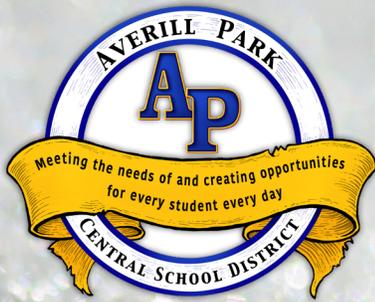


Averill Park

CENTRAL SCHOOL DISTRICT

FEBRUARY – JUNE 2024

COMMUNITY EDUCATION OFFERINGS



REGISTRATION INFORMATION

CONTACTS: Linda Fitzpatrick
E-MAIL: communityeducation@apcsd.org
PHONE: 518-674-7191

Brochures can also be found online by viewing the Averill Park Central School District website: www.averillpark.k12.ny.us. On the main page, go to "Programs" or stop by the District Office.

We advise all participants to consult your physician before participating in any class which involves physical exertion, such as dance or exercise classes.

REGISTER ONLINE: You can register and pay online at <https://www.familyid.com/organizations/averill-park-community-education>. Once you have submitted your registration with payment, consider yourself enrolled. You will be notified **ONLY** if your registration cannot be accepted (i.e. if the class is already filled or has been canceled). Please register promptly as classes may fill quickly, and materials need to be ordered ahead of time. Classes may be canceled due to low enrollment.

REGISTER BY MAIL: Complete a form on the back of this brochure. Mail it (with a check payable to APCSD Community Education) to: APCSD Community Education, 146 Gettle Rd. Station 1, Averill Park, NY 12018.

REGISTER IN PERSON: Registrations can be completed at the District Office at the Averill Park High School. **Please note: We cannot accept telephone registrations.**

REFUNDS: Registrations are binding because instructors are employed and other financial commitments are made on the basis of the number of registrants for each course. Refunds will be provided only if class is canceled for insufficient enrollment or unexpected absence of an instructor.

APCSD HOLIDAYS AND VACATIONS 2024: *There will be no Community Education Classes on these dates:* February 19 - 23 Presidents' Day & Winter Recess, March 29 - April 5 Good Friday & Spring Recess, May 27 – Memorial Day, June 19 - Juneteenth

CLOSING DUE TO WEATHER: When Averill Park CSD is closed due to inclement weather or other emergencies, Community Education classes DO NOT meet. School closings are announced on local television stations and our website: www.averillpark.k12.ny.us. If the school district closes early due to weather, all after school and evening activities will be canceled.

► Co-Ed Volleyball

Session 2: Mondays start January 8,
Wednesdays January 3 (10 weeks)
Session 3: Mondays start April 8,
Wednesdays March 27 (10 weeks)
Time: 7:00-9:30 p.m.
Location: Algonquin Middle School Gym
Tuition: \$50 1 night (Monday or
Wednesday evenings)
Tuition: \$90 2 nights
(Monday and Wednesday evenings)
Instructor: Bonnie Lilly

We are looking for individuals for the spring session. This co-ed volleyball offering is set up to provide individuals with some time to unwind and have fun! A set schedule will be given once teams are formed. If numbers are low, we will start play for all at 6:30 and do pick up teams. If you are interested, please email Bonnie Lilly at: bonlilly@yahoo.com. *Returning players: please contact Bonnie to let her know you are planning on playing and register and pay online at www.familyid.com or mail in your registration with payment.*

► How Money Works

Webinar: Choose *one* January 22 or April 8
Time: 6:00-7:30 p.m.
Tuition: FREE (*Registration is required*)
Instructor: Jim Farnham, MBA, MS,
Licensed Agent
For January 22 register at:
<https://bit.ly/456onAG>
For April 8 register at:
<https://bit.ly/3ZyX6FH>

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, we will give you the information you need to make sound financial decisions. You will learn about: saving money for short-term and long-term goals; investing wisely and avoiding the high cost of waiting; the three "Ds" of investing; the Rule of 72; paying off debt and the effects of compounding (both good and bad!). We will: review the Theory of Decreasing Responsibility; discover the power of tax-deferred saving; demonstrate the "time value of money;" apply

important concepts and principles to protect your financial assets; and make it clear why you need a financial plan and to know your financial independence number, AND you will have the opportunity to ask questions and get answers from a financial expert.

