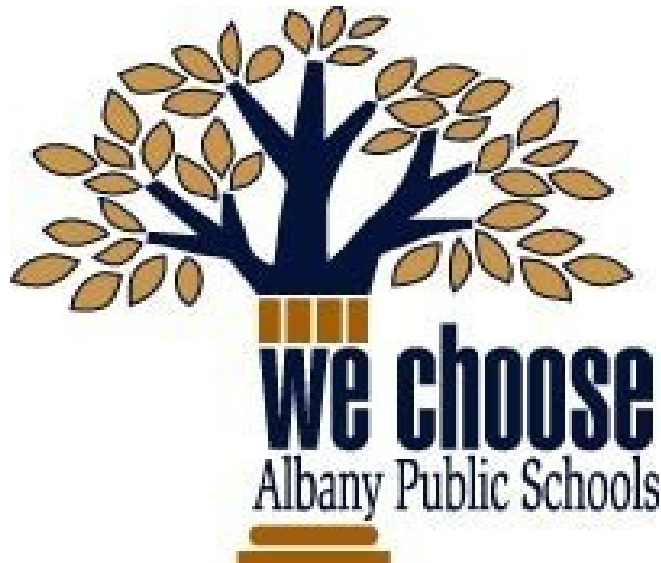


# Fall/Winter/Spring 2009-10



## Albany Adult Continuing Education

### Schedule of Classes

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

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



## **FEES/ REFUNDS**

Individual course prices are listed with course descriptions since prices vary. Refunds will be made **ONLY** in the cases where a class has been cancelled due to insufficient registration. ***NO REFUNDS ARE MADE AFTER THE MEETING OF THE FIRST CLASS.***

## **SENIOR CITIZEN DISCOUNT**

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

## **ENROLLMENT**

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

## **ROOM LOCATIONS**

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

## **MATERIAL AND BOOKS**

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

## **INCLEMENT WEATHER/SCHOOL CLOSINGS**

If day classes are cancelled because of weather or other reasons, the evening classes will also be cancelled. School cancellations are broadcast on local TV and radio stations.

## **RULES & REGULATIONS**

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

## **NOTICE**

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

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

Inquiries concerning this policy and grievance procedures may be referred to Linda Jackson-Chalmers, Assistant to the Superintendent for Human Resources at 475-6057

## WEDNESDAY CLASSES



### AEROBIC EXERCISE NIA – Instructor: Clare Stevenson

Nia blends the energies of martial arts, dance and healing to create a high powered workout, guaranteed to give your body, mind and spirit a lift. It is adaptable for any fitness and experience level. Nia leaves you feeling invigorated and recharged – Nia is a blast! If you are looking for a new workout for 2009, join Clare for a creative and fun way to get your heart rate up and sense Joy in your body.

Wed. (10 weeks)      \$60                  6:00 – 7:00 p.m.  
Session: **All**



### DANSE AFRICAINE (AFRICAN DANCE) – Instructor: Henrietta Korboe

Get into African culture in the Capital Region with this exciting new class that celebrates West African music, dance and stories. Weekly sessions will draw on the dance forms from Ghana, Cote d'Ivoire, Nigeria, and Senegal. The traditional as well as the contemporary dance styles of these nations combined will build physical strength and provide cardiovascular exercise.

Wed. (10 weeks)      \$75                  6:00 – 7:30 p.m.  
Session: **All**



### FRENCH I – Instructor: Lucette Mesinele

#### *French Conversational Skills for beginners.*

This introductory class is designed for those planning business or pleasure trips or individuals who want to learn the fundamentals or just socialize in French. Students will have an understanding of basic French; e.g., family, home, travel, food, shopping, with an emphasis on conversation

Wed. (10 weeks)      \$75                  6:00 – 7:30 p.m.  
Session: **All**



**FRENCH II – Instructor: Lucette Mesinele**

***French Conversational Skills for more advanced speakers.***

We will improve your vocabulary and fluency as we converse on a wide range of social and/or business topics with specific emphasis on your own particular requirements. You will also learn about French culture, history and traditions. Course focuses on conversational French with active student participation through interactive exercises.

