Frontier Community Education

Summer 2015

926-1744

www.frontier.wnyric.org
**Please note:**
The Community Ed Office will be closed the week of July 20th. We apologize for any inconvenience.
These programs are being made available to you through funding by the New York State Education Department.

MEMORY CAFÉ
What is a Memory Café? Memory Cafés are a place where family caregivers and their memory impaired loved ones can gather for shared fun activities. Refreshments are provided and friendships will be made in a low stress, dementia friendly setting. Join us for FREE Memory Café gatherings offered at two sites: Weinburg Campus & Total Aging in Place located at 461 John James Audobon Pkwy in Amherst and OLV Senior Neighborhood, 55 Melroy Avenue, Lackawanna. Gatherings are scheduled at the Weinberg location on the 3rd Thursday of each month and meets on the 2nd Thursday of each month at OLV. Walk-ins are welcome, but RSVP is appreciated for the FREE Memory Café gatherings. Call (716) 858-2177 or email caregiver@erie.gov for more information and to register. For more information on upcoming events for family caregivers: www2.erie.gov/seniorservices. This is a project of the Erie County Caregiver Coalition.

YOU NOW HAVE MORE OPTIONS TO ENROLL IN OUR GREAT CLASSES!! Visit our website at 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 full K-12 tutoring, TASC Home-Study, Test Prep for SAT, ACT, PSAT and Regents. 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!

ACT BOOT CAMP
The ACT Test is held in equal esteem as the SAT Test by most colleges and universities. In fact, in 2014, the ACT Test surpassed the SAT Test for the first time in total test-takers. This comprehensive review course is designed to help students improve their ACT Test score and help get into the college of their choice. Includes: classroom instruction, test-taking strategies, testing information, and workbook/study materials. Students are welcome to bring a snack or lunch to class. Please register early! Visit our website www.allprotutoring@gmail.com for more ACT information.

SAT BOOT CAMP
This comprehensive review course is designed to help students improve their SAT test score and help them get into the college of their choice. Includes: classroom instruction, test-taking strategies, testing information, and workbook/study materials. Students are welcome to bring a snack or lunch to class. Please register early! Visit our website www.allprotutoring@gmail.com for more SAT information.

WRITING THE COLLEGE APPLICATION ESSAY
Do you want to ace your college application essay? Then this workshop is for you! All the fundamentals of Standard English as well as essay strategies will be reviewed. Students will identify effective versus non-effective essays and apply these strategies to their own writing. Students will write an actual college application essay.

PLEASE NOTE:
Before & After School Applications for the 2015-16 School Year are due in the Community Education Office no later than August 21st to begin service the first week of school. Applications will be available as well as our office. The Community Ed Office is open all summer. Stop by with your completed application or pick one up at our office. Don’t forget deadline of August 21st for Service the first week of school. See page 6 for more information.
GLASS BEADS 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.

FUN WITH FUSING
Make beautiful jewelry or decorative items from colorful pieces of glass you cut, arrange and heat together in a kiln. Create your own design or follow one of our project templates. Choose to make two pendants, a pair of earrings, two refrigerator magnets, one suncatcher, one glass tile or one nightlight. Additional fee for extra projects, multiple firings (if required) and dichroic glass. You can pick up your project after it's been fused and annealed (heated and cooled gradually to remove thermal stress) or Ms. Schneider can mail it to you for an additional fee. If your project requires a bail, earring backs, magnet or night-light assembly, complete it on a Saturday morning, the second or fourth Wednesday evening of the month, or by appointment.

HOW TO MAKE GLASS BEADS
Turn hot glass into cool stuff! Join glass artisan Vicki Schneider at her beautiful studio for an introductory class in glass beadmaking. In just three hours, you will make your own one-of-a-kind glass beads and enter the mystical and ancient world of “lampworking”. This workshop will introduce you to the art of safely melting and manipulating soft glass. During the class, most students will create from 3-6 colorful beads they can later turn into jewelry. Vicki’s studio is located at 3333 Lake Shore Road (Rte. 5), near the Woodlawn Beach and easily accessible from the Thruway and Milestrip Road. Check the studio website at www.expressiveglass.com.

SATURDAY
Date: 7/11
1:30-4:30 Fee: $65

OR

SATURDAY
Date: 8/1
1:30-4:30 Fee: $65

*These classes will take place at Expressive Glass, 3333 Lake Shore Road, Blasdell.

