

# KEN TON

Kenmore-Town of Tonawanda Union Free School District

## COMMUNITY EDUCATION



**Fall 2018-Winter 2019**

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

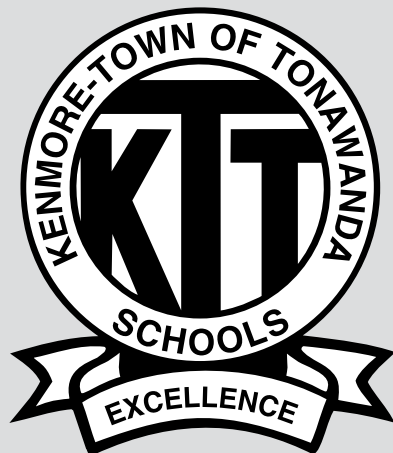
**(716) 874-8500**

*Registration begins August 20th!*

## Kenmore-Town of Tonawanda UFSD

### Community Education

Kenmore Middle School, Room 218  
155 Delaware Road, Buffalo, NY 14217  
(716) 874-8500



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## Board of Education

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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 Monday, August 20th  
at 8:30 am**

## 3 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

Mail or drop off completed registration and & waiver form plus check or credit card payment.

**3. Walk-in**

- Monday – Friday 8:30 - 3:30 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*; exact change is appreciated, please don't send cash by mail.

## 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. If you provide an email address on your registration we will send out a confirmation.

## Community Education Business Hours

July 1 – Aug. 31: 8:00 a.m. to 2:30 p.m.  
Sept. 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. **If enrolling late it must be done through our office.**

## Course Cancellations

**In the event of insufficient enrollment, classes will be cancelled three (3) school 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 to the Ken-Ton Community Education Office in room 218 at Kenmore Middle School **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.* Any request made after the start of a course will require a written doctors note. 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 Kenmore Middle office at 155 Delaware Road. 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 July 2018.

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

### Fall & Winter 2018-19 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

Monday, Sept. 3 ..... Labor Day	Monday, Dec. 24 – Tuesday, Jan. 1 ..... Winter Recess
Monday, Oct. 8 ..... Columbus Day	Monday, Jan. 21 ..... Martin Luther King, Jr. Day
Monday, Nov. 12 ..... Veterans Day	Monday, Feb. 18 – Friday, Feb. 22 ..... Early Spring Recess
Wednesday, Nov. 21 – Friday, Nov. 23 ..... Thanksgiving Recess	Friday, April. 19 – Friday, Apr. 26 ..... Spring Recess

## Fall & Winter 2018-19

#### SEPTEMBER 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						

#### DECEMBER 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					

#### MARCH 2019

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						

#### OCTOBER 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			

#### JANUARY 2019

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 2019

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				

#### NOVEMBER 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	

#### FEBRUARY 2019

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		

#### MAY 2019

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

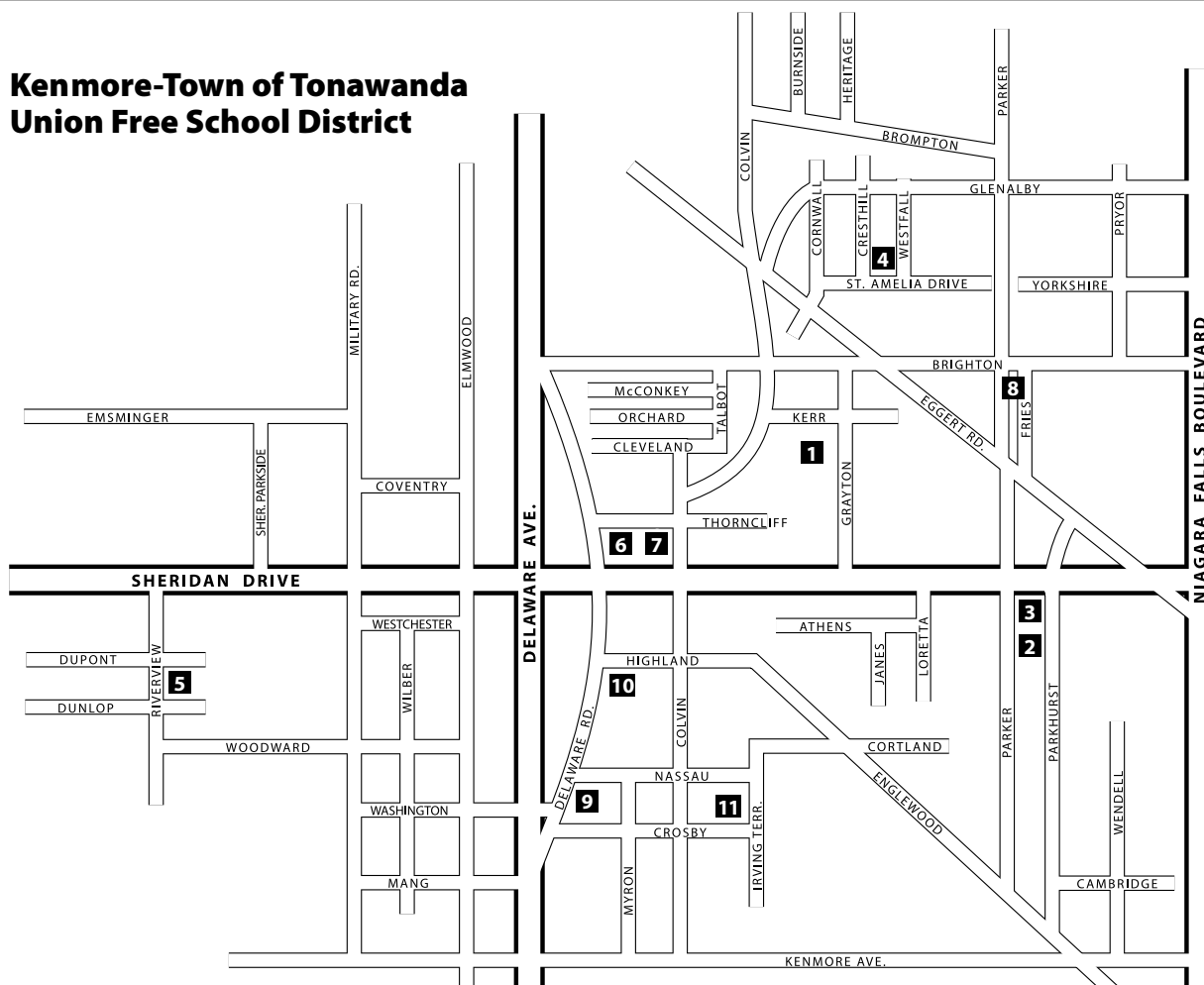
Special closing due to inclement weather will be announced on local radio & TV stations. The announcement will also be on the district website: [www.ktufsd.org](http://www.ktufsd.org)



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.

# 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<br/>6:00-8:30 pm<br/>874-8401</p> <p><b>11 Lindbergh School</b><br/>Crosby &amp; Irving Terrace (door #7)</p> |
|---|--|

**Community Education Office**  
**Kenmore Middle School, Room 218**  
**155 Delaware Road**  
**Buffalo, NY 14217**

(#9 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.

The Kenmore-Town of Tonawanda UFSD Adult Education Department's mission is to provide systematic, individualized, and engaging High School Equivalency Diploma classes, Adult Literacy programs, English for Speakers of Other Language classes, Citizenship exam preparation programs, Distance Learning, and Pre-Collegiate classes in a safe and welcoming environment at no cost to our students.

These classes are designed for adults (over the age of 17) wishing to accomplish a longstanding goal, such as attainment of a High School Equivalency Diploma, or the development of a new goal, such as preparing and passing the TASC™ exam (formerly known as GED), or enroll in postsecondary training to become employed.

**For information on program offerings or to enroll, please visit, call, or email:**

Kenmore Middle School  
 155 Delaware Road (Room 230)  
 Buffalo, New York 14217  
 (716) 874-8403 ext. 32631  
 Info\_adult\_education@ktufsd.org

### **Class Offerings**

English for Speakers of Other Language classes  
 Citizenship Exam preparation  
 Distance Learning program (GRASP)  
 Pathways to Success/Pre-Collegiate program  
 TASC™ Exam preparation

## **Class Descriptions**

### **High School Equivalency (HSE) preparation**

HSE classes are designed to prepare individuals for success on the TASC™ exam (formerly GED), the exam necessary to pass to earn a NYS High School Equivalency Diploma. A certified NYS teacher delivers instruction in all five content areas. Case management and career advisement is available to all students. Residency in the District is not required, however you must be 17 years of age or older to enroll.

**Kenmore Middle School (Room 225)**  
**155 Delaware Road, Buffalo, NY 14217**  
 Monday – Friday (9:00am-12:00pm)  
 Tuesday and Thursday (6:00pm-9:00pm)

### **English for Speakers of Other Language classes**

ESL classes are designed to accommodate every learner's unique needs in regards to his/her proficiency with the English language upon enrollment. Students are placed into a leveled class based upon scores on the BEST Plus 2.0 assessment.

Instruction focuses on speaking, listening, reading, writing, and comprehending the English language. Additionally, lessons are designed to be authentic and highlight vocabulary, conversation, and grammar/structure in real world settings and themes (hospitals, doctor's office, schools, airports, around town, etc.). Enrollment in the classes scheduled below are ongoing and open to anyone over the age of 17, regardless of residency.

**Kenmore Middle School (Room 226)**  
**155 Delaware Road, Buffalo, NY 14217**  
 Monday – Thursday (9:30am-12:30pm)  
 Tuesday and Thursday (4:30pm-7:30pm)

**Franklin Middle School**  
**540 Parkhurst Boulevard, Buffalo, NY 14223**  
 Monday – Thursday (4:30pm-7:30pm)

## ***Class Descriptions***

### **Citizenship Exam Preparation**

This unique class is designed to assist those wishing to successfully navigate the Citizenship process. To become a United States Citizen, candidates must have a thorough knowledge of the history behind the Country amongst other things. This program is available at no cost to students.

**Kenmore Middle School (Room 226)**  
**155 Delaware Road, Buffalo, NY 14217**  
 Every Wednesday (12:30pm-2:00pm)  
 Every Friday (9:30am-11:00am)

**Franklin Middle School**  
**540 Parkhurst Boulevard, Buffalo, NY 14223**  
 Every Wednesday (4:30pm-7:30pm)

### **Distance Learning program (GRASP)**

GRASP is a free home-study High School Equivalency Test Preparation program for adults who cannot attend our regular classes because of work schedules, family responsibilities, transportation problems or other difficulties. You must be 21 or older.

On a regular schedule, our experienced HSE teacher will send study packets to you at a designated pick-up location. Your assignments will cover the five areas that are on the TASC™ exam. You will also get instruction on the writing sample test.

You return your study packet to the designated location when you are finished with your assignments. You will set up a delivery system that is convenient for you. There is no set time limit for completing the program that has been designed for you.

The GRASP program does not have regular classroom times, but your instructor is available for tutoring and communication at a mutually convenient time. Tutoring and intake/assessment will take place at Kenmore Middle School.

### **Pathways to Success/Pre-Collegiate program**

Through a partnership with SUNY Erie, 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 students wishing to attain their High School Equivalency (HSE) Diploma and enroll in SUNY Erie.

Personalized attention, small class sizes, and New York State Certified professionals provide a favorable atmosphere conducive to learning. Enrollment is ongoing and case management is available to all students.

### **TASC™ Exam preparation**

This class is designed to increase confidence and improve comfort when preparing for the TASC™ exam. Proper academic subtest preparation is pivotal to success, but the key to exam mastery is proper tools in your toolbox when it comes to test taking.

For students that need additional instruction, this prep class may be the extra boost you need to feel more confident and prepared to be successful on the exam.

Overcoming test anxiety, understanding the exam and objective structure, practice with the calculator, time management, test-taking strategies, active listening, and note taking are some of the topics that will be discussed and practiced during class.



## New Courses!

### **New! Idea Builders Lego Club**

#### **Grades K-4**

Idea Builders Lego Club is dedicated to nurturing your child's creative and critical thinking as we work with Legos. Our weekly themes contain age-appropriate exposure to STEAM (Science, Technology, Engineering, Art & design, and Mathematics) concepts. Each week students are introduced to different STEAM connection through a mini-lesson. This program stresses learning through creative play, hands-on learning, and social interaction.

Instructor: Maureen Castellani  
6 sessions

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

Place: Lindbergh Library

Tu, 3:20-4:20 pm, starts 9/25

**Course #18FKF17**

9/25/18, 10/2/18, 10/9/18, 10/16/18,  
10/23/18, 10/30/18

or

Place: Franklin Elementary community room

W, 3:20-4:20 pm, starts 10/17

**Course #18FKF17A**

10/17/18, 10/24/18, 10/31/18, 11/7/18,  
11/14/18, 11/28/18

#### **Winter Sessions**

Place: Lindbergh Library

Tu, 3:20-4:20 pm, starts 1/8

**Course #19WKF17**

1/8/19, 1/15/19, 1/22/19, 1/29/19, 2/5/19,  
2/12/19

or

Place: Franklin Elementary community room

W, 3:20-4:20 pm, starts 1/30

**Course #19WKF17A**

1/30/19, 2/6/19, 2/13/19, 2/27/19, 3/6/19,  
3/13/19

### **New! Music Time for Toddlers/Preschool with Mami Mozart**

#### **Ages 1-5 With Adult Participation**

Toddlers and preschool children will enjoy a world of music, singing, storytime, and dance in this fun music class designed for adult family members and their little ones. Together explore the ABC's, animals, geography, numbers, and more with sing-a-longs, puppetry, music games, instruments, rhymes and more! Mami Mozart has over twenty years of teaching experience, including Early Childhood Education. **Adults will participate in activities with the child.** Special needs considerations can be discussed with the instructor.

Instructor: Sabrina Pena-Young  
8 sessions

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

Place: Kenmore Middle rm 221

F, 11 am-12 pm, starts 9/28

**Course #18FKF20**

9/28/18, 10/5/18, 10/12/18, 10/19/18,  
10/26/18, 11/2/18, 11/9/18, 11/16/18

### **New! College Prep for Adults**

#### **Ages 21 & up**

Find out what is involved with going to college as an adult, how to research the right field and school for you, what options you have (classroom, online, or distance learning) and what help is available to get you to your goals.

