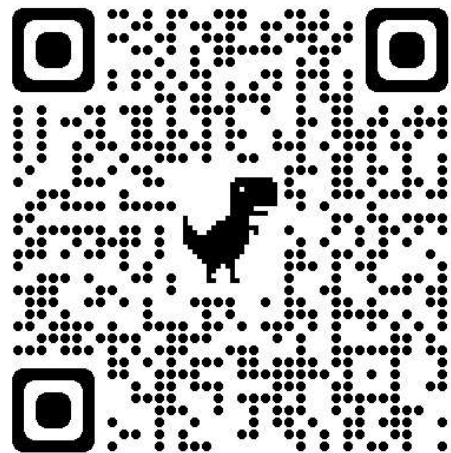


# COMMUNITY EDUCATION PROGRAM

## STARPOINT CENTRAL SCHOOL DISTRICT

**Winter/  
Spring  
2023**



Scan the code to see our classes  
and register online

Baking Classes  
Finance Classes  
Book Club  
Pickleball  
CPR/AED

Wildlife Rehab  
Babysitting  
Fitness Classes  
Swimming  
Life Insurance

Starpoint Community Education Program  
210-2308

**Registration form & brochure available  
on line at:**

[www.starpointcsd.org/domain/42](http://www.starpointcsd.org/domain/42)

**Dates:**

**2/13/23 to 6/9/23**

## Registration

You can register for a course three ways:

- \*Online (starpointcsd.org → parents & community → community ed)
- \*In person at the High School (located at Driveway D). You will have to ring the bell and have your driver's license ready.
- \*You cannot, under any circumstances, register for a course via telephone.
- \*Register early, classes are first-come-first-served.
- \*Please make checks payable to Starpoint Community Education.
- \*Refunds are given only if a class is cancelled or a student withdraws 3 days prior to the first class.
- \*If we don't contact you, that means the course is running.

## Fees

- \*Registration fees cannot be refunded after the first class has begun.
- \*A \$35 fee will be charged for any checks returned by the bank.
- \*Any lab or supply fee must be paid in full to the instructor only.

## Senior Citizens

Sign up to be a Garnet Club member and you will receive a 50% or \$10 maximum discount on *selected classes*. Cards are available in the High School Office. You must be 62+ and a district resident to qualify.

## School Closing

There will be no classes held on February 20, March 3 & May 29, as well as April 3-14 (Spring Recess). Also, if the school is closed due to inclement weather, Community Ed will also be closed. Community Ed closings will be announced along with Starpoint school closings on WIVB or WKBW.

## School Rules

You must abide by school rules while on campus, and that includes a strict no smoking or e-cig/vaping policy. You will be asked to leave the campus, and we may drop you from enrollment for that semester.

\*\*\*\*\*

*Hello, and welcome back to another semester of Starpoint Community Education. I'm very excited that we are growing this program back to what it was, pre-pandemic. All of our instructors are very excited about getting back into the swing of things, and meeting and teaching the terrific members of our community!*

## **IMPORTANT ANNOUNCEMENT**

**We have begun the process of moving classes into the High School.** Please double-check to see where your class is scheduled. Kids athletics will continue to be in the Intermediate building, so no changes are needed to attend those classes.

**For classes located in the High School, please use Driveway D and park in Parking Lot 1 (faculty) in order to enter through the main entrance.** L-6 is to your left, the Lecture Hall is to your right, and the ALC is right above the Library, which is straight ahead.

Swimming, Baking, and Quilting courses will remain in the Middle School, so you can continue to use Driveway C and the lobby entrance near the new cafeteria for those courses.

- Also:
- If you have a temperature or are otherwise feeling sick, please stay home!
  - If you've registered for an online finance course, the instructor will email you the meeting link the day of the course.

Thank you, and as always, please feel free to contact Micheal Moran or Marcia Brogan if you have any questions or concerns, or are willing to teach a class for us in the future! [mmoran@starpointcsd.org](mailto:mmoran@starpointcsd.org) or [mbrogan@starpointcsd.org](mailto:mbrogan@starpointcsd.org)

# SWIMMING

## A CAUTION FOR SWIMMERS:

Please be advised that pool temperatures are kept between 78 and 80 degrees. Because of the different swim activities; this temperature may be warm for lap swimming and cold for standard swim lessons. This temperature is the standard for the Starpoint Central School pool.

Swim Staff - Instructors and Lifeguards: Carrie Ciraolo, Diega Ciraolo, Dominic Ciraolo, Vincent Ciraolo, Andrew Redmond, Ashleigh Cottrell and Emily Cottrell. All Swim instructors, lifeguards and exercise instructors are currently certified and bring many years of experience to their positions.

\*Due to scheduling constraints & class sizes, cancelled classes cannot be made up.  
\*We reserve the right to place students into appropriate classes as per their ability and instructor recommendation.

\*Class times may change due to home swim meets.

\*If classes are full or you do not see a class that fits your schedule, please call Carrie at (716) 297-6005 and leave a message. Added classes or adjustments may be made to allow for more participants depending on staff availability.

\*PLEASE KEEP YOUR CHILD HOME if they are experiencing COLD or COVID like symptoms.

\*Swimming is our most popular course, therefore it fills up first. If you are locked out of a swimming course, we strongly encourage you to put your name on the "wait list" that we have created in our registration page. Frequently, as lifeguards become available, we open up more classes or increase our class size. When we do, we will pull names off the list to populate those classes.

