

# West Genesee Adult Education

**We Celebrate Learning!**

**Fall/Winter 2017**

## Creative Arts

### Japanese Calligraphy

Learn to write basic Japanese characters using brush and ink. Through writing, learn the character's meanings and create beautiful art. All necessary supplies will be provided. 4 classes.

Tuesdays - 6:00-7:30 p.m.

Jan. 9, 16, 23, 30

Fee - \$56 (includes \$20 supply fee)

Location - WGHS, Room A230

Instructor - Takako Capria

### Guitar - Beginner

This introductory course helps you get started playing the guitar. Learn basic chords, chord progressions and how to read standard notation and tablature. Please bring your own acoustic guitar. Each session is 6 classes.

Tuesdays - 6:00-7:00 p.m.

Session 1: Oct. 3, 10, 17, 24, Nov. 7, 14

Session 2: Jan. 9, 16, 23, 30, Feb. 6, 13

Fee - \$48 per session

Location - Stonehedge, Gold Music Room

Instructor - Allison Boldt

### Magic For All Occasions

Amaze people at the drop of a hat! Learn to perform magic using ordinary objects such as cards, coins, rope, rubberbands, and paper. Learn misdirection, basic slight-of-hand techniques, and how to perform mindreading stunts. Students will develop basic skills and confidence in just 3 weeks. A little magic can go a long way: educators, health professionals, and people working in sales or the service industry may all benefit from knowing a few tricks! Bring a deck of cards, a quarter, and pocket handkerchief. A supply fee of \$10 will be collected at the first class. 3 classes.

Wednesdays - 7:00-9:00 p.m.

Jan 10, 17, 24

Fee - \$36

Location - WGHS, Room B144

Instructor - Ronald Cain

*More Creative Arts on Page 5 ►*

**Adult Education Office**

**Lynn Magoulas - Director**

**(315) 487-2279**

**lmagoulas@westgenesee.org**

## Fitness

### POUND®!

POUND is a full-body drumming workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired moves. Using slightly weighted drumsticks, POUND keeps you in constant motion, engages your core, and not only targets large muscle groups but works muscles you may not necessarily use every day! While burning up to 900 calories an hour, you get to rock out to your favorite music! So bring a yoga mat and release your inner rockstar! Each session is 6 classes.

Tuesdays - 6:30-8:00 p.m.

Session 1: Sept. 26, Oct. 3, 10, 17, 24, Nov. 7

Session 2: Nov. 14, 21, 28, Dec. 5, 12, 19

Session 3: Jan. 9, 16, 23, 30, Feb. 6, 13

Fee - \$48 per session

Location - Stonehedge, Blue Cafeteria

Instructor - Marlena Johnson

### Basic Yoga

We will explore yoga postures (asana), breathing exercises (pranayama), and relaxation techniques in a class designed for beginners and intermediates. Standing poses and floor postures will add strength and flexibility while increasing your endurance. Hannah will emphasize proper technique to reduce chance of injury. Please wear comfortable clothing and bring a yoga mat. Each session is 6 classes.

Mondays - 6:15-7:30 p.m.

Session 1: Sept. 25, Oct. 2, 16, 23, 30, Nov. 6

Session 2: Nov. 13, 20, 27, Dec. 4, 11, 18

Session 3: Jan. 8, 22, 29, Feb. 5, 12, 26

Fee - \$48 per session

Location - East Hill, Gymnasium

Instructor - Hannah Svarc

### T'ai Chi Chih®: Joy thru Movement

T'ai Chi Chih® is a series of 19 movements that promote health and well-being by circulating and balancing the intrinsic energy within each of us. Commonly observed benefits of regular practice include: reduced tension and stress, improved blood pressure, increased energy, flexibility, and creativity. Anyone, any age, can practice TCC. 6 classes.

Wednesdays - 6:30-8:00 p.m.

Oct. 4, 11, 18, 25, Nov. 1, 8

Fee - \$48

Location - Stonehedge, Gold Library

Instructor - Ann Pia



### Zumba® with Tess!

You do not need to be a dancer or an aerobic fanatic to love Zumba. Anyone can do it! This Latin inspired dance-fitness program blends red-hot international music and contagious steps to form a fitness party that is downright addictive. Join the party! Each session is 6 classes.

Wednesdays - 6:00-7:00 p.m.

Session 1: Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Session 2: Nov. 8, 15, 29, Dec. 6, 13, 20

Session 3: Jan. 10, 17, 24, 31, Feb. 7, 14

Fee - \$48 per session

Location - Split Rock, Gymnasium

Instructor - Tess Martineau

### Power Yoga

This class will concentrate on warm-ups, posture flows and added strengthening exercises that will leave you refreshed but relaxed. If you feel comfortable with your basic yoga techniques and want to add more endurance as well as upper body strengthening to your yoga practice, this is the class for you. Please wear comfortable clothes and bring a yoga mat and 1 or 2 pound weights. Each session is 6 classes.

