

Lake Shore



2015



Learning
For
All Ages

Brochure

Office Hours:

Monday – Friday 8:00 AM – 4:00 PM
42 Sunset Blvd., Angola, New York 14006

Phone: 926-2270

Fax: 926-2272

Visit us at the William T. Hoag Educational Center or
Go to www.lakeshorecsd.org under Community Education,
print registration forms, fill out, mail/or fax.

GENERAL INFORMATION

LAKE SHORE COMMUNITY EDUCATION

ADMINISTRATOR - MRS. CHRISTINE STARKS

SECRETARY - MRS. SONYA CHIAPPETTA

42 Sunset Blvd., Angola, NY 14006

Phone: Community Education Office: 926-2270

Fax: 926-2272

BY MAIL: Enclose a check, made out to Lake Shore Central Schools (including driver's license #), money order, or credit/debit card payment for the amount of the registration fee with a completed registration form. Lab fees are not to be included with registration.
Mail to: **LAKE SHORE CENTRAL SCHOOL COMMUNITY EDUCATION**
42 Sunset Blvd., ANGOLA, NY 14006

IN PERSON: Registrations will be received at the Community Education Office located in the William T. Hoag Educational Center, 42 Sunset Blvd., Angola, NY 14006

MONDAY – FRIDAY 8:00 AM–4:00 PM

BY FAX: 24 hours a day, 7 days a week at 926-2272. credit card/debit card only for fax registration.

Credit/debit card payment – We accept MasterCard and Visa cards as payment. You must list your credit/debit card number, expiration date and sign your registration form. This may be done by mail, fax or in person.

Payment by personal check – We accept personal check payments when accompanied by valid driver's license number. This may be done in person or by mail. **THE CANCELLED CHECK IS YOUR RECEIPT.** A \$20.00 fee will be charged for any returned checks.

Make check payable to: Lake Shore Central School.

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

Refunds/cancellations – The full fee will be refunded by check or credit if classes are filled, cancelled or if you wish to withdraw from a class at least one week prior to the class start date. If withdrawal is requested one week prior to class start you may receive either a due bill for the full amount usable for a later class or a refund less \$5.00 processing fee. **There will be NO refunds for any reason after the class start date.**

School Closing – 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 website for details.

Waivers – Waivers included in this brochure are required for all who participate in each Community Education class.

Please note that walk-in registration at class time and registration by phone will not be accepted.

Questions ?? Please call the Community Education office at 926-2270. **YOU WILL NOT HEAR FROM US UNLESS CLASSES ARE CANCELLED OR IF THERE IS A CHANGE IN THE DATE AND TIME.**



BODYSHAPING

BY SANDY

Register by calling (716) 568-0246 www.bodyshapingbysandy.com

Regular Class Pricing—10 Week Semester—Registrations due by 9/14/15

- \$10 late fee will be added to all registrations received after the deadline *

Pricing

1 Class per week (10 classes total) \$70 (*no discounts apply*)

2 Classes per week (20 classes total) \$105.00

3 Classes per week (30 classes total) \$145.00

Aerobic Pass (Unlimited classes) \$180.00

Bodyshaping 20-20-20 - 20 minutes of Cardio ... 20 minutes of Resistance Training and 20 minutes of Floor Work. You will feel your heart pumping and your muscles burning. Bodyshaping 20-20-20 is a perfectly balanced class to give your body everything it needs. **Bring a set of handweights & a floor mat. 10 classes.**

No class 11/11.

WHO: 18 yrs and over

WHERE: A.J. Schmidt Gym

TIME: 7:15—8:15 PM

WHEN: Wednesdays

DATE: September 23—December 9

CardioKICK— CardioKICKboxing is a combination of cardio/martial arts that will undoubtedly improve your endurance and cardiovascular fitness. This program will also tone your muscles and shred your abs as you practice consistently. Your workout will include high intensity intervals along with toning recovery periods to ZAP calories and define your muscles. Get in shape with this high intensity cardio/martial art training so you can seriously burn calories, look and feel great! **Bring a floor mat. 10 classes No class on Thanksgiving!**

WHO: 18 yrs and over

WHERE: Highland Gym

TIME: 6:00—7:00 PM

WHEN: Thursdays

DATE: September 24—December 3

Sandy's CardioDANCE - Sandy's Cardio is our newest dance workout. Moves are designed for burning max calories to get you in shape while having fun! If you like the fun of ZUMBA and the workout of SH'BAM, then you will love CardioDANCE! Get energized and take your dance workouts to the next level with this easy to follow class. The program includes a warm up followed by fat burning dance routines, and ending with a cool down. Dance4your heart, Dance4fitness, Dance4yourLIFE! **10 classes. No Class 10/12.**

WHO: 18 yrs and over

TIME: 6:00—7:00 PM

WHEN: Mondays at Highland
Thursdays at AJS

DATES: September 21– November 30

DATES: September 24–December 3

This class is being offered at both AJS and Highland Schools. Please indicate the school you wish to attend.

