

ADULT AND CONTINUING EDUCATION

Fall 2017 Course Catalog

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DRIVER EDUCATION



REGISTRATION IS NOW OPEN!

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, September 11 and 18, 2017
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 SEPTEMBER 28, 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

Classes Begin

Columbus Day - No Class

Veteran's Day - No Class

Thanksgiving Break—No Class

September 11 & 18

Check Course

October 9

November 10

November 23 & 24



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: Matthew Sindoni

Monday & Wednesday, 7-10 p.m.

Troy High School, Room 155

Fee: \$350.00

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: Stephanie Mosier

Tuesday & Thursday, 6-9 p.m.

Troy High School, Room 126

Fee: \$350.00

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: \$350.00

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, work outs, 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.MakeltFitTraining.com

Instructor: Danielle Tremblay, Certified Personal Trainer

Tuesday and Thursday 6:30-7:15 p.m., (Session 1—9/26-11/2) (Session 2—11/9-12/21)

School 14, 1700 Tibbits Ave.

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

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: Veronika

Wednesday, 6-7 p.m. September 27—November 15

School 14, 1700 Tibbits Ave.

Fee: 8 weeks \$64/Free to most BSNEY members REGISTER ONLINE: 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. November 8—December 20

School 14, 1700 Tibbits Ave.

Fee: 8 weeks \$64/Free to most BSNEY members REGISTER ONLINE: www.FitnessProfessionalsOnDemand.com





TROY HIGH SCHOOL

DRIVER EDUCATION PROGRAM

ATTENDANCE POLICY

New York State Education Department requires that each student taking Driver Education **must** complete the required hours designated. Our program at Troy High School is structured for only **48 hours**, therefore it is mandatory that you attend **EVERY** class in order to obtain the required time necessary to qualify for the "Student Certificate of Completion" (MV-285). Any student who fails to meet this requirement will **NOT** receive a "Student Certificate of Completion".

We realize, however, that extraordinary circumstances may arise which may cause a student to miss class. Such a circumstance would be an illness, death in the family or SAT tests. Vacation, work, parties, appointments, "too lazy to get up", etc. are **NOT** considered legitimate reasons for missing and will not be tolerated. Also, extra-curricular activities such as sporting events **DO NOT** constitute a legitimate absence.

This program is an elective course (one which you do not have to take) and disciplinary problems will not be tolerated in any way. If a disciplinary problem does occur, the following action will be taken:

1. We will call the parent (s).
2. If the problem re-occurs, the student will be dropped from the program without a refund.

If a situation occurs where a student will miss a class (for a legitimate reason) the procedures below **MUST** be followed:

1. If you know you will be unable to attend a driving session, consult with your driving instructor and try to switch with someone who drives at a different time. If you are unable to attend a classroom session, arrange to go to another class.
2. If you are unable to switch with another driver or attend another class, you are required to make up the driving or classroom session before the end of the course (scheduled at the discretion of the instructor).
3. Any student who misses more than **2 sessions of Driver Education** (regardless of whether a previous miss has been made up) will automatically be dropped from the course. **NO MV-285 STUDENT CERTIFICATE OF COMPLETION (FORMERLY "BLUE CARD") WILL BE ISSUED.**

REMEMBER: IF YOU DO NOT FOLLOW THE PROCEDURES OUTLINED ABOVE, AND FAIL TO GET 48 HOURS, YOU WILL NOT RECEIVE THE STUDENT CERTIFICATE OF COMPLETION AND ANY MONIES PAID WILL NOT BE REFUNDED.

ACKNOWLEDGEMENT:

I, _____,
understand the Attendance Policy as it is outlined above and
agree to abide by it and be held responsible.

Student's Signature _____

Parent's Signature _____



Adult and Continuing Education

Fall 2017 Registration Form

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

Remove page and submit with Payment

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.**

Adult & Continuing Education
112 Delaware Avenue
Troy, NY 12180
(518) 328-5023
adulted@troycsd.org

Non-Profit Organization
US Postage Paid
Albany, NY
Permit No. 652

ECRWSS
Postal Patron

TROY CITY SCHOOL DISTRICT

Adult & Continuing Education

FALL 2017 Catalog is enclosed!

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www.troycsd.org/programs/adult-and-continuing-education

What's Inside:

Academics, Fitness, Driver Education and more!

