

# Fall/Winter/Spring 2017-18



## **Albany Adult Continuing Education**

### Schedule of Classes

All classes are held at  
Albany High School  
700 Washington Avenue  
Albany, New York

A Service of the City School District of Albany  
Visit our Web Site – [www.albanyschools.org](http://www.albanyschools.org)

## **GENERAL INFORMATION**

**WELCOME** to the Albany Adult Continuing Education Program!

**WHO MAY REGISTER?** Any person over 18 is eligible to attend classes.

**WHERE?** We are located at Albany High School, 700 Washington Ave.

**INFORMATION?** Call 475-6363, leave message, or **Wed. & Thurs. evenings only** - 5:30-8:30 p.m.

**PARKING?** No need to park on the street - plenty of free parking in the Main Avenue parking lot.

### **WHEN ARE CLASSES?**

#### **Wednesdays**

#### **Thursdays**

#### **FALL SESSION**

September 27

October 4, 11, 18, 25

November 1, 8, 15, 29

December 6

September 28

October 5, 12, 19, 26

November 2, 9, 16, 30

December 7

#### **WINTER SESSION**

January 3, 10, 17, 24, 31

February 7, 14, 28

March 7, 14

January 4, 11, 18, 25

February 1, 8, 15

March 1, 8, 15

#### **SPRING SESSION**

March 21, 28

April 11, 18, 25

May 2, 9, 16, 23, 30

March 22, 29

April 12, 19, 26

May 3, 10, 17, 24, 31

#### **REGISTRATION**

Registration must be done in person on the following dates at Albany High School:

**Only cash and checks (payable to The City School District of Albany) are accepted for payment.**

**\*\*Full payment is required upon registration\*\***

#### **Fall Registration:**

September 13 & 14                      5:30 – 8:30 p.m.

#### **Winter Registration:**

December 6 & 7                        5:30 – 8:30 p.m.

#### **Spring Registration:**

March 14 & 15                         5:30 – 8:30 p.m.

**CHECK THE TIMES UNION THE SUNDAY PRIOR TO REGISTRATION FOR CLASS UPDATES.**

## **FEES/ REFUNDS**

Individual course prices are listed with course descriptions since prices vary. Refunds will be made ONLY in cases where a class has been cancelled due to insufficient registration. ***NO REFUNDS ARE MADE AFTER THE MEETING OF THE FIRST CLASS.*** Please be advised that refunds may take 3-4 weeks.

## **SENIOR CITIZEN DISCOUNT**

All senior citizens who have reached the age of 60 will be permitted to enroll in continuing education courses with a 10% discount off the cost of each course.

## **ENROLLMENT**

The classes listed can be given only if a sufficient number of adults sign up for a specific class. You may want to encourage others to register for the same course. At the time of registration, the staff is willing to note other choices should your registered class be cancelled. At least 12 people should register for a course before it can be guaranteed. Exceptions to this rule may be made at the discretion of the Coordinator of the Program.

## **ROOM LOCATIONS**

Room locations will be posted in the Albany Adult Continuing Education Office on the first night of classes.

## **MATERIAL AND BOOKS**

Where courses require special supplies, texts, or materials, students must supply or purchase them. Teachers may, in some cases, make purchases for students if students so desire. Any supply or material fees are due the first night of class.

## **INCLEMENT WEATHER/SCHOOL CLOSINGS**

When school is closed because of inclement weather or other reasons, the evening classes will also be cancelled. School cancellations are broadcast on local TV and radio stations.

## **RULES & REGULATIONS**

Evening students are required to abide by the regulations governing the school buildings. Smoking is prohibited in the building and on school grounds. The Albany City School District is not responsible for any injuries incurred during the activities through the Adult Continuing Education Program. Any ensuing expenses will be borne by the participant.

