

FRONTIER COMMUNITY EDUCATION



FALL
2019

926-1744

www.frontier.wyric.org

FALL 2019 COURSE LISTING

Check out our **NEW** classes (in bold below)

| MONDAY | PG |
|---|-----------|
| Acting for TV & Film | 17 |
| Appr. VEX IQ | 16 |
| Aqua Aerobics | 6 |
| Basics of Investing | 5 |
| Building Your Financial House | 5 |
| Call of Paradise | 10 |
| Drum/Percussion Lessons | 3 |
| Emotional Release for Inner Peace | 9 |
| Glee Club | 17 |
| How Money Works | 5 |
| Investing at Retirement | 5 |
| Investing Success | 5 |
| Italian for Travelers | 10 |
| Jr. Aerospace | 16 |
| Martial Arts | 14 |
| Learn to Swim Grades K-5 | 12 |
| Open Quilting | 2 |
| Piano Lessons | 3 |
| SAT Boot Camp | 1 |
| Self-Growth & Art of Singing | 9 |
| Soccer Shots Classics | 18 |
| Spanish Club-Spanish K-5 | 13 |
| Swim for Fitness | 6 |
| Tai Chi Chuan | 7 |
| Yoga at Epic Dance | 7 |
| Zumba Fitness | 8 |

| THURSDAY | PG |
|---|-----------|
| Appr. VEX IQ | 16 |
| Basic All-Over Workout | 6 |
| Downsizing Your Home | 6 |
| Drum/Percussion Lessons | 3 |
| Emotional Freedom Technique | 9 |
| First Time Home Buyer | 4 |
| Flag Football | 15 |
| Hatha Yoga & Essential Oils | 7 |
| Haunted Sites of Ireland | 11 |
| Healing w/ Energy | 9 |
| Healthy Options/Nutrition | 3 |
| Intro to Singing | 16 |
| Jr. Aerospace | 16 |
| Lacrosse - Indoors | 15 |
| Learn to Swim Grades K-5 | 12 |
| Master Civil Engineering | 11 |
| Notary Public Training Course | 11 |
| Parent Child Soccer | 15 |
| Pee Wee Floor Hockey | 16 |
| Piano Lessons | 3 |
| SAT Test Prep | 1 |
| Singing Lessons for Everyone | 4 |
| Soccer | 15 |
| Soccer Shots Classics | 18 |
| Spanish Club-Spanish K-5 | 13 |
| Swim for Fitness | 6 |
| Tai Chi Chuan | 7 |
| Unity Through Rhythm | 3 |
| Volleyball | 16 |
| Yoga at Epic Dance | 7 |
| Youth Floor Hockey | 16 |

| TUESDAY | PG |
|---|----------|
| Acrylic Painting for Adults | 5 |
| Acrylic Painting for Children | 17 |
| Addressing Long-Term Care | 4 |
| Adult Dance Fitness | 7 |
| Adult/Infant/Child CPR/AED | 8 |
| Angels, Spirit Guides & You | 8 |
| Basic All-Over Workout | 6 |
| Basketball @ PH | 13 |
| Broadway Mini's | 17 |
| Change Your Mind/Life | 8 |
| Chunky Blanket Workshop | 2 |
| Coed Basketball | 15 |
| Creative Playtime | 13 |
| Downsizing Your Home | 6 |
| Drum/Percussion Lesson | 3 |
| Essential Outdoor Skills | 11 |
| Estate Planning Strategies | 4 |
| Family Love Letter | 4 |
| First Time Home Buyer | 6 |
| Flag Football | 15 |
| Hot Shots - Basketball for Kids | 15 |
| Intro to Theater | 17 |
| Meditation | 8 |
| Oh Tannenbaum | 2 |
| Pee Wee Floor Hockey | 16 |
| Piano Lessons | 3 |
| SAT Test Prep | 1 |
| Singing Lessons for Everyone | 4 |
| Slow Flow-Yoga Basics | 7 |
| Soccer Shots Classics | 18 |
| Social Security | 5 |
| Spanish Club-Spanish K-5 | 13 |
| Structured Investing | 5 |
| Tai Chi Chuan | 7 |
| Weight Loss w/ Hypnosis | 10 |
| Youth Floor Hockey | 16 |

| FRIDAY | PG |
|--|-----------|
| Acro Gym | 14 |
| Appr. VEX IQ | 16 |
| Baby & Me | 14 |
| Blown Ornaments | 2 |
| Cheer Dance | 14 |
| Creative Dance Movement | 14 |
| Hip Hop - Kids | 14 |
| Jr. Aerospace | 16 |
| Martial Arts | 14 |
| Singing Lessons for Everyone | 4 |
| Tap/Jazz Combo | 14 |

| WEDNESDAY | PG |
|---|-----------|
| Appr. VEX IQ | 16 |
| Aqua Aerobics | 6 |
| Ballroom/Latin Swing Dance | 4 |
| Blown Ornaments | 2 |
| Creative Playtime | 13 |
| Developing Intuition | 9 |
| Drum/Percussion Lessons | 3 |
| Five Hr. Prelicensing | 4 |
| Generation Pound | 14 |
| Hot Shots - Basketball for Kids | 15 |
| Jr. Aerospace | 16 |
| Lacrosse - Indoors | 15 |
| Martial Arts | 14 |
| Medicare 101 | 11 |
| Musical Theater Intensive | 17 |
| Parent Child Soccer | 15 |
| Pound | 7 |
| Piano Lessons | 3 |
| SAT Boot Camp | 1 |
| Send Your Kids To College | 1 |
| Show Choir | 17 |
| Singing Lessons for Everyone | 4 |
| Soccer | 15 |
| Soccer Shots Classics | 18 |
| Spanish Club-Spanish K-5 | 13 |
| Swim for Fitness | 6 |
| Toddler Aquatics | 12 |
| Turbo Kick Live! | 7 |
| Yoga | 8 |



| SATURDAY | PG |
|--|-----------|
| ACT Boot Camp | 1 |
| Babysitting | 13 |
| Fritty the Snowman | 2 |
| Fun w/ Fusing | 2 |
| Land Navigation/Map&Compass11 | 11 |
| Reiki - Long Distance | 9 |
| Reiki - Advanced | 9 |
| Reiki Master Trainer Level III | 9 |
| Reiki Practitioner | 10 |
| Singing Lessons for Everyone | 4 |

| SUNDAY | PG |
|---------------------------|----|
| Blown Ornaments | 2 |

LISTING BY AREAS OF INTEREST

| | |
|--|-------|
| Academics | 1 |
| Before & Afterschool Program | 18 |
| Crafts | 2 |
| Culinary Arts | 3 |
| Dance & Music | 3-4 |
| Driving | 4 |
| Finance | 4-5 |
| Fine Arts | 5 |
| House & Garden | 6 |
| Kids Corner | 12-18 |
| Physical Education | 6-8 |
| Self Improvement | 10 |
| Special Interest | 10-11 |
| Trips & Tours | 19 |

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SOUTHTOWNS TEACHERS' CENTER
 Southtowns Teachers' Center is now located at the Big Tree Elementary School in the Frontier School district located at 4460 Bay View Road in Hamburg, NY. Please stop by and check us out! Office hours are Monday through Thursday from 10:00 am - 2:30 pm & 3:45 - 5:00 pm. You can reach us at 649-6775.

**YOU NOW HAVE MORE
 OPTIONS
 TO ENROLL IN OUR GREAT
 CLASSES!!**

Visit our website@ www.frontier.wnyric.org, click on "COMMUNITY" and then COMMUNITY EDUCATION. You will be able to view our brochure, print a form or register.

ALL-PRO TUTORING & TEST PREP

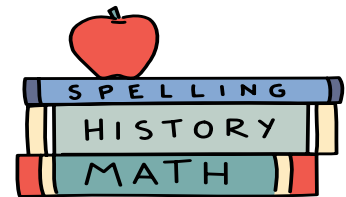
All-Pro Tutoring offers private/small group sessions for all K-12 subjects, Writing The College App Essay, SAT and ACT Prep and Regents courses. Why is All-Pro Tutoring and Test Prep a great way to learn? All-Pro offers individualized lessons for all skill levels in all K-12 subjects. Their qualified experienced teachers will design a program to meet your child's academic needs. For more information, call (716) 400-2767 or (716) 310-3319 or check out their website at www.allprotutoring.com. *Begin Today for a Better Tomorrow!*

**4 HR. ACT BOOT CAMP
 (Plus Simulated ACT Test)**

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. **Students are welcome to bring a snack or lunch to class.** For the simulated test schedule and registration information visit: website www.allprotutoring.com. **2019 ACT test dates:** September 14th & December 14th
 SATURDAY All-Pro Tutoring Team
 Date: 12/7 Session: 1
 10:00-2:00PM Fee: \$65
High School NR: \$75
 Rm. 249

**4 HR. SAT BOOT CAMP
 (Plus Simulated SAT Test)**

Get a jump start on your SAT test 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 our website www.allprotutoring.com. **Students are welcome to bring a snack to class. 2019 SAT test dates:** October 5th, November 2nd & December 7th. **Students are welcome to bring a snack to class.**
 WED/MON All-Pro Tutoring Team
 Starts: 11/20 Sessions: 2
 6:00-8:00 Fee: \$65
HS Rm. 249 NR: \$75
**This class will run on 11/20 & 11/25.*



**9 HR. SAT TEST PREP
 (Plus Simulated SAT Test)**

This 9-hour 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 our website www.allprotutoring@gmail.com. **2019 SAT test dates:** October 5th, November 2nd & December 7th. **Students are welcome to bring a snack to class.**
 TUES/THURS All-Pro Tutoring Team
 Starts: 10/22 Sessions: 3*
 5:30-8:30 Fee: \$135
HS Rm. 249 NR: \$150
**This class will meet on 10/22, 10/24 & 10/29*

SEND YOUR KIDS TO COLLEGE SEMINAR

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 90-minute discussion on your best approach to the college scene. Send Your Kids to College is a non-profit organization designed to assist you with every step of the college way. 1) Natalie Beilein will discuss the Indigo Assessment for finding and applying to the college that best suits your needs and interests. 2) Denise Breier and Jackie Sheehan from All-Pro Tutoring and Test Prep will help you establish a timeline for academic performance for college admission tests, and discuss why it is important to prepare for the SAT and ACT Tests. 3) Jeff Boron is a Certified College Planning Specialist and will discuss strategies to reduce the cost of college including information about THE SAGE Scholars tuition rewards program. You will earn 500 SAGE Scholars points just for attending the seminar: that is equal to \$500 in tuition rewards! Attend this seminar to find out how you can earn more SAGE Scholars tuition points.

WEDNESDAY
 Session: 1

Date: 10/9
HS Rm. 249

6:00-7:30
 Fee \$10

CRAFTS, CRAFTS, CRAFTS

MELTING GLASS w/ VICKI SCHNEIDER

Ms. Schneider is a glass artist, instructor and owner of a 9-torch studio, Expressive Glass. Her one-of-a-kind wearable art and small sculptures are sold at the Corning Museum of Glass, as well as other galleries and stores. All the classes listed below will take place at Expressive Glass located at 3333 Lake Shore Road in Blasdell. The studio is easily accessible from Route 5, Thruway and Milestrip Road. No Golden Pass discount given.

BLOWN ORNAMENTS

Try your hand at blowing your own Christmas ornaments. After learning how to light a torch, you will be taught the process of gently heating, rotating and blowing an ornament. Because this is a challenging skill, expect varying degrees of success. During the class, you may blow a maximum of three ornaments and will be gifted one ornament blown by the instructor. Time permitting, you may blow additional ornaments at \$10.00 per ornament. Pick up your ornaments after they have been annealed (heated and cooled gradually to remove thermal stress) or they can be mailed to you for \$7.00 payable to the instructor.

FRIDAY Ms. Schneider
Date: 10/25 Session: 1
6:30-9:00 Fee: \$60

OR
SUNDAY Ms. Schneider
Date: 11/10 Session: 1
1:30-4:00 Fee: \$60

OR
WEDNESDAY Ms. Schneider
Date: 12/11 Session: 1
6:30-9:30 Fee: \$60

FRITTY THE SNOWMAN PLATE

Create an adorable snowman plate by applying layers of crushed glass (frit) 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 5" x 5" plate. No experience is necessary - only a willingness to try. Pick up your project(s) after they have been fused, slumped and annealed (heated and cooled gradually to remove thermal stress). If you prefer, they can be mailed to you for \$7.00 payable to the instructor.