FINANCE
IS A ROTH IRA RIGHT FOR YOU?
Roth IRA’s were created in 1997 and lately there’s been a ton of press about Roth IRA “conversions”. We will cover the rules for Roth IRA’s and compare them to Traditional IRA’s. We will also review the rules for conversions and discuss who might benefit from a Roth IRA.

WEDNESDAY
Mr. Hussong
Date: 7/8
6:30-8:00 Fee: $10
Middle School NR: $12
Rm. 158

OR

WEDNESDAY
Mr. Hussong
Date: 7/8
6:30-8:00 Fee: $38
Middle School NR: $50
Pool

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
Ms. Labedz
Starts: 7/6
7:00-8:00 Fee: $40
Middle School NR: $52
Pool

OR

MONDAY
Ms. Labedz
Starts: 8/3
6:00-8:30 Fee: $60

LANDLORDS’ RIGHTS & FAIR HOUSING
This class will provide information about landlords’ rights and the basics of fair housing and landlord-tenant law. Participants will learn best practices for advertising, screening tenants and handling a variety of landlord-tenant matters. Materials will include brochures on housing discrimination and choosing good tenants along with the Guide to Landlords’ Rights book. This workshop is offered through HOME - Housing Opportunities Made Equal. Visit their website at www.homeny.org.

TUESDAY
Ms. Bergsten
Date: 7/14
Session: 1
6:00-7:30 Fee: $10
Middle School NR: $12
Rm. 159

PHYSICAL EDUCATION
See Page 3 for more info.
1. To keep our gym floors at their best, please wear sneakers for any 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.

**GOLF LESSONS with Local Golf Pro, Peter Bilka**
*Classes will take place outside, weather permitting. In case of inclement weather, classes will be held in the gym.*

**LEVEL I**
Learn basic golf fundamentals using real golf balls (Titleist, Maxfli, etc.). Please bring a 9 iron to the first class. This class is limited to 10 students. **No Golden Pass discount.**

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**LEVEL II**
Swing into Fall with golf lessons using real golf balls, (Titleist, Callaway, etc.) Learn proper posture, grip, release and belt buckle finish. Please bring a 9 iron to the first class. Class is limited to 10 students. **No Golden Pass discount given.**

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**LEVEL III**
Learn to break 90 using real golf balls (Titleist, Callaway, etc.). Classes will concentrate on posture in the golf swing. Grip, spine angle, release and proper finish will all be addressed. Please bring to class a 9 iron. Class is limited to 10 students. **No Golden Pass discount.**

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**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 given for this course.**

**ZUMBA**
This program is a dynamic workout designed to be FUN and EASY to follow. The routines feature interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest and you’ve got ZUMBA!

**THE WELLNESS CO.**
This class is offered in partnership with The Wellness Co. The cost of your classes may be paid through your Health Insurance Plan. Please call 568-0246 for more information or to register for this class. Frontier Golden Pass discount does not apply.

**Bodysculpting by Sandy Manella & The Wellness Co.**
This class is offered through Bodyshaping by Sandy & The Wellness Company. For more information and to register, please call Bodysculpting by Sandy at 568-0246.

**PHYSICAL EDUCATION**

**GENTLE YOGA**
This class is for those seeking a slower-paced and gentle yoga practice. We will utilize props for support in our seated, standing and supine postures. Come be a part of a mindful and relaxing practice that is welcoming to all. Ages 18 & over are welcome. Please bring a yoga mat, a yoga block and a small blanket or beach towel to class. Class limit-15 students.

**TUESDAY**
Ms. Weimer
Starts: 6/30
Sessions: 5
9:00-10:00 AM
Fee: $25 NR: $30
Middle School
Sm. Gym

**THURSDAY**
Ms. Weimer
Starts: 7/2
Sessions: 5
Same as above

Middle School
Sm. Gym

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

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

MONDAY Ms. Labeled
Date: 7/6 Session: 8
6:00-9:00 Fee: $40
Middle School NR: $52
Pool

OR

WEDNESDAY Ms. Labeled
Starts: 7/8 Sessions: 8
6:00-9:00 Fee: $40
Middle School NR: $52
Pool

OR

THURSDAY Ms. Labeled
Starts: 7/9 Sessions: 8
6:00-9:00 Fee: $40
Middle School NR: $52
Pool

BEGINNING JAPANESE
“One stone, two solutions” for mastering Japanese characters (kanji) and the language. This class uses the game of bingo (Ninja Bingo Lingo) with prizes to make learning the characters fun and educational at the same time. There are 75 bingo kanji plus related words to study each term. Other innovative methods are used to expand vocabulary systematically. Students will also learn to count, tell time, days of the week, months of the year, colors, ask directions and locations of objects, go shopping, ask permission, say greetings, invitations, express gratitude and apologies, discuss hobbies, likes and dislikes, etc. The class provides a sound foundation in the Japanese language, grammar, sentence structure and culture. Ages 7 and up and great for families to study together.

