

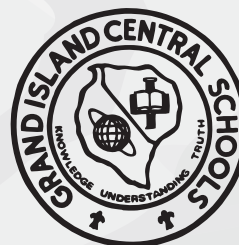
Grand Island Central Schools

Community Education

Fall 2013

Class Listings

New Online Registration





GRAND ISLAND CENTRAL SCHOOL DISTRICT

Community Education Brochure

1100 Ransom Road

Grand Island, New York 14072

773-8864 (Night Line-school nights only: 773-8820)



Welcome to the Fall 2013 Community Education program. We are very pleased to be able to offer Community Education during the construction project. We have many new classes and of course all of your favorites. The construction may cause classes to be relocated, disrupted, or possibly cancelled at times, but we will, provide makeup classes and/or relocate when necessary to provide the best possible atmosphere. We would like to thank you in advance for your patience and apologize for any inconvenience this construction may cause.

Sincerely,
Jenepher Banker



Community Education Advisory Board

Peter Bellanca
Marion Fabiano
Mary Ellen Kipley
Theodore Korkuc
Kathleen Baker Hoppel

Community Education Staff

Jenepher Banker Director
Lynn Ziehm Clerical

Registration Information: Registration is now available online, by mail, or in person. See below for complete registration instructions. For questions, please contact us at jenepherbanker@k12.ginet.org or by phone at 773-8864.

To Register & Pay Online	To Register & Pay by Mail	To Register & Pay In Person
<p>Registration online has never been easier. Just make your selection(s), add to your shopping cart, and pay securely online with a credit card using RevTrak!</p>  <p>To visit our web store just go to www.k12.ginet.org and navigate to Departments & Services > Community Education where courses are listed.</p>	<p>Please mail the completed Registration Form (located on the back page) with your check or money order to:</p> <p>Grand Island Community Education 1100 Ransom Road Grand Island, NY 14072</p> <p>We do not confirm mail-in registrations. You will only be notified if there is a cancellation or change to the course(s) you have selected.</p>	<p>Visit the Community Education Office at:</p> <p>Grand Island High School 1100 Ransom Road Grand Island, NY 14072</p> <p>Office Hours: Monday - Friday 8:00 am -3:30 pm 773-8864</p> <p>Cash, check or money order only if paying in person.</p>

HOW TO REGISTER

- 1. Online Registration:** To register online, go to the Grand Island website at www.k12.ginet.org, click on Departments and Services, click on Community Education and follow the instructions for online registration. **Mail in registration:** Mail in your registration by using the form on the back of this brochure and enclosing required fee(s). Registration forms can also be downloaded from the district website, www.k12.ginet.org. All mail registrations must reach the school NO LATER THAN Sept. 10 and will be given priority according to the date received in the Community Education office.
- 2. NOTIFICATION WILL NOT BE SENT IF ACCEPTED INTO CLASS.** You will be contacted **only** if we are unable to register you for a course. Please write the course number on the registration form.
- 3. Walk it in:** The Community education office is located in the front office of the Grand Island High School. We will no longer have a formal walk-in registration night. Secretaries are on duty in the main office of the High School if you need to register for a class. If you need to register for a class, please keep in mind classes may be full or cancelled by the first night. So register early, to save your spot.
- 4. Age Requirement:** Students must be 18 years or older to enroll in an adult class.

GENERAL INFORMATION

FEES: The fee for each class is listed with each course description. Make check payable to "Grand Island Schools." Certain classes include lab fees payable to the instructors on the first night of class. A \$20 fee will be charged for any checks returned by the bank. Some classes offer a senior citizens discount (SC). Senior age = 60+.

CANCELLATION INFORMATION: If a class is filled or cancelled, the full fee will be refunded. Personal requests for cancellation must be made at least two business days prior to the start of the class to receive a refund.

TELEPHONE INQUIRIES: Inquiries for information will be accepted between 8:00 a.m and 3:30 p.m. at 773-8864. If you would like to teach a Community Education course or suggest a new course offering, contact the Director, Jenepher Banker at 773-8864 (days).

COMMUNITY EDUCATION SCHEDULE AND LOCATION: The fall session begins the week of September 23rd. Community Education activities will be cancelled when regular day school sessions are cancelled due to holidays, bad weather, or other emergencies. Unless noted, a maximum of 25 students per class will be allowed. A minimum of 8 students will be required for most classes. If a class is cancelled due to the construction project, then the class will be made up at the earliest convenience.

SCHOOL CLOSINGS: In the event the school is closed due to weather conditions or an emergency, all Community Education classes will be closed without further notification. We will announce it on the following radio stations: WBEN (930am), WKBW (1520 am), WGR (550 am), WHLD (1270 am), WJYE (96.1 fm), WYRK (106.5fm), WHIT (104 fm), WBFO (1080), and TV Channels 2, 4 & 7.

Community Education Classes will not meet on the following dates: October 14, November 11, 28 & 29.



"Quilt Shown... Past Student Project"

QUILTING

Course #Fall 13-01

Phyllis Hall

Let's learn to machine applique! Join us to make a fun and easy applique quilt. Even if you have never tried applique you will be able to successfully create this quilt. A sewing machine required and basic sewing supplies.

Day: Monday (10 weeks) Class Begins: Sept. 23
Time: 7:00-9:00 pm

Fee: \$60 SC: \$50 Location: MS Cafeteria - Enter from behind Middle School (MS)

FAST QUILTED PROJECTS

Course #Fall 13-02

Phyllis Hall

This class will focus on small projects that can be completed in a week or two. Patterns and instructions for five projects will be presented in this five week course. A sewing machine required and basic sewing supplies. A small fee of \$4 for patterns will be payable to the instructor at the first class.