SATURDAY Ms. Schneider
Date: 11/16 Session: 1
2:00-4:30 Fee: \$60

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 refrigerator magnets, one suncatcher, one glass tile or one night-light. Additional fee for extra projects, multiple firings (if required) and dichroic glass. By successfully completing this class, you are eligible to rent studio time and complete new projects on your own. You can pick up your project after it's been fused and annealed (heated and cooled gradually to remove thermal stress) or Ms. Schneider can mail it to you for an additional fee. If your project requires a bail, earring backs or magnet, the instructor will provide you with the needed materials in the mail or by appointment.

SATURDAY Ms. Schneider
Date: 10/19 Session: 1
1:00-3:30 Fee: \$60



OH, TANNENBAUM

Create a festive glass Christmas tree you can use as a suncatcher or ornament. You will start by cutting pieces of glass to make your tree design. Basic cutting techniques will be taught. Then make your tree distinctive by decorating it with colorful glass strings, small nipped circles and crushed glass. Your tree will be placed in a kiln to fuse the pieces together. You can pick up your project after it's been fused and annealed (heated and cooled gradually to remove thermal stress) or we can mail it to you for an additional fee of \$7.00 payable to the instructor.

TUESDAY Ms. Schneider
Date: 11/19 Session: 1
6:30-9:00 Fee: \$60

CHUNKY BLANKET WORKSHOP

In this workshop, you will be guided step-by-step through the hand-knitting process to create your own one-of-a-kind super soft chunky knit blanket. Requires no needles or knitting experience. All materials and instruction provided. Finished blanket will be approximately 40" x 50". Color are first come, first pick. *Cost for materials is included in the class fee.

TUESDAY Ms. Quinn
Date: 11/5 Session: 1
7:00-10:00 Fee: \$85*
Middle School NR: \$95
Rm. 131

**No Golden Pass discount given on this class.*

Quilting with Kimberly Smith



OPEN QUILTING CLASS

Have a quilt you have to finish or a design that you want to make? Then this is the class for you. Bring your idea and your quilt. *No class 10/14 & 11/11*

MONDAY Ms. Smith
Starts: 9/23 Sessions: 8
6:30-9:00 Fee: \$120
Middle School NR: \$140
Rm. 133

Register by Fax:

24 hours a day, 7 days a week,
926-1777

*Credit / Debit Card
Registration Only!*



**Discover, Mastercard & Visa,
Accepted!**



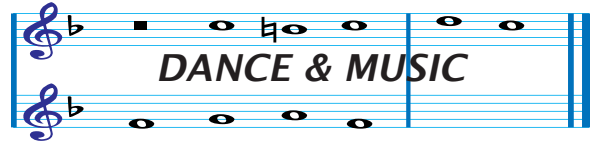
Culinary Arts

HEALTHY OPTIONS AND NUTRITION SESSION

This four-week session will explore healthy cooking techniques with various ingredients including seafood, breads, various proteins and a class devoted to desserts which will wrap up the sessions. The focus of each class will develop your cooking prowess with regards to new menu items and how to pair these items with new ingredients for multiple culinary masterpieces. **Week 1)** Introduction and Salads. Students will make a Raspberry Vinaigrette Dressing as well as various kinds of breads. Concepts like clean as you go and sanitizing will be discussed as well. **Week 2)** This section will deal with the Tastes of Italy with entrées like Eggplant Parmesan and other Italian Delights. We will offer healthier ways to promote and cook these entrées in the home setting. **Week 3)** This section will deal with varying proteins such as Turkey, Beef and Chicken and several sauces to accompany these fantastic meals. We will learn how to season, cook and present them in an appetizing manner. **Week 4)** This final section will deal with desserts. We will make several recipes that will be treats and inspire you for further culinary exploration. Recipes in this class are different than those offered in previous semesters. This is a hands-on cooking class. This class is limited to 16 students.

THURSDAY Mr. Whipple
Starts: 9/26 Sessions: 4
6:00-8:00 Fee: \$48
High School NR: \$56
Rm. 248 Lab Fee: \$25

**No Golden Pass discount given on this class.*



Music Lessons w/ Jonathan Rizzo

PRIVATE DRUMSET AND PERCUSSION LESSONS

If you've ever been interested in paying drums or percussion, or want to sharpen your existing skills, this is your chance! Whether your interest is various styles of drum set playing, orchestra/solo percussion (snare drum/timpani, etc.) or hand percussion, you can get quality instruction here! Your instructor, Jonathan Rizzo, studied various forms of percussion at and beyond the collegiate level and has performed in orchestral, jazz, rock and African drumming groups. You are welcome to bring your own instrument, but they can be provided if necessary. Call Mr. Rizzo at (716) 864-9175 for specific details. **Lessons are 30 minutes of private instruction. 6-week session - flexible scheduling!**

Sessions: 6 Fee: \$100

PRIVATE PIANO LESSONS

Have you always wanted to play the piano but have found it to be a daunting musical challenge? Are you looking for a chance to dust off the ivories and reconnect with the instrument? Or are you just looking to make improvements in your already existing technique? Whatever your interest in or ability level regarding the piano may be, you can find quality feedback and instruction here! Your instructor, Jonathan Rizzo, is an experienced piano accompanist, keyboardist and current faculty member of SUNY Buffalo State College and has educational and performance experience with a wide variety of styles - classical, rock, musical theatre, jazz and more! **Lessons are 30 minutes of private instruction 6-week session - flexible scheduling!**

Sessions: 6 Fee: \$100

Once registered, Mr. Rizzo will contact you to set up your schedule. These lessons will take place at St. James Church located @ 76 Main Street in Hamburg. Please note: due to flexible scheduling, you will be unable to register online for these classes. No Golden Pass discount given.

UNITY THROUGH RHYTHM - 'THE BEAT GOES ON'

During the past several years, *Unity Through Rhythm* programs presented as part of Frontier Community Ed have introduced participants to the beauty and enjoyment of hand drumming and drum circles. A series of four classes will be offered this fall as a continuation and extension of these previous offerings. This program is presented for individuals looking to improve existing techniques of hand drumming, explore African and Afro-Caribbean rhythms in more depth and enhance improvisation skills. The class will review different tones of the djembe and how they are applied to rhythms. The concept of poly-rhythms will be explored both through learning specific African and Afro-Cuban rhythms, and free-form drumming. As a class, we'll create our own poly-rhythms as a way of enhancing listening and the concept of "fitting into the rhythm". The African bass drums - dununs - will be used prominently to highlight their role in providing rhythm foundation. Hand-held percussion instruments will be demonstrated and then used to contribute to a rhythm groove. The intent of this program is to be a fast-paced course in which prior experience with drumming/rhythm will definitely be beneficial for both individuals and the class. Class instructor Stephen Bell is a retired WNY middle school principal, who has been a life-long percussionist. He has received considerable training in hand drumming and drum circle facilitation and has presented hundreds of facilitated drum circles to children and adults.

THURSDAY Steve Bell
Starts: 9/26 Sessions: 4
7:00-8:30 Fee: \$40*
Big Tree NR: \$50
Auditorium

**No Golden Pass discount given on this course.*

**BALLROOM-LATIN SWING
BEGINNER DANCING**

This course is an introduction to basic fundamentals and foundation steps needed to start you dancing the most popular social dances. Dances taught will be the Foxtrot, Rumba, Waltz, and Nightclub two-step. This class offers easy instruction that will have you dancing the first night! All ages are welcome!

WEDNESDAY Allan & Joanne Smith
Starts: 9/25 Sessions: 8
6:30-7:30 Fee: \$50*
Big Tree NR :\$60
Gym

*No Golden Pass discount given.

SINGING LESSONS FOR EVERYONE

Do what you love to do - BETTER! Learn to bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages! The instructor, Jesse Wicher, is a professional singer and voice teacher. **Lessons are 30 minutes of private instruction. 5-week session - flexible scheduling!** Introductory price for Community Education students.

Sessions: 5 Fee: \$85

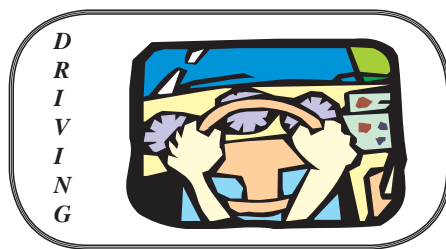
Call 821-1404 or email HolisticArts@hotmail.com for additional information. **Once registered, Mr. Wicher will contact you to set up your schedule. *Please note: due to flexible scheduling, you will be unable to register online for this class.**



**Oops!! We didn't know
you were coming!!**

Sometimes courses are cancelled when too many people wait until the last minute to register. We make decisions on what class will run based on PAID registrations.

**Don't be disappointed,
register today!!**



**5 HR. PRELICENSING
COURSE FOR DRIVERS**

This is a state-certified program that satisfies the NYS requirement of five hours of classroom training as a prerequisite for taking the road test to obtain a driver's license. **A valid permit with picture is required to register.** You may mail or fax in the registration, but **must include a copy of your permit.** Call our office at 926-1744 for the date and time of the next class.

WEDNESDAY Mr. Boyle
Session: 1 Fee: \$32
High School Rm. 109

FINANCE



**FINANCIAL WORKSHOPS
W/ CHRISTOPHER URBAN**

ADDRESSING LONG-TERM CARE

This workshop will educate people on long-term care basics and the importance of planning ahead. Along with explaining exactly what long term care is, we will discuss: Who needs long-term care? Should my financial program address long-term care concerns? What are some options for paying long-term care costs? What do we need to know about long-term care insurance? Come to this workshop to find out the answers to these and many more questions regarding long-term care.

TUESDAY Date: 10/1
Session: 1 6:30-8:00
Fee: \$10 NR: \$12
Middle School Rm. 109

ESTATE PLANNING STRATEGIES

In this workshop, you'll learn about estate planning, what it is and what steps to take to create a "smart" estate plan. Without proper planning, the financial legacy you leave to your loved ones may result in tax implications, costly fees and family conflicts. Learn how to meet your goals and to maximize your estate - determine what you want to go where, when and to whom. Planning now can save a lifetime of headaches down the road.

TUESDAY Date: 10/29
Session: 1 6:30-8:00
Fee: \$10 NR: \$12
Middle School Rm. 109

**THE FAMILY LOVE LETTER™
Key to the Execution of Your Estate Plan**

The purpose of a Family Love Letter is a compilation of all the information your family will need at the time of your death, or if you should become incapacitated due to illness or injury. Results of failure to plan: can create confusion and family conflict, can lead to dissipation of assets, disposition of property against wishes and can cause payment of excess income and estate taxes.

TUESDAY Date: 11/19 Session: 1
6:30-8:00 Fee: \$10 NR: \$12
Middle School Rm. 109

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;** it means **you are IN!**

FINANCIAL/INVESTMENT COURSES

These workshops are offered through PFS Investments. They are dedicated to **educating** folks on how things *really* work and **empowering** them to run their own finances. Their mission is to help mainstream families to become properly protected, debt free and retire secure.

BASICS OF INVESTING

Explains the difference between a cash cycle and a debt cycle, discusses the three fundamental accounts every family should have, explains debt stacking and more.

MONDAY Ms. Carriero
Date: 9/23 Session: 1
6:00-7:30 Fee: \$10
Middle School NR: \$12
Rm. 160

BUILDING YOUR FINANCIAL HOUSE

Join this class to understand key concepts to plan for retirement, pay off credit card or loan debt efficiently, build savings for education, protect your income and more.

MONDAY Ms. Carriero
Date: 10/7 Session: 1
6:00-7:30 Fee: \$10
Middle School NR: \$12
Rm. 160

HOW MONEY WORKS

In this class, you will learn the three root causes of financial problems along with an overview of the Rule of 72, the 3 D's of successful investing, credit card traps, debt payoff, how life insurance really works and more.