Total Body Boot Camp — Indoor BOOT CAMP has exploded in popularity recently because it offers a ton of fun and demands an atmosphere that generates RESULTS! This program will combine great variety of cardio and resistance training. This all inclusive class is ideal for the busy person! Routines are fun & easy to follow. **Bring handweights and a floor mat. 10 classes. No class 10/12.**

WHO: 18 yrs and over

WHERE: Highland gym

TIME: 7:15—8:15 PM

WHEN: Mondays

DATE: September 21—November 30

DIGITAL PHOTOGRAPHY, BEGINNER TO INTERMEDIATE

Instructor: Nancy Klemens

Come learn the basics of photography, plus pick up some great tricks used by the pros to make your pictures better. Professional photographer Nancy Klemens will assist you in becoming more familiar with your camera, as you learn how to best use the various settings: *applicable to 35 ml SLR cameras or point and shoot cameras*. Areas to be touched on are composing and capturing photographs of children, pets, landscapes and sunset along with the various lighting scenarios. There will be 2, 1-1.2 hour classes.

WHO: Ages 18 and over

DATE: Tuesday, October 6th & 13th

WHERE: W.T. Hoag Educational Center Cafe

TIME: 6:30 – 8:00 PM

COST: \$20.00 per person

Adult Piano, Voice, Organ & Keyboard Lessons

Instructor: Sondra Holland

Have you always wanted to develop your hidden talent? Are you a secretive shower singer? Are you a reincarnated Billy Joel or Beethoven? If the answer is yes: It is now time to start making music. Ms. Sondra has heartfelt welcome to all adults and with all levels of ability and advancement. Lessons are every half hour. Call Community Ed. to see which times are available.

WHO: Adults 18+ & all levels of ability

DATE: Oct. 20—Dec. 22

WHERE: A.J.S. Music Room 115

TIME: 5:30, 6:00, 6:30, 7:00, or 7:30 PM

WHEN: Tuesdays - **10 weeks**

COST: \$40/each half hour lesson

Meditation Meets Artistic Creation

Instructor: Sondra Holland

Do you find yourself stuck on go? If you feel like you're constantly running through your life without enough time set aside to nourish and explore your mind, consider joining a weekly meditation session. It's time for you. Meditative sharing includes the practices of inner peace, world peace, compassion, positive thought and universal love. Following the meditation will be a creative sharing session including fine arts, performance art, and the written word.

WHO: Adults 18 & all levels of ability

DATE: Oct. 19—Dec. 21

WHERE: A.J.S. Music Room 115

TIME: 7:00—8:30 PM

WHEN: Mondays - **10 weeks**

COST: \$60.00

HOW TO MAKE GLASS BEADS

Turn hot glass into cool stuff! Join glass artisan Vicki Schneider at her beautiful studio for an introductory class in 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 3-6 colorful beads they can later turn into jewelry.

Vicki's studio is located at 3333 Lake Shore Rd (Route 5), near the Woodlawn Beach and easily accessible from the Thruway and Milestrip Road.

COST: \$65.00 per person, 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 over (Under 18 must be accompanied by a responsible adult)

Sunday, October 18 from 10:00 AM—1:00 PM **OR**

Saturday, November 7 from 1:30 PM—4:30 PM

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 templates. Choose to make two pendants, a pair of earrings, two refrigerator magnets, one sun catcher, one glass tile or one night-light. Additional fee for extra projects, multiple firings (if required), and dichroic glass. You can pick up your project after it's been fused and annealed (heated and cooled gradually to remove thermal stress) or I can mail it to you for an additional fee. If your project requires a bail, earring backs, magnet or night-light assembly, complete it on a Saturday morning, the second or fourth Wednesday evening of the month or by appointment.

Classes are held at Expressive Glass at 3333 Lake Shore Rd (Rte. 5) near the Woodlawn Beach and easily accessible from the Thruway and Milestrip Road.

COST: \$60.00 per person, includes 2.5 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 over (Under 18 must be accompanied by a responsible adult)

WHEN: Saturday, October 3 from 1:30—4:00 PM **OR**

Sunday, December 13 from 1:30—4:00 PM

LAKE SHORE FITNESS CENTER

\$80.00 Full Membership/Year

\$20.00 Track Only/Year

(Must be a Resident of the Town of Evans in the Lake Shore Central School District)

Please register at the Community Education office at the

William T. Hoag Educational Center, 42 Sunset Blvd., Angola, N.Y. 14006

HOURS OF OPERATION:

Monday—Friday 6:00—7:30 AM & 6:00—9:00 PM

Saturday 8:00 AM—2:00 PM

Registration forms are online at www.lakeshorecsd.org under Community Education and are also located at the Community Education Office and Fitness Center.

Business Financial

Kids and Cash

Instructor: Mark Ziemba II

All parents want their kids to grow up financially secure. Teaching kids about money starts at home. This workshop helps you learn what you should be discussing with your kids to give them the skills they need to prepare for their financial futures.