Instructor: Teresa Brancato

2 sessions

**Resident Fee.....\$35.00**

**Nonresident Fee.....\$41.00**

**Gold Card Fee.....\$26.00**

Place: Kenmore Middle rm 217

Th, 6-8 pm, starts 9/20

**Course #18FCP01**

9/20/18, 9/27/18

#### **Winter Session**

Place: Kenmore Middle rm 217

Th, 6-8 pm, starts 1/17

**Course #19WCP01**

1/17/19, 1/24/19

### **New! Beginning French for the Traveler**

#### **Age 21 & up**

Learn conversational French quickly and easily with this 10-minute a day method. Short conversations and class practice will help you learn the phrases and words you will need to get around "La Belle France." **A \$20 fee will be due to the instructor the first night for a copy of "The Everything Learning French Book" that will be mandatory for the class.**

Instructor: Teresa Brancato

5 sessions

**Resident Fee.....\$35.00**

**Nonresident Fee.....\$41.00**

**Gold Card Fee.....\$26.00**

Place: Kenmore Middle rm 220

Th, 6-7 pm, starts 11/8

**Course #18FLG02**

11/8/18, 11/15/18, 11/29/18, 12/6/18,  
12/13/18

#### **Winter Session**

Place: Kenmore Middle rm 219

Th, 6-7 pm, starts 1/31

**Course #19WLG02**

1/31/19, 2/7/19, 2/14/19, 2/28/19, 3/7/19

### **New! Wood Creations**

#### **Ages 18 & up**

Enjoy a night of crafting! Choose from a variety of designs to stencil and choose your own colors. You will leave with a fun, creative wood

painting! **A \$15 materials fee will be due to the instructor.**

Instructor: Andrea Scheider

1 session

**Fee.....\$14.00**

Place: Kenmore Middle rm 217

W, 6:30-8:30 pm, starts 11/28

**Course #18FCR19**

11/28/18

#### **Winter Session**

Place: Kenmore Middle rm 217

W, 6:30-8:30 pm, starts 4/3

**Course #19WCR19**

4/3/19

### **New! A Grandparent's Guide to Supporting Childbirth & Newborn Care**

#### **Ages 18 & up**

About to become a grandparent? Are you wondering why your children are having a home birth, or want a natural childbirth? Maybe you'll be babysitting your grandchild(ren) and are baffled by some of the instructions their parents have given you? This class is an exciting opportunity to create a fun and engaging dialogue with grandparents around the support of their adult childbearing children and the care of their new grandchildren. This class helps grandparents to become familiar with the current research and trends of birth, newborn care and parenting, by providing evidence-based information in an unbiased and nonjudgmental manner. This class is fun, interactive, and engaging, with a focus on respect and integration of the incredible knowledge and experience that grandparents bring to the table.

Instructor: Jennifer Lombardo, Certified Labor/Postpartum Doula

1 session

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

Place: Kenmore Middle rm 228

M, 6-8:30 pm, starts 9/24

**Course #18FXT01**

9/24/18

or

Place: Kenmore Middle rm 229

M, 6-8:30 pm, starts 10/1

**Course #18FXT01A**

10/1/18

or

Place: Kenmore Middle rm 228

Th, 6-8:30 pm, starts 11/8

**Course #18FXT01B**

11/8/18

#### **Winter Session**

Place: Kenmore Middle rm 220

M, 6-8:30 pm, starts 2/11

**Course #19WXT01**

2/11/19



## New! Divorce 101

### Ages 18 & up

Are you contemplating divorce or know someone who is? Clarify the myths and learn the facts about marital separation and divorce in New York State, with an emphasis on the financial issues of divorce. Topics covered will include: choosing a divorce process, child support and maintenance, property and debt distribution, real estate, retirement, and tax implications. Handouts and information on local divorce resources will be available.

Instructor: Adrienne Rothstein Grace, CFP®, CLTC, CDFA™

1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 228

Tu, 6:30-8:30 pm, starts 10/23

**Course #18FXT03**

10/23/18

### Winter Session

Place: Kenmore Middle rm 228

Tu, 6:30-8:30 pm, starts 2/26

**Course #19WXT03**

2/26/19

## New! Understanding Mental Health & Our Community

### Ages 18 & up

This class will work to explore and gain a better understanding of the impact that mental health has on us as well as our community. This class will cover various topics such as symptoms, diagnosis, coping skills, as well as the role of media and its impact. You will learn how to utilize skills that will aid in overall recovery and cover local agencies that can provide ongoing care.

Instructor: Rebekah Chen

8 sessions

**Fee.....\$115.00**

Place: Kenmore Middle rm 219

Tu, 6:30-8:30 pm, starts 9/25

**Course #18FHL02**

9/25/18, 10/2/18, 10/16/18, 10/23/18,

10/30/18, 11/6/18, 11/20/18, 11/27/18

## New! Coping With Fear

### Ages 18 & up

Fear is a part of our everyday experience. When we are young, fear can be an ally...e.g. "Don't play in the street." But as we get older it becomes more of a liability which serves to hinder us from being everything we can be...e.g. "Don't try that, you'll probably fail." It is

vital to understand what fear really is and how to deal with it in a productive manner that will enable you to fulfill your heart's desires. That is what this class is all about. We will determine why we have the fears we do, where they come from, and how to deal with them in a productive, helpful manner.

**Please bring a notebook.**

Instructor: Richard D'Angelo

1 session

**Fee.....\$38.00**

Place: Kenmore Middle rm 228

W, 7-9:30 pm, starts 11/14

**Course #18FMB01**

11/14/18

## New! DIY Autumn Inspired Essential Oil Make & Take

### Ages 18 & up

Don't miss this exciting autumn inspired event! Let's embrace this beautiful time of year together as we make some fun and easy DIY goodies! We will make Candy Corn Bath Salts, Pumpkin Spice Sugar Scrub, Autumn-scented Room Spray and Shimmery Orange Lip Balm using 100% pure therapeutic-grade essential oils and other all-natural ingredients. **A \$15 supply fee will be due to the instructor for all materials needed.**

Instructor: Wendy Schmidt

1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 217

Th, 6-8 pm, starts 10/18

**Course #18FHL14**

10/18/18

## New! DIY Get Ready For Winter Essential Oil Make & Take

### Ages 18 & up

Get ready for cold & flu season with these easy DIY must haves! In this class we will make an illness prevention roller, cough & cold chest rub and elixir, plus a hand purifier that can boost your immune system. Don't miss this opportunity to gear up for wellness this winter! **A \$15 supply fee will be due to the instructor for all materials needed.**

Instructor: Wendy Schmidt

1 session

**Resident.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 230

Th, 6-8 pm, starts 11/19

**Course #18FHL15**

11/19/18

## New! DIY Stocking Stuffer Essential Oil Make & Take

### Ages 18 & up

Come out for some holiday fun and make DIY stocking stuffers for two! We will make Peppermint Lip Balm, Christmas Spirit Room Spray, Gingerbread Man Scrub Cubes (you get to keep the mold), and Rosemary & Lavendar Christmas Ornament Bath Salts using 100% pure therapeutic-grade essential oils and all-natural products. Don't miss out on this merry event! **A \$25 supply fee is due to the instructor for all materials needed.**

Instructor: Wendy Schmidt

1 sessions

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 217

Th, 6-8 pm, starts 12/13

**Course #18FHL17**

12/13/18

## New! How to Protect and Preserve your Money from Medicaid and a Nursing Home

### Ages 18 & up

Learn how to reduce the emotional and financial issues of a Medicaid and a Nursing Home Event, Learn how to keep more of your Money from Medicaid; Understanding and avoiding the Medicaid Estate Recovery and Medicaid's 5 year look back period; How to avoid Medicaid spend down mistakes; What other Long-Term Care Options available; Maintaining eligibility for Medicaid -Using the ADD process to protect and preserves your money from Medicaid -Protect your personal choices and financial independence -Remove the hidden financial threats to your money by Medicaid and inflation

Instructor: Les Robinson

1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 228

W, 6-8 pm, starts 9/19

**Course #18FMF71**

9/19/18

## New Courses!

### **New! DIY Valentine's Day Essential Oil Make & Take**

#### **Ages 18 & up**

Come join this super fun DIY Valentine's Day inspired Make & Take class in order to get ready for Valentine's Day or any special day! We will make unique gifts for a special someone including rollers, sprays, and oils. **There is a \$37 supply fee due to the instructor for all materials needed.**

Instructor: Wendy Schmidt  
1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 219

Th, 6-8 pm, starts 1/24

**Course #19WHL18**

1/24/19

### **New! New Planning Choices for Retirees**

For Retirees Your Nest Egg holds a balance of Growth assets and Income assets. Learn how to prudently reallocate some of your assets so they can provide you with an increased, fixed income, and increase your Emergency Fund, while the balance remains invested. The new 18 tax law provides married couples a \$24,000 standard tax deduction. This prevents most people from itemizing deductions. Learn how a new law allows you to use your IRA- RMD's to make Qualified Charitable Distributions. Not having to report these amounts as income reduces your Adjusted Gross Income which in turn lowers your taxes. Join us for all the information!

Instructor: Sanford Seide  
1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 217

Th, 6:30-8:30 pm, starts 10/11

**Course #18FMF50**

10/11/18

#### **Winter Session**

Place: Kenmore Middle rm 217

Tu, 6:30-8:30 pm, starts 2/5

**Course #19WMF50**

2/5/19

### **New! 20/20/20 Fitness Jam**

#### **Ages 18 & up**

A balanced workout including 20 minutes of aerobic jazz, 20 minutes of weight training, and 20 minutes of stretching and floor exercises. Get your heart pumping and improve flexibility in this energetic class! **Please bring two 1# weights and two 2#-5# weights.**

Instructor: Sheila Powers  
10 sessions

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

Place: Hoover Middle large gym

W, 6-7 pm, starts 9/19

**Course #18FSP14**

9/19/18, 9/26/18, 10/3/18, 10/10/18,

10/17/18, 10/24/18, 10/31/18, 11/7/18,

11/14/18, 12/5/18

#### **Winter Session**

Place: Hoover Middle large gym

W, 6-7 pm, starts 1/9

**Course #19WSP14**

1/9/19, 1/16/19, 1/23/19, 1/30/19, 2/6/19,

2/13/19, 2/27/19, 3/6/19, 3/13/19, 3/20/19

### **New! Sheila's Aerobic Jazz**

#### **Ages 18 & up**

Aerobic Jazz will help tone your muscles, improve flexibility, and increase strength. Dance your way to fitness with this class that uses energetic music with easy to follow choreographed routines. The use of light weight, stretching and abdominal work, and proper cool down makes this the total body workout. **Please bring water bottle, mat, and 1# or 2# weights.**

Instructor: Sheila Powers  
20 sessions

**Fee.....\$90.00**

Place: Kenmore Middle rm 221

Tu & Th, 6-7 pm, starts 9/18

**Course #18FSP02**

9/18/18, 9/20/18, 9/25/18, 9/27/18,

10/2/18, 10/4/18, 10/11/18, 10/16/18,

10/18/18, 10/23/18, 10/25/18, 10/30/18,

11/1/18, 11/6/18, 11/8/18, 11/15/18,

11/20/18, 11/27/18, 11/29/18, 12/4/18

#### **Winter Session**

Place: Kenmore Middle rm 221

Tu & Th, 6-7 pm, starts 1/15

**Course #19WSP02**

1/15/19, 1/17/19, 1/22/19, 1/24/19,

1/29/19, 1/31/19, 2/5/19, 2/7/19, 2/14/19,

2/26/19, 2/28/19, 3/5/19, 3/7/19, 3/14/19,

3/19/19, 3/21/19, 3/26/19, 3/28/19, 4/2/19,

4/4/19

### **New! Laban/Movement Psychology (Focused on spine/core) Combo of Yoga & Pilates w/ballet**

#### **Ages 21 and up**

The principles of this class combine subtle as well as exaggerated movements that are focused on the core or the spine. The moves are a combination of yoga & Pilates with ballet technique. No prior experience needed. **Please bring a yoga mat.**

Instructor: Guy Collins  
8 sessions

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

Place: Kenmore Middle rm 221

F, 6:30-7:30 pm, starts 9/21

**Course #18FSP22**

9/21/18, 9/28/18, 10/5/18, 10/12/18,

10/19/18, 10/26/18, 11/2/18, 11/9/18

#### **Winter Session**

Place: Kenmore Middle rm 221

F, 6:30-7:30 pm, starts 1/18

**Course #19WSP22**

1/18/19, 1/25/19, 2/1/19, 2/8/19, 2/15/19,

3/1/19, 3/8/19, 3/15/19

### **New! Barre Class**

#### **Ages 18 & up**

Bodyshaping BARRE: A unique approach to BARRE workouts by infusing pilates, yoga, cardio, and strength training exercises into each class. No experience necessary - all levels of fitness are welcomed. **Bring a mat and small weights.**

Instructor: Bodyshaping by Sandy staff member  
10 sessions

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

Place: Hoover Middle small gym

M, 7-7:45 pm, starts 9/17/18

**Course #18FSP65**

9/17/18, 9/24/18, 10/1/18, 10/15/18,

10/22/18, 10/29/18, 11/5/18, 11/19/18,

11/26/18, 12/3/18

#### **Winter Session**

Place: Hoover Middle small gym

M, 7-7:45 pm, starts 1/7

**Course #19WSP65**

1/7/19, 1/14/19, 1/28/19, 2/4/19, 2/11/19,

2/25/19, 3/4/19, 3/11/19, 3/18/19, 3/25/19

## New! Fencing for Beginners Ages 18 & up

This class is an introduction to the Art of Classical Foil Fencing. Students will learn how to move, defend, and attack using the basic fencing weapon - the foil - in the Classical French style. It is a relaxed workout coupled with exposure to the historical origins of this exciting martial art. Great for developing physical agility and mental focus, fencing is also FUN! Fencing develops better hand-eye coordination and balance, while promoting cardiovascular fitness. **All equipment and instruction provided. Please wear sneakers and comfortable clothing. Gentlemen need their own athletic protector (cup) for class.**

Instructor: Kevin McMahon  
6 sessions

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

Place: Fencing Center of Buffalo -

Place: 485 Cayuga Road

Cheektowaga, NY 14225

Between Maryvale & Wehrle

Students: Park near or behind ALL IN SPORTS; Use MAIN entrance or entrance "B" and follow the FCB signs.

Sat, 1-2:30 pm, starts 12/1/18

**Course #18FSP08**

12/1/18, 12/8/18, 12/15/18, 1/5/19,

1/12/19, 1/19/19

## New! Men's Recreational Volleyball League

**Ages 35 and up**

This men's volleyball league is meant for the volleyball player that enjoys the physical demand of volleyball along with the recreational element of the game. Come play volleyball with men in an intermediate/upper intermediate level and get a good workout in while you're at it. Registrants in this league are expected to have a knowledge of the game to ensure the games run efficiently and the most playing time is preserved. Teams can be compiled weekly or can be formed during registration. All members of the team must register. Subs must sign waiver.

10 sessions

**Fee.....\$50.00**

Place: Franklin Elementary Gym

F, 6:30 - 8:30 pm, starts 9/21

**Course #18FSP80**

9/21/18, 9/28/18, 10/5/18, 10/12/18,

10/19/18, 11/9/18, 11/16/18, 11/30/18,

12/7/18, 12/14/18

## New! Ken-Ton Hallwalker Club

**Ages 18 and up**

No more weather excuses! Come walk our second floor on Monday, Wednesday, and/or Friday at your leisure between 6:30pm-8:30pm. For more regulations and guidelines please visit our online registration page.

