



Averill Park

CENTRAL SCHOOL DISTRICT



Community Education Offerings

JANUARY 2025 – JUNE 2025

MONDAY

► Financial Planning Basics

Date: March 24
Time: 6:30p.m.-8:00p.m.
High School Room 171
Tuition: FREE* *Registration is required*
Instructor: Jeff Jones of 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.

► Instant Piano For Hopelessly Busy People

Date: Session 2: May 5, 2025 (Monday)
Time: 9:00a.m.-12:00p.m.
Tuition: \$62
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. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Ages 13+

Topics include:

- How chords work in a song
- How to get more out of sheet music by reading less of it
- How to form the three main types of chords
- How to handle different keys and time signatures
- How to avoid "counting"
- How to simplify over 12,000 complex chords

MONDAY – FRIDAY

► Indoor Walking

Dates: September 30, 2024 – May 23, 2025
Monday – Friday evenings
Time: 6:30p.m.-8:00p.m.
Averill Park High School (Upstairs)
Algonquin Middle School
(6th-8th 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.

MONDAY / WEDNESDAY

► Co-Ed Volleyball

Session 2: Mondays start January 6,
Wednesdays January 8 (10 weeks)
Session 3: Mondays start March 31,
Wednesdays April 2 (10 weeks)
Time: 7:00p.m.-9:30p.m.
Algonquin Middle School Gym
Tuition: \$50 1 night (Monday or
Wednesday evenings)
Tuition: \$90 2 nights (Monday and
Wednesday evenings)
Instructor: Kate Dorgan and Ed Cox

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! Please email Kate Dorgan (Mondays) at: dorgank@apcsd.org and Ed Cox (Wednesdays) Ed_cox@nynp.uscourts.gov. Any new/returning players please contact Kate/Ed to let them know you are planning on playing and register and pay online at www.familyid.com or mail in your registration with payment.

TUESDAY

► Healthcare After Retirement Part 1

Date: March 4
Time: 6:30p.m.-8:00p.m.
High School Room 171
Tuition: FREE* *Registration is required*
Instructor: Michael Stanton of 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: March 11
Time: 6:30p.m.-8:00p.m.
High School Room 171
Tuition: FREE* *Registration is required.*
Instructor: Michael Stanton of 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.



TUESDAY

► **Social Security**

Date: February 25
 Time: 6:30p.m.-8:00p.m.
 High School Room 171
 Tuition: FREE* *Registration is required*
 Instructor: Reese Hughes of 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.

► **Qigong Infused Yoga
 For a Healthy Spine
 & Balanced Mind**

Session 3: January 7, 14, 28, February 4, 11
 (No Class 1/21) (5 Tuesday evenings)
 Tuition \$75.00 Drop in Rate \$17.00
 Session 4: March 4, 11, 18, 25 & April 1, 8
 (6 Tuesday evenings)
 Tuition \$90.00 Drop in Rate \$17.00
 Time: 6:15p.m.-7:30p.m.
 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.



► **Wilderness Survival 101**

Session 1: January 7 and 14
 (2 Tuesday evenings)
 Session 2: April 1 and 8
 (2 Tuesday evenings)
 Time: 6:30p.m.-8:30p.m.
 High School Library Lab
 Tuition: \$35
 Instructor: Fred McCagg, NYS Licensed Guide

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 multi-media and presentations with some outdoor skill sessions. Participants will receive a small fire starter kit. This course is geared towards participants of varying skill, experience levels, and backgrounds so no prerequisites are required. We only require that you bring your sense of adventure and plenty of PMA (Positive Mental Attitude).

► **Zumba**

Session 2: January 7 (10 Tuesday evenings)
 NO CLASS February 18
 Session 3: March 25 (10 Tuesday evenings)
 Time: 6:30p.m.-7:30p.m.
 West Sand Lake Cafeteria
 Tuition: \$75
 Instructor: Michelle Mickiewicz

ZUMBA GOLD! 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).

► **Puppy/Beginner
 Dog Obedience**

Session 3: January 14 (6 Tuesday evenings)
 Session 4: March 11 (6 Tuesday evenings)
 Session 5: May 6 (6 Tuesday evenings)
 Time: 6:00p.m.-7:00p.m.
 High School Bus Foyer
 Tuition: \$150
 Instructor: Debra Perks, * AKC Canine Good
 Citizen Instructor and evaluator

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 6 foot leash, a long line (15 to 25 foot), training treats and a toy to class. All breeds are welcome.

Debra Perks trains and competes 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. Call 518-755-4147 or email vorteil.kennel@gmail.com if you have questions.



► **Intermediate/Advanced Dog Obedience**

Session 3: January 14 (6 Tuesday evenings)
 Session 4: March 11 (6 Tuesday evenings)
 Session 5: May 6 (6 Tuesday evenings)
 Time: 7:00p.m.-8:00p.m.
 High School Bus Foyer
 Tuition: \$150
 Instructor: Debra Perks, * AKC Canine Good Citizen Instructor and evaluator

NOTE: 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.

