

Lake Shore Community Education Winter/Spring Brochure 2018



OFFICE HOURS

December - February 7:30am—3:30pm

March - June 8:00am – 4:00pm

PHONE: (716) 926-2270

FAX: (716) 549-4391

Visit us at the William T. Hoag Educational Center located at 42 Sunset Blvd. Angola, NY 14006

or [Community Education Homepage Link](#)

GENERAL INFORMATION

BUILDING/PROGRAM ADMINISTRATOR – Christine Starks

SECRETARY - Emily Ludwig

William T. Hoag Educational Center

42 Sunset Blvd.

Angola, NY 14006



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
W. 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.

MONDAY – FRIDAY

December—February: 7:30am – 3:30pm

March—June: 8:00am—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. 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.

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 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 sign 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 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 21st and April 4th.** *Minimum of 7 participants.*

WHO: 18 and older

DATES: January 24th – May 9th

TIME: 7:00pm – 8:00pm

WHERE: Highland Gym

WHEN: Wednesdays

COST: \$42 (14 classes)

Yoga Dao In Lung Shen

Instructor: Susan Brown

Gentle style of yoga focusing on stretching, flexibility, balance, acupressure points, detoxing and relaxation. This is a total body workout touching on all body systems. The benefits are many – physical, mental and emotional. You'll be amazed at how you feel afterwards. **No class February 19th and April 2nd.** *Minimum of 8 participants.*

WHO: 15 and older

DATES: January 22nd – May 14th

TIME: 6:15pm – 7:15pm

WHERE: A.J Schmidt Gym

WHEN: Mondays

COST: \$40 (15 classes)

Water Aerobics

Instructor: Eileen Petersen

This program offers a gentle water aerobic workout which follows audio-taped instructions. It works all muscle groups in a gentle, easy manner. **No class April 2nd and 4th.** *Minimum of 10 participants.*

WHO: 18 and older

WHERE: Middle School Pool

DATES: March 5th – May 16th

WHEN: Mondays & Wednesdays

TIME: 6:15pm – 7:15pm **COST:** \$40 (20 classes)

Fitness for Seniors

Instructor: Barbara Hammond

This program consists of using cardio equipment (treadmills, bikes, etc.), strength equipment (free weights) with stretching exercises during the last 5 minutes of class. Please wear sneakers and work out clothing. **No class February 20th and 22nd.** *Minimum of 7 participants.*

WHO: 50 and older

WHERE: Senior High Fitness Center

DATES: January 23rd – March 8th

WHEN: Tuesdays & Thursdays

TIME: 5:00pm – 6:00pm

COST: \$46 (12 classes)

Swimming

Open Swim/Lap Swim Lifeguards SESSION I

Use the pool to get a workout or to just enjoy time in the water. Must be pre-registered. *Minimum of 5 participants.* Last class will be Wednesday, January 24th.

WHO: 18 and older
WHERE: Lake Shore High School Pool
DATES: January 2nd – January 26th
WHEN: Tuesday and Thursday
TIME: 6:30pm – 7:30pm
COST: \$40 (8 – 1 hour classes)

Please note all sessions will be on Tuesdays and Thursdays besides the last week: Wednesday, January 24th and Friday, January 26th.

Open Swim/Lap Swim Lifeguards SESSION II

Use the pool to get a workout or to just enjoy time in the water. Must be pre-registered. *Minimum of 5 participants.* **No class March 16th, April 4th or April 6th.**

WHO: 18 and older
WHERE: Lake Shore High School Pool
DATES: February 28th – April 18th
WHEN: Wednesday and Friday
TIME: 7:30pm – 8:30pm
COST: \$50 (12 – 1 hour classes)

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. *Minimum of 6 families.* **No class April 3rd or April 5th.**

WHO: Parents and children
WHERE: Lake Shore High School Pool
DATES: March 6th – April 19th
WHEN: Tuesdays and Thursdays
TIME: 6:30pm – 8:30pm
COST: \$72 per family (12 – 2 hour sessions)
ONLY \$6 per family per session!

