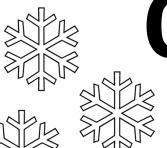
LAKE SHORE COMMUNITY EDUCATION WINTER/SPRING BROCHURE 2019





General Information



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

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





How To Register:

BY MAIL: Enclose a check, made out to Lake Shore Central Schools, money order or

credit/debit card payment (MasterCard, Visa, American Express, Discover),

along with the registration form.

Lab fees are not to be included with registration.

MAIL TO: Community Education

William T. Hoag Educational Center

42 Sunset Blvd. Angola, NY 14006

IN PERSON: Registrations will be received at the Community Education Office located in the

Main Office of the William T. Hoag Educational Center

BY FAX: 24 hours a day, 7 days a week at (716) 549-4391

Credit/Debit Card payment only form of payment accepted by fax

General Information



Credit/Debit Card Payments:

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

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 **Check/Money Orders:**

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.

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

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

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

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

Don't worry—no news is good news!



Pound© Fitness Instructor: Katy Berner-Wallen

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

WHO: 18 and older WHERE: Middle School Media Center WHEN: Tuesday

TIME: 6:30pm – 7:30pm **COST:** \$30 (6 classes)

Please specify Session 1 or Session 2 on your registration form*

SESSION 1: January 15th – February 26th (*class will be 2/6 **not** 2/5* and No class February 19th)

SESSION 2: March 5th – April 9th

Pound© for Teens Instructor: Katy Berner-Wallen

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

WHO: Ages 11 to 18 WHERE: Middle School Media Center WHEN: Thursday

TIME: 6:30pm – 7:30pm **COST:** \$30 (6 classes)

DATES: *Please specify Session 1 or Session 2 on your registration form*

SESSION 1: January 17th – February 14th

SESSION 2: March 7th – April 18th (no class March 21st)

Health and Fitness



Instructor: Keri Fisher

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

Zumba Instructor: Carol Clark

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

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

DMV PRE-LICENSING COURE

More dates coming soon!
Keep an eye out for fliers and more information on Community Education
Winter/Spring Brochure

Vinyasa Yoga

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

WHO: 16 and older WHERE: A.J. Schmidt Gymnasium WHEN: Wednesday DATES: January 9th – March 6th

TIME: 6:15pm – 7:15pm **COST:** \$25 (8 classes)

Yoga Instructor: Susan Brown

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

WHO: All ages WHERE: A.J. Schmidt Gymnasium WHEN: Monday DATES: January 28th – May 20th

TIME: 6:15pm – 7:15pm **COST:** \$45 (15 classes)



Cardio Strength/Pound Instructor: Christine Berfield

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

WHO: 18 and older

WHEN: Monday and Wednesday TIME:

6:00pm - 7:00pm

WHERE: DATES:

Highland Gymnasium January 28th – April 10th

COST: \$55 (20 classes)

Water Aerobics

Minimum of 8 participants.

Water Aerobics offers a gentle workout which follows audio-taped instructions. This course works all muscle groups in a gentle, easy manner. No class April 22nd or 24th.

Instructor: Eileen Petersen

Instructor: Barbara Hammond

WHO: 18 and older WHERE: Middle School Pool WHEN: March 4th – May 22nd Monday and Wednesday DATES: COST: \$50 (22 classes) TIME: 6:15pm – 7:15pm

Sit and Fit **Instructor: Betty Bates**

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

WHO: 18 and older WHERE: W.T. Hoag Annex WHEN: Monday DATES: April 1st – May 20th 6:00pm - 7:00pmCOST: \$25 (7 classes) TIME:

Fitness for Seniors

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

WHO: 50 years or older WHERE: Lake Shore Fitness Center WHEN: Tuesday and Thursday DATES: January 22nd – February 28th

TIME: 5:00pm - 6:00pm COST: \$35 (10 classes)

SING, PLAY, DANCE!







Instructor: Cindy Zelasko

Sing, Play, Dance!