Day: Thursday (5 weeks) Class Begins: Sept. 26
Time: 7:00-9:00 pm

Fee: \$35 SC: \$25 Location: MS Cafeteria - Enter from behind Middle School (MS)

OIL & ACRYLICS

Course #Fall 13-03

Larry Chirico

Geared towards beginning and advanced students, a variety of techniques, seascapes, still life and flowers. Students will provide their own materials. The instructor will assist beginners in the choice of equipment. Certified teacher in Art Education, Fine Arts and Exhibiting Artist in WNY for 30 years - judged art group exhibitions. Please bring the following supplies to class: a sketch pad, drawing pencils, paints, brushes and a canvas along with reference material to be painted. Lab Fee: \$5 payable to instructor on the first night of class.

Day: Monday (10 weeks) Class Begins: Sept. 23
Time: 6:00-8:30 pm

Fee: \$65 SC: \$55 Location: HS #121B

WATERCOLORS

Course #Fall 13-04

Larry Chirico

Watercolor is not the difficult medium some perceive it to be. It lends itself to a free and spontaneous approach. Beginning and intermediate students are welcome. Instruction in drawing will be included. Certified teacher in Art Education, Fine Arts and

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Exhibiting Artist in WNY for 30 years - judged art group exhibitions. Please bring the following supplies to class: a sketch pad, drawing pencils, paints, brushes and a canvas along with reference material to be painted.

Lab Fee: \$5 payable to instructor on the first night of class.

Day: Tuesday (10 weeks) Class Begins: Sept. 24

Time: 6:00-8:30 pm

Fee: \$65 SC: \$55

Location: HS #121B

STAINED GLASS

Course #Fall 13-05

Mary Beth Lee

Beginners will learn the proper techniques in cutting, foiling and soldering glass. Students must purchase all tools, supplies and glass (approximate cost \$100). Information about purchasing supplies will be available at the first class. All students must attend the first class and be 21 years of age or older. For the advanced students, please bring a project to class and the instructor will provide guidance.

Day: Monday (10 weeks) Class Begins: Sept. 23

Time: 6:00-10:00 pm

Fee: \$70

Location: HS #121A



BEGINNER BASKET WEAVING

Course #Fall 13-06

Maureen Quale

Come join us for a fun night where you will make a useful muffin basket to keep for yourself or use as a gift for someone special. Basket dimensions 5 x 5 square base rounds to 8" opening. Choose your own accent color for a lovely bow. There is an additional \$15 supply fee payable at class.

Day: Monday

Class Date: Sept. 23

Time: 7:00-9:30 pm

Fee: \$15

Location: HS #122

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COUNTRY LINE DANCING-PLUS

Course #Fall 13-07 Richard & Barbara Brzyski
Whether you have a little or a lot of Line Dance experience, come join a really fun group to exercise and learn some of the classics and new dances. Leather or flat vinyl soles preferred. No sneakers or sandals.

Day: Monday (10 weeks) Class Begins: Sept. 23
Time: 7:00-8:00 pm
Fee: \$50 SC: \$40 Location: Sidway Fitness Room

SWING BASIC

Course #Fall 13-08 Richard & Barbara Brzyski
Learn East Coast Swing basics to get you on the dance floor. Feel comfortable dancing at parties or weddings. Have fun while getting exercise for the mind and body. Vinyl or leather-soled shoes are needed.

Day: Monday (8 weeks) Class Begins: Sept. 23
Time: 8:15-9:15 pm
Fee: \$65 Couples Only Location: Sidway Fitness Room

BALLROOM BASIC

Course #Fall 13-09 Richard & Barbara Brzyski
Improve your spirits through dancing. Come get the basics of social dancing. Develop self-confidence, get some exercise, and enjoy a feeling of new energy. We will deal with the fox trot, waltz, rumba and more. Flat, vinyl or leather soled shoes are necessary.

Day: Thursday (8 weeks) Class Begins: Sept. 26
Time: 7:00-8:00 pm
Fee: \$65 Couples Only Location: Sidway Fitness Room

BALLROOM BASIC-PLUS

Course #Fall 13-10 Richard & Barbara Brzyski
Now you can add new dance patterns to the basics you have already learned. We will work with lead and follow, and additional steps in American and Latin dances so you can look good on the dance floor. Flat, smooth soled shoes are preferred. Couples only please.

Day: Thursday (8 weeks) Class Begins: Sept. 26
Time: 8:15-9:15 pm
Fee: \$65 Couples Only Location: Sidway Fitness Room

NEW

SHEILA'S FITNESS JAM

Sheila's Fitness Jam is a fitness class provider for BlueCrossBlueShield of WNY, Independent Health Flex Fit and Univera. All Sheila's Fitness Jam Classes may be discounted or free with your Health Insurance Plan. Must call 633-1833 BEFORE you register to see if you qualify. See the three courses listed below.

1. ZUMBA COMBO

Course #Fall 13-11 Sheila's Fitness Jam

All the fun of Zumba and now we've added light weights and abdominal work to the workout. Zumba Combo fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba Combo tones and sculpts your body while burning fat. We can get hooked on working out!

Day: Tuesday (10 weeks) Class Begins: Oct. 1
Time: 6:30-7:30 pm Location: Sidway Fitness Room
Fee: \$10 registration fee payable to Grand Island Schools
\$65 fee payable to Sheila's Fitness at first class

NEW

2. 20/20/20 FitnessJAM

Course #Fall 13-12 Sheila's Fitness Jam

Tones and sculpts your body while burning fat. 20 minutes of Aerobic Jazz...20 minutes of Muscle Flex weight training and 20 minutes of Stretching and Floor Work. Experience all the great aspects of a balanced workout. Your heart will be pumpin' and your muscles will be getting strong, more flexible, and lean! Please bring 1-2# weights and a mat.