## **Instructor: Carrie Ciraolo-American Red Cross Water Safety Instructor**

### INTRO. TO WATER SKILLS – LEVEL I

This program is to provide an aquatic swim program for children (age 3-8 yrs.) that will teach water safety and swimming readiness skills, with an emphasis on fun. This course is for children who have had little or no experience in the water and who may still need extra support in the water. \*Students who meet requirements for a level will receive an American Red Cross "Learn to Swim" certificate. New students are asked to provide the instructor with "1" two pocket folder- labeled with your child's name. All returning students are asked to bring their swimming folders to the first class.

Day & Time: Mon. – 6:00 p.m. - 7:00 p.m. **LIMIT 12**  
Dates: 3/6 - 5/22 (no classes 4/3 & 4/10)  
Day & Time: Wed. - 6:00 p.m. - 7:00 p.m. **LIMIT 12**  
Dates: 3/8 - 5/24 (no classes 4/5 & 4/12)  
Day & Time: Fri. - 6:00 p.m. - 7:00 p.m. **LIMIT 6**  
Dates: 3/10 - 5/26 (no classes 4/7, 4/14)  
No. of Weeks: 10  
Fee: \$100  
Place: Pool

### FUNDAMENTAL AQUATIC SKILLS – LEVEL II

**Beginner** -- This program is to provide children (ages 6-10) with fundamental skills such as; floating without support and combined strokes on the front and back to lay the foundations for future strokes. As students advance they will learn the Front Crawl and Back Crawl. Butterfly and Sidestroke kicks, and safety skills are also taught. **Students must be able to swim unassisted on their front and back to register.** \*Students who meet requirements for a level will receive an American Red Cross "Learn to Swim" certificate. New students are asked to provide the instructor with "1" two pocket folder- labeled with your child's name. All returning students are asked to bring their swimming folders to the first class.

Day & Time: Wed. - 7:00 p.m. - 8:00 p.m. **LIMIT 15**  
Dates: 3/8 - 5/24 (no classes 4/5 & 4/12)  
Day & Time: Fri. - 6:00 p.m. - 7:00 p.m. **LIMIT 6**  
Dates: 3/11 - 5/26 (no classes 4/7, 4/14)  
No. of Weeks: 10  
Fee: \$100  
Place: Pool

## RETURNING LEVEL II FUNDAMENTAL AQUATIC SKILLS

This program is designed for those students ages (6-14) who have only a few skills to finish at this level. An emphasis will be put upon the Front Crawl, Back Crawl, deep water swimming, diving, treading and water safety! Sidestroke and Elementary Backstroke will be introduced. Students must be able to swim unassisted on their front and back and have few skills to complete for Level II to register. \*Students who meet requirements for a level will receive an American Red Cross "Learn to Swim" certificate. New Students are asked to provide the instructor with "1" two pocket folder- labeled with your child's name. All returning students are asked to bring their swimming folders to the first class. **LIMIT 14 STUDENTS.**

Day & Time: Mon. – 7:00 p.m. - 8:00 p.m.  
Dates: 3/6 - 5/22 (no classes 4/3 & 4/10)  
No. of Weeks: 10  
Fee: \$100  
Place: Pool

### STROKE DEVELOPMENT – LEVEL III

This program is intended to improve skills and increase endurance by swimming familiar strokes (Front Crawl and Back Crawl) for greater distances. Elementary Backstroke, Sidestroke, Survival Floating, treading and diving skills are also introduced. Students must complete levels I & II to register. \*Students who meet requirements for a level will receive an American Red Cross "Learn to Swim" certificate. New students are asked to provide the instructor with "1" two pocket folder- labeled with your child's name. All returning students are asked to bring their swimming folders to the first class. **LIMIT 16 STUDENTS.**

Day & Time: Fri. – 7:00 p.m. - 8:00 p.m.  
Dates: 3/10 - 5/26 (no classes 4/7, 4/10)  
No. of Weeks: 10  
Fee: \$100  
Place: Pool

### STROKE IMPROVEMENT LEVEL IV, STROKE REFINEMENT LEVEL V & SWIMMING & SKILL PROFICIENCY LEVEL VI

This program is intended to improve skills and increase endurance by swimming familiar strokes (Front Crawl, Back Crawl, Butterfly, Elementary Backstroke, Sidestroke & Breaststroke) for greater distances. (25, 50, and 100 yds) Diving, survival swimming, treading water with rotary kick. Turns at the wall are also introduced. \*Swimmers who meet requirements for a level will receive an American Red Cross "Learn to Swim" certificate. Must have level 3 to register. New students are asked to provide the instructor with "1" two pocket folder- labeled with your child's name. All returning students are asked to bring their swimming folders to the first class. **LIMIT 16 STUDENTS.**

Day & Time: Fri. – 8:00 p.m. - 9:00 p.m.  
Dates: 3/10 - 5/26 (no classes 4/7, 4/10)  
No. of Weeks: 10  
Fee: \$100  
Place: Pool

### ADULT LAP SWIM

It's time to get ready for the upcoming holidays! Lap swimming is a great way to exercise safely. Sign up with friends and enjoy a night out while getting fit. **Class is limited to 12 adults.**

Day & Time: Tues. – 7:00 p.m. - 8:00 p.m.  
Dates: 3/7 - 5/23 (no classes 4/4, 4/11)  
No. of Weeks: 10  
Fee: \$80  
Room: Pool

