

FRONTIER COMMUNITY EDUCATION



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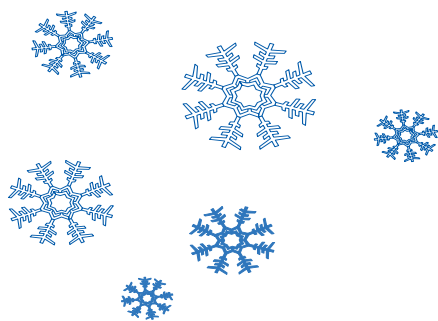
WINTER 2020 COURSE LISTING

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

MONDAY	PG
ACT Test Prep.....	1
Aqua Aerobics.....	5
Basics of Investing.....	4
Building Your Financial House....	4
Drum/Percussion Lessons.....	2
Glee Club.....	16
Guitar Lessons.....	3
How Money Works.....	4
Investing at Retirement.....	4
Investing Success.....	4
Martial Arts.....	12
Learn to Swim Grades K-5.....	10
Open Quilting.....	1
Piano Lessons.....	2
Singing Lessons for Everyone.....	3
Spanish Club-Spanish K-5.....	11
Tai Chi Chuan.....	6
Yoga at Epic Dance.....	6
Zumba Fitness.....	7

TUESDAY	PG
Acrylic Painting for Adults.....	4
Acrylic Painting for Children.....	14
Addressing Long-Term Care.....	3
Adult Dance Fitness.....	6
Adult/Infant/Child CPR/AED.....	7
Angels, Spirit Guides & You.....	7
Basic All-Over Workout.....	5
Basketball @ PH.....	11
Boys Baseball Clinic.....	13
Broadway Mini's.....	16
Chunky Blanket Workshop.....	1
Creative Playtime.....	11
Downsizing Your Home.....	5
Drum/Percussion Lesson.....	2
Emotional Release for Inner Peace.....	8
Estate Planning Strategies.....	3
Family Love Letter.....	3
Girls Softball Clinic.....	13
Guitar Lessons.....	3
Icicles Galore.....	2
Kids Cupcake Decorating.....	14
Kids Scarf Knitting.....	14
Little Sluggers.....	13
Medicare 101.....	9
Meditation.....	7
Practical Compassion.....	8
Piano Lessons.....	2
SAT Test Prep.....	1
Secrets of Happiness.....	8
Singing Lessons for Everyone.....	3
Slow Flow-Yoga Basics.....	6
Soccer Shots.....	17
Social Security.....	4
Spanish Club-Spanish K-5.....	11
Structured Investing.....	4
Weight Loss w/ Hypnosis.....	9

WEDNESDAY	PG
ACT Test Prep.....	1
Appr. Makey Makey.....	15
Aqua Aerobics.....	5
Ballroom/Latin Swing Dance.....	3
Change Your Mind/Life.....	7
Coed Basketball.....	13
Drum/Percussion Lessons.....	2
Five Hr. Prelicensing.....	3
Generation Pound.....	12
Healing w/ Energy.....	8
Jr. Electrical Engineering.....	15
Martial Arts.....	12
Medicare 101.....	9
Parent Child Soccer.....	13
Pound.....	6
Piano Lessons.....	2
Singing Lessons for Everyone.....	3
Soccer.....	13
Soccer Shots.....	17
Spanish Club-Spanish K-5.....	11
Staging Your Comeback.....	9
Swim for Fitness.....	5
Toddler Aquatics.....	10
Turbo Kick Live!.....	6
Yoga.....	6



THURSDAY	PG
Appr. Makey Makey.....	15
Basic All-Over Workout.....	5
Developing Intuition.....	8
Drum/Percussion Lessons.....	2
Emotional Freedom Technique.....	8
First Time Home Buyer.....	5
Flag Football.....	13
Intro to Theater.....	16
Jr. Electrical Engineering.....	15
Learn to Swim Grades K-5.....	10
Notary Public Training Course.....	9
Pee Wee Floor Hockey.....	13
Piano Lessons.....	2
SAT Test Prep.....	1
Singing Lessons for Everyone.....	3
Slow Flow-Yoga Basics.....	6
Soccer Shots.....	17
Spanish Club-Spanish K-5.....	11
Swim for Fitness.....	5
Yoga at Epic Dance.....	6
Youth Floor Hockey.....	13

FRIDAY	PG
Appr. Makey Makey.....	15
Jr. Electrical Engineering.....	15
Martial Arts.....	12
Singing Lessons for Everyone.....	3

DAYTIME	PG
Full Day Art Camp.....	14
Creative Playtime.....	11

SATURDAY	PG
Acro Gym.....	12
Baby & Me.....	12
Babysitting.....	11
Creative Dance Movement.....	12
Frozen Dance Camp.....	12
Hip Hop - Kids.....	12
How to Make Glass Beads.....	2
Reiki Practitioner.....	8
Singing Lessons for Everyone.....	3
Tai Chi Chuan.....	6
Triple Threat Workshop.....	16

SUNDAY	PG
Fun w/ Fusing.....	2
Leaf Pendants.....	2

LISTING BY AREAS OF INTEREST

Academics.....	1	Fine Arts.....	4
Before & Afterschool Program.....	16	House & Garden.....	5
Crafts.....	1-2	Kids Corner.....	10-17
Dance & Music.....	2-3	Physical Education.....	5-7
Driving.....	3	Self Improvement.....	7-9
Finance.....	3-4	Special Interest.....	9
		Trips & Tours.....	17-19



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.frontiercsd.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

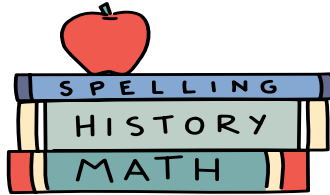
All-Pro Tutoring offers private/small group sessions for all K-12 subjects, Writing The College App Essay, SAT and ACT Prep and Regents courses. Why is All-Pro Tutoring and Test Prep a great way to learn? All-Pro offers individualized lessons for all skill levels in all K-12 subjects. Their qualified 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!**

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

Did you know that the ACT Test is held in equal esteem as the SAT Test by most colleges and universities? This 9-hour review course offers an in-depth study of the ACT Test. Includes: classroom instruction, test-taking strategies, testing information, study materials including the new writing format and a free simulated ACT Test. **Students are welcome to bring a snack to class.** For the simulated test schedule and registration information for the simulated test, visit their website www.allprotutoring.com. **2020 ACT Test dates:** April 4th and June 13th.

MON/WED	All-Pro Tutoring Team
Starts: 3/18	Sessions: 3*
6:00-9:00	Fee: \$135
HS Rm. 249	NR: \$150

**This class will meet on 3/18, 3/23, & 3/25.*



**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 for the simulated test, visit our website www.allprotutoring.com. **2020 SAT test dates:** March 14th, May 2nd & June 6th. **Students are welcome to bring a snack to class.**

TUES/THURS	All-Pro Tutoring Team
Starts: 2/25	Sessions: 3*
6:00-9:00	Fee: \$135
HS Rm. 249	NR: \$150

**This class will meet on 2/25, 2/27, & 3/3.*

CRAFTS, CRAFTS, CRAFTS

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 all materials is included in the class fee.

