

*Grand Island Central Schools*

*Community  
Education*

**Winter  
2013**

*Class Listings*

*New Online Registration*





# GRAND ISLAND CENTRAL SCHOOL DISTRICT



**Community Education**  
**1100 Ransom Road**  
**Grand Island, New York 14072**  
**773-8864 (Night Line-School Nights Only: 773-8864)**

In the fall of 2011 we introduced our online registration process. We are very pleased with the results and look forward to continuing to make the registration process as easy as possible. Therefore, this semester we will not have any official walk-in registration night. Please register early to insure your class is not full or cancelled.

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](mailto:jenepherbanker@k12.ginet.org) or by phone at 773-8864.

To Register & Pay <b>Online</b>	To Register & Pay by <b>Mail</b>	To Register & Pay <b>In Person</b>
<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 go to <a href="http://www.k12.ginet.org">www.k12.ginet.org</a>—Departments &amp; Services—Community Education.</p> 	<p>Mail registration form with your check or money order to:</p> <p><b>Grand Island Community Education</b> <b>1100 Ransom Road</b> <b>Grand Island, NY 14072</b></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><b>Grand Island High School</b> <b>1100 Ransom Road</b> <b>Grand Island, NY 14072</b></p> <p><b>Office Hours:</b> <b>Monday - Friday</b> <b>8:00 am - 3:30 pm</b></p> <p>Cash, check or money order only if paying in person.</p>

### HOW TO REGISTER

**Online Registration:** To register online, go the Grand Island website at [www.k12.ginet.org](http://www.k12.ginet.org), click on Community Education under Departments and Services and follow instructions to register online securely with a credit card.

**Mail in registration:** Mail in your registration by using the form in the back of this brochure and enclosing required fee(s). Registration forms can also be downloaded from the district website, [www.k12.ginet.org](http://www.k12.ginet.org). All mail registrations must reach the school NO LATER THAN Jan. 18 and will be given priority according to the date received in the Community Education office.

**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.

**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.

**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 winter session begins the week of January 28. Most classes meet for 10 sessions. All classes are held at the Grand Island High School and Middle School on Ransom Road unless otherwise specified. Community Education activities will be cancelled when regular day school sessions are cancelled due to holidays, bad weather, or other emergencies. One week only, at the end of the ten-week semester, has been allotted for making up cancelled classes. Unless noted, a maximum of 25 students per class will be allowed. A minimum of eight students will be required for most classes.

**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 (930 am), WKBW (1520 am), WGR (550 am), WHLD (1270 am), WJYE (96.1 fm), WYRK (106.5 fm), WHTT (104 fm), WBFO (1080), and TV Channels 2, 4 & 7.

**Community Education Classes will not meet on the following dates: February 18-23 and March 28 - April 5**

## QUILTING

**Course# Win 13-01** **Phyllis Hall**  
 Quilting isn't magic, but we will make a nine patch disappear! Sound interesting? Join us to make a fast and fun quilt. This pattern is suitable for all skill levels.  
 Day: Monday (12 weeks) Class Begins: January 28  
 Time: 7:00-9:00 pm  
 Fees: \$65 SC: \$55 Room #HS Senior Cafeteria

## OIL & ACRYLICS

**Course # Win 13-02** **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. Please bring the following supplies to class: a sketch pad, drawing pencils, paints, brushes and a canvas along with reference material to be painted.  
 Day: Monday (12 weeks) Class Begins: January 28  
 Time: 6:30-9:00 pm  
 Fees: \$70 SC: \$60 Room #HS121B  
 Lab Fees: \$5 payable to instructor at first class.



## WATERCOLOR

**Course # Win 13-03** **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. Please bring the following supplies to class: a sketch pad, drawing pencils, paints, brushes and a canvas along with reference material to be painted.  
 Day: Tuesday (12 weeks) Class Begins: January 29  
 Time: 6:30-9:00 pm  
 Fees: \$70 SC: \$60 Room #HS121B  
 Lab Fees: \$5 payable to instructor at first class.

