

West Genesee Adult Education

We Celebrate Learning!

Spring 2019

Gardening

Basic Gardening

Are you interested in gardening, but do not know where to begin? In this class you will learn the “how to’s” of gardening: what to plant, where to plant, from soil to sun, choose the right plant for the right place. Your questions on design and installation will be answered! 1 class.

Tuesday - March 5 - 6:00-9:00 p.m.

Fee - \$20

Location - WGHS, Room A232

Instructor - Mark Moncavage

Small Garden Design

Turn your small garden space into a garden with rooms. Learn how to use plants to create a small space. Is it a rooftop, a deck, a small shade space you want turn into a creative outdoor spot from spring to fall? Let's explore the use of trellises, containers, texture, color, sitting areas and more. 2 classes.

Tuesdays - 6:00-9:00 p.m.

March 19, 26

Fee - \$36

Location - WGHS, Room A232

Instructor - Mark Moncavage

Designing with Tropical Plants

Learn how to use tropical plants for your garden and container gardens. We will discuss care, plant selection, plant design and installation. Try something new this summer! Let's discover all of the new tropical plants and flowers that can make your garden grow into a tropical paradise. 1 class.

Tuesday, April 2 - 6:00-9:00 p.m.

Fee - \$20

Location - WGHS, Room A232

Instructor - Mark Moncavage

Adult Education Office
Lynn Magoulas - Director
(315) 487-2279

Imagoulas@westgenesee.org

Fitness

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: March 13, 20, 27, April 3, 10, 24

Session 2: May 1, 15, 22, 29, June 5, 12

Fee - \$48 per session

Location - Split Rock, Gymnasium

Instructor - Tess Martineau

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: March 11, 25, April 1, 8, 22, 29

Session 2: May 6, 13, 20, June 3, 10, 17

Fee - \$48 per session

Location - East Hill, Gymnasium

Instructor - Hannah Svarc

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: March 7, 14, 21, 28, April 4, 11

Session 2: May 2, 16, 23, 30, June 6, 13

Fee - \$48 per session

Location - Stonehedge, Gold Library

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

March 6, 13, 20, 27, April 3, 10

Fee - \$48

Location - Stonehedge, Gold Library

Instructor - Ann Pia

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

Session 1: March 5, 12, 19, 26, April 2, 9

Session 2: April 30, May 7, 14, 21, 28, June 4

Fee - \$48 per session

Location - Stonehedge, Blue Cafeteria

Instructor - Marlena Johnson

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Fitness continued...

Pickle-Ball®: Beginner

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: March 20, 27, April 3, 10, 24

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

Session 1a: March 20, 27, April 3, 10, 24

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

Session 2: May 1, 8, 15, 22, 29

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

Session 2a: May 1, 8, 15, 22, 29

Fee - \$38 per session

Location - Stonehedge, Blue Gymnasium

Instructor - Mary Flynn

Pickle-Ball®: Advanced

This advanced class is for people who have achieved a level of Pickleball play that understands basic Pickleball rules, serving, two bounce rule, volleying and "kitchen" non-volley zone rules. Each session is 5 classes.

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

Session 1: March 20, 27, April 3, 10, 24

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

Session 1a: March 20, 27, April 3, 10, 24

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

Session 2: May 1, 8, 15, 22, 29

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

Session 2a: May 1, 8, 15, 22, 29

Fee - \$38 per session

Location - Stonehedge, Red Gymnasium

Instructor - Mary Flynn

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: March 13, 20, 27, April 3, 10, 24

Session 2: May 1, 15, 22, 29, June 5, 12

Fee - \$48 per session

Location - Split Rock, Gymnasium

Instructor - Tess Martineau

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: March 7, 14, 21, 28, April 4, 11

Session 2: May 2, 16, 23, 30, June 6, 13

Fee - \$42 per session

Location - Stonehedge, Gold Library

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

March 6, 13, 20, 27, April 3, 10

Fee - \$48

Location - Stonehedge, Gold Library

Instructor - Ann Pia

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: March 5, 12, 19, 26, April 2, 9

Session 2: April 30, May 7, 14, 21, 28, June 4

Fee - \$48 per session

Location - WGHS, Pool

Instructor - Diana Luber, Group EX instructor

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.