CAUTION FOR SWIMMERS

Please be advised that pool temperatures are kept between 78 and 82 degrees. Due to 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.

Bodyshaping by Sandy

Register by calling 716-568-0246 or visit bodyshapingbysandy.com

WINTER SESSION

Total Body Boot Camp

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.* **No class February 20th and 22nd.**

WHO: 18 and older
WHERE: Highland Gym
DATES: January 18th – March 29th
WHEN: Tuesdays
TIME: 7:00pm – 8:00pm
COST: 10 week class:
1 class a week - \$75 (10 classes)

SPRING SESSION

Total Body Boot Camp

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 older
WHERE: Highland Gym
DATES: April 12th – May 17th
WHEN: Tuesdays & Thursdays
TIME: 7:00pm – 8:00pm
COST: 6 week class:
1 class a week - \$45 (6 classes)



Italian Language



Italian Language for Beginners I

Instructor: Lawrence Cheeley

You will learn the basics of Italian language; grammar, conjugation, pronunciation, reading, writing, speaking, formal vs informal, time, numbers, and etiquette. In 6 weeks, participants will learn to conjugate all three conjugations present indicative. Participants will be able to form simple phrases by the end of the course. *Minimum of 5 participants.*

WHO: Ages 14 & up
WHERE: W.T Hoag Annex Building
WHEN: Wednesdays
DATES: January 3rd – January 31st
TIME: 7:00pm – 8:15pm
COST: \$80 (5 classes)

Italian Language for Beginners II

Instructor: Lawrence Cheeley

This is a continuation class from level 1, or for participants who are familiar with the language. We will review Level I (conjugation, grammar, pronunciation, etc.) and continue on the Passato Prossimo. *Minimum of 5 participants. No class February 21st.*

WHO: Ages 14 & up
WHERE: W.T Hoag Annex Building
WHEN: Wednesdays
DATES: February 14th – March 21st
TIME: 7:00pm – 8:15pm
COST: \$80 (5 classes)



Learning to Cook

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

Pasta By Hand (Pasta A Mano)

In this course we will go over and make all different types of pasta. Types include, Fettuccini, Pappardelle, Tagliatelle, Ravioli, Tortellini, Pansotti, Malfatti, plus sauces. Everyone eats! Please bring containers to transport your creations and the following items:

- 1 28oz 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 date you would like to attend.
Minimum of 5 participants.

WHO: Ages 14 & up

WHEN: Saturday, January 20th
or Saturday, April 21st

TIME: 9:00am – 12:00pm

COST: \$35 (1 class)

Italian Breads I

In this class you will choose from the following options: Tuscan Raisin, Rosemary Rolls, Easter Breads, Grissini (bread sticks), pizza margherita, pizza neapolitana, pizza rustica, calzone, Serpentone, and much more! Please bring containers to transport your creations and the following items:

- 1 bag of unbleached flour
- Coarse Sea Sal
- 1 jar of rapid rise yeast (not for bread machine)
- Mozzarella
- 1 28oz can of crushed tomatoes
- Extra Virgin Olive Oil
- Handful of fresh basil leaves
- Pepperoni

Please specify which date you would like to attend.
Minimum of 5 participants.

WHO: Ages 14 & up

WHEN: Saturday, January 13th
or Saturday, April 14th

TIME: 9:00am – 12:00pm

COST: \$35 (1 class)

Traditional Italian Meal

We will make the items that would be included in a traditional Italian meal. Please bring containers to transport your creations and the following items:

- 1/2 green or orange melon
- sliced ham or prosciutto
- Fontina cheese (not grated)
- Mozzarella cheese (not grated)
- cheery tomatoes
- garlic bulb
- assorted meats (salami, pepperoni, etc)
- Extra Virgin Olive Oil
- ½ bag of unbleached flour
- 1 baking potato
- 4 chicken thighs
- 1 lemon
- romaine lettuce
- 1 celery stalk
- 1 handful of baby carrots
- 1 sweet onion
- 1 green or yellow pepper
- Balsamic Vinegar
- 1 apple

Please specify which date you would like to attend.