Thursdays - 6:00-7:15 p.m.

Session 1: Sept. 28, Oct. 5, 12, 19, 26, Nov. 2

Session 2: Nov. 9, 16, 30, Dec. 7, 14, 21

Session 3: Jan. 11, 18, 25, Feb. 1, 8, 15

Fee - \$48 per session

Location - Stonehedge, Gold Library

Instructor - Hannah Svarc

*More Fitness on Page 2 ►*

## Inside...

CPR & First Aid.....	page 3
Dance.....	page 6
Driver Education.....	page 8
Driver & Snowmobile Safety.....	page 6
Financial.....	page 2
Fitness.....	pages 1 & 2
Hobbies & Creative Arts.....	pages 1 & 5
Personal Enrichment.....	page 3
Program Information.....	page 7
Registration.....	page 7
Technology .....	page 4

## Fitness continued...

### Pickle-Ball®

Pickle-Ball® was created with one thing in mind: fun! It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. Pickle-Ball® is traditionally played on a badminton-sized court with special Pickle-Ball® paddles, made of wood or high-tech aerospace materials. The ball used is similar to a wiffle ball, but slightly smaller. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities. All equipment will be provided. Each session is 5 classes.

Wednesdays - 6:15-7:30 p.m.

Session 1: Oct. 4, 11, 18, 25, Nov. 1

Wednesdays - 7:30-8:45 p.m.

Session 1a: Oct. 4, 11, 18, 25, Nov. 1

Wednesdays - 6:15-7:30 p.m.

Session 2: Nov. 8, 15, 29, Dec. 6, 13

Wednesdays - 7:30-8:45 p.m.

Session 2a: Nov. 8, 15, 29, Dec. 6, 13

Fee - \$35 per session

Location - East Hill, Gymnasium

Instructor - Mary Flynn

### Yoga - For Men Only!

Are you tight through your hips, knees, and shoulders? Need strengthening in your lower back? Want to find a way to work through stress, but find that most yoga classes are dominated by women? This class is just for you. A non-competitive way to work on strength, flexibility, and balance. Create better habits for spinal health and work around your own limitations (old injuries, anyone?). Whether you are a weekend warrior or a couch potato, this class can be tailored to your needs. Each session is 6 classes.

Mondays - 7:45-9:00 p.m.

Session 1: Sept. 25, Oct. 2, 16, 23, 30, Nov. 6

Session 2: Jan. 8, 22, 29, Feb. 5, 12, 26

Fee - \$48 per session

Location - East Hill, Gymnasium

Instructor - Hannah Svarc

### Chair Yoga

Have you wanted to try yoga, but getting up and down from the floor seems daunting? Many others have that same feeling, and this class is for you! We will work on strength, flexibility, and balance using a chair for support. No need to avoid yoga anymore! Wear comfortable clothing. Each session is 6 classes.

Thursdays - 7:30-8:15 p.m.

Session 1: Sept. 28, Oct. 5, 12, 19, 26, Nov. 2

Session 2: Nov. 9, 16, 30, Dec. 7, 14, 21

Fee - \$42 per session

Location - Stonehedge, Gold Library

Instructor - Hannah Svarc

### Water Aerobics

This is a low-impact, total body workout in shallow water. Each class includes warm-up, cardiovascular exercises, strength training, cool down, and stretching. Designed for all ages and fitness levels. You may want to bring a combination lock, towel, and drinking water. Water shoes are recommended. Non-swimmers are welcome. Each session is 6 classes.

Tuesdays - 7:15-8:15 p.m.

Session 1: Oct. 3, 10, 17, 24, 31, Nov. 7

Session 2: Jan. 9, 16, 23, 30, Feb. 6, 13

Fee - \$45 per session

Location - WGHS, Pool

Instructor - Jamie McCann

### Deep-Water Aerobics

Participant is suspended in water at a depth that permits the individual to remain vertical without touching the bottom of the pool. (Buoyant devices are provided.) Impact and stress on the joints is minimal. Each class includes warm-up, cardiovascular exercises, strength training, cool down, and stretching. Designed for all ages and fitness levels. Water shoes are recommended. Non-swimmers are welcome. You may want to bring a combination lock, towel, and drinking water. Each session is 6 classes.

Thursdays - 7:15-8:15 p.m.

Session 1: Oct. 5, 12, 19, 26, Nov. 2, 9

Session 2: Jan. 11, 18, 25, Feb. 1, 8, 15

Fee - \$45 per session

Location - WGHS, Pool

Instructor - Fred Wilson

### POUND!

POUND is a full body drumming workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired moves. Using slightly weighted drumsticks, POUND keeps you in constant motion, engages your core, and not only targets large muscle groups but works muscles you may not necessarily use every day! While burning up to 900 calories an hour, you get to rock out to your favorite music! So bring a yoga mat and release your inner rockstar! Each session is 6 classes.

Tuesdays - 6:30-8:00 p.m.

