

# Continuing Education & Swim Program



## GENERAL INFORMATION

Please read before registering for any class.

**Unless you are notified otherwise, you may assume you are in the course for which you registered.**

No school credit is given for any course.

Whenever a particular school is closed during the day, whether for planned vacations, inclement weather, or for other emergency reasons, classes scheduled for that school will not meet that night. *All cancelled classes will be made up.*

*Please Note: In the event of a district snow day, your class will be canceled.*

## IMPORTANT DATES

### REGISTRATION CLOSES TWO WEEKS BEFORE YOUR CLASS STARTS

We are always looking for new courses and teachers. We would like to hear from you if you feel you are qualified to teach a course or have suggestions or ideas for new courses. If you are interested, call the Adult Education Office at (518) 356-8303 or email [AdultEducation@mohonasen.org](mailto:AdultEducation@mohonasen.org)

### SCHOOL LOCATIONS:

**Bradt Elementary**

2719 Hamburg Street, Schenectady, NY 12303

**Pinewood Elementary**

901 Kings Road, Schenectady, NY 12303

**Mohonasen High & Draper Jr. High**

2072 Curry Road, Schenectady, NY 12303

**CAT Building**

400 Warrior Way, Schenectady, NY 12303

## DRIVER EDUCATION FOR STUDENTS

Mohonasen is now offering driver education programs throughout the year – one in the fall, spring and summer. The program is open for students outside the district as well.

The fall 2024 sixteen week program will run from September 16, 2024 to January 27, 2025. You must be 16 years of age or older by September 16, 2024 and have your driving permit.

The cost of the program is \$400. Find more about the driver education program on the Mohonasen website or FamilyID.

Contact Kate Barry at (518)356-8210, or by email at [kbarry@mohonasen.org](mailto:kbarry@mohonasen.org) if you need additional information.

## REGISTRATION

Complete a Continuing Education registration form and mail it with a check made payable to:

**Mohonasen Continuing Education  
Mohonasen High School  
2072 Curry Road  
Schenectady, New York 12303**

Continuing Education Inquiries: (518) 356-8303  
Email: [AdultEducation@mohonasen.org](mailto:AdultEducation@mohonasen.org)

**Please note that all Aquatics Program registrations will be done online using FamilyID. For Online registration instructions, please visit [www.mohonasen.org/familyid](http://www.mohonasen.org/familyid)**

Swim Program Inquiries: (518) 356-8270  
Email: [afaucett@mohonasen.org](mailto:afaucett@mohonasen.org)

**DO NOT SEND CASH!** A separate check must be issued for each course.

Please indicate course title on each check. Registration for classes cannot be made by telephone.

If you register after classes begin, you will be assessed a late charge of \$5. Refunds will be issued automatically for all classes canceled due to insufficient enrollment.

If you decide to withdraw from a class after registration closes, but before a class begins, you will receive a refund less a \$5 service charge. No refunds will be given for one or two-night courses after registration closes, unless the course is canceled.

You will not receive a refund after the second class of any course.

Your continuing education program is a self-sustaining program with all expenses paid out of registration fees. Therefore no refunds may be given after classes have started.

**CHECKS ARE CASHED AFTER THE FIRST CLASS.  
SEE PAGES 14-15 FOR REGISTRATION FORMS**

## PAINT WITH PEGGY

By: Peggy Porter  
 School: Mohonasen High School  
 Room: 67  
 Fee: \$25 per class  
 Supply Fee \$30 per class  
 Length: 1 night per painting  
 Class Time: 6 -9:30 p.m.  
 Skill Level: All – Beginners welcome  
 Limit: 8 students per class

Have you ever wanted to try oil painting? Are you afraid you can't paint because you can't draw? WELCOME to "Paint with Peggy"! In each class you will create an oil painting. Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. Each evening the student creates a complete oil painting. These classes do not require drawing skills, and they are also NOT paint-by-number. At the beginning of class every student is provided with a blank canvas, brushes, palette of paints, etc. Then, through classroom instruction, each person creates their own, unique oil painting. Any level of painter will enjoy the classes. Look at photographs of the paintings at: [www.paintwithpeggy.com](http://www.paintwithpeggy.com) and select which classes you want to attend. Try it! It's FUN! Peggy can be contacted @ [paintwithpeggy@gmail.com](mailto:paintwithpeggy@gmail.com) or phone at 518-925-2238.

**October 22: The Red Boat** This boat is ready to go into the water! It is up on the bank and we add a rocky shore and distant trees. It is not complicated to paint. I provide a pattern for the boat and will guide you through the steps to create this fun painting.

**November 12: Autumn Mountain Stream** - In this painting we create a rocky stream going through autumn woods. We will use acrylic and oil paints as we create water, trees and rocks. Some rocks will be on the shore and some in the stream.

**December 10: Snowy Mountain Village** - This peaceful little village is nestled in a valley. You will learn about creating depth in a painting by applying linear and aerial perspective techniques as you paint mountains, trees and a village. This nostalgic winter scene will make a nice gift.

