



Welcome to the Greenville Central School Continuing Education Program!

Participation by you is what makes this program a success, so please sign up today! If you have suggestions for course topics or would like to teach a course, please contact Marybeth Favicchio, 966-5070, Ext. 677.

Registration

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- To register, please complete a registration form provided on the last page. One form per course. Register Early! Classes fill up quickly.
- The registration deadline is seven days before the start of each class. It is not possible to register by telephone and ALL classes are filled on a first-come, first-serve basis.
- **You will be notified only if your registration has not been accepted.**
- Registration forms are to be mailed to the District Office with a check for the amount of the course made payable to *Greenville Central School*.

Refunds

- You will be notified only if the class is cancelled or if class limits have been exceeded. In both cases, your check will be returned. No other refunds will be given.

Class Times/Locations

- Most Continuing Education courses meet once a week, between 6:00 p.m. and 9:30 p.m. and last up to ten weeks. Exceptions are noted within course descriptions. Please check the schedule of the class in which you are interested. Classes are held at either the Elementary School or Middle/High School.
- **Courses are not held on days that school is not in session.** If school is cancelled due to inclement weather, there will be no evening classes. Snow closings are announced in the morning on radio stations WGY and WROW and television stations 6, 10 & 13. Cancellations are also posted on the School Calendar. We are unable to call students. Any classes that are cancelled due to weather will be made up one week later, unless a different make-up day is specified.

Register early and encourage a friend to do the same!

Course Descriptions

Getting Paid to Talk—Voice Coaching

Location:	High School Room 109
Instructor:	Jenny Marcotte
Dates:	4/23/2012
Time:	6:30 pm –9:00 pm
Fee:	\$95.00 per session

Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Today, the range of voices hired has grown dramatically from the days of announcers. Learn what the pros look for, how to prepare, and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic, and a great first step for anyone interested in the voice over field. In an effort to ensure a quality class experience, we must limit enrollment to 15 students.

Five-Hour Pre-licensing Course for Drivers

Location:	HS Room 109
Instructor:	Ronald Ridolph
Dates:	2/4/12 <u>OR</u> 3/3/12 <u>OR</u> 4/21/2012
Time:	9:00 am–2:30 pm
Fee:	\$55.00 per session

The effects of alcohol/drugs on driving perceptions and defensive driving techniques are the emphasis of this course. At the conclusion, students will be issued a MV-278 completion form/certificate, which is required to take the road test. You must bring your New York State Learner's Permit to class. This class meets the NYS DMV classroom requirements in driver safety education. Bring a pen or pencil and a bag lunch with you to be eaten during class. Limit 36 students, minimum 10 students. **Choose 1 session.**

Tabata Exercise

Location:	Ellis Library
Instructor:	Serena Staats
Length:	10 Weeks/20 Weeks
Dates:	1/18/2012–4/2/2012
Time:	6:20 pm.–6:50 pm
Fee:	\$55 10 classes/\$105 20 classes

If you are tired of working out and seeing little to no results, here's the answer!

When fitness enthusiasts and trainers talk about “Tabata training” or the “Tabata Protocol”, they are referring to a type of [high intensity interval training](#).

Tabata interval training is the single most effective type of high intensity interval training. It is also the most intense, by far, and surprisingly it is the shortest in duration, but those 30 minutes produce remarkable effects. Lose Fat, Get Fit in just 30 minutes. Tabata training is a muscle conditioning and muscle strengthening course. Each class is a little different for maximum results.

Start today and change your lifestyle forever.

Family Manners Dog Training Level I

Location:	Ellis MP Room
Instructor:	Barbara Hollis
Length:	7 Sessions
Dates:	Wednesdays, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30
Time:	6:30 pm–7:30 pm
Fee:	\$85.00

Training skills are taught for the dog to sit, stay, have focus and attention, down, walk on loose leash, to not jump on people, “wait”, “leave it”, come when called. **No** dogs at first class—orientation only. Must bring current rabies certificate. Minimum of 5 students, maximum 7.

Understanding Stocks and Bonds

Location:	High School Room 109
Instructor:	Frank T. Guiffre
Length:	1 Session
Dates:	3/14/2012
Time:	6:30 pm–8:30 pm
Fee:	\$5.00

Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. Discover how to use the internet and daily newspapers to track your investments. This course will help you understand the differences and the similarities of various types of investments. It will also show you how proper asset allocation will lower your overall risk. Understand the benefits of using mutual funds to build a balanced portfolio and help plan for a successful retirement. This course is strictly educational and there will be no attempt to promote any specific investments.