## STAINED GLASS

**Course # Win 13-04** **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 (8 weeks) Class Begins: January 28  
 Time: 6:00-10:00 pm  
 Fees: \$65 Room #MS190

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## INTRODUCTION TO SILK PAINTING

**Course #Win 13-05** **Teresa Santospirito**

Geared for the beginner, yet challenging enough for the experienced artist. Basic design, watercolor and silk painting techniques will be covered. Students will practice on 25" square scarves. A \$25 supply fee, due payable to instructor at first class, includes 4 silk scarves, dyes and resist necessary for this class. Bring apron, rubber gloves, several water color brushes and 8 small containers with tight lids. Additional materials can be purchased by instructor. Students should bring either a wooden frame or a canvas stretcher 30" x 30".  
 Day: Thursday (8 weeks) Class Begins: January 31  
 Time: 7:00-9:00 pm  
 Fees: \$55 SC: \$45 Room: #HS121A

## SCRAPBOOK WORKSHOP

**Course #Win 13-06** **Kathy Howes**

Come join the fun!!! In our cooperative-style scrapbook workshop, you will have 3 hours to create, create, create - without the interruptions of home! Ideas and techniques will be shared by all. Enjoy our relaxed atmosphere, working along with others who enjoy the same craft. Bring your own tools, supplies, and photos, of course! "SMILE!!!"



Day: Wednesday (10 weeks) Class Begins: January 30  
 Time: 6:00-9:00 pm  
 Fees: \$65 Room #HS121A

## WILTON METHOD CAKE DECORATING

**Course #Win 13-07** **Kathy Howes**

**COURSES 1 and 2**  
 Everyone has fun at a Wilton Cake Decorating class. In Course 1, you'll learn the essential in making the perfect party cake with colorful flowers, beautiful borders and fun accents that set the tone for your celebration. In Course 2, more flowers and cake design. A Wilton Method Instructor will guide you through every step of the way. You can do it!!!  
 Day: Monday (10 weeks) Class Begins: January 28  
 Time: 6:00-9:00 pm  
 Fees: \$65 Room #MS174

## LINE DANCING PLUS

**Course #Win 13-08 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: January 28  
Time: 7:00-8:00 pm  
Fees: \$50 SC: \$40 Room #Sidway Fitness Room

## SWING BASIC

**Course #Win 13-09 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: January 28  
Time: 8:15-9:15 pm  
Fees: \$60 Couples Only Room #Sidway Fitness Room

## BALLROOM BASIC

**Course #Win 13-10 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: January 31  
Time: 7:00-8:00 pm  
Fees: \$60 Couples Only Room #Sidway Fitness Room



## BALLROOM DANCE - SPECIALS

**Course #Win 13-11**

**Richard & Barbara Brzyski**

Night Club Two-Step and American Tango are a new and classic dance. Come learn the basic patterns of both to WOW them on the dance floor. Flat, vinyl or leather soled shoes are preferred.

Day: Thursday (8 weeks) Class Begins: January 31  
Time: 8:15-9:15 pm  
Fees: \$60 Couples Only Room #Sidway Fitness Room

## LARRY BIRD BASKETBALL

**Tony Alli**

This class is an opportunity for 35 years and older "Kobe Bryants" to improve fitness by enjoying a friendly pick-up basketball game.

