



Spring 2024

In-person registration will be held on Thursday, February 8, from 5 p.m. to 6:30 p.m. in the Aquatics Center Lobby, located in the rear of the RCS High School, near the stadium.

Continuing Education

Registration is open to all adults regardless of residency. Classes are filled on a first-come, first-served basis. The number of participants in each class is limited.

To register for a course:

- Complete a registration form for each class.
- Write a separate check payable to RCS Central Schools for the registration fee for each course.
- Mail the check and registration form to RCS Continuing Education, P.O. Box 100, Ravenna, NY 12143, or register during in-person registration.
- **All participants must register before the program's start date.**

Registrants will receive an email confirmation of registration, if you do not receive an email please reach out to Gloria Foley at ceducation@rcscsd.org or by phone at (518) 756-5200 ext. 2534.

Copies of this brochure can be printed from our website, www.RCSCSD.org, or picked up from various locations around the community, including the school buildings' main offices, the district office, the library, and more!

SENIOR CITIZENS

Senior citizens, age 62 or older, living in the RCS Central School District will receive a 10 percent discount off classes where indicated in this brochure. Mark senior status on registration form.

SCHOOL CLOSING

School closings are announced through the local media stations and on www.rcscsd.org. On days when regular RCS classes are canceled due to inclement weather or other circumstances, Continuing Education classes will also be canceled.

Efforts will be made to reschedule canceled classes. However, it is not guaranteed. There will be no refunds for classes canceled due to weather.

REFUNDS

The registration fee will be refunded if a course is canceled or if a student withdraws from a course before the start of the first class. No refunds will be made once a course has started. Registrants will be notified if the course is canceled and given a refund. Updates will also be posted on the RCS website.

CONTACTS

Questions should be directed to Gloria Foley, ceducation@rcscsd.org or 756-5200 ext. 2534.

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Aquatics

Aqua Yoga

Date: 6-week, April 24 - May 16 & June 5 - June 12
Classes meet on Wednesdays
Time: 5:00 p.m. - 5:45 p.m.
Location: Aquatics Center
Fee: \$80 for a 6-week session
Instructor: Kelly Curran

This class brings yoga to the water. It's appropriate for people new to yoga and those who practice it on land. The water makes us more buoyant, which provides a challenge to stay grounded and helps to take pressure off the joints. As with land yoga, we'll move through yoga poses, concentrate on our breath, and find a relaxation pose at the end.

What to expect:

1. Wear a bathing suit or warm aqua clothes
2. Props are used & supplied
3. You won't have to get your hair wet

Pauline's Aqua Animal Challenge

Date: 10-week session, April 15 - June 24
Classes meet on Mondays
Time: 5:00 p.m. - 6:00 p.m.
Location: Aquatics Center
Fee: \$90 for a 10-week session
Instructor: Pauline Buck

A total body workout will be done in the shallow area of the pool. You will move to the sounds of all types of motivating music including a few pulsating Water Tabata Style classes that Pauline has put together for you so that you will have the time of your life while getting a great workout.

We will move those hips, stomp those feet, and kick up those heels like never before. The added benefit is that the impact is low, yet you will burn more calories than on land because of the resistance of the water. This water exercise program is designed to obtain optimum physical fitness (OPF). OPF is the development of cardiovascular endurance, muscular strength, and flexibility as well as the achievement and maintenance of ideal body weight.

Financial

Investing 101

Date: Wednesday, March 13
Time: 6:30 p.m. - 8:00 p.m.
Location: HS Library
Fee: Free
Instructor: Christine E. Malmborg

This course serves as an introduction to investing. I start by explaining financial concepts in an easy-to-digest way. Then we'll explore the characteristics of different asset types and investment vehicles and how they can be used to meet your financial goals.

How to Register: Interested participants are encouraged to contact Ms. Malmborg by email. She can be reached at cmalmborg@hallidayfincial.com

Women and Investing

Date: Thursday, March 21
Time: 6:30 p.m. - 8:00 p.m.
Location: HS Library
Fee: Free
Instructor: Christine E. Malmborg

This course is designed to empower women to take control of their finances. We'll discuss some of the unique challenges that women face when planning for the future and strategies to increase the likelihood of success in meeting financial goals.

How to Register: Interested participants are encouraged to contact Ms. Malmborg by email. She can be reached at cmalmborg@hallidayfincial.com

Income in Retirement

Date: Tuesday, March 26
Time: 6:30 p.m. - 8:00 p.m.
Location: HS Library
Fee: Free
Instructor: Christine E. Malmborg

This course will help you plan your transition from saving for retirement to spending your nest egg. We will look at the various sources of retirement income and strategies to mitigate the impacts of taxation and inflation on your retirement finances. Ideal for the recently retired and pre-retirees, but everyone is invited.

