Continuing Education Program
Spring 2020 Courses

schalmont.org
Schalmont CSD Continuing Education Program

The Schalmont Central School District is proud to present its Spring 2020 Continuing Education Program. This program offers a diverse selection of courses that meet the many varied interests and needs of our community.

Most classes have a minimal fee, and several have discounts for senior citizen residents. Registration is open to all residents of Schalmont Central School District who are 18 years of age or older (except where noted). Senior citizens, age 60 or older, may take some of our courses at a reduced rate. However, senior citizens are responsible for materials fees. Class fees allow the program to be self-sustaining. Continuing Education classes are not part of the school district budget.

All classes fill on a “first-come, first-serve” basis, so we recommend early registration. You can register online by credit card or through the mail/in person by check using the form below.

We retain our adult education instructors to teach a course in their area of expertise. The instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.

To register by mail:
Please provide ALL requested information. (It is essential that you include a phone number and complete mailing address. If a class has to cancel or we need to mail information, we will be able to do so promptly.)

- Make checks payable to “SCHALMONT CENTRAL SCHOOL DISTRICT”.
- Write the name of the course(s) for which you are registering on your check.
- Mail check and registration form to:
  Donna Notar, Schalmont Adult Education Office
  4 Sabre Drive, Schenectady, NY 12306

REGISTER ONLINE
You can now register and pay online with a credit card through Zippyreg at Schalmont.org/adulteducation.

We accept registrations until the first day of class or until a course is full, whichever is first. All classes are filled on a “first-come, first-serve” basis, so early registration is suggested. If a class is canceled, your registration fee will be refunded. Otherwise, all class fees are non-refundable. In the event of a course cancellation, refunds will be issued 30 days after the official notification via check by mail.

In-Person Registration:
Registration forms can be dropped off with payment to the District Office, 4 Sabre Drive, Schenectady, NY 12306 between the hours of 8 a.m. and 4 p.m.

Classes Begin:
Monday, February 24, 2020

SCHALMONT CENTRAL SCHOOL DISTRICT CONTINUING EDUCATION
REGISTRATION FORM – Please print in a legible manner. Thank You.

NAME: ___________________________ LAST NAME: ___________________________ FIRST NAME: ___________________________ E-MAIL ADDRESS: ___________________________

ADDRESS: ___________________________ STREET: ___________________________ TOWN: ___________________________ ZIP CODE: ___________________________

HOME PHONE: ___________________________ BUSINESS PHONE: ___________________________ DATE OF BIRTH: ___________________________

COURSE NAME (1): ___________________________
  DAY/SESSION: ___________________________ TIME: ___________________________ FEE: ___________________________

COURSE NAME (2): ___________________________
  DAY/SESSION: ___________________________ TIME: ___________________________ FEE: ___________________________

COURSE NAME (3): ___________________________
  DAY/SESSION: ___________________________ TIME: ___________________________ FEE: ___________________________

Please Check Appropriate Box(es): ☐ Resident ☐ Non-Resident ☐ Resident Senior Citizen ☐ 18 or Older TOTAL FEE: $_________________________

GENERAL WAIVER OF LIABILITY: By signing this release, I understand that the Schalmont Central School District will not be held responsible for injury to person or loss of damage to property.

NAME (PLEASE PRINT): ___________________________ SIGNATURE: ___________________________

SCHALMONT.ORG
**CANINE COURSES**

**Dog Obedience**

**Star Puppy Course**

Puppies up to 6 months

This course will cover all of the basics of raising a puppy. There will be handouts each week and at the last class, there will be an AKC Star Puppy evaluation. With this evaluation, you will be able to get a certification from AKC and a star puppy medal. More importantly, you will have all the fundamentals for raising a confident, stable, happy puppy through communication, relationship, and leadership. Dogs are welcome on the first night of class.

<table>
<thead>
<tr>
<th>Instructor:</th>
<th>Dianne Delpozzo</th>
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<tbody>
<tr>
<td>Dates:</td>
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</tr>
<tr>
<td>Time:</td>
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<tr>
<td>Location:</td>
<td>High School Art Wing Lobby</td>
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<tr>
<td>Fee:</td>
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**Canine Good Citizen Course**

Over 6 months

The CGC Program teaches good manners to dogs and responsible dog ownership to their owners. The 10 step Canine Good Citizen test is a non-competitive test for all dogs, including purebreds and mixed breeds. The CGC award a prerequisite for many therapy dog groups. Some homeowner's insurance companies are encouraging CGC testing, and an interesting number of apartments and condos require that resident dogs pass the CGC test. On the last day of class we will test the dogs and you can send in the paperwork to AKC for certification. Dogs are welcome on the first night of class.

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**Canine Good Citizen Advanced**

Over 1 year and completed a CGC test

The CGCA program teaches more advanced manners to your dog and continues responsible dog ownership. This class includes more advanced skills in public settings like being at a dog show or out at a park. Your pup will learn how to sit quietly in close proximity to another dog and handler, how to accept a friendly stranger with a dog, getting through doorways, how to have an effective leave it. You will be tested on the last night of class for CGCA certification. Dogs are welcome on the first night of class.