**Course #Win 13-12**

Day: Mon. (10 weeks) Class Begins: January 28  
Time: 7:00-9:00 pm  
Fees: \$65 Room #HS New Gym

**Course #Win 13-13**

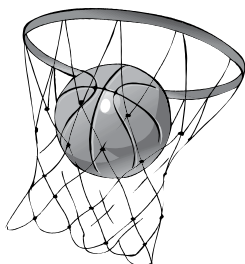
Day: Wed. (10 weeks) Class Begins: January 30  
Time: 7:00-9:00 pm  
Fees: \$65 Room #Huth Rd Gym

**Course #Win 13-14**

(maximum 10 students)

Day: Monday & Wednesday  
(10 weeks)

Class Begins: January 28  
Fees: \$95



## SCUBA DIVER

**Course #Win 13-15**

**Patrick Wolfe**

NAUI Scuba Diver Course- Earn your world recognized Scuba Certification from the National Association of Underwater Instructors while learning how to dive the safe and fun way. The course includes class room pool sessions, and two days of open water diving. Scuba equipment is included for the pool. In addition to the prepaid registration, there is a lab fee of \$229 paid to the instructor at the first class. Students will be required to provide their own snorkeling equipment by the second class (ranges \$220 to \$390) and rent scuba equipment for the open water dives (\$99). For additional information and equipment requirements, contact the instructors at Dip 'n Dive Inc. at 837-3483.

Day: Wednesday (6 weeks) Class Begins: February 6  
Time: 7:00-10:00 pm

Fees: \$40 Room #Pool/HS121B

**Registration fee payable to Grand Island Schools, additional fees listed above payable at class**

## LIFEGUARD TRAINING

**Course #Win 13-16**

**Joe Mentor**

This Red Cross course will certify you to become a lifeguard. Course includes life-guarding, CPR and First Aid. You must be 15 years of age. Maximum of 10 students. So sign up early!

Day: Thursday (10 weeks) Class Begins: January 31  
Time: 7:00-10:00 pm Room #Pool /HS121B

Fees: \$70 made payable to GI Schools to register

**Additional costs due the first day of class, made payable to the American Red Cross:**

\$40 Mandatory fee for Lifeguard Certificate Cards

\$35 Instruction Book - Mandatory, bring instruction book with you or purchase it the first day of class.

\$15 Mask - Mandatory, bring mask with you or it can be purchased the first day of class.



## YOGA

**Course #Win 13-17**

**Peg Rusert**

Yoga practice helps to bring the body and mind into balance through postures and breathing techniques. This class will introduce you to the practice of yoga. The benefits of yoga practice include better health, flexibility, balance and strength. Wear comfortable clothing. Bring a yoga mat or towel. Peg Rusert RN, RYT is a registered yoga teacher with Yoga Alliance, as well as a registered nurse.

Day: Tuesday (6 weeks) Class Begins: February 5  
Time: 6:15-7:15 pm

Fees: \$45 SC: \$35 Room #Sidway Fitness Room

## LAP SWIMMING

**Course # Win 13-18**

**Staff**

Swim at your own pace or program of lap swimming.  
Class Begins: January 28 (10 weeks)  
Day/Time: Monday 8:00-9:00 & Wednesday 7:00-8:00  
Fees: \$45 Room # HS Pool

## ZUMBA

**Sheila's Fitness Jam**

Zumba fuses Latin rhythms and easy to follow moves, creating a dynamic fitness program that will blow you away. Zumba routines feature fast and slow rhythms to tone and sculpt your body, while burning fat. Add some Latin flavor into the mix and you've got ZUMBA. Zumba has become a revolution and they've coined the concept of a fitness party. Class may be discounted or free with BC/BS Health Insurance, Independent Health, Fit Blue, and Aqua. Must call 633-1833 to see if you qualify.

