

WEST SENECA COMMUNITY EDUCATION

www.wscschools.org/commed

Learning for Life's Seasons

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

*****ECRWSS
POSTAL CUSTOMER

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WINTER 2019

JANUARY 28th - MAR 16th



WELCOME ...

to the Winter 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

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

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

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

4-HOUR SAT BOOT CAMP + SIMULATED TEST (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. 2019 SAT Dates: 3/9, 5/4, 6/1, 8/24. Students are welcome to bring a snack to class.

SAT • Mar 2
10:00 AM – 2:00 PM
1 Classes: \$70
Bldg.: EM/Rm 125

4-HOUR ACT BOOT CAMP + SIMULATED TEST (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. 2019 ACT Test Dates: 4/13, 6/8. Students are welcome to bring a snack to class.

MON & WED • Mar 11 & 13
6:00 - 8:00 PM
2 Classes: \$70
Bldg.: EM/Rm 125

ABBREVIATIONS

You are responsible for noting your class location!

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

SAT PREPARATION (SAT-001)

District Staff

Enroll in the district's SAT Preparation course for the May 4th exam date. All presentations and work will be equally divided between verbal and math. Book with CD included in course cost. Class dates as indicated; No class 4/25.

THURS • Mar 7 - May 2
3:00 - 6:00 PM
8 Classes: \$108
Bldg.: ES/Rm 104 & 107

DEFENSIVE DRIVING INSURANCE REDUCTION PROGRAM Ralph Sellitto

A review of time-tested safe driving tips and an overview of today's vehicle and traffic laws. If you are the principal operator of a motor vehicle, you will receive a minimum 10% reduction in the base rate of your automobile and motorcycle liability and collision insurance premiums each year for three years. You may be eligible to reduce as many as four (4) points on your driving record. Bring your driver's license and a pen. No Gold Card discount.

(SEL-001)
TUES & WED • Feb 12 & 13
6:00 - 9:00 PM
2 Classes: \$37
Bldg.: WE/Board Rm

(SEL-002)
TUES & WED • Mar 12 & 13
6:00 - 9:00 PM
2 Classes: \$37
Bldg.: WE/Board Rm

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.

WED • Feb 13
6:30 - 9:30 PM
1 Class: \$60
Bldg.: EM/Rm 9

AMERICAN SIGN LANGUAGE Sharon LeRoy

Class is designed to introduce finger spelling and basic sign language conversational skills. Start breaking the barrier between the hearing and deaf worlds. Upon completion, you will be able to understand and communicate with the deaf, as well as have a better understanding of American sign language. Bring the family, learn and practice together.

(LAN-001) Level 1
MON • January 28 - Mar 11; No class 2/18
5:30 PM - 6:30 PM
6 Classes: \$60
Bldg.: EM/Rm 13

(LAN-002) Level 2
THURS • January 31 - Mar 21; No class 2/21
5:30 PM - 6:30 PM
6 Classes: \$60
Bldg.: EM/Rm 13

West Seneca Central School District's

Before & After School Programs

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

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 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!

WED • Mar 14
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 • Feb 6
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 • Feb 13
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.*

TUES • Mar 5
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 annuity benefits.
- Buying back time.
- Thrift Savings Plan.
- Survivor benefits options.
- Federal Employee Group Life Insurance.
- Long-term care insurance.
- Estate planning.

TUES • Mar 12
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.

WED • Mar 13
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 • Feb 12
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.

THURS • January 31
6:00 - 8:00 PM
1 Class: \$5
Bldg: ES/Rm 109

COMPUTERS

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?

WED • Feb 6
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?

WED • Feb 27
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 • Mar 5
6:00 - 8:00 PM
1 Class: \$5
Bldg: ES/Rm 104

WILLS, TRUSTS & ESTATES (BUS-012)

Jeffrey Haxton, CFP®

This class will discuss and provide practical examples
of the aspects of wills, trusts, estate planning and
taxation for individuals and family units. The purpose
of this class is to teach attendees the basics of estate
planning, titling accounts properly and long term care/
Medicaid planning.

WED • January 30
6:00 - 7:30 PM
1 Class: \$5
Bldg.: ES/Rm 104

SOCIAL SECURITY PLANNING (BUS-013)

Jeff Haxton, CFP®

This class will cover what everyone needs to know
about Social Security. Often when one is planning to
retire he/she ponders, will my Social Security be taxed?
When should I take my Social Security? Will my spouse
receive benefits? Can I receive benefits from an ex-
spouse? Will working affect my Social Security benefit?
Get answers to these questions and more, to help you
make the best Social Security decision for you!

TUES • Mar 12
6:00 PM - 7:30 PM
1 Class: \$5
Bldg.: ES/Rm 104

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

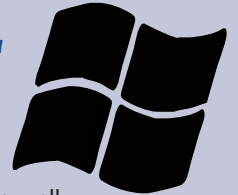
This course will concentrate on Windows 10, including navigation, settings, control
panel, and moving around the desktop. We will also spend time creating folders and
files within Windows.

WED & THURS • January 30 & 31 • 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



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 • Feb 6 & 7 • 6:00 - 9:00 PM
2 Classes: \$42 • Lab fee: \$22/manual • Bldg.: WE/Library

MICROSOFT WORD LEVEL 2** (COM-003)

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.

TUES & WED • Feb 12 & 13 • 6:00 - 9:00 PM
2 Classes: \$42 • Lab fee: \$5/handouts • Bldg.: WE/Library

MICROSOFT EXCEL LEVEL 1** (COM-004)

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 • Feb 27 & 28 • 6:00 - 9:00 PM
2 Classes: \$42 • Lab fee: \$22/manual • Bldg.: WE/Library

MICROSOFT EXCEL LEVEL 2** (COM-005)

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 • Mar 6 & 7 • 6:00 - 9:00 PM
2 Classes: \$42 • Lab fee: \$22/manual • Bldg.: WE/Library

All courses \$89.

Course Start Dates:
Feb 13 • Mar 13 • April 17



No Gold Card discount on any online programs

Requirements for all of the courses listed:

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

DISCOVER DIGITAL PHOTOGRAPHY

Introduces the technology that has catapulted the photographic world into the 21st century. You'll explore a broad overview of the basics of digital photography, including equipment, software, and practical uses. We'll discuss different types of digital cameras, from phones and tablets to digital SLRs, all of which offer a wide array of photographic options. We'll also help you decide what type of equipment fits your needs, and you'll have hands-on exercises so you can explore the areas that interest you.

A discussion of digital photography wouldn't be complete without digital editing options. We'll explore a number of software packages, and you'll learn how to compose your shots when you know you have digital editing available to you. You'll also find out about your digital storage options—on the camera, the computer, and even beyond into cloud storage and online backups.

