

WEST SENECA COMMUNITY EDUCATION
www.wscschools.org/commed

Learning for Life's Seasons

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Look inside for:

My Life: Health & Wealth 3
with Darcy Thiel
Gentle Yoga 13
with Jessie Reino
Culinary Arts 10
KidsPlay 14

West Seneca Central School District
675 Potters Road
West Seneca, NY 14224-2652

*****ECRWSS
POSTAL CUSTOMER

FALL 2019
OCTOBER 9th – NOVEMBER 17th



CONTINUING/COMMUNITY EDUCATION COURSE CATALOG • FALL 2019

1445 CENTER ROAD • WEST SENECA, NEW YORK 14224-3292

WELCOME ...

to the Fall 2019 Semester at West Seneca Community Education. Try something new today and you may find an interest that will last a lifetime! Make friends, have fun, learn a skill, try out a career, or make an heirloom to pass down... you'll find what YOU need right here – so register online or call TODAY! Courses fill up fast, so do not miss YOUR chance to sign up.

If you have a hobby, interest, or skill YOU would like to teach, let us know! We would love to have YOU as part of our instructional staff and can help you get started. Contact me to find out more.

Stephanie Wright
swright01@wscschools.org

Community Education Staff

Stephanie Wright..... Before & After School Programming
Continuing/Community Education
Kelly Kline..... Senior Clerk
Suzanne Merkwa..... Clerical
Tracy Schork..... Clerical

Community Education Advisory Committee

Nubia Cawthard	Brownie Michalczak
Tracy Spagnolo	John Morrison
Carol Jarczyk	Michele Owcarz
Dr. Carolyn Kadlec	Wallace Piotrowski
Dolores Mendolia	Gerald Warren

Board of Education Liasons

Edmund Bedient
Peter Kwitowski
Lawrence Seibert

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 classes will run
based on paid registrations **up to one week prior**
to the course start. Don't be disappointed, register today!

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HIGH SCHOOL EQUIVALENCE PREPARATION

The TASC exam is the new path to earn a New York State High School Equivalency Diploma as of January 2014.

Preparation program contact information:

Erie 1 BOCES: 822-3333
Frontier Community Education: 926-1744
Maryvale Community Education: 635-4672
ECC Employment & Training: 825-2525

TEST PREPARATION COURSES

With All-Pro Tutoring & Test Prep
Visit our website www.allprotutoring.com

4-HOUR ACT BOOT CAMP

All-Pro Tutoring & Test Preparation Staff (ACA-001)

Did you know that the ACT Test is held in equal esteem as the SAT test by most colleges and universities? This comprehensive review course is designed to help students improve their ACT test score and help get into the college of their choice. Includes: classroom instruction, test-taking strategies, testing information, study materials, and a free simulated test. Students are welcome to bring a snack to class. For the simulated test schedule and registration information visit: www.allprotutoring.com. The final ACT test scheduled for this year is December 14. Please register early!

TUES & THURS • November 12 & 14
6:00 - 8:00 PM • 2 Classes: \$71
Bldg.: East Senior/Rm 101

9-HOUR SAT PREP COURSE

All-Pro Tutoring & Test Preparation Staff (ACA-002)

Are you ready for the SAT test? This 9-hour course offers an in-depth study of the SAT test. Course includes: classroom instruction, test-taking strategies, testing information, study materials and a free simulated test. Students are welcome to bring a snack to class. For the simulated test schedule and registration information visit: www.allprotutoring.com. Please register early! The last SAT tests scheduled for this year are November 2 & December 7.

WED/MON/WED • October 16, 21, & 23
5:30 - 8:30 PM • 3 Classes: \$130
Bldg.: East Senior/Rm 101

SHARE THIS BROCHURE WITH YOUR FRIENDS AND FAMILY! PLEASE RECYCLE!

BUILDING LOCATIONS

You are responsible for noting your class location!

Allendale Elementary
1399 Orchard Park Road
Clinton Elementary
4100 Clinton Street
District Offices
675 Potters Road
East High School
4760 Seneca Street

East Middle
1445 Center Road
Ebenezer Building
900 Mill Road
Northwood Elementary
250 Northwood Avenue
West Elementary
1397 Orchard Park Road

West High School
3330 Seneca Street
West Middle
395 Center Road
Winchester Elementary
650 Harlem Road

DEFENSIVE DRIVING POINT AND INSURANCE REDUCTION PROGRAM

The Point and Insurance Reduction Program (PIRP) is approved by the New York State Department of Motor Vehicles. It will help refresh your driving knowledge with a review of time-tested safe driving tips and an overview of today's vehicle and traffic laws. You may be eligible to reduce as many as four (4) points on your driving record. The DMV computer will automatically note your eligibility to receive the reduction. If you are the principal operator of a motor vehicle, you will receive a minimum 10% reduction in the base rate of your automobile and motorcycle liability and collision insurance premiums each year for three years. Bring your driver's license and a pen. No Gold Card discount.



(SEL-001)

TUES & WED • October 8 & 9
6:00 - 9:00 PM • 2 Classes: \$37
Bldg.: West Elementary/Board Rm

(SEL-002)

WED & THURS
November 6 & 7
6:00 - 9:00 PM
2 Classes: \$37
Bldg.: West Elementary/Board Rm

NOTARY PUBLIC TRAINING COURSE (ACA-003)

Karen O'Connor

Do you want to become a Notary Public for work or to add to your resume? Learn what you need to know to prepare you for the New York State test and after you become a Notary. This course covers the NY Notary laws and legal terminology. Handbook included in class fee includes everything you need to be successful as a NY Notary Public. No Gold Card Discount.

THURS • November 7
6:30 - 9:00 PM • 1 Class: \$60
Bldg.: East Senior/Rm 101

WRITING FAMILY STORIES (ACA-004)

Diane Waterman

Do you have family stories you want to preserve? If you have some priceless gems but don't know where to begin, here's a place to bring your stories and turn them into lasting memories! Diane is an English teacher experienced in teaching creative writing, and has had many My View columns published in The Buffalo News. She descends from a long line of family "tale tellers". One of the best gifts her mother ever gave her are the stories she wrote and read to her every day. Now it's your turn. Give your family a special gift from the heart for the holidays this year!

THURS • November 14
7:00 - 9:00 PM • 1 Class: \$15
Bldg.: East Senior/Rm 104

MY LIFE: HEALTH & WEALTH (ACA-005)

Darcy Thiel, LMHC, Adult Planning Specialist

How many times have you thought about "getting your affairs in order"? My Life: Health & Wealth is an extremely informative three-session class that will help you create a practical binder that holds all of your medical, legal, and other important information in one organized place. Class time will provide detailed instructions on many areas of life that are crucial for being in a good place as you navigate your life, or are caretaking for someone you love.

TUES • September 24 - October 8
6:00 - 8:00 PM • 3 Classes: \$50, includes materials
Bldg.: East Senior/Rm 101

AMERICAN SIGN LANGUAGE, LEVEL 1 (LAN-006)

Sharon LeRoy

The American Sign Language Level 1 class is designed to introduce finger spelling and basic sign language conversational skills and start breaking the barrier between the hearing and deaf worlds. You'll learn every-day words, ABCs, and numbers. Upon completion, you will be able to understand and communicate with the deaf, as well as have a better understanding of American Sign Language. Bring the family - learn and practice together!

MON • October 15 - November 19
5:30 - 7:30 PM • 5 Classes: \$45
No class 11/5
Bldg.: East Middle/Rm.13

**West Seneca Central School District's
Before & After School Programs**

**Allendale Elementary • Clinton Street Elementary • Northwood Elementary • West Elementary
Winchester Elementary • East/West Middle (at East Middle)**

At the Before & After School Program the staff take the time to get to know each of the students and their goals. In the morning, the children come in and have a variety of activities to do including blocks, board games, puzzles, card games, crafts and coloring. A healthy breakfast is included. In the afternoon, the students have time for homework, activities run by staff and interns from West and East Senior High Schools, and gym time. A healthy snack is included. In addition, throughout the school year we offer special programs, at no additional cost, such as: martial arts, Sportz Degree, Zumba, Microsoft training, yoga, nutrition and much more!

The West Seneca Before & After School Program has been designed to:

- Offer an affordable child care program to families in the West Seneca Central School District
- Model and promote respectful and responsible behavior
- Provide a nurturing environment
- Help children develop skills and talents and display their creativity
- Promote community awareness and partnership
- Further the mission of the West Seneca Central School District
- Develop open and honest communication between the staff, parents, and children
- Have fun in a safe environment
- Build lasting and positive friendships

The Before and After School Program is self-sustained by fees paid by the parents. No taxpayer dollars are used.

**The East/West Middle program is only AFTER School. No before school care provided.

For more information, Contact:
Stephanie Wright
swright01@wscschools.org or call, 677-3185

**UNDERSTANDING LIFE INSURANCE
(BUS-001)**

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors
Answer questions such as: How much do I need? What type of insurance should I buy? What are the benefits?
*Gold Card Eligible.

TUES • October 8
6:00 - 8:00 PM • 1 Class: \$5
Bldg: East Senior/Rm107

**SAVVY MEDICARE PLANNING
(BUS-002)**

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors
What you will learn: How Medicare enrollment periods work and how to avoid late enrollment penalties? How much you can expect to pay in healthcare costs after going to Medicare? How Medicare works with private insurance to provide comprehensive coverage? Why most people pay too much for private insurance and how you can avoid excess cost? Why you must plan for higher health care costs in retirement including the possibility of needing long-term care? *Gold Card Eligible.

WED • October 9
6:00 - 8:00 PM • 1 Class: \$5
Bldg: East Senior/Rm 107

SAVVY SOCIAL SECURITY PLANNING

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors
What you need to know to maximize your retirement: When to claim? How much will I receive? Will it be enough to live on in retirement? How do I coordinate with my spouse? How do I minimize taxes? How do I coordinate with my other retirement income sources? *Gold Card Eligible.

(BUS-003)
TUES • October 15
6:00 - 8:00 PM • 1 Class: \$5
Bldg: East Senior/Rm 107

(BUS-004)
WED • November 13
6:00 - 8:00 PM • 1 Class: \$5
Bldg: East Senior/Rm 107

**SOCIAL SECURITY FOR WOMEN
(BUS-005)**

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors
Answer questions such as: How can I maximize my benefits? Are there survivor benefits if my husband or ex-husband dies? If I get divorced, are there divorced spouse benefits? How can I best coordinate retirement benefits with my husband? What Social Security planning should I consider before remarrying? *Gold Card Eligible.

WED • October 23
6:00 - 8:00 PM • 1 Class: \$5
Bldg: East Senior/Rm 107

SAVVY IRA PLANNING

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors
What you'll learn: 7 strategies for Savvy IRA planning; 6 rollover options for your retirement plan funds; 3 common required minimum distribution mistakes; The difference between direct and indirect rollovers; How to coordinate your overall retirement, estate, tax, education, social security, and financial plans. *Gold Card Eligible.

(BUS-006)
TUES • October 29
6:00 - 8:00 PM • 1 Class: \$5
Bldg: East Senior/Rm 107

(BUS-007)
TUES • November 12
6:00 - 8:00 PM • 1 Class: \$5
Bldg: East Senior/Rm 107

**NYS EMPLOYEE AND TEACHER RETIREMENT SYSTEM
(BUS-008)**

Aaron E. Rybak & Robert K. Wilczak, Cetera Investors
NYS Teachers and employee retirement options; Explanation of benefits; Retirement plan payout options; Understanding your Social Security benefits. *Gold Card Eligible.

MON • November 4
6:00 - 8:00 PM • Class: \$5
Bldg: East Senior/Rm 107

**BUYING AND/OR SELLING A HOME
(BUS-009)**

Thomas J. Liolos

Looking to purchase or sell a home? This class is a must for you then. You need to know the process - from pre-approval straight through to closing - and what to expect at every turn. If you have purchased in the past, a lot has changed. If this is your first time, there is a lot you should know! *Gold Card Eligible.

WED • October 9
6:00 - 8:00 PM • 1 Class: \$5
Bldg.: East Senior/Rm 104

**RETIREMENT/BENEFITS WORKSHOP: UNDERSTANDING HOW TO MAXIMIZE YOUR USPS AND FEDERAL RETIREMENT AND BENEFITS
(BUS-010)**

Lester J. Robinson, FICF, DTM, CLTC

Are you a Federal or USPS employee? Do you have a complete understanding of all benefits you are entitled to before and after retirement? Would you like to know how your Annuity, FEGLI, Social Security, and the Thrift Savings Plan combine to form the foundation of your retirement? The goal is for you to fully understand your federal benefits, and to help maximize your retirement income and benefits during employment and in retirement.