THURSDAY Mr. Mangan
Starts: 7/6 Sessions: 24
1:00-3:00 PM
Fee: $45
High School
Weight Room

NEW YORK STATE NOTARY
PUBLIC TRAINING COURSE
Do you need to become a Notary Public for work or want to add it 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.

THURSDAY Ms. O’Connor
Date: 8/13 Session: 1
6:30-9:30 Fee: $60*
Middle School NR: $70
Rm. 158
*No Golden Pass discount given on this class.

FOOTBALL SUMMER CONDITIONING PROGRAM
Players Entering Grades 9th - 12th
The key to a successful football season is an off-season conditioning program. A combination weight-lifting, conditioning and agility program will prepare the athlete for the upcoming season. We will emphasize fundamental techniques that will make each participant a stronger, faster and better prepared football player. How committed are you? Frontier students only!

MON-THURS Coach Privateer & Staff
Starts: 7/6 Sessions: 24
1:00-3:00 PM Fee: $45
High School Weight Room

SPORT CAMPS
These camps are for Frontier Students only!!

BEGINNER CHEER CLINIC
Entering Grades 1 - 5
Frontier Students Only!!
This clinic is designed for athletes entering Grades 1st - 5th. Basic and intermediate cheer skills will be taught.

WEDNESDAY Frontier Cheer Staff
5:30-7:30 Starts: 7/8
High School Sessions: 4
Gym Fee: $45

CHEERLEADING SKILLS ENHANCING CLINIC
Entering Grades 6 - 12
Frontier Students Only!!
This clinic is designed to assist athletes entering Grades 6th-12th to enhance their cheerleading skills. Skills being reviewed will be jumps, cheer technique and stunt building. Participants will be divided up by skill and age level.

TUESDAYS* Frontier Cheer Staff
10:00-12:00 Starts: 7/14
High School Sessions: 5
Gym Fee: $60**

AND

THURSDAYS* Starts: 7/16
6:00-8:00 Sessions: 5
High School Gym
*Please note: This clinic will meet on both Tuesdays and Thursdays for a total of 10 sessions. **Fee covers all sessions.

SPORT CAMPS
These camps are for Frontier Students only!!

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 Ms. Labedz
Date: 7/6 Sessions: 8
6:00-9:00 Fee: $40
Middle School NR: $52
Pool

OR

WEDNESDAY Ms. Labedz
Starts: 7/8 Sessions: 8
6:00-9:00 Fee: $40
Middle School NR: $52
Pool

OR

THURSDAY Ms. Labedz
Starts: 7/9 Sessions: 8
6:00-9:00 Fee: $40
Middle School NR: $52
Pool

**Take time to be... health conscious**
GIRLS SUMMER BASKETBALL PROGRAM

These programs will be instructed by Rick Mihalik, Varsity Girls Basketball Head Coach except for 8th Grade & JV, which will be coached by Amy Steger. These programs are open to Frontier girls only! All programs take place in the Middle School gym. Please come prepared with athletic shorts, t-shirt and sneakers. For more information, please contact Rick Mihalik at 926-1700 ext. 3480.

INTRO TO BASKETBALL 101
Girls Entering 3rd Grade
This program will focus on basic fundamentals of the game of basketball. We will focus on proper shooting form, passing, ball handling, offensive and defensive skills. The philosophy of this class is to stress skill development and learning in a fun and positive environment. Please come prepared with athletic shorts, t-shirt and sneakers. This class is limited to 15 girls.

