand printing, residuals from showing appreciation, electricity and natural gas, and network marketing; how to evaluate the merits of a home-based business; and how to earn beach money; and so much more.

LABLAST**

Patty Brown • \$70 (\$73 NR) • 10 weeks • 5:30-6:30 pm • Pashley Elementary School Gym

LaBlast is a dance fitness program based on all the dances you see on Dancing With the Stars. It is partner free and anyone can do it. LaBlast is an interval-based, cardio-style workout that will challenge, inspire, and teach you the true skill of dance while “blasting” away calories. It is a multi-level program that allows you to progress at your own rate, and is for every age and level. We dance to all music genres, from pop to rock, Latin to country, and everything in between. Patty is a LaBlast Ambassador Instructor and has trained extensively with Pro Louis van Amstel from Dancing With the Stars.

T'AI CHI YANG FORM**

Tony Grimaldi • \$50 (\$53 NR) • 10 weeks • 6:15-7:15 pm • Pashley Elementary School Cafeteria

If you're looking for a way to reduce stress, you should consider taking this course. Originally developed for self-defense, t'ai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, t'ai chi promotes serenity through gentle, flowing movements. This class is for beginners as well as advanced students. Learn how use energy flow for better health.

GERMAN II

Juliane Mayer • \$25 (\$28 NR) • 10 weeks • 7-8:30 pm • Room 112

This course is for those who took the fall course (German to Support Your Child) or already have a base knowledge of German. This session will help you learn a broader range of the language rather than rely on words and phrases memorized. Count on more in-class conversation than in the first session.

BASKET WEAVING: TOTE BASKET**

Patti Brousseau • \$30 (\$33 NR) • 5 weeks • 7-9 pm • Room 103

In this workshop you'll make a great basket for those quick trips to the grocery store or library, or to carry your knitting. It measures 6 inches wide, 11 inches long and 10 inches tall. The basket has four rows of color that you can coordinate with the webbed handles. You will also have time to choose a second basket to work on in class. Please bring an old towel, clothespins, an awl or regular thin screwdriver, and a sturdy pair of scissors. A supply fee of \$30 is payable to the instructor the first night.

GENTLE YOGA**

Chris Darby-King • \$60 (\$63 NR) • 10 weeks • 7:15-8:15 pm • Charlton Heights Elementary School Gym

Gentle Yoga is held at a slower pace and focuses on stretching all areas of the body while releasing stress and tension from joints and muscles. The basic principles of alignment, breath work, movement, and balance will be introduced. There will also be an emphasis placed on increasing strength and flexibility, and promoting relaxation and stress reduction. Please bring a yoga mat, small pillow or cushion, and a tie or strap to class. (Now offered on Thursdays too!)

RECREATIONAL BASKETBALL

Fred Marcelli • \$70 (\$73 NR) • 14 weeks • 7:30-9:30 pm • Gym

Participants must pre-register for basketball. Class is limited to the first 30 registrations received. Teams are formed each week and play in a non-competitive environment. It's a great workout!

Tuesday

ESSENTIAL OILS 101**

Lyndsay Stein • \$10 (\$13 NR) • Feb 7 or Mar. 21 • 6:30-8 pm • Room 105

In this workshop you'll get an overview of what essential oils are and why they are effective. You'll also learn how certain oils can benefit your health and self care, as well as how to safely use essential oils (i.e., different application methods, natural cleaning solutions, and how to cook with essential oils). The second part of this workshop is dedicated to making a 5 ml rollerball blend that you take home. A \$5 materials fee will be payable to the instructor the night of the class.

ESTATE PLANNING: TAKING THE MYSTERY OUT*

Richard Fuerst • \$5 • Mar. 21 • 6:30-8:30 pm • Room 103

In this workshop experienced local attorney Richard Fuerst will sensitively consider all your estate planning questions. You'll look at everything from an attorney's perspective, including taking the mystery out of wills, health care proxies, powers of attorney, and trusts. You'll also learn the “ins and outs” of estate planning in simple non-legal terms, learn the latest legal and government changes related to nursing home and Medicaid considerations, as well as avenues available to reduce wealth transfer taxation.

