

# KEN TON

Kenmore-Town of Tonawanda Union Free School District  
**COMMUNITY EDUCATION**



**Spring/Summer 2018**

Register online @ [www.ktufsd.org/ce\\_register](http://www.ktufsd.org/ce_register)

**(716) 874-8500**

*Registration begins March 1st!*

---

## Kenmore-Town of Tonawanda UFSD

### Community Education

Room 106, Sheridan Building  
3200 Elmwood Avenue, Kenmore, NY 14217  
(716) 874-8500



---

## Table of Contents

Adult Education.....	5-6	Driving & Safety .....	30	Music & Movies .....	14-16
Arts, Crafts, & Performing Arts...	11-13	Extras .....	33	New Courses .....	8-9
Calendar .....	4	Health and Wellness .....	29	Photography .....	14
Career & Computers .....	10-11	Kids & Families .....	22-27	Real Estate .....	30
Dance, Fitness & Sports .....	16-21	Money & Finance .....	31-32		

## Board of Education

Dr. Jill O'Malley, President  
Mr. Andrew Gianni, Vice President  
Ms. Christine Cavarello, Trustee  
Dr. Thomas Reigstad, Trustee  
Ms. Michelle Tarbox, Trustee  
Mr. Stephen Bovino, Superintendent of Schools

Director, Adult & Community Education.....	Liza Acanfora
Senior Clerk Typist.....	Gina Walck
Clerk Typist .....	Lauren Curry
Brochure Layout .....	Erie 1 BOCES

The Kenmore-Town of Tonawanda Union Free School District hereby advises students, parents, employees and the general public that it offers employment and educational opportunities including vocational education opportunities, without regard to sex, race, color, age, national origin, religion or handicap. Grievance procedures are available to interested persons by contacting the Title IX Coordinator or Section 504 Coordinator through the Office of the Superintendent, 1500 Colvin Boulevard, Buffalo, New York 14223-1196 or phone (716) 874-8400.

Opinions expressed in *Community Education* are not necessarily those of the Kenmore-Town of Tonawanda School District.

## Beginning Thursday, March 1 at 8:30 am

# 4 Ways to Register

### 1. Online – [www.ktufsd.org/ce\\_register](http://www.ktufsd.org/ce_register) (Credit Card Only)

- 24 hours a day, 7 days a week

### 2. Mail or Drop Slot

- Monday – Thursday - 7:30 am to 9:00 pm
- Friday, 7:30 am to 6:00 pm

### 3. Walk-in

- Monday – Friday  
September 1 - June 30 - 8:30 - 3:30 pm  
July 1 - Aug 31 - 8:00 - 2:30 pm

### 4. Phone 874-8500 (Credit Card only)

- Monday – Friday  
September 1 - June 30 - 8:30 - 3:30 pm  
July 1 - Aug 31 - 8:00 - 2:30 pm

Please note: The Community Education office is closed on all school holidays and during recesses (see calendar on page 4).



## Payment Options



- Credit card - Visa or MasterCard, Discover or American Express
- Check made payable to “Kenmore-Town of Tonawanda UFSD”
- Cash—for walk-in registrations only. Please do not send cash by mail. (Exact change is appreciated.)

### Fees Payable upon Registration

All enrollments must be accompanied by the total fee listed in the course description. Registrations are processed in the order they are received. If you provide an email address on your registration we will send out a confirmation. Please note that all registrations close three (3) business days prior to the class starting.

### Course Confirmations

Due to the number of registrations processed, we cannot call to confirm your selection. Assume you are enrolled unless otherwise notified.

### Community Education Business Hours

July 1 – August 31: 8:00 a.m. to 2:30 p.m.  
September 1 – June 30: 8:30 a.m. to 3:30 p.m.

### Emergency Closings

Special closings due to inclement weather will be announced on local radio & TV stations. If the Ken-Ton School District is closed during the day, the evening

program is also cancelled. In addition, our office is closed. Your instructor will review the class schedule and makeup sessions with you.

### Late Registration

Enrolling on or after the first scheduled day of class is permitted if space is available however class fees will not be prorated. Classes begin the week of April 9, 2018. **If enrolling late it must be done through our office.**

### Course Cancellations

In the event of insufficient enrollment, classes will be cancelled three (3) business days before the published start date. You will be notified by phone or email. Full refunds will be issued in the event of cancellations. If the original payment was made by cash or check, a refund check is issued. Please note that checks are issued twice a month by our business office. If you pay by credit card, a credit will be issued to your account. If a charge is over 60 days old, you will be refunded by check.

## Refunds & Transfers

Requests for refunds or transfers must be made **in writing** and received by the Ken-Ton Community Education Office in room 106 at the Sheridan Building **at least 3 business days before the scheduled beginning of a course**, excluding courses with a specific registration deadline. *School holidays and weekends are not considered business days.* A \$5.00 processing charge will be applied in all instances.

A minimum number of students are needed to run classes. Therefore, NO REFUNDS or TRANSFERS will be issued after the first session of a class. We regret that we cannot make exceptions to our refund policy due to unexpected events in personal or business affairs that may require you to cancel. We are sorry that no refunds or credits will be given after the first class because your child is unwilling to attend the program you've selected for him or her.

## Eligibility

Enrollment is open to all. A resident is one who lives in and pays taxes to the Kenmore-Town of Tonawanda School District. All others are considered non-residents and must pay a nonresident fee when indicated.

## Seniors – Gold Card

If you are a resident who lives within the boundaries of the Ken-Ton School District, age 60 and over, you are entitled to Gold Card privileges which qualify the holder for a discount on some classes. To obtain a Gold Card, visit our Sheridan Building office at 3200 Elmwood Ave. Bring proof of age and residency. You must obtain your Gold Card before enrolling in classes to receive the applicable discount.

## Employee Fee

All employees of the Kenmore-Town of Tonawanda School District are eligible for an employee discount. For more information or to see if a class qualifies please contact the Community Education Office.

## Brochure Publication

The Community Education course schedule is published two times per academic year in August and February. Community Education does not endorse the opinions or business affiliations of instructors and is not responsible for any advice and/or consultation given beyond the class setting or curriculum. Information in this brochure (issue 2) is current as of February 2018.

## Be Sure To Review The "No Class" Dates Listed Below!

### Spring & Summer 2018 No Class Dates

"No class" dates are days a specific building is unavailable for classes. In such case a week or more will be added to the end of the course. **All of the session dates for a course can be found under the specific course listing.**

#### Holidays – All Buildings Closed

Friday, Mar. 30 – Friday, Apr. 6..... Spring Recess  
 Friday, May 25 – Monday, May 28 ..... Memorial Day Recess  
 Wednesday, July 4..... Fourth of July Holiday

## Spring & Summer 2018

**MARCH 2018**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**MAY 2018**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**JULY 2018**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**APRIL 2018**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**JUNE 2018**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**AUGUST 2018**

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Key:**

- Holiday - Schools Closed
- BOE Meeting\*

\*The public is welcome. Meeting dates are subject to change; call the Superintendent's Office to confirm meeting date and location.

## We love early registrants

If a class doesn't have the minimum number of students required by three (3) business days before the start date, we are forced to cancel the class. Register early to confirm your interest in the class!

**Your participation could make the difference between running a course or cancelling it, so please don't delay your registration others may be counting on you!**

## Emergency Closings

Special closing due to inclement weather will be announced on local radio & TV stations. The announcement will also be on the district website: [www.ktufsd.org](http://www.ktufsd.org)



If the Ken-Ton School District is closed during the day, the evening program is also cancelled. In addition, our office is closed. Your instructor will review the class schedule and makeup sessions with you.

## **Pathways To Success Program**

The Pathways To Success Program combines the resources of the Kenmore-Town of Tonawanda School District and SUNY Erie to deliver a quality educational experience for each student. Personalized attention, small class sizes, and New York State Certified professionals provide a favorable atmosphere conducive to learning.

### **High School Equivalency and Adult Basic Education**

- The High School Equivalency Preparation (HSE) Program (formally known as the GED) assists eligible individuals in preparing for the national TASC® exam and obtaining their New York State HSE diploma
- Instruction is delivered in all five content areas; reading, writing, social studies, science and mathematics
- Case management and career counseling is available to all students
- Assistance is available, upon obtaining your HSE diploma, in discovering the next “Pathway” to college

### **Class Schedule**

M - TH 1pm - 4pm  
ECC North Campus

**For information or to register, call Denise at 874-8411 ext. 35316**

---

## **High School Equivalency Preparation**

- The High School Equivalency Preparation (HSE) Program (formally known as the GED) assists eligible individuals in preparing for the national TASC® exam and obtaining their New York State HSE diploma
- Instruction is delivered in all five content areas; reading, writing, social studies, science and mathematics
- Case management and career counseling is available to all students
- You do not have to be a Ken-Ton District resident to attend; however, you must be 17 years of age or older

### **Class Schedule**

M - F 9am - 12pm  
Philip Sheridan Room 202

M - TH 6pm - 9pm  
Philip Sheridan Room 202

**Enrollment is ongoing! For information or to register, call Denise at 874-8411 ext. 35316**

---

## **GRASP (Giving Ready Adults a Study Program)** **Distance Learning, High School Equivalency Preparation**

- GRASP is designed to help individuals prepare for the TASC® examination without attending traditional class
- To help prepare for the TASC® exam, packets are prepared by a New York State certified teacher using individual student assessment data to compile instructional materials
- To qualify for GRASP you must be at least 21 years old and have an eighth-grade reading level. You must also be able to devote a minimum of six hours a week to coursework

### **Class Schedule**

Distance Learning does not have regular meeting times, but your instructor is available for tutoring and communication at a variety of times! Tutoring and intake/assessment takes place at Philip Sheridan Room 204

**Enrollment is ongoing! For information or to register, call Denise at 874-8411 ext. 35316**

---

## **English as an Alternate Language**

- Students receive instruction in listening, reading, oral and written communication, computer skills, and life skills for individuals with limited English proficiency
- Additional support is available from case managers and volunteers for all students
- U.S. Citizenship Test preparation is available
- Class is led by New York State certified teachers

### **Class Schedule**

M - TH 9am - Noon  
Kenmore Middle School Room 225

M - TH 5pm - 7pm  
Franklin Middle School Library

Enrollment is ongoing! For information or to register, call Denise at 874-8411 ext. 35316

---

**Medical Secretary Training**

**Are you interested in a high-demand career in the medical field?**

If so, the Kenmore-Town of Tonawanda UFSD Adult Education Department has a short-term training program for you!

You will learn:

- Medical ethics, terminology
- Microsoft Office/Excel
- Basic clinical skills (internship)
- Charting, vital signs, and HIPPA regulations
- Electronic Medical Records
- Computerized Scheduling
- Insurance billing and coding

*Case Management and job readiness/placement services are available to all students.*

*Tuition assistance may be available!*

**WHERE:**

Philip Sheridan Building	12 week training
3200 Elmwood Avenue	Monday - Thursday
Buffalo, NY 14217	9am - 3pm

**Classes starting soon! For more information or to register call Denise at 874-8411 ext. 35316**

**Kenmore-Town of Tonawanda Union Free School District  
 Community Education Program Waiver and Release**

Community Education Instructional Activity: \_\_\_\_\_ Instructor: \_\_\_\_\_

**WAIVER AND RELEASE**

I hereby state that \_\_\_\_\_ does not have any ailments or physical condition that could prevent me/him/her from participating in a physical activity or class. I realize that there is a risk of injury inherent in physical education activities. I hereby agree to accept and assume all risks inherent in the above specified Community Education Instructional Activity, and I understand that I undertake this activity at my own risk. I voluntarily assume full responsibility for any risk of loss, property damage or personal injury sustained in this Activity. I further agree to hold harmless and indemnify the Kenmore-Town of Tonawanda Union Free School District (the "District") from any and all claims, demands, actions and costs which might arise out of my participation in the above specified Community Education Activity.

In consideration for allowing \_\_\_\_\_ to participate in the District's Community Education Activity, as indicated above, to the maximum extent permitted by law, I (the undersigned) hereby release the District, its Board of Education (in their official and individual capacities), employees and volunteers, from any and all liability, claims, costs, expenses, attorney fees, demands, actions and causes of action whatsoever arising out of or related to any loss, damage or injury (including death) that may be sustained while participating in such Activity or while in or on the premises of where the Activity is being conducted. I (the undersigned) further agree that the District shall not be liable to me for any damage, loss, or injury to my person or property, caused by or resulting from any cause whatsoever, including but not limited to, the negligence of the District, its agents and/or employees.

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

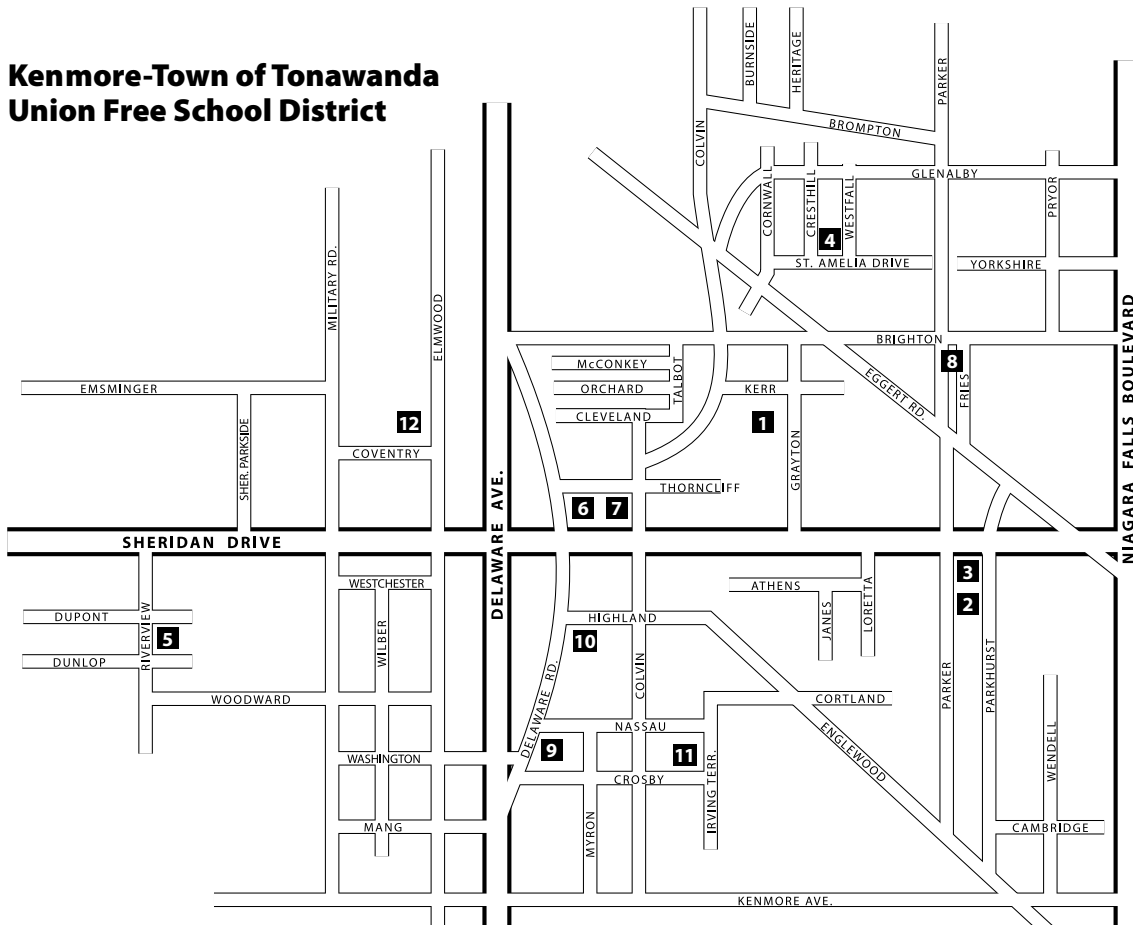
Signature \_\_\_\_\_ (parent/guardian if participant is under 18 years of age)

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

# Map

## Kenmore-Town of Tonawanda Union Free School District



### Key to Buildings

Enter through door or doors indicated for each building.

- |   |  |
|---|--|
| <p><b>1 Edison School</b><br/>236 Grayton (door # 5)</p> <p><b>2 Franklin Elementary</b><br/>500 Parkhurst Blvd. (door #15)</p> <p><b>3 Franklin Middle</b><br/>540 Parkhurst Blvd. (door #15)</p> <p><b>4 Hamilton School</b><br/>44 Westfall Rd. (door #5)</p> <p><b>5 Holmes School</b><br/>365 Dupont Ave. (door #1, left side)</p> <p><b>6 Hoover Elementary</b><br/>199 Thorncliff Rd. (door #11)</p> <p><b>7 Hoover Middle</b><br/>249 Thorncliff Rd. (door #11)<br/>(Enter from Sheridan Dr. parking lot)</p> | <p><b>8 Kenmore East Sr. High</b><br/>350 Fries Rd. corner Brighton<br/>(door #7, #14 or #16)</p> <p><b>9 Kenmore Middle School</b><br/>155 Delaware Rd. (door #9)</p> <p><b>10 Kenmore West Sr. High</b><br/>33 Highland Parkway (door #15 or #24)<br/>(school nights only, 6:00-8:30 pm<br/>874-8401)</p> <p><b>11 Lindbergh School</b><br/>Crosby &amp; Irving Terrace (door #7)</p> <p><b>12 Philip Sheridan Building<br/>Registration Office</b><br/>3200 Elmwood Ave. (doors #2, 3, 4 or 5)<br/>874-8500</p> |
|---|--|

**Community Education Office**  
**Philip Sheridan Building**  
3200 Elmwood Ave.  
Kenmore, NY 14217

(#12 on map)

We will be open Sept - June - 8:30 - 3:30  
July - Aug - 8:00 - 2:30 weekdays.  
Telephone (716) 874-8500 for information.

### Directions:

#### I-290 - heading West:

Exit at Delaware southbound, turn right on Knoche (first right after underpass), left on Elmwood.

#### I-290 - heading East:

Exit on Elmwood, go straight to the school on right just past Oakridge.

#### To get to I-290 East:

Left on Elmwood to I-290 on ramp.

#### To get to I-290 West:

Left on Elmwood to Knoche, right to Delaware, left on Delaware to I-290 W.

## New Courses!

Register by phone:  
**(716) 874-8500**

### New!

#### Microsoft Office Overview Ages 21 & up

This is a quick overview of Microsoft Office Word, Excel, and PowerPoint. This class will point out the similarities and uses of these most popular Office products. While not a prerequisite to other MS Office classes, this might be a good place to start to see which programs you would want to learn in more detail.

Instructor: Nancy Wise, computer instructor with over 15 years experience  
1 session

**Resident Fee.....\$19.00**

**Nonresident Fee.....\$25.00**

**Gold Card Fee.....\$14.00**

Place: Philip Sheridan rm 217 - Windows Lab  
Th, 5:30-7:30 pm, starts 4/19

**Course #18SCM08**

04/19/2018

### New!

#### If I Only Had More Time Ages 21 & up

There never seems to be enough time to do the things that are really important to us. Fortunately, time management is a skill that can be learned. In this interactive session, we'll identify strategies and tips you can immediately use to increase your ability to make the best use of your time.

Instructor: Joseph Argenio, Performance Improvement Management Associates  
1 session

**Resident Fee.....\$20.00**

**Nonresident Fee.....\$26.00**

**Gold Card Fee.....\$15.00**

Place: Philip Sheridan rm 122

Th, 6-9 pm, starts 4/12

**Course #18SXT30**

04/12/2018



### New!

#### If You Can Hear, Why Aren't You Listening? Ages 21 & up

Your listening skills can impact every area of your life, including your personal relationships and your career. Being a good listener can earn you respect, appreciation, and help you build strong relationships in every aspect of your life. However, most of us do not listen very well. In this interactive course you will learn to better understand the benefits of effective listening and practice how to improve your listening skills.

Instructor: Joseph Argenio, Performance Improvement Management Associates  
1 session

**Nonresident Fee.....\$20.00**

**Resident Fee.....\$26.00**

**Gold Card Fee.....\$15.00**

Place: Philip Sheridan rm 122

Th, 6-9 pm, starts 4/19

**Course #18SXT54**

04/19/2018

### New!

#### Social Media Marketing 101 Ages 18 & up

In this introductory course, students will learn how to use Facebook, Twitter, Blogging, Vlogging, YouTube, LinkedIn, and other social media sites to market their business and creative endeavors to a large consumer base. Students will develop an individualized social media marketing plan specific to their goals. Learn Netiquette basics and good social media practices to gain an online following or customer base.