Wed. (10 weeks)      \$75                      7:30 – 9:00 p.m.  
Session: **All**



**JEWELRY MAKING – Instructor: Ann Kennedy**

In this class, you will learn to design and make a fabulous array of jewelry. Learn to design hand crafted earrings, necklaces and bracelets using the basic technique of jewelry crafting. Students will work with sterling silver, Swarovski crystals, glass beads and more. Leave every class with a personally created treasure to keep for yourself or give as a gift. Please bring jewelry making tools: pliers, round nose pliers, a wire cutter and tweezers, available in a kit at Wal-Mart or Michael’s. These tools need to be brought to class each week.

Wed.                      \$75\*                      6:00 - 7:00 p.m.  
Session: **Fall (8 weeks)**                      **Sept. 24, Oct. 1, 15, 22, 29, Nov. 5, 12, 19**

\*Materials Fee:                      \$10.00 for week 1 (Students will be responsible for buying and bringing supplies for weeks 2-8)



**JEWELRY MAKING – EARRINGS - Instructor: Ann Kennedy**

In this class, you will utilize the basic techniques of jewelry crafting: concentrated in the creation of earrings. Over the course of five weeks, you will design and construct a variety of unique, eye-catching earrings. You will need to bring a four-piece tool kit with needle-nose pliers, round nose pliers, a wire cutter and tweezers. These tools need to be brought to class each week.

Wed.                      \$40\*                      6:00 – 7:00 p.m.  
Session: **Winter (5 weeks)**                      **Dec. 10, 17, Jan. 7, 14, 21**  
Session: **Spring (5 weeks)**                      **March 11, 18, 25, April 1, 22**

\*Materials Fee:                      \$10.00 for week 1 (Students will be responsible for buying and bringing supplies for weeks 2-5)



**“THE POWER and the POETRY: READING and WRITING POETRY IN THESE MODERN TIMES”- Instructor: Simon F. Quattlebaum**

A ten-week in-depth and fun course on the art of writing and poetry presentation. Bring out that Wordsworth, Longfellow, and Angelou in you! The course will cover poetry basics such as reading and writing rhyme, meter, onomatopoeia, metaphor, and simile. Class participation, presentation, and expression is required. Prior knowledge of reading and writing poetry is helpful but not required. You bring the composition notebook, and we will bring the results!

Wed. (10 weeks)                      \$75                      6:30-8:00 p.m.  
Sessions: **All**



**RECREATIONAL SWIMMING**

Enjoy our beautiful pool at your leisure. This course is for those students interested in an unstructured swimming program where the emphasis will be on fun!

Wed. (10 weeks)                      \$35                      6:30-7:30 p.m.  
Session: **All**



**SPANISH I – Conversation I – Instructor: Maria Torres**

Meeting people! Travel! Work! Building skills! Knowledge of cultures!

Whichever your focus or reason, this Spanish I class will equip you with the tools to communicate in another language. From the basics of greetings to other specific situations like going shopping, asking for directions, being at a restaurant, meeting people, visiting with or talking to family, friends, or clients, this course will build those skills needed to carry on a conversation in Spanish. We will have fun as we practice and learn. Week by week, you will become more and more proficient and be quite proud of yourself! You will be able to apply these skills at work, in travel, or even in the neighborhood. .Bienvenidos! = Welcome!

Wed. (10 weeks)                      \$75                      6:00-7:30 p.m.  
Sessions: **All**



**SPANISH II – Instructor: Maria Torres**

Spanish II is a course designed to improve target language, develop proficiency in communicative skills, and deepen appreciation of the Hispanic culture. Students learn the fundamentals of vocabulary and the basic grammatical structures of the language. Speaking and listening skills are emphasized for the majority of the course. Reading and writing skills are addressed as well. There will be additional reading and writing tasks when appropriate. Continued study of pronunciation and fundamental grammatical principles introduced through the development of skill and listening comprehension and speaking, followed by practice in reading and writing.

Wed. (10 weeks)                      \$75                      7:30 – 9:00 p.m.  
Sessions: **All**



### **UPHOLSTERY – Instructor: Neil Swire**

Students will repair and recover an old chair, sofa, piano bench, ottoman or other upholstery project, learn the basic skills of furniture upholstery and apply them to their project. Instruction will include webbing, springing, tying, padding and covering the furniture with fabric. Bring the project to the first class; since storage is limited, be prepared to take it home each week. Tools, supplies and material can be purchased at a discount from the instructor. (First week 2-hour class, followed by nine weekly 3-hr classes).