Day: Monday (10 weeks) Class Begins: Sept. 30
Time: 7:15-8:15 pm Location: Huth Road Gym
Fee: \$10 registration fee payable to Grand Island Schools
\$65 fee payable to Sheila's Fitness at first class



3. PILATES

Course #Fall 13-13 Sheila's Fitness Jam

Mat Pilates for Fitness - Pilates is a contemporary approach to mind-body exercises. This one hour class is based on the essence and basic principles of the late Joseph H. Pilates and is designed to strengthen, lengthen, and tone muscles, especially the deep abdominal muscles that build core strength!

Day: Tuesday (10 weeks) Class Begins: Oct. 1
Time: 7:30-8:30 pm Location: Sidway Fitness Room
Fee: \$10 registration fee payable to Grand Island Schools
\$65 fee payable to Sheila's Fitness at first class

LARRY BIRD BASKETBALL

Staff

An opportunity for 35 years and older "Kobe Bryant's" to improve fitness by enjoying a friendly pick-up basketball game.

Course #Fall 13-14

Day: Monday (10 weeks) Class Begins: Sept. 23
Time: 7:00-9:00 pm
Fee: \$65 Location: HS New Gym

Course #Fall 13-15

Day: Wednesday (10 weeks) Class Begins: Sept. 25
Time: 7:00-9:00 pm
Fee: \$65 Location: Huth Rd Gym

-OR-

Course #Fall 13-16 (maximum 10 students)

Day: Monday & Wednesday (10 weeks)
Fee: \$95

ZUMBA DANCING

Course #Fall 13-17

Karen Warner

ZUMBA is a mix of many dance styles - mostly Latin. You will learn basic salsa, cha cha, etc. while raising your heart rate, working out, and having fun. Mrs. Warner is a NYS Certified Elementary School Teacher, Grand Island Community Education Fitness instructor since 1996, Dance Masters, AGVA, etc.

Day: Wednesday (6 weeks) Class Begins: Oct. 2
Time: 6:15-7:15 pm
Fee: \$40 SC: \$30 Location: Sidway Fitness Room

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HATHA YOGA

Course #Fall 13-18

Karen Warner

Hatha Yoga is the most widely practiced style in the U.S. Yoga has a host of benefits including increased flexibility, balance, strength, energy, breathing and calmness of the nervous system. Wear loose, comfortable clothing. Bring a mat and a sense of humor. Mrs. Warner has taught this course at Grand Island Community Education since 1996. She is a NYS Certified Elementary School Teacher, Yoga Alliance 500 level member, and a CYTA member.

Day: Wednesday (6 weeks) Class Begins: Oct. 2

Time: 7:15-8:15 pm

Fee: \$40 SC: \$30 Location: Sidway Fitness Room

LAP SWIMMING

Course #Fall 13-19

Staff

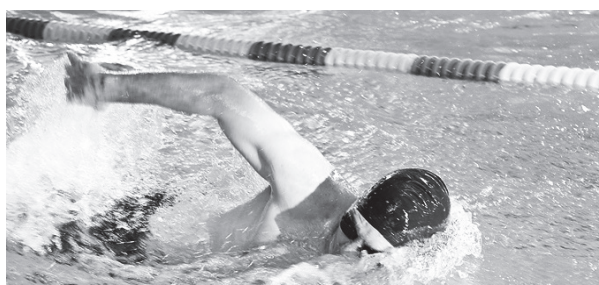
Swim at your own pace or program of lap swimming.

Day: Mon. & Wed. (10 weeks) Class Begins: Sept. 30

Time: 8:00-9:00 pm (M), 7:00-8:00 pm (W)

Fee: \$55

Location: HS Pool



CAREER OPPORTUNITIES & CERTIFICATION

SAT PREP COURSE for November SAT GRADES 10-12

Course #Fall 13-20

Atlas Test Prep

Prepare for the SAT with Atlas Test Prep. Our proven strategies and customized study plans give students the tools to increase their scores and take the SAT with confidence. This workshop will reinforce core content while teaching students to internalize test-taking strategies. The innovative curriculum is supported by customized homework assignments, and proctored diagnostic exams which will simulate realistic testing conditions, allowing students to practice time management and build stamina.

Classes:

Day: Thursday (6 weeks)

Class Date: Sept. 26

Time: 4:00-6:00 pm

Location: HS #183

Diagnostics:

Day: Saturday (4 weeks)

Class Date: Sept. 28

Time: 9:00-1:00 pm

Location: Buffalo State College - Rockwell Hall, Room 201

Fee: \$10 registration fee payable to Grand Island Schools

\$399 fee payable to Atlas Test Prep due at 1st class

NEW

NOTARY PUBLIC TRAINING

Course #Fall 13-21

Karen O'Connor

Do you need to become a notary for work or is it something you would like to add to your resume? This class covers the NYS notary laws and legal terminology needed to pass the State Test. The handbook distributed in class contains all the information you need to be successful.

Day: Tuesday

Class Date: Oct. 22

Time: 7:30-9:30 pm

Location: HS #182

Fee: \$10 registration fee payable to Grand Island Schools

\$50 fee payable at first class

5 HOUR PRE-LICENSING COURSE

Daniel Gietz

A state certified program that satisfies NYS requirements of five hours of classroom training as a pre-requisite for taking the road test or obtaining a driver's license. Driving experience is recommended. Limit of 25 students per class. Students must pre-register. Students need permit copy to be admitted into the class.