# MONDAY

## MONDAY

### GENTLE YOGA

By: Jean Sefcovic, Certified Yoga Instructor, NYS Licensed Massage Therapist  
 School: Mohonasen High School  
 Room: Library  
 Length: 5 weeks: 9/23, 9/30, 10/7, 10/21, 10/28  
 Class Time: 6–7 p.m.  
 Fee: \$90

Invite a practice time in your life for Yoga. Yoga means the union of body/mind/spirit. Classes include; gentle warm-ups and postures (Asanas), breath awareness (Pranayam) and relaxation (Savasana). Wear comfortable clothes, bring your own mat & a friend! Some of the many benefits of practicing Yoga can be a healthier, stronger and relaxed you. You could also enhance improved flexibility + a greater sense of calm and well-being. Keep Healthy!

## MONDAY

### BEGINNER-TO-INTERMEDIATE GUITAR

By: Don & Mike Warren  
 School: Draper Middle School  
 Room: 104  
 Class Time- 7–8 p.m.  
 Length: 4 classes  
 Dates: 10/21, 10/28, 11/4, 11/18  
 Fee: \$50  
 Limit 30

Beginner - Intermediate Guitar & Ukulele Classes - Learn a Song! All Ages: From 10 to 100! Bring your guitar, bass, or ukulele and embark on a musical adventure that promises fun and fulfillment.

- No Instrument? No Problem: We're here to assist you in finding the perfect guitar or ukulele to start your journey.
- New to Music? Welcome Aboard: Don't worry if you've never played before. We'll start from the basics and have you strumming in no time.

Beginners: Discover the joy of music as you learn essential chords, techniques, and rhythms. By the end of the course, you'll be playing a full song with the group and sharing the joy of music!

Novice - Intermediate: Elevate your skills with creative techniques and a deeper understanding of the guitar. You'll finish the course with the ability to add your own flair to our final group performance.

"I never knew learning guitar could be so enjoyable!" - Jean A

Meet Your Instructor: Don Warren, a passionate musician with a heart for teaching. Learn more about Don's approach and experience at [Warrenlessons.com](http://Warrenlessons.com).

Prior to Class you will receive an email giving you a head start on knowing how to tune the guitar, along with other useful tips.

What to Bring: Your guitar, a pick (if you prefer), a tuner, and a pen. Missing something? Let us know, and we will help you out.

## MONDAY

### MEDICARE 101

By: James W. Farnham, MBA, MS  
 School: ZOOM WEBINAR  
 Date: Oct. 7  
 Time: 6– 8 p.m.  
 Fee: Free

You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank.

Please register at: <https://bit.ly/3R36ApZ>

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

Are you currently enrolled in 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, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you become more well-informed and explain what Medicare means for you!

# MONDAY/TUESDAY

## MONDAY

### INTRODUCTION TO BALLET AND MODERN DANCE

By: Beth Jacobs

School: Center for Advanced Technology

Room: 110 B

Length: 10 weeks: 9/23, 9/30, 10/7, 10/21,

10/28, 11/4, 11/18, 11/25, 12/2, 12/9

Class Time: 7–8 p.m.

Fee: \$50

START DATE: September 23

It blends vocabulary and history of : classical ballet, Russian Ballet technique, British RAD ballet and American ballet styles together with elements of Graham, Ailey and other modern dance idioms. The teacher danced professionally across the USA. wear stretchy clothing and be prepared to go barefoot. Hair must be off the face if it is long enough to touch it must be back in a scarf, bun or other style that will not interfere with movement and vision.

## MONDAY/TUESDAY

### AARP - SMART DRIVER COURSE

By: AARP Instructor

School: Mohonasen High School

Room: 62

Length: 2 nights: Oct. 7 & 8

Class time: 6– 9 p.m.

Fee: Members \$25 -

Must bring your AARP card and attend both nights

Fee: Non-Members \$30

This is a 6-hour classroom refresher course for drivers 50 and over. The impacts of aging on driving are highlighted. A 10% discount on collision & liability and 4 points reduction available upon completion. A New York State driving license is required, please bring it to class. Checks should be made out to AARP. Limit 25.

## TUESDAY

### ZUMBA

By: Laurie Zinnershine

School: Bradt

Room: Gym

Session 1/6 weeks: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22

Fee: R & NR \$48 – for session 1

Session 2/6 weeks: 11/5, 11/12, 11/19, 11/26, 12/3, 12/10

Fee: R & NR \$48 – for session 2

Class Time: 6–7 p.m.

PLEASE LIST TUESDAY ON YOUR REGISTRATION

ZUMBA!® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, hypnotic, and effective fitness experience! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Beginner to advanced everyone is welcome to join the party! **MUST PRE-REGISTER**

## TUESDAY

### HOW MONEY WORKS

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Date: Sept. 24

Times: 6–8 p.m.

Fee: R & NR \$5

You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank. Please register at: <https://bit.ly/4brx4JP>

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

This webinar is for anyone who wants to learn more about personal finance. Whether you're just starting out or looking to improve your financial skills, this program will provide you with the information you need to make sound financial decisions.