MONDAY Ms. Carriero
Date: 10/21 Session: 1
6:00-7:30 Fee: \$10
Middle School NR: \$12
Rm. 160

SOCIAL SECURITY Make the Right Choice

When should I take my social security benefits? Should I continue to work while I get my social security? How is my benefit amount determined? How do I minimize the tax on social security? Get the answers and discuss five key strategies to position yourself for your social security benefits.

TUESDAY B. Castro, CFP
Date: 10/8 Session: 1
6:30-8:00 Fee: \$10
Middle School NR: \$12
Rm. 109

It's Your Move... Invest & Win!

INVESTING AT RETIREMENT

Over the next few years, more than 82 million North Americans will be entering retirement. Whether you're retiring now or a few years down the road, make sure you're on track to live the retirement you want. Knowing the difference between tax free and tax deferred money, whether or not you're going to run out of, or out live your money, understanding the required minimum (RMD) process, and calculating along with understanding your FIN number are crucial.

MONDAY Ms. Carriero
Date: 11/4 Session: 1
6:00-7:30 Fee: \$10
Middle School NR: \$12
Rm. 160

INVESTING SUCCESS

This course will cover investment topics such as: understanding the market, calculating your FIN number, top problems facing most investors, three factors to protect against, mutual funds, IRA's, qualified vs. non-qualified money, and the three D's to successful investing.

MONDAY Ms. Carriero
Date: 11/18 Session: 1
6:00-7:30 Fee: \$10
Middle School NR: \$12
Rm. 160

STRUCTURED INVESTING

Why do most active money managers have difficulty beating the market? What investment risks are worth taking? How can I effectively diversify my investments? How do I align my investments with my goals? What is the role of investor behavior and psychology in actual investment returns? Learn the answers to these questions and an investment approach based on 80+ years of financial market data, Nobel Prize-winning economic research and studies of investor psychology and behavior.

TUESDAY B. Castro, CFP
Date: 10/22 Session: 1
6:30-8:00 Fee: \$10 NR: \$12
Middle School Rm. 109



ACRYLIC PAINTING FOR ADULTS w/ Jenn Quinn

Beginners to advanced artists will enjoy this 2-hour class on acrylic painting. Each class will feature a new painting and completed works will be ready to take home at the end of the class. All materials are included in the class fee. Aprons are provided but dress accordingly as paint can stain clothing. Mrs. Quinn is a professional teaching artist with over 20 years of experience painting. Completed paintings can be viewed at: <https://www.facebook.com/groups/528219517680028/>.

AUTUMN SUNSET

TUESDAY Mrs. Quinn
7:00-9:00 Date: 10/22
Middle School Fee: \$20*
Rm. 131 NR: \$25

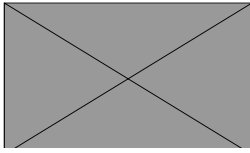
SUNFLOWERS IN GLASS

TUESDAY Mrs. Quinn
7:00-9:00 Date: 10/1
Middle School Fee: \$20*
Rm. 131 NR: \$25

**No Golden Pass discount given on any of the above classes. **Please note: If registering by mail or fax, make sure to mark which class and date you want to attend. If you are taking multiple classes, make sure all classes are listed correctly.*

ACRYLIC PAINTING FOR KIDS Ages 5 & Up

See Page 17 for more information



Downsizing from your home in today's market

Looking to sell your house and downsize into something smaller? Has it been a while since you last sold or bought a home? Then this class is geared towards you! Topics that will be covered include: dealing with today's current real estate market, reviewing the entire selling and buying process, best time to sell/buy, developing a successful downsizing strategy, how to best set up your house for sale, what to do with stuff you no longer need and mortgage programs that are available. This class will also allow students the opportunity to discuss specific concerns they may have about the process, their home, etc.

THURSDAY Mr. Ricci
Date: 10/3 Session: 1
7:00-9:00 Fee: \$12 NR: \$15
Middle School Rm. 109

OR

TUESDAY Mr. Ricci
Date: 11/12 Session: 1
7:00-9:00 Fee: \$12 NR: \$15
Middle School Rm. 109

First time home buyer

This is the perfect class for the first-time home buyer or for someone who has purchased in the past - things have changed. We will examine the entire purchasing process starting with how to obtain your mortgage pre-approval, estimating your monthly payment, how to house hunt, the contract process, how inspections work and how the closing process works. The better you're prepared, the more successful your house hunting will be. Other highlighted topics during the presentation: common mistakes buyers make, how to overcome financial obstacles and when is the best time to buy. The presenter, Christopher Ricci, is a Licensed Real Estate Salesperson and a certified teacher.

TUESDAY Mr. Ricci
Date: 9/24 Session: 1
7:00-9:00 Fee: \$12 NR: \$15
Middle School Rm. 109

OR

THURSDAY Mr. Ricci
Date: 11/7 Session: 1
7:00-9:00 Fee: \$12 NR: \$15
Middle School Rm. 109



PHYSICAL EDUCATION

1. To keep our gym floors at their best, please wear sneakers for class that is held in a gym.
2. If you are using the locker room, please feel free to bring a lock to secure your valuables.
3. District pools are maintained at 82 F. to accommodate all groups that use the pool.

BASIC ALL-OVER WORKOUT w/ Deb Ucci



Teeny bit of this, some of that... This class is an all-over body workout including; warm-up, stretching, 20-25 minutes of mostly low-impact aerobics, but always your choice for a healthier heart, muscle toning (with or without weights) for abs, arms and legs, and ending with stretching. The routine is fairly simple and basic, but sometimes include a few simple dance steps, kicking, stepping, boxing, calisthenics, pilates and yoga. You exercise at your own pace with your best effort Dress comfortably, wear sneakers with great support and bring a mat. If you want to accelerate toning, bring hand and/or ankle weights Experts say a variety of workouts keep us motivated and successful. Join us one or both nights a week as a great addition to your regular weekly workout routine. Exercise hard and be happy!

TUESDAY Starts: 9/17
6:00-7:00 Sessions: 10
Big Tree Fee: \$60
Gym NR: \$70
No class 9/24

THURSDAY Starts: 9/19
6:00-7:00 Sessions: 8
Big Tree Fee: \$48
Gym NR: \$56
No class 9/26 & 10/31

AQUA AEROBICS

This complete exercise program includes warm-up, exercise and cool down in the shallow end of the pool. The resistance of the water forces you to activate your muscles to the maximum degree.

MONDAY Swim Staff
Starts: 9/23 Sessions: 8
7:30-8:30 Fee: \$48 **OR**
High School NR: \$56
Pool *No class 10/14 & 11/11*

WEDNESDAY Swim Staff
Starts: 9/25 Sessions: 8
7:15-8:15 Fee: \$48
High School NR: \$56
Pool

SWIMMING FOR FITNESS

This class allows you to work on your swimming skills by swimming laps or exercising. There is a limit of 10 swimmers for this class.

MONDAY Swim Staff
Starts: 9/23 Sessions: 8
8:30-9:30 Fee: \$48 **OR**
High School NR: \$56
Pool *No class 10/14 & 11/11*

WEDNESDAY Swim Staff
Starts: 9/25 Sessions: 8
8:15-9:15 Fee: \$48
High School NR: \$56
Pool

OR

THURSDAY Swim Staff
Starts: 9/26 Sessions: 8
8:00-9:00 Fee: \$48
High School NR: \$56
Pool *No class 10/31*

**These classes will be held at
the Epic Dance Center
located at
3847 South Park Avenue in
Blasdell, NY.**

ADULT DANCE FITNESS

Come enjoy a fun adult workout created with a free style form and dance. Please dress comfortably and wear sneakers. This class is limited to 20 students. **No Golden Pass discount.*

TUESDAY Ms. Puckett
Starts: 9/24 Sessions: 5
7:30-8:30 Fee: \$36*

YOGA

This practice will build strength, aid balance and weight loss, while reducing stress and increasing vitality. Yoga stretch is a great workout for your mental and physical well being. Develop flexibility and build tone in your deep core muscles. This class is a great way to get fit while balancing the mind, body and spirit. It is also ideal for those who suffer from back pain and arthritis. This class is taught at a beginner level with options for the advanced student. Please bring a yoga mat.

MONDAY Ms. Maria
Starts: 9/16 Sessions: 6
7:30-8:30 Fee: \$44*

OR

THURSDAY Ms. Maria
Starts: 9/19 Sessions: 6
7:15-8:15 Fee: \$44*

**No Golden Pass discount given.*

POUND

Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! The instructor, Erin Egnatchik, is a licensed PoundPro and is excited to share her energy in this incredible experience. Please bring a yoga mat, wear clothes you can sweat in and get ready to make some noise! Visit poundfit.com for more information. Max-16.

WEDNESDAY Ms. Egnatchik
Starts: 10/2 Sessions: 7
7:30-8:30 Fee: \$42

Middle School NR: \$49
Back Gym

TURBO KICK LIVE!

The ultimate cardio-kickboxing experience. Turbo Kick LIVE is perfect for the beginner and elite fitness enthusiast alike! This fat-burning workout combines cardio kickboxing with body-sculpting HIIT moves choreographed to the hottest music mixes. Get lean, get toned and feel unstoppable in the class that's high-energy and super addicting! All you need is your workout clothes, shoes and water. Get ready to sweat and feel great as you challenge yourself during this 45-minute workout party! Ready to become a total knockout?

WEDNESDAY Ms. Rieger
Starts: 9/25 Sessions: 8
6:00-6:45 Fee: \$36

Middle School NR: \$42
Back Gym

HATHA YOGA & ESSENTIAL OILS

This class is a combination of Hatha Yoga & the use of Essential Oils. Hatha Yoga is most often used to describe a gentle, basic yoga class with no flow between poses. Expect a slower-paced stretching class with some basic breathing exercises. This class is a great class to learn beginner's poses, relaxation techniques and become comfortable with incorporating oils into your practice and everyday life. This class will help you strengthen or establish the foundation to a strong daily practice and move towards self-healing while toning the body and cleansing the mind. Adding oils to your practice can really enhance your experience. Essentials oils can be defused, added to water or food, or even applied topically to the skin. Learn which oils help with relaxation and meditation, balancing and standing poses, grounding or even just enhance your mood. Essentials oils can be a very powerful piece to your everyday life and practice. Come explore how your practice can benefit. Great for all levels. Please bring a yoga mat and water bottle to class. This class is limited to 15. **The lab fee covers the costs of the essential oils.*

THURSDAY Ms. Caldwell Starts: 9/26 Sessions: 4
7:00-8:00 Fee: \$24 NR: \$28 **MS Back Gym**
Lab Fee: \$10

TAI CHI CHUAN

What is Tai Chi? T'ai Chi Ch'uan often translated "supreme ultimate fist or ultimate harmony", commonly known as "T'ai Chi, Tai Chi, or Taiji, is a "soft" and/or "internal" Chinese martial art. It is a system of exercises with both physical and mental benefits that everyone can practice regardless of age and physical abilities. Every student learns to practice according to their ability and within their natural range of movements. This course will be an interactive hands-on experience including physical and mental conditioning as well as philosophy, attitude and character development. Carefully managed physical activity as a necessary component of training a martial art, known as "drills" will be a part of each class, which develops the skills in a habit. Tai Chi reduces stress, depression, hypertension and blood pressure and improves your flexibility, balance and posture as well as your strength, circulation and mental outlook.

The instructor, Sifu Robert Gott, is the owner of the Red Dragon School of Martial Arts located at the McKinley Mall. For more information, please call 822-0222. **No Golden Pass discount.*

MONDAY/TUESDAY/THURSDAY*

Starts: 9/23 Sessions: 24
8:00-9:00* Fee: \$60

Red Dragon School / McKinley Mall

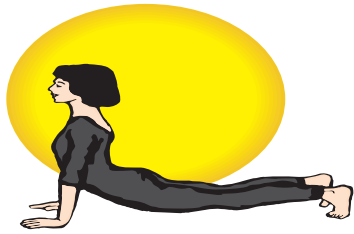
**PLEASE NOTE: Tuesday & Thursday classes will meet from 7:00-8:00. These classes will be held at the Red Dragon School of Martial Arts located inside the McKinley Mall (near Sears).*

**SLOW FLOW -
YOGA BASICS**

Suitable for all levels and for people who want gentle movement, this slow-moving flow class takes students through postures together with breath and focuses on being present and listening to our own individual bodies in each movement. We find a breath pattern at the beginning of each class and practice matching our breath to the movement. Let yourself be nourished through these slow, gentle classes that give you space to breathe and move and change. Pause and find your balance. Great for beginners! Please bring a yoga mat, large bath/beach towel or yoga blanket. Optional yoga blocks, which can be purchased at Walmart, Target, Amazon for approximately \$8-\$12 for two.