66 sessions

**Fee.....\$25**

Place: Kenmore Middle 2nd Floor

M, W, F, 6:30 - 8:30 pm, starts 10/1

**Course #18FHL07**

**Recycle  
this catalog**

**Pass it on  
to a friend**

## New Courses!



## New! College Prep for Adults

**Ages 21 & up**

Find out what is involved with going to college as an adult, how to research the right field and school for you, what options you have (classroom, online, or distance learning) and what help is available to get you to your goals.

Instructor: Teresa Brancato

2 sessions

**Resident Fee.....\$35.00**

**Nonresident Fee.....\$41.00**

**Gold Card Fee.....\$26.00**

Place: Kenmore Middle rm 217

Th, 6-8 pm, starts 9/20

**Course #18FCP01**

9/20/18, 9/27/18

### Winter Session

Place: Kenmore Middle rm 217

Th, 6-8 pm, starts 1/17

**Course #19WCP01**

1/17/19, 1/24/19

## New! Tips & Tricks Every Microsoft Office User Should Know

**Ages 21 and up**

After teaching Word, Excel, PowerPoint and other Microsoft Office products for 20+ years, the instructor will share many tips and tricks all users should know. Many people use MS Office at work every day yet waste a lot of time not knowing the proper use of these exceptionally useful office and home office tools.

Instructor: Nancy Wise

4 sessions

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

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

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

Place: Kenmore Middle rm 231 -

computer lab

W & Th, 5:30-7 pm, starts 11/7

**Course #18FCM07**

11/7/18, 11/8/18, 11/14/18, 11/15/18

### Winter Session

Place: Kenmore Middle rm 231 - computer lab

W & Th, 5:30-7 pm, starts 1/23

**Course #19WCM05**

1/23/19, 1/24/19, 1/30/19, 1/31/19

## New! Tips & Tricks for Microsoft Windows Users

**Ages 21 & up**

The instructor has 20+ years teaching Windows, Internet, Email, and more. Come join her and learn the many tips and tricks that will help you navigate with confidence! (Or, at least a little more confidence than you may currently have)

Instructor: Nancy Wise

4 sessions

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

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

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

Place: Kenmore Middle rm 231 -

computer lab

W & Th, 5:30-7 pm, starts 10/3

**Course #18FCM05**

10/3/18, 10/4/18, 10/10/18, 10/11/18

### Winter Session

Place: Kenmore Middle rm 231 -

computer lab

W & Th, 5:30-7 pm, starts 2/27

**Course #19WCM07**

2/27/19, 2/28/19, 3/6/19, 3/7/19

## Career & Computers



## Career & Computers

### 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: Kenmore Middle rm 217

M, 6:30-9 pm, starts 11/5

**Course #18FCP02**

11/5/18

### 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 & George Struebel, Notary Public Central, Inc. staff member

1 session

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

Place: Kenmore Middle rm 217

Th, 6:30-9:30 pm, starts 11/6

**Course #18FCP33**

11/6/18

#### Winter Session

Place: Kenmore Middle rm 217

Th, 6:30-9:30PM, starts 3/21/19

**Course #19WCP33**

3/21/19

### Social Media Marketing 101

#### Ages 18 & up

In this introductory course, students will learn how to use Facebook, Twitter, Blogging, Vlogging, YouTube, Linked In, 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: Kenmore Middle rm 229

W, 7-9 pm, starts 9/19

**Course #18FCM11**

9/19/18, 9/26/18, 10/3/18, 10/10/18, 10/17/18, 10/24/18

#### Winter Session

Place: Kenmore Middle rm 229

W, 7-9 pm, starts 1/9

**Course #19WCM11**

1/9/19, 1/16/19, 1/23/19, 1/30/19, 2/6/19, 2/13/19

## Understanding Your Smart Phone/Tablet

#### Ages 21 & up

You will learn to understand and use this amazing tool! Bring your smart phone or tablet and your questions to class. This is a small class which will allow for plenty of individual attention.

Instructor: Nancy Wise

2 sessions

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

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

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

Place: Kenmore Middle rm 231 - computer lab

W & Th, 4:30-6 pm, starts 9/26

**Course #18FCM09B**

9/26/18, 9/27/18

or

Place: Kenmore Middle rm 231 - computer lab

W & Th, 4:30-6 pm, starts 10/17

**Course #18FCM09C**

10/17/18, 10/18/18

or

Place: Kenmore Middle rm 231 - computer lab

W & Th, 4:30-6 pm, starts 11/28

**Course #18FCM09D**

11/28/18, 11/29/18

#### Winter Sessions

Place: Kenmore Middle rm 231 - computer lab

W & Th, 4:30-6 pm, starts 1/9

**Course #19WCM09A**

1/9/19, 1/10/19

or

W & Th, 4:30-6 pm, starts 3/20

**Course #19WCM09B**

3/20/19, 3/21/19

or

W & Th, 4:30-6 pm, starts 2/6

**Course #19WCM09C**

2/6/19, 2/7/19



## New! Wood Creations

### Ages 18 & up

Enjoy a night of crafting! Choose from a variety of designs to stencil and choose your own colors. You will leave with a fun, creative wood painting! A \$15 materials fee will be due to the instructor.

Instructor: Andrea Scheider

1 session

**Fee.....\$14.00**

Place: Kenmore Middle rm 217

W, 6:30-8:30 pm, starts 11/28

**Course #18FCR19**

11/28/18

### Winter Session

Place: Kenmore Middle rm 217

W, 6:30-8:30 pm, starts 4/3

**Course #19WCR19**

4/3/19

## Quilting - Row by Row

### Ages 18 & up

This is a contemporary version of a sampler of blocks and designs. Each week participants will receive instruction in creating a different block or design. This may be made in two or three fabrics, or with scrap fabrics. The block will become the first block in a horizontal row of the same blocks set next to each other. Or, it may remain a single block on its own to be used in the quilt or a smaller project such as a pillow or table runner. The second horizontal row of this quilt will be another block of a different design, again repeated across the row. Each horizontal row will be a different block/design. All machine sewing will be accomplished at home. Materials needed will be discussed in the first class.

Instructor: Linda Hunter

8 sessions

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

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

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

**Place: Lindbergh Elementary - Room 114**

Tu, 7-9 pm, starts 9/18

**Course #18FCR36A**

9/18/18, 9/25/18, 10/2/18, 10/9/18,

10/16/18, 10/23/18, 10/30/18, 11/6/18

or

Place: Kenmore Middle rm 219

W, 9:30 am-11:30 am, starts 9/19

**Course #18FCR36B**

9/19/18, 9/26/18, 10/3/18, 10/10/18,

10/17/18, 10/24/18, 10/31/18, 11/7/18

## 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 pre-stretched & primed canvas for oils and acrylics.

Instructor: Lawrence Chirico

12 sessions

**Resident Fee.....\$141.00**

**Nonresident Fee.....\$147.00**

**Gold Card Fee.....\$106.00**

Place: Kenmore Middle rm 219

W, 6-9 pm, starts 9/19

**Course #18FCR33A**

9/19/18, 9/26/18, 10/3/18, 10/10/18,

10/17/18, 10/24/18, 10/31/18, 11/7/18,

11/14/18, 11/28/18, 12/5/18, 12/12/18

or

Place: Kenmore Middle rm 219

F, 9 am-12 pm, starts 9/21

**Course #18FCR33B**

9/21/18, 9/28/18, 10/5/18, 10/12/18,

10/19/18, 10/26/18, 11/2/18, 11/9/18,

11/16/18, 11/30/18, 12/7/18, 12/14/18

or

Place: Kenmore Middle rm 219

M, 6-9 pm, starts 9/17

**Course #18FCR33C**

9/17/18, 9/24/18, 10/1/18, 10/15/18,

10/22/18, 10/29/18, 11/5/18, 11/19/18,

11/26/18, 12/3/18, 12/10/18, 12/17/18



### Winter Sessions

10 sessions

**Resident Fee.....\$118.00**

**Nonresident Fee.....\$124.00**

**Gold Card Fee.....\$89.00**

Place: Kenmore Middle rm 219

W, 6-9 pm, starts 1/9

**Course #19WCR33A**

1/9/19, 1/16/19, 1/23/19, 1/30/19,

2/6/19, 2/13/19, 2/27/19, 3/6/19,

3/13/19, 3/20/19

or

F, 9 am-12 pm, starts 1/11

**Course #19WCR33B**

1/11/19, 1/18/19, 1/25/19, 2/1/19,

2/8/19, 2/15/19, 3/1/19, 3/8/19,

3/15/19, 3/22/19

or

M, 6-9 pm, starts 1/7

**Course #19WCR33C**

1/7/19, 1/14/19, 1/28/19, 2/4/19,

2/11/19, 2/25/19, 3/4/19, 3/11/19,

3/18/19, 3/25/19

## Quilting - Scrappy Nine Patch Quilt

### Ages 18 and up

It is time to try to make a dent in our scrap piles. We will make a scrap quilt using fabrics we already have OR perhaps we will trade fabrics with fellow classmates. If you are new to quilt making, this is the perfect class for you. Other class members will have plenty of scraps for you to use. This cheerful quilt will be made with three inch, finished size, nine patch blocks, with yardage from another fabric to set it together in an interesting medallion design. Materials needed will be discussed in the first class.

Instructor: Linda Hunter

8 sessions

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

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

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

Place: Lindbergh Elementary - Room 114

Tu, 7-9 pm, starts 3/19

**Course #19WCR36A**

3/19/19, 3/26/19, 4/2/19, 4/9/19, 4/16/19, 4/30/19, 5/7/19, 5/14/19

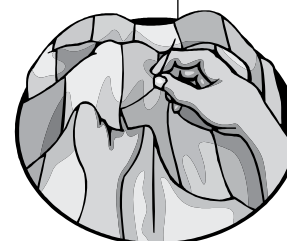
or

Place: Kenmore Middle rm 219

W, 9:30-11:30 am, starts 3/20

**Course #19WCR36B**

3/20/19, 3/27/19, 4/3/19, 4/10/19, 4/17/19, 5/1/19, 5/8/19, 5/15/19





## Arts, Crafts & Performing Arts

### 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  
8 sessions

Resident Fee.....\$59.00

Nonresident Fee.....\$65.00

Gold Card Fee.....\$44.00

Place: Kenmore Middle rm 219

Th, 6:30-8:30 pm, starts 9/20

**Course #18FCR08B**

9/20/18, 9/27/18, 10/4/18, 10/11/18,

10/18/18, 10/25/18, 11/1/18, 11/8/18

### 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

7 sessions

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

Place: Kenmore Middle rm 220

W, 6-7:30 pm, starts 9/19

**Course #18FCR02**

9/19/18, 9/26/18, 10/3/18, 10/10/18,

10/24/18, 10/31/18, 11/7/18

### Pysanky Eggs - Ukrainian Easter Eggs - Beginner

#### Ages 21 and up

Learn to create a Ukrainian Easter Egg with wax and dye. Learn the meaning of the traditional symbols and colors that make up the unique designs. These fancy eggs can be seen at the Broadway Market around Easter time! **Students should bring a roll of paper towels, a rag, and a metal jar lid (any size).**

Instructor: Theone Oblamski  
4 sessions

**Fee.....\$40.00**

Place: Kenmore Middle rm 219

Tu, 6-9 pm, starts 1/15

**Course #19WCR18**

1/15/19, 1/22/19, 1/29/19, 2/5/19

or

Tu, 6-9 pm, starts 2/26

**Course #19WCR18A**

2/26/19, 3/5/19, 3/19/19, 3/26/19

## 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 Sunday, November 4th, 11:00am - 2:00pm. There will be an individual critique of photographs to follow.

Instructor: Bonita Chimes

3 sessions

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

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

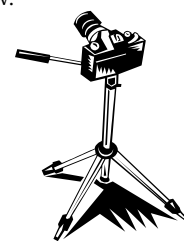
**Gold Card Fee.....\$44.00**

Place: Kenmore Middle rm 217

Th, 6-9 pm, starts 11/1

**Course #18FPH11**

11/1/18, 11/4/18, 11/15/18



## 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.



## New! Ukulele - Learn To Play Immediately! Yes, You Can!

### Ages 21 & up

Are you an ABSOLUTE BEGINNER who would like to learn to play a musical instrument? This one night workshop is for you. Bring your desire and your ukulele and learn to make music. You will learn chords, how to play your favorite songs, and most of all have fun. A limited number of ukuleles are available for this workshop upon request by mail to: radice@johnradice.com

Instructor: John S. Radice  
1 session

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

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

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

Place: Kenmore Middle rm 217

W, 7-8:30 pm, starts 9/19

**Course #18FDA19**

9/19/18

## New! Ukulele - Play More Than Just Chords! Make Music!

### Ages 21 & up

If you're tired of playing the same old chords the same old way, then this course is definitely for you. When you first began to play the ukulele, you learned a few basic chords and one or two basic strums and that was pretty exciting. Now the excitement has turned to boredom because all the songs seem to sound the same. The reason is they are being played the same old way. Learn how to play melodies within chords using easy finger picking techniques as well as basic music reading skills. It is specifically designed for the person with no music background and the ukulele player who knows a few basic chords but wants to move to the next level.

Instructor: John S. Radice  
4 sessions

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

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

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

Place: Kenmore Middle rm 217

W, 7-8:30 pm, starts 10/24

**Course #18FDA21**

10/24/18, 10/31/18, 11/7/18, 11/14/18

## New! Ukulele For The Beginner

### Ages 21 & up

These four sessions are for the beginner who always wanted to learn to play a musical instrument but never thought possible. If you've got the desire and a ukulele, come and amaze yourself with what you can do. No previous knowledge or experience needed, just you and your ukulele. You will learn to play familiar songs immediately.

Instructor: John S. Radice

4 sessions

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

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

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

Place: Kenmore Middle rm 217

W, 7-8:30 pm, starts 9/26

**Course #18FDA13**

9/26/18, 10/3/18, 10/10/18, 10/17/18

## New! Ukulele - Learn to Read Music

### Ages 21 & up

This class is designed for the absolute beginner as well as intermediate ukulele player. Why be stuck just playing chords when you can learn to read music and play melodies and chords at the same time? No, it is not difficult. You will learn very basic steps that will take you on an entirely new musical journey. Yes, you can learn to read music and yes you can learn to play an instrument. Most of all, you can learn to do both playing the ukulele.

Instructor: John S. Radice  
4 sessions

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

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

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

Place: Kenmore Middle rm 217

W, 7-8:30 pm, starts 1/23

**Course #19WDA04**

1/23/19, 1/30/19, 2/6/19, 2/13/19

## New! Ukulele Music Theory & Tricks

### Ages 21 & up

This is a course for intermediate players who know basic chords and how to strum. It is not an advanced course. Learn music theory and ukulele tricks that will take you to a new level of ukulele playing. Understand how to improvise, implement two finger picking, and play melodies within chords. Each week you will learn to sight read

new songs. It is not difficult if you know the basic techniques taught in this class. No musical experience is necessary. If all you know is how to play basic chords on the ukulele, you're all set to create a new sound, one you'll absolutely love.