Topics covered:

- Lifetime annuity benefits.
- Thrift Savings Plan.
- Survivor benefits options.
- Federal Employee Group Life Insurance
- Long-term care planning ... avoid your money going to Medicaid.
- Health benefits in relationship to retirement.
- Estate planning to maximize your retirement options.
- Understanding your Social Security with your FERS retirement.

*Gold Card Eligible.

WED • November 7 • 6:00 - 8:00 PM
1 Class: \$15 • Bldg.: East Senior/Rm 104

HOW TO PROTECT & PRESERVE YOUR MONEY FROM MEDICAID AND A NURSING HOME EVENT (BUS-011)

Lester J. Robinson, FICF, DTM, CLTC

Learn how to:

- Reduce the emotional and financial issues of a Medicaid and/or a Nursing Home event.
- Keep more of your money and income from Medicaid.
- Understand and avoid the Medicaid Estate Recovery and Medicaid's 5-year look-back period.
- Avoid Medicaid spend-down mistakes.
- Maintain your eligibility for Medicaid.
- Use the LesLTC process to protect and preserve your money from Medicaid.
- Protect your retirement money and income from a nursing home.
- Protect your personal choices and financial independence.
- Remove the hidden financial threats to your money by Medicaid and inflation.

Learn what other Long-Term Care options are available. Understand the consequences of not having a plan. *Gold Card Eligible.

WED • October 22

6:00 - 8:00 PM • 1 Class: \$15

Bldg.: East Senior/Rm 104

EVERYTHING YOU NEED TO KNOW BEFORE YOU BUY A HOME! (BUS-012)

Maureen Prinzbach

Be mentored on the buying process by professionals. A panel of experts (attorney, mortgage loan officer, home inspector and a real estate broker) give a short overview of the process of buying a home, budgeting for home repairs, taxes/insurance. Have any of your questions answered. *Gold Card Eligible.

THURS • October 10

7:00 - 9:00 PM • 1 Class: \$15

Bldg.: East Senior/Rm 104

EVERYTHING YOU NEED TO KNOW BEFORE YOU SELL A HOME! (BUS-013)

Maureen Prinzbach

Get professional advice on how to price, prepare, and show your home. A panel of experts (appraiser, attorney, home inspector, and a real estate broker) will give a short overview of the process of selling a home. Have your questions answered. *Gold Card Eligible.

WED • October 16

7:00 - 9:00 PM • 1 Class: \$15

Bldg.: East Senior/Rm 104

COMPUTERS

LEVELS OF DIFFICULTY

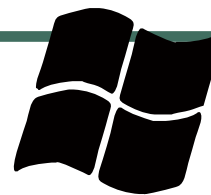
- * Beginner; no computer experience
- ** Requires some experience, used a computer before
- *** Familiar with computer, mouse and software applications
- **** Advanced course

Note: Registration for Computer courses assumes and indicates your agreement to the School District's Acceptable Use Policy, which is available on the District website.

If you're uncertain about a particular course level, please call our office at 677-3180.

No Gold Card discount unless indicated.

MICROSOFT® OFFICE PROGRAMS



WINDOWS 10 (COM-001)

Greg Grzymala

This course will concentrate on Windows 10, including navigation, settings, control panel, and moving around the desktop. We will also spend time creating folders and files within Windows.

TUES & WED

October 29 & 30

6:00 - 9:00 PM

2 Classes: \$45, includes handouts

Bldg: West Elementary/Library

WORD LEVEL 1 (COM-002)

Greg Grzymala

If you are a new user of Microsoft Word, this course will make you feel like you know what you are doing in a short time. With "hands-on" experience, you will learn the basics of this "user friendly" application, as well as several special features that will help make your home or office projects easier and more productive. Our classes will include many formatting skills, dictionary/thesaurus skills, clip art, construction of tables, and WordArt. Previous Windows 10 experience is necessary.

WED & THURS

November 6 & 7

6:00 - 9:00 PM

2 Classes: \$75, includes \$30 manual

Bldg.: West Elementary/Library

MICROSOFT WORD LEVEL 2 (COM-003)

Greg Grzymala

A continuation of the Word Level 1 class PLUS introduction into topics such as tables, styles, themes, mail merges, cover pages, and creating tables of contents.

WED & THURS

November 13 & 14

6:00 - 9:00 PM

2 Classes: \$45, includes handouts

Bldg.: West Elementary/Library



All courses \$89.

Course Start Dates:

October 16 • November 13 • December 18

No Gold Card discount on any online programs

Requirements for all of the courses listed:

- Internet access
- Email
- One of the following browsers: Mozilla Firefox, Microsoft Internet Explorer (9.0 or above), Google Chrome, Safari
- Adobe PDF plug-in (a free download obtained at Adobe.com)

PHOTOSHOP ELEMENTS FOR THE DIGITAL PHOTOGRAPHER

Bring out the best in your photos! In this course, you'll learn how to use Adobe Photoshop Elements to do everything from quick fixes to detailed enhancements that will greatly improve the look of your digital images. Even if you've don't have any image-editing experience, this class will take you from novice to accomplished user. As you explore this program's many features and tools, you'll gain control of Photoshop Elements' powerful technology. You'll be able to get results that you never imagined possible. You'll master techniques for editing images, fixing flaws, enhancing the final product, creating simple art projects, preparing images for online use, and organizing your images.

Hardware Requirements:

- This course can be taken on either a PC or Mac device.
- This course is written using the Windows version of the software. If you have Mac, you will need to make standard Windows/Mac keystroke conversions which are included in the course material.

Software Requirements:

- PC: Windows 10 or later.
- Mac: OS X Snow Leopard 10.8 or later.
- Browser: The latest version of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge and Safari are also compatible.
- Adobe Photoshop Elements version 13 or later (not included in enrollment).
- Adobe Flash Player.
- Adobe Acrobat Reader. Software must be installed and fully operational before the course begins.

Other:

- Email capabilities and access to a personal email account.

DISCOVER DIGITAL PHOTOGRAPHY

Discover Digital Photography is designed for the novice photographer with no previous experience with digital cameras. This course will teach you all about digital cameras, from DSLRs to smart phone cameras and what different equipment is used for. You will learn about different display methods for your camera, including sizing, print options, online storage, and how social media factors into digital photography. And if you have old slides, negatives, or prints, this course will also teach you how to scan those "old school" photo assets. By the course completion, you will understand how composing photos has changed with the evolving capabilities of digital photography.

Hardware Requirements:

- This course can be taken on either a PC or Mac device.
- A few Windows-specific examples are included. Mac students are welcome, but may not be able to duplicate all examples.

Software Requirements:

- PC: Windows XP or later.
- Mac: OS X Snow Leopard 10.6 or later.
- Browser: The latest version of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge and Safari are also compatible.
- Adobe Flash Player.
- Adobe Acrobat Reader.
- Software must be installed and fully operational before the course begins.

Other:

- Email capabilities and access to a personal email account.

GENEALOGY BASICS

Tracing your family's history is a fascinating journey. Genealogy Basics will help you understand the genealogy research process and how to interpret the information you find. This course guides you through the search process for family names using several subscription-based Web sites, which you can access while enrolled in this class. You will learn through hands-on examples that help you dig deeper into your family's past. You will develop a strategy to accomplish your objectives, evaluate the results, and share that information with others. You will discover where to look, who to contact, and how to make your family history come alive!

Hardware Requirements:

- This course can be taken on either a PC or Mac device.

Software Requirements:

- PC: Windows XP or later.
- Mac: OS X Snow Leopard 10.6 or later.
- Browser: The latest version of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge and Safari are also compatible.
- Adobe Flash Player.
- Adobe Acrobat Reader.
- Software must be installed and fully operational before the course begins.

Other:

- Email capabilities and access to a personal email account.

HOW TO GET STARTED IN GAME DEVELOPMENT

There has never been a better time to start a career in the game development industry. Games can be found on computers, the Web, gaming consoles, and virtually every mobile tablet and phone. Industry forecasts indicate that gaming will be worth close to \$100 billion dollars in the next two years. Talented, creative, and enthusiastic people are in great demand in this industry. Whether you want to start your own independent game project in your basement or work with a small creative team or for a large game development studio, this course will prepare you to start developing your own games. You will start by learning the fundamentals of game development and get an overview of game genres, platforms, and audiences. Next, you will learn tools and techniques to help you make better design decisions and achieve greater efficiencies as you develop your own games. You will learn why many games fail and how to ensure your games are positioned for success. During the course, you will gain hands-on experience in many of the game development processes. By the end of the course, you will have the experience and confidence to start developing your own games.

Hardware Requirements:

- This course can be taken on either a PC or Mac device.

Software Requirements:

- PC: Windows XP or later.
- Mac: OS X Snow Leopard 10.6 or later.
- Browser: The latest version of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge and Safari are also compatible.
- Adobe Flash Player.
- Adobe Acrobat Reader.
- Software must be installed and fully operational before the course begins.

Other:

- Email capabilities and access to a personal email account.

SPEED SPANISH

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish. This course is designed for anyone who wants to learn Spanish pronto. You will learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you will be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

Hardware Requirements:

- This course can be taken on either a PC or Mac device.
- You must have working headphones or speakers.

Software Requirements:

- PC: Windows XP or later.
- Mac: OS X Snow Leopard 10.6 or later.
- Browser: The latest version of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge and Safari are also compatible.
- Adobe Flash Player.
- Adobe Acrobat Reader.
- Software must be installed and fully operational before the course begins.

Other:

- Email capabilities and access to a personal email account.

RESPONSIVE WEB DESIGN

In today's online environment, Web designers must create websites that are responsive to provide a positive experience in every viewport—from small touch-screen environments to large-screen browsers where users interact using a mouse or pointing device. Web design requires building sites that are intuitive, inviting, accessible, and attractive in every possible device and environment.

In this course, you will learn to identify and address every aspect of responsive Web design: from scaling elements and adjusting page layout, to adapting color schemes and implementing accessible forms. You will master the use of HTML5 linked to media queries in CSS3 to adapt content to fit your user's viewpoint, and see how jQuery Mobile can help you to mobile sites. This course will teach you to design and build fully responsive websites optimized for smartphones, tablets, and laptop/desktop viewing environments.

Hardware Requirements:

- This course can be taken on either a PC or Mac device.

Software Requirements:

- PC: Windows XP or later.
- Mac: OS X Snow Leopard 10.6 or later.
- Browser: The latest version of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge and Safari are also compatible.
- Adobe Flash Player.
- Adobe Acrobat Reader.
- Software must be installed and fully operational before the course begins.

Other:

- Email capabilities and access to a personal email account.

SMALL BUSINESS MARKETING ON A SHOESTRING

When it comes to marketing for small businesses, money isn't everything! In this course, you'll learn how to use the same marketing tricks the big companies employ—without making a big dent in your wallet. The small business marketing strategies you'll learn will fit into any budget—and some are even free! With the help of videos, spreadsheets, and hands-on activities, you'll build your skills in each lesson. You'll master cost-effective strategies including strategic partnerships, local marketing, search engine optimization, social networking, e-mail marketing, lead generation, and niche marketing. Along the way, you'll see many real-world examples from other small businesses much like yours. Whether you're new to advertising or looking for a refresher, this course will make you a marketing pro. And by the time you're done, you'll have a personalized plan of action for increasing your sales—all on a shoestring budget.

Hardware Requirements:

- This course can be taken on either a PC or Mac device.

Software Requirements:

- PC: Windows XP or later.
- Mac: OS X Snow Leopard 10.6 or later.
- Browser: The latest version of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge and Safari are also compatible.
- Adobe Flash Player.
- Adobe Acrobat Reader.
- Software must be installed and fully operational before the course begins.

Other:

- Email capabilities and access to a personal email account.

ACHIEVING SUCCESS WITH DIFFICULT PEOPLE

This course will teach you how to see things from others' viewpoints based on their needs, values, beliefs, experiences, skills, knowledge, and self-interests. You will learn to approach difficult situations by answering the questions: who? what? where? when? how? and why? And by answering these questions, you will understand who your difficult people are, what they're like, how you react to them, and their response to your actions.

You will also practice analyzing your interactions with those you share space with. By observing others closely, you will learn to read their identifying characteristics. Once you can identify which type of person you're dealing with, you will be able to choose appropriate reactions to their behaviors.

By the time you finish this course, you will understand that assertiveness involves taking responsibility when meeting your needs in a way that preserves the dignity and rights of others.

