

TACONIC HILLS

Continuing Education Program Supporting Staff & Community Wellness



Do you have BlueShield of Northeastern New York health insurance? If so, BlueShield will pay for fitness classes for you and your family.



Childcare Needs?

For parents of district students in grades K-6, supervised recreation is available on a space-available basis from 4pm to 5:30 pm on Tuesdays. The cost is \$7 per child. If interested, contact Lucia Burger at 325-2801.

Mindfulness through Yoga

Each class begins with breathing techniques that will relax the body and focus the mind, followed by sequence moves or poses that will be coordinated with a music playlist. Each class ends with relaxation and rest. The yoga class will run for ten weeks. The goal is to achieve a practice that can be continued at home or to continue doing yoga as a long-term practice. The result will be a stronger and more flexible body, greater energy with increased metabolism, and stress relief. No yoga experience needed. Ed Sisk is a registered yoga teacher. Loose fitting clothing is recommended.

Date: Tuesdays—January 17th through March 28th (10 weeks) [No class on Tuesday, February 21st.]
Time: 4:05 PM—5:05 PM
Instructor: Ed Sisk
Tuition: FREE to BSNENY members; others: \$100
Location: Elementary Café
Entrance: Elementary School



Manners and More Basic Obedience

This is a basic obedience and manners class for dogs over five (5) months old. Learn how to behave in public around other dogs and people. Class will also teach sit, down, loose-leash walking and coming when called. We will also address basic behavior issues such as barking, jumping and chewing. Great class for dogs to bond with their owner. Very good for rescued dogs that need help with basic manners. All dogs are recommended to have Kennel Cough and up to date vet-recommended vaccines. Rabies is required. Bring vaccine record to first class. No retractable leashes or chain leads. Instructor may dismiss a dog at any time.



Date: Thursdays—March 16th to April 6th
Time: 6:30 PM—7:15 PM
Instructors: Edith Rodegerdts
Tuition Fee: \$65
Location: Jr./Sr. HS Atrium

American Red Cross Lifeguarding & CPR



Open to students who are at least 15 and adults. One must pass a swim test during first session to enter this standard American Red Cross course of certification in adult and child First Aid, CPR & AED training. Successful candidates will receive all the certifications necessary for employment as a lifeguard in New York State. Proof of age is required and there are NO absences allowed during any portion of this course. Instructor Lyle Hamm is WSI and Lifeguard Certified by the American Red Cross. Registration deadline is March 1st.

Date: Sundays—March 8, 15, 22, 29 and April 12, 19, 26 and May 3, 10
Time: 8:30 AM to 12:00 PM
Instructors: Lyle Hamm
Tuition Fee: \$89 / Materials \$74 = \$163 Total
Location: Aquatic Center
Entrance: Aquatic Center

*Re-certification class is also available. See the [Continuing Education](#) webpage for more details.

New York State DMV 5-Hour Pre-licensing Course

Open to students as well as adults, this class meets the NYS DMV classroom requirement in driver safety education and is required to take the road test. You must pre-register and pre-pay for this course. There will be no registrations allowed at the door. Instructor Mike Bowman is certified in Defensive Driving by the State of New York. Please bring a snack or lunch. You must bring your valid NYS learner's permit to class.



Date: Sunday, April 9, 2017
Time: 11:45 AM Sign in. Class runs 12:00 PM—5:00 PM
Instructor: Mike Bowman
Tuition: \$35
Location: Jr./Sr. High School Café
Entrance: Jr./Sr. High School Café (Park in rear by Aquatic Center)

PARTICIPANT RELEASE

_____ does hereby covenant and agree to release and hold harmless the Taconic Hills Central School District from and against any liability, loss, damages, claims or actions (including costs and attorney fees) for bodily injury and/or property damage, to the extent permissible by law, arising out participation in the Taconic Hills CSD Continuing Education Program. I understand participation in the Taconic Hills CSD Continuing Education Program may involve rigorous physical activity and risks of physical activity injury. I understand that the risks include a full range of injuries, from minor to severe, including death. Although protective equipment may be used, safety rules employed, coaching instruction provided, medical care provided and other efforts taken, there is no guarantee that I will not be injured. I hereby consent to emergency transportation and treatment in the event of illness or injury. I hereby accept the responsibility for the payment of any emergency transportation or treatment. I further certify that I am in good physical condition and I have no medical or physical conditions that would restrict my participation in this event.

I agree to assume and accept these risks.

PARTICIPANT SIGNATURE

DATE

Emergency Contact Name: _____

Relationship to Participant: _____

Telephone Number(s): _____

Taconic Hills Continuing Education Winter-Spring 2017 — Registration Form

Name: _____ DOB: _____

Address: _____

Phone: _____ Email: _____

Course Name: _____

Tuition Fee: _____ Materials Fee (if applicable): _____

For Canine classes: List dog breed(s): _____

Course Name: _____

Tuition Fee: _____ Materials Fee (if applicable): _____

Course Name: _____

Tuition Fee: _____ Materials Fee (if applicable): _____

Total Payment Enclosed (non BSNENY members): \$ _____

BSNENY Wellness Member Benefit Insurance Information: (if applicable)

Insurance ID # _____

Employer Name _____

Insured Name & Address (if different from registrant) _____

PATIENT RESPONSIBILITY (for participants with BSNENY Insurance): I am registering for the above Program(s), utilizing the "wellness" benefit under my insurance plan. I understand my Insurance Plan will be billed and the class applied against my "wellness benefit". I understand that I may be responsible for payment for services if it is determined by my insurance company to be non-covered services.

Member Name: _____ Signature of Member: _____

NO WALK INS ALLOWED TO ANY CLASS.

Please direct questions to:

Linda Miller at (518) 325-2813 or by email: lmiller@taconichills.k12.ny.us

Continuing Education Courses are held on the Taconic Hills Central School

District campus located at: 73 County Route 11A Craryville, New York 12521

Please include payment with checks payable to: Taconic Hills CSD

Return registration section and mail payment to:

Taconic Hills Central School District c/o Business Office
73 County Route 11A Craryville, NY 12521

FOR OFFICE USE ONLY:

Date Received: _____

Amount: _____

Cash Check # _____

Received by: _____