TUESDAY	Ms. Quinn
Date: 2/4	Session: 1
7:00-10:00	Fee: \$80*
Middle School	NR: \$90
Rm. 133	

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

KIDS SCARF KNITTING CLASS

See Page 14 for Complete Class Description

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.

MONDAY	Ms. Smith
Starts: 2/3	Sessions: 8
6:30-9:00	Fee: \$120
Middle School	NR: \$140
Rm. 133	No class 2/17

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, time 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!

CRAFTS, CRAFTS, CRAFTS

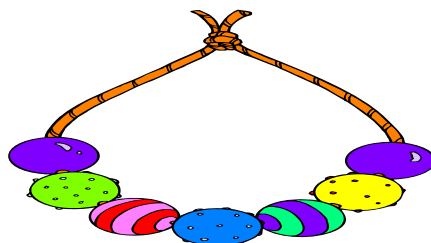
MELTING GLASS w/ VICKI SCHNEIDER

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.

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.

SUNDAY	Ms. Schneider
Date: 3/15	Session: 1
1:30-4:00	Fee: \$60



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 that can later turn into jewelry. Class fee includes 3 hours of instruction, all glass, tools and materials, plus one-hour complimentary studio time to be used within 30 days of your class. Check the studio website at www.expressiveglass.com

SATURDAY	Ms. Schneider
Date: 3/7	Session: 1
1:00-4:00	Fee: \$70

ICICLES GALORE

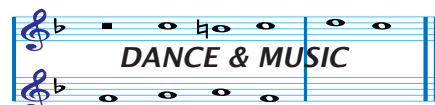
Create lovely glass icicles to adorn your tree or hang in your window all year long. You will learn how to melt, stretch and twist clear and colored glass at a stationary torch under close supervision. You may also be able to make a smaller version of the icicle to wear as a pendant. No experience is necessary - only a willingness to try. Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress) or they can be mailed to you for \$7.00 payable to the instructor.

TUESDAY	Ms. Schneider
Date: 1/21	Session: 1
6:30-9:00	Fee: \$60

LEAF PENDANTS

Make one or more beautiful glass leaf pendants you will be proud to wear or give as a gift. Learn to melt and manipulate glass at a stationary torch under close supervision. NO experience is necessary - only a willingness to try. You will be amazed at how glass flows and stretches when it's hot. Pick up your project(s) after they have been annealed (heated and cooled to remove thermal stress) or they can be mailed to you for \$7.00 payable to the instructor.

SUNDAY	Ms. Schneider
Date: 3/29	Session: 1
1:30-4:00	Fee: \$70



Music Lessons w/ Jonathan Rizzo

PRIVATE DRUMSET AND PERCUSSION LESSONS

If you've ever been interested in playing 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.



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: 1/22 Sessions: 8
6:30-7:30 Fee: \$50*
Big Tree NR :\$60
Gym No class 2/19
*No Golden Pass discount given.

PRIVATE GUITAR LESSONS with SEAN QUIGLEY

This class will be tailored to the student's skill level and interests. The primary focus will be to teach electric or acoustic guitar to the student using a combination of music chosen by the student and the teacher. We will cover the basics of entry level students and work toward proper technique and versatility. If interested, the student may also learn what it is like to function as part of the music industry, how to compose their own original music and how to lead a band. This class does not teach music theory, though some theory may be used to help convey the lessons - music theory knowledge is not required. Supplementary music theory classes are encouraged but not mandatory. The instructor, Sean Quigley, has been involved in the music industry for over 16 years. **Lessons are 30 minutes of private instruction and will be scheduled between 6:00-8:00 pm on Mondays or Tuesdays. You will be contacted once registered to select a day/time. Lessons will take place at the Middle School in Room 151.**

Sessions: 6 Cost \$150

Once registered, Mr. Quigley will contact you to set up your schedule. These lessons will take place at the Middle School. *Please note: Due to flexible scheduling, you will be unable to register online for these lessons. No Golden Pass discount given on these lessons.

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.



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: 1/28
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: 2/25
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: 3/31
Session: 1 6:30-8:00
Fee: \$10 NR: \$12
Middle School Rm. 109



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

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: 2/3 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: 2/24 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: 3/9 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: 1/28 Session: 1
6:30-8:00 Fee: \$10
Middle School NR: \$12
Rm. 160

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: 3/23 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: 4/6 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 diversity 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: 2/11 Session: 1
6:30-8:00 Fee: \$10 NR: \$12
Middle School Rm. 109



ACRYLIC PAINTING

FOR ADULTS

Ages 13 & Up
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/>.

ST. PATRICKS - GREEN & GOLD SHIMMERY NIGHT

TUESDAY Mrs. Quinn
7:00-9:00 Date: 3/3
Middle School Fee: \$20*
Rm. 131 NR: \$25

SNOWMAN IN A TALL HAT

TUESDAY Mrs. Quinn
7:00-9:00 Date: 2/25
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 14 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.

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

THURSDAY Mr. Ricci
Date: 2/27 Session: 1
7:00-9:00 Fee: \$12
Middle School NR: \$15
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: 1/21
6:00-7:00 Sessions: 10
Big Tree Fee: \$60
Gym NR: \$70
No class 2/18

THURSDAY Starts: 1/16
6:00-7:00 Sessions: 10
Big Tree Fee: \$60
Gym NR: \$70
No class 2/20

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: 2/3 Sessions: 8
7:45-8:45 Fee: \$48
High School NR: \$56
Pool *No class 2/17*

OR

WEDNESDAY Swim Staff
Starts: 1/29 Sessions: 8
7:30-8:30 Fee: \$48
High School NR: \$56
Pool *No class 2/19*

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.