Whether you plan to print or upload your images, you'll want to be sure that they're the right size to display with excellent quality and speed. We'll review how to size images for use on your computer, the Internet, and with social media. You'll also get a good introduction to printing images and making decisions about your archival options. And we'll discuss how industry and business use digital imaging today.

Digital photography plays a big part in social media communication and image sharing, and we'll discuss the basics of posting images online and some pros and cons of uploading to the Internet. This is especially important if you're traveling and sharing pictures with friends and family back home. As we get to the end of our class, you'll have a chance to explore more options for traveling with your camera that might be new to you!

Whether you're new to photography or a long-time photographer looking to move comfortably into the new world of digital work, this class provides opportunities for putting digital photography to use. This course serves as an excellent introduction before taking Secrets of Better Photography where we focus our time on camera settings, features, and the mechanics of taking better pictures.

ENHANCING LANGUAGE DEVELOPMENT IN CHILDHOOD

Follow your child's lead and have fun while enhancing language development! In this fun and user-friendly course for parents, teachers, and caregivers, you will discover how children learn to process language and how they become proficient speakers and thinkers. This course will help you enrich your child's life by stimulating his or her continued speech, brain, and language development in an enjoyable, age-appropriate, and natural way.

GENEALOGY BASICS

Tracing your family's history is a fascinating journey. Who will you discover? 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 you're enrolled in the class. Along the way, you'll learn through hands-on examples that help you dig deeper into your family's past. You'll develop a strategy to accomplish your objectives, evaluate the results, and share that information with others. You'll discover, in simple terms, where to look, who to contact, and how to make your family history come alive. Was it truth or goof? Where's the proof? Find out why close counts not only in horseshoes, but also in hunting your heritage.

"GET FUNNY"

The ability to create humor is a skill many people don't have, yet wish they did. If you're interested in learning how to come up with jokes or witticisms on the fly, punch up dull material for an audience, or make a living as a comedy writer, this course will get you going.

Your instructor, an experienced comedy writer and working actress, will guide you through a wide range of comedic sources. You'll learn how to write a one-liner, use physical humor, target your audience, find the humor in everyday events and much, much more.

Once you've learned some of the methods of creating humor, you'll be ready to apply it to all aspects of your life. Punch up speeches and presentations so that the audience is instantly on your side. Mix laughter with learning in the classroom, and watch your students' attention spans grow. Add some humor to your web page and watch the hits explode as word gets out. Use your newfound sense of humor to entertain your friends, meet interesting people, and even make new friends!

For the aspiring comedy writer, there are invaluable techniques for finding the methods that work consistently and without the worries of whims, moods or blocks. There is even a section on marketing your humor, giving you the inside information you'll need to find your niche.

Learning should be fun, and this course is no exception. Filled with opportunities to laugh as you learn, "Get Funny" promises an entertaining and informative six weeks.

GET GRANTS

What makes Gets Grants a different kind of grantwriting course?

For starters, your instructors have raised millions of dollars in grant funds and will share what they have learned over the years with you. More importantly, we will walk you through both federal and foundation grantwriting, pointing out the differences and similarities. In this course, you will learn how to develop successful, grant-fundable proposals.

Over the 6-week course you'll be shown step-by-step the process of grant proposal writing, whether you are tackling a federal grant, one from a national private foundation or a smaller grant from your local foundation.

You'll learn to recognize what makes a project attractive to a funding agency and see how to create a compelling case. In just a few weeks, you'll be prepared to convert an idea into a complete, well-developed package.

In addition, you'll discover how to target the best funding agencies for your project and learn insider secrets for approaching them in the right way. You'll also see how to follow up on a proposal, and you'll find out when it's possible to turn a "no" into a "yes."

Whether you're interested in writing grant proposals as a career or in obtaining funding for your organization, this course will give you the grant-writing skills you need to outshine your competition. Highly recommended for development professionals, educators, nonprofit agency staff members or volunteers, and anyone else involved in fundraising for a large or small organization.

While the skills you'll learn during this course are transferable, we do want to emphasize that the focus of this class is on obtaining grant funding for nonprofit organizations.

HOW TO GET STARTED IN GAME DEVELOPMENT

There's never been a better time to start a career in the game development industry. Games can be found on computers, the Web, gaming consoles, and virtually every mobile tablet and phone. Industry forecasts indicate that gaming will be worth close to \$100 billion dollars in the next two years. Talented, creative, and enthusiastic people are in great demand in this industry.

Whether you want to start your own indie game project in your basement or work with a small creative team or for a large game development studio, this course will prepare you to start developing your own games. You'll start by learning the fundamentals of game development and get an overview of game genres, platforms, and audiences. Next, you'll learn tools and techniques to help you make better design decisions and achieve greater efficiencies as you develop your own games.

You'll learn why many games fail and how to ensure your games are positioned for success. During the course, you'll gain hands-on experience in many of the game development processes. By the end of the course, you'll have the experience and confidence to start developing your own game.

Finally, we'll go behind the scenes of the game design industry to see how it started and where it's headed. You'll learn about the various roles in game development and how to pursue a career in the industry. When you complete the course, you'll be ready to start developing games right away!

HOW TO MAKE MONEY FROM YOUR WRITING

You really can make money with your writing! Whether you want to create your own business, add to your income, supplement your retirement, or boost what you're earning as a writer, you'll find the how-to's here.

In just six weeks, I'll share secrets, methods, and tips to help you generate income with your writing. This class includes all the practical information that so rarely gets taught in writing classes.

Now I know in most courses and social groups it's taboo to discuss money ...but not here. We'll embrace it! Making money is the focus of the lessons.

You'll explore a dozen genres that can help you establish a sometime, part-time, or full-time career as a writer. Along the way, you'll learn methods to work faster, suffer less rejection, and bring home more bacon (even if you're a vegan like me).

You'll get facts on ghostwriting, collaboration, writing for the Web, writing for new technologies, article and essay writing, and novel and nonfiction book writing, plus I'll give tips for finding publishers and agents. And you're going to practice different writing techniques in a safe environment as I mentor you.

INSTANT ITALIAN

This dynamic course will teach you how to express yourself comfortably in Italian. You'll learn practical, everyday words and phrases that will make your stay in Italy more enjoyable. You'll read, hear, and practice dialogues based on typical situations that you're likely to encounter while staying in Italy. The dialogues and follow-up exercises of each lesson will teach you to communicate in Italian in a wide variety of settings. You'll be surprised by how quickly and easily you can learn many useful expressions in Italian!

