




[www.voorheesville.org](http://www.voorheesville.org)



# Continuing Education

**Fall Session is Feb. 24 through May 22, 2025**

-  518-765-3313 ext. 1103
-  VCSD 432 New Salem Rd, Voorheesville, NY 12186
-  [jaugar@voorheesville.org](mailto:jaugar@voorheesville.org)

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**V**oorheesville  
CENTRAL SCHOOL DISTRICT

Non - Profit Org.  
U.S. Postage  
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Permit No. 1025  
Albany, NY

\*\*\*\*\*ECRWSS\*\*\*\*\*

**POSTAL CUSTOMER**



## VCSD Continuing Education Classes

### Women's Recreational Basketball

**Location:** M.S. Gym **Instructor:** C. Kelley

**Day/Time:** Weds 8 pm -10 pm

**Fee:** \$60.00 **Sessions:** 12

Course Description: This course is designed for women looking to get in shape through a weekly game of fun, non-competitive basketball. Beginners and veterans alike are invited to play.

### Yoga

**Location:** VES Large Gym **Instructor:** Goodbee

**Day/Time:** Mon & Wed 6-7 pm

**Fee:** \$70.00 **Senior Discount:** \$40.00 **Sessions:** 15

Course Description: From Yogi Goodbee: "It will be an honor & a privilege to share the many gifts of yoga, mindfulness, and meditation in this community class, as we build bridges of connections. Come one, come all, short or tall, big or small. This is an invitation for you all. To help you stand nice and tall, we probably find ourselves on all fours, maybe our legs up on a wall, we may even begin to crawl, pulse, arc, wave, and roll!

It'll be a lighthearted way to de-stress, focus, and to energize our body and soul. All abilities are welcome from newbies to advanced yogis. I suggest that you wear comfortable clothing, bring whatever props you like, your own mat and perhaps a blanket to cover up during our relaxation time, and water so that you stay hydrated. Lastly bring an open heart, and an attitude of "I can!". This class ends on April 28, 2025

### Exercise & Fitness for Everyone

**Location:** VES Small Gym - **Instructor:** Massaroni

**Day/Time:** Mon./Thurs. 7:30 pm - 9 pm

**Fee:** \$70.00 **Senior Discount:** \$40.00 **Sessions:** 9

Course Description: *This class incorporates all genres of fun music to work out for all ages. Class starts with a warm-up/walk, then flows to simple, easy-to-follow dance/Zumba-type moves. We work with stretch bands, light free weights; do some balance work, muscle building, and even do a fun core workout in a chair. We will have cool down, relaxation, stretching, and massage during the last 30 minutes of class. We turn the lights down low and enjoy simple yoga poses to increase flexibility and then relax through breathing techniques and self-massage of the face, head, and neck. Hydrate before class and bring an exercise mat or thick towel, a water bottle, a stretch band (if you have one), and light free weights. This class needs a minimum enrollment of 10 students to be held.*

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## Spring Session Feb 24 - May 22, 2025

### Online Registrations

You can pay for classes online at:  
<https://www.myschoolbucks.com>

Once on the homepage follow these steps to register

- Click browse all items
- View details on Continuing Education
- Select a course from the options menu; click the down arrow
- Fill out online registration and "Add to Basket"
- If you register for more than one course, after adding a class to the basket you will automatically return to view details to select another course.

Please note that "Heartland" will add a convenience fee to the total payment amount to your purchase

### Mail-in Registrations

If you choose to submit your registration by mail, fill out the attached registration form, enclose the correct fee (one check per class made payable to Voorheesville Central School District) and send to:

Jennie Augar,  
Director of Continuing Education  
Voorheesville CSD  
P.O. Box 498

Voorheesville, NY 12186

Registrations close on February 20, 2025.

LATE registrations will be accepted IF there is room in the class. You will not receive confirmation of registration. You will be notified only if a class is full or canceled.

### Any questions? Contact us!

Jennie Augar - Director  
518-765-3313 ext. 1103  
[jaugar@voorheesville.org](mailto:jaugar@voorheesville.org)  
Joe Sapienza - Director  
[jsapienza@voorheesville.org](mailto:jsapienza@voorheesville.org)



## VCSD Continuing Education Classes

### Shallow Water Aerobics

**Location:** High School Pool **Instructor:** Decker

**Day/Time:** Mon 6:15 pm-7:15 pm

**Fee:** \$70.00 **Senior Discount:** \$40.00 **Sessions:** 11

Course Description: Join us for a fun shallow water workout choreographed to popular music that targets cardiovascular fitness, muscle tone, core strength, flexibility, and balance. Using the properties of the water we will maximize your training while putting less impact on your joints. Exercises can be adapted to all levels and will focus on upper and lower body moves incorporating intervals of plyometric jumps, dance, squats, and speed drills. Bring your water bottle and a smile on your face. The class will run for one hour with a warm-up and cool-down