Minimum of 5 participants.

WHO: Ages 14 & up

WHEN: Saturday, January 6th
or April 7th

TIME: 9:00am – 12:00pm

COST: \$35 (1 class)

HOBBIES

Voices with Glory

Instructor: Sondra Holland

Do you wish to sing with happiness and beauty? Do you wish to make harmony with your friends and family? Are you a secret shower singer? Sondra, a New York State certified vocal music teacher, wishes to help develop you unique voice. Let's sing the good oldies, songs of peace, love and fun. Let's enjoy making music together. **No class February 19th. Minimum of 5 participants.**

WHO: All Ages

WHERE: W. T. Hoag Cafeteria

DATES: January 22nd – March 5th

WHEN: Mondays

TIME: 6:45pm – 7:45pm

COST: \$35 (6 classes)

Yoga, Meditation and Compassion

Instructor: Sondra Holland

Rise beyond – glide through. Have you always wished to rise above your most inspiring dreams? Do you desire to glide through life with joy, strength and courage? Sondra, a meditation devotee, has spent many long times studying in the orient. Her dream is to unite ancient eastern teachings with peaceful western practices. Included in this class eight fold paths/Ashtanga, Ahinsa or no violence, Sastya or truth. In conclusion, we will have an understanding of the Chakras, Asanas, Karmic and Niyama Yoga. All ages, talents and abilities are most welcome. **No class February 19th. Minimum of 5 participants.**

WHO: All Ages

WHERE: W. T. Hoag Cafeteria

DATES: January 22nd – March 5th

WHEN: Mondays

TIME: 7:45pm – 8:45pm

COST: \$35 (6 classes)



Color Your Life

Instructor: Sondra Holland

Do you wish to paint your life with color and beauty? Do you wish to make cartoons with your friends and family? Are you a secret art doodler? Sondra, a New York State certified art teacher, wishes to help develop you inner artistic talents. Draw and paint pictures of color and delight. Let's enjoy artistic moments together. **No class February 20th. Minimum of 5 participants.**

WHO: All Ages

WHERE: W.T. Hoag Cafeteria

DATES: January 23rd – March 6th

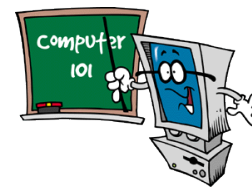
WHEN: Tuesdays

TIME: 6:45pm – 7:45pm

COST: \$35 (6 classes)



COMPUTER BASICS



Computer Basics

Instructor: Pauline Ricotta

Computer Basics is designed for students who are new to using Personal Computers (PCs). Students will learn enough fundamental terminology to attend Intro to Microsoft Word and Intro to Microsoft Excel Community Education classes. You will learn the basics including: CPU, power supply, USB port, input devices, output devices, keyboard commands, mouse operations, file management, window manipulation, desktop, browser, icon and programs. **Please bring any sized flash drive (thumb drive, memory stick).** *Minimum of 5 participants, maximum of 8.*

WHO: Ages 13 & up
WHERE: Middle School Room 200
DATES: January 23rd & January 25th
WHEN: Tuesday & Thursday
TIME: 6:30pm – 8:30pm
COST: \$20 (2 classes)

Introduction to Microsoft Excel

Instructor: Pauline Ricotta

Introduction to Microsoft Excel is designed for students who are new to using Excel. Students will learn spreadsheet fundamentals, how to create, edit, format, save and print Excel spreadsheets. We will create a simple budget and a more practical inventory (tools, computer games, grocery list) example relative to each student. **Please bring any sized flash drive (thumb drive, memory stick).**

Class 1: Find Excel on the computer, start Excel, discuss spreadsheets, columns and rows, common uses of spreadsheets. Create new documents, enter data, basic page viewing options, basic formatting including adding rows and columns, save, save as new spreadsheet.

Class 2: Explore Excel main screen and touch on most used features. Use basic, throwaway examples to highlight these features.