You will learn about:

- How to save money for short-term and long-term goals
- How to invest your money wisely and avoid the high cost of waiting
- Identify and outline the three “Ds” of investing
- Uncover and illustrate the Rule of 72
- Paying off debt and the effects of compounding (both good and bad!)
- Review the Theory of Decreasing Responsibility
- Discover the power of tax-deferred saving
- Demonstrate what is meant by the “time value of money”
- Apply important concepts and principles to protect your financial assets
- Make it clear why you need a financial plan and know your financial independence number
- You will have the opportunity to ask questions and get answers from a financial expert.



## TUESDAY

### GET ENERGY SMART:

#### INCREASE SAVINGS AND COMFORT

By: Susan Cotner, Executive Director, Affordable Housing Partnership and the Capital Region Clean Energy Hub & Lesley Cutting, Energy Advisor, Saratoga and Schenectady Counties, Capital Region Clean Energy Hub  
Room: LGI  
Date: Oct. 22  
Time: 6–7:30 p.m.  
Fee: Free

COURSE DESCRIPTION: Get low-cost tips to make your home more comfortable and your energy costs more affordable. Create an Energy Action Plan. Furthermore, if you're thinking about replacing your heating system soon, learn whether making a switch to heat pumps is the right option for you. Learn how heat pumps work and the incentives to install them. You'll also receive information on the importance of making your home heat pump ready by adding insulation and air sealing. Free energy saving kits for program participants.

## TUESDAY

### BEGINNING LINE DANCING

By: Sue Kaupelis  
School: Pinewood Elementary School  
Room: Cafeteria  
Length: 7 weeks: 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5  
Class Time: 6–7:30 p.m.  
Fee: R & NR \$50  
START DATE: September 24

Start with some basic steps – Learn some simple line dances for fun and exercise at the same time. If you are brand new, this class is for you! ALL registrations must be mailed in.

## TUESDAY

### RESTORATIVE YOGA

By: Doreen Bishop, Certified Yoga Instructor, certified teacher training instructor, Reiki Master Teacher, Thai yoga Practitioner and Medical Assistant.  
School: Center for Advanced Technology  
Room: 110 B  
Length: 6 weeks: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22  
Time: 6–7 p.m.  
Fee: \$ 70

Restorative yoga is a gentle practice that focuses on releasing tension in both the mind and body, helping to promote relaxation and calmness at a deeper level. Poses are held for several minutes in comfortable positions, with the goal of achieving a state of deep relaxation. The class will start with a guided meditation and soft music to enhance the experience.

No previous yoga experience is necessary, as this class is suitable for all levels. Participants are encouraged to wear comfortable clothing that allows for easy movement. Please bring a yoga mat or blanket, two yoga blocks or rolls of paper towels, and a bolster or firm pillow. The instructor will have some props available, but supplies may be limited.

## TUESDAY

### YIN YOGA

By: Doreen Bishop, Certified Yoga Instructor, certified teacher training instructor, Reiki Master Teacher, Thai yoga Practitioner and Medical Assistant.  
School: Center for Advanced Technology  
Room: 110 B  
Length: 6 weeks: 11/5, 11/12, 11/19, 11/26, 12/03, 12/10  
Class Time: 6–7 p.m.  
Fee: \$ 70

Yin Yoga is a slow-paced practice that focuses on applying gentle stress to the connective tissues of the body through long holds. This helps to increase circulation to the joints and improve flexibility. Energetically, Yin Yoga targets the meridian system to promote the free flow of energy. It is a meditative practice that aims to cultivate stillness in the body, breath, and mind.

Yin Yoga should not be confused with restorative Yoga. Restorative yoga supports the body for deep relaxation and passive openings without holding, stretching, or strengthening.

The class will begin with a few moments of stillness to calm the mind and body, followed by a series of Yin poses accompanied by music. Participants will then relax quietly as they allow the benefits of the practice to sink in.

This class is suitable for all levels, but beginners may experience mild to moderate discomfort in some poses. Participants are encouraged to wear comfortable clothing that allows for easy movement and to bring a yoga mat or blanket, two yoga blocks or thick books/towels, and a yoga bolster or firm pillow. The instructor will have some props available, but supplies may be limited.

## TUESDAY / THURSDAY

### TURKEY TROT TO 5K

By: Elise Netoskie  
School: Mohonasen High School Campus and other local locations depending on interest of the group.  
Session: 10 weeks Sept. 17- Nov. 21  
Class Time: 6–7 p.m.  
Fee: \$40 (One-time registration fee regardless of number of sessions attended) "Bring a buddy" for a discounted rate of \$20 each additional person.

Whether you're joining your family's annual thanksgiving 5k or looking to improve your time, come train for fall running with us! If you can jog for just one minute, this class is for you. Lace up your running shoes for this 10 week fall running program. Our workouts will gradually increase each week building up to 3.1 miles, with plenty of 5k race options! The first class will meet in front of Mohonasen High School.

Materials needed: sneakers, water, watch or cellphone with a timer.

# WEDNESDAY

## WEDNESDAY

### GETTING PAID TO TALK/AN INTRODUCTION TO PROFESSIONAL VOICE OVER

By: Voice Coaches

LOCATION: Voice Coaches Studios

Address: 26 Vly Road, Albany, NY

Date: Oct. 23

Time: 6:30–9 p.m.

