

WEST SENECA COMMUNITY EDUCATION

[www.wscschools.org/commed](http://www.wscschools.org/commed)

# Learning for Life's Seasons

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**PAID**  
BUFFALO, NY  
Permit No. 3317

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

\*\*\*\*\*ECRWSS  
POSTAL CUSTOMER

**SPRING 2019**  
**APRIL 29<sup>th</sup> - JUNE 8<sup>th</sup>**



## **WELCOME ...**

to the Spring 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 call TODAY! Courses fill up fast, so don't miss YOUR chance to sign up.

If you have a hobby, interest, or skill YOU would like to teach, let us know! We'd 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 Cline..... Senior Clerk  
Suzanne Merkwa ..... Clerical  
Tracy Schork..... Clerical

### **Community Education Advisory Committee**

Nubia Cawthard                      John Morrison  
Vincent Dell'Oso                    Michele Owcarz  
Tracy Spagnolo                    Carmelina Persico  
Dr. Carolyn Kadlec                Wallace Piotrowski  
Dolores Mendolia                Gerald Warren  
Brownie Michalczak

### **Board of Education Liasons**

Edmund Bedient  
Kate Newton  
Lawrence Seibert

**Online Registration**  
**available @wscschools.org/commed**  
**click on Web Store**

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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](http://www.allprotutoring.com)**

#### **9-HOUR SAT TEST PREP COURSE (ACA-001)**

Get a jump start on your SAT test preparation! This comprehensive course introduces students to the SAT test with emphasis on test-taking strategies, testing information, how to best prepare for the SAT test, and practice questions in each subject. Course includes: workbook/study materials and a free simulated SAT test. For the simulated test schedule and registration information visit: [www.allprotutoring.com](http://www.allprotutoring.com) 2019 SAT Dates: June 1 & August 24. Students are welcome to bring a snack to class.

THURS/TUES/THURS  
May 16, 21 & 23  
5:30 - 8:30 PM  
3 Classes: \$125  
Bldg.: EM/Rm. 151

#### **4-HOUR ACT BOOT CAMP (ACA-002)**

Get a jump start on your ACT test preparation! The ACT Test is held in equal esteem as the SAT test by most colleges and universities. This comprehensive review course introduces students to the ACT test and includes: test-taking strategies, testing information, study materials and a free simulated ACT test. For the simulated test schedule and registration information visit: [www.allprotutoring.com](http://www.allprotutoring.com) 2019 ACT Test Date: June 8. Students are welcome to bring a snack to class.

TUES & THURS  
June 4 & 6  
6:00 - 8:00 PM  
2 Classes: \$65  
Bldg.: EM/Rm. 13

### **ABBREVIATIONS**

**You are responsible for noting your class location!**

- |  |  |  |
|--|--|--|
| <b>AE</b> - Allendale Elementary<br>1399 Orchard Park Road | <b>EBZ</b> - Ebenezer Building<br>900 Mill Road          | <b>WI</b> - Winchester Elementary<br>650 Harlem Road |
| <b>CE</b> - Clinton Elementary<br>4100 Clinton Street      | <b>NE</b> - Northwood Elementary<br>250 Northwood Avenue | <b>WM</b> - West Middle<br>395 Center Road           |
| <b>EM</b> - East Middle<br>1445 Center Road                | <b>DO</b> - District Offices<br>675 Potters Road         | <b>WS</b> - West High School<br>3330 Seneca Street   |
| <b>ES</b> - East High School<br>4760 Seneca Street         | <b>WE</b> - West Elementary<br>1397 Orchard Park Road    |  |

**DEFENSIVE DRIVING WORKSHOP  
Ralph Sellito**

Learn how to avoid car crashes and collisions, what aggressive driving and road rage are and the latest about DWI and drugs. Attendees can apply to their insurance company for a 10% reduction in liability and collision for 3 years, or a reduction of 4 points from your record within the past 18 months. Bring your driver's license and a pen. *No Gold Card discount.*

**(SEL-001)**  
TUES & WED • May 7 & 8  
6:00 - 9:00 PM  
2 Classes: \$37  
Bldg.: WE/Board Rm

**(SEL-002)**  
TUES & WED  
June 4 & 5  
6:00 - 9:00 PM  
2 Classes: \$37  
Bldg.: WE/Board Rm

**THE EBENEZERS- WEST SENECA'S COMMUNITY OF TRUE INSPIRATION  
(ACA-003)**

**James Pace, Town Historian**

This class traces the fascinating history of the Ebenezers - a German speaking religious sect who fled persecution to become the first large group of European settlers to settle in what is now West Seneca. The interesting transition from Native American lands to a communalist religious society is reviewed as well as the unique religious practices of the people known as the Community of True Inspiration. *A powerpoint program of historic images accompanies the talk. No Gold Card discount.*

MON • May 6  
6:30 - 9:00 PM • 1 Class: \$20  
Bldg.: ES/104

**NOTARY PUBLIC TRAINING COURSE  
(SEL-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.*

TUES • May 21  
6:30 - 9:00 PM • 1 Class: \$60  
Bldg.: ES/Rm 104

**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](http://www.empiresafetycouncil.com)

Enter code: **WS5** (to get \$5.00 discount) • Fee: \$44.95 (\$39.95 after discount!).

*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)**

At the Before and 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, jewelry making, 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.**

For more information, contact:

**Stephanie Wright**  
Coordinator

[swright01@wscschools.org](mailto:swright01@wscschools.org) or call 677-3185

**BUYING AND/OR SELLING A HOME  
(BUS-001)**

**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!

THURS • May 9  
6:00 - 8:00 PM • 1 Class: \$5  
Bldg.: EM/Rm 13

**EVERYTHING YOU NEED TO KNOW BEFORE YOU BUY A HOME!  
(BUS-002)**

**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) will give a short overview of the process of buying a home, budgeting for home repairs, taxes/insurance, and answer any of your questions.

WED • May 1  
7:00 - 9:00 PM • 1 Class: \$15  
Bldg.: EM/Rm 13

**EVERYTHING YOU NEED TO KNOW BEFORE YOU SELL A  
House!  
(BUS-003)**

**Maureen Prinzbach**

Get professional advice on how to price, prepare, and show your home. A panel of experts (Attorney, Home Inspector, Appraiser, and a Real Estate Broker) will give a short overview on the process of selling a home, including a question and answer time.

WED • May 8  
7:00 - 9:00 PM • 1 Class: \$15  
Bldg.: EM/Rm 13



**HOW TO PROTECT AND PRESERVE YOUR MONEY FROM MEDICAID AND  
A NURSING HOME EVENT  
(BUS-004)**

**Lester J. Robinson, FICF, DTM, CLTC**

- Learn how to reduce the emotional and financial issues of a Medicaid and a Nursing Home Event.
- Learn how to keep more of your Money from Medicaid.
- Understanding and avoiding the Medicaid Estate Recovery and Medicaid's 5-year look-back period.
- How to avoid Medicaid spend down mistakes.
- What other Long-Term Care Options are available.
- Maintaining eligibility for Medicaid.
  - Using the *LeSLTC* process to protect and preserve your money from Medicaid.
  - Protect your personal choices and financial independence.
  - Remove the hidden financial threats to your money by Medicaid and inflation.

WED • May 1  
6:00 - 8:00 PM • 1 Class: \$15  
Bldg.: ES/Rm 107

**CSRS & FERS FEDERAL BENEFITS REVIEWED AND  
EDUCATIONAL UPDATES ON YOUR PRESENT FEDERAL  
BENEFITS PROGRAM  
(BUS-005)**

**Lester J. Robinson, FICF, DTM, CLTC**

**\*\*This class is for retired and current employee and spouses of Federal Employees Program only. The topics to be covered will be:**

- Lifetime Annuities Benefits
- Buying Back Time
- Thrift Saving Plan
- Survivor Benefit Options
- Federal Employees Group Life Insurance
- Long-Term Care Insurance
- Estate Planning

TUES • May 28  
6:00 - 8:00 PM • 1 Class: \$15  
Bldg.: ES/Rm 107

**SAVVY IRA AND RETIREMENT PLANNING  
(BUS-006)**

**Robert K. Wilczak & Aaron E. Rybak, Foresters Financial**

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.

TUES • June 4  
6:00 - 8:00 PM • 1 Class: \$5  
Bldg.: ES/Rm 107

**SAVVY SOCIAL SECURITY PLANNING  
(BUS-007)**

**Robert K. Wilczak & Aaron E. Rybak, Foresters Financial**

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?

TUES • May 14  
6:00 - 8:00 PM • 1 Class: \$5  
Bldg.: ES/Rm 107

**RISKONOMICS  
(BUS-008)**

**Robert K. Wilczak & Aaron E. Rybak, Foresters Financial**

What you'll learn: Strategies for investing in a volatile market while planning for your retirement goals; Strategies for generating income; Making sure you do not outlive your retirement assets; Common retirement pitfalls; Taking distributions in retirement.

TUES • April 30  
6:00 - 8:00 PM • 1 Class: \$5  
Bldg.: ES/Rm 109

**UNDERSTANDING LIFE INSURANCE  
(BUS-009)**

**Robert K. Wilczak & Aaron E. Rybak, Foresters Financial**

Answers questions such as: How much do I need? What type of insurance should I buy? What are the benefits?