TUESDAY & THURSDAY*
Starts: 7/7
Sessions: 10
10:00-11:00 AM Fee: $60
*Program will meet on 7/7, 7/9, 7/14, 7/16, 7/28, 7/30, 8/4, 8/6, 8/11, 8/13

INTRO TO BASKETBALL 201
Girls Entering 5th Grade
This program will focus on basic fundamentals of the game of basketball. We will focus on proper shooting form, passing, ball handling, offensive and defensive skills, transition, offensive and defensive concepts. The philosophy of this class is to stress skill development and learning in a fun and positive environment. Please come prepared with athletic shorts, t-shirt and sneakers. This class is limited to 12 girls.

TUESDAY & THURSDAY*
Starts: 7/7
Sessions: 10
10:00-11:00 AM Fee: $60
*Program will meet on 7/7, 7/9, 7/14, 7/16, 7/28, 7/30, 8/4, 8/6, 8/11, 8/13

MODIFIED BASKETBALL
Girls Entering 7th Grade
This program will focus on offensive/defensive concepts and strategies in order to prepare for game play. Passing, shooting, ball handling, offensive and defensive skills will be stressed. This program will also include 8-10 games held at Frontier Learning Center on Mondays, Wednesdays and Fridays @ 10:00, or 11:00 am. Please come prepared with athletic shorts, t-shirt and sneakers. Class fee includes t-shirt. This class is limited to 12 girls.

MONDAY & WEDNESDAY*
Starts: 7/6
Sessions: 10
8:00-9:30 AM Fee: $75
*Program will meet on 7/6, 7/8, 7/13, 7/15, 7/27, 7/29, 8/3, 8/5, 8/10, 8/12

Girls Entering 8th Grade
Same Description as Above

TUESDAY & WEDNESDAY *
Starts: 7/6
Sessions: 10
8:00-9:30 AM Fee: $75
*Program will meet on 7/6, 7/8, 7/13, 7/15, 7/27, 7/29, 8/3, 8/5, 8/10, 8/12

JV BASKETBALL
Girls Entering 9th & 10th Grades
This program will focus on offensive/defensive concepts and strategies in order to prepare for game play. Passing, shooting, ball handling, offensive and defensive skills will be stressed. This program will also include 8-10 games held at Frontier Learning Center on Mondays, Wednesdays and Fridays @ 12:00, 1:00 or 2:00 pm. Please come prepared with athletic shorts, t-shirt and sneakers. Class limit - 15 girls.

SPORT SPECIFIC TRAINING (Footwork/Agility/Strength Training)
TUESDAY & THURSDAY*
Starts: 7/7
Sessions: 10
8:00-9:30 AM Fee: $100**
*Training will be held on 7/7, 7/9, 7/14, 7/16, 7/28, 7/30, 8/4, 8/6, 8/11, 8/13
**Fee covers training, practice, t-shirt and games.

Girls Entering 6th Grade
Same Description as Above

TUESDAY & THURSDAY*
Starts: 7/7
Sessions: 10
1:00-2:30 PM Fee: $60
*Program will meet on 7/7, 7/9, 7/14, 7/16, 7/28, 7/30, 8/4, 8/6, 8/11, 8/13

JV Practice
TUESDAY & THURSDAY*
Starts: 7/7
Sessions: 10
9:30-11:00 AM Fee: $60
*Practice will be held on 7/7, 7/9, 7/14, 7/16, 7/28, 7/30, 8/4, 8/6, 8/11, 8/13
**Fee covers training, practice, t-shirt and games.

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!
**SUMMER LACROSSE CAMPS**

**JV GIRLS LACROSSE**
Girls Entering Grades 9th & 10th

This program will focus on basic fundamentals of lacrosse. We will focus on passing, catching, shooting, defensive and offensive skills. Basic strategies will be covered during practice drills and games. The philosophy of Introduction to Girls Lacrosse stresses skill development and learning in a fun and friendly atmosphere. We play on a smaller field allowing plenty of touches of the ball. Half of practice focuses on skill development; the rest is game play. Please come prepared with a lacrosse stick, goggles, mouth guard and water bottle. For more camp information, please contact Tim Myslinski at tmyslinski@frontier.wnyric.org.

**Blasdell**
MON & TUES 6/22 to 7/22
3:00-4:30 Fee: $100**
**Please note: Fee includes Tournament Fee**

**VARSIY GIRLS LACROSSE**
Girls Entering Grades 11th & 12th

This program is perfect for girls who would like to continue to develop their lacrosse skills. Advanced strategies and concepts will be covered during practice drills and games. The athletes will be divided into two teams based on age and skill level (Varsity & Junior Varsity). Games will be played from 7:00 pm on Tuesdays; first game will be played on 7/7. Please come prepared with lacrosse stick, goggle, mouth guard and water bottle. For more camp information, please contact Tim Myslinski at tmyslinski@frontier.wnyric.org.