Time: 2:45-7:45

Location: HS #159

Fee: \$40

Course #Fall 13-22 - Date: Friday, Sept. 20, 2013

Course #Fall 13-23 - Date: Friday, Oct. 18, 2013

Course #Fall 13-24 - Date: Friday, Nov. 22, 2013

Course #Fall 13-25 - Date: Friday, Dec. 13, 2013

Course #Fall 13-26 - Date: Friday, Jan. 17, 2014

SIX-HOUR DEFENSIVE DRIVING COURSE

Course #Fall 13-27

National Safety Council Certified Instructor

This course qualifies for a 10% reduction in insurance costs. Insurance premiums are reduced for 3 years for the principle driver of the vehicle. (Group rates available - call 822-0282 for details)

Day: Thursday (2 weeks)

Class Begins: Oct. 17

Time: 7:00-10:00 pm

Location: MS Little Theatre

Fee: \$5 Pre-registration fee payable to Grand Island Schools

\$30 Registration fee payable in cash or money order to the Buffalo/Niagara Frontier Safety Council, due at first class. (Personal checks not accepted)

AMERICAN RED CROSS

ADULT CPR & AED TRAINING

Course #Fall 13-28

Could you perform Cardio-Pulmonary Resuscitation (CPR) or operate an Automated External Defibrillator (AED) if a friend, family member or someone nearby was suffering from cardiac arrest? Take CPR/AED and learn the skills needed to prevent, recognize, and provide basic care for cardiac arrest and the effective use of an Automated External Defibrillator. The course has been updated with the latest science for CPR and emergency cardiovascular care. Upon successful completion, participants will receive a certification card valid for TWO years.

Day: Tuesday

Class Date: Oct. 15

Time: 6:30-9:30 pm

Fee: \$65

Location: HS #183

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AMERICAN RED CROSS FIRST AID

Course #Fall 13-29

Do you know the most effective way to stop the bleeding of a serious cut? Could you help someone with a head or neck injury until medical personnel arrive? Learn the skills needed to prevent, recognize and provide basic care for injuries and sudden illnesses in Standard First Aid. Featuring hands-on practice and real-life scenarios, this course uses a practice-while-you-work approach. Certification is valid for TWO years.

Day: Tuesday

Class Date: Oct. 22

Time: 6:30-9:30 pm

Fee: \$65

Location: HS #183



AMERICAN RED CROSS 'CITIZEN' CPR

Course #Fall 13-30

Each year, more than 5 million people learn how to save a life in American Red Cross training classes. You, too, can join the ranks of these everyday heroes by attending the Red Cross Citizen-CPR Event. At the training, participants will learn how to give assistance to someone who is choking, how to perform hands-only CPR, use an AED (Automated External Defibrillator), and how to respond to emergencies until advanced medical help arrives.

Day: Wednesday

Class Date: Oct. 23

Time: 7:00-9:00 pm

Fee: \$25

Location: HS #183

SPECIAL INTEREST & SELF-IMPROVEMENT

HOLISTIC ARTS . . . Create Your Life

Course #Fall 13-31

Jesse Wicher

REIKI LEVEL I CERTIFICATION

Become a certified Reiki healer. During this in-depth session, you will delve deeply into the ancient Japanese art of hands-on energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality and correct physical, mental and emotional imbalances. This level provides training, course materials, attunement and hands-on experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice. Come experience the life-transforming power of Reiki.

Day: Monday

Class Date: Oct. 7

Time: 6:00-10:00 pm

Location: HS #187

Fee: \$10 Registration Fee Payable to Grand Island Schools

\$135 Payable to instructor day of class

EVERYWOMEN OPPORTUNITY CENTER INC

(www.everywoman.org)

- Free Career Counseling
- Job Searching Workshops
- Career Readiness

Training workshops available. Locations in Amherst (837-2260) and Buffalo (847-1120)

INTRODUCTION TO MEDITATION

Course #Fall 13-32

Richard D'Angelo

We all want to be happy and lead fulfilled lives. But too often we depend upon our minds to find this happiness and too often we 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 comes in. 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-discovery and purpose. In this class we will learn the true benefits of the meditative experience as well as experience meditation itself. If you feel frustrated and discouraged in life, this is the class you have been waiting for!

Day: Tuesday

Class Date: Oct. 1

Time: 7:00-9:30 pm

Fee: \$25

Location: HS #183

ANGELS, SPIRIT GUIDES AND YOU!

Course #Fall 13-33

Richard D'Angelo

Have you ever wondered about angels? What are they really? Can anyone call upon them? Will they help anyone with any problem? How can someone connect with them? How can spirit guides help us and how is their help different from that of angels? The fact is, we are continually surrounded by angels and spirit guides who love us, help us, and protect us. Their loving presence is found in almost every religion on earth and their primary desire is to assist us in being happier in our everyday lives. Please join us for a non denominational, informative, and enlightening discussion to learn more about them, how they work with us, and how you can ask them to help you with any problem in your life. It is our aim to help everyone know their angels and spirit guides better so that they can work more closely with them. I will answer all of your questions about angels and spirit guides. Come and join us!

Day: Monday

Class Date: Sept. 30

Time: 7:00-10:00 pm

Fee: \$25

Location: HS #183

CHANGE YOUR MIND, CHANGE YOUR LIFE

Course #Fall 13-34

Richard D'Angelo

Our mental state has a direct connection to our emotional state of being. If our minds are fearful, confused, or worried, our emotional state suffers accordingly. In this class we will examine not only how this happens, but look closely on how our emotional state not only affects our lives, but our future as well! In addition we will conduct exercises in experiencing our own energy field, learning to transmit our energy, measuring it, and even seeing it with our own eyes! This class is a lot of fun and is full of exciting experiences for you to enjoy! If you've always wondered how life really works, and how to improve it, this is the class you've been waiting for.