### Deep Water Aerobics

**Location:** High School Pool **Instructor:** Decker

**Day/Time:** Mon 7:30 pm -8:30 pm

**Fee:** \$70.00 **Senior Discount:** \$40.00 **Sessions:** 11

Course Description: If you love a good workout and would benefit from no stress on your joints then Deep Water Aerobics is the class for you . The increased resistance allows for a good cardio work out while using a deep water floatation belt to stay afloat and maintain good posture. Guaranteed to burn calories and increase muscle mass we will complete a choreographed cardio workout to a variety of popular music and end with toning and stretching exercises. The class will run for one hour with warm up and cool down. A swim/float jogging belt can be purchased ahead at <https://www.swimoutlet.com/search?q=jog+belt> Sporti and Speedo offer less expensive options than hydro-fit, which is top of the line.

### Co-Ed Volleyball

**Location:** MS Gym **Instructor:** Liddle

**Day/Time:** Tues 8 pm 10 pm

**Fee:** \$60.00 - **Sessions:** 12

Course Description: This course is designed for the novice player to review the basic aspects of Volleyball. This is meant to be a recreational class, with an emphasis on playing the game and having fun. The Class limit is 30 participants. No Senior discount for this class.

## Spring Session Feb 24 - May 22, 2025

### Men's Recreational Basketball

**Location:** HS Gym - **Instructor:** Bollentin

**Day/Time:** Mon & Wed-8 pm - 10 pm

**Fee:** \$125.00 **Sessions:** 22

Course Description: This course is intended for adults who want to work off some of the week's tension in a routine, informal game of basketball. **CASH IS NOT ACCEPTED FOR CLASS PAYMENT** No Senior discount for this class.

### Lap Swim

**Location:** HS Pool

**Day/Time:** Tue 8-9 pm & Wed 7-9 pm

**Fee:** \$40.00 **Sessions:** 11

Course Description: Swimming laps is a good way to get in shape and/or maintain physical fitness. Three lap swim lanes will be available for fast, medium, and slow swimmers at their own pace. No senior discount for this class. There will **not** be any swim May 5-9, 2025

### Open Swim

**Location:** HS Pool

**Day/Time:** Saturdays 1-3 pm

**Fee:** Adults \$2/Children \$1. **Sessions:** 11

Course Description: Back by popular demand. Swimming is a good way to get in shape and/or maintain physical fitness. Come use the pool and have some fun. All Children under 12 must be accompanied by an adult while on school premises. No senior discount for this class. Registration not required, just pay the lifeguard on arrival.





**Open Water SCUBA Certification**

**Location:** HS Pool/Online  
**Instructor:** Adirondack Scuba  
**Day/Time:** 6pm–9pm  
**Fee:** \$650.00

No Senior Discount is available.  
 Class Limit is 10 so don't wait to sign up!!!!

**Course Description:**

The Open Water Scuba Course consists of online course work, pool sessions and 4 open-water dives in Lake George. Each student will learn basic scuba skills and safety drills.

At the completion of the pool sessions, the students will spend two full days diving in Lake George, where learned skills are practiced and further reviewed, under close supervision. Upon successful completion of the course, the students will receive a Scuba Diving International (SDI) Open Water Certification Card, allowing them to dive anywhere in the world!

The course fee includes the access code for online course work, registration fees, classes and lake dives, which will be scheduled with the class at a later date. Students will be required to provide their own personal gear. Gear fitting is included and will be performed at the pool for registered participants after the classroom session and prior to the pool session on the first day of class.. Limited to 12. It is required that you contact Adirondack Scuba to register for the class to receive your e-learning code to the email address provided when you sign up to take the course. Please contact Adirondack Scuba if you have any questions at (518) 884-4056. Their email address is [escubashop@aol.com](mailto:escubashop@aol.com).

The class length is 6 weeks. No Senior discount applies to this course.

**REGISTER BY MAIL TODAY**

Please send check or money order – Do not send cash  
 Make payable to:  
**VOORHEESVILLE CENTRAL SCHOOL DISTRICT**

Mail this form and check or money order to:  
 VOORHEESVILLE CONTINUING EDUCATION PROGRAM  
 Voorheesville Central School District  
 P.O. Box 498  
 Voorheesville, NY 12186

**NOTE: A separate check must be made out for each person and each course.**

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 (Print) Last Name First Name

\_\_\_\_\_  
 Street Address

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

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 Home Phone Work Phone

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 Email:

<u>Subject</u>	<u>Fee</u>	<u>Day of Week</u>
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Suggestions for future courses:

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Detach and Return