Instructor: Sabrina Pena-Young, Composer, Writer, Consultant, Artist Development  
6 sessions

**Resident Fee.....\$85.00**

**Nonresident Fee.....\$91.00**

**Gold Card Fee.....\$64.00**

Place: Philip Sheridan rm 217 - Windows Lab

W, 7-9 pm, starts 4/11

**Course #18SCM11**

04/11/2018, 04/18/2018, 04/25/2018,

05/02/2018, 05/09/2018, 05/16/2018

or

W, 7-9 pm, starts 7/11

**Course #18SRCM11**

7/11/2018, 7/18/2018, 7/25/2018,

8/1/2018, 8/8/2018, 8/15/2018

### New!

#### Indie Film Maker Boot Camp Ages 18 & up

Budding filmmakers and professionals alike will work together in this collaborative class to write, film, act in, and edit an original short film written by the class. Learn film production basics in screenwriting, filming, sound and video editing, special fx, makeup fx, and more. Students will each take on a specific role in the short film production that will be filmed during class. The final film will be screened the last day of class. Students are encouraged to bring any camera/film equipment available to class. **A supply fee of \$10 is to be paid to the instructor the first day of class.**

Instructor: Sabrina Pena-Young, Composer, Writer, Consultant, Artist Development  
6 sessions

**Fee.....\$85.00**

Place: Philip Sheridan rm 217 - Windows Lab

F, 7-9 pm, starts 4/13

**Course #18SDA02**

04/13/2018, 04/20/2018, 04/27/2018,

05/04/2018, 05/11/2018, 05/18/2018

or

F, 7-9 pm, starts 7/6

### Course #18SRDA02

07/06/2018, 07/13/2018, 07/20/2018,  
07/27/2018, 08/03/2018, 08/10/2018

### New!

#### Song Writing 101 Ages 18 & up

Learn basic songwriting techniques like writing lyrics, rhythm, and harmony. Students will work on developing individual songs while working on fun and challenging music songwriting exercises that will develop music writing skills. Students will learn how to defeat writer's block and where to find inspiration when writing music. Students are urged to perform songs in class for encouragement and constructive feedback. It is recommended, but not required, that students know the basics of music theory, singing, and/or playing an instrument to engage more fully in the course. **Please bring sheet music and pencils.**

Instructor: Sabrina Pena-Young, Composer, Writer, Consultant, Artist Development  
6 sessions

**Fee.....\$85.00**

Place: Philip Sheridan rm 104

Tu, 7-9 pm, starts 4/10

**Course #18SDA06**

04/10/2018, 04/17/2018, 04/24/2018,

05/01/2018, 05/08/2018, 05/15/2018

or

Tu, 7-9 pm, starts 7/10

**Course #18SRDA06**

07/10/2018, 07/17/2018, 07/24/2018,

07/31/2018, 08/07/2018, 08/14/2018

### New!

#### "No More Delays-Write That Book!" Ages 18 & up

The hardest part about writing a book is finding the motivation to persevere. Instructor Dan Murphy will provide planning techniques, ideas to consider, marketing advice, and an ongoing writing workshop designed to help students complete their first book. Along with instruction you will work on your book in class.

Instructor: Daniel Murphy  
8 sessions

**Resident Fee.....\$25.00**

**Nonresident Fee.....\$31.00**

**Gold Card Fee.....\$19.00**

Place: Philip Sheridan rm 206

M, 7-9 pm, starts 4/9

**Course #18SXT31**

04/09/2018, 04/16/2018, 04/23/2018,

04/30/2018, 05/07/2018, 05/14/2018,

05/21/2018, 06/04/2018



# New Courses!

Register by phone:  
**(716) 874-8500**

**New!**

## Savvy Social Security for Baby Boomers

### Ages 21 and up

In this workshop you will learn:

- 5 factors to consider when deciding when to apply for benefits
- Why you should always check your earnings records
- How to coordinate benefits with your spouse
- How to minimize taxes on Social Security benefits
- How to coordinate Social Security with your other sources of retirement income

Instructor: Genna Imbrenda  
1 session

Resident Fee.....\$8.00  
Nonresident Fee.....\$14.00  
Gold Card Fee.....\$6.00

Place: Philip Sheridan rm 205  
Tu, 6-7 pm, starts 5/1

Course #18SMF21  
05/01/2018

**New!**

## Jambo! World Art and Music Kids Camp

### Ages 6-12

In this fun camp, kids will explore multicultural art and music from Africa, Asia, Australia, and Latin America. Activities include musical movement, painting Japanese art, playing African drums, making Australian Dream Paintings, making Latin American instruments, singing songs in other languages, and many more exciting cultural activities especially designed to celebrate and explore our world. Camp activities are from 9-1. Students may be dropped off early at 8:30 and engage in quiet board games and art activities until 9. Students will need to bring a nut-free prepackaged snack for snack time at 10:30 and an optional lunch to eat at 12:30. **An art supply fee of \$12 needs to be paid to the instructor on the first day of camp. This will cover any art and music supplies for your child.**

Instructor: Sabrina Pena-Young, Composer, Writer, Consultant, Artist Development  
5 sessions

Fee.....\$135.00  
Place: Philip Sheridan rm 123  
M-F, 8:30 am-1 pm, starts 7/23

Course #18SRKF33  
07/23/2018, 07/24/2018, 07/25/2018,  
07/26/2018, 07/27/2018

**New!**

## Superhero Arts Camp

### Ages 6-12

In this exciting camp, kids will discover visual art through the lens of comic book superheroes and pop art. Campers will create mixed media art, design and create their own superhero costumes, make a superhero flip book, design comic book panels, enjoy movement activities and create colorful pop art. Camp activities are from 9-1. Students may be dropped off early at 8:30 and engage in quiet board games and art activities until 9. Students will need to bring a nut-free prepackaged snack for snack time at 10:30 and an optional lunch to eat at 12:30. **An art supply fee of \$15 needs to be paid to the instructor on the first day of camp. This will cover any art supplies for your child.**

Instructor: Sabrina Pena-Young, Composer, Writer, Consultant, Artist Development  
5 sessions

Fee.....\$135.00  
Place: Philip Sheridan rm 123  
M-F, 8:30 am-1 pm, starts 7/9

Course #18SRKF12  
07/09/2018, 07/10/2018, 07/11/2018,  
07/12/2018, 07/13/2018

**New!**

## Kidding Around-Yoga Preschool Classes

### Ages 3-5

*(Parent Participation Required)*

Let's play, move, dance, stretch, and take some time to relax! This 4 week series of classes is designed to give your little one an introduction to the different aspects of yoga in a very fun and child centered way. We will enjoy stories, songs, games and creative yoga crafts as we introduce yoga concepts through play! Your child will learn tools for understanding and managing their emotions, as well as learn basic yoga poses, breathing techniques & relaxation exercises that help promote balance, flexibility, strength, motor skill development, focus and concentration, and overall well-being. Most importantly, you and your child will have a FUN bonding experience as you explore the world of yoga together. **Please bring a yoga mat if you have one.** For more information, please visit [www.kiddingaroundyoga.com/donna](http://www.kiddingaroundyoga.com/donna).

Instructor: Donna Baia

4 sessions

Fee.....\$32.00

Place: Philip Sheridan rm 103  
Th, 11-11:45 am, starts 5/3

Course #18SKF02

05/03/2018, 05/10/2018, 05/17/2018,  
05/24/2018

**New!**

## Beginners Golf Clinic

### Ages 18 & up

Designed for the beginner golfer, learn the basics that you will need to play the game. You will learn the basic golf grip, stance, posture, full swing, short game tips, beginner rules, and etiquette to successfully manage your way around a round of golf. Taught by a World Golf Teachers Federation Top 100 Instructor, a Golf Fitness Coach, and a Golf Psychology Coach. **Fee includes ball rental fee each week. STUDENTS MUST HAVE A DRIVER AND 7 IRON FOR LESSONS.**

Instructor: Jim LaBuda, World Golf Teachers Federation Top 100 Instructor, Golf Fitness Coach, Golf Psychology Coach.

3 sessions

Resident Fee.....\$105.00  
Nonresident Fee.....\$111.00

Place: Paddock Golf Dome  
175 Brompton Rd., Tonawanda, NY 14150  
W, 6-6:45 pm, starts 4/11

Course #18SSP24  
04/11/2018, 04/18/2018, 04/25/2018

**New!**

## Golf Fitness

### Ages 18 & up

Golf fitness focuses on stretching and flexibility exercises to broaden range of motion that will enhance your strength and momentum which is essential in any golf swing. However, you don't have to be a golfer to benefit. Class is open to anyone looking to gain or strengthen their mobility regardless of fitness level. Taught by a Certified Golf Teaching professional and a Certified Golf Fitness Instructor. **Please wear comfortable clothing and bring a floor mat.**

Instructor: Jim LaBuda, World Golf Teachers Federation Top 100 Instructor, Golf Fitness Coach, Golf Psychology Coach.

6 sessions

Resident Fee.....\$126.00  
Nonresident Fee.....\$132.00

Place: Lindbergh Elementary gym  
M, 6-6:45 pm, starts 4/16  
Course #18SSP23  
04/16/2018, 04/23/2018, 04/30/2018,  
05/07/2018, 05/14/2018, 05/21/2018

**Register by phone:  
(716) 874-8500**

**New!**

## **Indie Film Maker Boot Camp**

**Ages 18 & up**

Budding filmmakers and professionals alike will work together in this collaborative class to write, film, act in, and edit an original short film written by the class. Learn film production basics in screenwriting, filming, sound and video editing, special fx, makeup fx, and more. Students will each take on a specific role in the short film production that will be filmed during class.. The final film will be screened the last day of class. Students are encouraged to bring any camera/film equipment available to class. **A supply fee of \$10 needs to be paid to the instructor the first day of class.**

Instructor: Sabrina Pena-Young, Composer, Writer, Consultant, Artist Development  
6 sessions

**Fee.....\$85.00**

Place: Philip Sheridan rm 217 - Windows Lab  
F, 7-9 pm, starts 4/13

**Course #18SDA02**

04/13/2018, 04/20/2018, 04/27/2018,  
05/04/2018, 05/11/2018, 05/18/2018  
or  
F, 7-9 pm, starts 7/6

**Course #18SRDA02**

07/06/2018, 07/13/2018, 07/20/2018,  
07/27/2018, 08/03/2018, 08/10/2018

**New!**

## **Social Media Marketing 101**

**Ages 18 & up**

In this introductory course, students will learn how to use Facebook, Twitter, Blogging, Vlogging, YouTube, LinkedIn, and other social media sites to market their business and creative endeavors to a large consumer base. Students will develop an individualized social media marketing plan specific to their goals. Learn Netiquette basics and good social media practices to gain an online following or customer base.

Instructor: Sabrina Pena-Young, Composer, Writer, Consultant, Artist Development  
6 sessions

**Fee.....\$85.00**

Place: Philip Sheridan rm 217 - Windows Lab  
W, 7-9 pm, starts 4/11

**Course #18SCM11**

04/11/2018, 04/18/2018, 04/25/2018,  
05/02/2018, 05/09/2018, 05/16/2018  
or  
W, 7-9 pm, starts 7/11

**Course #18SRCM11**

07/11/2018, 07/18/2018, 07/25/2018,  
08/01/2018, 08/08/2018, 08/15/2018

**Recycle  
this catalog**

**Pass it on  
to a friend**

**New!**

## **Microsoft Office Overview**

**Ages 21 & up**

This is a quick overview to Microsoft Office Word, Excel, and PowerPoint. This class will point out the similarities and uses of these most popular Office products. While not a prerequisite to other MS Office classes, this might be a good place to start to see which programs you would want to learn in more detail.

Instructor: Nancy Wise, computer instructor with over 15 years experience  
1 session

**Resident Fee.....\$19.00**

**Nonresident Fee.....\$25.00**

**Gold Card Fee.....\$14.00**

Place: Philip Sheridan rm 217 - Windows Lab  
Th, 5:30-7:30 pm, starts 4/19

**Course #18SCM08**

04/19/2018

## **Getting Paid to Talk An Intro to Professional Voice-Overs**

**Ages 21 & up**

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 WNY. 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!

Instructor: A Voice Coaches/Creative Voice Development Group staff member will teach the course.

1 session

**Fee.....\$25.00**

Place: Philip Sheridan rm 122

Th, 6:30-9 pm, starts 6/7

**Course #18SCP02**

06/07/2018

## **Notary Public Preparation Course**

**Ages 21 & up**

Add a new certification to your resume and be an asset to your company by enhancing your credentials! This training course is designed to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary Booklet. Price includes a supplemental study guide, notary fact sheet, practical exam, National Notary Organization pamphlets and brochure sample forms, Notary Public Application, NYS exam schedule and booklet. Student must bring pen and/or highlighter. Prerequisite: must be a US citizen or possess a resident alien card.

Instructor: Dina DiRoma, Notary Public Central, Inc. staff member

1 session

**Fee.....\$88.00**

Place: Philip Sheridan rm 122

Th, 6:30-9:30 pm, starts 5/3

**Course #18SCP33**

05/03/2018

## **Computer Use for Everyone**

**Ages 21 & up**

Learn to feel more comfortable using any computer - using the mouse, saving and finding files, searching the web, and copy & paste - all are computer skills everyone needs no matter how you use the computer.

Instructor: Nancy Wise, computer instructor with over 15 years experience  
3 sessions

**Resident Fee.....\$54.00**

**Nonresident Fee.....\$60.00**

**Gold Card Fee.....\$41.00**

Place: Philip Sheridan rm 217 - Windows Lab  
Tu, 5:30-7:30 pm, starts 4/10

**Course #18SCM39**

04/10/2018, 04/12/2018, 04/17/2018

## Career & Computers

Register by phone:  
**(716) 874-8500**



### Introduction to Excel

#### Ages 21 and up

Learn the magic of this useful spreadsheet program! Create, edit, and format workbooks. Learn to work with simple formulas, sorting & filtering lists, and many other features of Excel.

Instructor: Nancy Wise, computer instructor with over 15 years experience  
4 sessions

**Resident Fee.....\$70.00**

**Nonresident Fee.....\$76.00**

**Gold Card Fee.....\$53.00**

Place: Philip Sheridan rm 217 - Windows Lab

Th, 5:30-7:30 pm, starts 5/3

**Course #18SCM29**

05/03/2018, 05/08/2018, 05/10/2018,

05/15/2018

### Introduction to Word

#### Ages 21 & up

Learn to use Microsoft Word efficiently. Most businesses expect you to know this popular and powerful word-processing program. You will create and format a letter and a columned newsletter. You will work with graphics, numbering and bul-

leting lists, text boxes, headers and footers, mail merge, and more.

Instructor: Nancy Wise, computer instructor with over 15 years experience  
4 sessions

**Resident Fee.....\$70.00**

**Nonresident Fee.....\$76.00**

**Gold Card Fee.....\$53.00**

Place: Philip Sheridan rm 217 - Windows Lab

Th, 5:30-7:30 pm, starts 5/17

**Course #18SCM05**

05/17/2018, 05/22/2018, 05/24/2018,

05/29/2018

### PowerPoint

#### Ages 21 & up

You will learn basic PowerPoint instruction and ways to use the program, including how to create a fun animated photo album.

Instructor: Nancy Wise, computer instructor with over 15 years experience  
2 sessions

**Resident Fee.....\$36.00**

**Nonresident Fee.....\$42.00**

**Gold Card Fee.....\$27.00**

Place: Philip Sheridan rm 217 - Windows Lab

Th, 5:30-7:30 pm, starts 5/31

**Course #18SCM07**

05/31/2018, 06/05/2018

### Understanding Your SmartPhone/Tablet

#### Ages 21 & up

You will learn the basic “gestures” to control your SmartPhone (Apple or Android) or tablet. We will focus on many features such as texting, calendar, calculator, and camera. Bring your SmartPhone or tablet and your questions to class. This is a small class which will allow for plenty of individual attention.

Instructor: Nancy Wise, computer instructor with over 15 years experience  
3 sessions

**Resident Fee.....\$28.00**

**Nonresident Fee.....\$34.00**

**Gold Card Fee.....\$21.00**

Place: Philip Sheridan rm 123

Tu, 4:30-5:30 pm, starts 4/24

**Course #18SCM09A**

04/24/2018, 04/26/2018, 05/01/2018

or

Th, 4:30-5:30 pm, starts 6/7

**Course #18SCM09B**

06/07/2018, 06/12/2018, 06/14/2018

### Theater for Kids

#### Ages 8-12

Students will explore the fundamentals of theater through theater games, vocal experimentation and movement. Elements of clowning, mime, mask and dance will be introduced to young actors. Students must have a willingness to work with other students and a desire to speak and move in front of others. *No prior experience in acting or theater is required.*

Instructor: Sue McCormack holds a BA in Theater from Buffalo State College and an MFA in Acting from the New School for Drama. She is a founding member of Ready Set Go Theater Company in New York City. Sue has worked on stage and in film as an actress, producer and director while living in New York City; her favorite roles being Desdemona in Othello, Marta in Amazons and Their Men and Elicia in The Illusion.

10 sessions

**Resident Fee.....\$93.00**

**Nonresident Fee.....\$99.00**

Place: Philip Sheridan room 104

M, 4:15-5:45 pm, starts 4/9

**Course #18SKF04**

04/09/2018, 04/16/2018, 04/23/2018,

04/30/2018, 05/07/2018, 05/14/2018,

05/21/2018, 06/04/2018, 06/11/2018,

06/18/2018

### Beginner Basket Weaving - Cookies for Two

#### Ages 21 & up

Learn the timeless art of basket weaving. In this one-evening class, you will create a “Cookies for Two” mini basket, 7”x4”x7” (with handle). Lots of accent colors are available to make this special keepsake truly one of a kind. No prior experience necessary. **There is a \$20 supply fee due to the instructor the night of the class.**

Instructor: Maureen Quale, owner of Quale's Nest Handcrafted Basketry  
1 session

**Resident Fee.....\$20.00**

**Nonresident Fee.....\$26.00**

**Gold Card Fee.....\$15.00**

Place: Philip Sheridan rm 216

W, 6-9 pm, starts 4/25

**Course #18SCR11**

04/25/2018



### Intermediate Basket Weaving - Dinner Basket

#### Ages 21 and up

Students will create a lovely “Dinner Basket.” The techniques you will learn in the creation of the basket are: a woven base with wood handle, triple twining, stop-start weaving, applying a rim & double lashing. Basket dimensions are 10”x10”x14” with handle. The handle is a wooden/swing handle style. A variety of colors are available to customize your basket. **A supply fee of \$40 is payable to the instructor on the first night of class.**

Instructor: Maureen Quale, owner of Quale's Nest Handcrafted Basketry  
3 sessions

**Resident Fee.....\$58.00**

**Nonresident Fee.....\$64.00**

**Gold Card Fee.....\$44.00**

Place: Philip Sheridan rm 216

W, 6-9 pm, starts 5/2

**Course #18SCR07**

05/02/2018, 05/09/2018, 05/16/2018

## Art, Crafts & Performing Arts

# Art, Crafts & Performing Arts

Register by phone:  
**(716) 874-8500**

## Crochet 101

**Ages 18 & up**

This course is designed for the absolute beginner in mind (or for experienced crocheters who are looking for a refresher on basic skills). During this course, students will learn basic crochet techniques and will have the opportunity to complete several different projects. Required materials: Size US I-9/5.5mm crochet hook, 1-2 skeins of worsted weight yarn - bright solid colors are best (recommended brands: Red heart Super Saver or Vanna's Choice), Tapestry Needle, Scissors.

Instructor: Katelyn Daly  
8 sessions

**Resident Fee.....\$51.00**  
**Nonresident Fee.....\$57.00**  
**Gold Card Fee.....\$38.00**

Place: Philip Sheridan rm 205  
Th, 6-7 pm, starts 4/12

**Course #18SCR21A**  
04/12/2018, 04/19/2018, 04/26/2018,  
05/03/2018, 05/10/2018, 05/24/2018,  
05/31/2018, 06/07/2018

## Crochet 102

**Ages 18 & up**

Explore new techniques and textures to grow your crochet work. Students should be comfortable with crochet basics including chain, slip stitch, single crochet, and double crochet. Required materials: Size H-8/5mm and J-10/6mm crochet hooks, 1-2 skeins of worsted weight yarn, tapestry needle, scissors.

Instructor: Katelyn Daly  
8 sessions

**Resident Fee.....\$51.00**  
**Nonresident Fee.....\$57.00**  
**Gold Card Fee.....\$38.00**

Place: Philip Sheridan rm 205  
Th, 7:30-8:30 pm, starts 4/12

**Course #18SCR21B**  
04/12/2018, 04/19/2018, 04/26/2018,  
05/03/2018, 05/10/2018, 05/24/2018,  
05/31/2018, 06/07/2018

**Recycle  
this catalog**

**Pass it on  
to a friend**

## Knitting 101

**Ages 18 & up**

This course is designed for the absolute beginner in mind (or for experienced knitters looking for a refresher on basic skills). During this session, students will learn basic knitting techniques and have the opportunity to complete several projects including a scarf, wash cloth, and others.



Required materials: 1 pair of straight knitting needles size US9 (aka 5.5mm), 1 skein (ball) of worsted weight yarn - solid and bright colors are best (recommended brands: Red Heart Super Saver or Vanna's Choice), Tapestry needle, 1 pair of scissors.

