



# West Seneca Community Education

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

## FALL 2025

Welcome to the FALL 2025 Semester at West Seneca Community Education. We are so very excited with our new offerings this year. If you are looking to try something new, you are looking in the right place! You may find an interest that will last a lifetime! Make friends, have fun, learn a skill, try out a career, or make an heirloom to pass down...you'll find what YOU need **right here** – so register on-line or call TODAY! Courses fill up fast, so do not miss YOUR chance to sign up.

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

*Stephanie Wright, Director*

*[swright@wscschools.org](mailto:swright@wscschools.org)*

## Building Locations

### **Allendale Elementary**

1399 Orchard Park Rd

### **Clinton Elementary**

4100 Clinton St

### **Northwood Elementary**

250 Northwood Ave

### **West Elementary**

1397 Orchard Park Rd

### **Winchester-Potters Elementary**

675 Potters Rd

### **East Middle**

1445 Center Rd

### **West Middle**

395 Center Rd

### **East Senior**

4760 Seneca St

### **West Senior**

3330 Seneca St

### **District Offices**

900 Mill Rd



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# ACADEMIC

## **DEFENSIVE DRIVING COURSE – IN-PERSON CLASS!**

### **All-Pro Tutoring**

A great way to reduce the cost of your auto insurance! Upon completion of the class drivers are eligible for a 10% reduction in their auto insurance and/or up to 4 points removed from their DMV driving record. Drivers may take the course every 3 years for insurance reduction and every 18 months for point reduction. All drivers listed on a policy are eligible to complete the course. *No Gold Card discount.*

### **(DEF-001)**

MON & WED

November 3 & 5

6:00 – 9:00pm

2 Classes: \$45

Bldg.: East Middle/Cafeteria

### **(DEF-002)**

TUES & THURS

December 16 & 18

6:00pm – 9:00pm

2 Classes: \$45

Bldg: East Senior/Room 101

## **TEST PREPARATION COURSES with All-Pro Tutoring & Test Prep**

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

### **4-HOUR ACT BOOT CAMP**

Get a jump start on your ACT test preparation! The ACT is offered as both a computer-based and as a written test. If you are planning to study any STEM program in college then the ACT test is for you! This comprehensive review course introduces students to the ACT test and includes classroom instruction, test-taking strategies, practice activities, testing information & study materials. **2025 ACT Fall Test**

**Dates: September 6, October 18 & December 13.** Students are welcome to bring a snack to class.

### **(ACA-001)**

TUES & THURS

October 14 & 16

6:00pm – 8:00pm

2 Classes: \$80

Bldg: East Middle/Room 129

## **ONLINE - SEND YOUR KIDS TO COLLEGE PRESENTATION FOR PARENTS**

Did you know that less than 33% of 4-year college students graduate in 4 years? Mistakes in college planning could cost you thousands of dollars! Please join our team of experts for a one-hour discussion on your best approach to college planning. Send Your Kids to College is a non-profit organization. There is no obligation to purchase anything.

Topics discussed: Choosing the right college major and the best approach in applying to colleges.

### **(ACA-002)**

WED

Nov 5

6:00pm – 7:00pm

1 class: \$5

#### **4-HOUR SAT BOOT CAMP**

The Digital SAT test is here! The Digital SAT test is computer-based only, shorter test taking time, shorter reading and math questions, and longer time allotted to answer the test questions. These changes are intended to help students succeed but it is NOT an easier test. Preparation is essential. This comprehensive course introduces students to the Digital SAT test with emphasis on test-taking strategies, testing information, how to best prepare for the SAT test, practice questions in each subject and a complete review of what to expect on the digital test. Course includes classroom instruction/practice, and workbook/study materials. 2025 Fall SAT Test Dates: September 13, October 4, November 11, & December 6. Students are welcome to bring a snack to class.

#### **(ACA-003)**

TUES & THURS

October 28 & 30

6:00pm – 8:00pm

2 classes: \$80

Bldg: East Middle/Room 129

#### **WRITING THE COLLEGE APPLICATION ESSAY**

Do you want to submit a college application essay that will really hit home with the Admissions Office at the college of your choice? Learn all the fundamentals of a winning essay as well as proven strategies. You will begin to write the college application essay during the class and leave with the confidence and knowledge to complete the process on your own. Also available is a review/critique of your final essay. To have your final essay reviewed, email it to [allprotutoring@gmail.com](mailto:allprotutoring@gmail.com).

#### **(ACA-004)**

WED

November 19

6:00pm – 8:30 PM

1 class: \$75

Bldg: East Middle/Room 129

## **BUSINESS & FINANCES**

#### **Wills, Trusts, and Estates**

**Matthew McAnulty, CFP, EA, Sgroi Financial**

This class will cover what everyone needs to know about Estate planning. Often when one is planning their legacy, they will wonder how their assets will be transferred when they're gone. They will often ask: Do I need a will? How do beneficiary designations work? Do I need a trust, and if so, what kind do I need? How do taxes factor into estate planning? What should I do for Long Term Care? What does Medicaid cover? Should I have Power of Attorney? Get answers to these questions and more, to help make estate planning easier. *\*Gold Card eligible.*

#### **(BUS-001)**

THURS

October 23

6:30 – 7:30 PM

1 Class: \$5

Bldg: West Senior/Room 155

**(BUS-002)**

MON

November 3

6:30 – 7:30 PM

1 Class: \$5

Bldg: West Senior /Room 155

**Tax Planning in Retirement**

**Matthew McNulty, CFP, EA, Sgroi Financial**

This class will cover what everyone needs to know about taxes in retirement. When someone plans on retiring, or is already retired, they will often ask: Is my social security taxable? How is my pension taxed? How do taxes affect my retirement account distributions? What are Required Minimum Distributions? If I have an annuity, will that be taxed? What type of accounts are taxable, maybe taxable, and never taxable? How are inheritances taxed to my heirs? Get answers to these questions and more, to help make retiring easier. *\*Gold card eligible.*