Session 1: Sept. 26, Oct. 3, 10, 17, 24, Nov. 7

Session 2: Nov. 14, 21, 28, Dec. 5, 12, 19

Session 3: Jan. 9, 16, 23, 30, Feb. 6, 13

Fee - \$48 per session

Location - Stonehedge, Blue Cafeteria

Instructor - Marlena Johnson



## Financial

### Financial Aid Night

This overview of the financial aid process and strategies for preparing the Free Application for Federal Student Aid (FAFSA) is most important and valuable for parents and students who are planning to attend college. 1 class.

Wednesday - Oct. 4 - 6:30-8:30 p.m.

Fee - No fee, no registration required

Location - WGHS, LGI

Presenter - John View

### Fundamentals of Financial Planning

This class will cover the basic types of investment vehicles: stocks, bonds, CDs, mutual funds, REITs, and annuities. Also included will be types of investment registrations: individual, joint, different classifications of IRAs, and tax advantaged investment vehicles. Concepts such as diversification, dollar cost averaging, and other investment strategies will be discussed. 2 classes.

Wednesdays - 7:00-9:00 p.m.

Oct. 4, 11

Fee - Free, registration is required

Location - WGHS, Room B144

Presenter - Christopher Bruna

### Investing for Women

Together we can discuss the obstacles facing single, widowed, and divorced women of today. We will cover investment terms and strategies, retirement planning and investing during retirement, including tax advantaged investment vehicles. 2 classes.

Wednesdays - 7:00-9:00 p.m.

Oct. 18, 25

Fee - Free, registration is required

Location - WGHS, Room B144

Presenter - Christopher Bruna

### Long-Term Care Insurance & Planning: An Introduction

Discuss various types of Long-Term Care Insurance with a special emphasis on the New York State Partnership for Long-Term Care policies and how they work. Learn how to protect your family and loved ones from the physical, emotional, and financial consequences of extended chronic care.

Each session is 1 class.

Monday - 6:30-8:00 p.m.

#01 Oct. 2

#02 Nov. 6

Fee - Free, registration is required

Location - WGHS, Room B144

Presenter - James Pizzolanti, R.Ph. CLTC

# Personal Enrichment

## Survival French for the Traveler

Getting ready for a visit to France? Don't know or remember your HS French? Join me for two evenings of survival expressions, and cultural facts that will enhance your travel experience. Here are just a few things we will cover: learn how to order your morning coffee or tea, ask for the check at a bistro or café, ask how much something costs, learn how to shop at an open air market, about "public bathrooms", and more. Practice your pronunciation and speak with fellow classmates. Look forward to an interactive course! 2 classes.

Thursdays - 6:30-8:00 p.m.

Oct. 12, 19

Fee - \$29

Location - WGHS, Room B144

Instructor - Sindee Zavaluskas

## Japanese Language

Learn basics to speak, read, and write in Japanese. We will cover useful phrases and vocabulary for daily use, travel, and conversation. Please purchase text prior to class: *Japanese from Zero! 1: Proven Techniques to Learn Japanese for Students and Professionals* (Japanese Edition) authors: George Trombley, Yukari Takenaka, available at Amazon. *Please register by September 13. Do not order text prior to September 18 in the event that the class is cancelled due to low enrollment.* 6 classes.

Wednesdays - 6:00-7:30 p.m.

Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Fee - \$59

Location - WGHS, Room B142

Instructor - Takako Capria

## Relationships 101

Finding the right partner: This **New** course will be of interest to anyone seeking information and ideas in finding a "perfect partner". Information will be provided in what to look for in a partner, who would be a good choice for you and how to find that person. If you are single, separated, divorced, widowed or engaged, and looking for a long term relationship or confirming a current relationship, you will find this class very useful. Michael is a Health Education professor and has been involved in couple's consultation for over 20 years. Each session is 2 classes.

Tuesdays - 6:30-8:00 p.m.

Session 1: Sept. 26, Oct. 3

Session 2: Nov. 7, 14

Session 3: Feb. 6, 13

Fee - \$25 per session

Location - WGHS, Room B142

Instructor - Michael Filipiski

## Creative Writing 101

In this course we will explore what it means to write creatively. We will define what creative writing is, analyze examples to fuel your own writing, and create several short pieces of your own. The function of this course is to have fun with writing and explore the intricate, magical, and hilarious ideas we have in our heads in a concrete way. 6 classes.

Tuesdays - 6:00-7:00 p.m.

Oct. 10, 17, 24, Nov. 7, 14, 21

Fee - \$48

Location - WGHS, Room B144

Instructor - Joshua Eassa

## Healthy Family Nutrition Workshops

These workshops are designed to provide families with information and skills to provide healthy food and healthy eating environments for every member of the family. Too often we get stuck in ruts of parents being short order cooks, each family member eating at a different time, or take-out food being a mainstay rather than wholesome, home cooked meals. There can be many barriers to eating healthy, so in our Healthy Family workshop series, we will cover a variety of topics in separate 1 hour sessions:

Wednesday - 6:30-7:30 p.m.