This course also makes it simple to master your pronunciation of Italian. Essential words and phrases are written phonetically by using sounds that are familiar to you from English words. The course audio feature lets you hear the words and phrases spoken aloud with just a click of your mouse. Short exercises are included with each lesson to help you reinforce what you've learned and gauge your progress, making it easy to pinpoint areas that you still need to review. The exercises also give you immediate feedback—you'll know whether you answered correctly as soon as you finish.

By the end of the second lesson, you'll have learned about the Italian language's impact on the world, the Italian alphabet, phonetics, and pronunciation, proper forms of address, expressions of courtesy, and how to make introductions. When you reach your final lesson, you'll know how to ask for help, ask directions, navigate Italian shops, book a hotel room, order a meal, and much more! Cultural notes are included throughout the course to help you better understand Italians and their way of life. You'll also learn what various gestures mean to Italians, which ones to use, and those you should avoid.

This course will convince you that learning a language is both fun and rewarding. You'll be pleased at how quickly this course helps you build your skills, and prepares you for your next adventure in Italia. You will need the Windows Media Player (which comes included with most versions of Windows) or RealPlayer FREE.

MASTERING PUBLIC SPEAKING

You can become an effective public speaker! In this fun and hands-on course, you'll find out how to talk confidently and persuasively to both large audiences and small groups. You'll learn how to plan and deliver your presentations skillfully and how to manage one of the most common public speaking barriers—fear.

As you build your skills step-by-step, you'll find out how to present a short or long speech, how to handle questions and manage conflict in meetings, and even how to shine in a job interview. You'll get tips for training your voice and learn how to use both verbal and nonverbal communication effectively.

By the time you finish this course, you'll have an entire set of skills you can use on the job, in social settings, and in any other situation where you need to communicate with ease and authority. Along the way, you'll explore many real-world examples and have lots of opportunities to practice your new skills.

REAL ESTATE INVESTING

Have you ever heard the old saying, "Buy low, sell high?" News stories about the softening real estate market might scare away some novice investors. Experienced investors, however, recognize weak markets as opportunities to pick up bargains. When there are more sellers than buyers, your chances of getting a good deal go way up. In fact, many investors make more money in a down market than in a strong one. In many areas, now is the time to buy before prices start climbing again. In this course, you'll learn how to make money in any area, in good times and bad, even if you have little money to start with.

Real Estate Investing includes specially designed worksheets and hands-on activities to take the guesswork out of your investing efforts. By emphasizing systems and service, this course will help you do more with less effort while serving the needs of your buyers and sellers.

We'll start by developing a plan for your own investing efforts based on your personality and investing objectives. We'll cover the proven methods used every day by full-time, professional real estate investors. You'll learn how to invest in foreclosures, manage a rehab project, and build your team of real estate professionals (title officers, lawyers, accountants, mortgage brokers, appraisers, and more). We'll also explore the effects of higher interest rates and cover alternative strategies for a changing market. By the end of the course, you'll be working toward your first (or next) deal.

This course provides straight talk about real estate that will help you profit from the tremendous opportunities available to investors right now.

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. If you're upgrading from an earlier version, you'll build a strong foundation in using Adobe's award-winning editing program. Even if you have no image-editing experience, this class will take you from novice to accomplished user.

As you explore this program's many easy-to-use features and tools, you'll gain control of Photoshop Elements' award-winning technology. Elements is so well designed that even from the start, 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 email and the Web, and organizing your images.

With easy-to-follow, step-by-step instructions, this course makes it easy to learn how to edit your images like a pro. You'll also get plenty of practice as you complete fun, hands-on exercises that ensure you understand the basics of this program as well as more advanced techniques.



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.

CBSC 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

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Online Courses For Small Business Owners

West Seneca Community Education

Most
Courses Are Only

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

You can also reach us by calling

(716) 677-3107

with Vicki Schneider, Glass Artist

Classes held at **Expressive Glass**

3333 Lake Shore Road, Woodlawn, 14219

The studio is easily accessible from the Thruway and Milestrip Rd.

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-001)

SAT • Feb 2
1:00 - 4:00 PM
1 Class: \$70

(CRF-002)

SAT • Mar 2
10:00 AM - 1:00 PM
1 Class: \$70

LEAF PENDANTS

Make one or more beautiful glass leaf pendants you will be proud to wear or give as a gift. Learn to melt and manipulate glass at a stationary torch under close supervision. No experience is necessary - only a willingness to try. You will be amazed at how glass glows and stretches when it's hot. 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-004)

MON • Feb 4
6:00 - 8:30 PM
1 Class: \$60

(CRF-005)

THURS • Mar 21
6:00 - 8:30 PM
1 Class: \$60

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.

WED • Apr 17

6:00 PM - 8:30 PM
1 Class: \$60

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)

THURS • Jan 31
6:00 - 8:30 PM
1 Class: \$60

(CRF-008)

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

EASTER PLATE

(CRF-009)

Celebrate Easter by creating a beautiful 5" x 5" transparent glass plate imprinted with a holiday design. Learn to cut flat glass and decorate it with a design you cut out of 1/8" fiber paper. We will then heat your design in a kiln until the glass melts down around the fiber paper to reveal your picture in relief. We will heat your glass again to slump it into a 5"x5" plate. No experience is necessary - only a willingness to try. Pick up your project(s) after they have been fused, slumped and annealed (heated and cooled gradually to remove thermal stress). If you prefer, they can be mailed to you for \$7 payable to the instructor.

SUN • Mar 31

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

ICICLES GALORE

(CRF-003)

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

SUN • Feb 10

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

WINTERTIME "STITCH AND CHAT"

(CRF-010)

Barbara Klein

Join us again for our fun needlework stitch and chat. New projects including 2019 smocked 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 • January 29 - Mar 12; No class 2/19

7:00 PM - 9:00 PM

6 Classes: \$36

Bldg: WE/Rm 10

CROCHETING

(CRF-011)

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.

WED • January 30 - Mar 13; No class 2/20.

6:30 PM - 9:00 PM

6 Classes: \$40

Bldg.: WE/Rm 10



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 including adult classes visit www.topsmarkets.com click on "depts./cooking school/calendar"

KIDS KITCHEN

These classes will be held in both schools on the dates listed. Parents are required to inform us of any food allergies at the time of registration. We will try our best to accommodate food allergies with substitutions. Children with long hair, please tie it back before class. **Please have child bring sneakers. Wet boots/shoes are not allowed in the cooking school for safety reasons.***Please tell us if you have any coupons or gift certificates at time of registration, as coupons/ free gift certificates are not taken with some classes, including all camps.

Little Chefs

Ages 3-6 with Caregiver

Do You WANT To BUILD A SNOWMAN?