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**Therapy Dog Prep Class**

This is an introduction to therapy dog work. Therapy dogs are dogs that go out into the community to visit with people. In therapy, we go to schools, nursing homes, hospitals, etc. This is not the same as a service dog who provides a service to an individual. We will cover all the items that are on a therapy dog test. If your dog has the right temperament for therapy work but may not have enough obedience training or just needs a refresher in obedience then this class is for you. No aggressive dogs are allowed in this class. They must be social dogs that love people. We will test on the last day of class to be a Certified Therapy dog. Dogs are welcome the first night. Dogs must be over a year old to attend this class and must have completed the basic dog obedience class.

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**CREATIVE COURSES**

**Paint with Peggy**
Have you ever wanted to try oil painting? Are you afraid you can’t paint because you can’t draw? Welcome to “Paint with Peggy!” In each class, you will create an oil painting. Peggy is a certified Alexander Art instructor and Wilson Bickford Painting Partner. These classes do not require drawing skills and they are NOT painted by number. At the beginning of each class every student is provided with a blank canvas, brushes, a palette of paints, etc. Through classroom instruction each person creates their own unique oil painting. Any level of painter will enjoy the class. To view photographs of paintings visit www.paintwithpeggy.com.

**“Misty Beacon”**
Paintings of lighthouses are always popular. In this Wilson Bickford design, we will paint a lighthouse that is a beacon in the fog! We begin with an acrylic base for the lighthouse on a rocky jetty (pattern is provided). The canvas is completed in oils, giving shape to the lighthouse and depth to the painting. Join us as Peggy demonstrate and explains step by step how to create this fun, popular painting! Beginners are welcome!

Instructor: Peggy Porter, ACI, WBPP
Dates: Tuesday, February 25, 2020
Time: 6:00–9:30 PM
Location: Schalmont Middle School Room 117
Fee: $53 Resident
$63 Non-Resident
$53 Senior Resident

**“Spring in the Country”**
This delightful country cottage is fun to paint! (The snow is GONE!) The cottage is nestled near a stream at the edge of the woods. You will use the pale greens of spring for the background, then add pink, blue, white and yellow to create the indication of flowers along the bank of the stream. Beginners are welcome and will enjoy creating this tranquil spring scene.

Instructor: Peggy Porter, ACI, WBPP
Dates: Tuesday, March 17, 2020
Time: 6:00–9:30 PM
Location: Schalmont Middle School Room 117
Fee: $53 Resident
$63 Non-Resident
$53 Senior Resident

**“Distant Mountain Sunrise”**
In this painting, it seems as if you are standing on a hill looking toward distant mountains where the first rays of sunrise are just beginning to appear. Peggy will explain and demonstrate how to create distant mountains and rolling hills, with a river in the valley between the hills. You can create this magical scene with a few brushes and a limited palette of colors. Let Peggy show you how!

Instructor: Peggy Porter, ACI, WBPP
Dates: Tuesday, April 21, 2020
Time: 6:00–9:30 PM
Location: Schalmont Middle School Room 117
Fee: $53 Resident
$63 Non-Resident
$53 Senior Resident

**“Sea Oats”**
This is a family favorite. In this beautiful ocean scene, the sun is hidden behind a bank of clouds. Peggy will explain and demonstrate how to paint this scene step by step. In one evening, you will paint an ocean scene where you are on a bluff looking out to sea. You can almost feel the sea breeze!

Instructor: Peggy Porter, ACI, WBPP
Dates: Tuesday, May 12, 2020
Time: 6:00–9:30 PM
Location: Schalmont Middle School Room 117
Fee: $53 Resident
$63 Non-Resident
$53 Senior Resident

**“Textured Art”**
- Five Petal Flowers
Art can be created in many ways. In this class, Peggy uses ‘Mud’! Peggy has been teaching Adult Education classes at Schalmont for over 5 years and she is happy to bring you this new way to create art. In this class, you will learn the basic techniques used to apply the mud product and the brush strokes needed to create textured flowers. This product dries quickly. All supplies are provided to create the design. Canvas size is 11x14. The end result is stunning! Class size is limited to 8 students.

Instructor: Peggy Porter, ACI, WBPP
Dates: Tuesday, March 10, 2020
Time: 6:00–9:00 PM
Location: Schalmont Middle School Room 117
Fee: $35 Resident
$40 Non-Resident
$35 Senior Resident
Basic Estate Planning for the Elderly
Learn the basics for drafting Wills, Living Wills, Health Care Proxies, Powers of Attorney, Trusts and effective Estate Planning techniques to protect assets for family members in the event of Nursing Home Care. The program will focus on a description of the various Estate Planning documents and guidelines for planning for Medicaid in the future.

Instructor: Kevin Litz, Esq
Dates: Tuesday, March 24, 2020
Time: 6:00–8:00 PM
Location: Schalmont High School Room 55
Fee: $12 Resident
$17 Non-Resident
$7 Senior Resident

Understanding Stocks, Bonds, and Mutual Funds
Since its inception, Halliday's flagship course has been attended by thousands. Learn the basics from our investment professionals on the staples of the modern portfolio: stocks, bonds, and mutual funds. This course outlines the differences between these various types of investments, so you can best determine the right ventures for you. Learn about how proper asset allocation can lower your overall risk and increase your return. Track and monitor your investments with confidence as you plan for your financial future.

