

BURNT HILLS-BALLSTON LAKE CONTINUING EDUCATION PROGRAM WINTER/SPRING 2012 COURSE OFFERINGS

James E. Hadcock, Director (email: jhadcock@bhbl.org)

Elizabeth Falkowitz, Secretary

Please check on-line at www.bhbl.org for course changes/additions.

General Information - Classes begin January 23

Classes are open to all persons 16 years or older who are not attending regular high school classes. 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 5 days prior to the beginning of the class unless other arrangements are made with the secretary or director. REGISTRATIONS MAY BE SENT BY MAIL. Mail registration must include: 1) A REGISTRATION CARD FOR EACH COURSE, 2) A CHECK MADE PAYABLE TO BH-BL CENTRAL SCHOOLS. Mail to: BH-BL Continuing Education, O'Rourke Middle School, Lakehill Road, Burnt Hills, NY 12027. You may register in person on Tuesday & Wednesday, Jan. 17 & 18, 2012 in the main lobby at the O'Rourke Middle School from 6:30-8pm. All classes will be held in the O'Rourke 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. This does not include supplies and textbooks that may be required and is paid to the instructor.

REFUNDS: Registration fees will automatically be returned if a class is canceled. Refunds will not be made for any ten-week or longer course after the second regular meeting of the class. Notification of withdrawal for all other classes must be received at least 5 days prior to first meeting.

CLASS SCHEDULE: Classes begin Monday, January 23rd unless otherwise specified. Classes DO NOT meet when day school is closed either as a holiday or because of the weather. If classes are canceled late in the day, the information will be relayed to local TV and radio stations. 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 holds a Senior Citizen pass is entitled to enroll in one class, free of charge, as long as the class has sufficient enrollment to permit the course to operate on a self-supporting basis. However, they must pay half of the registration fee for any additional courses. The exceptions are special courses such as Defensive Driving or those referenced with an asterisk *. A 10% discount is given to senior citizens for these courses. **Seniors MUST have a Senior Citizen Pass obtained at the School District Office on Cypress Dr.**

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 that these lanes be kept free of parked cars.

WE ARE ALWAYS LOOKING FOR NEW COURSES & TEACHERS: We would like to hear from you for suggestions or ideas for new courses. If you are skilled in a craft, hobby, or special area and would like to share it with others, please use the email above or call us at 399-9141 ext. 5075.

Monday

BASKET WEAVING*

Patti Brousseau • \$30(33NR) • 5 Wks. • 7-9 PM • Rm. 103

Join us for a fun class and make a beautiful basket that decorates the room and is very useful. A wastepaper basket can be a piece of art. It is woven with a round base 9 1/2" diameter by 10" tall. We use 1/2" flat reed to weave most of the basket and allow room for colored or textured reed as an accent. You will also have time to chose a second basket to work on in class. Please bring with you an old towel, clothespins, awl or regular screwdriver and a sturdy pair of scissors. A supply fee of \$20.00 is payable to the instructor the first night of class.

DIX FURNITURE (RE) FINISHING 101

Dick Reed • \$26(29NR) • 8 Wks. • 7-8 PM • Rm. 134

Students will hopefully have a project to work on. We will cover choosing a piece to finish, removing an old finish, prep work, staining, and finishing. We will cover various finishes from old school to modern, easy to use products. We will discuss and demo the types of stains, and sealers and finishes available. Expect lots of class participation on the demos. Please be prepared to bring a project or part of one for show and tell to the second class. We will NOT be able to work on participant projects in class. If you have any questions, email Dick at reed13@nycap.rr.com.

TAX FREE INVESTING

Chris Nyhan • \$5(7NR) • 1 night, March 5 • 7-8 PM • Rm. 120

Do you want more control over the taxes you pay? There are several strategies to help reduce your tax burden. Choosing tax-advantaged investments is one of them. You'll learn about: tax-advantaged investments and their features; tax advantages of IRAs, tax-free investment returns vs. taxable investment returns; and three ways to own municipal bonds.

