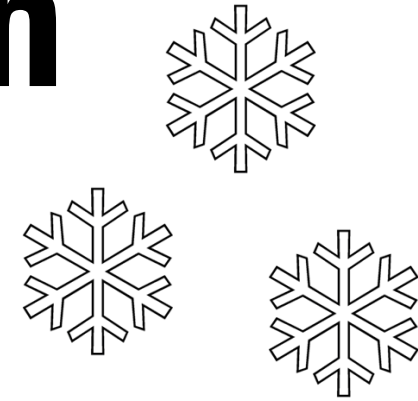
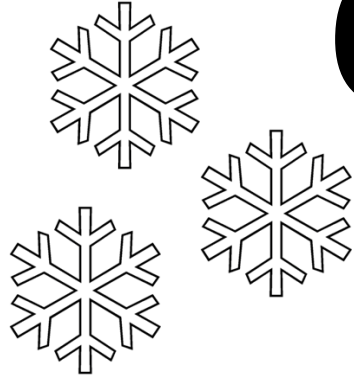


**LAKE SHORE  
COMMUNITY EDUCATION  
WINTER/SPRING BROCHURE  
2019**



# General Information



**Community Education  
William T. Hoag Educational Center  
42 Sunset Blvd.  
Angola, NY 14006**

**Christine Starks.....Building/Program Administrator  
Emily Ludwig.....Secretary**

## **How To Register:**

### **BY MAIL:**

Enclose a check, made out to Lake Shore Central Schools, money order or credit/debit card payment (MasterCard, Visa, American Express, Discover), along with the registration form.  
*Lab fees are not to be included with registration.*

### **MAIL TO:**

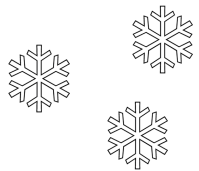
Community Education  
William T. Hoag Educational Center  
42 Sunset Blvd.  
Angola, NY 14006

### **IN PERSON:**

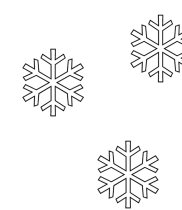
Registrations will be received at the Community Education Office located in the Main Office of the William T. Hoag Educational Center

### **BY FAX:**

24 hours a day, 7 days a week at (716) 549-4391  
\*Credit/Debit Card payment only form of payment accepted by fax\*



# General Information



**Credit/Debit Card Payments:**

We accept all major credit cards including: MasterCard, Visa, American Express, and Discover. If mailing or faxing your registration form, please list your credit/debit card number and expiration date.

**Check/Money Orders:**

We accept all personal check payments, as well as money orders. This may be done by mail or in person. The cancelled check is your receipt. *A \$20.00 fee will be charged for any returned checks.*  
**Make checks payable to:** Lake Shore Central Schools

**Lab Fees:**

Lab fees are paid directly to the course instructor at the first meeting of class.

**Refunds/Cancellations:**

The full fee will be refunded by a check or credit if your class is cancelled, or if you withdraw a week before the class begins.

**School Closings:**

When schools are closed due to weather, after school activities are cancelled or any emergency or any emergency, Community Education classes are also cancelled. Please refer to the local radio, television or school website for details.

**Please note that walk-in registrations at the class time and registrations or payments by phone are not accepted.**

Questions?? Please call Emily Ludwig at the Community Education Office at (716) 926-2270.

**\*Once you sign up for a class, you will NOT hear from us unless the class is cancelled or if there is a change in location, date and/or time\***

Don't worry—no news is good news!



