



WEST SENECA COMMUNITY EDUCATION

www.wscschools.org/commed

Learning for Life's Seasons



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West Seneca Central School District
1397 Orchard Park Road
West Seneca, NY 14224-4098

*****ECRWSS
POSTAL CUSTOMER

SUMMER 2019

JULY 1st - AUGUST 10th



CONTINUING/COMMUNITY EDUCATION COURSE CATALOG • SUMMER 2019

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

WELCOME ...

to Summer Fun & Learning with West Seneca Community Education! We hope our selection of courses and programs will help you stretch your imagination, expand your skills, or provide a wealth of fun learning opportunities for everyone in your family. We have brought together a variety of summer programs and camps for every age.

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. Call me at 677-3180 to find out more.

Sincerely,

Stephanie Wright

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

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

HIGH SCHOOL EQUIVALENCE PREPARATION

The TASC exam is the new path to earn a New York State High School Equivalency Diploma. Information is available from HSE program and testing sites.

Preparation program contact information:

Erie 1 BOCES: 822-3333

Frontier Community Education: 926-1744

Maryvale Community Education: 635-4666

ECC Employment & Training: 825-2525

Oops!! We didn't know you were coming! Sometimes courses are cancelled when too many people wait until the last minute to register. We make decisions on what classes will run based on paid registrations. **Don't be disappointed, register today!**

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

ADULTS

NOTARY PUBLIC TRAINING COURSE

Karen O'Connor
(BUS-001)

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.

MON • Aug 5
9:00 AM - 12:00 PM • 1 Class: \$60
Bldg.: ES/Rm 101

FITNESS KICKBOXING BOOT CAMP

Horizon Martial Arts
(PHY-001)

An upbeat fitness class with an emphasis on cardiovascular training, this class is a great way to get in your best shape. You will condition, strengthen and tone every part of your body, and burn calories big time while practicing techniques on heavy bags. Boxing gloves required. No Gold Card Discount.

TUES & THURS • July 9 - Aug 8
8:00 - 9:00 PM • 10 Classes: \$69
Bldg: Horizon Martial Arts, 280 Center Road,
West Seneca

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

ABBREVIATIONS

You are responsible for noting your class location!

AE - Allendale Elementary
1399 Orchard Park Road

CE - Clinton Elementary
4100 Clinton Street

EM - East Middle
1445 Center Road

ES - East High School
4760 Seneca Street

EBZ - Ebenezer Building
900 Mill Road

NE - Northwood Elementary
250 Northwood Avenue

DO - District Offices
675 Potters Road

WE - West Elementary
1397 Orchard Park Road

WI - Winchester Elementary
650 Harlem Road

WM - West Middle
395 Center Road

WS - West High School
3330 Seneca Street

MARTIAL FOR ADULTS

Horizon Martial Arts (PHY-002)

If you are an adult interested in learning martial arts you have come to the right place. Whether you are an experienced martial artist that is new to the area or an adult with a newly found interest in the martial arts we have a selection of classes geared for any age and fitness level. Our Adult Martial Arts program will introduce you to the many benefits of training, including...

• *Relieve stress* • *Build Strength* • *Help you lose weight* • *Improve your concentration* •

And of course learning valuable self-defense techniques for practical real world applications. Furthermore our program is set for all fitness levels, whether this is a first step towards improved health or working towards an ultimate fitness challenge the adult program is geared for you. Uniform is included. No Gold Card Discount.

MON & WED • July 8 - 31

7:00 - 8:00 PM • 8 Classes: \$59

Bldg: Horizon Martial Arts, 280 Center Road, West Seneca

YOGA FOR 55+

Kathryn Zawadzki (HEW-001)

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. At all times movement can be modified to where your abilities are for that day. There is a systematic relaxation at the end of every class. 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 • 1:15 - 2:00 PM

July 9 - Aug 27 • 8 Classes: \$69

Bldg.: 4184 Seneca St./Ste.212



NEW!

ALL STUDENTS MUST REGISTER THROUGH
THE BODYSHAPING OFFICE.

BODYSHAPING

BY SANDY

Our summer semester
starts the week of June 17th,
and will run for 6 weeks.

Summer Pricing:

- one day per week \$50 •
- two days per week \$100 •
- Aerobic PASS \$140 •

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

No Gold Card discount

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

Specializing in Group Fitness Aerobic Classes

To Register call 568-0246 or visit www.bodyshapingbysandy.com

Call to see if you are eligible for FREE or discounted classes through your health insurance! No Gold Card Discount

Exercise classes take place at the Southgate Plaza studio * Union & Seneca (drive to rear of plaza, look for Bodyshaping sign).

TOTAL BODY BOOT CAMP

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

MON 5:00 PM
MON 7:00 PM
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

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 meditation and breathing exercises. Bring a floor mat

TUE & THURS 7:30 PM

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.

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



the cooking school

presented by **Tops**

Classes held at Tops Markets

355 Orchard Park Rd., West Seneca, New York 14224
3980 Maple Rd./N. Bailey, Amherst, New York 14226

Please have your credit card ready to reserve all classes
W. Seneca 716.517.3006 / Amherst 716.515-2000

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

HANDS-ON ADULT CLASSES

SUSAN'S SUSHI PARTY

Culinary Instructor

Susan Vernon

FRI • July 19 • 6-8:30 PM Amherst

FRI • July 26 • 6-8:30 PM West Seneca

\$30 per person

Back by popular demand!! We will be rolling up amazing Sushi rolls. In this class, you will prepare the rice which is the most important part of these rolls. Spicy Shrimp Roll, California Roll and Vegetable Roll

THE AMAZING INSTAPOT

Culinary Instructor

Susan Vernon

MON • July 22 • 6-8:30 PM Amherst

MON • July 29 • 6-8:30 PM West Seneca

\$30 per person

Do you have an Instapot?! And, are you afraid to use it?! Fear Not!! Susan is going to show you how versatile these pots are in her class. Feel free to bring your pot or use ours. Be prepared to be amazed at these easy creations that taste fantastic! Thai Turkey Meatballs with Rice Noodle, Mac and Cheese, Fresh Green Beans with Parmesan Buttered Breadcrumbs, Cheesecake