**(BUS-003)**

MON

October 20

6:30 – 7:30 PM

1 Class: \$5

Bldg.: West Senior/Room 155

**(BUS-004)**

THURS

November 13

6:30 – 7:30 PM

1 Class: \$5

Bldg: West Senior/Room 155

**Looking for a Mortgage?**

**Thomas J. Liolos**

IF you are buying a home and do not have the means to pay cash - then you will be needing a mortgage. Are you not moving but have quite a few bills and needing to possibly looking to consolidate your debts at a much lower rate? Not knowing what to do, what questions to ask or what the costs are? These are all items we will touch on since so much has changed in the mortgage industry. There will be a lot of time for Q&A! *\*Gold Card Eligible.*

**(BUS-005)**

THURS

October 30

6:00 – 7:30 PM

1 Class: \$5

Bldg.: East Middle/Rm 125 (Conference Room)

**Strategies for Successful Aging & Retirement**

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

## Protecting Your Estate, Home, Retirement Income, Money, & Lifestyle from Medicaid, Self-Funding and an Incorrect Plan of Care

- Learn the Secrets to Protecting Your Home, Retirement, and Lifestyle from Self-Funding Risks
- Avoiding Costly Estate Planning Mistakes
- Avoid Losing Your Money, Income, and Home Due to an Incorrect Plan of Care, Overpaying for Care and Medicaid Risk
- Prevent Impoverishing Your Spouse
- Protect Your Children's and Grandchildren's Financial Future
- Understanding Longevity Risk on Your Home, Money, Retirement Income, & Lifestyle
- Gain Insights on Longevity for an Enhanced Retirement
- Plan for Both the Expected and Unexpected in Your Life

*\*Gold card Eligible.*

**(BUS-006)**

WED

November 18

6:00 PM – 7:30PM

1 Class: \$5

Bldg: East Senior/Room 101

# HEALTH & WELLNESS

## Pelvic Power: Understanding the Pelvic Floor and Physical Therapy Solutions

**Kara Bristol**

Women, Ages 18+. This course provides a comprehensive introduction to the pelvic floor, exploring its structure, function, and role it plays in health and well-being. Students will learn about common pelvic floor disorders such as incontinence, pelvic pain, prolapse, and dysfunction and gain an understanding of how pelvic floor physical therapy is used to address these issues. This course is great for women of all ages from high-level athletes, to currently pregnant women, and to women who have gone through menopause. Light refreshments and a complimentary giveaway provided! *\*Gold card eligible.*

**(HEW-001)**

WED

October 29

7:00 – 8:00 PM

1 Class: \$5

Location: East Middle/Room 129

**(HEW-012)**

MON

November 10

7:00 – 8:00 PM

1 Class: \$5

Location: East Middle/Room 129

## Life Enrichment Seminars with Richard D'Angelo

### The Power of Your Aura

The aura is a powerful energy field surrounding each person. In this class you will learn how to measure, feel, receive, send, and even see this energy with your own eyes! You will also learn how to use this energy to ward off the negative energy of others. Come and join us for a fun, information-packed evening you won't soon forget. Please bring a notebook – this information is too valuable to lose! *\*No Gold Card discount.*

**(HEW-002)**

TUES

October 21

6:00 – 9:00 PM  
1 class: \$45  
Bldg: East Senior/Room 101

**Bodyshaping Fitness with Sandy Manella Schwendler**  
**Look Good. Feel Good. Get into Shape!**  
**Classes held at: Ebenezer Church of Christ, 630 Main St. West Seneca, NY 14224**

**Human Reformer Pilates**

Human Reformer Pilates is a low impact, variation of Mat Pilates that utilizes resistance bands called FlexKords. (FlexKords will be supplied by the instructor, they mimic the resistance of the spring and straps used on a Reformer Machine). To replicate the resistance and core engagement of traditional REFORMER PILATES. It focuses on posture, core strength and alignment to REFORMER class. Our instructor is certified by FitPro; certification is: Human Reformer Pilates Certification. Bring a Floor Mat.

**(HEW-003)**

MON  
September 29 – December 1  
6:00 – 7:00 PM  
10 Classes: \$105.00

**Yoga**

A gentle mat-based workout, focused on a series of postures designed to improve flexibility, posture, breathing, reduce stiffness, control stress reduction, improve sleep, increase energy and enhance overall well-being. Bring a floor mat. *No Gold card discount.*

**(HEW-004)**

MON  
September 29 – December 1  
7:00 – 8:00 PM  
10 Classes: \$105.00

**Pilates**

Pilates is a low-pact program that is mat based exercises that build strength, flexibility, and body awareness using body weight and controlled movements. Pilates emphasizes the principles of breathing, concentration and precision while targeting the core muscles and improving posture, balance and can be done by EVERYONE! Pilates Fusion is traditional Mat Pilates and may add weight to this program. Bring a floor mat and 2,3 lb. weights. *No Gold card discount.*

**(HEW-005)**

TUES  
September 30 - December 2  
6:00 – 7:00 PM  
10 Classes: \$105

**Yoga for 55+**

**Kathryn Zawadzki**

Need to improve your balance, flexibility, concentration, sleep, or learn to deal better with stress and anxiety? In the Yoga for 55+ class you will learn exercises that can improve all the above, and you will also learn systematic relaxation at the end of each session. Location: 4184 Seneca St. (Miranda Dance) *\*No Gold Card discount.*

**(HEW-006)**

TUES

October 14 – November 25  
1:00 PM – 2:00 PM  
7 Classes: \$89  
Location: 4184 Seneca St. (Miranda Dance)

**Fitness With Julie**  
**Classes held at: St. John's Lutheran Church, 3512 Clinton St. West Seneca**

**Zumba**

A fun, Latin-inspired dance class that also incorporates international music and dance to form a total body workout. You will boost your energy, burn calories, have fun, let go of all your stress, listen to amazing music and leave with a smile on your face. *No Gold card discount.*