► Medicare 101

Webinar: Choose *one* Monday evening:
February 26, March 11 or April 29
Time: 6:00-8:00 p.m.
Tuition: FREE (*Registration is required*)
Instructor: Jim Farnham, MBA, MS,
Licensed Agent
For February 26 register at:
<https://bit.ly/3EPy0cm>
For March 11 register at:
<https://bit.ly/467dY92>
For April 29 register at:
<https://bit.ly/3t6eaa6>

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. 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 make more well-informed decisions and explain what Medicare means for you! This is an educational event.

► Healthcare After Retirement Part 1

Date: March 25
Time: 6:30-8:00 p.m.
Location: High School Room 305
Tuition: FREE (*Registration is required*)
Instructor: Michael Stanton,
Halliday Financial

Do you know what to expect when it comes to Medicare? Did you know Medicare is mandatory for those collecting Social Security and it will likely be your greatest expense in retirement? If

you or someone you know is turning 65, ready to retire, or losing your employer plan, this course will help you discover an understanding of Medicare. From Part A to IRMAA, learn the fundamentals of how each section of Medicare works in this hands-on class aimed at making complex information easy-to-understand.

► Healthcare after Retirement Part 2

Date: April 8
Time: 6:30-8:00 p.m.
Location: High School Room 305
Tuition: FREE (*Registration is required*)
Instructor: Michael Stanton,
Halliday Financial

This is an educational course designed to help you understand the differences between advantage, supplemental and prescription drugs plans. This is the second class in the Healthcare series offered by Michael Stanton.

► Anyone Can Learn To Paint: Skills Class for Toile Painting!

Session 1: January 29 (1 Monday evening)
Session 2: February 26 (1 Monday evening)
Time: 6:30-9:00 p.m.
High School Room 204
Tuition: \$25 + \$10 Supply Fee*
New Student Brush Fee:* additional \$25
Instructor: Jodi Beehm
**Supply fee and new student brush fee will be collected by instructor at first class.*

Skills Class, focusing on brush techniques for Toile Painting. Brushes not included and Good brushes are a MUST! Available for purchase at class for \$25. *The supply fee for all participants for paint used during class, and painting surfaces. Prior students bring usual supplies; new students should bring a water container and paper towels.* New students will also need to make the one time purchase of a brush kit at the cost of \$25.00 from the instructor on the first night of class. (Returning students may also purchase this kit by contacting Jodi.) You may call Jodi at 518-859-4534 or email: jlbeehm12@hotmail.com with any questions on projects or supplies.

MONDAY – THURSDAY

► **Kids Pickleball Camp**

Dates: July 8-11 or August 12-15

Time: 8:30 a.m.-12:30 p.m.

(Four-day program)

Location: Kids Pickleball Camp, Ages 10-16

Tuition: \$105

Like other sports and activities, pickleball will increase their confidence and provide a low impact activity. Our supportive no pressure approach allows individuals to learn and grow at their own pace. No prior pickleball experience required. Players will be introduced to pickleball fundamentals, basic rules, court layout, practice skills and most importantly they will be encouraged to have fun. Used paddles will be available for everyone. Each participant should bring plenty of water, wear or have sun sunblock available (please no aerosol spray sunblock), pack a lunch and snack. They should wear supportive footwear - no open toes, sandals, crocs or flip flops allowed on the courts. Sunglasses or protective eyewear is recommended.

MONDAY – FRIDAY

► **Indoor Walking**

Dates: January 3 – May 31, 2024

Time: 6:30-8:00 pm

Locations: Averill Park High School (Upstairs), Algonquin Middle School (6-8 grade loop)

Tuition: FREE (*Registration is required*)

Get into shape by walking in a warm, safe environment during the cold season. Indoor walking for Community Education participants is scheduled on the second floor hallway at the Averill Park High School, OR at Algonquin Middle School 6-8 grade loop. Please sign into the walker's binder each time you walk. If registering by mail, you must wait to receive your pass in the mail before you begin walking.