Fee: R & NR \$25

Class Limit: 12

**THIS CLASS IS OFFSITE** This class is taught on location at VoiceCoaches Studios at 26 Vly Rd Albany, NY 12205

From audio books to advertisements and beyond, we encounter recorded voices everywhere! In this one-night class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You'll gain inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. You'll also have an opportunity to record a sample professional voice over under the direction of the instructor.

About The Instructor: With more than 30 years as a voice over artist and voice over producer, your instructor is part of the team at Voice Coaches with clients including major television networks, gaming designers, audio book publishers and more. Learn more at [voicecoaches.com](http://voicecoaches.com)

## WEDNESDAY

### FALL GREETING CARD CLASS

By: Joanne Mulligan

School: Mohonasen High School

Room: 71

Date: Sept. 25

Class Time: 6 – 8 p.m.

Fee: R \$25, NR \$30

Length: 1 Week

CLASS DESCRIPTION: In this class you will create four fall holiday cards; two Halloween and two Thanksgiving. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor.

For any questions you can contact the instructor at

[jloves2stamp@gmail.com](mailto:jloves2stamp@gmail.com)

## WEDNESDAY

### 12" X 12" FALL SCRAPBOOK CLASS

By: Joanne Mulligan, Instructor

School: Mohonasen High School

Room: 71

Date: Oct. 2

Class Time: 6– 8 p.m.

Fee: R \$25, NR \$30

Length: 1 Week

Level: Beginner to Advanced, all levels welcome

CLASS DESCRIPTION: In this class you will be making a double page 12" x 12" Fall or Halloween scrapbook layout, your choice. You will pick which layout you prefer the day of class. Although photos are not necessary, feel free to bring a selection of photos that you would like to use. We will be using stamps, ink and specialty paper for this project. Please bring a pair of sharp scissors and adhesive to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at [jloves2stamp@gmail.com](mailto:jloves2stamp@gmail.com)

## WEDNESDAY

### CHRISTMAS CARD CLASS

By: Joanne Mulligan, Instructor

School: Mohonasen High School

Room: 71

Date: Oct. 16

Class Time: 6–8 p.m.

Fee: R \$25, NR \$30

Length: 1 Week

Level: Beginner to Advanced, all levels welcome

CLASS DESCRIPTION: Your friends and family will love receiving beautiful Christmas cards hand made by you! In this class you will be creating 4 Christmas cards using rubber stamp images, inks, and specialty paper. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at [jloves2stamp@gmail.com](mailto:jloves2stamp@gmail.com).

## WEDNESDAY

### 12" X 12" CHRISTMAS SCRAPBOOK CLASS

By: Joanne Mulligan, Instructor

School: Mohonasen High School

Room: 71

Date: Oct. 9

Class Time: 6–8 p.m.

Fee: R \$25, NR \$30

Length: 1 Week

Level: Beginner to Advanced, all levels welcome

CLASS DESCRIPTION: In this class you will be making a double page 12" x 12" Christmas scrapbook layout.

Although photos are not necessary, feel free to bring a selection of photos that you would like to use. We will be using stamps, ink and specialty paper for this project. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at [jloves2stamp@gmail.com](mailto:jloves2stamp@gmail.com).

# SWIM PROGRAMS



For pool information please email Aquatics Director Alicia  
Faucett at [afaucett@mohonasen.org](mailto:afaucett@mohonasen.org), or call (518) 356-8270.

**2024-25**



# SWIMMING *pool*

## 2024-2025

### Pool Utilization Schedule

TIME	MON	TUE	WED	THUR	FRI	SAT
5:30-7 a.m.	Early Bird Swim	Early Bird Swim	Early Bird Swim	Early Bird Swim	Early Bird Swim	
7:45 am-3 p.m.	Instructional Block	Instructional Block	Instructional Block	Instructional Block	Instructional Block	10 a.m. - 1 p.m. Swim lessons
3-7 p.m.	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	10 a.m. - 1 p.m. Swim lessons
7:15-9 p.m.	Water Aerobics & Lap Swim		Water Aerobics & Lap Swim		Family & Lap Swim	10 a.m. - 1 p.m. Swim lessons
						10 a.m. - 1 p.m. Swim lessons
						10 a.m. - 1 p.m. Swim lessons

### FamilyID® for SWIM REGISTRATION

Please note that all Aquatics Program registrations will be done online using FamilyID. For Online registration instructions, please visit [www.mohonasen.org/familyid](http://www.mohonasen.org/familyid) or see below. If you have any questions about registration, please contact the Aquatics Director at [afaucett@mohonasen.org](mailto:afaucett@mohonasen.org).

**Online registration is required for all pool programs.** Payment can be online using a credit card or select the “pay by check” option to mail in payment.

### IMPORTANT INFORMATION Regarding Registration...

- Early registration is advised since classes fill up quickly. All registration is processed on a first come, first serve basis.
- Confirmations **can not** be given over the phone. You will receive a confirmation email when online registration has been completed.
- No refunds will be given after the first class of each session.

### Regarding Pool Closings...

- The pool will be closed when a lifeguard is unavailable or if there is adverse weather. All cancellations will be listed on the Mohonasen School Website.
- If the pool is closed due to adverse weather, there will be **no make-ups** for the classes missed.
- The pool will be closed on holidays and school vacations. Please email [afaucett@mohonasen.org](mailto:afaucett@mohonasen.org) or visit the swimming pool link on the website for information if you are unsure if the pool is open.