**Course #Win 13-19**

Day: Wednesday (10 weeks) Class Begins: January 30  
Time: 6:30-7:30 pm Room #Sidway Fitness Room  
Fees: \$10 registration fee payable to GI Schools  
\$65 registration fee payable to Sheila's Fitness at first class

**Course #Win 13-20**

Day: Wednesday (8 weeks) Class Begins: April 24  
Time 6:30-7:30 pm Room #Sidway Fitness Room  
Fees: \$10 registration fee payable to GI Schools  
\$59 registration fee payable to Sheila's Fitness at first class

# CAREER OPPORTUNITIES & CERTIFICATION

## SAT/ACT Preparation - Part 1

**Course #Win 13-21a**

This is an instructor facilitated online course offered by ed2go. This course will prepare you to take the verbal question types on both the ACT and the SAT. SAT/ACT Preparation Part I is designed to prepare you for the reading, english, and science sections of the ACT and the critical reading and writing sections of the SAT. You'll refresh your knowledge of verbal topics and learn techniques that can help you relieve test-taking anxiety. For additional information and for instructions on how to register please refer to page one in the brochure. Course fee \$84.

## SAT/ACT Preparation - Part 2

**Course #Win 13-21b**

This is an instructor facilitated online course offered by ed2go. This course will prepare you to fly through the math questions on both the ACT and the SAT. You'll refresh your knowledge of math subjects and learn techniques to help you move through the tests more quickly. We'll review arithmetic, algebra, geometry, trigonometry, and statistics as well as the Student Produced Response questions on the SAT. We'll practice techniques and approaches using similar exam questions and fully explain and interpret the correct and incorrect answers. For additional information and for instructions on how to register please refer to page one in the brochure. Course fee \$84.

## FIVE-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.

Course #Win 13-22

Date: Friday, January 18

Course #Win 13-23

Date: Friday, February 8

Course #Win 13-24

Date: Friday, March 15

Course #Win 13-25

Date: Friday, April 12

Course #Win 13-26

Date: Friday, May 10

Course #Win 13-27

Date: Tuesday, June 4

Time: 2:45-7:45 pm

Fees: \$40

Room # HS159



## SIX-HOUR DEFENSIVE DRIVING COURSE

**Course #Win 13-28**

**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.) Cost of \$30 is payable in cash or a money order on the evening of the course. Please make payable to the Buffalo/Niagara Frontier Safety Council (personal checks are not accepted). Preregister by forwarding a registration fee of \$5 to Community Education made payable to Grand Island Schools.

Day: Thursday (2 weeks)

Class Begins: March 7

Time: 7:00-10:00 pm

Room #MS Little Theatre

Fees: See above (two separate fees)

## Six-Hour Online Defensive Driving Course

**Course #Win 13-29**

**National Safety Council**

The National Safety Council, Defensive Driving online course is a 6 hour course that must be completed within 30 days of registration. Principal drivers who complete this course can decrease their insurance liability and collision premiums by 10% for three years, and reduce their violation points by 4 points on their driving record.

Fees: \$44.95 (Use Agency #101, you will receive a \$5.00 discount.)

Register at: [www.ddcncs.org/ny](http://www.ddcncs.org/ny)

## **PET (Dog & Cat) FIRST AID**

**Course #Win 13-30 American Red Cross**

Pet Lovers: Will you know what to do when your dog or cat needs help? Your pet depends on you for his or her well-being. In addition to providing daily care, love and affection, your best friend depends on you in an emergency. Whether your pet becomes ill or injured, or needs help in a disaster, the American Red Cross can help. Learn information on how to recognize and care for emergencies, illness and injuries in cats and dogs. Participants learn rescue breathing, CPR and care for choking pets, and first aid for bleeding, fractures, poisonings and illness. Each participant will receive their choice of cat or dog first aid manual and DVD for future reference.

Day: Thursday Class Date: February 28

Time: 6:00-9:30 pm

Fees: \$75

Room #HS183

## **ADULT CPR & AED TRAINING**

**Course #Win 13-31 American Red Cross**

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 Adult-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 and follows the new 2010 CPR guidelines. Upon successful completion, participants will receive a certification card valid for TWO years.