WEDNESDAY Swim Staff
Starts: 1/29 Sessions: 8
8:30-9:30 Fee: \$48
High School NR: \$56
Pool *No class 2/19*

OR

THURSDAY Swim Staff
Starts: 1/30 Sessions: 8
8:00-9:00 Fee: \$48
High School NR: \$56
Pool *No class 2/20*

**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: 1/14 Sessions: 6
7:30-8:30 Fee: \$44*

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: 1/13 Sessions: 6
7:30-8:30 Fee: \$44*

OR

THURSDAY Ms. Maria
Starts: 1/16 Sessions: 6
7:30-8:30 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: 1/22 Sessions: 7
7:30-8:30 Fee: \$42

Middle School NR: \$49
Back Gym *No class 2/19 or 3/4*

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 or visit www.reddragonschool.com or www.facebook.com/reddragonschool. **No Golden Pass discount.*

MONDAY & SATURDAY*

Starts: 1/20 Sessions: 16
7:00-8:00 Fee: \$60

Red Dragon School / McKinley Mall

***PLEASE NOTE: Saturday classes will meet from 10:00am-11:00am. These classes will be held at the Red Dragon School of Martial Arts located inside the McKinley Mall (across from Best Buy).**

**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. Class limit - 20 students.

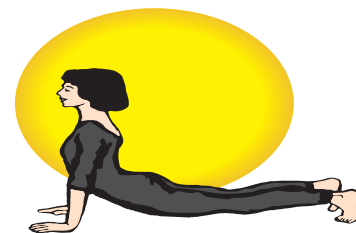
TUESDAY L. Kaczmarczyk, RYT200
Starts: 1/21 Sessions: 6
6:30-7:30 Fee: \$36

Middle School NR: \$42
Back Gym *No class 2/18*

OR

THURSDAY L. Kaczmarczyk, RYT200
Starts: 2/6 Sessions: 6
6:30-7:30 Fee: \$36

Middle School NR: \$42
Back Gym *No class 2/20*



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: 1/22 Sessions: 10
6:30-7:30 Fee: \$60

Cloverbank NR: \$70
Gym *No class 2/19*

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?

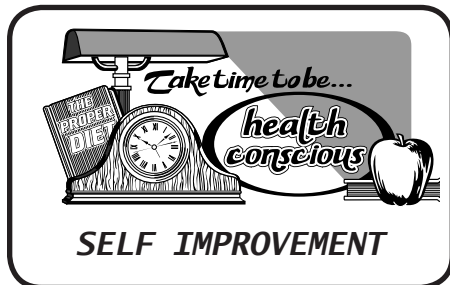
WEDNESDAY Ms. Rieger Starts: 1/22 Sessions: 8
6:00-6:45 Fee: \$36 NR: \$42 **MS Back Gym** *No class 2/19*



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: 2/3 Sessions: 8
6:30-7:30 Fee: \$48
Middle School NR: \$56
Gym *No class 2/17*



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: 2/25 Session: 1
6:00-9:00 Fee: \$50*
Middle School NR: \$55
Rm. 161

**No Golden Pass discount given.*

Wellness Classes w/ Richard D'Angelo

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: 3/31 Sessions: 1
7:00-10:00 Fee: \$30*

Middle School NR: \$35

Rm. 160

**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.*

WEDNESDAY Mr. D'Angelo

Date: 3/18 Session: 1
7:00-10:00 Fee: \$30*

Middle School NR: \$35

Rm. 160

**No Golden Pass discount given.*

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: 2/25
Session: 1 7:00-9:30 Fee: \$30* NR: \$35
Middle School Rm. 160

**No Golden Pass discount for this class.*

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

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

Health & Wellness w/ Jesse Wicher

These classes will run at the Mystic Wolf Healing Arts, 2167 Wehrle Drive in Williamsville, NY 14221. 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.

THURSDAY Mr. Wicher
Starts: 2/6 Sessions: 5
7:00-9:00 Fee: \$99

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.

TUESDAY Mr. Wicher
Date: 1/28 Session: 1
6:30-9:00 Fee: \$29*

PRACTICAL COMPASSION

Each of us is seeking the goodness we want for our lives in the best way that we know how. By understanding our own actions, and the actions of others, from this perspective, we realize that the suffering we all experience in life comes not from a desire to hurt, but from a deep, shared desire for goodness. In this five-week course, you will learn to see the challenges of your life with greater clarity and compassion and discover practical ways to better fulfill your best intentions for living. This empowers us to move beyond the judgments and senses that separate us, and to open our hearts again to ourselves, our relationships, our society and our world. Come learn to see beyond the illusions that separate us and to recognize the common instinct for goodness at work in every relationship and situation in our lives.

TUESDAY Starts: 3/10 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.

WEDNESDAY Mr. Wicher
Starts: 2/5 Sessions: 5
7:00-9:00 Fee: \$99*

SECRETS OF HAPPINESS

Learn to believe in the happiness you want for your life, all over again! Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Through the practice of specific techniques, you will experience your life-transforming power to choose happiness in every situation, reconnect with your inner-child, overcome limiting fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Come learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy!

TUESDAY Mr. Wicher
Starts: 2/4 Sessions: 5
7:00-9:00 Fee: \$99*

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: 3/19 Session: 1
7:00-9:00 Fee: \$25* NR: \$30

*No Golden Pass discount given.

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: 3/14 Session: 1
9:00-5:00 PM Fee: \$150*

*No Golden Pass discount given on this class.

LEVEL 2

SATURDAY Ms. Bruzga
Date: 3/21 Session: 1
9:00-5:00 PM Fee: \$150*

*No Golden Pass discount given on this class.

Health & Wellness w/ Luisa Bruzga (cont.)

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.



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.

TUESDAY Ms. Bruzga
Date: 3/26 Session: 1
7:00-9:30 Fee: \$40*
Middle School NR: \$45
Rm. 169 *No Golden Pass

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



NOTARY PUBLIC TRAINING COURSE

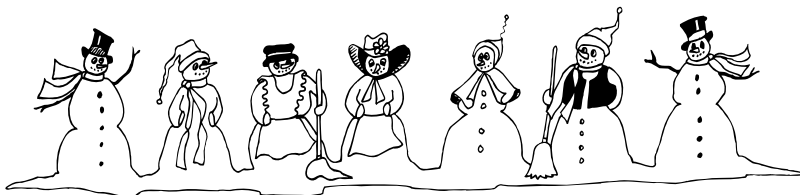
Do you want to become a Notary Public for work or to add to your resume? Be an asset to your company as a Notary. This course helps to prepare you for the New York State Test, and you'll learn what you need to know once you become a Notary Public. Course covers the NY Notary laws and legal terminology. 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: 1/30 Session: 1
6:30-9:00 Fee: \$60*
Middle School NR: \$70
Rm. 158

STAGING YOUR COMEBACK

Do you need help looking your best? As women age, they become more beautiful but often feel less attractive. It's time to take center stage and come out of your shadows. Using step-by-step strategies and detailed advise, you will learn to: Know your body shape, revamp your wardrobe to flatter a changing body and discover the clothing that fits your body shape best. The instructor, Millie Klass, will also do a color analysis on each participant to discern what colors flatter your eyes and skin tone. The lab fee covers all the handouts as well as a color chart that you will be able to take home with you. This class is limited to 8 students.

WEDNESDAY Ms. Klass
Starts: 3/4 Sessions: 2
6:30-8:30 Fee: \$24
Middle School NR: \$28
Rm. 160 Lab Fee: \$25



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.