Instructor: Nick Stark
Dates: Tuesday, March 17, 2020
Time: 6:30–8:00 PM
Location: Schalmont High School Room 57
Fee: $12 Resident
$17 Non-Resident
$7 Senior Resident

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Instructor: Nick Stark
Dates: Tuesday, March 17, 2020
Time: 6:30–8:00 PM
Location: Schalmont High School Room 57
Fee: $12 Resident
$17 Non-Resident
$7 Senior Resident

Medicare 101
Confused about Medicare? In this class, we will discuss the different components of Medicare as well as eligibility, enrollment periods and potential penalties. This class is intended for individuals who are about to turn age 65 or for those who are over 65 and looking to learn more about Medicare. Patrick Bender has over 30 years of experience in working with Medicare and other insurance benefits. He retains a New York State Health, Life and Accident license and is AHIP certified (Medicare).

Instructor: Patrick Bender
Dates: Wednesday, March 25, 2020
Time: 7:00–8:30 PM
Location: Schalmont High School Room 55
Fee: $12 Resident
$17 Non-Resident
$7 Senior Resident
Maximize Your Social Security Benefits

A few key decisions can make a big difference in the amount of your Social Security check, especially if you are married. Attend our hands-on workshop and learn strategies to get the most money from Social Security and other retirement sources. Learn how to consider taxes, Medicare, and other costs during retirement, as well as how to wisely grow and protect your retirement income. This workshop will cover key Social Security choices, including individual and spousal “menu” options, when to take your benefit, when to “switch” records, and how to coordinate Social Security with your other money. Join us before you make financial decisions that may not be able to be reversed.

Instructor: Frank Finch
Dates: Wednesday, April 1, 2020
Time: 6:30 - 8:00 PM
Location: Schalmont High School Room 57
Fee: $12 Resident
$17 Non-Resident
$7 Senior Resident

Ancient Medicine for Modern Affliction

Nobody - not even the best healthcare practitioner that money can buy - knows our body better than we do. It is a fact! That’s why we are asked to fill in so many forms relating to medical history. This intimate self-knowledge means that we have private access to inner healing mechanisms that no outsider has. That’s a lot of power which - unfortunately for most of us - remains unrecognized and unused, and we are left feeling powerless to face the health challenges that the universe throws at us. Traditional Chinese Medicine (TCM) has recognized long ago that we are more than a mere sack of fluids, fats, proteins and minerals, and that there’s energy, consciousness and wisdom which guide and oversee the correct alignment of all the physical elements in our body. They also traced the root of illness to blockages in the energy field. This energy they named “Chi” and a practice called Chi-Gong was developed for the purpose of clearing these energy blockages. The powerful aspect in Chi-Gong is that the patient (us) is the one in charge of the healing, utilizing inner healing mechanisms that only we can. In this class, we’ll reclaim the power that’s been given to us and use it to improve our health.

Instructor: Oded Ben-Ami
Dates: Tuesdays, March 3, 10 and 17, 2020
Time: 7:00-8:00 PM
Location: Schalmont High School Library
Fee: $50 Resident
$60 Non-Resident
$45 Senior Resident

Ballroom Dance

Are you ready to have some fun? Join us with the ever-growing social Ballroom and Latin Dancing. These classes are perfect for beginner dancers or dancers looking to enhance their dancing. Join in and learn basic dance steps and movements in Waltz, Foxtrot, Rumba and Cha-Cha. Learn in a relaxed and comfortable atmosphere. Singles and couples are welcome.

Instructor: Andrew Brown
Dates: Mondays, March 2-April 27, 2020
(no class April 13)
Time: 7:00 - 8:00 PM
Location: Jefferson School Playroom
Fee: $48 Resident
$58 Non-Resident
$38 Senior Resident

The fee is per person.

Women and Investing

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.

Instructor: Christie Malmborg
Dates: Wednesday, April 8, 2020
Time: 6:30 - 8:00 PM
Location: Schalmont High School Room 57
Fee: $12 Resident
$17 Non-Resident
$7 Senior Resident

Course Selections

Course offerings are listed according to categories that best describe the class. You may find that certain courses are listed in another section. You may take courses from any category. Certain age restrictions may apply to courses for student safety.

Register for courses easily and online at schalmont.org. You can find a full list of course offerings as well as an easy check out process to help you continue your education.
HEALTH AND FITNESS

BarreFlow Iron
BarreFlow Fe (iron) incorporates small hand weight and other props into a high-intensity 30-minute workout. The flowing format and high repetitions create a total body workout with a strong cardio component. BarreFlow Fe is designed to give students of all fitness levels a challenging total body workout. While every class follows a similar flowing format, the choreography is continually changing to keep you from reaching a workout plateau. By combining a small amount of mat work with an invigorating strength and cardio workout, BarreFlow will increase strength, endurance and increase flexibility. The continued movement will encourage mind focus by engaging your thoughts into your workout from start to finish.

Instructor: Average Joe’s Certified Instructor
Dates: Tuesdays, February 25-April 14, 2020
Time: 6:15-6:45 PM
Location: Average Joe’s Fitness, 90 W Campbell Rd Rotterdam (across from Rotterdam Mall)
Fee: $35 Resident
$45 Non-Resident
$30 Senior Resident

BUILD BETTER FEET
Our feet are the foundation of our bodies. Having a strong base of support can help relieve pain and pressure, prevent injury, and improve balance. Let’s build stronger feet and arches together. Join me to learn a simple foot strength, flexibility and balance routine that you can do at home. Participants should bring a yoga mat or a thick blanket to lie on while exercising. Maximum 12 participants.