How to Register: Interested participants are encouraged to contact Ms. Malmborg by email. She can be reached at cmalmborg@hallidayfincial.com

Home & Lifestyle

Virtual Five-Hour Pre-Licensing

Date: Thursday, March 21
Time: 4:00 p.m. - 9:00 p.m.
Location: Virtual
Fee: \$55
Instructor: Bell's Driving School

This a mandatory course for individuals who intend to schedule and take their NYS road test. This course covers the state required curriculum and will be taught by a certified instructor. The class will be conducted virtually through Zoom and students will need an appropriate device (laptop, iPad, iPhone, etc.) with audio and video capability to participate in the class.

Upon registration, students will receive a link with instructions for uploading their photo permit and providing other required information. Registration deadline is March 14, 2024.

Class requires a minimum of 16 students to run; The class is capped at 36 students.



Sports & Fitness

Basketball (Co-ed)

Dates: 12-week session, Feb. 28 - May 22
 Classes meet on Wednesdays
 Time: 7:30 p.m. - 9:30 p.m.
 Location: HS Gymnasium
 Fee: \$40 for a 12-week session
 Instructor: Leo Pulcher

If you enjoy playing basketball but do not belong to a team, this class is for you. Teams will be formed at each class.

Due to high demand, all participants **MUST** pre-register.

Strength and Stretch

Dates: 6-week session, March 4 - April 15
 Classes meet on Mondays
 Time: 5:30 p.m. - 6:30 p.m.
 Location: MS Cafeteria
 Fee: \$55 for a 6-week session
 Instructor: Nilda Morges

Why stretching is important. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way. It also tones focus areas. Decrease your risk of injuries. Help your joints move through their full range of motion. Increase muscle blood flow. Enable your muscles to work most effectively. A variety of breathing techniques, light weights, medicine ball, stretch bands / straps & more! **PLEASE BRING A MAT**

Healthy Exercise & Boxing

Dates: 6-week session, Feb. 29 - April 11
 Classes meet on Thursdays
 Time: 5:30 p.m. - 6:30 p.m.
 Location: MS School Cafeteria
 Fee: \$55 for a 6-week session
 Instructor: Nilda Morges

Get fit! Get toned! Get strong! Come enjoy developing breathing techniques and stretching methods. Stretching keeps the muscles flexible, strong, and healthy. Fitness boxing is a great aerobic exercise. It can strengthen bones and muscles, burns calories, and lifts moves.

Volleyball (Co-ed)

Dates: 12-week session, Feb. 26 - May 20
 Classes meet on Mondays
 Time: 7:30 p.m. - 9:30 p.m.
 Location: HS Gymnasium
 Fee: \$40 for a 12-week session
 Instructor: Michael Light

This class offers the opportunity to play volleyball with a competitive edge! This course is for those who enjoy volleyball and want a challenging workout.

Yoga

Dates: 8-week session, March 4 - May 22
 Classes meet on Mondays
 Time: 7:00 p.m. - 8:00 p.m.
 Location: HS Library / Career Cafe
 Fee: \$80 for a 8-week session
 Instructor: Abigail Jacobs

This class is designed as an introduction to the practice of vinyasa yoga through a guided sequence of poses with breathing exercises. We will stretch, relax, and recharge as we introduce and build on our yoga practice together. Please bring your own yoga mat and water! All bodies are welcome.

Pickleball (Indoor Co-ed)

Dates: 8-week session, March 7 - May 2
 Classes meet on Thursday
 Time: 7:30 p.m. - 9:30 p.m.
 Location: HS Gym
 Fee: \$50 for a 8-week session
 Instructor: Ryan Funck

Pickleball is an evolving sport for all ages and we are excited to offer this as an adult education opportunity for our community. We will be offering four indoor courts for doubles open play. Please note: This class is for those who have some experience playing the game; there is no formal instruction. Learn and improve through playing.

Courts and balls will be provided, but please bring your own paddle!
Limit: 24 Players for maximum playing time.

Zumba® Fitness

Dates: 10-week session, Feb. 27- May 7
 Classes meet on Tuesdays
 Time: 5:15 p.m. - 6:15 p.m.
 Location: MS Cafeteria
 Fee: \$85 for a 10-week session
 Instructor: Julie Padilla

Each Zumba® class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an internal-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Zumba® is a total workout, combining all elements of fitness -cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class. Don’t forget your water, towel, and training sneakers.



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Contact information

Questions about the Spring Continuing Education Program should be directed to Gloria Foley, (518) 756-5200 ext. 2534 or education@rcscsd.org. When calling, leave a voice message, she will return your call.

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✂️ ----- Registration Form

Please fill out a separate registration form for each course you want to take.

Course: _____ Fee: _____

Start Date: _____ Day/Time: _____

Name: _____ Senior Citizen: YES NO Birth date (if 62 or older) _____

Address: _____

Phone: _____ Email Address: _____

Attend in-person registration date (see page 1) or mail the registration along with a separate check for each course (payable to RCS Central Schools) to RCS Continuing Education, P.O. Box 100, Ravena, NY 12143

PARTICIPANTS MUST REGISTER BEFORE THE PROGRAM START DATE.

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