## **NOTICE**

The City School District of Albany does not discriminate on the basis of sex, race, color, national origin, handicap, or age in vocational education programs. This policy is in compliance with:

1. Title VI of the Civil Right Act of 1964
2. Title IX of the Education Amendment of 1972
3. Section 504 of the Rehabilitation Act of 1973
4. The Age Discrimination Act of 1975

### **Central Administration**

Superintendent of Schools Kaweeda G. Adams  
Assistant Superintendent for Business Affairs, Mr. William Hogan

### **Albany Continuing Education Clerical Staff**

Susan Rocco, Rose Sheldon

### **Board of Education**

Sue Adler  
Anne Savage  
Jennifer Lange  
Ellen Roach  
Vickie Smith  
Sridar Chittur

## WEDNESDAY CLASSES



### COMPUTERS FOR BEGINNERS – Instructor: TBD

A basic introduction to computer knowledge and workflow. Covers general computer skills, Microsoft Office products, E-Mail and basic internet navigation. Perfect for anyone, whether you are looking to brush up on skills for employment or just trying to figure out how to properly use and send email.

Wed. (10 weeks)      \$75              5:30-7:00 pm  
Session: **All**



### COMPUTERS - INTERMEDIATE - Instructor: TBD

This hands-on student driven class is perfect for the computer novice. This class will address topics of interest to the students enrolled in this session. Topics to be discussed include: MS Word, MS Excel, MAS PowerPoint, the internet, computer hardware and software and techniques to manage and protect your computer.

Wed. (10 weeks)      \$75              7:00 – 8:30 p.m.  
Sessions: **All**



### DEFENSIVE DRIVING – Instructor: Cross County, Inc.

Car insurance costs too high? Need points lowered off your license? Cross County Safety Education is ready to assist you, your family members and friends into becoming safer drivers while reducing the cost of your insurance and deduct points off your license. Cross County, Inc. addresses the current traffic and road conditions specific to the area that it services. Topics such as red light cameras, snowy road conditions, rural driving, urban driving, aggression and road rage dynamics, city lane markings, etc. are integrated into the lessons. This Health & Safety Program is a fast, easy, and inexpensive accident prevention workshop that provides all individuals with proven effective accident prevention information, 3 year insurance discount, and point reduction system with DMV. A certificate processing fee of \$14 will be collected by the instructor during the second night of each session. Each student must pay the fee in order to receive the discount.

Wednesdays    \$23. + \$15 supply fee. (Supply fee is paid to the instructor the second night of the session)

Classes are 5:30-8:30 p.m.

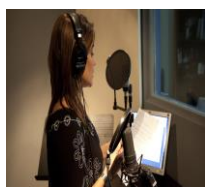
Sessions:	<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
	9/28 & 10/5	1/4 & 1/11	3/22 & 3/29
	10/12 & 10/19	1/18 & 1/25	4/12 & 4/19
	10/26 & 11/2	2/1 & 2/8	4/26 & 5/3



### FIRST TIME HOME BUYERS COURSE – Instructor: Leon Levy

So you want to buy a house? Now what? Learn the entire process from A to Z. This course is led by one of the top selling agents in the area. Leon will walk you through such questions as: How is the market doing? Where should I buy? Is a 2 family purchase a good option for me? How do I get pre-qualified? How do I negotiate the best price for me? These and many other questions will be answered in this informative and detailed course. Don't fall through the seam, be a part of the American Dream!

Wednesday - **one night only**– (first night of each semester)      \$15                      6:00 – 7:30 p.m.  
Session: All



### GET PAID TO TALK: Making Money With Your Voice - Instructor: Jennifer Marcotte

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! You will 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.

Thurs. 10/12 - **one night only**   \$45    6:30-9:00 p.m. (at studio, 26 Vly Rd. Albany, NY 12205)  
Tues. 2/8 - **one night only**   \$45    6:30-9:00 p.m. (at studio, 26 Vly Rd. Albany, NY 12205)  
Wed. 5/22 - **one night only**   \$45    6:30-9:00 p.m. (at studio, 26 Vly Rd. Albany, NY 12205)



### LEARN HOW TO DO YOUR OWN ALTERATIONS - Instructor:TBD

Are you tired of things not fitting you? Alterations can be so costly. Why not do it yourself? In this class you will learn different methods of alterations. This class is at all levels and you will be working at your own pace. No sewing knowledge is required. You must bring in whatever item you wish to alter, your own sewing machine and supplies.