Your pass MUST be worn every time you walk. Please enter through the main front doors. For security reasons, the front doors may be locked after 7:30p.m. If so, please enter down by the gym area of the building.

TUESDAY & THURSDAY

► **Cardio Kickboxing**

Date: Session 3: January 4

Tuition: \$120 (6 week session)

Date: Session 4: February 27

Tuition: \$100 (5 week session)

Time: 6:30-7:30 p.m.

Location: Miller Hill Gym

Instructor: Caroline Wunsch

Strengthen your core while increasing your stamina with this energizing workout! This class will teach you all the basics of kickboxing while incorporating body conditioning, Pilates and Yoga elements all set to music. You will need 5-8 lb weights, Pilates/Yoga style mat, water and a desire to have fun while getting fit! Modifications are made to accommodate all fitness levels. Join this 6 week (12 classes) session 3 Tuesday and Thursday evenings from 6:30-7:30 p.m., or 5 week (10 classes) session 4 Tuesday and Thursday evenings from 6:30-7:30 p.m.

TUESDAY

► **Qigong Infused Yoga for a Healthy Spine & Balanced Mind!**

Session 3: February 27

(5 Tuesday evenings)

Tuition: \$75

Session 4: April 9 (4 Tuesday evenings)

Time: 6:15-7:30 p.m.

Tuition: \$60

Location: AP High School LGI

Save on full session

(\$17/class drop-in rate)

Instructor: Christine Orio

In this class we will blend traditional yoga postures with the fluid movement of Qigong along with core strengthening to support a stronger, more flexible spine and promote an inner and outer sense of balance. Breathwork and meditation will also be incorporated to quiet the mind and renew both body and spirit. All are welcome, no previous

yoga experience necessary. Please bring a yoga mat, yoga block and/or strap (optional) and wear loose comfortable clothing. Feel free to contact the instructor with any questions or concerns at baconlovinoyogi@gmail.com

► **Financial Planning Basics**

Date: March 19

Time: 6:30-8:00 p.m.

Location: High School Room 305

Tuition: FREE (*Registration is required*)

Instructor: Reese Hughes, Halliday Financial

In this presentation, we'll take a look at some general financial planning concerns. While there's no such thing as a "one-size-fits-all" financial plan, this overview should assist you in thinking about your own needs.

► **Social Security**

Date: January 23

Time: 6:30-8:00 p.m.

Location: High School Room 305

Tuition: FREE (*Registration is required*)

Instructor: Renee Hughes, Halliday Financial

As you approach retirement, when to claim your Social Security retirement benefit is one of the biggest financial decisions you'll need to make. Should you begin receiving benefits at your full retirement age or should you take it as soon as possible? In this course, we will summarize the benefits and drawbacks of taking social security at each age as well as the factors to help you make a decision.

► Wilderness Survival 101

Dates: April 9 & 16 (2 Tuesday evenings)

Time: 6:30-8:30 p.m.

Location: High School Library Lab

Tuition: \$35

Instructor: Fred McCagg, NYS Licensed Guide, Owner of "Dynamic Sport Adventures"

This course is designed to be an introduction to the fundamentals of survival. It is a great way for beginners who are not yet comfortable with the idea of an overnight to begin learning about the backcountry and how to deal with wilderness emergencies. It's also a great way for even experienced outdoors people to learn or refresh important fundamental skills.

The focus of this program is a "modern" one with an emphasis on basic skills, equipment, and preparedness with the expectation of rescue within 72 hours. You will learn about the Seven Priorities of Survival (survival psychology, wilderness first aid, shelter, fire, signal, water, and food), Rules of three, the 5 W's and more. This course is a great way to learn basic skills, build confidence, and become more comfortable in the outdoors. Class will be classroom multimedia and presentations with some outdoor skill sessions. Participants will receive a small fire starter kit.