SAT • Jan 19, 11 AM-12:30 PM

\$13 per Little Chef

It's the time of year to make all kinds of snowmen outside as well as inside. Let's create some snowmen and eat them, too! *Breaded Cauliflower Nugget Snowman, Chicken Nugget Snowman, Banana Snowman on a Stick*

LOVE IS EVERYWHERE

SAT • Feb 9, 11 AM-12:30 PM

\$13 per Little Chef

Love is here and there and everywhere! Spread a little love everywhere you go, by smiling that precious smile. Love is in everything you make! *Grilled Ham and Cheese Heart Sandwich, Heart Shaped Cucumbers and Dip, Strawberries Dipped in Strawberry Yogurt and Graham Cracker Crumbs*

MARCHING IN TO DIFFERENT, DELIGHTFUL FOODS

(National Nutrition Month)

SAT • Mar 9, 11 AM-12:30 PM

\$13 per Little Chef

A nutrition food march is on its way. Follow the rainbow and new foods may end up your favorite! *Chicken & Cheese Quesadilla, Make Your Own Veggie Medley, Rainbow Pastel Parfait*

Future Chefs

Ages 7 and up

WARM COMFORT FOOD CAMP

MON • Jan 21, 10 AM-1 PM

\$30 per Future Chef

How about some comfort food to celebrate Martin Luther King? You can be creative and paint your own roll, then dive into making great dishes! *Creamy Mac and Cheese Cheeseburger Soup, Painted Roll, Fresh Creamed Corn, Fruity Oat Bar*

WE LOVE NAILED IT!

FRI • Feb 8, 6-8 PM

\$20 per Future Chef

Here we go again! Our second round of the sweet adventure will be a Valentines Cake. Spread the love and make a cake to share with family/friends! You receive a cake, frosting and loads of chocolate and other candy to decorate. Please bring a container to take your cake home in. Snacks will be provided.

MARDI GRAS

TUES • Mar 5, 6-8 PM

\$16 per Future Chef

Mardi Gras is a fun celebration to celebrate the last day of rich fatty food, before the 40 days of fasting for Christians. We all enjoy the food, the parades, the masks and the beads. Who will find the baby in their piece of cake? *Smoked Sausage and Yellow Rice, Wilted Green Beans, Easy Mardi Gras King Cake, Hurricane Punch*

Future Chefs Winter Break Camps

Ages 7 and up

CHINESE NEW YEAR

TUES • Feb 19, 10 AM-1 PM

\$30 per Future Chef

This year is the year of the Pig. Let's try some new and old Chinese recipes this new year! *Chinese Noodle Chicken, Fried Rice, Vegetable Chinese Pancakes with Orange Marmalade Dipping Sauce, Orange Cake with Orange Cream Cheese Frosting and Mandarin Oranges*

BAKING WITH DOUGH

WED • Feb 20, 10 AM-1 PM

\$30 per Future Chef

Let's explore a few recipes using various doughs. You can impress your family and friends with your new skills. *Calzones Your Way, Salad Bread Bowls, Elephant Ears, Cream Cheese Coffee Cake Ring*

BREAKFAST WITH THE EASTER BUNNY

SAT • April 6, 10-11:30 AM Amherst

SAT • April, 10-11:30 AM West Seneca

\$8 per adult, \$7 for Future Chefs ages 7-10, \$5 for Little Chefs ages 3-6 (no children under 3 please)

No strollers will fit into the schools. Easter is coming and so is the Easter Bunny! Hop on into the Cooking School for breakfast and color a hard boiled Easter egg with the Easter Bunny! *Hoppin' Good Pancakes with Assorted Toppings, Sunny Sausage, Springtime Yogurt & Fruit Parfait, Hard Boiled Egg to decorate, Coffee, Tea, Juice for children*

Kid's Night Out!

Ages 7-14

QUICK AND EASY RECIPES

SAT • Jan 26, 6-9 PM

We will be making quick and easy recipes for those busy nights of activities you enjoy. Let's eat and play games! *Quick and Easy Homemade Pizza Rolls, Cucumber and Honey Lime Salad, Homemade Salad Dressing, Cheesecake Roll-Ups, Pizza 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!**

PUT A LITTLE LOVE IN YOUR FOOD

SAT • Feb 16, 6-9 PM

Cooking with friends is fun! Put love in every bite you make. It always makes food taste better! *Chicken and Dumplings, Sweet Red Pepper and Wilted Baby Spinach, Skittle Strawberries, Fruit Smoothie*

MARCH INTO SPRING

SAT • Mar 16, 6-9 PM

March into some sweet and tasty recipes. Welcome spring! *Foil-Pack Honey Garlic Chicken, Homemade Home Fries, Oven Fried Broccoli Nuggets, Individual Banana Cream Pies*

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.

MON • February 11
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.

THURS • February 28
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 • January 29 - March 19
1:15 - 2:30 PM
8 Classes: \$69
Bldg.: Seneca Mill Building/
4184 Seneca St./Ste.204

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 • Mar 9
9:00 AM - 5:00 PM • 1 Class: \$150
Location: Seneca Springs Building
3748 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 • Mar 23
9:00 AM - 5:00 PM • 1 Class: \$150
Location: Seneca Springs Building
3748 Seneca Street
West Seneca, NY 14224

ENRICH YOUR LIFE WITH KEYS TO WELLNESS

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

WEIGHT LOSS CLINIC WITH HYPNOSIS (HEW-006)

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.*

TUES • Mar 26
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 for more information.

THURS • March 28
7:00 - 9:00 PM • 1 Class: \$25
Location: Seneca Springs Building
3748 Seneca Street
West Seneca, NY 14224

WHAT IS THEIR SECRET - DEBUNKING DIET MYTHS (HEW-008)

Krista Lehde

Every day you hear someone talking about how they are doing this or that to help them shed pounds. During this presentation, we will discuss some common myths on how to lose weight, the truth behind them, and what you can do to make yourself healthier. Some topics include organic vs. non-organic, protein shakes, diet supplements, and cleanses.

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

WORKOUTS AND FOOD - HOW, WHEN, & WHAT TO EAT (HEW-009)

Krista Lehde

Many of us say, "Well, I worked out so I can eat what I want now." Then we are frustrated when we are tired as we workout, or cannot shed the pounds we want. Here we will discuss what the body needs when we work out and what we can do to help ourselves be the best by paring food with our workouts.

WED • March 6
6:30 - 8:00 PM
1 Class: \$40
Bldg.: EM/Rm 13

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 GOLD CARD DISCOUNT.**

(HEW-010)

MON • January 28 - March 11; No class 2/18
7:00 pm - 8:00 PM
6 Classes: \$41
Bldg: EM/Small Gym

(HEW-011)

WED • January 30 - March 13; No class 2/20
7:00 - 8:00 PM
6 Classes: \$41
Bldg: EM/Small Gym

INTRODUCTION TO ESSENTIAL OILS

Jessica Wangelin

(HEW-012)

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 oils and their uses, and how to use oils to support overall wellness, replace toxic products, and more.