Spring: 4 Week Class for \$32	Wed., 3/21	6:00 – 8:00 p.m.
	Wed. 3/28	6:00 – 8:00 p.m.
	Wed. 4/11	6:00 – 8:00 p.m.
	Wed. 4/18	6:00 – 8:00 p.m.

## Open Sew



### Open Sew - Instructor: TBD

In this class you can finish a project, get help with a sewing technique, or get direction on what you need to start or finish a sewing project. So, what are you going to work on in this class? You decide! This class is open to ALL sewing levels. Bring your project, pattern (if applicable), your own sewing machine, and basic sewing supplies.

4 Week Class for \$32

Fall	Wed. 11/8,	6:00 – 8:00 p.m.	Winter: Wednesday 2/14	6:00-8:00 p.m.
	Wed. 11/15,	6:00 – 8:00 p.m.	Wednesday 2/28	6:00-8:00 p.m.
	Wed. 11/29,	6:00 – 8:00 p.m.	Wednesday 3/7	6:00-8:00 p.m.
	Wed. 12/6,	6:00 – 8:00 p.m.	Wednesday 3/14	6:00-8:00 p.m.



### Sewing 101: Sewing Basics - Instructor: TBD

Have you been meaning to learn how to sew or better your sewing but, have just been putting it off? Well, this is an opportunity for you to take advantage of! In this class you will learn all of the basics of sewing. This includes the differences between threads and fabrics and more. The instructor will also teach you anything you want to know about your machine. Even if you have sewn before, you will still learn something from this class. You will make a travel size tissue cover. You must bring your own machine and supplies. A supply list will be given to you when you register.

2 week class for \$16

Wed. - 9/27 & 10/4,	6:00 – 8:00 p.m.
Wed. - 1/3 & 1/10,	6:00 – 8:00 p.m.



### Sewing 102 Fall Session: Make Your Own Tote Bag - Instructor: TBD

Wouldn't it be nice to be able to say "I made it!" when you get a compliment? In this class you will make your very own tote bag without a pattern. You will want to make this over and over again! This class will teach you measuring techniques, how to properly plan for a project, and basic construction. Only basic sewing knowledge is necessary. You must bring your own sewing machine and supplies. A supply list will be given to you when you register.

4 week class for \$32

Wed. 10/11,	6:00 – 8:00 p.m.
Wed. 10/18,	6:00 – 8:00 p.m.
Wed 10/25,	6:00 – 8:00 p.m.
Wed. 11/1,	6:00 – 8:00 p.m.



## **Sewing 102 Winter Session : Make Your Own Wrap Skirt - TBD**

In this class you will make your very own wrap skirt. Whether you like your skirt long or short, you will be able to adjust the length. This skirt will also work for ALL sizes, from size 0 to size 32! When you receive a compliment, you will be able to say “Thanks. I made it!” ☺ Only basic sewing knowledge is necessary. You must bring your own sewing machine and supplies. A supply list will be given at the time of registration.

4 week class for \$32

Wed. 1/17, 6:00 – 8:00 p.m.

Wed. 1/24, 6:00 – 8:00 p.m.

Wed. 1/31, 6:00 – 8:00 p.m.

Wed. 2/7, 6:00 – 8:00 p.m.



## **SEWING WITH KNIT FABRICS – Instructor: Fatima Bey**

Don't you just love wearing knit fabrics? They're so comfortable and fit every shape. Come take a class and learn all of the ins and outs of sewing knits. In this class you will sew your very own knit dress. You must bring your own sewing machine and have supplies ready for the first class. A supply list will be given at the time of registration.

