

ADULT & COMMUNITY EDUCATION

Spring 2023

New Hartford Central School

9499 Weston Road, New Hartford, NY 13413

Director: **Sandy Towers-Halpin**

New Hartford Teacher Center **315-624-1320**



Sandra Towers-Halpin shalpin2@nhart.org
315-624-1320

We are excited to once again offer programming through our district. We are committed to our community's health and wellness. All classes are for Adults only. Please check your email or phone for class cancellations from your instructor. When schools are closed for inclement weather or other emergencies, all adult education classes are also cancelled. All classes are subject to cancellation due to insufficient enrollment. *Gold Card Members (New Hartford Residents 60 years and older) can enroll for free, but must be on record as registering for Gold Card Status. Please call Kim Schweitzer at 315-624-1218.*

Class/Activity Title and #	Day(s)	Times	Cost	Location	Special Notes
1. Men's Basketball Facilitator: Dan Karrat	Mondays, Beg. 1/23 (No class 2/20) 10 sessions, End 4/3	7:00 - 9:00 PM	\$50	Myles Gym	Please have separate sneakers for playing.
2. Men's Basketball Facilitator: Dan Karrat	Wednesdays Beg. 9/21 (No class 2/22) 10 sessions, End 4/5	7:00 - 9:00 PM	\$50	Myles Gym	Please have separate sneakers for playing.
3. Co-Ed Soccer Facilitator: Bethany Truax	Wednesdays Beg. 1/25 (No class 2/22) 10 sessions, End 4/5	8:00- 9:30 P.M.	\$35	Hughes Elementary Gym	For all adults interested in playing indoor soccer. Join us for a fast-paced, fun workout. Soccer skills are helpful, but not necessary. Shin guards are optional, but water is a must!
4. Water Games Instructor: Wendi Eklund	Mondays, Beg. 1/9 (No class 1/16, 2/20) 10 sessions, End 3/27	4:30-5:30 P.M.	\$50	Perry Junior High Pool	Come and join us for a fun water workout with games! Participants will play various games each week including water basketball, polo, and volleyball. "The class favorite has been volleyball" We will also use noodles for races and beach balls for other activities. The last 15 minutes of class will be devoted to lap swimming.

5. A Water Workout Instructor: Elaine Hage	Tuesdays, Beg. 1/10 Classes: 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/28, 4/4, 4/18, 4/25 NO classes in March	4:45-5:45 P.M.	\$50	Perry Junior High Pool	This class is designed to safely exercise all your muscle groups using fitness components to include: flexibility, core strength, resistance and balance while moving aerobically to music Elements of dance, yoga and fun are weaved into this waist high, water workout. All this without getting your hair wet. Water Shoes Required!
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Adult Community Education Registration

All Registrations must be mailed by January 10, 2023

Mail to: Sandra Towers-Halpin	Make checks payable to: New Hartford Central Schools 9499 Weston Rd New Hartford, NY 13413
Please Print: (one person per form)	
Last Name _____ First Name _____	
Street _____ Town _____ NY ZipCode _____	
Daytime phone _____ Email _____	
CHOICES and FEES:	
1st Choice Title & #: _____ Fee: _____ or circle: Gold Card	
2nd Choice Title & #: _____ Fee: _____ or circle: Gold Card	
3rd Choice Title & #: _____ Fee: _____ or circle: Gold Card	
4th Choice Title & #: _____ Fee: _____ or circle: Gold Card	
TOTAL FEE: _____	