

ADULT AND CONTINUING EDUCATION

Spring 2018 Course Catalog

COURSE INDEX

ACADEMICS

- ♦ Algebra
- ♦ Biology
- ♦ Chemistry
- ♦ GED Prep Class
- ♦ ENL (English as a New Language)

CPR

FITNESS

- ♦ Boot Camp Challenge
- ♦ Yoga
- ♦ Zumba

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, February 12
Monday, February 26
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 March 5, 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 12 & 26

Classes Begin

Check Course

Spring Break-No Class

April 2—April 6

Memorial Day - No Class

May 28



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: Cara Parker

Tuesday & Wednesday, 4-7 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

Monday & Wednesday, 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



Academics

English as a New Language (ENL) The English as a New Language Course is designed for adults 18 years old and over whose first language is a language other than English. It will be geared toward beginning and intermediate level students. The course will develop students' speaking, listening, reading and writing skills in English with a focus on improving English conversational and inter-personal skills. The course will teach the English skills necessary for practical, real-life situations.

Instructor: Gaynor Hartigan

FREE OF CHARGE

Tuesday & Thursday 6-8pm

Troy High School, Room 113

CPR

CPR. CPR/AED and First Aid Class. The CPR, AED, and Basic First Aid combination training program helps students develop basic first aid knowledge, skills and the confidence to respond. This 4-5 hour class is an excellent choice for both the community and workplace setting, and conforms to the 2015 AHA Guidelines Update for CPR, ECC, and First Aid.

Cost: \$75

Instructor: Brian Evers

Monday—3/19, 6-8pm

Monday— 3/26, 6-8pm

Troy High School, Room 145

Real-life scenario videos, full-color printed materials and clear, concise course content

2-year certification

4-hour class includes plenty of time for skills practice. Class will be held on two consecutive Mondays.

Class 1 will focus on Adult/Child CPR and AED.

Class 2 will focus on First Aid

Course Topics Include: • Protecting yourself • Sudden cardiac arrest • Caring for cardiac arrest: CPR • Using an AED • Multiple provider approach to CPR • Choking • Control of bleeding • Shock • Stroke • Poisoning • Altered mental status • Head, neck, and back injuries • Nosebleed • Burns • Heat and cold emergencies



Wellness

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 6:15-7:00 p.m., March 6—April 19

School 14, 1700 Tibbits Ave.

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

Mondays, 6-7 p.m. 2/26/18-4/23/18 (no class during April break)

Instructor: Kim & Krystal

School 14, 1700 Tibbits Ave.

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

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.

Wednesdays, 6-7 p.m. 2/28/18 – 4/25/18 (no class during April break)

Instructor: Leslie

Location: Troy School 14, 1700 Tibbits Ave., Troy





Adult and Continuing Education Spring 2018 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

Spring 2018 Catalog is enclosed!

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What's Inside:

Academics, Fitness, Driver Education and more!

