

### Interval Training

This class is a combination of strength training and traditional aerobic. Be prepared to sweat!!

**Instructor: Sandie Rock**

**10 weeks, Jan 12 - March 25, 2010**

**Tuesdays and Thursdays, 6:00 - 7:00 pm**

**Morrisonville Elem. Gym FEE: \$50.00**

### Yoga

An opportunity to experience the physical and mental benefits of this ancient practice. You will be introduced to warm-ups, breath work, postures, meditations and relaxation techniques. Beginners, as well as more advanced practitioners are welcome.

**Instructor: Theresa LaValley-Bedworth**

**15 weeks, January 12 - May 4, 2010**

**Tuesdays, 6:00pm - 7:30pm**

**Saranac Elem. Activity Rm. FEE: \$90.00**

### Toning

Tone and firm your muscles using squats, plea's and more. Learn proper body alignment while working the different muscle groups. Bring your hand weights and step for a more challenging workout. Don't forget your water and a towel, you will work up a sweat. **Instructor: Nanette Ahern**

**10 weeks, Jan 12 - March 23, 2010**

**Tuesdays, 5:30 - 6:45 pm**

**Saranac Elem. Gym FEE: \$50.00**

**ZUMBA fitness party!** Come and enjoy something new and fun. ZUMBA's goal is simple: We want people to want to work out, to love working out, to get hooked. ZUMBA fuses hypnotic musical rhythms and body-energizing moves to create a dynamic workout system that is FUN and EASY TO DO. Absolutely no dance experience is required. *Check out zumba.com for more information.*

**FEE: \$50.00 (\$25.00 for additional family member)**

**Morrisonville Elem. School (20 weeks)**

**Wednesdays 6:00 - 7:00 pm**

**January 13 - June 9, 2010**

**Instructor: Lisa Menia**

### Middle Eastern Dance (Intro Classes)

This class is for those who want to explore this fun and exciting dance form from the far east. Middle Eastern Dance is the latest rage in gyms and dance studio's across the country. It is wonderful low-impact exercise that is great for people of all ages and body types. **Be sure to wear comfortable clothes and socks.**

**Instructor: Treza Moulton FEE: \$75.00**

**January 25 - March 22, 2010**

**Mondays 6:00 - 7:00 pm**

**Saranac Elem. Activity Room**

### "Mommy and Me" Belly Dance Class

Mom bring your child and learn this new and exciting dance form.

**FEE: \$75.00 for Mom and Me (additional children \$10.00 each)**

**Instructor: Treza Moulton**

**Mondays 7:00 - 8:00 pm**

**January 25 - March 22, 2010**

**Saranac Elem. Activity Room**

### Middle Eastern Dance (Level I & II Classes)

This class is for people who have had at least one prior session and will be focused on new moves, layering techniques, transitions and traveling. I will introduce you to a new Choreography. This is an 8 week course. (This will be followed with a 4 week Performance Class for an additional Fee of \$40.00)

**Instructor: Treza Moulton**

**January 20 - March 17, 2010**

**Wednesdays 6:00 - 7:30pm**

**FEE: \$75.00**

**Saranac Elem. Activity Room**

### Stair step Basket

This nifty basket fits over two steps. A handy place for all the stuff waiting to go either upstairs or down. Color accents available.

**Instructors: Clear Creek Weavers**

**Saturday, March 27, 2010**

**9:30am - 3:30pm**

**Saranac Elem. School FEE: \$50.00**

### Quilting Class

**1. Jelly Beans with Lora** This class uses scraps and a background fabric to create a variation of the disappearing 9 patch. You will complete a beautiful lap-quilt  
Morrisonville Elem. School

**Wednesdays, January 20 and January 27, 2010**

**4:30 - 8:30 pm FEE : \$40.00**

**2. Stack and Whack Kaleidoscope Quilt with Lora**

Learn a stack and whack technique to create beautiful Kaleidoscope blocks.

**Morrisonville Elem. School FEE: \$40.00**

**Wednesdays, March 10 and 24, 2010 4:30 - 8:30 pm**

**3. Crazy Curves with Dorothy**

Have you been afraid to do curves? Learn this new technique using a 7 inch template and a variety of fabrics to create one of a kind table runner (can also be used for a quilt). Template can be purchased at Loose Threads.