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Day: Monday
Time: 7:00-10:00 pm
Fee: \$25

Class Date: Oct. 21
Location: HS #183

DON'T GIVE UP ON HAPPINESS

Course #Fall 13-35 Richard D'Angelo

We all seek to be happy. And if we already are happy, to be even happier. After all, isn't the pursuit of happiness the primary focus of your life? However for some of us, happiness is a fleeting thing. It may occur unexpectedly from time to time in our daily lives, but it always seems to be quickly replaced with negativity in one form or another. In this class we will learn why the happiness we feel is so fleeting. By understanding the general nature of happiness and what it really is, we can begin to take steps to make it more of a constant feature in our lives. You will come to understand more about yourself and how you can increase the amount of happiness in your own life. If you find happiness to be difficult to find and even more difficult to hold on to, then this is the class for you.

Day: Tuesday
Time: 7:00-9:30 pm
Fee: \$25

Class Date: Oct. 29
Location: HS #183



EXPLORING PAST LIVES

Course #Fall 13-36 Richard D'Angelo

In this seminar we will discuss the concept of past lives and go into a meditation in which you will have the opportunity to experience one of your past lives. The importance of doing this is to receive help and insights, which will assist you in your current life. Afterwards you have the option to examine the lives experienced with me in order to retrieve the lessons contained in them. Meditative ability is very helpful, but not required.

Day: Wednesday
Time: 7:00-9:30 pm
Fee: \$25

Class Date: Nov. 13
Location: HS #183

GENEALOGY

Course #Fall 13-37 Sandi Russo

Dig up the Roots of your Family Tree! This course will show you how to research your ancestors, gather supporting documents and record your findings. We will also explore local resources and online genealogy websites. Become a detective and begin your hunt in this ever-growing and popular hobby. For long-time researchers, use this as a refresher course - there are always new roads to travel.

Day: Wednesday (2 weeks)
Time: 7:00-8:30 pm
Fee: \$30

Class Begins: Oct. 9
Location: HS #181

HERB, SPICE AND FOOD PAIRING

Course #Fall 13-38 Barbara Blackburn

We'll be cooking different courses using fresh herbs and spices from the pantry. The instructor is a prominent member of The Herb Society of America. As herbs love company you will hopefully enjoy the company of your classmates as you cook and eat together. **A \$7.00 food fee is payable to the instructor at class.**

Day: Tuesday
Time: 6:30-9:00 pm
Fee: \$15

Class Date: Oct. 1
Location: MS #172

FRONTIER FARE: Eating in America a Century Ago

Course #Fall 13-39 Barbara Blackburn

The Westward Movement and the Victorian Era occurred together. The instructor has written nationally and internationally on Old West cooking since 1987. She will guide you on a tasty journey through the frontier re-creating recipes from city restaurants and country cottage. We'll cook and dine together on Great-Grandma's fare adjusted to fit today's lifestyles. **A \$7.00 supply fee is payable to the instructor at class.**

Day: Tuesday
Time: 6:30-9:00 pm
Fee: \$15

Class Date: Oct. 15
Location: MS #172

THE INCREDIBLE AND EDIBLE EGG

Course #Fall 13-40 Barbara Blackburn

The commonplace egg is valuable in cooking. We'll discuss and practice with hands on scrambling, coddling, poaching, boiling, baking and frying. Breakfast never tasted so good in the evening! **A \$7.00 supply fee is payable to the instructor at class.**

Day: Tuesday
Time: 6:30-9:00 pm
Fee: \$15

Class Date: Nov. 12
Location: MS #172

INVESTMENT FATIGUE GOT YOU DOWN?

Course #Fall 13-41 Ronald Reinstein

The world of investing can be confusing. In this class you will learn the fundamentals of stock ownership and how to build a diversified portfolio. If you are interested in discovering ways to accumulate wealth for retirement, increase current retirement income or investing, just for fun, this class is for you! Materials and handouts will be provided to gauge your knowledge. Come ready to learn and make sense of this Animal called Wall Street!

Day: Thursday
Time: 6:30-8:00 pm
Fee: \$20

Class Date: Oct. 17
Location: HS #182

GETTING PAID TO TALK

Course #Fall 13-42 Voice Coaches

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!

Day: Tuesday
Time: 6:30-9:00 pm
Fee: \$20

Class Date: Oct. 29
Location: HS #182

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NEW

PLANNING FOR LONGEVITY?

Because of today's medical science, we're all living longer lives. Long-term care issues are now the biggest threat to a successful retirement. Get objective answers about the pros and cons of a variety of long-term care issues from this series of two local area Community Education classes. Please see the two classes below:

1. PROTECTING YOUR ASSETS:

New Laws and Updates

Course #Fall 13-43

Lester Robinson

- Longevity issues (the impact of living long)
- Caregiver issues (the physical, emotional costs)
- Retirement/Financial issues (the impact on my retirement nest egg)
- Legislative issues (an update on the ever-changing NY and Federal tax laws)
- Understanding Medicaid Estate Recovery and Medicaid's look back period
- New York State Long-Term Care Insurance Partnership Program
- How to avoid Medicaid spend down mistakes
- What other Long Term Care Options available
- Avoiding crisis planning
- How to plan effectively in order to protect your assets, legacy and family while maintaining eligibility for Medicaid

Day: Monday

Class Date: Sept. 30

Time: 6:00-8:00 pm

Fee: \$15

Location: HS #187

2. LONG-TERM CARE INSURANCE:

Does it make sense?

