

LAKE SHORE CSD COMMUNITY EDUCATION VIRTUAL CATALOG

WINTER/SPRING BROCHURE 2020 – 2021

WILLIAM T. HOAG EDUCATIONAL CENTER

42 SUNSET BOULEVARD ANGOLA, NY 14006

TELEPHONE: 716-926-2270 (OR) 716-926-2480

CHRISTINE STARKS - BUILDING/PROGRAM ADMINISTRATOR

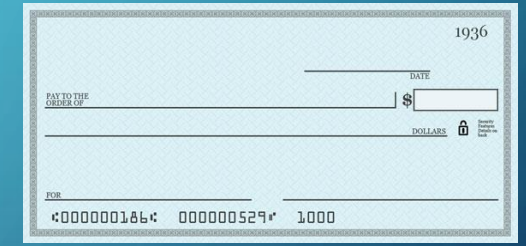
TERESA MAIORANA – BUILDING SECRETARY



REGISTRATION & GENERAL INFORMATION:

How to Register:

- By Mail - Enclose a check/money order/debit/credit card (Master Card, Visa, American Express, Discover) payment made out to Lake Shore Central Schools along with the registration form.
- Mail to W.T. Hoag Educational Center/42 Sunset Blvd/Angola, NY 14006.
- By Fax - 716-549-4391 – 24 hours/day – 7 days/week. Only Credit/Debit card payments accepted by Fax.
- In Person - Registration will be accepted Monday thru Friday (8am – 4 pm) at the W.T. Hoag Building
- **Please note all in-person visitors **MUST** sign-in, have valid ID, and complete the health screening questionnaire.
- **To help with our social distancing precautions, mail in or faxed registrations would be preferred.
- **A Zoom or Google link for the class will be provided after registration and before the course start date.



REGISTRATION & GENERAL INFORMATION

- **Credit/Debit Card Payments:** We accept all major credit cards (Master Card, Visa, American Express, Discover). If mailing or faxing your payment, please include your card number and expiration date.
- We accept all personal checks and money orders by mail or in person. A \$20 fee will be charged for any returned checks. Make checks payable to: Lake Shore Central Schools.
- **Lab Fees:** If there are any lab fees related to your course, they will be paid to the instructor the first day of class. DO NOT include the lab fee with the registration fee.
- **Refunds/Cancellations:** The full fee will be refunded to you by check or credit if your course is cancelled or if you withdraw from the course a week prior to the start date.
- **School Closings:** When school is closed due to inclement weather or if after school activities are cancelled, Community Education classes are also cancelled. Please refer to your local radio/television stations or our school website for details.
- ***At no time will a telephone registration/payment be accepted.
- ***Once you are signed up for a course, you will not hear from us unless there are changes to your course. Remember "No News is Good News!!"



YOGA DAO IN LUNG SHEN WITH SUSAN BROWN



- A gentle style yoga focusing on relaxation, flexibility, strength, and balance. This style of yoga is healing and affects all body systems including the hormonal system and a focus on strength. This yoga class is good for all ages and abilities.

Who: All Ages

Where: Virtual

When: Monday

Time: 6:15 – 7:15 pm

Cost: \$35

How: Via Zoom – the link will be sent prior to the course start date

Dates: January 11, 2021 – March 29, 2021

(No class on Monday, January 18th or February 16th)



DEFENSIVE DRIVING COURSE

WITH DONNA JEFFERS

- A 6 hour course pertaining to safe driving that can reduce points on your license and save 10% off car insurance for 3 years.
- You must have a valid driver's license and be over 16 years of age.
- The Course will be completed in 2-three hour sessions from 5:30 – 8:30 pm.



Who: Anyone over 16 with a valid driver's license.

Where: Virtual

When: Monday & Tuesday

Time: 5:30 – 8:30 pm

How: Via Zoom – the link will be sent prior to the course start date

Cost: \$35

Dates: February 8 & 9, or March 15 & 16, or April 12 & 13

****Please specify your choice on the registration form****



HOLISTIC ARTS WITH JESSE WICHER

CLASS: EMOTIONAL RELEASE FOR INNER PEACE

- Fear, anger, and sorrow can disrupt the flow of energy in our bodies and sabotage our inner peace.
- This single evening course will teach simple yet effective techniques for getting in touch with, understanding, accepting, and releasing the emotions that keep us from ourselves. Come learn to rest in the peaceful state of loving acceptance that is our true nature.



Who: 18 and Over Where: Virtual When: Monday (1 Session) Time: 6:30 – 9 pm

How: Via Zoom – the link will be sent prior to the course start date Cost: \$29

Dates: January 25 or April 5, 2021 ****Please specify your choice on the registration form****

CLASS: SELF-GROWTH & THE ART OF SINGING

- Professional singer, voice teacher, and holistic health practitioner, Jesse Wicher, will share with you life lessons through the study of singing.
- You will explore the profound relationship between the breath, body, voice, and personal growth. With this 1 night course you can learn what good singing can teach about good living...NO SINGING REQUIRED!!



