

# BURNT HILLS-BALLSTON LAKE CONTINUING EDUCATION PROGRAM FALL 2009 COURSE OFFERINGS

James E. Hadcock, Director

Elizabeth Falkowitz, Secretary

## Join us for the Fall semester! Classes begin September 28th.

### General Information

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 Monday & Tuesday, Sept. 21 & 22, 2009 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.

**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, September 28th 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 which can be obtained at the School District Office on Cypress Drive.**

**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, call us at 399-9141 ext. 5075.

## Monday

### BASKET WEAVING\*

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

Come and learn the simple art of basket weaving. 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 choose a second basket to work on in class. The supplies you need to bring with you are 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.

### INTRO TO DIGITAL PHOTOGRAPHY\*

Mike Mosall • \$30(\$33NR) • 5 Wks • 6:30-8:30pm • HS Room 202-204

Session 1 -- Sept. 28 - Nov. 2 ••• Session 2 -- Nov. 9 - Dec. 7

This is a hands-on beginner's course about the technical basics of digital photography: how to create, edit, and archive digital photographic files. No experience with your camera necessary! Topics to be covered include: how to use your camera and its settings, exposure modes, focus targets (depth of field), lighting and shutter speeds, horizontal and vertical competition, memory cards, "Raw vs. JPEG", "JPEG vs. Tiff", optical vs. digital zoom, "take two steps forward", macro photography, to "flash" or not to "flash", printers vs. pay services, archiving files, and the history of photography. Please note, this list is not exhaustive. The class will work with Picasa (freeware) and Adobe Photoshop (time permitting). Students should bring their digital camera and USB connection cords to each class.

### ALL ABOUT EYES . . .

#### ABSOLUTELY GORGEOUS MAKE-UP

Vanessa Rae Torres • \$12(\$15NR) • 1 night, Oct. 5 • 7-9PM • Rm 107

This class will focus on different techniques to achieve smoldering eyes through the use of make-up and individual false eye lashes. A \$7 supply fee will be payable to the instructor in class.

### SURVEY OF DANCE\*

Josh Merlis • \$40 (\$60 couple) • 10 Wks. • 7-8 PM • Back Gym

This class will offer a "little bit of everything" each week focusing on a new type of dance of the ballroom/latin genre (waltz, foxtrot, meringue, cha cha, etc.). It will cover dance essentials, dance basics, and give class participants a few steps in each so they can hold their own when they hear that type of music. Class is limited to 60 participants.

### INTRO TO SWING DANCING\*

Josh Merlis • \$40 (\$60 couple) • 10 Wks. • 8:15-9:15PM • Back Gym

Ever wanted to learn to swing dance but never got around to it? Well, here's your chance to finally learn! We'll be starting at the very beginning and will gradually work our way through turns and swings to have you not only dancing, but dancing confidently, in no time! A partner is not necessary and you should expect a very enjoyable atmosphere in which to learn. **\$10 discount if taking both dance classes.**

### STAINED GLASS\*

Sharon Nazzaro • \$32(\$35NR) • 6 weeks • 7-9 PM • Room 134

Stained glass creating is exciting and the results are beautiful. This class will introduce you to the "copper foil" technique which is the tiffany style. Each student will complete at least one project during the 10 weeks and will leave the class with the knowledge, skill and all the tools needed to continue creating at home. Options for obtaining tools & supplies will be discussed at the first class. They include, pattern scissors, glass cutter, grozing and running pliers, copper foil, flux brush, solder, soldering iron, soldering iron stand, glass and patterns. Cost of all would be approx. \$150. Email Sharon (senazzaro@gmail.com) with any questions.

### RECREATIONAL BASKETBALL

• \$42 (\$45NR) • 10 Wks. **Beginning Sept. 21 • 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!