6 week Class \$48

Wed. 4/25, 5/2, 9, 16, 23, 30 6:00 – 8:00 P.M.



## **SPANISH I – Conversation I – Instructor: TBD**

In this class you will be learning: Basic vocabulary, grammar {pronouns, proverbs, articles, verbs, adverbs, adjectives, nouns, pronouns, verbs}, greetings, time, numbers. At the end of this class you will have enough vocabulary to create basic sentences and speak with your neighbors, family or friends.

This class is targeted for beginners only. If you always have a curiosity about the language and interest in expressing yourself with your neighbor, family member and establish a basic beginner conversation, then this is the class you want to start with.

Wed. \$75 7:00-8:30 p.m.

Sessions: **All**



**SPANISH II – Instructor: TBD**

This class is targeted for those who want to: Communicate and connect with the local people you come in contact with on vacation while visiting a Spanish speaking country or live and work in a Spanish speaking country as part of your career or if you want to converse with your Spanish-speaking coworkers and neighbors of a Latino community in the US.

Wed. \$75 5:30-7:00 p.m.  
Sessions: All



**TEAS - EXAM TEST PREP – Instructor Bob Ott**

The purpose of this course is to prepare students to enter the field of nursing and/or medical needs. Three areas will be covered, Science, Math and English Comprehension. Each of these areas will be further subdivided into topic areas. Problem solving in each of the areas will be explored. Evaluations, such as tests and quizzes, will be given throughout the course, not to determine a grade but, to facilitate understanding and learning.

Wednesday (10 weeks) \$75. 6:00 – 7:30 p.m.  
Sessions: All



**UPHOLSTERY – Instructor: Jessica Vogelien**

Students will repair and recover an old chair, sofa, piano bench, ottoman or other upholstery project, learn the basic skills of furniture upholstery and apply them to their project. Instruction will include webbing, springing, tying, padding and covering the furniture with fabric. Bring the project to the first class; since storage is limited; be prepared to take it home each week. Tools, supplies and material can be purchased at a discount from the instructor.

Weds. Fall 10 weeks \$90 5:30-8:30 p.m.  
Sessions: All Winter 8 weeks \$72 (1/3–2//28)  
Spring 8 weeks \$72 (4/11-5/30)





## **YOGA - Instructor: Lauren Touhey**

Yoga class is great for all fitness levels and ages, especially those new to yoga and anyone with injuries. Included in the class are foundational poses (asanas), modifications and an emphasis on breath (pranayama). The class emphasizes stretching, coordination of breath with movement, and attention to alignment. Class ends with deep relaxation and a guided meditation to help release tensions and reduce stress. The goal is to move away from the busy, fast pace of our lives into a practice that is mindful and conscious. Please come in comfortable clothes and be sure to bring your own mat and any props (blocks, straps, etc) you have with you; water is also encouraged. Lauren brings her sense of humor mixed with her understanding of Yin, Restorative, and Hatha yoga practices to every class

Wed. (10 weeks)                      \$60                      5:00- 6:00 p.m.  
Session: **All**

## **THURSDAY CLASSES**



### **BALLROOM DANCE I – Instructor: Hershell Allen**

For beginners or those who want to brush up on their dancing. Dance styles will include both smooth and Latin rhythms. The dances that couples will learn are Foxtrot, Swing, Slow Waltz, Cha Cha Cha, Rumba and Tango Shall we dance?

(Couples Only) - No previous dance experience needed

Thurs. (10 weeks)      \$125/couple                      7:45-9:15 p.m.  
Sessions: **Fall and Winter**