TUESDAY	Ms. Blair	WEDNESDAY	Ms. Blair
Date: 1/28	Session: 1	O Date: 3/4	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: 2/3 Sessions: 8
5:30-6:15 Fee: \$36
High School NR: \$42
Pool **No class 2/17**

OR

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

OR

MONDAY Swim Staff
7:00-7:45 Same as above

OR

THURSDAY Swim Staff
Starts: 1/30 5:30-6:15
Same as above **No class 2/20**

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: 1/30 Sessions: 8
7:00-8:00 Fee: \$48
High School NR: \$56
Pool **No class 2/20**

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 (2/5), where at least one adult will be in the water with their child.*

Ages 6-18 months

WEDNESDAY Swim Staff
Starts: 1/29 Sessions: 8
5:30-6:00 Fee: \$24 NR: \$28
HS Pool **No class 2/19**

OR

Ages 18-36 months

WEDNESDAY Swim Staff
Starts: 1/29 Sessions: 8
6:00-6:30 Fee: \$24 NR: \$28
HS Pool **No class 2/19**

OR

Ages 3-5 years

WEDNESDAY Swim Staff
Starts: 1/29 Sessions: 8
6:30-7:00 Fee: \$24 NR: \$28
HS Pool **No class 2/19**



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 (2/5), an adult will be in the water with their child.*

WEDNESDAY Swim Staff
Starts: 1/29 Sessions: 8
7:00-7:30 Fee: \$24
High School NR: \$28
Pool **No class 2/19**

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. Basketball nets will be lowered for this class. This class is limited to 14 students.

TUESDAY	Mr. Ball	Starts: 1/21
Sessions: 8	6:00-7:00	Fee: \$48 NR: \$56
Pinehurst	Gym	<i>No class 1/28 & 2/17</i>

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.

TUESDAY	Mr. Ball	Starts: 1/21
Sessions: 8	7:00-8:00	Fee: \$48 NR: \$56
Pinehurst	Gym	<i>No class 1/28 & 2/17</i>

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: 2/8	Session: 1
9:00-1:00	Fee: \$62
Middle School	NR: \$70
Rm. 131	

OR

SATURDAY	The Safety Co.
Date: 4/4	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: 2/10	Sessions: 6	Starts: 2/11	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 2/17</i>	Rm. 114	<i>No class 2/18</i>

WEDNESDAY	Spanish Club Team	THURSDAY	Spanish Club Team
Starts: 2/12	Sessions: 6	Starts: 2/13	Sessions: 6
3:20-4:00	Fee: \$75	3:20-4:00	Fee: \$75
Big Tree	NR: \$85	Pinehurst	NR: \$85
Library	<i>No class 2/19</i>	Library	<i>No class 2/20</i>

**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. Hediger
Starts: 1/21	Sessions: 8
10:00-11:00	Fee: \$48
Wayside Church	NR: \$56
Rm. 105	Lab Fee: \$6
<i>No class 2/18</i>	

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: 1/22 Sessions: 5
3:15-4:15 Fee: \$30
Pinehurst NR: \$35
Small Gym No class 2/19

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 4:15 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

5:00-5:30 Starts: 1/20 Sessions: 16 Fee: \$60

AGES 5 & 6 YRS. OLD

MONDAY & WEDNESDAY

5:30-6:00 Starts: 1/20 Same as above

AGES 7 - 12 YRS. OLD

MONDAY & FRIDAY

6:00-7:00 Starts: 1/20 Same as above

AGES 13 & UP

MONDAY & FRIDAY

8:00-9:00 Starts: 1/20 Same as above

**These classes will be held at the Red Dragon School of Martial Arts located inside the McKinley Mall (across from Best Buy).*

KIDS DANCE 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.

SATURDAY Miss Kaylee
Starts: 1/11 Sessions: 5
10:15-11:00 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.

SATURDAY Ms. Puckett
Starts: 1/11 Sessions: 5
9:30-10:15 Fee: \$36

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.

SATURDAY Miss Kaylee
Starts: 1/11 Sessions: 5
9:30-10:15 Fee: \$36

CREATIVE DANCE MOVEMENT

Ballet and Tap for Ages 2 - 5

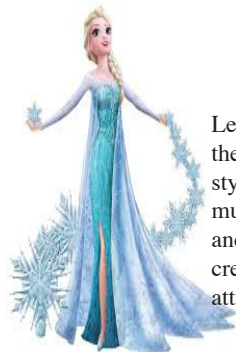
This pre-ballet/tap class is designed to teach dance fundamentals in a fun and fit way. No prior experience is necessary. Please wear comfortable clothes including sneakers and bring heavy socks to practice in. Our instructor, Ellen Puckett, has been teaching dance for the past 18 years. Class is limited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

SATURDAY Ms. Puckett
Starts: 1/11 Sessions: 5
10:30-11:15 Fee: \$36

FROZEN DANCE CAMP

Ages 3 - 7 Years Old

Let It Go!! This dance camp is inspired by the music and characters of the Frozen movie. Children will use their imagination and learn dance styles like Ballet, Jazz and Tap, all while dancing to their favorite Frozen music! On their fantasy adventure, we will celebrate Coronation Day and have a Crowning Ceremony, have a sing-along dance party and create crafts. This event will be hosted by Queen Elsa herself! Princess attire encouraged!



SATURDAY Date: 1/18 Session: 1
12:00-1:30 Fee: \$15

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.

LITTLE SLUGGERS

Intro 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.

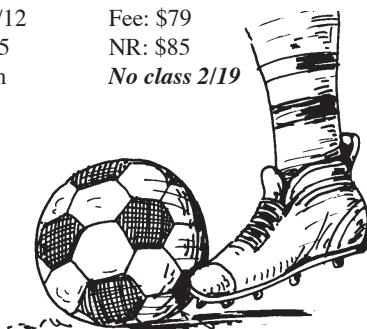
TUESDAY	Sessions: 6
Starts: 2/11	Fee: \$79
6:00-6:45	NR: \$85
MS Gym	<i>No class 2/18</i>

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: 2/12	Fee: \$79
6:00-6:45	NR: \$85
MS Gym	<i>No class 2/19</i>



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: 2/12	Fee: \$79
6:50-7:35	NR: \$85
MS Gym	<i>No class 2/19</i>

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: 2/13	Fee: \$79
5:45-6:30	NR: \$85
MS Gym	<i>No class 2/20</i>

BOYS BASEBALL CLINIC

Ages 7 - 12

This indoor clinic was designed to provide baseball skills training to players during the winter months. Areas covered include: hitting, fielding, throwing mechanics, defensive drills and base running. Fundamentals of each position such as double-plays, covering bases, cutoffs, etc. will also be covered. Kids will be grouped by age and skill. **Players must supply their own gloves.**

TUESDAY	Sessions: 6
Starts: 2/11	Fee: \$79
7:10-8:10	NR: \$85
MS Gym	<i>No class 2/18</i>

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: 2/13	Fee: \$79
6:35-7:35	NR: \$85
MS Gym	<i>No class 2/20</i>

GIRLS SOFTBALL CLINIC

Ages 7 - 12

This indoor clinic was designed to provide softball skills training to players during the winter months. Areas covered include: hitting, fielding, throwing mechanics, defensive drills and base running. Fundamentals of each position such as double-plays, covering bases, cutoffs, etc. will also be covered. Kids will be grouped by age and skill. **Players must supply their own gloves.**

TUESDAY	Sessions: 6
Starts: 2/11	Fee: \$79
7:10-8:10	NR: \$85
MS Gym	<i>No class 2/18</i>

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!!