# POUND FITNESS

## **Pound© Fitness**

**Instructor: Katy Berner-Wallen**

Do you have an inner Rockstar that wants to jam AND get fit at the same time – then check out Pound©! Pound© is the world’s first cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums! It is a full-body workout that combines cardio, conditioning, strength training and yoga/Pilates-inspired movements. Using Ripstix© (lightly weighted drumsticks), Pound© transforms drumming into an incredibly effective way to work out. It is designed for all fitness levels, and provides the perfect atmosphere for letting loose, getting pumped up and working out. It is easily modifiable for those with physical limitation and good for all ages and sizes of people. *Minimum of 5 participants.*

**WHO:** 18 and older                      **WHERE:** Middle School Media Center                      **WHEN:** Tuesday  
**TIME:** 6:30pm – 7:30pm                      **COST:** \$30 (6 classes)

**DATES:** \*Please specify Session 1 or Session 2 on your registration form\*  
**SESSION 1:** January 15<sup>th</sup> – February 26<sup>th</sup> (\*class will be 2/6 **not** 2/5\* and No class February 19<sup>th</sup>)  
**SESSION 2:** March 5<sup>th</sup> – April 9<sup>th</sup>

## **Pound© for Teens**

**Instructor: Katy Berner-Wallen**

Does your child have an inner Rockstar that wants to jam AND get fit at the same time – then check out Pound©! Pound© is the world’s first cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums! It is a full-body workout that combines cardio, conditioning, strength training and yoga/Pilates-inspired movements. Using Ripstix© (lightly weighted drumsticks), Pound© transforms drumming into an incredibly effective way to work out. It is designed for all fitness levels, and provides the perfect atmosphere for letting loose, getting pumped up and working out. *Minimum of 5 participants.*

**WHO:** Ages 11 to 18                      **WHERE:** Middle School Media Center                      **WHEN:** Thursday  
**TIME:** 6:30pm – 7:30pm                      **COST:** \$30 (6 classes)

**DATES:** \*Please specify Session 1 or Session 2 on your registration form\*  
**SESSION 1:** January 17<sup>th</sup> – February 14<sup>th</sup>  
**SESSION 2:** March 7<sup>th</sup> – April 18<sup>th</sup> (no class March 21<sup>st</sup>)

# Health and Fitness



All Health and Fitness classes are only about \$3/class!

## Zumba

**Instructor: Carol Clark**

Looking for a fun workout class? Dance your way into fitness with Zumba, a Latin inspired fitness class which combines high energy moves and easy to follow dance combinations. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone the body, and maximize fat burning. You don't have to know how to dance to do Zumba. Zumba creates a party like atmosphere. It's one of a kind combination of dance and exercise designed to put FUN back into fitness! All fitness levels are welcome. Come join the party! No class February 20<sup>th</sup>, April 24<sup>th</sup>. Minimum of 6 participants.

<b>WHO:</b>	18 and older	<b>WHERE:</b>	Highland Gymnasium
<b>WHEN:</b>	Wednesday	<b>DATES:</b>	January 23 <sup>rd</sup> – May 8 <sup>th</sup>
<b>TIME:</b>	7:00pm – 8:00pm	<b>COST:</b>	\$45 (14 classes)

## Vinyasa Yoga

**Instructor: Keri Fisher**

This class is open to all levels of yoga. Whether you are a beginner or have more of an advanced practice. We will match our breath to movement as we move through different creative Vinyasa style sequences. All are welcome. No class February 20<sup>th</sup>. Minimum of 5 participants.

<b>WHO:</b>	16 and older	<b>WHERE:</b>	A.J. Schmidt Gymnasium
<b>WHEN:</b>	Wednesday	<b>DATES:</b>	January 9 <sup>th</sup> – March 6 <sup>th</sup>
<b>TIME:</b>	6:15pm – 7:15pm	<b>COST:</b>	\$25 (8 classes)

## Yoga

**Instructor: Susan Brown**

This is a gentle style of yoga to heal illness, process stress and slow the aging process. All body systems and organs are beneficial including muscular and skeletal systems, immune function, oxygen distribution and lymphatic flow. Rewards are many – increased flexibility, strength and grace. No class February 18<sup>th</sup> or April 22<sup>nd</sup>. Minimum of 7 participants.