Hardware Requirements:

- This course can be taken on either a PC or Mac device.

Software Requirements:

- PC: Windows XP or later.
- Mac: OS X Snow Leopard 10.6 or later.
- Browser: The latest version of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge and Safari are also compatible.
- Adobe Flash Player.
- Adobe Acrobat Reader.
- Software must be installed and fully operational before the course begins.

Other:

- Email capabilities and access to a personal email account.

DEFENSIVE DRIVING COURSE ONLINE!

The 6 hour point/insurance reduction course can now be taken online! Receive the same benefits (10% insurance reduction on the base rate for three years, you also may be eligible to reduce up to four points from your driving record) as those that take the course in the classroom. **You have up to 30 days from the day you start to finish the course.** If you stop at any point when you log back on you are at exactly the same point, you lose nothing! The online course is approximately 6 hours in length to complete.

Register and pay online at: www.empiresafetycouncil.com

Enter code: **WS5** (to get \$5.00 discount)

Fee: \$44.95 (\$39.95 after discount!).



Complete Your Continuing Education Hours ONLINE

Are you looking to meet your continuing education requirements or just love to learn?

Learn from the comfort of home!

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

- 24-Hour Access
- Discussion Areas
- 6 Week Format

Below are just a few of our most popular continuing education courses from our library of over 50!



Enhancing Language Development in Childhood

Enrich the lives of your children by helping them become proficient speakers and thinkers.



Teaching Students With Autism: Strategies for Success

Help students with high-functioning autism and Asperger's Syndrome unlock their potential.



Differentiated Instruction in the Classroom

Improve your ability to teach diverse learners with real-world examples from the classrooms.



Spanish in the Classroom

Learn the essential Spanish to communicate with your Spanish-speaking students and parents.

– PRICES START AT \$89 –

Over 50 Continuing Education Certified Online Courses Available!

Enroll Now!

ed2go.com/wscommed
(716) 677-3180



Please consult your Professional Development Coordinator for continuing education approval.

West Seneca Central Schools

**CROCHETING
(CRF-001)**

Patricia Kiera

Learn to interpret pattern instructions, basic and advanced crochet stitches. Individual help provided with project(s). Bring to class: 1 skein of yarn and aluminum crochet hooks G & H. *Gold Card eligible.

WED • October 9 - November 13
6:30 - 9:00 PM • 6 Classes: \$45
Bldg: East Middle/Rm 125

**HOLIDAY NEEDLEWORK STITCH AND CHAT
(CRF-002)**

Barbara Klein

Join us again for our fun needlework stitch and chat. New projects including 2019 Smocked Christmas Ornament and more needlework treasures. Lots of fun, laughs, and new needlework friendships guaranteed. Lab Fee: Cost of kit will vary. Call 662-8418 for details. *Gold Card eligible.

TUES • October 8 - November 12
No class 10/15 and 11/5.
7:00 - 9:00 PM • 4 Classes: \$35
Bldg: East Middle/Rm 125

**WIRE-WRAPPED BEACH/SEA GLASS JEWELRY
(CRF-003)**

Diane Waterman

New! Smaller classes!

It takes twenty years for Beach/Sea Glass to "age" properly. Learn wire-wrapping techniques and how to use tools for creating a pendant from beautiful beach or sea glass from our own lake. Create a momento for yourself, or give this one-of-a-kind treasure as a gift! Class includes beach glass, wire, leather neck-cord, and booklet. *Gold Card eligible. Lab fee: \$8/materials; payable to instructor.

THURS • October 10
7:00 - 9:00 PM • 1 Class: \$15
Bldg: East Middle/Rm 120

**JEWELRY MAKING BASICS
(CRF-004)**

Diane Waterman

It's back! New! Smaller classes!

Have you been admiring new jewelry styles, and wish you could make your own? Learn the basics of creating fashionable necklaces and earrings from beads, natural stones and findings. Learn how to use tools, and learn techniques. Make basic repairs, and give your broken pieces new life! Instructor has all tools and supplies. *Gold Card eligible. Lab Fee: \$5/supplies; payable to instructor.

THURS • October 24
7:00 - 9:00 PM • 1 Class: \$15
Bldg: East Middle/Rm 120



with Vicki Schneider, Glass Artist

Classes held at Expressive Glass

3333 Lake Shore Rd (Rte 5), Buffalo, near the Woodlawn Beach.
The studio is easily accessible from the Thruway and Milestrip Rd.

No Gold Card Discount

BLOWN ORNAMENTS

Try your hand at blowing your own Christmas ornaments. After learning how to light a torch, you will be taught the process of gently heating, rotating and blowing an ornament. Because this is a challenging skill, expect varying degrees of success. During the class, you may blow a maximum of three ornaments and will be gifted one ornament blown by the instructor. Time permitting, you may blow additional ornaments at \$10 per ornament. Pick up your ornaments after they have been annealed (heated and cooled gradually to remove thermal stress), or they can be mailed to you for \$7 payable to the instructor.

(CRF-005)

TUES • November 12
6:30 - 9:00 PM • 1 Class: \$60

(CRF-006)

SAT • November 23
10:30 AM - 1:00 PM • 1 Class: \$60

**HOW TO MAKE GLASS BEADS
(CRF-007)**

Turn hot glass into cool stuff! Join glass artisan Vicki SCHNEIDER at her studio for an introductory class in glass bead making. In just 3 hours, you will make your own beautiful 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. Most students will create from 3-6 colorful beads they can turn into jewelry. \$70 Fee includes all glass, tools, instruction, and materials, plus 1 hour complimentary studio time within 30 days of your class.

SUN • October 27
1:00 - 4:00 PM • 1 Class: \$70

ICICLES GALORE

Create lovely glass icicles to adorn your Christmas tree or hang in your window all year long. You will learn how to melt, stretch and twist clear and colored glass at a stationary torch under close supervision. You may also be able to make a smaller version of the icicle to wear as a pendant. No experience necessary - only a willingness to try. Pick up your project on a pre-arranged date, or have it mailed to at a cost of \$7 to the instructor after the project has been annealed. \$60 Fee includes all glass, tools, instruction, and materials.

(CRF-008)

TUES • November 5
6:30 - 9:00 PM • 1 Class: \$60

(CRF-009)

SAT • December 14
10:00 AM - 12:30 PM • 1 Class: \$60

**FRITTY THE SNOWMAN
(CRF-010)**

Create an adorable snowman plate by applying layers of crushed glass (frit) and other glass components to flat glass. We will heat your design in a kiln until the glass melts and then heat it a second time to slump it into a 5" x 5" or 4" x 6" plate. No experience is necessary - only a willingness to try. Pick up your project after it has been fused, slumped and annealed (heated and cooled gradually to remove thermal stress). If you prefer, it can be mailed to you for \$7 payable to the instructor.

THURS • December 19
2:00 - 4:30 PM • 1 Class: \$60

**FUN WITH FUSING
(CRF-011)**

Glass Fusing is a wonderful way to release the artist in you - start with a blank piece of glass, layer with an assortment of different kinds and colors to make a beautiful design. No experience is necessary - only a willingness to try. Pick up your project after it has been fused, slumped and annealed (heated and cooled gradually to remove thermal stress). If you prefer, it can be mailed to you for \$7 payable to the instructor.

SAT • October 19

1:00 - 3:30 PM • 1 Class: \$60

**OH, TANNENBAUM
(CRF-012)**

Create a festive Christmas tree you can use as a sun-catcher or ornament. You will start by cutting pieces of glass to make your tree design. Basic cutting techniques will be taught. Then make your tree distinctive by decorating it with colorful glass strings, small nipped circles, and crushed glass. Your tree will be placed in a kiln to fuse the pieces together. You can pick up your project after it's been fused and annealed (heated and cooled gradually to remove thermal stress) or we can mail it to you for an additional fee of \$7 payable to the instructor.

TUES • November 19
6:30 - 9:00 PM • 1 Class: \$60

Classes held at **Tops Markets 355 Orchard Park Rd. West Seneca**
Please have your credit card ready to reserve all classes
Call us @ (716) 517-3006

*Credit card only; mention West Seneca Community Education when registering.
 For complete listings visit www.topsmarkets.com click on "depts./cooking school/calendar"*

KIDS KITCHEN

These classes will be held in both schools on the dates listed. Parents are asked to inform us of any food allergies at the time of registration. We will try our best to accommodate food allergies with substitutions. Children with long hair, please tie it back before class. Have child wear closed shoes/sneakers. Open shoes are not allowed. In inclement weather, if wearing boots, please bring a pair of shoes to change into. Please let us know if you have any coupons or gift certificates at time of registration.

Little Chefs

Ages 3-6 with Caregiver
HAPPY HALLOWEEN!

SAT • October 19
 11 AM-12:30 PM
 \$13 per Little Chef

When witches go ridin' and black cats are seen, the moon laughs and whispers "Happy Halloween!" Join us for some spooky, scary good Halloween treats! *Mummy Mini Pizzas, Frozen Banana Ghosts, Candy Corn Fruit Parfaits, Apple Pie "Nachos"*

THANKFUL AND GRATEFUL

SAT • November 16
 11 AM-12:30 PM
 \$13 per Little Chef

So many things to be thankful for as the holiday season begins! Little Chefs are thankful for their special adult helpers so bring them along to enjoy a wonderful Thanksgiving lunch! *Mashed Potato Bites, Turkey and Cheddar Crescents, Mayflower Cupcakes with Chocolate Sweet Potato Frosting*

HOLIDAY GIFTS FROM THE KITCHEN

SAT • December 7
 11 AM-12:30 PM
 \$13 per Little Chef

Happiness is homemade!! Make someone's holiday special with edible gifts from their favorite Little Chef! *Peppermint Star Suckers, Oreo Truffle Balls, Reindeer Cookies, Snowman Rice Crispy Treats*

Future Chefs

Ages 7 and up
 Future Chefs Ages 7 & up

A IS FOR APPLE SEASON!

THURS • October 3 • 6-8 PM, West Seneca
 \$16 per Future Chef

Celebrate New York State Apple Season with these delicious dipped apples and adorable "apple" inspired cupcakes! You will be given all the supplies you need in this class to make these wonderful fall delights! **Please bring home large containers to take home your creations!**

SCARY DELICIOUS FRIGHT NIGHT FOODS

THURS • October 24 • 6-8 PM, West Seneca
 \$16 per Future Chef

Halloween is always a spooky, fun time at The Cooking School! Come join us as we howl together with recipes that are so ghoulish good, they will scare the bats out of the bell tower! *Mummy Brats, Toxic Waste Mac and Cheese, Dracula Dentures, Candy Corn Oreo Milkshakes*

NAILED IT!

THURS • October 17 • 6-8 PM, West Seneca
 \$16 per Future Chef

Frightful and delightful! Nailed It for Halloween is back!! Kids will be given some instruction on how to use fondant and other items to create a grave-yard cake! They will receive a cake, frosting, fondant and Halloween décor to make and take home their Spooktacular creation! A snack will be provided. **Please bring a container to hold a two-layer cake.**

HOLIDAY COOKIE DECORATING BASICS One Future Chef age 10 and up with their Special Adult

FRI • November 1 • 6-8 PM, West Seneca
 \$25 PER TEAM

Learn the basics of working with buttercream frosting to create beautiful cookies for the Holidays! Fun tips and techniques are waiting for you in this class! Please bring a container to take home your specially decorated cookies!