WHO: Ages 13 & up
WHERE: Middle School Room 200
DATES: February 27th – March 15th
WHEN: Tuesdays & Thursdays
TIME: 6:30pm – 8:30pm
COST: \$50 (6 classes)

Introduction to Microsoft Word

Instructor: Pauline Ricotta

Introduction to Microsoft Word is designed for students who are new to using Word. Students will learn to create, edit, format, save and print documents. We will experiment with margins, fonts, layouts, file naming, file management, include images within documents and create a flyer and business letter of the student's choice. **Please bring any sized flash drive (thumb drive, memory stick).** *Minimum of 6 participants.*

Class 1: What is word processing, find Word on the computer, start Word, discuss templates. Create a new document, type text, basic page viewing options, basic formatting, including ruler and margins, font type and size, save and save as new document.

Class 2: Discuss folders and how to create on thumb drive and computer, discuss Word Ribbon, create a Business letter from the Business letter template, overwrite template placeholders and test other features.

WHO: Ages 13 & up
WHERE: Middle School Room 200
DATES: January 30th – February 15th
WHEN: Tuesdays & Thursdays
TIME: 6:30pm – 8:30pm
COST: \$50 (6 classes)



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 Homepage Link](#) **2018 SAT Test Dates: March 10th, May 5th, June 2nd, August 25^h, October 6th, and November 3rd.** 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 27th, March 1st & March 6th
WHEN: Tuesdays & Thursday **TIME:** 5:30pm – 8:30 pm
COST: \$125 (3 classes)

4-Hour ACT Test Prep Course

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 Homepage Link](#). **2018 ACT Test Dates: April 14th, June 9th, July 14th, September 8th, October 20th and December 8th.** Students are welcome to bring a snack or dinner to class.

WHO: Ages 15 & older **WHERE:** W.T. Hoag Annex Building
DATES: May 14th and May 16th **WHEN:** Monday and Wednesday
TIME: 6:00pm – 8:00pm **COST:** \$65 (1 class)

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 course offers an in depth study of the ACT test. Includes: classroom instruction, test-taking strategies, testing information, study materials including the new writing format and a free simulated ACT test. For the simulated test schedule and registration information visit [All-Pro Tutoring and Test Prep Homepage Link/](#). **2018 ACT Test Dates: April 14th, June 9th, July 14th, September 8th, October 20th and December 8th.** 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: March 22nd, March 27th & March 29th
WHEN: Tuesday and Thursdays **TIME:** 5:30pm – 8:30pm
COST: \$125 (1 class)

4-Hour SAT Test Prep Course

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 Homepage Link](#). **2018 SAT Test Dates: March 10th, May 5th, June 2nd, August 25^h, October 6th, and November 3rd.** Students are welcome to bring a snack or lunch to class. *Minimum of 3 participants.*

WHO: Ages 15 & older **WHERE:** W.T. Hoag Annex Building
DATE: April 24th & April 26th **WHEN:** Tuesday & Thursday
TIME: 6:00pm – 8:00pm **COST:** \$65 (1 class)

BUSINESS AND FINANCE

All classes are hosted by Kevin Caffery Jr. from AXA Advisors.
Classes will be held in the Annex Building directly next to W.T. Hoag Educational Center, 42 Sunset Blvd. Angola.

Planning for College

This seminar provides a brief overview of the need to plan ahead for a college education and addresses the types of planning vehicles available, including UGMA/UTMA, Coverdell savings account and 529 plans.

WHO: 17 and older
WHEN: Wednesday
COST: \$5 (1 class)

DATE: January 31st
TIME: 6:30pm – 8:00pm

Social Security, Medicare and Long-Term Care

This seminar provides helpful information about Social Security, Medicare and Long-Term Care. It discusses how they impact the ever-changing retirement environment.

WHO: 18 and older
WHEN: Monday
COST: \$5 (1 class)

DATE: February 12th
TIME: 6:30pm – 8:00pm

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.

WHO: 18 and older
WHEN: Thursday
COST: \$5 (1 class)

DATE: March 1st
TIME: 6:30pm – 8:00pm

Is a Roth IRA Right for You?

