



# Lake Shore Community Education Winter/Spring Catalog 2016

**Office Hours:**

**Monday-Friday 8:00AM to 4:00PM**

**Phone: 926-2270**

**Fax: 549-4391**

**Visit us at the William T. Hoag Educational Center or  
[www.lakeshorecsd.org](http://www.lakeshorecsd.org)**

# General Information



**BUILDING/PROGRAM ADMINISTRATOR – Christine Starks**  
**SECRETARY – Emily Ludwig**  
**William T. Hoag Educational Center**  
**42 Sunset Blvd.**  
**Angola, NY 14006**



## LAKE SHORE COMMUNITY EDUCATION

### How to Register:

**BY MAIL:** Enclose a check, made out to Lake Shore Central Schools, money order, or credit/debit card payment for the correct amount, 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. (42 Sunset Blvd. Angola, NY 14006)

**MONDAY – FRIDAY 8:00AM to 4:00PM**

**BY FAX:** 24 hours a day, 7 days a week at 549-4391.

\*Credit/Debit Card only form of payment accepted by fax registrations\*

# General Information

(continued)

**Credit/Debit Card Payment:** We accept all major credit cards including; MasterCard, Visa, American Express and Discover, as payments. You must list your credit/debit card number and expiration date and sign your registration form. This can be done by mail, fax or in person.

**Checks/Money Orders:** We accept 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 the schools are closed due to weather 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 by phone are not accepted.**

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

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



Don't worry - no news is good news ☺



# Health and Fitness



## 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 Zumba. Zumba creates a party like atmosphere. It's a 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! Please register early. No class 2/22 or 4/12. **Minimum of 10 participants.**

**WHO:** 18 and older

**WHERE:** Highland Gym

**WHEN:** Wednesdays

**DATES:** January 25<sup>th</sup> – May 10<sup>th</sup>

**TIME:** 7:00PM – 8:00PM

**COST:** \$40 (14 classes)

## Fitness for Seniors

**Instructor: Barbara Hammond**

Program consists of using cardio equipment (treadmills, bikes, elliptical, and stair stepper), strength equipment (free weights and weight machines) with stretching exercises during the last 5 minutes of class. Please wear sneakers and sweat clothes. No class 2/20 or 2/22. **Minimum of 10 participants.**

**WHO:** 55 and older

**WHERE:** Senior High Fitness Center

**WHEN:** Tuesdays and Thursdays

**DATES:** January 24<sup>th</sup> – March 23<sup>rd</sup>

**TIME:** 5:00PM – 6:00PM

**COST:** \$45 (16 classes)

## Water Aerobics for Seniors

**Instructor: Eileen Petersen**

This program offer a gentle water aerobic workout which follows audio-taped instructions. Works all muscle groups in a gentle, easy manner. No class: 2/8, 2/20, 2/22, 4/3, 4/5, 4/10, 4/12. **Minimum of 10 participants.**

**WHO:** 55 and older

**WHERE:** Middle School Pool

**WHEN:** Mondays and Wednesdays

**DATES:** February 6<sup>th</sup> – May 22<sup>nd</sup>

**TIME:** 6:15PM – 7:15PM

**COST:** \$40 (24 classes)

## Join our Fitness Center!

**Full Membership** (includes weight room and track): \$80/year

**Track Membership:** \$20/year

\*must be a Town of Evans and Lake Shore Central School district resident\*



# Health and Fitness

## Youth Baseball

**Instructor: Don Clark**

Participants will strengthen their baseball skills in the off season. Stations will include throwing, catching, ground balls, base running and hitting. If you have the necessary arm strength you will also practice pitching. Participants should have prior experience. *Please bring a mit, bat and helmet.* No class 2/20 or 4/12.

**WHO:** Ages 8 to 11

**WHERE:** JT Waugh Gym

**WHEN:** Mondays

**DATES:** January 23<sup>rd</sup> – April 24<sup>th</sup>

**TIME:** 6:00PM – 7:30PM

**COST:** \$43 (12 classes)

## Yoga – Dao In Lung Shen

**Instructor: Susan Brown**

Enjoy a relaxing hour of gentle yoga. We focus on working on all body systems that include stretching, detoxifying and balance. All levels of experience welcome. No experience necessary. No class 2/22 or 4/12.

**Minimum of 10 participants.**

**WHO:** All ages

**WHERE:** AJ Schmidt Gym

**WHEN:** Wednesdays

**DATES:** January 25<sup>th</sup> – May 17<sup>th</sup>

**TIME:** 6:15PM – 7:15PM

**COST:** \$35 (15 classes)

## Gentle Yoga Joins Heartfelt Meditation

**Instructor: Sondra Holland**

Rise beyond – Glide through. Have you always wanted to rise above your dreams? Or wished to glide through life with joy and courage? Sondra, a meditation devotee has spent many years studying with her teachers in the orient. Her dream is to unify eastern techniques with western adaptations. All are welcome! No class 2/22. **Minimum of 5 participants.**

**WHO:** 16 and older

**WHERE:** W.T Hoag Cafeteria

**WHEN:** Wednesdays

**DATES:** February 1<sup>st</sup> – March 29<sup>th</sup>

**TIME:** 6:30PM – 8:00PM

**COST:** \$40 (8 classes)



# Swimming

## Open Swim/Lap Swim

## Lifeguards

Use the pool to get a workout or to just enjoy time in the water. Must be pre-registered. No class 2/8, 2/21 or 2/23. **Minimum of 5 participants.**

**WHERE:** Lake Shore High School Pool  
**WHEN:** Wednesdays and Fridays  
**DATES:** February 1<sup>st</sup> – March 22<sup>nd</sup>  
**TIME:** 7:30PM – 8:30PM  
**COST:** \$50 (12 – 1 hour sessions)

