

Community Education Program



STARPOINT CENTRAL SCHOOL

New Inside:

Canvas Painting
Ceramic Painting
Muscle Flex
Travel to Italy
Finance Classes
Trips and Tours

Dates: 9/14/18-12/21/18

**FALL
2018**

Starpoint Community Education Program -- Phone # 210-2348
www.starpointcsd.org

Don't wait. Please register early!

Most classes will be starting the week of **September 17, 2018** unless otherwise noted in the course description.

ON-LINE REGISTRATION - You can now register on-line and pay by credit card (Mastercard, Visa, or Discover) using the RevTrack web store. Go to the Starpoint website, click on Parents/Community tab and follow the link to the webstore.

Register for class today! The best way to assure a place in the course of your choice is through early registration. The registration form is in the back of the brochure. Please make sure that you fill out the registration form with all the required information! One form per person.

No telephone registrations can be accepted.

After registering by mail, there will be **NO** confirmation or notification unless the class is cancelled. No news is good news! If you don't hear from us, the class will be held. **Do not wait to register; courses are "held" or "not held," based upon enrollment prior to the first day of class.** You can register the first night of class if openings remain and the class has sufficient enrollment. In-person registrations are accepted in the Business Office by Ms. Fran Morgan during school hours. (7:00 a.m. - 3:00 p.m.) Enter campus at Driveway C; you will see the Administration sign straight ahead. You will have to ring the bell to enter. Once in the building, go through the double pillars on the right side of the hallway.

Participants must be at least 18 years of age for adult classes unless specified otherwise.

Fees: Fees vary due to the type of class, number of days you meet, the length of the class, class size, and the number of instructors. **Registration fees cannot be refunded after the first class begins!** If you decide to withdraw from a class, a written request for your refund and a claim form must be filled out before the first class. If the class is cancelled, the registration fee will be refunded. Any lab or supply fee must be paid in full to the instructor on the first night of class. The registration fee must be sent with your registration form. Only one check for courses taken is needed. Indicate the name(s) of the course on the check. Make checks payable to "Starpoint Community Education." Please **DO NOT** send cash in the mail. The fee for each course is listed after the course description. **A \$35 FEE WILL BE CHARGED FOR ANY CHECKS RETURNED BY THE BANK.**

School Closed (no classes): Oct. 8, Nov. 12, Nov. 21-24 and Dec. 24-28 2018. SCHOOL CLOSING – when the day school has been closed due to inclement weather or other emergency, the Community Education Program will also be closed. When the inclement weather occurs during the late afternoon, listen to WIVB or WKBW. Classes that are canceled will be made up, unless otherwise stated. **When school is not in session, NO Community Education classes are held. Please make note of this!**

NO SMOKING – Smoking, including e-cigarettes is prohibited in all school buildings and grounds!

SENIOR CITIZENS – *Garnet Club members will be given a 50% or \$10.00 maximum discount on selected classes. Cards are available in the Business Office. (Age 62 and above and a District resident.) This reduction does not apply to Driving, Computer, Sheila's Fitness Classes, or Trips and Tours.

REFUNDS – Full refunds are made only if a class is cancelled or a student withdraws three days before the start of the first class. Any request for a refund within 48 hours of the start of a class, there will be a \$10 cancellation fee. A full refund will be made if a course is cancelled because of insufficient registration. **Absolutely no fees will be refunded after the first class session. We do not call or mail confirmations.**

NEW INSTRUCTORS - If you have an expertise, interest or skill in teaching a class, we would love to hear from you! Call Michael Moran at (716) 210-2331. You can also email either at mmoran@starpointcsd.org. **For further information, call Ms. Fran Morgan at (716) 210-2348 or e-mail at fmorgan@starpointcsd.org.**

***Rooms subject to change**

SWIMMING

A CAUTION FOR SWIMMERS:

Please be advised that pool temperatures are kept between 78 and 83 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, Bryar Confer, Ashleigh Cottrell, Lynn Dayfert, Joshua Pool, Bradley Smith

All Swim instructors, lifeguards and exercise instructors are currently certified and bring many years of experience to their positions.

*Due to scheduling constraints and class sizes, cancelled classes cannot be made up.

*Instructors reserve the right to place students into appropriate class as per their ability.

*Class times may change due to home swim meets.

*Call Carrie Ciraolo at 716-297-6005, if classes are full or you do not see a class that fits your schedule. **Classes may be added.**

ADULT LAP SWIM – It's time to shed off those pounds from the holidays and get ready for the summer! Lap swimming is a great way to exercise safely.

