

**OGDENSBURG CITY SCHOOL DISTRICT
ADULT/CONTINUING EDUCATION PROGRAM
(Activities Information Sheet)
FALL 2018**

The Fall semester of the Ogdensburg City School District Adult/Continuing Education Program will begin the month of September. **Please be advised...when school is not in session, Adult/Continuing Education classes will not be held. (Therefore, there are no classes scheduled on Labor Day.)**

Adult/Continuing Education Classes are not designed/suited for high school students.

For inquiries or to register, any adult who would like to participate in any of the classes listed below may contact the OFA High School office at (315) 393-0900, ext. 31997. Please remember to register for the class *prior* to the start date(s) listed.

Whether a class is offered is contingent upon the level of interest; there must be a minimum number of students registered before a specific course can be held. If a course is not held, due to a lack of interest/low number of students, those who have already registered will be notified prior the start date of the respective class.

The fee for each course is denoted below. Each participant will be required to make payment in-full, to the instructor, on the first day of the respective class.

ADULT EVENING SWIMMING – Supervisor: Jackie Pinkerton

Swimmers will belong to a one time group, lap swimming. Schedules will be distributed on the first night of registration.

The Adult/Continuing Education **Evening Swimming** class is offered at the OFA Pool on Tuesday and Thursday evenings; the times available are 7:00-7:45 p.m. or 7:45-8:30 p.m.

There are two (2) sessions of Adult Evening Swimming:

The 1st semester will commence on Thursday, September 6, 2018; ending on Thursday, December 20, 2018.

The 2nd semester will begin after Christmas break; same days/times.

FEE: \$35.00 (entire semester)

FEE: \$3.00 (single swim)

EARLY-BIRD LAP SWIMMING – Supervisor: Dave Murray

The Adult/Continuing Education **Early-Bird Lap Swimming** class is offered at the OFA Pool on Monday, Wednesday, and Friday mornings; 5:30-7:00 a.m.

There are two (2) sessions of Adult Early-Bird Swimming:

The 1st semester will commence on Friday, September 7, 2018; ending on Friday, December 21, 2018.

The 2nd semester will begin after Christmas break; same days/times.

FEE: \$40.00 (entire semester)

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BADMINTON – Supervisor: JoAnn McAllister

This is a fun, mixed group of adults. You do not need to attend every session, or all of every session to participate.

The Adult/Continuing Education **Badminton** class is offered at Madill School on Monday, Wednesday, and Thursday evenings; 7:00-9:00 p.m.

There are two (2) sessions of Adult Badminton:

The 1st semester will commence on Monday, September 10, 2018; ending on Thursday, December 20, 2018.

The 2nd semester will begin after Christmas break; same days/times.

FEE: \$35.00 (entire semester)

WALKING – Supervisors: Debbie Mitchell and Lisa Allen-Bjork

Lose weight and improve your cardiovascular health.

The Adult/Continuing Education **Walking** class is offered at Ogdensburg Free Academy on Monday, Tuesday, Wednesday, and Thursday evenings; 6:00-7:30 p.m.

There are two (2) sessions of Adult Walking:

The 1st semester will commence on Monday, November 5, 2018; ending on Thursday, January 17, 2019.

The 2nd semester will begin around mid-January and end in mid-March; same days/times.

FEE: \$15.00 (1 semester) OR \$25.00 (2 semesters)