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

# Monday

## **SELL YOUR HOME WITHOUT A REALTOR**

**Carol North • \$16(\$19NR) • 2 Wks. Begin Nov. 16 • 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.

## **RUBBER STAMPING I - Stamp a STACK of Cards**

**Deb Valder • \$12(\$15NR) • 1 night, Sept. 28 • 7-9:30 PM • Rm 105**

It's time to fill up your card box. All projects are brand new! Every year we get together and stamp some amazing items, this year is no exception. You will be stamping a stack of all occasion cards and will go home with TWO of each simply beautiful cards with the envelopes. 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. It will give you a large number of cards to send out! Even if you've never stamped before...try this, I know you will fall in love with it instantly. Bring a small pair of sharp scissors. \$10 materials fee is payable in class.

# Tuesday

## **RUBBER STAMPING II - Holiday Treasures**

**Deb Valder • \$12(\$15NR) • 1 night, Oct. 6 • 7-9:30 PM • Rm 105**

The Holiday Treasures class every year is a HUGE success. All projects are brand new! Every year we get together and stamp some amazing items, this year is no exception. With the holidays fast approaching, here is a class to help out with some inexpensive gift ideas. With today's economy, this is a great class to take. This class is always very well attended. Please join me in a warm and wonderful evening to celebrate the holidays. Bring a small pair of sharp scissors and your adhesive. A \$10 materials fee will be payable to the instructor the night of the class. No previous experience necessary. Samples website is <http://stampladee.stampinup.net>.

## **RUBBER STAMPING III - Stamping Portfolio**

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

You will complete the most beautiful card holder/portfolio. All projects are brand new! Every year we get together and stamp some amazing items, this year is no exception. After we do that together, you will complete the stack of cards and envelopes that will go into that portfolio. This is a great gift idea for the holidays. Please bring a small pair of sharp scissors and your own adhesive. A \$10 materials fee will be payable to the instructor at the class. No previous experience necessary.

## **RUBBER STAMPING IV - Altered Scrapbooks**

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

If you love scrapbooking and if you love stamping, here is a combination of the two. You will complete an entire project in one night...so come and scrap that special event. Please bring a small pair of sharp 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 at the class. No previous experience necessary.

## **RECREATION VOLLEYBALL**

**Sandy Hutchinson • \$42 (\$45NR) • 10 Wks. beginning Sept. 22 • 7:30-9:30 PM • Gym**

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

## **DIX FURNITURE (RE) FINISHING 101**

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

This will be a project oriented course. Each participant should have a project to work on during the term. We will cover choosing a piece to finish, removing an old finish if necessary, prep work, staining, and finishing. We will cover various finishes such as shellac, Danish oil, water-based polyurethane, oil-based polyurethane and spar urethane. We will discuss and demo the types of stains, and sealers and finishes available. Class will be informal with lots of class participation. Furniture finishing is fun and can be very rewarding. Please be prepared to bring a project or part of one for show and tell for the second class. We will NOT be working on participant projects in class. Questions? email Dick at [reed13@nycap.rr.com](mailto:reed13@nycap.rr.com) or call at 399-7759.

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

## **ESTATE PLANNING - An Attorney's Perspective**

**Richard Fuerst • \$12 (\$15NR) • 1 night, Oct. 13 • 7-9 PM • Room 120**

Want to take the mystery out of wills, health care proxies, powers of attorney and trusts? If you have an interest in carefully planning for your future and for the future of your loved ones, we promise to explain the ins and outs of these important estate planning strategies - in simple, nonlegal terms. For instance, regardless of your health, you can learn the advantage of having a health care proxy and/or living will. You'll also learn why thoughtful planning will benefit you and your family as we discuss -- based on the latest legal changes -- nursing home and Medicaid considerations, as well as avenues open in order to reduce wealth transfer taxation.

## **BEGINNING YOGA\***

**Judy Rightmyer • \$60 (\$63NR) • 10 Wks. • 7:30-9 PM • Cafeteria**

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.