Most people have heard of a Roth IRA but may not fully understand the benefits or limitations. We will explain the rules for Roth IRAs and who might benefit from this type of plan. We also review how they are different from traditional IRAs and discuss Roth IRA conversions.

WHO: 18 and older
WHEN: Thursday
COST: \$5 (1 class)

DATE: March 15th
TIME: 6:30pm – 8:00pm

Driving



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 student's driving record. Adventure into traffic safety awareness! Student participation, with an information workbook and safety education films. No formal testing. *Minimum of 5 participants.*

WHO: Anyone with a valid driver's license

DATES: March 19th and 20th

TIME: 5:30pm – 8:30pm

WHERE: W.T. Hoag Annex Building

WHEN: Monday & Tuesday

COST: \$40 (2 classes)

DMV Pre-Licensing Course

Instructor: Mr. Frew

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. Walk-ins will not be able to participate. *There is a \$10.00 processing fee for a lost certificate.* **Pre-registration is now mandatory.**

WHO: Anyone with a permit

WHERE: Senior High LGI

DATES: Thursday, January 11th
Thursday, February 15th
Wednesday, March 14th
Wednesday, April 18th
Wednesday, May 16th
Wednesday, July 11th

TIME: 3:30pm – 8:30pm

COST: \$35 (1 class)

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 [Empire Safety Council Homepage Link](#), 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!

Lifeguarding Certification



Instructor: Mary Galac

Requirements:

- Must be 15 years of age by the last day of the course attended.
- Attend *all* training sessions
- Pass a written test with a score of at least 80%
- Successfully complete a pre-course screening session which includes:
 - Swim 500 yards continuously, using these strokes: front crawl using rhythmic breathing and a stabilizing propellant kick and breaststroke
 - Swim 20 yards (front crawl or breast stroke), surface dive to a depth of 7-10 feet, retrieve a 10 pound object, and return with it to the surface, swim back 20 yards holding it with both hands with your face out of the water
 - Perform all required skills with 100% accuracy

You will receive the following certifications from Basic Lifeguard Training:

Become an aquatic professional, learn professional lifesaving techniques and gain leadership skills.

- Lifeguarding Certification (good for 2 years)
- CPR for the Professional Rescuer Certification (good for 1 year)
- First Aid Certification (good for 2 years)

*Please specify which session you would like to attend; January Session **or** May Session*

WHO: Ages 15 and up

WHERE: Middle School Pool

DATES: January 23rd, 25th, 27th, 30th, February 3rd, and 6th (Thursday, January 25th will be held at the Senior High Pool)

OR

May 5th, 8th, 12th, 15th, 19th, and 22nd

WHEN: Tuesdays & Saturdays

TIME: Tuesdays – 6:00pm – 9:00pm
Thursdays – 6:00pm – 9:00pm
Saturdays – 9:00am – 1:00pm

COST: \$250 (6 classes)

Art Class

Beginning Illustration Class

Instructor: Sabine Baeckmann

This course is an introduction to drawing with emphasis on creative interpretation and draftsmanship for the visual communication of ideas via illustration. Basically stated, it is the study of drawing in various contemporary media emphasizing creative interpretation, memory of observation and development of skill. The course covers the reproduction of subject matter ranging from still life, nature, perspective, human forms, photographs, and the imagination. The goal is to provide students with a set of universal skills and knowledge in the fundamentals of drawing, which can then lay the foundation for future courses in advanced illustration, painting, sculpture and other disciplines. *Minimum of 8 participants. No class February 22nd or April 4th.*

Outcomes:

- Demonstrate familiarity with basic drawing terminology, tools, media and techniques
- Illustrate using a full range of values
- Select, frame, and compose from reality to the paper format
- Recognize and manipulate negative/positive shapes and space with edge control variables
- Utilize high contrasting of values for describing form
- Change line quality to represent depth and space
- Utilize basic principles of Renaissance linear perspective
- Demonstrate knowledge of the human anatomy
- Compose a well-designed drawing

Participants will be informed of a list of supplies that they need to bring to class with them as the start date approaches.