THURS • May 30  
6:00 - 8:00 PM • 1 Class: \$5  
Bldg.: ES/Rm 107



**SOCIAL SECURITY FOR WOMEN  
(BUS-010)**

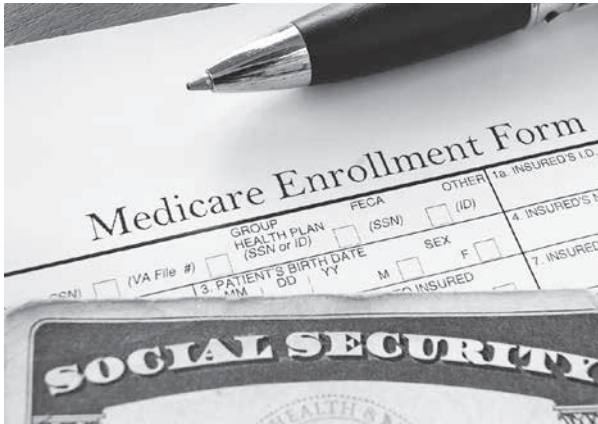
**Robert K. Wilczak & Aaron E. Rybak, Foresters Financial**  
 Answer questions such as: How can I maximize my benefits? Are there survivor benefits if my husband or ex-husband dies? If I get divorced, are there divorced spouse benefits? How can I best coordinate retirement benefits with my husband?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

TUES • May 28  
 6:00 - 8:00 PM • 1 Class: \$5  
 Bldg: ES/Rm 109

**NYS PUBLIC SCHOOL EMPLOYEE RETIREMENT OPTIONS  
“MAKING SENSE OF IT ALL”  
(BUS-011)**

**Robert K. Wilczak & Aaron E. Rybak, Foresters Financial**  
 NYS Teachers and employee retirement options; Explanation of benefits; Retirement plan payout options; Understanding your Social Security benefits.

TUES • May 7  
 6:00 - 8:00 PM • 1 Class: \$5  
 Bldg: ES/Rm 104



**SAVVY MEDICARE PLANNING  
(BUS-012)**

**Robert K. Wilczak & Aaron E. Rybak, Foresters Financial**  
 What you'll 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.

TUES • May 21  
 6:00 - 8:00 PM • 1 Class: \$5  
 Bldg: ES/Rm 109

**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.*

**WINDOWS 10\*  
(COM-001)**

**Greg Grzymala**

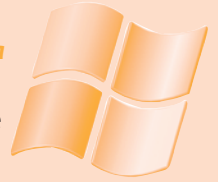
This course will concentrate on Windows 10, including navigation, settings, control panel, and moving around the desktop. We will also spend time creating folders and files within Windows.

WED & THURS • May 1 & 2 • 6:00 - 9:00 PM  
 2 Classes: \$42 • Lab fee: \$5/handouts • Bldg: WE/Library

**MICROSOFT® OFFICE PROGRAMS**

**MICROSOFT WORD LEVEL 1\*  
(COM-002)**

*with Greg Grzymala*



**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 • May 8 & 9 • 6:00 - 9:00 PM  
 2 Classes: \$42 • Lab fee: \$30/manual • Bldg.: WE/Library

**MICROSOFT WORD LEVEL 2\*\*  
(COM-003)**

**Greg Grzymala**

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

WED & THURS • May 15 & 16 • 6:00 - 9:00 PM  
 2 Classes: \$42 • Lab fee: \$5/handouts • Bldg.: WE/Library

**MICROSOFT EXCEL LEVEL 1\*\*  
(COM-004)**

**Greg Grzymala**

This class covers spreadsheet construction from entering data to manipulating data and formulas. Discover shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently. Write powerful formulas & functions, sorting and analyzing data. Students must have solid knowledge of Windows 10.

WED & THURS • May 29 & 30 • 6:00 - 9:00 PM  
 2 Classes: \$42 • Lab fee: \$30/manual • Bldg.: WE/Library

**MICROSOFT EXCEL LEVEL 2\*\*  
(COM-005)**

**Greg Grzymala**

This class continues on learning from the first class with an emphasis on functions, lists, and analyzing data. We will also show how to visualize data using charts, PivotTables and PivotCharts. Students must have knowledge of Excel Level 1 concepts.

WED & THURS • June 5 & 6 • 6:00 - 9:00 PM  
 2 Classes: \$42 • Lab fee: \$30/manual • Bldg.: WE/Library

# Featured Classes Online Through Ed2Go

Courses start at \$89.

\*Instructor led courses start every 4-weeks and run for 6-weeks.

Spring Sessions begin:  
April 17, May 15, or June 12



For more information and to register go to [www.ed2go.com/wscammed](http://www.ed2go.com/wscammed). There you can find out about the more than 300+ classes that are offered; as well as prerequisites, software needs, specific lessons, and instructor biographies.

\*Self-Paced Tutorials can be started at anytime and run for 24- to 72-hours.

*No Gold Card discount on any online programs*

## 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'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

## ACCOUNTING FUNDAMENTALS

Demand for accounting professionals currently exceeds supply. If you're interested in increasing your financial awareness while also gaining a marketable skill, this course is for you. You'll learn the basics of double-entry bookkeeping, as well as how to analyze and record financial transactions. You'll get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities. We'll cover all the bases, from writing checks to preparing an income statement and closing out accounts at the end of each fiscal period. Whether you're a sole proprietor looking to manage your business finances or you simply want to gain an understanding of accounting basics for career advancement or for personal use, this course will give you a solid foundation in financial matters.

## A TO Z GRANT WRITING

A to Z Grant Writing is an invigorating and informative course that will equip you with the skills and tools you need to enter the exciting field of grant writing! You'll learn how to raise needed funds by discovering how and where to look for potential funders who are a good match for your organization. You'll also learn how to network and develop true partnerships with a variety of funders, how to organize a successful grant writing campaign, and how to put together a complete proposal package. This course speaks mainly to nonprofit organizations, schools, religious institutions, and municipalities seeking grants from foundation, corporate, government, and individual donors. It's also an excellent primer for individuals wishing to become grant writing consultants or community grant writing volunteers. Many of this course's elements also easily translate to the for-profit field and to individual artists, and material specifically designed for businesses and individuals is included. No matter who you are or what level of experience you have, you'll find the A to Z of writing and submitting successful proposals here!

## CREATING WORDPRESS WEBSITE SERIES

Want to build an attractive, sophisticated blog or website—without having to learn how to code? WordPress.org is the answer! WordPress.org is one of the world's most popular web design tools. It's free and easy to use, and it produces professional results. This series of courses will take you from having zero experience and knowledge of web design to more advanced techniques. You don't need any website publishing experience to get started. And, you'll walk away with your very own website and have the ability to manage it. To take this series, you should be willing to open a hosting account, which costs approximately \$120 a year.

## EFFECTIVE BUSINESS WRITING

Do you have a nagging suspicion that a small improvement in your writing skills might also improve your career prospects? Don't let small gaps in your business writing skills prevent you from reaching your full potential! It doesn't matter whether you're a clerical worker, an engineer, or an executive. If you communicate with others in writing, you need this course to help you identify and eliminate problem areas. By the end of this course, you'll know the secret to developing powerful written documents that immediately draw readers in and keep them motivated to continue until your very last, well-chosen word.

## WRITING AND EDITING VALUE SUITE

**Grammar Refresher** The key to effective writing and speaking is English grammar. Whether you are just now learning the basics of grammar or if you need a refresher, this course will help you develop the foundational skills you need. In this course, you'll explore the eight parts of speech, punctuation and mechanics, foundational sentence construction, and we'll even get into the details of phrases, clauses, problem words, common grammar mistakes, and much more! An instructor will guide you every step of the way as you learn grammar through hands-on, practical exercises. You'll also learn through short videos, examples, and even fun games. Take your writing and speaking to the next level of excellence!

**Writing Essentials** Master the essentials of writing, and become the stellar wordsmith you always wanted to be! In this course, you'll develop the skills you need to excel at business communications, express yourself clearly online, and take your creative literary talents to a new level. Whether you're hoping to get a better job, write for a blog, or publish your short story, this course will give you the writing tools you need for success.

**Effective Business Writing** Do you have a nagging suspicion that a small improvement in your writing skills might also improve your career prospects? Don't let small gaps in your business writing skills prevent you from reaching your full potential. It doesn't matter whether you're a clerical worker, an engineer, or an executive. If you communicate with others in writing, you need this course to help you identify and eliminate problem areas. By the end of this course, you'll know the secret to developing powerful written documents that immediately draw readers in and keep them motivated to continue until your very last, well-chosen word.

## EDUCATOR'S FUNDAMENTALS SERIES

**Solving Classroom Discipline Problems I** Why do some teachers enjoy peaceful, orderly classrooms while others face daily discipline battles? The answer is that some teachers know the secrets to solving discipline problems. This course reveals those secrets and presents a step-by-step approach to effective, positive classroom discipline.

**Solving Classroom Discipline Problems II** In this professional development course, you'll get the teacher training you need to deal effectively with serious discipline problems and help even the most challenging students you're teaching make more responsible choices. You'll discover how to use a new research-based six-step approach to solve severe and chronic discipline problems, including bullying, fighting, using abusive language, stealing, and refusing to work.

**Teaching Students with ADHD** Children with attention deficit hyperactivity disorder (ADHD) are always hearing things like "Try harder," "Pay attention," and "Sit still." And they'd love to do these things; but they don't know how. In this course, you'll discover practical ways to help children with ADHD control their behavior and succeed in school.