WHO: Adults 18 & over
DATE: September 17, 2015

WHERE: W.T.H. Educational Center Rm 116
TIME: 6:30 PM—8:00 PM

WHEN: Thursday
COST: \$5.00

The Essentials of Estate Planning

Instructor: Mark Ziemba II

Estate planning can be a complex undertaking involving complicated legal documents, numerous tax considerations, and difficult personal decisions. This seminar explains the basics of estate planning and helps prepare attendees to make informed decisions when creating their own plan. During this session we'll discuss the benefits of estate planning; examine important planning tools, such as wills and trusts; and discuss how to turn one's estate over to another person.

WHO: Adults 18 & over
DATE: September 23, 2015

WHERE: W.T.H. Educational Center Room 116
TIME: 6:30 PM—8:00 PM

WHEN: Wednesday
COST: \$5.00

Beneficiary Planning: Don't Leave Your Legacy to Chance

Instructor: Mark Ziemba II

This presentation discusses the importance of beneficiary planning and why one should designate a beneficiary for each retirement account that they have. You will also learn how beneficiary designations affect your beneficiaries.

WHO: Adults 18 & over
DATE: September 30, 2015

WHERE: W.T.H. Educational Center Rm 116
TIME: 6:30 PM—8:00 PM

WHEN: Wednesday
COST: \$5.00

Managing Your Career Transition

Instructor: Mark Ziemba II

This seminar will help you sort out the issues you may face before and after leaving their job, including what to look for in a severance package, health care options, budgeting, and managing debt while between jobs and more.

WHO: Adults 18 & over
DATE: October 14, 2015

WHERE: W.T.H. Educational Center Room 116
TIME: 6:30 PM—8:00 PM

WHEN: Wednesday
COST: \$5.00

Women in Transition—Widows

Instructor: Mark Ziemba II

Along with the emotional hardship, there are other challenges women face when losing a spouse. These materials can help them maintain an effective financial strategy to secure their future.

WHO: Adults 18 & over
DATE: October 21, 2015

WHERE: W.T.H. Educational Center Room 116
TIME: 6:30 PM—8:00 PM

WHEN: Wednesday
COST: \$5.00

Retirement Plans for Small Businesses and the Self-Employed

Instructor: Mark Ziemba II

Most small businesses do not offer a retirement plan. This seminar explores the benefits a plan can offer the employer, the business itself, and its employees. The major alternatives available are described and compared.

WHO: Adults 18 & over
DATE: October 28, 2015

WHERE: W.T.H. Educational Center Room 116
TIME: 6:30 PM—8:00 PM

WHEN: Wednesday
COST: \$5.00

Business Financial

Social Security, Medicare, Long-Term Care

Instructor: Benjamin Hussong, JD

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

No class November 26, 2015

WHO: Adults 18 & over
DATE: September 15, 2015

WHERE: W.T.H. Educational Center Cafe
TIME: 6:45 PM—8:15 PM

WHEN: Tuesday
COST: \$5.00

IS A ROTH IRA RIGHT FOR YOU?

Instructor: Benjamin Hussong, JD

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 this type of plan. We also review how they differ from Traditional IRA's and discuss Roth IRA conversions.

WHO: Adults 18 & over
DATE: September 30, 2015

WHERE: W.T.H. Educational Center Cafe
TIME: 6:45 PM—8:15 PM

WHEN: Wednesday
COST: \$5.00

PLANNING FOR COLLEGE

Instructor: Benjamin Hussong, JD

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 accounts and 529 plans.

WHO: Adults 18 & over
DATE: October 26, 2015

WHERE: W.T.H. Educational Center Room 116
TIME: 6:45 PM—8:15 PM

WHEN: Monday
COST: \$5.00

ENGLISH AS A SECOND LANGUAGE

Instructor: Doris Gelencser

Students will be able to improve their English skills through speaking, listening, reading and writing activities in an interactive setting. 14 weeks.

WHO: Adults 18 & over
DATE: Sept. 15—Dec. 15

WHERE: W.T.H. Educational Center Room 127
TIME: 6:00 PM—8:00 PM

WHEN: Tuesdays
COST: \$90.00

NOTARY PUBLIC TRAINING COURSE

Instructor: Karen O'Connor

This is a prep class for those interested in becoming a Notary Public. In this class you will learn what you need to do to prepare for the New York State test. You will also learn what the duties of a Notary are along with NYS Notary laws and legal terminology. The handbook distributed in class and included in the class fee, includes everything you need to be successful.

WHO: Adults 18 & over
DATE: October 1, 2015

WHERE: Senior High Media Center
TIME: 6:30 - 9:30 PM (1 class)

WHEN: Thursday evening
COST: \$60.00

COMPUTER BASICS AND MORE

Instructor: Janet Black

Having trouble using your computer? Bring your problems and questions to these classes. There are many shortcuts that can make your computer easier to use. There are many hand-outs for you to bring home. Come and learn how to use the Internet, Email, Word Processing, Maintenance, etc. 3 Classes!