### Regarding Other Issues...

- For further information, contact Alicia Faucett, Aquatics Director, at [afaucett@mohonasen.org](mailto:afaucett@mohonasen.org) or (518) 356-8270. **Please note** the best way to contact Alicia is by e-mail.
- R = Resident NR = Non-resident

**To register:**

1. Visit [www.familyid.com](http://www.familyid.com) and click on “Find a Program” at the top right. Please note a direct link is also available on the district website at [www.mohonasen.org/familyid](http://www.mohonasen.org/familyid)
2. Type “Mohonasen” into the search box at the top of the page. Click on the “Find” box.
3. Click on “Mohonasen Spring Programs” to open registration form.
4. Next click on the green Register Now button and scroll, if necessary, to the Create Account/Log In green buttons. If this is your first time using FamilyID, click Create Account. Click Log In, if you already have a FamilyID account.
5. Create your secure FamilyID account by entering the account owner First and Last names (parent/guardian), E-mail address and password. Select I Agree to the FamilyID Terms of Service. Click Create Account.
6. You will receive an email with a link to activate your new account. (If you don't see the email, check your E-mail filters (spam, junk, etc.).
7. Click on the link in your activation E-mail, which will log you in to FamilyID.com
8. Once in the registration form, complete the information requested. All fields with a red\* are required to have an answer.

9. Click the Save & Continue button when your form is complete.
10. Click the green Pay & Submit button
11. On the next screen, click on Proceed to Payment to be directed to the payment processor.
12. You may use a credit or debit card to process your payment. Input the cardholder's full name, the card number, expiration date and CVC code.
13. After you click Pay, you will receive a completion email from the payment processor confirming your payment and an email from FamilyID confirming your registration. At any time, you may log in at [www.familyid.com](http://www.familyid.com) to update your information and to check your registration(s). To view a completed registration, select the ‘Registration’ tab on the blue bar.

**Support**

If you need assistance with registration on the Family ID site, contact FamilyID at: [support@FamilyID.com](mailto:support@FamilyID.com) or 888-800-5583 x1.

Support is available 7 days per week and messages will be returned promptly.



# course DESCRIPTION

## WATER AEROBICS

Utilize the natural resistance provided by the water to challenge and exercise all major muscles groups in one class and get a great aerobic workout at the same time. A great class for adults or teens looking to maintain their fitness program.

**Monday & Wednesday Only**  
**Shallow Class: 7:15 - 8 p.m.**

**Online registration for classes opens Monday, August 26.**

- **Session 1: 9/9-10/9**  
 Length: 10 Classes  
 Fee: R: \$60 NR: \$80  
 Senior: \$45
- **Session 2: 10/16-11/20**  
 Length: 10 Classes  
 Fee: R: \$60 NR: \$80  
 Senior: \$45
- **Session 3: 11/25-1/13**  
 Length: 10 Classes  
 Fee: R: \$60 NR: \$80  
 Senior: \$45
- **Session 4: 1/15-3/3**  
 Length: 10 Classes  
 Fee: R: \$60 NR: \$80  
 Senior: \$45
- **Session 5: 3/5-4/7**  
 Length: 10 Classes  
 Fee: R: \$60 NR: \$80  
 Senior: \$45
- **Session 6: 4/9-5/15**  
 Length: 10 Classes  
 Fee: R: \$60 NR: \$80  
 Senior: \$45

## FAMILY SWIM

This recreational program gives everyone in the family an opportunity to swim together. Annual passholders are welcome to use the pool during this time. Those who do not have an annual pass will be charged \$5 per person or \$7 per person for out of district (\$10 per family max.) Children 12 & under must be accompanied by an adult.

- **Fridays: 7:15 - 9 p.m.**

### Family Swim/Lap Swim/Early Bird Swim

#### OPEN SWIMMING CARD

(Card Valid for 1-year from the date of purchase.)

	Resident	Non-Resident
Students (9-12)	\$60.00	\$90.00
Ind. Adult	\$125.00	\$180.00
Ind. Senior	\$80.00	\$130.00
Household	\$175.00	\$250.00
Single swim	\$5.00	\$7.00
Senior Single swim	\$3.00	\$5.00

*(Please bring exact change. The pool staff will not have change available.)*

#### LAP SWIM/EARLY BIRD SWIM

Swimming laps is a good way to get in shape and/or maintain physical fitness. To participate, swimmers must be able to complete one full lap in the pool. Swimmers will be issued an annual pass which must be presented upon entry to the pool area. The pass will be valid for 1-year from the date of purchase.

**Online registration for this event opens Monday, August 21.**

- **Monday thru Friday:**  
 5:30 - 7 a.m.
- **Mondays, Wednesdays & Fridays**  
 7:15 - 9 p.m.