## Family Swim

## Lifeguards

This program provides an open swim for adults and supervised children. Each adult is responsible for supervising no more than 2 children. Please note, children will **not** be able to participate without proper supervision. Must be pre-registered. No class 2/20 or 2/22. **Minimum of 5 families.**

**WHERE:** Lake Shore High School Pool  
**WHEN:** Tuesdays and Thursdays  
**DATES:** January 31<sup>st</sup> – March 16<sup>th</sup>  
**TIME:** 6:30PM – 8:30PM  
**COST:** \$75 (12 – 2 hour sessions)

## \*CAUTION FOR SWIMMERS\*

Please be advised that pool temperatures are kept between 78 and 82 degrees. Because of the different swim activities, this temperature may be warm for lap swimmers. It is not suitable for those with arthritis. This temperature is the standard for Lake Shore Central School District pools. Some students may find that wearing a cotton-lined nylon windbreaker in the pool may make the water more comfortable.

# Swimming



## **Learn To Swim Level 1    Instructor: Lynne Jakiel**

This class is designed to teach students about being safe around and in the water. Students will learn basic swimming skills; submerging to retrieve objects, floating, gliding and basic arm and leg action to swim. **Minimum of 7 participants.**

**WHO:** Ages 4 to 8

**WHERE:** Middle School Pool

**WHEN:** Tuesdays and Thursdays

**DATES:** February 28<sup>th</sup> – April 6<sup>th</sup>    **TIME:** 5:00PM – 6:00PM

**COST:** \$65 (12 - 1 hour classes)

## **Learn To Swim Level 2    Instructor: Lynne Jakiel**

This class is designed to build on basic swimming skills. Students will learn to; tread water, become more comfortable in deep water and the basics of front crawl and elementary backstroke. **Minimum of 7 participants.**

**WHO:** Ages 8 to 12

**WHERE:** Middle School Pool

**WHEN:** Tuesdays and Thursdays

**DATES:** February 28<sup>th</sup> – April 6<sup>th</sup>

**TIME:** 6:00PM – 7:00PM

**COST:** \$65 (12 – 1 hour classes)

## **Lifeguard Certification 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. Must be able to swim 20 laps nonstop and dive to the bottom of the pool to retrieve an object. **Minimum of 5 participants.**

**WHO:** 15 and older

**WHERE:** Middle School Pool

**WHEN:** Saturdays

**DATES:** January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>

**TIME:** 8:00AM – 2:00 PM

**COST:** \$250 (4 classes)



# DRIVING



## **Driver Safety (Defensive Driving Course)**

**Instructor: Donna Jeffers**

Drivers who complete the Empire Safety Council's 6 hour Defensive Driving Course save 10% on their liability, personal injury protection and collision insurance for three years and reduce four points on their driving record. Course completion is transmitted to the Department of Motor Vehicles and recorded on each students driving record. Adventure into traffic safety awareness! Student participation, with an informative workbook and safety education films. No formal testing.

**WHO:** Anyone with valid driver's license    **WHERE:** Senior High Rm 106  
**WHEN:** Monday and Tuesday            **DATES:** April 3<sup>rd</sup> and 4<sup>th</sup>  
**TIME:** 5:30PM – 8:30PM                 **COST:** \$40 (2 classes)

## **Online Defensive Driving Course**

How many times have you thought about taking a Defensive Driving course but couldn't find the time to spend 6 hours in the classroom? Now you have no excuse. The New York State Department of Motor Vehicles has recently passed legislation that allows New York's motorist to complete the 6 hour Insurance Reduction course online rather than in a classroom. Those that choose this option receive all the same benefits (10% insurance reduction for three years and up to 4 points removed from their driving record), as those who take the course in a classroom. **Just go to [www.empiresafetycouncil.com](http://www.empiresafetycouncil.com), enter code CLJ\$ to receive a \$5.00 discount.** The really great part is you have up to 30 days to complete the course from the day you started. If you stop at any point, when you log back on, you are at the exact same point. Nothing is lost. Don't wait, sign up today!

## **5-Hour Pre-Licensing Course**

**Instructor: Sheldon Forman**

Required prior to taking a road test. Learn safe driving, crash avoidance, and how to deal with road rage. Licensed by NYS. Must have a learner's permit and be pre-registered. There is a \$10.00 processing fee for a lost certificate.

**WHO:** Anyone with a learner's permit  
**WHERE:** Senior High Rm 106  
**DATES:** Wednesday, March 29<sup>th</sup>  
              Tuesday, April 25<sup>th</sup>  
              Wednesday, May 31<sup>st</sup>  
**TIME:** 4:00PM – 9:00PM  
**COST:** \$38 (1 class)



# Dance Instruction

## Ballroom Dance for Beginners

Instructor: Mary Joanne's Dance School

This is a beginner class. Dance instructions will be provided (show dance) in: Foxtrot, Waltz, Rumba, and Nite Club 2 Step with easy to learn steps. A partner is preferred for class participation. Join for a fun evening of dancing! No class 2/20. **Minimum of 5 participants.**

**WHO:** Ages 18 and up

**DATES:** January 23<sup>rd</sup> – March 20<sup>th</sup>

**WHERE:** Highland Gym

**TIME:** 6:30PM – 7:30PM

**WHEN:** Mondays

**COST:** \$50 (8 classes)



## Latin/Swing Dance

Instructor: Mary Joanne's Dance School

Energize with Latin and Swing dance! Dancing is a great way to meet new people, exercise, develop confidence and have more fun at parties, dances and weddings. This class includes basic instruction for Rumba, Cha Cha, Salsa, Mambo and Triple Time Swing (Jitterbug). No class 2/20. **Minimum of 5 participants.**

**WHO:** Ages 18 and up

**DATES:** January 23<sup>rd</sup> – March 20<sup>th</sup>

**WHERE:** Highland Gym

**TIME:** 7:45PM – 8:45PM

**WHEN:** Mondays

**COST:** \$50 (8 classes)

# Hobbies and Certifications

## Developing A Home Inventory using Excel

**Instructor: David Nowak**

We will be using Excel Spreadsheet Module. Basic Microsoft Excel Spreadsheet instruction in developing your personal home inventory, proof for insurance. No computer experience necessary. The instructor leads and works directly with the class systematically as they develop and build their document. The basic techniques learned in this class are applicable in other suitable applications such as organizing and address book or labels, other documents and schedules. Please bring a flash drive to class with you. May bring your own laptop.

