

**OGDENSBURG CITY SCHOOL DISTRICT
ADULT/CONTINUING EDUCATION PROGRAM
(Activities Information Sheet)
WINTER 2020**

The Winter semester of the Ogdensburg City School District Adult/Continuing Education Program will begin the week of January 6, 2020. **Please be advised...when school is not in session, Adult/Continuing Education classes will not be held.**

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 Cindy O'Grady at (315) 393-0900, ext. 31920. 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.

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.

Adult Early-Bird Lap Swimming will begin on Monday, January 6, 2020 and end on Friday, April 10, 2020.

FEE: \$40.00

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.

Adult Badminton will begin on Monday, January 6, 2020 and end on Thursday, April 9, 2020.

FEE: \$35.00

ADULT EVENING SWIMMING – Supervisor: Jackie Pinkerton

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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.

Adult Evening Swimming will begin on Tuesday, January 7, 2020 and end on Thursday, April 9, 2020.

FEE: \$35.00 (entire semester)

FEE: \$3.00 (single swim)

WALKING – Supervisors: Debbie Mitchell and Lisa Allen-Bjork

Lose weight and improve your cardiovascular health. Please stop in the Health Office (first floor, room 100) when you arrive.

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.

Adult Walking will begin on Monday, January 6, 2020 and end on Thursday, March 19, 2020.

FEE: \$15.00