Instructor: Amanda Boccio, Chiropractor
Dates: Tuesday, March 31, 2020
Time: 6:30-7:30 PM
Location: Schalmont High School Library
Fee: $12 Resident
$17 Non-Resident
$7 Senior Resident

Coed Volleyball
Bump, set, and spike your way into our coed volleyball program. This group offers a fun way for advanced beginners/intermediate players to improve on their volleyball skills. Each night begins with drills with the goal of improving your caliber of play. Previous volleyball experience is necessary. Maximum participants 26.

Instructor: Amanda Boccio, Chiropractor
Dates: Mondays, March 2-April 27, 2020
Time: 6:30-7:30 PM
Location: Schalmont Middle School Gym
Fee: $27 Resident
$37 Non-Resident
$27 Senior Resident
Core De Force
Ready to get the body you’ve always wanted? It starts with one punch. The only question is…how hard will you fight for it? This mixed martial arts-inspired, total body workout uses 3-minute rounds of core conditioning combinations that will knock out the belly fat and help slash inches off your waist. The bodyweight moves help carve total-body definition while cardio spikes give you the high-intensity training your body needs to break through plateaus – no equipment required! You’ll burn major calories and carve your waist in this hour-long workout. Bring a yoga mat, water bottle, and a small towel. Wear comfortable clothes and sneakers.

Golf Clinic
As a teaching professional, Dave Shaver, from Orchard Creek Golf Club, exercises a simplistic and user-friendly approach that is engineered to bring out the best in all aspects. His deep-rooted dedication to your success is at the forefront of his customer service standards and he looks forward to not just the discovery, but the cultivation of that success in every phase of your game.

Golf Clinic Beginners
Thinking of taking up golf? Join us for a series of four clinics to help get you started. We’ll begin at square one and cover some basic golf swing fundamentals so that you can get out on the course and start enjoying this great game. The maximum number of participants is 8.

Instructor: Dave Shaver, Asst. Golf Professional, Orchard Creek Golf Course
Dates: Thursdays, May 7-28, 2020
Time: 6:00-7:00 PM
Location: Orchard Creek Golf Club, 6700 Dunnsville Rd, Altamont, NY 12009
Fee: $80 Resident
$90 Non-Resident
$70 Senior Resident

Intro to Meditation
Passive Meditation: You will learn this simple technique to help you enter your own personal meditative state. We will practice heart and healing meditations, learn different relaxation techniques and learn a Hawaiian Ha breath. Meditation can help lower blood pressure, release stress and promote harmony and inner peace.

Dynamic Meditation: This meditation can be a very effective life-changing tool. You will learn a simple method to use imagery to impress the subconscious mind to release an unwanted condition and replace it with a new empowering one.

Suzanne Amsler has been involved with many different forms of Meditation for over 30 years.

Gut Health
Are you or someone you know affected by uncomfortable conditions of the gut, fatigue, sluggishness, skin issues, arthritis, weight gain/trouble losing, autoimmune conditions, cancer, heart disease, or fungal issues? Join certified integrative health coach cut advisor, Kelly Pickering for an informative evening exploring the connection between diseases of inflammation and gut health.

Instructor: Kelly Pickering
Dates: Wednesday, March 18, 2020
Time: 6:00-7:30 PM
Location: Schalmont High School Room 55
Fee: $12 Resident
$15 Non-Resident
$10 Senior Resident

Golf Clinic Intermediate
Are you familiar with the game but find yourself constantly frustrated by high scores and inconsistency? Join us for a series of four golf clinics that are designed to lower your scores and rive your enjoyment of this great game. The maximum number of participants is 8.

Instructor: Dave Shaver, Asst. Golf Professional, Orchard Creek Golf Course
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$10 Senior Resident
HEALTH AND FITNESS

Intro to REIKI
Pronounced “Ray-Key” Reiki is a Japanese word meaning universal life energy, a natural approach to wellness. Reiki is a non-intrusive method of hands-on healing to improve the health and quality of life for yourself and others. It activates the release of blocked energy, which restores and balances the body and mind. Now used widely in many hospitals. The evening will provide information and background on Reiki, and the opportunity to experience the Reiki energy. Suzanne Amsler is a Reiki Master Teacher and has been involved with Reiki for over 25 years and teaching 18 years.

Instructor: Suzanne Amsler, Reiki Master Teacher
Dates: Wednesday, April 1, 2020
Time: 6:30-8:30 PM
Location: Schalmont High School Room 55
Fee: $12 Resident
$17 Non-Resident
$7 Senior Resident

Basketball
Come and join the community for some “March Madness” basketball. Play a pickup game with others who want to do the same. On any of the scheduled evenings, teams will be created depending upon the number of individuals who show.

Coordinator: Steve Frank
Dates: Thursdays, February 27-April 23, 2020
Time: 7:30-9:00 PM
Location: Schalmont High School Gym
Fee: $27 Resident
$37 Non-Resident
$27 Senior Resident

One-time registration fee regardless of the number of sessions attended.

Men’s Over 30 Basketball
If you’re looking to have fun and get in shape, join us for a 4 on 4 pickup game. On any of the scheduled evenings, teams will be created depending upon the number of individuals who attend.

Maximum participants 15.
Coordinator: Glenn Gallucci
Dates: Wednesdays, February 26-April 22, 2020
Time: 7:00-9:00 PM
Location: Jefferson Elementary Gym
Fee: $27 Resident
$37 Non-Resident
$27 Senior Resident

One-time registration fee regardless of the number of sessions attended.