**POOL CLOSED: 10/14, 10/19, 11/11, 11/9, 11/27, 11/30, 12/23, 12/25, 12/30, 1/1, 1/8, 1/20, 1/29, 2/17, 2/19, 2/22, 4/14, 4/16, 7/4, 7/11, 7/18, 7/25.**

**PLEASE NOTE:** The pool is closed on all school breaks and holidays. There will be no a.m. swim on days after there has been a snow day

# SWIMMING *pool*

Mohonasen Swim Lessons are offered to all members of the community. Feel free to sign up online by visiting [www.mohonasen.org/familyid](http://www.mohonasen.org/familyid), and following the instructions. After you click Pay, you will receive a completion email from the payment processor confirming your payment and an email from FamilyID confirming your registration.

**FALL SESSION: 10/12, 10/26, 11/2, 11/16, 11/23, 12/7, 12/14, 12/21 (REGISTRATION OPENS AUGUST 26)**

**WINTER SESSION: 1/4, 1/11, 1/25, 2/1, 2/8, 2/15, 3/1, 3/8 (REGISTRATION OPENS NOVEMBER 18)**

**SUMMER SESSION 1: 6/30-7/3, 7/7-7/10 (REGISTRATION OPENS MAY 12)**

**SUMMER SESSION 2: 7/14-7/17, 7/21-7/24 (REGISTRATION OPENS MAY 12)**

**FEE: R: \$80 per student**

**NR: \$100 per student**

**PRIVATE/ADAPTIVE: \$125 per student**

## **PRESCHOOL AQUATIC PROGRAM (PARENT/TOT)**

The Class is designed for Children from 9 Months-4 years old who have little to no experience in the pool. An instructor leads along each session while parents use several holding positions to lend support and reassurance as children explore the water and practice skills such as water adjustment, bubble blowing, entry and exit. Class emphasis is on fun and safety. **Parents must accompany their child in the water.**

## **ADAPTIVE/PRIVATE LEARN TO SWIM**

These classes utilize highly experienced instructors to work one-on-one with students that may have special needs or would like a more specialized approach to swim lessons. These classes are also recommended for athletes hoping to become competitive swimmers.

## **LEVEL 1: POLLIWOG:**

Students in Level 1 are oriented to the aquatic environment. With the instructor's support students are introduced to the following elementary aquatic skills: floating, basic glides and kicking on front/back, submerging under water, blowing bubbles, and water safety.

## **ADD FOR CLASS TIME INFORMATION, PLEASE SEE FAMILYID COURSE LISTINGS**

### **LEVEL 2: TADPOLE**

Students learn the fundamental skills without instructor support. They are able to move around independently in shallow water and fully submerge. They will begin alternating arms and legs on their back and front to lay the foundation for future strokes, as well as both front and back glides.

### **LEVEL 3: MINNOW**

The objective of level 3 is to build on the skills in level 2 by providing guided practice in coordinating front and back crawl. Students will be introduced to elementary backstroke, streamline glides and breaststroke. Introduction to treading water and kneeling dives are in the deep water.

### **LEVEL 4: SUNFISH**

Students increase their endurance by swimming familiar strokes (front crawl, elementary back and back crawl) for greater distances. Standing dives and sidestroke are introduced along with the basics of turning at the pool wall.

### **LEVEL 5: FLYING FISH**

The objective of Level 5 is the coordination and refinement of all the strokes: front and back crawl, butterfly, elementary backstroke, breaststroke and sidestroke. Flip turns on front and back are introduced.

### **LEVEL 6: WARRIOR**

Refines the strokes so students swim them with ease, efficiency and power over greater distances. Level 6 is designed with options that focus on preparing students to participate in more advanced courses, such as Lifeguard Training or competitive swim team.

*For more information about the Mohonasen Learn-to-Swim program, please contact our Aquatics Director Alicia Faucett at [afaucett@mohonasen.org](mailto:afaucett@mohonasen.org) or (518) 356-8270.*

# WEDNESDAY

## WEDNESDAY

### HOW MONEY WORKS

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: R & NR – \$5

Date: Nov. 20

Time: 6–8 p.m.

You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank.

Please register at: <https://bit.ly/3yDR1hY>

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

This webinar is for anyone who wants to learn more about personal finance. Whether you're just starting out or looking to improve your financial skills, this program will provide you with the information you need to make sound financial decisions. You will learn about:

- How to save money for short-term and long-term goals
- How to invest your money wisely and avoid the high cost of waiting
- Identify and outline the three “Ds” of investing
- Uncover and illustrate the Rule of 72
- Paying off debt and the effects of compounding (both good and bad!)
- Review the Theory of Decreasing Responsibility
- Discover the power of tax-deferred saving
- Demonstrate what is meant by the “time value of money”
- Apply important concepts and principles to protect your financial assets
- Make it clear why you need a financial plan and know your financial independence number
- You will have the opportunity to ask questions and get answers from a financial expert.

## WEDNESDAY

### CUPCAKE/CAKE DECORATING

By: Tara Connors (Bash Parties)

School: Mohonasen High School

Room: 40

Fee: \$35 (Plus \$35 Supply fee to instructor) Bring to first class

Dates: 10/9 & 10/16

Time: 6:30–8 p.m.

Skill Level: Beginner/intermediate

Limit 15

Course description: Learn a variety of techniques to make beautiful and fun fall cakes and cupcakes in this sweet course. Each week, we'll cover new topics like with how to fill and use a piping bag with decorating tips to using candy in unusual ways as decorations. We'll be making cupcakes in class, but all skills can be applied to cakes as well! Instructor will provide all supplies, including take home containers and each week participants will take home the cupcakes that they decorated.