**Blasdell**
MONDAY 6/23 to 7/23
5:00-6:30 Fee: $100**
**Please note: Fee includes Tournament Fee**

**MODIFIED GIRLS LACROSSE**
Girls Entering Grades 7th & 8th

This program will focus on basic fundamentals of lacrosse. We will focus on passing, catching, shooting, defensive and offensive skills. Basic strategies will be covered during practice drills and games. The philosophy of Introduction to Girls Lacrosse stresses skill development and learning in a fun and friendly atmosphere. We play on a smaller field allowing plenty of touches of the ball. Half of practice focuses on skill development; the rest is game play. Please come prepared with a lacrosse stick, goggles, mouth guard and water bottle. Depending on interest, a winter session might be offered. **Games will be played on Mondays at 6:00 pm; first game will be played on 7/6.** For more camp information, please contact Tim Myslinski at tmyslinski@frontier.wnyric.org.

**Blasdell**
MON & TUES 6/22 to 7/22
3:00-4:30 Fee: $100**
**When games start on 7/6 practice will only be on Tuesdays (same time).**

**Before School Program Information**

A six-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, 5120 Orchard Avenue as well as all the Elementary Schools in the district. New applications are accepted throughout the school year. However, all new students or schedule changes must be submitted to our office by Wednesday of the week prior to the start of service. 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: $170 monthly for 5 days a week, $151 monthly for 4 days a week, $126 monthly for 3 days a week, $92 monthly for 2 days a week, $50 monthly for 1 day per week.

Daily Rate: $12.50

**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.

$240 monthly for 5 days a week, $218 monthly for 4 days a week, $170 monthly for 3 days a week, $118 monthly for 2 days a week, $61 monthly for 1 day a week.

Daily Rate: $15.25

**SUMMER LACROSSE CAMPS**

The girls will play in the Western New York B.E.L.L. League. A reversible pinny will be available for approximately $20.00.
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 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:

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**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.

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**LEVELS 1 - 3**

| MONDAY | Ms. Labedz |
| Starts: 7/6 | Sessions: 8 |
| 5:30-6:15 | Fee: $30 |
| Pool | NR: $38 |

**OR**

| MONDAY | Ms. Labedz |
| 6:15-7:00 | Same as above |

**OR**

| THURSDAY | Ms. Labedz |
| Starts: 7/9 | Sessions: 8 |
| 5:30-6:15 | Fee: $40 |
| Pool | NR: $52 |

**LEVELS 4 - 6**

| THURSDAY | Ms. Labedz |
| Starts: 7/9 | Sessions: 8 |
| 7:00-8:00 | Fee: $40 |
| Pool | NR: $52 |

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**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.

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**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 room 169. If you have attended this class before, it is not mandatory to attend. Starting the second night (7/15), an adult will be in the water with their child.

| WEDNESDAY | Ms. Labedz |
| Starts: 7/8 | Sessions: 8 |
| 6:30-7:00 | Fee: $23 |
| Pool | NR: $31 |

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**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 room 169 at 6:30 pm for all age groups. Swimming will start the second night (7/15), where at least one adult will be in the water with their child.

**Ages 6-18 months**

| WEDNESDAY | Ms. Labedz |
| Starts: 7/8 | Sessions: 8 |
| 5:00-5:30 | Fee: $23 |
| Middle School | NR: $31 |

**OR**

**Ages 18-36 months**

| WEDNESDAY | Ms. Labedz |
| Starts: 7/8 | Sessions: 8 |
| 5:30-6:00 | Fee: $23 |
| Middle School | NR: $31 |

**OR**

**Ages 3-5 years**

| WEDNESDAY | Ms. Labedz |
| Starts: 7/8 | Sessions: 8 |
| 6:00-6:30 | Fee: $23 |
| Middle School | NR: $31 |
**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.
Starts: 8/1
9:00-11:30
Fee: $59
Middle School
NR: $65
Rm. 131

**KARATE**

Is what you see on TV or at the movies really karate? In this class, students will improve balance, learn punch, block and kick drills. By the end of this course, the student will know exactly what karate is and what it feels like to train in karate. Mr. Ristine holds a black belt in Isshin Ryu Karate. Please wear a plain black or white shirt to class. Ages 7 and up are welcome!