Meal Planning 101: Oct. 11

Healthy Snacking: Oct. 25

Eating Healthy on a Budget: Nov. 15

Label Reading/Supermarket Smarts: Nov. 29

Dealing with Picky Eaters - Dec. 13

Fee - \$19 per workshop

Location - WGHS, Room C213

Instructor - Kristen Davis

## Playwriting: Write Your Own 10 Minute Play!

Learn the basic elements of playwriting, including character and plot development. After analyzing and critiquing sample dramatic selections, students will write an original ten-minute play, and present a dramatic reading of their work. Each session is 6 classes.

Tuesdays - 7:15-8:15 p.m.

Session 1: Oct. 3, 10, 17, 24, Nov. 7, 14

Session 2: Jan. 9, 16, 23, 30, Feb. 6, 13

Fee - \$48 per session

Location -

Stonehedge Gold Library

Instructor - Allison Boldt

# CPR & First Aid

## CPR - Adult & Child

This course trains the lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults and children. Provides the lay responder with the knowledge and skills necessary in an emergency to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives. Participants who successfully complete this course will earn a CPR certification card. 1 class.

Thursday, Oct. 12 - 6:00-10:00 p.m.

Fee - \$59

Location - WGHS, Library Classroom

Instructor - Jason Mallore

## First Aid

This course will teach lay responders the knowledge and skills necessary to give care in an emergency, help sustain life, and minimize the consequences of injury or sudden illness until medical help arrives. 1 class.

Thursday, Nov. 2 - 6:00-10:00 p.m.

Fee - \$59

Location - WGHS, Library Classroom

Instructor - Jason Mallore

Adult Education Office  
Lynn Magoulas - Director  
(315) 487-2279  
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Please remember to register at least one week before the class is scheduled to begin. If we do not have enough participants to run the class, it will be cancelled at that time.



# Technology

## Cloud Computing

You can “Cloud” it too! The following courses introduce participants to no-cost or inexpensive web tools that will be there for you from any device connected to the Internet.

Monday - 6:30-8:00 p.m.

Fee - \$15 per night

Location - WGHS, Room A136

Instructor - Barb Ritch

Nov. 6 - **Get It All For Free!**

Sick of paying for expensive software suites? Google has a wonderful suite of apps that will take place of that expensive software. Better yet, they are completely free! Apps include word processor, presentation, spreadsheet, and much more!

Nov. 13 - **Housing on the Cloud**

Learn about free sites where you can keep all of your files in one place and access them from any Internet ready device. These sites will help keep you organized and ready, even when your computer crashes.

## Photoshop: An Introduction

The goal of this course is to explore fundamental techniques in Photoshop. Ideal for students eager to explore Photoshop, work with layer techniques, gain an understanding of how to do basic photo repairs and design practical materials. No prior experience required. 6 classes.

Wednesdays - 6:30-8:00 p.m.

Oct. 4, 11, 18, 25, Nov. 1, 8

Fee - \$48

Location - WGHS, Room A251

Instructor - Breanna Busch

## Google 360

Learn the skills necessary to effectively use and integrate Google products into your daily life. Explore free products like Google+ (Social Networking), Gmail (Web-Based Email), Picasa (Photo Organization/Editing), Sites (Website Editing/Hosting), and many more. Google products such as Android, Calendar, Drive, Gmail, Google+, Maps, News, Photos, Play, Search, Sites, Hangout, and more will be covered. 4 classes.

Wednesdays - 7:00-9:00 p.m.

Oct. 18, 25, Nov. 1, 8

Fee - \$48

Location - WGHS, Room C215

Instructor - Daniel Mercado

## Excel: An Introduction

Learn how to create and manipulate spreadsheets using Microsoft Excel 2013, as well as develop a basic understanding of spreadsheets. Topics introduced and explored through hands-on activities are: Basic Functions, Cell Basics, Formatting Cells, Graphics, Modifying Data, Saving, Simple Formulas, Printing, Sorting & Outlining Data, and Worksheets. No prior Microsoft Excel experience is required, but it is recommended that participants have experience using a Microsoft Windows computer. 4 classes.

Tuesdays - 7:00-9:00 p.m.

Sept. 26, Oct. 3, 17, 24

Fee - \$48

Location - WGHS, Room A251

Instructor - Nicole Swete

## Excel: Intermediate Topics

Expand upon your current knowledge and unlock the real power of Excel. Topics introduced and explored through hands-on activities are: Charts, Complex Formulas, Conditional Formatting, Dropdown Menus, Filtering Data, Formatting Tables, Pivot-Tables, Sharing Workbooks, Sparklines, Templates, and What-If Analysis. Microsoft Excel 2013 will be used and participants should have prior experience with this program. 4 classes.

Tuesdays - 7:00-9:00 p.m.