THANKSGIVING FEAST TO SHARE

THURS • November 21, 6-8 PM, West Seneca
 \$16 per Future Chef

Thanksgiving means being thankful for all of our blessings, especially our loved ones. This month we will prepare a feast to share with your "someone special." We invite them to return at 7:35 PM to The Cooking School for us to enjoy together. *Turkey Roll-Ups, Crunchy Sweet Potato Casserole, Scalloped Corn, Apple Sauce Cake with Caramel Sauce*

KID'S CANDY MAKING

For ages 8 & up
 THURS • November 14, 6-8 PM, West Seneca
 \$16 per Future Chef

What's the sweetest thing about the Holiday?! Why, the candy of course!! This evening we will learn how to make "sweet creations" for holiday gifts and entertaining! *Please bring a container to take home your delectable holiday creations!*

ANNUAL HOLIDAY COOKIE BAKE

SUN • December 8 • 12 noon-2:30 PM
 \$16 per Future Chef

Come prepared to learn to make some new cookie recipes as we discover different ideas to add to your family traditions! Please bring a box to take home your holiday goodies! *No Bake Samoas, Homemade Thin Mints with White Chocolate and Sprinkles, Chocolate Kiss Powder Puff Cookies, Cranberry White Chocolate Cookies*

GINGERBREAD HOLIDAY HOUSES

One Future Chef and One Adult Teams
 Culinary Instructor Sandra Murphy-Dinkel
 TUE • December 10, 6:30-8:00 PM West Seneca
 \$30 per Team / \$5 extra person on team

The holidays are the perfect opportunity to spend some special quality time with the child in your life! Build special memories together as your team creates a magical holiday masterpiece! Together, you will decorate a charming gingerbread house with royal icing "snow" and sweet confections. Each team will receive one (1) gingerbread house and our instructor will help you create your own holiday scene with various candies, confections and other goodies! *Please bring a box to take home your house.*

GIFTS FROM THE KITCHEN

TUE • December 17, 6-8 PM, West Seneca
 \$16 per Future Chef

There is nothing quite as special as a homemade gift to show someone how much they mean to us. These edible presents are both tasty and beautiful! *Gingerbread Fudge, Peppermint Bark, Oreo Cookie Balls, Pancake Mix in a Jar*

NEW YEARS EVE PARTY CAMP

Future Chef ages 7-14
 MON • December 30 • 10 AM-1 PM
 \$16 per Future Chef

Celebrate in style with some yummy appetizers perfect for any New Year's Eve party!! *Buffalo Chicken Quesadilla Ring, Candied Bacon Little Smokies, Antipasto Squares, Raspberry Fondue Fruit Dip, Jello Poke Cupcakes, New Year's Punch*

Kid's Night Out!

Ages 7-14

GHOSTLY GAME NIGHT

SAT • October 5 • 6-9 PM

Our Halloween themed cooking tonight is "Spook-a-licious"!! Join us this evening as we conjure up some scary good treats with tricks in our kitchens! *Jack-o-Lantern Quesadillas, Graveyard Chicken Enchilada Dip, Candy Corn/White Chocolate Blondies, Mummy Munch Snack Mix*

CALLING ALL TAILGATERS!

SAT • November 9 • 6-9 PM

Whether or not you're a sports fan, the food that accompanies competitive sporting events is always something to rally and cheer about! Let's have some fun as we cheer for our favorite teams while eating great food! *Seven-Layer Dip in a Cup, BBQ Chicken Bites, Poutine with Homemade Gravy, No-Bake Camping Cookies*

BRUNCH WITH OUR SPECIAL HOLIDAY ELF!!

SAT • December 14 • 11 AM-12:30 PM, West Seneca

\$10 per Adult • \$8 for children 7-10 yrs. • \$5 for children 3-6 yrs.

This year, one of Santa's Special Elf's has decided to visit the Tops Markets Cooking Schools!! He wants to share and teach you how to make some of Santa's favorite foods! Bernard, Santa's Head Elf has told us to bring in your Christmas Wish List and we will make sure our Special Elf personally takes it back to the North Pole for Santa to read! Please join us for brunch as we gather together to listen to stories about the reindeer and other fun things from the North Pole! Our meal will include: *Yogurt Fruit Parfaits, Scrambled Eggs, Sausage Patties, Favorite Holiday Tortilla Wraps, plus a Cookie to Decorate and Reindeer Food to make!*

ADULT CLASSES

at Tops Markets 355 Orchard Park Rd. West Seneca

ASIAN INSPIRATION

Culinary Instructor Susan Vernon

TUES • October 1 • 6-8:30 PM • 1 Class: \$30

Join Susan as she brings her favorite Asian kitchen creations from her table to ours this evening. She has been pleasing her own family for years with these dishes for any occasion! *Chicken Dumplings with Spicy Ginger Soy, Egg Foo Young with Chinese Gravy, Pork Lo Mein, Stuffed Chinese Almond Cookies*

VEGAN COOKING 101

Culinary Instructor Linda Duncan

WED • October 2 • 6-8:30 PM • 1 Class: \$30

Many people are embracing a vegan lifestyle and finding recipes can sometimes be a challenge. In this new class, we will sharpen your culinary skills and create some dishes that might just convert your non-vegan friends too! *Vegan Queso Dip, "Tuna" Waldorf Sandwiches, Red Lentil Soup with Quinoa, Lemon and Mint, Mulled Berry Galette*

ARE YOU READY FOR SOME FOOTBALL?

Culinary Instructor Susan Vernon

TUES • October 22 • 6-8:30 PM • 1 Class: \$30

It's that time of year where the days get shorter and the air becomes cooler. Comfort foods and football comes to mind! Whether it be Friday Night lights at your local high school or Sunday football, a good appetite will always be present. Come sample these special Susan inspired recipes and you'll be sure to delight your favorite team! *Pepperoni Pizza Cheeseball, Bacon Barbeque Chicken Bombs, Baked Parmesan Potato Wedges with Creamy Dill Dip, Graham Cracker Éclair Cake*

COOL WEATHER = SOUP TIME!!

Culinary Instructor Chef TinaMarie Kumiega

WED • October 9 • 6-8:30 PM • 1 Class: \$30

October's cooler temperatures means it's time for warmer meals! And, there is nothing better for a cool Autumn day but a nice steamy mug of soup. These soups are easy to prepare and cook all day in your crock pot so you can spend the day at your local apple orchard or favorite pumpkin patch!!! P.S. these soups can also be cooked on your stovetop. *French Country Vegetable Soup, Greek Inspired Lamb and Potato, Kid Friendly Beefy Pasta Fagioli, and (believe it or not) Mac N Cheese in a crock pot!!*

THE INCREDIBLE INSTA-POT - PART 2

Culinary Instructor Susan Vernon

THURS • October 10 • 6-8:30 PM • 1 Class: \$30

In this class we will be making comfort foods that are wonderful for this time of season. And in no time or less you can be presenting these beautiful dishes to your friends and family. *Mississippi Pot Roast, Mushroom and Asiago Risotto, Roasted Brussels Sprouts with Crispy Prosciutto, Peanut Butter Cup Cheesecake*

ITALIAN COOKIE SWAP

Culinary Instructor Susan Vernon

TUES • November 19 • 6-8:30 PM • 1 Class: \$30

Cookie swapping is a great way to share in other peoples' traditions and to delight them with your own. Susan started going through all her Italian cookie recipes that have been passed down from her Momma's Kitchen and is happy to share them with you this evening! *Cuccidati (Italian Fig) Italian Christmas Cookies, Cranberry-Pistachio Biscotti, Italian Pignoli Nut Cookies*

FESTIVE HOLIDAY CAKES

Culinary Instructor Chef TinaMarie Kumiega

WED • November 6 • 6-8:30 PM • 1 Class: \$30

There is more to Holiday Baking than just cookies. Cakes (and cupcakes, too) can add the sparkle and pizzazz to your holiday meal or stand alone along a dessert buffet. Even if you are not a from-scratch baker these recipes will show you that "Yes You Can" bake and decorate like a pro! *Cannoli Cake Yule Log; Mini Chocolate Cherry Cakes; White Christmas Fruit and Nut Cake; Traditional Plum Pudding Cake with Rum Sauce.*

FRIENDSGIVING

Culinary Instructor Susan Vernon

TUES • November 12 • 6-8:30 PM • 1 Class: \$30

Susan is inviting all her friends to share in her take on a Thanksgiving feast! She will be sharing all her easy hacks and funny stories from holidays in the past. *Cheese Fondue, Roasted Butternut Squash Soup, Stuffed Turkey Breast with Cranberry and Pecan Cornbread Stuffing, Roasted Radish (Yes-Radish!), Pecan Turtle Dip with Homemade Hot Fudge Sauce*

POLISH GOLAMBKI

Chef TinaMarie Kumiega

TUES • December 3 • 6-8:30 PM • 1 Class: \$30

This class will feature both the traditional recipes plus an added bonus of a lazy" or "easy" version of golambki that can be made anytime of the year for your family's weeknight dinner. *Beef and Rice filled "Pigs in a Blanket" plus some extra surprises to complete your meal*

CHRISTMAS MORNING

Culinary Instructor Susan Vernon

MON • December 2 • 6-8:30 PM • 1 Class: \$30

After you have worked up an appetite unwrapping all those gifts, it's time to sit back, relax and have a delicious and satisfying breakfast that won't spoil your Christmas dinner! *Christmas Breakfast Pie, Cinnamon Pecan Pull Apart Bread with Cream Cheese Dip, Poached Pears with Crème Fresh, Pork Sausage Ball with Spicy Maple Syrup Dip, Mulled Hot Cider*

POLISH PIEROGI'S

Chef TinaMarie Kumiega

WED • December 11 • 6-8:30 PM • 1 Class: \$30

Join me tonight as we make the traditional Polish dish served for Christmas Eve dinners. *Traditional Polish Pierogi with Potato, Cheese and Sauerkraut Fillings*

NEW YEARS DAY SOUP BAR

Culinary Instructor Susan Vernon

THURS • December 19 • 6-8:30 PM • 1 Class: \$30

This has become an annual tradition with Susan and her family for many years now. Everyone always looks forward to her favorite soups on a cold winter's day after and evening of celebrating and bringing in the New Year! *Come enjoy these comforting soups along with Susan's famous Baked Cheese Toast, Tomato/Basil/Orzo Soup, Loaded Baked Potato Soup, Italian Chicken with Cheese Tortellini Soup*

ENRICH YOUR LIFE WITH KEYS TO WELLNESS

REIKI PRACTITIONER - LEVEL 1 (HEW-001)

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

SAT

November 2
9:00 AM - 5:00 PM
1 Class: \$150

Location: Seneca Springs Building
3648 Seneca Street
West Seneca, NY 14224

REIKI PRACTITIONER - LEVEL 2 (HEW-002)

Learn and practice the ancient healing art of "laying on of hands" which is helpful for stress reduction, relaxation, pain relief, and restoring energy and boosting the immune system. All levels include course manual, certificate, and attunement. Bring a bag lunch. **Prerequisite: Any USUI First Degree Reiki.**

SAT

November 9
9:00 AM - 5:00 PM
1 Class: \$150

Location: Seneca Springs Building
3648 Seneca Street
West Seneca, NY 14224



Luisa Bruzga, MSACN
Nutritionist, Certified Consulting Hypnotist, Health Coach,
Reiki Practitioner/Instructor, Licensed Esthetician

*Programs are held in Seneca Springs Building,
3648 Seneca Street, unless otherwise noted
No Gold Card Discount*

Visit

www.wnyhypnosisandwellness.com
or contact 677-4679 for more information.

WEIGHT LOSS CLINIC WITH HYPNOSIS (HEW-003)

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 sleeping bag and two (2) pillows for the hypnosis process.

WED • October 30
6:30 - 9:00 PM • 1 Class: \$35
Lab fee: Reinforcement CDs are available
Bldg.: West Elementary/Board Rm

INTRODUCTION TO EMOTIONAL FREEDOM TECHNIQUE (EFT) (HEW-004)

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.

THURS • November 7
7:00 - 9:00 PM • 1 Sessions: \$25
Location: Seneca Springs Building
3648 Seneca Street
West Seneca, NY 14224

Life Enrichment Seminars

with Richard D'Angelo

No Gold Card Discount

CHANGE YOUR MIND, CHANGE YOUR LIFE (HEW-008)

Our minds are a powerful source of creative energy. In this class you will be taught how this energy works...how it is created, sent, and received. You will be shown how to see auras and how to actually feel and measure a person's energy. By understanding the nature of reality and the creative process, you will be able to disrupt those creations that are not in your best interest and focus on those that are. If you've ever wondered how you can change your life for the better, this is the class you have been waiting for.

*No Gold Card discount.

WED • November 13
6:30 - 9:30 PM • 1 Class: \$30
Bldg.: East Middle/Rm 115

INTRODUCTION TO MEDITATION (HEW-009)

We all want to be happy and lead fulfilled lives, but too often depend on our minds to find this happiness and 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 helps - 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-discover and purpose. If you feel frustrated and discouraged in life, this is the class you've been waiting for!

*No Gold Card discount.

THURS • September 26
7:00 - 9:30 PM • 1 Class: \$30
Bldg.: East Middle/Rm 115

No Gold Card Discount

YOGA FOR 55+ (HEW-005)

Kathryn Zawadzki

This course for women and men will help to improve balance, posture, breathing, self-esteem, and can also assist you during the aging process. You will learn simple stretches while standing, sitting, and laying on the floor (for those who can). There is a systematic relaxation at the end of every class. Wear comfortable pants and short-sleeve or light, long-sleeve t-shirt. If you have a yoga or exercise mat, you may bring it with you. There are mats available if you do not have one.