Instructor: John S. Radice

4 sessions

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

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

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

Place: Kenmore Middle rm 217

W, 7-8:30 pm, starts 2/27

**Course #19WDA05**

2/27/19, 3/6/19, 3/13/19, 3/20/19

## New! Ballroom Dance - Specials

### Ages 18 & up

Night Club Two Step and American Tango are a new step and classic dance. Come learn the basic patterns of both to wow them on the dance floor. Flat, vinyl, or leather soled shoes are preferred. **Fee is per couple.** Be sure to also register additional name for couple at no charge.

Instructor: Barbara and Richard Brzyski,  
8 sessions

**Resident Fee.....\$91.00**

**Nonresident Fee.....\$97.00**

**Gold Card Fee.....\$68.00**

Place: Holmes Elementary gym

Tu, 7-8 pm, starts 1/8

**Course #19WDA20**

1/8/19, 1/15/19, 1/22/19, 1/29/19, 2/5/19,

2/12/19, 2/26/19, 3/5/19

## Ukulele - One Night Workshop for Absolute Beginners

### Ages 21 & up

Are you an ABSOLUTE BEGINNER who would like to learn to play a musical instrument? This one night workshop is for you. Bring your desire and your ukulele and learn to make music. You will learn chords, how to play your favorite songs, and most of all have fun. A limited number of ukuleles are available for this workshop upon request by mail to: radice@johnradice.com

Instructor: John S. Radice

1 session

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

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

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

Place: Kenmore Middle rm 217

W, 7-8:30 pm, starts 1/9

**Course #19WDA19**

1/9/19



## Dance, Music & Movies



### Adult Social Dancing - Scottish Style!

#### Ages 18+

Social 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! **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  
12 sessions

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

Place: Amherst Community Church  
77 Washington Highway  
Snyder, NY 14226  
Th, 7-9 pm, starts 9/20

#### Course #18FDA25

9/20/18, 9/27/18, 10/4/18, 10/11/18,  
10/18/18, 10/25/18, 11/1/18, 11/8/18,  
11/15/18, 11/29/18, 12/6/18, 12/13/18

#### Winter Session

10 sessions

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

Place: Amherst Community Church  
Th, 7-9 pm, starts 1/10

#### Course #19WDA25

1/10/19, 1/17/19, 1/24/19, 1/31/19, 2/7/19,  
2/14/19, 2/28/19, 3/7/19, 3/14/19, 3/21/19

### Ballroom Dance - Basic

#### Ages 18 & up

Go out there with the crowd on the dance floor ready to fox trot, 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 and Richard Brzyski  
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 9/26

#### Course #18FDA07

9/26/18, 10/3/18, 10/10/18, 11/14/18,  
11/28/18, 12/5/18, 12/12/18, 12/19/18

#### Winter Session

6 sessions

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

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

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

Place: Franklin Elementary Gym

W, 8:15-9:15 pm, starts 1/9

#### Course #19WDA07

1/9/19, 1/16/19, 1/23/19, 1/30/19,

2/6/19, 2/13/19

### 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 and Richard Brzyski,  
experienced dance teacher 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 9/18

#### Course #18FDA20

9/18/18, 9/25/18, 10/2/18, 10/9/18,

11/13/18, 11/20/18, 11/27/18, 12/4/18

### 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 and Richard Brzyski  
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 9/18

#### Course #18FDA09

9/18/18, 9/25/18, 10/2/18, 10/9/18,

11/13/18, 11/20/18, 11/27/18, 12/4/18

#### Winter Session

Place: Holmes Elementary gym

Tu, 8:15-9:15 pm, starts 1/8

Course #19WDA09

1/8/19, 1/15/19, 1/22/19, 1/29/19,

2/5/19, 2/12/19, 2/26/19, 3/5/19

### 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 and Richard Brzyski  
8 sessions

**Resident Fee..... \$60.00**

**Nonresident Fee..... \$66.00**

**Gold Card Fee..... \$45.00**

Place: Holmes Elementary gym

W, 7-8 pm, starts 9/26

#### Course #18FDA23

9/26/18, 10/3/18, 10/10/18, 11/14/18,

11/28/18, 12/5/18, 12/12/18, 12/19/18

#### Winter Session

6 sessions

**Resident Fee..... \$45.00**

**Nonresident Fee..... \$51.00**

**Gold Card Fee..... \$34.00**

Place: Franklin Elementary Gym

W, 7-8 pm starts 1/9

#### Course #19WDA23

1/9/19, 1/16/19, 1/23/19, 1/30/19, 2/6/19,

2/13/19

### 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

11 sessions

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

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

Place: Kenmore Middle stage-auditorium

M, 6:15-7:15 pm, starts 9/17

#### Course #18FKF41

9/17/18, 9/24/18, 10/1/18, 10/15/18,

10/22/18, 10/29/18, 11/5/18, 11/19/18,

11/26/18, 12/3/18, 12/10/18

#### Winter Session

9 sessions

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

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

Place: Kenmore Middle stage-auditorium

M, 6:15-7:15 pm, starts 1/7

#### Course #19WKF41

1/7/19, 1/14/19, 1/28/19, 2/4/19, 2/11/19,

2/25/19, 3/4/19, 3/11/19, 3/18/19

## 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  
11 sessions

**Resident Fee.....\$73.00**

**Nonresident Fee.....\$79.00**

**Gold Card Fee.....\$55.00**

Place: Kenmore Middle stage-auditorium  
M, 7:15-8 pm, starts 9/17

#### Course #18FDA78

9/17/18, 9/24/18, 10/1/18, 10/15/18,  
10/22/18, 10/29/18, 11/5/18, 11/19/18,  
11/26/18, 12/3/18, 12/10/18

#### Winter Session

9 sessions

**Resident Fee.....\$60.00**

**Nonresident Fee.....\$66.00**

**Gold Card Fee.....\$45.00**

Place: Kenmore Middle stage-auditorium  
M, 7:15-8 pm, starts 1/7

#### Course #19WDA78

1/7/19, 1/14/19, 1/28/19, 2/4/19, 2/11/19,  
2/25/19, 3/4/19, 3/11/19, 3/18/19

## 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  
12 sessions

**Resident Fee.....\$105.00**

**Nonresident Fee.....\$111.00**

**Gold Card Fee.....\$79.00**

W, 6:30-7:30 pm, starts 9/19

#### Course #18FDA24

9/19/18, 9/26/18, 10/3/18, 10/10/18,  
10/17/18, 10/24/18, 10/31/18, 11/7/18,  
11/14/18, 11/28/18, 12/5/18, 12/12/18

#### Winter Session

10 sessions

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

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

**Gold Card Fee.....\$67.00**

Place: Kenmore Middle stage-auditorium  
W, 6:30-7:30 pm, starts 1/9

#### Course #19WDA24

1/9/19, 1/16/19, 1/23/19, 1/30/19, 2/6/19,  
2/13/19, 2/27/19, 3/6/19, 3/13/19, 3/20/19

## 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  
12 sessions

**Resident Fee.....\$105.00**

**Nonresident Fee.....\$111.00**

**Gold Card Fee.....\$79.00**

Place: Kenmore Middle stage-auditorium  
W, 7:30-8:30 pm, starts 9/19

#### Course #18FDA28

9/19/18, 9/26/18, 10/3/18, 10/10/18,  
10/17/18, 10/24/18, 10/31/18, 11/7/18,  
11/14/18, 11/28/18, 12/5/18, 12/12/18

#### Winter Session

10 sessions

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

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

**Gold Card Fee.....\$67.00**

Place: Kenmore Middle stage-auditorium  
W, 7:30-8:30 pm, starts 1/9

#### Course #19WDA28

1/9/19, 1/16/19, 1/23/19, 1/30/19, 2/6/19,  
2/13/19, 2/27/19, 3/6/19, 3/13/19, 3/20/19

## 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  
12 sessions

**Resident Fee.....\$105.00**

**Nonresident Fee.....\$111.00**

**Gold Card Fee.....\$79.00**

Place: Kenmore Middle stage-auditorium  
W, 8:30-9:30 pm, starts 9/19

#### Course #18FDA34

9/19/18, 9/26/18, 10/3/18, 10/10/18,  
10/17/18, 10/24/18, 10/31/18, 11/7/18,  
11/14/18, 11/28/18, 12/5/18, 12/12/18

#### Winter Session

10 sessions

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

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

**Gold Card Fee.....\$67.00**

Place: Kenmore Middle stage-auditorium  
W, 8:30-9:30 pm, starts 1/9

#### Course #19WDA34

1/9/19, 1/16/19, 1/23/19, 1/30/19, 2/6/19,  
2/13/19, 2/27/19, 3/6/19, 3/13/19, 3/20/19

## 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  
6 sessions

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

Place: Kenmore Middle rm 220

Tu, 7-9 pm, starts 9/18

#### Course #18FDA06

9/18/18, 9/25/18, 10/2/18, 10/16/18,  
10/23/18, 10/30/18

#### Winter Session

Place: Kenmore Middle rm 220

Tu, 7-9 pm, starts 1/15

#### Course #19WDA06

1/15/19, 1/22/19, 1/29/19, 2/5/19, 2/26/19,  
3/5/19

## 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 to be paid to the instructor the first day of class.**

Instructor: Sabrina Pena-Young  
6 sessions

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

Place: Kenmore Middle rm 231 -

computer lab

F, 7-9 pm, starts 9/21

#### Course #18FDA02

9/21/18, 9/28/18, 10/5/18,  
10/12/18, 10/19/18, 10/26/18

#### Winter Session

Place: Kenmore Middle rm 231 -  
computer lab

F, 7-9 pm, starts 1/11

#### Course #19WDA02

1/11/19, 1/18/19, 1/25/19, 2/1/19,  
2/8/19, 2/15/19

## Dance, Music & Movies



## Fitness and Sports

### 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.

### New!

## Men's Recreational Volleyball League

### Ages 35 and up

This men's volleyball league is meant for the volleyball player that enjoys the physical demand of volleyball along with the recreational element of the game. Come play volleyball with men in an intermediate/upper intermediate level and get a good workout in while you're at it. Registrants in this league are expected to have a knowledge of the game to ensure the games run efficiently and the most playing time is preserved. Teams can be compiled weekly or can be formed during registration. All members of the team must register. Subs must sign waiver.

10 sessions

Fee.....\$50.00

Place: Franklin Elementary Gym

F, 6:30 - 8:30 pm, starts 9/21

#### Course #18FSP80

9/21/18, 9/28/18, 10/5/18, 10/12/18, 10/19/18, 11/9/18, 11/16/18, 11/30/18, 12/7/18, 12/14/18

### New! 20/20/20 Fitness Jam

#### Ages 18 & up

A balanced workout including 20 minutes of aerobic jazz, 20 minutes of weight training, and 20 minutes of stretching and floor exercises. Please bring two 1# weights and two 2#-5# weights.

Instructor: Sheila Powers

10 sessions

Fee.....\$75.00

Place: Hoover Middle large gym

W, 6-7 pm, starts 9/19

#### Course #18FSP14

9/19/18, 9/26/18, 10/3/18, 10/10/18, 10/17/18, 10/24/18, 10/31/18, 11/7/18, 11/14/18, 12/5/18

#### Winter Session

Place: Hoover Middle large gym

W, 6-7 pm, starts 1/9

#### Course #19WSP14

1/9/19, 1/16/19, 1/23/19, 1/30/19, 2/6/19, 2/13/19, 2/27/19, 3/6/19, 3/13/19, 3/20/19

### New! Sheila's Aerobic Jazz

#### Ages 18 & up

Aerobic Jazz will help tone your muscles, improve flexibility, and increase strength. Dance your way to fitness with this class that uses energetic music with easy to follow choreographed routines. The use of light weight, stretching and abdominal work, and proper cool down makes this the total body workout. Please bring water bottle, mat, and 1# or 2# weights.

Instructor: Sheila Powers

20 sessions

Fee.....\$90.00

Place: Kenmore Middle rm 221

Tu & Th, 6-7 pm, starts 9/18

#### Course #18FSP02

9/18/18, 9/20/18, 9/25/18, 9/27/18, 10/2/18, 10/4/18, 10/11/18, 10/16/18, 10/18/18, 10/23/18, 10/25/18, 10/30/18, 11/1/18, 11/6/18, 11/8/18, 11/15/18, 11/20/18, 11/27/18, 11/29/18, 12/4/18

#### Winter Session

Place: Kenmore Middle rm 221

Tu & Th, 6-7 pm, starts 1/15

#### Course #19WSP02

1/15/19, 1/17/19, 1/22/19, 1/24/19, 1/29/19, 1/31/19, 2/5/19, 2/7/19, 2/14/19, 2/26/19, 2/28/19, 3/5/19, 3/7/19, 3/14/19, 3/19/19, 3/21/19, 3/26/19, 3/28/19, 4/2/19, 4/4/19

### New! Barre Class

#### Ages 18 & up

Bodyshaping BARRE: A unique approach to BARRE workouts by infusing pilates, yoga, cardio, and strength training exercises into each class. No experience necessary - all levels of fitness are welcomed. Bring a mat and small weights.

Instructor: Bodyshaping by Sandy staff

member

10 sessions

Fee.....\$80.00

Place: Hoover Middle small gym

M, 7-7:45 pm, starts 9/17/18

#### Course #18FSP65

9/17/18, 9/24/18, 10/1/18, 10/15/18, 10/22/18, 10/29/18, 11/5/18, 11/19/18, 11/26/18, 12/3/18

#### Winter Session

Place: Hoover Middle small gym

M, 7-7:45 pm, starts 1/7

#### Course #19WSP65

1/7/19, 1/14/19, 1/28/19, 2/4/19, 2/11/19, 2/25/19, 3/4/19, 3/11/19, 3/18/19, 3/25/19

### New! Laban/Movement Psychology (Focused on spine/core) Combo of Yoga & Pilates w/ballet

#### Ages 21 and up

The principles of this class combine subtle as well as exaggerated movements that are focused on the core or the spine. The moves are a combination of yoga & Pilates with ballet technique. No prior experience needed. Please bring a yoga mat.

Instructor: Guy Collins

8 sessions

Fee.....\$79.00

Place: Kenmore Middle rm 221

F, 6:30-7:30 pm, starts 9/21

#### Course #18FSP22

9/21/18, 9/28/18, 10/5/18, 10/12/18, 10/19/18, 10/26/18, 11/2/18, 11/9/18

#### Winter Session

Place: Kenmore Middle rm 221

F, 6:30-7:30 pm, starts 1/18

#### Course #19WSP22

1/18/19, 1/25/19, 2/1/19, 2/8/19, 2/15/19, 3/1/19, 3/8/19, 3/15/19

### New! Fencing for Beginners

#### Ages 18 & up

This class is an introduction to the Art of Classical Foil Fencing. Students will learn how to move, defend, and attack using the basic fencing weapon - the foil - in the Classical French style. It is a relaxed workout coupled with exposure to the historical origins of this exciting martial art. Great for developing physical agility and mental focus, fencing is also FUN! Fencing develops better hand-eye coordination and balance, while promoting cardiovascular fitness. All equipment and instruction provided. Please wear sneakers and comfortable clothing. Gentlemen need their own athletic protector (cup) for class.