## PARENT & ME - OPEN SWIM

This program provides parents with the opportunity to work one-on-one with their children ages 6-months - 12 years in the pool. This weekly free swim hour will help your child gain the confidence needed to become a good swimmer. At the same time, you'll spend quality time with your child. The course fee covers one adult and one child. Please note: This is non instructional open swim. **ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT IN THE WATER! LIMIT 12 PAIRS.**

Day & Time: Tues. – 6:00 p.m. - 7:00 p.m.  
Dates: 3/7 - 5/23 (no classes 4/4, 4/11)  
No. of Weeks: 10  
Fee: \$80

Place: Pool

## DANCING

### BEGINNER LINE DANCING

Get your friends together for eight weeks of Beginner Line Dancing with internationally known dance instructors, Bill and Mary Morgan. No experience necessary-2 left feet welcome! Teens through 100+ welcome! You will learn between 6-12 dances; no partner needed. This is a fun class-no pressure! Worn out sneakers or leather shoes recommended-something with a sole that will slide. Written dance sheets will be provided.

Day & Time: Thurs. – 6:45 p.m.- 7:45 p.m.  
Dates: 3/16 – 5/18 (no class 4/6, 4/13)  
No. of Weeks: 8  
Fee: \$50 per person  
Room: High School Cafeteria  
Instructors: Mary and Bill Morgan

## FOOD AND DRINK

### CAST IRON COOKING & BAKING

Get the most out of this traditional cooking method. All supplies included.

Day & Time: Sat. – 12:00 p.m. - 2:00 p.m.  
Dates: 2/25  
No. of Weeks: 1  
Fee: \$35  
Room: Middle School F-5  
Instructor: Melanie Schulz

### SCRATCH MADE PEROGIES & SOUR KRAUT

Just in time for Easter learn to make this famous Buffalo tradition in your own kitchen! All supplies included.

Day & Time: Sat. – 12:00 p.m. - 2:00 p.m.  
Dates: 3/25  
No. of Weeks: 1  
Fee: \$35  
Room: Middle School F-5  
Instructor: Melanie Schulz

### MEAL PREP/PLANNING

Getting organized and efficient with this cost and time saving measure. Leave with a planner filled to the brim with recipes straight from the Farm!

Day & Time: Sat. – 12:00 p.m. - 2:00 p.m.  
Dates: 4/22  
No. of Weeks: 1  
Fee: \$35  
Room: Middle School F-5  
Instructor: Melanie Schulz

## AN ENGLISH TEA

For this class we will learn how to make a proper cup of tea, scones and tea sandwiches. All supplies included.

Day & Time: Sat. – 12:00 p.m. - 2:00 p.m.  
Dates: 5/20  
No. of Weeks: 1  
Fee: \$35  
Room: Middle School F-5  
Instructor: Melanie Schulz

## ARTS & CRAFTS

### QUILTING - PLAYING WITH PRE-CUTS

What are pre-cuts? They are bundles of fabric, in coordinating colors, cut into consistent sizes to provide accurate pieces. The most popular include five-inch squares, sometimes called "Charms", 2 ½" wide strips, called "Jelly Rolls" and ten-inch squares, called "Layer Cakes" by Moda Fabrics. Other companies use other names for these. There are usually about 40 pieces in a package which allows us to create projects or small quilts. They are available in most quilt shops and on-line. Fat Quarters (1/4 yard pieces of fabric) are also considered pre-cuts. We will learn to make table runners and at least one quilt, using one or more of these packaged pre-cuts. There are a variety of ways to use these, including sewing them together and re-cutting into different patterns. It will be fun to play with the possibilities. Some yardage usually may be added to finish the project. Projects and the pre-cuts needed will be discussed in the first class. There is no need to bring anything unless you already have some packaged pre-cuts. If you wish to bring those, by all means do so. However, it may be best to wait to buy anything until viewing the projects. Other materials and supplies that will be needed will also be discussed. To view information and past projects in Linda's classes, access her website: [www.hunters-stars.com](http://www.hunters-stars.com).

Day & Time: Wed. - 6:30 p.m. - 8:30 p.m.  
Dates: 3/22 -5/24 (no class 4/5, 4/12)  
No. of classes: 8  
Fee: \$35  
Room: Middle School Cafeteria  
Instructor: Linda Hunter

## DRIVING

### DRIVING INSURANCE AND POINT REDUCTION

This point and insurance reduction program reviews safe driving and accident -avoidance techniques. Upon completion of the class drivers are eligible for a 10% reduction in their auto insurance and/or up to 4 points removed from their DMV driving record. Drivers may take the course every 3 years for insurance reduction and every 18 months for point reduction. All drivers listed on a policy are eligible to complete the course. This is a great way to reduce the cost of your auto insurance!

Date & Time: Choose **ONE** session  
Session 1: 3/21 & 3/23 - Tues & Thurs  
6:00 p.m. - 8:45 p.m.  
Session 2: 5/23 & 5/25 - Tues & Thurs  
6:00 p.m. - 8:45 p.m.  
Fee: \$38  
Room: High School Lecture Hall  
Instructor: Jackie Sheehan

# HEALTH & FITNESS

## VINYASA YOGA

Vinyasa Yoga is physical, mental and spiritual practice that helps keep your life in balance. It also helps to build strength and flexibility while decreasing stress. This is a great way to gain energy and relieve pain in areas of your body. Yoga helps maintain a healthy body. We do easy stretches and breathing techniques to help you feel more relaxed and boost your moods. You learn ways to help relieve your stress that can be done during your day at any time. All you need is a Yoga mat and an open mind!