**(HEW-007)**

**MON**

October 13 – December 15  
6:45 – 7:45 PM  
10 classes: \$95

**(HEW-008)**

**TUES**

October 14 – December 16 (No class 11/4)  
9:00 – 10:00 AM  
9 classes: \$85

**(HEW-012)**

**SAT**

October 18 – December 20  
9:00 – 10:00 AM  
10 classes: \$95

**Gentle Aerobics**

A class for seniors or for those new to fitness. This is a fun class that combines easy movements to improve balance, increase flexibility, and strengthen the body using light hand weights. All moves can be modified and may be done in a chair. Please bring light hand weights. *No Gold Card discount.*

**(HEW-009)**

**THURS**

October 16 – December 18 (No class 11/27)  
9:00 – 9:45 AM  
9 classes: \$85

**Boot Camp**

Boot Camp class is a great way to strengthen the entire body with a fun, new and challenging workout each week. All moves may be modified to your ability. Please bring a mat and hand weights. *No Gold Card discount.*

**(HEW-010)**

**THURS**

October 16 – December 18  
5:00 – 6:00 PM  
9 classes: \$85

**(HEW-013)**

SAT

October 18 – December 20

10:15 – 11:15 AM

10 classes: \$95

**Barre**

A fun and challenging class that uses many body weight moves along with squats and lunges. Barre is a blend of Pilates, ballet and yoga using strength training movements. It is a full body workout focusing on low impact moves that strengthen the body and mind. Please bring a mat and light hand weights. *No Gold Card discount.*



**(HEW-011)**

THURS

October 16 – December 4 (no class 10/30, 11/27)

6:15 – 7:15 PM

6 classes: \$60

## KIDS & TEENS

**Spanish Club - Grades K-5**

Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-5 student to learn the Spanish language. This unique and exciting program features foundation vocabulary introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. Early introduction increases the student's ability to absorb rather than translate the language. **If you have taken a Spanish Club class previously, new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students!** Join the fun! Program is offered at dismissal at each of the elementary schools below. Join the fun! For more details, visit [www.TheEnrichmentCompany.com](http://www.TheEnrichmentCompany.com).

**LAN-001 (Winchester Potters)**

MON

October 20 – November 24

3:00 – 3:40 PM

6 Classes: \$97

Bldg.: Winchester Potters Elementary

**LAN-002 (Northwood)**

TUES

October 14 – December 2 (No class 11/4, 11/11)

3:00 – 3:40 PM

6 Classes: \$97

Bldg.: Northwood Elementary

**LAN-003 (West El)**

TUES

October 14 – December 9 (No class 10/21, 11/4, 11/11)

3:30 – 4:10 PM

6 Classes: \$97

Bldg.: West Elementary

**LAN-004 (Allendale)**

WED

October 15 – November 19

3:00 – 3:40 PM

6 Classes: \$97

Bldg.: Allendale Elementary

**LAN-005 (Clinton)**

THURS

October 16 – November 20

3:40 – 4:20 PM

6 Classes: \$97

Bldg.: Clinton Elementary

### **KidsPlay, Tim & Tricia Hirschbeck, Directors**

**KidsPlay** is a group of experienced teachers that work with public and private schools to coordinate quality instructional sports programs to children ages 3 to 13. See specific program for age groups. All players must be of age by the first scheduled class. **Questions? Call/text Tim Hirschbeck at 480-2374.**

#### **NFL Flag Football League (Outdoor)**

NFL Flag is an excellent alternative to full contact, full equipment, “6 nights a week” 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. The game is strictly “no contact” with primary emphasis placed on skill development, learning, and having fun playing football. Players meet for 75 minutes each week – a 35-40 minute training session followed by a 40 minute game against another KidsPlay team. KidsPlay coaches coordinate all practices and games with 4-8 parent coaches providing assistance during training sessions. **A reversible NFL team-oriented football jersey and flag belt is included in the fee.**

#### **(KID-001) American Conference, Ages 7-11**

MON

September 22 – October 27

5:15 – 6:30pm

6 Classes: \$120

Bldg.: West Elementary/Field

#### **(KID-002) Developmental Conference, Ages 5-7**

WED

October 1 – November 5

5:15 – 6:30pm

6 Classes: \$120

Bldg.: West Elementary/Field

#### **Level I Indoor Soccer**

**Ages 4 – 6.** Soccer is easy to learn, contains constant activity, and provides plenty of opportunity for young players to run and learn skills. The program includes small-sided games and scrimmages allowing for plenty of touches on the ball. Level 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. *KidsPlay shirt included.*

#### **(KID-003)**

TUES

October 14 – November 25 (No class 11/11)

5:30 – 6:30 PM

6 Classes: \$85

Bldg.: Northwood Elementary/Gym

#### **U-8 Indoor Soccer League**

**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 by 2-3 KidsPlay coaches, not volunteers. Players meet weekly for a 30-40 minute training session followed by a game lasting 35-45 minutes, played 5-on-5 allowing for maximum touches on the ball and plenty of playing time. *KidsPlay shirt included.*

#### **(KID-004)**

TUES

October 14 – November 25 (No class 11/11)

6:30 – 7:45 PM

6 Classes: \$95

Bldg.: Northwood Elementary-Gym

### **Indoor NFL Flag Football**

NFL Flag is an excellent alternative to full contact, full equipment, and youth football leagues. The game is non-contact football with primary emphasis on the development of passing, receiving, and running and coverage skills. Games are played 5-on-5 with modified rules to heighten skill development and assure equal playing time for all players. NFL Flag is not a highly competitive program. Players meet for 75 minutes each week with a 30-minute practice followed by a 45-minute game against another KidsPlay Team. A Nike reversible football jersey is included in the fee.