WEDNESDAY	Sessions: 6
Starts: 2/12	Fee: \$79
7:45-8:45	NR: \$85
MS Gym	<i>No class 2/19</i>

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: 2/13	Fee: \$79
7:45-8:45	NR: \$85
MS Gym	<i>No class 2/20</i>

ARTS & CRAFTS KIDS CLASSES W/ JENNIFER QUINN

Please note: All classes below are limited to 15 students.

ACRYLIC PAINTING

Ages 5 - 12

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/>.



EASTER PAINTING - BUNNY

TUESDAY Mrs. Quinn
6:00-8:00 Date: 4/7
Middle School Fee: \$20
Rm. 131 NR: \$25

ST. PATRICKS DAY PAINTING - POT OF GOLD UNDER THE RAINBOW

TUESDAY Mrs. Quinn
6:00-8:00 Date: 3/10
Middle School Fee: \$20
Rm. 131 NR: \$25

VALENTINES DAY PAINTING FOR THE LOVE OF PANDAS

TUESDAY Mrs. Quinn
6:00-8:00 Date: 2/11
Middle School Fee: \$20
Rm. 131 NR: \$25

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

KIDS CUPCAKE DECORATING CLASS

Ages 5 & Up

Kids will learn to use a variety of icing tips to make various design and decorate six (6) cupcakes to take home. All supplies are included in the class fee. **Allergy Alert: If your child has food allergies, you may bring your own cupcakes to class.**

TUESDAY Mrs. Quinn
Date: 3/24 Session: 1
6:00-8:00 Fee: \$25
Middle School NR: \$30
Rm. 135



KIDS SCARF KNITTING CLASS

Ages 5 & Up

Learn to finger knit a scarf using loop yarn. A variety of yarn colors will be available, first come, first choose.

TUESDAY Mrs. Quinn
Date: 1/28 Session: 1
6:00-8:00 Fee: \$20
Middle School NR: \$25
Rm. 131

KIDS FULL-DAY ART CAMP

Ages 5 - 12

Join us for fun-filled day of art! Each day will feature a new painted masterpiece and an awesome craft. We will also play games and have gym time! All art supplies and smocks provided. Please bring a lunch, snack and water bottle. If before or after care is needed, please contact Jennifer Quinn to check availability at jennschmitt1@aol.com. **These classes will be held during the Winter and Spring breaks as well as 3/27 (Superintendent's Conference Day)**

TUESDAY Date: 2/18
8:00-5:00 Session: 1
Middle School Fee: \$50
Rm. 131 NR: \$60

OR

WEDNESDAY Date: 2/19
8:00-5:00 Session: 1
Middle School Fee: \$50
Rm. 131 NR: \$60

OR

THURSDAY Date: 2/20
8:00-5:00 Session: 1
Middle School Fee: \$50
Rm. 131 NR: \$60

OR

FRIDAY Date: 2/21
8:00-5:00 Session: 1
Middle School Fee: \$50
Rm. 131 NR: \$60

OR

FRIDAY Date: 3/27
8:00-5:00 Session: 1
Middle School Fee: \$50
Rm. 131 NR: \$60

MONDAY Date: 4/13
8:00-5:00 Session: 1
Middle School Fee: \$50
Rm. 131 NR: \$60

OR

TUESDAY Date: 4/14
8:00-5:00 Session: 1
Middle School Fee: \$50
Rm. 131 NR: \$60

OR

WEDNESDAY Date: 4/15
8:00-5:00 Session: 1
Middle School Fee: \$50
Rm. 131 NR: \$60

OR

THURSDAY Date: 4/16
8:00-5:00 Session: 1
Middle School Fee: \$50
Rm. 131 NR: \$60

OR

FRIDAY Date: 4/17
8:00-5:00 Session: 1
Middle School Fee: \$50
Rm. 131 NR: \$60

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. ELECTRICAL ENGINEERING

Grades K - 2nd

The curriculum for the Jr. Electrical Engineering program is designed to introduce students to the concepts of open and closed circuits, conductors, insulators, building and maintenance through various hands-on activities. Students will walk away with knowledge on basic circuits while making doodle bots, go karts, a wobble bug and more! Class is limited to 15 students.

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

BIG TREE

Friday Starts: 1/24 Rm. 168
No class 2/21

BLASDELL

Friday Starts: 1/24 Library
No class 2/21

CLOVERBANK

Thursday Starts: 1/23 Rm. 136
No class 2/20

PINEHURST

Wednesday Starts: 1/22 Rm. 131
No class 2/19

APPRENTICE MAKEY MAKEY PROGRAM

Grades 3rd - 5th

Our Electrical Engineers will be using Makey Makey to learn all about conductors and insulators. During this program, they will create various controllers, boards, etc., to play games like "Whack a Potato". They will make their own video game controller to play actual video games and a dance mat to be able to compete with their peers! This class is limited to 15 students.

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

BIG TREE

Friday Starts: 1/24 Rm. 152
No class 2/21

BLASDELL

Friday Starts: 1/24 Rm. 138
No class 2/21

CLOVERBANK

Thursday Starts: 1/23 Library
No class 2/20

PINEHURST

Wednesday Starts: 1/22 Library
No class 2/19

****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.**



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!!**



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.

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: 10
 Starts: 1/21 5:30-6:30
 Fee: \$150 *No class 2/18*

GLEE CLUB

Ages 8 - 12

This is an intermediate vocal class for students looking to expand range, work on harmonies, breath control, story telling, stage presence and try out performing songs from all genres including pop, rock, classic rock, musical theater and jazz in a group.

MONDAY Sessions: 10
 Starts: 1/20 5:00-6:00
 Fee: \$150 *No class 2/17*

INTRO TO THEATER

Ages 7 - 9

Students will do a warm-up very day to connect with their voice and 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 that teach students about how to be an ensemble, connect outside themselves and become confident, creative performers.

THURSDAY Sessions: 10
 Starts: 1/23 6:00-7:00
 Fee: \$150 *No class 2/21*

**TRIPLE THREAT WORKSHOP
 (SING, ACT, DANCE)**

Work with Theater Professionals in three, 45-minute workshops. Then get a chance to record a song and monologue on video to use for video reel.

SATURDAY Session: 1 Date: 2/1
 2:00-6:00 Fee: \$60

**Frontier Community Education's
 Before and After School Program Information**

An 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 as well as the Frontier website. 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. 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,
 \$12.75/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.