Nov. 7, 14, 21, 28

Fee - \$48

Location - WGHS, Room A251

Instructor - Nicole Swete

**REMINDER: No classes will be held if West Genesee School District is closed or is dismissed early due to inclement weather.**

## Digital Photography

Digital cameras offer solutions to photographic problems that film cameras never could. You will learn how to maximize quality while shooting and how to optimize your results so your finished images will surprise even your toughest critics. 3 classes.

Mondays - 6:30-8:30 p.m.

Oct. 16, 23, 30

Fee - \$36

Location - WGHS, Room B142

Instructor - Chris Marks

## iPad® - Beginner

Why is your iPad® the best device on the market? Come and learn why! Learn about your new device, how to set it up, and many more tips and tricks. You will also learn about apps you cannot live without, fun apps, and productivity apps that will make your life easier or at least more enjoyable! Be sure to bring your iPad! Each session is 2 classes.

Monday & Wednesday - 6:00-8:00 p.m.

Session 1: Oct. 2, 4

Session 2: Jan. 8, 10

Fee - \$40 per session

Location - WGHS, Room B140

Instructor - Barb Ritch

## iPad® - Intermediate

If you want to learn about getting even more out of your iPad, this is the right class for you! You will learn some more advanced skills on the iPad. Learn how your iPad could take over more of what your computer does for you. Participants must have taken our Beginner class. 2 classes.

Monday & Wednesday - 6:00-8:00 p.m.

Oct. 16, 18

Fee - \$40

Location - WGHS, Room B140

Instructor - Barb Ritch

## Computers: An Introduction

Do you want to know about computers but are afraid to ask? This course will teach you the basics of computers and the internet. We will cover basic word processing, graphics, and sending and receiving email. Learn about google®, explore sites like youtube®, ebay®, and facebook®. Do you want to have FUN on your computer? This is the class for you! No computer experience is necessary! Windows 10 computers will be used. 3 classes.

Thursdays - 6:00-8:00 p.m.

Oct. 5, 12, 19

Fee - \$39

Location - WGHS, Room A136

Instructor - Barb Ritch

## Location Key

WGHS - West Genesee High School

WGMS - West Genesee Middle

EH - East Hill Elementary

SR - Split Rock Elementary

ST - Stonehedge Elementary

OR - Onondaga Road Elementary

# Hobbies & Creative Arts

## Origami

Learn Japanese paper folding (origami). Fold paper into flowers, animals, and many other organic and geometric shapes. Students will learn to create and produce unique, hand-made ornaments - a great gift! All necessary supplies will be provided. 4 classes.

Wednesdays - 6:00-7:00 p.m.

Nov. 29, Dec. 6, 13, 20

Fee - \$29 (includes \$5 supply fee)

Location - WGHS, Room A230

Instructor - Takako Capria

## Japanese Calligraphy

Learn to write basic Japanese characters using brush and ink. Through writing, learn the character's meanings and create beautiful art. All necessary supplies will be provided. 4 classes.

Tuesdays - 6:00-7:30 p.m.

Jan. 9, 16, 23, 30

Fee - \$56 (includes \$20 supply fee)

Location - WGHS, Room A230

Instructor - Takako Capria

## Guitar: Beginner

This introductory course helps you get started playing the guitar. Learn basic chords, chord progressions and how to read standard notation and tablature. Please bring your own acoustic guitar. Each session is 6 classes.

Tuesdays - 6:00-7:00 p.m.

Session 1: Oct. 3, 10, 17, 24, Nov. 7, 14

Session 2: Jan. 9, 16, 23, 30, Feb. 6, 13

Fee - \$48

Location - Stonehedge, Gold Music Room

Instructor - Allison Boldt

## Magic For All Occasions

Amaze people at the drop of a hat! Learn to perform magic using ordinary objects such as cards, coins, rope, rubberbands, and paper. Learn misdirection, basic slight-of-hand techniques, and how to perform mindreading stunts. Students will develop basic skills and confidence in just 3 weeks. A little magic can go a long way: educators, health professionals, and people working in sales or the service industry may all benefit from knowing a few tricks! Bring a deck of cards, a quarter, and pocket handkerchief. A supply fee of \$10 will be collected at the first class. 3 classes.

Wednesdays - 7:00-9:00 p.m.

Jan 10, 17, 24

Fee - \$36

Location - WGHS, Room B144

Instructor - Ronald Cain

## Jewelry Making 101: Beading Basics

Learn how to make beautiful beaded jewelry in your own unique style. You will choose from a variety of beads and stones to create a new piece to take home with you each week. You will learn how to make quick and easy bracelets, earrings and necklaces to wear, gift or sell, using crimp beads, wire and wire wrapping techniques. No previous jewelry making experience required. Please bring glasses if you require them for close up work. 3 classes.

Wednesdays - 6:00-8:00 p.m.