Instructor: Katelyn Daly  
8 sessions

**Resident Fee.....\$51.00**  
**Nonresident Fee.....\$57.00**  
**Gold Card Fee.....\$38.00**

Place: Philip Sheridan rm 205  
M, 6-7 pm, starts 4/9

**Course #18SCR09A**  
04/09/2018, 04/16/2018, 04/23/2018,  
04/30/2018, 05/07/2018, 05/21/2018,  
06/04/2018, 06/11/2018  
or  
W, 6-7 pm, starts 4/11

**Course #18SCR09B**  
04/11/2018, 04/18/2018, 04/25/2018,  
05/02/2018, 05/09/2018, 05/23/2018,  
05/30/2018, 06/06/2018

## Knitting 102

**Ages 18 & up**

Prerequisite: Students should be comfortable with knitting basics including knit, purl, cast on, and bind off. This semester we will be playing with lighter yarn and smaller needles. Projects will include socks, lacy shawls, and more! Required Materials: Size US 1/2.25mm (either 32 inch circular or double pointed, whichever you prefer), Size US 5/3.75 circular needles (32 inch or longer), 2 skeins of fingering weight yarn, tapestry needle, scissors, and stitch markers. Recommended (but not required) needles to adjust gauge: Size US 0/2mm (either 32 inch circular or double pointed), Size US 1.5/2.5mm (either 32 inch circular or double pointed), Size US 2/2.75mm (either 32 inch circular or double pointed).

Instructor: Katelyn Daly  
8 sessions

**Resident Fee.....\$51.00**  
**Nonresident Fee.....\$57.00**  
**Gold Card Fee.....\$38.00**

Place: Philip Sheridan rm 205  
M, 7:30-8:30 pm, starts 4/9

**Course #18SCR35**  
04/09/2018, 04/16/2018, 04/23/2018,  
04/30/2018, 05/07/2018, 05/21/2018,  
06/04/2018, 06/11/2018  
or

W, 7:30-8:30 pm, starts 4/11  
**Course #18SCR35A**  
04/11/2018, 04/18/2018, 04/25/2018,  
05/02/2018, 05/09/2018, 05/23/2018,  
05/30/2018, 06/06/2018

## Portrait & Caricature Drawing

**Ages 12 and up**

Learn skills in capturing that certain mood or expression of friends and loved ones. Anatomy of the head, shadowing, and some figure drawing will be explored in developing your portrait drawing ability. Mr. Sirianni is also a courtroom and police sketch artist. He'll introduce some of these techniques to the class. Both beginners and those with experience are welcome. Bring a #2 pencil, charcoal pencil and eraser, an 18"x 24" newsprint pad and a thin backboard (masonite, plastic, etc.) approximately the same size as your pad (used as support for your pad) to first class. We'll take a simple approach. You'll be surprised how easy it can be!



Sirianni

Instructor: Ralph Sirianni, artist  
6 sessions

**Resident Fee.....\$75.00**  
**Nonresident Fee.....\$81.00**  
**Gold Card Fee.....\$56.00**

Place: Hoover Middle rm 213  
Sat, 10 am-12 pm, starts 4/14

**Course #18SCR06**  
04/14/2018, 04/21/2018, 04/28/2018, 05/05/2018, 05/12/2018, 05/19/2018

**Register by phone:  
(716) 874-8500**

## Painting-Your Choice

**Ages 21 & up**

### Oils and Acrylics

Various techniques will be shown to help you develop your own style. The instructor will assist with the selection of brushes and paints.

or

### Watercolors-Beyond Pen and Ink

Various techniques are shown to develop your own style. Greeting card design will also be introduced.

Bring a picture you would like to paint. Please purchase a watercolor kit or acrylic kit and 140 lb. paper for watercolors and a prestretched & primed canvas for oils and acrylics.

Instructor: Lawrence Chirico, AOS, BA & experienced art teacher; has judged in WNY art shows.



11 sessions

**Resident Fee.....\$129.00**

**Nonresident Fee.....\$135.00**

**Gold Card Fee.....\$97.00**

Place: Philip Sheridan rm 101

W, 6-9 pm, starts 4/11

#### Course #18SCR33A

04/11/2018, 04/18/2018, 04/25/2018, 05/02/2018,

05/09/2018, 05/16/2018, 05/23/2018, 05/30/2018,

06/06/2018, 06/13/2018, 06/20/2018

or

11 sessions

F, 9 am-12 pm, starts 4/13

#### Course #18SCR33B

04/13/2018, 04/20/2018, 04/27/2018, 05/04/2018,

05/11/2018, 05/18/2018, 06/01/2018, 06/08/2018,

06/15/2018, 06/22/2018, 06/29/2018

or

7 sessions

**Resident Fee.....\$83.00**

**Nonresident Fee.....\$89.00**

**Gold Card Fee.....\$62.00**

Place: Philip Sheridan rm 101

W, 6-9 pm, starts 7/11

#### Course #18SRCR04A

07/11/2018, 07/18/2018, 07/25/2018, 08/01/2018,

08/08/2018, 08/15/2018, 08/22/2018

or

7 sessions

F, 9 am-12 pm, starts 7/13

#### Course #18SRCR04B

07/13/2018, 07/20/2018, 07/27/2018, 08/03/2018,

08/10/2018, 08/17/2018, 08/24/2018

## Silk Scarf Painting

**Ages 18 & up**

Students will create 4-6 silk scarves. This course will touch on the history of silk painting and employ basic design & watercolor methods. We'll practice some basic techniques used in silk painting including layering colors, using resist, and simple Shibori methods (i.e., tie dye, twisting, binding). Some basic drawing and watercolor painting would be helpful but NOT essential.

**A \$25 supplies fee will need to be paid to the instructor the first night of class for silk dyes and scarves. Please bring the following supplies to each class: rubber gloves, eraser, apron, 3 round watercolor paint brushes, 2 eye droppers, 6-8 small containers w/ lids, safety pins, masking tape, pencil, and watercolor color wheel (if you have one)**

Instructor: Terre Santospirito

6 sessions

**Resident Fee.....\$80.00**

**Nonresident Fee.....\$86.00**

**Gold Card Fee.....\$60.00**

Place: Sheridan rm 104

W, 6-9 pm, starts 4/25

#### Course #18SCR24

04/25/2018, 05/02/2018, 05/09/2018,

05/16/2018, 05/23/2018, 05/30/2018

## Stained Glass Crafting

**Ages 21 & up**

Enjoy the timeless art of stained glass crafting. New and experienced students are welcome. Please review the student supplies list of materials needed for use in later classes: glass (scrap, clear) to practice cutting, stained glass, glass cutter, cutting oil, grozing pliers, copper foil (7/32"), flux - blue glass flux, 60/40 solder, soldering iron, glass grinder (optional), Sharpie marker - black & silver, scissors, flux brush, soldering sponge, old towel and cardboard tray or box. All you'll need for the first class is a glass cutter, scrap glass and a sharpie marker. All supplies can be purchased at Sunshine Glass in Cheektowaga.

Instructor: Deborah Wendt, experienced crafter and instructor

8 sessions

**Resident Fee.....\$86.00**

**Nonresident Fee.....\$92.00**

**Gold Card Fee.....\$65.00**

Place: Philip Sheridan rm 123

W, 6:30-8:30 pm, starts 4/11

#### Course #18SCR08A

04/11/2018, 04/18/2018, 04/25/2018,

05/02/2018, 05/09/2018, 05/16/2018,

05/23/2018, 05/30/2018

or

Th, 6:30-8:30 pm, starts 4/12

#### Course #18SCR08B

04/12/2018, 04/19/2018, 04/26/2018,

05/03/2018, 05/10/2018, 05/17/2018,

05/24/2018, 05/31/2018

## Working in Pastels

**Ages 21 & up**

Pastels are a fun and spontaneous medium to work with. Explore traditional and nontraditional methods of working with pastels. Discover a variety of effects that can be created with paper stencils and kneaded erasers. Learn how to finish, mat and frame your newly created works of art. The class will have teacher directed activities as well as a chance to draw from observation or photographs. Get started on or continue your exploration of this exciting medium.

Instructor: Matthew Ryan, certified teacher in Art Education/Fine Arts and exhibiting artist in WNY for 35 years

7 sessions

**Resident Fee.....\$72.00**

**Nonresident Fee.....\$78.00**

Place: Philip Sheridan rm 122

W, 6-7:30 pm, starts 4/18

#### Course #18SCR02

04/18/2018, 04/25/2018, 05/02/2018,

05/09/2018, 05/16/2018, 05/23/2018,

05/30/2018

## Photography

### Photography-Camera Manipulation-Basic 101

#### 35mm & Digital SLR

##### Ages 18 & up

Learn how to begin operating a 35mm camera like a pro. This course offers intensive hands-on coaching on controlling your camera when creating photographs. Class includes information on such subjects as camera technology, lenses, how to use the F-stops and shutter speeds. Also learn the basics of purchasing equipment. Bring an adjustable camera and all equipment to the first class. **A field trip will be scheduled on Saturday, April 28th, 11:00am - 2:00pm.** There will be an individual critique of photographs to follow.

Instructor: Bonita Chimes, professional photographer with over 30 years teaching experience  
3 sessions

**Resident Fee.....\$58.00**

**Nonresident Fee.....\$64.00**

**Gold Card Fee.....\$44.00**

Place: Philip Sheridan rm 213

Th, 6-9 pm, starts 4/26

**Course #18SPH11**

04/26/2018, 04/28/2018, 05/10/2018

### Photography-Lighting-Basic 102

#### 35 mm & Digital SLR

##### Ages 18 & up

Want to know the secret to good photography? It's lighting. If you can use your SLR camera on manual then come and learn how to manipulate light at any time of day and under any conditions. During this course learn the difference between quantity, quality, and direction of light. Also, learn how to use and eliminate shadows, mix lighting etc. **A field trip will be scheduled on Sunday, June 10th, 11:00am-2:00pm.** There will be an individual critique of photographs to follow.

Instructor: Bonita Chimes, professional photographer with over 30 years teaching experience  
3 sessions

**Resident Fee.....\$58.00**

**Nonresident Fee.....\$64.00**

**Gold Card Fee.....\$44.00**

Place: Philip Sheridan rm 101

Th, 6-9 pm, starts 6/7

**Course #18SPH22**

06/07/2018, 06/10/2018, 06/21/2018

**Register by phone:  
(716) 874-8500**

## Music & Movies

### New!

#### Song Writing 101

##### Ages 18 & up

Learn basic songwriting techniques like writing lyrics, rhythm, and harmony. Students will work on developing individual songs while working on fun and challenging music songwriting exercises that will develop music writing skills. Students will learn how to defeat writer's block and where to find inspiration when writing music. Students are urged to perform songs in class for encouragement and constructive feedback. It is recommended, but not required, that students know the basics of music theory, singing, and/or playing an instrument to engage more fully in the course. **Please bring sheet music and pencils.**

Instructor: Sabrina Pena-Young, Composer, Writer, Consultant, Artist Development  
6 sessions

**Fee.....\$85.00**

Place: Philip Sheridan rm 104

Tu, 7-9 pm, starts 4/10

**Course #18SDA06**

04/10/2018, 04/17/2018, 04/24/2018,

05/01/2018, 05/08/2018, 05/15/2018

or

Tu, 7-9 pm, starts 7/10

**Course #18SRDA06**

07/10/2018, 07/17/2018, 07/24/2018,

07/31/2018, 08/07/2018, 08/14/2018

#### Basic Music Theory for Guitarists

##### Ages 18 & up

Would you like to know how keys and scales are related or how to figure out what key a song is in? Understand musical keys, major and minor and how to transpose. Learn chord construction, basic to advanced and how to write your own chord melody, in both major and minor keys. **Please bring your guitar to this class.** *If you have an electric guitar you need to bring a small amp.*

Instructor: Don Petrino, teacher and professional musician for over 30 years  
10 sessions

**Resident Fee.....\$66.00**

**Nonresident Fee.....\$72.00**

**Gold Card Fee.....\$50.00**

Place: Philip Sheridan Auditorium

M, 7:15-8 pm, starts 4/9

**Course #18SDA78**

04/09/2018, 04/16/2018, 04/23/2018,

04/30/2018, 05/07/2018, 05/14/2018,

05/21/2018, 06/04/2018, 06/11/2018,

06/18/2018

#### Guitar for Beginners

##### Ages 18 & up

Have you always wanted to play the guitar? Here's your chance to get started. Learn to read music and play chords. Music theory and how it applies to the instrument, rhythms, tempo and proper playing and hand techniques will be covered. Bring an acoustic or electric guitar with a small practice amp. **A fee of \$20 for three course books is payable to the instructor the night of the first class.**

Instructor: Don Petrino, teacher and professional musician for over 30 years  
11 sessions

**Resident Fee.....\$96.00**

**Nonresident Fee.....\$102.00**

**Gold Card Fee.....\$72.00**

Place: Philip Sheridan Auditorium

W, 6:30-7:30 pm, starts 4/11

**Course #18SDA24**

04/11/2018, 04/18/2018, 04/25/2018,

05/02/2018, 05/09/2018, 05/16/2018,

05/23/2018, 05/30/2018, 06/06/2018,

06/13/2018, 06/20/2018

## We love early registrants

If a class doesn't have the minimum number of students required by three (3) business days before the start date, we are forced to cancel the class. Register early to confirm your interest in the class!

**Your participation could make the difference between running a course or cancelling it, so please don't delay your registration others may be counting on you!**

Register by phone:  
**(716) 874-8500**

## Guitar - Level II

### Ages 18 & up

Learn music theory, arranging, advanced chords and strumming techniques. Different styles of playing, Intro to Blues, R & B, Rock and Country styles will be introduced. **A fee of \$10 for two course books is payable to the instructor the first night of the class.**

Instructor: Don Petrino, teacher and professional musician for over 30 years  
11 sessions

**Resident Fee.....\$96.00**

**Nonresident Fee.....\$102.00**

**Gold Card Fee.....\$72.00**

Place: Philip Sheridan Auditorium  
W, 7:30-8:30 pm, starts 4/11

#### Course #18SDA28

04/11/2018, 04/18/2018, 04/25/2018,  
05/02/2018, 05/09/2018, 05/16/2018,  
05/23/2018, 05/30/2018, 06/06/2018,  
06/13/2018, 06/20/2018

## Guitar Class - Level III Advanced Jazz and Blues

### Ages 18 & up

Learn how to solo and improvise in the blues & jazz style. Take a jazz standard and arrange your own chord melody. Study basic to advanced blues and jazz chord progressions. Some of the various guitar styles covered include Stevie Ray Vaughan, Eric Clapton, Wes Montgomery, B. B. King, and George Benson. **A fee of \$10.00 for course books is payable to the instructor the night of the first class.**

Instructor: Don Petrino, teacher and professional musician for over 30 years  
11 sessions

**Resident Fee.....\$96.00**

**Nonresident Fee.....\$102.00**

**Gold Card Fee.....\$72.00**

Place: Philip Sheridan Auditorium  
W, 8:30-9:30 pm, starts 4/11

#### Course #18SDA34

04/11/2018, 04/18/2018, 04/25/2018,  
05/02/2018, 05/09/2018, 05/16/2018,  
05/23/2018, 05/30/2018, 06/06/2018,  
06/13/2018, 06/20/2018



## Ukulele - One Night Workshop for Absolute Beginners

### Ages 21 & up

If you have always wanted to learn to play a musical instrument, now is the time you can stop saying, "I wish I had." If you don't have a ukulele, you will learn how to buy the right one for you and if you do have one, you will learn what to do with your ukulele besides sitting in the attic. Play music immediately in this session. No musical experience required. **A limited number of ukuleles are available for this session, please request one at registration if you do not have one.**

Instructor: John Radice, organizer of the Buffalo Ukulele Club with years of experience teaching the ukulele  
1 session

**Resident Fee.....\$10.00**

**Nonresident Fee.....\$16.00**

**Gold Card Fee.....\$8.00**

Place: Philip Sheridan rm 206

Tu, 7-8:30 pm, starts 4/10

#### Course #18SDA19

04/10/2018

## Ukulele - Play Like A Pro

### Ages 21 & up

*For Absolute Beginners and Intermediate Level*

It doesn't matter if you are a beginner or have been playing for a while. Learn more than just playing chords. Simple and easy techniques will help you sound like a pro quickly. You will learn how to play melodies within chords as well as creative strumming that will definitely enhance your playing. Learn all the major, minor and 7th chords in all the major keys. You will learn to play chords and melodies to new songs each week. **No previous experience or classes required.**

Instructor: John Radice, organizer of the Buffalo Ukulele Club with years of experience teaching the ukulele  
4 sessions

**Resident Fee.....\$39.00**

**Nonresident Fee.....\$45.00**

**Gold Card Fee.....\$29.00**

Place: Philip Sheridan rm 206

Tu, 7-8:30 pm, starts 5/22

#### Course #18SDA21

05/22/2018, 05/29/2018, 06/05/2018,  
06/12/2018

## Ukulele - Short Cuts to Great Playing

### Ages 21 & up

*For Absolute Beginners and Intermediate Level*

Many novice ukulele players are limited because they never went beyond strumming a few basic chords or playing without the music in front of them. Learn to play by ear. You will learn how to create chords without having to look them up in a chord book. You will learn the notes on the fretboard automatically without any memorization which will open a whole new musical world. Most of all, you will have fun learning how to make music for your own enjoyment and enjoyment of your friends. Learn new songs each week. **No previous experience or classes required.**

Instructor: John Radice, organizer of the Buffalo Ukulele Club with years of experience teaching the ukulele  
4 sessions

**Resident Fee.....\$39.00**

**Nonresident Fee.....\$45.00**

**Gold Card Fee.....\$29.00**

Place: Philip Sheridan rm 206

Tu, 7-8:30 pm, starts 4/17

#### Course #18SDA13

04/17/2018, 04/24/2018, 05/01/2018,  
05/15/2018

## Emergency Closings

Special closing due to inclement weather will be announced on local radio & TV stations. The announcement will also be on the district website: [www.ktufsd.org](http://www.ktufsd.org)



If the Ken-Ton School District is closed during the day, the evening program is also cancelled. In addition, our office is closed. Your instructor will review the class schedule and makeup sessions with you.

## Music & Movies

Register by phone:  
**(716) 874-8500**

## Old Chestnut Film Society

### HOLLYWOOD ROYALTY - THE FILMS OF CLARK GABLE, PLUS GRETA GARBO

This session we pay tribute to two of the most prestigious stars of Hollywood's Golden Era—Clark Gable and Greta Garbo. The suave, ruggedly handsome Gable and gorgeous, mysterious Garbo never made any films together, but each had a special something that vaulted them to the top of the lists, above other, arguably more talented and versatile performers. We'll be concentrating on Gable, last year's polling favorite. Expect a nice mixture of action, romance and comedy. Sorry, no cowboy pix. Three wonderful Garbo costume dramas will fill out the bill. For two of these, you may need a handkerchief!

Screenings will continue to take place in the Community Room of the Phillip Sheridan School, 3200 Elmwood Avenue, just north of Sheridan Drive. There is pleasant cabaret style seating, with padded chairs. You can bring your own munchies (if you promise to clean up!). The showings will again take place on Friday evenings, beginning at 7:30pm. Dr. Grant Golden, founder and director of the Old Chestnut, will continue to provide some "color commentary." Expect the usual surprise short subjects and door prizes. **You pay \$8 at the door per movie.** If you haven't yet discovered the best kept entertainment secret in Buffalo (35 years old and still going strong!), isn't it about time?



### Program

#### 4/13 THE HUCKSTERS ('47).

GABLE heads up a terrific cast in this slick but biting look at the radio and advertising industries. Sydney Greenstreet is particularly memorable as the repugnant head of a soap company. Co-starring Deborah Kerr, Ava Gardner, Adolphe Menjou and Keenan Wynn. Directed by Jack Conway.

#### 4/20 CAMILLE ('37).

GARBO scores again as Marguerite Gautier, the high living but lower born Frenchwoman who must sacrifice herself to prove her love. With Robert Taylor, Henry Daniell, and Lionel Barrymore. Beautiful M-G-M production, directed by George Cukor.

#### 5/11 BUT NOT FOR ME ('59).

Pretty young secretary and aspiring actress Carroll Baker falls for her over-the-hill theatrical producer boss, GABLE. This generational comedy costars Lili Palmer and Lee J. Cobb. Directed by Walter Lang.

Instructor: Grant Golden, Founder & Director of Old Chestnut  
3 sessions

Fee.....\$8 at the door

Place: Philip Sheridan community room

F, 7:30-10:15 pm, starts 4/13

Course #18SDA01

04/13/2018, 04/20/2018, 05/11/2018

## Dance, Fitness & Sports

### New!

### Beginners Golf Clinic

#### Ages 18 & up

Designed for the beginner golfer, learn the basics that you will need to learn how to play the game. You will learn the basic golf grip, stance, posture, full swing, short game tips, beginner rules, and etiquette to successfully manage your way around a round of golf. Taught by a World Golf Teachers Federation Top 100 Instructor, a Golf Fitness Coach, and a Golf Psychology Coach. **Fee includes ball rental fee each week. STUDENTS MUST HAVE A DRIVER AND 7 IRON FOR LESSONS.**

Instructor: Jim LaBuda, World Golf Teachers Federation Top 100 Instructor, Golf Fitness Coach, Golf Psychology Coach.