### **ACHIEVING SUCCESS WITH DIFFICULT PEOPLE**

Do you know people whose behavior makes completing even the simplest tasks difficult? Would you like to learn how to have more successful relationships with difficult bosses, co-workers, students, neighbors or family members? Join this class and get helpful information for understanding yourself, solving people problems, and improving your relationships and personal and professional productivity.

### **QUICKBOOKS 2018 SERIES**

Learn to manage the financial aspects of your small business quickly and efficiently using QuickBooks 2018 and how to utilize the in-depth features in the software to apply to certain business situations.

### **USING SOCIAL MEDIA IN BUSINESS**

One of the biggest challenges for most business owners is to find a continuous supply of new customers. Over the past decade, some have differentiated themselves by leveraging the Internet and social media to do just that. Whether you consider yourself a social media novice or a seasoned veteran, this course will give you a solid foundation and thorough understanding of what social media is and how you can use it to grow your business. As you progress through the course, you'll master a simple process for making social media work for you. You'll learn about the five most popular social media platforms—Facebook, Twitter, LinkedIn, Pinterest, and Instagram—and study secrets for using them and other social media platforms to promote your business. You'll also see how you can build a social media team and automate your social media activities so that you can leverage the power of social media without adding another full-time job to your plate. And finally, you'll gain techniques for measuring and tracking your social media success. In today's fast-paced and globally connected environment, social media is a game changer for businesses and business owners who use this powerful medium in the right way. So whether you're looking for a new way to market your business or simply hoping to gain a better understanding of the excitement that surrounds social media, this course will empower you.

# 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](http://ed2go.com/wscommmed)**



# Online Career Training Programs

Our online programs can start you on a path to an in-demand profession or help advance your current career with industry certification. You may begin these programs at any time and learn at your own pace. Upon successful completion of all coursework, you will receive a certificate of completion.

All materials are included in the program fees. Each course has an instructor assigned to answer questions and solve student problems.

## Features:

- 6-18 month self-paced, start anytime
- Textbook and materials included
- Prepare for industry certification
- Certification exam vouchers are included
- Financial assistance available
- Student advisors provide you coaching, motivation, and career readiness support

## West Seneca Central Schools

### Freight Broker/Agent Training

Prepare to enter the freight/logistics industry. This program will prepare you to start your own freight broker business or become a freight agent.

### CBCS Medical Billing and Coding

This nationally recognized program combines the Medical Billing and Coding program with 60 hours of medical terminology training to give you a competitive edge in the healthcare field.

### CompTIA A+ Certification Training

CompTIA A+ certification is the industry standard for validating the skills of entry-level computer technicians. It opens the door to an exciting career in computer technology, and this online program makes training convenient and interactive.

### CPC Administrative Medical Specialist with Medical Billing and Coding

This Administrative Medical Specialist program with training in medical billing and coding will give you a competitive edge in the healthcare field.

### Human Resource Professional

Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR (Professional in Human Resources) certification exam.

### Paralegal

This program will prepare you for success in this growing career field. You'll learn about the American legal system, how to conduct legal research and legal interviews, how to perform legal analyses, and more. Your training will prepare you to become a legal secretary or paralegal and take the certification exam.

### Pharmacy Technician

Pharmacy technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected online program.

### The Complete Project Manager with CAPM and PMP Prep

This is a comprehensive project management program for those who want to expand their knowledge and application of project management concepts. It is designed to create skills for today's project practitioners and prepare them for either CAPM or PMP certification.

### Professional Bookkeeping with QuickBooks 2015

This program teaches students how to master professional bookkeeping using QuickBooks 2015 software.

### Six Sigma Green Belt

This program encompasses all aspects of running a Six Sigma Green Belt business, including management, service delivery, design, production and customer satisfaction.

### Event Management and Design

From planning to pyrotechnics, the Event Management and Design Online training program will teach you everything you need to know to create events that are truly special.

### Veterinary Assistant

This program will prepare you to become a productive member of a veterinary team.

### Clinical Dental Assistant

The Clinical Dental Assistant Online Training Program will provide you with the skills you need to become a dental assistant. After you've completed this program, you'll be ready to pursue certification as a dental assistant by passing the radiology and infection control portions of the Dental Assisting National Board examination.

### CompTIA Certification Training: A+, Network+, Security+

This program incorporates CompTIA A+, CompTIA Network+ and CompTIA Security+ specific training and prepares you for the corresponding industry exams that are desirable for IT professionals.

### Grant Writing

Learn to write grant proposals that get funded in this nationally recognized Grant Writing online training program.

### HVACR Certified Technician

The HVACR Certified Technician program is a comprehensive online training that encompasses heating, ventilation, air conditioning, and refrigeration.

### Payroll Practice and Management

Become knowledgeable in all facets of payroll rules and regulations, and join one of the fastest-growing career fields today.

### Physical Therapy Aide

Master the skills you need to begin a career as a physical therapy aide.

### AutoCAD 2015 with AutoCAD 3D

You will learn basic and advanced 2D and 3D functionalities for AutoCAD 2015. You will also have all the necessary tools to prepare for the Autodesk AutoCAD 2015 Certified Professional Exam.

### Mobile and Desktop Web Developer

Students who successfully complete this career course will have developed a solid background in all of the latest technologies associated with web development for both desktop and mobile environments, and at the very end of the program, students will be able to build traditional and mobile websites.

### Certified Bookkeeper

The Certified Bookkeeper Online Training Program helps professional bookkeepers earn prestigious American Institute of Professional Bookkeepers (AIPB) certification.

To enroll or learn more, visit or call us at:

[careertraining.ed2go.com/wscommmed](http://careertraining.ed2go.com/wscommmed)

(716) 677-3180



**Online Learning Anytime, Anywhere...Just a click away!**



## Online Courses For Small Business Owners

# West Seneca Community Education

Most  
Courses Are Only  
**\$89**

Sharpen your skills, or learn new ones with our instructor facilitated online courses. Online Continuing Education courses run for six-weeks (with a 10-day extension period available at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office. Any time of the day or night.

### **Understanding the Human Resources Function**

Learn to handle basic human resource functions to ensure the best possible results.

### **Employment Law Fundamentals**

Learn the basics of employment law so you can legally hire, evaluate, and manage employees.

### **Marketing Your Business on the Internet**

E-commerce expert helps you develop an Internet marketing plan for your business.

### **Creating a Successful Business Plan**

Turn your business ideas into a solid plan for financing and long-term success.

### **Creating Web Pages**

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

### **Introduction to Business Analysis**

Learn powerful techniques to improve your decision-making skills at work.

### **Performing Payroll in QuickBooks**

Learn to create paychecks, pay tax liabilities, and produce dazzling payroll reports.

### **Introduction to QuickBooks**

Learn how to quickly and efficiently gain control over the financial aspects of your business.

### **Designing Effective Websites**

Learn powerful graphic design techniques and build Web sites that are both attractive and wickedly effective.

### **Accounting Fundamentals**

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

### **Effective Selling**

Learn the secret to converting a potential customer into a long-term asset. Find out how to lay the groundwork for repeat business and your future success.

**Enroll Today!**

Details on any of these courses can be found at:

**[www.ed2go.com/wscommed](http://www.ed2go.com/wscommed)**

You can also reach us by calling

**(716) 677-3107**

**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. .

TUES • April 30 - June 4  
6:30 - 9:00 PM • 6 Classes: \$40  
Bldg.: WE/Cafeteria



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

**Barbara Klein**

Join us again for our fun needlework stitch and chat. New projects including 2018 Easter Egg hardanger ornaments 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.

TUES • April 30 - June 4  
7:00 - 9:00 PM • 6 Classes: \$35  
Bldg: WE/Rm.10



**WIRE WRAPPED BEACH/SEA GLASS JEWELRY**

This class is for beginners new to wire wrapping or those who may have done this before. Beach glass from Diane's collection will be provided, or bring your own treasures to wrap. Class includes glass, wrapping wire, neck cord, and instruction booklet. Instructor also provides tools for use during the class.

**(CRF-003)**

THURS • May 2  
7:00 - 9:00 PM  
1 Class: \$20  
Bldg.: EM/Rm 118  
Lab fee: \$8/materials

**(CRF-009)**

THURS • May 16  
7:00 - 9:00 PM  
1 Class: \$20  
Bldg.: EM/Rm 118  
Lab fee: \$8/materials

**Expressive  
Glass**

**HOW TO MAKE GLASS BEADS**

Turn hot glass into cool stuff! Join glass artisan Vicki S 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.

**(CRF-004)**

SUN  
May 5  
1:00 - 4:00 PM  
1 Class: \$70

**(CRF-005)**

SAT  
June 1  
1:00 - 4:00 PM  
1 Class: \$70

**FLORAL GLASS PENDANTS**

**(CRF-006)**

Make several glass pendants with beautiful floral designs that you will be proud to wear or give as gifts. First you will cut small pieces of glass and place them on a graphite pad to create your flower. You will then learn how to encase your design in molten glass and form your pendants. You will be amazed and mesmerized as you learn to melt and manipulate glass at a stationary torch under close supervision. No experience is necessary - only a willingness to try. Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress), or they can be mailed to you for \$7 payable to the instructor. \$60 Fee includes all glass, tools, instruction, and materials.