<b>WHO:</b>	All ages	<b>WHERE:</b>	A.J. Schmidt Gymnasium
<b>WHEN:</b>	Monday	<b>DATES:</b>	January 28 <sup>th</sup> – May 20 <sup>th</sup>
<b>TIME:</b>	6:15pm – 7:15pm	<b>COST:</b>	\$45 (15 classes)

## DMV PRE-LICENSING COURSE

More dates coming soon!

Keep an eye out for fliers and more information on [Community Education Winter/Spring Brochure](#)



# Health and Fitness

All Health and Fitness classes are only about \$3/class!

## Cardio Strength/Pound

**Instructor: Christine Berfield**

This class includes 30 minutes of cardiovascular conditioning and strength training, followed by 30 minutes of Pound. Pound workout is a cardio interval workout with drumming to provide a challenging, heat pumping workout. No class February 18<sup>th</sup> or February 20<sup>th</sup>. *Minimum of 7 participants.*

**WHO:** 18 and older  
**WHEN:** Monday and Wednesday  
**TIME:** 6:00pm – 7:00pm

**WHERE:** Highland Gymnasium  
**DATES:** January 28<sup>th</sup> – April 10<sup>th</sup>  
**COST:** \$55 (20 classes)

## Water Aerobics

**Instructor: Eileen Petersen**

Water Aerobics offers a gentle workout which follows audio-taped instructions. This course works all muscle groups in a gentle, easy manner. No class April 22<sup>nd</sup> or 24<sup>th</sup>. *Minimum of 8 participants.*

**WHO:** 18 and older  
**WHEN:** Monday and Wednesday  
**TIME:** 6:15pm – 7:15pm

**WHERE:** Middle School Pool  
**DATES:** March 4<sup>th</sup> – May 22<sup>nd</sup>  
**COST:** \$50 (22 classes)

## Sit and Fit

**Instructor: Betty Bates**

All ages can benefit from this light and easy class which will include simple chair exercises and stretching. We will include simple chair exercises and stretching. If you choose to bring stretch bands and light weights to class with you, we will also use this equipment. Some meditation will conclude the class. Come and have fun while you stay fit! No class April 22<sup>nd</sup>. *Minimum of 6 participants.*

**WHO:** 18 and older  
**WHEN:** Monday  
**TIME:** 6:00pm – 7:00pm

**WHERE:** W.T. Hoag Annex  
**DATES:** April 1<sup>st</sup> – May 20<sup>th</sup>  
**COST:** \$25 (7 classes)

## Fitness for Seniors

**Instructor: Barbara Hammond**

This class consists of using cardio equipment (treadmills, bikes, etc.), strength equipment (free weights), with stretching exercises at the end of class. Please wear work out clothes and sneakers to class. No class February 19<sup>th</sup> or February 21<sup>st</sup>. *Minimum of 7 participants.*

**WHO:** 50 years or older  
**WHEN:** Tuesday and Thursday  
**TIME:** 5:00pm – 6:00pm

**WHERE:** Lake Shore Fitness Center  
**DATES:** January 22<sup>nd</sup> – February 28<sup>th</sup>  
**COST:** \$35 (10 classes)

# SING, PLAY, DANCE!



## **Sing, Play, Dance!**

**Instructor: Cindy Zelasko**

This course will be an introduction to music, theatre and dance. The class will conclude with a musical performance at the end of the course. The musical performance will take place on Thursday, May 23<sup>rd</sup>, 2019. No class February 19<sup>th</sup>, February 21<sup>st</sup>, April 23<sup>rd</sup>, and April 25<sup>th</sup>. *Minimum of 10 participants.*