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

WHO: Ages 4 to 6 WHERE: W.T. Hoag Room 106

WHEN: Tuesday and Thursday **DATES:** January 29th – May 23rd

TIME: 5:00pm – 6:00pm COST: \$40 (29 classes, 1 musical performance)

ALL-PRO TUTORING AND TEST PREP

9-Hour SAT Test Prep Course

Are you ready for the SAT test? This course offers an in-depth study of the SAT test. Course includes: classroom instruction, test-taking strategies, testing information, workbook/study materials and a free simulated SAT test. For the simulated test schedule and registration information visit: All-Pro Tutoring and Test Prep. 2019 SAT Test Dates: March 9th, May 4th, June 1st and August 24th. 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 6th, 11th and 13th

WHEN: Monday and Wednesday

TIME: 5:30pm – 8:30pm **COST:** \$125 (3 classes)



4-Hour SAT Boot Camp

Get a jump start on your SAT

Preparation! This comprehensive course introduces students to the SAT test with emphasis on test-taking strategies, testing information, how to best prepare for the SAT test and practice questions in each subject. Course includes: workbook/study materials, and a free simulated SAT test. For the simulated test schedule and registration information visit: All-Pro

Tutoring and Test Prep. 2019 SAT Test Dates: June 1st and August 24th.

Students are welcome to bring a snack or lunch to class. *Minimum of 3 participants. Please list which session you would like to attend.*

WHO: 15 and older

WHERE: W.T. Hoag Annex

WHEN: Monday and Wednesday

DATES: May 20th and 22nd **TIME:** 6:00pm – 8:00pm **COST:** \$65 (2 classes)

4- Hour ACT Boot Camp

Get a jump start on your ACT test preparation! The ACT Test is held in equal esteem as the SAT test by most colleges and universities. This comprehensive review course introduces students to the ACT test and includes: test-taking strategies, testing information, study materials and a free simulated ACT Test. For the simulated test schedule and registration information visit: All-Pro Tutoring and Test Prep

2019 ACT Test dates: April 13th and June 8th. Students are welcome to bring a snack or dinner to class. *Minimum of 3 participants.*

WHO: 15 and older WHERE: Senior High LGI

WHEN: Saturday **DATES:** April 6th

TIME: 10:00am – 2:00pm

COST: \$65 (1 class)

GarageHIIT and TRED

A course with Garage Fitness



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

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

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

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

isafety co.

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



CPR/AED Training

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

WHO: All ages WHERE: W.T. Hoag Annex WHEN: Tuesday DATE: February 5th TIME: 6:00pm – 9:00pm COST: \$55 (1 class)

Child and Babysitting Safety

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

WHO:Ages 11-15WHERE:Senior High LGIWHEN:SaturdayDATE:February 2^{nd} TIME:9:00am - 2:00pmCOST:\$55 (1 class)



American Red Cross Lifeguarding

Lifeguard Training Course

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

Instructor: Mary Galac

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

Entrance Requirements

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

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

Upon successful completion of the course, participants will receive and American Red Cross email from the following address, <u>Classes-Notify@usa.redcross.org</u>, which contains a link to your electronic certification. Should you need help accessing your electronic certification, please contact 1-800-RedCross

WHO: Ages 15 and older WHERE: Middle School Pool WHEN: Tuesday and Saturday

DATES: March 5th, 9th, 12th, 16th, 19th and 23rd **TIME:** Tuesday: 6:00pm – 9:00pm **COST:** \$250 (6 classes)

Saturday: 9:00am – 1:00pm

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."