Oct. 4, 11, 18

Fee - \$51 (includes \$15 supply fee)

Location - WGHS, Room A232

Instructor - Kelly Diamond

## Jewelry Making 102: Metal Work

Take your jewelry making to the next level. Learn to cut, texture and antique metal to create beautiful, layered jewelry. Use a variety of jewelry making tools to form and forge your metal into shapes that have depth and interest. Create earrings and a pendant. Techniques learned: cut metal using a disc cutter and metal shears, dome metal, texture metal using a variety of hammering and stamping techniques, and add color to metal using liver of sulfur and metal finishes. 3 classes.

Wednesdays - 6:00-8:00 p.m.

Nov. 1, 8, 15

Fee - \$46 (includes \$10 supply fee)

Location - WGHS, Room A232

Instructor - Kelly Diamond

**Adult Education Office**  
**Lynn Magoulas - Director**  
**(315) 487-2279**  
**lmagoulas@westgenesee.org**

## Ceramics 101

Would you like to make beautiful bowls, charming ornaments, mugs, vases or just whimsical clay figures? Try your hand at coiling, slab construction, pinch pot or drape molding. Learn basic techniques to make a variety of functional and sculpting projects. Class fee includes cost of supplies. 6 classes.

Mondays - 7:00-8:30 p.m.

Oct. 2, 16, 23, 30, Nov. 6, 13

Fee - \$55

Location - Stonehedge, Gold Art Room

Instructor - Yvonne Rugg

## Gathering of Ghosts

What should you do if you see a ghost? How do you get rid of one? Here's your chance to study various types of ghosts and hauntings. Hear theories explaining ghostly phenomena and learn ghost-hunting techniques. The instructor also sheds light on famous haunted houses and legends, including tales from Hollywood and the White House. Be prepared to share your own ghost stories! A textbook fee of \$10 will be collected at the first class. 3 classes.

Thursdays - 7:00-9:00 p.m.

Sept. 28, Oct. 5, 12

Fee - \$36

Location - WGHS, Room B142

Instructor - Ronald Cain

## Explore the Supernatural

Investigate the strange creatures and supernatural phenomena that inspire television shows like "Finding Bigfoot" and "The X-Files." How do cryptozoologists distinguish between Bigfoot and the Abominable Snowman? Is the Loch Ness monster really a plesiosaur? Do UFO's exist? You be the judge after you hear stories of monster sightings and alien encounters. Instructor Ron Cain also examines theories associated with mysterious places like Stonehenge and the Bermuda Triangle. A textbook fee of \$10 will be collected at the first class. 3 classes.

Wednesdays - 7:00-9:00 p.m.

Sept. 27, Oct. 4, 11

Fee - \$36

Location - WGHS, Library Classroom

Instructor - Ronald Cain

## A Guide to Casino Games

Learn what you need to know before going to the casino. Learn the basics of blackjack, poker, baccarat, craps, and roulette. Discover the best bets to make and learn about probability and money management. Card-counting in blackjack (twenty-one) and poker strategies will be discussed. Have fun while developing your skills! A textbook fee of \$10 will be collected at the first class. 3 classes.

Wednesdays - 7:00-9:00 p.m.

Dec. 6, 13, 20

Fee - \$36

Location - WGHS, Room B144

Instructor - Ronald Cain

# Dance

## Belly Dancing: Beginner

Have you envied the strength and grace of the Middle Eastern dancers you've seen? Looking to firm up while having lots of fun? Using popular Egyptian and Turkish music, you will learn the muscular techniques for isolations, undulations, shimmies, and traveling steps. You will use muscles you didn't even know you had! 6 classes.

Mondays - 7:45-9:00 p.m.

Nov. 13, 20, 27, Dec. 4, 11, 18

Fee - \$48

Location - East Hill, Gymnasium

Instructor - Hannah Svarc

## Social Ballroom Dancing

Be a hit on the dance floor at your next social event whether it's a wedding, a formal, or just for fun! Learn the basic skills of social dancing including leading and following as well as styling. Featured are the most popular dances: Foxtrot, Cha Cha, Waltz, Swing, and Rumba. 6 classes.

Thursdays - 7:00-8:30 p.m.

Sept. 28, Oct. 5, 12, 19, 26, Nov. 2

Fee - \$75/person • \$135/couple

Location - Stonehedge, Gold Cafeteria

Instructor - Walt Medicis Associates

**REMINDER: No classes will be held if West Genesee School District is closed or is dismissed early due to inclement weather.**

## Two Left Feet: Line Dancing for Ultra Beginners

This class is designed for the novice dancer: those who have never danced before, or those who are still beginners and would like to refine their techniques. Concentrating on the basic steps of line dancing (triple step, jazz box, step touch and others), the class will build expertise and skill progressively throughout the six week period. At the end of this class, the student will recognize the different steps and be able to execute them correctly in a variety of dances. The student will also be given a basic understanding of counts and their significance in line dance. 6 classes.

Tuesdays - 6:30-7:30p.m.