Day & Time: Wed. 6:00 p.m.- 6:55 p.m.  
Dates: 2/15 - 4/19 (no class 4/5, 4/12)  
No of weeks: 8  
Fee: \$50  
Room: HS Media Center, 2nd Floor  
Instructor: Michele Donner, Certified Yoga Instructor

## PILATES

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving posture and flexibility. We try to target the core muscles while working through all areas of the body to feel and look more physically fit. This exercise will help you lose weight and make you stronger and toned. This is a great way to look good and it builds strength and confidence. All you need is a mat and a small ball. You can add weights if you desire.

Day & Time: Wed. 7:00 p.m. - 7:55 p.m.  
Dates: 2/15 - 4/19 (no class 4/5, 4/12)  
No. of classes: 8  
Fee: \$50  
Room: HS Media Center, 2nd Floor  
Instructor: Michele Donner, Cert. Pilates Instructor

## FITNESS & WELLNESS WORKOUT

This course will introduce the students to our Fitness and Wellness Room. Basic instruction in the use of all equipment and beginning workouts will be taught. Perfect for beginners to advanced levels!

Day & Time: Mon. & Thurs. - 6:00 p.m. - 7:30 p.m.  
Dates: 2/13 - 3/30 (no class 2/20)  
**OR**  
Dates: 4/17 - 6/1 (no class 5/29)  
Fee: \$25 **OR**  
**NEW!** Pay the Instructor - Cash only. \$3/class  
Room: High School Wellness Room  
Instructor: Carolyn Weber

## ZUMBA

Each Zumba class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity moves for an interval-style, calorie-burning dance fitness party. Once the rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective and fun! A total workout, combining all elements of fitness, cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Bring a water bottle and wear comfortable sneakers. **Minimum of 10 people required to run the class.**

Day & Time: Tues. - 5:30 p.m. - 6:30 p.m.  
Dates: 2/21 - 3/28  
No. of classes: 6  
Fee: \$45  
Room: RIS Yellow Gym  
Instructor: Grace Firzak- Certified Zumba Instructor

## LOW IMPACT STRENGTH & CONDITIONING

Have fun and move to the music through a variety of exercises designed to increase your cardiovascular and muscular strength, range of movement, and activities for daily living. This class will utilize chairs as appropriate. Please bring a pair of light-medium hand weights, a water bottle and a towel with you. **Minimum of 10 people to run the class.**

Date & Time: Tues. 6:30 p.m. - 7:15 p.m.  
Dates: 2/21 - 4/25 (no class 4/4, 4/11)  
No of classes: 8 weeks  
Fee: \$60  
Room: RIS Blue Gym  
Instructor: Brianna Brogan  
Certified Health & Wellness Instructor

## CORE & MORE

This progressive exercise program combines relaxation, flexibility, and strengthening exercises to build strength and stamina in core areas, keeping you strong for life. If you are a fan of pilates, then you will enjoy this class as well. Please bring a water bottle, exercise mat, and towel. **Minimum of 10 people to run the class.**

Date & Time: Tues. 5:30 p.m - 6:15 p.m.  
Dates: 2/21 - 4/25 (no class 4/4, 4/11)  
No of classes: 8 weeks  
Fee: \$60  
Room: RIS Blue Gym  
Instructor: Brianna Brogan  
Certified Health & Wellness Instructor

# SPECIAL INTEREST

## 9-HOUR ACT TEST PREPARATION COURSE

96.3% of U.S. colleges still require or will consider SAT/ACT test scores when submitted. It is important that students continue to take the SAT/ACT test and submit their scores when applying to colleges. Only 3.7% of U.S. colleges do not require test scores. Did you know that the ACT test is held in equal esteem as the SAT test by most colleges and universities? While many colleges have gone test optional, the early data as shown that students who submit SAT or ACT test scores have an admissions advantage. This 9-hour review course offers an in-depth study of the ACT test. Includes: classroom instruction, test-taking strategies, testing information, study materials and a free simulated ACT test. For the simulated test schedule and registration information visit: [www.allprotutoring.com](http://www.allprotutoring.com) **2023 ACT test dates:** February 11, April 1 and June 10, September 9. Students are welcome to bring a snack to class.

Day & Time: Mon., Wed., Mon. - 6:00 p.m. - 9:00 p.m.  
Dates: 3/13, 3/15, 3/20  
No. of Classes: 3  
Fee: \$135  
Room: High School - L6  
Instructor: All Pro Tutoring

## Free! Simulated ACT/SAT Test

One of the best ways to prepare for the SAT or ACT test is to practice! A free simulated ACT/SAT test is offered to all high school students which includes a score report. Pre-registration is required. Walk-ins will not be seated. Sites for the simulated tests are Niagara Wheatfield High School and Send Your Kids to College. For dates, times, or to register visit: [www.allprotutoring.com](http://www.allprotutoring.com).

## FREE! ONLINE SEND YOUR KIDS TO COLLEGE PRESENTATION FOR PARENTS

Do you know that less than 33% of 4-year college students graduate in four years? Mistakes in college planning could cost you thousands of dollars! Please join our team of experts for a free one-hour discussion on the best approach to college planning. Send

Your Kids to College is a non-profit organization. There is no cost or obligation to purchase anything. Topics discussed:

- Choosing the right college major and the best approach in applying to colleges.
- Timeline for ACT and SAT test preparation and why it is important to prepare for these admission tests.
- Strategies to reduce the cost of college, available scholarships, etc.