Wed. (10 weeks)                      \$90                      6:00-9:00 p.m.  
Sessions: **All**



### **WATER AEROBICS – Instructor: Susan Wargo**

Join us for a great aerobic workout that is good for your heart as well as your joints. Stretch, flex, and build strength and endurance while enjoying one of the best pools in the Capital District. (For swimmers and non-swimmers alike).

Wed. (10 weeks)                      \$60                      6:30-7:30 p.m.  
Session: **All**



### **WEIGHT TRAINING – Instructor – Hamlet Tibbs**

This class is an opportunity to introduce you to universal equipment and free weights. An individualized program will be developed to suit your needs. Whether you want to tone (muscle definition), add bulk or are just interested in a cardio workout (treadmill, running in place, jump rope) this class has something for everyone.

Wed. and/or Thurs. (10 weeks)                      \$60 for one night                      7:30-8:30 p.m.  
Sessions: **All**                      \$100 for both nights

## THURSDAY CLASSES



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

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

**(Couples Only) - No previous dance experience needed**

Thurs. (10 weeks)    \$75 ea.            6:30 – 8:00 p.m.  
Sessions: **All**



### **BALLROOM II – Instructor: Hershell Allen**

This course is for students who have completed Ballroom I or those who have a good working knowledge of the basics in Foxtrot, Swing, Slow Waltz, Cha Cha Cha, Rumba and Tango. This class may look at other dances like Quickstep, Samba, Viennese (fast) Waltz and Argentine Tango. *Shall we dance like the “Stars”?*

**(Couples Only) – Must have taken Ballroom 1**

Thurs. (10 weeks)    \$75 ea.            8:00 – 9:30 p.m.  
Session: **Spring**



### **EXPANDING YOUR COMPUTER KNOWLEDGE - Instructor: Earl Jones**

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

Thurs. (10 weeks)    \$75                    6:30 – 8:00 p.m.  
Sessions: **All**



**FOCUS ON AFRICA – Instructor: Henrietta Korboe**

This new and exciting class explores the African continent and its people. In our efforts to understand the African experience throughout the years we will draw on knowledge of the role of race and class, and the subsequent impact of colonialism on African society, history and culture. Topics of discussion will include but are not limited to: African civilization, continuities in African traditions, language and culture, and problems of developing third world countries.

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



**LATIN DANCE – Instructor: Hershell Allen**

Have you ever gone to a Latinfest and watched all the people having a great time dancing to spicy, invigorating music and wished that you could join them. This course will give you the skills to hit the dance floor. This class will cover Meringue, Mambo/Salsa, Cha Cha Cha and Samba.

**(Couples Only) - No previous dance experience needed**

Thurs. (10 weeks)      \$75 ea.                      7:30 – 9:00 p.m.  
Session: **Winter**



**Pottery – Instructor: Patty Nolan**

Come join a fun filled class in hand building and throwing on the pottery wheel! The first 5 sessions will be learning how to pinch, coil and make boxes out of clay. You will also be making sculptures from the pinch forms. The next 5 weeks will be making vases from the wheel and adding designs to the outside of the pot. Bring your own pottery tools. There will be a \$10 fee for the clay to be paid on the first night of class.

Thurs. (10 weeks)      \$80\*                      7:00-9:00 p.m.  
Sessions: **All**

\*Materials Fee: \$10 for clay due the first night of class



### **Reiki Healing Instructor: Yvonne Trent-Niass**

Reiki is a Japanese technique for stress reduction and relaxation. It is a natural and safe method of spiritual healing and self-improvement that everyone can use. It is a form of healing with hands.

Thurs. (10 weeks)      \$60                      TBA  
Sessions: **All**



### **SWING I -Instructor: Hershell Allen**

Come have an invigorating and fulfilled experience in this class. This course will incorporate figure from Jitterbug, Lindy Hop and Jive. There are four (4) routines choreographed for this class. *No previous dance experience is needed for this course. Let's Swing Dance!* The class will include 6 and 8 count patterns. This course will incorporate some Jitterbug, Lindy Hop and Jive.