Instructor: Kevin McMahon

6 sessions

Fee.....\$95.00

Place: Fencing Center of Buffalo -

485 Cayuga Road

Cheektowaga, NY 14225

Between Maryvale & Wehrle

Students: Park near or behind ALL IN

SPORTS; Use MAIN entrance or entrance

"B" and follow the FCB signs.

Sat, 1-2:30 pm, starts 12/1/18

#### Course #18FSP08

12/1/18, 12/8/18, 12/15/18, 1/5/19, 1/12/19, 1/19/19

## 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, spoolfilling 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: Kenmore Middle rm 217

F, 6:30-7:30 pm, starts 9/21

#### Course #18FSP18

9/21/18, 9/28/18, 10/5/18, 10/12/18,  
10/19/18, 10/26/18, 11/2/18, 11/9/18  
or

Place: Kenmore Middle rm 217

F, 10-11 am, starts 9/21

#### Course #18FSP18A

9/21/18, 9/28/18, 10/5/18, 10/12/18,  
10/19/18, 10/26/18, 11/2/18, 11/9/18

## 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: Kenmore Middle rm 220

M, 6:30-7:30 pm, starts 9/17

#### Course #18FSP20

9/17/18, 9/24/18, 10/1/18, 10/15/18,  
10/22/18, 10/29/18, 11/5/18, 11/19/18  
or

Place: Kenmore Middle rm 220

M, 10-11 am, starts 9/17

#### Course #18FSP20A

9/17/18, 9/24/18, 10/1/18, 10/15/18,  
10/22/18, 10/29/18, 11/5/18, 11/19/18

## 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, tacklecraft 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: Kenmore Middle rm 217

Tu, 6:30-7:30 pm, starts 9/18

#### Course #18FSP21

9/18/18, 9/25/18, 10/2/18, 10/16/18,  
10/23/18, 10/30/18  
or

Place: Kenmore Middle rm 217

Tu, 10-11 am, starts 9/18

#### Course #18FSP21A

9/18/18, 9/25/18, 10/2/18, 10/16/18,  
10/23/18, 10/30/18

## 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.

Instructor: Norman Gamble  
13 sessions

**Resident Fee.....\$95.00**  
**Nonresident Fee.....\$101.00**  
**Gold Card Fee.....\$71.00**

Place: Lindbergh Elementary gym

Tu, 7-9:30 pm, starts 9/18

#### Course #18FSP12

9/18/18, 9/25/18, 10/2/18, 10/9/18,  
10/16/18, 10/23/18, 10/30/18, 11/6/18,  
11/20/18, 11/27/18, 12/4/18, 12/11/18,  
12/18/18

#### Winter Session

10 sessions

**Resident Fee.....\$73.00**  
**Nonresident Fee.....\$79.00**  
**Gold Card Fee.....\$55.00**

Place: Lindbergh Elementary gym

Tu, 7-9:30 pm, starts 1/8

#### Course #19WSP12

## Badminton-Men & Women - Advanced

### Ages 21 & up

This course is for intermediate and advanced players. The games tend to be faster and more intense than the beginner-intermediate level course and provide greater opportunity for building skill and stamina.

Instructor: Michael Christner  
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 9/20

#### Course #18FSP30

9/20/18, 9/27/18, 10/4/18, 10/11/18,  
10/18/18, 10/25/18, 11/1/18, 11/29/18,  
12/6/18, 12/13/18, 12/20/18

#### Winter Session

10 sessions

**Resident Fee.....\$73.00**  
**Nonresident Fee.....\$79.00**  
**Gold Card Fee.....\$55.00**

Place: Lindbergh Elementary gym

Th, 7-9:30 pm, starts 1/10

#### Course #19WSP30

1/10/19, 1/24/19, 1/31/19, 2/7/19, 2/14/19,  
2/28/19, 3/7/19, 3/14/19, 3/21/19, 3/28/19

## Basketball for Men

### Ages 18 & up

Sign up for some fun and exercise. Teams are organized at each session so everyone has an opportunity to play. **Please bring both white & dark colored shirts for team distinction.**

Instructor: Gary Kelley  
12 sessions

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

Place: Hoover Middle large gym

Th, 7-9:30 pm, starts 9/20

#### Course #18FSP11

9/20/18, 9/27/18, 10/4/18, 10/11/18,  
10/18/18, 10/25/18, 11/1/18, 11/8/18,  
11/15/18, 11/29/18, 12/6/18, 12/13/18

#### Winter Session

14 sessions

**Resident Fee.....\$106.00**  
**Nonresident Fee.....\$112.00**  
**Gold Card Fee.....\$80.00**

Place: Hoover Middle large gym

Th, 7-9:30 pm, starts 1/10

#### Course #19WSP11

1/10/19, 1/17/19, 1/24/19, 1/31/19, 2/7/19,  
2/14/19, 2/28/19, 3/7/19, 3/14/19, 3/21/19,  
3/28/19, 4/4/19, 4/11/19, 4/18/19



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

## Fitness and Sports

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

### 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

11 sessions

**Resident Fee.....\$63.00**

**Nonresident Fee.....\$69.00**

**Gold Card Fee.....\$47.00**

Place: Kenmore Middle weight rm

M, 6:30-7:30 pm, starts 9/17

#### Course #18FSP28A

9/17/18, 9/24/18, 10/1/18, 10/15/18,  
10/22/18, 10/29/18, 11/5/18, 11/19/18,  
11/26/18, 12/3/18, 12/10/18

or

12 sessions

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

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

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

Place: Kenmore Middle weight rm

Th, 6:30-7:30 pm, starts 9/20

#### Course #18FSP28B

9/20/18, 9/27/18, 10/4/18, 10/11/18,  
10/18/18, 10/25/18, 11/1/18, 11/8/18,  
11/15/18, 11/29/18, 12/6/18, 12/13/18

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 9/22

#### Course #18FSP28C

9/22/18, 9/29/18, 10/13/18, 10/20/18,  
10/27/18, 11/3/18, 11/10/18, 11/17/18,  
12/1/18, 12/8/18, 12/15/18



#### Winter Sessions

9 sessions

**Resident Fee.....\$53.00**

**Nonresident Fee.....\$59.00**

**Gold Card Fee.....\$40.00**

Place: Kenmore Middle weight rm

M, 6:30-7:30 pm, starts 1/7

#### Course #19WSP28A

1/7/19, 1/14/19, 1/28/19, 2/4/19,  
2/11/19, 2/25/19, 3/4/19, 3/11/19,  
3/18/19

or

10 sessions

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

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

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

Place: Kenmore Middle weight rm

Th, 6:30-7:30 pm, starts 1/10

#### Course #19WSP28B

1/10/19, 1/17/19, 1/24/19, 1/31/19,  
2/7/19, 2/14/19, 2/28/19, 3/7/19,  
3/14/19, 3/21/19

or

10 sessions

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

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

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

Place: Kenmore Middle weight rm

Sat, 9-10 am, starts 1/12

#### Course #19WSP28C

1/12/19, 1/19/19, 1/26/19, 2/2/19,  
2/9/19, 2/16/19, 3/2/19, 3/9/19, 3/16/19,  
3/23/19

### 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 and Stephen Litwin

11 sessions

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

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

**Gold Card Fee.....\$59.00**

Place: Hoover Middle pool

W, 7:15-8:15 pm, starts 9/19

#### Course #18FSP34

9/19/18, 9/26/18, 10/3/18, 10/10/18,  
10/17/18, 10/24/18, 11/7/18, 11/14/18,  
11/28/18, 12/5/18, 12/12/18

#### Winter Session

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 1/9

#### Course #19WSP34

1/9/19, 1/16/19, 1/23/19, 1/30/19, 2/6/19,  
2/13/19, 2/27/19, 3/6/19, 3/13/19, 3/20/19

### Water Exercise

#### Ages 18 & up

This water exercise program includes 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. Nonswimmers 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 music followed by a 30-minute open swim.

Instructor: Linda and Stephen Litwin

13 sessions

**Resident Fee.....\$117.00**

**Nonresident Fee.....\$123.00**

**Gold Card Fee.....\$88.00**

Place: Hoover Middle pool

Tu, 7-8:30 pm, starts 9/18

#### Course #18FSP09A

9/18/18, 9/25/18, 10/2/18, 10/9/18,  
10/16/18, 10/23/18, 10/30/18, 11/6/18,  
11/13/18, 11/20/18, 11/27/18, 12/4/18,  
12/11/18

or

12 sessions

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

**Nonresident Fee.....\$116.00**

**Gold Card Fee.....\$81.00**

Place: Hoover Middle pool

Th, 7-8:30 pm, starts 9/20

#### Course #18FSP09B

9/20/18, 9/27/18, 10/4/18, 10/11/18,  
10/18/18, 10/25/18, 11/1/18, 11/8/18,  
11/15/18, 11/29/18, 12/6/18, 12/13/18

#### Winter Sessions

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 1/8

#### Course #19WSP09A

1/8/19, 1/15/19, 1/22/19, 1/29/19, 2/5/19,  
2/12/19, 2/26/19, 3/5/19, 3/12/19, 3/19/19

or

Th, 7-8:30 pm, starts 1/10

#### Course #19WSP09B

1/10/19, 1/17/19, 1/24/19, 1/31/19, 2/7/19,  
2/14/19, 2/28/19, 3/7/19, 3/14/19, 3/21/19



#### Note:

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



## 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

6 sessions

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

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

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

Place: Hoover Elementary gym

W, 6:30-7:30 pm, starts 10/3

#### Course #18FSP84

10/3/18, 10/10/18, 10/17/18, 10/31/18,

11/7/18, 11/14/18

#### Winter Session

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 1/23

#### Course #19WSP84

1/23/19, 1/30/19, 2/6/19, 2/27/19, 3/6/19,

3/13/19, 3/20/19

## 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

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 10/3

#### Course #18FSP86

10/3/18, 10/10/18, 10/17/18, 10/31/18,

11/7/18, 11/14/18

#### Winter Session

Place: Hoover Elementary gym

W, 7:30-8:30 pm, starts 1/30

#### Course #19WSP86

1/30/19, 2/6/19, 2/27/19, 3/6/19, 3/13/19,

3/20/19

## Zumba®

### Ages 18 & up

It's an exhilarating, effective, easy to follow Latin Dance inspired class that is moving millions of people toward joy and health. Ditch the workout - Join the party!

Instructor: Bodyshaping by Sandy staff member

10 sessions

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

Place: Hoover Middle small gym

W, 7-7:45 pm, starts 9/19

#### Course #18FSP64A

9/19/18, 9/26/18, 10/3/18, 10/10/18,

10/17/18, 10/24/18, 10/31/18, 11/7/18,

11/14/18, 11/28/18

#### Winter Session

Place: Hoover Middle small gym

W, 7-7:45 pm, starts 1/9

#### Course #19WSP64B

1/9/19, 1/16/19, 1/23/19, 1/30/19, 2/6/19,

2/13/19, 2/27/19, 3/6/19, 3/13/19, 3/20/19



## Fitness and Sports

### 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.

## 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 Spring/Summer session is January 11, 2019.

Office of Community Education, 155 Delaware Road, Buffalo, NY 14217

Phone: (716) 874-8500

## Fitness and Sports

### 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.

### 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: Hoover Elementary gym

M, 8-9:30 pm, starts 9/17

#### Course #18FSP16A

9/17/18, 9/24/18, 10/1/18, 10/15/18,  
10/29/18, 11/5/18, 11/26/18, 12/3/18

#### Winter Session

Place: Hoover Elementary gym

M, 8-9:30 pm, starts 1/14

#### Course #19WSP16A

1/14/19, 1/28/19, 2/4/19, 2/25/19, 3/4/19,  
3/11/19, 3/18/19, 3/25/19

### 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 and Jeff Manz  
11 sessions

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

Place: Hoover Middle small gym

Th, 6:30-7:45 pm, starts 9/13

#### Course #18FSP01

9/13/18, 9/20/18, 9/27/18, 10/4/18,  
10/11/18, 10/18/18, 10/25/18, 11/1/18,  
11/8/18, 11/15/18, 11/29/18

#### Winter Session

Place: Hoover Middle small gym

Th, 6:30-7:45 pm, starts 1/10

#### Course #19WSP01

1/10/19, 1/17/19, 1/24/19, 1/31/19, 2/7/19,  
2/14/19, 2/28/19, 3/7/19, 3/14/19, 3/21/19,  
3/28/19

## 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. Bring a mat to class.

Instructor: Mary Ann Gullo

11 sessions

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

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

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

Place: Kenmore Middle rm 221

M, 5:30-7 pm, starts 9/17

#### Course #18FSP17A

9/17/18, 9/24/18, 10/1/18, 10/15/18,  
10/22/18, 10/29/18, 11/5/18, 11/19/18,  
11/26/18, 12/3/18, 12/10/18

or

11 sessions

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

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

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

Place: Kenmore Middle rm 221

Mo, 8:45-10:15 am, starts 9/17

#### Course #18FSP17B

9/17/18, 9/24/18, 10/1/18, 10/15/18,  
10/22/18, 10/29/18, 11/5/18, 11/19/18,  
11/26/18, 12/3/18, 12/10/18

or

12 sessions

**Resident Fee.....\$103.00**

**Nonresident Fee.....\$109.00**

**Gold Card Fee.....\$77.00**

Place: Kenmore Middle rm 221

W, 5:30-7 pm, starts 9/19

#### Course #18FSP17C

9/19/18, 9/26/18, 10/3/18, 10/10/18,  
10/17/18, 10/24/18, 10/31/18, 11/7/18,  
11/14/18, 11/28/18, 12/5/18, 12/12/18

or

12 sessions

**Resident Fee.....\$103.00**

**Nonresident Fee.....\$109.00**

**Gold Card Fee.....\$77.00**

Place: Kenmore Middle rm 221

F, 8:45-10:15 am, starts 9/21

#### Course #18FSP17D

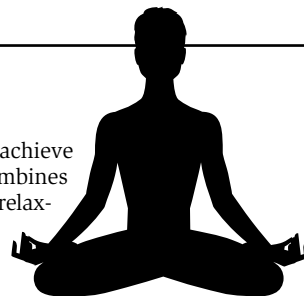
9/21/18, 9/28/18, 10/5/18, 10/12/18,  
10/19/18, 10/26/18, 11/2/18, 11/9/18,  
11/16/18, 11/30/18, 12/7/18, 12/14/18

#### Winter Sessions

9 sessions

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

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



**Gold Card Fee.....\$59.00**

Place: Kenmore Middle rm 221

M, 5:30-7 pm, starts 1/7

#### Course #19WSP17A

1/7/19, 1/14/19, 1/28/19, 2/4/19,  
2/11/19, 2/25/19, 3/4/19, 3/11/19,  
3/18/19

or

9 sessions

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

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

**Gold Card Fee.....\$59.00**

Place: Kenmore Middle rm 221

M, 8:45-10:15 am, starts 1/7

#### Course #19WSP17B

1/7/19, 1/14/19, 1/28/19, 2/4/19,  
2/11/19, 2/25/19, 3/4/19, 3/11/19,  
3/18/19

or

10 sessions

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

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

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

Place: Kenmore Middle rm 221

W, 5:30-7 pm, starts 1/9

#### Course #19WSP17C

1/9/19, 1/16/19, 1/23/19, 1/30/19,  
2/6/19, 2/13/19, 2/27/19, 3/6/19,  
3/13/19, 3/20/19

or

10 sessions

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

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

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

Place: Kenmore Middle rm 221

F, 8:45-10:15 am, starts 1/11

#### Course #19WSP17D

1/11/19, 1/18/19, 1/25/19, 2/1/19,  
2/8/19, 2/15/19, 3/1/19, 3/8/19, 3/15/19,  
3/22/19

## 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.



# 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)

# Through 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 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.

Registration for the Fall Session: Beginning August 20 for current or returning students and continuing Mondays, Tuesdays and Wednesdays until classes have filled.