Day & Time: Tues. or Thurs – 7:00 p.m. - 8:00 p.m.
Dates: 9/25 - 11/27(Tues)
9/27 - 12/6 (Thurs) (no class 11/22)
No. of Weeks: 10
Fee: \$60
Place: Pool

PARENT AND ME 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 two adults and one child. Please note: **ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT IN THE WATER! Limit 20 pairs**

Day & Time: Thurs. – 6:00 p.m. - 7:00 p.m.
Dates: 9/27 - 12/6 (no classes 11/22)
No. of Weeks: 10
Fee: \$60 (one adult & one child)
\$15 per additional child
Place: Pool

INTRO. TO WATER SKILLS – LEVEL I – This program is to provide an aquatic swim program for children (age 4-8 yrs.) that will teach water safety and swimming readiness skills. 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. For students who already have booklets from the previous semester, please bring them to the first class. **LIMIT 12 STUDENTS PER CLASS.**

Day & Time: Mon. – 6:00 p.m. - 7:00 p.m.
Dates: 9/24 -12/10 (no class 10/8 & 11/12)
Day & Time: Wed. - 6:00 p.m. - 7:00 p.m.
Dates: 9/26 - 12/12 (no class 10/31 & 11/21)
Day & Time: Fri. - 6:00 p.m. - 7:00 p.m.
Dates: 9/28 - 12/7 (no class 11/23)
No. of Weeks: 10
Fee: \$85
Place: Pool

FUNDAMENTAL AQUATIC SKILLS – LEVEL II - This program is to provide children (age 5-10) with fundamental skills such as; floating without support and combine 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.** Some video instruction is included. *Students who meet requirements for a level will receive an American Red Cross "Learn to Swim" certificate. For students who already have booklets and folders from a previous semester, please bring them to the first class. Choose one of the following classes listed below. **LIMIT 14 STUDENTS PER CLASS.**

Advanced Level 2 w/few skills to finish

Day & Time: Mon. – 7:00 p.m. - 8:00 p.m.
Dates: 9/24 - 12/10 (no class 10/8 & 11/12)

Beginner Level 2

Day & Time: Wed. - 7:00 p.m. - 8:00 p.m.
Dates: 9/26 - 12/12 (no class 10/31 & 11/21)
No. of Weeks: 10
Fee: \$85
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. Some video instruction is included. *Students who meet requirements for a level will receive an American Red Cross "Learn to Swim" certificate. For students who already have booklets from a previous semester, please bring them to the first class. **LIMIT 15 STUDENTS.**

Day & Time: Fri. – 7:00 p.m. - 8:00 p.m.
Dates: 9/28 - 12/7 (no class 11/23)
No. of Weeks: 10
Fee: \$85
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, side stroke & breast stroke) for greater distances. Students will learn racing dives, starts and turns. This is the perfect course for anyone interested in becoming a Water Safety Instructor or competitive swimming. *Swimmers who meet requirements for a level will receive an American Red Cross "Learn to Swim" certificate. Must have level 3 to register. **LIMIT 15 STUDENTS.**

Day & Time: Fri. – 8:00 p.m. - 9:00 p.m.
Dates: 9/28 - 12/7 (no class 11/23)
No. of Weeks: 10
Fee: \$85
Place: Pool

KIDS OPEN SWIM - This program is for children 8-15 years of age. This will allow your child to swim at his/her own pace. Whether lap swimming, diving for rings or playing catch with a friend, your child is sure to have a great time!

Day & Time: Tues. – 6:00 p.m. - 7:00 p.m.
Dates: 9/25 - 11/27
No. of Weeks: 10
Fee: \$85
Place: Pool

DRIVING

DRIVER EDUCATION – Registration for Driver Education is on a first-come, first-served basis. You must submit the following information to the Community Ed Office to register for Driver Education:

*This form completed. ***A copy of a valid permit.**

*Registration fee (\$445) – Checks must be made out to Starpoint Central School.

Registration limited to the first 24 applicants and preference is given to Starpoint students. You MUST attend EVERY scheduled class. According to New York State regulations, you cannot miss any of the 48 hours of driver education instruction. All school policies are also in effect for driver education students. To ensure the safety of all participants, disturbances in the car or classroom may result in expulsion from the Driver Education Program. There will be no refunds for missed sessions. You must be 16 years of age by 9/1/18 and hold a valid New York State learner's permit to register for Driver Education. You must maintain a good driving record during the semester. Your Blue Card will be withheld or denied if you are involved in traffic violations/accidents during Driver Education. (MAKE-UP FEES - CLASSROOM -- 1st: \$30, 2nd: \$15; MAKE-UP FEES - DRIVING -- 1st: No Fee, 2nd: \$45). **NO SANDALS OR FLIP-FLOPS WHEN DRIVING!**

Name: _____

Home School: _____ Grade: _____

Address: _____

Town: _____ Zip: _____

Parent/Guardian's Name: _____

Home #: _____ Date/Birth: _____

License/Permit #: _____

Date received: _____

I/We have read the above information regarding driver education class at Starpoint. Furthermore, we understand the requirements and time commitments for enrollment in this course.