Who: 18 and Over Where: Virtual When: Monday (1 Session) Time: 6:30 – 9 pm

How: Via Zoom – the link will be sent prior to the course start date Cost: \$29

Dates: March 22 or June 7, 2021 ****Please specify your choice on the registration form****

HOLISTIC ARTS WITH JESSE WICHER

CLASS: MEDITATION for RELAXATION and PERSONAL HEALING (Introductory Class)



- Suffering from stress, anxiety, sleeplessness, high blood pressure, or hypertension?
- Meditation can help a mind that never stops. It is a simple, easy to learn practice that involves focusing thoughts and breathing to help relax into the present moment.
- Get insight as to how to empower yourself with techniques for successful personal meditation and finding your own meditation regimen. Come experience for yourself the abundance of inner peace, personal health, and spiritual connection that come from meditation.

Who: 18 and Over

Where: Virtual

When: Tuesday (1 Session)

Time: 7 – 9 pm

How: Via Zoom – the link will be sent prior to the course start date

Cost: \$25

Dates: January 26 or April 6, 2021

****Please specify your choice on the registration form****



CLASS: DEVELOPING YOUR INTUITION

(Introductory Class)

- Think you are not intuitive? Think again! Everyone is born with an innate sensitivity to the world of energy within and around us.
- Get insight as to how to pay attention to and trust the subtle impressions we all get. You will build confidence in your natural abilities through engaging, skill-building exercises. We will practice exchanging healing and empowering messages with fellow classmates.

Who: 18 and Over

Where: Virtual

When: Thursday/Wednesday (1 Session)

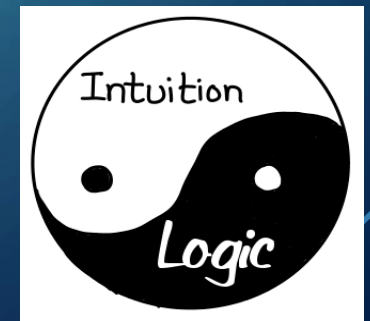
Time: 7 – 9 pm

How: Via Zoom – the link will be sent prior to the course start date

Cost: \$25

Dates: Thursday, January 28 or Wednesday, April 7, 2021

****Please specify your choice on the registration form****



HOLISTIC ARTS WITH JESSE WICHER



CLASS: THE CALL OF PARADISE – A SPIRITUAL JOURNEY TO HAWAII

- Come spend an evening luxuriating in the aloha of the islands as we look deeply into the history, culture, and spirituality of this remarkable part of America.
- Through fascinating pictures and stories, we will explore the rich heritage and traditions that make Hawaii one of the most beautiful, healing, and life-giving places on Earth.
- For those interested, there will be an opportunity after the presentation to discuss the details of our 10 day spiritual tour to Hawaii this coming June 2021.

Who: 18 and Over

Where: Virtual

When: Monday (1 Session) Time: 6:30 – 9 pm

How: Via Zoom – the link will be sent prior to the course start date Cost: \$10

Dates: February 15 or April 19, 2021 ****Please specify your choice on the registration form****



CLASS: HEALING WITH ENERGY

- Harness your power to heal---Naturally! Whether it is a quick and easy remedy for headaches, increase vitality, or seeking healing for a chronic condition, this class has something for you.
- This engaging, interactive course will work with tools and techniques from a variety of healing practices such as acupressure, chakra clearing, auric-field healing, toning, chi gong, and long-distance healing.
- Topics include: power of intent, using your intuition, and mastering the mind/body/spirit connection.

Who: 18 and over

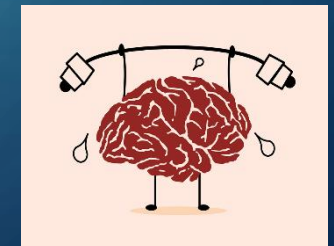
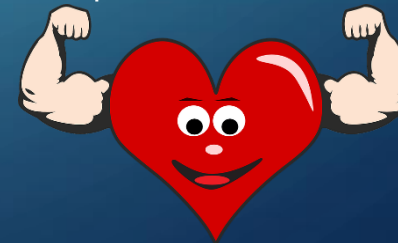
Where: Virtual

When: Wednesday/Thursday (5 Sessions) Time: 7-9 pm

How: Via Zoom – the link will be sent prior to the course start date Cost: \$99

Dates: Wednesdays, January 27 – February 24, 2021 or Thursdays, April 8 – May 6, 2021

****Please specify your choice on the registration form****



ALL-PRO TUTORING - SAT & ACT PREPARATION

2021 TEST DATES: SAT - MARCH 13, MAY 8, AND JUNE 5
ACT – FEBRUARY 6, APRIL 17, AND JUNE 12



CLASS: - ONLINE 9-HR. SAT TEST PREPARATION

- 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

How: Via Zoom – the link will be sent prior to the course start date Cost: \$125

Dates: February 23, 25 & March 2, 4 (6-8:15 pm) (Tues/Thurs/Tues/Thurs)

CLASS: ONLINE 4-HR. SAT BOOT CAMP

- This class 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: classroom instruction, workbook/study materials, and a free simulated SAT test.