TUESDAY Mrs. Kaczmarczyk
Starts: 10/15 Sessions: 6
7:00-8:00 Fee: \$36

Middle School NR: \$42
Back Gym

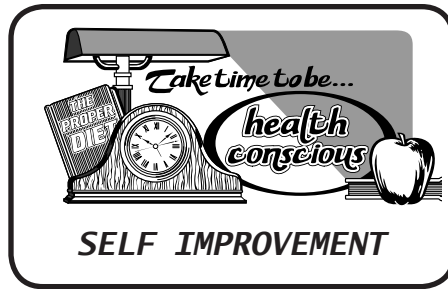


YOGA

Enjoy an invigorating hour of stretching, working with acupressure points, detoxifying your body and calming yourself. This class focuses on processing stress, balance, flexibility and strength. If any of these are a challenge, this is the class for you! Each posture has many physical, mental and emotional benefits. We will do a half hour of postures that will warm up your bodies, followed by strengthening postures, and finally, postures leading into final relaxation. No experience necessary! Great for all ages and ability levels. You will be amazed at what you are able to do and how great you feel afterwards. Bring a mat to class.

WEDNESDAY Ms. Brown
Starts: 9/25 Sessions: 10
6:30-7:30 Fee: \$60
Cloverbank NR: \$70
Gym

****Please note: New night and location!**



ADULT / CHILD / INFANT CPR / AED

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 text, CPR Training Kit, CPR Face Shield and two (2) year certification card.

TUESDAY The Safety Co.
Date: 10/8 Session: 1
6:00-9:00 Fee: \$50*
Middle School NR: \$55

Rm. 161

****No Golden Pass discount given.***

**YOU NOW HAVE MORE
OPTIONS
TO ENROLL IN OUR GREAT
CLASSES!!**

Visit our website@ www.frontier.wnyric.org, click on "COMMUNITY" and then COMMUNITY EDUCATION.

You will be able to view our brochure, print a form or register.

ZUMBA FITNESS

Take the "work" out of workout and come join the party! Zumba fitness classes offer fun, calorie-burning workouts using Latin and World rhythms (even country and some oldies!) that will leave you sweating and smiling. Each class combines elements of cardiovascular fitness, muscle conditioning, balance and flexibility that will leave you energized and feeling great. Zumba is a great workout for all fitness levels and beginners are welcome. Come see why people call Zumba, "exercise in disguise". Please wear sneakers and bring a towel and water bottle to class.

MONDAY Ms. Ciciotti
Starts: 9/23 Sessions: 10
6:30-7:30 Fee: \$60
Middle School NR: \$70
Gym No class 10/14 & 11/11

ANGELS, SPIRIT GUIDES AND YOU!

Have you wondered about angels? What are they really? Can anyone call upon them? Will they help anyone with any problem? How can someone connect with them? All of these questions and more will be addressed in this non-religious, three-hour class. The instructor has been speaking and receiving answers from angels for decades. He will help you to know your angels and spirit guides better so that you may work more closely with them and experience their love and joy. All of your questions about these beings, as well as related subject matter will be answered. Come and join us!

TUESDAY Mr. D'Angelo
Date: 10/22 Sessions: 1
7:00-10:00 Fee: \$30*
Middle School NR: \$35
Rm. 121

****No Golden Pass discount given for this class.***

CHANGE YOUR MIND, CHANGE YOUR LIFE

In this class, we will be taking an in-depth analysis of how and why our world is the way it is and the correlation between that and your mind. During the presentation and various demonstrations, you will: Learn how to see auras; Know how to protect yourself against the negative energy of others; Discover your inner blocks to your own happiness; Have your energy measured; Learn how to send energy to another and what it's like to receive it; Most importantly, you will understand how you influence the world around you in a substantial way. This class is not only very informative, but it's fun. Come and join us!

****No Golden Pass discount given.***

TUESDAY Mr. D'Angelo
Date: 11/5 Session: 1
7:00-10:00 Fee: \$30*
Middle School NR: \$35

Rm. 121

****No Golden Pass discount given for this class.***

INTRODUCTION TO MEDITATION

We all want to be happy and lead fulfilled lives. But too often we depend upon our minds to find this happiness and too often we are disappointed. The reason is that we are using the wrong tool for the job. To find true happiness, we need to look within, for our hearts hold the answers to finding true joy and contentment, not our minds. This is where meditation comes in. By learning how to quiet the mind, we can remove ourselves from the fear the mind creates and open us up to a whole new world of self-discovery and purpose. In this class, we will learn the true benefits of the meditative experience as well as experience meditation itself. **If you feel frustrated and discouraged in life, this is the class you have been waiting for!** Mr. D'Angelo has been teaching meditation for over 30 years and has helped hundreds of people find peace of mind and a loving purpose to their lives. Please come to this introduction and join us.

TUESDAY Mr. D'Angelo
Date: 10/8 Session: 1
7:00-9:30 Fee: \$30*
Middle School NR: \$35

Rm. 121

****No Golden Pass discount for this class.***

Health & Wellness w/ Jesse Wicher

These classes will run at the Maryvale High School Campus, Robert A Binner Educational Center, Door #46, in Room 158. The Educational Center is located at 1050 Maryvale Drive in Cheektowaga. If you have any questions regarding these classes, feel free to call the instructor, Jesse Wicher, at (716) 821-1404 or email HolisticArts@hotmail.com.

No Golden Pass discount given on any of these classes.

DEVELOPING YOUR INTUITION

Think you're not intuitive? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates. Come experience the freedom and fun of opening to your inner gifts as you grow in your spiritual connection.

WEDNESDAY Mr. Wicher
Starts: 9/18 Sessions: 5
7:00-9:00 Fee: \$99

HEALING WITH ENERGY

Harness your power to heal - *Naturally!* Whether you're looking for a quick and easy remedy for headaches, wanting to increase your vitality or seeking healing for a chronic condition, this class has something for you! In this engaging, hands-on course, you will work with healing tools and techniques from a variety of practices such as acupressure, auric-field healing, toning, chi gong and long-distance healing. Topics include the power of intent, using your intuition and mastering the mind/body/spirit connection. This course is ideal for healing professionals wishing to expand their tools as well as for individuals who want to open to powerfully experience their healing potential.

THURSDAY Mr. Wicher
Starts: 9/19 Sessions: 5
7:00-9:00 Fee: \$99*



SELF-GROWTH & THE ART OF SINGING

Professional singer, voice teacher and holistic health practitioner, Jesse Wicher, will share with you the wonderful life-lessons he has learned through the study of singing. Through lecture and examples, you will explore with him the profound relationship between the breath, body and voice and personal growth. Highlights include: "Singing with your own voice," "Getting out of the way" and "Letting go of judgments". This engaging, one-evening course is perfect for singers, artists and anyone wishing to create more freedom and joy in their life - **NO SINGING REQUIRED**. Come learn what good singing can teach you about good living!

MONDAY Mr. Wicher
Date: 11/18 Session: 1
6:30-9:00 Fee: \$29*



EMOTIONAL RELEASE FOR INNER PEACE

Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and actually sabotage our inner peace. In this single evening class, you will learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.

MONDAY Mr. Wicher
Date: 9/30 Session: 1
6:30-9:00 Fee: \$29*

REIKI CERTIFICATION CLASSES

Become a certified Reikihealer. During these in-depth sessions, you will delve deeply into the ancient Japanese art of hands-on energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality and correct physical, mental and emotional imbalances. Each course level provides training, course materials, attunement and hands-on experience of advance techniques useful for healing yourself, family and friends or for establishing your own Reiki practice. Come experience the life-transforming power of Reiki.

ADVANCED REIKI TRAINING

SATURDAY Date: 11/9
9:00-3:00 Fee: \$139*

LONG-DISTANCE REIKI

SATURDAY Date: 11/23
9:00-3:00 Fee: \$139*

REIKI LEVEL III

MASTER & TEACHER CERTIFICATION

SATURDAY Date: 12/7
9:00-3:00 Fee: \$199*

SINGING LESSONS FOR EVERYONE

See Page 4

for Complete Class Description

"THE CALL OF PARADISE"
A Spiritual Journey to Hawaii
See Page 10
for Complete Class Description

Health & Wellness

w/ Luisa Bruzga

Luisa Bruzga is a Certified Natural Health professional, Certified Herbalist/Iridologist, Certified Reiki Master Teacher and a Certified Hypnotherapist who provides nutritional counseling and stress management programs throughout Western New York. You may visit www.wnyhypnosisandwellness.com or contact (716) 677-4679 for more information. The following classes will be held at the Seneca Springs Building located at 3648 Seneca Street, West Seneca, NY 14224 except for Weight Loss class.

INTRODUCTION TO THE EMOTIONAL FREEDOM TECHNIQUE (EFT)

The Emotional Freedom Technique, or EFT, is the psychological acupressure technique recommended to optimize your emotional health. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle. You will not achieve your body's ideal healing and preventative powers if emotional barriers stand in your way. In this class, you will learn how to use this healing modality for a variety of issues. **EFT is very easy to learn and will help you: Remove negative emotions, reduce food cravings, reduce or eliminate pain, implement positive goals and much more.** Visit www.EFTuniverse.com for more information

THURSDAY Ms. Bruzga
Date: 11/7 Session: 1
7:00-9:00 Fee: \$25* NR: \$30

**No Golden Pass discount given on this class.*

REIKI PRACTITIONER TRAINING

Learn and practice the ancient healing art of "laying on of hands" helpful for stress reduction, relaxation, pain relief, restoring energy and boosting the immune system. All levels include course manual, certificate and attunement. Bring a bag lunch.

LEVEL 1

SATURDAY Ms. Bruzga
Date: 11/2 Session: 1
9:00-5:00 PM Fee: \$150*

**No Golden Pass discount given on this class.*

LEVEL 2

SATURDAY Ms. Bruzga
Date: 11/9 Session: 1
9:00-5:00 PM Fee: \$150*

**No Golden Pass discount given on this class.*

WEIGHT LOSS W/ HYPNOSIS

Are you serious about reducing your weight, improving your health and wellness? Do you have a desire to achieve your ideal weight without deprivation? Then we invite you to attend a **comprehensive workshop** that allows you to discover the food and lifestyle choices that will improve your health and wellness. **Topics include:** deconstructing sugar cravings, good fats/bad fats, releasing unhealthy foods from the diet, hormonal imbalances that contribute to weight gain; affirmations, **visualizations and hypnosis, and relaxation techniques designed to melt stress and unwanted pounds. Materials included. Bring a sleeping bag and two pillows for the hypnosis process. Reinforcements CD's are available for purchase from the instructor at a fee of \$10.** **No Golden Pass discount*

TUESDAY Ms. Bruzga
Date: 10/29 Session: 1
7:00-9:30 Fee: \$40*
Middle School NR: \$45
Rm. 169

Please note: This class will take place at the Middle School in Room 169. The hypnosis process will take place in the small gym. Please bring a sleeping bag and two pillows to class for the hypnosis portion.

SPECIAL INTEREST



"THE CALL OF PARADISE" A Spiritual Journey to Hawaii

Have you ever dreamed of traveling to Hawaii? Sun-kissed beaches. Fiery volcanoes. Luau feasts. The gracious beauty of a hula dancer. Hawaii is all of these things and more! Come spend an evening luxuriating in the aloha of the islands as we look more 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. This year our journey will take us to the lush islands of Maui and Kaua'i. Here we will drive the famous Road to Hana and visit other worldly Haleakala Volcano National Park. We'll tour the 'Grand Canyon of the Pacific' and experience Kaua'i's mystical Na Pali Coast, all the while surrounded by the song of wintering humpback whales. In addition, we will get to meet with native kahuna shamans, experience spiritual ceremony at sacred sites and visit the temples of many of the world's beliefs that call Hawaii home. For those who are interested, there will be an opportunity after the presentation to discuss the details of our 10-day spiritual tour to Hawaii this coming February. So come join us for an evening of inspiration and let the magic of Hawaii "call you home" to Paradise! **No Golden Pass.**

MONDAY Mr. Wicher
Date: 10/7 Session: 1
6:30-9:00 Fee: \$10*

Class will be held at Robert A Binner Educational Center, 1050 Maryvale Drive, Cheektowaga in Room 168. For more information, contact Jesse Wicher at 821-1404 or email him HolisticArts@hotmail.com.