WHO: 15 and Older
WHERE: High School Room 131
WHEN: Thursday
DATES: January 25th – April 12th
TIME: 6:00pm – 9:00pm
COST: \$72 (10 classes)



Kids Choice Sports

WINTER SESSION

Hot Shots – Intro to Basketball

A.J. Schmidt Gym

Ages 5 to 7

Tuesday 1/30, 2/6, 2/13, 2/27, 3/6, 3/13

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 a smaller ball. Emphasis will be placed on fun and recreation in this non-competitive, co-ed program. **This class will include some parent participation.** A t-shirt is included in the program fee.

COST: \$65 (6 classes)

TIME: 6:00pm – 6:45pm

Pee Wee Hockey

A.J. Schmidt Gym

Ages 4 to 6

Wednesday 1/31, 2/7, 2/14, 2/28, 3/7, 3/14

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 soft ended floor hockey sticks and a foam ball. The idea is to have fun and make friends while learning the sport of floor hockey. No prior experience is necessary. **All players are required to have a mouth guard, shin guard and a hockey stick for drills.**

COST: \$65 (6 classes)

TIME: 6:00pm – 6:45pm

Co-Ed Basketball

A.J. Schmidt Gym

Ages 8 to 12

Tuesday 1/30, 2/6, 2/13, 2/27, 3/6, 3/13

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!

COST: \$65 (6 classes)

TIME: 7:00pm – 8:00pm

Youth Floor Hockey

A.J. Schmidt Gym

Ages 7 to 12

Wednesday 1/31, 2/7, 2/14, 2/28, 3/7, 3/14

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.**

COST: \$65 (6 classes)

TIME: 7:00pm – 8:00pm

Kids Choice Sports

SPRING SESSION



Hot Shots Intro to Basketball

A.J. Schmidt Gym

Ages 5 to 7

Tuesday 4/17, 4/24, 5/1, 5/8, 5/15, 5/22

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 a smaller ball. Emphasis will be placed on fun and recreation in this non-competitive, co-ed program. **This class will include some parent participation.** A t-shirt is included in the program fee.

COST: \$65 (6 classes)

TIME: 6:00pm – 6:45pm

Little Sluggers – Intro to Tee Ball

A.J. Schmidt Gym

Ages 3 to 6

Wednesday 4/18, 4/25, 5/2, 5/9, 5/16, 5/23

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.

COST: \$65 (6 classes)

TIME: 6:00pm – 6:45pm

Youth Floor Hockey

A.J. Schmidt Gym

Ages 7 to 12

Wednesday 4/18, 4/25, 5/2, 5/9, 5/16, 5/23

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.**

COST: \$65 (6 classes) **TIME:** 7:50pm – 8:50pm

Co-Ed Basketball

A.J. Schmidt Gym

Ages 8 to 12

Tuesday 4/17, 4/24, 5/1, 5/8, 5/15, 5/22

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!

COST: \$65 (6 classes)

TIME: 7:00pm– 8:00pm

Pee Wee Floor Hockey

A.J. Schmidt Gym

Ages 4 to 6

Wednesday 4/18, 4/25, 5/2, 5/9, 5/16, 5/23

In this non-competitive co-ed program, kids will be taught the 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 is necessary. **All players are required to have a mouth guard, shin guards and a hockey stick for drills.**

COST: \$65 (6 classes)

TIME: 7:00pm – 7:45pm



Expressive Glass

All classes will be held at **Expressive Glass**; 3333 Lake Shore Rd. (Rte. 5), Buffalo, near Woodlawn Beach and instructed by Vicki Schneider.

The studio is easily accessible from the Thruway and Milestrip Road.

Please specify which class and date you would like to attend.

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 have them mailed to you for a fee of \$7 payable to the instructor.

DATES and TIMES:

Sunday, February 18th 1:00pm – 4:00pm

Saturday, April 14th 1:00pm – 4:00pm

Saturday, June 2nd 1:00pm – 4:00pm

COST: \$70 (1 class)

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.