MULTI-GENERATIONAL FINANCIAL PLANNING*

Thomas Dingley • \$5 • March 7 • 6:30-7:30 pm • Room 109

Family wealth transfer is not just about getting financial assets to the next generation. It is also about how to pass on what is important and how to avoid damaging your children's relationships with each other. This seminar focuses on family wealth management and will leave the client understanding why transfers can fail, how to avoid mistakes, and how the right communication between family members may lead to successful transfers of wealth.

CREATIVE COLLEGE SAVING STRATEGIES*

Thomas Dingley • \$5 • March 7 • 7:30-8:30 pm • Room 109

688%. According to the Bureau of Labor Statistics, that is how much college tuition costs have increased since 1983—faster than any other household expense in recent decades. Let's take a look at different strategies that can help you save for your child's college future. We will explore the formula used to calculate financial aid eligibility and the roles that different investments play when determining how much aid you will receive. The 529 College Savings Plans will also be discussed. This course is great for parents and grandparents. The instructor is a licensed financial advisor with Halliday Financial Group in Albany.

Burnt Hills-Ballston Lake

Winter 2017 Course Offerings

GERMAN TO SUPPORT YOUR CHILD

Juliane Mayer • \$25 (\$28 NR) • 10 weeks • 7-8:30 pm • Room 112

This course is targeted at family members to help them interact at home with their child who is studying German. Participants will build a solid foundation for conversational German designed to enable them to further their knowledge of German on their own. The ultimate goal is to provide interactive immersion practice at home for our middle and high school students. (Any beginner to the study of German is welcome.) The instructor is a retired teacher who taught German for many years in the Niskayuna School District.

ABOUT BOATING SAFELY

Coast Guard Auxiliary • \$10 • 4 weeks • 7-9 pm • Room 121



This is a nationally approved boating course for adults and youth (ages 10 and older). Topics such as types of boats, lines and knots, safety equipment, trailering, VHF radio, handling, legal requirements, aids to navigation, rules of the waterway, and weather will be covered. Special attention is given to safe operation of Personal Water Craft (PWC). A proctored, closed-book examination is given at the end of the course. Passing qualifies boaters for a course certificate recognized by New York state and usually qualifies a boater for a discount on marine insurance. A text book/study guide is \$20 for a single student and \$5 for each additional student who shares the text, payable to the instructor on the first night. The certificate qualifies people ages 10 and above for solo operation of a powered vessel in New York State. All solo operators of PWCs in New York state must be at least 14 years old and have a boating course certificate.

HOME BUYERS WORKSHOP

Pamela Barns & Sue Richards • \$5 • Mar. 14 • 7-9 pm • Room 109

Finding the perfect home can be difficult. Start on the right foot to learn just how much has changed over the years. Educational materials will cover the many ways to finance a home, inspections, contract law, new regulations, pitfalls, type of searches, and pricing. You'll be guided through a complete time line—start to finish. A housing inspector, mortgage originator, and attorney will be present to answer questions.

CONTINUING YOGA**

Judy Rightmyer • \$60 (\$63 NR) • 10 weeks • 7:15-8:30 pm • Charlton Heights Elementary School Gym

This continuing Kripalu yoga class will focus on yoga postures, meditation, and breathing techniques with a goal of “meditation in motion.” Relaxation and connection to present moment will be practiced through developing breath and body awareness. Some experience with yoga practice is preferred. Students are asked to bring a yoga mat, a small pillow or cushion, and a light-weight blanket.

BEGINNER/INTERMEDIATE SWING**

Tom Russell • \$90 (\$93 NR)/couple • 8 weeks • 7:30-8:30 pm • Pashley Elementary School Gym

Whether you've never danced swing before or you're looking to sharpen your skills, this class will offer something for you. Swing is great for weddings, parties, or a night out on the town and can be danced to a

wide range of older and current music. Tom and Tamara have more than 10 years of ballroom dance experience. They also choreograph wedding dances and teach group and private lessons out of their home studio in Burnt Hills. Leather-soled shoes are recommended.

