

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

The Winter semester of the Ogdensburg City School District Adult/Continuing Education Program will begin the week of January 7, 2019. **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 the OFA High School office at (315) 393-0900, ext. 31931. 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 7, 2019 and end on Friday, April 12, 2019.

**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 7, 2019 and end on Thursday, April 11, 2019.

**FEE: \$35.00**

---

---

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

**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.

Adult Evening Swimming will begin on Tuesday, January 8, 2019 and end on Thursday, April 11, 2019.

**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 Tuesday, January 22, 2019 and end on Thursday, March 14, 2019.

**FEE: \$15.00**

---

---