PACK A GOURMET PICNIC BASKET

Culinary Instructor

Chef TinaMarie Kumiega

WED • July 24 • 6-8:30 PM Amherst

WED • July 31 • 6-8:30 PM West Seneca

\$30 per person

Are you going to Shakespeare in Delaware Park or to an outdoor concert this summer? Are you tired of the same old sandwiches and bag of chips? Well, this class will show you how to pack a Gourmet Inspired Picnic Basket! Surprise and impress your friends and loved ones with a delicious, easily prepared, cold spread of foods from soup to nuts! This picnic will not only be "delish", but, portable and served in single serve reusable, environmentally "green" containers! Frozen Fruit Spritzers, Melon & Prosciutto Skewers, Fruit Gazpacho, Tuscan Chicken Panini, Dilled Potato Lobster Salad, I Dream of Hawaii Bars

AIR FRYER MANIA

Culinary Instructor

Susan Vernon

FRI • August 9 • 6-8:30 PM West Seneca

TUE • August 13 • 6-8:30 PM Amherst

\$30 per person

With healthy eating on everyone's mind, air fryers have become the rage! Susan has tweaked some foods that will have you believing that they were fried in oil. Feel free to bring your air fryer or use ours! Buttermilk Fried Chicken, Baked Garlic, Parsley Potatoes, Roasted Corn, Apple Dumplings

MY FAVORITE FAIR FOODS AT HOME

Culinary Instructor

Chef TinaMarie Kumiega

WED • August 21 • 6-8:30 PM West Seneca

WED • August 28 • 6-8:30 PM Amherst

\$30 per person

Let's keep those Fair memories alive by preparing and cooking some of your favorites right at home! Texas Hot Lover? Learn to whip up a freezable batch of that special sauce to enjoy year-round. No deep fryer at home? Learn alternate ways to get the same flavor and crispness of your favorite fried Fair Foods! Texas Hot Dog Sauce, Smells Like Summer Baked Chicken, Fair Style Sautéed Italian Sausage, Peppers & Onions, "No-Fry" Fries, Sweet Treat Popcorn

TOMATO-TOMATOE

Culinary Instructor

Susan Vernon

WED • August 28 • 6-8:30 PM West Seneca

FRI • August 30 • 6-8:30 PM Amherst

\$30 per person

You guessed it, everything prepared with tomatoes! This is that time of year where we have way too many tomatoes from the garden. Let's get creative and make some tomato-based dishes that will WOW the family and have you running to the garden for more! Oven Tomato Jam w/Fresh Basil served on Toasted Creamy Ricotta, Sicilian Tomato Salad with Parmesan Chunks and Green Olives, Tomato Soup Cake

ROCKIN RAMEN

Culinary Instructor

Susan Vernon

MON • September 9 • 6-8:30 PM Amherst

MON • September 23 • 6-8:30 PM West Seneca

\$30 per person

Ramen bowls are fun for the whole family. With school in session, time to cook and prepare large meals for the family will be scarce. These bowls can be prepped ahead and put together in minutes! Everyone can choose their own ingredients, making mealtime a more pleasant experience. Spicy Shrimp Ramen, Chicken Ramen, Crispy Pork Ramen - we will be making our own noodles

EVERYTHING PHYLLO AND IT'S ALL GREEK TO ME

Culinary Instructor

Susan Vernon

FRI • September 13 • 6-8:30 PM West Seneca

FRI • September 27 • 6-8:30 PM Amherst

\$30 per person

This dough intimidates most people and that is why Susan is doing this class! Once you have taken this class, you will decide to always keep a box dough in your freezer! Spanakopita, Greek Salad in Phyllo Bowls, Seasoned Greek Burger baked in Phyllo, Yogurt Dill Sauce, Baklava.

BOUNTIFUL VEGETABLE HARVEST

Culinary Instructor

Chef TinaMarie Kumiega

WED • September 18 • 6-8:30 PM Amherst

WED • September 25 • 6-8:30 PM West Seneca

\$30 per person

It's harvest season again, and whether you have a vegetable garden, your neighbor has one, or you just can't resist the assortment of fresh produce available at this time of year - this class is for you! Learn how to prepare vegetables that even veggie-haters will love! Included will be veggies as side dishes and an entrée of a roasted veggie layered lasagna. Grilled Vegetable Layered Lasagna, Corn & Zucchini Pudding, Rosemary Green Beans, Honeyed Carrots, Succotash Salad



ONLINE - Ed2Go

**No Gold Card discount
on any online programs**

Learn on the Internet from your home computer with Ed2Go!

**All courses are \$89
Each course is 6 weeks or 24 class hours**

**2 Summer Sessions Available:
STARTING: JULY 17 & AUGUST 14**

TRAVEL WRITING

In this course you'll learn how to develop the skills of a travel writer. You'll learn how to translate what is seen, heard, tasted, touched, smelled and felt (intuitively and physically) into publishable articles and books. You'll understand the writing styles and methods needed to sell material in today's competitive market (including the how-to's of technical aspects of lead paragraphs, descriptive passages and the uses of interviews, quotes and facts). By the end of the course, you'll have the ability to write for the travel market. So pack your sense adventure, organize your determination and put your keyboard in a comfortable position. If you have a desire to write and yearn to travel, you're a perfect candidate to become a travel writer. Let's get going. Topics include popular styles and types of travel writing that are the friendliest to new writers. Other topics of the workshop include how to write query letters, how to produce articles, essays and books, trends in types of articles and books, grammar and writing skills refreshers, and marketing information.