WHO: Adults 18 & over
TIME: 6:00 - 9:00 PM

WHERE: Senior High Rm. 120
COST: \$35.00

DATES: Tuesday, Nov. 17th
Thursday, Nov. 19th
Tuesday, Nov. 24th

Computers

NO NEWS IS GOOD NEWS

After you register for any of our terrific classes...don't camp out by your mailbox or wait by your phone...the only time you'll hear from us is:

- If there is a change in the date or location of the class or
- If the class is full

So, if it is almost time for your class and you haven't heard from our office, that is **GOOD NEWS:**

Dance Instruction

BALLROOM DANCE FOR BEGINNERS

Instructor: Mary Joanne's Dance School

This is a beginner class . Dance instruction will be provided (show dance) in: Foxtrot, Waltz, Rumba and Tango. Easy to learn steps. Partner is needed for class participation, price is per couple. Join in for an evening of dancing.

WHO: Age 18 and up
WHERE: Highland Gym
WHEN: Tuesday evenings (8 sessions)
DATE: Sept.29—Nov. 17, 2015
TIME: 6:30 – 7:30 PM
COST: \$50.00 per person



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 Merengue, Cha Cha, Rumba and Swing. Price is per couple.

WHO: Age 18 and up
WHERE: Highland Gym
WHEN: Tuesday evenings (8 sessions)
DATE: Sept.29—Nov. 17, 2015
TIME: 7:45 – 8:45 PM
COST: \$50.00 per person

Driving

5 HOUR PRE-LICENSING COURSE

This course is required prior to taking the road test. Learn safe driving, crash avoidance, how to deal with road rage and much more. Licensed by NYS. Participants must have learners permit and be pre-registered. \$10.00 processing fee for lost certificates.

WHO: Adults 16 and up
TIME: 4:00 – 9:00 PM
DATES: Thursday, August 27, 2015 (2:00-7:00pm)
Thursday, October 8, 2015

Instructor: Sheldon Forman

WHERE: Senior High Room 106
COST: \$38.00
Wednesday, September 16, 2015
Tuesday, November 24, 2015

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 motorists 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, enter code CLJ4 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.

DEFENSIVE DRIVING COURSE

Reduce insurance premiums up to 10%, get up to 4 points removed from your license, and learn to drive safely and deal with road rage! Approved by the DMV and offered through Empire Safety Council. Must be pre-registered.

WHO: Adults 16 and over with a valid drivers license
TIME: 5:30—9:00 PM
WHEN: Sept. 1 & 2 (Monday & Tuesday)
COST: \$35.00

Instructor: Donna Jeffers

WHERE: Father Baker Manor
Powers Road
Orchard Park, NY

Registrations for this class are taken by Donna Jeffers at: (716) 868-8266

Health & Fitness

THE ULTIMATE WORKOUT

Instructor: Jeff Connors

If you are looking for an exercise class that works both your cardiovascular, weight-training and core training needs, you need to sign up for this class. It is designed to help those looking to lose weight, tone up, increase their stamina, strengthen their core all while having fun at the same time. Each class is part weight-training and part cardiovascular. On Mondays, students will work their triceps and back muscles and then partake in an intense kick-boxing meets aerobics workout. Wednesdays will involve bicep and chest workouts with a great abdomen and stretch workout (mat needed). This is called The Ultimate Workout for a reason; it will work and push every part of your body enabling you to be stronger, faster and more in-shape than you ever have before! If you want to really be pushed and motivated, this is the class for you. Maximum participants: 25

WHO: Adults 21 & up

WHERE: Senior High Fitness Center

TIME: 4:00—5:30 PM

WHEN: Monday/Wednesday (20 classes)

COST: \$35.00

DATES: Sept. 21 - Dec. 9, 2015

No Classes on 10/12, 11/11, 11/23, 11/25

FITNESS TRAINING FOR SENIORS

Instructor: Barb Hammond

Program consists of using Cardio equipment (treadmills, bikes, ellipticals and stair stepper), Strength equipment (free weights and weight machines) with stretching exercises during the last 5 minutes. Seniors can work out at their own pace with their peers. Wear sneakers and sweat clothes. Must be pre-registered. **No Class November 3, 2015.**

WHO: Adults 55+ years

WHERE: Senior High Fitness Center

TIME: 5:00 – 6:00 PM

DATES: Sept. 15 - Nov. 24, 2015

WHEN: Tuesday & Thursday (20 classes)

COST: \$35.00

YOGA—Dao In Lung Shen

Instructor: Susan Brown

This style of yoga was developed by Taoist Mystics to heal illness, process stress and slow the aging process. Rewards are many including increased flexibility, strength, grace and endurance. All organs and systems are benefited. This is a gentle style of yoga for all ages. *Bring a mat, towel and water to class.* **No Classes 10/6 & 10/13**