ANNUITIES AND YOUR RETIREMENT

Chris Nyhan • \$5(7NR) • 1 night, Feb. 6 • 7-8 PM • Rm. 120

Retirement can be an incredible time of your life--but it can also last 20 years or more. Will your retirement income last as long as your retirement? We will discuss planning for wealth distribution in retirement, how annuities are commonly used to supplement income, and the most common types of annuities and their features.

HELP!! I'M STUCK IN THE STANDARD

AMERICAN DIET! (yep, that is SAD)

Cathie Russell • \$10 (\$13NR) per class or \$35 (38) all 4 classes • 7-8PM

• Room 105 • Please specify which session(s) on the registration form
March 5 - Session 1 "Hey good lookin, Whatcha got cookin?" Fast, easy, healthy cooking class. Recipes, Demonstrations, Samples, Fun!
March 12 - Session 2. "Start of Something New" We'll look at what your kids eat in school and how you can pack a healthier lunch that they will eat.
March 19 - Session 3. "I Like to Move it, Move it" Hate going to the gym? Me too! Easy, fun, exercises that you can do anywhere!!!
March 26 - Session 4. "Beans Beans. the American Fruit" or How to get more fiber in your diet without eating tree bark! (and why you really need to.)

BEGINNING YOGA*

Judy Rightmyer • \$60 (\$63NR) • 10 Wks. • 7:00-8:30 PM • Ch. Hts. Gym

Kripalu Yoga introduces principles of alignment, breath-work, and relaxation. A series of gentle primary postures and yoga basics are taught with emphasis on increasing flexibility, stretching, spine lengthening and stress reduction. Please bring a mat, small pillow or cushion and blanket to class.

MEDITATION

Alison Keller • \$5 (\$7NR) • 9 nights • 7-8:30 PM • MS Library

This course is for everyone who is seeking inner self discovery, peace and balance for the mind, emotions and physical well being in a way that will help lay a foundation for the goal of study in self realization and the awakening of consciousness.

FOCUS ON FIXED INCOME

Chris Nyhan • \$5(\$7NR) • 1 night, Jan. 30 • 7-8 PM • Rm. 120

Intended for investors of all ages but ideal for the retired or those near retirement. Owning investments that may provide you with a regular income can be a smart decision. It's a good idea to learn how fixed-income investments such as bonds may help you to reach your financial goals. You'll learn more about: bond characteristics and features, the relationship between interest rates and bond prices, tax advantages of municipal bonds and how bonds may help you weather fluctuating markets.

* Senior Citizens pay a 10% discounted fee for this course

Monday

PROFESSIONAL VOICE ACTING

Jay Silverman • \$12 (\$15NR) • 1 night, March 19 • 6:30-9 PM • Rm 109

This exciting class will explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the internet! We will cover all the basics, including how to be successful and earn great income in this exciting field. Students will listen to demos recorded by professional voice actors and will have the opportunity to prepare and read a piece of commercial copy for critique.

RECREATIONAL BASKETBALL

Fred Marcelli • \$50 (\$53NR) • 10 Wks. • 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!

QUILTING - STAR LOG CABIN

Linda Jones Bennett • \$38 (\$41NR) • 8 Wks. • 7-9PM • Room 107

This quilt is made with a variation of the traditional log cabin block. We will be using the book "Star Log Cabin" by Eleanor Burns (required) for our class. Your quilt can be fun and contemporary using batiks or traditional by using one of the many fabric collections that are out there. It is also beautiful when done scrappy. This quilt is sure to please! E-mail Linda at Linda12856@yahoo.com with any questions or for the supply list.