May 6, 13, 20, June 3, 10, 17

Fee - \$48

Location - East Hill, Gymnasium

Instructor - Hannah Svarc

Nutrition

Mindful Eating

Mindful Eating: Fad diets and so-called "yo-yo" dieting have become the norm for many people. Mindful eating takes a different approach to help people get off the rollercoaster of dieting and form a healthier relationship with food and their body. Registered dietitians will discuss the principles of mindful eating and teach participants strategies to help them start nourishing their bodies in a healthy way. 1 class.

Tuesday, March 5 - 6:00-8:00 p.m.

Fee - \$19

Location - WGHS, Room B144

Instructor - Kristen Davis, Laura McManus

Clean Eating: An Introduction

Are you interested in a healthier way of eating, but are not sure where to start? Registered dietitians will discuss simple ways to introduce more whole foods to your daily diet and fewer processed foods, what to look for on a food label, myths and facts about added sugar and sodium, and provide you with simple recipes for cleaner eating. 1 class.

Tuesday, April 2 - 6:00-8:00 p.m.

Fee - \$19

Location - WGHS, Room B144

Instructor - Kristen Davis, Laura McManus

Nutrition for Healthy Families

Feeding a family can be hard work, but nourishing yourself and your family with healthy food is possible! Registered dietitians will cover topics such as how to deal with the picky eater of any age, ways to get your family around the dinner table and why it is so important, how to choose healthier foods on a budget and ways to meal plan so you can stick to your goals and get your family on a healthier path. 1 class.

Tuesday, May 7 - 6:00-8:00 p.m.

Fee - \$19

Location - WGHS, Room B144

Instructor - Kristen Davis, Laura McManus

Adult Education Office

Lynn Magoulas - Director

(315) 487-2279

lmagoulas@westgenesee.org

Driver & Boating 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. This is the DMV approved course! Each session is 1 class. Saturday - 9:00 a.m.-2:00 p.m.

Choose 1 date:

March 9, April 6 or May 18

Fee - \$40 per session: make check payable to Able II Driving School

Location - WGHS, Room C213

Instructor - Able II Driving School

America's Boating Course

This course, for ages 10 and up, is for interested individuals who operate, crew, or sail a power or manually propelled watercraft. Each class is designed to familiarize the student with the fundamentals of safe boating. Subjects include boat handling; required and recommended equipment; and federal, state and local boating regulations and navigation rules. Successful completion of the course as evidenced by a passing grade on the exam satisfies the NYS requirements for a boating safety certificate for anyone over the age of 14 to operate a personal watercraft, and for anyone over 10 years old and born after May 1, 1996 to operate any mechanically propelled boat. Family members wishing to share a manual may do so. Four 2-hour classes plus exam in fifth class.

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

March 6, 13, 20, 27, April 3

Fee - \$37 with required manual, \$12 for each additional family member sharing a book.

(Sorry, no senior discount)

Location - WGHS, C213

Instructor - U.S. Power Squadron

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

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

Financial

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.

March 6, 13

Fee - Free, registration is required

Location - WGHS, Room B142

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.

March 20, 27

Fee - Free, registration is required

Location - WGHS, Room B142

Presenter - Christopher Bruna

Social Security Retirement Benefits

We will answer questions regarding Social Security Retirement Benefits. Topics will include: the types of benefits you are eligible to receive, at what age to begin collecting, and retirement, spousal and survivor benefits. Filing for benefits, and retirement planning strategies will also be discussed. 1 class.

Monday - March 4 - 6:30-7:30 p.m.

Fee - Free, registration is required

Location - WGHS, Room B140

Presenter - Jim Connell Jr., CPA

Long-Term Care Insurance & Planning: An Introduction

Learn how to protect your family and loved ones from the physical, emotional and financial consequences of extended chronic care with a plan that may or may not include insurance. This class will cover a description and discussion of the various types of long-term care insurance available including traditional LTC Insurance, hybrid life/LTC insurance and life insurance with LTC or chronic illness rider. 1 class.