► Zumba

Session 2: starts January 9

(10 Tuesday evenings,
NO CLASS February 20)

Session 3: starts April 9

(10 Tuesday evenings)

Time: 6:30-7:30 p.m.

Location: West Sand Lake Cafeteria

Tuition: \$75

Instructor: Michelle Mickiewicz

All ages and fitness levels are welcome as there is NO DANCE EXPERIENCE required! Choreography is easy-to-follow and the class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to have FUN — meeting new people, sweating and smiling...all in a no-judgment zone! Wear loose-fitting

comfortable clothing, sneakers (not a lot of tread), water bottle, and a smile.

► Dog Obedience Puppy/Beginner

6 Tuesday evenings

Session 3: starts January 16

Session 4: starts March 5

Session 5: starts April 30

Time: 6:00-7:00 p.m.

Location: High School Bus Foyer

Tuition: \$150

Instructor: Debra Perks*

In this class the focus is on building a foundation for basic pet obedience. Puppies will learn how to walk nice on the leash and pay attention to his/her owner. Puppies will work on sit, down and recall on command. Handlers will be introduced to a balanced method of training using imprinting, food and toy rewards, and praise as well as fair effective correction. This class is for puppies from 8 weeks to one year old. Bring a six foot leash, a long line (15 to 25 foot), training treats and a toy to class. All breeds are welcome.

► Dog Obedience Intermediate/Advanced

6 Tuesday evenings

Session 3: starts January 16

Session 4: starts March 5

Session 5: starts April 30

Time: 7:00-8:00 p.m.

Location: High School Bus Foyer

Tuition: \$150

Instructor: Debra Perks*

The puppy/beginner class is a prerequisite for this class. In this class the focus is on building on the foundation from the beginner class. The class works on off-leash heeling, solid down stays, sit stays and consistent recalls. Bring a 4 to 6 foot leash, a long line, a training collar, a toy and training treats.

**Debra Perks, the instructor for both courses, trains and competes German Shepherd dogs in the sport of IPO (Schutzhund) at local, regional and national level events. She trains with the best dog trainers in the country. Additionally, Deb is an AKC Canine Good Citizen instructor and evaluator and can help*

you prepare your dog for the CGC certification. Phone (518)755-4147 or email vorteil.kennel@gmail.com if you have questions.

► Stocks, Bonds & Mutual Funds

Date: March 5

Time: 6:30-8:00 p.m.

Location: High School Room 305

Tuition: FREE (*Registration is required*)

Instructor: Nick Stark of Halliday Financial

This flagship course has been heard by thousands of people since the launch in 2005. Each year we make adjustments to give you the most up to date information. Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. This informational class will help you understand the differences and similarities of various types of investments and explain "financial lingo." It will also show you how proper asset allocation will lower your overall risk, understand the benefits of using mutual funds to build a balanced portfolio to plan for a successful retirement. There will be no attempt to promote any specific investments.

► Anyone Can Learn To Paint!

6 Tuesday evenings

Session 2: January 9

Registration deadline: January 25

Session 3: starts March 5

Registration deadline: February 20

Session 4: starts April 30

Time: 6:30-9:00 p.m.

Location: High School Room 204

Tuition: \$75 + \$25 Supply Fee*

New Student Brush Fee*: additional \$25

Instructor: Jodi Beehm

**Supply Fee and New Student Brush Fee will be collected on the first night of class.*

Don't be intimidated! Anyone can learn to paint. You will learn many of the basic strokes of painting and become familiar with decorative painting terms and techniques. Beginners as well as those who have painted before are most welcome. Students will paint at least two projects during this six week course. **The supply fee for all participants is for paint used*

TUESDAY

during class and painting surfaces. Prior students bring usual supplies; new students should bring a water container and paper towels. *New students will also need to make the one time purchase of a brush kit at the cost of \$25.00 from the instructor. (Returning students may also purchase this kit by contacting Jodi.) You may call Jodi at 518-859-4534 or email: jlbeehm12@hotmail.com with any questions on projects or supplies.