Women’s Pick-up Basketball
It’s lady’s night on the court! Come have some fun and laugh while getting a workout in with the girls. Games of pick-up basketball will be created each night. The number of games, teams, and players on each team will be determined each night. This is a great chance to “leave it all on the court!”

Coordinator: Joelle Litz
Dates: Tuesdays, March 3-April 28, 2020
Time: 6:00-7:30 PM
Location: Schalmont High Gym 1
Fee: $27 Resident
$37 Non-Resident
$27 Senior Resident

STRONG by Zumba®
Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In each class, you’ll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Instructor: Average Joe’s Fitness Certified Instructor
Dates: Thursdays, February 27-April 16, 2020
Time: 6:15-7:00 PM
Location: Average Joe’s Fitness, 90 W Campbell Rd Rotterdam
Fee: $55 Resident
$65 Non-Resident
$45 Senior Resident
# Schalmont CSD Continuing Education Program

## Health and Fitness

### Total Body WOW
This class will include free weights, stability balls, and mats. You'll target all muscles, including hips, glutes, thighs, chest, back, shoulders and arms. The class will include all types of functional training from squats and lunges to pushups and more! This is a full-body routine where you will be training every major muscle in the body. Please bring free weights, stability balls, and a mat.

**Instructor:** Barb Howansky, AFAA Certified, AFAA Personal Trainer, Fitness Rehab Specialist Aquatic Therapy Rehab. Certified

**Dates:** Monday/Wednesday, March 2-April 29, 2020 (no class April 13 or 15)

**Time:** 5:30 - 6:30 PM

**Location:** Schalmont Middle School Gym

**Fee:** $85 Resident, $95 Non-Resident, $75 Senior Resident

### Vinyasa Flow
This is a dynamic sequence of yoga poses linking breath to movement. Participants will be lead through a flow of poses to help increase flexibility, mobility, and strength of body and mind. Modifications to each pose will be offered to allow participants at various levels of fitness to participate in their own abilities. Participants should bring water, a hand towel, yoga mat, and yoga blocks. **You must be at least 18 years of age to take this class.**

**Instructor:** Michele Armstrong

**Dates:** Wednesdays, March 4-April 8, 2020

**Time:** 6:00-7:00 PM

### Coed Wiffle Ball
Did you play Wiffle Ball in the summer all day long as a kid? Do you think of those days and want to go back? Well, you are in luck!!! Join the Schalmont Adult Co-Ed Wiffle Ball league this spring and turn back the clock to be a kid again!

**Instructor:** Jeff Van Hoesen

**Dates:** Wednesdays, April 22-May 27, 2020

**Time:** 6:30-8:00 PM

**Location:** Schalmont High School Gym

**Fee:** $22 Resident, $27 Non-Resident, $20 Senior Resident

### ZUMBA®
Perfect for everybody and every body! 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 interval-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. Super effective? Check. Super fun? Check and check. This is a total body 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.

**Instructor:** Annie Grzywaczewsk

**Dates:** Tuesdays, March 3-April 28, 2020 (no class April 14)

**Time:** 6:00-6:45 PM

**Location:** Jefferson Playroom

**Fee:** $42 Resident, $52 Non-Resident, $38 Senior Resident

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## Life Skills Courses

### New York State Safe Boating Course
This course meets the New York State and the United States Coast Guard requirements for Personal Watercraft (Jetski) Operation and Youth and Adult Boating Certification. Upon successful completion, you will have met the requirements and can operate a PWC (Jetski) or as a youth boater operate a vessel independently. (To operate a PWC independently, a person must be at least 14 years old and have their boating certificate on board with them when operating.) Upon completion of the course, you will receive a boating certificate which is good for life. The course is designed as a comprehensive boating course, teaching the fundamentals of safe boating operation, and includes the following topics: Accidents & Emergencies; Boat Operation; Boating Related Activities; Boats & Motors; Equipment; Fueling & Ventilation; Marine Environment; Numbering & Registration; Personal Watercraft (PWC); and Rules of the Road. The course is for adults and children 10 years of age and older. **This class is limited to 25 participants.**

**Instructor:** John Hochmuth

**Dates:** Wednesdays, February 26-March 18, 2020

**Time:** 6:30-8:30 PM

**Location:** Schalmont High School Room 56

**Fee:** $12 Resident, $17 Non-Resident, $12 Senior Resident
Build a Bed for your Pampered Pooch
Looking for a custom bed for your favorite pooch?! Look no further. In this adult education class, you will learn and make a custom dog bed that every dog will love! Choose from three different types of dog beds, each with customizable sizes. You will be given a list of supplies to purchase prior to the class. No sewing experience necessary. Maximum participants 12.

Choose from:

Bed #1: Dog bone bed-in the shape of a dog bone, roughly 20” X 24”

Bed #2: Cozy dog bed- Bed with a blanket, roughly 24”X24”

Bed #3: Lounge dog bed- Bed with smaller walls, roughly 20”X29”

Instructor: Regina Hanson
Dates: Tuesdays, March 17 & 24, 2020
Time: 5:30-7:00 PM
Location: Schalmont Middle School Room 113
Fee: $12 Resident
$17 Non-Resident
$10 Senior Resident

Defensive Driving
This is a Department of Motor Vehicles approved six-hour program that allows you to save 10% off of your collision and liability insurance and up to 4 points off your driving record! (Be sure and check with your insurance company about any premium reduction.) Films, lectures, and often-humorous class discussions will highlight the course.