How: Via Zoom – the link will be sent prior to the course start date Cost: \$65

Dates: April 19 & 21 (6-8 pm) (Mon/Wed) or May 24 & 26 (6-8 pm) (Mon/Wed)

****Please specify your choice on the registration form****



CLASS: ONLINE 9-HR. ACT TEST PREPARATION

- This course offers an in-depth study of the ACT test. Course includes: classroom instruction, test taking strategies, testing information, study materials, and a simulated ACT test.

How: Via Zoom – the link will be sent prior to the course start date Cost: \$125

Dates: January 26, 28 February 2, 4 (6-8:15 pm) (Tues/Thurs/Tues/Thurs)



ALL-PRO TUTORING - SAT & ACT PREPARATION

2021 TEST DATES: SAT - MARCH 13, MAY 8, AND JUNE 5
ACT – FEBRUARY 6, APRIL 17, AND JUNE 12

CLASS: ONLINE 4-HR. ACT BOOT CAMP

- This class introduces students to the ACT test. Course includes: test taking strategies, testing information, study materials, and a free simulated ACT test.

How: Via Zoom – the link will be sent prior to the course start date Cost: \$65

Dates: December 7 & 9 (6-8 pm) (Mon/Wed), or April 14 & 15 (6-8 pm) (Tues/Thurs)

****Please specify your choice on the registration form****

CLASS: ONLINE WRITING THE COLLEGE APPLICATION ESSAY

- Do you want to submit a college application essay that will really hit home with the Admission's Office at the college of your choice?
- Learn all the fundamentals of a winning essay as well as proven strategies in this live online course. You will begin to write the college application essay during class and leave with the confidence and knowledge to complete the process on your own.

How: Via Zoom – the link will be sent prior to the course start date Cost: \$65

Date: April 28 (6-8:30 pm) (Wed)

FREE!! ONLINE SEND YOUR KIDS TO COLLEGE PRESENTATION

- Did you know that less than 33% of 4-year college students graduate in four years? Mistakes in college planning could cost you thousands of dollars. Please join our team of experts for a FREE 1 hour discussion on the best approach to college planning.

How: Via Zoom – the link will be sent prior to the course start date Cost: FREE!!

Date: March 24 (6-7 pm) (Wed)



INTRO TO MEDITATION WITH CATIE DILLEMUTH

- Learn the basics about meditation – why it is important and how it can change your day and life. You will go through a guided meditation during class that you can begin to use immediately.
- This is a 1 day discussion/lecture type class at an introductory level, good for all ages.



Who: All Ages

When: Wednesday

How: Virtual

Time: 6:30-7:30 pm

How: Via Zoom – the link will be sent prior to the course start date

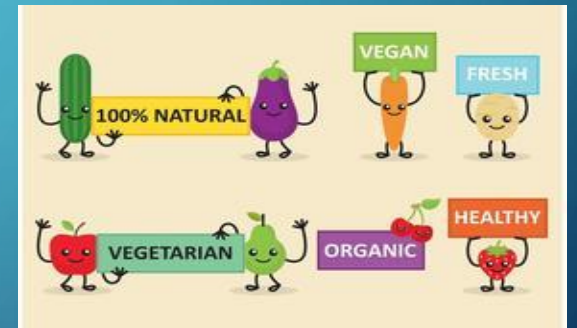
Cost: \$5

Dates: January 6, or January 20, or February 3, or February 17, or March 3, or March 17, or March 31, or April 14, or April 28 ****Please specify your choice on the registration form****



THE GREEN DIET WITH CATIE DILLEMUTH

- Have you ever been curious about a vegetarian or vegan diet? Learn how by changing one thing in your life, what you eat, you can truly change yourself and the world around you.
- Not only will you change your health; you will also impact the environment in a positive way and stop funding cruelty in the food industry where people and animals are concerned.
- If you are ready to lose weight, become healthier, and learn the truth about what you are eating, then this class will be your first step to a healthier and greener life.
- Two (1) hour sessions



Who: 13 and Over

When: Tues. & Thurs.

Where: Virtual

Time: 6:30-7:30 pm

How: Via Zoom – the link will be sent prior to the course start date

Cost: \$10

Dates: January 5 & 7, or January 19 & 21, or February 2 & 4, or February 16 & 18, or March 2 & 4, or March 16 & 18, or March 30 & April 1, or April 13 & 15, or April 27 & 29

****Please specify your choice on the registration form****