► **Wilderness Navigation & Backcountry Safety (with Optional Spring Hike)**

Class Dates: May 7 & 14 (2 Tuesday evenings)

Time: 6:30-8:30 p.m.

Location: High School Library Lab

Tuition: \$35

Optional Hike Date: TBD

Hike Tuition: \$5 to be paid to the instructor

Instructor: Fred McCagg, NYS Licensed Guide, Owner of "Dynamic Sport Adventures"

Hiking is a wonderful hobby and good exercise as well as a great way to get in touch with nature! Let us teach you how to do it right! The art of "staying found" requires little more than a good map and compass, and the know-how to use them properly. Today's topographic maps are the best available, and magnetic compass models are well-designed for the modern navigator. Learning to use a compass and map together are fundamental skills each outdoorsman and woman should have. This contributes to your safety afield, and also to your success. This class offers an introduction to learning these skills, with classroom and in the field hands-on learning. All classroom materials are provided. Our optional hike will be at Cherry Plain State Park. The hike is about 2 hours of easy scenic hiking. You will see two waterfalls, one on the trail and the other that you will use your new skills to find!

► **Introduction to Pickleball (PB 101)**

Session 1: Tuesday, June 11

Time: 6:30-7:30 p.m.

Session 2: Tuesday June 25

Times: 5:30-6:30 p.m. or 6:40-7:40 p.m.

Session 3: Tuesday, July 2

Times: 5:30-6:30 p.m. or 6:40-7:40 p.m.

High School Tennis Courts

Tuition: \$25 Limit 4 Person limit per class

Instructor: Mary Knepper

This class is for beginning students with little/no previous PB experience. Learn the fundamentals, safety, equipment, basic rules and stroke fundamentals of the game. Paddles are available if needed.

Mary Knepper is an IPTPA Certified Pickleball Instructor. She loves to share her knowledge and enthusiasm for the game with her students.

► **Pickleball (PB 102)**

Session 1: Tuesday, July 9

Time: 5:30p.m.-6:30p.m.

or 6:40p.m.-7:40pm

Session 3: Tuesday July 16

Times: 5:30p.m.-6:30p.m.

or 6:40p.m.-7:40p.m.

High School Tennis Courts

Tuition: \$25 Limit 4 Person limit per class

Instructor: Mary Knepper

In this class students will learn Serving techniques, Return of serve, Partner communication and getting to the Non-Volley Zone (AKA Kitchen) Prerequisite PB 101

► **The Finesse of Dinking**

Session 1: Tuesday, July 23

Times: 5:30-6:30 p.m. or 6:40-7:40 p.m.

High School Tennis Courts

Tuition: \$25 Limit 4 Person limit per class

Instructor: Mary Knepper

In this class students will learn Serving techniques, Return of serve, Partner communication and getting to the Non-Volley Zone (AKA Kitchen) Prerequisite PB 101

TUESDAY, THURSDAY, SATURDAY

► **Pickleball**

Open Play Available-starts July 2 (Morning/Evenings)

Tuition: \$10

High School Tennis Courts

For further details, session, dates, register and pay online at www.familyid.com or mail in your registration with payment. For more information or questions, please contact Melody Towslee at 002pickle@gmail.com

Pickleball a great way to exercise your mind and body as you work on your balance, agility, reflexes, and hand-eye coordination without putting excessive strains on your body. Join our local pickleball community and meet new players of all playing levels. If interested and have questions, please email Melody Towslee at: 002pickle@gmail.com

WEDNESDAY

► **Co-Ed Volleyball**

Session 2: Mondays start January 8, Wednesdays January 3 (10 weeks)

Session 3: Mondays start April 8, Wednesdays March 27 (10 weeks)

Time: 7:00-9:30 p.m.