Day & Time: Wed. – 6:00 p.m. - 7:00 p.m.  
Dates: 5/10  
No. of classes: 1  
Fee: FREE  
Room: **ONLINE**  
Instructors: All Pro Tutoring

### WRITING THE COLLEGE APPLICATION ESSAY

Do you want to submit a college application essay that will really hit home with the Admission's Office at the college of your choice? Learn all the fundamentals of a winning essay as well as proven strategies. You will begin to write the college application essay during the class and leave with the confidence and knowledge to complete the process on your own. Students are welcome to bring a snack to class.

Day & Time: Wed. 6:00 p.m. - 8:30 p.m.  
Dates: 4/19  
No. of Classes: 1  
Fee: \$65  
Room: High School - L6  
Instructor: All Pro Tutoring

### BOOK CLUB WITH ED TRACY

Former Starpoint High School English & AP Literature teacher Mr. Edward Tracy will be spearheading this club. We will begin by reading a familiar classic, TO KILL A MOCKINGBIRD. At our first meeting we will vote on the remainder of the books. Please try to read the first 75 pages of TO KILL A MOCKINGBIRD prior to our first session. **Must have 5 people to run class.**

Day & Time: Wed. 6:30 p.m. - 8:30 p.m.  
Dates: 3/22 - 5/25 (no class on 4/5, 4/12)  
No. of Classes: 8  
Fee: \$35  
Room: High School - LMC  
Instructor: Ed Tracy

### IDEA BUILDERS LEGO CLUB

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 a different STEAM connection through a mini-lesson. Our program stresses learning through creative play, hands-on learning and social interaction. **Be sure to sign up for the correct building! LIMIT 20 STUDENTS**

Day & Time: Mon. – 3:20 p.m. - 4:20 p.m.  
Dates: **FRICANO** - 1/23 - 3/6 (no class 2/20)  
Room: **FRICANO** - 4/24 - 6/5 (no class 5/29)  
Fricano Library - Fricano students only

Day & Time: Tues. - 3:30 p.m. - 4:30 p.m.  
Dates: **RIS** - 1/24 - 3/14 (no class 2/14 & 2/21)  
**RIS** - 4/27 - 6/1  
RIS LIBRARY - Regan students only  
No. of weeks: 6  
Fee: \$70  
Instructor: Jennifer Zakrzewski & Katie Struckmann

### ADULT, CHILD & INFANT CPR/AED TRAINING

Gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. Students who complete the program will receive a text and 2 year certification card.

Day & Time: Wed. – 6:00 p.m. - 9:00 p.m.  
Dates: 3/22  
No. of classes: 1  
Fee: \$60  
Room: High School - L6  
Instructors: Tim Miller, Certified Instructor, The Safety Company

### BABYSITTER'S TRAINING

This 3 hour course teaches **interviewing skills**; basic care to include holding infants, bottle-feeding, spoon-feeding and diapering; **safety lessons**; including activities that teach how to make decisions keeping safety the number one consideration; **safe play** which gives tips on what toys are appropriate for different age groups keeping safety and the child's abilities and interest in mind; **first aid**, which offers hands-on training in care for conscious choking, how to check an unconscious child, calling 911 and bleeding control; and **temptation and responsibility** showing that decisions have to be based on the safety of the children and the babysitter at all times, even if tempted to do otherwise. This class is for students 11-15 years of age.

Day & Time: Sat. – 9:00 a.m. - 12:00 p.m.  
Date: 2/25  
No. of Classes: 1  
Fee: \$60  
Room: High School - L6  
Instructor: Tim Miller, Certified Instructor, The Safety Company

### REHABILITATING WILDLIFE COURSE

**SESSION 1** - This course is designed to prepare future rehabilitators or volunteers for beginning rehabilitation of wildlife. The focus will be on mammals to obtain a NYS DEC wildlife rehabilitator license. Included in the course are; NYS DEC licensing applications, testing and legal issues. Safety in handling, capture techniques, and transporting. Anatomy, care and treatment of orphaned/ injured mammals, and diseases of mammals. Triage care of distressed mammals and birds. Educating the public on issues regarding wildlife. Information on special licensing for rabies vector species (RVS) will also be covered. **SESSION 2** - This session specifically focuses on the rehabilitation of wild birds. Included in this session are; applying for USF&W permits, legal issues, species identification, handling and safety, bird anatomy and physiology. Care of orphaned birds, bandaging, treatment techniques, housing, caging, pre-release conditioning and diseases. There will be live birds brought in for you to meet. **Following each session, all students are given a certificate of completion that can be used when applying for their NYS license application and US F&W application permit. We hope to encourage you to join our volunteer team to achieve the volunteer hours needed to acquire your license and permit.**

Day & Time: Sat. 10:00 a.m. - 1:00 p.m.  
Dates: 2/18-3/18  
No. of classes: 5  
Fee: \$110 for the 5 classes  
Room: Middle School Cafe  
Instructor: Jacalyn Perry - President of AWARE

## **SPANISH FOR THE ELEMENTARY YEARS (K-5)**

Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-5 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 Spanish Club 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 held in school at dismissal. **REGISTER ON LINE AT: [www.TheEnrichmentCompany.com](http://www.TheEnrichmentCompany.com)** (Form can also be downloaded and mailed directly to The Enrichment Company - \*Do not send registration to schools or Starpoint Community Ed). If you have any questions, contact The Enrichment Company at 1-833-436-7424. **LIMIT OF 20 STUDENTS.**

Day & Time: Tues. - 3:20 p.m. - 4:00 p.m.  
Dates: 4/25, 5/2, 5/9, 5/16, 5/23, 5/30  
No. of weeks: 6  
Fee: \$85  
Room: Fricano Library  
Instructor: Lisa Almeter, The Enrichment Company

Winter Session: Tues. - 3:20 p.m. - 4:00 p.m.  
Dates: 2/15, 2/22, 3/1, 3/8, 3/15, 3/22

# **FINANCIAL PLANNING**

## **SAVVY SOCIAL SECURITY FOR COUPLES**

What Couples Need to Know About Their Retirement Income. At this workshop you will learn...