### **(KID-005) American Conference, Ages 7-11**

MON

November 10 – January 5 (No class 12/15, 12/22, 12/29)

5:30 – 6:45 pm; 6:45 – 8:00 pm

(players meet on a rotating schedule after Week 1 evaluation)

6 Classes: \$120

Bldg.: East Middle/Gym

### **(KID-006) Co-Ed Developmental Conference, Ages 5-7**

WED\*

November 12 – January 14 (no class 11/19, 11/26, 12/24, 12/31, 1/7)

\*Second week only: THURS – 11/20 at Allendale Elementary/Gym

5:30 – 6:45 pm; 6:45 – 8:00 pm

(players meet on a rotating schedule after Week 1 evaluation)

6 Classes: \$120

Bldg.: West Elementary/Gym\*

### **Kids Choice Sports**

**Kids Choice Sports** offers instructional youth sports programs to kids ages 3 – 12. By offering a variety of programs, we give Kids the Choice of many different Sports to try out, in order to find the best fit for them. The skills and rules of each sport that we teach are broken down into simple concepts that are fun to learn and easy to understand. *In addition to this registration process an online waiver must be completed for each registered player. Please go to [www.kidschoicesports.com](http://www.kidschoicesports.com) and click on the waiver tab.*

### **Hot Shots – Introduction to Basketball**

**Ages 3-5.** In this parent participation program, boys and girls will learn the basics of the game of basketball. Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in this noncompetitive, coed program. A T-shirt is included in program fee. Please remember to bring a water bottle.

### **(KID-007)**

TUES

October 14 – December 2 (no class 11/11, 11/18)

6:00 – 6:45 PM

6 Classes: \$104

Bldg.: West Elementary/Gym

### **Hot Shots – Introduction to Basketball**

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

**(KID-008)**

TUES

October 14 – December 2 (no class 11/11, 11/18)

6:50 – 7:35 PM

6 Classes: \$104

Bldg.: West Elementary/Gym

**Co-Ed Basketball**

**Ages 8 – 12.** This program encourages boys and girls to learn the basic skills and principles involved in the game of basketball. Skills such as dribbling, passing and shooting will be taught followed by a fun scrimmage. This class will enable kids to become proficient at the game of basketball, build confidence, develop a positive self-image, and, most of all, have fun! Please remember to bring a water bottle.

**(KID-009)**

TUES

October 14 – December 2 (no class 11/11, 11/18)

7:40 – 8:40 PM

6 Classes: \$104

Bldg.: West Elementary/Gym

**Toddler Time Soccer**

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

**(KID-010)**

WED

October 15 – November 19

5:45 – 6:20 PM

6 Classes: \$104

Bldg.: East Middle/Gym

**Little Sluggers – Introduction to Tee Ball**

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

**(KID-011)**

WED

October 15 – November 19

6:30 – 7:15 PM

6 Classes: \$104

Bldg.: East Middle/Gym

**Youth Floor Hockey**

**Ages 7 – 12.** This program provides a safe and fun environment for boys and girls to get together, make friends, and learn the basic skills and principles involved in the game of hockey. Skills such as stick handling, puck handling, and shooting will be taught followed by a scrimmage. **All students are required to have mouthguards, shin guards, and a hockey stick.** Please remember to bring a water bottle.

**(KID-012)**

WED

October 15 – November 19

7:25 – 8:25 PM

6 Classes: \$104

Bldg.: East Middle/Gym

**Tiny Touchdowns Football (Ages 3-4)**

Tiny Touchdowns is an exciting co-ed, non-contact program, where **you and your child will participate** in a variety of football related games and activities. It will cover the basics of football; including passing, catching, and other essential skills. Kids “Learn through play” in a social environment while developing motor skills and coordination, building confidence, and much more; but most of all, it’s FUN! A T-shirt is included in the program fee. Please remember to bring a water bottle.

**(KID-013)**

FRI

October 17 – December 12 (no class 10/24, 10/31, 11/14, 11/28)

5:45 – 6:25 PM

5 Classes: \$104

Bldg.: East Middle/Gym

**Boys Baseball Clinic**

This indoor clinic was designed to provide baseball skills training to players during the winter months. Areas covered include: hitting, fielding, throwing mechanics, defensive drills, and base running. Kids will be grouped by age and skill. **Players must supply their own gloves.**

**(KID-014) (ages 5-7)**

FRI

October 17 – December 12 (no class 10/24, 10/31, 11/14, 11/28)

6:30 – 7:20 PM

5 Classes: \$104

Bldg.: East Middle/Gym

**(KID-015) (ages 8-12)**

FRI

October 17 – December 12 (no class 10/24, 10/31, 11/14, 11/28)

7:25 – 8:35 PM

5 Classes: \$104

Bldg.: East Middle/Gym

**Girls Softball Clinic**

This indoor clinic was designed to provide softball skills training to players during the winter months. Areas covered include: hitting, fielding, throwing mechanics, defensive drills, and base running. Kids will be grouped by age and skill. **Players must supply their own gloves.**

**(KID-016) (ages 5-7)**

FRI

October 17 – December 12 (no class 10/24, 10/31, 11/14, 11/28)

6:30 – 7:20 PM

5 Classes: \$104

Bldg.: East Middle/Gym

**(KID-017) (ages 8-12)**

FRI

October 17 – December 12 (no class 10/24, 10/31, 11/14, 11/28)

7:25 – 8:35 PM

5 Classes: \$104

Bldg.: East Middle/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**

**Ages 7 – 12.** Martial arts training is beneficial for every child. Beyond physical gains, karate offers valuable life skills such as discipline, concentration, respect for others, and the ability to set and achieve goals. This focus on personal success boosts confidence, affirming that every student can succeed. Karate doesn't sideline anyone like team sports might; each child progresses at their own rate. The structured system of belts and stripes provides a clear progression path throughout the training. The program includes 4 weeks of training, a student uniform, and belt testing!