Instructor: Easy Method Driving School Instructor
Dates: Wednesdays, April 1 & 8
Time: 6:00-9:00 PM
Location: Schalmont High School Room 54
Fee: $43 Resident
$48 Non-Resident
$43 Senior Resident

Forgiveness Using the Hawaiian Process of Ho'oponopono
Ho'oponopono is a simple process of letting go of any heightened emotions within you and allows for healing of thoughts, feelings, words, and action. Essentially, it means to make right with the people with whom you have relationships. It's about “restoring your joy and happiness!” We are all connected and that means you are always impacting everyone around you just by your thinking, feeling, speaking, and you’re every action. For over 20 years Suzanne has been using the Hawaiian Ho'oponopono process with amazing results. It is a very effective life-changing tool. During this class, you will have the opportunity to clear at least one relationship or event.

Instructor: Suzanne Amsler, Reiki Master Teacher
Dates: Wednesday, April 22, 2020
Time: 6:30-8:30 PM
Location: Schalmont High School Room 57
Fee: $12 Resident
$17 Non-Resident
$7 Senior Resident

An Estate Sale – Easing the Transition
An age-old fact of life is that folks move, downsize, and die. Their family or heirs often need to sell the house and property. Part of an orderly transition for many in these circumstances is figuring out how to liquidate accumulated items of a lifetime. This is where estate sale companies may enter the picture helping families cope with their situation. In this brief examination of the estate sale process, enrollees will learn many of the steps needed in the effective liquidation of household contents. Included will be initial contacts, a walkthrough, gaining trust, accessing the house, then sorting-describing-photographing furniture, china, tools, glassware, antiques and related household contents, pricing, and staffing for the conduct of a sale. We cover advertising, setting fees, and dealing with remainders after the sale, including consignment, donation, clean-outs, and auctions. Descriptions, handouts and best practice documents will be provided.

Instructor: Jim and Kim Schaefer, owners of J & K Antiques and Estate Sales, LLC.
Dates: Monday, March 23, 2020
Time: 6:00-8:00 PM
Location: Schalmont High School Room 55
Fee: $17 Resident
$22 Non-Resident
$12 Senior Resident
Getting Paid to Talk, Making Money with Your Voice
An Introduction to professional voiceovers

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice-over work for television, film, radio, audiobooks, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn a great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited, and registration closes one week prior to class, so register early.

For more info please visit: www.voicecoaches.com/gptt

Instructor: Voice Coach
Dates: Monday, March 2 OR Monday, May 4, 2020
Time: 6:30-9:00 PM
Location: 26 Vly Road, Albany, NY 12205
Fee: $17 Resident
$22 Non-Resident
$12 Senior Resident

Introduction to Numerology
Numerology is a system of gaining knowledge, information, and wisdom about you, by using numbers as symbols. Numerology is a profound and reliable way to examine your inner nature and look at the various psychological, physical and spiritual processes that make up your experience in the world. It can give you a very good idea of what makes you tick, and provide an excellent way of navigating daily life. Most of all it can help you learn how to emphasize your strengths and overcome your weaknesses. In fact, almost anything you need to know can be found within your name and birth date.

Instructor: Suzanne Amsler, Reiki Master Teacher
Dates: Wednesday, April 8, 2020
Time: 6:30-8:30 PM
Location: Schalmont High School Room 55
Fee: $12 Resident
$17 Non-Resident
$7 Senior Resident

Learn to Fly:
How to Obtain Your Private Pilot License and More!
This course will provide an overview of the requirements to obtain a private pilot's license. It will talk about different opportunities available in the Capital District, and their costs. It will cover the basic components required to learn to fly such as aerodynamics, airplane systems, communications, traffic patterns, Aeronautical Decision Making (ADM), aviation weather and navigation. The objective of this course is to provide enough basic information to help you determine if flying is right for you!

Instructor: Mike Maybe (FAA Certified Flight Instructor)
Dates: Wednesday, March 4, 2020
Time: 6:30-9:00 PM
Location: Schalmont High School Room 54
Fee: $12 Resident
$17 Non-Resident
$10 Senior Resident

Magic 101
This class will teach you the basics of magic with cards, coins, and other props. We will cover mentalism, rope magic, simple gimmicks, and beginner-level sleight-of-hand. Taught by Josh Mandel, a published professional magician with over 40 years of experience, this is a perfect family-oriented class for parents and kids 10 and up to take together. All props are supplied, but we do recommend a notebook and pen or pencil. A materials fee of $10.00 will be collected the night of class.

Instructor: Josh Mandel
Dates: Thursday, March 12, 2020
Time: 7:00-8:30 PM
Location: Schalmont High School Room 54
Fee: $18 Resident
$23 Non-Resident
$15 Senior Resident

Notary Public Review Workshop
This workshop prepares you for the New York State Notary Public test and will provide you with a comprehensive view of the Notary Public office. Confusing laws, concepts, and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a Notary Public officer is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer an attorney, and minimizing legal liability. This workshop is a must for Notary Public candidates to become fully aware of the authority, duties, and responsibilities involved in this office. All materials will be provided including website links to the NYS Department of State licensing information, booklets, and forms. Also featured is an 80 question Practice Exam which attempts to
emulate the actual New York State mandatory exam. Victor Bujanow, CIC has been a practicing Notary Public and Notary Signing Agent for over 25 years. In addition to the Notary Public Workshops, he has been teaching Insurance Pre-Licensing Courses as well as Continuing Education courses at several New York State Colleges. **A $5 materials fee will be collected the night of the class.**