SPEED SPANISH

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

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 about how to register for the 2019 - 2020 school year,

Contact: Stephanie Wright, Coordinator
swright01@wscschools.org or call, 677-3185

REQUIREMENTS:

Hardware Requirements:

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

Software Requirements:

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

Email capabilities and access to a personal email account.



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 about the excitement that surrounds social media, this course will empower you.

INTRODUCTION TO GOOGLE ANALYTICS

No matter what brings you to the Web, your hope is that a lot of people see your website, your wall, your tweets, and your videos. In this course, you will learn to use Google Analytics to make the most of your online traffic. You will see how you can track not just the to all of your online content, but also determine which content is the most appealing, where your visitors came from, what devices they used, how long they stayed, which links they clicked, and where they went when they left. This course guides you step-by-step, report-by-report, through the major parts of the Google Analytics interface. From setting up your Google Analytics account and getting the all-important code you will need to add to your website's pages to begin tracking your visitors, you will learn everything you need to know to get everything you can from the data that Google Analytics provides. You will even find out about Google AdWords and other tools to enhance your traffic as well as your Google Analytics reporting



ONLINE - Ed2Go

Check out the website at <http://www.ed2go.com/wscommended> to find out more about the over 300 classes offered; prerequisites, software needs, specific lessons, and an instructor biography.

You may register through our office at 677-3107

OR online at www.ed2go.com/wscommended

PERSONAL FINANCE

Do you have clear financial goals? Are you confident you will be able to retire someday? How can be sure you are making the right investments? Do you know how to change your credit report to reduce your expenses and increase your financial security? Do you know how to keep good financial records?

This course will prepare you for a lifetime of worthwhile personal financial planning. The tools you will learn are useful, realistic, and easy to work into your regular routine. They will help you gain control over the financial impact of the choices you make. You will learn to create and use a budget, borrow and invest wisely, make intelligent decisions about insurance, and plan for your financial future. You will develop a retirement savings plan, and you will be better prepared to make large purchases and plan for taxes. You will learn the essentials of household bookkeeping, record-keeping requirements, and much, much more.

STOCKS, BONDS AND INVESTING: OH MY!

Looking for a good solid class in the basics of stocks, bonds, finance, and investing? Haven't the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? And do you wish you could do it all without having to pay a broker or a financial advisor? Well, look no further. The class you need is right here.

Stocks, Bonds, and Investing; Oh My! is an enjoyable class that walks you through the fundamentals of investing. The course will not only teach you about the stock markets, 401k plans, and retirement, but it will also address personal financial issues that are often ignored, but absolutely essential, to your success as an investor. Each lesson explains these concepts in detail, so you understand how and why things work in the investment world. Provide yourself with the independence and confidence you will need to make your own investment decisions.

START AND OPERATE YOUR OWN HOME-BASED BUSINESS

Starting a home-based business is the hottest trend in today's challenging business environment! Learn how to be your own boss and eliminate the stress of having a job. The benefits of working from home are endless! Earn what you deserve, be independent, have tax deductions, do away with traffic, office politics and more! Learn how to develop the entrepreneurial qualities - motivation, discipline, creativity - that you will need to succeed! This class is a great way to start your own business or enhance the one you already have.

START YOUR OWN ONLINE BUSINESS

Today, the Internet has changed everything. It is now entirely possible to create, launch, and build a profitable business from the convenience of your home with little to no upfront investment. This course will give you a solid foundation for building and growing a successful digital business.

You will be given a step-by-step approach that is easy to follow—from building a simplified strategy to branding your business. You will learn to create a product and how to build and launch your own website. You will learn to engage prospective customers, and implement a process that will drive fresh leads to your business. You simply need to know what to do and how to do it. So whether you are looking to generate a nice side income or even to replace your current income and ditch your full-time job, this course is for you.

SMALL BUSINESS MARKETING ON A SHOESTRING

When it comes to marketing for a small business, money isn't everything! In this course, you'll learn how to use the same marketing tricks the big companies employ—without making a big dent in your wallet. As you build your own customized marketing plan step-by-step, you'll discover how to attract your target audiences, entice customers to buy your product or service, and keep buyers coming back for more. You'll master cost-effective strategies including strategic partnerships, local marketing, search engine optimization, social networking, e-mail marketing, lead generation, and niche marketing. In addition, you'll find out how to generate the referrals that are key to your company's success. You'll get tips on evaluating your tactics, tracking your results, and fine-tuning your approach so it gets better every year. Best of all, the small business marketing strategies you'll learn will fit into any budget—and some are even free!

PHOTOSHOP ELEMENTS FOR THE DIGITAL PHOTOGRAPHER

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

GENEALOGY BASICS

Tracing your family's history is a fascinating journey. Genealogy Basics will help you understand the genealogy research process and the way we interpret the information we find. This course guides you through the search process for family names using several subscription-based Web sites, which you can access while enrolled in this class.

You will learn through hands-on examples that help you dig deeper into your family's past. You will develop a strategy to accomplish your objectives, evaluate the results, and share that information with others. You will discover where to look, who to contact, and how to make your family history come alive!

DEFENSIVE DRIVING COURSE ONLINE!

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

Register and pay online at:

www.empiresafetycouncil.com

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

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

9-HOUR SAT PREP COURSE

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

Summer is a great time to prepare for the SAT test! This 9-hour course offers an in-depth study of the SAT test. Includes: classroom instruction, test-taking strategies, testing information, study materials and a free simulated test. For the simulated test schedule and registration information visit: www.allprotutoring.com. Please register early! The last SAT tests for this year are August 24, October 5, November 2 & December 7.

WED/MON/WED • July 31, August 5 & 7

10:00 AM - 1:00 PM

3 Classes: \$130

Bldg.: WE/Library

WRITING THE COLLEGE APPLICATION ESSAY (ACA-002)

Do you want to ace your college application essay? Then this 3-hour workshop is for you! All the fundamentals of Standard English as well as review of essay strategies. Students will identify effective versus non-effective essays and apply these strategies to their own writing. Students will gain the confidence and knowledge necessary to write an effective college application essay.