- 5 factors to consider when deciding to apply for benefits
- When it makes sense to delay benefits—and when it does not
- Why you should always check your earnings record for accuracy
- How to estimate your benefits
- Innovative strategies for coordinating benefits with your spouse
- How to minimize taxes on Social Security benefits
- How to coordinate Social Security with your other forms of retirement income

Day & Time: Tues.– 6:00 p.m. - 7:00 p.m.  
Dates: 3/7  
No. of classes: 1  
Fee: \$10  
Room: **L6 - High School**  
Instructor: Brett Komm, CSSCS  
Wealth Manager

## **SAVVY SOCIAL SECURITY FOR WOMEN**

At this workshop you will learn:

- How much Social Security you stand to receive over your lifetime
- How the decisions you make in your 60s can determine the amount of income you'll have in your 80s
- How to take advantage of spousal benefits, survivor benefits, divorced spouse benefits, and even divorced-spouse survivor benefits
- How to coordinate your own retirement benefit with benefits you might receive as a spouse or divorced spouse
- Why you should consider your husband's life expectancy when deciding when to claim your own retirement benefit
- What to do if your husband or ex-husband dies
- What to do if your marital status changes
- How to plan for the extra-long life

Day & Time: Tues. - 6:00 p.m. - 7:00 p.m.  
Date: 4/25  
No. of Classes: 1  
Fee: \$10  
Room: **L6 - High School**  
Instructor: Brett Komm, CSSCS  
Wealth Manager

## **SAVVY IRA PLANNING FOR BABY BOOMERS**

To help attendees better understand IRA planning, this workshop will cover: • Seven strategies for Savvy IRA planning • Six rollover options for your retirement plan funds • Three common required minimum distribution mistakes • The difference between indirect and direct rollovers • How to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security, and financial strategies • Three different options for spousal IRA beneficiaries.

Day & Time: Thurs.– 6:00 p.m. - 7:00 p.m.  
Dates: 5/18  
No. of classes: 1  
Fee: \$10  
Room: **L6 - High School**  
Instructor: Brett Komm, CSSCS  
Wealth Manager

## **UNDERSTANDING LIFE INSURANCE**

Do you have questions about life insurance? Many people do but are not sure where to get high quality information. This educational presentation will help you understand the basics of life insurance and answer many common questions such as: Who needs life insurance? How much life insurance should someone have? What is the difference between term life insurance and whole life insurance? How much does life insurance cost? How do you buy life insurance? This will not be a sales presentation. Jason Myers has worked in the life insurance industry since 2013 and holds the Chartered Life Underwriter ® and Chartered Financial Consultant ® designations from the American College of Financial Services.

Day & Time: Thurs.– 6:00 p.m. - 7:30 p.m.  
Dates: 3/23  
No. of classes: 1  
Fee: \$10  
Room: **L6 - High School**  
Instructor: Jason Myers, Owner  
JBM Health & Wealth Consulting, LLC  
Wealth Manager

## **PROTECT & PRESERVE YOUR MONEY FROM MEDICAID & A NURSING HOME**

Long-Term Care & Medicaid is the single greatest threat to your retirement security and yet most Americans have never talked to their Financial Professionals about these concerns. This planning systems works to bring together Retirement and Long Term Care Planning to protect you from losing your money, income and independence to Long- Term Care and Medicaid Event. It is better to establish a preemptive Medicaid plan, rather than to be in crisis planning for a Medicaid, nursing home and long-term care event later. By arranging everything now, you are able to avoid the 5-year look-back period and the financial consequences to your retirement and lifestyle. Topics in class:

- Remove the hidden financial threats to your money by Medicaid and inflation
- Learn how to avoid Medicaid Spend down mistakes and maintaining eligibility for Medicaid
- Learn how to reduce emotional and financial burdens of Medicaid on your family
- Protect and Keep your money and income from a Long Term Care & Medicaid Event

- Develop a safe and secure plan
- Reducing the Longevity Risk on your Retirement & Lifestyle
- Be in Control
- Keep your Dignity & Independence
- Avoid impoverishing your spouse from a Medicaid and a Nursing Home Event
- Avoid impacting your Children financial future with your care costs

Day & Time: Wed. 6:00 p.m. - 8:00 p.m.  
 Dates: 3/29  
 No. of classes: 1  
 Fee: \$10  
 Room: **In Person - L6 High School**  
 Instructors: Lester Robinson, CLTC

### **BEGINNING MEDICARE - YOUR 64 1/2 BIRTHDAY**

When you turn 65, you become eligible for Medicare - which means the time is now to make a plan! This is an educational seminar where you will learn about enrollment periods, Original Medicare, understand Supplements, Prescription Plans and Medicare Advantage. You will receive a free educational guide and review tools and resources to help you understand the coverage that may be right for you. This is particularly beneficial for those just getting started with Medicare, leaving an employer or individual plan and needing to enroll in Part B through Social Security. It may be helpful to bring your list of prescriptions and physicians. This event is only for educational purposes and no plan specific benefits or details will be shared.