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.

TUESDAY Starts: 1/21
3:20-4:05 Sessions: 8
Cloverbank Fee: \$135 NR: \$150
Gym *No class 2/18*
**Pickup will take place by Door #2*

TUESDAY Starts: 1/21
3:20-4:05 Sessions: 8
Pinehurst Fee: \$135 NR: \$150
Gym *No class 2/18*
**Pickup will take place by Door #1*

WEDNESDAY Starts: 1/22
3:20-4:05 Sessions: 8
Big Tree Fee: \$135 NR: \$150
Gym *No class 2/19*
**Pickup will take place by Door #2*

THURSDAY Starts: 1/23
3:20-4:05 Sessions: 8
Blasdell Fee: \$135 NR: \$150
Gym *No class 2/20*
**Pickup will take place by Door #4*

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.

KNOW HOW TOURS - TRIPS & TOURS

See next page for more information.

CARTWRIGHT'S MAPLE TREE INN

Featuring All You Can Eat Pancakes!

Off to the Southern Tier to enjoy maple syrup time at its finest. Our first stop is the **CUBA CHEESE SHOPPE** nestled in the farmlands of southwestern New York State where cheese has been a principle product since the late 1800's. Shop for your favorite cheese products. A delicious **PANCAKE LUNCH** (with eggs and choice of sausage or ham) is included at **CARTWRIGHT'S MAPLE TREE INN** of **ANGELICA HILLS**. Of course, **FRESH MAPLE SYRUP** will be served. Leave some room for a **MAPLE SUNDAE** served with dessert. If you wish, take a tour (steps required) of Cartwright's and learn the Maple Tree Inn story. Spend time in the **VILLAGE OF ANGELICA SHOPS** featuring a Hardware Store, Antiques, Coffee House, Country Stores, Art Galleries and more. There is lots of time to dedicate at the **ANGELICA COUNTRY STORE & ANTIQUES** – two floors of endless surprises! Est. 1989, New Items include wrought iron, lavender giftware, spring/summer scarves, nature t-shirts, kitchen linens, Americana, dog scarves, stained glass panels and wind chimes made in Angelica, Breyer Horses and gift items, glass garden décor, bees, flags, lodge, frog, birds, tin signs, toy cars, farmhouse..HUGE selection of vintage Pyrex & Corning ware, vintage jewelry, gently used Vera Bradley handbags...Antiques & Collectibles.

THURSDAY 8:15AM – 4:30PM
Date: 3/26 Cost: \$69/person

"CLUE"

Lucille Ball Little Theater Jamestown, NY

We're off to the **LUCILLE BALL LITTLE THEATER** in **JAMESTOWN** for the matinee; **CLUE, THE MUSICAL**. Jamestown's Community Theater celebrates performing arts through live theater, entertainment education and community involvement. This is New York State's longest running community theater now entering its 83rd season. The internationally popular game is now a fun-filled musical that brings the world's best-known suspects to life and invites the audience to help solve the mystery: who killed someone, in what room and with what weapon. The audience receives forms to help them deduce the solution from clues given throughout the fun-filled evening. With audience participation, the potential murderers, weapons and rooms; there are 216 possible solutions! Only one hard-nosed female detective is qualified to unravel the merry mayhem. Comic antics, witty lyrics, and a beguiling score carry the investigation from room to room. Even after the culprit confesses, a surprise twist delights the audience. This colorful crowd-pleaser was devised by the popular interactive entertainment game by the same name, **"CLUE"**. **Choose one entrée:** Parmesan encrusted Haddock; Stuffed Boneless Chicken; Cavatappi Primavera (pasta tossed with vegetables with sundried tomatoes in a pesto sauce)

SUNDAY 9:45AM – 6:30PM
Date: 3/15 Cost: \$109/person

*Know How Tours Motor Coach will depart from Tops Market parking lot at 8:30 AM and will return approximately 4:30 PM. If paying by check for your trip/tour, please make check payable to **Know How Tours**.*

*Know How Tours Motor Coach will depart from Tops Market parking lot at 10:00 AM and will return approximately 6:30 PM. If paying by check for your trip/tour, please make check payable to **Know How Tours**.*

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 "I" 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**.

"THE GREAT GATSBY" – LUCILLE BALL LITTLE THEATER

We're off to the **LUCILLE BALL LITTLE THEATER** in **JAMESTOWN** for the matinee; **THE GREAT GATSBY**. Jamestown's Community Theater celebrates performing arts through live theater, entertainment education and community involvement. This is New York State's longest running community theater now entering its 83rd season. Jay Gatsby, a self-made millionaire, passionately pursues the elusive Daisy Buchanan. Nick Carraway, a young newcomer to Long Island, is drawn into their world of obsession, greed and danger. The breathtaking glamour and decadent excess of the Jazz Age comes to the stage in F. Scott Fitzgerald's classic novel, and in Simon Levy's adaptation, approved the Fitzgerald Estate. **Choose one entrée** at The Chautauqua Harbor Hotel: Parmesan encrusted Haddock; Stuffed Boneless Chicken; Cavatappi Primavera (pasta tossed with vegetables, sun-dried tomatoes and pesto sauce)

SUNDAY 9:45AM– 6:30PM
DATE: 1/26 Cost: \$109/person

Know How Tours Motor Coach will depart from Tops Market parking lot at 10:00 AM and will return approximately 6:30 PM. If paying by check for your trip/ tour, please make check payable to Know How Tours.

"HELLO DOLLY!"

Shea's Buffalo Theater

Begin the day at **PEARL STREET GRILL'S WEBB'S BANQUET FACILITY** for a **SIT-DOWN LUNCHEON**. Following lunch, we will travel to the historic **SHEA'S BUFFALO THEATER** for the 2:00 pm matinee, **HELLO, DOLLY!** The darling of Broadway has returned! After a successful revival on Broadway, this glorious new production of Hello, Dolly! is heading out on a national tour! With four 2017 Tony Awards under its belt, including Best Revival and Best Actress for Bette Midler, Jerry Herman's musical comedy is truly back where it belongs. Featuring memorable classes such as 'Before the Parade Passes By' and 'Put on Your Sunday Clothes', Hello Dolly! is ready to reclaim the hearts of the American people. Based on Thornton Wilder's play, The Matchmaker, Hello Dolly! was an instant success when it first debuted in 1964. Winning an unprecedented 10 Tony's at that year's ceremony, it was soon adapted for the big screen featuring a cast led by Barbara Streisand and a young Michael Crawford. This 2017 revival is directed by four times Tony winner, Jerry Zaks (Sister Act) whose talent has brought Hello Dolly! back into the limelight. **Choose one entrée:** Pot Roast w/ Mashed Potatoes; Beer Battered Fish Fry with Pub Fries; Char-grilled Chicken Breast on mixed greens with bacon, jack cheese, tomato and choice of salad dressing

SUNDAY 10:15AM – 5:30PM
Date: 3/15 Cost: \$155/orchestra
\$135/side seat

Know How Tours Motor Coach will depart from Tops Market parking lot at 10:30 AM and will return approximately 5:30 PM. If paying by check for your trip/tour, please make check payable to Know How Tours.