3 sessions

Resident Fee.....\$105.00

Nonresident Fee.....\$111.00

Place: Paddock Golf Dome

175 Brompton Rd

Tonawanda, NY 14150

W, 6-6:45 pm, starts 4/11

Course #18SSP24

04/11/2018, 04/18/2018, 04/25/2018

or

Place: Brighton Driving Range

(Next to Paddock Golf Dome)

147 Brompton Road

Tonawanda, NY 14150

Th, 6-6:45 pm, starts 6/7

Course #18SRSP24

06/07/2018, 06/14/2018, 06/21/2018



### New!

### Golf Fitness

#### Ages 18 & up

Golf fitness focuses on stretching and flexibility exercises to broaden range of motion that will enhance your strength and momentum which is essential in any golf swing. However, you don't have to be a golfer to benefit. Class is open to anyone looking to gain or strengthen their mobility regardless of fitness level. Taught by a Certified Golf Teaching professional and a Certified Golf Fitness Instructor. **Please wear comfortable clothing and bring a floor mat.**

Instructor: Jim LaBuda, World Golf Teachers Federation Top 100 Instructor, Golf Fitness Coach, Golf Psychology Coach.

6 sessions

Resident Fee.....\$126.00

Nonresident Fee.....\$132.00

Place: Lindbergh Elementary gym

M, 6-6:45 pm, starts 4/16

Course #18SSP23

04/16/2018, 04/23/2018, 04/30/2018,

05/07/2018, 05/14/2018, 05/21/2018



**Register by phone:  
(716) 874-8500**

**Line Dancing**

**Ages 18 & up**

This is a line dancing class with a twist. A variety of dances - classics, smooth, Latin, country, etc., will be offered to get your toes tapping. It's a great opportunity to exercise and have fun. *No previous experience or partner needed.* Flat, non-textured soled shoes are preferred.

Instructor: Barbara & Richard Brzyski, experienced dance teachers  
8 sessions

**Resident Fee.....\$60.00**  
**Nonresident Fee.....\$66.00**  
**Gold Card Fee.....\$45.00**

Place: Holmes Elementary gym  
W, 7-8 pm, starts 4/11

**Course #18SDA23**

04/11/2018, 04/18/2018, 04/25/2018,  
05/02/2018, 05/09/2018, 05/16/2018,  
05/23/2018, 05/30/2018

**Swing Dance - Beginners**

**Ages 18 & up**

Swing your way onto the dance floor. Join the fun dancing to the music of recent swing bands. Learn the basics of East Coast Swing and have fun getting exercise for mind and body. Flat, vinyl or leather-soled shoes are preferred. **Fee is per couple.** *Be sure to also register additional name for couple at no charge.*

Instructor: Barbara & Richard Brzyski, experienced dance teachers  
8 sessions

**Resident Fee.....\$91.00**  
**Nonresident Fee.....\$97.00**  
**Gold Card Fee.....\$68.00**

Place: Holmes Elementary gym  
Tu, 8:15-9:15 pm, starts 4/10

**Course #18SDA09**

04/10/2018, 04/17/2018, 04/24/2018,  
05/01/2018, 05/08/2018, 05/15/2018,  
05/22/2018, 05/29/2018

**Recycle  
this catalog**

**Pass it on  
to a friend**

**Ballroom Dance - Basic**

**Ages 18 & up**

Go out there with the crowd on the dance floor ready to foxtrot, rumba, waltz, etc. Dancing is great exercise, develops self-confidence and it's also fun and relaxing! Learn the basics in social dancing. Flat, vinyl or leather-soled shoes are preferred. **Fee is per couple.** *Be sure to also register additional name for couple at no charge.*

Instructor: Barbara & Richard Brzyski, experienced dance teachers  
8 sessions

**Resident Fee.....\$91.00**  
**Nonresident Fee.....\$97.00**  
**Gold Card Fee.....\$68.00**

Place: Holmes Elementary gym

W, 8:15-9:15 pm, starts 4/11

**Course #18SDA07**

04/11/2018, 04/18/2018, 04/25/2018,  
05/02/2018, 05/09/2018, 05/16/2018,  
05/23/2018, 05/30/2018

**Ballroom Dance - Basic Plus**

**Ages 18 & up**

Do you know how to do the basics but need some work with lead and follow in the various dances? Learn a few more patterns in the American and Latin dances to look good on the dance floor. Flat, vinyl or leather-soled shoes are necessary. **Fee is per couple.** *Be sure to also register additional name for couple at no charge.*

Instructor: Barbara & Richard Brzyski, experienced dance teachers  
8 sessions

**Resident Fee.....\$91.00**  
**Nonresident Fee.....\$97.00**  
**Gold Card Fee.....\$68.00**

Place: Holmes Elementary gym

Tu, 7-8 pm, starts 4/10

**Course #18SDA20**

04/10/2018, 04/17/2018, 04/24/2018,  
05/01/2018, 05/08/2018, 05/15/2018,  
05/22/2018, 05/29/2018

**Adult Social Dancing -  
Scottish Style!**

**Ages 18+**

Scottish Dancing - Scottish Style! is danced for pleasure and enjoyment. The reel and jig music is so lively your feet can't stand still. Dances are being written all the time so we never run out of new ones to try! Scottish Country Dancing is very sociable! You don't even need to bring a partner! You will make new friends or bring friends with you. There are groups all around the world including Canada. We dance in small groups so you will have personal attention. Learn your first dance in 20 minutes. Scottish country dancing is good for reducing stress, increasing energy levels and improving coordination. Start with the basics and have fun on Party nights! **BEST OF ALL, YOU DON'T HAVE TO BE SCOTTISH!! JUST COME AND HAVE FUN!! Students need to bring soft soled shoes, dance shoes, or sneakers to dance in.** For more information go to [rscdsbuffalo.com](http://rscdsbuffalo.com)

Instructor: Sara Johnson, Royal Scottish Dance Society B  
7 sessions

**Fee.....\$42.00**

Place: Amherst Community Church  
77 Washington Highway  
Snyder, NY 14226

Th, 7-9 pm, starts 4/12

**Course #18SDA25**

04/12/2018, 04/19/2018, 04/26/2018,  
05/03/2018, 05/10/2018, 05/17/2018,  
05/24/2018



# Dance, Fitness & Sports

**Register by phone:  
(716) 874-8500**

*Ken-Ton Community Education recommends that students consult a physician before participating in any physical activities.*

## Pickleball

**Ages 18 & up**

Pickleball is a quick-paced racquet sport for all ages. Played on a court that is the size of a badminton court with a net that is flush to the ground like a tennis net, pickleball is played with paddles and a wiffle ball. This class will introduce participants to the rules of play, best techniques for form, strategic play, and pattern drills. Students will need their own racquet. The instructor suggests visiting Phil at JB's Tennis on Main Street in Williamsville and ask to demo a paddle before buying one. Heavier paddles offer more control whereas lighter ones offer better touch. Her personal preference is a Paddletek, but each person needs to decide for themselves which they are most comfortable with and where they want to make their purchase.

Instructor: Eileen Angelini  
7 sessions  
**Fee..... \$42.00**

Place: Lindbergh Elementary gym  
F, 7-9 pm, starts 4/20

**Course #18SSP19**  
04/20/2018, 04/27/2018, 05/04/2018,  
05/11/2018, 05/18/2018, 06/01/2018,  
06/08/2018

## Badminton-Men & Women

**- Beginning/Intermediate**

**Ages 21 & up**

Beginners will find this sport to be a demanding aerobic workout requiring good hand/eye coordination. This is not your backyard badminton! Please bring an indoor racquet (*may be purchased online for approximately \$35*). The shuttlecocks are available from the instructor. If you have any questions, please call the instructor at 874-6417.

Instructor: Michael Christner, experienced player  
11 sessions

**Resident Fee..... \$81.00**  
**Nonresident Fee..... \$87.00**  
**Gold Card Fee..... \$61.00**

Place: Lindbergh Elementary gym  
Tu, 7-9:30 pm, starts 4/10

**Course #18SSP12**  
04/10/2018, 04/17/2018, 04/24/2018,  
05/01/2018, 05/08/2018, 05/15/2018,  
05/22/2018, 05/29/2018, 06/05/2018,  
06/12/2018, 06/19/2018

## Badminton-Men & Women

**- Advanced**

**Ages 21 & up**

This course is for serious, competitive, veteran players who have had experience in recent league play. The games are fast and intense; play requires considerable stamina. If you have any questions, please call the instructor at 874-6417.

Instructor: Norman Gamble, experienced player  
11 sessions

**Resident Fee..... \$81.00**  
**Nonresident Fee..... \$87.00**  
**Gold Card Fee..... \$61.00**

Place: Lindbergh Elementary gym  
Th, 7-9:30 pm, starts 4/12

**Course #18SSP30**  
04/12/2018, 04/19/2018, 04/26/2018,  
05/03/2018, 05/10/2018, 05/17/2018,  
05/24/2018, 05/31/2018, 06/07/2018,  
06/14/2018, 06/21/2018

## Circuit Weight Training for Women

**Ages 18 & up**

This course is for the beginner to advanced weight trainer who wants a complete workout. Training is done by moving from station to station in timed segments so all your muscles get equal time! Aerobic activity is intermixed to increase your heart rate as you build strength and tone muscles.

Instructor: Karen Borgenicht, fitness specialist  
11 sessions

**Resident Fee..... \$63.00**  
**Nonresident Fee..... \$69.00**  
**Gold Card Fee..... \$47.00**

Place: Kenmore Middle weight rm  
Tu, 6:30-7:30 pm, starts 4/10

**Course #18SSP28A**  
04/10/2018, 04/17/2018, 04/24/2018,  
05/01/2018, 05/08/2018, 05/15/2018,  
05/22/2018, 05/29/2018, 06/05/2018,  
06/12/2018, 06/19/2018

or  
11 sessions

**Resident Fee..... \$63.00**  
**Nonresident Fee..... \$69.00**  
**Gold Card Fee..... \$47.00**

Place: Kenmore Middle weight rm  
Th, 6:30-7:30 pm, starts 4/12

**Course #18SSP28B**  
04/12/2018, 04/19/2018, 04/26/2018,  
05/03/2018, 05/10/2018, 05/17/2018,  
05/24/2018, 05/31/2018, 06/07/2018,  
06/14/2018, 06/21/2018

or  
11 sessions

**Resident Fee..... \$63.00**  
**Nonresident Fee..... \$69.00**  
**Gold Card Fee..... \$47.00**

Place: Kenmore Middle weight rm  
Sat, 9-10 am, starts 4/14

**Course #18SSP28C**  
04/14/2018, 04/21/2018, 04/28/2018,  
05/05/2018, 05/12/2018, 05/19/2018,  
05/26/2018, 06/02/2018, 06/09/2018,  
06/16/2018, 06/23/2018

or  
6 sessions

**Resident Fee..... \$36.00**  
**Nonresident Fee..... \$42.00**  
**Gold Card Fee..... \$27.00**

Place: Kenmore Middle weight rm  
Sat, 8:30-9:30 am, starts 7/7

**Course #18SRSP28C**  
07/07/2018, 07/14/2018, 07/21/2018,  
07/28/2018, 08/04/2018, 08/11/2018



**We're Moving!**  
Coming Fall 2018 the Community Education Office will be moving to Kenmore Middle School located at 155 Delaware Road, Buffalo, NY 14217!  
**Stay tuned for more details!!**

**Recycle  
this catalog  
—  
Pass it on  
to a friend**

# Dance, Fitness & Sports

**Register by phone:  
(716) 874-8500**

*Ken-Ton Community Education recommends that students consult a physician before participating in any physical activities.*



**Note:**

The water temperature in district pools is maintained at 80°F.

## Fishing Basics

### Ages 21 & up

A complete description of all necessary equipment and the proper use of fishing methods will be taught in this class. We will have a discussion on the various styles of fishing and the gear necessary to engage in various types of angling. Knot tying, rig assembly, spool filling and various other tackle craft skills, catch & release methods, cleaning methods, creel limits, casting, etc. will be covered. We will also discuss species identification and the best places and times to fish.

Instructor: Michael Donohue  
8 sessions  
**Resident Fee.....\$51.00**  
**Nonresident Fee.....\$57.00**  
**Gold Card Fee.....\$38.00**

Place: Sheridan rm 214  
Tu, 6:30-7:30 pm, starts 4/10  
**Course #18SSP18**  
04/10/2018, 04/17/2018, 04/24/2018,  
05/01/2018, 05/08/2018, 05/15/2018,  
05/22/2018, 05/29/2018  
or  
Tu, 10-11 am, starts 4/10  
**Course #18SSP18A**  
04/10/2018, 04/17/2018, 04/24/2018,  
05/01/2018, 05/08/2018, 05/15/2018,  
05/22/2018, 05/29/2018

## Basic Fly Fishing

### Ages 21 & up

This course will be an introduction to the art of Fly Fishing. We will discuss basic gear needed, explaining the terminology used in the sport, stream ecology and biology, where to fish for particular species and casting the fly rod. Since casting the rod is the most challenging aspect of the sport, 3 sessions will be dedicated to mastering it. While it is not mandatory, it is recommended that students have a fly rod by week 5.

Instructor: Michael Donohue  
8 sessions  
**Resident Fee.....\$51.00**  
**Nonresident Fee.....\$57.00**  
**Gold Card Fee.....\$38.00**

Place: Phillip Sheridan rm 214  
M, 6:30-7:30 pm, starts 4/9  
**Course #18SSP20**  
04/09/2018, 04/16/2018, 04/23/2018,  
04/30/2018, 05/07/2018, 05/14/2018,  
05/21/2018, 06/04/2018  
or  
M, 10-11 am, starts 4/9  
**Course #18SSP20A**  
04/09/2018, 04/16/2018, 04/23/2018,  
04/30/2018, 05/07/2018, 05/14/2018,  
05/21/2018, 06/04/2018

## Fishing for Salmon & Trout in WNY

### Ages 21 & up

This course is for anglers with basic to intermediate skills who would like to learn more about fishing for salmon and trout. It focuses on how to catch these elusive fish while they are within reach of the average angler. Tackle and techniques are discussed at length. Life cycles of these fish, tackle craft such as egg curing, and jig tying are also covered.

Instructor: Michael Donohue  
6 sessions  
**Resident Fee.....\$39.00**  
**Nonresident Fee.....\$45.00**  
**Gold Card Fee.....\$29.00**

Place: Philip Sheridan rm 214  
W, 6:30-7:30 pm, starts 4/11  
**Course #18SSP21**  
04/11/2018, 04/18/2018, 04/25/2018,  
05/02/2018, 05/09/2018, 05/16/2018  
or  
W, 10-11 am, starts 4/11  
**Course #18SSP21A**  
04/11/2018, 04/18/2018, 04/25/2018,  
05/02/2018, 05/09/2018, 05/16/2018

## Gentle Joints Water Workout

### Ages 18 & up

A low-impact, low-intensity class focusing on flexibility and increased range of motion. Great for beginners or those with injuries or arthritis. This class is perfect for anyone looking for gentle but effective exercises. Class includes stretching, range of motion, core strengthening and aerobics; low to moderate intensity.

Instructor: Linda & Stephen Litwin, water safety instructor  
10 sessions  
**Resident Fee.....\$70.00**  
**Nonresident Fee.....\$76.00**  
**Gold Card Fee.....\$53.00**

Place: Hoover Middle pool  
W, 7:15-8:15 pm, starts 4/11  
**Course #18SSP34**  
04/11/2018, 04/18/2018, 04/25/2018,  
05/02/2018, 05/09/2018, 05/16/2018,  
05/23/2018, 06/06/2018, 06/13/2018,  
06/20/2018

## Water Exercise

### Ages 18 & up

A high energy exercise program that combines Zumba, Yoga, and Pilates movements with traditional water exercises for all parts of your body. These exercises will tone and firm your muscles, increase your flexibility and range of motion, and stimulate your circulation. Aerobic benefits are realized through attention to breathing and vigorous movements. The resistance of the water produces effects similar to using weights in land exercises, while its buoyancy makes movements possible where one might otherwise be restricted. A water exercise workout will leave you relaxed, refreshed, and invigorated instead of sore and exhausted. Non-swimmers are welcome as the exercises are done in the shallow end or holding on to the edge of the pool. Program includes 60 minutes of creative routines choreographed to today's popular music followed by a 30-minute open swim.

Instructor: Linda & Stephen J Litwin, water safety instructors  
10 sessions

**Resident Fee.....\$90.00**  
**Nonresident Fee.....\$96.00**  
**Gold Card Fee.....\$68.00**  
Place: Hoover Middle pool  
Tu, 7-8:30 pm, starts 4/10

**Course #18SSP09A**  
04/10/2018, 04/17/2018, 04/24/2018,  
05/01/2018, 05/08/2018, 05/15/2018,  
05/22/2018, 06/05/2018, 06/12/2018,  
06/19/2018

or  
11 sessions  
**Resident Fee.....\$99.00**  
**Nonresident Fee.....\$105.00**  
**Gold Card Fee.....\$74.00**

Place: Hoover Middle pool  
Th, 7-8:30 pm, starts 4/12  
**Course #18SSP09B**  
04/12/2018, 04/19/2018, 04/26/2018,  
05/03/2018, 05/10/2018, 05/17/2018,  
05/24/2018, 05/31/2018, 06/07/2018,  
06/14/2018, 06/21/2018

or  
7 sessions  
**Resident Fee.....\$63.00**  
**Nonresident Fee.....\$69.00**  
**Gold Card Fee.....\$47.00**

Place: Kenmore East pool  
Tu, 7-8:30 pm, starts 7/3  
**Course #18SRSP89**  
07/03/2018, 07/10/2018, 07/24/2018,  
07/31/2018, 08/07/2018, 08/14/2018,  
08/21/2018

# Dance, Fitness & Sports

**Register by phone:  
(716) 874-8500**

### Directions to the Hoover Middle Small Gym

Enter at door #11 located in the Sheridan Drive parking lot. Turn right and continue down hallway until the first intersection.

The Girls' Locker Room entrance is almost directly across the intersection.

The Boys' Locker Room is to the right past the Large Gym.

Walk all the way through the locker room. The small gym doors are located right as you exit the lower locker rooms.

## Hula Hoop Fundamentals Basic

### Ages 21 & up

Have you always wanted to let that inner child out to play? Do you need a "brush-up" refresher for your hula-hoop skills? Do you want to have some fun each week? Then come take this class. At least one new skill will be introduced each session and you are encouraged to practice them with no pressure to master the skill. Skills to be taught include hooping on the waist, passing halos, hooping on the hips, turns, lasso, and others as time permits and/or as the class requests. Instructor will have a selection of hoops to determine correct sizing at first class. **NOTE: Padded hoops, weighted exercise hoops, noise-making hoops, are NOT appropriate and will NOT be allowed in this class.**



Instructor: Lesta Ammons, Hoop-Love Coach, Hoopnotica certified hula hoop instructor, Cerceau Instructor  
7 sessions

**Resident Fee.....\$45.00**  
**Nonresident Fee.....\$51.00**  
**Gold Card Fee.....\$34.00**

Place: Hoover Elementary gym  
W, 6:30-7:30 pm, starts 4/11  
**Course #18SSP84**  
04/11/2018, 04/18/2018, 04/25/2018,  
05/02/2018, 05/09/2018, 05/16/2018,  
05/23/2018

## Hula Hooping Fundamentals Plus

### Ages 21 & up

Come play in your hula-hoop for fun & fitness! Burn calories while learning basic techniques, new techniques, and combining techniques for aerobic fitness fun. This class introduces choreographed routines set to music. At a minimum, you should know how to hoop on the waist prior to taking this class but all other moves will be taught during class and there will be something for almost all levels of experience. It's all for fun and fitness! You are encouraged to bring your own hoop to class. Instructor will bring a few extra hoops each session in case they are needed. **NOTE: Padded hoops, weighted exercise hoops, and noise-making hoops are NOT appropriate and will NOT be allowed in this class.**

Instructor: Lesta Ammons, Hoop-Love Coach, Hoopnotica certified hula hoop instructor, Cerceau Instructor  
6 sessions

**Resident Fee.....\$39.00**  
**Nonresident Fee.....\$45.00**  
**Gold Card Fee.....\$29.00**

Place: Hoover Elementary gym  
W, 7:30-8:30 pm, starts 4/18  
**Course #18SSP86**  
04/18/2018, 04/25/2018, 05/02/2018,  
05/09/2018, 05/16/2018, 05/23/2018

## Introduction to Tai Chi

### Ages 21 and up

Have you ever wondered what Tai Chi was all about but didn't want to commit to a class until you knew if you'd like it? This one session class is for you! You will be introduced to the breathing, balance and motions of this oldest form of contemplative exercise. Join us!

Instructor: Robert Wirth & Jeff Manz, experienced fitness instructors  
1 session

**Fee.....\$10.00**  
Place: Hoover Middle small gym  
Tu, 6:30-8 pm, starts 4/10  
**Course #18SSP01A**  
04/10/2018

## Tai Chi

### Ages 21 & up

Instruction in the elements of Tai Chi and the performance of the 24 Form (Standardized Peking). You will learn the breathing, balance and motions of this oldest form of contemplative exercise. Experience the physical, mental and health benefits of the most popular form of exercise in the world.