WED • July 17

10:00 AM - 12:30 PM • 1 Class: \$60

Bldg.: WE/Library

4-HOUR ACT PREP COURSE

All-Pro Tutoring & Test Preparation Staff (ACA-003)

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

TUES & THURS • July 23 & 25

10:00 AM - 12:00 PM • 2 Classes: \$71

Bldg.: WE/Library

BABYSITTING PROGRAM

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 a babysitter's text, first aid kit, starter package and certification card. Pack a lunch.

(KID-020)

THURS • July 11

9:00 AM - 2:00 PM • 1 Class: \$55

Bldg.: WE/Room 10

(KID-021)

TUES • July 30

9:00 AM - 2:00 PM • 1 Class: \$55

Bldg.: WE/Room 10

LEAP INTO LEARNING

West Seneca District Teachers

District students may take the Summer Elementary Enrichment Program in ELA and Math - "LEAP into Learning". The program is for students entering Grades 1 through 5, and is an opportunity for students to participate in fun learning experiences that will support their current skill levels. (Indicate grade child will be entering in Fall.) Call 677-3107 for more information.

MON-THURS • July 8 - August 1

9:00 AM - 12:00 PM • 16 Classes: \$160

Bldg.: AE/varied

READY, SET, GO!

Amy Purdy & Patricia Puntillo

West Seneca District Teachers

District students may take this Summer Camp with a Middle School twist using ELA and Math - Looking to give your child a head start this summer so they are prepared for the emotional and academic demands of the Middle School? This academically based **fun camp** will front load your child in the areas of **reading** and **math**. Snacks will be provided. Call 677-3107 for more information. **Age: Students entering 6th grade in the fall.**

Math: Students will explore the concepts introduced early-on in the school year to give them the confidence to become the successful in the 6th grade math program. Strategies will be reinforced through math games and group work. The curriculum will be based on New York state standard. Basic math skills (multiplying and dividing) will also be practiced to reinforce the concepts taught in 5th grade.

Reading: Students will read a book as part of their summer reading. The book will be explored like a "book talk" and students will complete a culminating project to demonstrate their understanding of the book. Some reading at home will be required.

TUES, WED, THURS • July 9 - 18

9:00 AM - 12:00 PM • 6 Classes: \$99

Bldg.: AE/TBD

Art Explorer Camps

Art Programs for
ages 6 through Teens

Kelley Mooar

Join us for a morning of arts, crafts, and fun! Learn to care for art supplies and improve attention span, fine motor skills, self-confidence, and socialization in a fun group setting. Bring an art smock; \$15 lab fee for each class covers all supplies. Discount of \$10 if both classes are taken by one child.

DRAWING & PAINTING (CRF-001)

Ages 6-11. Learn and improve your drawing/painting skills by practice and demonstration. You will use oil and chalk pastels, watercolors, tempera and acrylic paint, as you paint and draw creating a variety of art works. *Lab Fee: \$15/supplies.*

MON & WED • July 8 - Aug 7

8:30 - 10:30 AM • 10 Classes: \$75

Bldg.: WE/Rm.2

CRAFTS/MIXED MEDIA PROJECTS (CRF-002)

Ages 6-11. Create imaginative art projects using a variety of art materials and methods. Learn to use or create weaving, clay, tissue/cut paper projects; make puppets, hats, greeting cards, mobiles, bookmarks and more! *Lab Fee: \$15/supplies.*

MON & WED • July 8 - Aug 7

10:45 AM - 12:45 PM • 10 Classes: \$75

Bldg.: WE/Rm.2

PAINTING FOR TEENS (CRF-003)

Middle/High School. Do you have a need for self-expression and want to explore it this Summer? Create artworks using a variety of painting mediums. You will learn different artistic styles and techniques to apply to your paintings. *Lab Fee: \$15/supplies.*

MON & WED • July 8 - Aug 7

1:00 - 3:00 PM • 10 Classes: \$75

Bldg.: WE/Rm.2



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, exclusion 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 • 3980 Maple Rd./N. Bailey, Amherst

Please have your credit card ready to reserve all classes • W. Seneca 716.517.3006 / Amherst 716.515-2000

For complete listings visit www.topsmarkets.com, click on depts., cooking school, calendar

KIDS KITCHEN

These classes will be held in both schools on the dates listed. Please inform us of any food allergies at the time of registration. We try our best to accommodate all food allergies with substitutions. For safety reasons, we ask that your children come to class in a close shoe or sneaker. No open toed, heeled or sandal/flip-flops allowed. Please tell us if you have any coupons or gift certificates at time of registration..

Little Chefs

Ages 3-6 with Caregiver

CELEBRATING INDEPENDENCE DAY ALL MONTH!

Stars, Stripes and Summer is our theme as we have fun cooking with a patriotic flair this month! Let's have fun being creative with our food as we make all kinds of great food to eat or take to a picnic in July! Fruit and Veggie Insects, Star Spangled Fruit, Roman Candle Hot Dogs, Red-White and Blue Strawberries

SAT • July 20
11 AM - 12:30 PM
\$13 per Little Chef

"PAWSITIVELY" PAW PATROL

Let's join Chase and the other pups because "No job is too big, no pup is too small" to cook up some delicious recipes on the double!! Paw Patrol Puppy Chow, Marshall's Dog Bone Sandwiches, Farmer Yumi's Crops and Dip, Rubble's Rice Crispy Treats

SAT • August 3
11 AM - 12:30 PM
\$13 per Little Chef

WE LOVE GRANDMA AND GRANDPA!!