BEGINNER/INTERMEDIATE FOXTROT**

Tom Russell • \$90 (\$93 NR)/couple • 8 weeks • 8:30-9:30 pm • Pashley Elementary School Gym

Learn this classic American ballroom dance that can be danced to the sounds of big band music and many modern songs. For the experienced Foxtrot dancers, learn to smooth out your dancing and glide along the floor. Tom and Tamara have more than 10 years of ballroom dance experience. They also choreograph wedding dances and teach group and private lessons out of their home studio in Burnt Hills. Leather-soled shoes are recommended.

RECREATIONAL VOLLEYBALL

Sandy Hutchinson • \$50 (\$53 NR) • 10 weeks • 7:30-9:30 pm • Gym

This course is for those who want a medium degree of exercise. Teams are formed each week. We play hard, but having fun is emphasized. Class is limited to 30 players.

Wednesday

LEARN TO MEDITATE

Helene Verdile • \$12 (\$15 NR) • Feb. 22 • 6-7 pm • Library

Have you been wondering what all the buzz is about meditation? Well, research shows meditation is beneficial for your brain. Learn the “why” of meditation, along with specific types of meditation. Join Guided Meditation Teacher and Life Coach Helene Verdile for this one-hour workshop that describes the ways in which meditation can positively impact your life, specifically Kundalini meditation, mindfulness, and mantra-based guided meditation. The class concludes with a 20-minute guided meditation session and time for questions and answers.

PLANNING YOUR MAGICAL DISNEY EXPERIENCE

Colleen Parisi • \$10 (\$13 NR) • Feb. 1 • 6:30-8 pm • Room 109

This course will teach you how to plan a magical experience at Disney with step-by-step planning tips. You'll learn how to manage your time and map out your days so there's fun and excitement at every turn.

GETTING PAID TO TALK*

Voice Coaches Producer • \$15 (\$18 NR) • March 22 • 6:30-9 pm • Room 107

Have you ever been told you have a great voice? 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 your area. We'll discuss industry pros and cons and play sample recordings from voice over professionals. In addition, you'll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic, and a great first step for anyone interested in the voice over field. For more info please visit: www.voicecoaches.com/gptt

ANNUITIES: THE UNKNOWN RETIREMENT TOOL*

Bob Gomez • \$5 • Feb. 15 • 7-8 pm • Room 109

Annuities protect your money, your retirement, and your peace of mind. Are these statements true and to what extent? Annuities are like any tool with their own strengths and weaknesses. These aspects and much more will also be discussed.

NEW REVERSE MORTGAGE—IS IT RIGHT FOR YOU?*

Burt Farbstain • \$5 • Mar. 8 • 7-8:30 pm • Room 107

This course will guide you through the relevant facts, dispel old myths, and clarify misconceptions about the current reverse mortgage—and more importantly, is it right for you and your personal situation? This course will cover qualifications, type of mortgages available, different ways to receive your tax-free cash, impact on inheritance and your heirs, as well as different ways a reverse mortgage can positively impact life in matters of retirement planning, health-related services, and improving overall lifestyle.

RUBBER STAMPING I: STAMP A STACK OF CARDS*

Deb Valder • \$12 (\$15 NR) • Feb. 8 • 7-9 pm • Rm 105

Beat those winter blues with a great craft. You will be stamping a stack of all-occasion cards and will go home with two of each card along with the envelopes. In this class, you will learn several different techniques as well as how to use different tools on your cards. Learn how to transform a traditional card into a unique, one-of-a-kind card. Please bring a small pair of sharp scissors and adhesive. A \$10 materials fee will be payable to the instructor the night of class. No previous experience necessary. Visit www.stampladee.com for samples of instructor's work.