MON • January 28
7:00 - 9:00 PM
1 Class: \$5
Bldg: WE/Rm 10

WINTER WELLNESS WITH ESSENTIAL OILS

Jessica Wangelin

Winter can be a difficult season on your physical and emotional health. Keep yourself well this winter season with tips for self-care using essential oils and natural products. Essential oils can help you strengthen your physical wellness, improve your emotional balance, and fill your home with safe, purifying products. Learn about what essential oils can help support your immune and respiratory systems, support your digestions, and recovery. Attendees can sample essential oils, learn about essential oil safely, and access reference materials.

(HEW-013)

SAT • February 2
10 AM - 12 PM
1 Class: \$5
Bldg: EM/Rm 125

(HEW-014)

WED • February 13
7:00 - 9:00 PM
1 Class: \$5
Bldg: WE/Rm 10

ESSENTIAL OILS FOR BABIES AND KIDS

Jessica Wangelin

(HEW-015)

Essential oils are natural options to support wellness in adults and children. Learn about how to use essential oils safely for infants and young children. Attendees will get to sample oils, learn about common oils and their uses, and receive reference materials. The instructor is a mom who used oils during pregnancy and still does with her two young children.

THURS • February 7

7:00 - 9:00 PM
1 Class: \$5
Bldg: WE/Rm 10

MAKE YOUR OWN NATURAL CLEANING PRODUCTS WITH ESSENTIAL OILS

Jessica Wangelin

(HEW-016)

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 • March 2

10:00 AM - 12:00 PM
1 Class: \$5
Bldg: EM/Rm 125

BABYSITTING PROGRAM/ASHI (KID-001)

The Safety Company Staff

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

SAT • Mar 9
9:00 AM - 2:00 PM
1 Class: \$55
Bldg.: EM/Rm 13

Horizon Martial Arts

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. 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. Courses located at: 280 Center Road, Wimbledon Plaza.

(PHY-001)
TUES & THURS
Feb 5 - Mar 7; No Class 2/19, 2/21
11:30 AM - 12:30 PM
8 Classes: \$59

(PHY-006)
TUES & THURS
Feb 5 - Mar 7; No Class 2/19, 2/21
7:00 - 8:00 PM
8 Classes: \$59

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.

LEVEL I INDOOR SOCCER (KID-002)

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.

THURS • Feb 14 - Apr 11; No class 3/14, 3/28
5:30 - 6:30 PM • Classes: \$70
Bldg.: CE/Gym

BLUE DIVISION INDOOR SOCCER LEAGUE (KID-003)

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, play 5-on-5 allowing for maximum touches on the ball and plenty of playing time. KidsPlay shirt included.

THURS • Feb 14 - Apr 11; No class 3/14, 3/28
6:30 - 7:45 PM • 6 Classes: \$80
Bldg.: CE/Gym

SABRETOOTH™ INSTRUCTIONAL FLOOR HOCKEY (KID-004)

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

TUES • Jan 29 - Mar 19; No class 2/19
5:30 PM - 6:30 PM • 7 Classes: \$70
Bldg.: WI/Gym

NFL FLAG INDOOR FOOTBALL SKILLS (AGES 7-10) (KID-005)

Ages 7 - 10. NFL Flag is an excellent alternative to full contact, full equipment, youth football leagues. The game is non-contact football with primary emphasis on the development of passing, receiving, and running and coverage skills. Games are played 5-on-5 with modified rules to heighten skill development and assure equal playing time for all players. NFL Flag is not a highly competitive program. Players meet for 90 minutes each week with a 40 minute practice followed by a 50 minute game against another KidsPlay Team. A Nike reversible football jersey is included in the fee.

TUES • Jan 29 - Mar 19; No class 2/19
6:30 - 7:45 PM • 7 Classes: \$90
Bldg.: WI/Gym

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. Programs are 6 weeks, 40 minutes per session. Cost is \$65 per child.

(LAN-003)
MON
Feb 4 - Mar 18; No class 2/18
3:00 - 3:40 PM
Winchester Elementary Library

(LAN-004)
TUES
Feb 5 - Mar 26; No Class 2/19
3:00 - 3:40 PM
Northwood Elementary Library

(LAN-005)
WED
Feb 6 - Mar 20; No Class 2/20
3:00 - 3:40 PM
Allendale Elementary Library

(LAN-006)
THURS
Feb 14 - Mar 28; No Class 2/21
3:40 - 4:20 PM
Clinton Elementary Library

(LAN-007)
FRI
Feb 8 - Mar 29; No Class 2/22
3:30 - 4:10 PM
West Elementary Library

Kids Choice Sports

with Brian Kieser

BOYS BASEBALL CLINIC

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

(KID-006) Ages 5-7

WED • Jan 30 - Mar 13; No class 2/20
6:00 - 6:45 PM • 6 Classes: \$74
Bldg.: WE/Gym

(KID-007) Ages 8-12

WED • Jan 30 - Mar 13; No class 2/20
7:00 - 8:00 PM • 6 Classes: \$74
Bldg.: WE/Gym

GIRLS SOFTBALL CLINIC

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

(KID-008) Ages 5-7

WED • Jan 30 - Mar 13; No class 2/20.
6:00 - 6:45 PM • 6 Classes: \$74
Bldg.: WE/Gym

(KID-009) Ages 8-12

WED • Jan 30 - Mar 13; No class 2/20
7:00 - 8:00 PM • 6 Classes: \$74
Bldg.: WE/Gym

HOT SHOTS - INTRODUCTION TO BASKETBALL (KID-010)

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 • Jan 29 - Mar 12; No class 2/19.
5:45 - 6:30 PM • 6 Classes: \$74
Bldg.: NE/Gym

HOT SHOTS - INTRODUCTION TO BASKETBALL (KID-011)

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 • Jan 29 - Mar 12; No class 2/19.
6:35 - 7:20 PM • 6 Classes: \$74
Bldg.: NE/Gym

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

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

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

CO-ED BASKETBALL (KID-012)

Ages 8-12. 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 • Jan 29 - Mar 12; No class 2/19.
7:30 - 8:30 PM • 6 Classes: \$74
Bldg.: NE/Gym

LITTLE SLUGGERS - INTRODUCTION TO TEE BALL (KID-013)

Ages 3 - 6. 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.