Algonquin Middle School Gym

Tuition: \$50 1 night

(Monday or Wednesday evenings)

Tuition: \$90 2 nights

(Monday and Wednesday evenings)

Instructor: Bonnie Lilly

We are looking for individuals and full teams for the spring session. This co-ed volleyball offering is set up to provide individuals with some time to unwind and have fun! A set schedule will be given once teams are formed. If numbers are low, we will start play for all at 6:30 and do pick up teams. If you are interested, please email Bonnie Lilly at: bonlilly@yahoo.com. Returning players: please contact Bonnie to let her know you are planning on playing and register and pay online at www.familyid.com or mail in your registration with payment.

► How Money Works

Date: May 8

Time: 6:00p.m.-7:30p.m.

Webinar

Tuition: FREE* Registration is required.

Instructor: Jim Farnham MBA, MS,
Licensed Agent

Register at: <https://bit.ly/3LCu02E>

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, we will give you the information you need to make sound financial decisions. You will learn about: saving money for short and long-term goals; the three "Ds" of investing; the Rule of 72; paying off debt and the effects of compounding (both good and bad!). We will: review the Theory of Decreasing Responsibility; discover the power of tax-deferred saving; demonstrate the "time value of money;" and teach you how to protect your financial assets. Everyone needs a financial plan! Ask questions, get answers.

► Introduction to Water Bath Canning and Jam Making

Date: March 13

Time: 6:30-8:00 p.m

Location: High School Room 602

Tuition: \$20

Supply Fee: \$5 (will be collected at class)

Instructor: Erin Walsh, Certified Master
Food Preserver with Rensselaer County
Cooperative Extension

Canning is an excellent way to preserve produce while at its peak, and enjoy it for months to come. Jam is a simple and accessible project that makes a delicious treat to enjoy for oneself or to give as a gift. During this class participants will learn the basics of water bath canning, while making their own jam. At the conclusion participants will proudly take home a finished jam product.

► Science-Based Fitness

Date: Starts March 6 (4 Wednesday evenings)

Time: 7:00-8:00 p.m.

Location: Miller Hill Elementary Gym

Tuition: \$100

Instructor: Steve Grogan

Most exercise programs have you in the gym for 5-6 days per week for an hour at a time, but what if you DIDN'T need to be there that long? What if there was a way you could get in the best shape of your life in just ONE 30-minute workout per week? If that interests you, then this is the class you need. Over the course of these four weeks, Personal Trainer Steve Grogan will show you HOW to do this program, as well as explaining the WHY. Students should bring the following items to class: two 5-lb. dumbbells, two 10-lb. dumbbells, and an exercise mat. Water and a hand towel are advised, but optional.

► Medicare 101

Date: Choose one Wednesday, January 17
or February 7, March 27 or April 17

Time: 6:00-8:00p.m.

Webinar

Tuition: FREE* Registration is required.

Instructor: Jim Farnham MBA, MS,
Licensed Agent

January 17 register at: <https://bit.ly/3ESCvsR>

February 7 register at: <https://bit.ly/3Zts2rb>

March 27 register at: <https://bit.ly/3ESr8uF>

April 17 register at: <https://bit.ly/46oksQS>

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. 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 make more well-informed decisions and explain what Medicare means for you!

► Medicare 101

Date: Thursday February 1

Time: 6:00-8:00p.m.

Webinar

Tuition: FREE* Registration is required.

Instructor: Jim Farnham MBA, MS,
Licensed Agent

Register at: <https://bit.ly/45a1PyZ>

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. 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 make more well-informed decisions and explain what Medicare means for you!

► Ballroom & Social Dancing Part II *(High School students welcome!)*

Date: starts May 23, 30, June 6, 13
(4 Thursday evenings)

Time: 7:00-8:30 p.m.

West Sand Lake Elementary Cafeteria

Tuition: \$60 per person

Instructor: Ron Tritto* of

"Learntadance Dance Studio"

Minimum of 16 participants

Advance Registration is required.