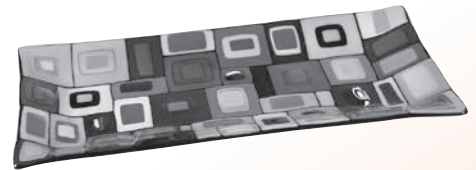
SUN

May 19  
1:30 - 4:00 PM  
1 Class: \$60

with **Vicki Schneider, Glass Artist**

Classes held at **Expressive Glass**

3333 Lake Shore Road, Woodlawn, 14219



**FUN WITH FUSING**

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. Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress), or they can be mailed to you for \$7 payable to the instructor. \$60 Fee includes all glass, tools, instruction, and materials.

**(CRF-007)**

SUN  
May 12  
1:30 - 4:00 PM  
1 Class: \$60

**(CRF-008)**

SAT  
June 8  
10:30 AM- 1:00 PM  
1 Class: \$60





Inform Tops of any food allergies at registration time. We will try our best to accommodate food allergies with substitutions.

\*Please tell us if you have any coupons or gift certificates at time of registration, No Gold card discounts; coupons/free gift certificates can not be used for camps, exclusions apply.

Please wear closed toe shoes like sneakers. No sandals/clogs or wet boots are allowed in the school for the safety of everyone. Hair must be pulled back if long.

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

Credit card only; mention West Seneca Community Education when registering. For complete listings visit [www.topsmarkets.com](http://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 required to inform us of any food allergies at the time of registration. We will try our best to accommodate food allergies with substitutions. We DO NOT use any peanut/ nut products in our recipes, however we do use products that may be made in a factory where those products are made. Children with long hair, please tie it back before class. **Please have child bring dry sneakers, wet boots/ shoes are not allowed in the school for safety.** Please tell us if you have any coupons or gift certificates at time of registration, as coupons are not taken with some classes, including all camps.

### Little Chefs

Ages 3-6 with Caregiver

#### SPRING HAS SPRUNG! /BOOK READING

SAT • April 6, 11 AM-12:30 PM • West Seneca  
\$13 per Little Chef

After a long winter, rebirth is springing up everywhere! Flowers are blooming, baby animals are being born and the birds and bugs are coming back! Let's make some edible spring things ourselves! *Peeping Pancakes with Scrambled Eggs, Apple Ladybugs, Baby Lamb Cupcake*

#### WE LOVE MOMMY'S AND GRANDMA'S! /BOOK READING

SAT • May 11, 11 AM-12:30 PM  
\$13 per Little Chef

Our mommy's/grandma's are like sunshine in the morning, rainbows in the afternoon and shiny stars at night! Let's have fun and show them how much we love them! *Peachy Sun, Graham Cracker Rainbow, Star Shaped Grilled Cheese Sandwich*

#### LET'S CELEBRATE WITH DADDY/GRANDPA! /BOOK READING

SAT • June 15, 11 AM-12:30 PM  
\$13 per Little Chef

Daddies and grandpas do chores and have fun with us outside, so let's make special foods that reminds us of how we love to be with them in the fresh air and sunshine! *Homemade Corn Dogs, Watermelon Fruit Salad, Lawn Mower Cupcakes*

### Future Chefs

Ages 7 and up

#### APRIL IS AWESOME!

THURS • April 11, 6-8 PM  
\$16 per Future Chef

Warm weather is finally here to stay! Let's celebrate Spring by preparing some awesome springtime recipes! *Homemade Carrot Muffins, Flower Mini Quiches, Fruit Salsa and Cinnamon Chips, Cherry Berry Smoothies*

#### NAILED IT FOR MOM

THURS • May 9, 6-8 PM  
\$16 per Future Chef

\*please bring a box/container to take your cake home in

Since these classes are so popular we are continuing and are now faced with a new challenge! This time we are decorating a cake for mom! So bring your ideas and let's give mom something to smile about!

#### DAD'S ARE THE BEST

THURS • June 13, 6-8 PM  
\$16 per Future Chef

Since Dad's are our "person" to go to with things that need fixing, let's "fix" some picnic food for him with all the "fixins!" *Corn Dog Mini Muffins, Deconstructed Bacon Cheeseburger Kabobs, Greek Orzo Salad, Best Ever Brownies*

### Future Chefs Summer Camps

Ages 7 and up

Save The Dates!

#### CAMP 1

##### KIDS TV COOKING SHOWS

Cupcake Wars, Chopped, Master Chef Jr.

Choose 1 week

##### WEEK 1

TUES, July 9- THURS, July 11  
10 AM-1 PM

##### WEEK 2

TUES, July 16- THURS, July 18  
11 AM-2 PM

#### CAMP 2

##### KITCHEN BASICS

Knife Skills, Exploring Cookware, Baking Basics

TUE, August 6- THURS, August 8  
10 AM-1 PM

### Kid's Night Out!

Ages 7-14

#### LITTLE BITES

SAT • April 27, 6-9 PM

Let's start off the warm weather with easy bite sized food that you can eat on the go! *BLT Tomatoes, Oatmeal Energy Bites, Popcorn Chicken Salad, French Toast Muffins, Mini Orange Tarts, Popcorn*

#### Offered at Amherst & West Seneca Cooking Schools

Come join us for a special dinner & games night right here in the cooking schools! Each month we will have a special dinner theme that you will help prepare. After eating and helping clean up, we will play selected games. Bring a friend and add to the fun!! **\$30 for one child, \$50 for two children and \$75 for three children (please register all children in your group at the same time to get the discount) No coupons allowed for more than 1 child, as it is already discounted. PLEASE BRING DRY SNEAKERS!**

#### LET'S CELEBRATE CINCO DE MAYO

SAT • May 4, 6-9 PM

Cinco de Mayo, celebrated on the 5th of May, commemorates the triumph of a small Mexican army over French forces in an 1862 battle, "Batalla de Puebla". The Battle at Puebla took place only 14 years after the United States defeated Mexico in the Mexican-American War. For Americans, it means celebrating with Mexican food! *Mini Taco Cups, Cheese & Chicken Tostadas,*

#### Cheesecake Taquitos, Mexicali Popcorn SCHOOL'S OUT; LET'S PARTY!

SAT • June 22, 6-9 PM

Let's celebrate the start of summer in the cooking school by whipping up a batch of party dishes that we could prepare all summer long! *BBQ Chicken Tacos, Tator Tots Casserole, Fiesta Corn, Marshmallow Fruit Dip with Assorted Fruit, Popcorn*

## Life Enrichment Seminars

with Richard D'Angelo

### INTRODUCTION TO MEDITATION (HEW-001)

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.

WED • May 15  
7:00 - 9:30 PM  
1 Class: \$30  
Bldg.: EM/Rm 115

### CHANGE YOUR MIND, CHANGE YOUR LIFE (HEW-002)

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 • May 29  
6:30 - 9:30 PM  
1 Class: \$30  
Bldg.: EM/Rm 115

### YOGA FOR 55+ (HEW-003)

**Kathryn Zawadzki**

So you've heard about yoga and its benefits, but dismiss it for yourself because you think you are not flexible enough. This is the exact reason you ought to consider trying yoga. This course can help to improve your balance posture, breathing, how you feel about yourself and assist you during the aging process. You will learn simple stretches while standing and sitting that also help the glands and those achy joints. Please wear comfortable pants and t-shirt. Bring yoga mat to class if you have one, some are available if you do not have one. No Gold Card Discount.

TUES • April 30 - June 18  
1:15 - 2:30 PM • 8 Classes: \$69  
Bldg.: Seneca Mill Building/4184 Seneca St./Ste.204

### HEALTHY EATING ON A HECTIC LIFESTYLE (HEW-008)

**Krista Lehde** **NEW!**

How do working families have time to make healthy meals and for that matter, what is healthy anyways? This presentation will give helpful tips on how to make healthy meals without killing yourself or your budget.

WED • May 1  
6:30 - 8:00 PM  
1 Class: \$40  
Bldg.: EM/Rm 9

### READING FOOD LABELS (HEW-009)

**Krista Lehde** **NEW!**

Everyone struggles on what to look at when reading the labels at the grocery store. This presentation will provide you will what everything on the label means and what to look for.

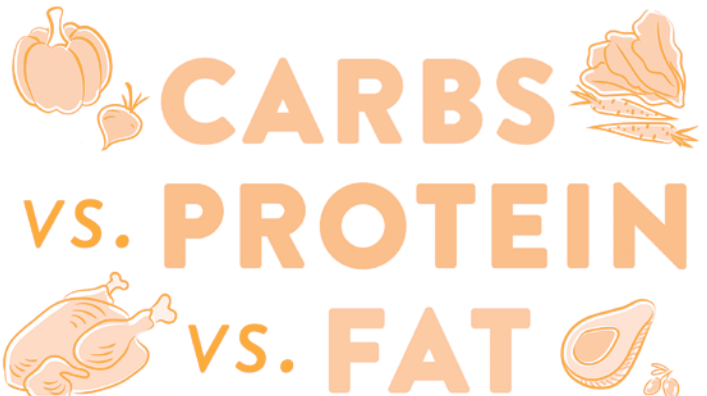
WED • May 29  
6:30 - 8:00 PM  
1 Class: \$40  
Bldg.: EM/Rm 9

### WHAT IS THE TRUTH; CARB VS. FAT VS. PROTEIN (HEW-010)

**Krista Lehde** **NEW!**

Everyone hears the new rumor on carbs, fat & protein. During this presentation, we will discuss what a fat, carb and protein are, how the body uses them and how we can use them to our advantage.