Tuesday

ACRYLIC AND WATER COLOR PAINTING*

Kimberly Leahey • \$42(\$45NR) • 10 Wks • 6:30-8:00pm • Rm 103

A different culture and country will be discussed each week and then the students will paint based on that culture. We will cover: Easter Island, MardiGras, Greek Art, Chinese Calligraphy, Pennsylvania Dutch Hex Symbols, Nepal, Celtic Art, Vietnam, Japanese Samurai, and Peruvian Nazca Lines. No previous painting experience needed. Acrylics and water colors on canvas boards, and canvas/water color paper will be used. A supply fee of \$10 will be collected on the first night of class.

INTERMEDIATE SWING DANCING*

Tom Russell • \$60 per person \$100 per couple • 10 Wks. • 7-8 PM • Pashley Elem. Gym

You've learned the basics, now take your swing dancing to the next level. We will focus on complex dance steps, technique, and dancing to a variety of music. Basic swing dance knowledge required. No partner needed!!

BEGINNER FOXTROT*

Tom Russell • \$60 per person \$100 per couple • 10 Wks. • 8-9 PM • Pashley Elem. Gym

Learn this classic American Ballroom dance that can be danced to the sounds of big band music and modern songs as well. No partner needed!

RUBBER STAMPING I - Stamp a STACK of Cards

Deb Valder • \$12(\$15NR) • 1 night, Feb. 28 • 7-9:30 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. They are simply beautiful! I will be teaching you several different techniques in this class as well as how to use different tools on your cards. Give that traditional looking card a unique edge. Come and fill up your card box! Even if you've never stamped before...try this, I know you will fall in love with it instantly. 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. [Check out my blog for samples of my work www.stampladee.com.](http://www.stampladee.com)

RUBBER STAMPING II - Create Dazzling All Occasion Cards (for men and women)

Deb Valder • \$12(\$15NR) • 1 night, March 20 • 7-9:30 PM • Rm 105

It's time to dazzle everyone with your handstamped creations. Even if you say you are not creative, come and try stamping with rubber stamps, a little ink, cardstock and some great embellishments. We will be doing some amazing folds and unique openings. You will be wowed at what you go home with. Even if you've never stamped before...try this, I know you will fall in love with it instantly. 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

RUBBER STAMPING III - More Cards

Deb Valder • \$12(\$15NR) • 1 night, March 27 • 7-9:30 PM • Rm 105

In this class we will be doing a bundle of cards and a box to put them in. With the way the economy is today, you can still give gifts to say "I care" but not break the bank doing it. You will go home with an AMAZING container to put them in...remember the box we did in the fall? 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 experience necessary.

RUBBER STAMPING IV - Altered Scrapbooks

Deb Valder • \$12(\$15NR) • 1 night, April 3 • 7-9:30 PM • Rm 105

If you love scrapbooking and if you love stamping, here is a combination of the two with a twist. Come and see what it's all about. You will complete an entire project in one night...so come and scrap that special event. Please bring to class a small pair of scissors, a FISKARS Cutter if you have one, your own adhesive and some pictures if you want to scrap them that night. A \$15 materials fee will be payable to the instructor the night of the class. No previous experience necessary.

ZUMBA - Basic I*

Deborah Spurgas • \$60(\$63NR) • 10 Wks. • 6-7PM • Pashley Gym

"Zumba" is the hottest International Dance Fitness class in existence. It combines the various Latin Rhythms of; Merengue, Salsa, Cha,Cha, Cumbia and Samba. All routines are unique choreography to original music composition. The session consists of 15 minutes of warm-up, 30 minutes of cardio-fitness and 15 minutes of cool-down. During the course of the class one burns between 600 to 1000 calories while working the core; experiencing exhilaration beyond belief. "So... ditch the boring work-out and join the party!" Comfortable work-out attire and non-waffle bottom dance shoes/sneakers suggested.

RECREATION VOLLEYBALL

Sandy Hutchinson • \$50 (\$53NR) • 10 Wks. • 7:30-9:30PM • Gym

This course is for those who want a medium degree of exercise. Teams are formed each week. Having fun is emphasized.