RUBBER STAMPING II: DAZZLING ALL-OCCASION CARDS*

Deb Valder • \$12 (\$15 NR) • Mar. 1 • 7-9 pm • Rm 105

It's time to dazzle everyone with your hand-stamped creations. Even if you think you are not creative, come and try stamping with rubber stamps, a little ink, cardstock, and some great embellishments. You will learn new folds and unique openings, and be wowed at what you take home. Please bring a small pair of sharp scissors and your adhesive. A \$10 materials fee will be payable to the instructor the night of class. No previous experience necessary. Visit www.stampladee.com for samples of instructor's work.

RUBBER STAMPING III: MORE CARDS*

Deb Valder • \$12 (\$15 NR) • Mar. 8 • 7-9 pm • Rm 105

In this class participants will create a bundle of handmade cards. Please bring a small pair of sharp scissors and adhesive. A \$10 materials fee will be payable to the instructor the night of class. No previous experience necessary. Visit www.stampladee.com for samples of instructor's work.

RUBBER STAMPING IV: PAPER CRAFTING CARDS*

Deb Valder • \$12 (\$15 NR) • Mar. 22 • 7-9 pm • Rm 105

If you love paper crafts and you love stamping, this course is the perfect combination of the two. A \$10 materials fee will be payable to the instructor the night of the class. No previous experience necessary. Visit www.stampladee.com for samples of instructor's work.

COMPETITIVE VOLLEYBALL

Mike Merrill • \$50 (\$53 NR) • 10 weeks • 7:30-9:30 pm • Front Gym



Participants should have a mastery of basic volleyball skills—bumping, setting, and spiking. Emphasis will be on team play in a competitive environment with designated setters and spikers encouraged. Teams will be formed after the first night and team standings tracked through the session. USA Volleyball rules will be followed and will be discussed during the first session. Class size is limited and participation in the program is based on an individual's skill level.

Thursday

FEARLESS: ANXIETY RELEASE**

Helene Verdile • \$90 (\$93) NR • 6 weeks (Mar. 2-Apr. 6) • 5-6 pm • Library

Develop an understanding of anxiety and fear, take a fear inventory, learn exercises to process and release fear, try mantras and meditations to support progress, learn to rewire old patterns, and more. Helene is a certified life coach at Inspired Life Coaching. Give yourself the gift of peace in 2017.

MEDICARE 101*

Jim Farnham, MBA, MS, Licensed Agent • \$5 • Mar. 16 • 6-8 pm • Room 107

Are you currently enrolled in Medicare? Or are you soon to be eligible for Medicare? Will you be turning 65 over the next year or two? Learn about how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare Medicare Parts A, B, C and D. Explore and evaluate original Medicare, prescription drug plans, Medicare supplement insurance and Medicare Advantage plans. Receive the most up-to-date information and simplify the choices you need to make. This program will help you become more informed and confident about what Medicare means for you.

SOCIAL SECURITY: YOUR QUESTIONS ANSWERED

Chris Nyhan • No cost • Feb. 16 • 7-8 pm • Room 109

Social Security can be a very important part of a person's retirement income. If you are like many retirees or those approaching retirement, you probably have a lot of questions about Social Security. In this course the following will be discussed: How does Social Security fit into my retirement income plan? When should I start taking benefits? What about taxes? Additionally, marital, widow, and divorcee benefits as well as making choices based upon personal situations will be discussed.

HOME SELLERS WORKSHOP

Pamela Barns & Sue Richards • \$5 • Mar. 16 • 7-9 pm • Room 109

Save time and money. Being well informed about the process of selling your home, whether you are doing it yourself or not, will help you avoid common costly mistakes. Learn valuable information crucial to pricing, which improvements work best, staging, right sizing, new forms of advertising, marketing, qualifying, negotiations, safety, and seller expenses. Up-to-date information regarding changes in the NYS law and contracts will also be discussed. Also hear information from a real estate attorney.