WED • June 5  
6:30 - 8:00 PM  
1 Class: \$40  
Bldg.: EM/Rm 9



## ENRICH YOUR LIFE WITH KEYS TO WELLNESS

### REIKI PRACTITIONER - LEVEL 1 (HEW-004)

Learn and practice the ancient healing art of "laying on of hands" which is helpful for stress reduction, relaxation, pain relief, restoring energy and boosting the immune system. This course will cover the History of Reiki, The Chakra Connection, the Meaning of Dis-ease, Reiki Hand Placements, Attunements and Healing Exchanges. All levels include course manual, notes, certificate, and attunement. Bring a bag lunch.

SAT • May 18

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-005)

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

**Prerequisite: Any USUI First Degree Reiki.**

SAT • June 1

9:00 AM - 5:00 PM • 1 Class: \$150

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



### WEIGHT LOSS CLINIC WITH HYPNOSIS (HEW-012)

Are you serious about reducing your weight, improving your health and wellness? Do you have a desire to achieve your ideal weight without deprivation? 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 2 pillows for the hypnosis process.

THURS • May 16

6:30 - 9:00 PM • 1 Class: \$35

Bldg.: WE/Board Rm.

### INTRODUCTION TO EMOTIONAL FREEDOM TECHNIQUE (EFT) (HEW-007)

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](http://www.EFTuniverse.com) for more information.

THURS • May 30 • 7:00 - 9:00 PM • 1 Sessions: \$25

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

**Luisa Bruzga, MSACN, Nutritionist, Certified Consulting Hypnotist, Health Coach, Reiki Practitioner/Instructor - Integrative Hypnosis & Wellness of WNY**

Programs are held in Seneca Springs Building,  
3648 Seneca Street, unless otherwise noted

*No Gold Card Discount*

Visit

[www.wnyhypnosisandwellness.com](http://www.wnyhypnosisandwellness.com)

or contact (716) 677-4679 for more information.

### YOGA

**Kelly Williams**

The intention of this Yoga class is to help you slow down and improve health with a focus on body awareness, body alignment, posture, stretching, strengthening, breathing, relaxation, and guided meditation. The instructor uses slow transitions and has experiences with differing ages and abilities. This class is great for beginners to experienced Yogis alike and for anyone in need of slowing down and stress relief. Participants should bring with them to each class a yoga mat, a yoga block, a blanket or layering clothing and an intention of dedicated time for themselves. No Class 5/27. NO GOLD CARD DISCOUNT.

(HEW-011)

MON • April 29 - June 3

7:00 - 8:00 PM

5 Classes: \$50

Bldg: EM/Small Gym

(HEW-012)

WED • May 1 - June 5

7:00 - 8:00 PM

6 Classes: \$60

Bldg: EM/Small Gym

### INTRODUCTION TO ESSENTIAL OILS

**Jessica Wangelin**

Interested in using essential oils but not sure how to incorporate them in your life? Learn easy and affordable ways to support your wellness and create a healthy home with essential oils. You will learn how to get started with essential oils, about common oil and their uses, and how to use oils to support overall wellness, replace toxic products, and more.

(HEW-013)

SAT • May 18

10:00 AM - 12:00 PM

1 Class: \$5

Bldg: EM/Rm 125

(HEW-014)

THURS • June 6

7:00 - 9:00 PM

1 Class: \$5

Bldg: WE/Rm 10

### SPRING CLEANING WITH ESSENTIAL OILS

**Jessica Wangelin**

(HEW-015)

Do you want to learn how to kick toxic chemicals out of your home? Learn easy and affordable ways to create a healthy home with natural cleaners and essential oils and why using natural products is better for your health, is affordable, and is easy. We will talk about how to make your own natural cleaning products from basic items. Attendees can make their own cleaner, cleaning scrub, stain spray, and more. Cost per item is \$5 each, payable to the instructor.

SAT • June 1

10:00 AM - 12:00 PM • 1 Class: \$5

Bldg: EM/Rm 125



## **BABYSITTING PROGRAM/ASHI 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.

**(KID-001)**

SAT • May 11  
9:00 AM - 2:00 PM  
1 Class: \$55  
Bldg.: EM/Cafeteria



# KidsPlay

*Tim & Tricia Hirschbeck, Directors*

*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.*

## **NFL FLAG OUTDOOR FOOTBALL LEAGUE**

**(KID-004)**

**Ages 7 - 10.** NFL Flag is an excellent alternative to full contact, full equipment, and 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.

TUES • April 30 - June 11

6:30 - 8:00 PM

7 Classes: \$90

Bldg.: NE/Field

## **LEVEL I OUTDOOR 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 I 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. A team shirt is included in the program fee.

**(KID-005)**

TUES • April 30 - June 11

5:30 - 6:30 PM

7 Classes: \$70

Bldg.: NE/Field

**(KID-006)**

THURS • May 2 - June 13

5:30 - 6:30 PM

7 Classes: \$70

Bldg.: CE/Field (Left side, Rear of building)

## **BLUE DIVISION OUTDOOR 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. KidsPlay shirt included.

THURS • May 2 - June 13

6:30 - 7:45 PM

7 Classes: \$80

Bldg.: CE/Field



## **SPANISH FOR THE ELEMENTARY YEARS**

**CultureKids Teaching Team**

Get a head start by joining us for an educationally-oriented curriculum specifically designed for the K - 4 student. 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. New vocabulary is introduced with each session - never a repeat. For more information, visit the CultureKids website at [www.CultureKidsClub.com](http://www.CultureKidsClub.com) Programs are 6 weeks, 40 minutes per session. Cost is \$65 per child.

**(LAN-001)**

WED • May 8, 15, 22, 29, June 5 & 12

3:00 - 3:40 PM • Allendale Elementary Library

**(LAN-002)**

THURS • May 9, 16, 23, 30, June 6 & 13

3:40 - 4:20 PM • Clinton Elementary Library

**(LAN-003)**

FRI • May 10, 17, 31, June 7, 14 & 21

3:30 - 4:10 PM • West Elementary Library

**(LAN-004)**

TUES • May 7, 14, 21, 28, June 4 & 11

3:00 - 3:40 PM • Northwood Elementary Library

**(LAN-005)**

MON • May 6, 13, 20, June 3, 10 & 17

3:00 - 3:40 PM • Winchester Elementary Library

## **BE A CLOWN!**

**PUNKIN THE CLOWN**

**NEW!**

A fun filled course touching on the history of clowning and followed by what you need to know to be a clown! Curriculum includes character development, makeup and costumes; and the basic skills a clown needs to have before venturing out into the "normal" world. Be prepared for lots of laughter, fun, and hijinks! Ages 14 to Adult.

**(SPE-001)**

THURS • May 2 -30

6:30 - 8:30 PM • 5 Classes: \$15

Bldg.: WE/Board Room

# Kids Choice Sports

with Brian Kieser

## CO-ED BASKETBALL (KID-008)

This program encourages boys and girls **Ages 8 - 12** 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 • April 30 - June 4  
7:30 - 8:30 PM • 6 Classes: \$74  
Bldg.: WI/Gym

## HOT SHOTS - INTRODUCTION TO BASKETBALL (KID-009)

**Ages 3-5.** In this parent participation program, 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. T-shirt included in program fee.

TUES • April 30 - June 4  
5:45 - 6:30 PM • 6 Classes: \$74  
Bldg.: WI/Gym

## HOT SHOTS - INTRODUCTION TO BASKETBALL (KID-010)

**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 may include parent participation at times. T-shirt included in program fee.

TUES • April 30 - June 4  
6:35 - 7:20 PM • 6 Classes: \$74  
Bldg.: WI/Gym

## LITTLE SLUGGERS - INTRODUCTION TO TEE BALL

This class is perfect for boys and girls **ages 3-6** who would like to learn the basics of tee ball. In this **parent participation** program, you and your child will work together on drills to learn catching, fielding, throwing, batting and running bases. Emphasis is placed on fun and recreation in this non-competitive, coed program. A Little Sluggers T-shirt is included in the program fee. Bring a water bottle.

(KID-011)  
WED • May 1 - June 5  
6:50 - 7:35 PM • 6 Classes: \$74  
Bldg.: WE/Gym/Field  
(KID-012)  
SAT • May 4 - June 15  
11:00 - 11:45 AM • 6 Classes: \$74  
Bldg.: EM/Small Gym/Field  
NO CLASS 5/25

*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](http://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. NO CLASSES 5/25.*

## TODDLER TIME SOCCER

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

(KID-013)  
WED  
May 1 - June 5  
5:45 - 6:25 PM  
6 Classes: \$74  
Bldg.: WE/Gym/Field

(KID-014)  
SAT • May 4 - June 15  
9:50 - 10:30 AM • 6 Classes: \$74  
Bldg.: EM/Small Gym/Field  
NO CLASS 5/25

## YOUTH FLOOR HOCKEY

This program provides a safe and fun environment for boys and girls ages 7 - 12 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 should have mouth guards and shin guards.

(KID-015)  
SAT • May 4 - June 15  
12:00 - 1:00 PM • 6 Classes: \$74  
Bldg.: EM/Large Gym  
NO CLASS 5/25

## LACROSSE-INDOOR

(KID-016)  
**Ages 7-12.** In this noncompetitive co-ed program kids will be taught the basic skills of lacrosse. These skills include scooping, cradling, passing, catching, and shooting. The idea is to have fun and make friends while learning the sport of lacrosse. No contact lacrosse is played, also known as "Soft Lacrosse". A mouthguard is required. Kids Choice Sports will provide lacrosse sticks, and all other equipment.