**WEDNESDAY**
Mr. Ristine
Starts: 7/8
6:00-7:00
Fee: $40
Middle School
NR: $52
Back Gym

**PARENT-CHILD KARATE**

Looking for a new, exciting activity to participate in with your child? Then this class is for you! Parent-child karate offers the opportunity for you to spend quality time with your child in a fun, yet disciplined environment while learning the art of karate. All that is required is a plain white or black t-shirt, comfortable clothing and the desire to participate. The time spent practicing between classes is sure to be rewarding. **The fee for this class covers both the parent and one child. Additional children may attend at an adjusted rate. Please contact the office for more information.**

**WEDNESDAY**
Mr. Ristine
Starts: 7/8
7:00-8:00
Fee: $48*
Middle School
NR: $60
Back Gym

**KUNG FU KARATE**

**Ages 7 - 12**

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 Karate with the ability to carry this experience into an active Kung Fu Karate 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.

**MONDAY/WEDNESDAY/FRIDAY**
6:00-7:00
Sessions: 24
Fee: $60

**AGES 13 & UP**

Same Description as Above

**MONDAY/TUESDAY/THURSDAY**
8:00-9:00
Same as above

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

**Literature Camps w/ Janice Armstrong**

**CAMP SUPERHERO**

**Ages 4 - 7**

Attention all Super Kids!! Be part of the action this Summer!! Learn what it takes to be a real brave and honest superhero by taking part in a week long adventure of fun-filled literature, crafts and physical activities featuring all your favorite characters! Class limit-12 students.

**MON-FRI**
Mrs. Armstrong
Starts: 7/6
9:30-12:00
Fee: $64
Blasdell
NR: $75
Rm. 110
Lab Fee: $7

**FROZEN FUN**

**Ages 4 - 7**

Calling all my Elsa, Anna and Olaf Fans!! You are invited to join in on a week long summer cool-down with your favorite Frozen characters. Activities will include frozen water play, snowy crafts, science experiments and singing and dancing fun— with a little help from our Frozen Friends!

**MON-FRI**
Mrs. Armstrong
Starts: 7/6
Rm. 110
Lab Fee: $7

**YOUNG EXPLORERS**

**Ages 4 - 7**

Do you love Science and exploring the outdoors? Then this class is for you!! Join in on our adventure as we explore the world around us through hands-on experiments and activities. Activities include nature walks, bubble, shadow and water play and much more!! Class limit-12.

**MON-THURS**
Mrs. Armstrong
Starts: 8/3
9:30-12:00
Fee: $64
Blasdell
NR: $75
Rm. 110
Lab Fee: $7
Bricks 4 Kidz is an educational service that uses LEGO® Bricks to teach kids the basics of STEM - Science, Technology, Engineering Mathematics and more. Our programs provide an extraordinary atmosphere for students to build unique creations, play games and have loads of fun using LEGO® Bricks. The activities are designed to trigger children’s lively imaginations and build their self-confidence. Depending on the occasion, a Bricks 4 Kids® event typically features time for structured learning, where we build a model specifically related to our theme, and time for informal learning, which can include anything from playing LEGO® board games and doing crafts with LEGO® Bricks, to exercising our imaginations with Creative Play. All camps below are limited to 20 campers.

**MINING & CRAFTING**
**Ages 5 - 11**
Mining and Crafting is a game about placing blocks to build anything you can imagine. At night, monsters come out, make sure to build a shelter before that happens. Experience the world of Minecraft with LEGO® Bricks in this fun, summer camp! Kids will face new challenges each day, building models and crafting key elements from the popular Minecraft game. Campers will not bring home LEGO® builds, but will bring home a LEGO® mini-figure on the last day. Please bring a nut-free snack and beverage.

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<tr>
<th>MON-FRI</th>
<th>Bricks4Kidz Staff Starts: 8/17</th>
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<tr>
<td>Sessions: 5</td>
<td>9:00-Noon Fee: $165 NR: $175</td>
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<td>Big Tree</td>
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**POCKET BRICK MONSTERS**
**Ages 5 - 11**
Get ready for an adventure in the world of Pokemon! Capture wild Pokemon® creatures and train them for battle. Improve your accuracy and power as you learn new moves and use special abilities. Tap into your inner engineer as we build, Dratini, Pikachu, Poke Balls and more. Bring your own Pokemon® trading cards if you wish to play and trade at the end of the day. Show off your skills as you battle for power in your journey through the Pokemon® Universe. Do you have what it takes to become a Pokemon® Master? Campers will not bring home LEGO® builds, but will bring home a LEGO® mini-figure on the last day. Please bring a nut-free snack and beverage.