Honor Grandma and Grandpa this Grandparent's Day at the Cooking School. The food planned is appealing for any generation! Everyone will have a happy tummy and enjoy the time spent together with Grandparents or Parents! Chicken Salad Croissants, Easy Homemade Mac and Cheese, Individual Trifle Desserts

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

Future Chefs

Ages 7 and up

IT'S ALL ABOUT THE FAIR

Everyone goes to the County Fairs for the rides, the games, the animals, and the shows. But, most importantly - ALL THE FOOD! In this class we will learn how to make some of our Fair favorites right in our very own kitchen! Tacos in a Bag, Cheese Sauce for French Fries, Fresh Squeezed Lemonade, Funnel Cakes

FRI • August 2
6 - 8 PM
\$16 per Future Chef

COMFORT, COZY, CRESCENT ROLL FOOD

Crescent rolls are one of very versatile and delicious ingredients! They are easy to use and cook with. They take the spot light in this class! Buffalo Chicken Crescent Ring, Easy Appetizer Veggie Pizza, Salted Caramel Crescent Doughnuts, Homemade Hot Chocolate

THURS • September 19
6 - 8 PM
\$16 per Future Chef

Future Chefs Summer Camps

Ages 7 and up

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



**MasterChef
JUNIOR**

**No Discounts on Music Lessons,
Dance or Theatre Classes.**

PIANO LESSONS (MUS-001)

Michelle Rotterman

Private piano instruction for both beginning and continuing students **ages 5 and up**. Call 716-807-4389 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 practicing between lessons.

Music fee: \$8-15.

TUE & WED • 10:00 AM - 8:00 PM

5 Lessons: \$85

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

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. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages! Lessons are 30 minutes of private instruction for 5 weeks. Call 821-1404 to register.

5 Lessons: \$85 - flexible scheduling

Bldg.: 68 Reed Ave., Lackawanna

MIDDLE SCHOOL SUMMER ORCHESTRA (MUS-016)

Eve Roushey

Open to orchestra students entering grades 5,6, 7 or 8. Keep your skills sharp with summer orchestra! We will be paying our instruments each class to improve our skills. We will learn some new techniques and keep ourselves in "musical shape" for next year. Students will need an instrument for this course. Contact your school orchestra teacher to secure an instrument.

TUESDAYS • July 9 - Aug 6

9:00 - 10:30 AM • 5 Classes: \$35

Bldg.: WM/Auditorium



Stacy Zawadzki's Performing Arts Center

Southgate Plaza • West Seneca NY
14224 • (716) 608-1010
www.zpac.biz

Dance, Theatre, Voice and Acting, Fitness courses for all levels are offered to students ages two and a half 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!!

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



Walh Performing Arts Studios

"A DANCE & MUSICAL THEATRE TRAINING SCHOOL"

David and Katie Walh • www.walhstudios.com • Class sizes are limited, so register early to reserve your spot!

No Gold Card discount

AMERICAN GIRL CAMP (MUS-003)

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.**

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

2937 Southwestern Blvd.
Orchard Park NY, 14127
675-7607

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

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

TURNS, 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!

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.

ARCHERY (KID-019)

Lorna Czarnota

The ancient art of archery is one that challenges personal skills and builds concentration. This class will teach the safe use and care of equipment. Best of all, there will be time for practice target shooting every day. Course concludes with team and fun shoots. **Ages 9-16, all levels.** Lab Fee: \$12/arrows.

MON-THURS • July 1-11

10:00 AM-12:00 Noon • 7 Classes: \$65

Bldg.: WE/Field

No class July 4th.

BASKETBALL DEVELOPMENT CAMP

Jason Overton/Ryan Colbert

Students **entering 5th-8th grades** will be developing basketball skills through drills and games. The emphasis will be on fundamentals and strategies used in game play. Participants should leave each camp having had fun, learning new information, and becoming a more complete player. Indicate session. Course cost includes T-Shirt, indicate size at registration.

(KID-007)

MON-THURS • July 15-18

8:00-11:00 AM • 4 Classes: \$45

Bldg.: ES/Gym

(KID-008)

MON-THURS • July 22-25

8:00-11:00 AM • 4 Classes: \$45

Bldg.: ES/Gym

GIRLS SUMMER BASKETBALL CLINIC

Ashley Bonetto

Players will learn the fundamentals of the game, and develop skills in ball-handling, dribbling, passing, shooting, and defensive skills throughout the program. Teamwork and sportsmanship will all be included. Each player will be given the opportunity to improve their overall game. Course cost includes T-Shirt, indicate size at registration. **Please note - July 9, 11, Aug 6, 8, 13 & 15 at WE/Gym.**

Grades 4-7

(KID-005)

TUES & THURS • July 9-Aug 15

8:00-9:30 AM • 10 Classes: \$65

Bldg.: WS/Gym

Grades 8-12

(KID-006)

TUES & THURS • July 9-Aug 15

9:30-11:00 AM • 10 Classes: \$65

Bldg.: WS/Gym

KidsPlay, LLC

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.

SOCCER-LEVEL 1

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

(KID-001)

TUES • July 2-Aug 6

6:30-7:30 PM • 6 Classes: \$65

Bldg.: NE/Field

(KID-002)

THURS • July 11-Aug 15

5:45-6:45 PM • 6 Classes: \$65

Bldg.: NE/Field

U8 DEVELOPMENTAL OUTDOOR SOCCER LEAGUE (KID-003)

Ages 6-8. An instructional Soccer League designed to help veteran and inexperienced players develop skills in a positive and supportive environment. Special emphasis placed on the development of dribbling, receiving and passing/support skills. A program designed to be fun and challenging for any player with a strong interest in improving skills and understanding how team soccer works. All games and training sessions coordinated by 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 • July 11-Aug 15

6:45-8:00 PM • 6 Classes: \$75

Bldg.: NE/Field

PARENT/CHILD SOCCER (KID-004)

Ages 3-4 with Parent. Parent/Child Soccer is a fun way to introduce your child to organized sports! KidsPlay coaches work in partnership with parents to give young players 1:1 instruction during their initial exposure to the game. Each class begins with 10-15 minutes of individual instruction followed by fun instructional games that parents and children can play together. PC Soccer is a parent-child activity; an active parent or guardian 18 years+ must accompany a child in each session.