New students may begin registering August 21.

Registration for the Winter Session: Beginning November 12 for current or returning students and continuing Mondays, Tuesdays and Wednesdays until classes are filled.

New students may begin registering November 19.

The Gym will be closed October 31, November 3, November 21-25 and December 21-January 2, 19.

### 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 September 14 for the Fall Session and January 3, 19 for the Winter 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 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
Saturday	9:15-10:00am No class on November 3.

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

**Fee:..... \$100.00 Fall Session beginning September 19**

**\$100.00 Winter Session beginning January 7, 19**

## 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	5:15-6:00pm No class on October 31.
Thursday	4:15-5:00pm
Thursday	5:15-6:00pm
Friday	6:00-6:45pm
Saturday	10:15-11:00am No class on November 3.

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

**Fee:..... \$100.00 Fall Session beginning September 19**

**\$100.00 Winter Session beginning January 7, 19**

## 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	6:15-7:15pm No class on October 31.
Thursday	6:15-7:15pm
Friday	4:45-5:45pm
Saturday	11:15-12:15pm No class on November 3.

Place: Buffalo Turners' Mini-Gym (Room 124)

**Fee:..... \$120.00 Spring Session beginning September 19**

**\$120.00 Winter Session beginning January 7, 19**



## New! Idea Builders Lego Club Grades K-4

Idea Builders Lego Club is dedicated to nurturing your child's creative and critical thinking as we work with Legos. Our weekly themes contain age-appropriate exposure to STEAM (Science, Technology, Engineering, Art & design, and Mathematics) concepts. Each week students are introduced to different STEAM connection through a mini-lesson. This program stresses learning through creative play, hands-on learning, and social interaction.

Instructor: Maureen Castellani  
6 sessions

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

Place: Lindbergh Library  
Tu, 3:20-4:20 pm, starts 9/25

### Course #18FKF17

9/25/18, 10/2/18, 10/9/18, 10/16/18,  
10/23/18, 10/30/18

or  
Place: Franklin Elementary community  
room

W, 3:20-4:20 pm, starts 10/17

### Course #18FKF17A

10/17/18, 10/24/18, 10/31/18, 11/7/18,  
11/14/18, 11/28/18

## Winter Sessions

Place: Lindbergh Library  
Tu, 3:20-4:20 pm, starts 1/8

### Course #19WKF17

1/8/19, 1/15/19, 1/22/19, 1/29/19, 2/5/19,  
2/12/19

or  
Place: Franklin Elementary community  
room

W, 3:20-4:20 pm, starts 1/30

### Course #19WKF17A

1/30/19, 2/6/19, 2/13/19, 2/27/19, 3/6/19,  
3/13/19

## New! Music Time for Toddlers/Preschool with Mami Mozart

### Ages 1-5 with adult participation

Toddlers and preschool children will enjoy a world of music, singing, storytime, and dance in this fun music class designed for adult family members and their little ones. Together explore the ABC's, animals, geography, numbers, and more with sing-a-longs, puppetry, music games, instruments, rhymes and more! Mami Mozart has over twenty years of teaching experience, including Early Childhood Education. **Adults will participate in activities with the child.** Special requests/accommodations can be discussed with the instructor.

Instructor: Sabrina Pena-Young  
8 sessions

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

Place: Kenmore Middle rm 221

F, 11 am-12 pm, starts 9/28

### Course #18FKF20

9/28/18, 10/5/18, 10/12/18, 10/19/18,  
10/26/18, 11/2/18, 11/9/18, 11/16/18

## Winter Session

Place: Kenmore Middle rm 221

F, 11 am-12 pm, starts 1/11

### Course #19WKF20

1/11/19, 1/18/19, 1/25/19, 2/1/19, 2/8/19,  
2/15/19, 3/1/19, 3/8/19

## Kidding Around-Yoga Preschool Classes

### Ages 3-5 (Parent/Caregiver 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. For more information, please visit [www.kiddingaroundyoga.com/donna](http://www.kiddingaroundyoga.com/donna).

Instructor: Donna Baia

4 sessions

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

Place: Kenmore Middle rm 221

Th, 11-11:45 am, starts 9/27

### Course #18FKF02

9/27/18, 10/4/18, 10/11/18, 10/18/18

## 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

11 sessions

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

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

Place: Kenmore Middle stage-auditorium  
M, 6:15-7:15 pm, starts 9/17

### Course #18FKF41

9/17/18, 9/24/18, 10/1/18, 10/15/18,  
10/22/18, 10/29/18, 11/5/18, 11/19/18,  
11/26/18, 12/3/18, 12/10/18

## Winter Session

9 sessions

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

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

Place: Kenmore Middle stage-auditorium  
M, 6:15-7:15 pm, starts 1/7

### Course #19WKF41

1/7/19, 1/14/19, 1/28/19, 2/4/19, 2/11/19,  
2/25/19, 3/4/19, 3/11/19, 3/18/19

## 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: Hoover Elementary gym

M, 6-6:30 pm, starts 9/17

### Course #18FKF01A

9/17/18, 9/24/18, 10/1/18, 10/15/18,  
10/29/18, 11/5/18, 11/26/18, 12/3/18

## Winter Session

Place: Hoover Elementary gym

M, 6-6:30 pm, starts 1/14

### Course #19WKF01A

1/14/19, 1/28/19, 2/4/19, 2/25/19, 3/4/19,  
3/11/19, 3/18/19, 3/25/19

## 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**

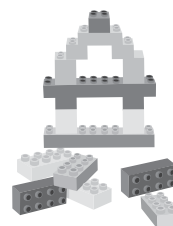
Place: Hoover Elementary gym

M, 6:30-7 pm, starts 9/17

### Course #18FKF01B

9/17/18, 9/24/18, 10/1/18, 10/15/18,  
10/29/18, 11/5/18, 11/26/18, 12/3/18

# Kids & Families



## Kids & Families

### Winter Session

Place: Hoover Elementary gym

M, 6:30-7 pm, starts 1/14

#### Course #19WKF01B

1/14/19, 1/28/19, 2/4/19, 2/25/19, 3/4/19, 3/11/19, 3/18/19, 3/25/19

### 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: Hoover Elementary gym

M, 7-7:45 pm, starts 9/17

#### Course #18FKF11A

9/17/18, 9/24/18, 10/1/18, 10/15/18, 10/29/18, 11/5/18, 11/26/18, 12/3/18

### Winter Session

Place: Hoover Elementary gym

M, 7-7:45 pm, starts 1/14

#### Course #19WKF11A

1/14/19, 1/28/19, 2/4/19, 2/25/19, 3/4/19, 3/11/19, 3/18/19, 3/25/19

### 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.movinandgroovinparties.com](http://www.movinandgroovinparties.com).

Instructor: Tracy Gibas

8 sessions

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

Place: Kenmore Middle rm 221

Tu, 11:15 am-12 pm, starts 9/18

#### Course #18FKF51A

9/18/18, 9/25/18, 10/2/18, 10/9/18, 10/16/18, 10/23/18, 10/30/18, 11/6/18

### Winter Session

Place: Kenmore Middle rm 221

Tu, 11:15 am-12 pm, starts 1/22

#### Course #19WKF51A

1/22/19, 1/29/19, 2/5/19, 2/12/19, 2/26/19, 3/5/19, 3/12/19, 3/19/19

### 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

10 sessions

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

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

Place: Kenmore Middle rm 217

M, 4:15-5:45 pm, starts 9/17

#### Course #18FKF04

9/17/18, 9/24/18, 10/1/18, 10/15/18, 10/22/18, 10/29/18, 11/5/18, 11/19/18, 11/26/18, 12/3/18

### Winter Session

Place: Kenmore Middle rm 217

M, 4:15-5:45 pm, starts 1/7

#### Course #19WKF04

1/7/19, 1/14/19, 1/28/19, 2/4/19, 2/11/19, 2/25/19, 3/4/19, 3/11/19, 3/18/19, 3/25/19

## Spanish For The Elementary Years

Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-4 student to learn the Spanish language. This unique and exciting program features foundation vocabulary introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. Early introduction increases the student's ability to absorb rather than translate the language. **If you have taken a CultureKids class previously, new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students!** Join the fun! Program is offered at dismissal at each of the schools below. Class fee is \$82. If you have any questions, contact CultureKids at 716.523.9538.

REGISTER ON LINE AT: [www.CultureKidsClub.com](http://www.CultureKidsClub.com) (Form can also be downloaded and mailed directly to CULTUREKIDS - \*Do not send registration to schools or Ken Ton Comm Ed)

**Franklin Elem** - Mondays 3:20 - 4:00p.m. 10/22, 10/29, 11/5, 11/19, 11/26, 12/17 (no class 11/12, 12/3) comm rm

**Edison Elem** - Tuesdays 3:20 - 4:00p.m. 10/23, 10/30, 11/13, 11/20, 11/27, 12/4 (no class 11/6) rm 108

**Hoover Elem** - Wednesdays 3:20 - 4:00p.m. 10/24, 10/31, 11/7, 11/14, 11/28, 12/5 (no class 11/21) library

**Lindbergh Elem** - Fridays 3:20 - 4:00p.m. 10/19, 10/26, 11/2, 11/9, 11/16, 12/14 (no class 11/23, 11/30, 12/7) library

### Winter Sessions

**Franklin Elem** - Monday 3:20 - 4:00p.m. 2/4, 2/11, 2/25, 3/4, 3/11, 3/18, 2/18 comm rm

**Edison Elem** - Tuesday 3:20 - 4:00p.m. 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 2/19 rm 108

**Hoover Elem** - Wednesday 3:20 - 4:00p.m. 2/6, 2/13, 2/27, 3/6, 3/13, 3/20, 2/20 library

**Lindbergh Elem** - Friday 3:20 - 4:00p.m. 2/8, 2/15, 3/1, 3/15, 3/22, 3/29, 2/22, 3/8 library

### 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.





# 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 & Families

### Kids Choice Sports Coed 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 Middle large gym  
Tu, 7:50-8:50 pm, starts 9/25

**Course #18FKF45**  
9/25/18, 10/2/18, 10/9/18, 10/16/18,  
10/23/18, 10/30/18

or  
Place: Hoover Middle large gym  
Tu, 7:50-8:50 pm, starts 11/13

**Course #18FKF45A**  
11/13/18, 11/20/18, 11/27/18, 12/4/18,  
12/11/18, 12/18/18

#### Winter Sessions

Place: Franklin Elementary gym  
Tu, 7:50-8:50 pm, starts 1/22

**Course #19WKF45**  
1/22/19, 1/29/19, 2/5/19, 2/12/19, 3/5/19,  
3/12/19

### 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 Middle large gym  
Tu, 7-7:45 pm, starts 9/25

**Course #18FKF28A**  
9/25/18, 10/2/18, 10/9/18, 10/16/18,  
10/23/18, 10/30/18

or  
Place: Hoover Middle large gym  
Tu, 7-7:45 pm, starts 11/13

**Course #18FKF28B**  
11/13/18, 11/20/18, 11/27/18, 12/4/18,  
12/11/18, 12/18/18

#### Winter Session

Place: Franklin Elementary gym  
Tu, 7-7:45 pm, starts 1/22

**Course #19WKF28A**  
1/22/19, 1/29/19, 2/5/19, 2/12/19, 3/5/19,  
3/12/19

### Kids Choice Sports Lacrosse (Indoor)

In this noncompetitive co-ed program, kids will be taught the basic skills of lacrosse. These skills include scooping, cradling, passing, catching, and shooting. The idea is to have fun and make friends while learning the sport. No contact lacrosse is played, also known as "soft lacrosse." A mouthguard is required. Kids Choice Sports will provide a stick and all other equipment.

Instructor: Kids Choice Sports Staff

#### Ages 5-7

6 sessions  
**Resident Fee.....\$79.00**  
**Nonresident Fee.....\$85.00**

Place: Franklin Middle gym  
F, 7-7:45 pm, starts 9/28

**Course #18FKF89A**  
9/28/18, 10/5/18, 10/12/18, 10/19/18,  
10/26/18, 11/2/18

#### Ages 7-12

6 sessions  
**Resident Fee.....\$79.00**  
**Nonresident Fee.....\$85.00**

Place: Franklin Middle gym  
F, 8-9 pm, starts 9/28

**Course #18FKF89B**  
9/28/18, 10/5/18, 10/12/18, 10/19/18,  
10/26/18, 11/2/18

### Kids Choice Sports Volleyball

#### Ages 7-12

This program provides a safe and fun environment for boys and girls to get together, make friends, and learn the basic skills and principles involved in the game. Skills such as serving, passing, and setting will be taught followed by a scrimmage. No previous volleyball experience is required. Game format and volleyballs are modified to accommodate all grade/skills levels.

Instructor: Kids Choice Sports Staff

6 sessions  
**Resident Fee.....\$79.00**  
**Nonresident Fee.....\$85.00**

Place: Hoover Middle large gym  
F, 7:15-8:15 pm, starts 11/9

**Course #18FKF69**  
11/9/18, 11/16/18, 11/30/18, 12/7/18,  
12/14/18, 12/21/18

### Kids Choice Sports Boys' Baseball Clinic Ages 7-12

This indoor clinic was designed to provide baseball skills training to players during the winter months. Areas covered include: hitting, fielding, throwing mechanics, defensive drills, and base running. Players are grouped by age and skill. Players must supply their own gloves. Please note that Boys' Baseball Clinic and Girls' Softball Clinic's run concurrently.