JESUS CHRIST SUPERSTAR

50th Anniversary Tour

Shea's Buffalo Theater

Begin the day at **CURLY'S RESTAURANT** for a **BUFFET LUNCHEON FEATURING CITRUS & THYME CHICKEN AND SALMON WITH HOLLANDAISE SAUCE**. Following lunch, we will travel to the historic **SHEA'S BUFFALO THEATER** for the 2:00 pm matinee, **JESUS CHRIST SUPERSTAR!** Fresh off a hit run in London, this Olivier Award-winning new production of Andrew Lloyd Webber and Tim Rice's groundbreaking musical heads out on tour. Lacing together biblical drama with a propulsive rock and funk score, director Timothy Sheader reinvents the story for the modern age, paring back the more overblown aspects of the original for a truly rocking show. Originally starting life in 1970 as a concept album, the show was ALW's first to debut on Broadway ahead of London in 1971. Featuring the well-known hits "Superstar" and "I Don't Know How to Love Him", Superstar is a tremendously powerful musical that retains a large fan base the world over. What is Jesus Christ Superstar about? A bombastic rock opera based on the Gospels, Jesus Christ Superstar portrays the last week of Jesus' life, heavily focusing on his relationship with Judas Iscariot. Imbued with modern sensibilities and contemporary political and social themes, this show is about a very human Jesus Christ, one who must reckon with his impending death.

SUNDAY 10:15AM – 5:30PM
Date: 2/16 Cost: \$155/Orchestra or \$135/side seating

Know How Tours Motor Coach will depart from Tops Market parking lot at 10:30 AM and will return approximately 5:30 PM. If paying by check for your trip/tour, please make check payable to Know How Tours.

*If you are interested in registering for any of the trips/tours listed, fill out the registration form and mail it, fax it, email or bring it to the Community Education Office located in the Frontier Educational Center at 5120 Orchard Avenue in Hamburg
Fax : (716) 926-1777
Email:
ceducation@frontiersd.org
Remember to list your entrée choice, if applicable.*



LUCY & DESI HOMETOWN TOUR
“New” Jamestown National
Comedy Center
Including Lucy Hometown
Tour & Museum

We will meet our *STEP ON GUIDE* in *LUCY’S HOMETOWN* of *JAMESTOWN, NY*. See Jamestown, NY through the eyes of Lucy on this *LUCY TOWN TOUR*. The tour will take you places of significance to Lucille Ball. You will see the house she was born in, the house where she grew up, the cemetery where she and her family rest, and much more. Following our tour, we will travel to the *LUCI DESI CENTER* for *LUNCH* in the *TROPICANA ROOM*. You will dine in the recreated nightclub that Ricky Ricardo owned on I Love Lucy. Enjoy an *EPISODE OF THE SHOW “THE FREEZER” (EPISODE 29: LUCY LOCKS HERSELF IN THE FREEZER)* during lunch. Following lunch, visit the *LUCY/DESI MUSEUM*. Enjoy the beautiful gowns and costumes from Lucy’s wardrobe, see paintings and photographs that once hung in their home in Beverly Hills. View movie posters from their extensive big screen careers and so much more! This museum has something for everyone! The *DESILU STUDIOS* is devoted to the I Love Lucy TV series. Inside, you will find exact re-creations of Lucy and Desi Ricardo’s apartment and Hollywood suite. You’ll find interactive sets, a screening area, original scripts, vintage costumes and memorabilia. It’s truly everything Lucy! *VISIT THE “NEW” NATIONAL COMEDY CENTER*, which was named the nation’s best new museum by USA Today – celebrating comedy in all of its forms. This is a first state-of-the-art museum dedicated to telling the vital story of comedy in America. More than 50 immersive exhibits take visitors on an interactive journey through comedy history. **NOTE: Menu is YANKEE POT ROAST SERVED WITH MASHED POTATOES & GRAVY.** Cheese Lasagna option available upon request.

MONDAY 7:45AM – 6:00PM
 Date: 2/17 Cost: \$119/person

Know How Tours Motor Coach will depart from Tops Market parking lot at 8:00 AM and will return approximately 6:00 PM. If paying by check for your trip/tour, please make check payable to Know How Tours.

SAP’S RISING
A Sweet Trip through Beautiful
Geauga County including Maple Products
& Amish Feast

Start off with *JUICE & a MUFFIN* on the way to Ohio for a *SWEET TRIP THROUGH BEAUTIFUL GEAUGA COUNTY*. Meet the *STEP ON GUIDE* and begin touring. The maple syrup tour is “one sweet trip” but is available only for a limited time of the year. This is when the sap begins to arise in the areas male trees and can be tapped for making syrup. Maple syrup is made in only a small part of the world and Ohio sits in the heart of this area. We will visit a *SUGAR HOUSE, BURTON LODGE CABIN*, and learn the history of Maple Syrup, *RICHARD MAPLE* to shop everything “Maple”. Ohio maple producers produce some of the finest pure maple syrup in the world. Our tour includes a stop at the wonderful *MIDDLEFIELD SWISS CHEESE HOUSE*. Lunch is a traditional *AMISH FEAST* – Baked Chicken, Mashed Potatoes w/ Gravy, Seasonal Vegetables, 7 Layer Salad, Date Nut Pudding, Homemade Breads and a maple themed dessert – served Family Style. A fast food stop (on your own) will be made en route home.

SATURDAY 7:15AM – 8:30PM
 Date: 3/21 Cost: \$115/person

Know How Tours Motor Coach will depart from Tops Market parking lot at 7:30 AM and will return approximately 8:30 PM. If paying by check for your trip/tour, please make check payable to Know How Tours.

ULTIMATE TRIBUTE TO
JOHNNY CASH

Terry Lee Goffee – The Riviera Theater
 Travel to the *RIVIERA THEATER* for the ultimate tribute to Johnny Cash. He looks like Johnny – He Sounds like Johnny – Nobody does Cash like Terry Lee Goffee! In the Spring of 1955, Johnny Cash walked into the legendary Sun Recording Studios in Memphis, Tennessee. The music world was never the same. “This “Tribute” sprang from my appreciation and love, not only for the music of Johnny Cash, but for the man himself. A champion of the underdog, a voice for those who often have none, an “outlaw” before it became fashionable” – Terry. But first, we’ll enjoy a *DELICIOUS SIT DOWN DINNER* at *THE GRAPEVINE RESTAURANT* before our 8:00 pm show. Following dinner, we’ll make a sweet stop at *PLATTER’S CHOCOLATE FACTORY* for a Valentine’s Day treat! We’re making one last stop before heading to the show to the *HERSCHELL CAROUSEL FACTORY & MUSEUM*. Located in North Tonawanda, the factory is one of the last existing complexes in the United States which housed the production of wooden carousels. Everyone will have the chance to *RIDE THE CAROUSEL* where it was first originated. **Choose one entrée:** Broccoli Stuffed Chicken; Baked Haddock
 FRIDAY 2:15PM – 11:00PM
 Date: 2/14 Cost: \$109

Know How Tours Motor Coach will depart from Tops Market parking lot at 2:30 PM and will return approximately 11:00 PM. If paying by check for your trip/tour, please make check payable to Know How Tours.