TUES • July 2-Aug 6

5:45-6:30 PM • 6 Classes: \$60

Bldg.: NE/Field



Kids Choice Sports

with Brian Kieser

Kids Choice Sports offers instructional youth sports programs to kids ages 3 - 12. By offering a variety of programs, we give Kids the Choice of many different Sports to try out, in order to find the best fit for them. The skills and rules of each sport that we teach are broken down into simple concepts that are fun to learn and easy to understand. For more information visit www.kidschoicesports.com or call coach Brian at 578-8400

LITTLE SLUGGERS-INTRODUCTION TO TEE BALL

This class is perfect for boys and girls **ages 3-6 (ages 3/4 and 5/6 grouped separately)** 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. Players should dress appropriately (outdoor class). Bring a water bottle.

(KID-011)

WED • July 3-Aug 7
6:15-7:00 PM • 6 Classes: \$74
Bldg.: EM/Field

(KID-012)

SAT • 11:10 -11:55 AM
July 6-Aug 10 • 6 Classes: \$74
Bldg.: EM/Field

TODDLER TIME SOCCER

Ages 2-3. Toddler Time is an exciting 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 games and activities. Kids "learn through play" in a social environment while developing motor skills and coordination, building confidence and much more! But most of all, it's FUN! A T-shirt is included in the program fee. Players should dress appropriately (outdoor class). Bring a water bottle.

(KID-014)

WED • July 3-Aug 7
5:15-5:55 PM • 6 Classes: \$74
Bldg.: EM/Field

(KID-015)

SAT • 10:00-10:40 AM
July 6-Aug 10 • 6 Classes: \$74
Bldg.: EM/Field

BOYS LACROSSE OUTDOOR

(KID-013)

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

WED • July 3-24
7:15-8:45 PM • 4 Classes: \$74
Bldg.: EM/Field

GIRLS LACROSSE OUTDOOR

(KID-016)

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

WED • July 3-24
7:15-8:45 PM • 4 Classes: \$74
Bldg.: EM/Field



No Gold Card discount

Tim Hartman is one of North America's leading experts in the field of Martial Arts, and he leads a staff of professional instructors in these instructional programs to introduce both children and adults to self-defense/fitness.



All classes are held at 280 Center Road
Wimbledon Plaza

Bring a towel and water bottle

KARATE FOR KIDS

(KID-009)

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"-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
July 8-31
5:30-6:15 PM
8 Classes: \$59

LITTLE NINJAS

(KID-010)

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 a child's development. Our program will enhance positive development in a fun and motivating way. Includes uniform.

WED
July 10-31
5:30-6:00 PM
4 Classes: \$59

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.

PRE-SCHOOL BEGINNING 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

*All classes are held at **WEST MIDDLE SCHOOL**

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

AQUA BABES

(SWM-001)

MON • July 8 - Aug 5
9:40 - 10:10 AM
5 Classes: \$25

(SWM-101)

WED • July 10 - Aug 7
9:40 - 10:10 AM
6 Classes: \$30

(SWM-002)

TUES • July 9 - Aug 6
10:15 - 10:45 AM
5 Classes: \$25

(SWM-102)

THURS • July 11 - Aug 8
10:15 - 10:45 AM
5 Classes: \$25

PRE-SCHOOLERS - BEGINNING SWIM

(SWM-003)

MON • July 8 - Aug 5
10:15 - 10:45 AM
5 Classes: \$25

(SWM-103)

WED • July 10 - Aug 7
10:15 - 10:45 AM
5 Classes: \$25

(SWM-004)

TUES • July 19 - Aug 6
9:40 - 10:10 AM
5 Classes: \$25

(SWM-104)

THURS • July 11 - Aug 8
9:40 - 10:10 AM
5 Classes: \$25

LEVEL 1

(SWM-005)

MON & WED • July 8 - Aug 7
10:50 - 11:20 AM
10 Classes: \$50

(SWM-006)

TUES & THURS • July 9 - Aug 8
10:50 - 11:20 AM
10 Classes: \$50

LEVEL 2

(SWM-007)

MON & WED • July 8 - Aug 7
11:45 AM - 12:30 PM
10 Classes: \$75

(SWM-008)

TUES & THURS • July 9 - Aug 8
12:00 - 12:45 PM
10 Classes: \$75

LEVEL 3

(SWM-009)

MON & WED • July 8 - Aug 7
1:15 - 2:00 PM
10 Classes: \$75

LEVEL 3 & 4

(SWM-010)

TUES & THURS • July 9 - Aug 8
12:50 - 1:50 PM
10 Classes: \$75

(SWM-011)

MON & WED • July 8 - Aug 7
2:05 - 3:05 PM
10 Classes: \$75

LEVEL 5 & 6

(SWM-012)

TUES & THURS • July 9 - Aug 8
2:05 - 3:05 PM
10 Classes: \$75

Adult Swim Program

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-013)

MON & WED • July 8 - Aug 7 • 8:15 - 9:15 AM • 10 Classes: \$75

HIGH INTENSITY WATER AEROBICS

Kristen McGuinness

A shallow end water aerobics class that consists of a warm up, 20-30 minutes of cardiovascular exercises, strength and flexibility exercises and a cool down. The class is taught at a higher pace, although you can participate at any level you would like! Water aerobics can increase your cardiovascular endurance, strength and range of motion. Sign up with friends and enjoy the music and 55 minute class.

(SWM-014)

TUES & THURS • July 9 - Aug 8 • 8:15 - 9:15 AM • 10 Classes: \$75

CANADIAN TRIPS REQUIRE PROOF OF CITIZENSHIP

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

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

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

ALL TRIP PRICES ARE SUBJECT TO CHANGES DUE TO CONTINUOUSLY RISING FUEL COSTS.