WHO: Adults 18 and older

WHERE: A.J Schmidt Gym

TIME: 6:15 – 7:15 PM

WHEN: Tuesday

DATES: Sept. 15 - Dec. 15, 2015 (12 classes)

COST: \$25.00

YOGA for Adults & Children

Instructor: Susan Brown

Dao In Lung Shen yoga is a gentle style of yoga with a focus on healing, opening, strength and balance. The benefits are many in this class. Great time to spend with each other. Please register early. Each adult is responsible for supervising no more than 2 children. *Bring mats, towels and water to class.* **No Classes 11/8 & 11/26**

WHO: Ages 12+

WHERE: J.T. Waugh Gym

TIME: 6:00 - 7:00 PM

WHEN: Thursday

DATES: Sept. 17 - Dec. 17, 2015 (12 classes)

COST: \$40.00 per family

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 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 11/11 or 11/26.**

WHO: Ages 18 or older

WHERE: Highland Gym

TIME: 7:30—8:30 PM

WHEN: Wednesdays

DATES: Sept.16—Dec.16, 2015 (12 classes)

COST: \$25.00

CIRCUIT TRAINING (Formerly 20-20-20)

Instructor: Mary Pratt

20 minutes of cardio kickboxing; 20 minutes of body weight-training; 20 minutes of stretching and toning. Every level welcome. Modifications always offered. *Bring a mat, towel and water to class.* **No class on 10/12.**

WHO: Ages 14 to Senior Citizens

WHERE: W.T. Hoag Café/Gym

TIME: 7:00—8:00 PM

DAY: Mondays

DATES: Sept.14—Nov.23, 2015 (10 classes)

COST: \$20.00

YOGA / PILATES

Instructor: Mary Pratt

You will move with the breath. Your body will feel strong and flexible and get a great nights rest. You may sweat. *Bring a mat, towel and water to class.* **No classes 11/11 & 11/25.**

WHO: Ages 14 to Senior Citizens

WHERE: A.J. Schmidt Gym

TIME: 5:30—6:30 PM

DAY: Wednesdays

DATES: Sept.16—Dec.2, 2015 (10 classes)

COST: \$20.00

Hobbies & Certifications

BABYSITTER TRAINING—AMERICAN RED CROSS

Instructor: Patricia Start

This very popular course gives 11 - 16 year-olds the knowledge, skills and confidence to care for infants and school-age children, combining 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. Recognize safety and hygiene issues, feed, diaper and care for infants. Must be pre-registered. Maximum class size is limited to 10 participants.

WHEN: Wednesday & Thursday, Oct. 14 & 15

WHERE: Middle School Library

LENGTH: 6 hours

TIME: 3:30 PM—6:30 PM

COST: \$45.00



ALL-PRO TUTORING & TEST PREP COURSE OFFERINGS

4-Hour SAT Boot Camp: This comprehensive review course is designed to help students improve their SAT/PSAT test score and get into the college of their choice. Included: classroom instruction, test-taking strategies, testing information, and study materials. SAT test dates: October 3, November 7 and December 5, 2015 .

DATE: **Session I:** Tues. & Thurs., Sept. 22 & Sept 24

WHERE: Senior High LGI

TIME: 6:00—8:00 PM

Session II: Mon. & Wed., Oct. 26 & 28

WHO: Students

COST: \$59.00

4-Hour ACT Boot Camp: The ACT Test is held in equal esteem as the SAT test by most colleges and universities. In fact, in 2013, the ACT test surpassed the SAT test for the first time in total test takers. This comprehensive review course is designed to help students improve their ACT test score and help get into the college of their choice. Includes: classroom instruction, test-taking strategies, testing information, & study materials. ACT test dates: September 12, October 24 & December 12, 2015

DATES: **Session I:** Mon. & Wed., Oct. 19 & 21

WHERE: Senior High LGI

TIME: 6:00—8:00 PM

Session II: Tues & Thurs., Dec. 1 & 3

WHO: Students

COST: \$59.00

Writing the College Application Essay: Do you want to ace your college application essay? Then this 2-1/2 hour workshop is for you! All the fundamentals of Standard English as well as essay strategies will be reviewed. Students will identify effective versus non-effective essays and apply these strategies to their own writing. Students will gain the confidence and knowledge necessary to write an effective college application essay.

DATE: Wednesday, Dec. 16

WHERE: Senior High LGI

TIME: 6:00—8:30 PM

WHO: Students

COST: \$49.00

New! College/Career Readiness Skills for high school and college students: This 4-hour workshop is designed for students looking to gain an edge when applying and entering into the college/career field of their choice. In this class students will gain the necessary skills to succeed in the workplace and/or excel in the classroom. Topics covered in this 4-hour workshop include interviewing skills, resume building, workplace communications, team dynamics, and effective presentation skills.