Course #Fall 13-44

Lester Robinson

- Do I really need long-term care insurance?
- What are some reasons TO BUY & NOT TO BUY LTC insurance?
- How can I compare policies on an "apples-to-apples" basis?
- Where are the hidden "gotchas"/ pitfalls lurking in the fine print?
- What are the pros and cons of employer LTC group policies (like those offered by IBM, Mayo Clinic, Federal Gov't, State of NY, school districts)
- Wouldn't I be better using my assets to pay for my long term care?
- How to protect and not over resource your Special Needs Family member
- Who should & who should not consider having long-term care insurance?
- How to maintain security, lifestyle, happiness, piece of mind, comfort and freedom
- How to plan effectively in order to protect your assets, legacy and family while maintaining eligibility for Medicaid

Day: Monday

Class Date: Oct. 7

Time: 6:00-8:00 pm

Fee: \$15

Location: HS #183



JUST ONCE PIANO FOR BUSY PEOPLE

Course #Fall 13-45

Jim Sandoval

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any Style. Any Key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Total beginners can print out a free pamphlet on the treble clef at this link: <http://justonceclasses.com/info/images/fastpresence/classnotesforpiano.pdf>. Topics include:

- How chords work in a song
- How to get more out of sheet music by reading less of it
- How to form the three main types of chords
- How to handle different keys and time signatures
- How to avoid "counting"
- How to simplify over 12,000 complex chords.

As seen on the PBS television program- "Piano in a Flash". Fee includes a workbook and practice CD.

Day: Wednesday

Class Date: Oct. 2

Time: 6:30-9:30 pm

Fee: \$54

Location: HS Music Room

JUST ONCE GUITAR FOR BUSY PEOPLE

Course #Fall 13-46

Jim Sandoval

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+. For more information go to: justonceclasses.com. Fee includes a workbook and practice DVD. Topics include:

- How chords work in a song
- How to form the three main types of chords
- How to tune your guitar
- Basic strumming patterns
- How to buy a good guitar (things to avoid)
- How to play along with simple tunes.

Day: Wednesday

Class Date: Oct. 9

Time: 6:30-9:00 pm

Fee: \$54

Location: HS Music Room

FINANCIAL STRATEGIES FOR THE SPECIAL NEEDS FAMILY

Course #Fall 13-47

Michael Jones & Shawn Glogowski

Are you caring for a loved one with special needs? Do you have a plan to address your current and future needs? Join Michael Jones, LUTCF and Shawn Glogowski, CFP, Chartered Special Needs Consultant as they discuss issues including guardianship, housing, employment, special needs trusts, protecting assets and an overview of government benefits. Attendees will also create a letter of intent to be included with their legal documents for their loved one with special needs.

Day: Tuesday

Class Dates: Oct. 8 & Nov. 12

Time: 7:00-9:00 pm

Fee: \$25

Location: HS 187

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KidzFitnessJAM

Course #Fall 13-48

Sheila's Fitness Jam

(Grades K-5)

It's a fact, kids are not as fit as they should be. We teach them early in life that... "Fitness is a lifestyle and it can be FUN!" We will teach them how to have a blast exercising and learn things about being healthy and fit, that will last a lifetime. Join us for some jammin', foot slammin', hip-hoppin' fun!

Day: Monday (weeks 6)

Class Begins: Sept. 30

Time: 6:15-7:15 pm

Location: Huth Rd. Gym

Fee: \$10 registration fee payable to Grand Island Schools

\$45 fee payable to Sheila's Fitness at first class

GIRLS FAST PITCH PITCHING INSTRUCTION

Course # Fall 13-49

Cheryl O'Connor

This course is designed to teach girls the basic windmill pitching style through a series of drills, which will enforce the proper mechanics needed to learn this style of pitching. Students must provide a catcher at each class. Ages 9-12

Day: Monday (8 weeks)

Class Begins: Sept. 23

Time: 6:15-7:15 pm

Fee: \$60

Location: Sidway Gym

FUNDAMENTAL AQUATIC SKILLS

Lauren Fonte

This class is for children who are fairly independent in the water, not those that need to adjust to the water. They must be able to stand steadily in the shallow end (3 ft. deep). We will work on submerging heads, floating, and encourage them to swim independently.

Course #Fall 13-50

Day: Monday (8 weeks)

Class Begins: Sept. 30

Time: 6:00-6:30

Fee: \$35

Location: HS Pool

OR

Course #Fall 13-51

Day: Monday (8 weeks)

Class Begins: Sept. 30

Time: 6:30-7:00

Fee: \$35

Location: HS Pool

LEVEL 3 STROKE DEVELOPMENT

Course #Fall 13-52

Lauren Fonte

This class is for deep end swimmers. We will learn the front and back crawl, and strengthen these strokes. Other strokes will be introduced.

Day: Monday (8 weeks)

Class Begins: Sept. 30

Time: 7:00-7:30

Fee: \$35

Location: HS Pool

LEVEL 4 STROKE IMPROVEMENT

Course # Fall 13-53

Lauren Fonte

This class is more advanced than level 3. Students must be able to swim rather proficiently and fearlessly in the deep end. We will refine and strengthen the front and back crawl. Other strokes will be introduced and built upon from level 3.

