

# West Genesee Adult Education

We Celebrate Learning!

Spring 2023

## Welcome Back!

Thanks to the support of the West Genesee Administration and Board of Education, we continue to offer to our community the quality Adult Education courses to which we are all accustomed. In this session you will see the return of our most popular classes.

*See full course descriptions and register online at [westgenesee.org/adulted](http://westgenesee.org/adulted)*

## FITNESS

### Basic Yoga

Explore yoga postures, breathing exercises, and relaxation techniques for beginners and intermediates. Standing poses and floor postures will add strength and flexibility. Wear comfortable clothing and bring a yoga mat.

Session 1: March 6, 13, 20, 27, April 10, 17

Session 2: April 24, May 1, 8, 15, 22, June 5

Monday \$48 per session

6:15 PM - 7:30 PM 6 classes

Hannah Svarc East Hill Elementary, Gym

### Chair Yoga

Does getting up and down from the floor seem daunting? Have you tried yoga, but found it too difficult to get comfortable in the poses? Well, this class is for you! Work on strength, flexibility, and balance using a chair for support. No need to avoid yoga anymore!

Session 1: March 2, 9, 23, 30, April 13, 20

Session 2: April 27, May 4, 18, 25, June 1, 8

Thursday \$48 per session

6:00 PM - 7:00 PM 6 classes

Hannah Svarc Stonehedge Elem. Library

### T'ai Chi Chih®

Experience 19 gentle movements that are easy to learn and have been shown to promote balance, flexibility, stamina, and inner calm. Anyone, any age, can practice TCC.

March 14, 21, 28, April 18, 25, May 2, 9, 16

Tuesday \$64

6:00 PM - 7:30 PM 8 classes

James Campbell Stonehedge Elem. Library

### Fitness for Active Older Adults

Haven't exercised in a while or would like a gentle exercise class to get in shape? This class is designed with easy to follow moves with or without using a chair. Emphasis is on increasing flexibility, strength, range of motion, overall body conditioning and balance.

Session 1: Feb. 27, March 6, 13, 20, 27, April 10

Session 2: April 17, 24, May 1, 8, 15, 22

Monday \$48

7:00 PM - 8:00 PM 6 classes

Linda Rudnick-Smith WG High School, Cafe 2

### Zumba® with Tess!

Join the party! You do not need to be a dancer or an aerobic fanatic to love Zumba. Anyone can do it!

Session 1: March 1, 8, 15, 22, 29, April 12

Session 2: April 19, 26, May 3, 10, 17, 24

Wednesday \$48 per session

6:00 PM - 7:00 PM 6 classes

Tess Martineau Split Rock Elementary, Gym

### Mat 'n Vertical Pilates with Weights

It is with an emphasis on core strength as an effective way for the whole body to stand, sit, move, and to improve flexibility and functional fitness: as well as foster a mind-body connection with movement that matters. All ages and fitness levels welcome.

April 19, 26, May 3, 10, 17, 24

Wednesday \$48

6:15 PM - 7:15 PM 6 classes

Diana Luber East Hill Elementary, Gym

### Pound®!

POUND is a full body drumming workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired moves. Release your inner rockstar! Bring a yoga mat.

Session 1: March 7, 14, 21, 28, April 11, 18

Session 2: April 25, May 2, 9, 16, 23, 30

Tuesday \$48 per session

6:30 PM - 7:30 PM 6 classes

Marlena Johnson Stonehedge Elem. Blue Cafe

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

## DANCE

### Social Ballroom Dancing

Partner needed, bring a friend! Learn the basic skills of social dancing: Foxtrot, Cha Cha, Waltz, Swing, and Rumba.

March 2, 9, 23, 30, April 13, 20

Thursday \$135 per couple  
7:00 PM - 8:30 PM 6 classes  
Walt Medicis Assoc. Stonehedge Elem. Gold Cafe

### 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. No experience necessary.

April 27, May 4, 18, 25

Thursday \$90/couple or \$50/single  
7:00 PM - 8:30 PM 4 classes  
Walt Medicis Assoc. Stonehedge Elem. Gold Cafe

## CPR & FIRST AID

### CPR - Adult & Child

Earn a CPR certification card with successful completion.