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

DISNEY'S BEAUTY AND THE BEAST

Travel to the GREG FREWIN THEATER, RANKED #6 OUT OF 100 TOP ATTRACTIONS in NIAGARA FALLS, ON. Begin with a BUFFET LUNCH followed by the Linus Hand Productions Disney's BEAUTY & THE BEAST. This magnificent musical is the story of an arrogant young prince and his servants who are cast under a spell of a wicked enchantress. He will remain a hideous Beast until he can learn to love and be loved in return. Belle is a spirited headstrong girl who enters the castle after the Beast imprisons her father. With the help of the enchanted servants, including Mrs. Potts, Belle begins to draw the cold-hearted Beast out of his isolation. "Be our guest" and rediscover a tale as old as time...Disney's Beauty and the Beast live on stage! The academy award winning film comes to life in this romantic and beloved take on a classic fairytale! Following the show, we will visit FX CHOCOLATES before heading home. **PROOF OF CITIZENSHIP REQUIRED**

(TRP-001)

SAT • July 6

Cost: \$120

Depart: 9:00 AM; Return: 6:00 PM

FINGER LAKES WINE FESTIVAL

Spend a summer's day at the ANNUAL FINGER LAKES WINE FESTIVAL, presented by Yancey's Fancy New York's Artisan Cheese. Located on the grounds of Watkins Glen International Racetrack & featuring over 90 of the area's finest wineries. Wine vendors are located undercover. The Gourmet Food Court is located in a park-like setting. The event takes place rain or shine. **IMPORTANT: 21 & OLDER - YOU MUST BRING A DRIVERS LICENSE, AS IT IS NEEDED FOR ADMISSION TO THE FESTIVAL.**

Admission Includes:

- Wine Glass & Tasters Guide & Pen
- Wine Tasting & Chance to purchase over 500 wines. No need to carry your wine purchases, they will be stored for you.
- Gourmet Food Vendors- (Purchase on your own)
- Arts and Crafts Vendors
- Wine Seminars
- Live Music
- Take a spin in one of the official pace cars (additional charge)

A restroom stop will be made on the way down & back.

(TRP-002)

SAT • July 13

Cost: \$99

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

AFRICAN LION SAFARI

Enjoy a SAFARI DAY TRIP ADVENTURE. We will travel to Cambridge, Ont. Take a guided SAFARI TRAM tour of the Game Reserves & then enjoy a "LION'S FEAST ALL YOU CAN EAT SMORGASBORD". Spend the remainder of the day at the Shows: "Birds of Prey", "Parrot Paradise" & "Elephant Round Up". Cruise aboard the "African Queen" Boat and journey on the "Nature Boy Scenic Railway". Bring a swimsuit & towel to enjoy the Safari Water Park. Dress is very casual. Great day for ALL ages! It's a "paws"-itively unique tour experience. **PROOF OF CITIZENSHIP REQUIRED**

(TRP-003)

SAT • July 27

Cost: Child 12 & Under.....\$105.00

Adult 13-59\$115.00

Senior 60+\$113.00

Depart: 7:30 am; Return: 7:30 pm



"NEWSIES" DISNEY BROADWAY MUSICAL

We are off to the lovely VILLAGE OF ST. JACOB'S, ONTARIO where we will enjoy a LUNCH BUFFET at the STONE CROCK RESTAURANT located in the middle of the Village prior to the matinee show at the St. Jacobs Country Playhouse, "NEWSIES." Stop the presses! Disney's Tony Award®-winning Broadway musical phenomenon is ready to give audiences something to believe in. They sold the newspapers ... until they made the headlines. Based on the beloved 1992 Disney movie inspired by a true story, NEWSIES is the rousing tale of Jack Kelly, the charismatic leader of a band of teenaged newsboys in New York City at the turn-of-the century. When Joseph Pulitzer and the titans of publishing raise distribution prices, Jack rallies the "NEWSIES" from across the city to rise up and strike against the unfair conditions. With the help of smart and savvy reporter Katherine Plumber, all of New York City soon recognizes the power of young people. Packed with spectacular dancing and a sensational score by Alan Menken (Beauty and the Beast, The Little Mermaid) including the hit songs "Carrying the Banner," "Seize the Day," and "Santa Fe," NEWSIES is an uplifting Broadway blockbuster with a timeless message that inspires everyone to fight for what is right and seize the day. **PROOF OF CITIZENSHIP REQUIRED. RECOMMENDED FOR AGES 10+**

(TRP-004)

WED • July 31

Cost: \$139

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

TORONTO CRUISE & AQUARIUM

It's a beautiful summer day to travel to TORONTO for a LUNCHEON & SIGHTSEEING CRUISE along the SCENIC TORONTO HARBORFRONT aboard MARIPOSA CRUISES. Turn ordinary lunch into something extraordinary with a TORONTO BUFFET LUNCH CRUISE with Mariposa Cruises. Enjoy a relaxing afternoon cruising Toronto's harbor and waterways while soaking in all the amazing views of Toronto's iconic skyline. Experience a narrated cruise aboard one of Mariposa's classic vessels with indoor seating if needed. Get a water view of Toronto's skyline & take in the sights & sounds of the Toronto Islands, Island Airport, Harborfront, CN Tower, Rogers Centre, Air Canada Centre, & the fabled Gibraltar Point Lighthouse. Following the cruise, we will set forth RIPLEY'S AQUARIUM OF CANADA. Enjoy this spectacular attraction with over 16,000 aquatic animals from across the globe. **PROOF OF CITIZENSHIP REQUIRED**

(TRP-005)