CONTINUING YOGA*

Judy Rightmyer • \$60 (\$63NR) • 10 Wks. • 7:00-8:30 PM • Ch.Hts. Gym

This continuing yoga class will focus on refining primary postures, while introducing new postures, meditation and breathing techniques and the concept of "meditation in motion". Students should have completed at least one beginning level yoga session. Students are asked to bring a mat, small pillow or cushion and blanket to class.

Wednesday

BEADSTRINGING

Martha Hatt • \$16(\$19NR) • 2 Wks. begin Jan. 25 • 7-9 PM • Rm 105

Attention fine jewelry lovers! Learn how to design custom jewelry and work with fine gemstone beads in this "hands-on" class. You will learn the two most popular beadstringing techniques and make two finished pieces of jewelry. Now you too can make custom jewelry using the same gemstone beads, findings and techniques used by professional jewelry designers. Learn a new hobby, repair or restore your heirlooms, earn extra money, or give beautiful gifts, come and get started. Bring a hand towel. Stringing materials, including gemstone beads will be available at the first class at a cost of \$16.00 plus tax.

JUGGLING WORKSHOP (for all ages)

FOR BEGINNERS, INTERMEDIATE & ADVANCED*

Steve Roz • \$42(\$45NR) • 10 Wks. • 7-9 PM • Room 127

Not only a great hobby for all ages, juggling has many benefits. Don't use the excuse "I don't have the coordination", this is a great way to dramatically improve your coordination and reflexes. It can also be used to relieve stress and unwind your mind. In this class beginners will learn basic juggling techniques; scarf juggling, three ball juggling and two ball juggling. Advanced beginners will be introduced to club and hoop juggling as well as balancing and plate spinning. Intermediate to advanced levels will explore two-man juggling, five ball juggling, share new and old tricks or just hone your own talent in the company of other juggling enthusiasts. Participants will be encouraged to try new techniques, learn new tricks and develop a Juggling Routine. Join us, and meet other jugglers in the area, learn new tricks, and have fun.

HOW TO CREATE A WEB SITE

Gayathri Gopalan • \$15(18NR) • 2 wks begin Feb. 8 • 6:30-8PM • HS Rm 204

Setting up your Website; Explore the many ways to design a Webpage; Working with Text - Formatting and Styling Text; Adding images to your Webpage; How to Edit and Save a Webpage; Creating Hyperlinks; HTML Basics; How to delete a Webpage; Publishing and Maintaining a Website.

* Senior Citizens pay a 10% discounted fee for this course

BREAD BAKING**Nancy Cousins • \$15 (\$18NR) • 1 night, Feb. 15 • 6:30-9:30PM • Rm 105**

Learn to bake an incredible country loaf at home. You will start by making a poolish, a little known step in baking yeast breads, and learn how to time and complete all steps during class. Bake incredible bread without being stuck in the kitchen for several hours or having to deal with any type of bread starter. You will get to try the finished product. You will leave with 3 loaves of bread to be baked within the next 48 hours at home, with instructions on all aspects, including recipes, timing advice, and freezing and thawing directions. This bread is ideal for the busy baker, because so little yeast is used that you can work on your bread at convenient times. An \$8 supplies fee will be payable to the instructor the night of the class. Please bring one large bowl (6 quarts or larger), 3 smaller bowls (about the size of a cool whip container) and an apron.

COMPETITIVE VOLLEYBALL**Vince Caterina /Jim Rulison • \$50 (\$53NR) • 10 Wks. • 7:30-10 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 is based on an individual's skill level.

COMPANION DOG TRAINING I**Bill Murphy • \$38 (\$41NR) • 6 Wks. start Feb. 8 • 7-7:45 PM •****Back Gym (girls side)**

Designed to teach teens and adults to train their dogs to be more agreeable family companions. Lessons will include heel, sit, down, stand, stay and come on-leash. Handlers are asked to attend the first class without their dogs and bring proof of vaccinations within the past year and at least 2 wks. prior to bringing the dog. Dog must be at least 5 months old.