WED • May 1 - June 5  
7:50 - 8:50 PM  
6 Classes: \$74  
Bldg.: WE/Gym

## 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.

MON & WED • April 29 - May 22  
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.

WED • May 1 - 22  
5:30 - 6:00 PM • 4 Classes: \$59

**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.

5 Classes: \$85

*Lessons take place at 120 Dauer Dr, West Seneca (off Reserve)*

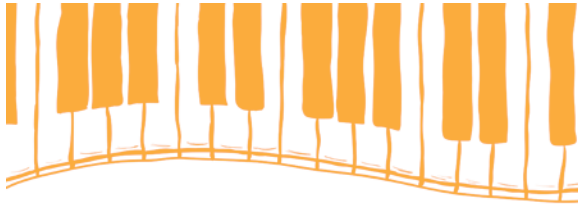
**SINGING LESSONS FOR EVERYONE  
(MUS-002)**

**Jesse Wicher**

Do what you love to do - BETTER! Learn to bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Classes are open to all ages! Lessons are 30 minutes of private instruction.

5 Lessons: \$85 - flexible scheduling

*Lessons take place in the Holistic Arts Studio at 68 Reed Avenue, Lackawanna (off Ridge Road near OLV)*



**Stacy Zawadzki's Performing Arts Center**

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

**NEW!**

**BE A CLOWN!  
PUNKIN THE CLOWN**

A fun filled course touching on the history of clowning and followed by what you need to know to be a clown! Curriculum includes character development, makeup and costumes; and the basic skills a clown needs to have before venturing out into the "normal" world. Be prepared for lots of laughter, fun, and hijinks! Ages 14 to Adult.

**(SPE-001)**

THURS • May 2 -30

6:30 - 8:30 PM • 5 Classes: \$15

Bldg: WE/Board Room







# Walh Performing Arts Studios

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

"A DANCE & MUSICAL THEATRE TRAINING SCHOOL"

David and Katie Walh

[www.walhstudios.com](http://www.walhstudios.com)

*No Gold Card discount*

## AMERICAN GIRL CAMP

A special camp for Girls and their favorite doll! Celebrate the beauty and joy of being a girl with your American Girl Doll. Girls will be empowered to let their Inner Star shine through games, music, dance, crafts and a special tea party with your doll. Dolls' stories will be shared and brought to life through this interactive experience. American Girl themed activities and snacks provided. Space is limited. The American Girl Experience will create friendships and memories that will last a lifetime.

**Ages 6-12.**

**(MUS-003)**

TUES & THURS

July 9 & 11

10:00 AM - 12:00 PM

2 Classes: \$65

## BROADWAY BABIES SUMMER CAMP

**(MUS-004)**

Is my child ready to start dance lessons?

Preschoolers can experience our outstanding Broadway Babies program, which combines the fundamentals of ballet and tap with a little bit of singing, too. Kids will love this summer dance experience. Performance for parents on the last class day. **Ages 3-5.**

MON/TUES/WED

July 15, 16 & 17

10:00 - 11:00 AM

3 Classes: \$50

## PRINCESS CAMP

**(MUS-005)**

Hear Ye, Hear Ye! Calling all Princesses...Come enjoy the enchantment of the princess experience! Little girls will celebrate their favorite princesses through games, music, dance, crafts and have lots of fun. Girls are encouraged to dress as their favorite princess. A snack will be provided. Space is limited. **Ages 3-6**

MON & WED

July 8 & 10

10:00 AM - 12:00 PM

2 Classes: \$65

## PAW PATROL CAMP

**(MUS-006)**

By popular demand... Come enjoy a special camp experience for boys and girls that celebrates Ryder and his adventure pups, the Paw Patrol! Kids will be "on a roll" as they play games, dance, sing songs and make crafts. Kids are encouraged to dress up as characters if they wish. Paw Patrol themed activities and snacks are provided. **Ages 3-6.**

TUES & THURS

July 16 & 18

10:00 AM-12:00 PM

2 Classes: \$65

## GLEE CAMP (MUS-007)

Have fun singing with your friends! Glee Camp is open to students **ages 9-15** who like to sing. Four days of classes that will focus on the fundamentals of singing and harmonizing through popular and Broadway genres. There will be a free public performance on July 21st.

MON - THURS

July 15 - 18

11:00 AM - 12:00 PM

4 Classes: \$65

## MUSICAL THEATRE INTENSIVE SUMMER CAMP PRESENTS... "MARY POPPINS JUNIOR"

Come be a part of the cast of Mary Poppins junior, live on stage. Students will immerse themselves in every aspect of musical theatre, while singing, acting, and dancing in Disney and Cameron Mackintosh's Broadway Musical version of Mary Poppins. Cherry Tree Lane comes to life with practically perfect nanny Mary, plus Bert, Jane and Michael, and an unforgettable cast of characters as they journey on Supercalifragilisticexpialidocious adventures, in this inspiring tale. Musical Theatre Summer Camp is an action-packed experience and fun for everyone. All students will shine and gain great confidence in our free public performance at a local theatre. This is our popular two-week day camp. Free T-shirt and snacks provided. Space is limited. Camps fill quickly, reserve your spot today.

**(MUS-008) Ages 7-10**

MON - FRI

July 8-12, 15-18

1:00 - 4:00 PM

10 Classes: \$265

**(MUS-009) Ages 11-17**

MON - FRI

July 8-12, 15-18

1:00 - 4:00 PM

10 Classes: \$265

## CREW CAMP

**NEW!**

Interested in helping create props, masks, set pieces, makeup design and the look of the show? This camp is for you! Crew will also assist with set changes of The Mary Poppins Junior during the free public performance at a local theatre on July 19th at approximately 2:15 pm.

**(MUS-010) Ages 11-17**

MON - FRI

July 8-12, 15-18

1:00 - 4:00 PM

10 Classes: \$265

## TAP CAMP

**(MUS-011)**

Tap Camp is open to **intermediate through advanced dancers ages 9-15**. Four days of classes that will focus on rhythm and artistry. Students will work on advanced tap technique, including time steps and turns in the styles of both Broadway and Rhythm tap. Great combined with Turns, Leaps, and Technique Camp. NOT FOR BEGINNERS.

MON - THURS

July 8 - 11

11:00 AM - 12:00 PM

4 Classes: \$65

## URNS, LEAPS, AND TECHNIQUES (MUS-012)

By popular demand...this camp is open to intermediate through advanced dancers ages 9 - 15. Four days of daily classes that will take each dancer to new heights. Classes will focus on improving dancers' stretch, strength, balance, and technique as well as turning and leaping skills. Great combined with Tap Camp. NOT FOR BEGINNERS.

MON - THURS

July 8 - 11

10:00 AM - 11:00 AM

4 Classes: \$65

## ACRO CAMP

Back by popular demand! Students will work on tumbling skills such as cartwheels, handstands, backbends, walkovers, etc. Classes will focus on improving flexibility, strength, balance, and technique, including tumbling skills.

**(MUS-013) Ages 9-15**

MON - THURS

July 8 - 11

9:00 AM - 10:00 AM

4 Classes: \$65

**(MUS-014) Ages 6-8**

MON - THURS

July 15 - 18

9:00 AM - 10:00 AM

4 Classes: \$65

## GREATEST SHOWMAN CAMP (MUS-015)

**New this year!** Come Alive with the greatest adventure of summer! Join us for a one-of-a-kind camp where A Million Dreams come true as you join in a circus of fun at The Greatest Showman Camp. Greatest Showman and circus themed activities, crafts, and snacks provided. Space is limited, so register early to reserve your spot. Rewrite the Stars at The Greatest Showman Camp! **Ages 6-12.**

MON & WED

July 15 & 17

10:00 am- 12:00 pm

2 Classes: \$65

**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.**

## Horizon Martial Arts

**courses located at:** 280 Center Road • Wimbledon Plaza



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

**No Gold Card Discount**

### FITNESS KICKBOXING BOOT CAMP

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 with boxing gloves. **Boxing Gloves Required.**

**(PHY-001)**  
TUES & THURS • April 30 - June 11  
8:00 - 9:00 PM • 10 Classes: \$79  
No Class 5/23

### MARTIAL ARTS FOR ADULTS

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 you are 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, weight loss, improving your concentration and of course learning valuable self-defense techniques for practical real world applications. Our program is set for all fitness levels! **Uniform is included.**

**(PHY-002)**  
TUES & THURS  
May 7 - June  
11:30 AM - 12:30 PM  
8 Classes: \$59  
No class 5/23

**(PHY-003)**  
TUES & THURS  
May 7 - June 4  
7:00 - 8:00 PM  
8 Classes: \$59  
No class 5/23



## BODYSHAPING BY SANDY

**Get in Shape, Feel Stronger  
and Look Great!!!**

**Specializing in Group Fitness Aerobic Classes**

**All Students MUST REGISTER through the Bodyshaping office @ 568-0246 or visit [www.bodyshapingbysandy.com](http://www.bodyshapingbysandy.com)**

*Classes are held at our Southgate Plaza Studio - Union & Seneca (back side of the plaza)..*

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

**No Gold Card discount**

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

Our Spring Semester for West Seneca starts April 15th and runs for 8 weeks.  
Pricing - One day per week: \$68.00 / Two days per week: \$112.00

### 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 & WED 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 & WED 6:00 PM  
SAT 11:00 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  
THURS 6:30 PM

### 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 & THURS 7:30 PM

### BODYSHAPING 20-20-20

Twenty minutes of Cardio, twenty minutes of Resistance training/Weights and twenty minutes of floorwork. Bring a mat and a set of hand weights.