DATES: Tues. & Thurs., Nov. 10 & 12

WHERE: SR High LGI

TIME: 6:00—8:00 PM

WHO: Students

COST: \$59.00

PARENT/CHILD SOCCER

Instructor: Kids Choice Sports

In this **parent participation** program, you and your child will work together on drills such as dribbling, passing, trapping and shooting, followed by a fun scrimmage. Emphasis will be placed on fun and recreation in this non-competitive, co-ed program. **Please bring shin guards and a size 3 soccer ball.** A tee shirt is included in the program fee.

WHO: Ages 3-5 (6 weeks)

WHERE: J.T. Waugh Gym

WHEN: Wednesday evenings

DATE: Sept. 23 - Oct 28, 2015

TIME: 6:00 – 6:45 PM

COST: \$65.00

SOCCER

Instructor: Kids Choice Sports

This program contains constant activity and allows players to run and have fun while learning the skills involved in the game of soccer. Skills such as dribbling, passing, trapping, and shooting will be taught followed by a fun scrimmage. The idea is to have fun and make friends while learning the sport of soccer. **Please bring shin guards and a size 3 soccer ball.**

A tee shirt is included in the program fee.

WHO: Ages 5-7 (6 weeks)

WHERE: J.T. Waugh Gym

WHEN: Wednesday evenings

DATE: Sept. 23 - Oct 28, 2015

TIME: 6:45 – 7:30 PM

COST: \$65.00

YOUTH FLOOR HOCKEY I

Instructor: Kids Choice Sports

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, puck handling and shooting will be taught followed by a scrimmage. **All players are required to have a mouth-guard, & shin guards are recommended.**

WHO: Ages 7-12 (6 weeks)

WHERE: J.T. Waugh Gym

WHEN: Wednesday evenings

DATE: Sept. 23 - Oct 28, 2015

TIME: 7:45 – 8:45 PM

COST: \$65.00

Youth Sports



Youth Floor Hockey II

DATE: Nov. 18—Dec. 23, 2015

TIME: 7:00 PM—8:00 P

COST: \$65.00

Indicate session I **or** II **or** both!

HOT SHOTS BASKETBALL

Boys & 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 this noncompetitive, coed program. **This class will include some parent participation.** A tee shirt is included in the program fee.

WHO: Ages 5-7

WHERE: J.T. Waugh Gym

DATE: Sept. 22 - Oct 27, 2015

TIME: 6:00 – 6:45 PM

Instructor: Kids Choice Sports

WHEN: Tues. evenings (6 weeks)

COST: \$65.00

BOYS & GIRLS BASKETBALL

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!

WHO: Grades 3-6

WHERE: J.T. Waugh Gym

DATE: Sept. 22 - Oct 27, 2015

TIME: 7:00—8:00 PM

Instructor: Kids Choice Sports

WHEN: Tuesday evenings (6 weeks)

COST: \$65.00

PEE WEE FLOOR HOCKEY

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 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, and should have shin protectors.**

WHO: Ages 4-6

WHERE: J.T. Waugh Gym

DATE: Nov. 18 - Dec.23, 2015

TIME: 6:00—6:45 PM

Instructor: Kids Choice Sports

WHEN: Wednesday evenings (6 weeks)

COST: \$65.00

HOLIDAY VALLEY

Select a Night Cards

The Ultimate Select is a season pass for one night a week. Select one night of the week that suits your schedule and ski on that night for the entire season. The program includes eight 50 minute group lessons for skiers/snowboarders and one bonus day of skiing anytime in March or April. A \$10.00 late fee will be applied after November 1, 2015.

Transportation is provided for Lake Shore Students in grades 7-12 for an additional cost of **\$60.00** per student.

Sunday.....\$ 160.00

Monday or Tuesday.....\$ 135.00

Wednesday or Thursday.....\$ 140.00

Friday.....\$ 185.00

Saturday.....\$ 185.00

Flexi-Night.....\$ 180.00

Student Season Pass.....\$ 395.00

Student Night Season Pass.... \$ 295.00



Registration forms will be available at the Community Education Office after October 1, 2015.

Swimming

YOUTH SWIM LESSONS

INSTRUCTOR:

LIFEGUARDS

The levels listed below are based on American Red Cross guidelines. Each level has a general description but some adjustment may be necessary to place your child in the proper level. Please bring certification card to the first lesson if applicable. Any physical limitation should be noted on the registration form. Please note Level on form.

Level 1 No water experience

Level 2 Comfortable going under water; supported front kick

Level 3 Ability to swim under water, crawl stroke, and back crawl

Level 4 Diving from side, Elementary backstroke kick, and Level 3

Level 5 Breaststroke kick and Level 4

Level 6 Dolphin kick and Level 5

Level 7 Butterfly and Level 6

WHO: Youth at least 42" tall at the shoulder (Usually age 6)

WHERE: Lake Shore Middle School Pool

WHEN: Monday Evenings

September 28 - November 23, 2013

No Class on Oct. 12

6:00 PM—6:40 PM Levels 1, 6 & 7

6:40 PM—7:20 PM Levels 2 & 5

7:20 PM—8:00 PM Levels 3 & 4

COST: \$40.00 Per Participant (8 classes)

LIMIT: 8 Students per level

Must be pre-registered.