GOTTA DANCE--BROADWAY WORK OUT***Jennifer Stanley • \$56 (\$59NR) • 8Wks. start Feb. 8 • 7:30-8:30PM •****Back Gym (boys side)**

Did you know that dancing is not only great exercise for your body, but for your brain as well? If you love musical theater and having fun, join us as we learn choreography based on a variety of musical theater productions-including "A Chorus Line", "West Side Story", "Hairspray", and more. Each class will consist of a warm up and a brand new dance routine. No dance experience needed.

T'AI CHI ***Tony Grimaldi • \$50 (\$53NR) • 10 Wks. • 7-8PM • Charlton Heights Cafe**

This ancient Chinese art of meditation in motion, promotes mental, emotional and physical healing by combining movement, meditation, relaxation and self-defense. Reputed to be of therapeutic value for high blood pressure and heart and lung diseases, it is practiced by people of all ages and physical abilities. It requires no equipment and very little space. Each movement is performed slowly for balance, flexibility, concentration and muscle control.

EARRING MAKING**Martha Hatt • \$12(\$15NR) • 1 night, Feb. 8 • 7-9 PM • Room 105**

This hands-on class will enable you to take home three pairs of earrings. This is a nice extension of skills for those who have taken the bead stringing class. A \$16 plus tax materials fee is payable to the instructor in class.

HOMEBUYERS WORKSHOP-Stop Paying Rent!**Carol North • \$12(15NR) • 1 night, March 7 • 7-9 PM • Rm. 109**

It's a buyer's market! Invest your money, don't pay rent! This course provides a potential buyer with all of the tools they will need to make the home purchasing process an exciting and rewarding experience. Topics will include financing, mortgages, closing costs, home inspections, attorney's fees, and the benefits of working with a "Buyer's Agent". Turn your dream of home ownership into a reality!

FRAGRANT FLOWER GARDENING**Henry Mosteller • \$12(\$15NR) • 1 night, May 2 • 7-9 PM • Rm 109**

Does your garden smell as good as it looks? If not, you are missing another dimension to gardening! This class will discuss fragrant flowers that can be grown in the Capital District (Zone 5). Several flower varieties will be discussed in terms of their fragrance, hardiness and aggressiveness. This class considers both annuals and perennials as well as flowers which are fragrant only at night. Sources for seeds, plants and gardening books on fragrant flowers will be given.

Thursday

DIGITAL PHOTOGRAPHY I**Gayathri Gopalan • \$12(\$15NR) • Feb. 9 • 6:30-8 PM • HS Rm 204**

Introduction to digital cameras, types of digital cameras, digital camera settings, digital camera features, digital camera accessories and interpreting digital camera reviews on web.

DIGITAL PHOTOGRAPHY II**Gayathri Gopalan • \$12(\$15NR) • Feb. 16 • 6:30-8 PM • HS Rm 204**

Transfer of images from digital camera to computer; saving images as different file formats; introduction to Picasa web albums - how to upload photos; organize your digital photos sorting, copying, moving & deleting photos; album properties-changing album visibility, collaborative album; creating links, adding photo locations, adding captions to your photos; what is an EXIF file? Editing digital photos, sharing photos with your friends, family & the world, managing album access; ordering and printing photos.

SELL YOUR HOME WITHOUT A REALTOR**Carol North • \$16(19NR) • 2 Wks. Begin March 1 • 7-9 PM • Rm. 109**

Learn how to save thousands of dollars in commissions by selling your property without a realtor. You will learn (1) getting your home ready for the market (2) advertising the availability of your property (3) qualifying your buyer (4) understanding the seller's and buyer's responsibilities and expenses (5) handling contract negotiations.