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**REMOTE CONTROL MANIA**
**Ages 5 - 11**
Making it move is the name of the game at this exciting camp! Kids will love to see their creations in motion using LEGO® wireless remote controls. Each day, campers will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, machines and more. As they enjoy the fun of building, campers will understand the basic working principles of many ingenious devices that are part of our everyday lives. Campers will also learn how to magnify, diminish and redirect force to more objects at different speeds and in different directions. This camp is a load of fun and learning for budding builders. Campers will not bring home LEGO® builds, but will bring home a LEGO® mini-figure on the last day. Please bring a nut-free snack and beverage.

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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. All the programs below will meet in the fields behind the Middle School. *In case of inclement weather, classes will take place in the gym. If you have any questions regarding this location, contact our office at 926-1744.

FLAG FOOTBALL
Ages 7 - 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. Due to all classes being held outside, players should dress appropriately. Please remember to bring a water bottle.

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BOYS LACROSSE
Ages 7 - 12
Lacrosse is one of the fastest growing sports in the US. This program encourages boys to learn the basic skills and principles involved in the game. Skills such as scooping, cradling, passing, catching and shooting will be taught followed by a fun scrimmage. This class will enable boys to become proficient at the game of lacrosse, build confidence, develop a positive self-image, and most of all, have fun! Due to all of the classes being held outdoors, players should dress appropriately. A stick, helmet (hockey helmets are acceptable), gloves, shoulder pads and mouthguard are required. Due to all classes being held outside, players should dress appropriately. Please remember to bring a water bottle.

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GIRLS LACROSSE
Ages 7 - 12
This program encourages girls to learn the basic skills and principles involved in the game of Girls Lacrosse. Skills such as scooping, cradling, passing, catching and shooting will be taught followed by a fun scrimmage. This class will enable girls to become proficient at the game of Lacrosse, build confidence, develop a positive self-image, and most of all, Have Fun! Due to all of the classes being held outdoors, players should dress appropriately. A stick, goggles and mouthguard are required. Due to all classes being held outside, players should dress appropriately. Please remember to bring a water bottle.

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PARENT - CHILD SOCCER
Ages 3 - 5
This class is perfect for boys and girls who would like to learn the basics of soccer. In this parent-participation program, you and your child will work together on drills to learn catching, fielding, throwing, batting and running bases. Emphasis will be placed on fun and recreation in this non-competitive, coed program. A tee shirt is included in the program fee. Due to all classes being held outside, players should dress appropriately. Please remember to bring a water bottle.

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LITTLE SLUGGERS
(Auto to Tee Ball)
Ages 3 - 6
This class is perfect for boys and girls who would like to learn the basics of tee ball. In this parent-participation program, you and your child will work together on drills to learn catching, fielding, throwing, batting and running bases. Emphasis will be placed on fun and recreation in this non-competitive, coed program. A tee shirt is included in the program fee. Due to all classes being held outside, players should dress appropriately. Please remember to bring a water bottle.

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TODDLER TIME SOCCER
Ages 2 - 3
Toddler Time is an exciting soccer-based playgroup in which a variety of age appropriate props are used. In this unique program, you and your child will participate in a variety of Soccer related games and activities. Kids “learn through play” in a social environment while developing motor skills and coordination, building confidence and much more. But most of all, it’s FUN! A t-shirt is included in the program fee. Due to all classes being held outdoors, players should dress appropriately. Please remember to bring a water bottle.

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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. Due to most of the classes being held outdoors, players should dress appropriately. Please remember to bring a water bottle.