**WHO:** All ages

**WHERE:** Middle School Media Center

**WHEN:** Tuesday, Wednesday, Thursday

**DATES:** February 28<sup>th</sup>, March 1<sup>st</sup> and March 2<sup>nd</sup>

**TIME:** 6:00PM – 7:00PM

**COST:** \$25 (3 classes)

## Notary Public Training Course

**Instructor: Karen O'Connor**

Do you need to become a Notary Public for work or is it something you want to add to your resume? Learn what you need to prepare for the New York State test and what your duties are as a Notary. This course covers the NYS Notary laws and legal terminology. The handbook that is distributed in class, is included in the class fee and includes everything you need to be successful.

**WHO:** 18 and older

**WHERE:** Senior High Media Center

**WHEN:** Tuesday

**DATE:** April 4<sup>th</sup>

**TIME:** 6:30PM – 9:30PM

**COST:** \$60 (1 class)

## Wild Wellness: Making Home Remedies with Local Plants

**Instructor: Sarah Sorci**

For as long as humans have existed, we have relied on plants for remedies and food. Community herbalist Sarah Sorci of Sweet Flag Herbs will introduce participants to a range of common local plants, and how they can be used medicinally. This class will cover the basics of herbal medicine and medicine making, explore the science behind the effects of various herbs and introduce plants "in person" as participants learn to identify them. Students will prepare and take home herb-infused vinegar and oil. We will discuss best practices for preparing herbal teas and tinctures. Samples, recipes and educational materials will be provided. *Sarah is passionate about sharing this information others; she will not be promoting her business during this class.* **There is a \$20 lab fee paid directly to the instructor on the first day of class for supplies.**

**WHO:** 14 and older

**WHERE:** Senior High Large Group Instruction

**WHEN:** Wednesdays

**DATES:** March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup>

**TIME:** 6:30PM – 8:30PM

**COST:** \$45

# Hobbies and Certificates

## Beginning Italian

**Instructor: Lawrence Cheeley**

Italian language for beginners will cover grammar, conjugation, pronunciation, reading, writing, speaking, formal vs. informal, time, numbers, and etiquette. Students will form simple phrases by the end of the first class. In six weeks, students will learn all three conjugations of present indicative. **Minimum of 5 participants.**

**WHO:** All ages

**WHERE:** W.T. Hoag Rm 119

**WHEN:** Tuesdays

**DATES:** January 24<sup>th</sup> – February 28<sup>th</sup>

**TIME:** 7:00PM – 8:00PM **COST:** \$80 (6 classes)

## Continuing Italian

**Instructor: Lawrence Cheeley**



Students will review what was learned in Beginning Italian and proceed to passato prossimo. No class 4/12. **Minimum of 5 participants.**

**WHO:** All ages

**WHERE:** W.T. Hoag Rm 119

**WHEN:** Tuesdays

**DATES:** March 7<sup>th</sup> – April 18<sup>th</sup>

**TIME:** 8:00PM – 9:00PM **COST:** \$80 (6 classes)

## Edible and Medicinal Plant Walk

**Instructor: Sarah Sorci**



Community Herbalist Sarah Sorci will lead a leisurely walk at Evangola State Park. We will learn to identify a range of local plants that are safely edible and/or medicinal. We will discuss the properties they contain and ways each plant has traditionally been use.

**WHO:** All ages

**WHERE:** Herman Park

**WHEN:** Thursday

**DATE:** May 18<sup>th</sup>

**TIME:** 6:00PM – 7:30PM

**COST:** \$7(1 class)

## Red Cross Babysitter's Training

**Instructor: Patty Start, RN**



**American Red Cross**

This very popular course give 11-16 year olds the knowledge, skills and confidence to care for infants and school aged children. Combines video, activities, hands on skills training and discussions for the most complete learning experience. This course teaches participants to: Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care, make decisions under pressure, communicate with parents to learn household rules, understand stages of child development and recognize safety and hygiene issues, feed, diapers, and care for infants. **Limited to 10 participants.**

**WHO:** Ages 11 to 16

**WHERE:** Middle School Library

**WHEN:** Tuesday, Wednesday

**DATES:** May 9<sup>th</sup> and 10<sup>th</sup>

**TIME:** 3:30PM – 6:30PM

**COST:** \$55 (2 classes)

## Travel to Europe; The Nuts and Bolts

**Instructor: Lawrence Cheeley**



This course will help you prepare for and execute your trip. Preparation, guided or self guided, seasons, sights, avoiding aggravation, types of travel, solo vs. group, money, security, health, language, itinerary, insurance, lodging, getting lost and getting found, eating, history, and any other questions or concerns regarding your trip. *\*Please specify which session you are registering for\*.* **Minimum of 5 participants.**