About your instructor: Tara Connors started Bash Parties in 2013, which hosts in-home activity-based events, including a cupcake decorating themed party. Please bring a \$35 materials fee to first class. Limit of 15 students

## WEDNESDAY

### INVESTING AT RETIREMENT

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: R & NR – \$5

Date: Oct. 23

Time: 6–8 p.m.

You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank.

Please register at: <https://bit.ly/3X3gD1V>

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

Whether you are nearing retirement, you've already entered this new phase of life, or you're just interested in learning about investment strategies for retirement income, this webinar will empower you to make the most of your financial resources.

#### What You Will Learn:

- Retirement income planning: Gain an understanding of retirement planning fundamentals, including assessing retirement readiness, and setting realistic financial goals. Consider the unique challenges and opportunities that arise during the transition from a career-oriented lifestyle to one focused on financial independence. Explore how to estimate your retirement income needs, identify reliable income sources beyond Social Security, and focus on how to make your nest egg last.
- Investment fundamentals: Compare different asset classes and how to build a diversified portfolio for retirement. Explore income-generating investments, asset allocation for retirement, and techniques to protect your principal. Develop strategies to manage market volatility for long-term growth.
- Tax-advantaged investing: Discover investment vehicles that can maximize your returns while minimizing tax burdens, as well as how to optimize withdrawals for income.
- Investment strategies for retirees: You'll explore various investment strategies tailored specifically for retirees. From traditional approaches such as asset allocation and diversification to more advanced techniques like income-generating investments and tax-efficient planning, participants will learn how to construct a well-balanced retirement portfolio that aligns with their financial objectives and risk tolerance.

#### By the end of this course, you will be able to:

- Develop a personalized investment plan aligned with your retirement goals and risk tolerance.
- Make informed investment decisions to secure your financial future.



# WEDNESDAY / THURSDAY

## WEDNESDAY

### EXPANSIVE YOGA

By: Antoinette Furbert, Certified Yoga Instructor, B.S.

School: Pinewood Gym

Length: 8 weeks: 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20

Fee: \$96

Class Time: 6–7 p.m.

Level: MIXED

Come experience the benefits of a yoga practice that blends the Celebration of the Heart and the Science of Biomechanics. Expansive Yoga is a yoga practice which integrates the mechanical laws of movement with balanced energetic action in the performance of asana to tone muscles, increase strength and flexibility while increasing awareness and sense of wellbeing. Thus, each practice start with a heart-oriented theme that is intertwined with the postural instructions. Classes are dedicated to serving and empowering each student, while cultivating lighted heartedness, playfulness, and joyful awareness. Classes are designed using progressively sequencing instruction to assist students of all levels toward advancing their practice.

Expansive Yoga is absolutely perfect for everyone at every level!

## THURSDAY

### NOTARY PUBLIC REVIEW WORKSHOP

By: Victor Bujanow, CIC

Zoom meeting

Fee: R & NR \$ 55

Date: Oct. 24

Time: 5:30–9:30 p.m.

Must Pre-register and provide email for Zoom invite

This workshop prepares you for the New York State Notary Public test and will provide you with a comprehensive view

of the Notary Public office. Confusing laws, concepts, and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a Notary Public officer is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer an attorney, and minimizing legal liability. This workshop is a must for Notary Public candidates to become fully aware of the authority, duties and responsibilities involved in this office. All materials will be provided including website links to NYS Department of State licensing information, booklets and forms. Also featured is an 80 question Practice Exam which attempts to emulate the actual New York State mandatory exam.

**INSTRUCTOR:** Victor Bujanow, CIC has been a practicing Notary Public and Notary Signing Agent for over 25 years. In addition to the Notary Public Workshops he has been teaching Insurance Pre-Licensing Courses as well as Continuing Education courses at several New York State Colleges

Are you currently enrolled in 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, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you become more well-informed and explain what Medicare means for you!

## THURSDAY

### ZUMBA

By: Laurie Zinnershine

School: Bradt

Room: Gym

Session 1/6 weeks: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24

Fee: R & NR \$48 for Session 1

Session 2/6 weeks: 11/7, 11/14, 11/21, 12/5, 12/12, 12/19

Fee: R & NR \$48 for Session 2

Class Time: 6–7 p.m.

PLEASE LIST THURSDAY ON YOUR REGISTRATION

ZUMBA!® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, hypnotic, and effective fitness experience! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Beginner to advanced everyone is welcome to join the party!  
MUST PRE-REGISTER

## THURSDAY

### MEDICARE 101

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: FREE

Date: Nov. 7

Time: 6–8 p.m.

**You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank.**

Please register at: <https://bit.ly/44YYCUi>

After registering, you will receive a confirmation email containing information about joining the webinar. You are invited to a Zoom webinar!

Are you currently enrolled in 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, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you become more well-informed and explain what Medicare means for you!

# THURSDAY/FRIDAY

## THURSDAY

### INVESTING AT RETIREMENT

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: \$5

Date: Sept. 26

Time: 6–8 p.m.