DATES and TIMES:

Saturday, January 27th 10:00am – 12:30pm

Sunday, February 11th 1:30pm – 4:00pm

COST: \$60 (1 class)

Leaf Pendants

Make one or more beautiful glass leaf pendants you will proud to wear or give as a gift. Learn to melt and manipulate glass at a stationary torch under close supervision. No experience necessary. 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.

DATES and TIMES:

Wednesday, March 21st 6:00pm – 8:30pm

Saturday, June 9th 1:00pm – 3:30pm

COST: \$60 (1 class)

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.

DATES and TIMES:

Sunday, May 20th 1:30pm – 4:00pm

COST: \$60 (1 class)



Expressive Glass

All classes will be held at **Expressive Glass**; 3333 Lake Shore Rd. (Rte. 5), Buffalo, near Woodlawn Beach and instructed by Vicki Schneider.

The studio is easily accessible from the Thruway and Milestrip Road.

Please specify which class and date you would like to attend.

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 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.

DATES and TIMES:

Sunday, January 21st 1:00pm – 3:30pm

COST: \$60 (1 class)

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 earrings, two pins, two refrigerator magnets, one sun catcher, one glass tile or one night light. Additional fee for extra project, multiple firings (if required) and dichroic glass.

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. 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.

DATES and TIMES:

Saturday, February 24th 10:00am – 12:30pm
Saturday, May 12th 10:00am – 12:30pm

COST: \$60 (1 class)

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.

DATES and TIMES:

Sunday, April 22nd 1:00pm – 3:30pm

COST: \$60 (1 class)

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 they 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.

DATES and TIMES:

Sunday, March 4th 1:30pm – 4:00pm
Monday, March 26th 6:00pm – 8:30pm

COST: \$60 (1 class)

Kayaking Fundamentals

Instructor: Andrea Vaillancourt-Alder, Seabirds International



This course will cover the essential to kayaking. Basic strokes and maneuvers to keep you upright in your boat will be taught. Rescues including wet exit, assisted rescues and self-rescues will be covered during this course.

Must have a sense of adventure for this fun course! Please bring your own boat and equipment, wear clothing for the pool, ideally neoprene or quick dry pants and a quick wick shirt over a bathing suit as working in the pool can get cold. Pants protect your legs during rescues.

Please specify on your registration form which session you would like to sign up for.

WHO: 8 years and older

WHEN: Thursdays

COST: \$60 (2 sessions)

DATES:
Session 1 – January 25th and February 1st
Session 2 – February 8th and February 15th
Session 3 – March 1st and March 8th
Session 4 – March 29th and April 12th
Session 5 – April 19th and April 26th
Session 6 – May 3rd and May 10th

WHERE: Middle School Pool

TIME: 6:00pm – 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.”

Waitress

Sunday, February 11th

We’re off to Shea’s Performing Arts Center for the afternoon matinee performance of *Waitress*! This irresistible new hit is an “empowering musical of the highest power!” raves the Chicago Tribune. *Waitress* tells the story of Jenna, a waitress and expert pie maker who dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town’s new doctor may offer her a chance at a fresh start, while her fellow waitresses offer their own recipes for happiness. But Jenna must summon the strength and courage to rebuild her own life. Don’t miss this uplifting musical celebrating friendship, motherhood, and the magic of a well-made pie. Prior to the show, we will enjoy a delicious lunch at the Cabaret Restaurant.

Choose One Entrée:

- Chicken Francaise
- Sirloin Filet w/ Rosemary Demi Glaze
- Grilled Salmon w/ Fruit Salsa
- Char Grilled Chicken Breast Salad

COST: \$159 A
\$139 B

DEPARTURE TIME: 11:30am
RETURN TIME: 5:00pm

Glenn Miller Orchestra

Friday, February 16th

Begin the day at Kleinhans Music Hall for coffee and a pastry. Then, enjoy the 10:30am showing of the *Glenn Miller Orchestra*. With its unique sound, the *Glenn Miller Orchestra* is considered to be one of the greatest bands of all time. Add the amazing big band talents of the brass and winders in the *Buffalo Philharmonic Orchestra*, and the rich depth of the strings and you’ve got one fantastic concert. A delicious lunch is included following the show a Chef’s Restaurant, one of Buffalo’s favorites.