Day & Time: Wed. 6:30 p.m. - 8:00 p.m.  
 Date: 2/15 - In Person **OR**  
 5/10 - In person  
 No. of Classes: 1  
 Fee: \$10  
 Room: **High School - L6**  
 Instructor: Kathleen M. Flynn, CLTC, MBA

### **TAX DIVERSIFYING YOUR INCOME IN RETIREMENT**

Retirement isn't what it used to be—especially with people living longer and spending more of their lives as retirees. With fewer companies offering pensions, and Social Security facing an uncertain future, the way we fund our retirement is changing, too. And tax rates? While they may be at historic lows now, there's no telling where they'll be in the future and how they'll impact your retirement income. So, how can you keep more of the savings you've worked a lifetime to enjoy? This seminar will cover:

- Why you should tax diversify your retirement portfolio
- Where your retirement income may come from
- What impact taxes can have on your retirement lifestyle
- How nontraditional options can supplement your retirement income.

Day & Time: Wed. 6:30 p.m. - 8:00 p.m.  
 Date: 3/8 - In person  
 No. of Classes: 1  
 Fee: \$10  
 Room: **High School - L6**  
 Instructor: Kathleen M. Flynn, CLTC, MBA

### **THE ART OF PLANNING FOR LONG TERM CARE**

The right long-term care plan can help safeguard your family, your savings, your retirement—and your peace of mind. During this session we will explain in plain, easy-to-understand language the latest information about long-term care, including:

- What's covered and not covered by government programs
- How much long-term care services cost in our area
- Where long-term care is being delivered (it's probably not where you think), and much more!

By the end of this session you'll have a personalized long-term care plan, and you'll have gained valuable knowledge that can help you prepare for the future.

Day & Time: Wed. 6:30 p.m. - 8:00 p.m.  
 Date: 4/26 - In Person  
 No. of Classes: 1  
 Fee: \$10  
 Room: **High School - L6**  
 Instructor: Kathleen M. Flynn, CLTC, MBA

### **ESTATE PLANNING 101**

During this workshop, we'll discuss basic fundamentals of estate planning. Topics covered include: Common estate planning terms and definitions, essential estate planning documents, tips to avoiding probate, estate and gift taxation and much more.

Day & Time: Wed. 6:30 – 8:00 p.m.  
 Date: 5/24 - In Person  
 No. of Classes: 1  
 Fee: \$10  
 Room: **High School - L6**  
 Instructor: Kathleen M. Flynn, CLTC, MBA, Fin Adv

## **SPORTS**

### **SPRING NFL FLAG FOOTBALL LEAGUES**

(Ages 5-7, 7-10 & 10-13) -NFL Flag Football is non-contact football with primary emphasis placed on the development of passing, receiving, running and coverage skills. There is no blocking or tackling in NFL Flag; the game is strictly “no contact” with primary emphasis placed on skill development, learning and having fun playing football. Games are played 6 v 6 with modified rules to heighten skill development and maximize activity. Players meet for 90 minutes each week - a 40-minute training session followed by a 50-minute game against another KidsPlay team. KidsPlay coaches coordinate all practices and games with parent coaches providing assistance during training sessions. **An NFL team-oriented reversible football jersey and flag belt is included in the fee.**

NFL Flag Developmental (Ages 5-7) - Fridays 5:30-7:00PM  
 American Conference (Ages 7-10) - Saturdays 12:00-1:30PM  
 National Conference (Ages 10-13) - Saturdays 1:30-3:00PM

Dates: 5/5 & 6 - 6/16 & 17  
 No. of Classes: 6  
 Fee: \$140  
 Location: Dodge Elementary Field  
 1900 Dodge Road, East Amherst  
 Instructor: KidsPlay Instructional Youth Sports

### **PARENT/CHILD SOCCER (Ages 3-4)**

Whether you are a 3 year old who has an early interest in soccer or a 34 year old looking for a fun way to introduce your child to organized sports, PC Soccer is a perfect fit for you. KidsPlay coaches work in partnership with parents to give young players 1:1 instruction during their initial exposure to the game. Each class begins with 10-15 minutes of individual instruction followed by fun instructional games that parents and children can play together. Class concludes each week with a parent v. child or child v. child scrimmage. Two KidsPlay coaches teach a maximum of 18 children in each class. A KidsPlay T-shirt is included in the program fee. 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. **MINIMUM OF 10 TO RUN THE CLASS**

Day & Time: Mon. – 5:45 p.m. - 6:30 p.m.  
 Dates: 2/13 – 3/27 (no class 2/20)  
 No. of Classes: 6  
 Fee: \$80  
 Room: **RIS Yellow Gym**  
 Instructor: KidsPlay Instructional Youth Sports



## KIDSPRAY SOCCER LEVEL I

(Ages 4-6) 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. Soccer Level I 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 Level I Soccer stresses skill development and learning in a fun and friendly atmosphere. Half of each class is devoted to fun instructional training and games with the remaining half devoted to scrimmage. A KidsPlay T-shirt is included in the program fee. **MINIMUM OF 14 TO RUN CLASS**

Day & Time: Thurs. - 5:30 p.m. - 6:30 p.m.  
Dates: 2/16 - 3/23  
Room: RIS Yellow Gym **-OR-**  
Day & Time: Thurs. - 6:30 p.m. - 7:30 p.m.  
Dates: 2/16 - 3/23  
Room: RIS Yellow Gym  
No. of Classes: 6  
Fee: \$80  
Instructor: KidsPlay Instructional Youth Sports