**(KID-018)**

MON & WED

October 27 – November 19

5:15 – 5:45 PM

8 Classes: \$79

Location: Horizon Martial Arts

**Little Ninjas**

**Ages 4 – 6.** Our course offers an in-depth curriculum designed to enhance the fundamental motor and auditory skills of preschoolers, aiming to foster their social integration with greater confidence and enthusiasm. We recognize the ages of 4 to 6 as crucial developmental years. Our course is tailored to promote positive growth in an engaging and inspiring manner. The program includes 4 weeks of training and a complimentary student uniform!

**(KID-019)**

MON & WED

October 27 – November 19

6:00 – 6:30 PM

8 Classes: \$79

Location: Horizon Martial Arts

**Karate For Teens**

Transform those teen frowns into triumphs at Horizon Martial Arts! Is your teenager ready to discover their amazing potential? They're bright, talented, and full of energy - a perfect mix for mastering new skills. While navigating the challenging world of peer pressure, independence, and growing up, what they really need is a positive channel for all that vibrant energy. Our program offers them the perfect space to vent, grow, and learn the art of self-improvement. Join us for an exciting 4-week journey, complete with training and a student uniform, where your teen will learn to be their very best!

**(KID-020)**

MON & WED

October 27 – November 19

7:00 – 8:00 PM

8 Classes: \$79

Location: Horizon Martial Arts

### **Idea Builders Lego Club**

Jen Zakrzewski & Katie Struckmann

**Grades K – 5.** Idea Builders Lego Club is dedicated to nurturing your child's creative and critical thinking as we work with Legos. Our weekly themes contain age-appropriate exposure to STEAM (Science, Technology, Engineering, Art, Mathematics) concepts. Each week, students are introduced to a different STEAM concept through a mini-lesson, followed by Lego building/creating and sharing.

#### **(KID-021)**

TUES

October 14 – December 2 (no class 11/4, 11/11)

4:00 – 5:00 PM

6 Classes: \$82

Location: Clinton Elementary/Library

#### **(KID-022)**

WED

October 15 – November 19

4:00 – 5:00 PM

6 Classes: \$82

Location: West Elementary/Library

### **Buffalo Curling Club**

50 Buffalo China Road, Buffalo NY

\*Located between Clinton and Seneca Streets off Bailey Avenue

#### **Curling for Youth Beginners**

Ages 12- 18. Curling is a fun, sociable, and friendly sport that has its origins in 16th century Scotland that has evolved into a sport played around the world and in the Olympics. Participants will be instructed by experienced USCA certified instructors as they learn the basic rules and strategy of the game and into playing games on teams of 4. The club provides grippers for your clean sneakers, stones, brooms and a warm room for socializing. Participants are urged to wear loose fitting warm clothing (no jeans), bring sneakers, grippy gloves and a hat as the air temperature in the ice house is around 42 degrees. Also, bring your enthusiasm as you learn the amazing sport of curling. Space is limited – 12 registrants maximum!

#### **(KID-023)**

MON

October 20 – December 15 (no class 11/24)

3:30 – 5:30 PM

8 Classes: \$115

Location: Buffalo Curling Club

# PHYSICAL FITNESS

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.

## **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.*

\*No Gold Card discount

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

- Relieve stress
- Build Strength
- Help you lose weight
- Improve your concentration

and of course, learning valuable self-defense techniques for practical real-world applications. Furthermore, our program is set for all fitness levels, whether this is a first step towards improved health or working towards an ultimate fitness challenge the adult program is geared for you. Includes 4 weeks of training and a Student Uniform!

### **(PHY-001)**

MON & WED

October 27 – November 19

7:00 – 8:00 PM

8 Classes: \$79

Location: Horizon Martial Arts

## **Buffalo Curling Club**

50 Buffalo China Road, Buffalo NY

\*Located between Clinton and Seneca Streets off Bailey Avenue

### **Curling for Adult Beginners**

Curling is a fun, sociable, and friendly sport that has its origins in 16th century Scotland that has evolved into a sport played around the world and in the Olympics. Participants will be instructed by experienced USCA certified instructors as they learn the basic rules and strategy of the game and into playing games on teams of 4. The club provides grippers for your clean sneakers, stones, brooms and a warm room for socializing. Participants are urged to wear loose fitting warm clothing (no jeans), bring sneakers, grippy gloves and a hat as the air temperature in the ice house is around 42 degrees. Also, bring your enthusiasm as you learn the amazing sport of curling. Space is limited – 8 registrants maximum!

### **(PHY-002)**

MON

October 20 – December 15 (no class 11/24)

10:00 AM – 12:00 PM

8 Classes: \$125

Location: Buffalo Curling Club



# SWIMMING

West Seneca Community Education follows the American Red Cross Levels 1-6 and the Infant and Pre-School program. Instructors are Certified Lifeguards.

**Age restrictions apply to 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.**

\*All children who are not toilet-trained must wear snug-fitting swim pants while using the pool - NO REGULAR DIAPERS.

\*Please change your children's clothes in the locker room, NOT ON THE POOL DECK. If a mat is not available in the locker room to change your child for Aqua Babes or Pre-School Swim please notify the instructor to call the custodian to bring one.

**\*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 we ask that all additional family members remain outside the pool area until the last five minutes of class. NO SIBLINGS in the pool area PLEASE! This for the safety of all in the pool and on the deck.

***\*Children age 5 and above must use the appropriate locker room, not that of the opposite gender. If you need assistance for your child in the locker room, let us know at registration time so we can make alternative arrangements.***

## **AQUA BABES**

Introduction to the pool for babies 6 month-3 years old, with a 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 children 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 children 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*).

***PLEASE NOTE: DISTRICT SWIMMING POOLS ARE MAINTAINED AT 78 – 82 degrees.***

**EAST MIDDLE SCHOOL: 1445 Center Road. Enter through the main entrance of the building (inside the driver's circle). Locker room entrances are OUTSIDE of the gymnasium.**

**WEST MIDDLE SCHOOL: 395 Center Road. Enter through the Athletic entrance off the main parking lot. Locker room entrances are located INSIDE the gymnasium.**

***Check course description for location.***

**PLEASE – NO EATING at LEAST 30 MINUTES PRIOR TO CLASS!**

Note: class schedule subject to change.