► **Co-Ed Basketball**

Session 2: March 25 (10 weeks) Tuesdays
 Location: Algonquin Middle School Blue Gym
 Time: 6:30p.m.-8:30p.m.
 Tuition: \$40
 Instructor: Vincent Carucci

We are looking for members of the community for the Spring sessions. This Co-Ed Basketball offering is set up to provide individuals with fun and competitive basketball at an intermediate level. Please bring your own drinks and basketball shoes. Players must be over 17+. Any questions please email Vincent Carucci @vincentcarucci84@gmail.com.

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

Session 2: May 6 & 13 (2 Tuesday evenings)
 Time: 6:30p.m.-8:30p.m.
 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!*



► **Instant Guitar For Hopelessly Busy People**

Date: Session 2: May 6, 2025 (Tuesday)
 Time: 1:00p.m.-3:30p.m.
 Tuition: \$62
 Via Zoom (A code will be emailed after registration)
 Instructor: Craig Coffman of IKI Inc.
 For ages 13+. Class limited to 25 students.

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. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+.

- Topics include:
- How chords work in a song
 - How to form the three main types of chords
 - How to tune your guitar
 - Basic strumming patterns
 - How to buy a good guitar (things to avoid)
 - How to play along with simple tunes

► **Clean Energy-Heat Pumps**

Session 2: Tuesday, March 18, 2025
 Time: 6:30p.m.-8:00p.m.
 Tuition: Free
 High School Room 171
 Instructor: Susan Cotner, Capital Region Clean Energy Hub

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 the systems work, and the incentives to install them. You'll also hear about the importance of making your home heat pump ready by adding insulation and air sealing. We'll cover the many no- and low-cost steps to take to make your home more comfortable and your energy costs more affordable.

TUESDAY

► **Medicare 101**

Date: Tuesday, February 11, 2025 or
 Tuesday March 18
 Time: 6:00p.m.-8:00p.m.
 Webinar
 Tuition: FREE* *Registration is required*
 Instructor: Jim Farnham MBA, MS,
 Licensed Agent
 Register at: February 11
<https://bit.ly/48LeFHi>
 Register at: March 18
<https://bit.ly/3CmAG2Z>

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.

TUESDAY / THURSDAY

► **Cardio Kickboxing**

Session 3: January 7
 (Tuesdays and Thursdays)
 Session 4: February 25
 (Tuesdays and Thursdays)
 Tuition: \$100 (5 week session)
 Time: 6:30p.m.-7:30p.m.
 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.

TUESDAY / THURSDAY

► **SAT Prep**

SAT Test Date: March 8, 2025
 Class meetings: 6:00p.m.-9:00p.m. on the
 following Tuesdays and Thursdays:
 2/4, 2/6, 2/11, 2/13, 2/25, 2/27, 3/4, 3/6
 **NOTE: We will NOT meet over the
 February break
 Location: Averill Park High School Library Lab
 Tuition: \$379
 Instructor: Sarah Hinman (Hinman Instruction)

Hinman Instruction is offering our 4-week SAT prep class to Averill Park students in preparation for the March 8th SAT. This course takes an in-depth look at all 4 required sections of the new digital SAT, covering both content and strategies, so that students walk in on test day ready to crush the test. Tuition includes 24 hours of in-person instruction, a binder of notes and other excellent resources, instructor accessibility outside of the course, and over a decade of SAT insight from the instructor.

Seats fill quickly and space is limited; if you would like to ensure a spot in the course, please register sooner rather than later. Payment must be made in order to hold your seat. Registrants will receive a confirmation email from the instructor with steps to take before the class begins. Please reach out to Sarah Hinman at 518-290-6406 or sarah@hinmaninstruction.com with any questions. Please feel free to check out @hinmaninstruction on Instagram and Facebook; the "Success" story highlight on Instagram provides a sampling of parent and student feedback about the course. We are proud of our 8 years of service to Averill Park students!

► **Introduction to Strength Training & Mobility for Senior Citizens**

Date: 2 Sessions Tuesday, April 1 and Thursday
 April 3, Zoom option also available
 Time: 4:00p.m-5:00p.m.
 Location: High School Room Library
 Tuition: \$35 for both sessions
 Instructor: Rebecca Armsby,
 Silver Strong Living

Are you a senior citizen interested in learning the benefits of strength training, mobility/stability work as you age? Are you interested in learning basic workouts that can be done safely at home? We will spend one session learning basic strength work that can be done at home to build both muscle and bone density. The second session we will learn some basic chair-based yoga framework including breathwork, chair sun salutations to warm up the body and learn poses that will work on balance and physical imbalances.

I am a NASM Certified Personal Trainer and Senior Fitness Specialist helping to empower older adults through daily fitness. Learn about the benefits (mentally and physically) of movement for ALL ages. Done regularly, a combination of yoga and strength training helps build bone, muscle mass, and preserve independence as we age. Unable to attend these dates – please email silverstrongliving@gmail.com

(If you are new to fitness, please make sure you check with your doctor before starting any exercise program.)