The first class is evaluations only. Based on the level descriptions above, please arrive on time for the level you believe your child(ren) will be in.

SUNRISE SWIM

Lifeguards

This is a great way to start the morning. Get a low impact workout in the pool. Must be pre-registered.

WHERE: Middle School Pool

WHEN: Monday, Wednesday & Friday mornings

TIME: 6:00 – 7:00 AM (10 weeks - 30 classes)

DATES: September 28– December 11, 2015

COST: \$60.00

No classes October 12, November 11, 26 & 27

OPEN SWIM

Lifeguards

Use the pool to get a workout or to just enjoy time in the water. Must be pre-registered. **No class November 26, 2015**

WHERE: Middle School Pool

WHEN: Tuesday & Thursday Evenings.

DATE: September 29—December 8, 2015

TIME: 7:30 – 8:15 PM (10 weeks - 20 classes)

COST: \$35.00

LAP SWIM

Lifeguards

This is a time in the pool for lap swimmers only. Exercise in the pool is one of the best ways to stay in shape. Must be pre-registered. **No class November 26, 2015**

WHERE: Middle School Pool

WHEN: Tuesday & Thursday Evenings

DATE: September 29—December 8, 2015

TIME: 8:15 – 9:00 PM (10 weeks—20 classes)

COST: \$35.00

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. **No Class 11/11.**

WHERE: Middle School Pool

WHEN: Wednesday evening

DATE: Sept. 23 - Dec. 9, 2015

TIME: 6:30-8:30 PM (8 classes)

COST: \$50.00 per family (mom, dad, & children must be in the same family)

WATER AEROBICS FOR SENIORS

Instructor: Eileen Peterson & Lifeguards

This program offers a gentle water aerobic program which follows audio taped instructions. Works all muscle groups in a gentle easy manner. Limited to 25 participants. **No Class:** November 26

WHO: Adults 55+

WHEN: Tuesday & Thursday

DATE: Sept. 22—Dec. 1, 2015

WHERE: Middle School Pool

TIME: 6:15-7:15 PM (20 classes)

COST: \$25.00

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 and cold for sunrise swim. 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.

KNOW HOW TOURS

5175 Southwestern Blvd., Hamburg, NY 14075
716-649-9694

Departures from Tops Plaza: 355 Orchard Park Road Orchard Park NY 14224
Formerly the Seneca Mall. Accessible from Slade or Orchard Park Rd near Thruway Exit 55 E.
Park at the far end of Tops near the poles with the letters 'I' or 'F'

PAPAL VISIT

Philadelphia, PA.
September 25-28, 2015

www.KnowHowTours.com
Call 716-649-9694 for details



Dutch Haus

Saturday, October 17, 2015

JUICE & MUFFIN are served en route to COLUMBIANA, OHIO known as the BIGGEST LITTLE TOWN IN OHIO. AN OLD-FASHIONED CHRISTMAS in the Woods at beautiful SHAKER WOODS is bigger and better than ever! Shop for hand-crafted holiday gift items from some of the country's best craftspeople in a setting that only Shaker Woods can deliver. The Woods are transformed into a holiday wonderland with each booth beautifully decorated in an old-fashioned holiday theme. See craftspeople demonstrate their unique skills right before your eyes including woodworkers, floral designers, blacksmiths, potters, painters, basket weavers and many others. Enjoy approx. 5 hours at the festival. DAS DUTCH VILLAGE is our stop for FAMILY STYLE DINNER before we set forth for home. We will make a leisurely rest stop both ways for your traveling comfort.

Departure: 7:30 AM Returns: 9:30 PM

COST: \$105.00 per person

A Gorge Adventure In Watkins Glen

Wednesday, October 14, 2015 Departs: 7:30 AM Returns: 7:30 PM

Relax & view the fall scenery on the way to WATKINS GLEN, located on the south end of Seneca Lake. Begin with early lunch at the SENECA HARBOR STATION. The dining area overlooks the lake & is part of the original train station constructed in 1876. Re-board the coach & travel a short distance to WATKINS GLEN STATE PARK, the most famous of the Finger Lakes State Parks. Within 2 miles, the glen's stream descends 400 feet past 200-foot cliffs, generating 19 waterfalls along its course. The gorge path winds over & under waterfalls & through the spray of Cavern Cascade with spectacular views of the gorge. We will take a one and a half hour Gorge Walk with a guide. The coach will pick up the group at the bottom-no need to walk back up. End the day with a narrated sightseeing CRUISE ON SENECA LAKE before departing for home. A Thruway rest stop will be made on the way down and quick food stop on the way back. Dress according to the weather & be sure to wear good walking shoes & bring a watch. NOTE: WALKING! IF YOU DO NOT WANT TO WALK THE GORGE, YOU CAN SIT AT THE WATERFRONT & MEET THE GROUP WHEN THEY RETURN TO TAKE THE CRUISE.