*No Gold Card discount.

TUES

October 1 - November 19

1:15 PM - 2:30 PM

8 Classes: \$69

Location: Seneca Springs Building
3748 Seneca Street
West Seneca, NY 14224

CHAIR YOGA (HEW-006)

Jessie Reino

Chair Yoga includes a centering practice, sitting and standing poses, and finishes with a guided relaxation. Practicing with a chair provides support and stability to our practice. Benefits may include better posture, improved flexibility, reduced joint stain, increased circulation, and stress reduction. This class is great for everyone, but is a great option for those who have trouble getting up and down off the floor. Please bring a yoga mat and a small blanket or sweater. *No Gold Card discount.

THURS • October 3 - November 14 (No class 10/17)

6:00 - 7:00 PM • 6 Classes: \$77

Bldg.: East Middle/Small Gym

GENTLE YOGA FOR STRESS RELIEF (HEW-007)

Jessie Reino

In this class, we will slow down, focus on our breath, and link it with gentle stretching and movements. Class will also include centering and a guided relaxation. Benefits may include increased circulation, decreased joint stiffness and pain, as well as stress reduction. Gentle yoga is suitable for all levels of practice. Please bring a blanket/large towel, a yoga mat and yoga blocks if you have them. *No Gold Card discount.

MON • October 7 - November 25 (No classes 10/14, 11/11)

7:00 - 8:00 PM • 6 Classes: \$77

Bldg.: East Middle/Small Gym

KIDS & TEENS

BABYSITTING PROGRAM (KID-001)

The Safety Company Staff

The Child & Babysitting Safety course from the American Safety & Health Institute will teach students ages 11 – 15 everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so their children can gain confidence and valuable employment skills to impress parents. Students will receive babysitter's text, first aid kit, starter package and certification card. Children should bring a lunch and drinks.

SAT • October 26 • 9:00 AM - 1:00 PM • 1 Class: \$55 • Bldg.: East Middle/Cafeteria

SPANISH FOR THE ELEMENTARY YEARS

Spanish Club Teaching Team

Get a head start by joining us for an educationally-oriented curriculum specifically designed for the K-4 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 class before (formerly CultureKids), new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students ... join the fun! Programs is offered at dismissal for 6 weeks; 40 Minute sessions.

(LAN-001)

WED • October 16 - November 20

3:00 - 3:40 PM • 6 classes: \$65 • Bldg.: Allendale Elementary/Library

(LAN-002)

THURS • October 24 - December 5; No class 11/28

3:40 - 4:20 PM • 6 classes: \$65

Bldg.: Clinton Elementary/Library

(LAN-003)

TUES • October 15 - November 19

3:00 - 3:40 PM • 6 classes: \$65

Bldg.: Northwood Elementary/Library

(LAN-004)

FRI • October 18 - November 22

3:30 - 4:10 PM • 6 classes: \$65

Bldg.: West Elementary/Library

(LAN-005)

MON • October 21 - December 2; No class 11/11

3:00 - 3:40 PM • 6 classes: \$65

Bldg.: Winchester Elementary/Library

Horizon Martial Arts

**Courses located at:
280 Center Road Wimbledon Plaza**

Classes are taught by Certified Martial Arts instructors on the Horizon staff

Bring a towel and water bottle



KARATE FOR KIDS (KID-002)

Ages 7 - 12. Every child can benefit from studying martial arts. The study of karate brings more than just physical rewards; students also develop discipline, focus, respect for others and goal-setting skills. The emphasis on personal achievement also builds confidence: success is within the reach of every student. Unlike team sports, there are no "benchwarmers" in karate classes. Instead, children learn techniques at their own pace. Belt and stripe requirements offer a clear path forward at each step of the training process. Includes uniform.

TUES & THURS • October 8 - November 5; No class 10/31

5:30 - 6:15 PM • 8 Classes: \$59

LITTLE NINJAS

(KID-003)

Ages 4 - 6. Our program is a detailed curriculum that focuses on improving preschool-age children's basic motor and listening skills, which will help them enter society with a more confident and enthusiastic outlook. We believe the time between the ages of 4 and 6 are the most important years of development. Our program will enhance positive development in a fun and motivating way. Includes uniform.

MON & WED • October 21 - November 6

5:30 - 6:00 PM • 6 Classes: \$59

KidsPlay is a group of experienced teachers that work with public and private schools to offer quality instructional sports programs to children ages 4 and up. See specific program for age groups. All players must be of age by the first scheduled class. Questions? Call 873-2353.

PARENT/CHILD INDOOR SOCCER (KID-004)

Ages 3 - 4 & Parent. Whether you are a 3 year old who has an early interest in soccer or a 34 year old looking for a fun way to introduce your child to organized sports, PC Soccer is a perfect fit for you. KidsPlay coaches work in partnership with parents to give young players 1:1 instruction during their initial exposure to the game. Each class begins with 10-15 minutes of individual instruction followed by fun instructional games that parents and children can play together. PC Soccer is a parent-child activity: an active parent or guardian 18 years or older must accompany a child in each session. T-shirt included in program fee.

TUES • Oct 8 - Nov 19; No class 11/5
5:30 - 6:15 PM • 6 Classes: \$60
Bldg.: Winchester Elementary/Gym

LEVEL 1 INDOOR SOCCER

Ages 4 - 6. Soccer is easy to learn, contains constant activity, and provides plenty of opportunity for young players to run and learn skills. The program includes small-sided games and scrimmages allowing for plenty of touches on the ball. Level 1 Soccer stresses skills development and learning in a fun and friendly atmosphere, with emphasis on teamwork. Half of each class is devoted to fun instructional training with the remaining half devoted to scrimmage. T-shirt included in program fee.

(KID-005)
TUES • Oct 8 - Nov 19; No class 11/5
6:15 - 7:15 PM • 6 Classes: \$60
Bldg.: Winchester Elementary/Gym

(KID-006)
THURS • Oct 10 - Nov 21; No class 10/17
5:30 - 6:30 PM • 6 Classes: \$60
Bldg.: Clinton Elementary/Gym

U8 DEVELOPMENTAL INDOOR SOCCER LEAGUE (KID-007)

Ages 6 - 8. Instructional Soccer League is designed to help veteran and inexperienced players develop skills in a positive and supportive environment. Special emphasis is placed on the development of dribbling, receiving and passing/support skills. The program is designed to be fun and challenging for any player with a strong interest in improving skills and understanding how team soccer works. All game and training sessions are coordinated 2-3 KidsPlay coaches, not volunteers. Players meet weekly for a 30-40 minute training session followed by a game lasting 35-45 minutes (played 5-on-5) allowing for maximum touches on the ball and plenty of playing time. T-shirt included in program fee.

THURS • Oct 10 - Nov 21; No class 10/17
6:30 - 7:45 PM • 6 Classes: \$70
Bldg.: Clinton Elementary/Gym

MONDAY NIGHT FLAG FOOTBALL (KID-008)

Ages 7 - 11. NFL Flag Football is an excellent alternative to full-contact, full equipment, youth football leagues. The game is non-contact football with primary emphasis on the development of passing, receiving, and running and coverage skills. Games are played 5-on-5 with modified rules to heighten skill development and assure equal playing time for all players. NFL Flag is not a highly competitive program. Players meet for 90 minutes each week with a 40 minute practice followed by a 50 minute game against another KidsPlay Team. A Nike reversible football jersey is included in the fee.

MON • Sep 23 - Oct 28
5:15 - 6:45 PM • 6 Classes: \$85
Bldg.: West Elementary/Field

SABRETOOTH INSTRUCTIONAL FLOOR HOCKEY

Ages 4 - 6. A safe and fun alternative to traditional ice hockey, this program stresses the development of basic stick handling, passing and shooting skills as well as understanding how hockey works. Game rules are modified to heighten skill development and ensure equal playing time for all players. Two KidsPlay coaches teach a maximum of 20 players in each session. Players use the same equipment as used in school gym class, a mouth guard is the only required equipment. T-shirt included in program fee.

(KID-009)
TUES • Dec 3 - Jan 21; No class 12/24, 12/31
5:30 - 6:30 PM • 6 Classes: \$60
Bldg.: Winchester Elementary/Gym

(KID-010)
TUES • Dec 3 - Jan 21; No class 12/24, 12/31
6:30 - 7:30 PM • 6 Classes: \$60
Bldg.: Winchester Elementary/Gym

Kids Choice Sports

with Brian Kieser

Kids Choice Sports offers instructional youth sports programs to kids ages 3 - 12. By offering a variety of programs, we give Kids the Choice of many different Sports to try out, in order to find the best fit for them. The skills and rules of each sport that we teach are broken down into simple concepts that are fun to learn and easy to understand.

In addition to this registration process an online waiver must be completed for each registered player. Please go to www.kidschoicesports.com and click on the waiver tab.

Kids Choice Sports always welcomes parent coaches. If your child will be participating and you would like to volunteer, please contact Brian at (716) 578-8400. Parent coaches do not have to be experts in the sport; everything will be explained at a brief coaches meeting before the season begins.

HOT SHOTS - INTRODUCTION TO BASKETBALL (KID-011)

Ages 3 - 5. In this parent participation program, boys and girls will learn the basics of the game of basketball. Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in this non-competitive, co-ed program. T-shirt included in program fee.

TUES

Oct 8 - Nov 19; No class 11/05

6:00 - 6:45 PM

6 Classes: \$74

Bldg.: East Middle/Small Gym

HOT SHOTS - INTRODUCTION TO BASKETBALL

Ages 5 - 7. Boys and girls will learn the basics of basketball in this fun class! Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in this noncompetitive, coed program. This class will include some parent participation. T-shirt included in program fee.

(KID-012)

TUES

Oct 8 - Nov 19; No class 11/05

6:50 - 7:35 PM

6 Classes: \$74

Bldg.: East Middle/Small Gym

(KID-013)

SAT

Oct 12 - Nov 16

11:00 - 11:45 AM

6 Classes: \$74

Bldg.: East Middle/Small Gym

CO-ED BASKETBALL

(KID-014)

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 kids to become proficient at the game of basketball, build confidence, develop a positive self-image, and most of all, have fun!

TUES

Oct 8 - Nov 19; No class 11/05

7:45 - 8:45 PM

6 Classes: \$74

Bldg.: East Middle/Small Gym

LACROSSE SKILLS - INDOOR

In this non-competitive co-ed program, kids will be taught the basic skills of lacrosse, including scooping, cradling, passing, catching and shooting. The idea is to have fun and make friends while learning the sport of lacrosse. No-contact lacrosse is played, also known as "Soft" lacrosse. A mouthguard is required; all other equipment will be provided.

Ages 5 - 7.

(KID-015)

WED • Oct 9 - Nov 13

6:00 - 6:45 PM

6 Classes: \$74

Bldg.: East Middle/Small Gym

Location subject to change

Ages 8 - 12.

(KID-016)

WED • Oct 9 - Nov 13

6:50 - 7:50 PM

6 Classes: \$74

Bldg.: East Middle/Small Gym

Location subject to change

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 students are required to have mouthguards, shin guards, and a hockey stick.

(KID-017)

WED • Oct 9 - Nov 13

8:00 - 9:00 PM

6 Classes: \$74

Bldg.: East Middle/Small Gym

Location subject to change

(KID-018)

SAT • Oct 12 - Nov 16

12:00 - 1:00 PM

6 Classes: \$74

Bldg.: East Middle/Small Gym

TODDLER TIME SOCCER

(KID-019)

Ages 2 - 3. Toddler Time is an exciting soccer-based playgroup in which a variety of age-appropriate props are used. In this unique program, you and your child will participate in a variety of soccer-related games and activities. Kids "learn through play" in a social environment while developing motor skills and coordination, building confidence, and much more. But most of all, it is FUN! Please bring a size-3 soccer ball. T-shirt included in program fee.

SAT • Oct 12 - Nov 16

10:00 - 10:40 AM

6 Classes: \$74

Bldg.: East Middle/Small Gym

**PIANO LESSONS
(MUS-001)**

Michelle Rotterman

Private piano instruction for both beginning and continuing students ages 5+. Call 675-0461 to schedule day and time for half-hour private lessons, subject to teacher's openings. Student must have access to a piano or keyboard for practice between lessons. Music fee: \$8-15. No Gold Card discount.