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Victor Bujanow, CIC</th>
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<tr>
<td>Dates</td>
<td>Thursday, April 9, 2020</td>
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<tr>
<td>Time</td>
<td>6:00-9:00 PM</td>
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<tr>
<td>Location</td>
<td>Schalmont High School Room 56</td>
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<tr>
<td>Fee</td>
<td>$30 Resident, $35 Non-Resident, $30 Senior Resident</td>
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**Sign Language Level 1 Beginner**

An introduction into the deaf culture learning sign language from A, B, C through fingerspelling to basic sentence structure with signs. The class will introduce you to family signs, colors, verbs, educations, foods, time signs, emotions, and feelings...along with our numbers and additional sign with sentence structure. You’ll learn the parts of a sign, body language, facial expression, non-manual behavior and how to pluralize a sign.

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<tr>
<th>Instructor</th>
<th>Pam Lane</th>
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<tr>
<td>Dates</td>
<td>Tuesdays, March 3-April 7, 2020</td>
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<tr>
<td>Time</td>
<td>6:00-7:30 PM</td>
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<tr>
<td>Location</td>
<td>Schalmont High School Room 56</td>
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<tr>
<td>Fee</td>
<td>$27 Resident, $37 Non-Resident, $22 Senior Resident</td>
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**Tween, Teen and Women’s Self-Defense Course:**

Join your daughter, sister, mom, aunt or friend and together come and get informed and practice self-defense. Whether going off to college or going to the market, this class is designed to make you more aware, prepared, and ready for any situation that may occur in your everyday life on any given day. How this approach differs from any other, is that you will start from the point of attack. I believe attacks begin before it becomes physical, and I teach how to avoid the attack altogether. This class will be fun and engaging, after all, self-defense should not be a scary thing, it should make you feel smarter and stronger. I guarantee you will leave my class immediately feeling empowered and more confident.”

(Please wear comfortable clothing & soft-soled shoes.)

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<tr>
<th>Instructor</th>
<th>Lauren Mascolo, 4th Degree Black Belt &amp; Kickboxing Instructor</th>
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<tr>
<td>Dates</td>
<td>Thursday, April 30, 2020</td>
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<tr>
<td>Time</td>
<td>6:00-7:00 PM</td>
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<td>Location</td>
<td>Schalmont Middle School Cafe</td>
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<tr>
<td>Fee</td>
<td>$15 Resident, $20 Non-Resident, $10 Senior Resident</td>
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**Self Defense Cardio Follow-up**

*Only those who have completed the Introduction to Self-Defense class are eligible for this class.* We will review the strategies taught in session one. We will use all the techniques you have learned in the Introduction to Self-Defense class and turn them into a fun cardio workout. This helps embed the moves into your memory through speed and repetition and will quicken your reaction time. Sneakers, water bottles and workout clothes required.

<table>
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<tr>
<th>Instructor</th>
<th>Erin Wheeler, College Admissions Coach</th>
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<tr>
<td>Dates</td>
<td>Thursday, March 26, 2020</td>
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<tr>
<td>Time</td>
<td>6:00-7:30 PM</td>
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<tr>
<td>Location</td>
<td>Schalmont High School Room 54</td>
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<tr>
<td>Fee</td>
<td>No Cost Course</td>
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</tbody>
</table>
Financing Your Education
This workshop includes a presentation, Q & A session and helpful brochures and takeaways on the following subjects: Filling out the FAFSA; Grants; Scholarships; Types of loans; Determining the amount of aid you qualify for; Helpful New York State programs.

Instructor: Scott Ahrens, Department of Financial Services
Dates: Monday, May 4, 2020
Time: 6:30-8:00 PM
Location: Schalmont High School Room 56
Fee: No Cost Course

Repaying Your Student Loans
This workshop includes a presentation, Q & A session and helpful brochures and takeaways on the following subjects: Repayment plans; Forbearance; Deferment; Loan consolidation; Rehabilitation; Loan forgiveness; How to bring your loan out of default; How to stop wage garnishment.

Instructor: Scott Ahrens, Department of Financial Services
Dates: Wednesday, March 4, 2020
Time: 6:30-8:00 PM
Location: Schalmont High School Room 55
Fee: No Cost Course

Path to Graduation
Overview and update of New York State Graduation Requirements. Come learn about credit requirements, earning credits, assessment requirements and the various pathways to graduation. It is never too early to explore the options for your child.

Target Audience: 8th-grade parents and higher.

Instructor: Bronson Knaggs and Nicole Martyn
Dates: Monday, March 2, 2020
Time: 6:30-8:00 PM
Location: Schalmont High School Room 56
Fee: No Cost Course

SABRE PARENT COURSES

SABRE STUDENT COURSES

SAT Prep Course
Did you know that preparation for the SAT exam has historically raised a student's test score? The SAT has aligned with the goals of the Common Core curriculum and the format is dramatically different from classroom and state exams. It suggests a different strategic approach to maximize scoring. Capital District Consulting’s SAT Prep offers overall test strategy, math, and English review. We utilize neurologically based, well-researched concentration and stress reduction techniques that you won’t find anywhere else. Maximum participation 25.