Day: Monday (8 weeks)

Class Begins: Sept. 30

Time: 7:30-8:00

Fee: \$35

Location: HS Pool

BABYSITTER'S TRAINING

Course #Fall 13-54

American Red Cross

Taking care of young children - whether yours or someone else's - is an important responsibility. The Red Cross Babysitter's Training Course can help you learn what you need to know to be the best and most responsible babysitter you can be. Designed for 11 to 15 year olds, the course teaches you what every parent wants in a babysitter. Learn how to:

- Interview for a babysitting job
- Choose safe and age-appropriate toys and games
- Perform First Aid and practice CPR
- Learn diapering and feeding techniques
- Handle bedtime issues
- Have a safe babysitting experience
- And more!!

Students receive materials including a handbook packed with information and full-color skill sheets; a compact emergency reference guide; and an interactive CD-ROM (featuring an activity booklet with games, songs, recipes and an electronic client spreadsheet), and certification card.

Day: Wednesday (2 weeks)

Class Begins: Oct. 9

Time: 6:00-9:15 pm

Fee: \$70

Location: HS #110

KIDSPRAY PC SOCCER

Course #Fall 13-55

(AGES 3 AND 4 + PARENT)

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

Day: Friday (8 weeks)

Class Begins: Sept. 27

Time: 6:15-7:00 pm

Fee: \$65

Location: Huth Rd. Gym

KIDSPRAY SOCCER LEVEL I

Course #Fall 13-56

(AGES 4, 5 and 6)

Soccer is an ideal sport for young players. The game is easy to learn, contains constant activity, and provides plenty of opportunity for players to run and learn skills. Soccer Level I hosts small-sided games and scrimmages allowing for plenty of touches on the ball. Even at introductory levels, our coaches are adamant about teaching basic support and teamwork. No Blob Soccer is allowed! The philosophy of Level I Soccer stresses skill development and learning in a fun and friendly atmosphere. Half of each class is devoted to fun instructional training and games with the remaining half devoted to scrimmage. A KidsPlay T-Shirt is included in the program fee.

Day: Friday (8 weeks)

Class Begins: Sept. 27

Time: 7:00-8:00 pm

Fee: \$65

Location: Huth Rd. Gym



KIDSPRAY NFL FLAG FOOTBALL LEAGUES

Course #Fall 13-57 (AGES 7-10)

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 placed on the development of passing, receiving, 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. Skill development, learning and having fun playing football are our major goals each week. Players meet for 75 minutes each week - a 30 minute training session followed by a 45 minute game against another KidsPlay team. KidsPlay coaches coordinate all practices and games with 4-8 parent coaches providing assistance during training sessions. A Nike reversible football jersey is included in the fee.

Day: Monday (7 weeks) **Class Begins: Sept. 16**
Time: 5:00-6:30 pm
Fee: \$99 **Location: Edison Elementary Field -**
236 Grayton Road - Tonawanda

SPANISH FOR THE ELEMENTARY YEARS- CULTURE KIDS

Culture Kids Teaching Team

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 Culture Kids class previously, new vocabulary is introduced with each session - sessions are NOT a repeat. Join the fun! Classes will be held after school beginning in October. Program fee is \$65. Please call Culture Kids at 523-9538 or visit their website at www.CultureKidsClub.com if you have any questions.

Classes start:

Day: Mondays (6 weeks)	Class Begins: Oct. 7
Time: 3:05-3:45	(no class 10/14 & 11/04)
Fee: \$65	Location: Huth Rd.
Day: Wednesdays (6 weeks)	Class Begins: Oct. 9
Time: 3:05-3:45	
Fee: \$65	Location: Kaegebein
Day: Thursdays (6 weeks)	Class Begins: Oct. 10
Time: 3:05-3:45	
Fee: \$65	Location: Sidway

Registration forms will be sent home with the K-5 students in September.

SAT WORKSHOP for November SAT Grades 10-12

Course #Fall 13-20

Atlas Test Prep

Prepare for the SAT with Atlas Test Prep. Our proven strategies and customized study plans give students the tools to increase their scores and take the SAT with confidence. This workshop will reinforce core content while teaching students to internalize test-taking strategies. The innovative curriculum is supported by customized homework assignments, and proctored diagnostic exams which will simulate realistic testing conditions, allowing students to practice time management and build stamina. Enroll today!

Classes:

Day: Thursday (6 weeks)	Class Begins: Sept. 26
Time: 4:00-6:00 pm	Location: HS #183

Diagnostics:

Day: Saturday (4 weeks)	Class Begins: Sept. 28
Time: 9:00-1:00 pm	Location: Buffalo State
	College - Rockwell Hall, Room 201

*Fee: \$10 registration fee payable to Grand Island Schools,
\$399 fee payable to Atlas Test Prep due at first class*



ONLINE COURSES

The following online classes are offered through a partnership with ed2go! These online courses are completed in the privacy of your home at your convenience. The courses start once a month. Each course runs for six weeks and consists of 12 lessons. During the dates the classes are offered, you can work as many hours and days as you want. The classes are taught by well-screened instructors and are self-paced.

Cost For Each Course: \$84.

Registration Process:

- Mail in your registration along with payment to Community Education and specify your selection for class start date.
- Then go online to **www.ed2go.com/gice** and follow the class orientation for the course you have selected.
- Once you have completed your orientation, the Community Education office can verify that payment has been received and you can take the course you have selected.