PHILADELPHIA
12 Hours in the City - No Hotel

Travel to *PHILLY* with two rest stops. Arrive and depart from *PENNSYLVANIA CONVENTION CENTER* and “do your own thing” until 8:00 pm. To make the best of your time, each person will receive a map and some info a few weeks before departure with ideas on what to do in Philadelphia. Some things to do: Visit Philadelphia Flower Show; Visit a Museum or Gallery; Hop on – Hop off Tour; Explore Entertainment; Shop Til you Drop!; Enjoy a Historical Tour; See the Liberty Bell. You choose how to enjoy Philly! Trip includes: Tour Host/Hostess, Deluxe Motor Coach and info to help plan your day. **Please note: Departs Friday, March 6th @ 11:30 pm and returns Sunday, March 8th @ 3:30 am.**

SATURDAY 11:15PM – 3:30AM
 Date: 3/7 Cost: \$109/person

Know How Tours Motor Coach will depart from Tops Market parking lot at 11:30 PM, Friday, March 6th and will return approximately 3:30 AM on Sunday, March 8th. If paying by check for your trip/tour, please make check payable to Know How Tours.

You may use the same form for more than one person as long as they reside at the same address.

Frontier Central Community Education Registration Form

5120 Orchard Avenue, Hamburg, NY 14075 -- Phone: 926-1744 -- Fax: 926-1777

Last Name First Cell/Home Phone

Address City/Town & Zip Alt. Phone Number

Parent's Name Age of Participant Grade

Email Address

Course Name Day Time Fee

1. _____

2. _____

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 **Do Not**
the above registered classes.

MC/Visa _____ **Include**
Credit Card # _____ **Lab Fees**

Signature _____ EXP DATE _____

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the above registered classes.

MC/Visa _____ **Include**
Credit Card # _____ **Lab Fees**

Signature _____ EXP DATE _____

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:

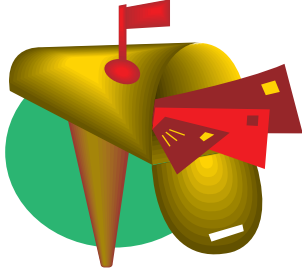
Visit our website @
www.frontiercsd.org
& click on the
Online Registration button located
on the Frontier
Home Page

In Person:

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

**NEW
LOCATION!**

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 January 21st (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 203b 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.

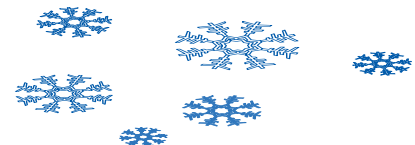
OFFICE HOURS – We are located at the Frontier Educational Center. Our office is open from 8:00 am to 4:00 pm Monday – Friday. However, these hours are subject to change when school is on recess (Winter, Spring and Summer). Please call our office to verify our hours during these periods.

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, Continuing Ed Administrative Aide
Bonnie Martin, Clerk Typist



926-1744

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

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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

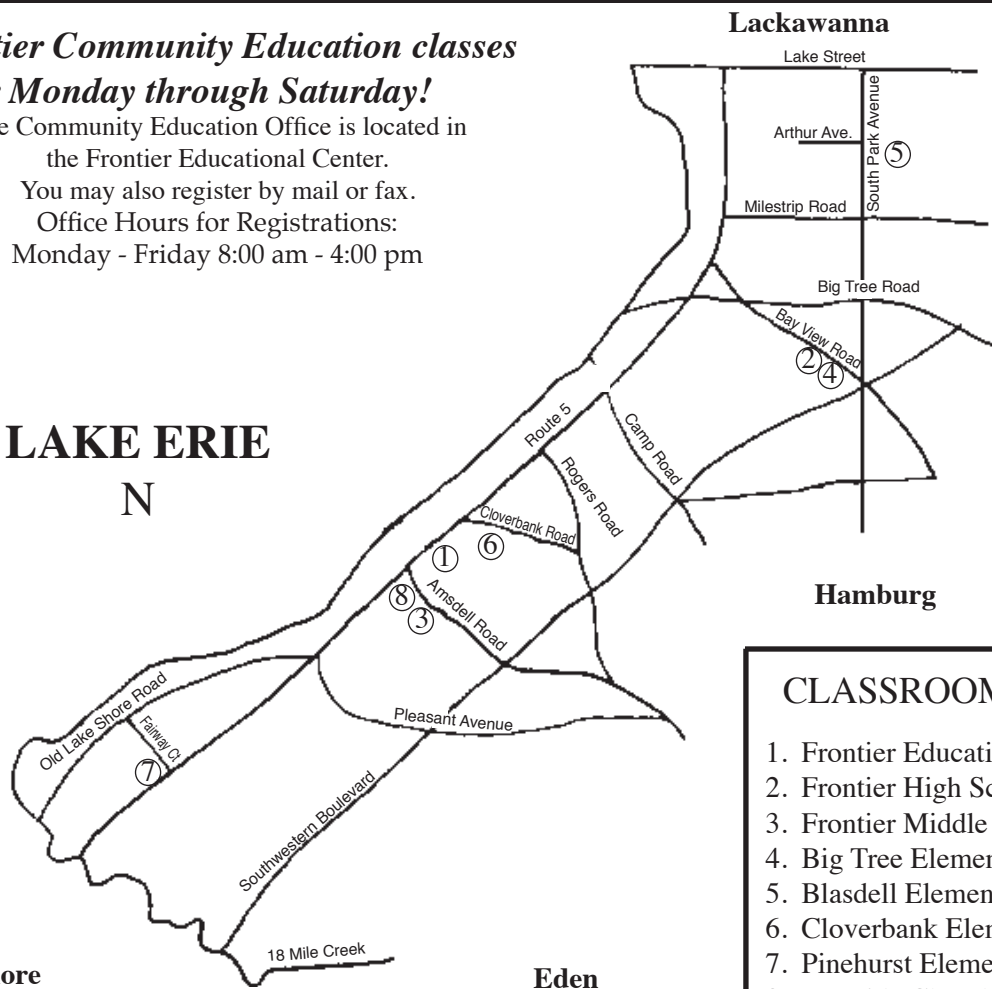
FRONTIER CENTRAL SCHOOL DISTRICT

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!!!