ITALIAN FOR TRAVELERS

Have you ever wanted to travel to Italy, but were intimidated because of the language barrier? If so, this is the course for you! You will learn the basics to be able to communicate in Italian and also understand the culture of the country that holds 1/2 of the world's art treasures. Students will learn enough vocabulary to feel confident ordering in a restaurant, shopping, asking directions and much more. Don't wait any longer to discover the Bel Paese! **No class 10/14 & 11/11**

MONDAY Ms. Rizzo
Starts: 9/23 Sessions: 10
7:00-8:00 Fee: \$60
Middle School NR: \$70
Rm. 158 Lab Fee: TBD

ESSENTIAL OUTDOOR SKILLS

Whether hiking a local trail, tackling an Adirondack High Peak or planning a multi-day backpacking trip, this course will teach you the essential skills to be prepared, to be safe and gain confidence while experiencing the outdoors. You will learn about the "10 essentials", proper trip planning and preparation, safety and risk management, navigation using a map and compass, how to better read nature and basic campcraft. This course will appeal to all outdoor enthusiasts: from the "backyard explorer" to the "peak bagger". In addition, the instructor, Mike Radomski, will offer hikes and events outside of the normal classroom meeting times.

TUESDAY Mr. Radomski
Starts: 9/24 Sessions: 8
6:30-7:30 Fee: \$48
Middle School NR: \$56
Rm. 158

**BASIC LAND NAVIGATION
USING A MAP & COMPASS**

You will learn to read a topographic map and how to properly use your compass. The course will go over magnetic north, true north, and magnetic variation (declination). We will put all of these skills together to take bearings from the field and from a map and even triangulate your location. We will use all of these fundamentals to make sense of your position and plan a route. The course requires each participant to have a baseplate compass with adjustable declination correction; SUUNTO M-3 or SUUNTO MC-2 are great choices. Please ask the instructor if you have any questions on the compass prior to the class.

SATURDAY Mr. Radomski
Date: 10/5 Session: 1
10:00AM-2:00 Fee: \$24
Middle School NR: \$28
Rm. 158

**NOTARY PUBLIC
TRAINING COURSE**

Do you want to become a Notary Public for work or to add to your resume? Be an asset to your company as a Notary. This course helps to prepare you for the New York State Test, and you'll learn what you need to know once you become a Notary Public. Course covers the NY Notary laws and legal terminology. The handbook distributed and discussed in class (included in class fee) includes everything you need to be a successful New York State Notary Public. **No Golden Pass discount given.*

THURSDAY Ms. O'Connor
Date: 10/10 Session: 1
6:30-9:00 Fee: \$60*
Middle School NR: \$70
Rm. 158



IRELAND

"HAUNTED SITES OF IRELAND"

Local author and speaker, Eileen Canning-DiPasquale presents "Haunted Sites of Ireland". Ireland is rich in history, folklore and ghost stories! This is a power-point presentation that discusses places in Ireland which are said to be haunted. Over the years, Eileen has collected stories and pictures of old and ancient historical sites, as well as newer locations, from her visits to Ireland and put them together for this interesting overview. She also includes tales and legends that have yielded interesting stories in this program. She will discuss information on some of the older traditions of Samhain (Irish Halloween) as well as stories of the hauntings from many of the locations. Several photographs and eerie sound recordings will also be presented in this class. If headstones could talk, they would have much to say regarding family rivalries, jealousies and those looking for lost loves. A frightfully, haunting class to attend a week before Halloween

THURSDAY Ms. Canning-DiPasquale
Date: 10/24 Session: 1
7:00-8:30 Fee: \$20*
Middle School NR: \$25
Rm. 131

**No Golden Pass discount given.*

MASTER CIVIL ENGINEERING

**Building Cities
Grades 6-8**

During the Master/Civil Engineering classes, students will be challenged to design and build their very own scale-model city, complete with housing and infrastructure, such as roads and bridges! Students will learn how to draft a Master Plan and study various land uses, and the real-world roles engineers play in building a city. Students will also engage in model-making and material explorations, as well as testing different structures for strengths and weaknesses.



THURSDAY Engineering for Kids Staff
Starts: 9/26 Sessions: 6
2:45-4:15 Fee: \$150
Middle School Rm. 131
No class 10/31

For more information about this company and to register for the above class, visit their website at EFKBuffalo.com.

SHERIDAN BENEFITS

Sheridan Benefits is a full-service health and benefits company and represents major insurance carriers. They can help with any questions/concerns you might have about your healthcare choice. The program listed below is offered as a free service by Sheridan Benefits. If you have any questions about Medicare or the NY State of Health Marketplace, please call Luann Blair at (716) 580-3773 ext. 202.



MEDICARE 101

Understanding your Medicare choices. What is Medicare and what are your health care options? What do Medicare Parts A, B, C and D mean? What are the differences between Medicare, Advantage and Medigap Coverages? Attend this workshop to get the answers to these and other important questions. To register for this workout, please call our office at 926-1744.

| | |
|------------------------------|------------------------------|
| WEDNESDAY Ms. Blair | WEDNESDAY Ms. Blair |
| Date: 10/16 Session: 1 | O Date: 11/6 Session: 1 |
| 6:00-8:00 Fee: FREE | R 6:00-8:00 Fee: FREE |
| Middle School Rm. 156 | Middle School Rm. 156 |

KIDS CORNER



1. Please leave and pick up your child at the door of the classroom.
2. To keep our gym floors at their best, please wear sneakers for any class that is held in a gym.
3. For safety reasons, parents/adults and children are not permitted in pool area during class instruction. Seating is available in the natatorium.
4. District pools are maintained at 82° F to accommodate all groups that use the pool.
5. Parents must make sure they have signed a waiver for all physical education classes.

LEARN TO SWIM GRADES K-5

The first class we will determine what level your child(ren) will be in. If your child is a returning swimmer or has a Red Cross card indicating what level they have last completed, please indicate that level on the registration form and register them for the appropriate level. If you are unsure of their level, they will be tested at the start of the first class and placed in their level accordingly as follows:

Level 1 - Introduction to Water Skills

For first time participants, beginning or non-swimmers. Become comfortable, explore the water and learn safe skills.

Level 2 - Fundamental Aquatic Skills

Includes floating, gliding, kicking, beginning front and back locomotion skills, learn simultaneous arm and leg action.

Level 3 - Stroke Development

Learn to coordinate the front and back crawl. The elements of the butterfly, treading water and head-first entries are introduced. Additional safety skills are presented along with deep water work.

LEVELS 1 - 3

MONDAY Swim Staff
Starts: 9/23 Sessions: 8
5:00-5:45 Fee: \$36
High School NR: \$42
Pool *No class 10/14 & 11/11*

OR

MONDAY Swim Staff
5:45-6:30 Same as above

OR

MONDAY Swim Staff
6:30-7:15 Same as above

OR

THURSDAY Swim Staff
Starts: 9/26 5:30-6:15
Same as above *No class 10/31*

OR

THURSDAY Swim Staff
6:15-7:00 Same as above

Level 4 - Stroke Improvement

Develop further confidence and increase endurance of the front and back crawl. Learn further elements of the butterfly along with the elementary backstroke, breaststroke and elements of sidestroke. Basics of turning are introduced.

Level 5 - Stroke Refinement

The objective of this level is the coordination and refinement of strokes. Refine performance of the front and back crawl, butterfly, breaststroke, elementary backstroke and sidestroke. Flip turns on the front and back are also introduced.

Level 6 - Swimming and Skill Proficiency

Refine strokes and learn to swim with more ease, efficiency and smoothness over great distances.

LEVELS 4 - 6

THURSDAY Swim Staff
Starts: 9/26 Sessions: 8
7:00-8:00 Fee: \$48
High School NR: \$56
Pool *No class 10/31*

PLEASE NOTE:
*All Monday class times
have changed. Please be
aware of these changes when
registering.*

TODDLER AQUATIC PROGRAM

Parents can learn information and gain techniques to orient their children to the water and learn how to safely supervise all water activities. The program is intended to develop a comfort level in and around the water as well as a readiness for learning to swim. *The first night of class is for parent/adult only for all aquatic programs listed below. Class will take place in the pool area at 6:30pm for all age groups. Swimming will start the second night (10/2), where at least one adult will be in the water with their child.*

Ages 6-18 months

WEDNESDAY Swim Staff
Starts: 9/25 Sessions: 8
5:00-5:30 Fee: \$24 NR: \$28
High School Pool

OR

Ages 18-36 months

WEDNESDAY Swim Staff
Starts: 9/25 Sessions: 8
5:30-6:00 Fee: \$24 NR: \$28
High School Pool

OR

Ages 3-5 years

WEDNESDAY Swim Staff
Starts: 9/25 Sessions: 8
6:00-6:30 Fee: \$24 NR: \$28
High School Pool



ADV. TODDLER AQUATIC PROGRAM

Ages 3 to 5 years

This class is designed for the child who is comfortable going under water and would like to continue progressing. A parent/adult will be in the water with their child. *The first night of class is for parent/adult only and Class will take place in the pool area. If you have attended this class before, it is not mandatory to attend. Starting the second night (10/2), an adult will be in the water with their child.*

WEDNESDAY Swim Staff
Starts: 9/25 Sessions: 8
6:30-7:00 Fee: \$24
High School NR: \$28
Pool

BASKETBALL AT PINEHURST

Ages 6 & 7

These classes are for boys and girls who want to learn basketball fundamentals and skills. Skills such as shooting, passing and dribbling are taught as well as the rules of the game. Also included are learning games as well as full court games for the older children. Emphasis will be placed on fun and teamwork while learning the sport. Class limit - 14.

| | | |
|------------------|-----------|--------------------|
| TUESDAY | Mr. Ball | Starts: 10/15 |
| Sessions: 8 | 6:00-7:00 | Fee: \$48 NR: \$56 |
| Pinehurst | Gym | |

Ages 8 - 13

These classes are for boys and girls who want to learn basketball fundamentals and skills. Skills such as shooting, passing and dribbling are taught as well as the rules of the game. Also included are learning games as well as full court games for the older children. Emphasis will be placed on fun and teamwork while learning the sport. Class is limited to 14 students.

No class 2/5

| | | |
|------------------|-----------|--------------------|
| TUESDAY | Mr. Ball | Starts: 10/15 |
| Sessions: 8 | 7:00-8:00 | Fee: \$48 NR: \$56 |
| Pinehurst | Gym | |

BABYSITTING

Ages 11- 15 Years Old

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, starter package and certification card.

| | |
|----------------------|----------------|
| SATURDAY | The Safety Co. |
| Date: 10/19 | Session: 1 |
| 9:00-1:00 | Fee: \$62 |
| Middle School | NR: \$70 |
| Rm. 131 | |

OR

| | |
|----------------------|----------------|
| SATURDAY | The Safety Co. |
| Date: 12/7 | Session: 1 |
| 9:00-1:00 | Fee: \$62 |
| Middle School | NR: \$70 |
| Rm. 131 | |



The Enrichment Company will be taking registrations for all of the programs listed below. Visit their website at

www.TheEnrichmentCompany.com for more information and to register.