### **AQUA BABES**

#### **(SWM-001)**

MON

October 20 – November 24

5:30 – 6:00 PM

6 Classes: \$60

**Bldg: West Middle/Pool**

#### **(SWM-002)**

WED

October 15 – November 19

5:30 – 6:00 PM

6 Classes: \$60

**Bldg: West Middle/Pool**

### **PRE-SCHOOLERS-BEGINNING SWIM**

#### **(SWM-003)**

MON

October 20 – November 24

6:05 – 6:35 PM

6 Classes: \$60

**Bldg: West Middle/Pool**

#### **(SWM-004)**

WED

October 15 – November 19

6:05 – 6:35 PM

6 Classes: \$60

**Bldg: West Middle/Pool**

### **AQUA BABES/PRE-SCHOOL SWIM**

#### **(SWM-015)**

WED

October 15 – November 19

5:30 – 6:00 PM

6 Classes: \$60

**Bldg: East Middle/Pool**

#### **(SWM-016)**

THURS

October 16 – November 20

5:30 – 6:00 PM

6 Classes: \$60

**Bldg: East Middle/Pool**

### **LEVEL 1**

#### **(SWM-009)**

MON

October 20 – November 24

6:00 – 6:30 PM

6 Classes: \$60

**Bldg: East Middle/Pool**

#### **(SWM-010)**

TUES

October 14 – December 2 (no class 11/11, 11/18)

6:00 – 6:30 PM

6 Classes: \$60

**Bldg: East Middle/Pool**

### **LEVEL 2**

#### **(SWM-011)**

MON

October 20 – November 24

6:40 – 7:25 PM

6 classes: \$72

**Bldg: East Middle/Pool**

#### **(SWM-012)**

TUES

October 14 – December 2 (no class 11/11, 11/18)

6:40 – 7:25 PM

6 classes: \$72

**Bldg: East Middle/Pool**

### **LEVEL 3 & 4**

**(SWM-013)**

MON

October 20 – November 24

7:35 – 8:20 PM

6 classes: \$72

**Bldg: East Middle/Pool**

**(SWM-014)**

TUES

October 14 – December 2 (no class 11/11, 11/18)

7:35 – 8:20 PM

6 classes: \$72

**Bldg: East Middle/Pool**

### **LEVEL 5 & 6**

**(SWM-017)**

WED

October 15 – November 19

6:05 – 7:05 PM

6 classes: \$72

**Bldg: East Middle/Pool**

**(SWM-018)**

THURS

October 16 – November 20

6:05 – 7:05 PM

6 classes: \$72

**Bldg: East Middle/Pool**

*\*Students who register for Level 5 & 6 Swim (SWM-017 & SWM-018) and Guard Start will receive a 50% discount on the Guard Start registration fee (see course SWM-019 and SWM-020 below).*

### **GUARD START**

Ages 11 – 15. This course serves as an introduction to the Lifeguard Certification Course. Students will learn lifeguarding skills along with improving their swimming techniques for strokes used in the course. Students will train to complete the prerequisites of the lifeguard course and begin lifesaving skills. Course will NOT certify anyone to be a lifeguard.

*\*Students who register for Level 5 & 6 Swim (SWM-017 & SWM-018) and Guard Start will receive a 50% discount on the Guard Start registration fee.*

**(SWM-019)**

WED

October 15 – November 19

7:10 – 8:10 PM

6 classes: \$72

**Bldg: East Middle/Pool**

**(SWM-020)**

THURS

October 16 – November 20

7:10 – 8:10 PM

6 classes: \$72

**Bldg: East Middle/Pool**

**Adult Programs**

**\*Adult classes:** Monday and Wednesday at **WEST MIDDLE POOL**.

**WEST MIDDLE SCHOOL: 395 Center Road. Enter through the Athletic entrance off the main parking lot. Locker room entrances are located INSIDE the gymnasium.**

**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.

**(SWM-005)**

MON

October 20 – November 24

6:40 – 7:40 PM

6 classes: \$72

**Bldg: West Middle/Pool**

**(SWM-006)**

WED

October 15 – November 19

6:40 – 7:40 PM

6 classes: \$72

**Bldg: West Middle/Pool**

**DEEP 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-007)**

MON

October 20 – November 24

7:45 – 8:45 PM

6 classes: \$72

Bldg: West Middle/Pool

**(SWM-008)**

WED

October 15 – November 19

7:45 – 8:45 PM

6 classes: \$72

Bldg: West Middle/Pool

## MUSIC/PERFORMING ARTS

**Walh Performing Arts Studios**

2937 Southwestern Blvd. Orchard Park NY 14127 675-7607

David and Katie Walh

*\*No Gold Card discount*

Walh Performing Arts Studios is a dance and musical theatre training school. Our faculty consists of college-educated professionals with national and international performance credits. All classes will take place at our state-of-the-art facility. Visit [www.walhstudios.com](http://www.walhstudios.com) for more information!

**DANCING STARS**

**Ages 3-5.** Is my child ready to start dance lessons? Preschoolers can experience our outstanding Dancing Stars program, which combines the fundamentals of ballet and tap dancing. Students should have pink leather ballet shoes and black patent leather tap shoes for this class.

**(MUS-001a)**

MON

September 29 – November 3

4:00 – 4:45pm

6 Classes: \$125

**(MUS-001b)**

MON

September 29 – November 3

6:15 – 7:00 PM

6 Classes: \$125

**(MUS-001c)**

WED

October 1 – November 5

4:00 – 4:45 PM

6 Classes: \$125

**(MUS-001d)**

SAT

October 4 – November 8

10:00 – 10:45 AM

6 Classes: \$125

**TUMBLE STARS**

**Ages 3-5.** Ballet & Tumbling in one great class! Preschoolers can experience our fantastic Tumble Stars program, which combines the fundamentals of ballet and acro fundamentals. Students should purchase pink ballet shoes for this class.