MON - THURS
3:00 - 8:00 PM

5 Classes: \$85

Bldg.: 120 Dauer Dr. (off Reserve)
West Seneca



Southgate Plaza
954 A Union Road, Suite 3
West Seneca NY 14224 • (716) 608-1010
www.zpac.biz

Dance, Theatre, Voice and Acting, Fitness courses for all levels are offered to students **ages 2½ and up**. The Center also offers private lessons, duets and small group lessons by appointment. University students and veterans receive a 10% discount. Fees may be paid monthly.

Register directly with the Center at the website or call 608-1010. Mention West Seneca Community Education when registering!!

Walsh Performing Arts Studios

No Gold Card discount

All Classes held at: 2937 Southwestern Blvd./Orchard Park NY 14127 • 675-7607

David and Katie Walsh • www.walshstudios.com

**HIP HOP FOR KIDS
(MUS-002)**

Come and learn the latest dance moves, in one of our most exciting classes! Class meets one hour weekly. Great exercise and great fun! Recommended attire is leotard and dance pants for girls and athletic clothing for boys. Hip Hop shoes or sneakers only. For students ages 6 - 8.

SAT • Sept 28 - Nov 2
11:00 AM - 12:00 PM • Cost: \$85

**MUSICAL THEATRE FOR KIDS
(MUS-003)**

Musical Theatre class will introduce the techniques of dancing, acting, and singing. Students will learn dance moves, acting and theatre through games, and music from the Broadway genre. For students ages 6-8.

SAT • Sept 28 - Nov 2
12:00 - 1:00 PM • Cost: \$85

**INTRO TO ACTING
(MUS-004)**

Come explore the fundamental skills and tools of acting. Students will learn through acting games and exercises, as well as improvisation, monologues and scenes. Open to students ages 9 - 12.

MON • Sept 23 - Oct 28
7:00 - 8:00 PM • Cost: \$85

**CHARACTER EXPLORATION
(MUS-005)**

This class will focus on developing and "bringing to life" believable characters on stage. Students will analyze characters in-depth to help them further their skill level in acting. For students ages 13 - 18.

FRI • Sept 27 - Nov 1
5:00 - 6:00 PM • Cost: \$85

**BEGINNER JAZZ FOR TEENS
(MUS-006)**

Are you a teenager looking to get the benefits of Jazz Dance? This is the right class for you! Students will experience the grace, athleticism, poise, stretch and conditioning that jazz has to offer. Jazz dance benefits school athletes and artists alike. Prepare for your school musical auditions. Come join us! For students ages 13-18.

MON • Sept 23 - Oct 28
8:00 - 9:00 PM • Cost: \$85

**MUSICAL THEATRE FOR TEENS
(MUS-007)**

Do you love Broadway shows and movie musicals? Musical Theatre class will delve into the techniques of dancing, acting, and singing. Students will learn choreography, scene work, and music from the Broadway genre. For students ages 13-18.

MON • Sept 23 - Oct 28
7:00 - 8:00 PM • Cost: \$85

**HIP-HOP FOR TEENS
(MUS-008)**

Come and learn the exciting, vibrant, and dynamic quality of Hip-Hop dance. Hip-Hop focuses on students' energy with fast-paced movement and choreography from today's music videos. Class meets one hour weekly. Great exercise and great fun! For students ages 13-18.

TUES • Sept 24 - Oct 29
8:00 - 9:00 PM • Cost: \$85

ACRO CLASS FOR KIDS

Students will learn tumbling skills such as cartwheels, handstands, backbends, walkovers, etc. Class will emphasize improving flexibility, strength, balance, and technique through tumbling acrobatics.

(MUS-009)

Ages 6-8
SAT • Sept 28 - Nov 2
11:00 AM - 12:00 PM
Cost: \$85

(MUS-010)

Ages 9-12
SAT • Sept 28 - Nov 2
12:00 - 1 PM
Cost: \$85

A medical exam is recommended for anyone taking courses involving physical activity; all programs are taken at the participant's own risk. Waivers are required of all participants unless you have a doctor's release.

Programs are for adults (ages 17+) unless otherwise noted.

LEARN TO SKI/SNOWBOARD (PHY-003)

Buffalo Ski Club

Ages 7 to adult. Don't let winter get you down - get involved with a popular winter activity! This is a lift/lesson program with experienced instructors designed to introduce you to downhill skiing/boarding or to advance the ability you already have. Buffalo Ski Club now has over 300+ ski-able acres with 42 trails. This is a seven (7) week program.

Group lessons are at 6:30 PM on Wednesdays from 1/01/20 - 2/12/20
7 lessons for \$209.

NOTE: on any Thursday and Friday that the area is open, show your registration card and SKI FREE! On Sundays, ski free from 3 pm to 6 pm!

*Lessons and hours of operation are weather dependent. Please check the website before heading out.

No Gold Card discount.

WED • Jan 1 - Feb 12
6:30 PM Group Lessons
7 group lessons, lift tickets: \$209
Bldg.: 7414 State Rd (Route 240)
Colden, NY



INTRODUCTION TO FLY FISHING (PHY-101)

Larry Kochalski

The Lake Erie Chapter of Fly Fishers International sponsors this instructional event. The first four weeks will cover basic Fly Fishing Skills: casting, knot tying, reading water, the entomology of fishing, different types of flies, and the equipment needed to get started. The last four weeks will be Fly Tying. Classes will cover why we use different types of materials, different types of hooks, how to fish the flies, and explaining the tools needed. No Gold Card discount.

MON
January 27 - March 23; No Class 2/17
6:30 - 8:30 PM
8 Classes: \$85
Bldg: East Middle/ Large Gym/Pool/
Small Cafeteria

Horizon Martial Arts

Classes are held at: 280 Center Road • Wimbledon Plaza

FITNESS KICKBOXING BOOT CAMP (PHY-001)

An upbeat fitness class with an emphasis on cardiovascular training, this class is a great way to get in your best shape. You will condition, strengthen and tone every part of your body, and burn calories big time while practicing techniques on heavy bags. Boxing gloves required.

TUES & THURS
Oct 8 - Nov 19; No Class 10/31
8:00 - 9:00 PM
12 Classes: \$79

MARTIAL ARTS FOR ADULTS (PHY-002)

It's never too late to learn Martial Arts!

If you are an adult interested in learning martial arts you have come to the right place. Whether you are an experienced martial artist that is

new to the area or an adult with a newly found interest in the martial arts we have a selection of classes geared for any age and fitness level. Our Adult Martial Arts program will introduce you to the many benefits of training, including...

- Relieving stress.
- Building strength.
- Helping you lose weight.
- Improving your concentration.
- Learning valuable self-defense techniques for practical real world applications.

Our program is set for all fitness levels; whether this is a first step towards improved health or working towards an ultimate fitness challenge, the adult program is geared for you! Uniform is included.

TUES & THURS
Oct 8 - Nov 5: No class 10/31
7:00 - 8:00 PM
8 Classes: \$59



Classes are taught by Certified Martial Arts instructors. Bring a towel and water bottle.

No Gold Card Discount



No Gold Card discount

BODYSHAPING BY SANDY

Look Good. Feel Good. Get into Shape!

Best fitness classes in WNY!

All Students **MUST REGISTER** through the **Bodyshaping office @ 568-0246** or visit www.bodyshapingbysandy.com

Classes take place at the Southgate Plaza Studio, Union Road @ Seneca Street behind Bath and Body Shop (drive to rear of plaza, look for Bodyshaping sign), unless otherwise noted.

Call to see if you are eligible for FREE or discounted classes through your health insurance!

"All Bodyshaping by Sandy Classes are "mixed level" modifications will be offered to suit every level from beginner to advanced".

Our Fall 2019 semester will start the week of October 7th and will run for 6 Weeks.

Pricing : one day per week \$50 • two days per week \$95.

Classes CANNOT be pro-rated, missed classes may be made up.



TOTAL BODY BOOT CAMP

An ever evolving combination of cardio, bodyweight, and strength training keeps your muscles challenged for the best results. Bring a set of handweights & a floor mat.

MON 5:00 PM
MON 7:00 PM
THURS 4:30 PM
SAT 10:00 AM

PILATES FUSION

Low impact, mat based exercises that build strength, tone and stretch. Pilates Fusion may be traditional mat or include the use of bands, weights, rollers or discs. Bring a floor mat

MON 6:00 PM
WED 6:00 PM
SAT 11:00 AM

RELAX WITH YOGA

Improve your flexibility, decrease stress, and maintain your health. Class will include a series of series of postures to stretch the body. Relax the mind with mediation and breathing exercises. Bring a floor mat

TUE 7:30 PM
THURS 7:30 PM

BODYSHAPING BARRE WORKOUT

is a unique approach to BARRE Workout, fusing the best of Pilates, Yoga, Aerobics and Strength Trainignercises. This workout delivers a Results-Driven Workout that is not only FUN & Dynamic, but will sculpt your body and get you into absolutely AMAZING SHAPE!!! No experience needed. Bring a mat and small weights.

TUE 6:30 PM
THURS 6:30 PM
SAT 8:00 AM

POUND

Jam your way to fitness with this drumming inspired class. Using lightly weighted drumsticks POUND tones your muscles while you rock out. Bring a floor mat

TUE 4:30 PM

ZUMBA

It's an exhilarating, effective, easy to follow Latin dance inspired class that's moving millions of people toward joy and health. Ditch the workout-join the party!

TUE 5:30 PM
THURS 5:30 PM
SAT 9:00 AM

ONLINE COURSES

Learn from the comfort of home!

- 24-Hour Access
- 6 Week Format
- Affordable
- Instructor-Led

Over 300 Online Courses Available!
ed2go.com/wscommmed

SWIMMING

Age restrictions apply to children's swim levels as listed below.
 Children **MUST BE** the minimum age listed by the start of the first class.
Child's Birth Date Must Be Included On The Registration Form.

We use the American Red Cross Levels 1-6 and the Infant and Pre-school program.

Instructors are Red Cross Certified to teach at all levels.

Lifeguard is on deck at all classes.

- All children who are not toilet-trained must wear snug-fitting pants while using the pool - No regular diapers. Please dispose of soiled diapers in receptacle appropriately.
- Please change your children's clothes in the locker room, NOT on the pool deck.
- *Only one parent who is accompanying a child into the pool as part of the swim class (Aqua Babes, Preschool) may be in the pool area during lessons.
- There is no observation area available, and for the safety of all concerned, parents of children in other levels are asked to remain outside the pool until the last five minutes of class. NO SIBLINGS in the pool area, PLEASE!
- Children age 5 and above must use the appropriate locker room, not that of the opposite sex. If you need assistance for your child in the locker room, let us know at registration time so we can make alternate arrangements.

AQUA BABES

Introduction to the pool for babies 6 months-3 years old, with parent/ family member in the water, begin learning motor skills, and teaches parents safety techniques. No regular diapers in the pool; children may wear Swim diapers or a bathing suit.

TODDLER/PRE-SCHOOL SWIM

For 3-5 years old, working with a parent in the water. Songs and games, motor skills, safety and rules. Comfort in the pool is stressed.

LEVEL 1 - INTRODUCTION TO WATER SKILLS

For ages 5-7; basic personal water safety information and skills as well as learning to feel comfortable in the water. Begin developing good swimming habits and safe practices in and around the water.

For each following level, student should hold the previous level card, or be able to demonstrate skills from the previous level. Red Cross Cards will be issued after successful completion of Levels 1-6; progress reports will be issued to students who do not receive a card. (No cards issued for Aqua Babes or Pre-School Swim)

LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS

Ages 5+ expands on fundamental aquatic locomotion and safety skills. Learn to float without support and continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

LEVEL 3 - STROKE DEVELOPMENT

Learn the survival float, elementary backstroke, and how to coordinate the front crawl. Introduction to scissors kick, dolphin kick, treading water, and headfirst entry into the pool.

LEVEL 4 - STROKE IMPROVEMENT

Develops confidence in strokes and safety skills. Introduces the breaststroke, sidestroke, butterfly, and back crawl, as well as basics of turning at the wall.

LEVEL 5 - STROKE REFINEMENT

Coordination and refinement of previous strokes. Participants will increase their distances with each stroke and learn flip turns on their front and back.

LEVEL 6 - SWIMMING AND SKILL PROFICIENCY

Refine strokes so students swim them with more ease, efficiency, power, and smoothness over great distances. Class also covers personal water safety and preparation for more advanced courses. (to age 16)

District Swimming Pools are electronically maintained at 78-82° F

*Children's classes are held at the WEST MIDDLE pool on Tuesdays, Wednesdays and Thursdays and at the EAST MIDDLE pool on Saturdays.

*Adult classes are held at the EAST MIDDLE pool on Tuesdays, Thursdays, and Saturdays, and at the WEST MIDDLE pool on Mondays & Wednesdays.