Instructor: Capital District Consulting
Dates: Monday/Wednesday, April 6, 8, 20, 22, 27 & 29, 2020
Time: 7:00-9:00 PM
Location: Schalmont High School Room 61
Fee: $175

Tae Kwon Do 2 You
(Youth Program (Ages 6-12))
Do your children have a lot of energy they need to burn off? Are they having trouble focusing in school? Could their listening skills improve? How about respect for themselves and others? Our youth program is for girls and boys ages 6-12. Along with the physical benefits of strength flexibility and improved cardiovascular capacity, our youth program teaches life skills, modifies behavior and reinforces...
character development. As well as teaching and instilling Tae Kwon Do core values of Courtesy, Integrity, Perseverance, Self – Control and Indomitable Spirit. Our class sizes are designed to be small; allowing for a more focused and fun learning environment. Our classes fill up quickly, so don't delay! Participants will receive a tee-shirt.

Instructor: Derek Monaghan
Dates: Tuesday/Thursday, March 3-April 9, 2020
Time: 5:00-5:50 PM
Location: Jefferson Elementary Gym
Fee: $77 Resident
$87 Non-Resident

Tae Kwon Do 2 You Tier 2 (Youth Program (Ages 6-12))
Do your children have a lot of energy they need to burn off? Are they having trouble focusing in school? Could their listening skills improve? How about respect for themselves and others? Our youth program is for girls and boys ages 6-12. Along with the physical benefits of strength flexibility and improved cardiovascular capacity, our youth program teaches life skills, modifies behavior and reinforces character development, as well as teaching and instilling Tae Kwon Do core values of Courtesy, Integrity, Perseverance, Self – Control and Indomitable Spirit. Our class sizes are designed to be small; allowing for a more focused and fun learning environment. Our classes fill up quickly, so don't delay! Participants will receive a uniform and belts.

This class is open to any Taekwondo2you student that has previously completed the Tier 1 beginner course or is currently a Taekwondo2you white or yellow belt.

Instructor: Derek Monaghan
Dates: Tuesday/Thursday, March 3-April 9, 2020

Excel Part I (Beginner)
Do you want to use Excel to help with your home finances? Learn to utilize Microsoft Excel to create and keep your family budget. A spreadsheet is a tool for anyone who has to manage numbers. This class will give you time to create, save, modify and print spreadsheets. Use formulas and functions, and format your own worksheets to make them usable for home or business use.

Instructor: Debbie Falcone
Dates: Monday, March 23, 2020
Time: 6:30-8:30 PM
Location: Schalmont High School Room 56
Fee: $17 Resident
$22 Non-Resident
$15 Senior Resident

Excel Part II (Intermediate)
Learn to utilize Microsoft Excel to create spreadsheets that can store and manipulate information. A spreadsheet is a tool for anyone who has to manage data. Excel can serve as a simple flat-file database program. It is ideal for address lists, product lists, inventory, directories and more. Learn how to sort data, filter out only the data you need, and automatically create subtotal reports.

Instructor: Debbie Falcone
Dates: Monday, April 6, 2020
Time: 6:30-8:30 PM
Location: Schalmont High School Room 56
Fee: $17 Resident
$22 Non-Resident
$15 Senior Resident

The Basics of Google: Become Google Proficient
Learn how Google Drive can help you, not only store information but collaborate with others! In this class you will explore Google Forms: Let's you run a survey or quickly create a team roster with a simple online form. You can even send out electronic invites and collect RSVPs! Then check the results, neatly organized in a spreadsheet. Google Docs: a word processor that saves your work with others and shares with you in real-time! Google Slide: Create a presentation and/or collaborate with others in real-time. You can also create multiple calendars for different groups of people and/or personal and business. These calendars can be shared with others and digital reminders can be created!

All of these can be stored in your Google Drive that you can access from any device, even your phone! You can invite others to view, comment, and edit any file or folder you choose. It's an online collaboration made easy.

You must have a Google Gmail account to participate in this class.

Instructor: Kirsten VanDyk
Dates: Thursday, April 2, 2020
Time: 6:30-8:00 PM
Location: Schalmont High School Room 56
Fee: $17 Resident
$22 Non-Resident
$15 Senior Resident

Not seeing a course you would like to take? Would you like to teach a course? Fill out our end of session survey on our website.
Where and When classes are held
Classes begin the week of February 24, 2020. Any exceptions will be noted within the course description for the course(s) in which you are interested. Classes are mainly conducted at Schalmont High School, 1 Sabre Drive, Schenectady, NY 12306; Schalmont Middle School, 2 Sabre Drive, Schenectady, NY 12306; and Jefferson Elementary, 100 Princetown Road, Schenectady, NY 12306. Exceptions are noted in the course description, so please check the course.

Need Directions? Log on to www.schalmont.org

Inclement Weather Policy
If traveling conditions are hazardous, we will postpone classes. Whenever the Schalmont Central Schools are closed during the day, due to inclement weather, or school holidays, classes will NOT meet that evening. In the event of inclement weather later in the day, check with the local television stations or the Schalmont Central School District web site; www.schalmont.org.

Schalmont Central School District is not responsible for any injuries incurred during activities through the Adult Education Program. Any ensuing expenses will be borne by the participant.

Schalmont Central School District offers employment and educational opportunities without regard to age, sex, race, color, national origin, or disability. This policy is in compliance with Title VI of the Civil Rights Act, Title IX of the Education Amendment, Section 504 of the Rehabilitation Act, and the Age Discrimination Act.