

**OGDENSBURG FREE ACADEMY
ADULT EDUCATION CLASSES
FALL 2011

The Ogdensburg City School District Adult and Continuing Education Program for this semester will begin the week of September 12, 2011.

Any adult who would like to take any of the following courses is asked to call Mrs.Luckie at 393-0900, ext. 200 as soon as possible to register. **There must be a minimum number of students registered before a course can be offered. Adult Ed. Classes are not for students who are still in high school. If a course is not held due to the low number of students, those who do register will be notified prior to the class starting. CLASSES WILL NOT BE HELD WHEN SCHOOL IS NOT IN SESSION. Please remember to register before the class actually starts. Payment in full must be made at the first class.**

ADULT SWIMMING – Supervisor: Ann McGill

Adult Education Swim groups will begin on September 13th. Groups will swim Tuesdays and Thursdays until December 15, 2011. A second session will start after the Christmas break! Times are as follows –

7:00 – 7:45 p.m. **OR** 7:45 – 8:30 p.m.

Swimmers will belong to a one time group – lap swimming. Schedules will be distributed the first night of registration. (Single Swim \$3.00)

FEE: \$35.00

BADMINTON – Supervisor – Rose Ann Stemples

Classes will be offered on Monday, Wednesday and Thursday evenings from 5:45 – 7:45 p.m. at Lincoln School. Classes will begin on September 19th. This is a fun, mixed group of adults. You do not need to attend every session or all of every session to participate.

FEE: \$35.00

WALKING – Supervisors – Nancy LeBel, Sharon Mahoney

Lose weight and improve your cardiovascular health. There will be a nurse present to monitor blood pressure.

Classes will be held on Monday, Tuesday, Wednesday, and Thursday, beginning November 1st from 6:00 – 7:30 p.m. The first session will run from November 1st, 2011 to January 12, 2012. Please stop in the Health Office when you arrive. Children and students may not participate in adult walking classes.

FEE: \$15.00/10 WEEKS OR \$25.00/20 WEEKS.

EARLYBIRD LAP SWIMMING – Supervisor – Dave Murray

This class will be held on Monday, Wednesday, and Friday mornings, from 5:30 a.m. to 7:00 a.m. beginning September 12th at the O.F.A. pool. EARLYBIRD LAP SWIMMING will be held for a period of 10 weeks.

FEE: \$40.00

AEROBICS – Supervisor – Karen Mathews

This Class is designed for all levels of aerobics and will be held on Monday and Thursday Evenings from 6:00 p.m. - 7:00 p.m. Aerobics will be held in Cafeteria A at Ogdensburg Free Academy beginning September 12th. A second session will begin after the Christmas break.

FEE: \$35.00

If there is an interest in any other course you would like to see offered please call Mrs. Luckie at 393-0900, ext. 200.