**WHO:** Ages 4 to 6

**WHEN:** Tuesday and Thursday

**TIME:** 5:00pm – 6:00pm

**WHERE:** W.T. Hoag Room 106

**DATES:** January 29<sup>th</sup> – May 23<sup>rd</sup>

**COST:** \$40 (29 classes, 1 musical performance)

# ALL-PRO TUTORING AND TEST PREP



## 9-Hour SAT Test Prep Course

Are you ready for the SAT test? This course offers an in-depth study of the SAT test. Course includes: classroom instruction, test-taking strategies, testing information, workbook/study materials and a free simulated SAT test. For the simulated test schedule and registration information visit: [All-Pro Tutoring and Test Prep](#). **2019 SAT Test Dates: March 9<sup>th</sup>, May 4<sup>th</sup>, June 1<sup>st</sup> and August 24<sup>th</sup>.** Students are welcome to bring a snack or dinner to class. *Minimum of 3 participants.*

**WHO:** Ages 15 & older  
**WHERE:** W.T. Hoag Annex Building  
**DATES:** February 6<sup>th</sup>, 11<sup>th</sup> and 13<sup>th</sup>  
**WHEN:** Monday and Wednesday  
**TIME:** 5:30pm – 8:30pm  
**COST:** \$125 (3 classes)

## 4-Hour SAT Boot Camp

**Get a jump start on your SAT Preparation!** This comprehensive course introduces students to the SAT test with emphasis on test-taking strategies, testing information, how to best prepare for the SAT test and practice questions in each subject. Course includes: workbook/study materials, and a free simulated SAT test. For the simulated test schedule and registration information visit: [All-Pro Tutoring and Test Prep](#). **2019 SAT Test Dates: June 1<sup>st</sup> and August 24<sup>th</sup>.** Students are welcome to bring a snack or lunch to class. *Minimum of 3 participants.* Please list which session you would like to attend.

**WHO:** 15 and older  
**WHERE:** W.T. Hoag Annex  
**WHEN:** Monday and Wednesday  
**DATES:** May 20<sup>th</sup> and 22<sup>nd</sup>  
**TIME:** 6:00pm – 8:00pm  
**COST:** \$65 (2 classes)

## 4- Hour ACT Boot Camp

**Get a jump start on your ACT test preparation!** The ACT Test is held in equal esteem as the SAT test by most colleges and universities. This comprehensive review course introduces students to the ACT test and includes: test-taking strategies, testing information, study materials and a free simulated ACT Test. For the simulated test schedule and registration information visit: [All-Pro Tutoring and Test Prep](#). **2019 ACT Test dates: April 13<sup>th</sup> and June 8<sup>th</sup>.** Students are welcome to bring a snack or dinner to class. *Minimum of 3 participants.*

**WHO:** 15 and older  
**WHERE:** Senior High LGI  
**WHEN:** Saturday  
**DATES:** April 6<sup>th</sup>  
**TIME:** 10:00am – 2:00pm  
**COST:** \$65 (1 class)



# GarageHIIT and TRED

A course with Garage Fitness



Get ready to torch calories, build muscles and improve cardio!

This 40 minute HIIT & TRED workout combines HIIT intervals on the treadmill and strength training. It's broken up into 20 minutes of floor (strength and training) work plus 20 minutes of treadmill work. The intervals can vary – 5, 10, 15, all the way up to 20 minutes – it's all up to you! Get ready for a full body workout – hitting your legs, glutes, arms, back, chest, core, and everything else from head to toe!

**WHO:** Ages 18 and older **WHERE:** Senior High Fitness Center **WHEN:** Saturday  
**DATES:** January 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> and February 9<sup>th</sup>  
**TIME:** 10:30am – 11:15am **COST:** \$25 (4 classes)

\*The Lake Shore Fitness Center is also open to its members during this time.\*

# isafety co.

"isafety co. trains people to reach swiftly, smartly and safely during an emergency. We do it in a way that is simple, easy, memorable, effective and fun."



## CPR/AED Training

This training course gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. Students who complete the program will receive a CPR Training Kit, CPR Face shield and two (2) year certification card.

**WHO:** All ages  
**WHEN:** Tuesday  
**TIME:** 6:00pm – 9:00pm

**WHERE:** W.T. Hoag Annex  
**DATE:** February 5<sup>th</sup>  
**COST:** \$55 (1 class)

## Child and Babysitting Safety

The Child and Babysitting Safety (CABS) course from the American Safety & Health Institute will teach students everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so they can prevent and respond to emergencies. As an American Safety & Health Institute trained babysitter, they'll gain confidence and valuable employment skills to impress parents. Students who successfully complete the program will receive a babysitter's text, first aid kit, started package and certification card.