March 16 *or* April 20

Thursday \$69  
6:00 PM - 10:00 PM 1 class  
Jason Mallore WGHS, Library Classroom

### First Aid

Help minimize the consequences of injury or sudden illness until medical help arrives.

Thursday, March 30 \$69  
6:00 PM - 10:00 PM 1 class  
Jason Mallore WGHS, Library Classroom

## FINANCIAL

### Social Security Retirement Benefits

Get all of your questions answered. Topics will include: the types of benefits you are eligible to receive, at what age to begin collecting, retirement, spousal, and survivor benefits.

Monday, March 6 Free, registration is required  
6:30 PM - 7:30 PM 1 class  
Jim Connell, Jr. WG High School, B140

### Fundamentals of Financial Planning

This class will cover the basic types of investment vehicles and investment registrations. Concepts such as diversification, dollar cost averaging, and other investment strategies will be discussed.

March 1, 8  
Wednesday Free, registration required  
7:00 PM - 9:00 PM 2 classes  
Christopher Bruna WG High School, B142

### Medicare Educational Seminar

Turning 65? New to Medicare? Already have Medicare and confused with all the choices available? Learn how to navigate the Medicare waters. No products will be sold or offered for sale. This is strictly an educational event.

April 13  
Thursday Free, registration required  
6:00 PM - 7:30 PM 1 class  
Michele Hawthorne WG High School, B144

**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.**

## HOBBIES & PERSONAL DEVELOPMENT

### Digital Photography

Learn how to maximize quality while shooting and how to optimize your results so your finished images will surprise even your toughest critics.

March 6, 13, 20

Monday \$36  
6:30 PM - 8:30 PM 3 classes  
Chris Marks WG High School, B144

### Find Your Psychic Self

Learn the fine art of fortune-telling and the seven steps needed to develop your psychic ability. Students should bring a deck of playing cards, string, tape, penny, and colored pencils or crayons. \$10 textbook fee is required first night.

March 6, 13, 20

Monday \$36  
7:00 PM - 9:00 PM 3 classes  
Ronald Cain WG High School, B142

### Origami

Fold paper into flowers, animals and many other organic and geometric shapes. All necessary supplies will be provided.

March 1, 8, 15, 22

Wednesday \$34 (includes \$5 supply fee)  
6:00 PM - 7:00 PM 4 classes  
Takako Capria WG High School, A232

### Discover the Tarot

Discover this centuries-old fortune-telling system using 78 colorful cards. Learn the meaning of the suits, numbers, and symbols. Students should bring a Tarot deck (Rider-Waite Tarot deck is recommended).

May 10, 17, 24

Wednesday \$36  
7:00 PM - 9:00 PM 3 classes  
Ronald Cain WG High School, B142

## DRIVER & BOATING SAFETY

### America's Boating Course

This course, for ages 10 and up, is for interested individuals who operate, crew, or sail a power, wind 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 January 1, 1998 to operate any mechanically propelled boat. By 2025 all operators of mechanically propelled boats will be required to have a boating safety certificate. Family members wishing to share a manual may do so. 5 classes: four 2-hour classes plus exam in fifth class.

April 19, 26, May 3, 10, 17

Wednesday \$37 with manual  
+ \$12 each added family member

7:00 PM - 9:00 PM 5 classes

America's Boating Club WG High School, C213

### 5 Hour Pre-Licensing Course

Mandatory for all new student drivers! This class is offered for our 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. Also, this class takes a quick break for lunch, so we encourage the students to bring a lunch. DMV-approved course! Choose 1 date:

Feb. 4; March 4; or May 13

Saturday \$45 per class

9:00 AM - 2:00 PM 1 class

Able II Driving School WG High School, C213

## TECHNOLOGY

### iPad® - Beginner

Be sure to bring your iPad! Learn the settings and some neat tricks that will make you love your iPad even more!

March 20, 22

Mon & Wed \$40 per session

6:00 PM - 7:30 PM 2 classes

Barb Ritch WG High School, B144

### iPad® - Intermediate

Participants must have taken our beginner class. If you want to learn about getting even more out of your iPad, this is the right class for you! You will learn more advanced skills on the iPad.