Instructor: Kids Choice Sports Staff

6 sessions

**Resident Fee.....\$79.00**  
**Nonresident Fee.....\$85.00**

Place: Franklin Elementary gym  
F, 8-9 pm, starts 1/25

**Course #19WKF27B**  
1/25/19, 2/1/19, 2/8/19, 2/15/19, 3/15/19, 3/22/19

### Kids Choice Sports Girls' Softball Clinic Ages 7-12

This indoor clinic was designed to provide baseball skills training to players during the winter months. Areas covered include: hitting, fielding, throwing mechanics, defensive drills, and base running. Players are grouped by age and skill. Players must supply their own gloves. Please note that Boys' Baseball Clinic and Girls' Softball Clinic's run concurrently.

Instructor: Kids Choice Sports Staff

6 sessions

**Resident Fee.....\$79.00**  
**Nonresident Fee.....\$85.00**

Place: Franklin Elementary gym  
F, 8-9 pm, starts 1/25

**Course #19WKF27A**  
1/25/19, 2/1/19, 2/8/19, 2/15/19, 3/15/19, 3/22/19

### Kids Choice Sports Little Sluggers (Introduction to Tee Ball)

#### Ages 3 - 6

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

Instructor: Kids Choice Sports Staff

6 sessions

**Resident Fee.....\$79.00**  
**Nonresident Fee.....\$85.00**

Place: Franklin Elementary gym  
F, 7-7:45 pm, starts 1/25

**Course #19WKF68**  
1/25/19, 2/1/19, 2/8/19, 2/15/19, 3/15/19, 3/22/19

## Kids & Families

### 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

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.

#### 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.

#### Fall Sessions

7 sessions

**Resident Fee.....\$91.00**

**Nonresident Fee.....\$96.00**

Place: Hoover Elementary gym

Tu, 6-6:45 pm, starts 9/25

**Course #18FKF93A**

9/25/18, 10/2/18, 10/9/18, 10/16/18, 11/6/18, 11/13/18, 11/20/18  
or

Place: Hoover Elementary Gym

Sat, 2-2:45 pm, starts 9/29

**Course #18FKF93B**

9/29/18, 10/6/18, 10/13/18, 10/27/18, 11/3/18, 11/10/18, 11/17/18

#### Winter Sessions

7 sessions

**Resident Fee.....\$91.00**

**Nonresident Fee.....\$96.00**

Place: Hoover Elementary gym

Tu, 6-6:45 pm, starts 1/29

**Course #19WKF93A**

1/29/19, 2/5/19, 2/26/19, 3/5/19, 3/12/19, 3/19/19, 3/26/19  
or

Place: Hoover Elementary gym

Sat, 2-2:45 pm, starts 2/9

**Course #19WKF93B**

2/9/19, 3/2/19, 3/9/19, 3/16/19, 3/23/19, 3/30/19, 4/6/19

### Soccer Level I

#### Ages 4-6

#### Fall Sessions

7 sessions

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

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

Place: Hoover Elementary gym

Tu, 6:45-7:45P pm, starts 9/25

**Course #18FKF15A**

9/25/18, 10/2/18, 10/9/18, 10/16/18, 11/6/18, 11/13/18, 11/20/18  
or

Place: Hoover Elementary Gym

Sat, 1-2 pm, starts 9/29

**Course #18FKF15B**

9/29/18, 10/6/18, 10/13/18, 10/27/18, 11/3/18, 11/10/18, 11/17/18

#### Winter Sessions

7 sessions

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

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

Place: Hoover Elementary gym

Tu, 6:45-7:45 pm, starts 1/29

**Course #19WKF15A**

1/29/19, 2/5/19, 2/26/19, 3/5/19, 3/12/19, 3/19/19, 3/26/19  
or

Place: Hoover Elementary gym

Sat, 1-2 pm, starts 2/9

**Course #19WKF15B**

2/9/19, 3/2/19, 3/9/19, 3/16/19, 3/23/19, 3/30/19, 4/6/19

**Keep This Catalog For Winter!**

**Pass it on to a friend**

# 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 Prisco Houndanion, Director of 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. (Please contact KidsPlay for more information).

##### Fall Session

###### Blue Division League-Ages 6-8

7 sessions

**Resident Fee.....\$111.00**

**Nonresident Fee.....\$117.00**

Place: Hoover Elementary gym

F, 6-8:30 pm, starts 9/28

###### Course #18FKF14B

9/28/18, 10/5/18, 10/12/18, 11/2/18, 11/9/18, 11/16/18, 11/30/18

or

###### Red Division League-Ages 9-12

7 sessions

**Resident Fee.....\$111.00**

**Nonresident Fee.....\$117.00**

Place: Lindbergh Elementary gym

W, 6:30-9 pm, starts 9/26

###### Course #18FKF14A

9/26/18, 10/3/18, 10/10/18, 10/17/18, 10/24/18, 11/14/18, 11/28/18

##### Winter Session

###### Blue Division League-Ages 6-8

7 sessions

**Resident Fee.....\$111.00**

**Nonresident Fee.....\$117.00**

Place: Kenmore Middle gym

F, 6:30-9 pm, starts 2/1

###### Course #19WKF14B

2/1/19, 2/8/19, 2/15/19, 3/1/19, 3/8/19, 3/15/19, 3/22/19

or

###### Red Division League-Ages 9-12

7 sessions

**Resident Fee.....\$111.00**

**Nonresident Fee.....\$117.00**

Place: Kenmore Middle gym

W, 6:30-9 pm, starts 1/30

###### Course #19WKF14A

1/30/19, 2/6/19, 2/13/19, 2/27/19, 3/6/19, 3/13/19, 3/20/19

## Kids & Families

### 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 Monday Night NFL Flag Football

### Ages 6-9

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: Hamilton field

M, 5:15-6:45 pm, starts 9/17

###### Course #18FKF16

9/17/18, 9/24/18, 10/1/18, 10/8/18, 10/15/18, 10/22/18, 10/29/18





## Kids & Families

### 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 Indoor Football Skills

Are you ready for some football? Whether your child is a football star or has never played football before, Indoor Football will develop their football knowledge and skills. In each weekly session, players will receive fundamental football skills and speed training coordinated by veteran high school coach, Matt O'Malley. Experienced players will continue to build on their current base of skills and new players will receive a fun and informative introduction to football. Each session will have football specific skill training, speed and agility work followed by modified flag football drills or indoor flag football scrimmages.

#### Fall Session

##### Ages 6-9

6 sessions

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

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

Place: Hoover Elementary gym

Th, 6:00-7:15 pm, starts 11/29

##### Course #18FKF13A

11/29/18, 12/6/18, 12/13/18, 1/17/19, 1/24/19, 1/31/19,

or

##### Ages 9-12

6 sessions

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

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

Place: Hoover Elementary gym

Th, 7:15-8:30 pm, starts 11/29

##### Course #18FKF13B

11/29/18, 12/6/18, 12/13/18, 1/17/19, 1/24/19, 1/31/19,

#### Winter Session

##### Ages 6-9

6 sessions

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

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

Place: Hoover Elementary gym

Th, 6:00-7:15 pm, starts 3/7

##### Course #19WKF13A

3/7/19, 3/14/19, 3/21/19, 3/28/19, 4/4/19, 4/11/19

or

##### Ages 9-12

7 sessions

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

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

Place: Hoover Elementary gym

Th, 7:15-8:30 pm, starts 3/7

##### Course #19WKF13B

3/7/19, 3/14/19, 3/21/19, 3/28/19, 4/4/19, 4/11/19

### KidsPlay Sabretooth Floor Hockey

#### Ages 4-6

If you have a future Jack Eichel currently hitting a hockey ball around out in the driveway, KidsPlay Floor Hockey is a fun and interesting introduction to hockey during a player's formative years. KidsPlay Hockey stresses the development of stick-handling, passing and shooting skills as well as understanding how hockey works. Game rules are modified to heighten skill development and ensure equal playing time for all players. A KidsPlay shirt and an individual award are included in the program fee. Players use the same equipment as used in school gym class. A mouth guard is required.

#### Fall Session

7 sessions

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

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

Place: Hoover Elementary Gym

Sat, 2-3 pm, starts 12/1

##### Course #18FKF07

12/1/18, 12/8/18, 12/22/18, 1/12/19, 1/19/19, 1/26/19, 2/2/19

or

Place: Hoover Elementary Gym

Sat, 1-2 pm, starts 12/1

##### Course #18FKF07A

12/1/18, 12/8/18, 12/22/18, 1/12/19, 1/19/19, 1/26/19, 2/2/19

#### Winter Sessions

7 sessions

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

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

Place: Hoover Elementary Gym

Sat, 1:30-2:30 pm, starts 12/1

##### Course #19WKF07A

2/9/19, 3/2/19, 3/9/19, 3/16/19, 3/23/19, 3/30/19, 4/6/19

or

Place: Kenmore Middle gym

Sat, 2:30-3:30 pm, starts 2/9

##### Course #19WKF07B

2/9/19, 3/2/19, 3/9/19, 3/16/19, 3/23/19, 3/30/19, 4/6/19

### Kidsplay Blue and Gold Floor Hockey League

#### Ages 6-9

One of our most popular Fall-Winter programs, KidsPlay Hockey League stresses the development of stick handling, passing and shooting skills as well as defensive/offensive strategy. Players are placed on a team and meet 75-90 minutes each week - 30-40 minutes of skill instruction followed by a 40-50 minute game against another team. Players use the same equipment as used in school gym class. A mouth guard is required.

7 sessions

**Resident Fee.....\$110.00**

**Nonresident Fee.....\$116.00**

Place: Lindbergh Elementary gym

M, 6-7:15 pm, starts 11/19

##### Course #18FKF08

11/19/18, 11/26/18, 12/3/18, 12/10/18, 12/17/18, 1/7/19, 1/14/19

#### Winter Session

7 sessions

**Resident Fee.....\$110.00**

**Nonresident Fee.....\$116.00**

Place: Kenmore Middle gym

M, 6:30-7:45 pm, starts 2/11

##### Course #19W KF08

2/11/19, 2/25/19, 3/4/19, 3/11/19, 3/18/19, 3/25/19, 4/1/19

## 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 Spring/Summer session is January 11, 2019.

Office of Community Education, 155 Delaware Road, Buffalo, NY 14217

Phone: (716) 874-8500



## **Evidence Based Parenting Classes Families in Transition & Systematic Training for Effective Parenting (STEP)**

### **Program Features**

Eight weeks (1 evening a week) of evidence based parenting skills training. Classes cover three age groups to accommodate your family needs. Certificates will be given upon completion!

Infant & Toddler (0-3 years) • Young Child (3-9 years) • Young Adolescent (10-18 years)

#### **Linkage with Community Access Services**

- Choosing Life Empowerment Action Results (CLEAR) \$50 gift card upon completion of the CLEAR program
- Housing Services
- Linkage to Health Insurance

#### **Presentations and Outreach**

- Community Access Services
- Northland Workforce Training
- UBMD
- Video & Discussion on a “Child’s Developing Brain”
- Legal Aid Services at orientation and ongoing as needed

**For information or to register, please contact: (716) 332-4128**

[www.epicforchildren.org](http://www.epicforchildren.org)

**Classes are offered through a partnership with the Ken-Ton Community Education Department. Classes will take place at:  
Kenmore Middle School, 155 Delaware Road, Buffalo, New York 14217**

Supported By:



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### **“Baby & Me” Classes presented by EPIC**



**An interactive way to bond with your little one while sharing tips and tricks with other parents in the group!**

- Research-based curriculum
- Led by a trained facilitator
- Engaging discussions in a comfortable environment

**Classes will take place the following Tuesday’s from 10:00am – 11:30am at Kenmore Middle School: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23**

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### **Parent Café**

**Join us for this free parenting series and enjoy the company of other parents going through a similar phase of life as you!**

Topics may include:



- Parenting styles and decision making
- Listening and responding to children
- Character, conscience, and values
- Fostering self-esteem
- Positive discipline
- Sibling relationships and dynamics

**Classes will take place the following**

**Tuesday’s from 9:30 am - 11:00 am at Kenmore Middle School: 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11**

**Classes are offered through a partnership with the Ken-Ton Community Education Department. Classes will take place at:  
Kenmore Middle School, 155 Delaware Road, Buffalo, New York 14217**

Free events brought to you by the Peter C. Cornell Trust, Northwest Bank, and Blue Cross Blue Shield of WNY. Coffee and light refreshments will be served!

For more information or to register, please contact: (716) 332-4115 [www.epicforchildren.org](http://www.epicforchildren.org)

## Health and Wellness

### **New! Understanding Mental Health & Our Community**

#### **Ages 18 & up**

This class will work to explore and gain a better understanding of the impact that mental health has on us as well as our community. This class will cover various topics such as symptoms, diagnosis, coping skills, as well as the role of media and its impact. You will learn how to utilize skills that will aid in overall recovery and cover local agencies that can provide ongoing care.

Instructor: Rebekah Chen

8 sessions

**Fee.....\$115.00**

Place: Kenmore Middle rm 219

Tu, 6:30-8:30 pm, starts 9/25

**Course #18FHL02**

9/25/18, 10/2/18, 10/16/18, 10/23/18,

10/30/18, 11/6/18, 11/20/18, 11/27/18

### **New! Coping With Fear**

#### **Ages 18 & up**

Fear is a part of our everyday experience. When we are young, fear can be an ally...e.g. "Don't play in the street." But as we get older it becomes more of a liability which serves to hinder us from being everything we can be...e.g. "Don't try that, you'll probably fail." It is vital to understand what fear really is and how to deal with it in a productive manner that will enable you to fulfill your heart's desires. That is what this class is all about. We will determine why we have the fears we do, where they come from, and how to deal with them in a productive, helpful manner. **Please bring a notebook.**

Instructor: Richard D'Angelo

1 session

**Fee.....\$38.00**

Place: Kenmore Middle rm 228

W, 7-9:30 pm, starts 11/14

**Course #18FMB01**

11/14/18

### **New! DIY Autumn Inspired Essential Oil Make & Take**

#### **Ages 18 & up**

Don't miss this exciting autumn inspired event! Let's embrace this beautiful time of year together as we make some fun and easy DIY goodies! We will make Candy Corn Bath Salts, Pumpkin Spice Sugar Scrub, Autumn-scented Room Spray and Shimmery Orange Lip Balm using 100% pure therapeutic-grade essential oils and other all-

natural ingredients. A \$15 supply fee will be due to the instructor for all materials needed.