**WHO:** Ages 11-15  
**DATE:** February 2<sup>nd</sup>

**WHERE:** Senior High LGI  
**TIME:** 9:00am – 2:00pm

**WHEN:** Saturday  
**COST:** \$55 (1 class)



# American Red Cross Lifeguarding



## Lifeguard Training Course

**Instructor: Mary Galac**

This will be the new blended learning offering of the Lifeguarding program which combines online knowledge acquisition and in-person water, first aid and CPR/AED skills training. Building on the same knowledge and skills as the traditional in-person only training, the course trains lifeguards to act with speed and confidence in emergency situations both in and out of the water.

The online format enables participants to complete interactive lessons and activities on their own time. Instructor led sessions reinforce learning and emphasize skill building.

### Entrance Requirements

- Must be 15 years or older
- Able to swim 500 yards nonstop
- Retrieve a 10 pound object from the bottom of the pool

Participants must attend all scheduled class dates and times, demonstrate proficient land and water skills and pass a written exam with a score of at least 80 percent.

Upon successful completion of the course, participants will receive an American Red Cross email from the following address, [Classes-Notify@usa.redcross.org](mailto:Classes-Notify@usa.redcross.org), which contains a link to your electronic certification. Should you need help accessing your electronic certification, please contact 1-800-RedCross

**WHO:** Ages 15 and older

**DATES:** March 5<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 16<sup>th</sup>, 19<sup>th</sup> and 23<sup>rd</sup>

**WHERE:** Middle School Pool

**TIME:** Tuesday: 6:00pm – 9:00pm  
Saturday: 9:00am – 1:00pm

**WHEN:** Tuesday and Saturday

**COST:** \$250 (6 classes)

# Know How Tours

All trips depart from Tops Market – 355 Orchard Park Rd. next to K-Mart in West Seneca (formerly Seneca Mall – near Ext 55E). Park near Poles "I" or "F."



## **"CHICAGO" in Rochester**

Rochester Broadway Theater League  
Sunday, February 10<sup>th</sup>  
\$149

Join the Broadway Theater League for the 1:00pm matinee show "CHICAGO." CHICAGO has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show-stopping song after another and the most astonishing dancing you've ever seen. "Chicago" has been honored with 6 Tony Awards®, a Grammy®, and thousands of standing ovations. "Chicago" has wowed audiences all over the world. Whether you are looking for your first Broadway musical, have seen the film and want to experience the show live on stage, or want to see it again to recapture the magic, "Chicago" always delivers. Dinner is included at The Quaint D & R Depot in Leroy.

### **Entrée Options (choose one):**

- Open faced roast beef sandwich on homemade bread with potato and salad
- Homemade chicken pot pie with pastry crust, served with salad and homemade muffin
- Vegetarian Lasagna with salad (entrée prepared with spinach, zucchini, carrots, summer squash and a creamy white sauce)

**Depart time:** 10:30am

**Return time:** 8:00pm

## **Holst's *The Planets***

Buffalo Philharmonic  
Friday, February 15<sup>th</sup>  
\$129

Begin the day at Kleinhans Music Hall for coffee and donuts. Then, enjoy the 10:30am Holst's *The Planets*. Fantastic main level seats are reserved for our experience. Holst's *The Planets* is paired with Scriabin's Poem of Ecstasy for a concert that transcends the everyday! *The Planets*, is an exciting and enjoyable orchestral suite by the English composer Guastav Holst. Each movement of the suite is named after a planet of the solar system and its corresponding astrological character as defined by Holst. After the show, we will enjoy a delicious lunch at Ulrich's 1868 Tavern.

