

Ichabod Crane Central School District

Adult Education

Fall 2025

WHO MAY REGISTER: Any person 16 years of age or older, who is not enrolled in a private or public secondary school, may enroll in any course. No high school credit may be given for any course taken as part of the Adult Education Program. THE FIVE-HOUR PRE-LICENSING COURSE IS OPEN TO ANYONE 16 YEARS OF AGE AND OLDER.

HOW TO REGISTER: Enroll early! You can register by:

- Emailing Adult Education Coordinator Amy Kneller at akneller@ichabodcrane.org,
- Sending your application in the mail to: Ichabod Crane Adult Education, Amy Kneller, 2910 Route 9, Box 820, Valatie, NY 12184 or
- In-person at the district's Central Office.



For all health and fitness classes you can register and pay for both sessions when you sign up in the fall to claim your spot for the entire school year.

Students who wish to register for the five-hour pre-licensing course may also do so by mail or in person at the High School Main Office and must include a photocopy of their learners permit with their registration. For all applicants, please put the course title in the check memo section. All checks are made payable to ICC.

CLASS SESSIONS: See below for the individual class sessions.

TUITION: The Adult Education Program is self-supporting. The tuition for each course is listed along with each course description. The total amount of tuition is payable at the time of registration. The tuition will be refunded if a course is canceled or if a student withdraws from a course before a course begins. There will be no refunds after the first class has met.

MATERIALS FEE: In some courses, the instructor may require a fee to cover the cost of materials.

ENROLLMENT: Some classes have minimum enrollments listed after the tuition amount. If insufficient numbers register by mail or in person, the class may be canceled.

SCHOOL CLOSING: The Adult Education classes will be closed on evenings when the district is closed or after-school activities are canceled. For information regarding closings, visit the district's website www.ichabodcrane.org.

IMPORTANT NOTICE: *(Especially registrants in sports and physical activities)* No classes or activities provide insurance coverage to individuals for accident or bodily injury. It is strongly recommended that you obtain your doctor's approval before participating in any of our courses that involve sports, exercise or other strenuous physical activity.

CONTACT INFORMATION: [Amy Kneller](#), Adult Education Coordinator – 518-758-7575, ext. 3009, located in the district's Central Office. Mailing address for completed applications and payments: Ichabod Crane Adult Education, Amy Kneller, 2910 Route 9, Box 820, Valatie, NY 12184.

Unless otherwise listed, all courses will be offered again in the Winter/Spring 2026 semester, which begins after the December vacation break.

DRIVER TRAINING

FIVE-HOUR PRE-LICENSING COURSE

Monday, Oct. 6, 6 – 8:30 p.m. & Wednesday, Oct. 8, 6 – 8:30 p.m.
Monday, Dec. 8, 6 – 8:30 p.m. & Wednesday, Dec. 10, 6 – 8:30 p.m.
Monday, Feb. 2, 6 – 8:30 p.m. & Wednesday, Feb. 4, 6 – 8:30 p.m.
Monday, Apr. 13, 6 – 8:30 p.m. & Wednesday, Apr. 15, 6 – 8:30 p.m.
Monday, May 11, 6 – 8:30 p.m. & Wednesday, May 13, 6 – 8:30 p.m.



Instructor: Linda Renken

Location: High School – Room 302

Tuition: \$30

CLASS LIMIT: 36

This two-session course meets the requirements for the New York State mandated pre-licensing instruction. You must be at least 16 years of age and have a valid NYS Learner Permit. Students who wish to register for the five-hour pre-licensing course may also do so by mail or in person at the High School Main Office and must include a photocopy of their learners permit with their registration.

THIS IS NOT A POINT REDUCTION OR A SAFE DRIVING COURSE.

BASKET WEAVING

Tuesdays, October 21 & October 28, 6 – 9 p.m.

Tuition: \$30

Materials Fee: \$43 (non refundable payment made to the instructor at the first class)



Location: High School Room 203

Instructor: Joyce Flower

Class Minimum Enrollment: 4, Maximum: 10

Participants will create a Trashee Basket – a round basket woven on a wooden base using both dyed and natural reed in varying sizes. The basket is formed over a plastic wastebasket, which then serves as a liner once the project is complete. Finished dimensions are approximately 11” tall and 10” wide at the top.

