

# ADULT AND CONTINUING EDUCATION

## Spring 2017 Course Catalog

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- ♦ Biology
- ♦ Chemistry

#### DRIVER EDUCATION

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- ♦ Yoga



## REGISTRATION IS NOW OPEN!

[www.troycsd.org/programs/adult-and-continuing-education](http://www.troycsd.org/programs/adult-and-continuing-education)

All registration forms should be mailed to:

**Troy City School District  
112 Delaware Avenue  
Attention: Adult Education  
Troy, NY 12180**

### In-person registration:

Monday, February 6 &  
Monday, February 13  
6 - 7 p. m.  
Troy High School Lobby  
1950 Burdett Avenue

No refunds will be issued for dropped classes.

Weather cancellations will be posted in the media.

Evening students are required to abide by the regulations governing the school buildings; smoking is prohibited in buildings and on grounds.

### CLASSES START THE WEEK OF FEBRUARY 27, UNLESS OTHERWISE STATED.

**REGISTRATIONS WILL BE ACCEPTED BY MAIL** with full payment enclosed (personal check, cashier's check or money order accepted). Please do not mail cash or use certified mail. Anyone over 16 is eligible to participate. If we cancel a course you will be notified and a full refund will be given.

**Registrations are not confirmed.** Once registered, you can consider yourself enrolled.

The Troy City School District, Board of Education, its agents and employees are not responsible for any injury or damage to persons or property arising out of participation in any Adult Education course or activity offered by the District. All risks and any expenses are assumed by the participant.

**The Adult and Continuing Education** program is dedicated to providing the Troy community with opportunities to further their educational goals as well as special-interest classes and Driver Education for high school students.



**In Person Registration at THS**

**February 6**

**Driver Education Orientation**

**February 9**

**Classes Begin**

**Check Course**

**Winter Recess - No Class**

**February 20 -24**

**Spring Recess - No Class**

**April 24 -29**

**Classes End**

**Check Course**



# Academics

**Algebra.** This is an accredited high school math course. Topics of study include elementary algebra, linear and quadratic function, coordinate geometry, probability, and statistics. This course is consistent with the Integrated Algebra course in high school. **Attendance is mandatory for all 20 classes (60 total hours).**

Instructor: Brianna Driscoll

Tuesday & Thursday, 6-9 p.m.

Troy High School, Room 155

Fee: \$300.00

**Biology.** This is a class designed for adults who need high school biology for admission to college programs, such as nursing and dental hygiene. This is a lab oriented course. Pre-requisite: High School General Science (Science 9), or equivalent. **Attendance is mandatory for all 20 classes (60 total hours).**

Instructor: Benjamin Bucinell

Monday & Wednesday, 6-9 p.m.

Troy High School, Room 126

Fee: \$300.00

**Chemistry.** This is a class designed for adults who need high school chemistry for admission to college programs, such as nursing and dental hygiene. This is a lab oriented course. Pre-requisite: High School General Science (Science 9), or equivalent. **Attendance is mandatory for all 20 classes (60 total hours).**

Instructors: Ben VonEitzen & Brian Poland

Monday & Wednesday 6-9 p.m.

Troy High School, Room 326

Fee: \$300.00

**GED Preparation.** This course is designed for adult students who have not already acquired a High School Diploma or a GED diploma. **Attendance is mandatory for all 20 classes.**

Instructor: Gaynor Hartigan

Monday & Wednesday, 6-8 p.m.

Troy High School, Room 113

FREE OF CHARGE



# Fitness

**Boot Camp Challenge® 101.** Have you ever wanted to try a fitness boot camp but have limited exercise experience or feel completely overwhelmed and scared that you will not be able to keep up? If you answered yes to either of these questions, Boot Camp Challenge® 101 (BCC 101) is for you! BCC 101 will introduce you to the world of exercise at a beginner's pace. It is an all-in-one packaged fitness program encompassing fitness assessments, workouts, and nutritional guidance. Your instructor will take you through a 45-minute total body workout each day as you learn about your muscle groups, proper form and exercise safety. The program is designed for men and women that have zero or limited exercise experience. If you have limitations due to medical conditions, let us know and we will determine how we can adjust the program to meet your needs. Your Instructor will work with you to help you build your cardiovascular endurance, muscular strength and endurance while improving balance and flexibility. The BCC atmosphere is fun, positive and judgment-free!

Please register through Make It Fit, LLC (518)366 1901 or register online at [www.MakItFitTraining.com](http://www.MakItFitTraining.com)

Instructor: Danielle Tremblay, Certified Personal Trainer

Tuesday and Thursday 6:30-7:15 p.m., February 28—April 6

School 14, 1700 Tibbits Ave.

Fees: \$167 New Recruits/Out of District Recruits - \$143 District Employees/ Troy Residents/FREE to most BSNNY members

**Butts & Guts.** Butts and Guts...need it say more? This class is all about tightening and toning those troublesome tushies and tummies. This 45-minute class will focus intensely on ab and glute work that also breaks a sweat, sometimes uses light weights, and will finally give you results in inches lost, sculpted spots, and just plain confidence in how you fit in your clothes and carry yourself. Say goodbye to boring crunches and traditional butt lifts. The class will end with soothing yoga postures to help you stretch out and leave class feeling relaxed and refreshed. This is a program that changes the way you see your core and backside forever! Join us for this fun, new, and exciting workout! Bring a mat and a water bottle.