March 27, 29

Mon & Wed \$40

6:00 PM - 7:30 PM 2 classes

Barb Ritch WG High School, B140

## SPRING DRIVER'S EDUCATION

### Driver's Ed. Registration Opens February 13 at [westgenesee.org/adulted](http://westgenesee.org/adulted)

- 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. Students must be 16 years of age and have a valid driver's license or permit.

- NYSED in consultation with the New York State Department of Motor Vehicles (NYSDMV), has determined that the 24 hours of Driver Education classroom lecture instruction may be completed remotely by an appropriately credentialed (DTSE MV-283 lecture) teacher provided by the school district.

- NYSED will allow parents to provide supervision of the 24 hours of in-vehicle instruction using detailed guidance from the school district. Parents must provide a copy of his/her driver's license. Guidelines and a parent log will be provided. Parents also have the option of hiring a credentialed driving school to assist with the in-vehicle instruction at their own additional expense.

- Remote Classroom Lecture Dates: Every Monday and Wednesday March 27 through June 5, 2023 ~ 5:30 pm – 7:00 pm. (excluding April break and Memorial Day). Ms. Hilts, the classroom teacher will communicate with and invite students to the virtual Google classroom via the student's West Genesee email address. Students must have access to reliable internet service.

- The cost is \$275 – payment may be made by mailing a check or money order (payable to WGCSD), or online with a credit card (3.5% nonrefundable convenience fee applies).

- Attendance Policy - The New York State Education Department Guidelines for Driver and Traffic Safety Education require a minimum of 24 hours of classroom instruction (lecture) and 24 hours of parent supervised laboratory (in-vehicle) instruction. This means that a student must attend a minimum of 16 of the 18 scheduled virtual lectures, complete online assignments, and demonstrate via the parent log that they have met the requirements of the program in order to receive a certificate of completion. THERE ARE NO EXCEPTIONS.

- Carefully consider student's entire academic, 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 outlined requirements.

### Driver's Ed. Registration Opens February 13 at [westgenesee.org/adulted](http://westgenesee.org/adulted)

## 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 dismissed early due to inclement weather.*

## PARKING & DIRECTIONS

**West Genesee High School**, 5201 West Genesee St.

~High School Classrooms, Library

Park in the west parking lot and enter through the main entrance near the library.

~High School Pool or Cafeteria

Park in the east parking lot and enter through the doors between the pool and the gym.

**Stonehedge Elementary School**, 400 Sanderson Dr.

Park in front of the school and enter through the main entrance.

**Split Rock Elementary School**, 4151 Split Rock Rd.

Park in front parking lot and enter through the left entrance.

**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.

**School will be closed on the following dates:**

April 3 - 7 ~ Spring Recess

May 29 ~ Memorial Day

## ADULT EDUCATION REGISTRATION

**Online Registration:** Go to [westgenesee.org/adulted](http://westgenesee.org/adulted) then click on "Online Registration". From there, you may log in to your account, create a new account, browse the catalog, register, and manage your classes.

*(Please note: there will be a 3.5% non-refundable convenience fee for credit or debit card transactions.)*

### REGISTRATION FORM *(Do not use for Driver's Education)*

Name \_\_\_\_\_

Address \_\_\_\_\_

City, Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Home Phone \_\_\_\_\_

Other Phone \_\_\_\_\_

Title \_\_\_\_\_ Start Date \_\_\_\_\_ Fee \_\_\_\_\_

Title \_\_\_\_\_ Start Date \_\_\_\_\_ Fee \_\_\_\_\_

Have you taken classes with us before? Yes \_\_\_\_\_ No \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City, Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Home Phone \_\_\_\_\_

Other Phone \_\_\_\_\_

Title \_\_\_\_\_ Start Date \_\_\_\_\_ Fee \_\_\_\_\_

Title \_\_\_\_\_ Start Date \_\_\_\_\_ Fee \_\_\_\_\_

Have you taken classes with us before? Yes \_\_\_\_\_ No \_\_\_\_\_

If registering by mail, send registration form and check payable to WGCSD to:

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

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