Put Your Retirement Plan On The Right Track

Location:	High School Room 109
Instructor:	Frank Guiffre
Length:	1 Session
Dates:	4/25/2012
Time:	6:30 pm–8:00 pm
Fee:	\$5.00

Have you figured out how to triple your income during retirement? Most retirees derive their income from three primary sources: Social Security retirement benefits, qualified retirement plans, and individual savings/investments. Traditionally, retirement was spent relaxing with minimal financial concerns. Retirement is now often defined by activities such as travel, returning to school, volunteer work, or the pursuit of favorite hobbies or sports. With proper planning, these needs can be met. We will show you ways to figure how much retirement will cost and provide strategies during your accumulation years to reach that goal. This course will define specific retirement plans and offer strategies in order to meet your goals to live a long, comfortable retirement. Feel free to email fguiffre@hallidayfinancial.com for more course information.

Getting the Most From Your Digital Camera

Location:	HS Room 304
Instructor:	Scott Gardiner
Length:	3 Sessions
Dates:	Wednesdays, 3/7, 3/14, 3/21/2012
Time:	6:30 pm–8:30 pm
Fee:	\$55.00

Want to take better digital photos? Take this class on getting to know your digital camera better. If you have ever wondered what mega pixels, white balance, spot metering, focusing, exposure, shutter speeds are all a bout, or simply want to take better photos, this class is for you. Students will need to bring their own digital camera (and manual if you have one) to class. Class Size is limited to 12 students.

Walk With Us

Location:	Elementary School
Length:	10 weeks
Starting Date:	1/16/2012
Time:	6:00 pm –9:00 pm
Fee:	FREE

Get your daily dose of exercise during the cold months by walking at Scott M. Ellis Elementary School. Walk alone or with a friend at your own pace. Please sign in and out at the front desk. Please note: The sign in book will have a list of dates when the school will be closed.

Family Manners Dog Training Level 1

Location:	Ellis MP Room
Instructor:	Barbara Hollis
Length:	7 Sessions
Dates:	Saturdays, 2/11, 2/18, 3/3, 3/10, 3/17, 3/24, 3/31
Time:	10:00 am -11:00 am
Fee:	\$85.00

Training skills are taught for the dog to sit, stay, have focus and attention, down, walk on loose leash, to not jump on people, “wait”, “Leave it”, come when called. No dogs at first class—orientation only. Must bring current rabies certificate. Minimum 5 students, Maximum 7 students.

Zumba Fitness

Location:	Ellis Auditorium
Instructor:	Serena Staats
Length:	10 or 20 Weeks
Dates:	Mon & Wed 1/16/2012–4/2/2012
Time:	7:00 pm–8:00 pm
Fee:	\$90/10 classes \$130/20 classes

Let’s face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it’s never been known to be an exhilarating experience...UNTIL NOW!!!!!!

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body, while burning fat. Add some Latin flavor and international zest into the mix and you’ve got a Zumba class!

The Good...The Bad...The Annuity

Location:	High School Room 109
Instructor:	Frank Guiffre
Length:	1 Session
Dates:	3/26/2012
Time:	6:30 pm–8:00 pm .
Fee:	\$5.00

The Annuity, or “personalized pension” as it is commonly referred to, has been an investment vehicle long since insurance companies have been around. Years ago, the word “annuity” made people cringe. To this day the stereotype of high fees, illiquidity, and bad investments still linger. BUT THERE’S HOPE!! The more recent annuities are now more revised, highly regulated, lower fees, and offer income guarantees. Learn about these new annuities compared to their ancestors and how the revisions of today can be carried forward with your older annuities. Topics discussed (but not limited to) will be: how an annuity works, fees of an annuity, the guarantee of income, the most updated revisions, the tax advantages of this investment, and how you can pass this legacy along to your loved ones. The instructor is Frank T. Guiffre, a licensed Financial Advisor with the Halliday Financial Group in Albany, NY.

Defensive Driving

Location:	High School Room 108
Instructor:	Lee Irwin
Dates:	Tues./Thurs. 3/20/2012 & 3/22/2012
Time:	6:00 pm–9:00 pm
Fee:	\$40.00 per session

This is the National Safety Council’s Point and Insurance Reduction Program Course. Students will refresh defensive driving skills and techniques, and review good driving practices. Completion of this course will reduce your insurance premiums or reduce points off your driving record. Fee includes course and workbooks. Limit 35 students, minimum 15 students. **Please bring your drivers license to class.**

**Greenville Continuing Education classes
can be accessed from the school website
at:
www.greenville.k12.ny.us**

TO REGISTER FOR GCS CONTINUING EDUCATION

COURSES, PLEASE:

- Use only one form per course (photocopies acceptable)
- Make check payable to Greenville Central School.
- Return no later than seven (7) days before course begins.

Course Title: _____

Name: _____

Address: _____

City/Town: _____

State: _____ Zip Code: _____

Home Telephone: _____ Work Telephone: _____

Continuing Education
Greenville Central School District
P.O. Box 129
Greenville, New York 12083