Instructor: Robert Wirth & Jeff Manz, experienced fitness instructors  
10 sessions

**Fee.....\$99.00**  
Place: Hoover Middle small gym  
Th, 6:30-8 pm, starts 4/12  
**Course #18SSP01**  
04/12/2018, 04/19/2018, 04/26/2018,  
05/03/2018, 05/10/2018, 05/17/2018,  
05/24/2018, 05/31/2018, 06/07/2018,  
06/14/2018

## Become a Community Education Instructor!

Think of something you already know well – something you're passionate about. If you shared your knowledge, your passion, with others, you will not only improve their lives, your life will be enriched as well.

You can print out an application and course proposal from our website.

[www.ktufsd.org](http://www.ktufsd.org), Departments, Community Education.

Submit the forms to our office for review.  
(You will need Adobe Acrobat Ready to read forms.)

Deadline for Fall/Winter session is May 1, 2018.

Office of Community Education, 3200 Elmwood Avenue, Kenmore, NY 14217  
Phone: (716) 874-8500

# Dance, Fitness & Sports

Register by phone:  
**(716) 874-8500**

## Karate Ages 14 - Adult

This program is open to teens and adults interested in learning Okinawan Goju-Ryu. No prior experience needed. Students will train at their own pace to progress through belt ranks. Classes will focus on the study of karate technique, kata and application to self-defense. Join us to build physical conditioning, self-discipline and confidence through the study of traditional karate. Instructors are affiliated with International Okinawan Goju-Ryu Karate-do Federation (IOGKF).

Instructor: Vicky Maslona

8 sessions

**Resident Fee.....\$66.00**

**Nonresident Fee.....\$72.00**

**Gold Card Fee.....\$50.00**

Place: Edison gym

Mon, 8-9:30PM, starts 2018-04-16

Course #18SSP16A

04/16/2018, 04/23/2018, 04/30/2018,

05/07/2018, 05/14/2018, 05/21/2018,

06/04/2018, 06/11/2018

or

7 sessions

**Resident Fee.....\$59.00**

**Nonresident Fee.....\$65.00**

**Gold Card Fee.....\$44.00**

Place: Philip Sheridan rm 205

M, 7:15-8:45 pm, starts 7/9

Course #18SRSP66

07/09/2018, 07/16/2018, 07/23/2018,

07/30/2018, 08/06/2018, 08/13/2018,

08/20/2018



## We're Moving!

Coming Fall 2018 the Community Education Office will be moving to Kenmore Middle School located at 155 Delaware Road, Buffalo, NY 14217!

**Stay tuned for  
more details!!**

## Yoga Ages 18 & up

Here's a gentle way to keep fit and achieve body/mind harmony. The program combines posturing exercises with breathing and relaxation techniques. You will focus on improving your body and achieving deeper self-awareness. Bring mat to class.

Instructor: Mary Ann Gullo, experienced yoga instructor, author of Yoga: Breathe, Move, Meditate: "Don't Let the Bed Get You"

10 sessions

**Resident Fee.....\$86.00**

**Nonresident Fee.....\$92.00**

**Gold Card Fee.....\$65.00**

Place: Philip Sheridan rm 103

M, 8:45-10:15 am, starts 4/9

Course #18SSP17B

04/09/2018, 04/16/2018, 04/23/2018,

04/30/2018, 05/07/2018, 05/14/2018,

05/21/2018, 06/04/2018, 06/11/2018,

06/18/2018

or

10 sessions

**Resident Fee.....\$86.00**

**Nonresident Fee.....\$92.00**

**Gold Card Fee.....\$65.00**

Place: Philip Sheridan rm 103

M, 5:30-7 pm, starts 4/9

Course #18SSP17A

04/09/2018, 04/16/2018, 04/23/2018,

04/30/2018, 05/07/2018, 05/14/2018,

05/21/2018, 06/04/2018, 06/11/2018,

06/18/2018

or

11 sessions

**Resident Fee.....\$95.00**

**Nonresident Fee.....\$101.00**

**Gold Card Fee.....\$71.00**

Place: Philip Sheridan rm 103

W, 5:30-7 pm, starts 4/11

Course #18SSP17C

04/11/2018, 04/18/2018, 04/25/2018,

05/02/2018, 05/09/2018, 05/16/2018,

05/23/2018, 05/30/2018, 06/06/2018,

06/13/2018, 06/20/2018

or

10 sessions

**Resident Fee.....\$86.00**

**Nonresident Fee.....\$92.00**

**Gold Card Fee.....\$65.00**



Place: Philip Sheridan rm 103

F, 8:45-10:15 am, starts 4/13

Course #18SSP17D

04/13/2018, 04/20/2018, 04/27/2018,

05/04/2018, 05/11/2018, 05/18/2018,

06/01/2018, 06/08/2018, 06/15/2018,

06/22/2018

or

8 sessions

**Resident Fee.....\$69.00**

**Nonresident Fee.....\$75.00**

**Gold Card Fee.....\$52.00**

Place: Philip Sheridan rm 103

M, 8:45-10:15 am, starts 7/2

Course #18SRSP47A

07/02/2018, 07/09/2018, 07/16/2018,

07/23/2018, 07/30/2018, 08/06/2018,

08/13/2018, 08/20/2018

or

8 sessions

**Resident Fee.....\$69.00**

**Nonresident Fee.....\$75.00**

**Gold Card Fee.....\$52.00**

Place: Philip Sheridan rm 103

M, 5:30 - 7 pm, starts 7/2

Course #18SRSP47B

07/02/2018, 07/09/2018, 07/16/2018,

07/23/2018, 07/30/2018, 08/06/2018,

08/13/2018, 08/20/2018

## Zumba®

### Ages 18 & up

Looking for a solid, heart-pumping workout with attention to quick paced Latin rhythms and dance steps? Develop a strong core, great posture and exquisite flexibility and balance as you learn basic Latin dance rhythms. No floor work. The class will accommodate all levels of Zumba. Beginners are encouraged to join in.

Instructor: Mary Thomas Scott, certified Zumba instructor

10 sessions

**Resident Fee.....\$75.00**

Place: Hoover Middle small gym

M, 7-7:45 pm, starts 4/9

Course #18SSP64A

04/09/2018, 04/16/2018, 04/23/2018,

04/30/2018, 05/07/2018, 05/14/2018,

05/21/2018, 06/04/2018, 06/11/2018,

06/18/2018

or

W, 7-7:45 pm, starts 4/11

Course #18SSP64B

04/11/2018, 04/18/2018, 04/25/2018,

05/02/2018, 05/09/2018, 05/16/2018,

05/23/2018, 06/06/2018, 06/13/2018,

06/20/2018

## Kids & Families

Register by phone:  
**(716) 874-8500**



## New Kids & Families Courses

### Jambo! World Art and Music Kids Camp

**Ages 6-12**

In this fun camp, kids will explore multicultural art and music from Africa, Asia, Australia, and Latin America. Activities include musical movement, painting Japanese art, playing African drums, making Australian Dream Paintings, making Latin American instruments, singing songs in other languages, and many more exciting cultural activities especially designed to celebrate and explore our world. Camp activities are from 9-1. Students may be dropped off early at 8:30 and engage in quiet board games and art activities until 9. Students will need to bring a nut-free prepackaged snack for snack time at 10:30 and an optional lunch to eat at 12:30. **An art supply fee of \$12 needs to be paid to the instructor on the first day of camp. This will cover any art and music supplies for your child.**

Instructor: Sabrina Pena-Young, Composer, Writer, Consultant, Artist Development  
5 sessions

**Fee.....\$135.00**

Place: Philip Sheridan rm 123

M-F, 8:30 am-1 pm, starts 7/23

**Course #18SRKF33**

07/23/2018, 07/24/2018, 07/25/2018, 07/26/2018, 07/27/2018

### Superhero Arts Camp

**Ages 6-12**

In this exciting camp, kids will discover visual art through the lens of comic book superheroes and pop art. Campers will create mixed media art, design and create their own superhero costumes, make a superhero flip book, design comic book panels, enjoy movement activities and create colorful pop art. Camp activities are from 9-1. Students may be dropped off early at 8:30 and engage in quiet board games and art activities until 9. Students will need to bring a nut-free prepackaged snack for snack time at 10:30 and an optional lunch to eat at 12:30. **An art supply fee of \$15 needs to be paid to the instructor on the first day of camp. This will cover any art supplies for your child.**

Instructor: Sabrina Pena-Young, Composer, Writer, Consultant, Artist Development  
5 sessions

**Fee.....\$135.00**

Place: Philip Sheridan rm 123

M-F, 8:30 am-1 pm, starts 7/9

**Course #18SRKF12**

07/09/2018, 07/10/2018, 07/11/2018, 07/12/2018, 07/13/2018

### Kidding Around-Yoga Preschool Classes

**Ages 3-5 (Parent Participation Required)**

Let's play, move, dance, stretch, and take some time to relax! This 4 week series of classes is designed to give your little one an introduction to the different aspects of yoga in a very fun and child centered way. We will enjoy stories, songs, games and creative yoga crafts as we introduce yoga concepts through play! Your child will learn tools for understanding and managing their emotions, as well as learn basic yoga poses, breathing techniques & relaxation exercises that help promote balance, flexibility, strength, motor skill development, focus and concentration, and overall well-being. Most importantly, you and your child will have a FUN bonding experience as you explore the world of yoga together. **Please bring a yoga mat if you have one.** For more information, please visit [www.kiddingaroundyoga.com/donna](http://www.kiddingaroundyoga.com/donna).

Instructor: Donna Baia

4 sessions

**Fee.....\$32.00**

Place: Philip Sheridan rm 103

Th, 11-11:45 am, starts 5/3

**Course #18SKF02**

05/03/2018, 05/10/2018, 05/17/2018, 05/24/2018

### Movin' and Groovin' Fitness and Fun

**Ages 20 months - 5 yrs.**

Looking for a place where your child can interact and socialize with other children? Try Movin' and Groovin' - a high energy interactive music class that will keep your child exercising, jumping and singing to a variety of engaging songs while using a variety of props and instruments. Designed so that each child may participate individually or with an adult, this program provides a great environment where children can unwind. Movin' and Groovin' creates a positive atmosphere where "kids can be kids" while developing their fine and gross motor skills, social and listening skills, self-esteem and independence. For more information go to [www.movinandgroovin-parties.com](http://www.movinandgroovin-parties.com).

Instructor: Tracy Gibas, dual-certified NYS teacher with a Master's Degree in Elementary Education  
8 sessions

**Fee.....\$58.00**

Place: Philip Sheridan rm 103

Tu, 11:15 am-12 pm, starts 4/10

**Course #18SKF51A**

04/10/2018, 04/17/2018, 04/24/2018, 05/01/2018, 05/08/2018, 05/15/2018, 05/22/2018, 05/29/2018

### Spanish for the Elementary Years

**Grades K-4**

*(Open to new and returning students. New vocabulary is introduced with each session.)*

Give your child a head start on the language! A curriculum that is specifically designed for K-4 students to learn the Spanish language, this program features foundation vocabulary introduced through games, singing and fun activities. Early introduction increases the student's ability to absorb rather than translate the language. Join the fun! For more information, visit the CultureKids website at [www.CultureKidsClub.com](http://www.CultureKidsClub.com)

**Please complete the permission slip found at [www.ktufsd.org](http://www.ktufsd.org), Departments, Community Education and return it to the Community Education Office, Room 106, 3200 Elmwood Ave., Kenmore, NY 14217. Registration will close 4/9/18 or sooner if class is full.**

Instructor: Lisa Almeter, Director.  
CultureKids, founded in 1999, offers Spanish enrichment programs for preschool and elementary students. They

# Kids & Families

Register by phone:  
**(716) 874-8500**



are dedicated to teaching the Spanish language to children using an established, successful curriculum that introduces the foreign vocabulary in a fun and interactive manner.

6 sessions

**Fee.....\$82.00**

Place: Lindbergh Library

F, 3:20-4 pm, starts 4/20

Course #18SKF92A

04/20/2018, 04/27/2018, 05/04/2018,

05/18/2018, 06/01/2018, 06/08/2018

or

Place: Edison rm 106

Tu, 3:20-4 pm, starts 4/17

**Course #18SKF92B**

04/17/2018, 04/24/2018, 05/01/2018,

05/15/2018, 05/22/2018, 05/29/2018

or

Place: Hoover Elementary library

W, 3:20-4 pm, starts 4/18

**Course #18SKF92C**

04/18/2018, 04/25/2018, 05/02/2018,

05/09/2018, 05/16/2018, 05/23/2018

## Karate for Kids I

### Ages 6-9

Children are fascinated with the movements, the excitement, and the vitality of Karate. The study of Karate can have far reaching benefits for growing children. Development of self-discipline, self-confidence, and self-esteem are stressed through the study of traditional Okinawan Karate. This course is a prerequisite to the ongoing Karate for Kids II program. Parent must accompany their child.

Instructor: Vicky Maslona

8 sessions

**Resident Fee.....\$23.00**

**Nonresident Fee.....\$29.00**

Place: Edison gym

M, 6-6:30 pm, starts 4/16

**Course #18SKF01A**

04/16/2018, 04/23/2018, 04/30/2018,

05/07/2018, 05/14/2018, 05/21/2018,

06/04/2018, 06/11/2018

## Karate for Kids II

### Ages 6-9

Children are fascinated with the movements, the excitement, and the vitality of Karate. The study of Karate can have far reaching benefits for growing children. Development of self-discipline, self-confidence, and self-esteem are stressed through the study of traditional Okinawan Karate. *Karate for Kids I is a prerequisite for this course.* **Parent must accompany their child.**

Instructor: Vicky Maslona

8 sessions

**Resident Fee.....\$23.00**

**Nonresident Fee.....\$29.00**

Place: Edison gym

M, 6:30-7 pm, starts 4/16

**Course #18SKF01B**

04/16/2018, 04/23/2018, 04/30/2018,

05/07/2018, 05/14/2018, 05/21/2018,

06/04/2018, 06/11/2018

## Karate for Kids II

### Ages 6-13

This is an ongoing program for those students having completed Karate for Kids I. Join us in developing Karate techniques, self-discipline, self-confidence and self-esteem. Students have the opportunity to progress at their own level of development and test for belt rank advancement as they improve techniques of traditional Karate.

Instructor: Vicky Maslona

7 sessions

**Resident Fee.....\$30.00**

**Nonresident Fee.....\$36.00**

Place: Philip Sheridan rm 205

M, 6:30-7:15 pm, starts 7/9

**Course #18SRKF23**

07/09/2018, 07/16/2018, 07/23/2018,

07/30/2018, 08/06/2018, 08/13/2018,

08/20/2018

## Karate for Kids I & II

### Ages 10-14

Join us in learning or further developing Karate techniques, self-discipline, self-confidence and self-esteem. Students have the opportunity to progress at their own level of development and test for belt rank advancement as they improve techniques of traditional Karate.

Instructor: Vicky Maslona

8 sessions

Resident Fee.....\$35.00

Nonresident Fee.....\$41.00

Place: Edison gym

M, 7-7:45 pm, starts 4/16

**Course #18SKF11A**

04/16/2018, 04/23/2018, 04/30/2018,

05/07/2018, 05/14/2018, 05/21/2018,

06/04/2018, 06/11/2018

## Guitar for Beginners

### Ages 8-17

Does your child want to learn how to play the guitar? Here is the chance to get them started. Your child will learn to read music, play chords, songs, and musical scales. Rhythms, tempo, proper playing and hand technique will be covered. Students must bring an acoustic or electric guitar. No classical guitars please. **A fee of \$20 for three course books is payable to the instructor the first class.**

Instructor: Don Petrino, teacher and professional musician for over 30 years

10 sessions

**Resident Fee.....\$89.00**

**Nonresident Fee.....\$95.00**

Place: Philip Sheridan Auditorium

M, 6:15-7:15 pm, starts 4/9

**Course #18SKF41**

04/09/2018, 04/16/2018, 04/23/2018,

04/30/2018, 05/07/2018, 05/14/2018,

05/21/2018, 06/04/2018, 06/11/2018,

06/18/2018

## 4 Hour SAT Boot Camp

Get a jump start on your SAT test preparation! This comprehensive course introduces students to the SAT test with emphasis on test-taking strategies, testing information, how to best prepare for the SAT test, and practice questions in each subject. Course includes study materials and free simulated SAT test. Anticipated SAT test dates for 2017-18 are 10/7/17, 11/4/17, 12/2/17, 3/10/18, 5/5/18, 6/2/18. Students are welcome to bring a snack or lunch to class. For the free simulated SAT test schedule visit: [www.allprotutoring.com](http://www.allprotutoring.com)

Instructor: Denise Breier & Jackie Sheehan, All-Pro Tutoring & Test Prep staff members, professional and certified teachers.

2 sessions

**Fee.....\$65.00**

Place: Kenmore West rm 154

Tu & Th, 6-8 pm, starts 5/29

**Course #18SKF18**

05/29/2018, 05/31/2018

## 9 Hour SAT Preparation Course

Are you ready for the SAT test?

This 9 hour course offers an in-depth study of the SAT test. Course includes: classroom instruction, test-taking strategies, testing information, workbook/study materials and free simulated SAT test. Anticipated 2017/18 SAT test dates are 10/7/17, 11/4/17, 12/2/17, 3/10/18, 5/5/18, 6/2/18. For the free simulated SAT test schedule visit: [www.allprotutoring.com](http://www.allprotutoring.com)

Instructor: Denise Breier & Jackie Sheehan, All-Pro Tutoring & Test Prep staff members, professional and certified teachers.

3 sessions

**Fee.....\$125.00**

Place: Kenmore West rm 154

M and W, 5:30-8:30 pm, starts 4/16

**Course #18SKF05**

04/16/2018, 04/18/2018, 04/23/2018

Register by phone:  
**(716) 874-8500**

## Kids Choice Sports

Kids Choice Sports offers instructional youth sports programs to kids ages 3-12. By offering a variety of programs, we give **Kids** the **Choice** of many different **Sports** to try so that they can find their best fit. The skills and rules for each sport we teach are broken down into simple concepts that are fun to learn and easy to understand. For more information, go to [www.kidschoicesports.com](http://www.kidschoicesports.com)

### Kids Choice Sports Hotshots!

#### Intro to Basketball

##### Ages 5-7

Boys & girls will learn the basics of basketball in this fun class! Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in this noncompetitive, coed program. A t-shirt is included in the program fee. **This class will include some parent participation.**

Instructor: Kids Choice Sports Staff  
6 sessions

**Resident Fee.....\$79.00**

**Nonresident Fee.....\$85.00**

Place: Hoover Elementary gym

Tu, 7-7:45 pm, starts 4/17

**Course #18SKF28A**

04/17/2018, 04/24/2018, 05/01/2018,

05/08/2018, 05/15/2018, 05/22/2018

### Kids Choice Sports Co-ed Basketball

##### Ages 8-12

This co-ed program encourages boys and girls to learn the basic skills and principles involved in the game of basketball. Skills such as dribbling, passing, and shooting will be taught followed by a fun scrimmage. This class will enable players to become proficient at the game of basketball, build confidence, develop a positive self image, and most of all, have fun!

Instructor: Kids Choice Sports Staff  
6 sessions

**Resident Fee.....\$79.00**

**Nonresident Fee.....\$85.00**

Place: Hoover Elementary gym

Tu, 7:50-8:50 pm, starts 4/17

**Course #18SKF74**

04/17/2018, 04/24/2018, 05/01/2018,

05/08/2018, 05/15/2018, 05/22/2018

### Kids Choice Sports Lacrosse (Indoor)

##### Ages 5-7

This program encourages kids to learn the basic skills and principles involved in the game. Skills such as scooping, cradling, passing, catching, and shooting will be taught followed by a fun scrimmage. This class will enable participants to become proficient at the game of lacrosse, build confidence, develop a positive self image, and most of all, have fun!

Instructor: Kids Choice Sports Staff  
6 sessions

**Resident Fee.....\$79.00**

**Nonresident Fee.....\$85.00**

Place: Franklin Middle gym

F, 7-7:45 pm, starts 4/20

**Course #18SKF89A**

04/20/2018, 04/27/2018, 05/11/2018,

05/18/2018, 06/01/2018, 06/08/2018

### Kids Choice Sports Lacrosse (Indoor)

##### Ages 7-12

This program encourages kids to learn the basic skills and principles involved in the game. Skills such as scooping, cradling, passing, catching, and shooting will be taught followed by a fun scrimmage. This class will enable participants to become proficient at the game of lacrosse, build confidence, develop a positive self image, and most of all, have fun!