Day: Tuesday

Time: 6:00-9:00 pm

Fees: \$65



**CPR & AED**

Class Date: February 26

Room #HS183

## **AMERICAN RED CROSS FIRST AID**

**Course #Win 13-32**

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: Wednesday

Time: 6:00-9:00 pm

Fees: \$65

Class Date: February 27

Room #HS183

## **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)

# SPECIAL INTEREST & SELF-IMPROVEMENT



## **SAVING with COUPONS**

**Theresa Brown**

Learn to save and in some cases make money using coupons! We'll learn how to maximize savings at the grocery stores and earn rewards at the drug stores. At home you would need email, internet and printer access. A facebook account is highly recommended.

**Course #Win 13-33**

Day: Wednesday (3 Weeks)

Time: 7:00-8:30 pm

Fees: \$20

Class Date: January 30

Room #HS153

**Course #Win 13-34**

Day: Wednesday (3 Weeks)

Time: 7:00-8:30 pm

Fees: \$20

Class Date: February 27

Room #HS153

## **INVESTMENT FATIGUE GOT YOU DOWN?**

**Course #Win 13-35**

**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: Tuesday

Time: 6:30-8:00 pm

Fees: \$15

Class Date: April 16

Room #HS83

## **INTRODUCTION TO MEDITATION**

**Course #Win 13-36**

**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: Thursday

Time: 7:00-9:30 pm

Fees: \$25

Class Date: February 28

Room #HS183



# ● SPECIAL INTEREST & SELF-IMPROVEMENT

## **MEDITATION SAMPLER**

**Course #Win 13-37**

**Richard D'Angelo**

Have you tried to meditate on your own but couldn't do it? Or are you having problems with your meditative practice? There are many meditative practices. No one particular meditation is right for everyone. So in this class you will sample four different meditations. You will be introduced to both Western to Eastern styles of meditation along with a discussion of the purpose behind them. Beginners are also welcome, so let's get together and explore what meditation works for you and how it can change your life!

Day: Thursday

Class Date: March 7

Time: 7:00-9:00 pm

Fees: \$25

Room #HS183



## **THE PURSUIT OF HAPPINESS**

**Course #Win 13-38**

**Richard D'Angelo**

If the title of this course rings a bell, it is because it is found in our Declaration of Independence, which says that we have the unalienable rights to "Life, Liberty, and the Pursuit of Happiness." Well, we certainly have life and a degree of liberty...but what of happiness? We are guaranteed a right to pursue it, but how many of us have actually caught it? I'm not talking about the happiness of seeing your grandchild. I am talking about the happiness you feel (or don't feel) as you live your average day. Now ask yourselves this: "Isn't the quality of your life dependent upon how much happiness you feel? In this class we will discuss the subject of happiness, what it is, where it comes from, and its many forms. You will be invited to look inside of your self to discover what it means for you and why you have not gained as much of it as you would like in your life. Class will conclude with suggestions on how to find a consistent happiness that comes from deep within.

Day: Thursday

Class Date: March 14

Time: 7:00-9:00 pm

Fees: \$25

Room #HS183

## **ANGELS, SPIRIT GUIDES AND YOU!**

**Course #Win 13-39**

**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: Thursday

Class Date: March 21

Time: 7:00-10:00 pm

Fees: \$25

Room #HS183

## **CHANGE YOUR MIND, CHANGE YOUR LIFE**

**Course #Win 13-40**

**Richard D'Angelo**

The patterns of your life have been instilled in you from early childhood. Your upbringing and your experiences in your youth have contributed to determine the current thoughts, feelings, and attitudes you hold today. These patterns have determined the energy you carry around you. This energy that you carry literally affects every aspect of your life. In this class we will examine this energy, revealing the role it plays in your life today, how it affects your future, and where it originates within us. During these three hours you will feel this energy, measure this energy and even see this energy with your own eyes. If you've always wondered how you can change your life for the better, this is the class you've been waiting for.