For additional class offerings not listed below or a more in-depth class description go to **www.ed2go.com/gice**

SAT/ACT Preparation - Part 1
 SAT/ACT Preparation - Part 2
 Introduction to Journalism
 Introduction to Microsoft Excel 2007
 Accounting Fundamentals
 Creating Web Pages
 Medical Terminology: A Word
 Association Approach
 A to Z Grant Writing
 Speed Spanish
 Explore a Career in Medical Coding
 Grammar Refresher
 Intermediate Microsoft Excel 2007
 Introduction to QuickBooks 2010
 Beginning Writer's Workshop
 Introduction to SQL
 Project Management Fundamentals
 Computer Skills for the Workplace
 Human Anatomy and Physiology
 Secrets of Better Photography
 Introduction to Microsoft Access 2007
 Explore a Career as an Administrative
 Medical Assistant
 Introduction to Java Programming
 Introduction to Microsoft Word 2007
 Introduction to Microsoft Excel 2003
 Discover Digital Photography
 Effective Business Writing

Become a Veterinary Assistant
 Accounting Fundamentals II
 GED Preparation
 Introduction to QuickBooks 2009
 Become a Physical Therapy Aide
 Photographing People With Your
 Digital Camera
 Introduction to PC Troubleshooting
 Advanced Microsoft Excel 2007
 Introduction to Networking
 Speed Spanish II
 Introduction to Natural Health and
 Healing
 Introduction to Visual Basic 2008
 Explore a Career in Medical
 Transcription
 Learn to Buy and Sell on eBay
 Writerific: Creativity Training for Writers
 Response to Intervention: Reading
 Strategies That Work
 Introduction to Microsoft Project 2007
 Start Your Own Small Business
 Achieving Top Search Engine Positions
 Explore a Career as a Pharmacy
 Technician
 Introduction to PC Security
 Certificate in Gerontology

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GRAND ISLAND YOUTH BASKETBALL

Grand Island Community Education is once again sponsoring a youth basketball league for boys and girls 9-12 years of age. The first 40 children to register in each age group will be accepted. Any registrations received after that will be placed on a waiting list. The age of your child on December 1, 2013 will determine the age group. Due to limited space all children must play in their own age group.

Games will be played on Fridays between 5:30 & 9:30 at Sidway.

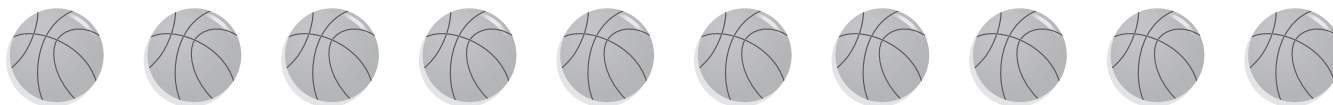
Game schedule will be distributed to students. Program Length 10 weeks.

<u>Age Groups</u>	<u>PROGRAM START DATE (Evaluation Day)</u>	<u>Site</u>
9 year olds	Friday, Nov. 1 at 5:30-6:00	Sidway
10 year olds	Friday, Nov. 1 at 6:00-6:30	Sidway
11 year olds	Friday, Nov. 1 at 6:30-7:00	Sidway
12 year olds	Friday, Nov. 1 at 7:00-7:30	Sidway

PLEASE MAKE A NOTE OF THE EVALUATION DATE AND TIME FOR YOUR CHILD'S AGE GROUP.

(you will not be contacted to remind you of evaluation date or to confirm registration)

To register for the program, please return the registration form below with **check** payable to Grand Island Schools in the amount of \$75 or register online at **www.k12.ginet.org**. Please call Community Education at 773-8864 with any questions.



Parent's Name _____

Address _____

Home Phone _____ Cell Phone _____ Email _____

Student's Name _____ DOB _____ Gender _____

Student's Name _____ DOB _____ Gender _____

Student's Name _____ DOB _____ Gender _____

Send completed form with check for \$75 payable to Grand Island Schools to:

Grand Island Community Education, 1100 Ransom Road, Grand Island, NY 14072

Please check below if you would be interested in coaching a team this year.

___ Head Coach/ Name _____ ___ Asst. Coach/Name _____

Email Address _____ Phone/Cell # _____

NOTE: If your child will not be able to attend on the above program start date, please indicate on registration form.

Grand Island Community Education Registration Form - Fall 2013 (Please Print)

First Name _____ Last Name _____ Date _____
E-mail Address _____
Mailing Address _____ City _____ Zip _____
Home Phone _____ Cell Phone _____ Business Phone _____
Check Box if Senior Citizen ☐

When registering for Just for Kids classes, please complete the following:

Parent name: _____ Child's DOB: _____ Male/Female
Emergency Contact: _____ Phone Number: _____

List Below Courses For Which You Are Registering:

Course	Number	Day	Fee
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____

Please Make Check Payable to Grand Island Schools Check # _____ Total \$ _____

This form may be copied for use by other registrants or downloaded at www.k12.ginet.org.

Please give us suggestions for future courses: _____

WAIVER: The Grand Island Central School District is involved in a three-year capital project. Given the extensive nature of the capital project, the District cannot guarantee that facilities will be as readily available for community use as they have traditionally been. It should be understood that participation in a community education program taking place on Grand Island Central School District property, or the use of Grand Island Central School District property, is subject to availability. The Grand Island Central School District will make every reasonable attempt to contact users if District facilities are determined to be unavailable and will make every effort to ensure that opportunities are provided to make up for class time lost due to facilities not being available. **We apologize for any inconvenience or disruption this may cause to your program and thank you for your understanding during this construction project.**

**Return Form to: Grand Island School District, Attention Community Education Department
1100 Ransom Road, Grand Island, New York 14072**

Grand Island Community Education Registration Form - Fall 2013 (Please Print)

First Name _____ Last Name _____ Date _____
E-mail Address _____
Mailing Address _____ City _____ Zip _____
Home Phone _____ Cell Phone _____ Business Phone _____
Check Box if Senior Citizen ☐

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