**(MUS-002a)**

TUES

September 30 – November 4

6:15 – 7:00 PM

6 Classes: \$125

**(MUS-002b)**

WED

October 1 – November 5

4:45 – 5:30 PM

6 Classes: \$125

**(MUS-002c)**

SAT

October 4 – November 8

10:45 – 11:30 AM

6 Classes: \$125

**HIP HOP FOR KIDS**

**Ages 6-8 or 9-12.** Come and learn the latest dance moves, in one of our most exciting classes! Great exercise, and great fun! Recommended attire is leotard & dance shorts or pants for girls, and athletic clothing for boys. Hip Hop shoes or clean sneakers only.

**(MUS-003a) Ages 6-8**

SAT

October 4 – November 8

10:45 – 11:30 AM

6 Classes: \$125

**(MUS-003b) Ages 9-12**

TUES

September 30 – November 4

7:00 – 7:45 PM

6 Classes: \$125

**(MUS-003c) Ages 9-12**

TUES

September 30 – November 4

7:45 – 8:30 PM

6 Classes: \$125

### **MUSICAL THEATRE**

Do you love Broadway shows and movie musicals? Musical Theatre class will introduce the techniques of dancing, acting, and singing. Students will learn dance moves, acting and theatre through games, and music from the Broadway and movie musicals.

#### **Ages 6-8**

##### **(MUS-004a)**

SAT

October 4 – November 8

11:30 AM – 12:15 PM

6 Classes: \$125

#### **Ages 9-12**

##### **(MUS-004b)**

MON

September 29 – November 3

5:30 – 6:15 PM

6 Classes: \$125

#### **Ages 13-18**

##### **(MUS-004c)**

MON

September 29 – November 3

7:00 – 7:45 PM

6 Classes: \$125

### **ACRO CLASS**

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

#### **(MUS-005a) Ages 6-8**

SAT

October 4 – November 8

10:00 – 10:45 AM

6 Classes: \$125

#### **(MUS-005b) Ages 13-18**

TUES

September 30 – November 4

5:30 – 6:15 PM

6 Classes: \$125

### **BALLET CLASS**

**Ages 9-12.** Ballet is the foundation of all dance techniques. It teaches correct posture, body placement, turnout, flexibility, and flow of movement. Come join us!



**(MUS-006)**

THURS

October 2 – November 6

4:45 – 5:30 PM

6 Classes: \$125

**JAZZ CLASS**

Students will experience the strength, grace, athleticism, poise, stretch, and conditioning that jazz has to offer. Jazz dance is fast-paced, uses popular music, and benefits school athletes and artists alike. Prepare for your school musical auditions. Come join us!

**(MUS-007a) Ages 6-8**

THURS

October 2 – November 6

4:00 – 4:45 PM

6 Classes: \$125

**(MUS-007b) Ages 9-12**

THURS

October 2 – November 6

5:30 – 6:15 PM

6 Classes: \$125

**TAP CLASS**

Tap is a technique which incorporates percussion with dance movement. Students learn rhythm, agility, speed, and clarity through tap dancing. Come join us! \*Tap shoes required.

**MUS-008a (ages 6-8)**

MON

September 29 – November 3

5:30 – 6:15 PM

6 Classes: \$125

**MUS-008b (ages 13-18)**

MON

September 29 – November 3

7:45 – 8:30 PM

6 Classes: \$125

**LYRICAL CLASS**

Lyrical Dance combines the dynamics and techniques of ballet and jazz dance. Sometimes called contemporary, lyrical is a feel-good genre where student can express their emotions through movement. A student favorite!

**MUS-009a (ages 9-12)**

WED

October 1 – November 5

5:30 – 6:15 PM

6 Classes: \$125

**MUS-009b (ages 13-18)**

TUES

September 30 – November 4

8:30 - 9:15 PM

6 Classes: \$125

#### **ACTING CLASS**

**Ages 9-12.** Unlock your child's creativity and confidence with our dynamic acting classes designed for kids ages 9-12! We believe every child has a unique story to tell, and our engaging curriculum helps bring those stories to life.

**(MUS-010)**

MON

September 29 – November 3

6:15 – 7:00 PM

6 Classes: \$125

#### **YOGA CLASS**

**Ages 11-18.** Classes will explore the fundamentals of a flowing yoga practice including traditional poses, breathing techniques, strength and flexibility plus mindfulness. Join us to experience the benefits of yoga!

**(MUS-011)**

MON

September 29 – November 3

7:00 – 7:45 PM

6 Classes: \$125

#### **Designing Dish**

**Instructor: Genevieve Turner**

138 Grey St. East Aurora, NY 14052

#### **Mummy Candy Dish**

A new Glaze called Cobblestone is used to make this amazing mummy look. This will be your annual Halloween candy bowl.



**(CRF-001)**

THURS

October 2

6:00 – 8:00 PM

1 class: \$5 registration fee, \$40 payable to instructor at class

### Introduction to Stoneware

Stoneware is oven safe and the most durable clay. Use special colorful glazes to create the perfect stoneware piece.



(CRF-002)

THURS

October 16

6:00 – 8:00 PM

1 class: \$5 registration fee, \$60 payable to instructor at class

### Buffalo Bills Snack platter or Chip bowl

This is our season! Celebrate each game with your own Bills plate!



(CRF-003)

THURS

November 13

6:00 – 8:00 PM

1 class: \$5 registration fee, \$50 payable to instructor at class

### Snowman Cookie Jar

Keep this adorable snowman out all season. The only hard part will be keeping him filled.



