

Schroon Lake Central School  
**CONTINUING EDUCATION**  
*Schedule – Spring 2016*

<b>Course</b>	<b>Description</b>	<b>When</b>	<b>Fee</b>
<b>Understanding Basic Household Electricity</b>	Session1 – Questions, Fears, Theory Session 2 – Circuit Breakers Session 3 – Switches, Lights, Fans Session 4 – Plugs	Wednesdays January 6, 13, 20, 27 7:00 – 8:30 p.m.	None
<b>Woodworking</b>	Use the school's technology room and have access to the tools and equipment. Bring your own project. This is not an instructional course	Tues. & Thurs. Jan. 19-April 22 6:30-8:30 p.m.	\$40 for 16 sessions
<b>Community Archery League</b>	Learn basic archery skills and target archery. Monthly tournaments will be held to determine League standings/records. Wear closed-toed shoes; arm and finger protection is helpful.	<i>Come when you want</i> January 12 from 5:30-7:30 p.m. and February 17 from 3:00 – 5:00 p.m.	Donation will be accepted to support SLCS Archery Team
<b>Schroon Lake Community Chorus</b>	Enjoy singing in a group and improve your singing skills. Learn vocal music techniques. All music styles will be included. An ordinary adult voice is fine -you don't have to be a soloist.	Tuesdays January 12, 19, 20; February 2, 9, 23; March 2, 8 Concert March 11 7:00 – 9:00 p.m.	\$40 for 8 rehearsals and concert
<b>ZUMBA!</b>	This Latin-based dance workout includes high cardio and some toning.	Mondays & Thursdays Starting January 4 6:00 -7:00 p.m.	None
<b>Open Weight Room</b>	Go at your own pace and follow your own workout routine. Use free weights, barbells, dumbbells, resistance machines and treadmill.	Tuesdays & Thursdays March 3-April 21 6:00 – 6:50 p.m.	\$60 for 8 sessions
<b>Weight Room/Customized Training Program</b>	Enjoy a customized workout routine to meet your specific goals. Includes pre-workout consultation, customized fitness plan, assistance during workouts, tracking of your workouts, and nutrition education.	Tuesdays & Thursdays March 3- April 21 6:50-7:40 p.m.	\$85 for 8 sessions
<b>Self Defense</b>	Join a self-defense class that uses traditional martial arts mixed with more modern self-defense techniques.	January 5–February 15 Tuesdays at 6:00 p.m. Thursdays at 7:00 p.m.	First class is free, then \$40 for 12 sessions
<b>NYS Boating Safety Course</b>	Enables persons age 10 and above to be licensed to operate motor boats and persons above age 14 to operate personal watercraft in New York waters. Those who take the course and pass the test will receive their certification.	Wednesdays: March 2, 9, 16, 23 and April 6 6:30-8:30 p.m.	None
<b>Indoor Walking Program</b>	Walk the halls in the building on any school day. Register in the Main Office.	Monday through Friday 3:15-7:00 p.m.	None