Instructor: Wendy Schmidt

1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 217

Th, 6-8 pm, starts 10/18

**Course #18FHL14**

10/18/18

### **New! DIY Get Ready For Winter Essential Oil Make & Take**

#### **Ages 18 & up**

Get ready for cold & flu season with these easy DIY must haves! In this class we will make an illness prevention roller, cough & cold chest rub and elixir, plus a hand purifier that can boost your immune system. Don't miss this opportunity to gear up for wellness this winter! **A \$15 supply fee will be due to the instructor for all materials needed.**

Instructor: Wendy Schmidt

1 session

**Resident.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 230

Th, 6-8 pm, starts 11/19

**Course #18FHL15**

11/19/18

### **New! DIY Stocking Stuffer Essential Oil Make & Take**

#### **Ages 18 & up**

Come out for some holiday fun and make DIY stocking stuffers for two! We will make Peppermint Lip Balm, Christmas Spirit Room Spray, Gingerbread Man Scrub Cubes (you get to keep the mold), and Rosemary & Lavendar Christmas Ornament Bath Salts using 100% pure therapeutic-grade essential oils and all-natural products. **Don't miss out on this merry event! A \$25 supply fee is due to the instructor for all materials needed.**

Instructor: Wendy Schmidt

1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 217

Th, 6-8 pm, starts 12/13

**Course #18FHL17**

12/13/18

### **New! DIY Valentine's Day Essential Oil Make & Take**

#### **Ages 18 & up**

Come join this super fun DIY Valentine's Day inspired Make & Take class in order to get ready for Valentine's Day or any special day! We will make unique gifts for a special someone including rollers, sprays, and oils. **There is a \$37 supply fee due to the instructor for all materials needed.**

Instructor: Wendy Schmidt

1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 219

Th, 6-8 pm, starts 1/24

**Course #19WHL18**

1/24/19

### **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. 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.

Instructor: Richard D'Angelo

1 session

**Fee.....\$38.00**

Place: Kenmore Middle rm 228

Th, 7-9:30 pm, starts 10/4

**Course #18FMB25**

10/4/18

### **New! Ken-Ton Hallwalker Club**

#### **Ages 18 and up**

No more weather excuses! Come walk our second floor on Monday, Wednesday, and/or Friday at your leisure between 6:30pm-8:30pm. For more regulations and guidelines please visit our online registration page.

66 sessions

**Fee.....\$25**

Place: Kenmore Middle 2nd Floor

M, W, F, 6:30 - 8:30 pm, starts 10/1

**Course #18FHL07**

## New! Beginning French for the Traveler

### Age 21 & up

Learn conversational French quickly and easily with this 10-minute a day method. Short conversations and class practice will help you learn the phrases and words you will need to get around "La Belle France." A \$20 fee will be due to the instructor the first night for a copy of "The Everything Learning French Book" that will be mandatory for the class.

Instructor: Teresa Brancato

5 sessions

**Resident Fee.....\$35.00**

**Nonresident Fee.....\$41.00**

**Gold Card Fee.....\$26.00**

Place: Kenmore Middle rm 220

Th, 6-7 pm, starts 11/8

**Course #18FLG02**

11/8/18, 11/15/18, 11/29/18, 12/6/18,

12/13/18

### Winter Session

Place: Kenmore Middle rm 219

Th, 6-7 pm, starts 1/31

**Course #19WLG02**

1/31/19, 2/7/19, 2/14/19, 2/28/19, 3/7/19

## Language

## 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 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

1 session

**Fee.....\$44.00**

Place: Kenmore West rm 153

Tu, 3:45-8:45 pm, starts 9/18

**Course #18FDB04A**

9/18/18

or

Instructor: Andrew Moynihan

1 session

Place: Kenmore East rm 165

W, 3:45-8:45 pm, starts 9/26

**Course #18FDB04B**

9/26/18

or

Instructor: Sheldon Forman

1 session

Place: Kenmore West rm 153

W, 3:45-8:45 pm, starts 10/17

**Course #18FDB04C**

10/17/18

or

Instructor: Andrew Moynihan

1 session

Place: Kenmore East rm 165

W, 3:45-8:45 pm, starts 10/24

**Course #18FDB04D**

10/24/18

or

Instructor: Sheldon Forman

1 session

Place: Kenmore West rm 153

Tu, 3:45-8:45 pm, starts 11/20

**Course #18FDB04E**

11/20/18

### Winter Session

Instructor: Andrew Moynihan

1 session

Place: Kenmore East rm 165

W, 3:45-8:45 pm, starts 3/20

**Course #19WDB04D**

3/20/19

## Driving & Safety



## 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: Mark Brylinski

1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 229

W, 7-9 pm, starts 11/14

**Course #18FMF25**

11/14/18

### Winter Session

Place: Kenmore Middle rm 229

W, 7-9 pm, starts 3/13

**Course #19WMF25**

3/13/19

## 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: Mark Brylinski

1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 229

W, 7-9 pm, starts 11/7

**Course #18FMF17**

11/7/18

### Winter Session

Place: Kenmore Middle rm 229

W, 7-9 pm, starts 3/6

**Course #19WMF17**

3/6/19

## Real Estate

# Money and Finance



## New! New Planning Choices for Retirees

For Retirees Your Nest Egg holds a balance of Growth assets and Income assets. Learn how to prudently reallocate some of your assets so they can provide you with an increased, fixed income, and increase your Emergency Fund, while the balance remains invested. The new 18 tax law provides married couples a \$24,000 standard tax deduction. This prevents most people from itemizing deductions. Learn how a new law allows you to use your IRA- RMD's to make Qualified Charitable Distributions. Not having to report these amounts as income reduces your Adjusted Gross Income which in turn lowers your taxes. Join us for all the information!

Instructor: Sanford Seide

1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 217

Th, 6:30-8:30 pm, starts 10/11

**Course #18FMF50**

10/11/18

### Winter Session

Place: Kenmore Middle rm 217

Tu, 6:30-8:30 pm, starts 2/5

**Course #19WMF50**

2/5/19

## New! How to Protect and Preserve your Money from Medicaid and a Nursing Home

### Ages 18 & up

Learn how to reduce the emotional and financial issues of a Medicaid and a Nursing Home Event; Learn how to keep more of your Money from Medicaid; Understanding and avoiding the Medicaid Estate Recovery and Medicaid's 5 year look back period; How to avoid Medicaid spend down mistakes; What other Long-Term Care Options available; Maintaining eligibility for Medicaid -Using the ADD process to protect and preserves your money from Medicaid -Protect your personal choices and financial independence -Remove the hidden financial threats to your money by Medicaid and inflation

Instructor: Les Robinson

1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 228

W, 6-8 pm, starts 9/19

**Course #18FMF71**

9/19/18

## 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: Kenmore Middle rm 228

Th, 6-9 pm, starts 10/18

**Course #18FXT02**

10/18/18

## Health Insurance-Medicare, Supplemental Plans and Long Term Care

### 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: Kenmore Middle rm 229

W, 7:30-8:30 pm, starts 11/28

**Course #18FMF02**

11/28/18

## 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: Kenmore Middle rm 228

Tu, 6:30-8:30 pm, starts 10/2

**Course #18FMF12A**

10/2/18

or

Place: Kenmore Middle rm 228

Th, 6:30-8:30 pm, starts 11/15

**Course #18FMF12B**

11/15/18

## 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

1 session

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

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

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

Place: Kenmore Middle rm 217

W, 6:30-8 pm, starts 12/5

**Course #18FMF11A**

12/5/18

### Winter Session

Place: Kenmore Middle rm 228

W, 6:30-8 pm starts 3/6

**Course #19WMF11A**

3/6/19

## 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

1 session

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

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

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

Place: Kenmore Middle rm 220

W, 6:30-8 pm, starts 12/12

**Course #18FMF15B**

12/12/18

### Winter Session

Place: Kenmore Middle rm 228

W, 6:30-8 pm, starts 3/20

**Course #19WMF15B**

3/20/19

## 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 earn-



ings 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: Kenmore Middle rm 228

Tu, 6-7 pm, starts 11/6

**Course #18FMF21**

11/6/18

## Winter Session

Place: Kenmore Middle rm 217

Tu, 6-7 pm, starts 3/19

**Course #19WMF21**

3/19/19

## 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

1 session

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

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

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

Place: Kenmore Middle rm 217

Th, 6:30-8 pm, starts 10/4

**Course #18FMF42**

10/4/18

## Winter Session

Place: Kenmore Middle rm 217

Th, 6:30-8 pm, starts 3/7

**Course #19WMF42**

3/7/19

## 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 remarrying affect my benefit?

Instructor: Genna Imbrenda

1 session

**Resident Fee.....\$8.00**

**Nonresident Fee.....\$14.00**

**Gold Card Fee.....\$6.00**

Place: Kenmore Middle rm 228

Tu, 6-7 pm, starts 10/16

**Course #18FMF24**

10/16/18

## Winter Session

Place: Kenmore Middle rm 217

Tu, 6-7 pm, starts 2/26

**Course #19WMF24**

2/26/19

## 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: Kenmore Middle rm 219

Tu, 6-7 pm, starts 9/18

**Course #18FMF22**

9/18/18

## Winter Session

Place: Kenmore Middle rm 217

Tu, 6-7 pm, starts 1/15

**Course #19WMF22**

1/15/19

## New! A Grandparent's Guide to Supporting Childbirth & Newborn Care

### Ages 18 & up

About to become a grandparent? Are you wondering why your children are having a home birth, or want a natural childbirth? Maybe you'll be babysitting your grandchild(ren) and are baffled by some of the instructions their parents have given you? This class is an exciting opportunity to create a fun and engaging dialogue with grandparents around the support of their adult childbearing children and the care of their new grandchildren. This class helps grandparents to become familiar with the current research and trends of birth, newborn care and parenting, by providing evidence-based information in an unbiased and nonjudgmental manner. This class is fun, interactive, and engaging, with a focus on respect and integration of the incredible knowledge and experience that grandparents bring to the table.

Instructor: Jennifer Lombardo

1 session

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

Place: Kenmore Middle rm 228

M, 6-8:30 pm, starts 9/24

**Course #18FXT01**

9/24/18

or

Place: Kenmore Middle rm 229

M, 6-8:30 pm, starts 10/1

**Course #18FXT01A**

10/1/18

or

Place: Kenmore Middle rm 228

Th, 6-8:30 pm, starts 11/8

**Course #18FXT01B**

11/8/18

## Winter Session

Place: Kenmore Middle rm 220

M, 6-8:30 pm, starts 2/11

**Course #19WXT01**

2/11/19

## New! Divorce 101

### Ages 18 & up

Are you contemplating divorce or know someone who is? Clarify the myths and learn the facts about marital separation and divorce in New York State, with an emphasis on the financial issues of divorce. Topics covered will include: choosing a divorce process, child support and maintenance, property and debt distribution, real estate, retirement, and tax implications. Handouts and information on local divorce resources will be available.

Instructor: Adrienne Rothstein Grace

1 session

**Resident Fee.....\$14.00**

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

**Gold Card Fee.....\$11.00**

Place: Kenmore Middle rm 228

Tu, 6:30-8:30 pm, starts 10/23

**Course #18FXT03**

10/23/18

## Winter Session

Place: Kenmore Middle rm 228

Tu, 6:30-8:30 pm, starts 2/26

**Course #19WXT03**

2/26/19

## "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: Kenmore Middle rm 229

M, 7-9 pm, starts 10/15

**Course #18FXT31**

10/15/18, 10/22/18, 10/29/18, 11/5/18,  
11/19/18, 11/26/18, 12/3/18, 12/10/18

### Winter Session

Place: Kenmore Middle rm 229

M, 7-9 pm, starts 1/7

**Course #19WXT31**

1/7/19, 1/14/19, 1/28/19, 2/4/19, 2/11/19,  
2/25/19, 3/4/19, 3/11/19

## Beginning Genealogy - Questions & Answers!

### Ages 21 & up

Join us for this 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  
3 sessions

**Resident Fee.....\$37.00**

**Nonresident Fee.....\$43.00**

**Gold Card Fee.....\$28.00**

Place: Kenmore Middle rm 230

M, 6-8 pm, starts 10/15

**Course #18FXT68**

10/15/18, 10/22/18, 10/29/18

### Winter Session

Place: Kenmore Middle rm 220

M, 6-8 pm, starts 3/4

**Course #19WXT68**

3/4/19, 3/11/19, 3/18/19

## 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: Kenmore Middle rm 220

Th, 6:30-8:30 pm, starts 9/20

**Course #18FHG03A**

9/20/18, 9/27/18, 10/4/18, 10/11/18,  
10/18/18, 10/25/18

### Winter Session

Place: Kenmore Middle rm 220

Th, 6:30-8:30 pm, starts 1/10

**Course #19WHG03A**

1/10/19, 1/17/19, 1/24/19, 1/31/19, 2/7/19,  
2/14/19

## 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  
1 session

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

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

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

Place: Kenmore Middle rm 217

Th, 6-9 pm, starts 10/25

**Course #18FXT30**

10/25/18

### Winter Session

Place: Kenmore Middle rm 217

Th, 6-9 pm, starts 2/7

**Course #19WXT30**

2/7/19

## 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  
1 session

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

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

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

Place: Kenmore Middle rm 219

Th, 6-9 pm, starts 11/15

**Course #18FXT54**

11/15/18

### Winter Session

Place: Kenmore Middle rm 219

Th, 6-9 pm, starts 3/28

**Course #19WXT54**

3/28/19

## 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  
1 session

**Fee.....\$38.00**

Place: Kenmore Middle rm 229

Th, 7-10 pm, starts 10/18

**Course #18FMB22**

10/18/18

## 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  
1 session

**Fee.....\$38.00**

Place: Kenmore Middle rm 217

Th, 7-9:30 pm, starts 11/29

**Course #18FMB21**

11/29/18



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**Complete one enrollment form per student.  
Drop off or mail to:**

**Ken-Ton Community Education  
155 Delaware Road  
Buffalo, 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.**

# Enrollment Form

**Complete one form per student**  
**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  
155 Delaware Road, Buffalo, NY 14217

Student Name: \_\_\_\_\_ **Check one:**  
LAST FIRST ☐ Resident

Address: \_\_\_\_\_  
NO. & STREET CITY/STATE ZIP ☐ Non Resident

Telephone: \_\_\_\_\_  
DAYTIME EVENING

☐ Please check if address or telephone has changed recently.

## 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

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Credit card number

Name of cardholder: \_\_\_\_\_

\_\_\_\_\_  
(Signature of cardholder)

\_\_\_\_\_  
(Card Expiration Date)

## 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 \_\_\_\_\_ 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 \_\_\_\_\_ Day(s) of the week on which this course is held: \_\_\_\_\_

Additional Information \_\_\_\_\_

**Total Amount Paid** (or to be charged)

**\$**

## 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.

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

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

Address \_\_\_\_\_

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

KEN-TON COMMUNITY EDUCATION  
155 DELAWARE ROAD  
BUFFALO, NY 14217

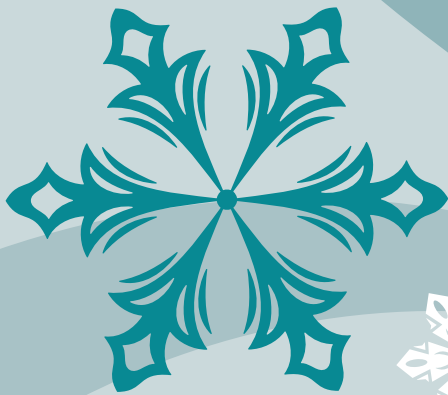
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**(716) 874-8500**

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

**KEN TON**

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