**Morrisonville Elem. School FEE: \$25.00**

**Friday, April 9, 2010 4:30 - 8:30 pm**

**4. County Line with Dorothy**

Use up those scrapes or use your favorite fabric in this pattern. Make it a lap or a king size you choose. Pattern supplied in price. FEE: \$30.00

**Morrisonville Elementary School**

**Friday, April 30, 2010 4:30 - 8:30 pm**

### Oil Painting with Dick Becker

Painting style similar to "Joy of Painting" as seen on PBS. No experience needed. You will go home after each class with your own "Masterpiece". We will do Adirondack scenes and a seascape. You will need to purchase your material kit (includes all brushes, pallet knife and four canvases) at the first class from the instructor.

**Class Fee: \$55.00 per session ( choose either session 1 or session 2) 6:00 - 8:00 pm Saranac Elem. School**

**Session #1 - January 7, 14, 21, 28 OR**

**Session #2 - February 4, 11, 25 and March 4, 2010**

### Saranac Book Club

The Book Club continues to invite new members to join. The club meets on the third Wednesday of the month. For more information call Gina Doty at 293-1355.

**Next Meeting: Wednesday, January 20, 2010**

**Saranac High School Library 7:00 - 9:00 pm**

**Initial Membership Fee: \$5.00**

### REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_

State/Zip \_\_\_\_\_

Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

I would like to register for the following course(s):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**All courses require pre-registration and full payment one week prior to the start date of the class. Checks are made payable to Saranac Continuing Education.** Pre-registration will insure placement in the class of your choice.

The Continuing Education Program is self-supporting, therefore, if the minimum number of participants are not enrolled, the course will be canceled and a full refund will be available.

**Do you have any ideas for courses you'd like to see offered by the Continuing Education Program? Please send your comments to Brenda Martin at Saranac Elementary School or call 565-5844.**

### **Please mail**

Saranac Elementary School  
Continuing Education Program  
PO Box 8  
Saranac, NY 12981



# Saranac Continuing Education Spring 2010

## Wilderness 1st Aid (8 hour course total)

More specific than a Basic 1st Aid Course, all ages will benefit from this course, as it is for everyone who participates in wilderness activities and wants to know what to do in an emergency. Hikers, snowmobilers, skiers, boaters, hunters and volunteers and professionals who lead groups on short trips in the Adirondack outdoors.

**Instructor: Todd Rabideau FEE: \$50.00**  
**April 20 & 21, 2010 (Tuesday and Wednesday)**  
**5:30 - 9:30 pm Morrisonville Elem. School**

Defensive Driving Class (6 hour course total) You can reduce your insurance 10% or get up to 4 points off your driving record by taking this class.

February 10 & 11	6:00 - 9:00 pm	Fee: \$35.00
March 9 & 10	6:00 - 9:00 pm	Fee: \$35.00
April 6 & 7	6:00 - 9:00 pm	Fee: \$35.00
May 19 & 20	6:00 - 9:00 pm	Fee: \$35.00
June 8 & 9	6:00 - 9:00 pm	Fee: \$35.00

Saranac High School Large Instruction Room

## First Aid Course (4 hour course) (Choose one date below)

This program will provide first aid instruction, giving the skills necessary to manage illnesses and injuries until the arrival of EMS. It is designed to complement CPR training. **Instructor: Todd Rabideau FEE: \$30.00**  
**February 23, 2010 5:30 - 9:30pm at Morrisonville Elem**  
**March 30, 2010 5:30 - 9:30pm at Saranac Elem. School**  
**May 25, 2010 5:30 - 9:30pm at Morrisonville Elem. School**

CPR (4 hour class) This class will prepare students to be able to perform CPR and the use of an AED. Students will receive certification at the end of class. **Instructor: Todd Rabideau FEE: \$30.00**

**February 24, 2010 5:30 - 9:30pm at Morrisonville Elem**  
**March 31, 2010 5:30 - 9:30pm at Saranac Elem. School**  
**May 26, 2010 5:30 - 9:30pm at Morrisonville Elem. School**

## Fun with Oil Pastels

Come join us in this exciting Oil Pastel class. You'll learn how to create pastel paintings, mix & blend colors and use color effectively to produce your objects and/or landscapes. The instructor will demonstrate general color and pastel use. This class is open to all.