Oct. 3, 10, 17, 24, Nov. 7, 14

Fee - \$48

Location - Stonehedge, Gold Cafeteria

Instructor - Sharon Dellinger

## Latin & Salsa Dancing

Be a sensation on the dance floor by learning the exciting Salsa and Merengue! This relaxed atmosphere class will also cover some additional Latin club dances including Bachata, Cha Cha, and others based on popular demand. Teaching style makes learning a cinch for anyone regardless of experience. No partner necessary! 4 classes.

Thursdays - 7:00-8:30 p.m.

Jan. 11, 18, 25, Feb. 1

Fee - \$50/person • \$90/couple

Location - Stonehedge, Gold Cafeteria

Instructor - Walt Medicis Associates

## Line Dancing for Fun & Fitness

Did you know that dancing is one of the best ways to stay mentally and physically fit? This class will be geared for those who have danced beginner, beginner plus, and improver levels. Dances will be briefly reviewed, and then danced, so the student must have previous line dancing experience, as calling will be at a minimum. Music will be everything from contemporary to country, but all designed to raise the heart rate. Be prepared to sweat and have fun doing it! 6 classes.

Tuesdays - 7:30-8:30p.m.

Oct. 3, 10, 17, 24, Nov. 7, 14

Fee - \$48

Location - Stonehedge, Gold Cafeteria

Instructor - Sharon Dellinger

*For Line-Dancing: Please wear clean, dry, comfortable footwear. No high heels or flip flops. Low-heeled cowboy boots with a smooth sole, leather soled shoes or sneakers are preferred. Bring water and prepare to have fun!*

## Swing Dancing

It don't mean a thing if it ain't got that Swing! Get in the groove on the dance floor with the exciting East Coast Swing. Learn many basic and some intermediate steps in both single and triple rhythms as well as partnering skills. 4 classes.

Thursdays - 7:00-8:30 p.m.

Nov. 9, 16, 30, Dec. 7

Fee - \$50/person • \$90/couple

Location - Stonehedge, Gold Cafeteria

Instructor - Walt Medicis Associates

# Driver & Snowmobile Safety

## 5 Hour Pre-Licensing Course

Mandatory for all new student drivers! This class is offered once a month for high school students and is required for all new permit holders who hope to become licensed drivers. Class content includes defensive driving, traffic safety, rules of the road, and alcohol awareness. Choose the best date and pre-register with Adult Education. Please bring your driver's permit. This class takes a quick break for lunch, so we encourage students to bring a lunch. DMV-approved course! Each session is 1 class.

Saturday - 9:00 a.m.-2:00 p.m.

Choose 1 date:

Oct. 14, Nov. 4, Dec. 9, Jan 13 or Feb. 3

Fee - \$40 per session

Location - WGHS, Room C213

Instructor - Able II Driving School

## 6 Hour Point & Reduction Course

Attention drivers! Save 10% on your vehicle insurance for 3 years and reduce 4 points on your driver's license. This DMV approved course is sponsored by the Empire Safety Council. This is a fresh new approach in defensive driving, traffic safety, and alcohol awareness. 2 classes.

Tuesday & Thursday - 6:00-9:00 p.m.

Oct. 3, 5

Fee - \$45 (Sorry, no Senior Discount)

Location - WGHS, Room B144

Instructor - Able II Driving School

## For 5-Hour and 6-Hour Driving Courses

**Make checks payable to:**

**Able II Driving School**

**Send payment & registration to  
Adult Education address**

## Snowmobile Safety Course

This accredited course is presented for adults and youths. All who pass will receive a certificate from the NYS Office of Parks, Recreation and Historic Preservation. Children 10 to 18 years of age are required by law to have this certificate whenever they snowmobile off private property. Students should bring a bag lunch. Class is limited to 30 students. 1 class.

Saturday, Dec. 9, 9:00 a.m.-5:00 p.m.

Fee - Free (Registration is Required)

Location - WGMS, Library Classroom

Instructor - Gene Bobey - NYS OPRHP Certified Instructor



# Registration

**Online Registration:** Go to [westgenesee.org](http://westgenesee.org), click on Adult Education, then click on "Online Registration". From there, you will create a new account, browse the catalog, register, and manage your classes. (Please note: there will be a 3% non-refundable convenience fee for credit card transactions.)