SAT • Feb 2 - Mar 23; No class 2/16, 2/23
11:00 - 11:45 AM • 6 Classes: \$74
Bldg.: EM/Small Gym

TODDLER TIME SOCCER (KID-014)

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.

SAT • Feb 2 - Mar 23; No class 2/16, 2/23
9:50 - 10:30 AM • 6 Classes: \$74
Bldg.: EM/Small Gym

YOUTH FLOOR HOCKEY (KID-015)

Ages 7 - 12. This program provides a safe and fun environment for boys and girls to get together, make friends, and learn the basic skills and principles involved in the game of hockey. Skills such as stick handling, puck handling, and shooting will be taught followed by a scrimmage. All students should have mouth guards and shin guards.

SAT • Feb 2 - Mar 23; No class 2/16, 2/23
12:00 - 1:00 PM • 6 Classes: \$74
Bldg.: EM/Small 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-016)

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. No classes 2/18-23.

TUES & THURS • Feb 5 - Mar 7
5:30 PM - 6:15 PM • 8 Classes: \$59

LITTLE NINJAS (KID-017)

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. No classes 2/18-23.

WED • Feb 6 - Mar 6
5:30 PM - 6:00 PM • 4 Classes: \$49

**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)

**CRASH GUITAR FOR BEGINNERS
(MUS-002)**

Ginny Doak-Swann

This class is geared for those who would like to learn the basics of guitar, six chords, and eleven songs in just four lessons. Rental guitars are available for \$10 - indicate if needed when registering. Lab fee: \$10/book.

WED

Jan 30 - Feb 13

6:30 - 8:30 PM

3 Classes: \$45

Bldg: EM/Cafeteria

**CRASH GUITAR INTERMEDIATE LEVEL 1
(MUS-003)**

Ginny Doak-Swann

Designed especially for the graduates of Crash Guitar for Beginners, this class allows you to expand your musical knowledge, introducing 12 new songs, 9 new chords, and 2 additional strums. Rental guitars are available for \$10 - indicate if needed when registering. Lab fee: \$10/book.

WED • Feb 27 - Mar 13

6:30 - 8:30 PM

3 Classes: \$45

Bldg: EM/Cafeteria

**SINGING LESSONS FOR EVERYONE
(MUS-004)**

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)

**TINY TOTS TAP
(MUS-005)**

Melissa Torres

A fun interactive Tap Dance class designed for Pre-school aged kids. We focus on movement, singing, counting, and Tap Dancing. Join us, and let's have some fun! You will need tap shoes, leotard, and tights. Please call the studio for more info: 491-3066.

FRI • Feb 1 - Mar 15

10 - 10:45 AM

6 Classes: \$68

Bldg: Dancers' Turn, 43 Kelly Drive, Cheektowaga (Space is limited)



**ZUMBA® WITH MELISSA
(PHY-004)**

Melissa Torres

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training- alternating fast and slow rhythms so you get the most out of the class. Everyone is welcome, even if you've never done it before. Various levels of dance will be demonstrated as you are dancing in the class. These classes are fun, energetic and make you feel great! So grab a friend and join the party!

TUES • Jan 29 - Mar 12; No class 2/19.

7:00 - 8:00 PM • 6 Classes: \$45

Bldg.: EM/Small Gym



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

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

Register directly with the Center at the website or call 608-1010.

Mention West Seneca Community Education when registering!!

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.

GOLF BEGINNING (PHY-003)

Ginny Doak-Swann

Learn the fundamentals; stroke with competent instruction and practice; develop your skills for a sound and enjoyable game. Bring woods to class. Practice balls are provided.

THURS

Jan 31 - Mar 14; No Class 2/21

6:30 - 8:30 PM

6 Classes: \$60

Bldg.: EM/Small Gym

ZUMBA® WITH MELISSA (PHY-004)

Melissa Torres

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training- alternating fast and slow rhythms so you get the most out of the class. Everyone is welcome, even if you've never done it before. Various levels of dance will be demonstrated as you are dancing in the class. These classes are fun, energetic and make you feel great! So grab a friend and join the party!

TUES • Jan 29 - Mar 12; No class 2/19.

7:00 - 8:00 PM

6 Classes: \$45

Bldg.: EM/Small Gym

INTRODUCTION TO FLY FISHING (PHY-005)

Larry Kochalski

In this course, sponsored by the Lake Erie Chapter of Fly Fishers, students will be exposed to all instruction and materials for them to learn basic fly fishing techniques. Each class will cover the basic fundamentals to include casting, fly tying, setup, knots and more!

MON

Jan 28 - Mar 25; No Class 2/18

6:30 - 8:30 PM

8 Classes: \$80

Bldg: EM/ Large Gym/Pool/Rm. 9

Horizon Martial Arts

courses located at: 280 Center Road • Wimbleton Plaza

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. 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.**

(PHY-001)

TUES & THURS • Feb 5 - Mar 7; No Class 2/19, 2/21

11:30 AM - 12:30 PM

8 Classes: \$59

(PHY-006)

TUES & THURS • Feb 5 - Mar 7; No Class 2/19, 2/21

7:00 - 8:00 PM

8 Classes: \$59



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

No Gold Card Discount

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-002)

TUES & THURS • Jan 29 - Mar 7

8:00 PM - 9:00 PM

12 Classes: \$79

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**

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



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

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

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

Our Winter semester for West Seneca starts January 21 and runs 8 weeks.

Winter Pricing: One day per week - \$68; Two days per week - \$112

No Gold Card discount

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

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

NEW!

ONLINE COURSES

**Learn from
the comfort
of home!**

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



Over 300 Online Courses Available!
ed2go.com/wscommmed

SWIMMING

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

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

Instructors are Red Cross Certified to teach at all levels.

Lifeguard is on deck at all classes.

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

AQUA BABES

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

TODDLER/PRE-SCHOOL SWIM

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

LEVEL 1 - INTRODUCTION TO WATER SKILLS

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

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

LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS

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

LEVEL 3 - STROKE DEVELOPMENT

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

LEVEL 4 - STROKE IMPROVEMENT

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

LEVEL 5 - STROKE REFINEMENT

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

LEVEL 6 - SWIMMING AND SKILL PROFICIENCY

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

**District Swimming Pools are maintained at 78-82° F
- West Elementary Pool Closed For Renovation -**

* Children's classes are held at **West Middle** Tuesday through Thursday.
SATURDAY swim classes held at **East Middle** Pool.