Day: Monday

Class Date: March 25

Time: 7:00-10:00 pm

Fees: \$25

Room #HS183

## **EXPLORING PAST LIVES**

**Course #Win 13-41**

**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: Monday

Class Date: March 18

Time: 7:00-9:30 pm

Fees: \$25

Room #HS183

## **THE SAVORY & SWEET SOUL OF THE SOUTH**

**Course #Win 13-42**

**Barbara Blackburn**

Bountiful breakfasts, crab and chicken, heavenly hams, chess pie, and glorious greens; it's sweet and savory. We'll combine some of Thomas Jefferson's gourmandise with the gift of soul food, redone in a more healthy way. Cook together and dine on catfish stew, garden greens, classic fried chicken, hushpuppies and chess pie.

Day: Tuesday

Class Date: February 5

Time: 6:30-9:00 pm

Fees: \$15

Room: #MS172

## **BELGIAN FARE**

**Course #Win 13-43**

**Barbara Blackburn**

A little Country that is big on flavor with influences of the Flemish in the North and the French in the South is Belgium. Together we'll go beyond beer and chocolate, based on culinary memories of the instructor's summer outside of Brussels. Enjoy cooking with classmates and dining on cream of endive soup, rabbit in prune sauce, baked mussels with herbs, Flemish chicken stew and French mocha cream.

Day: Tuesday

Class Date: March 12

Time: 6:30-9:00 pm

Fees: \$15

Room: #MS172

## SCANDINAVIAN SMORREBROD:

### Open Faced Sandwiches

Course #Win 13-44

Barbara Blackburn

The Danish sandwich is a many-splendor thing. Smorrebrod means butter bread, topped with ingredients that compliment each other. Your hands will creatively fashion these knife and fork sandwiches. Included will be combinations such as curried egg salad with cucumber on rye, shrimp on greens with lemon on white bread and roast pork with cracklings of prunes and orange on whole wheat bread.

Day: Tuesday

Class Date: March 19

Time: 6:30-9:00 pm

Fees: \$15

Room: #MS 172



## 1-2-3 MAGIC... EFFECTIVE DISCIPLINE FOR CHILDREN 2-12 PARENTING WORKSHOP

Course # Win 13-45

Barbara Condrell

Parents...Teach your kids to listen and behave!

Would you like to learn a discipline method so that you don't have to YELL to get your kids to hear you? Are you tired of repeating yourself to the point of screaming? Do you need a method to get your kids to do things like homework, picking up, getting up and out in the morning, eating, and going to bed. Nationally recognized child psychologist, Dr. Thomas Phelan developed an easy to learn and simple method for parents to use for children ages 2-12. In this 2-1/2 hour workshop, you will learn Dr. Phelan's philosophy and method to bring peace to your household. Taught by Mrs. Barbara Condrell, Certified Instructor, who personally trained with Dr. Phelan. She has been successfully teaching this program in Western New York since 2008.

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

Day: Tuesday

Class Date: April 23

Time: 6:30-9:00 pm

Fees: \$30

Room #HS181

## GETTING PAID TO TALK

Course #Win 13-46

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: Wednesday

Class Date: April 17

Time: 6:30-9:00 pm

Fees: \$20

Room #HS182

## SENIOR LIVING-Moving On

Course # Win 13-47

Shirleen Tomasello &  
Kevin Farrell (Realty USA)

This seminar is tailored to seniors and their families, and will provide peace of mind when making decisions related to the challenges of leaving the family home and all that it represents. Seniors and their families will be guided through the keys steps in the complex process of selling a home and moving on. The focus will be on issues and unique situations that may be encountered during this process, the options available to seniors and housing related resources that will be of assistance in this process. Participants will be provided with informative brochures and articles, materials from various senior facilities to educate them on senior housing options consistent with their need levels, and service provider information. Also covered in the course will be considering if it is time to sell your house along with information on pricing and staging for your home.