COLLEGE FUNDING**Kerri Herlick • \$5(\$7NR) • Jan 26 • 6-8PM • Rm. 109**

This seminar will discuss the cost and value of attending college, grant and loan applications, and education funding options.

MARKETING YOUR BUSINESS IN 28 DAYS!**Kerri Herlick • \$5(\$7NR) • Feb. 16 • 6-8:30PM • Rm. 109**

Do you want to dramatically increase your client base? Learn to locate, land and keep new clients. Explore tactics, tools and foolproof strategies to gain more clients. Attain information on how to choose marketing tactics; how to use internet marketing techniques; ways to replace unproductive cold calling; and find out what you are missing in your marketing and how to improve it. Learn about the power of relationship marketing and overcome the fear, resistance and procrastination that holds you back.

HERE'S TO A LONG LIFE!**Kerri Herlick • \$5(\$7NR) • March 15 • 6-8PM • Rm. 109**

Whether you're planning to retire in five or thirty-five years, you've probably got a strategy in place to help ensure you make the most of your retirement. You want to be sure the income and assets you are counting on will be there. In this workshop we will discuss the value of long-term care insurance.

Please make out a separate card & check for each course. Make checks payable to BHBL Central Schools. **You will be notified only if the course is cancelled or changed.** Mail to:

Director of Continuing Education

O'Rourke Middle School, Lakehill Road, Burnt Hills, NY 12027

REGISTRATION CARD

Name: _____

Address: _____

City, St. Zip: _____

Telephone: _____ Cell: _____

Course: _____ Session: _____

REGISTRATION CARD

Name: _____

Address: _____

City, St. Zip: _____

Telephone: _____ Cell: _____

Course: _____ Session: _____

* Senior Citizens pay a 10% discounted fee for this course

(NR = Non Resident)

Thursday

ZUMBA - TONING*

Deb Spurgas • \$60(\$63NR) • 10 Wks. • 6:10-7:10PM • Pashley Cafe
A high energy, body sculpting cardio work-out that has Latin infused Zumba moves. The light weight maracas-stix target the abs, arms, gluts and thighs to make this a total body blast! 1 or 2 pound toning stix may be purchased through the instructor or you can bring your own from home.

BRAIN ILLNESS?

Seth Richard, RN • \$5 • 1 night, March 8 • 6:30-9pm • Room 120
We are so focused on the abstract mind we forget that the brain is just another organ that can malfunction. Stressors such as genetic predispositions, chemical imbalances and nutritional deficiencies can result in both acute and chronic biochemical disorders often mistaken as mental illness. Orthomolecular therapies are based on sciences that diagnose and correct many brain and biochemical disorders rather than just medicating them. The epidemics of ADHD, Alzheimer's, and Autism disorders are included. Please join us for this enlightening class where we explore some simple answers to very complex problems.

Specials

LOVE YOUR HOME AGAIN

Dawn DiLorenzo (Locust Grove Designs) • \$10 (\$13NR) per class or \$25 (\$28NR) all 3 classes • 6:30-8PM • Room 109 • Please specify which session(s) on the registration form

1/31 - Picking the Perfect Paint Colors - Have you ever struggled to pick the perfect paint color! It isn't as easy as choosing a little chip at your favorite paint store.
2/2 or 2/9 - Staging Your Home for Sale - Consider that un-staged homes can stay on the market for 181 days with an average price reduction of up to 20% or more. You can see that it is no longer a luxury to stage your home for sale, but a necessity.
2/7 - Makeover Your Space in a Day - Decorating doesn't have to be a painful, expensive process. It really can be fun. We'll discuss tricks for a One Day Makeover, using things you already own. Email a photo to the instructor for an in-class evaluation. dawn@locustgrovedesigns.com.