## **MINERAL MANIA**

### **ABSOLUTELY GORGEOUS MAKE-UP**

**Vanessa Rae Torres • \$12(\$15NR) • 1 night, Sept. 29 • 7-9PM • Rm 105**

Have you been curious about mineral make-up? Mineral make-up is actually beneficial to the skin and has a broad spectrum spf of 20. You will learn the proper way to apply minerals to achieve a beautiful complexion. A \$7 supply fee will be payable to the instructor in class.

## **STOP PAYING RENT! - HOME BUYER'S GUIDE**

**Carol North • \$16(\$19NR) • 2 Wks. Begin Oct. 27 • 7-9 PM • Rm. 109**

It's a buyer's market! Stop paying thousands of dollars a year in rent and buy a home you can call your own. You will learn all of the tools you will need to make the home purchasing process an exciting and rewarding experience. Topics include financing and mortgages, closing costs, home inspections, attorney's fees, and the benefits of working with a "Buyer's Agent."

## **FOUNDATIONS OF INVESTING**

**Chris Nyhan • \$5(7NR) • 1 night, Sept. 29 • 7-8 PM • Rm. 120**

Fear of the unknown sometimes prevents people from investing in the future. Developing an understanding of the basics simplifies the process of getting started in an investment program. This seminar addresses needs of new investors as well as those needing a refresher. Participants will learn more about: the key features of bonds, stocks and mutual funds, the importance of asset allocation and the impact of inflation on your long-term goals. Questions? Call 399-5087 or email [chris.nyhan@edwardjones.com](mailto:chris.nyhan@edwardjones.com)

## **FIXED INCOME INVESTING**

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

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. This class is intended for investors of all ages, but ideal for the retired or those approaching retirement. Questions? Call 399-5087 or email [chris.nyhan@edwardjones.com](mailto:chris.nyhan@edwardjones.com)

## **FINDING BALANCE IN YOUR BUDGET**

**Chris Nyhan • \$5(7NR) • 1 night, Oct. 27 • 7-8 PM • Rm. 120**

The first step toward taking control of one's financial future is to understand the basics of budgeting and the importance of managing credit and debt. With this knowledge, individual investors will be on a clearer path toward reaching their financial goals. Participants will learn more about: setting personal financial goals, managing expenses and debt, practical savings options for now through retirement and creating a financial blueprint for the rest of your life. Questions? Call 399-5087 or email [chris.nyhan@edwardjones.com](mailto:chris.nyhan@edwardjones.com).

## **ORNAMENT DECORATIVE PAINTING CLASS**

**Michele Lombard • \$16 (\$19NR) • 1 night, Nov. 1 • 6:45-8:45PM • Rm 103**

In this class we will be painting a gingerbread man, snowman and Santa on wooden birdhouse shaped ornaments and if time permits, a cute snowman light bulb ornament. This class is designed for students who have completed a beginners class in one stroke painting/decorative painting. REQUIREMENT: BASIC ONE STROKE BRUSHES - NO BRUSHES WILL BE SUPPLIED. A \$6 supply fee is payable in class.

(NR = Non Resident)

## Wednesday

### COMPANION DOG TRAINING I

Jen Groth • \$38 (\$41NR) • 8 Wks. • 7-7:45 PM • Back Gym

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 weeks prior to bringing the dog. Dog must be at least 5 months old.

### COMPANION DOG TRAINING II & III

Mary Lou Cuddy • \$38 (\$41NR) • 8 Wks. • Back Gym  
Dog Training II – 7-7:45pm • Dog Training III – 8-8:45pm

Designed for dogs with enough previous training to begin off-leash work. Handlers may bring dogs to the first class, provided they have proof of DHL vac. within the past year and at least 2 weeks prior to the first class.