**WHO:** All ages

**WHERE:** Middle School Media Center

**WHEN:** Saturday

**DATES:** March 4<sup>th</sup> OR April 8<sup>th</sup>

**TIME:** 10:00AM – 11:00AM

**COST:** \$25 (1 class)

# Learn to Cook



All classes will be taught by Lawrence Cheeley and held in the High School Home Economics Room 213

## Pasta by Hand

In this course we will go over and make all different types of pasta. Types include; Gnocchi, fettuccini, pappardelle, tagliatelle, ravioli, tortellini, pansotti, malfatti, plus sauces. Everyone eats! Please bring containers to transport your creations and these following ingredients:

- 1 28 oz can of crushed tomatoes
- garlic Bulb
- baby carrots
- 1 small onion
- 1 celery stalk
- 1 small can or 1 tube of tomato paste
- 1 bag of fresh spinach
- 1 small container of ricotta
- 1 bag of unbleached flour
- 1 bottle of extra virgin olive oil
- 1 stick of butter
- dry sage

**\*Please specify which session you would like to attend\***

**WHO:** All ages  
**WHEN:** Saturday  
**DATES:** February 4<sup>th</sup> **OR** April 22<sup>nd</sup>  
**TIME:** 9:00AM – 12:00PM  
**COST:** \$35 (1 class)

## Italian Bread Class

There are countless types of breads from the region of Italy. In this class we will bake breads including: Piccoli orsi, focaccia, ciabatta, pizza, Christmas breads, Easter breads and many more. Please bring the following ingredients:

- 1 bag of unbleached flour
- coarse sea salt
- 1 jar of rapid yeast (not for bread machine)
- Mozzarella
- 1 28 oz can crushed tomatoes
- 1 bottle of extra virgin olive oil
- 1 handful of fresh basil leaves
- pepperoni

**\*Please specify which session you would like to attend\***

**WHO:** All ages  
**WHEN:** Saturday  
**DATES:** February 11<sup>th</sup> **OR** April 29<sup>th</sup>  
**TIME:** 9:00AM – 12:00PM  
**COST:** \$35 (1 class)

## How to Make Gnocchi

There are two types of gnocchi; potato and ricotta. We will make both of these in class. Please bring the following ingredients to class with you:

- 2 baking potatoes
- 1 small container of ricotta
- 1 bag of unbleached flour
- 1 28 oz can of crushed tomatoes
- 1 bottle of extra virgin olive oil
- 1 stick of butter
- dry sage
- fontina or mozzarella cheese

**\*Please specify which session you would like to attend\***

**WHO:** All ages  
**WHEN:** Saturday  
**DATES:** January 28<sup>th</sup> **OR** May 6<sup>th</sup>  
**TIME:** 9:00AM – 12:00PM  
**COST:** \$35 (1 class)

# Know How Tours



5175 Southwestern Blvd. Hamburg, NY 14075

**Departure from Tops Plaza:** 355 Orchard Park Rd. Orchard Park, NY 14224

Formerly the Seneca Mall. Accessible from Slade Road or Orchard Park Road near Thruway Exit 55  
Park at the far end of Tops near the poles with the letter "I" or "F"

## "RIVERDANCE" – Rochester

**Saturday, March 11<sup>th</sup>**

Start off our holiday tour with lunch at The Genesee Brew House. Next, we're off to *Rochester's Auditorium Theater for Riverdance*. The international Irish dance phenomenon is back by popular demand with Riverdance – the 20<sup>th</sup> Anniversary World Tour. Celebrating an extraordinary milestone for an incredible show, Riverdance will perform in over 60 US cities during the 2017 season. The Edinburgh Evening News raves about Riverdance – The 20<sup>th</sup> Anniversary "As for the flaws? Well, there simply aren't any. Here's to another 20 Years!" Marking the eagerly awaited return of the show to North America the anniversary production features new costumes, new lighting, new projections and the addition of a brand new number, "Anna Livia," featuring the female members of the Irish dance troop in an acapella hard-shoe number. It's spectacular. Don't miss it! A special lunch is planned prior to the show at the Genesee Brew House.

**Choose one (1) Lunch Entrée:** -Beef on Weck -Brewhouse BLT -Cobb Salad  
-Marinated Portobello topped with mozzarella & roasted red pepper sauce

**DEPARTURE:** 9:30AM

**RETURN:** 5:30PM

**COST:** \$135

**Check out [knowhowtours.com](http://knowhowtours.com) for more information and more fun trips!**

## "The Bodyguard" Toronto

On stage in Toronto at Ed Mirvish Theater

**Wednesday, February 22**

We're off to Toronto! The smash hit musical, The Bodyguard direct from London's West End. Former Secret Service agent Frank Farmer is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge – what they don't expect is to fall in love. Based on the 2002 Warner Bros. film written by acclaimed, Oscar nominated screenwriter Lawrence Kasdan and adapted by Academy Award winner Alexander Dinelaris, this exciting, thrilling, uplifting and moving production of The Bodyguard is headed to Toronto. After our matinee at the Ed Mirvish Theater enjoy a buffet dinner at Hot House Café located in Toronto. **Proof of citizenship required.**

**DEPARTURE:** 9:00AM

**RETURN:** 9:30PM

**COST:** \$169

# BODYSHAPING BY SANDY

**Register by calling:** 716-568-0246 or [bodyshapingbysandy.com](http://bodyshapingbysandy.com)

Class Pricing – 10 week semester

1 Class per Week – (10 classes total): \$70 (no discounts apply)

2 classes/week (20 classes total): \$105

3 classes/week (30 classes total): \$145

Aerobic Pass (unlimited classes): \$180

Classes CANNOT be pro-rated, missed classes may be made up. Classes may be taken one day or both days. Each day is a separate class. Example – a student may take Monday OR Wednesday for \$70 (10 classes); to take Monday AND Wednesday, it is \$105 (20 classes).