Adult classes are 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 • Feb 6 - Mar 13
No Class 2/20
5:30 - 6:00 PM • 5 Classes: \$30
Bldg: WM POOL

(SWM-002)

THURS • Jan 31 - Mar 14
No class 2/21
6:05 - 6:35 PM • 6 Classes: \$36
Bldg: WM POOL

(SWM-003) held with Pre-School

SAT • Feb 2 - Mar 16
No class 2/23
12:30 - 1:00 PM • 6 Classes: \$36
Bldg: EM POOL

(SWM-004)

SAT • Feb 2 - Mar 16
No class 2/23
2:15 - 2:45 PM • 6 Classes: \$36
Bldg: EM POOL

PRE-SCHOOLERS - BEGINNING SWIM

(SWM-005)

THURS • Jan 31 - Mar 14
No class 2/21
6:40 - 7:10 PM • 6 classes: \$36
Bldg: WM POOL

(SWM-007)

SAT (with AquaBabes)
Feb 2 - Mar 16
No class 2/23
12:30 - 1:00 PM • 6 classes: \$36
Bldg: EM POOL

(SWM-006)

WED • Feb 6 - Mar 13
No Class 2/20
6:05 - 6:35 PM • 5 classes: \$30
Bldg: WM POOL

LEVEL 1

(SWM-008)

THURS • Jan 31 - Mar 14
No class 2/21
7:15 - 7:45 PM • 6 classes: \$36
Bldg: WM POOL

(SWM-011)

SAT • Feb 2 - Mar 16
No class 2/23
1:05 - 1:35 PM • 6 classes: \$36
Bldg: EM POOL

(SWM-009)

WED • Feb 6 - Mar 13
No Class 2/20
6:40 - 7:10 PM • 6 classes: \$36
Bldg: WM POOL

(SWM-012)

SAT • Feb 2 - Mar 16
No class 2/23
1:40 - 2:10 PM • 6 classes: \$36
Bldg: EM POOL

(SWM-010)

TUES • Jan 29 - Mar 12
No class on 2/19
6:05 - 6:35 PM • 5 classes: \$30
Bldg: WM POOL

LEVEL 3 & 4

(SWM-016)

TUES • Jan 29 - Mar 12
No class on 2/19
7:30 - 8:15 PM • 6 classes: \$48
Bldg: WM POOL

LEVEL 2

(SWM-013)

TUES • Jan 29 - Mar 12
No class on 2/19
6:45 - 7:25 PM • 6 classes: \$48
Bldg: WM POOL

(SWM-017)

SAT • Feb 2 - Mar 16
No class 2/23
9:00 - 10:00 AM • 6 classes: \$48
Bldg: EM POOL

(SWM-014)

THURS • Jan 31 - Mar 14
No class 2/21
7:50 - 8:35 PM • 6 classes: \$48
Bldg: WM POOL

LEVEL 4

(SWM-018)

SAT • Feb 2 - Mar 16
No class 2/23
10:05 - 11:05 AM • 6 classes: \$48
Bldg: EM POOL

(SWM-015)

SAT • Feb 2 - Mar 16
No class 2/23
11:10 - 11:50 AM • 6 classes: \$48
Bldg: EM POOL

LEVEL 5 & 6

(SWM-019)

TUES • Jan 29 - Mar 12
No class on 2/19
8:20 - 9:05 PM • 6 classes: \$48
Bldg: WM POOL

Adult Swim Programs

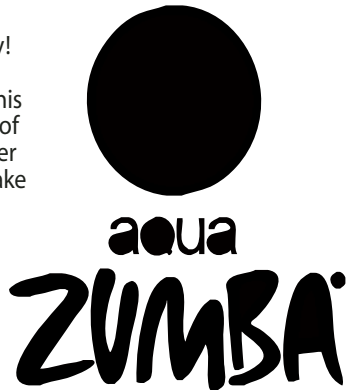
Classes held at: **West Middle on Monday & Wednesday Only**
East Middle on Tuesday & Thursday Only

AQUA ZUMBA® **(SWM-021)**

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 • Jan 28 - Mar 11; No class 2/18
7:40 - 8:40 PM
6 Classes: \$48
Bldg.: WM/Pool



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-022)

TUES • Jan 29 - Mar 12; No class on 2/19
7:35 - 8:35 PM
6 classes: \$48
Bldg.: EM/Pool

(SWM-023)

THURS • Jan 31 - Mar 14; No class 2/21
6:30 - 7:30 PM
6 classes: \$48
Bldg.: EM/Pool

(SWM-024)

MON • Jan 28 - Mar 11; No class 2/18
6:35 - 7:35 PM
6 classes: \$48
Bldg.: WM/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-025)

MON • Jan 28 - Mar 11; No class 2/18
5:30 - 6:30 PM
6 classes: \$48
Bldg.: WM/Pool

(SWM-026)

TUES
Jan 29 - Mar 12; No class on 2/19
6:30 - 7:30 PM
6 classes: \$48
Bldg.: EM/Pool

(SWM-027)

WED • Feb 6 - Mar 13; No Class 2/20
7:30 PM - 8:45 PM
5 classes: \$40
Bldg.: WM/Pool

(SWM-028)

THURS • Jan 31 - Mar 14; No class 2/21
7:35 PM - 8:35 PM
6 classes: \$48
Bldg.: EM/Pool

(SWM-029)

SAT • Feb 2 - Mar 16; No class 2/23
8:00 AM - 8:50 AM
6 classes: \$48
Bldg.: EM/Pool

AQUA PASS **(SWM-139)**

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 at East Middle & 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
Jan 28 - Mar 16; PLEASE NOTE ALL BLOCKED DATES AT EACH POOL!!!
\$139.00
WM/EM POOLS

CANADIAN TRIPS REQUIRE PROOF OF CITIZENSHIP

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

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

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

ALL TRIP PRICES ARE SUBJECT TO CHANGES:
Due to continuously rising fuel costs.

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

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

MISS SAIGON

Begin the day at BIJOU GRILL for SIT DOWN LUNCHEON. You are at your leisure to walk across the street (Main Street) to your assigned seat at the historic SHEA'S BUFFALO THEATER for the 2:00 pm matinee, MISS SAIGON. The epic love story of our time is sweeping audiences off their feet! Experience the new Miss Saigon for yourself! In the last days of the Vietnam War, 17-year-old Kim is forced to work in a Saigon bar run by a notorious character known as the Engineer. There, she meets and falls in love with an American G.I. named Chris, but they are torn apart by the fall of Saigon. For 3 years, Kim goes on an epic journey of survival to find her way back to Chris, who has no idea he has fathered a son. It is a fantastic show – limited seats for this engagement.