GENTLE YOGA**

Chris Darby-King • \$60 (\$63 NR) • 10 weeks • 7:15-8:15 pm • Charlton Heights Elementary School Gym

Gentle Yoga is held at a slower pace and focuses on stretching all areas of the body while releasing stress and tension from joints and muscles. The basic principles of alignment, breath work, movement, and balance will be introduced. There will also be an emphasis placed on increasing strength and flexibility, and promoting relaxation and stress reduction. Please bring a yoga mat, small pillow or cushion, and a tie or strap to class.



Driving Courses

DEFENSIVE DRIVING

Angela Temple • \$40 • Feb. 18 or Mar. 18 • 8 am - 2 pm • High School Room 207

This is a Department of Motor Vehicles approved six-hour program that allows you to save 10% off your collision and liability insurance and up to four points off your driving record. The course is sponsored by the Empire Safety Council. Be sure to check with your insurance company about any premium reduction. A video, lecture, and often-humorous class discussions highlight this course. Participants must bring their NYS drivers license/permit along with a pen.

2-NIGHT DEFENSIVE DRIVING

Armand Canestraro • \$40 • Apr. 18 & 19 • 6-9 pm • Room 107

This is a Department of Motor Vehicles approved six-hour program that allows you to save 10% off your collision and liability insurance and up to four points off your driving record. The course is sponsored by the Empire Safety Council. Be sure to check with your insurance company about any premium reduction.

5-HOUR PRE-LICENSING DRIVING COURSE

Bill Cassidy • \$35 • Two nights: Feb. 7 & 8; Mar. 14 & 15; Apr. 25 & 26; June 6 & 7 • 7-9:30 pm • High School Room 207

This course fulfills the New York State 5-hour classroom requirement for those signing up to take a road test. People who have taken driver's education and received a blue card do not have to take this course. Please indicate the session number on the registration card. Please bring permit to class.

Computer Courses

CREATE A WEBSITE

Gayathri Gopalan • \$12 (NR \$15) • Tuesday, Jan. 31 • 6:30-8:30 pm • High School Room 105

In this course participants will learn how to design a web page, format text, and add images, documents, maps, text boxes, calendars, and more. You'll also learn how to edit, delete, and save a web page, create hyperlinks, and publish and maintain a website.

PUBLISHER 2010

Gayathri Gopalan • \$12 (NR \$15) • Tuesday, Feb. 7 • 6:30-8:30 pm • High School Room 105

In this course participants will create, design, and publish professional marketing and communication materials such as brochures, flyers, greeting cards, wedding invitations, and more. You'll learn how to apply a template, insert text boxes, add graphics, crop images, and print.

MICROSOFT EXCEL

Gayathri Gopalan • \$12 (NR \$15) • Monday, Feb. 13 • 6:30-8:30 pm • High School Room 105

In this course participants will learn cell basics, how to enter and edit data, and how to format worksheets. Materials fee: \$1 payable to instructor on the night of the class.

WHATSAPP

Gayathri Gopalan • \$12 (NR \$15) • Tuesday, Feb. 28 • 6:30-8:30 pm • High School Room 105

Participants in this course will learn how to use WhatsApp—a multi-platform messaging services that uses a cell phone's WiFi connection to connect, and thus chat, with other WhatsApp users. WhatsApp users can create groups and send each other unlimited images, videos, and audio media messages for free.

EXPLORING GOOGLE

Gayathri Gopalan • \$12 (NR \$15) • Tuesday, Mar. 15 • 6:30-8:30 pm • High School Room 105

In this course participants will create a Google account, learn how to perform a Google search, and how to use Google Maps, Google Calendar, Google Keep, Google Translate and other Google features.

Burnt Hills-Ballston Lake



Community Swim PROGRAM

BH
BL

Registration

2017 Classes

March 7

7 to 8 p.m. in the High School Pool Room/Gym Lobby

All classes are filled on a first-come, first-served basis. See the "Important Information" section below for more details. If you have additional questions, contact the BH-BL Athletic Office at 399-9141, extension 83307.