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KIDS DANCING with ELLEN PUCKETT

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

ACRO GYM
Beginner/Intermediate
Ages 5 - 11 Years Old
This class is for boys and girls who are interested in tumbling, stunts and calisthenics. This class is limited to 25 students.
WEDNESDAY Ms. Lauren
Starts: 8/5 Sessions: 4
4:30-5:30 Fee: $30

AGRO GYM
Intermediate/Advanced
Ages 12 Years Old & Up
This class is for boys and girls who are interested in tumbling, stunts and calisthenics. This class is limited to 25 students.
WEDNESDAY Ms. Lauren
Starts: 8/5 Sessions: 4
5:30-6:30 Fee: $30

BREAKIN’
All Levels & Ages
This form of dance started in the 1970’s and is more popular than ever! A form of dancing that involves rapid acrobatic moves in which different parts of the body touch the ground; normally performed to the rhythm of music. A majority of movement will be taught close to the floor on “all fours”. Basic floor work will be taught and progress to more difficult skill sets once the strength is acquired. Class is limited to 25 students.
MONDAY Jordan
Starts: 8/3 Sessions: 4
7:15-8:15 Fee: $30

BEGINNER BALLET
Ages 8 & Up
Ballet is the foundation for all forms of dance where the dancer will learn proper technique and body alignment. Ballet provides grace and poise, along with strength. Class is limited to 25 students.
MONDAY Ms. Beth*
Starts: 8/3 Sessions: 4
4:30-5:30 Fee: $30
*Ms. Beth Pfohl was a member of the Buffalo Ballet Theatre and the Royal Academy of Ballet. She is currently an instructor with Classical Ballet of WNY, Lockport Classical Ballet and Dance Spectrum.

BEGINNER HIP HOP
Ages 5-11 Years Old
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 is limited to 25 students.
MONDAY Ms. Rachael
Starts: 8/3 Sessions: 4
5:45-6:45 Fee: $30

BEGINNER HIP HOP
Ages 12 Years Old & 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 is limited to 25 students.
WEDNESDAY Ms. Rachael
Starts: 8/5 Sessions: 4
5:30-6:30 Fee: $30

CONTEMPORARY
Ages 10 & Up
This is a modern form of dance that combines the dance styles of ballet and jazz. Some prior dance experience is required for this class. Class is limited to 25 students.
MONDAY Ms. Rachael
Starts: 8/3 Sessions: 4
7:15-8:15 Fee: $30

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.
MONDAY Ms. Puckett
Starts: 8/3 Sessions: 4
4:45-5:45 Fee: $30

PRINCESS CAMP
Ages 3-6
Bring in your favorite princess outfit (some sizes are provided by studio). This class will be a fun-filled fairy tale of creative movement, craft making, games and dress up! This camp is limited to 10 students.
THUR & FRI Ms. Puckett
Starts: 7/30* Sessions: 2
5:00-6:00 Fee: $35
*Camp will meet on 7/30 & 7/31

These classes will be held at the Epic Dance Center located at 3847 South Park Avenue in Blasdell, NY.
Frontier Central Community Education Registration Form
5120 Orchard Avenue, Hamburg, NY 14075 -- Phone: 926-1744 -- Fax: 926-1767

Last Name    First    Home Phone
Address      City/Town & Zip   Work/Cell Phone
Parent’s Name Age of Participant Grade
Course Name    Day   Time  Fee
1.

2.

3.

It would be advisable to put down a second choice if the class you registered for is cancelled or filled.
You will be only be called if given second choice. Please indicate second choice below:

2nd Choice

TOTAL
DUE $  

Method of Payment - Check/MO # _______Cash___ MC/Visa____ Approved_____Golden Pass # _______
(Please make checks payable to: Frontier Community Education)
I authorize Frontier Central School District to charge my MasterCard/Visa credit card account # below for the above registered classes.

MC/Visa
Credit Card # ____________________________

Signature ____________________________ EXP DATE

Do Not Include Lab Fees
GENERAL INFORMATION
REGISTRATION is currently being accepted!

Most classes begin the week of July 6th (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: NYS Point Insurance Reduction, Babysitting, Computer Classes, Pilates, Zumba 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 of the Frontier Educational Center, 5120 Orchard Avenue, Hamburg, NY 14075.

CREDIT / DEBIT CARD PAYMENT – We accept 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 – PLEASE NOTE: NEW HOURS!! Our office is open from 9:00 am to 5:00 pm Monday – Thursday and 9:00 am to 4:00 pm on Fridays. 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: the office will be closed the week of July 20th. We apologize for any inconvenience.

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, Administrative Asst.

Please note: We can only accept paid registration in person, online fax or through the mail. We regret we cannot take phone in registrations. Thank you!
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:
Mon. - Thurs. 9:00 am - 5:00 pm
& Friday 9:00 am - 4:00 pm

Lakeshore

Eden

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!!!