(TRP-001)

SUN • Mar 3

Cost: \$165 A; \$155 B

Depart: 10:30 am; return 5:30 pm

CANADA BLOOMS, TORONTO

Admission to THE CANADA BLOOMS, TORONTO FLOWER & GARDEN SHOW at the Enercare Center- among the top five in the world, and the largest in Canada. This year's theme is "A FAMILY AFFAIR THEME". Have approx. 5 hrs. to explore the six acres of gardens, that feature Amateur & Professional Competitions, informative lectures & demonstrations. 200 garden retailers will be in the adjacent Marketplace. Food is available on-site, bring your own, or enjoy one of the nearby restaurants. Plants with proper documentation may be purchased & brought into the states. Or if you do not plan on going to the show enjoy the time in Toronto exploring the city and its wonders. Proof of Citizenship required.

(TRP-002)

SAT • Mar 9

Cost: \$79 with Show

\$59 On Your Own

Depart 8:00 am; Return 8:00 pm

ST. PATRICK'S DAY CELEBRATION

We're ALL Irish during the St. Patrick's Day holiday time of year! Last year was a sell-out – so do not delay in booking your tickets! Dress in green, and head to SEAN PATRICK'S IRISH RESTAURANT for a delicious COMPLETE LUNCHEON. Following lunch, enjoy an afternoon show starring THE BLARNEY BUNCH BAND. Whether you are Irish all year or just for a day, this musical celebration is sure to bring out your green! For nearly thirty years, The Blarney Bunch has been entertaining thought Western New York. Specializing in Traditional Irish music and throwing in some rock and country just to mix it up. With their love and ability to play all types of music – this day is sure to show every one of all ages a great time.



Choose One Entrée:

- Corned Beef with Cabbage
- Roast Pork Loin
- Baked Haddock

Ticket Only: Doors open 11:30 for seating Sean Patrick's; 3480 Millersport Hwy, Getzville, NY

(TRP-003)

TUES • Mar 12

Cost with transportation: \$79; Ticket/Show only \$49

Depart: 10:00 am; return 4:00 pm

TURNING STONE CASINO RESORT

Try your luck at TURNING STONE CASINO RESORT in Verona, NY. It's just a short, comfortable ride along the NYS Thruway to one of New York's premier casino resorts. Enjoy GAMING or BINGO and you choose your incentive. Try your luck at over 80 table games and 2,400 Cash Slot Machines. Match wits with friendly competition at the great poker room. If Bingo is your game, - enjoy fantastic high stakes bingo – Turning Stone is rated one of the top ten Bingo halls in North America and features both smoking and non-smoking halls. There are many eateries to choose from, two beautiful spas, great shopping opportunities, and more! There is something for everyone at TURNING STONE CASINO RESORT & BINGO! MUST BE 21 YEARS OF AGE. Valid Government issued identification required at casino to receive incentive.

Choose Your Incentive When Making Your Reservation:

CASINO: \$25 FREE PLAY, \$5 MEAL CREDIT
BINGO: \$20 BINGO BUCKS, \$5 MEAL CREDIT

(TRP-004)

SAT • Mar 16

Cost: \$59.

Depart 7:00 AM; return 9:00 pm

SAP'S ARISING

SWEET TRIP THROUGH BEAUTIFUL GEauga COUNTY

Start off with JUICE & a MUFFIN on the way to Ohio for A SWEET TRIP THROUGH BEAUTIFUL GEauga COUNTY. Meet the STEP ON GUIDE & begin touring. The maple syrup tour is "one "sweet trip" but is available only for a limited time of the year. This is when the sap begins to rise in the areas maple trees and can be tapped for making syrup. Maple syrup is made in only a small part of the entire world and Ohio sits in the heart of this area. We will visit SWINE CREEK and learn how the early settlers learned from the native American Indians how to turn the watery sap of the maple tree into a delightful and wholesome treat. Lunch is a traditional AMISH FEAST – Baked Chicken, Mashed Potatoes W/ Gravy, Seasonal Vegetable, 7 Layer Salad, Date Nut Pudding, Homemade Bread & maple themed dessert - Served Family Style. Visit A FAMILY OWNED SUGAR SHOP. An experienced maple syrup maker will be on hand to answer questions. Shop at RICHARD MAPLE PRODUCTS for everything maple. Ohio maple producers produce some of the finest pure maple syrup in the world A fast food stop (on your own) will be made en route home.

(TRP-005)

SAT • Mar 23

Cost: \$115.

Depart: 7:30 am; return 8:30 pm



"ELVIS" LAS VEGAS STYLE! Limited Seats. Cannot Hold Space

We're off to SENECA NIAGARA CASINO for "ELVIS" LAS VEGAS STYLE! STARRING TERRY BUCHWALD. This great day out includes motor coach transportation, FANTASTIC MATINEE SHOW at SENECA NIAGARA'S BEAR'S DEN SHOW ROOM, \$15 SLOT PLAY and fantastic BUFFET LUNCH. Terry is a well-known tribute artist and recording artist from WNY who has earned the distinction of being named one of the top tribute artists in the United States by the LA Times. Audiences across the nation are astonished by his dynamic voice and striking resemblance to Elvis. By all accounts, Terry has the looks, the moves and the voice of the legendary "King." It's an ALL NEW show! Come and be entertained, dance and sing along! It's a show you don't want to miss! Limited availability – be sure to book early! Spend six hours at the SENECA NIAGARA CASINO offering exhilarating gaming with the hottest slots and action packed games.

(TRP- 006)

MON • Mar 25

Cost: \$49.00

Depart 11:30 am; return 7:30 pm



12 HOURS IN NYC /No HOTEL TOUR

Travel to the BIG APPLE with rest/food stops. Arrive in Mid-Town Manhattan (Rockefeller Center) @ 8:00 am Saturday and have free time until 8:00 pm. To make the best of your time in the City, each person will receive Pamphlets, a Map & other info a few weeks before departure. We advise waiting to purchase any theater tickets until 1 month prior to departure.

(TRP-007)

FRI - SUN • April 26 -28

Cost: \$105.00

DEPART Friday: 11:30 pm

12 HOURS IN THE CITY

Saturday: 8:00 am Approximate arrival in NYC

8:00 pm Depart NYC

RETURN Sunday: 3:30 am



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

SCHOOL CLOSING

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

GOLD CARD

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

MEDICAL EXAMINATION

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

SMOKING

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

INSTRUCTIONAL STAFF

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

NON-DISCRIMINATION POLICY

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

5 WAYS TO REGISTER!

Walk It In! Upon receipt of the Brochure, East Middle School/Community Education/Door #37
8:30 AM - 6:30 PM Monday-Thursday • 8 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 # _____ E-mail address _____ Date of Birth _____ Indicate any special needs. _____

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. _____ - _____	_____	_____	_____	\$ _____

Method of Payment (check one) Credit Card Check/money order Cash *Non-Resident Fee (\$5 if applicable)* \$ _____

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