SPANISH CLUB

Spanish for The Elementary Years

Get a head start on the language by joining us for an educationally oriented curriculum that is specially designed for the Grade K-5 student to learn the Spanish language. This unique and exciting program features foundation vocabulary introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. Early introduction increases the student's ability to absorb rather than translate the language. **If you have taken a Spanish Club (formerly CultureKids) class previously, new vocabulary is introduced with each session - sessions are NOT a repeat. Class is open to new and returning students!** Join the fun! Register online at www.TheEnrichmentCompany.com. (Forms can also be downloaded and mailed directly to The Enrichment Company.) If you have any questions, contact The Enrichment Company at 1-833-436-7424. **This class will run at all four elementary schools at dismissal.** This class is limited to 15 students.

| | | | |
|-----------------|-----------------------|----------------------|----------------------|
| MONDAY | Spanish Club Team | TUESDAY | Spanish Club Team |
| Starts: 10/21 | Sessions: 6 | Starts: 10/15 | Sessions: 6 |
| 3:20-4:00 | Fee: \$75 | 3:20-4:00 | Fee: \$75 |
| Blasdell | NR: \$85 | OR Cloverbank | NR: \$85 |
| Library | <i>No class 11/11</i> | Rm. 114 | <i>No class 11/5</i> |
| WEDNESDAY | Spanish Club Team | THURSDAY | Spanish Club Team |
| Starts: 10/16 | Sessions: 6 | Starts: 10/17 | Sessions: 6 |
| 3:20-4:00 | Fee: \$75 | 3:20-4:00 | Fee: \$75 |
| Big Tree | NR: \$85 | OR Pinehurst | NR: \$85 |
| Library | | Library | |

**Please note: At the end of the class, the instructor will bring the children to the door for pickup. Please do not ring the doorbell to enter the building prior to dismissal at 4:00 pm.*

CREATIVE PLAYTIME

18 - 36 MONTHS

Start off early! Children will begin to socialize, make arts and crafts, sing songs, hear stories and play under supervision. Parents are asked to stay with their child each session. This is a special time to spend with your child; please refrain from bringing siblings to class. In addition, parents will take turns bringing a snack to class. This will be scheduled at the first session. Class limit - 10 children.

| | |
|-----------------------|--------------|
| TUESDAY | Mrs. Smith |
| Starts: 9/24 | Sessions: 8 |
| 10:00-11:00 | Fee: \$48 |
| Wayside Church | NR: \$56 |
| Rm. 105 | Lab Fee: \$6 |

OR

| | |
|-----------------------|--------------|
| WEDNESDAY | Ms. Lavtar |
| Starts: 9/25 | Sessions: 8 |
| 6:00-7:00 | Fee: \$48 |
| Wayside Church | NR: \$60 |
| Rm. 105 | Lab Fee: \$6 |

Please do not include lab fees with your registration payment. These fees should be paid directly to the instructor at the first class.

GENERATION POUND

GENERATION POUND is a youth-oriented program that fuses movement and music to improve physical fitness, focus, communication, teamwork, coordination, athletic skills and more! Using Ripstix, lightly weighted exercise drumsticks, kids will learn alternative ways to explore movement, embrace their creativity and ROCK OUT - ultimately building strength, confidence and self-awareness. Erin Egnatchik, is a certified Pound® Fitness instructor. Class is recommended for students in grades K-5. Class is limited to 14 students.

WEDNESDAY Mrs. Egnatchik
Starts: 10/2 Sessions: 6
3:20-4:20 Fee: \$36
Pinehurst NR: \$42
Small Gym

This program will start immediately after the school day ends. Students will be dismissed from their classrooms to the gym. The instructor will bring children to the door at class dismissal. Parents should pick their child(ren) at Door #2 at 4:20 pm. Please do not ring the bell to enter the building prior to the end of class.

MARTIAL ARTS

This course will serve as a comprehensive introduction and basic study of Hung Gar Kung Fu Karate, an ancient traditional method that derives its theory from the five major animals of Chinese martial arts i.e., the dragon, snake, leopard, crane and tiger. Kung Fu Karate is considered a path of self discovery in which the student will find, hopefully, a rich philosophical understanding as well as a way to improve one’s health and self-image through discipline and practice. The students will be introduced to the “drills”, which not only develops strength but imparts the theory that makes the system work. Through diligent practice and reflection, the student will discover a sense of balance and harmony while developing a healthy mind, body and spirit. This course will be an interactive hands-on experience including physical and mental conditioning as well as philosophy, attitude and character development. Carefully managed physical contact is a necessary component of training a martial art. Successful completion of the course will result in a solid basis of understanding of what it is like to practice Kung Fu with the ability to carry this experience into an active Kung Fu school. Please wear loose comfortable clothing to class. The instructor, Sifu Robert Gott, is the owner of the Red Dragon School of Martial Arts located at the McKinley Mall. For more information, please call 822-0222 or visit www.reddragonschool.com or www.facebook.com/reddragonschool.

AGES 3 & 4 YRS. OLD

MONDAY & WEDNESDAY
Starts: 9/23 Sessions: 16 Fee: \$60
5:00-5:30

AGES 5 & 6 YRS. OLD

MONDAY & WEDNESDAY
Starts: 9/23 Same as above
5:30-6:00

AGES 7 - 12 YRS. OLD

MONDAY & FRIDAY
Starts: 9/23 Same as above
6:00-7:00

AGES 13 & UP

MONDAY, WEDNESDAY & FRIDAY
Starts: 9/23 Same as above
7:00-8:00

**These classes will be held at the Red Dragon School of Martial Arts located inside the McKinley Mall (near Sears).*

KIDS CLASSES w/ ELLEN PUCKETT

These programs will be held at the Epic Dance Center located at 3847 South Park Avenue in Blasdell, NY.

ACRO GYM

Ages 5 & Up

This class is for boys and girls who are interested in tumbling, stunts and calisthenics. This class is limited to 25 students. *No class 10/4*

FRIDAY Miss Kaylee
Starts: 9/20 Sessions: 5
5:15-6:00 Fee: \$36

CHEER DANCE

Ages 5 & Up

Learn some of the hottest cheers and dance moves. This class contains many components of tumbling, dance, jumps, cheers and stunting. Build coordination, concentration and discipline while having fun. Please wear shorts, t-shirt and clean sneakers.

FRIDAY Ms. Kaylee
Starts: 9/20 Sessions: 5
6:00-6:45 Fee: \$36

No class 10/4

BEGINNER HIP HOP

Ages 5 & Up

A constantly evolving form of dance. It’s a free-style form of dance using hip hop music and dance moves from hip hop culture. No prior experience is necessary. Please wear comfortable clothes including sneakers and bring heavy socks to practice in. Class limit - 25 students. *No class 10/4*

FRIDAY Miss Kaylee
Starts: 9/20 Sessions: 5
4:30-5:15 Fee: \$36

BABY AND ME

18 Months - 3 Years Old

Music, movement, balance and the basic dance steps are introduced in a fun, friendly and positive manner. This type of class includes a loved one participating in the class with the little dancer. We’ll keep the music and curriculum moving along while loved ones take an active role in encouraging, supporting and keeping the little dancer on track. Limit - 15 children.

FRIDAY Ms. Puckett
Starts: 9/20 Sessions: 5
5:15-6:00 Fee: \$36

No class 10/4

CREATIVE DANCE MOVEMENT

Ballet and Tap for Ages 2 - 5

This pre-ballet/tap class is designed to teach dance fundamentals in a fun and fit way. No prior experience is necessary. Please wear comfortable clothes including sneakers and bring heavy socks to practice in. Our instructor, Ellen Puckett, has been teaching dance for the past 18 years. Class is limited to 25 students. *No class 10/4*

FRIDAY Ms. Puckett
Starts: 9/20 Sessions: 5
4:30-5:15 Fee: \$36

TAP/JAZZ COMBO

Ages 5 - 7

New class! Learn beginner tap and jazz steps. We will create a short routine using a combination of the steps we’ve learned. Class is limited to 25 students.

FRIDAY Ms. Puckett
Starts: 9/20 Sessions: 5
6:00-7:15 Fee: \$36

No class 10/4

KIDS CHOICE SPORTS

Kids Choice Sports offers instructional youth sport programs for kids ages 3-12. By offering a variety of programs, we give Kids the Choice of many different Sports to try so that they can find their best fit. The skills and rules of each sport we teach are broken down into simple concepts that are fun to learn and easy to understand. For more information, visit www.kidschoicesports.com.

HOT SHOTS

Intro to Basketball

Ages 3 - 5

In this **parent-participation program**, boys and girls will learn the basics of the game of basketball. 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 non-competitive, coed program. A T-shirt is included in the program fee.

TUESDAY Sessions: 6

Starts: 9/24 Fee: \$79

6:00-6:45 NR: \$85

Middle School Gym

HOT SHOTS

Intro to Basketball

Ages 5 - 7

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

TUESDAY Sessions: 6

Starts: 9/24 Fee: \$79

6:50-7:35 NR: \$85

Middle School Gym

OR

WEDNESDAY Sessions: 6

Starts: 11/13 Fee: \$79

6:00-6:45 NR: \$85

Middle School Gym

COED BASKETBALL

Ages 8 - 12

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!!

TUESDAY Sessions: 6

Starts: 9/24 Fee: \$79

7:45-8:45 NR: \$85

Middle School Gym

FLAG FOOTBALL

Ages 6 - 12

This co-ed program was designed to introduce the young athlete to the sport of flag football through skill development and small group games. In this fast-paced, non-contact program, kids will learn the fundamentals involved in the game of flag football. Skills such as passing, receiving, kicking and running patterns will be taught, followed by a fun scrimmage. **A mouthguard is required.**

Please remember to bring a water bottle.

THURSDAY Sessions: 6

Starts: 9/26 Fee: \$79

5:45-6:45 NR: \$85

MS Gym *No class 10/31*

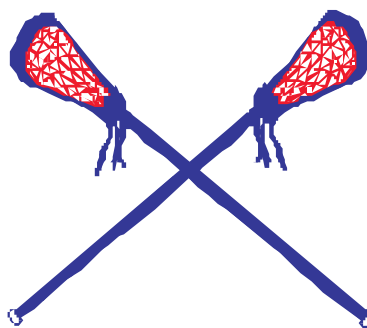
OR

TUESDAY Sessions: 6

Starts: 11/12 Fee: \$79

5:45-6:45 NR: \$85

Middle School Gym



INDOOR LACROSSE

Ages 7 - 12

In this non-competitive coed program, kids will be taught the basic skills of lacrosse. These skills include scooping, cradling, passing, catching and shooting. The idea is to have fun and make friends while learning the sport of lacrosse. No contact lacrosse is played, also known as "Soft Lacrosse". **A mouthguard is required.** Kids Choice Sports will provide all other equipment.

WEDNESDAY Sessions: 6

Starts: 9/25 Fee: \$79

7:45-8:45 NR: \$85

Middle School Gym

OR

THURSDAY Sessions: 6

Starts: 11/21 Fee: \$79

7:45-8:45 NR: \$85

MS Gym *No class 11/28 & 12/26*



PARENT - CHILD SOCCER

Ages 3 - 5

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, coed program. **Please bring shin guards and a size 3 soccer ball.** A t-shirt is included in the program fee. Please remember to bring a water bottle.

WEDNESDAY Sessions: 6

Starts: 9/25 Fee: \$79

6:00-6:45 NR: \$85

Middle School Gym

OR

THURSDAY Sessions: 6

Starts: 11/21 Fee: \$79

6:00-6:45 NR: \$85

MS Gym *No class 11/28 & 12/26*

SOCCER

Ages 5 - 7

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.** Please remember to bring a water bottle.