Instructor: Kids Choice Sports Staff  
6 sessions

**Resident Fee.....\$79.00**

**Nonresident Fee.....\$85.00**

Place: Franklin Middle gym

F, 7:50-8:50 pm, starts 4/20

**Course #18SKF45**

04/20/2018, 04/27/2018, 05/11/2018,

05/18/2018, 06/01/2018, 06/08/2018

### Kids Choice Sports Summer Outdoor Boys' Lacrosse

##### Ages 7-12

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

Instructor: Kids Choice Sports Staff  
4 sessions

**Resident Fee.....\$79.00**

**Nonresident Fee.....\$85.00**

Place: Longfellow field

Tu, 6-7:30 pm, starts 7/3

**Course #18SRKF37**

07/03/2018, 07/10/2018, 07/17/2018,

07/24/2018

### Kids Choice Sports Summer Outdoor Girls' Lacrosse

##### Ages 7-12

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

Instructor: Kids Choice Sports Staff  
4 sessions

**Resident Fee.....\$79.00**

**Nonresident Fee.....\$85.00**

Place: Longfellow field

Tu, 6-7:30 pm, starts 7/3

**Course #18SRKF46**

07/03/2018, 07/10/2018, 07/17/2018,

07/24/2018





## KidsPlay

Tim & Tricia Hirschbeck lead a collective of over 20 professional coaches dedicated to running youth sports programs that are fun, exciting, and challenging for all players. All prospective KidsPlay coaches are subject to formal interviews, screening, and background checks. Each coach is CPR/AED-First Aid certified and must pass the NYSED fingerprinting requirement. KidsPlay does not rely on volunteer coaches. Since its inception in 1991, KidsPlay has served over 70,000 young athletes in 7 Western New York school districts. For more info on KidsPlay programs, go to [www.kidsplaywny.com](http://www.kidsplaywny.com)



### KidsPlay PC & Level I Soccer

#### Ages 3-6

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. KidsPlay 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 PC Soccer and Level I Soccer stresses skill development and learning in a fun and friendly atmosphere. Half of each class is devoted to fun instructional training/games with the remaining half devoted to scrimmage. Two KidsPlay coaches teach a maximum of 22 children in each class. A KidsPlay T-shirt is included in the program fee.

### Spring Outdoor Sessions

#### PC Soccer

##### Ages 3-4

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. All players must be of age by the first scheduled class.

7 sessions

**Resident Fee.....\$88.00**

**Nonresident Fee.....\$94.00**

Place: Hamilton field

Tu, 5:30-6:15 pm, starts 4/24

**Course #18SKF93A**

04/24/2018, 05/01/2018, 05/08/2018, 05/15/2018, 05/22/2018, 05/29/2018, 06/05/2018

or

Sat, 11-11:45 am, starts 4/28

**Course #18SKF93B**

04/28/2018, 05/05/2018, 05/12/2018, 05/19/2018, 05/26/2018, 06/02/2018, 06/09/2018

#### Soccer Level I

##### Ages 4-6

7 sessions

**Resident Fee.....\$89.00**

**Nonresident Fee.....\$95.00**

Place: Hamilton field

Tu, 6:15-7:15 pm, starts 4/24

**Course #18SKF15A**

04/24/2018, 05/01/2018, 05/08/2018, 05/15/2018, 05/22/2018, 05/29/2018, 06/05/2018

or

Sat, 10-11 am, starts 4/28

**Course #18SKF15B**

04/28/2018, 05/05/2018, 05/12/2018, 05/19/2018, 05/26/2018, 06/02/2018, 06/09/2018

### Summer Outdoor Sessions

#### PC Soccer

##### Ages 3-4

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. All players must be of age by the first scheduled class.

7 sessions

**Resident Fee.....\$88.00**

**Nonresident Fee.....\$94.00**

Place: Hamilton field

Tu, 5:15-6 pm, starts 6/26

**Course #18SRKF93A**

06/26/2018, 07/10/2018, 07/17/2018, 07/24/2018, 07/31/2018, 08/07/2018, 08/14/2018

or

Sat, 10:45-11:30 am, starts 6/30

**Course #18SRKF93B**

06/30/2018, 07/07/2018, 07/14/2018, 07/21/2018, 07/28/2018, 08/04/2018, 08/11/2018

or

Th, 5:15-6 pm, starts 6/28

**Course #18SRKF86B**

06/28/2018, 07/05/2018, 07/12/2018, 07/19/2018, 07/26/2018, 08/02/2018, 08/09/2018

#### Soccer Level I

##### Ages 4-6

7 sessions

**Resident Fee.....\$89.00**

**Nonresident Fee.....\$95.00**

Place: Hamilton field

Tu, 6-7 pm, starts 6/26

**Course #18SRKF15A**

06/26/2018, 07/10/2018, 07/17/2018, 07/24/2018, 07/31/2018, 08/07/2018, 08/14/2018

or

Sat, 9:45-10:45 am, starts 6/30

**Course #18SRKF15B**

06/30/2018, 07/07/2018, 07/14/2018, 07/21/2018, 07/28/2018, 08/04/2018, 08/11/2018

or

Th, 6-7 pm, starts 6/28

**Course #18SRKF29C**

06/28/2018, 07/05/2018, 07/12/2018, 07/19/2018, 07/26/2018, 08/02/2018, 08/09/2018



**Register by phone:  
(716) 874-8500**

#### KidsPlay Cancellations

If you think a class might be cancelled call 873-2353 (a taped message will outline the status of classes) or visit [www.kidsplaywny.com](http://www.kidsplaywny.com) (click on ON/OFF) after 4:00 pm weeknights and after 8:00 am on weekends.

**Register by phone:  
(716) 874-8500**

**KidsPlay  
Cancellations**

If you think a class might be cancelled call 873-2353 (a taped message will outline the status of classes) or visit [www.kidsplaywny.com](http://www.kidsplaywny.com) (click on ON/OFF) after 4:00 pm weeknights and after 8:00 am on weekends.

**KidsPlay – Kenmore Soccer Club**

**Leagues & Soccer Academy Training**

**Ages 6-12**

KidsPlay and the Kenmore Soccer Club are pleased to deliver an affordable and exciting soccer training program that is second to none in Western New York. Designed for both veteran and inexperienced players, Academy Training and League hosts weekly training/game sessions led by veteran KidsPlay coaches and optional weekly training sessions conducted by college coaches. All training and games are designed to be fun and challenging for any young player with a strong interest in improving their skills and understanding of how team soccer works. The program is made up of two components:

**KidsPlay Instructional Leagues-**

Players meet once each week for a 30-45 minute training session followed immediately by a 5 v. 5 game that lasts 35-45 minutes. After a basic evaluation session conducted during Week #1, an even amount of experienced and inexperienced players are distributed onto all teams. Primary instructional focus is on the development of dribbling, passing, and receiving skills. A KidsPlay team shirt is included in the program fee. All games and practice sessions are coordinated by Tim and Zac Hirschbeck.

**Kenmore Soccer Club Soccer Academy Training -**

All KidsPlay League players have the option of attending an additional weekly training session led by the Kenmore Soccer Club Academy. The Academy provides intensive skills training in a fun environment for players who are committed to elevating their level of play. In addition, all KidsPlay League players receive a \$15.00 discount on Kenmore Soccer Camp programs.

**Spring Sessions**

7 sessions

**Resident Fee.....\$108.00**

**Nonresident Fee.....\$114.00**

Place: Crosby Field

**Blue Division League - Ages 6-8**

League players meet on a rotating schedule on Fridays at 6:00 or 7:15 pm.

F, 6-8:30 pm, starts 4/27

**Course #18SKF14B**

04/27/2018, 05/04/2018, 05/11/2018, 05/18/2018, 05/25/2018, 06/01/2018, 06/08/2018

or

**Red Division League - Ages 9-12**

League players meet on a rotating schedule on Wednesdays at 6:00 or

7:15 pm.

W, 6-8:30 pm, starts 4/25

**Course #18SKF14A**

04/25/2018, 05/02/2018, 05/09/2018, 05/16/2018, 05/23/2018, 05/30/2018, 06/06/2018

**Summer Sessions**

**Blue Division League - Ages 6-8**

League players meet on a rotating schedule on Fridays at 6:00 or 7:15 pm.

F, 6-8:30 pm, starts 6/22

**Course #18SRKF14B**

06/22/2018, 06/29/2018, 07/06/2018, 07/13/2018, 07/20/2018, 07/27/2018, 08/03/2018

or

**Red Division League - Ages 9-12**

League players meet on a rotating schedule on Wednesdays at 6:00 or

7:15 pm.

W, 6-8:30 pm, starts 6/20

**Course #18SRKF14A**

06/20/2018, 06/27/2018, 07/11/2018, 07/18/2018, 07/25/2018, 08/01/2018, 08/08/2018

**Note:**

In consideration of the young age of the participants in our Kids & Families programs, please be sure your child is ready to interact in a group setting and join in the activity you've selected before enrolling.

We are sorry that no refunds or credits will be given after the first class because your child is unwilling to attend. Please review our refund policy on page 3.

**Recycle this catalog**

**Pass it on to a friend**

## Kids & Families

Register by phone:  
**(716) 874-8500**



### KidsPlay Instructional T-Ball

**Ages 4-6**

KidsPlay T-Ball is a great first experience for any child interested in playing baseball. This is a skills intensive program with a primary emphasis placed on the development of throwing, fielding, and hitting skills. Small-group games and scrimmages make for a fun and challenging program for all players. "Standing around time" is kept to an absolute minimum. Two to three KidsPlay coaches teach a maximum of 20 players in each group. A KidsPlay T-Shirt is included in the program fee. *If your child has a glove/mitt please bring it to class but it is not mandatory equipment.*

7 sessions

**Resident.....\$89.00**

**Nonresident Fee.....\$95.00**

Place: Hamilton field

M, 5:30-6:30 pm, starts 4/23

**Course #18SKF61A**

04/23/2018, 04/30/2018, 05/07/2018, 05/14/2018, 05/21/2018, 06/04/2018, 06/11/2018

or

M, 6:30-7:30 pm, starts 4/23

**Course #18SKF61B**

04/23/2018, 04/30/2018, 05/07/2018, 05/14/2018, 05/21/2018, 06/04/2018, 06/11/2018

or

M, 5:30-6:30 pm, starts 7/2

**Course #18SRKF61A**

07/02/2018, 07/09/2018, 07/16/2018, 07/23/2018, 07/30/2018, 08/06/2018, 08/13/2018

or

M, 6:30-7:30 pm, starts 7/2

**Course #18SRKF61B**

07/02/2018, 07/09/2018, 07/16/2018, 07/23/2018, 07/30/2018, 08/06/2018, 08/13/2018

### KidsPlay Monday Night NFL Flag Football

**Ages 5-7**

NFL Flag is an excellent alternative to full-contact, full equipment, "6 nights a week" youth football leagues. The game is strictly "no contact" football with primary emphasis placed on the development of passing, receiving, running and coverage skills, and having fun playing football. Games are played 5 on 5 with modified rules to heighten skill development and assure equal playing time for all players. NFL Flag is not a highly competitive program. Players meet for 75 minutes each week - a 30 minute training session followed by a 45 minute game. A NFL team-oriented reversible football jersey and flag belt are included in the fee. **A mouthguard is mandatory.**

7 sessions

**Resident Fee.....\$132.00**

**Nonresident Fee.....\$138.00**

Place: Crosby Field

M, 6-7:15 pm, starts 4/23

**Course #18SKF16B**

04/23/2018, 04/30/2018, 05/07/2018, 05/14/2018, 05/21/2018, 06/04/2018, 06/11/2018

### KidsPlay Monday Night NFL Flag Football

**Ages 7-10**

NFL Flag is an excellent alternative to full-contact, full equipment, "6 nights a week" youth football leagues. The game is strictly "no contact" football with primary emphasis placed on the development of passing, receiving, running and coverage skills, and having fun playing football. Games are played 5 on 5 with modified rules to heighten skill development and assure equal playing time for all players. NFL Flag is not a highly

competitive program. Players meet for 75 minutes each week - a 30 minute training session followed by a 45 minute game. A NFL team-oriented reversible football jersey and flag belt are included in the fee. **A mouthguard is mandatory.**

7 sessions

**Resident Fee.....\$132.00**

**Nonresident Fee.....\$138.00**

Place: Crosby Field

M, 7:15-8:30 pm, starts 4/23

**Course #18SKF16A**

04/23/2018, 04/30/2018, 05/07/2018, 05/14/2018, 05/21/2018, 06/04/2018, 06/11/2018

### KidsPlay NFL Flag Football Training Camp

**Ages 6-12**

Whether you are looking to get ready for the Fall NFL Flag season starting in mid-September or just interested in a great way to spend the last few days of summer, NFL Flag Training Camp is a fun and exciting experience for all players. Players meet for 120 minutes each session: 60-75 minutes of instruction and skill development followed by a 45-60 minute game vs. another camp team. A Nike reversible NFL Flag jersey, flag belt, and individual award are included in the program fee. **A mouthguard is mandatory. NO REGISTRATIONS WILL BE TAKEN AFTER 7/6.**

5 sessions

**Fee.....\$102.00**

Place: Williamsville North High School-Turf Field #2

M-F, 9:30-11:30 am, starts 7/23

**Course #18SRKF30A**

07/23/2018, 07/24/2018, 07/25/2018, 07/26/2018, 07/27/2018

or

M-F, 9:30-11:30 am, starts 8/6

**Course #18SRKF30B**

08/06/2018, 08/07/2018, 08/08/2018, 08/09/2018, 08/10/2018

## Theater for Kids

**Ages 8-12**

Students will explore the fundamentals of theater through theater games, vocal experimentation and movement. Elements of clowning, mime, mask and dance will be introduced to young actors. Students must have a willingness to work with other students and a desire to speak and move in front of others. *No prior experience in acting or theater is required.*

Instructor: Sue McCormack holds a BA in Theater from Buffalo State College and an MFA in Acting from the New School for Drama. She is a founding member of Ready Set Go Theater Company in New York City. Sue has worked on stage and in film as an actress, producer and director while living in New York City; her favorite roles being Desdemona in Othello, Marta in Amazons and Their Men and Elicia in The Illusion.

10 sessions

**Resident Fee.....\$93.00**

**Nonresident Fee.....\$99.00**

Place: Philip Sheridan room 104

M, 4:15-5:45 pm, starts 4/9

**Course #18SKF04**

04/09/2018, 04/16/2018, 04/23/2018, 04/30/2018, 05/07/2018, 05/14/2018, 05/21/2018, 06/04/2018, 06/11/2018, 06/18/2018



# Offered by BUFFALO TURNERS

3200 Elmwood Avenue,  
Kenmore 14217

## How to Register

Our dates of registration and schedule of classes may not coincide with classes offered through Ken-Ton Community Education in this brochure.

Please call the Gym Office at (716) 877-2700 or check our website, [www.buffaloturnersgymnastics.com](http://www.buffaloturnersgymnastics.com) for dates and times of registration.

Registration will continue until classes are filled. Registrations will not be taken by phone, email or online.

### In Person:

Buffalo Turners (Room 125)  
Sheridan Building  
3200 Elmwood Avenue  
Kenmore, New York 14217

### By Mail:

Please include child's name and birth date, names of parents, address and phone number.

The entire fee must accompany the application form.

Please make checks payable to BUFFALO TURNERS. Credit/debit cards are not accepted.

Refunds are subject to a \$15.00 processing fee but NO refund will be issued after March 15, 2018 for the Spring Session.

Schedule is subject to change based upon enrollment.

Buffalo Turners also offers other instructional gymnastics classes for boys and girls, ages 3 - 18, that run throughout the school year. Please call (716) 877-2700 for the schedule, fees and class availability.

## Buffalo Turners Call (716) 877-2700

## Mom or Dad & Me: Boys & Girls

### 20 months - 35 months old, accompanied by one adult

Children develop strength, coordination and body awareness while having fun with Mom or Dad (or other adult)! All classes begin with simple stretching exercises. Gross motor and manipulative skills are taught utilizing equipment especially designed for younger children in our Mini-Gym. Listening skills, socialization and behavior are also important aspects of the program.

Only the participating adult and child may be in the room.

All others, including siblings or visitors must remain in the hallway,

#### Schedule: Mom or Dad & Me

Monday	6:45-7:30pm
Wednesday	4:30-5:15pm
Saturday	9:15-10:00am

Place: Turners' Mini-Gym (Room 124 - Sheridan Building)

Fee:.....\$96.00 Spring Session beginning March 19

No classes March 30 - April 5.

## Gym-Tots: Boys & Girls

### 3-4 years old

Stretching exercises, beginning tumbling and gymnastics skills on bars and balance beam as well as gross motor activities provide the basis for these classes. For many children, this may be their first experience with group instruction on their own. Listening, sharing and appropriate behavior are encouraged.

Children must be potty-trained.

Parents, siblings or visitors are not permitted in the Mini-Gym during class.

#### Schedule: Gym-Tots

Monday	5:45-6:30pm
Wednesday	5:30-6:15pm
Thursday	4:15-5:00pm
Friday	6:00-6:45pm
Saturday	10:15-11:00am

Place: Turners' Mini-Gym (Room 124 - Sheridan Building)

Fee:.....\$96.00 Spring Session beginning March 19

No Classes March 30 - April 5

## Gym-Kids: Boys & Girls

### 5 years old

Classes all begin with stretching exercises and continue with basic tumbling and skills on the bars and balance beam. Additional emphasis is placed on gross motor skills that aid in the development of coordination, balance, strength and body awareness. Listening, sharing and appropriate behavior are encouraged.

#### Schedule: Gym-Kids

Monday	4:30-5:30pm
Wednesday	6:30-7:30pm
Friday	4:45-5:45pm
Saturday	11:15-12:15pm

Place: Buffalo Turners' Mini-Gym (Room 124)

Fee:.....\$115.00 Spring Session beginning March 19

No Classes March 30 - April 5.



**Register by phone:  
(716) 874-8500**

## “Clean” Medicine Cabinet

**Ages 18 & up**

Many of the over-the-counter medicines are derived from plants. Learn how to skip all of the fillers, synthesized materials, and man-made chemical products and go right to the source for quick support that is all-natural and easy on your body by using essential oils, nutrient dense food, and some good old fashioned techniques. Students will leave with a sample of oil. **A \$5 supply fee will be due to the instructor for materials.**

Instructor: Wendy Schmidt, A wellness and clean living advocate and Young Living essential oil distributor.

1 session

**Resident Fee.....\$16.00**

**Nonresident Fee.....\$22.00**

**Gold Card Fee.....\$12.00**

Place: Philip Sheridan rm 122

Sat, 11 am-1:30 pm, starts 4/14

**Course #18SHL14**

04/14/2018

## DIY Natural Beauty

**Ages 18 and up**

Discover the hidden miracles of anti-aging with essential oils and DIY recipes. Learn about the 6 steps to radiant skin with a home-made recipe for each step of the way. We'll also talk about body scrubs, thick hair shampoos and the like! Student will leave with a sample product. **A \$5 supply fee will be due to the instructor for materials.**

Instructor: Wendy Schmidt, A wellness and clean living advocate and Young Living essential oil distributor.

1 session

**Resident Fee.....\$16.00**

**Nonresident Fee.....\$22.00**

**Gold Card Fee.....\$12.00**

Place: Philip Sheridan rm 122

Sat, 11 am-1:30 pm, starts 6/2

**Course #18SHL18**

06/02/2018

## Essential Oil Basics 101

**Ages 18 and up**

In this class you will learn the basics of essential oils. We'll cover what they are, why they are so good for us and how to use them properly. Included will be a discussion on carrier oils and their various properties. You will leave with a better understanding of various common terms used in the essential oil realm and a sample of oil. **A \$5 supply fee will be due to the instructor for materials.**

Instructor: Wendy Schmidt, A wellness and clean living advocate and Young Living essential oil distributor.

1 session

**Resident Fee.....\$16.00**

**Nonresident Fee.....\$22.00**

**Gold Card Fee.....\$12.00**

Place: Philip Sheridan rm 122

Sat, 11 am-1:30 pm, starts 5/12

**Course #18SHL17**

05/12/2018

## Natural Immune Support

**Ages 18 & up**

Don't let the same thing that happened to you last flu & cold season happen again! Learn how to support your immune system naturally and how to prevent common illnesses by using all natural resources and essential oils. Students will leave with a sample of oil. **A \$5 supply fee will be due to the instructor for materials.**

Instructor: Wendy Schmidt, A wellness and clean living advocate and Young Living essential oil distributor.

1 session

**Resident.....\$16.00**

**Nonresident Fee.....\$22.00**

**Gold Card Fee.....\$12.00**

Place: Philip Sheridan rm 122

Sat, 11 am-1:30 pm, starts 4/28

**Course #18SHL15**

04/28/2018

## Sleep Support

**Ages 18 and up**

Learn how essential oils can naturally support a better night's sleep. We'll discuss the best oils and blends used to create a calming and relaxing atmosphere to help you drift away into dreamland. Students will leave with a sample of oil. **A \$5 supply fee will be due to the instructor for materials.**

Instructor: Wendy Schmidt, A wellness and clean living advocate and Young Living essential oil distributor.

1 session

**Resident Fee.....\$16.00**

**Nonresident Fee.....\$22.00**

**Gold Card Fee.....\$12.00**

Place: Philip Sheridan rm 122

Sat, 11 am-1:30 pm, starts 6/16

**Course #18SHL19**

06/16/2018

## Introduction to Meditation

**Ages 18 & up**

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 ourselves 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!