Classes may be free or discounted to members or some insurance plans – students need to come with their insurance information in order for us to check.

**Signed waiver forms must be returned to the Lake Shore Community Education Office located in the Main Office of the W.T. Hoag Educational Center at 42 Sunset Blvd. Angola, NY 14006 or faxed to 549-4391.**

## **Total Body Boot Camp \*Winter Session\***

Combines the widest variety of training techniques into one class. An ever evolving combination of cardio, bodyweight and strength training keeps your muscles challenged for the best results. This effective workout is perfect for the busy person.

*Bring a set of hand weights and a floor mat.*

**WHO:** 18 and over

**WHERE:** Highland Gym

**WHEN:** Tuesdays & Thursdays

**DATES:** January 9<sup>th</sup> – March 23<sup>rd</sup>

**TIME:** 7:00PM – 8:00PM

## **Total Body Boot Camp \*Spring Session\***

Combines the widest variety of training techniques into one class. An ever evolving combination of cardio, bodyweight and strength training keeps your muscles challenged for the best results. This effective workout is perfect for the busy person.

*Bring a set of hand weights and a floor mat.*

**WHO:** 18 and over

**WHERE:** Highland Gym

**WHEN:** Tuesdays & Thursdays

**DATES:** April 24<sup>th</sup> – June 29<sup>th</sup>

**TIME:** 7:00PM – 8:00PM

# Business and Finance

\*all classes are hosted by Benjamin Hussong, JD and Kevin Caffery Jr. from AXA Advisors\*

## Protecting your Benefits with Pension Maximization

This class is designed for anyone who will receive a pension during their retirement. Prior to retiring, you will make choices about survivorship benefits, pop-ups, lump sums, and more. We will explain these options in simple terms and give you the information necessary to ensure you receive the maximum benefit from your pension. *\*Please specify which date you would like to attend.\**

**WHO:** 18 and older  
**WHERE:** W.T. Hoag Rm 119  
**DATES and TIMES:** Wednesday, February 8<sup>th</sup>, 6:00PM – 7:30PM  
or Tuesday, April 25<sup>th</sup>, 6:00PM – 7:30PM  
**COST:** \$5 (1 class)

## Is a Roth IRA Right for You?

Most people have heard of a Roth IRA but may not fully understand the benefits or the limitations. We will explain the rules for Roth IRA's and who might benefit from the type of plan. We also review how they differ from traditional IRAs and discuss Roth IRA conversions. *\*Please specify which date you would like to attend.\**

**WHO:** 18 and older  
**WHERE:** W.T. Hoag Rm 119  
**DATES and TIMES:** Tuesday, February 28<sup>th</sup>, 6:00PM – 7:30PM  
or Wednesday, April 19<sup>th</sup>, 6:00PM – 7:30PM  
**COST:** \$5 (1 class)

## Planning for Retirement

This seminar provides a brief overview of the need to plan ahead for retirement and addresses the types of planning vehicles available. *\*Please specify which date you would like to attend.\**

**WHO:** 18 and over  
**WHERE:** W.T. Hoag Rm 119  
**DATES and TIMES:** Wednesday, February 1<sup>st</sup>, 6:00 – 7:30PM  
or Monday, May 1<sup>st</sup>, 6:00PM – 7:30PM  
**COST:** \$5 (1 class)

## Planning for College

This seminar provides a brief overview of the need to plan ahead for a college education and addressed the types of planning vehicles available, including UGMA/UTMA, Coverdell savings account and 529 plans. *\*Please specify which date you would like to attend.\**

**WHO:** 18 and older  
**WHERE:** W.T. Hoag Rm 119  
**DATES and TIMES:** Monday, January 30<sup>th</sup>, 6:00PM – 7:30PM  
or Tuesday, March 28<sup>th</sup>, 6:00PM – 7:30PM  
**COST:** \$5 (1 class)

Remember: No news is good news! 😊

# ARTS & CRAFTS

All classes will be held at **Expressive Glass**, 3333 Lake Shore Rd. (Rt 5), Buffalo, near Woodlawn Beach and instructed by Vicki Schneider. The studio is easily accessible from the Thruway and Milestrip Road.



## How to Make Glass Beads

Turn hot glass into cool stuff! Join glass artisan Vicki Schneider at her beautiful studio for an introductory class of glass bead making. In just 3 hours you will make your own one-of-a-kind glass beads and enter the mystical and ancient world of "lampworking." This workshop will introduce you to the art of safely melting and manipulating soft glass. During the class most students will create from 3 to 6 beads they can later turn into jewelry.

Pick up your beads after they have been annealed (heated and cooled gradually to remove thermal stress) or they can be mailed to you for a fee of \$7 payable to the instructor.

The class fee includes: 3 hours of instruction, all glass, tools, and materials plus one hour complimentary studio time to be used within 30 days of your class.

**WHO:** Ages 15 and older  
(Under 18 must be accompanied by an adult)

**COST:** \$70 (3 hours of class time)

**DATES and TIMES:** Saturday, January 14<sup>th</sup> 1:00PM – 4:00PM  
Saturday, March 4<sup>th</sup> 1:30PM – 4:30PM  
Saturday, June 3<sup>rd</sup> 10:00AM – 1:00PM

## Glass Leaf Pendants

Make one or more beautiful glass leaf pendants you will be proud to wear or give as a gift. Learn to melt and manipulate glass at a stationary torch under close supervision. No experience is necessary – only a willingness to try. You will be amazed at how glass glows and stretches when it is hot.

Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress) or they can be mailed to you for a fee of \$7 payable to the instructor.