Please bring the following supplies to class: scissors, spring-style clothespins, a pencil, a tape measure and an old towel.

The basket requires that people attend **BOTH** sessions.

You must **register by October 14** in order to allow for time to purchase supplies.

MEDICARE 101

Instructor: James Farnham

You are invited to a Zoom webinar.

Description: Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you.

Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.



You may choose from three available dates. Please register in advance using only your first name at one of the links below. Registration will remain open until the day before the program.

- Wednesday, October 1, 2025, 6 – 8 p.m. – <https://bit.ly/4k9Psec>
- Tuesday, October 14, 2025, 6 – 8 p.m – <https://bit.ly/3GGVvIV>
- Saturday, November 1, 2025, 10 a.m. – noon – <https://bit.ly/4mpfMmH>

After registering, you will receive a confirmation email containing information about joining the webinar.

The Art of Repeat Income

Instructor: James Farnham

This program is designed for beginners, entrepreneurs, commission-only employees, account executives, brokers, sales and business development professionals, agents, independent contractors, stay at home parents, or even retirees who want to start building recurring income.

Learn how to build a sustainable source of repeat income. Identify effective strategies and proven methods to earn reliable ongoing revenue.

- Delve into the financial world from the standpoint of owning or selling
- Give online classes
- E-publish and print on demand with the assistance of artificial intelligence
- Start a home-based business: what to look for and what to look out for
- Review network marketing as a business model.

These are all practical tools and actionable strategies that can generate consistent and reliable cash flow.

You may choose from three available dates. Please register in advance using only your first name at one of the links below. Registration will remain open until the day before the program.

- Thursday, September 25, 2025, 6 – 8 p.m. – <https://bit.ly/3Z8WaJf>
- Saturday, October 25, 2025, 10 a.m. – noon – <https://bit.ly/4k97ME6>
- Tuesday, December 9, 2025, 6 – 8 p.m. – <https://bit.ly/4iQzLYd>

After registering, you will receive a confirmation email containing information about joining the webinar.

HEALTH AND FITNESS OFFERINGS

ZUMBA!

Mondays, Sept. 15 – Dec. 8, 2025, 4:30 p.m.

Location: High School Cafeteria

Instructor: Katie Snyder

Tuition: \$30



Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

CARDIO KICKBOXING

Mondays, Sept. 15 – Dec. 8, 2025, 6-7 p.m.

Location: High School Cafeteria

Instructor: Melissa Kugler

Tuition: \$30

Cardio kickboxing class is an amazing aerobic experience, utilizing martial arts based kickboxing techniques to increase muscular strength, cardiovascular conditioning, coordination, and balance. It's about repetition instead of complicated choreography. So as a beginner, it won't take long to catch on. No prior martial arts or kickboxing experience necessary. Class is designed for all fitness levels.

YOGA FLOW WITH EMILY

Tuesdays, Sept. 16 - Dec. 9, 2025 6:15-7:15 p.m.

Location: High School Cafeteria

Instructor: Emily Heins

Tuition: \$30

In this evening Vinyasa influenced flow, we will warm up the body before going into classic standing sequences and mobility drills. After building some heat, we slow it down with deep restorative stretches. The final resting pose will cool you down and prepare you for a good night of sleep. There will be options to modify up or down to meet you where you are. This class is focused on strength, flexibility and mindfulness.

All levels welcome.

BASKETBALL

Elite Players, ages 18-30

Tuesdays, Sept. 16 - Dec. 9, 2025, 8-10 p.m.

Instructor: Derek Wright

Location: High School Gym

Tuition: \$50

No limit on the number of participants



Semi-Elite Players

Wednesdays, Sept. 17 - Dec. 10, 2025, 8-10 p.m.

Instructor: Greg Dedrick

Location: High School Gym

Tuition: \$50

Class limited to 18 participants

Over 40

Thursdays, Sept. 18 - Dec. 11, 2025, 8-10 p.m.

Instructor: Jeff Gibeault

Location: High School Gym

No limit on the number of participants