Check course description for location.

PLEASE - NO EATING at least 30 minutes prior to class!

AQUA BABES

(SWM-001)

WED
 Oct 9 - Nov 13
 5:30 - 6:00 PM
 6 Classes: \$42
 Bldg: West Middle/Pool

(SWM-002)

THURS
 Oct 10 - Nov 21
 6:05 - 6:35 PM
 6 Classes: \$42
 No class 10/17
 Bldg: West Middle/Pool

(SWM-003)

SAT (with Pre-School)
 Oct 12 - Nov 23
 12:30 - 1:00 PM
 6 Classes: \$42
 Bldg: East Middle/Pool

(SWM-004)

SAT
 Oct 12 - Nov 23
 1:10 - 1:40 PM
 6 Classes: \$42
 Bldg: East Middle/Pool

PRE-SCHOOLERS - BEGINNING SWIM

(SWM-005)

WED
 Oct 9 - Nov 13
 6:10 - 6:40 PM
 6 classes: \$42
 Bldg: West Middle/Pool

(SWM-006)

THURS
 Oct 10 - Nov 21
 6:40 - 7:10 PM
 6 classes: \$42
 No class 10/17
 Bldg: West Middle/Pool

(SWM-007)

SAT (with AquaBabes)
 Oct 12 - Nov 23
 12:30 - 1:00 PM
 6 Classes: \$42
 Bldg: East Middle/Pool

LEVEL 1

(SWM-008)

TUES
 Oct 8 - Nov 19
 6:05 - 6:35 PM
 6 classes: \$42
 No class 11/5
 Bldg: West Middle/Pool

(SWM-009)

WED
 Oct 9 - Nov 13
 6:50 - 7:20 PM
 6 classes: \$42
 Bldg: West Middle/Pool

(SWM-010)

THURS
 Oct 10 - Nov 21
 7:15 - 7:45 PM
 6 classes: \$42
 No class 10/17
 Bldg: West Middle/Pool

(SWM-011)

SAT
 Oct 12 - Nov 23
 1:50 - 2:20 PM
 6 classes: \$42
 Bldg: East Middle/Pool

(SWM-012)

SAT
 Oct 12 - Nov 23
 2:30 - 3:00 PM
 6 classes: \$42
 Bldg: East Middle/Pool

LEVEL 2

(SWM-013)

TUES
 Oct 8 - Nov 19
 6:40 - 7:25 PM
 6 classes: \$54
 No class 11/5
 Bldg: West Middle/Pool

(SWM-014)

THURS
 Oct 10 - Nov 21
 7:50 - 8:35 PM
 6 classes: \$54
 No class 10/17
 Bldg: West Middle/Pool

(SWM-015)

SAT
 Oct 12 - Nov 23
 11:00 - 11:45 AM
 6 classes: \$54
 No class 10/13
 Bldg: East Middle/Pool

LEVEL 3 & 4

(SWM-016)

TUES
 Oct 8 - Nov 19
 7:30 - 8:15 PM
 6 classes: \$54
 No class 11/5
 Bldg: West Middle/Pool

(SWM-017)

SAT
 Oct 12 - Nov 23
 9:00 - 9:55 AM
 6 classes: \$54
 Bldg: East Middle/Pool

LEVEL 4

(SWM-018)

SAT
 Oct 12 - Nov 23
 10:05 - 10:50 AM
 6 classes: \$54
 Bldg: East Middle/Pool

LEVEL 5 & 6

(SWM-019)

TUES
 Oct 8 - Nov 19
 8:20 - 9:05 PM
 6 classes: \$54
 No class 11/5
 Bldg: West Middle/Pool

Adult Swim Programs

Classes held at: WEST MIDDLE on Mondays & Wednesdays • EAST MIDDLE on Tuesdays & Thursdays

HIGH INTENSITY WATER AEROBICS

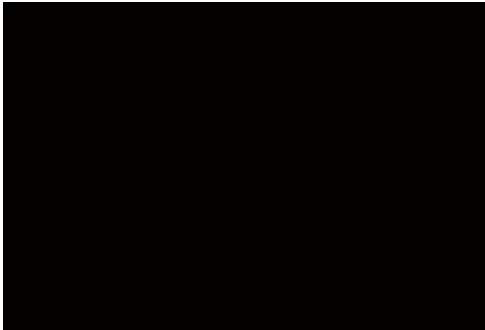
Come and try out this water fitness program that utilizes the resistance of deep water for an invigorating workout! The majority of the class will be held in the deep end of the pool, using flotation belts that assist with buoyancy. You should be comfortable to move around with these belts in deep water.

(SWM-021)

MON
Oct 7 - Nov 18
6:35 - 7:35 PM
5 classes: \$45
No class 10/14, 11/11
Bldg: West Middle/Pool

(SWM-023)

THURS
Oct 24 - Nov 14
6:30 - 7:30 PM
4 classes: \$36
Bldg: East Middle/Pool



WATER AEROBICS

Pool aerobics are designed as a complete exercise program performed in the water for swimmers and non-swimmers alike. This class includes warm-up, exercise period and cool-down. The resistance of the water forces you to activate your muscles to the maximum degree. (An open lane may be maintained for lap swimming - contact instructor to verify availability.)

(SWM-024)

MON
Oct 7 - Nov 18
5:30 - 6:30 PM
5 classes: \$45
No class 10/14, 11/11
Bldg: West Middle/Pool

(SWM-026)

WED
Oct 9 - Nov 13
7:30 - 8:45 PM
6 classes: \$54
Bldg: West Middle/Pool

(SWM-027)

THURS
Oct 24 - Nov 14
7:35 - 8:35 PM
4 classes: \$36
Bldg: East Middle/Pool

(SWM-028)

SAT
Oct 12 - Nov 23
8:00 - 9:00 AM
6 classes: \$54
Bldg: East Middle/Pool

AQUA PASS

(SWM-139)

Kelley Mooar/Kristin McGuinness/Paula Bowen

Do you REALLY enjoy the fun & health benefits of Water Aerobics? You need our new \$139.00 AQUA PASS! You will be able to take as many classes as you like on Tuesday, Thursday evenings and Saturday mornings at East Middle; Monday, Wednesday evening classes are held at West Middle. Take advantage of this introductory offer! You will be issued a laminated AQUA PASS that gives you access to any or all of these 24 classes. This is a savings of \$89 if you attend each available class!

There is NO semester rollover, as new cards will be issued each semester. It's a great way to get all the relaxation and exercise you need at your convenience! NO GOLD CARD discount.

MON, TUES, WED, THURS, SAT • Oct 7 - Nov 23
\$139.00 • West Middle & East Middle/Pool

**PLEASE NOTE ALL BLOCKED DATES
AT EACH POOL!!!**

CANADIAN TRIPS REQUIRE PROOF OF CITIZENSHIP

All passengers going into Canada must present proof of citizenship before boarding the coach. Anyone who cannot show proper ID to the tour escort, will be denied entry onto the coach. Furthermore, there will be no refund given for the missed tour.

Anyone 16 and older traveling, must present one of the following forms of ID: **Passport • Passport Card • Nexus Card or Enhanced NYS Driver's License or any other authorized enhanced license**

Children 15 years old & under will be allowed to travel with their birth certificate, as will teens between the age of 16-18 if they are part of an adult supervised group. Children who are not traveling with a parent, must have a notarized permission note signed by the parent. You will receive a confirmation from Know How Tours.

ALL TRIP PRICES ARE SUBJECT TO CHANGES:

Due to continuously rising fuel costs.

Southtowns pickup is TOPS Parking Lot, 355 Orchard Park Rd - FAR END
Returns times are approximate • No Refunds/Discounts

Know How Tours will send a confirmation after we submit your registration.

CAROLE KING TRIBUTE – MUSICAL TRIBUTE!

Travel to the Seneca Niagara Casino for a Matinee Show event – "TRIBUTE TO CAROLE KING & BROADWAY'S MUSICAL BEAUTIFUL". The Carole King Tribute is a fun-filled, all-male revue, with a hilarious script of family-friendly comedy, custom musical arrangements from the same team that brought you award winning "Beautiful" on Broadway, and a cast straight from NYC - this show is guaranteed to entertain you! The Locomotion, Will You Still Love Me Tomorrow, I Feel the Heart Move, So Far Away, You Make Me Feel Like A Natural Woman, & It's Too Late, and all chart topping hits you know and love from Carole King and the musical, Beautiful, will transport you back in time and have everyone feeling like it's a Friday night on Broadway! Come and enjoy the music that inspired an entire generation.

Seating in event center is General Seating - first come, first serve. You will receive a ticket to the 2:00 pm show, \$20 Seneca Slot Dollars & Free Buffet food voucher. Valid photo ID (passport or driver's license) is required to receive the Casino incentive. Bring your Seneca Players Card if you have one.

(TRP- 001)

TUE • Oct 8

Cost: \$85.00

Depart: 8:30 am; return: 5:30 pm

LETCHWORTH ARTS & CRAFTS SHOW – ANNUAL EVENT!

Begin with Lunch at the Glen Iris Inn, located in Letchworth State Park. Then proceed to the Annual LETCHWORTH ARTS & CRAFT SHOW, sponsored by the Arts Council of Wyoming County. The Letchworth Arts & Crafts Show, sponsored by the Arts Council for Wyoming County, presents the finest of artists, artisans and craftspeople from all over the country. The show takes place at the Highbanks Recreation Area of Letchworth State Park. Enjoy peak fall foliage at the spectacular "Grand Canyon of the East" along with the best in pottery, paintings, quilts and fiber arts, handcrafted jewelry, photography, furniture, decorative painting, dried floral pieces and more -- just in time for holiday gift shopping. Over 300 artisans display their wares along with plenty of food vendors and many other activities for the whole family. It's just in time for holiday shopping. Over 300 artisans display their wares along with plenty of food vendors and many other activities for the whole family. Have approximately 3-½ hours to visit the 300+ Craft Vendors. Please wear comfortable walking shoes – there IS walking involved in this tour.

Choose One Entrée:

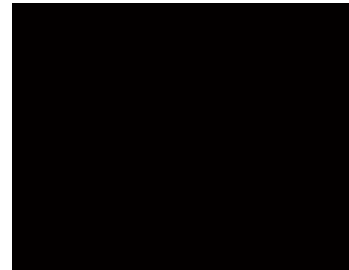
- Lemon Pepper Chicken – boneless chicken with a lemon pepper cream sauce
- Sliced Sirloin of Beef served w/mushroom sauce

(TRP- 002)

SAT • Oct 12

Cost: \$89.00

Depart: 10:00 am; return: 6:00 pm



SENECA ALLEGANY CASINO – FREE SLOT DOLLARS!

We're on our way to SENECA ALLEGANY CASINO in Salamanca, NY. It's a fun-filled day with excitement worth sharing. Enjoy a fun-filled motor coach tour New York State's premier gaming attraction ... Seneca Allegany Casino & Hotel. This casino is set within the beautiful landscape of Salamanca, NY, featuring over 68,000 sq. ft. of gaming action including over 2,000 slot machines and 40 table games. Five hours of gaming includes \$45 IN FREE SLOT DOLLARS upon arrival at the Casino. While you are at this great gaming facility, enjoy the great dining at their world-class buffet.

The casino incentive is an offering of the casino and, as such, is subject to change without notice. Remember to bring your Seneca Social Card, or you can apply for one upon arrival - card needed to receive incentive. A valid state or federally issued ID (passport or driver's license) required. Card and ID required to receive incentive - no exceptions.

(TRP-003)

MON • Oct 21

Cost: \$35.00 (includes \$45 Free Slot Play)

Depart: 10:30 AM; return: 6:30 PM

DEL LAGO CASINO MONDAY MADNESS - FREE SLOT DOLLARS PLUS BUFFET!

"del Lago", in Italian, means "of the Lakes." The DEL LAGO CASINO is located in Waterloo, NY at Exit 41 of the NYS Thruway in the heart of the Finger Lakes. At this casino resort, "del Lago" means much more - it's a way of life, a ready-for-anything attitude that's a spicy mix of old world charm and homegrown hospitality. Come experience over 2,000 of the hottest slot machines, 75 of the most thrilling table games including a 10 table Poker Room. Dine in a wide variety of dining options including a locally sourced buffet, premium steakhouse and more! Come explore this NEW gaming facility everyone is talking about!

Guests receive \$25.00 free slot play plus buffet. Register for a del Lago reward card upon arrival; card needed to receive incentive. Valid photo ID (passport or driver's license) is required to receive the Casino incentive.