**WHO:** Ages 15 and older  
(under 18 must be accompanied by an adult)

**COST:** \$60 (2 ½ hours of class time)

**DATES and TIMES:** Thursday, March 30<sup>th</sup> 6:00PM – 8:30PM  
Saturday, June 17<sup>th</sup> 10:00AM – 12:30PM



# ARTS & CRAFTS

All classes will be held at **Expressive Glass**, 3333 Lake Shore Rd. (Rt 5), Buffalo, near Woodlawn Beach and instructed by Vicki Schneider. The studio is easily accessible from the Thruway and Milestrip Road.



## Icicles Galore

Create lovely glass icicles to adorn your Christmas tree or hang in your window all year long. You will learn how to melt, stretch and twist clear and colored glass at a stationary torch under close supervision. You may also be able to make a smaller version of the icicles to wear as a pendant. No experience is necessary – only a willingness to try.

Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress) or have them mailed to you for a fee of \$7 payable to the instructor.

**WHO:** Ages 15 and older  
(under 18 must be accompanied by an adult)

**COST:** \$60 (2 ½ hours of class time)

### **DATES and TIMES:**

Saturday, January 28<sup>th</sup> 10:00AM – 12:30PM

Thursday, February 23<sup>rd</sup> 6:30PM – 9:00PM

## Floral Glass Pendants

Make several glass pendants with beautiful floral designs that you will be proud to wear or give as gifts. First you will cut small pieces of glass and place them on a graphite pad to create your flower. You will then learn how to encase your design in molten glass and form your pendants. You will be amazed and mesmerized as you learn to melt and manipulate glass at a stationary torch under close supervision. No experience is necessary – only a willingness to try.

Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress) or have them mailed to you for a fee of \$7 payable to the instructor.

**WHO:** Ages 15 and older  
(under 18 must be accompanied by an adult)

**COST:** \$60 (2 ½ hours of class time)

### **DATES and TIMES:**

Thursday, April 20<sup>th</sup> 6:00PM – 8:30PM

Saturday, May 27<sup>th</sup> 10:00AM – 12:30PM

# ARTS & CRAFTS

All classes will be held at **Expressive Glass**, 3333 Lake Shore Rd. (Rt 5), Buffalo, near Woodlawn Beach and instructed by Vicki Schneider. The studio is easily accessible from the Thruway and Milestrip Road.

## **Fun with Fusing**

Make beautiful jewelry or decorative items from colorful pieces of glass you cut, arrange, and heat together in a kiln. Create your own design or follow one of our project samples. Choose to make two pendants, a pair of earring, two pins, two refrigerator magnets, one sun catcher, on glass tile or one night-light. Additional fee for extra projects, multiple firings (if required), and dichroic glass.

By successfully completing this class, you are eligible to rent studio time and complete new projects on your own.

You can pick up your project after it's been fused and annealed (heated and cooled gradually to remove thermal stress) or the instructor can mail it to you for an additional fee of \$7. If your project requires a bail, earring backs, magnet or night-light assembly, the instructor will provide you with the needed materials in the mail or by appointment.

**WHO:** Ages 15 and older

(Under 18 must be accompanied by an adult)

**COST:** \$60 (2 ½ hours of class time)

### **DATES and TIMES:**

Saturday, February 25<sup>th</sup> 10:00AM – 12:30PM

Saturday, May 20 1:30PM – 4:00PM

## **Nature Prints**

Paint the backs of leaves and flowers with specially formulated vitreous enamel and use them to print the center section of a beautiful plate, sun catcher, tile, or night light. Add colorful pieces of glass to create a border around your print. During the class you will learn basic cutting techniques and how to mix and use the vitreous enamel.

Please bring several leaves or ferns (4" or smaller) with pronounced veins and an N100 or P100 dust mask (available at hardware stores). You may also bring small flowers. Note: Petals that are very delicate do not hold up well to the paints.

We will heat your design in a kiln until the glass melts and then heat it a second time, as needed, to slump it into a small plate.

You can pick up your project after it's been fused and annealed (heated and cooled gradually to remove thermal stress) or it can be mailed for a \$7 fee payable to the instructor.

**WHO:** : Ages 15 and older

(Under 18 must be accompanied by an adult)

**COST:** \$70 (3 ½ hours of class time)

### **DATES and TIMES:**

Saturday, April 22<sup>nd</sup> 1:00PM – 4:30PM

Sunday, June 11<sup>th</sup> 1:00PM – 4:30PM

# ARTS & CRAFTS



All classes will be held at **Expressive Glass**, 3333 Lake Shore Rd. (Rt 5), Buffalo, near Woodlawn Beach and instructed by Vicki Schneider. The studio is easily accessible from the Thruway and Milestrip Road.

## Easter Plate

Celebrate Easter by creating a beautiful 5x5 transparent glass plate imprinted with a holiday design. Learn to cut flat glass and decorate it with a design you cut out of 1/8" fiber paper. We will then heat your design in a kiln until the glass melts down around the fiber paper to reveal your picture in relief. We will heat your glass again to slump it in to a 5x5 plate.

Pick up your projects after the have been fused, slumped and annealed (heated and cooled gradually to remove thermal stress or they can be mailed for a \$7 fee payable to the instructor.

**WHO:** 15 years and older  
(Under 18 must be accompanied by an adult)

**COST:** \$70 (3 hours of class time)

**DATE:** Saturday, March 18<sup>th</sup>

**TIME:** 10:30AM – 1:30PM

## Fritty the Snowman

Create an adorable snowman plate by applying layers of crushed glass and other glass components to flat glass. We will heat your design in a kiln until the glass melts and then heat it a second time to slump it into a 5x5 plate.