DEFENSIVE DRIVING*

Vic Ferrante • \$40 • 2 nights • 7-10 PM • High School, Room 207
1st Session: Jan. 17-18 4th Session: April 25-26
2nd Session: Feb. 14-15 5th Session: May 22-23
3rd Session: March 20-21 6th Session: June 19-20

This course will award all New York State motorists with a 10% reduction in motor vehicle collision liability insurance premiums for a 3-year period. Also, those drivers who have incurred violation points on their record will receive a 4 point reduction. The course is certified with the D.M.V. The program consists of 6 hours of classroom instruction including films, lecture and discussions. Registrations must be received at least 5 days prior to the beginning of the class unless other arrangements are made with the secretary or director.

* Senior Citizens pay a 10% discounted fee for this course

Specials

AEROBICS & FITNESS*

Monday & Wednesday • Linda Mielcarski • 5:45-6:45PM • Pashley Gym
A total body workout to the sounds of music. This workout is designed to tone all major muscle groups including abs. An aerobic segment is aimed at cardiovascular fitness and fat burning. Aerobic routines are designed to accommodate all levels. **Classes begin Monday Jan. 30 for 10 week session.** Register by mail or with instructor on the first night of class.
Fees 10 wks • 1 x a wk. • \$46 (\$49 NR) • 2 x's a wk • \$70 (\$73NR)

BALL WORKOUT*

Jami Juron • \$60 (\$63NR) • 10 Wks. • 6:10-7:10 pm • Pashley Cafe. • Meeting dates: Mondays - begin Jan. 23 (March 5 at Stevens Gym)
No classes the weeks of Feb. 20-24 and Feb. 27 - March 2
Define, tone and strengthen your entire body using a stability ball. The stability ball offers a functional way to strengthen all major muscle groups by challenging balance and core strength. This innovative, fun and low impact class includes a variety of weight bearing exercises for the upper body, lower body and core (abdominal/back) that are appropriate for all ages and fitness levels. Come join the fun and have a ball! Participants should bring a stability ball and floor mat. Instructor will have a pump available. Recommended ball size is based on your height - 45 cm (< 5 ft. 0 in.), 55 cm (5 ft. 0 in. - 5 ft. 7 in.), 65 cm (5 ft. 8 in. - 6 ft. 3 in.) & 75 cm (>6 ft. 3 in.)

PILATES*

Jami Juron • \$60 (\$63NR) • 10 Wks.
Beginner - 7:15 - 8:15pm • Pashley Cafe • Thursdays begin 1/26
Intermediate - 7:15-8:15 pm • Pashley Cafe • Mondays beginning 1/23
Please Specify Beginner or Intermediate on Registration form
No classes the weeks of Feb. 20-24 and Feb. 27 - March 2
PILATES (pronounced piLAH tee) is designed to give you a leaner, stronger, healthier body that is flexible and pain-free. Pilates exercise is a form of isometric exercise that simultaneously stretches, strengthens, tones and aligns the body, while eliminating excess tension and strain on the joints. With consistent practice, you will improve posture, balance and coordination, build strength without "bulking up," increase flexibility and agility, develop optimal core control, and create flat abdominals, lean thighs and a strong back. A refreshing mind-body workout appropriate for men and women of all abilities. A typical class includes 25 exercises performed on a mat lying on your back, front, and side, with each exercise repeated at most 10 times. Participants should bring a floor mat.

5 HOUR PRE-LICENSING DRIVING COURSE*

Bill Cassidy • \$35 • 2 nights • 7-9:30PM • High School, Room 205
1st Session: Jan. 31- Feb. 1 3rd Session: April 24-25
2nd Session: March. 13-14 4th Session: June 5-6

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 education and have received a blue card do NOT have to take this course. Please indicate the session number on the registration card.

(NR = Non Resident)

NON PROFIT
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BURNT HILLS NY
PERMIT NO. 15

Director of Continuing Education
Burnt Hills-Ballston Lake Central Schools
O'Rourke Middle School
Lakemill Rd.
Burnt Hills, NY 12027