(CRF-004)

THURS

December 4

6:00 – 8:00 PM

1 class: \$5 registration fee, \$58 payable to instructor at class

### Christmas Tree Snack Platter



(CRF-005)

THURS

December 4

6:00 – 8:00 PM

1 class: \$5 registration fee, \$50 payable to instructor at class

## SPECIAL INTEREST

### INTRODUCTION TO ASTROLOGY – UNDERSTANDING YOUR NATAL CHART

Caroline Goff

Astrology is a wonderful tool that has been used for thousands of years to help with self-understanding. In this beginner-level class, you will learn the basics of interpreting your natal chart. The exact placement of the planets at your time of birth can give you information that can be used to help you navigate through life. We all know our Sun Sign, but there is so much more to learn. Classes will include the basics of the zodiac signs, houses, planetary placements, modalities, elements and aspects. Join us on this path to self-discovery. **Please email me ([ctgwfalls@gmail.com](mailto:ctgwfalls@gmail.com)) the following information prior to our first class meeting: Name, Birth Date, Birth Time (as exact as possible), City & State of Birth.**

(SPC-001)

TUES

November 18 & 25

6:00 – 7:30 PM

2 Classes: \$57

Location: East Middle/Room 129

# TRAVEL

## **Travel Tips from Gina Henry**

Gina teaches these classes while she is traveling all over the US & worldwide for free. Tuition includes her 100-page digital book "Get Paid To Teach English" (a \$39.95 value). Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information. All classes are ON-LINE. *No Gold Card discount.*

## **HOW TO TRAVEL FREE & MAKE MONEY TRAVELING**

We're back to our travels, but everything is getting more expensive. So how do we make our travel free and even make money while we are traveling? Learn how to find the deep travel discounts motivating us to see the world. If you are retired, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she has traveled for free to 104 countries and all 50 states. Plus learn important tips on travel safety, trip insurance, affordable retirement opportunities & other inspirational life enhancing strategies. Earn free airline tickets, hotel nights, tours, cruises & more! Volunteer, fun work-vacations, paid travel, teach English, mystery shopping, importing, drop shipping & remote employment opportunities. Gina teaches this online class while she is traveling all over the USA & worldwide. Tuition includes her 100-page digital book "How to Travel Free & Make Money Traveling" (a \$39.95 value) which provides names, phone numbers, and websites of all of the contacts you need to put this practical information to use. Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

### **(TRV-001)**

SAT

October 4

Noon – 3:00 PM

Cost: \$49.00

Online Class

## **THE SECRETS OF TRAVEL-HACKING:**

### **REWARD CREDIT CARDS**

#### **FREE AIR, HOTELS & CASH BACK**

You can earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel. Reward programs and their reward credit cards can earn you the miles & points you need to fly free & stay free. Redeem them for high-value trips. Flights and hotels are typically the most expensive part of your vacation budget. Plus earn cash-back to pay for all your other travel expenses. Gina will show you her easy "Beginner Strategy" then graduate you to more advanced strategies that earn you ONE MILLION+ reward points a year. All the major reward programs will be detailed: airlines, hotels, banks, etc. Also learn tips for flying business and first class. Gina Henry, founder of Go Global, Inc, has been a professional traveler for over 30 years and earns 15 free airline tickets each year, plus dozens of free hotel nights, and hundreds of dollars cash-back each year. Tuition includes instructors 100-page digital book "The Secrets of Traveling Hacking - Free Air, Hotels & Cash Back" (a \$39.95 value). Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

### **(TRV-002)**

SAT

October 11

Noon – 3:00 PM

Cost: \$49.00

Online Class

### **GET PAID TO TEACH ENGLISH – OVERSEAS, IN THE USA, OR ONLINE**

Learn how Gina has taught her way around the world & paid for vacations and travel to 100 countries. Teaching English can be a high paying career or simply a great way to travel free. English is the world's business & travel language. Being able to speak English helps people get better paying jobs & life changing choices. If you speak English, you can teach conversational English! You don't have to be certified or speak the local language. However, getting certified can help you make more money & get a job faster and easier. There are now many excellent affordable online certification programs. Plus, make money teaching English online, earn a free vacation, a 2-month paid summer job, or full-time work that earns up to \$90K a year. Learn about the best paying jobs, how to promote your teaching qualifications, the best certification programs (online & in person) and specific hiring organizations. Gina teaches this online class while she is traveling around the worldwide. Tuition includes her 100-page digital book "Get Paid To Teach English" (a \$39.95 value). Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

#### **(TRV-003)**

SAT

November 1

Noon – 3:00 PM

Cost: \$49.00

Online Class

### **MYSTERY SHOPPING – GET PAID TO SHOP – ON-LINE CLASS!**

Do you like to shop? You can get paid to shop at almost every local store in your area, plus there are many online shopping assignments you can do from home. Mystery shop on vacation all across the USA and in over 70 countries worldwide - FREE hotels, restaurant meals, car rentals, sightseeing tours, etc. Mystery shopping has become the most cost-efficient way for stores & businesses to know their customers and stay in business, especially during these challenging economic times. Learn how to avoid scam companies and work for the best mystery shopping companies that pay the most. Get the names & contact information for the TOP 100 MYSTERY SHOPPING COMPANIES including addresses, websites, and phone numbers to make all these ideas practical. We review actual mystery shopping assignments so you know exactly what to do, including the paperwork. Get paid or keep the items you buy on assignment. A FREE dinner for two at a nice restaurant, a FREE hotel night, a FREE tank of gas, FREE groceries, FREE dry cleaning & more. Learn how to play up your qualifications for the best assignments, how to fit mystery shopping into your daily schedule, and how to earn the most income. Instructor, Gina Henry has been a professional mystery shopper for over twenty years. She teaches in 90 cities nationwide and wrote the book "How To Travel Free". Tuition includes instructors 100-page digital book "Mystery Shopping - Get Paid to Shop" (a \$39.95 value). Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

#### **(TRV-004)**

SAT

November 8

Noon – 3:00 PM

Cost: \$49.00

Online Class