"CHICAGO" in Rochester

Rochester Broadway Theater League Sunday, February 10th \$149

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

Entrée Options (choose one):

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

Depart time: 10:30am 8:00pm

Holst's *The Planets*

Buffalo Philharmonic Friday, February 15th \$129

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

Entrée Options:

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

Depart time: 8:30am **Return time:** 3:30pm

Canada Blooms

Or choice Toronto
Saturday, March 9th
\$79 (includes admission)
\$59 (trip to Toronto only)

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

Depart time: 8:00am **Return time:** 8:00pm

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

Sap's Arising

A Sweet Trip Saturday, March 23rd \$115

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

Depart time: 7:30am **Return time:** 8:30pm

The Belmonts "Runaround Sue"

Seneca Niagara Tuesday, April 9th \$85

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

Depart time: 8:30am **Return time:** 5:30pm

Vicki Lawrence & Mama

A Two Woman Show Sunday, April 14th \$135

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

Depart time: 11:30am **Return time:** 5:30pm

: For more trips or information visit

Know How Tours

EXPRESSIVE GLASS

All Classes are held at **Expressive Glass**; 3333 Lake Shore Road, Buffalo, near Woodlawn Beach. 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 in to cool stuff! Join glass artisan Vicki Schneider at her beautiful studio for an introductory class of bead making. In just 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 in to jewelry.

Pick up your beads after they have been annealed or have them mailed to you for a fee of \$7 payable to the instructor.

DATES and TIMES:

Saturday, March 2nd 10:00am – 1:00pm Sunday, May 5th 1:00pm – 4:00pm Saturday, June 29th 10:00am – 1:00pm

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 supervision. You also have the option to make smaller icicles to wear as a pendant. No experience is necessary – just the willingness to try!

Pick up your project(s) after they have been annealed or have them mailed to you for a \$7 fee payable to the instructor.

DATES and TIMES:

Saturday, January 26th 10:00am – 12:30pm Sunday, February 10th 1:30pm – 4:00pm

COST: \$60 (1 class)

Leaf Pendants

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

Thursday, March 21st 6:00pm – 8:30pm Thursday, June 6th 6:00pm – 8:30pm

COST: \$60 (1 class)

EXPRESSIVE GLASS



All Classes are held at **Expressive Glass**; 3333 Lake Shore Road, Buffalo, near Woodlawn Beach. The studio is easily accessible from the Thruway and Milestrip Road. *Please specify which class and date you would like to attend.*

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.

DATE and TIME:

Sunday, May 19th 1:30pm – 4:00pm

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.

DATE and TIME:

Sunday, April 28th 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 or they can be mailed to you for a \$7 fee. 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, March 23rd 10:30am – 1:00pm Saturday, June 8th 10:30am – 1:00pm

COST: \$60 (1 class)

Hobbies j

Instructor: Sondra Holland

Instructor: Sondra Holland

Meditation and Compassion

Rise beyond – glide through. Have you always wanted to rise above your most inspiring dreams? Have you always wished to glide through life with joy, strength and courage? Sondra, a meditation devotee, has spent time studying in The Orient. Her dream is to unite ancient Eastern teachings with Western peaceful adaptations. We will go over meditation and yoga practices, meditation techniques and gentle yoga movements. **Please bring a yoga mat, towel or small rug to class with you and wear comfortable clothing.** No class February 18th. *Minimum of 5 participants.*

WHO: 16 and older WHERE: W.T. Hoag Cafeteria WHEN: Monday

DATES: January 28th – February 25th **TIME:** 6:30pm – 7:30pm **COST:** \$20 (4 classes)

Parent/Guardian and Me Yoga

This class welcomes all wee folks ages 2 months through 12 years old. A parent/guardian must join the little ones. Sondra, a meditation devotee has spent time studying in The Orient. She is also a NY State certified art and music teacher. Yoga will also be entwined with visual arts, music and dance, drama and storytelling. **Please bring a yoga mat, towel, or small rug to class with you and wear comfortable** clothing. No class February 19th. *Minimum of 5 participants.*

WHO: Children accompanied by an adult 18+ WHERE: W.T. Hoag Gymnasium WHEN: Tuesday

DATES: January 22nd – March 5th **TIME:** 6:30pm – 8:00pm **COST:** \$30 (6 classes)

Look what is coming to Community Education!



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