Interested in teaching a program? Looking for a program that's not listed? Let us know! We are always interested in adding to our Community Education offerings. Email us at communityeducation@apcsd.org and tell us your thoughts.

► Introduction to Water Bath Canning and Jam Making

Date: Session 2: April 30
 Time: 6:30p.m.-8:30p.m.
 High School Room 210
 Tuition: \$25
 Supply Fee: \$5 (will be collected at class)
 Instructor: Erin Walsh, Certified Master Food Preserver with Rensselaer County Cooperative Extension

Water Bath Canning is an excellent way to preserve produce while at its peak, while it's most abundant and enjoy it for months to come. It's also just a lot of fun! 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, and jam making. Specifically, we will be making jam using Pomona's Pectin, which allows for the creation of a jam using minimal sugar, letting the fruit shine through. At the conclusion, participants will proudly take home a finished jam product.



► Stocks, Bonds and Mutual Funds

Date: February 6
 Time: 6:30p.m.-8:00p.m.
 High School Room 171
 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

► Learn to Swing Dance! *(High School Students Welcome!)*

Date: May 8, 15, 22, 29, June 5, 12
 (Thursday evenings)
 Time: 7:00p.m.-8:30p.m.
 West Sand Lake Elementary Cafeteria
 Tuition: \$75.00 per person
 Instructor: Ron Tritto* of "Learntadance Dance Studio"
 Minimum of 12 participants
 Advance Registration is required.

Just in time for Spring! Learn to dance in a fun, stress-free environment! This class is designed to get you up and out on the social dance floor fast with six (6) lessons, one and one-half hours each week. New dancers will be introduced to the timeless dance, East Coast Swing, Jitterbug, and triple step swing, will be taught to contemporary music! Dance classes require mild exercise, 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.*



► Beginning Cookie Decorating

Session 3: February 6, 2025 (Thursday)
 Session 4: April 3, 2025 (Thursday)
 6:00p.m.-8:00p.m.
 High School Room 171
 Tuition: \$50.00
 Instructor Jamie Kendrick
 Minimum: 10 Students

Join us for a night of beginner cookie decorating! Each student will receive 5 cookies, all of the supplies to decorate, and royal icing. Two hours of instruction provided to demonstrate techniques. You will leave with your box of beautifully decorated cookies. All supplies needed are included in class price.



REGISTRATION INFORMATION

JANUARY 2025 – JUNE 2025

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 2025: There will be no Community Education Classes on these dates: January 20 – Martin Luther King, January 29 – Asian Lunar New Year, February 17-21 Presidents’ Day & Winter Recess, April 14-18 Spring Recess, May 26 – 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.

SATURDAY

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

Date: Choose one Saturday: January 18, February 15, March 1, March 8 or March 15
Time: 10:00a.m.-1:00p.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. It’s designed to deepen your 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.

The mindfulness practices will help you become more present and focused in nature. You will learn techniques to quiet your mind and tune in to the sights, sounds, and sensations around you. You’ll cultivate a deeper sense of connection to the natural world and promote a sense of inner peace and calm.

Whether you are a seasoned naturalist or a curious beginner, this class is suitable for anyone who wants to deepen their understanding of the natural world and develop a deeper sense of connection with nature. By the end of the class, you’ll leave with a renewed sense of awe and wonder for the beauty and complexity of the natural world, as well as a deeper appreciation for the importance of conservation and stewardship.

Fred McCagg holds a Level III International certification in Wildlife Track & Sign with Cybertracker and CyberTracker Certifications in North America, as well as being a NYS DEC Licensed Guide.



Averill Park

CENTRAL SCHOOLS

Community Education

146 Gettle Road, St. 1
Averill Park, NY 12018

NONPROFIT
ORGANIZATION
CAR-RT SORT
U.S. POSTAGE
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Averill Park, NY
Permit No. 11

To: BOX HOLDER
POSTAL PATRON
RURAL ROUTE
STAR ROUTE

REGISTER TODAY FOR COMMUNITY EDUCATION PROGRAMS!

Please fill form out completely.

MAKE CHECKS PAYABLE TO: APCSD Community Education
MAIL TO: APCSD Community Education
146 Gettle Rd. Station 1
Averill Park, NY 12018

Remember to check out the Averill Park School District website to access the on-line brochure and to keep updated on events and happenings within the Averill Park School District! www.averillpark.k12.ny.us

REGISTER AND PAY ONLINE: To view classes and register go to
www.familyid.com/organizations/averill-park-community-education

REGISTER AND PAY ONLINE: To view classes and register go to
www.familyid.com/organizations/averill-park-community-education

AVERILL PARK COMMUNITY EDUCATION REGISTRATION FORM

Include check payable to APCSD Community Education

COURSE _____

COURSE DATE _____

NAME _____

EMAIL _____

AMOUNT PAID \$ _____

ADDRESS _____

PRIMARY PHONE _____

AVERILL PARK COMMUNITY EDUCATION REGISTRATION FORM

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