WEDNESDAY Sessions: 6

Starts: 9/25 Fee: \$79

6:50-7:35 NR: \$85

Middle School Gym

OR

THURSDAY Sessions: 6

Starts: 11/21 Fee: \$79

6:50-7:35 NR: \$85

MS Gym *No class 11/28 & 12/26*

KIDS CHOICE SPORTS

(See previous page for more info)

PEE WEE FLOOR HOCKEY

Ages 4 - 6

In this non-competitive coed program, kids will be taught basic skills of hockey. These skills include stick handling, puck handling 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 mouthguard, shin guards and a hockey stick.**

THURSDAY Sessions: 6
Starts: 9/26 Fee: \$79
6:55-7:40 NR: \$85
MS Gym *No class 10/31*

OR

TUESDAY Sessions: 6
Starts: 11/12 Fee: \$79 NR: \$85
6:55-7:40 MS Gym

YOUTH FLOOR HOCKEY

Ages 7 - 12

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 and a hockey stick.**

THURSDAY Sessions: 6
Starts: 9/26 Fee: \$79
7:45-8:45 NR: \$85
MS Gym *No class 10/31*

OR

TUESDAY Sessions: 6
Starts: 11/12 Fee: \$79 NR: \$85
7:45-8:45 MS Gym

VOLLEYBALL

Ages 7 - 12

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 volleyball. Skills such as serving, passing and setting will be taught followed by a scrimmage. No previous volleyball experience is required. **Game format and volleyballs are modified to accommodate all grade/skills levels.**

WEDNESDAY Sessions: 6
Starts: 11/13 Fee: \$79 NR: \$85
7:10-8:10 MS Gym

Frontier Community Education

ENGINEERING FOR KIDS

We put the FUN in S.T.E.M. education by offering HANDS-ON LEARNING EXPERIENCES for children ages 4 to 11. At Engineering For Kids, our programs encourage kids to discover how things work! We make math and science relevant in a children's world, help children build critical thinking and problem solving skills; improve creativity and create independent thinkers. The curriculum is designed by teachers to meet and exceed national standards. **For more information about this company and to register for the classes below, visit their website at EFKBuffalo.com.**



JR. AEROSPACE PROGRAM

Grades K - 2nd

Your child will learn about Aerospace Engineering by examining and creating all kinds of flying objects. The students will learn about life and gyroscopic rotation as they create flying saucers. They'll see how size, weight, and material affect parachutes. They'll experiment with the concepts of potential and kinetic energy as they create jets and whirling copters. And, they'll see the concept of thrust in action as they launch multiple rockets and even learn about neutral buoyancy with helium balloons! Class is limited to 15 students.

Sessions: 6 Fee: \$100 3:20-4:20

BIG TREE

Friday Starts: 9/27 Rm. 152

BLADELL

Thursday Starts: 9/26 Library
No class 10/31

CLOVERBANK

Wednesday Starts: 9/25 Rm. 136

PINEHURST

Monday Starts: 9/23 Rm. 131
No class 10/14

APPRENTICE VEX IQ

Grades 3rd - 5th

A VEX IQ class is designed to expose students to STEM fundamentals within the context of building a robot. Without even realizing it, students will begin to instinctively apply these lessons to theirs as they advance through the program. This hands-on process, especially for younger students, establishes an intuitive and deep-rooted expertise that simply cannot be replicated by traditional teaching methods. This class is limited to 15 students.

Sessions: 6 Fee: \$100 3:20-4:20

BIG TREE

Friday Starts: 9/27 Rm. 152

BLADELL

Thursday Starts: 9/26 Rm. 138
No class 10/31

CLOVERBANK

Wednesday Starts: 9/25 Library

PINEHURST

Monday Starts: 9/23 Library
No class 10/14

*****Please note: Once class ends, the instructor will bring the children to the door for pickup. Please do not ring the doorbell to enter the building prior to dismissal at 4:20.***

MASTER CIVIL ENGINEERING

Grades 6 - 8

See Page 11 for
Complete Class Description

ACRYLIC PAINTING W/ JENNIFER QUINN

ACRYLIC PAINTING Ages 5 & Up

Beginners to advanced artists will enjoy this 2-hour class on acrylic painting. Each class will feature a new painting and completed works will be ready to take home at the end of the class. All materials are included in the class fee. Aprons are provided but dress accordingly as paint can stain clothing. Mrs. Quinn is a professional teaching artist with over 20 years of experience painting. Completed paintings can be viewed at: <https://www.facebook.com/groups/528219517680028/>.

Please note: If registering for the above classes online, they are listed under "Fine Arts" section.

FALL SCARECROW

TUESDAY Mrs. Quinn
6:00-8:00 Date: 11/12
Middle School Fee: \$20
Rm. 131 NR: \$25

JACK SKELLINGTON

TUESDAY Mrs. Quinn
6:00-8:00 Date: 10/29
Middle School Fee: \$20
Rm. 131 NR: \$25

A KITTY NAMED PUMPKIN

TUESDAY Mrs. Quinn
6:00-8:00 Date: 10/15
Middle School Fee: \$20
Rm. 131 NR: \$25

LION KING

TUESDAY Mrs. Quinn
6:00-8:00 Date: 9/24
Middle School Fee: \$20
Rm. 131 NR: \$25

WITCH'S BREW

TUESDAY Mrs. Quinn
6:00-8:00 Date: 10/8
Middle School Fee: \$20
Rm. 131 NR: \$25



MEL'S SCHOOL OF MUSIC & THEATER

These programs will be held at MEL'S School of Music & Theater located at 3270 Lakeshore Road in Blasdell, NY.

All classes listed below will start the week of September 30th and will run through the end of January 2020. All intermediate and advanced students registered may also participate in the *Theatre Company Rehearsals (see below).

ACTING FOR TV & FILM Ages 9 & Up

This is an intermediate/advanced level acting class for students looking to get started in the local theater and film industry. We will work on monologues and scenes that help to connect outside yourself, use intentions and develop characters through acting techniques throughout the modern era.

MONDAY Sessions: 16
Starts: 9/30 6:00-7:00
Fee: \$240

BROADWAY MINI'S Ages 4 - 6

If your child loves to perform and you're not sure how to get them started, this is the class for them. It is also recommended for kids that need to get some energy out or learn how to break out of their shell. They will play theater games, jam on instruments, learn songs and dances while making friends and having fun!

TUESDAY Sessions: 16
Starts: 10/1 5:30-6:30
Fee: \$240

MUSICAL THEATER INTENSIVE Ages 13 & Up

This is an advanced musical theater class for career track students looking to expand their musical theater chops for school, local theater or college. We will work on group numbers consisting of solos, duet, harmonies, choreography and character development.

WEDNESDAY Sessions: 16
Starts: 10/2 5:00-6:00
Fee: \$240

GLEE CLUB Ages 9 - 12

This is an intermediate vocal class for students looking to expand range, work on harmonies and try out performing songs from all genres including pop, rock, classic rock, musical theater and jazz.

MONDAY Sessions: 16
Starts: 9/30 5:00-6:00
Fee: \$240

INTRO TO THEATER Singing & Acting Ages 7 - 9

Students will do a warm up every day to connect their voice & body. They will play theater games to become an ensemble and learn how to think outside the box. Class will consist of scenes, monologues, songs and dances throughout the year.

TUESDAY Sessions: 16
Starts: 10/1 6:30-7:30
Fee: \$240

SHOW CHOIR Ages 13 & Up

This is an advanced vocal class for students looking to expand their range, work on harmonies, breath control through group numbers in genres such as pop, rock, jazz, hip hop, alternative and classic rock.

WEDNESDAY Sessions: 16
Starts: 10/2 6:00-7:00
Fee: \$240

*THEATER COMPANY REHEARSAL Ages 9 & Up

We encourage our intermediate and advanced to join our Theater Company rehearsals. We will choose a themed showcase to work on for each session to be performed at local events. This will include both plays and musical numbers to be chosen by Miss Mel and the students.

SATURDAY 10:00-12:00 PM
Meets every 1st and 3rd Saturday of the month



SOCCER SHOTS

Soccer Shots is the official 2-5 year old program of US Youth Soccer and has been running across WNY for over seven years.

Our programs are broken down into three age ranges, with the curriculum for each developed on a yearly basis with the help of an early childhood specialist.

Soccer Shots will be taking registrations for the programs listed below at buffalo.ssreg.org.

SOCCER SHOTS CLASSICS

Grades K - 2nd

An afterschool program that includes character development and soccer fundamentals in a fun, safe environment for school-aged children to play and learn. ** Due to **most classes being held outdoors**, players should dress appropriately.

| | | | |
|---|-----------------------------------|---|----------------------|
| MONDAY | Starts: 9/23 | TUESDAY | Starts: 9/24 |
| 3:20-4:05 | Sessions: 7 | 3:20-4:05 | Sessions: 8 |
| Cloverbank | Fee: \$121 NR: \$136 | Pinehurst | Fee: \$135 NR: \$150 |
| Outside | <i>No class 10/14 & 11/11</i> | Outside | <i>No class 11/5</i> |
| <i>*Pickup will take place by Door #2</i> | | <i>*Pickup will take place by Door #1</i> | |
| WEDNESDAY | Starts: 9/25 | THURSDAY | Starts: 9/26 |
| 3:20-4:05 | Sessions: 9 | 3:20-4:05 | Sessions: 9 |
| Blasdell | Fee: \$149 | Big Tree | Fee: \$149 |
| Outside | NR: \$165 | Outside | NR: \$165 |
| <i>*Pickup will take place by Door #4</i> | | <i>*Pickup will take place by Door #2</i> | |

*This program will start immediately after the school days ends. Students will be dismissed from their classrooms. **Parents should meet their child outside the door indicated in their child's class description. Please do not ring the doorbell to enter the building.***

Frontier Community Education's Before and After School Program Information

A four-page application needs to be completed each year in order to enroll in this program. Applications for the Program are available at our office in the Frontier Educational Center located at 5120 Orchard Avenue in Hamburg. New applications are accepted throughout the school year based on availability and space is limited.

However, all new students or schedule changes must be submitted to our office by Wednesday of the week prior to the start of service. **Applications must be submitted prior to August 16, 2019 if service is required the first week of school.** If you have any questions, please contact us at 926-1744.

BEFORE SCHOOL PROGRAM

Register your child in the Frontier Community Education Before School Program. This licensed program operates at Big Tree, Blasdell, Cloverbank and Pinehurst Elementary Schools according to the school calendar from 6:45 AM until school time. Breakfast is provided and a variety of games are played.

The program will cost:
 \$12.00/day for **5 days** a week,
 \$2.75/day for **4 days** a week,
 \$13.50/day for **3 days** a week,
 \$14.25/day for **2 days** a week,
 \$15.00/day for **1 day** per week.



AFTER SCHOOL PROGRAM

Register your child in the Frontier Community Education After School Program. This licensed program operates at Big Tree, Blasdell, Cloverbank and Pinehurst Elementary Schools according to the school calendar from dismissal time until 5:45 PM. Community Education experienced childcare providers offer a variety of sports, games, crafts and homework time as well as a nutritious snack.

\$13.25/day for **5 days** a week,
 \$14.00/day for **4 days** a week,
 \$14.75/day for **3 days** a week,
 \$15.50/day for **2 days** a week,
 \$16.25/day for **1 day** a week.

KNOW HOW TOURS - TRIPS & TOURS

When registering for one of the trips or tours, please include on your registration form the names of all persons traveling, and if possible, their addresses and phone numbers. You will receive a written confirmation from Know How Tours, and your tickets will be distributed upon arrival to board the bus. Pickup takes place at Tops Market located at 355 Orchard Park Rd. next to K-Mart in West Seneca (formerly Seneca Mall near Exit 55E). Park at the far end of Tops near the poles with the letter "T" or "F". ***Please note: Frontier can no longer accept cash payments for any tours.*** You may pay by credit card (Mastercard or Visa) or by check. If paying by check, please make your check payable to ***Know How Tours.***



CIRQUE DU SOLEIL ALEGRIA

Ontario Place
Toronto, Ontario

Beloved by fans around the world, the ***CIRQUE DU SOLEIL'S*** iconic ***ALEGRIA*** show in reinterpreted in a renewed version to share its timeless story once more. The classic power struggle of old meets new is reinterpreted for today's cultural pulse. Led by an intangible wind of change, an emerging movement strives to shake the established order, instilling hope and renewal to bring light to a world in perfect harmony, ***ALEGRIA*** energizes the audience with a joyful spirit for a brighter and more inspiring tomorrow.

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| SUNDAY | 8:45 AM - 6:30 PM |
| Date: 11/3 | Cost: \$129/person \$124/Senior-65+ |

PROOF OF CITIZENSHIP IS REQUIRED FOR THIS TRIP.

Know How Tours Motor Coach will depart from Tops Market parking lot at 9:00 AM and will return approximately 6:30 PM. If paying by check for your trip/tour, please make check payable to Know How Tours.

