

# Spring 2025 SOAR Courses: Registration Form

March 03, 2025 to May 09, 2025

*For Office Use Only*

Check # \_\_\_\_\_

Date Written \_\_\_\_\_

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Street: \_\_\_\_\_

Preferred Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Other Phone: \_\_\_\_\_

Check one:

I paid the \$85 membership dues in Fall of 2024.

I am including a check for \$85 (made out to PACES-235, with "SOAR dues" in memo line). Upon receipt of payment, I will be mailed a name tag and campus parking permit.

- Sign up for at least one course BUT NO MORE THAN 12 COURSES.
- Complete the "Waiver/Release" with your signature and date.
- Once your registration is processed, you will be mailed a letter listing the courses you've been enrolled in and/or waitlisted for.
- Closed courses and other changes are posted on the SOAR website [www.soarnorthcountry.org](http://www.soarnorthcountry.org).

- |   |   |
|---|---|
| [1] <input type="checkbox"/> The ABC's of LGBTQ+                            | [25] <input type="checkbox"/> Journey Into Darkness: FBI Profiling          |
| [2] <input type="checkbox"/> The Alexander Technique, Introduction          | [26] <input type="checkbox"/> Mah Jongg for Fun                             |
| [3] <input type="checkbox"/> The Alexander Technique, Part 2                | [27] <input type="checkbox"/> Mortaling 101                                 |
| [4] <input type="checkbox"/> Amphibian Biology                              | [28] <input type="checkbox"/> Muscle Matters                                |
| [5] <input type="checkbox"/> The Art of Hand-pulled Prints with Brillia...  | [29] <input type="checkbox"/> Native Peoples of North America               |
| [6] <input type="checkbox"/> Baffin Bay to the Beaufort Sea by Kayak        | [30] <input type="checkbox"/> Navigating your Financial Voyage with Secu... |
| [7] <input type="checkbox"/> Beyond the Canvas: Exploring Art at the T...   | [31] <input type="checkbox"/> NYS Fire Investigation K9 Program / Fire S... |
| [8] <input type="checkbox"/> Billy Collins Poems, 2024                      | [32] <input type="checkbox"/> Pathways to Joining the New Horizons Bands    |
| [9] <input type="checkbox"/> A Brief History of the Kanienkeha:ka of Ak...  | [33] <input type="checkbox"/> The Poor People's Campaign: A National Ca...  |
| [10] <input type="checkbox"/> Canine Body Language                          | [34] <input type="checkbox"/> The Science of Autonomous Flight: How Dro...  |
| [11] <input type="checkbox"/> Chair or Gentle movement Yoga, Breath Work... | [35] <input type="checkbox"/> Selected issues in Financial Planning for ... |
| [12] <input type="checkbox"/> Driver Safety by AARP                         | [36] <input type="checkbox"/> Signs and Symbols of the Haudenosaunee        |
| [13] <input type="checkbox"/> Evolution of Beadwork and Intro to Beading    | [37] <input type="checkbox"/> Southern Africa: Safari and Culture           |
| [14] <input type="checkbox"/> Flash Fiction: A Writing Workshop             | [38] <input type="checkbox"/> Spring Mud Walk                               |
| [15] <input type="checkbox"/> Fun with Fermentation: Hands-On Workshop      | [39] <input type="checkbox"/> Strength Training for Older Adults            |
| [16] <input type="checkbox"/> Gettysburg 1863 - A Few Appropriate Remark... | [40] <input type="checkbox"/> Stretching for Couch Potatoes                 |
| [17] <input type="checkbox"/> The Great Law of Peace: The First Democracy   | [41] <input type="checkbox"/> Tai Chi Beginning                             |
| [18] <input type="checkbox"/> Gunfight at the O.K. Corral: Myth, Fact, ...  | [42] <input type="checkbox"/> Tai Chi Continuing                            |
| [19] <input type="checkbox"/> Harmful Algal Blooms and Recreational Wate... | [43] <input type="checkbox"/> Twenty Years of Progress - SLPEM (St. Lawr... |
| [20] <input type="checkbox"/> Hatha Yoga                                    | [44] <input type="checkbox"/> Using Judicial Opinions to Explain Crimina... |
| [21] <input type="checkbox"/> The History and Creation of Higley Flow       | [45] <input type="checkbox"/> Vardis Fisher - A Forgotten Hemingway         |
| [22] <input type="checkbox"/> The Importance of Gratitude Using the Ohen... | [46] <input type="checkbox"/> Watercolor Workshop                           |
| [23] <input type="checkbox"/> Intermediate Nature Apps                      | [47] <input type="checkbox"/> "What's In a Name?": Why Name Changes an...   |
| [24] <input type="checkbox"/> Intro to the Shane T. Shaul Fitness Center    |   |

Yes  No  Although campus maps are on the SOAR website, I would also like printed maps mailed to me.

## WAIVER/RELEASE

I understand that the SOAR Board of Directors, course instructors and SUNY Potsdam, its Trustees, employees, and agents have no legal responsibility for my physical welfare while I am a member of SOAR or a participant in any SOAR class, field trip or event from September 1, 2024 through August 31, 2025. I therefore agree to hold these groups harmless for any claims for personal injury or damage arising out of my association with SOAR.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**PLEASE COMPLETE THE REVERSE SIDE OF THIS FORM**