TUE • August 6

Cost: \$139 Senior

\$149 Adult

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

PORT DOVER SUMMER FESTIVAL

Welcome to Ontario's South Coast nestled on the North Shore of Lake Erie. The third weekend in August is always a special time in Port Dover. The Port Dover Summer Festival, or Art in the Park as it is commonly referred to, has been attracting thousands of visitors on this particular weekend for over 40 years. Spend the afternoon in PORT DOVER, ONT. featuring their ANNUAL SUMMER FESTIVAL. Over 200 crafters and artists will be in historic Powell Park. More Crafts, Antique & Collectibles on shaded Market Street. There will be merchant sidewalk sales, on Main Street, Walker Street and all around town. Entertainment and fun activities for all. Lunch is on own at the festival. Enjoy all that this picturesque lakeside town has to offer including their sandy beach area. Choose what you to today to make your day memorable! **PROOF OF CITIZENSHIP IS REQUIRED WALKING REQUIRED.**

(TRP-006)

Sunday, August 18

Cost: \$59

Depart: 8:00 AM; Return: 7:00 PM

"NEW" BEATLES TRIBUTE CRUISE

Head to WATKINS GLEN & board CAPTAIN BILL'S for a TWO-HOUR CRUISE with LUNCH & THEMED ENTERTAINMENT. It's an afternoon of "THE BEATLES TRIBUTE!" Join us for a fun filled afternoon aboard Captain Bill's Seneca Lake Cruises for an afternoon luncheon cruise with entertainment featuring two hours of Beatle classics. The Seneca Legacy is home to our group for the cruise before we enjoy time at our leisure in Watkins Glen waterfront with a chance to enjoy the scenery, a wine tasting or shopping at own leisure and expense. A fast restroom stop will be made on the way back.

Choose One Entrée:

- Classic Sage Stuffed Chicken Breast
- Scallop & Crab Stuffed Filet of Sole
- Hot Roast Beef with Gravy
- Eggplant Parmesan

(TRP-007)

THURS • August 22

Cost: \$115

Depart: 8:30 AM; Return: 7:00 PM

"WORKING" - THE MUSICAL

Enjoy a leisurely drive to AUBURN, NY for LUNCH at the popular SPRING SIDE INN, an Auburn favorite. Enjoy LUNCH at this historic Inn, located on the North end of Owasco Lake. After dining, travel to the nearby MERRY GO ROUND PLAYHOUSE FOR THE MATINEE PERFORMANCE, OF "WORKING, THE MUSICAL." The extraordinary musical about ordinary people. The hopes, dreams and joys of the average working American are the focus of this unique, genre-defining musical. With songs by Lin-Manuel Miranda (Hamilton), James Taylor and Stephen Schwartz (Wicked) and based on Studs Terkel's best selling books and interviews with American workers, Working paints a vivid portrait of those whom the world often takes for granted. This unique musical captures the heartbeat of the American workforce in a compelling tapestry of music and movement, creating an uplifting, touching, and universal portrait of our contributors and community. We will make a rest stop en route home. Show rated PG.

Choose One Entrée:

- Stuffed Boneless Chicken with house stuffing
- Roast Sirloin of Beef with mushroom sauce
- Baked Haddock in Lemon Butter Sauce

(TRP-008)

TUE • September 10

Cost: \$125

Depart: 9:00 AM; Return: 7:00 PM

DEL LAGO CASINO MONDAY MADNESS

Del LAGO, in Italy, means "of the Lakes." Located in Waterloo, NY at Exit 41 of the NYS Thruway, is in the heart of the Finger Lakes. At this casino resort, it means much more! It's a way of life, a ready-for-anything attitude that's a spicy mix of old world charm and homegrown hospitality. Come experience over 2,000 of the hottest slot machines, 75 of the most thrilling table games including a 10 table Poker Room. Dine in a wide variety of dining options including a locally sourced buffet, premium steakhouse and more. Come explore this NEW gaming facility everyone is talking about! Guests receive: \$25.00 FREE SLOT PLAY PLUS BUFFET. Register for a del LAGO REWARD CARD upon arrival. Card needed to receive incentive. A valid state or federally issued id (passport or driver's license) required. You will not receive incentive without valid id. Sorry, no exceptions.

(TRP-009)

MON • September 16

Cost: \$35

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

PANAMA ROCKS SCENIC PARK-AUTUMN BEGINS

Autumn begins today and there is no better destination than the Chautauqua Region in Fall. En route, we will stop at THE GRAPE DISCOVERY CENTER which is the official Visitor's Center for the Lake Erie Concord Grape Belt, designated a New York State Heritage Area in 2006. Developed by the Concord Grape Belt Heritage Association, it seeks to be an experiential destination that supports and promotes the grape industry through sharing stories and engaging, educating and informing the public about all things grape. Located on beautiful Chautauqua Lake in Mayville, NY, WEBB'S CAPTAIN'S TABLE RESTAURANT has been family-owned and operated since 1942. Our tradition of friendly hospitality and our dedication to provide a superior customer experience has granted us many acknowledgements from trusted travel resources such as TripAdvisor. We are off to PANAMA ROCKS LOCATED IN CHAUTAUQUA COUNTY just 15 minutes from Chautauqua Lake. Escape from day to day life and explore an enchanting world of tower rocks, deep crevices and passageways, cool, cavernous dens and small caves. The rock formations are a fantastic & unique outcrop of 300 million year old quartz conglomerate sedimentary rock that extend about half a mile and reach upwards of 60 feet tall. Grotesque roots snake down the rocks and delicate ferns, mosses, and lichens add to Panama Rock's unique, jungle-like charm. NOTE: Should you choose to walk the trail - this is a one-mile walk. Wear comfortable walking shoes. Should you wish to enjoy the scenery of the park, a picnic area is available to relax)

Choose One Entrée:

- Pork Tenderloin
- Chicken Chautauqua - lightly breaded and pan sauteed with mushroom caps, bacon and poulet sauce.
- Herb Garden Pasta

(TRP-010)

MON • September 23

Cost: \$105

Depart: 8:30 AM; Return: 6:00 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:**

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

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

Acceptable Use Policy

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

**5
WAYS TO
REGISTER!**

Walk It In! Upon receipt of the Brochure,
East Middle School/Community Education/Door #37
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
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 ☐ Cash

payable to West Seneca
Central Schools

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