## KIDSPRAY BLUE DIVISION SOCCER LEAGUE

(Ages 7-10) Designed for both veteran and inexperienced players, KidsPlay Blue League hosts weekly training/game sessions led by veteran KidsPlay 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. 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. Primary instructional focus is on the development of dribbling, passing and receiving skills. A KidsPlay team shirt is included in the program fee. **MINIMUM OF 14 TO RUN CLASS**

Day & Time: Mon.-6:30 p.m. - 7:45 p.m.  
Dates: 2/13 - 3/27 (no class on 2/20)  
No. of Classes: 6  
Fee: \$90  
Room: RIS Yellow Gym  
Instructor: KidsPlay Instructional Youth Sports

## HOT SHOTS INTRO TO BASKETBALL (Ages 3-5)

In this **parent participation program**, boys and girls will learn the basics of the game of basketball. 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 non-competitive, coed program. A tee shirt is included in the program fee. **MINIMUM OF 15 TO RUN THE CLASS**

Day & Time: Sat. - 10:10 a.m. - 10:55 a.m.  
Dates: 2/4 - 3/18 (Bye - 2/11)  
No. of Classes: 6  
Fee: \$94  
Room: RIS Yellow Gym  
Instructor: Kids Choice Sports

## HOT SHOTS 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 non-competitive, coed program. This class will include **some parent participation**. A T-shirt is included in program fee.

Day & Time: Sat. - 11:00 a.m. - 11:45 p.m.  
Dates: 2/4 - 3/18 Bye - 2/11 (Winter Session)  
No. of Classes: 6  
Fee: \$94  
Room: RIS Yellow Gym  
Instructor: Kids Choice Sports

*Spring Session: 4/22-6/3 @ 10:30 a.m.-11:15 a.m. (Bye - 5/27)*

## COED BASKETBALL (Ages 8-12)

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

Day & Time: Sat. - 11:45 p.m. - 12:45 p.m.  
Dates: 2/4 - 3/18 (Bye - 2/11)  
No. of Classes: 6  
Fee: \$94  
Room: RIS Yellow Gym  
Instructor: Kids Choice Sports

*Spring Session: 4/22-6/3 @ 11:20 a.m.-12:20 p.m. (Bye-5/27)*

## LITTLE SLUGGERS - INTRO 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, throwig, 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.

Day & Time: Sat - 9:30 a.m. - 10:15 a.m.  
Date: 4/22 - 6/3 (Bye - 5/27)  
No. of Classes: 6  
Fee: \$94  
Room: RIS Yellow Gym  
Instructor: Kids Choice Sports

## VOLLEYBALL

This is an intermediate level volleyball class for men, women, and couples played in a friendly atmosphere. Maximum number of players is 14.

Day & Time: Tues.- 7:00 p.m. - 9:00 p.m.  
Dates: 2/21 - 5/9 (no class 4/4, 4/11)  
No of Weeks: 10  
Fee: \$50  
Room: High School Gym (North)  
Supervisor: Mike & Kathy Eschborn

## INTERMEDIATE PICKLEBALL

For players who are already familiar with pickleball rules and are able to: Hit consistent forehand and backhand groundstrokes, be comfortable getting to the kitchen and volleying back/forth & maintain a sustained rally. Classes will consist mainly of actual game play, but will have some instruction on advanced concepts and strategy (e.g. 3rd shot drops). Players will be paired randomly and change partners after each game. **Maximum number of players is 12. (18+)**

Day & Time: Mon. 6:00 p.m. - 8:00 p.m.  
Dates: 2/27 - 5/15  
No of Weeks: 10  
Fee: \$50 **OR**

Day & Time: Mon. 6:00 p.m. - 8:00 p.m.  
Dates: 4/17 - 5/15  
No of Weeks: 5  
Fee: \$25

Room: RIS Blue Gym  
Supervisor: Len Binns

## **INTRO/BEGINNER PICKLEBALL**

For individuals who are not familiar with pickleball and/or players who need additional help with serving, groundstrokes, volleying, getting to the net, and keeping the ball in play for a sustained rally. Classes will focus on pickleball basics with a mix of instruction, practice, and actual game play. *Maximum number of players is 16. (18+)*

Day & Time: Mon. 8:00 p.m. - 9:00 p.m.  
Dates: 2/27 - 5/15  
No of Weeks: 10  
Fee: \$50  
Room: RIS Blue Gym  
Supervisor: Len Binns

# “How did you hear about this program?”

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*It is strongly encouraged that you register online by clicking on the Community Ed tab inside of the Parents and Community tab of our district home page. However, if you are unable to register online, please complete the following form.*

## **Mail Registration Form & Check Payable to Starpoint Community Education To:**

Starpoint Central School - Attn: Community Education  
4363 Mapleton Road, Lockport, NY 14094

**Phone: (716) 210-2308    Fax: (716) 210-2311**

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Street Address \_\_\_\_\_

City and State \_\_\_\_\_ Zip Code \_\_\_\_\_

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

E-Mail Address \_\_\_\_\_

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| <b>CLASS NAME:</b> | <b>FEE \$</b> |
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2. \_\_\_\_\_

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4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

Please include your payment made payable to: Starpoint Community Education

Total Due: \_\_\_\_\_

Check #: \_\_\_\_\_

Community Education  
Starpoint Central School District  
4363 Mapleton Road  
Lockport, New York 14094

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U.S. Postage  
PAID  
BUFFALO, NY  
PERMIT NO.2

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Michael Moran

### **SECRETARY**

Marcia Brogan

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