CORNING MUSEUM OF GLASS

Holiday Ornament Fun - Make Your Own

We will travel the scenic route to ***CORNING, NY***. We will be greeted upon arrival at the ***CORNING MUSEUM OF GLASS***. We will be separated into two groups and participate in the ***"HANDS-ON" WORKSHOP, MAKING A PERSONALIZED GLASS HOLIDAY ORNAMENT*** and enjoy a ***SIT-DOWN LUNCH*** at the ***CORNING MUSEUM OF GLASS AUDITORIUM***. A ***DOCENT LED TOUR*** of the Museum is included. We will continue to explore the museum on your own - see the Hot Glass Show & other scheduled demonstrations. A rest stop will be made on the way down and a quick rest/food stop on the way home. ***NOTE:*** Your glass work must "cure" overnight and will be shipped to our Hamburg Office where you can pick it up. We will send you a post card when the ornaments arrive! ***Choose one entrée:*** Pan Seared Chicken Breast with Lemon Sauce, Jasmine rice and fresh vegetables; Beef Medallions with Mushroom Wine Sauce, Jasmine rice and fresh vegetables; Vegetable Lasagna with Béchamel Sauce

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|-------------|--------------------|
| SUNDAY | 7:45AM - 8:30PM |
| Date: 11/17 | Cost: \$129/person |

Know How Tours Motor Coach will depart from Tops Market parking lot at 8:00 AM and will return approximately 8:30 PM. If paying by check for your trip/tour, please make check payable to Know How Tours.

LOCAL HAUNTS OF THE FINGER LAKES

Join us as we explore ***LOCAL HAUNTS OF THE FINGER LAKES!*** Start the day with a tour at the ***SENECA FALLS HISTORICAL SOCIETY***, where Historical Society staff and psychic mediums believe the souls of three people tied to the property are still there haunting the house and grounds. After, enjoy a ***BUFFET LUNCH AT BELHURST CASTLE***. There is free time to explore the property, maybe even find the ghost of Isabella, who mourns her lost lover along the shores of Seneca Lake. Next, we will stop at ***THE FOX SISTERS PROPERTY***, where the two Fox Sisters, Kate and Maggie, communicated with the spirits in the house. The day concludes with a visit to the ***HISTORIC PALMYRA PHELPS GENERAL STORE AND HISTORIC MUSEUM***, dubbed "the most haunted place in the Finger Lakes".

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|-------------|-------------------|
| TUESDAY | 7:15 AM - 7:30 PM |
| Date: 10/29 | Cost: \$99/person |

Know How Tours Motor Coach will depart from Tops Market parking lot at 7:30 AM and will return approximately 7:30 PM. If paying by check for your trip/tour, please make check payable to Know How Tours.



LETCHWORTH ARTS & CRAFT SHOW

Annual Event - Columbus Day Weekend

Begin this tour with ***LUNCH*** at the ***GLEN IRIS INN***, located in ***LETCHWORTH STATE PARK***. Then proceed to the ***ANNUAL LETCHWORTH ARTS & CRAFTS SHOW***, sponsored by the ***ARTS COUNCIL FOR WYOMING COUNTY***, presents the finest of artists, artisans and craftspeople from all over the country. The show takes place at the Highbanks Recreation Area of Letchworth State Park. Enjoy peak fall foliage at the spectacular "Grand Canyon of the East" along with the best in pottery, paintings, quilts and fiber arts, handcrafted jewelry, photography, furniture, decorative painting dried floral pieces and more - just in time for holiday gift shopping. Over 300 artisans display their wares along with plenty of food vendors and many other activities for the whole family. Approximately 3-1/2 hours to visit the 300+ Craft Vendors. Please wear comfortable walking shoes - there ***IS*** walking involved in this tour. ***Choose one entrée:*** Lemon Pepper Chicken - boneless chicken with a lemon pepper cream sauce; Slice Sirloin of Beef served with mushroom sauce

| | |
|-------------|-------------------|
| SATURDAY | 9:45 AM - 6:00 PM |
| Date: 10/12 | Cost: \$89/person |

Know How Tours Motor Coach will depart from Tops Market parking lot at 10:00 AM and will return approximately 6:00 PM. If paying by check for your trip/tour, please make check payable to Know How Tours.

GENERAL INFORMATION

REGISTRATION is currently being accepted!

By Mail:

Enclose a check, money order or credit/debit card payment for the amount of the class(es) and address to:

Frontier Central Community Education
5120 Orchard Avenue
Hamburg, NY 14075

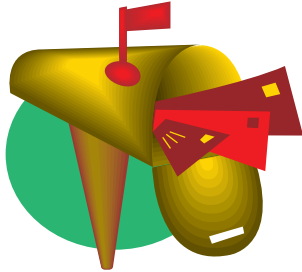
By Fax:

24 hours a day,
7 days a week
926-1777

**Credit / Debit Card
Registration Only!**

Online:

Visit our website @
www.frontier.wnyric.org
& click on the
Online Registration button located
on the Frontier
Home Page



**NEW
LOCATION!**

Monday - Friday
8:00 am - 4:00 pm

Frontier Educational Center, 5120 Orchard Avenue
Hamburg, NY in Room 203b
Stop by and check out our new office!!



***Most classes begin the week of September 23rd (please check brochure for exact start date.
Please report to class as scheduled. You will be notified only if your class is full
or has been cancelled.***

Any Frontier District resident who is on unemployment or a senior citizen may register at one-half of the fee with the exception of: Babysitting, CPR/AED, Computer Classes, and 5 Hour Pre-licensing or where otherwise indicated. Current evidence of unemployment must be presented at the time of registration or a copy of your current unemployment stub can be sent in the mail. A Golden Pass should be obtained by senior citizens (55 and over) for use in registering and the Golden Pass number written on the registration form. To obtain one, present your license for verification of age and residency at the Community Education office located in Room 201 in the Frontier Educational Center, 5120 Orchard Avenue, Hamburg, NY 14075.

CREDIT / DEBIT CARD PAYMENT – We accept Discover, MasterCard and Visa payments. You must list your credit/debit card #, **expiration date**, and sign your registration form. You may mail, fax, register online or in person with your credit/debit card payment.

LAB FEE- When a class is offered and supplies will be purchased by the student from the instructor, that amount is shown in the class description as the Lab Fee. This is payable to the instructor at the first class. You may have to bring additional materials. Please see individual class description.

NEW INSTRUCTORS – Do you have a skill or talent you would like to share? Become a Community Education Instructor! Contact us for information. Community Education does not endorse the opinions or business affiliation of our instructors. We are not responsible for any advice and/or consultation given beyond the class setting or curriculum.

NON-RESIDENTS- Although classes are provided for Frontier District residents, non-residents are welcome. The non-resident fee will be represented as **NR** in the course listing.

OFFICE HOURS – We are located at the Frontier Educational Center. Our office is open from 7:30 am to 4:00 pm Monday – Friday. However, these hours are subject to change when school is on recess (Winter, Spring and Summer). Please call our office to verify our hours during these periods. **Please note: Our office is open all Summer!!**

REFUNDS/CANCELLATIONS – The full fee will be refunded by check or credit (when paid w/charge card) if classes are filled or cancelled or if you wish to withdraw from a class at least one week prior to the class start date. If withdrawal from class takes place within the week of the class beginning, you will be issued a due bill in the full amount you paid or a refund will be issued less \$5. Registration fees will not be refunded or due bills issued for any reason if you cancel within 24 hrs. prior to the first class. **No refunds are given once a class has started.**

SCHOOL CLOSING - When day school is closed due to poor weather or any other emergency condition, Community Education classes will be cancelled. Please call our office or listen to your local radio station.

WAIVERS – They are required of all who participate in physical education or swimming classes unless a health certificate is issued by your doctor. Remember to check with your doctor before starting a new exercise program.

FOR ADDITIONAL INFORMATION, please call:

Linda Baranowski, Coordinator
Bonnie Martin, Clerk Typist



926-1744

**FRONTIER CENTRAL DISTRICT
COMMUNITY EDUCATION**
Frontier Educational Center
5120 Orchard Avenue
Hamburg, NY 14075

Non Profit Organization
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Hamburg, NY
Permit No. 92**

FRONTIER CENTRAL SCHOOLS
Dr. Richard J. Hughes, Superintendent
Board of Education
Patrick Boyle, President
Davis Podkulski, Vice-President
Larry Albert
Dr. Mary Ann Costello
John Kilcoyne Jr.
Martin Lalka
David Patton

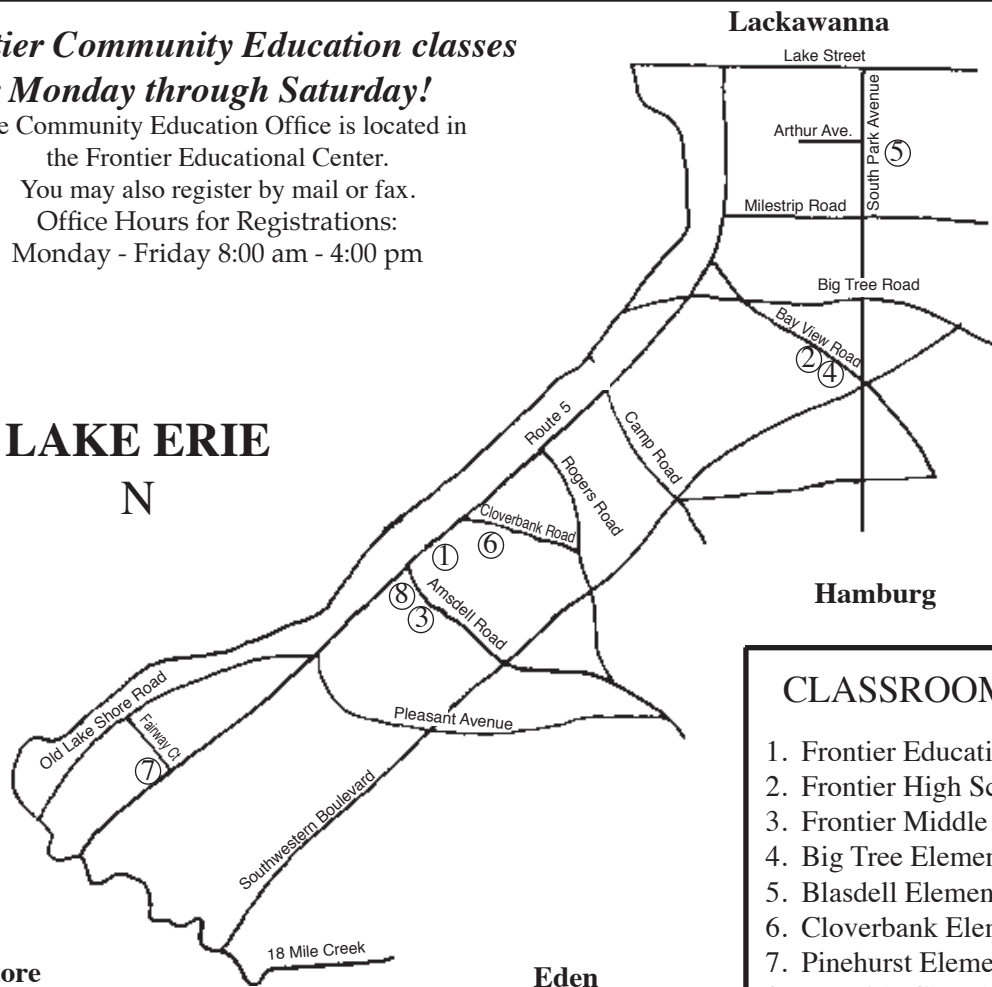
FRONTIER CENTRAL SCHOOL DISTRICT

REGISTRATION INFORMATION - 926-1744

Frontier Community Education classes occur Monday through Saturday!

The Community Education Office is located in
the Frontier Educational Center.
You may also register by mail or fax.
Office Hours for Registrations:
Monday - Friday 8:00 am - 4:00 pm

LAKE ERIE
N



**Blasdell
Exit 56**

CLASSROOM LOCATIONS:

1. Frontier Educational Center
2. Frontier High School
3. Frontier Middle School
4. Big Tree Elementary
5. Blasdell Elementary
6. Cloverbank Elementary
7. Pinehurst Elementary
8. Wayside Church

NON-RESIDENTS WELCOME!!!