Monday, March 4 - 6:30-8:00 p.m.

Fee - Free, registration is required

Location - WGHS, Room B144

Presenter - James Pizzolanti, R.Ph.

CLTC

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

May 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!

May 13 - **File Storage 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.

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.

March 7, 14, 21

Fee - \$39

Location - WGHS, Room A151

Instructor - Barb Ritch

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.

March 4, 11, 18

Fee - \$36

Location - WGHS, Room B142

Instructor - Chris Marks

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.

March 5, 12, 19, 26

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.

April 9, 23, 30, May 7

Fee - \$48

Location - WGHS, Room A251

Instructor - Nicole Swete

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.

March 25, 27

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.

April 1, 3

Fee - \$40

Location - WGHS, Room B140

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

CPR & First Aid

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, April 4 - 6:00-10:00 p.m.

Fee - \$79

Location - WGHS, Library Classroom

Instructor - Jason Mallore

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, March 21 - 6:00-10:00 p.m.

Fee - \$79

Location - WGHS, Library Classroom

Instructor - Jason Mallore

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, handmade ornaments - a great gift! All necessary supplies will be provided.

4 classes.

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

March 6, 13, 20, 27

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

Location - WGHS, Room A232

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.

March 5, 12, 19, 26

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

Location - WGHS, Room A230

Instructor - Takako Capria

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 March 21st. Do not order text prior to March 26th the event that the class is cancelled due to low enrollment.*** 6 classes.

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

April 3, 10, 24, May 1, 8, 15

Fee - \$59

Location - WGHS, Room B144

Instructor - Takako Capria

Jewelry Making:

Patterned, Textured Earrings

Learn to cut, add textures, pattern and color to copper sheet metal to make a pair of custom earrings. You will use metal shears, an embossing machine, heat gun and various coloring agents to create your very own design. Beads can also be added for a little extra flair. You will leave class with at least one pair of copper earrings on sterling silver ear wires, possibly more if time allows. No previous jewelry making experience is needed. 1 class.

Wednesday, May 1 - 6:00-8:00 p.m.

Fee - \$29 (includes \$10 supply fee)

Location - WGHS, Room A232

Instructor - Kelly Diemond

Find Your Psychic Self

Venture into the mysterious world of psychics and New Age practices. Discover how meditation, hypnosis and dream interpretation can help you develop your intuitive abilities. Instructor Ron Cain also discusses card reading, palmistry, numerology, astrology and pendulum dowsing. In addition to being fun and entertaining, these tools often give people insight into their personalities, relationships and goals. A textbook fee of \$10 will be collected at the first class.

3 classes.

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

March 7, 14, 21

Fee - \$36

Location - WGHS, Room B142

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.

March 27, April 3, 10

Fee - \$36

Location - WGHS, Room B142

Instructor - Ronald Cain

Tarot

Have you wanted to unlock the mysteries of the Tarot, but do not know where to start? Learn to study the Tarot one card at a time. Develop an understanding of the suits, numbers, and symbols. Learn to read for yourself and others using some of the most popular layouts. The origin of the Tarot and how to use the cards for meditation will be discussed. Bring your own Rider-Waite Tarot Deck if possible. A textbook fee of \$10 will be collected at the first class. 3 classes.

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

May 8, 15, 22

Fee - \$36

Location - WGHS, Room B142

Instructor - Ronald Cain

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

Guitar - Beginner

This introductory course will focus on the basics of playing the guitar. Students will learn how to play melodies, chords and scales, and how to read standard notation and tablature. Please bring an acoustic guitar and tuner along with the following book to class: Hal Leonard Guitar Method Complete Edition (Books 1,2,and 3) ISBN 0-634-04701-9 (CD or Online Audio Access Edition) 10 classes. Tuesdays - 5:00-6:00 p.m.