TUE 6:30 PM  
WED 5:00 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 & THURS 5:30 PM  
SAT 9:00 AM

**NEW!**

### BODYSHAPING BARRE WORKOUT

Is a unique approach to BARRE Workout, fusing the best of Pilates, Yoga, Aerobics and Strength Training exercises. 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.

SAT 8:00 AM

**Barre-Up**  
Barre • Pilates • Buti • Yoga

# 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 WEST MIDDLE, Tuesday through Thursday.

SATURDAY SWIM WILL BE HELD AT EAST MIDDLE POOL.

Adult classes are held at EAST MIDDLE POOL Tuesday & Thursday, and WEST MIDDLE POOL Monday & Wednesday.

Check course description for location.

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

## AQUA BABES

### (SWM-001)

WED  
May 1 - June 19  
5:30 - 6:00 PM  
6 Classes: \$36  
Bldg: WM POOL  
No class May 22, 29

### (SWM-002)

THURS  
May 2 - June 13  
6:05 - 6:35 PM  
6 Classes: \$36  
Bldg: WM POOL  
No class May 30

### (SWM-003)

SAT (with Pre-School)  
May 4 - June 15  
12:30 - 1:00 PM  
6 Classes: \$36  
Bldg: EM POOL  
No class May 25

### (SWM-004)

SAT  
May 4 - June 15  
1:10 - 1:40 PM  
6 Classes: \$36  
Bldg: EM POOL  
No class May 25

## PRE-SCHOOLERS - BEGINNING SWIM

### (SWM-005)

THURS  
May 2 - June 13  
6:40 - 7:10 PM  
6 classes: \$36  
Bldg: WM POOL  
No class May 30

### (SWM-006)

WED  
May 1 - June 19  
6:10 - 6:40 PM  
6 classes: \$36  
Bldg: WM POOL  
No class May 22, 29

### (SWM-007)

SAT (with AquaBabes)  
May 4 - June 15  
12:30 - 1:00 PM  
6 classes: \$36  
Bldg: EM POOL  
No class May 25

## LEVEL 1

### (SWM-008)

THURS  
May 2 - June 13  
7:15 - 7:45 PM  
6 classes: \$36  
Bldg: WM POOL  
No class May 30

### (SWM-009)

WED  
May 1 - June 19  
6:50 - 7:20 PM  
6 classes: \$36  
Bldg: WM POOL  
No class May 22, 29

### (SWM-010)

TUES  
April 30 - June 18  
6:05 - 6:35 PM  
5 classes: \$30  
Bldg: WM POOL  
No class 5/7, 14, 6/11

### (SWM-011)

SAT  
May 4 - June 15  
1:50 - 2:20 PM  
6 classes: \$36  
Bldg: EM POOL  
No class May 25

### (SWM-012)

SAT  
May 4 - June 15  
2:30 - 3:00 PM  
6 classes: \$36  
Bldg: EM POOL  
No class May 25

## LEVEL 2

### (SWM-013)

TUES  
April 30 - June 18  
6:40 - 7:25 PM  
5 classes: \$40  
Bldg: WM POOL  
No class 5/7, 14, 6/11

### (SWM-014)

THURS  
May 2 - June 13  
7:50 - 8:35 PM  
6 classes: \$48  
Bldg: WM POOL  
No class May 30

### (SWM-015)

SAT  
May 4 - June 15  
11:00 - 11:45 AM  
6 classes: \$48  
Bldg: EM POOL  
No class May 25

## LEVEL 3 & 4

### (SWM-016)

TUES  
April 30 - June 18  
7:30 - 8:15 PM  
5 classes: \$40  
Bldg: WM POOL  
No class 5/7, 14, 6/11

### (SWM-017)

SAT  
May 4 - June 15  
9:10 - 9:55 AM  
6 classes: \$48  
Bldg: EM POOL  
No class May 25

## LEVEL 4

### (SWM-018)

SAT  
May 4 - June 15  
10:05 - 10:50 AM  
6 classes: \$48  
Bldg: EM POOL  
No class May 25

## LEVEL 5 & 6

### (SWM-019)

TUES  
April 30 - June 18  
8:20 - 9:05 PM  
5 classes: \$40  
Bldg: WM POOL  
No class 5/7, 14, 6/11

# Adult Swim Programs

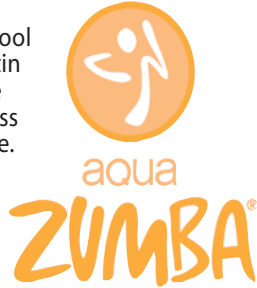
Classes held at: WEST MIDDLE ON MONDAY & WEDNESDAY ONLY • EAST MIDDLE ON TUESDAY & THURSDAY ONLY

## AQUA ZUMBA® (SWM-020)

### Crystal Kluth

Ditch the workout and join the party! Aqua Zumba® is a fun “pool party” workout infused with Latin music. This course has all of the fitness benefits of a Zumba® class with the help of water resistance. Join in on the fun, and make the pool your dance floor!

MON • April 29 - June 10  
7:40 - 8:40 PM  
6 Classes: \$48  
Bldg.: WM/Pool  
No class May 27



## 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)

TUES  
May 7 - June 18  
7:35 - 8:35 PM  
6 classes: \$48  
Bldg.: EM/Pool  
No class May 14

### (SWM-022)

THURS  
May 2 - June 10  
6:30 - 7:30 PM  
6 classes: \$48  
Bldg.: WM/Pool  
No class May 23, 30

**CANCELLED**

### (SWM-023)

MON  
April 29 - June 17  
6:35 - 7:35 PM  
6 classes: \$48  
Bldg.: WM/Pool  
No class May 20, 27

## AQUA PASS

### (SWM-139)

#### Kelley Mooar/Kristin McGuiness/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 and Thursday evenings and Saturday mornings at East Middle. Monday and Wednesday evenings only 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  
April 29 - June 8  
\$139.00  
WM/EM POOLS

**PLEASE NOTE ALL BLOCKED DATES  
AT EACH 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  
April 29 - June 17  
5:30 - 6:30 PM  
6 classes: \$48  
Bldg.: WM/Pool  
No class May 20, 27

### (SWM-025)

TUES  
May 7 - June 18  
6:30 - 7:30 PM  
6 classes: \$48  
Bldg.: EM/Pool  
No class May 14

### (SWM-026)

WED  
May 1 - June 19  
7:30 - 8:45 PM  
6 classes: \$48  
Bldg.: WM/Pool  
No class May 22, 29

### (SWM-027)

THURS  
May 2 - June 10  
7:30 - 8:30 PM  
6 classes: \$48  
Bldg.: EM/Pool  
No class May 23, 30

### (SWM-028)

SAT  
May 4 - June 15  
8:00 - 9:00 AM  
6 classes: \$48  
Bldg.: EM/Pool  
No class May 25

**CANCELLED**

**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 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.



**DEL LAGO CASINO MONDAY MADNESS**

"del Lago", in Italian, means "of the Lakes." The casino is located in West Seneca, NY, in the Finger Lakes. At this casino resort, "del Lago" means more than just a name. It's a spicy mix of old world charm and homegrown hospitality. Enjoy the excitement of the most thrilling table games including roulette, craps, and blackjack. Savor a variety of dining options including a locally sourced buffet, premium steakhouse, and more. **Special Offer:** Receive: \$25.00 FREE SLOT MACHINE CREDIT upon arrival. Valid only on Monday. Incentive. Valid only on Monday.

41 of the NYS Thruway in the heart of a ready-for-anything attitude that's a testament to the hottest slot machines, 75 of the most thrilling table games including a locally sourced buffet, premium steakhouse, and more. **Special Offer:** Receive: \$25.00 FREE SLOT MACHINE CREDIT upon arrival; card needed to receive incentive (passport or driver's license).

**SOLD OUT**

**(TRP-001)**

MON • May 13  
Cost: \$35 (\$25 Free Lunch and Lunch Buffet)  
Depart: 8:00 AM; Return: 6:30 PM

**BILLY ELLIOTT, THE MUSICAL**

We're traveling to Stratford, Ont. for the matinee show of "BILLY ELLIOTT" playing at the FESTIVAL THEATRE. Enjoy lunch in the Village of Stratford at your leisure (at own expense) prior to the 2 PM MATINEE PERFORMANCE. **BILLY ELLIOTT - A SHOW TO MAKE YOUR SPIRIT SHINE!** Dreams don't come easy in the hardscrabble mining town, riven by a bitter national strike, where eleven-year-old Billy lives with his bereaved family. But Billy's discovery of his talent for dance awakens in him a passion that will transform his life and win the hearts of his whole community. With its inspirational story, breathtaking dance numbers and music by pop legend Elton John, this award-winning show - based on the smash-hit movie - will appeal to all. **"A" ORCHESTRA TICKETS INCLUDED. PROOF OF CITIZENSHIP REQUIRED.**

**(TRP-002)**

TUES • May 14  
Cost: \$139  
Depart: 7:30 AM; Return: 8:30 PM

**DON'T BLAME THE CHEF**

Celebrate spring with a hilarious show at YORKSHIRE HALL, located in Corfu, NY. "DON'T BLAME THE CHEF" ... for making you laugh out loud, that is! Yes, it's utter gourmet-hem as Old Italian Master Chef Luigi Mancheezi seeks to share his love of cooking with the world. But his sous chef, Stella Mandella, is trying to force him to retire by sabotaging his famous recipes so she can take over his bistro. She consults with the deceased French Chef, Pierre Monchere (now nothing more than a magically floating head) to plan her coup. There's course after course of hilarity as Stella plots and Luigi tries to figure out which audience member is secretly a food critic. (Could it be you?) YORKSHIRE HALL prepares a delicious homemade ROASTED PORK LOIN MEDALLIONS LUNCHEON with fantastic dessert before our show begins. Before our main event at Yorkshire Hall, we will make a shopping stop at KUTTERS CHEESE featuring cheeses from around the world. Following our fun filled event, we'll make a sweet stop at OLIVER'S CHOCOLATES in Batavia.