Learn to dance in a fun, stress-free environment! This class is an abbreviated 4 week session - Part II, and is designed to review and add to steps learned during session I, one and one-half hours each week. Dancers will review several popular social dances that can be danced to today's contemporary music. Jitterbug, Swing, Foxtrot, Waltz, Rumba will be taught. Only those who took session I should register for this class, unless personally approved by the instructor. Dance classes require mild exercise,

THURSDAY

therefore, it is recommended you consult your physician prior to participating. Both couples and singles are welcome to attend, so bring your friends!!

**Ron Tritto is a professionally certified ballroom dance teacher with many years of experience.*

► **Introduction to Pickleball (PB 101)**

Session 1: Thursday, June 27
Time: 9:00-10:00 a.m. or 10:10-11:10 a.m.
High School Tennis Courts
Tuition: \$25 Limit 4 Person limit per class
Instructor: Mary Knepper

This class is for beginning students with little/no previous PB experience. Learn the fundamentals, safety, equipment, basic rules and stroke fundamentals of the game. Paddles are available if needed.

► **Pickleball (PB 102)**

Session 1: Thursday, July 11
Time: 9:00-10:00 a.m. or 10:10-11:10 a.m.
High School Tennis Courts
Tuition: \$25 Limit 4 Person limit per class

In this class students will learn Serving techniques, Return of serve, Partner communication and getting to the Non-Volley Zone (AKA Kitchen) **Prerequisite PB 101.**

► **The Finesse of Dinking**

Session 1: Thursday, July 18
Time: 9:00-10:00 a.m. or 10:10-11:10 a.m.
High School Tennis Courts
Tuition: \$25 Limit 4 Person limit per class
Instructor: Mary Knepper

In this class students will learn how to dink with patience, purpose and direction. **Prerequisite PB 101.**

SATURDAY

► **Wildlife Track & Sign Mindfulness in Nature**

Date: Choose *ONE* Saturday:
March 2 or March 9 or March 16
Time: 10:00 a.m. – 1:00 p.m.
High School Library Lab
Tuition: \$35
Instructor: Fred McCagg, NYS Licensed Guide

This class is a unique and immersive experience that combines two powerful practices: wildlife tracking and mindfulness in nature. Whether you are a seasoned naturalist or a curious beginner, this class is suitable for anyone who wants to deepen their connection with the natural world and help you develop a deeper appreciation for the plants and animals that share our planet. You will learn: how to read and interpret animal tracks and signs (such as footprints, scat, and other indicators of animal presence); about animal behavior and habitats; and how to identify different species based on the tracks they leave behind.

► **Medicare 101**

Date: Choose *ONE* Saturday morning:
January 20, April 20 or May 11
Webinar Time: 10:00 a.m.-12:00 p.m.
Tuition: FREE (*Registration is required*)
Instructor: Jim Farnham, MBA, MS, Licensed Agent
January 20 Register at: <https://bit.ly/3t7CM2a>
April 20 Register at: <https://bit.ly/46pyDF9>
May 11 Register at: <https://bit.ly/46s4eG6>

See program description on page 2 or 6.

► **How Money Works**

Date: Choose *ONE* Saturday morning
Webinar Time: 12:30-2:00 p.m.
Tuition: FREE (*Registration is required*)
Instructor: Jim Farnham, MBA, MS, Licensed Agent
January 13 register at: <https://bit.ly/3PVksm1>
February 10 register at: <https://bit.ly/3PSYRd0>
March 9 register at: <https://bit.ly/3ER8mnu>
April 13 register at: <https://bit.ly/3RyXnXm>

See program description on page 2 or 6.

► **Instant Guitar For Hopelessly Busy People**

Date: February 17
Time: 1:00-3:30 p.m.
Tuition: \$70
Via Zoom (A code will be emailed after registration)
Instructor: Craig Coffman of IKI Inc.
For ages 13+. Class limited to 15 students.

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all.

► **Instant Piano For Hopelessly Busy People**

Date: February 17
Time: 9:00 a.m.-12:00 p.m.
Tuition: \$70
Via Zoom (A code will be emailed after registration)
Instructor: Craig Coffman of IKI Inc.

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction.

Averill Park

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