### ONE STROKE/DECORATIVE INTERMEDIATE PAINTING CLASS

Michele Lombard • \$26 (\$29NR) • 4 wks begin Oct. 7 • 6:45-8:45PM • Rm 103

In this session, we will paint a Halloween kitty on wood, a cute Santa with reindeers to attach to a wreath, and a snowman plaque. This class is designed for students who have some experience in one-stroke/decorative painting. Paint and surfaces will be provided by the instructor. REQUIREMENT: BASIC ONE STROKE BRUSHES – NO BRUSHES WILL BE SUPPLIED. A \$ 20 supply fee is payable to the instructor in class.

### ZUMBA\*

Deborah Spurgas • \$60(\$63NR) • 8 Wks. • 6-7 PM • Charlton Heights Cafeteria  
"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. No dance experience necessary.

### BEADSTRINGING

Martha Hatt • \$16(\$19NR) • 2 Wks. begin Oct. 21 • 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. KUMA Beads, a Burnt Hills mail order company, has helped thousands of people all over the U.S. learn the art of jewelry making. Now you too can make custom jewelry using the same gemstone beads, findings and techniques used by professional jewelry designers. Whether you want to learn a new hobby, repair or restore your heirlooms, earn extra money, or give beautiful gifts, come and get started. Bring a hand towel to class. Stringing materials, including gemstone beads will be available at the first class at a cost of \$16.00 plus tax.

### NEW YORK SAFE BOATING (for kids)

Coast Guard Auxiliary • \$5 • 4 weeks • 7-9 PM • Rm 109

Offered through New York State for kids aged 10 thru 17. A text is provided by NY state at no cost. Perfect attendance and passing a closed book exam qualifies students for NY state boating safety certificate. There is a registration fee to apply for this certificate... otherwise the course is free. Persons with a certificate and 14 or more in age are qualified for solo operation of Personal Watercraft. Students 10 or older with a certificate are permitted to perform solo operation of a powered vessel on NY waters.

### ABOUT BOATING SAFELY (for adults)

Coast Guard Auxiliary • \$5 • 4 weeks • 7-9 PM • Rm 120

This is a basic safe boating course offered for persons 16 and older. All aspects of safe and competent boating are discussed including Navigation Rules, Aids to Navigation, legal and useful safety equipment. Perfect attendance and passing a closed book examination qualifies students for a safe boating certificate recognized by NY state (for operation of a Jet Ski) and by most boating insurance companies. A book fee of \$25 per student, \$30 for couples sharing a text, is payable to the instructor in class.

### T'AI CHI \*

Tony Grimaldi • \$50 (\$53NR) • 10 Wks. • 7-8PM • Charlton Heights Cafeteria

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

### EARRING MAKING

Martha Hatt • \$12(\$15NR) • 1 night, Sept. 30 • 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 on the first night of class.

### COMPETITIVE VOLLEYBALL

Jim Rulison • \$42 (\$45NR) • 10 Wks. beginning Sept. 23 • 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 in the program is based on an individual's skill level.

### QUILTING -- PINWHEEL SAMPLER\*

Peg Allocco • \$38(\$41NR) • 8 Wks. • 7-9 PM • Room 107

Make a different pinwheel block each week and learn how to set them into a beautiful quilt. Directions also available for a wall hanging. E-mail Peg at pegallocco@yahoo.com with questions and supply list. Pattern is required for the class. Individual registrations by mail ONLY accepted after Sept. 1.

### FINANCIAL PLANNING FOR WOMEN

Tonia Kelley • \$16(19NR) • 2 Wks. begin Oct. 21 • 7-8 PM • Rm. 124

Single, married, working, or widowed: every woman can take control of the money she has, make it grow, and plan for financial security. This workshop provides valuable information in easy-to-understand terms that you can use immediately. You'll gain a working knowledge of the six areas every financial management program must consider — cash management, risk management, investment planning, tax planning, retirement planning, and estate conservation. Important financial concerns many women have, such as paying for college tuition and long-term care, saving on taxes, and retiring in comfort are also covered. A \$17 fee for the 150 page workbook is payable in class.