You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank.

Please register at: <https://bit.ly/4bw6gbk>

INSTRUCTOR NAME/CREDENTIALS: Glenn J. Witecki, Esq.

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

Whether you are nearing retirement, you've already entered this new phase of life, or you're just interested in learning about investment strategies for retirement income, this webinar will empower you to make the most of your financial resources.

#### What You Will Learn:

- Retirement income planning: Gain an understanding of retirement planning fundamentals, including assessing retirement readiness, and setting realistic financial goals. Consider the unique challenges and opportunities that arise during the transition from a career-oriented lifestyle to one focused on financial independence. Explore how to estimate your retirement income needs, identify reliable income sources beyond Social Security, and focus on how to make your nest egg last.
- Investment fundamentals: Compare different asset classes and how to build a diversified portfolio for retirement. Explore income-generating investments, asset allocation for retirement, and techniques to protect your principal. Develop strategies to manage market volatility for long-term growth.
- Tax-advantaged investing: Discover investment vehicles that can maximize your returns while minimizing tax burdens, as well as how to optimize withdrawals for income.
- Investment strategies for retirees: You'll explore various investment strategies tailored specifically for retirees. From traditional approaches such as asset allocation and diversification to more advanced techniques like income-generating investments and tax-efficient planning, participants will learn how to construct a well-balanced retirement portfolio that aligns with their financial objectives and risk tolerance.

#### By the end of this course, you will be able to:

- Develop a personalized investment plan aligned with your retirement goals and risk tolerance.
- Make informed investment decisions to secure your financial future.

## FRIDAY

### CREDIT REPAIR WORKSHOP

By: Venesa West(Financial Freedom Consultant)

School: Mohonasen High School

Room: 62

Fee: R \$25 NR \$40

Date: Sept. 20

Time: 6-8 p.m.

Skill Level: Beginner

Limit 20

Learn how to repair your credit yourself in this hands-on workshop. We'll cover a range of topics including understanding credit reports, disputing errors, and effective strategies for rebuilding credit. Participants will leave with practical tools and knowledge to take control of their financial future. About your instructor: Venesa West, a seasoned DIY credit repair specialist, who has worked for years with MWR Financial, and has been helping individuals and families achieve financial stability for over a decade.

## FRIDAY

### ENTREPRENEURSHIP 101

By: Venesa West(Financial Freedom Consultant)

School: Mohonasen High School

Room: 62

Fee: R \$50 NR \$65 (Plus \$15 materials fee to instructor)

Dates: Sept. 27, Oct. 4 & Oct. 11

Time: 7-8 p.m.

Skill Level: Beginner

Limit 20

Learn the fundamentals of starting and running your own business in this dynamic workshop. We'll cover essential topics such as business planning, funding, marketing, and managing growth. Participants will gain practical insights and actionable steps to turn their business ideas into reality. About your instructor: Venesa West, an entrepreneur and business coach, has been guiding aspiring business owners to success for over 5 years through her coaching practice and personal experience.

## FRIDAY

### HOME BUYING FOR BEGINNERS

By: Venesa West(Financial Freedom Consultant)

School: Mohonasen High School

Room: 62

Fee: R \$50 NR \$65

Dates: Oct. 25 & Nov. 1

Time: 6-8 p.m.

Skill Level: Beginner

Limit 20

Learn the ins and outs of the home buying process in this informative workshop. We'll cover topics such as understanding mortgages, finding the right property, negotiating offers, and navigating the closing process. Participants will leave with the knowledge and confidence needed to make informed decisions in their home buying journey.

# registration **FORM**

Please use separate form for each class and registrant. You may copy this form. **PLEASE PRINT!**

Course Title \_\_\_\_\_

Dates Held or Session \_\_\_\_\_

Your Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (HOME) \_\_\_\_\_ (CELL) \_\_\_\_\_ (E-mail) \_\_\_\_\_

School District of Residence \_\_\_\_\_

Fee Paid \$ \_\_\_\_\_ Check No. \_\_\_\_\_

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School District of Residence \_\_\_\_\_

Fee Paid \$ \_\_\_\_\_ Check No. \_\_\_\_\_



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**FALL 2024**

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School District of Residence \_\_\_\_\_

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School District of Residence \_\_\_\_\_

Fee Paid \$ \_\_\_\_\_ Check No. \_\_\_\_\_

**POSTAL CUSTOMER**

**MOHONASEN CONTINUING EDUCATION | FALL 2024**



**SCHOOL LOCATIONS**

**Bradt Elementary**  
2719 Hamburg Street, Schenectady, NY 12303

**Pinewood Elementary**  
901 Kings Road, Schenectady, NY 12303

**Mohonasen High & Draper Jr. High**  
2072 Curry Road, Schenectady, NY 12303

**CAT Building**  
400 Warrior Way, Schenectady, NY 12303

**CONTACT US**

**Continuing Education Inquiries:** (518) 356-8303  
**Email:** [AdultEducation@mohonasen.org](mailto:AdultEducation@mohonasen.org)  
**Swim Program Inquiries:** (518) 356-8270  
**Driver Education:** (518) 356-8210, or email  
[kbarry@mohonasen.org](mailto:kbarry@mohonasen.org)