March 5, 12, 19, 26, April 2, 9, 23, 30, May 7, 14
Fee - \$79

Location - Stonehedge, Gold Room 102

Instructor - Allison Boldt

Guitar - Intermediate

This course expands upon the skills and knowledge learned in the beginner guitar course. Please bring an acoustic guitar and tuner along with the book listed below to class. Also, speak with the instructor prior to purchasing the book. Hal Leonard Guitar Method Complete Edition (Books 1, 2, and 3). ISBN 0-634-04701-9 (CD or Online Audio Access Edition) 10 classes.

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

March 5, 12, 19, 26, April 2, 9, 23, 30, May 7, 14
Fee - \$79

Location - Stonehedge, Gold Room 102

Instructor - Allison Boldt

Get Paid to Teach What You Love

Share what you love and start making extra money by turning your talents and interests into educational products like ebooks, live classes, workshops and online courses. Explore the options available to create your very first offering. This class is perfect for creative people who want to share their expertise. You will learn how to choose the right topic and the type of teaching and style that works for you. You will leave with ideas, inspiration, resources and action steps to get you started. 1 class.

Wednesday, April 3 - 6:00-8:00 p.m.

Fee - \$19

Location - WGHS, Room B140

Instructor - Kelly Diemond

New

Selling Your Creative Work

Have you ever thought about making and selling the work you create, but have no idea where to begin? This is the class for you! Learn how to sell your handmade work online, in stores and at craft shows. The possibilities are many, from consignment and wholesale, to juried art shows and trunk shows. You will learn how to present, showcase and display your work in a way that draws people in and sells. This class is perfect for you if you already make something to sell, or want to make something to sell in the future. 1 class.

Wednesday, April 10 - 6:00-8:00 p.m.

Fee - \$19

Location - WGHS, Room B140

Instructor - Kelly Diemond

New

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.

March 11, 25, April 1, 8, 22, 29

Fee - \$48

Location - East Hill, Gymnasium

Instructor - Hannah Svarc

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.

May 2, 16, 23, 30

Fee - \$50/person • \$90/couple

Location - Stonehedge, Gold Cafeteria

Instructor - Walt Medicis Associates

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.

Each session is 6 classes.

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

Session 1: March 5, 12, 19, 26, April 2, 9

Session 2: April 30, May 7, 14, 21, 28, June 4

Fee - \$48

Location - Stonehedge, Gold Cafeteria

Instructor - Sharon Dellinger

Line Dancing: Beginner

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 to beginner and improver levels. Music will be everything from contemporary to country. Students will learn how to apply styling to their dancing. Each session is 6 classes.

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

Session 1: March 5, 12, 19, 26, April 2, 9

Session 2: April 30, May 7, 14, 21, 28, June 4

Fee - \$48

Location - Stonehedge, Gold Cafeteria

Instructor - Sharon Dellinger

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.

March 7, 14, 21, 28, April 4, 11

Fee - \$75/person • \$135/couple

Location - Stonehedge, Gold Cafeteria

Instructor - Walt Medicis Associates

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.

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. 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.

- **March Session:** Registration opens January 30.

- In-Car Instruction - March 11 through May 10, 2 to 4 driving lessons per week

- Classroom Instruction - 6:00 - 7:30 p.m.

- Every Tuesday and Thursday March 12 through May 9 (make-up class May 6).

- **Summer Session:** Registration opens May 14. Details will be available for the summer program on the District website in mid- April.

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



Registration

Online Registration: Go to 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 _____	Name _____
Address _____	Address _____
City, Zip _____	City, Zip _____
E-mail _____	E-mail _____
Home Phone _____	Home Phone _____
Other Phone _____	Other Phone _____
Title _____ Start Date _____ Fee _____	Title _____ Start Date _____ Fee _____
Title _____ Start Date _____ Fee _____	Title _____ Start Date _____ Fee _____
Have you taken classes with us before? Yes _____ No _____	Have you taken classes with us before? Yes _____ No _____

Register online at westgenesee.org or mail check payable to WGCSD and registration form to:

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

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

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:

*April 15-19 - Spring Recess

*May 27 - Memorial Day

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.

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

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

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