Pick up your project(s) after they have been fused, slumped and annealed (heated and cooled gradually to remove thermal stress). If you prefer, it can be mailed for an additional fee of \$7 payable to the instructor.

**WHO:** 15 years and older  
(Under 18 must be accompanied by an adult)

**COST:** \$60 (2 ½ hours of class time)

### **DATES and TIMES:**

Sunday, January 22<sup>nd</sup> 1:00PM – 3:30PM

Saturday, February 18<sup>th</sup> 1:00PM – 3:30PM

## Pocket Vase

Create a unique miniature pocket vase to hang on your wall. Cut your base glass and create your design with crushed glass and other components. We will heat your project in a kiln until your design melts into the glass and reheat it to form a pocket. No experience is necessary – only a willingness to try.

Pick up your project after it has been fused, slumped and annealed (heated and cooled gradually to remove thermal stress) or have it mailed to you for a \$7 fee payable to the instructor.

**WHO:** 15 and older  
(Under 18 must be accompanied by an adult)

**COST:** \$60 (2 ½ hours of class time)

### **DATES and TIMES:**

Monday, April 24<sup>th</sup> 6:30PM – 9:00PM

Thursday, May 4<sup>th</sup> 6:30PM – 9:00PM



# All-Pro Tutoring and Test Prep

## Writing the College Application

Do you want to submit a college application essay that will really hit home with the Admission Office at the college of your choice? Learn all the fundamentals of a winning essay as well as proven strategies. You will begin to write the college application essay during this class and leave with the confidence and knowledge to complete the process on your own. *Students are welcome to bring a snack or meal to class.*

**WHO:** 15 and older      **WHERE:** Senior High Rm 107  
**WHEN:** Wednesday      **DATE:** May 3<sup>rd</sup>  
**TIME:** 6:00PM – 8:30PM      **COST:** \$55 (1 class)

## 4-Hour ACT Boot Camp

Get a jump start on your ACT 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 [www.allprotutoring.com](http://www.allprotutoring.com). *Students are welcome to bring a snack or meal to class.*

**2017 ACT test dates: April 8<sup>th</sup> or June 10<sup>th</sup>**

**WHO:** 15 and older      **WHERE:** Senior High Rm 107  
**WHEN:** Monday/Wednesday      **DATES:** May 15<sup>th</sup> and May 17<sup>th</sup>  
**TIME:** 6:00PM – 8:00PM      **COST:** \$65 (2 classes)

## 9-Hour ACT Test Prep Course

Did you know that the ACT test is held in equal esteem as the SAT test by most colleges and universities? This 9-hour review course offers an in depth study of the ACT test. Includes: classroom instruction, test-taking strategies, testing information, study materials include the new writing format and a few simulated ACT test. For the simulated test schedule and registration information visit [allprotutoring.com](http://allprotutoring.com). *Students are welcome to bring a snack or meal to class.*

**2017 ACT test dates: April 8<sup>th</sup> or June 10<sup>th</sup>**

**WHO:** 15 and older      **WHERE:** Senior High Rm 107      **WHEN:** Mondays and Wednesdays  
**DATES:** March 13<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup>      **TIME:** 5:30PM – 8:30PM      **COST:** \$125 (3 classes)

# All-Pro Tutoring and Test Prep



## 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 [allprotutoring.com](http://allprotutoring.com). *Students are welcome to bring a snack or meal.*

**2017 SAT dates: January 31<sup>st</sup>, March 11<sup>th</sup>, May 6<sup>th</sup>, and June 3<sup>rd</sup>.**

**WHO:** 15 and older  
**WHERE:** Senior High Rm 107  
**WHEN:** Mondays and Wednesdays  
**DATES:** April 24<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup>  
**TIME:** 6:00PM – 8:00PM  
**COST:** \$65 (2 classes)

## 9-Hour SAT Test Prep Course

Are you ready for the SAT test? This 9-hour course offer and in-depth study of the SAT test. Course includes: classroom instructions, test-taking strategies, testing information, workbook/study materials and a free simulated test. For the simulated test schedule and registration information visit [allprotutoring.com](http://allprotutoring.com).

*Students are welcome to bring a snack or meal to class.* **2017 SAT test dates: January 31<sup>st</sup>, March 11<sup>th</sup>, May 6<sup>th</sup>, and June 3<sup>rd</sup>.**

**WHO:** 15 and older  
**WHERE:** Senior High Rm 107  
**WHEN:** Tuesdays and Thursdays  
**DATES:** February 7<sup>th</sup>, 9<sup>th</sup> and 14<sup>th</sup>  
**TIME:** 5:30PM – 8:30PM  
**COST:** \$125 (3 classes)

## Send Your Kids to College Seminar

Did you know that less than 33% of 4-year college students graduate in 4 years? Mistakes in college planning could cost you thousands of dollars! Please join our team of experts for a 90-minute discussion on your best approach to the college scene. Send Your Kids to College is a non-profit organization designed to assist you with every step of the college way. 1) Natalie Beilein will discuss the Indigo Assessment for finding and applying to the college that best suits your needs and interests. 2) Denise Breier and Jackie Sheehan from all-Pro Tutoring and Test Prep will help you establish a timeline for academic preparation for college admission tests, and discuss why it is important to prepare for the SAT and ACT tests. 3) Jeff Boron is a certified college planning specialist and will discuss strategies to reduce the cost of college, including information about the SAGE Scholars tuition rewards program. You will earn 500 SAGE Scholars points just for attending the seminar; that is equal to \$500 in tuition rewards! Attend to find out how you can earn more SAGE Scholars tuition points.