**Mail-in Registration:** (Not to be used for Driver Education)

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Other Phone \_\_\_\_\_  
 Title \_\_\_\_\_ Start Date \_\_\_\_\_ Fee \_\_\_\_\_  
 Title \_\_\_\_\_ Start Date \_\_\_\_\_ Fee \_\_\_\_\_

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Other Phone \_\_\_\_\_  
 Title \_\_\_\_\_ Start Date \_\_\_\_\_ Fee \_\_\_\_\_  
 Title \_\_\_\_\_ Start Date \_\_\_\_\_ Fee \_\_\_\_\_

Register online at [westgenesee.org](http://westgenesee.org)  
 or mail check and registration form to:

West Genesee Adult Education  
 300 Sanderson Drive  
 Camillus, New York 13031

Make checks payable to:  
 West Genesee Central School District

Exception - 5 Hour and 6 Hour Driving Courses --  
 Make checks payable to Able II Driving School

## Program Information

- Registrations will be accepted up to one week before the class is scheduled to begin. Register early, many classes fill quickly.
- Confirmations will only be sent if you register online. If you use the mail-in registration, you will only be called if your class is cancelled, or to advise you of a change.
- Since the fees collected must offset personnel and other program expenses, any requests for a refund must be made a full week prior to the start of the class.
- Classes cannot be pro-rated.
- Senior citizens (62 & over) receive a 15% discount, unless otherwise indicated.
- There is no telephone registration. Please do not plan on registering the first night of the class.
- Classes may be cancelled if there is not sufficient enrollment: a full refund will be made.
- **No classes will be held if West Genesee School District is closed or is dismissed early due to inclement weather.**
- School will be closed on the following dates:  
 \*Oct. 9, Columbus Day                      \*Nov. 10, Veteran's Day  
 \*Nov. 22-24, Thanksgiving                \*Dec. 25 - Jan. 1, Christmas  
 \*Jan. 15, Martin Luther King Day        \*Feb. 19-23, Winter Recess

Adult Education Office  
 Lynn Magoulas - Director  
 (315) 487-2279  
[lmagoulas@westgenesee.org](mailto:lmagoulas@westgenesee.org)

## Parking & Directions

- WGHS** - West Genesee High School, 5201 West Genesee St.  
 ~High School Pool  
 • Park in the east parking lot and enter through the doors between the pool and the gym.  
 ~High School Classrooms, Dance Studio, LGI  
 • Park in the west parking lot and enter through the main entrance near the library.
- WGMS** - West Genesee Middle School, 500 Sanderson Dr.  
 • Park in the south parking lot (in the back of the building) and enter through the rear door.
- ST** - Stonehedge Elementary School, 400 Sanderson Dr.  
 • Park in front of the school and enter through the Blue Team or Gold Team doors.
- SR** - Split Rock Elementary School, Split Rock Rd.  
 • Park in front parking lot and enter through the left entrance.
- EH** - East Hill Elementary School, 401 Blackmore Rd.  
 • Follow Parsons Rd. from W. Genesee St. to Blackmore Rd. Park in lot and enter through the main entrance.
- OR** - Onondaga Road Elementary School, 703 Onondaga Rd.  
 • Park in lot and enter through the main entrance.

Online registration, course information, and a map of our District schools are posted on our website at [westgenesee.org](http://westgenesee.org).

West Genesee Central School District  
Christopher Brown, Ph.D, Superintendent of Schools  
Lynn Magoulas, Director of Adult Education  
300 Sanderson Drive  
Camillus, New York 13031  
Telephone - (315) 487-2279  
Website - westgenesee.org  
e-mail - Lmagoulas@westgenesee.org

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The Adult Education Program at West Genesee is self-supporting from tuition paid by students.

## Driver Education

The West Genesee Adult Education Department offers the New York State Education Department approved Driver Education Program. Successful completion will earn the student a MV 285 (formally known as a "blue card") and an insurance reduction certificate. The course will be offered 4 times each year in September, January, March, and each summer.

Registration will begin 4 to 5 weeks prior to each session. Information can be found under the Adult Education tab on the District website: [westgenesee.org](http://westgenesee.org). There is no online registration for Driver Education at this time.

- A New York State teacher certified in Driver Education will provide 24 hours of classroom instruction and the Able II Driving School will provide 24 hours of in-car instruction.
- Attendance is mandatory for all classroom and driving sessions.
- Space is limited to 36 students. Admission to the Driver Education Program is on a first-come, first-served basis with receipt of the completed registration form (with parent's signature) and \$425 payment.
- Carefully consider student's entire academic, sport, extracurricular, and work schedules before committing to this course. Certificate of Completion will not be issued and no refund will be made, if student fails to meet the attendance requirements.

- **September Session:** Registration begins August 14.  
• In-Car Instruction - September 11 through November 3, 2 to 4 driving lessons per week  
• Classroom Instruction - 6:00 - 7:30 p.m.  
• Tuesday, 9/12, Thursday, 9/14, Tuesday, 9/19, Wednesday 9/20 then every Tuesday and Thursday through November 2.
- **January Session:** Registration begins November 14.

In-Car Instruction - January 2 through March 2, 2 to 4 in-car lessons per week  
Classroom Instruction - 6:00 p.m.-7:30 p.m.  
Tuesdays and Thursdays - January 2 through March 1 (excluding February break).

In-Car Schedule - will be arranged by Able II Driving School upon receipt of registration. (Drive schedule may include any day Monday through Saturday.)

Fee - \$425

Location - WGHS, Room C213

Classroom Instructor - Carissa Murphy