Instructor: Richard D'Angelo, workshop facilitator and motivational speaker with over 25 years of experience

1 session

**Fee.....\$38.00**

Place: Philip Sheridan rm 206

Th, 7-9:30 pm, starts 5/17

**Course #18SMB25**

05/17/2018



## Real Estate

Register by phone:  
**(716) 874-8500**

### First Time Home Buyer

**Ages 21 & up**

This class will take the first time homebuyer through the process of buying a home. How to get qualified for a mortgage, selecting a home, home inspections, real estate attorneys, appraisals, and the closing process. Mary Delia from First Priority Mortgage will also be there to talk about the mortgage process and answer any questions.

Instructor: Mark Giacomazza has been a licensed real estate salesperson for six years. He currently works for Howard Hanna Real Estate in the Tonawanda office. Living in Tonawanda Mark has an extensive knowledge of the western New York market. Mark is a three time award winner for selling millions of dollars in homes. Mark is also a member of the Buffalo Niagara Association of Realtors.

1 session

**Resident Fee..... \$10.00**

**Nonresident Fee..... \$16.00**

**Gold Card Fee..... \$8.00**

Place: Sheridan rm 122

Tu, 6:30-8 pm, starts 5/15

**Course #18SMF20**

05/15/2018

### Buying & Selling in today's Real Estate Market

**Age 18 & up**

Join us for this two-hour session on the process of buying and selling a home. Topics will include: Pre-planning of buying/selling a house; Pre-qualified vs. Pre-approved vs. being Pre-committed for a loan; and the Process from Contract to Closing (home inspections, commitment letters, appraisals).

Instructor: Presented by Mark Brylinski, Licensed R.E. Associate Broker with Hunt Real Estate. For over 20 years, Mark has been a top producer and multiple award winner, selling over 40 homes per year. He has achieved agent of the year in the Kenton office, and has been showcased in Business First Who's Who in Real Estate.

1 session

**Resident Fee..... \$10.00**

**Nonresident Fee..... \$16.00**

**Gold Card Fee..... \$8.00**

Place: Philip Sheridan community room

W, 7-8:30 pm, starts 5/2

**Course #18SMF25**

05/02/2018

### The Importance of Using a Realtor

**Ages 18 & up**

Join us for a two-hour information session on the importance of using a realtor. Topics of discussion will include: how realtors get paid; sifting through many mandatory disclosures; assessment vs. market value; multiple offers; following town codes; true taxes; and working with the bank and attorneys to get the deal to closing.

Instructor: Presented by Mark Brylinski, Licensed R.E. Associate Broker with Hunt Real Estate. For over 20 years, Mark has been a top producer and multiple award winner, selling over 40 homes per year. He has achieved agent of the year in the Kenton office, and has been showcased in Business First Who's Who in Real Estate.

1 session

**Resident Fee..... \$10.00**

**Nonresident Fee..... \$16.00**

**Gold Card Fee..... \$8.00**

Place: Philip Sheridan community room

W, 7-8:30 pm, starts 4/18

**Course #18SMF17**

04/18/2018

## Driving & Safety

### 5-Hour Pre-Licensing Safe Driving Class

**Ages 16 & up**

Completion of this required course will qualify you for the MV-278 Certificate which you need in order to sign up for a road test. You must bring a valid Learner's Permit to class. Pre-registration reserves your spot, however walk-ins are most welcome. (There is a \$10 fee to replace lost certificates.) **A WAIVER SIGNED BY A PARENT MUST BE FILLED OUT AND BROUGHT TO CLASS. NO ONE WILL BE ADMITTED WITHOUT THE SIGNED WAIVER. WAIVERS CAN BE FOUND IN THE COMMUNITY EDUCATION BROCHURE OR AT THE DISTRICT WEBSITE UNDER COMMUNITY EDUCATION DEPARTMENT.**

Instructor: Sheldon Forman, NYSED and DMV approved

1 session

**Fee..... \$44.00**

Place: Kenmore West rm 153

W, 3:45-8:45 pm, starts 4/11

**Course #18SDB04A**

04/11/2018

or

Instructor: Andrew Moynihan, NYSED and DMV approved

1 session

**Fee..... \$44.00**

Place: Kenmore East rm 165

W, 3:45-8:45 pm, starts 4/25

**Course #18SDB04B**

04/25/2018

or

Instructor: Sheldon Forman, NYSED and DMV approved

1 session

**Fee..... \$44.00**

Place: Kenmore West rm 153

Tu, 3:45-8:45 pm, starts 5/22

**Course #18SDB04C**

05/22/2018

or

Instructor: Andrew Moynihan, NYSED and DMV approved

1 session

**Fee..... \$44.00**

Place: Kenmore East rm 165

W, 3:45-8:45 pm, starts 6/6

**Course #18SDB04D**

06/06/2018



Register by phone:  
**(716) 874-8500**



## New! Savvy Social Security for Baby Boomers

### Ages 21 and up

In this workshop you will learn:

- 5 factors to consider when deciding when to apply for benefits
- Why you should always check your earnings records
- How to coordinate benefits with your spouse
- How to minimize taxes on Social Security benefits
- How to coordinate Social Security with your other sources of retirement income

Instructor: Genna Imbrenda  
1 session

**Resident Fee.....\$8.00**

**Nonresident Fee.....\$14.00**

**Gold Card Fee.....\$6.00**

Place: Philip Sheridan rm 205

Tu, 6-7 pm, starts 5/1

**Course #18SMF21**

05/01/2018



7. Additional words of wisdom:  
listen, learn, ask questions, get educated now.

Instructor: Sanford Seide, A former bank executive and graduate of UB, Sandy is a registered representative with FSC Securities Corporation and vice president of Mollot & Hardy, Inc. He is a licensed life, health and long term care insurance agent with over 45 years of experience in the financial services profession.

1 session

**Resident Fee.....\$14.00**

**Nonresident Fee.....\$20.00**

**Gold Card Fee.....\$11.00**

Place: Phillip Sheridan rm 123

M, 6:30-8:30 pm, starts 5/7

**Course #18SMF13**

05/07/2018

### Health Insurance

#### Ages 21 & up

Medicare, supplemental plans and long term care insurance options will be discussed by Erie County Department of Senior Services Health Insurance Information Counseling and Assistance Program (HIICAP). Handouts provided help you select the best affordable coverage. Changes in Medicare, the Affordable Care Act, Medicare fraud and abuse and health insurance options for the underinsured and uninsured will also be discussed.

Instructor: Bill Daniels

1 session

**Resident Fee.....\$8.00**

**Nonresident Fee.....\$14.00**

**Gold Card Fee.....\$6.00**

Place: Philip Sheridan rm 122

W, 7:30-8:30 pm, starts 4/11

**Course #18SMF02**

04/11/2018

### The A, B, C, D's of Medicare

#### Ages 21 & up

Are you completely perplexed regarding Medicare? This presentation will help you understand the basics of Medicare. Topics include Medicare eligibility and enrollment, Medicare Parts A, B, C, D. You will learn what services are provided by Medicare and what services are not covered. Join us and take the "mystery" out of Medicare.

Instructor: Sharon Malone

1 session

**Resident Fee.....\$14.00**

**Nonresident Fee.....\$20.00**

**Gold Card Fee.....\$11.00**

Place: Philip Sheridan rm 122

Tu, 6:30-8:30 pm, starts 4/10

**Course #18SMF12A**

04/10/2018

or

Th, 6:30-8:30 pm, starts 5/17

**Course #18SMF12B**

05/17/2018

### Services for Seniors in Erie County

#### Ages 21 & up

Locating needed programs and services can be a challenge. Learn what is available to seniors in our community - from volunteer opportunities to tax rebates to housing options and services in the home. Staff from People, Inc. Senior Outreach will guide you through the maze of options.

Instructor: Kaamalah Robinson

1 session

**Resident Fee.....\$20.00**

**Nonresident Fee.....\$26.00**

**Gold Card Fee.....\$15.00**

Place: Philip Sheridan community room

Th, 6-9 pm, starts 5/10

**Course #18SXT02**

05/10/2018

### Financial Planning for Widows & Widowers

#### Ages 21 & up

This is a financial planning course for everyone. This course will help you set goals and prepare a budget, a key to any financial plan. We will discuss common concerns, the legal documents everyone should have, the consequences of not having beneficiaries current and the importance of a "Love Letter." Why you should consolidate your assets and have one trusted financial advisor. Has anyone in your family passed away and left family members searching for instructions on what to do? We will discuss these important points and get you started on your financial plan.

Instructor: Sanford Seide, A former bank executive and graduate of UB, Sandy is a registered representative with FSC Securities Corporation and vice president of Mollot & Hardy, Inc. He is a licensed life, health and long term care insurance agent with over 45 years of experience in the financial services profession.

1 session

**Resident Fee.....\$14.00**

**Nonresident Fee.....\$20.00**

**Gold Card Fee.....\$11.00**

Place: Sheridan rm 123

M, 6:30-8:30 pm, starts 5/21

**Course #18SMF70**

05/21/2018

### Have You Ever Heard Your Parents Say They Saved Too Much Money?

#### Ages 21 & up

Subjects you'll learn about in this class:

1. Budgeting and bill paying; priorities; writing it down so you can see where it's going.
2. Risk management - why and who requires it.
3. Saving - a "money in the bank fund" and an emergency fund. Why and how much for each?
4. For educational funding options, 529, Coverdell, Roth IRA and other savings plans.
5. Setting goals to accumulate a nest egg using a no risk financial vehicle with multiple benefits.
6. Retirement Planning - using risk or growth investments, different plans and their taxes.

**Register by phone:  
(716) 874-8500**

## Increasing & Securing Your Retirement Income

**Ages 21 & up, especially retirees and seniors**

Come learn how you can increase and secure your retirement income so you can enjoy more of the things you love and bring more comfort to your life. Most likely your nest egg is invested in both safe money assets for income and risk type assets for growth. Safe money income assets are held in money market funds, savings accounts, CD's, government bonds, or corporate bonds. Would you consider allocating a portion of your safe money assets to another financial vehicle if you could receive an increased income AND with less tax to pay? There are no sales charges, no bookkeeping fees, and you don't have to manage or receive annual prospectuses. A class for retirees to learn, listen, and ask questions about: how to increase your income again; have it guaranteed and paid for life just like a pension; why you will no longer have to worry about interest rates or stock market fluctuations; learn how you may even be able to provide a guaranteed tax-free legacy to your family, church, favorite charity, or alma mater upon your death.

Instructor: Sanford Seide, A former bank executive and graduate of UB, Sandy is a registered representative with FSC Securities Corporation and vice president of Mollot & Hardy, Inc. He is a licensed life, health and long term care insurance agent with over 45 years of experience in the financial services profession.

1 session  
**Resident Fee**.....\$14.00  
**Nonresident Fee**.....\$20.00  
**Gold Card Fee**.....\$11.00

Place: Philip Sheridan rm 123  
 M, 6:30-8:30 pm, starts 5/14  
**Course #18SMF34**

05/14/2018

## Is a Roth IRA Right for You?

**Ages 21 & up**

Most people have heard of a Roth IRA but may not fully understand the benefits or the limitations. We will explain the rules for Roth IRA's and who might benefit from this type of plan. We will also review how they differ from Traditional IRA's and discuss Roth IRA conversions.

Instructor: Benjamin Hussong, BA, JD, Financial Professional  
 1 session

**Resident Fee**.....\$10.00  
**Nonresident Fee**.....\$16.00

**Gold Card Fee**.....\$8.00

Place: Philip Sheridan rm 122  
 W, 6:30-8 pm, starts 6/6

**Course #18SMF11B**  
 06/06/2018

## Planning for Retirement

**Ages 21 & up**

We will discuss some of the most common concerns of people planning for retirement. These include: how Social Security works and what to expect in the future; what Medicare does and does not cover; information on long term care including different protection strategies.

Instructor: Benjamin Hussong, BA, JD, Financial Professional  
 1 session

**Resident Fee**.....\$10.00  
**Nonresident Fee**.....\$16.00  
**Gold Card Fee**.....\$8.00

Place: Philip Sheridan rm 122  
 W, 6:30-8 pm, starts 6/20

**Course #18SMF15B**  
 06/20/2018

## Savvy IRA

**Ages 21 and up**

In this workshop you will learn how to coordinate your IRA planning with your overall retirement, estate tax, education, social security, and financial plans.

Instructor: Genna Imbrenda  
 1 session

**Resident Fee**.....\$8.00  
**Nonresident Fee**.....\$14.00  
**Gold Card Fee**.....\$6.00

Place: Philip Sheridan rm 205  
 Tu, 6-7 pm, starts 5/15

**Course #18SMF23**  
 05/15/2018

## Social Security - What Everyone Needs to Know

**Ages 21 & up**

When should I take my Social Security benefits? We'll discuss when to begin receiving Social Security benefits, whether to continue to work, how benefits are determined, minimizing the tax on benefits and strategies to optimize your Social Security benefits. This class is for all ages. Please bring your Social Security statement (optional).

Instructor: Bryan Castro, Certified Financial Planner  
 1 session

**Resident Fee**.....\$10.00  
**Nonresident Fee**.....\$16.00  
**Gold Card Fee**.....\$8.00

Place: Philip Sheridan rm 122  
 Th, 6:30-8 pm, starts 4/26

**Course #18SMF42**  
 04/26/2018

## Social Security for Women Ages 21 and up

This workshop is designed for women to understand what they need to know to maximize their retirement income. Some questions we will answer include: how can I maximize my Social Security benefit; are there survivor benefits if my husband or ex-husband dies; are there divorced spouse benefits; how do I coordinate benefits with my spouse; how will remarriage affect my benefit?

Instructor: Genna Imbrenda  
 1 session

**Resident Fee**.....\$8.00  
**Nonresident Fee**.....\$14.00  
**Gold Card Fee**.....\$6.00

Place: Philip Sheridan rm 205  
 Tu, 6-7 pm, starts 5/22

**Course #18SMF24**  
 05/22/2018

## Teachers & State Employees Retirement System of NY & 403b Retirement Program

**Ages 21 and up**

This seminar will cover eligibility for retirement and the explanation of retirement benefits. Also, your retirement payout options, which include your pension and annuity options and beneficiary options. Lastly, understanding your Social Security benefits, how to coordinate benefits with your spouse, the impact of the Windfall Elimination Provision and the impact of the Government Pension System offset!

Instructor: Genna Imbrenda  
 1 session

**Resident Fee**.....\$8.00  
**Nonresident Fee**.....\$14.00  
**Gold Card Fee**.....\$6.00

Place: Philip Sheridan rm 205  
 Tu, 6-7 pm, starts 5/8

**Course #18SMF22**  
 05/08/2018





**New**  
**"No More Delays-Write That Book!"**

**Ages 18 & up**

The hardest part about writing a book is finding the motivation to persevere. Instructor Dan Murphy will provide planning techniques, ideas to consider, marketing advice, and an ongoing writing workshop designed to help students complete their first book. Along with instruction you will work on your book in class.

Instructor: Daniel Murphy  
 8 sessions

**Resident Fee.....\$25.00**  
**Nonresident Fee.....\$31.00**  
**Gold Card Fee.....\$19.00**

Place: Philip Sheridan rm 206  
 M, 7-9 pm, starts 4/9

**Course #18SXT31**  
 04/09/2018, 04/16/2018, 04/23/2018,  
 04/30/2018, 05/07/2018, 05/14/2018,  
 05/21/2018, 06/04/2018

**New**  
**If I Only Had More Time**  
**Ages 21 & up**

There never seems to be enough time to do the things that are really important to us. Fortunately, time management is a skill that can be learned. In this interactive session, we'll identify strategies and tips you can immediately use to increase your ability to make the best use of your time.

Instructor: Joseph Argenio, Performance Improvement Management Associates  
 1 session

**Resident Fee.....\$20.00**  
**Nonresident Fee.....\$26.00**  
**Gold Card Fee.....\$15.00**

Place: Philip Sheridan rm 122  
 Th, 6-9 pm, starts 4/12

**Course #18SXT30**  
 04/12/2018  
 or  
 Th, 6-9 pm, starts 7/12  
**Course #18SRXT30**  
 07/12/2018

**New**  
**If You Can Hear, Why Aren't You Listening?**

**Ages 21 & up**

Your listening skills can impact every area of your life, including your personal relationships and your career. Being a good listener can earn you respect, appreciation, and help you build strong relationships in every aspect of your life. However, most of us do not listen very well. In this interactive course you will understand the benefits of effective listening and practice how to improve your listening skills.

Instructor: Joseph Argenio, Performance Improvement Management Associates  
 1 session

**Resident Fee.....\$20.00**  
**Nonresident Fee.....\$26.00**  
**Gold Card Fee.....\$15.00**

Place: Philip Sheridan rm 122  
 Th, 6-9 pm, starts 4/19

**Course #18SXT54**  
 04/19/2018  
 or  
 Th, 6-9 pm, starts 7/19  
**Course #18SRXT54**  
 07/19/2018

**Beginning Genealogy - Questions & Answers!**

**Ages 21 & up**

Join us for this two session class where you will learn valuable information to take you further in your genealogy search. Some of the questions to be answered are: "Why am I hitting a brick wall?" and "How do I find that 'lost' relative?" as well as how to find other valuable information. Bring a pen and notebook to class and leave with information that will make you successful in your search!

Instructor: Susan D'Angelo, has been researching genealogy extensively for over 18 years  
 2 sessions

**Resident Fee.....\$25.00**  
**Nonresident Fee.....\$31.00**  
**Gold Card Fee.....\$19.00**

Place: Sheridan rm 122  
 M, 6-8 pm, starts 4/16

**Course #18SXT68**  
 04/16/2018, 04/23/2018

**Helpful Hints for Home Repair**

**Ages 21 and up**

This course is designed for people who have always wanted to do their own repairs in their home or apartment but needed more information to do so. You will learn basic plumbing, electrical, drywall, and more, and will also have the opportunity to bring up topics to troubleshoot home repair issues.

Instructor: David Clark  
 6 sessions

**Resident.....\$75.00**  
**Nonresident Fee.....\$81.00**  
**Gold Card Fee.....\$56.00**

Place: Philip Sheridan rm 215  
 Tu, 6:30-8:30 pm, starts 4/10

**Course #18SHG03**  
 04/10/2018, 04/17/2018, 04/24/2018,  
 05/01/2018, 05/08/2018, 05/15/2018  
 or  
 Th, 6:30-8:30 pm, starts 4/12  
**Course #18SHG03A**  
 04/12/2018, 04/19/2018, 04/26/2018,  
 05/03/2018, 05/10/2018, 05/17/2018

**Angels, Spirit Guides & You**  
**Ages 18 & up**

Have you ever wondered what angels are? Can anyone call upon them? Will they help anyone? How can someone connect with them? All of these questions and more will be addressed in this non-religious, three hour class. The instructor has been speaking and receiving answers from angels for decades. He will help you to know your angels and spirit guides better so that you may work more closely with them so you can experience their love and joy.

Instructor: Richard D'Angelo, workshop facilitator and motivational speaker with over 25 years of experience  
 1 session

**Fee.....\$38.00**

Place: Philip Sheridan rm 206  
 W, 7-10 pm, starts 5/23

**Course #18SMB22**  
 05/23/2018

**Change Your Mind, Change Your Life**  
**Ages 18 & up**

Our mental state has a direct connection to our emotional state of being, which in turn influences the world around us. We will review the basic physics of our material world. From there we will move into the metaphysical aspects of our lives and see how the interaction between the two affects us in a most profound manner. In addition we will learn how to protect ourselves from negative energy as well as conduct exercises in experiencing our own energy field, learning to project our energy, measure it, and even see it with our own eyes! This class is a lot of fun and is full of exciting experiences for you to enjoy!

Instructor: Richard D'Angelo, workshop facilitator and motivational speaker with over 25 years of experience  
 1 session

**Fee.....\$38.00**

Place: Philip Sheridan rm 206  
 W, 7-10 pm, starts 6/13

**Course #18SMB26**  
 06/13/2018

**Exploring Past Lives**  
**Ages 18 & up**

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 for yourself. The importance of doing this is to receive help and insights which will assist you in your current life. The instructor will be able to assist you in making sense of your experience so that it can be of benefit in making your life happier. Meditative ability is helpful, but not required.