(TRP-004)

Mon, Oct 28

Cost: \$35 (\$25 Free Slot Play and Lunch Buffet)

Depart: 8:00 AM; return: 6:30 PM

THE RAT PACK – MUSICAL TRIBUTE TO DEAN, FRANK, AND SAMMY!

Travel to the Seneca Allegany Casino for a Matinee Show event – “THE RAT PACK – A MUSICAL TRIBUTE TO DEAN, FRANK, AND SAMMY.” Relive the days of Frank Sinatra, Dean Martin, and Sammy Davis Jr. in this popular entertaining Las Vegas tribute show backed by a Vegas style band. It’s vintage Vegas at its best. This show is a musical tribute of the infamous Rat Park, filled with energy, spontaneity, and humor. The chemistry between these artists is contagious and their interpretation of these three great entertainers is so life like. They are the real deal with that crazy cuckoo style. This Rat Park Tribute Show proves Old Vegas is here to stay!

Seating in event center is General Seating - first come, first serve. You will receive ticket to the 2:00 pm show, \$20 Seneca Slot Dollars & Free Buffet food voucher. Valid photo ID (passport or driver’s license) is required to receive the Casino incentive.

(TRP-005)

TUE • Nov 5

Cost: \$85.00 (includes \$20 Free Slot Play and Lunch Buffet)

Depart: 8:30 AM; return: 5:30 PM

CASTLES & MEDIEVAL TIMES – DINNER AND TOURNAMENT IN TORONTO!

CASA LOMA, Toronto’s majestic castle is a Gothic Revival style house and gardens in midtown Toronto, Ontario, Canada, that is now a museum and landmark. It was built as a residence for financier Sir Henry Mill Pellatt. Casa Loma was constructed from 1911 to 1914. We will make a brief pay on own stop en route to Toronto, or you may wish to grab a snack in their café. Later this afternoon, enjoy MEDIEVAL TIMES DINNER & TOURNAMENT in Toronto. There’s lots of fun in store for you today at this family friendly event! This is your chance to step back in times; experience what it’s like to be taken back in time & enjoy the adventures of the Middle Ages while enjoying a royal feast as they did back in the day. In this modern world, a place still exists where knights battle for their kingdoms honor. Dinner & show are in a magnificent setting – watch valiant knights compete in their centuries old Tournament of Games. You can expect to see a remarkable display of horsemanship, sword fights, jousting matches and more! **PROOF OF CITIZENSHIP REQUIRED.**

MEDIEVAL MENU: Garlic Bread, Tomato Bisque Soup, Roasted Chicken, Corn Cobbette, Herb-Based Potato, Pastry and soft drink/non-alcoholic beverage. Vegetarian available upon request.

(TRP-006)

SUN • Nov 10

Cost: \$135.00; kids 12 & under \$125

Depart: 9:00 AM; return: 9:00 PM

CORNING MUSEUM OF GLASS – HOLIDAY ORNAMENT FUN!

We will travel the scenic route to Corning, NY. Upon arrival at the CORNING MUSEUM OF GLASS, we will be split into two groups. Everyone will participate in the “Hands-On” Workshop - making a personalized glass holiday ornament - and enjoy a sit down lunch at the Corning Museum of Glass Auditorium. A docent-led tour of the Museum is included. We will continue to explore the museum on your own—see the Hot Glass Show & other scheduled demonstrations. A rest stop will be made on the way down, and a quick rest/ food stop on the way home.

Choose One Entrée:

- Pan Seared Chicken Breast with Lemon Sauce, Jasmine Rice, and Fresh Vegetables
- Beef Medallions with Mushroom Wine Sauce, Jasmine Rice, and Fresh Vegetables
- Vegetable Lasagna with Béchamel Sauce

Note: your glass work must “cure” overnight and will be shipped to Know How Tour’s Hamburg office where you can pick it up.

(TRP-007)

SUN • Nov 17

Cost: \$129.00

Depart: 8:00 AM; return: 8:30 PM

“A SINATRA CHRISTMAS – MY WAY”

Dine at the beautiful, fully decorated Salvatore’s Italian Gardens before you experience a fantastic tribute show, “A SINATRA CHRISTMAS-MY WAY” starring Buffalo’s own, Gary Quatrani. Gary brings to life timeless classics from Frank Sinatra, one of the most popular and influential musical artists of the 20th century in this incredible tribute show. Gary includes Sinatra favorites and festive holiday songs all in this afternoon. It’s an “all new” exclusive show for the holiday season! Come and be entertained, reminisce and sing along! “IT’S A SINATRA CHRISTMAS-MY WAY” –uplifting holiday show and entertainment that will be one to remember! Book early to avoid disappointment – this holiday event is a sell-out every year.

Choose One Entrée:

- Lemon-Caper Chicken: Seasoned chicken breast seared then topped with lemon caper sauce
- Bruschetta Tilapia: Seasoned and topped with bruschetta and asiago cheese
- Vegetarian/Vegan Entrée: Spiral ribbon vegetables seared on a bed of ancient grains with marinara sauce (cash bar available)

(TRP-008)

MON • Dec 2

Cost with transportation: \$75.00; Lunch and Show only: \$49.95

Depart: 10:30 AM; return: 3:30 PM

“12 HOURS IN THE CITY” - NEW YORK CITY!

Travel to the BIG APPLE with two rest stops. Arrive in Midtown Manhattan (Rockefeller Center) at 8:00 am Saturday and have free time until 8:00 pm (Columbus Circle pick-up). Suggestions to do (at your own cost): shop or see a Broadway show; visit a museum or art gallery; see the Statue of Liberty; visit the Empire State Building; see the 911 Memorial.

To make the best of your time in the City, each person will receive order forms, pamphlets, a map, and other info a few weeks before departure. We advise waiting to purchase any theater tickets until 1 month prior to departure.

(TRP-009)

FRI • Dec 6 – Sun, Dec 8

Cost: \$105.00

DEPART

Friday: 11:30 PM

12 HOURS IN THE CITY

Saturday: 8:00 AM Approximate arrival in NYC

8:00 PM Depart NYC

RETURN

Sunday: 3:30 AM

THE LETTERMEN – HITS AND HOLIDAY SHOW!

Travel to the Seneca Niagara Casino for a Matinee Show event – “THE LETTERMEN – HITS AND HOLIDAY SHOW”. Three young men in letter sweaters burst onto the music scene in 1961 with “The Way You Look Tonight”. Twenty million records and over 10,000 sold out concerts later, The Lettermen continue touring, romancing audiences around the world with each note of every song. This special holiday show will warm your heart, combining holiday classics with Lettermen favorites like “Put Your Head on My Shoulder,” “Hurts So Bad,” “Moments to Remember,” “Goin’ Out of My Head/Can’t Take My Eyes Off of You” and MORE!

Seating in event center is General Seating - first come, first serve. You will receive ticket to the 2:00 pm show, \$20 Seneca Slot Dollars & Free Buffet food voucher. Valid photo ID (passport or driver’s license) is required to receive the Casino incentive. Bring your Seneca Players Card if you have one.

(TRP-010)

Tues, Dec 10

Cost: \$85.00

Depart: 8:30 AM; return: 5:30 PM

1. Payment must accompany registration.

Make checks payable to West Seneca Central Schools. Registrations for SCHOOL DISTRICT RESIDENTS will be processed in the order they are received. Registrations for NON-RESIDENTS will be processed as received beginning the SECOND week of registration, and will be charged a \$5.00 non-resident fee per semester (not per course).

2. Lab Fees are not discounted and are paid directly to the instructor; do NOT include them with your registration. However, Food Fees ARE paid along with your registration, and also are not discounted.

3. Refunds:

- a. Are given in full if we cancel a class. Allow 4-6 weeks for processing of refund checks.
- b. If you withdraw one week prior to the class start date: refund less \$5 processing fee.
- c. A credit (minus \$5) will be recorded in our computer for withdrawals received less than one week prior to a class.
- d. NO refunds will be given for withdrawals received on or after the first class session of any course.

EXCEPTIONS: refunds or credits for medical reasons may be issued at the discretion of the Director at any time during a course, with a physician's verification before the course ends.

Acceptable Use Policy

Required for those taking computer courses West Seneca Central School District has established an Acceptable Use Policy for use of district computers. The policy states that all Students (day and night school) must be responsible for computer equipment they use. Also included is a statement that prohibits access to computerized information resources with inappropriate content. By signing up for a West Seneca Central Continuing Education course, you are agreeing to the district's Acceptable Use Policy. For additional information, call Continuing Education at 677-3180.

5 WAYS TO REGISTER!

Walk It In! Upon receipt of the Brochure, East Middle School/Community Education/Door #37
8:30AM - 6:00PM Monday-Thursday • 8:30 AM - 3 PM Friday

Mail registration begins Now!

**Charge, Checks or Money Order.
Payable To West Seneca Central School.**

MAIL REGISTRATION FORM WITH PAYMENT TO:
West Seneca Community Education • 1445 Center Road
West Seneca, NY 14224-3292

Telephone Registration

DISCOVER / VISA / MASTERCARD

BE PREPARED TO READ YOUR CREDIT CARD NUMBER AND CLASS CHOICES. **677-3107**

Fax Registration

AVAILABLE 24 HRS. A DAY
7 DAYS A WEEK

677-3244
CREDIT CARDS ONLY!

Register Online Now!

CREDIT CARDS ONLY!
www.wscschools.org/commed
click on Web Store

CLASS CANCELLATION

Classes may be cancelled if less than twelve persons enroll. The Board of Education or Director of Community Education reserves the right to withdraw any course offered.

SCHOOL CLOSING

When the school is closed because of weather conditions, all Community Education classes will likewise be closed; announcements that activities are cancelled will be made over local radio and TV stations prior.

GOLD CARD

We are pleased to offer Senior Citizens (over 60) who are RESIDENTS of the West Seneca School district or retired school district employees a 50% discount off MOST class fees. Computer classes, contract exercise programs (i.e. Sandy's, Horizon), and Trips/Tours are generally full price. You may obtain a Gold Card at the Community Education Office during regular office hours; bring your driver's license as proof of age and residency.

MEDICAL EXAMINATION

A medical exam is recommended for anyone taking courses involving physical activity. Community Education is not responsible for personal injuries or personal loss. West Seneca School District does not accept any liability for injury resulting from a medical condition whether known or unknown. Waivers are required of all who participate in physical education or swimming classes unless your doctor issues a health certification.

SMOKING

There is no smoking permitted in schools or anywhere on school grounds BY LAW. Thank you for your cooperation.

INSTRUCTIONAL STAFF

Our instructors are here to share with you a skill, talent or expertise that they possess. The opinions shared by the instructors are not necessarily the opinions of Community Education or the District. They are not required to be a certified teacher, although many have certifications in their own fields of expertise; see our website for instructor biographies.

NON-DISCRIMINATION POLICY

The West Seneca Central School District is committed to equal opportunity in educational programs and employment. It is our policy to provide equal opportunity for all qualified applicants, students and employees; and to prohibit discrimination on the basis of race, color, sex, religion, national origin, age, handicap or marital status.

WEST SENECA CENTRAL SCHOOL DISTRICT CONTINUING/COMMUNITY EDUCATION REGISTRATION FORM

Last Name _____ First _____ Address _____ City or Town _____ Zip Code _____

Daytime Phone # _____ Evening Phone # _____ date of birth _____ email address _____

West Seneca School District Resident Yes No (*Non-Residents add \$5.00/Quarter Fee*) Gold Card No. _____

LIST BELOW THE CLASSES FOR WHICH YOU ARE REGISTERING. PLEASE INCLUDE COURSE CODE NO. NO REFUNDS ONCE CLASSES BEGIN.

COURSE CODE No.	COURSE TITLE	DAY	TIME	CLASS FEE
1. _____ - _____	_____	_____	_____	\$ _____
2. _____ - _____	_____	_____	_____	\$ _____
3. _____ - _____	_____	_____	_____	\$ _____

Non-Resident Fee (\$5 if applicable) \$ _____

Credit Card Fee (\$1 if applicable) \$ _____

Method of Payment (check one) Credit Card Check/money order payable to West Seneca Central Schools Cash

DISCOVER/VISA/MC CREDIT CARD # _____
DEBIT CARDS NOT ACCEPTED

TOTAL ENCLOSED \$ _____

**DO NOT INCLUDE LAB/BOOK FEES
LAB FEES ARE TO BE PAID
TO THE INSTRUCTOR**

SIGNATURE _____ EXP. DATE _____ SECURITY CODE _____

INFORMATION: 677-3107