COST per person: \$99.00

CIRCLE ONE ENTRÉE: Marinated Grilled Chicken Breast, NY Strip cooked to order, Broiled Tilapia in a cream Chardonnay Sauce

Matilda at SHEA's BUFFALO THEATER Sunday, November 8, 2015 Departs: 10:30 AM



The Tony Award-winning MATILDA THE MUSICAL is the story of an extraordinary girl who dreams of a better life. Armed with a vivid imagination and a sharp mind, Matilda dares to take a stand and change her own destiny. Rolling Stone calls the show "hands down the Best Musical of the season." Based on the beloved novel by Roald Dahl, Matilda has won 47 international awards, and continues to thrill sold-out audiences of all ages on Broadway and beyond! A SIT DOWN LUNCH is included prior to the show at PEARL STREET GRILL.

Orchestra

Center: \$135.00

CIRCLE ONE ENTRÉE: •CharGrilled Chicken Salad • Pot Roast • Broiled Fish & Chips

Orchestra Side: \$119.00



INTRODUCTION TO WATERCOLORS

Instructor: Chet Dimitroff

This class is designed to teach the fundamentals and techniques of Watercolors. Class is open to all levels from beginners to advanced painters. Please email Chet Dimitroff for list of supplies needed at chester.dimitroff@aol.com. Only the first twelve (12) applicants will be accepted. Must be pre-registered. No classes October 12th

WHO: Adults 18 and over
DATE: October 5—Nov. 30

WHERE: Senior High Room 139
TIME: 7:00 – 9:00 PM (8 classes)

WHEN: Monday
COST: \$45.00



OIL, PASTEL AND ACRYLIC PAINTING

Instructor: Chet Dimitroff

This class is designed to teach the basic fundamentals in Oil, Pastel and Acrylic painting. Class is open to all levels from beginner to advanced painters. Please contact Chet Dimitroff at chester.dimitroff@aol.com for a list of supplies needed. There will be a maximum of twelve (12) applicants accepted in the class. Beginners are welcome!! Must be pre-registered.

WHO: Adults 18 and over
DATE: October 6—Nov. 24

WHERE: Senior High Room 139
TIME: 7:00 – 9:00 PM (8 classes)

WHEN: Tuesday
COST: \$45.00

Mail registration forms along with payment to:
Lake Shore Community Education, 42 Sunset Blvd., Angola, NY 14006 or
Drop off registrations at the Community Education Office located in the William T. Hoag Educational Center.
Office hours: Monday-Friday 8:00 am—4:00 pm.

Phone: 926-2270

Fax: 926-2272

LAKE SHORE COMMUNITY EDUCATION OFFICE REGISTRATION FORM

Last Name _____ First Name _____ Phone _____

Address _____ Zip Code _____ Evening Phone _____

Age of Participant _____ If under 18 Parents Name _____

Grade _____ School _____ Please list if child has any special needs _____

Emergency Contact and Phone _____ Email Address _____

	<i>PROGRAM NAME</i>	<i>DAY</i>	<i>TIME</i>	<i>FEE</i>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____

Method of Payment: Check/Money Order # _____ Credit Card _____ Cash _____ Total Fee Paid _____

If paying by check please provide Driver's License # _____ Receipt # _____

Credit Card Exp. Date _____

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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I authorize Lake Shore Central School District to charge my Master-Card/Visa credit card account # and expiration date below, for the above registered classes.

Signature _____ Date _____

LAKE SHORE COMMUNITY EDUCATION WAIVER FORM

I, (Print Name) _____ and/or my son/daughter _____ hereby acknowledge that I have consulted with my physician and attest that there are no ailments or conditions that could prevent me or him/her from participating in a physical education activity or class. Accordingly, I hereby consent to and wish my child to participate in the physical education class of the Lake Shore Community Education, and to do so without securing a physician's certificate or examination, which I deem to be unnecessary. I hereby release Lake Shore Community Education from any and all liability and waive any claim for injury that might have been fore-stalled, foreseen, determined, anticipated or uncovered by a physical examination, and accordingly do agree to hold harmless and indemnify the Lake Shore Community Education for any related costs, expenses or losses (including legal fees) which may be related to any such condition which could or would have been discovered by a physical examination. I also hereby release Lake Shore Community Education from any and all liability for personal property damaged, lost or stolen.

Signature _____ Date _____

Signature is required for **ALL** classes

Please Complete Entire Form

**PLEASE NOTE: PRE-REGISTRATION IS REQUIRED.
WALK-IN REGISTRATION AT CLASS TIME
AND REGISTRATION BY PHONE ARE NOT ACCEPTED.**