**(TRP-003)**

WED • May 22  
Cost: \$95  
Depart: 8:30 AM; Return: 5:00 PM

**Proof of Citizenship requires: Passport or Birth Certificate with Seal, or enhanced driver's license**

### SENECA LAKE SMOKIN' SUMMER WINE TOUR

Travel to the SENECA LAKE REGION for a new popular event - SMOKIN SUMMER WINERY TOUR. This winery tour is the perfect way to kick off the summer season. Come celebrate summer with us for local wine and summer food pairings. Enjoy the many wonderful foods associated with this beautiful time of year, and the fantastic wines that pair with grilled and summertime foods! A box lunch will be included to enjoy at your leisure. Approximately 6 wineries will be visited. • Muffin, Juice and Box Lunch are included for your convenience. • A pay-on-your-own fast food Dinner/Rest stop will be made on the way home. • The Schedule & Wineries will be determined at a later date. • Sample other wines upon request for an additional cost. IMPORTANT: YOU MUST BRING A DRIVERS LICENSE, IN ORDER TO RECEIVE THE "REQUIRED" PROOF OF AGE WRISTBAND.

#### Choose One Sandwich:

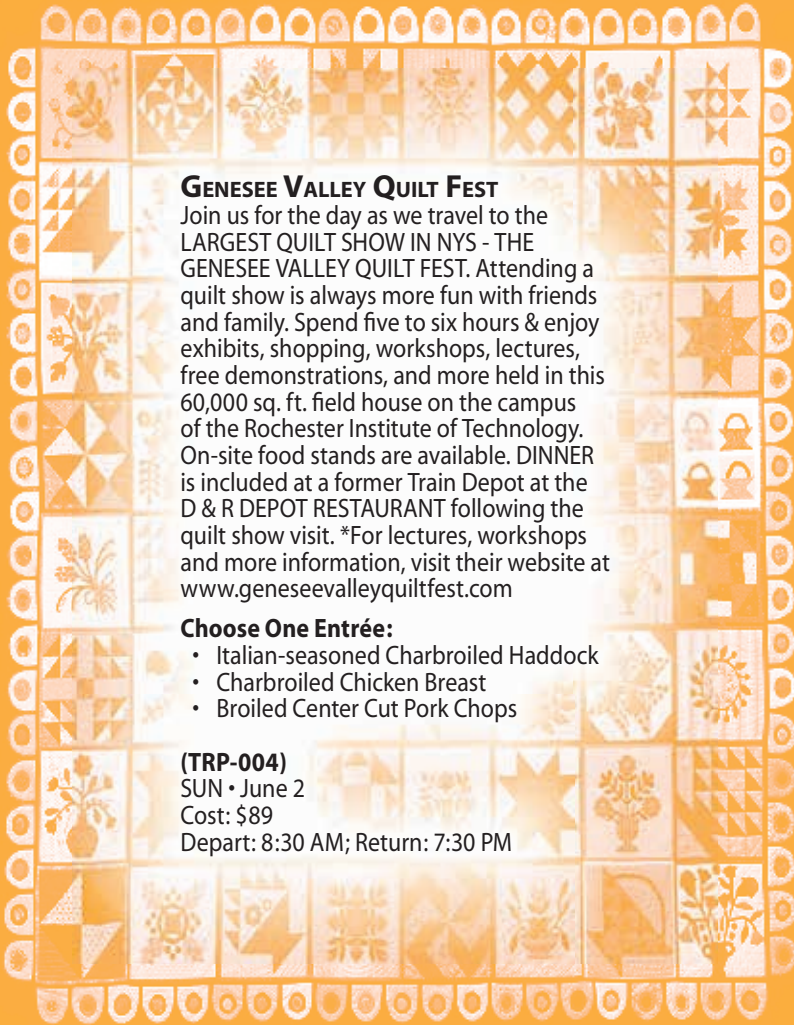
- Turkey
- Ham
- Roast Beef
- Veggie

(TRP-005)

SAT • June 8

Cost: \$120

Depart: 8:00 AM; Return: 8:00 PM



### GENESEE VALLEY QUILT FEST

Join us for the day as we travel to the LARGEST QUILT SHOW IN NYS - THE GENESEE VALLEY QUILT FEST. Attending a quilt show is always more fun with friends and family. Spend five to six hours & enjoy exhibits, shopping, workshops, lectures, free demonstrations, and more held in this 60,000 sq. ft. field house on the campus of the Rochester Institute of Technology. On-site food stands are available. DINNER is included at a former Train Depot at the D & R DEPOT RESTAURANT following the quilt show visit. \*For lectures, workshops and more information, visit their website at [www.geneesevalleyquiltfest.com](http://www.geneesevalleyquiltfest.com)

#### Choose One Entrée:

- Italian-seasoned Charbroiled Haddock
- Charbroiled Chicken Breast
- Broiled Center Cut Pork Chops

(TRP-004)

SUN • June 2

Cost: \$89

Depart: 8:30 AM; Return: 7:30 PM

### BROADWAY TONIGHT LIVE!

#### AT SENECA NIAGARA CASINO

Travel to the SENECA NIAGARA CASINO for a MATINEE SHOW EVENT - "BROADWAY TONIGHT". It's a highly paced musical revue consisting of young, attractive, multi-talented singers and dancers. Each performer is a top notch Broadway professional, with numerous Broadway credits. This Broadway tribute will take you through Broadway's greatest hits, filling the stage with beautiful costumes, dramatic singing, exciting choreography and dynamic music and dancing. They will be performing some of the songs from the hit Broadway shows such as Cats, West Side Story, Phantom of the Opera, A Chorus Line, Cabaret, Anything Goes, Chicago, and 42nd Street. Seating in the Event Center is General Seating - first come, first serve. You will receive a Ticket to the 2 PM Show, \$20 Seneca Slot Dollars, and a Free Buffet Food Voucher. Valid photo ID required to receive Casino Incentive (passport or driver's license). Bring your Seneca players Card if you have one.

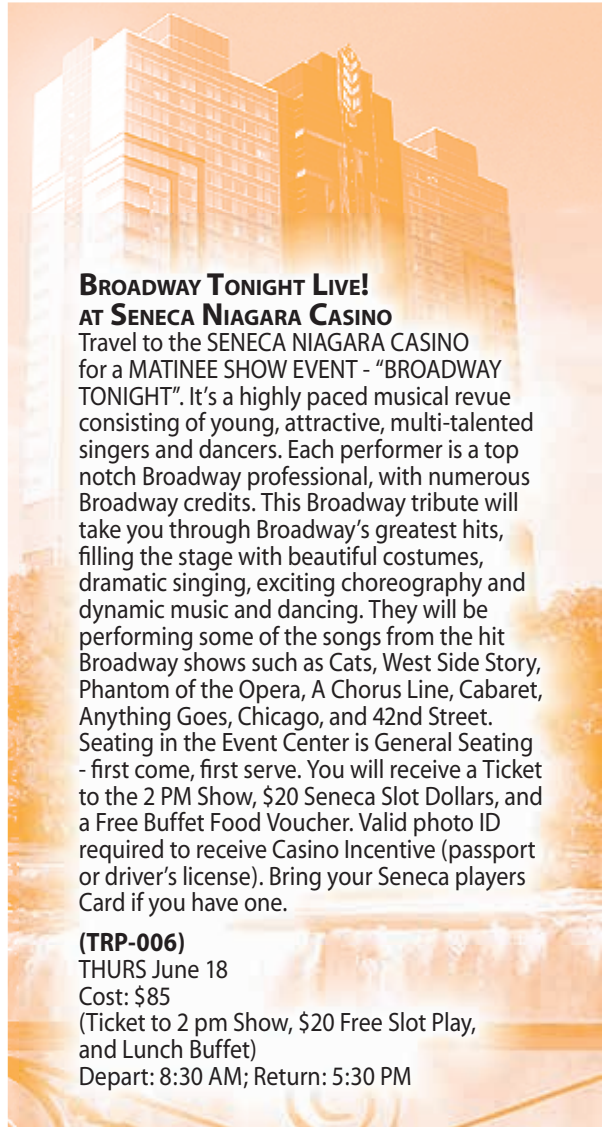
(TRP-006)

THURS June 18

Cost: \$85

(Ticket to 2 pm Show, \$20 Free Slot Play, and Lunch Buffet)

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.

**CLASS CANCELLATION**

Classes may be cancelled if the required class size is not met. 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.

**5 WAYS TO REGISTER!**

**Walk It In!** Upon receipt of the Brochure, East Middle School/Community Education/Door #37  
9:00 AM - 6:00 PM Monday-Thursday • 9 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](http://www.wscschools.org/commed)  
click on Web Store

**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**