### **Basket Weaving For All Levels – Instructor: Sandy Salada**

Basket makers of all levels are welcome. New students will complete 4 baskets while learning the basics of traditional basket weaving. Basket making materials will be supplied by the instructor for an additional fee. Materials fee for new students will be \$40 payable to the instructor at the first session. Time permitting additional baskets can be made on a cost per basket basis. Returning weavers will continue with baskets of their choice. Materials fee for returning students will be determined at the first session. The following household items will be needed at the first session: Tub for soaking reeds (at least 12” by 12” by 6” deep), old bath towel, pencil, ruler, cloth tape measure, utility knife, awl or ice pick, kitchen scissors, heavy duty spring type clothes pins, 4” cable ties, spray bottle. For more information and to view the baskets taught in this course please visit [www.SandysFiberArts.com](http://www.SandysFiberArts.com)

Thurs.                                      5:30 – 8:30 p.m.  
Sessions:

**Fall:** 9/28, 10/5,12, 19, 26, 11/2,9,16                      (10 weeks - \$90.00)  
**Winter:** 1/11, 18, 25, 2/1, 8, 15, 3/1, 8                      (8 weeks - \$72.00)  
**Spring:** 4/12, 19, 26, 5/3, 10, 17, 24, 31                      (8 weeks - \$72.00)



**FOXTROT/CHA CHA – Instructor – Hershell Allen**

The Foxtrot is a dance from Harry Fox. It is an American original with variant patterns. It starts out as a beginners dance and progresses to intermediate. The Cha Cha is a Latin dance with syncopation, similar to the rhumba but with more speed.

Thurs. \$125/couple 6:15-7:45  
Session: **Spring**



**HUSTLE/RUMBA – Instructor – Hershell Allen**

Rhumba is a slow romantic dance. Starts from the beginning and progresses to intermediate. The hustle is a vibrant dance from the 70s/disco. It also starts with beginning patterns and moving to intermediate.

Thurs, \$125/couple 6:15-7:45  
Session: **Fall**



**LINE DANCING – Instructor – Nathan Hardie**

This is a beginners line dance class. The class will start with basic dances and move up to intermediate dances by the end of the ten weeks. During that time period you will learn many different dances and dance to all genres of music such as country, top 40, hip hop, blues, funky, irish and nore, No prior experience necessary.

Thurs (10 weeks) \$75.00 6:00-7:30 p.m.  
Sessions: All



**SWING - Instructor: Hershell Allen**

**This class will incorporate the Jitterbug, Linda Hop and Jive. Here are four routines choreographed for this class. No previous dance experience is needed.**

Thurs (10 weeks) \$125/couple 7:45-9:15 p.m.  
Session: **Spring**



**SWING/WALTZ - Instructor: Hershell Allen**

Come have an invigorating and fulfilled experience in this class. The swing is an original American dance from WWII derived from the Lindy Hop. The Waltz is an old European dance. It is a slow dance beginning to intermediate.

Thurs. (10 weeks)                      \$125/couple                      6:15-7:45 p.m.  
Session: **Spring**

**WEDNESDAY and THURSDAY CLASSES**  
**CLASSES LISTED BELOW REQUIRE ATTENDANCE ON BOTH EVENINGS**

**ALGEBRA I - Instructor: John Schoonbeck**

An accredited high school course which will cover the following topics: signed numbers, sets, operations, problem solving, algebraic expressions and solving equations, polynomials, ratios & proportions, factoring and graphing of quadratic equations.

Wed. and Thurs.                      \$250                      5:30-8:30 p.m.  
Note: Teacher may require purchase of a textbook.  
Sessions: **All**

**BIOLOGY - Instructor: Rebecca Jones**

This fully accredited basic biology course includes lab and concentrates on requirements for the health related professions. Topics include: osteology, cell biology, human respiration and cardiovascular systems, neurology and reproduction.

Wed. and Thurs.                      \$250                      5:30-8:30 p.m.  
Note: Teacher may require purchase of a textbook.  
Sessions: **All**

**CHEMISTRY - Instructors: Martha Juenger**

This is an accredited high school Chemistry course. Topics include atomic theory, stoichiometric chemistry, solutions, chemical reactions, and nuclear chemistry.

Wed. and Thurs.                      \$250                      5:00-8:00 p.m.  
Note: Teacher may require purchase of a textbook.  
Sessions: **All**