Activity	Dates & Times	Fees for Residents / Non-Residents		Comments
Student Learn-to-Swim Classes	Saturdays: 9-9:55 or 10-10:55 a.m. Winter session: Jan. 7 - Feb. 18 Spring session: March 11 - May 13	\$50	\$60	8-week sessions, 55 minute classes. Grades K-6 children are grouped by ability within each time period. <i>Plus new advanced level class for students up to age 15. Must pre-register.</i>
Lap Swimming	Morning Lap Swim: Mon. - Fri., 6:30-7:30 a.m. Winter session: Now - Feb. 17 Spring session: Feb. 27- May 26	\$2 per day, or \$50 per session		Swimmers may come to as many sessions as they like. No need to pre-register for this activity. <i>No lap swimming whenever school is closed for holidays, vacations, or snow days.</i>

Activity	Dates & Times
Age Group Competitive Swim Team	Sign ups for the competitive swim program are in September. To learn more about this program, go to www.schenectady-swimclub.org .

IMPORTANT INFORMATION:

- Please make checks payable to Burnt Hills-Ballston Lake CSD.
- The pool will be closed and no swim classes/activities will be held whenever school is closed due to a holiday or snow day, etc. *(When in doubt about the weather go to www.bhbl.org)*
- No refunds will be given after classes begin.

REGISTRATION FORM:

Save time by completing this form before registration night at the high school on March 7. Registration is from 7 to 8 p.m. Please use one copy for EACH swimmer. More copies are available at registration night or on the district website: www.bhbl.org/communityswim

Swimmer's name: _____
 Age, if a child: _____ Grade: _____
 Parent/Guardian: _____
 BH-BL resident? Yes _____ No _____
 Address: _____
 Email: _____
 Phone number: _____
 Emergency contact name (if above parent is unavailable): _____
 Emergency contact phone: _____
 Any special instructional needs and/or concerns: _____

 Amount enclosed: \$ _____

COURSE/ACTIVITY:

Student Learn-to-Swim Classes

(Saturdays, \$50 resident, \$60 non-resident)

- Beginners** 9 to 9:55 a.m. 10 to 10:55 a.m.
Intermediate 9 to 9:55 a.m. 10 to 10:55 a.m.
Advanced 9 to 9:55 a.m. 10 to 10:55 a.m.

Pre-Competitive Swimmer: Introduction to competitive swimming for swimmers up to age 15. Must have successfully mastered advanced level.

9 to 9:55 a.m. only

Lap Swimming: \$2 per day or \$50 per session

If you have questions about your child's swimming level, please ask at registration night.

Burnt Hills-Ballston Lake

Winter 2017 Course Offerings

BOARD OF EDUCATION

Peter Sawyer
President
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 Jennifer Bradt
 William Farmer
 Jennifer Longtin
 James Maughan
 Patrick Ziegler

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Burnt Hills-Ballston Lake

CENTRAL SCHOOLS

PO Box 1389
 Ballston Lake, New York 12019
 (518) 399-9141, ext. 85011
 www.bhbl.org

Non-Profit Organization
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SUPERINTENDENT

Patrick McGrath, Ph.D.

Registration Form

Course Title: _____

Session or Class Date: Day/Time: _____

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

School District of Residence _____

Phone: _____ Email Address: _____

Fee: _____ Check No.: _____

All registration fees must be paid at registration or mailed in. Registration fees cannot be collected by the instructor in class. *Please make out a separate card and check for each course.*
 Please make checks payable to BH-BL Central Schools. You will be notified only if the course is cancelled or changed. Mail to:

BH-BL Central School District / Director of Continuing Education Dacey Bonney
 PO Box 1389, Ballston Lake, NY 12019

Course Title: _____

Session or Class Date: Day/Time: _____

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

School District of Residence _____

Phone: _____ Email Address: _____

Fee: _____ Check No.: _____

All registration fees must be paid at registration or mailed in. Registration fees cannot be collected by the instructor in class. *Please make out a separate card and check for each course.*
 Please make checks payable to BH-BL Central Schools. You will be notified only if the course is cancelled or changed. Mail to:

BH-BL School District / Director of Continuing Education Dacey Bonney
 PO Box 1389, Ballston Lake, NY 12019