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

## Wednesday

### BUSINESS COMMUNICATIONS

Daniel Maguffin • \$38 (\$41NR) • 10 weeks • 6:30-8 PM • Room 126

The numerous aspects critical to successful communication in the business work place will be discussed. This includes but is not limited to various forms of written communication (email, texting, chatting, instant messaging and "twittering" will certainly be discussed), supplemental visual aids, PowerPoint presentations, listening skills; preparation of resumes, preparation for interviews along with effective interviewing skills and approaches and various oral presentations. A wide variety of business communication exercises and activities will be used including traditional lecture, discussions, role-play, individual and group assignments and projects, oral presentations and analysis of business communication articles.

### CLOWNING BASICS FOR NON-PROFIT

#### GROUPS or THE CLASSROOM

Steve Roz • \$28(\$31NR) • 5 Wks. • 7-9 PM • Room 125

Learn the essentials! Makeup and costuming, Facepainting, Balloon Art and more! Everything you need to know to present yourself as a REAL LIVE CLOWN for your civic group activities or classroom! It's fun! A \$35 materials fee is payable in class.

### CONTINUING YOGA\*

Judy Rightmyer • \$60 (\$63NR) • 10 Wks. • 7:30-9 PM • Cafeteria

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. Judy is a certified Kripalu Yoga instructor, who has over 15 years of yoga experience. Students are asked to bring a mat, small pillow or cushion and blanket to class.

### PLANNING AN ADDITION - Beginner's Guide

Daniel Russell, P.E. • \$32(\$35NR) • 6 Weeks • 7-8:30PM • Room 105

Basic steps to plan an addition are covered: the permit process, building plans, building code, inspections, site assessment, cost estimating, choosing materials, and a few pretty good guidelines. This will provide you with the basic knowledge you will need to meet with a builder or engineer and get your project started, or help the do-it-yourself builders. We will discuss energy saving techniques in the design and build phases.

## Thursday

### INTRO TO DIGITAL PHOTOGRAPHY\*

Mike Mosall • \$30(\$33NR) • 5 Wks. • 6:30-8:30pm • HS Room 202-204  
(Same course description as page 1 of brochure)

### PROFESSIONAL VOICE ACTING

Jay Silverman • \$12 (\$15NR) • 1 night, Oct. 22 • 6:30-9 PM • Room 120

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.

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

## Specials

### AEROBICS & FITNESS\* (New location & time)

Monday & Wednesday • Linda Mielcarski • 6-7PM • Pashley Gym

Tuesday & Thursday • Kathy Kuon • 6-7PM • 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. **This is a 10 week program. Classes begin Monday Sept. 21 for Monday & Wednesday session and Tuesday, Sept. 29 for Tuesday & Thursday session.** Register by mail or with instructor on the first night of class.

**Fees (please specify Monday & Wednesday or Tuesday & Thursday):**

1 x a wk. -- \$46 (\$49 NR)    2 x's a wk -- \$70 (\$73 NR)

### PILATES \*

Jamie Juron • \$48 (\$51NR) • 8 Wks. • 7:30-8:30 pm • Cafeteria •

Please Specify Beginner or Intermediate on Registration form

**Beginner--Meeting Dates: Thursdays -- 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10**

**Intermediate -- Meeting dates: Mondays -- 9/28, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30**

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.

### DEFENSIVE DRIVING\*

Vic Ferrante • \$40 • 2 nights • 7-10 PM • High School, Room 207

1st Session: Sept. 21-22    3rd Session: Nov. 23-24

2nd Session: Oct. 19-20    4th Session: Dec. 14-15

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.

### 5 HOUR PRE-LICENSING DRIVING COURSE\*

Bill Cassidy • \$30 • 2 nights • 7-9:30PM • High School, Room 205

1st Session: Sept. 29-30    3rd Session: Dec. 15-16

2nd Session: Nov. 3-4

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.

NON PROFIT  
U.S. POSTAGE  
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PERMIT NO. 15

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