Instructor: Richard D'Angelo, workshop facilitator and motivational speaker with over 25 years of experience  
 1 session

**Fee.....\$38.00**

Place: Philip Sheridan rm 206  
 W, 7-9:30 pm, starts 6/20

**Course #18SMB21**  
 06/20/2018

**Extras**

**Register by phone:**  
**(716) 874-8500**

# Kenmore Schools Day Camp 2018

Swim lessons, tennis & golf lessons, soccer, theater, crafts, rocketry, team-building exercises, field trips to Fantasy Island & more. **All counselors are certified NYS teachers and are ARC Lifeguard, CPR, AED, & First Aid Certified.** Campers must be at least 6 years old and must not be 13 on or before 6/25/18. We can only accept the first 150 registrants for each session. **For more information call Ralph Critelli daily at 874-8402 Ext. 355; After 3pm call 861-0648**

**SUBMIT THIS FORM WITH PAYMENT FOR REGISTRATION - make checks payable to Kenton Schools - Mail to - 1500 Colvin Blvd., Buffalo NY 14223**

**Location: Hoover Middle School - 249 Thorncliff Rd. , Buffalo, NY 14223**

**Time: 8am – 4pm (we do offer extended Pick-up to 5pm upon request & additional fee)**

**Fee: \$290 per two-week session (same cost again- for the last several years!)**

A session is defined as 2 total weeks of attendance. The weeks do not necessarily need to be consecutive (ex. - you can register for the 1st wk. of the 1st session and the 1st wk. of the 3rd session)

**YOU CANNOT REGISTER FOR LESS THAN A SESSION – DEFINED AS A 2-WEEK PERIOD OF TIME (10 DAYS). THEREFORE, NO PARTIAL SESSION REGISTRATION. ALSO - NO REFUNDS FOR MISSED DAYS UNLESS PROOF IS PROVIDED INDICATING A HOSPITAL EXPERIENCE OR FAMILY BEREAVEMENT.**

**(A \$50 NON-REFUNDABLE deposit is required to register for EACH session) THE REQUIRED DEPOSIT IS COMPLETELY NON-REFUNDABLE REGARDLESS OF CIRCUMSTANCE)**

**Discount: \$10 discount for each session registered beyond one session. The maximum discount would be \$30 if registered for all four sessions. DISCOUNTS ONLY APPLY TO REGISTRATIONS INITIATED AND PAID IN FULL ON OR BEFORE 6/22/2017. NO DISCOUNT WILL BE GIVEN IN 2018 FOR A REGISTRATIONS INITIATED AND/OR PAID IN FULL AFTER 6/22/18. This means that any additional registrations AFTER 6/22/18 WILL NOT BE DISCOUNTED.**

**ONE PAYMENT IN FULL (less your deposit when you first register) FOR THE WHOLE SUMMER PROGRAM MUST BE RECEIVED AT 1500 COLVIN BLVD. BY FRI., JUNE 22nd.** Any payment postmarked after 6/22/18 may be returned, you may forfeit your child's position in the camp, and you may forfeit the deposit that you have made. Once again, the \$50/session required deposit will NOT be refunded.

**Did you read everything? Please be sure to be aware of our policies.**

**Mail with payment to: DAY CAMP 1500 Colvin Blvd. Buffalo, NY 14223**

*Save top half*

## Sessions:

**Campers may enroll for one, two, three, or all four sessions**

## Payment:

Fee is \$290 per each 2-week session. \$50 deposit for each session is **NON-REFUNDABLE** & is due at the time of your reservation. **One Final Payment** for ALL registered sessions must be postmarked by June 22nd 2018 - CREDIT CARD OPTION WILL BE AVAILBLE BY 3/1/18 FOR FINAL PAYMENT!!! HOWEVER, YOU WILL ALSO NEED TO FOLLOW THROUGH ON AND SUBMIT THE HEALTH FORM WHICH WILL BE AVAILBLE ONLINE AFTER 3/1/18 OR SENT WITH ORIGINAL REGISTRATION. (Your payment process should consist of ONLY TWO payments-your deposit and then, ONE Final Payment) Make checks payable to Ken-Ton Schools OR USE THE WEB PAYMENT. Indicate Amount enclosed \_\_\_\_\_

Check session(s) desired:

1. June 25 - July 6\* (\$261 see note below)  2. July 9 – 20 (\$290)  3. July 23 – August 4 (\$290)  4. August 6 – 17 (\$290)

**\*\* There will be no Day Camp on Wed., July 4; therefore a \$29 discount for session #1 will apply.**

Child's Name \_\_\_\_\_

Age \_\_\_\_\_

Birthdate \_\_\_\_\_

Sex: M or F \_\_\_\_\_

Full Address (include zip-code) \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Home Phone # \_\_\_\_\_

Cell Phone # \_\_\_\_\_

Work Phone # \_\_\_\_\_

Emergency Contact (other than Parent/Guardian) - Give Name and Telephone Number below. PLUS- any chronic or other, significant health concerns and prescription medications: \_\_\_\_\_

**CONSENT:** I /We hereby give permission for the above-named child to attend the Kenmore-Town of Tonawanda Day Camp at Hoover Middle School, during the session(s) listed herein. According to medical examinations within the previous 12 months said child is capable of participating in all activities (In the event of physical or activity-based limitations, please include a written note explaining any conditions or concerns.) I/We as parents/guardians recognize the inherent risks involved in such activities. I/We understand that field trips to Fantasy Island and the Town Pools are included, and that the camp provides bus transportation for the trips. I/We are aware of a "Pizza Day," whereby pizza will be delivered from a local vender. I/We give permission for said child to be initially treated by counselors in the event of injury or illness, with the knowledge that the school will take all reasonable precautions to avoid injury, but that it will not be held responsible or liable for injuries that may be incurred during said Day Camp.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name (please print) \_\_\_\_\_

**\* \* Please enclose a stamped, self-addressed envelope with your registration. \* \***

**Coming Soon** - Our registration process will include an improved online experience. You will be informed about this process once you submit and mail this form with your deposit in the traditional way. Website start date 3/1/18

# the FIT PHYSIQUE

*Focusing on the Skills,  
not the Frills!*



Welcoming, Fun, Age-Appropriate, and Non-Intimidating Atmosphere!  
Registration is **FREE!** **NO** contracts! **NO** expensive costume fees!



## **SUMMER KIDS CAMP!**

Experience dance every day during this exciting week!

- *Ages 4 & 5: Ballet, Tap, & Creative Movement*
- *Ages 6 to 8: Ballet, Cheerdance, Tap, Jazzy Hip Hop & Broadway*
- *Ages 9+ : Lyrical*

Dates and prices to be determined. Please check our website!

## **SUMMER ADULT DANCE!**

*Ballet Body, Tap II, Jazzy Hip Hop*

Dates and prices to be determined. Please check our website!

## **YEAR-ROUND WOMEN'S FITNESS!**

*Body Sculpting, Step Circuit Blast, Latin Cardio Party,  
Ballet Body and MORE!*

Please check our website for current schedule!



**877-1105**

2827 Delaware Avenue • Kenmore, NY • 14217

[www.thefitphysique.net](http://www.thefitphysique.net)

*Check us out on Facebook!*

*E-mail us at: [fitphysique@wny.twcbc.com](mailto:fitphysique@wny.twcbc.com)*

# Index

## Symbols

4 Hour SAT Boot Camp .....	23
5-Hour Pre-Licensing Safe Driving Class.....	30
9 Hour SAT Preparation Course .....	23

## A

Adult Education .....	5, 6
Adult Social Dancing - Scottish Style!.....	17
Angels, Spirit Guides & You.....	33

## B

Badminton-Men & Women - Advanced .....	18
Badminton-Men & Women - Beginning/Intermediate.....	18
Ballroom Dance.....	17
Basket Weaving - Cookies for Two - Beginner.....	11
Buffalo Turners .....	28
Buying & Selling in today's Real Estate Market.....	30

## C

Change Your Mind, Change Your Life.....	33
Circuit Weight Training for Women.....	18
"Clean" Medicine Cabinet.....	29
Community Education Program Waiver and Release .....	6, 38
Computer Use for Everyone .....	10
Crochet 101 .....	12
Crochet 102 .....	12

## D

DIY Natural Beauty.....	29
-------------------------	----

## E

English as an Alternate Language.....	5
Enrollment Form.....	37, 39
Essential Oil Basics 101 .....	29
Exploring Past Lives.....	33

## F

Financial Planning for Widows & Widowers .....	31
First Time Home Buyer.....	30
Fishing Basics.....	19
Fishing for Salmon & Trout in WNY .....	19
Fit Physique .....	35
Fly Fishing - Basic.....	19

## G

Genealogy - Questions & Answers! - Beginning .....	33
Gentle Joints Water Workout.....	19
Getting Paid to Talk An Intro to Professional Voice-Overs.....	10
Golf Clinic - Beginners .....	9, 16
Golf Fitness.....	9, 16
GRASP (Giving Ready Adults a Study Program).....	5
Guitar Class - Level III Advanced Jazz and Blues .....	15
Guitar for Beginners .....	14, 23

Guitar - Level II.....	15
------------------------	----

## H

Have You Ever Heard Your Parents Say They Saved Too Much Money?.....	31
Health Insurance.....	31
Helpful Hints for Home Repair.....	33
High School Equivalency Preparation .....	5
Hula Hoop Fundamentals - Basic.....	20
Hula Hooping Fundamentals - Plus .....	20

## I

If I Only Had More Time.....	8, 33
If You Can Hear, Why Aren't You Listening?.....	8, 33
Increasing & Securing Your Retirement Income .....	32
Indie Film Maker Boot Camp.....	8, 10
Intermediate Basket Weaving - Dinner Basket .....	11
Introduction to Excel.....	11
Introduction to Meditation.....	29
Introduction to Tai Chi .....	20
Introduction to Word .....	11
Is a Roth IRA Right for You? .....	32

## J

Jambo! World Art and Music Kids Camp .....	9, 22
---	-------

## K

Karate Ages 14 - Adult .....	21
Karate for Kids .....	23
Kenmore Schools Day Camp 2018.....	34
Kidding Around-Yoga Preschool Classes.....	9, 22
Kids Choice Sports .....	24
KidsPlay Sports.....	25, 26, 27
Knitting 101 .....	12
Knitting 102.....	12

## L

Line Dancing.....	17
-------------------	----

## M

Medical Secretary Training.....	6
Microsoft Office Overview .....	8, 10
Movin' and Groovin' Fitness and Fun .....	22
Music Theory for Guitarists - Basic.....	14

## N

Natural Immune Support .....	29
"No More Delays-Write That Book!" .....	8, 33
Notary Public Preparation Course.....	10

## O

Old Chestnut Film Society.....	16
--------------------------------	----

## P

Painting-Your Choice Oils and Acrylics .....	13
Watercolors-Beyond Pen and Ink.....	13
Pathways To Success Program .....	5
Photography-Camera Manipulation- Basic 101 35mm & Digital SLR .....	14
Photography-Lighting-Basic 102 - 35 mm & Digital SLR.....	14
Pickleball.....	18

Planning for Retirement.....	32
Portrait & Caricature Drawing.....	12
PowerPoint .....	11

## S

Savvy IRA .....	32
Savvy Social Security for Baby Boomers .....	9, 31
Services for Seniors in Erie County.....	31
Silk Scarf Painting.....	13
Sleep Support.....	29
Social Media Marketing 101 .....	8, 10
Social Security for Women .....	32
Social Security - What Everyone Needs to Know.....	32
Song Writing 101 .....	8, 14
Spanish for the Elementary Years .....	22
Stained Glass Crafting.....	14
Superhero Arts Camp .....	9, 22
Swing Dance - Beginners.....	17

## T

Tai Chi .....	20
Teachers & State Employees Retirement System of NY & 403b Retirement Program.....	32
The A, B, C, D's of Medicare.....	31
Theater for Kids.....	11
The Importance of Using a Realtor .....	30

## U

Ukulele - One Night Workshop for Absolute Beginners.....	15
Ukulele - Play Like A Pro.....	15
Ukulele - Short Cuts to Great Playing.....	15
Understanding Your SmartPhone/Tablet ..	11

## W

Water Exercise.....	19
Working in Pastels.....	13

## Y

Yoga.....	21
-----------	----

## Z

Zumba® .....	21
--------------	----

# Enrollment Form

**Complete one form per household**  
**Do not cut or tear. Enclose entire form with**  
**money order, check, or credit card number.**

**Drop off or mail to:**  
 Ken-Ton Community Education  
 3200 Elmwood Ave., Kenmore, NY 14217

Name: \_\_\_\_\_  
LAST FIRST

Address: \_\_\_\_\_  
NO. & STREET CITY/STATE ZIP

Telephone: \_\_\_\_\_  
DAYTIME EVENING

**Check one:**  
 Resident  
 Non Resident

Please check if address or telephone has changed recently.



E-mail address: \_\_\_\_\_

**Method of Payment** (Check one)

- Check or money order **payable to: Ken-Ton UFSD**  
 Check # \_\_\_\_\_
- Cash (Do not send cash in the mail)
- MasterCard  VISA  AMEX  Discover

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Credit card number

Date card expires \_\_\_\_\_

\_\_\_\_\_  
 (Signature of cardholder)

**For office use only**

Date rec'd \_\_\_\_\_  
 Checked by \_\_\_\_\_  
 Input by \_\_\_\_\_

**Courses desired** (List each course separately)

**1** Page # \_\_\_\_\_ Course # \_\_\_\_\_ **Amount paid or to be charged** \$ \_\_\_\_\_  
(This course only)

Course Name \_\_\_\_\_  Ken-Ton Gold Card  Ken-Ton District Employee

Start Date \_\_\_\_\_ Time \_\_\_\_\_ Course Fee \_\_\_\_\_ Name of student if different from above: \_\_\_\_\_

Day(s) of the week on which this course is held: \_\_\_\_\_ Additional Information \_\_\_\_\_

**2** Page # \_\_\_\_\_ Course # \_\_\_\_\_ **Amount paid or to be charged** \$ \_\_\_\_\_  
(This course only)

Course Name \_\_\_\_\_  Ken-Ton Gold Card  Ken-Ton District Employee

Start Date \_\_\_\_\_ Time \_\_\_\_\_ Course Fee \_\_\_\_\_ Name of student if different from above: \_\_\_\_\_

Day(s) of the week on which this course is held: \_\_\_\_\_ Additional Information \_\_\_\_\_

**3** Page # \_\_\_\_\_ Course # \_\_\_\_\_ **Amount paid or to be charged** \$ \_\_\_\_\_  
(This course only)

Course Name \_\_\_\_\_  Ken-Ton Gold Card  Ken-Ton District Employee

Start Date \_\_\_\_\_ Time \_\_\_\_\_ Course Fee \_\_\_\_\_ Name of student if different from above: \_\_\_\_\_

Day(s) of the week on which this course is held: \_\_\_\_\_ Additional Information \_\_\_\_\_

**4** Page # \_\_\_\_\_ Course # \_\_\_\_\_ **Amount paid or to be charged** \$ \_\_\_\_\_  
(This course only)

Course Name \_\_\_\_\_  Ken-Ton Gold Card  Ken-Ton District Employee

Start Date \_\_\_\_\_ Time \_\_\_\_\_ Course Fee \_\_\_\_\_ Name of student if different from above: \_\_\_\_\_

Day(s) of the week on which this course is held: \_\_\_\_\_ Additional Information \_\_\_\_\_

**5** Page # \_\_\_\_\_ Course # \_\_\_\_\_ **Amount paid or to be charged** \$ \_\_\_\_\_  
(This course only)

Course Name \_\_\_\_\_  Ken-Ton Gold Card  Ken-Ton District Employee

Start Date \_\_\_\_\_ Time \_\_\_\_\_ Course Fee \_\_\_\_\_ Name of student if different from above: \_\_\_\_\_

Day(s) of the week on which this course is held: \_\_\_\_\_ Additional Information \_\_\_\_\_

**Total Amount Paid** (or to be charged) \$ \_\_\_\_\_

**Complete one enrollment form per household.  
Drop off or mail to:**

**Ken-Ton Community Education  
3200 Elmwood Ave.  
Kenmore, NY 14217**

***Did you remember . . .***

- to enclose the total fee?
- to sign your check?
- to include all information?

**Assume you are registered unless otherwise notified.**

---

**Kenmore-Town of Tonawanda Union Free School District  
Community Education Program Waiver and Release**

Community Education Instructional Activity: \_\_\_\_\_ Instructor: \_\_\_\_\_

**WAIVER AND RELEASE**

I hereby state that \_\_\_\_\_ does not have any ailments or physical condition that could prevent me/him/her from participating in a physical activity or class. I realize that there is a risk of injury inherent in physical education activities. I hereby agree to accept and assume all risks inherent in the above specified Community Education Instructional Activity, and I understand that I undertake this activity at my own risk. I voluntarily assume full responsibility for any risk of loss, property damage or personal injury sustained in this Activity. I further agree to hold harmless and indemnify the Kenmore-Town of Tonawanda Union Free School District (the "District") from any and all claims, demands, actions and costs which might arise out of my participation in the above specified Community Education Activity.

In consideration for allowing \_\_\_\_\_ to participate in the District's Community Education Activity, as indicated above, to the maximum extent permitted by law, I (the undersigned) hereby release the District, its Board of Education (in their official and individual capacities), employees and volunteers, from any and all liability, claims, costs, expenses, attorney fees, demands, actions and causes of action whatsoever arising out of or related to any loss, damage or injury (including death) that may be sustained while participating in such Activity or while in or on the premises of where the Activity is being conducted. I (the undersigned) further agree that the District shall not be liable to me for any damage, loss, or injury to my person or property, caused by or resulting from any cause whatsoever, including but not limited to, the negligence of the District, its agents and/or employees.

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Signature \_\_\_\_\_ (parent/guardian if participant is under 18 years of age)

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

# Enrollment Form

**Complete one form per household**  
Do not cut or tear. Enclose entire form with money order, check, or credit card number.

**Drop off or mail to:**  
Ken-Ton Community Education  
3200 Elmwood Ave., Kenmore, NY 14217

Name: \_\_\_\_\_ LAST FIRST **Check one:**  
 Resident  
 Non Resident

Address: \_\_\_\_\_ NO. & STREET CITY/STATE ZIP

Telephone: \_\_\_\_\_ DAYTIME EVENING

Please check if address or telephone has changed recently.



E-mail address: \_\_\_\_\_

## Method of Payment (Check one)

Check or money order payable to: **Ken-Ton UFSD**

Check # \_\_\_\_\_

Cash (Do not send cash in the mail)

MasterCard  VISA  AMEX  Discover

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Credit card number

Date card expires \_\_\_\_\_

\_\_\_\_\_  
(Signature of cardholder)

### For office use only

Date rec'd \_\_\_\_\_

Checked by \_\_\_\_\_

Input by \_\_\_\_\_

## Courses desired (List each course separately)

**1** Page # \_\_\_\_\_ Course # \_\_\_\_\_ **Amount paid or to be charged \$** \_\_\_\_\_  
(This course only)

Course Name \_\_\_\_\_  Ken-Ton Gold Card  Ken-Ton District Employee

Start Date \_\_\_\_\_ Time \_\_\_\_\_ Course Fee \_\_\_\_\_ Name of student if different from above: \_\_\_\_\_

Day(s) of the week on which this course is held: \_\_\_\_\_ Additional Information \_\_\_\_\_

**2** Page # \_\_\_\_\_ Course # \_\_\_\_\_ **Amount paid or to be charged \$** \_\_\_\_\_  
(This course only)

Course Name \_\_\_\_\_  Ken-Ton Gold Card  Ken-Ton District Employee

Start Date \_\_\_\_\_ Time \_\_\_\_\_ Course Fee \_\_\_\_\_ Name of student if different from above: \_\_\_\_\_

Day(s) of the week on which this course is held: \_\_\_\_\_ Additional Information \_\_\_\_\_

**3** Page # \_\_\_\_\_ Course # \_\_\_\_\_ **Amount paid or to be charged \$** \_\_\_\_\_  
(This course only)

Course Name \_\_\_\_\_  Ken-Ton Gold Card  Ken-Ton District Employee

Start Date \_\_\_\_\_ Time \_\_\_\_\_ Course Fee \_\_\_\_\_ Name of student if different from above: \_\_\_\_\_

Day(s) of the week on which this course is held: \_\_\_\_\_ Additional Information \_\_\_\_\_

**4** Page # \_\_\_\_\_ Course # \_\_\_\_\_ **Amount paid or to be charged \$** \_\_\_\_\_  
(This course only)

Course Name \_\_\_\_\_  Ken-Ton Gold Card  Ken-Ton District Employee

Start Date \_\_\_\_\_ Time \_\_\_\_\_ Course Fee \_\_\_\_\_ Name of student if different from above: \_\_\_\_\_

Day(s) of the week on which this course is held: \_\_\_\_\_ Additional Information \_\_\_\_\_

**5** Page # \_\_\_\_\_ Course # \_\_\_\_\_ **Amount paid or to be charged \$** \_\_\_\_\_  
(This course only)

Course Name \_\_\_\_\_  Ken-Ton Gold Card  Ken-Ton District Employee

Start Date \_\_\_\_\_ Time \_\_\_\_\_ Course Fee \_\_\_\_\_ Name of student if different from above: \_\_\_\_\_

Day(s) of the week on which this course is held: \_\_\_\_\_ Additional Information \_\_\_\_\_

**Total Amount Paid** (or to be charged) **\$** \_\_\_\_\_

KEN-TON COMMUNITY EDUCATION  
3200 ELMWOOD AVENUE  
KENMORE, NEW YORK 14217

NON PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
BUFFALO, NY  
PERMIT #4321

\*\*\*\*\*ECRWSEDDM\*\*\*\*\*

Residential Customer

POSTMASTER: PLEASE DELIVER BY FEBRUARY 26, 2018

KENMORE-TOWN OF TONAWANDA UNION FREE SCHOOL DISTRICT

**(716) 874-8500**

Registrar online @ [www.ktufsd.org/ce\\_register](http://www.ktufsd.org/ce_register)

**KEN TON**

Kenmore-Town of Tonawanda Union Free School District  
**COMMUNITY EDUCATION**