Instructor: Leslie Eisele - Certified Group Fitness Instructor

Monday, 6-7 p.m., February 27-May 1

School 14, 1700 Tibbits Ave.

Fees: 8 weeks \$64/ FREE to most BSNNY members

REGISTER ONLINE AT: [www.FitnessProfessionalsOnDemand.com](http://www.FitnessProfessionalsOnDemand.com)



# Fitness

**Zumba.®** Zumba® Fitness is an exhilarating, effective, easy to follow, Latin-inspired dance fitness party that moves millions of people toward joy and health! Be prepared to laugh! You will burn between 600-1000 calories in one session and make new friends! Bring your smile and a bottle of water. Dress in comfortable clothes and wear sneakers without thick treads.

Instructor: TBD

Wednesday, 6-9 p.m., March 1—May 3

School 14, 1700 Tibbits Ave.

Fee: 8 weeks \$64/Free to most BSNENY members

REGISTER ONLINE: [www.FitnessProfessionalsOnDemand.com](http://www.FitnessProfessionalsOnDemand.com)

**Yoga.** Feeling Stressed? Experiencing stiff, tired or achy muscles? Make time for yourself to strengthen your breathing, flexibility, and relaxation techniques. Join us for a beginner Yoga! Each class begins with breathing techniques that will relax the body and focus the mind; followed by sequenced moves or poses that will be coordinated with breathing and music. Each class ends with a relaxation sequence that will leave you feeling relaxed, refreshed, and refocused. Treat yourself well this spring. Please bring a yoga mat and water. Wear clothing that allows for easy movement.

Instructor: Veronika

Wednesday, 6-7 p.m. March 1— May 3

School 14, 1700 Tibbits Ave.

Fee: 8 weeks \$64/Free to most BSNENY members

REGISTER ONLINE: [www.FitnessProfessionalsOnDemand.com](http://www.FitnessProfessionalsOnDemand.com)



# Driver Education

**Driver Education.** This non-credit course includes 24 hours of classroom instruction and 24 hours of in-car instruction. By February 9, students must be 16 and have a valid learner's permit. Upon completion of the course, the student will be issued a Student Certificate of Completion, allowing the holder to drive after 9pm at 17 and an insurance reduction if applicable. **To register, students must complete the Driver Education Parental Permission Registration Forms (Online & THS Main Office)** and submit these forms along with payment (payable to Troy School District) to Troy High Main Office by Friday, February 3. Students **MUST** preregister. Students should bring their permits to class each day.

Instructor: Bell's Auto Driving School

Thursday, 3:30—5 p.m.

Troy High School, Room 144

Fee: \$395 (\$415 Out of District) NO REFUND.

Date: February 9 —Orientation/Class



\*In-the-car instruction will be set up with students at orientation.\*

## Driver Education Registration. Please PRINT all information clearly.

Full Legal Name: \_\_\_\_\_

LAST FIRST M.I.

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

City, State, Zip: \_\_\_\_\_ Phone Number: \_\_\_\_\_

License/Permit #: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

What School Do You Attend? \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Daytime Phone Number: \_\_\_\_\_

I hereby give consent for my son/daughter to take Driver Education.

Parent/Guardian Signature: \_\_\_\_\_

### FOR OFFICE USE ONLY

DATE \_\_\_\_\_

PMT \_\_\_\_\_

DATE \_\_\_\_\_

PMT \_\_\_\_\_

### FOR OFFICE USE ONLY

DRIVE TIME \_\_\_\_\_

CLASS TIME \_\_\_\_\_



Please remit with payment



## ADULT AND CONTINUING EDUCATION

### SPRING 2017 REGISTRATION FORM

Cashier's check or money order ONLY. Make Payable to: **TROY CITY SCHOOL DISTRICT**

Name: \_\_\_\_\_

Course/Fee: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Name: \_\_\_\_\_

Course/Fee: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Name: \_\_\_\_\_

Course/Fee: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

PLEASE DO NOT USE THIS FORM FOR DRIVER'S EDUCATION!

\*DRIVER'S EDUCATION REGISTRATION FORMS CAN BE FOUND ON THE SCHOOL WEBSITE.

THANK YOU!

Please remit with payment



**Adult & Continuing Education**

**112 Delaware Avenue**

**Troy, NY 12180**

**(518) 328-5023**

**adulthood@troycsd.org**

**Non-Profit Organization**

**US Postage Paid**

**Albany, NY**

**Permit No. 652**

ECRWSS

Postal Patron

## **TROY CITY SCHOOL DISTRICT**

**Adult & Continuing Education**

**Spring 2017 Catalog is enclosed!**

***Registration is now open.***

**[www.troycsd.org/programs/adult-and-continuing-education](http://www.troycsd.org/programs/adult-and-continuing-education)**

**What's Inside:**

***Academics, Fitness, Driver Education and more!***