### **Entrée Options:**

- Open Chicken Pot Pie
- Meatloaf Dinner
- Veggie Wrap with kettle chips

**Depart time:** 8:30am

**Return time:** 3:30pm

## **Canada Blooms**

Or choice Toronto  
Saturday, March 9<sup>th</sup>  
\$79 (includes admission)  
\$59 (trip to Toronto *only*)

Admission to the Canada Blooms, Toronto Flower & Garden show at the Enercare Center, the largest in Canada. This year's theme is "A Family Affair Theme." You will have approximately 5 hours to explore the six acres of gardens, that feature Amateur & Professional Competitions, informative lectures & demonstrations. 200 garden retailers will be in the adjacent Marketplace. Food is available on-site, bring your own or enjoy one the nearby restaurants. Plants with proper documents may be purchased and brought into the states. If you do not plan on going in the show, enjoy the time exploring Toronto. \*Please bring proof of citizenship\*

**Depart time:** 8:00am

**Return time:** 8:00pm



# Know How Tours

All trips depart from Tops Market – 355 Orchard Park Rd. next to K-Mart in West Seneca (formerly Seneca Mall – near Ext 55E). Park near Poles "I" or "F."

## Sap's Arising

*A Sweet Trip*

Saturday, March 23<sup>rd</sup>

\$115

Start off with juice and a muffin on the way to Ohio for a Sweet Trip through beautiful Geauga County. Meet the step on guide and begin touring. The maple syrup is made in only a small part of the entire world and Ohio sits in the heart of this area. We will visit Swine Creek and learn how the early settlers learned from the native American Indians how to turn the watery sap of the maple tree into a delightful and wholesome treat. Lunch is a traditional feast – Baked chicken, mashed potatoes with gravy, seasonal vegetable, 7 layer salad, date nut pudding, homemade bread and maple themed dessert – served family style. Visit a family owned sugar shop. An experienced syrup maker will be on hand to answer questions. Shop at Richard Maple Products for everything maple. Ohio maple producers produce some of the finest pure maple syrup in the world. A fast food stop (on your own) will be made en route home.

**Depart time:** 7:30am

**Return time:** 8:30pm

## The Belmonts "Runaround Sue"

*Seneca Niagara*

Tuesday, April 9<sup>th</sup>

\$85

Travel the Seneca Niagara for a matinee show event – "The Belmonts." Straight from the Bronx; get ready for an afternoon of Doo Wop from the 50's and 60's. From American Bandstand, The Michael Douglas Show and the Ed Sullivan show, this doo wop award winning group will be performing their hits for you. They were high school friends for Roosevelt High School who named themselves after Belmont Avenue in the Bronx. This group of friends began singing together and had themselves a string of hits that are still played today! The Belmonts will take you back in time with their high energy show and amazing harmonies. For more information visit: [Know How Tours](#).

**Depart time:** 8:30am

**Return time:** 5:30pm

## Vicki Lawrence & Mama

*A Two Woman Show*

Sunday, April 14<sup>th</sup>

\$135

Travel to North Tonawanda to see The Emmy Award-winning comedienne Vicki Lawrence & Mama at the Riviera Theatre. She is one of the most beloved television personalities of her generation. Plucked out of total obscurity as a high school senior, Vicki went on to become part of the now-legendary case of the "Carol Burnett Show." In the seventh season and hundreds of hilarious sketches later, at the ripe age of 24, Vicki created her most endearing character to date, Thelma Harper, or "Mama" as she is better known as to her fans. This show is fantastic and funny with a mixture of stand up comedy, music and observations about real life. A fantastic sit down lunch is served at Panes Restaurant prior to the 3pm matinee. Top priced orchestra seats included.

**Depart time:** 11:30am

**Return time:** 5:30pm

For more trips or information visit

[Know How Tours](#)

# Look what is coming to Community Education!

Eagle's Landing



Summer Music

Driver Education

**Keep an eye out for Summer 2019 dates and Registration Packets!  
If you have any questions please call Emily at Community Education at  
926-2270.**