Day: Wednesday

Class Date: March 7

Time: 6:00-9:00 pm

Fees: \$10

Room #HS187

## TLS Weight Loss Solution

Course #Win 13-48

Kevin Walter

Do you want to look better, feel better, have more energy and, as a byproduct, take up less room? The TLS Weight Loss Solution is your answer. It's not a diet but a way of life. If you have struggled with weight loss, this is your answer! Come to our overview and hear about it from a trained and experienced TLS Lifestyle Coach!

Day: Monday (10 weeks)

Class Date: January 28

Time: 7:00-8:00 pm

Fees: \$45

Room #HS181



## Just ONCE Piano for Busy People Course #Win 13-49 Jim Sands, IKI Inc.

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: April 10

Time: 6:30-9:30 pm

Fees: \$54

Room #HS Music Room



# SPECIAL INTEREST & SELF-IMPROVEMENT



## Just ONCE Guitar for Busy People Course #Win 13-50 Jim Sands, IKI Inc.

Have you every 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](http://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: **March 20**  
Time: **6:30-9:30 pm**  
Fees: **\$54** Room #**HS Music Room**



## PHOTOGRAPHY WORKSHOPS AND FIELD TRIPS BY CREATIVE CRAFTS

The following is a list of photography classes available at the Sweet Home High School. All classes will be held for 6 sessions.

Location: **Sweet Home High School, Room #310**  
**1901 Sweet Home Rd, Amherst, NY**

Fees: Please call Sweet Home Community Edu. at 250-1424 to register for these classes.

Class	Dates	Cost	Time	Weeks
Basic Photography	2/4, 3/27, 5/13	\$70	7-10 pm	6
Photoshop I	2/7, 3/28, 5/15	\$80	7-10 pm	6
Photoshop II	2/6, 3/26	\$80	7-10 pm	6
Winter Photography	2/9	\$70	1-4 pm	6
Springtime Photography	4/7	\$70	1-4 pm	6
Effective Portraiture	5/14	\$70	6-9 pm	6

# JUST FOR KIDS

## GIRLS FAST PITCH PITCHING INSTRUCTION LEVEL I

Course # **Win 13-51** **Joe Henderson**

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. This course is designed for the girl who would like to pitch but has not had any formal instruction. Students must provide a catcher at each class. Ages 9-12

Day: **Monday (8 weeks)** Class Begins: **January 28**  
Time: **6:30-7:30 pm**  
Fees: **\$60** Room #**MS Upper Gym**



## GIRLS FAST PITCH PITCHING INSTRUCTION LEVEL II

Course #**Win 13-52** **Joe Henderson**

This course is designed for the girl who has had some previous pitching instruction and is looking to improve her pitching ability. Focus will be on proper mechanics, improving ball speed, and accuracy. Students must provide a catcher at each class.

Ages 9-12  
Day: **Monday (8 weeks)** Class Begins: **January 28**  
Time: **7:30-8:30 pm**  
Fees: **\$60** Room #**MS Upper Gym**

## FUNDAMENTAL AQUATIC SKILLS

**Amy Boutet**

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 #**Win 13-53**

Day: **Monday (8 weeks)** Class Begins: **January 28**  
Time: **6:00-6:30 pm**  
Fees: **\$35** Room #**HS Pool**

Course #**Win 13-54**

Day: **Monday (8 weeks)** Class Begins: **January 28**  
Time: **6:30-7:00 pm**  
Fees: **\$35** Room #**HS Pool**

## LEVEL 3: STROKE DEVELOPMENT

Course #**Win 13-55** **Amy Boutet**

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: **January 28**  
Time: **7:00-7:30 pm**  
Fees: **\$35** Room #**HS Pool**

## LEVEL 4: STROKE IMPROVEMENT

Course #**Win 13-56** **Amy Boutet**

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: **January 28**  
Time: **7:30-8:00 pm**  
Fees: **\$35** Room #**HS Pool**



## BABYSITTER'S TRAINING

**Course #Win 13-57 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 other activities, an electronic babysitting client organizer, rescue-breathing key chain, and certification card.