Student Signature: _____

Parent/Guardian Signature: _____

Date: _____

Class Times: Tues. & Thurs.- 3:00 – 4:30 p.m.
Drive Times: Tues. & Thurs.- 4:30 – 6:00 p.m.
Dates: 09/18 – 11/8
Fee: \$445
Room: High School K-18
Instructor: Certified Driving Instructor, AAA

DRIVING INSURANCE AND POINT REDUCTION – This six-hour point and insurance reduction program offers education for safe driving. In addition, you may receive a subtraction of up to four points from your driving record and a minimum 10% reduction in the base rate of your auto liability, no-fault, and collision insurance premiums each year for three years. You may take the course every three years for insurance reduction, and every 18 months for point reduction benefits. Bring Drivers License to class.

Day & Time: Choose one session 6:00 pm - 9:00 p.m.
Dates: Session 1: Mon. & Wed. 10/1 & 10/3
Session 2: Tues. & Thurs.. 11/27 & 11/29
No. of classes: 2
Fee: \$40
Room: High School Lecture Hall
Instructor: Jackie Sheehan
Certified Driving Instructor

FIVE-HOUR PRE-LICENSING - This five-hour safe driving course will emphasize the following topics: defensive driving techniques-three hours and the effect of alcohol and drugs on driving perceptions-two hours. Participants must have a New York State Learner's Permit from the New York State Department of Motor Vehicles. All who complete this course will be issued an MV278 certificate at the conclusion of instruction. The certificate is needed in order to take the NYS-DMV road test.

***Students must bring permit to class. (Maximum – 36 students)**

Day and Time: Sat. - 10:00 a.m. - 3:00 p.m.
Dates: 10/13 **OR** 12/15
No. of classes: 1
Fee: \$35
Room: High School Lecture Hall
Instructor: Certified Driving Instructor, AAA

COOKING

9/29-ITALIAN BREAD CLASS - Have trouble making bread at home? We'll fix that! Choice of Straight Italian bread, grissini (bread sticks), Ciabatta, focaccia, stromboli, potato bread, herb bread, Silician Bread

10/6- PIZZA & CALZONES - Choice of Pizza Margherita, New York style, Neapolitan style pizza, calzones with assorted cheeses and meats. Everyone eats and everone has leftovers to take home!

10/13- PASTA BY HAND (PASTA A MANO) Make pasta like your grandmother did! Choice of Ravioli, fettuccine, tagliatelle, linguine, tortelli, tortelloni, pansotti, lasagna, pappardelli. Variety of sauces.

10/20-TRADITIONAL ITALIAN MEAL -The traditional Italian meal: multiple course including antipasti, pasta course (gnocchi), meat course (Pollo Ligure), bread, (Grissini), Cheese and fruit, dessert.(dolci)

10/27-GNOCCHI CLASS-The art of homemade goncchi! Potato gnocchi and ricotta gnocchi with sauces: sage and butter, aglio and olio, red sauce, ligurian ragu.

11/3-SAUCE CLASS - Lots of sauces are used in Italian cooking. Choice of raw tomato, ligurian ragu', arrabbiata, marinara, aglio and olio, sage and butter, and the infamous Sicilian "gravy", butter & onion sauce, bolognese

11/10-COOKIES AND SWEET BREAD- Choice of Sesame cookies, almond cookies, ricotta cheese cookies, biscotti, cuccidati cookies.

12/8-CHRISTMAS COOKIE EXCHANGE - Make lots of cookies to share for Chrismas. Bake and decorate cutouts, Snickerdoodles, Italian Christmas cookies, Christmas tree cookies, Christmas fudge, Nutella truffles, Mexican wedding cakes, snowballs and more! You choose!

STUDENTS SUPPLY INGREDIENTS. LISTS WILL BE PROVIDED BY EMAIL. EVERYONE EATS! EVERYBODY TAKES LEFTOVERS HOME. BRING CONTAINERS!