**WHO:** 15 and over  
**WHERE:** Senior High Rm 107  
**WHEN:** Wednesday  
**DATE:** March 29<sup>th</sup>  
**TIME:** 6:00PM – 8:00PM  
**COST:** \$5 (1 class)

# Creative Writing Concepts



**Instructor: Isaiah Rashad, II**

In this course we will talk about the nature of writing and the concepts of how to write little while still addressing the issues with power. We talk about words and their true meaning, character development, book writing, business plan, resume writing and more. **Minimum of 4 participants.**

**WHO:** 17 and older

**WHERE:** Senior High Rm 106

**TIME:** 5:00PM – 8:00PM

**COST:** \$40 (3 classes)

**\*All classes will be held Tuesday, Wednesday, Thursday. Please specify on your registration form which session you would like to sign up for.\***

**SESSIONS:**

- 1) January 24<sup>th</sup>, 25<sup>th</sup>, and 26<sup>th</sup>
- 2) February 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup>
- 3) February 28<sup>th</sup>, March 1<sup>st</sup>, and 2<sup>nd</sup>
- 4) March 14<sup>th</sup>, 15<sup>th</sup>, and 16<sup>th</sup>
- 5) March 28<sup>th</sup>, 29<sup>th</sup>, and 30<sup>th</sup>
- 6) April 18<sup>th</sup>, 19<sup>th</sup>, and 20<sup>th</sup>
- 7) May 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>

# KIDS CHOICE SPORTS



\*Each class listed is \$65\*



## **Hot Shots- Intro to Basketball** **Ages 5 to 7**

**6:00PM – 6:45PM**  
**AJ Schmidt Gym**

*(6 classes; January 31<sup>st</sup>, February 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>, March 7<sup>th</sup> and 14<sup>th</sup>)*

Boys and girls will learn the basics of basketball in this fun class. Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in the non-competitive, co-ed program. **This class will include some parent participation.** A t-shirt is included in the program fee.

## **Pee Wee Floor Hockey** **Ages 4 to 6**

**6:00PM – 6:45PM**  
**JT Waugh Gym**

*(6 classes; February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, March 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup>)*

In this non-competitive co-ed program, kids will be taught basic skills of hockey. These skills include stick handling, passing and shooting. Players use a soft ended floor hockey stick and a ball. The idea is to have fun and make friends while learning the sport of floor hockey. No prior experience necessary. **All players are required to have a mouth guard and shin guards.** Please bring a hockey stick for drills.

## **Co-Ed Basketball** **Ages 8 to 12**

**7:00PM – 8:00PM**  
**AJ Schmidt Gym**

*(6 classes; January 31<sup>st</sup>, February 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>, March 7<sup>th</sup> and 14<sup>th</sup>)*

This co-ed program encourages boys and girls to learn the basic skills and principles involved in the game of basketball. Skills such as dribbling, passing, and shooting will be taught followed by a fun scrimmage. This class will enable players to become proficient at the game of basketball, build confidence, develop a positive self image and most of all, have fun!

## **Youth Floor Hockey** **Ages 7 to 12**

**7:00PM – 8:00 PM**  
**JT Waugh Gym**

This program provides a safe and fun environment for boys and girls to get together, make friends and learn the basic skills and principles involved in the game of hockey. Skills such as stick handling, passing and shooting will be taught followed by a scrimmage. **All players are required to have a mouth guard, shin guards, and a hockey stick.**



Second Session

# KIDS CHOICE SPORTS



\*Each Class listed is \$65\*

## Hot Shots – Intro to Basketball Ages 5 to 7

**6:00PM – 6:45PM**  
**AJ Schmidt Gym**

*(6 classes: April 18<sup>th</sup>, 25<sup>th</sup>, May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup>)*

Boys and girls will learn the basics of basketball in this fun class. Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in the non-competitive, co-ed program. **This class will include some parent participation.** A t-shirt is included in the program fee.

## Co-Ed Basketball Ages 8 to 12

**7:00PM – 8:00PM**  
**AJ Schmidt Gym**

*(6 classes; April 18<sup>th</sup>, 25<sup>th</sup>, May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup>)*

This co-ed program encourages boys and girls to learn the basic skills and principles involved in the game of basketball. Skills such as dribbling, passing, and shoot will be taught followed by a fun scrimmage. This class will enable players to become proficient at the game of basketball, build confidence, develop a positive self image and most of all, have fun!

## Little Sluggers – Intro to Tee Ball Ages 3 to 6

**6:00PM – 6:45PM**  
**JT Waugh Gym**

*(6 classes; April 19<sup>th</sup>, 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>)*

This class is perfect for boys and girls who would like to learn the basics of tee ball. In this **parent-participation** program, you and your child will work together on drills to learn catching, fielding, throwing, batting, and running bases. Emphasis will be placed on fun and recreation in this non-competitive, co-ed program. A t-shirt is included in the program fee.

## Pee Wee Floor Hockey Ages 4 to 6

**7:00PM – 7:45PM**  
**JT Waugh Gym**

*(6 classes; April 19<sup>th</sup>, 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>)*

In this non-competitive co-ed program, kids will be taught basic skills of hockey. These skills include stick handling, passing and shooting. Players use a soft ended floor hockey stick and a ball. The idea is to have fun and make friends while learning the sport of floor hockey. No prior experience necessary. **All players are required to have a mouth guard and shin guards.** Please bring a hockey stick for drills.

## Youth Floor Hockey Ages 7 to 12

**7:45PM – 8:45PM**  
**JT Waugh Gym**

*(6 classes; April 19<sup>th</sup>, 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>)*

This program provides a safe and fun environment for boys and girls to get together, make friends and learn the basic skills and principles involved in the game of hockey. Skills such as stick handling, passing and shooting will be taught followed by a scrimmage. **All players are required to have a mouth guard, shin guards, and a hockey stick.**