**(Couples Only)**

Thurs. (10 weeks)              \$75 ea.                      7:30 – 9:00 p.m.  
Session: **Fall**



### **WEIGHT TRAINING – Instructor – Hamlet Tibbs**

This class is an opportunity to introduce you to universal equipment and free weights. An individualized program will be developed to suit your needs. Whether you want to tone (muscle definition), add bulk or are just interested in a cardio workout (treadmill, running in place, jump rope) this class has something for everyone.

Wed. and/or Thurs. (10 weeks)      \$60 for one night      7:30-8:30 p.m.  
Sessions: **All**                      \$100 for both nights

## **WEDNESDAY and THURSDAY CLASSES**

### **CLASSES LISTED BELOW REQUIRE ATTENDANCE ON BOTH EVENINGS**

#### **ALGEBRA I - Instructor: John Schoonbeck**

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

Wed. and Thurs.                      \$250                      6:00-9:00 p.m.

Note: Teacher may require a purchase of a textbook.

Sessions: **All**

#### **BIOLOGY - Instructor: Rebecca Jones**

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

Wed. and Thurs.                      \$250                      6:00-9:00 p.m.

Note: Teacher may require a purchase of a textbook.

Sessions: **All**

#### **CHEMISTRY - Instructor: Robin Marchesi**

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

Wed. and Thurs.                      \$250                      6:00-9:00 p.m.

Note: Teacher may require a purchase of a textbook.

Sessions: **All**

## *Central Administration*

Interim Superintendent of Schools  
Raymond Colucciello, Ed.D.  
Assistant Superintendent for Elementary Education  
Mrs. Linda Rudnick  
Assistant Superintendent for Secondary Education  
Tresa Diggs, Ed.D.  
Assistant Superintendent for Business Affairs  
Mr. William Hogan  
Assistant Superintendent for Human Resources  
and Community Relations  
Mrs. Linda Jackson-Chalmers  
Chief Information Officer  
Mr. Ken Cioffi

### **Adult Learning Center**

Michael Cioffi, Principal

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

Susan Rocco

## **Board of Education**

Barbara Gaffuri  
Melissa Mackey  
Judy Doeschate  
Mark J. Barth, Ph.D.  
Wayne P. Morris  
Rose Brandon  
Daniel Egan

## **NOT TO INCLUDE IN BOOKLET**

Possible other classes

### **☛ NEW - AROMATHERAPY - BASIC CLASS – Instructor: Yvonne Trent-Niass**

Learn all about aromatherapy and how the use of essential oils will enhance your life. This course will give each participant a chance to learn how essential and base oils are paired in recipes for their own individual liking. You will have a chance to create your own recipe. Come and learn how aromatherapy will help to eliminate stress, aches, and pains and make you feel better about yourself.

Th. (10 Weeks)                      \$75.                      6:30 – 8:00 p.m.  
Sessions: Winter and Spring

### **☛ NEW – SPANISH II – Instructor: Sandra Gonzalez**

If you have the basics of Spanish down and would like to go to the next level, then Spanish II is what you are looking for! Lively conversations and activities will help you learn new words and extend to past and future tenses. Your vocabulary will broaden on all levels -- more descriptions, phrases, verbs, more specific nouns, and slightly more complex sentences than in Spanish I. In addition, you will have opportunities to practice, practice, practice what you have previously learned to gain fluency. We will set up authentic -- and fun -- situations to help you in your learning, but without pressure.

T (10 weeks)                      \$75.                      7:30-9:00 p.m.  
Sessions: Fall/Winter/Spring

Ballroom Dance I is being offered by popular demand with the return of the big band sound. This class is for beginners or those who want to brush up on their dancing skills. Dances will include both ballroom and Latin dancing, including: Fox Trot, Swing, Waltz, Tango, Cha-Cha, and Rumba.

### **☛ KNITTING AND CROCHETING - Mary Schling**

Don't wait another day. Now is the time to learn to knit and crochet and produce beautiful garments and decorations. Break away from the tyranny of mass production. Learn to knit and custom make your sweaters, vests, hats, mittens, scarves, lace, gifts and more working with funky and fabulous fibers. These skills can lead to many hours of enjoyment in the creation and use of your finished project. Knitting and crocheting are great techniques for reducing stress. Come as a beginner or to enhance your skills. Bring your materials and pattern with you on the first night of class.

W (10 weeks)                      \$75.                      6:00-8:00  
Sessions: All