**Instructor: Bryan Briscoe**  
**Tuesdays, January 12 - March 9, 2010**  
**6:00 - 8:00 pm Saranac Elem. School**  
**FEE: \$75.00** (call for a list of materials needed for this class)

## Beginners Watercolor Technique Class

This watercolor class will prepare you to paint effectively. You'll enjoy learning color; how to paint your pet, a sky with pine trees, bamboo and a simple flower.

**Instructor: Bryan Briscoe Saranac Elem. School**  
**Saturday's 10:00 am - 12:00 pm (4 week class)**  
**March 6, 13, 20, & 27, 2010**  
**FEE: \$80.00, materials not included** - call for a list

## Cornell Cooperative Extension Classes

1. Seed Starting - Want to get a jump start on the gardening season? The hands-on class will cover how to use grow-lights, how to start seeds indoors, what to look for when purchasing seeds and creative ways to use common household items as seed starting containers.

**Instructor: Anne Lenox Barlow FEE:\$10.00**  
**Thursday, February 11, 2010 6:30 - 8:30pm**  
**Morrisonville Elem. School**

2. Square Foot Gardening - Come learn about this gardening method and see how easy it can be to grown your own vegetables or even flowers! This class would be ideal for the first time gardener or an experienced gardener looking to learn a new technique.

**Instructor: Carl Kokes FEE: \$10.00**  
**Friday, March 26, 2010 6:30 - 8:30pm**  
**Morrisonville Elem. School**

3. Lovely Lilacs - Lilacs thrive in the North Country. Come learn why and all about their origins, species and color varieties, and how to buy them, grow them and plan companion plantings. **Fee: \$10.00**

**Wednesday, June 2, 2010 6:30 - 8:30 pm**  
**Morrisonville Elem. School Instructor: Deb Mills**

4. Fright or Blight - Come and learn about diseases and pests that can effect your vegetable garden.  
**Saranac Elem. School FEE: \$10.00**  
**March 15, 2010 6:30 - 8:30 pm**

## Five Hour Pre-Licensing

Required for those desiring to obtain a NYS Driver's license. **Students enrolling in this course must have a valid Learner's Permit and must bring their NYS Learner's Permit to class. Each participant must be in class at the exact starting time listed. Late arrivals will not be allowed in class.**

**Date: Choose 1 course date:** Monday,  
February 8, 2010 or  
March 22, 2010

**Instructor: Keith Tedford FEE: \$30.00**  
**3:30 - 8:30pm Class Limit: 23**  
**High School Large Instruction Room**

## Eleventh Annual Saranac Soccer Camp

This years camp will again have highly qualified staff to provide students with new skills, useful tactics and knowledge. Games will be played every day to put these new skills to the test.

The camp is co-directed by **Mary LoTempio** and **Amber Cringle-Liberty**. All campers must bring a soccer ball with their name clearly printed on the ball. All participants will receive an official packet when registration is paid. **REGISTRATION IS REQUIRED AND MUST BE RECEIVED NO LATER THAN JUNE 11, 2010 TO RECEIVE A T-SHIRT.**

T-shirt Sizes: Youth S,M,L or Adult S,M,L,XL

**Camp Dates: June 28 - July 2, 2010**

**8:00 am - 12:00 noon**

**Morrisonville Elementary School Camp**

**Fee: \$65.00 (includes t-shirt)**

## Weight Watchers at Work Program

The power of the Weight Watchers program is delivered to the Saranac Community with weekly meetings held on Wednesdays at 3:30pm in the Saranac Middle School Cafeteria. The program offers members the latest Momentum Plan, e-tools, great ideas on eating smarter, moving more, developing great new habits, and lots of tools for your weight loss success to achieve good health and well-being. Information and Registration meeting held January 6, 2010 (or you may join at any time).