Choose One Entrée:

- Chicken Parmesan
- Cheese Ravioli
- Spaghetti w/ Meatballs

COST: \$139

DEPARTURE TIME: 8:30am
RETURN TIME: 3:30pm

Phantom of the Opera

Sunday, May 6th

We’re off the Shea’s Performing Arts Center for the afternoon matinee performance of *Phantom of the Opera*. *Phantom of the Opera* returns to Buffalo as part of a brand new North American Tour. This production, which retains the beloved story and thrilling score, boasts exciting new special effects, scenic and lighting designs, staging and choreography and has been hailed by critics as “bigger and better than ever before.” Following the show, you will enjoy a sit down lunch at the Bijou Grille, a unique owned Buffalo restaurant.

Choose One Entrée:

- Parmesan Crusted Chicken
- Lemon Broiled Haddock
- Beef Burgundy

COST: \$169 A
\$150 B

DEPARTURE TIME: 11:30am
RETURN TIME: 5:00pm

For more information, to register or any questions visit [Know How Tours Homepage Link](#) or call 649-9694.



Know How Tours



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St. Patrick’s Day Blarney Wednesday, March 14th

We’re all Irish during the St. Patrick’s Day holiday time of year! Last year was a sell-out so do not delay in booking your tickets! Dress in green and head to Sean Patrick’s Irish Restaurant for a delicious luncheon. Following lunch, enjoy an afternoon show starring **The Blarney Bunch Band**. Whether you’re Irish all year or just for a day, this musical celebration is sure to bring our your green! *For ticket only, doors open at 11:30 for seating; Sean Patrick’s Restaurant, 3480 Millersport Hwy., Getzville, NY.*

Choose One Entrée:

- Corned Beef w/ Cabbage - Roast Pork Loin
- Baked Haddock

COST: \$79 (with bus)
\$45 (ticket only)

DEPARTURE TIME: 10:30am
RETURN TIME: 4:00pm

Rent, The Musical Sunday, May 6th

We’re off to the Rochester’s Auditorium Theater for the musical *Rent*. In 1996, an original rock musical by a little-known composer opened on Broadway and forever changed the landscape of American theatre. It returns to the stage in a vibrant 20th anniversary touring production. *Rent* follows an unforgettable year in the lives of seven artists struggling to follow their dreams with selling out. With its inspiring message of joy and hope in the face of fear, this timeless celebration of friendship and creativity reminds us to measure our lives with the only thing that truly matter – love. Enjoy dinner at the Train Depot at the D & R Depot Restaurant.

Choose One Entrée:

- Italian Seasoned Charbroiled Haddock
- Char-Broiled Chicken Breast
- Broiled Center Cut Pork Chops

COST: \$159

DEPARTURE TIME: 10:30am
RETURN TIME: 8:00pm

The Lion King Sunday, January 7th

We’re off to the Shea’s Performing Arts Center for the afternoon matinee performance of *Lion King, The Musical*. More than 90 million people around the world have experienced the phenomenon of Disney’s *The Lion King* and now you can too. Winner of six Tony Awards, including Best Musical, this landmark musical even brings together one of the most imaginative creative teams on Broadway. There is simply nothing else like *The Lion King*. Prior to the show, we will enjoy a delicious brunch at Danny’s South.

COST: \$165 Center
\$145 Side

DEPARTURE TIME: 10:30am
RETURN TIME: 5:30pm

For more information, to register or any questions visit [Know How Tours Homepage Link](#) or call 649-9694.

LOOK WHAT IS COMING THIS SUMMER! KEEP YOUR EYE OUT FOR THESE AMAZING OPPORTUNITIES!

Eagle's Landing Summer Day Camp
6 week program
July 2nd – August 10th



Driver Education
16 day program
Beginning in July

Summer Music Program
6 week program
Beginning in July



ALL PROGRAM INFORMATION CAN BE FOUND [COMMUNITY EDUCATION SUMMER PROGRAMS 2018](#)
[LINK](#).