**Day: Monday (2 weeks) Class Begins: March 11**

**Time: 6:00-9:15 pm**

**Fees: \$70**

**Room #HS110**



## KIDSPLAY PC SOCCER

**(AGES 3 AND 4 + PARENT) Course #Win 13-58**

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 (7 weeks) Class Begins: February 1**

**Time: 6:15-7:00 pm**

**Fees: \$55**

**Room #Huth Road Gym**

## KIDSPLAY SOCCER LEVEL I

**(AGES 4, 5 and 6) Course #Win 13-59**

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 (7 weeks)**

**Time: 7:00-8:00 pm**

**Fees: \$55**

**Class Begins: February 1**

**Room #Huth Road Gym**



## KIDSPLAY PC HOCKEY

**(AGES 4-5)**

**Course #Win 13-60**

## SABRETOOTH INSTRUCTIONAL FLOOR

**HOCKEY (AGES 5-6)**

**Course #Win 13-61**

If you have a future Tyler Myers currently hitting a hockey ball around out in the driveway, KidsPlay Floor Hockey is a fun and interesting introduction to hockey during a player's formative years. A safe and fun alternative to traditional ice hockey, KidsPlay Hockey stresses the development of basic stick handling, passing and shooting skills as well as understanding how hockey works. Game rules are modified to heighten skill development and ensure equal playing time for all players. Players use the same equipment as used in school gym class.

A mouth guard is the only required equipment needed. Please note that PC Hockey is a parent-child activity. An active parent or guardian 18 years or older must accompany a child in each session. Sabretooth Hockey is structured for "players only".

### PC Hockey Schedule (Ages 4-5 plus Parent)

**Day: Monday (7 weeks)**

**Class Begins: January 28**

**Time: 6:15-7:00 pm**

**Fees: \$55**

**Room #Huth Road Gym**

### Sabretooth Floor Hockey Schedule (Ages 5-6)

**Day: Monday (7 weeks)**

**Class Begins: January 28**

**Time: 7:00-8:00 pm**

**Fees: \$55**

**Room #Huth Road Gym**

## 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 February. Program fee is \$65. Please call Culture Kids at 523-9538 or visit their website at [www.CultureKidsClub.com](http://www.CultureKidsClub.com) if you have any questions.

Classes start:

**Huth Rd. - 3:05-3:45, Mondays 2/4-3/18**

(no class 2/18)

**Kaegerbein - 3:05-3:45, Wednesdays 2/6-3/20**

(no class 2/20)

**Sidway - 3:05-3:45, Thursdays 2/7-3/21 (no class 2/21)**

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

# 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.**

**Session Start Date: January 16, February 20, March 20 & April 17**

## **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](http://www.ed2go.com/gice)**

Introduction to Journaling

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

Writeriffic: 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

# Grand Island Community Education Registration Form - Winter 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

## List Below Courses For Which You Are Registering:

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

## PLEASE WRITE SEPARATE CHECKS FOR EACH COURSE

(Payable to Grand Island Schools)

Check # \_\_\_\_\_ Total \$ \_\_\_\_\_

Check # \_\_\_\_\_ Total \$ \_\_\_\_\_

Check # \_\_\_\_\_ Total \$ \_\_\_\_\_

This form may be copied for use by other registrants or downloaded at [www.k12.ginet.org](http://www.k12.ginet.org).

Please give us suggestions for future courses: \_\_\_\_\_

**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 - Winter 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

## List Below Courses For Which You Are Registering:

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

## PLEASE WRITE SEPARATE CHECKS FOR EACH COURSE

(Payable to Grand Island Schools)

Check # \_\_\_\_\_ Total \$ \_\_\_\_\_

Check # \_\_\_\_\_ Total \$ \_\_\_\_\_

Check # \_\_\_\_\_ Total \$ \_\_\_\_\_

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