Day & Time: Sat. - 1:00 p.m. - 4:00 p.m.
Fee: \$30 per class
Room: Middle School F-7
Instructor: Larry Cheeley

DANCING

BEGINNER LINE DANCING – Get your friends together for eight weeks of Beginner Line Dancing on Thursday nights. (no experience necessary-2 left feet welcome) with internationally known dance instructors, Bill and Mary Morgan. 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: 9/27 - 11/15
No. of Classes: 8
Fee: \$50 per person
Room: New Middle School Cafeteria
Instructors: Mary and Bill Morgan

BEGINNER COUPLES PATTERNED DANCING-Come join us for a fun-filled hour of Beginner Couples patterned Dancing on Thursday nights, (no experience necessary-4 left feet welcome) with internationally known dance instructors, Bill and Mary Morgan. 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. – 7:45 p.m. - 8:45 p.m.
Dates: 9/27 - 11/15
No. of Classes: 8
Fee: \$60/couple
Room: New Middle School Cafeteria
Instructors: Mary and Bill Morgan

ARTS & CRAFTS

CANVAS PAINTING - AUTUMN THEME -In this fun, 2 hours (approx) class you will learn how to paint, using acrylics, in a step-by-step lesson. You will complete an autumn landscape to take home and hang on your walls! No experience necessary. Anyone can do it! Everything is provided. It is recommended you wear a smock or old shirt to paint in. \$12 supply fee paid to instructor on the day of the class. Ages 9- adult.
See the picture on our website

Day & Time: Mon. - 6:00 p.m. - 8:00 p.m.
Dates: 10/22
No. of Classes: 1
Fee: \$20
Room: HS L-18
Instructor: Debbi Ferrentino from *A Painted Canvas Art Studio* in Clarence.

CANVAS PAINTING - WINTER THEME -In this fun, 2 hours (approx) class you will learn how to paint, using acrylics, in a step-by-step lesson. You will paint a winter cardinal scene to take home and hang on your walls! No experience necessary. Anyone can do it! Everything is provided. It is recommended you wear a smock or old shirt to paint in. \$12 supply fee paid to instructor on the day of the class. Ages 9- adult.
See the picture on our website

Day & Time: Mon. - 6:00 p.m. - 8:00 p.m.
Dates: 12/3
No. of Classes: 1
Fee: \$20
Room: HS L-18
Instructor: Debbi Ferrentino from *A Painted Canvas Art Studio* in Clarence

CLAY AUTUMN APPETIZER TRAY- Create an Autumn themed appetizer plate with attached toothpick holder. Clay slabs will be used and textures added to create a unique food safe autumn tray that will work well with cheeses, fruits, meatballs, etc. Supplies will be \$8. Supply cost will be paid directly to the instructor.

Day & Time: Mon. - 6:00 p.m. - 9:00 p.m. (10/1)
Mon. - 6:00 p.m. - 7:30 p.m. (10/15)
Dates: see above
No. of Classes: 1
Fee: \$35
Room: HS L-18
Instructor: Rae Colton - Starpoint Art Teacher

HOLIDAY PLATE PAINTING - Paint a Holiday plate. Choose a Christmas, birthday, Cookies for Santa or Thanksgiving theme for your plate. All glass plates will be safe to put in your dishwasher after you take it home with the provided baking instructions. Supplies will be \$4. Supply cost will be paid directly to the instructor.

Day & Time: Mon. - 6:00 p.m. - 8:30 p.m.
Dates: 11/5
No. of Classes: 1
Fee: \$25
Room: HS L-18
Instructor: Rae Colton - Starpoint Art Teacher

QUILTING – Row by Row - This is a contemporary version of a sampler of blocks and designs. Each week participants will receive instruction in creating a different block or design. This may be made in two or three fabrics, or with scrap fabrics. The block will become the first block in a horizontal row of the same blocks set next to each other. Or, it may remain a single block on its own to be used in the quilt or a smaller project such as a pillow or table runner. The second horizontal row of this quilt will be another block of a different design, again repeated across the row. Each horizontal row will be a different block/design. If you wish to make just one block rather than a whole row, that is fine, This technique allows for individual creativity. All machine sewing will be accomplished at home. For examples of this style of quilt, look for “Row Quilts” on line and/or access Linda’s Pinterest account. Go to Pinterest Official Site, then search for Linda J. Hunter; under her Boards look for Row Quilts. Material needed will be discussed in the first class. Access Linda’s website at: www.hunters-stars.com.

Day & Time: Wed. - 6:30 p.m. - 8:30 p.m.
Dates: 9/19–11/7
No. of classes: 8
Fee: \$37
Room: Middle School F-5
Instructor: Linda Hunter

HEALTH & FITNESS

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: 9/24 – 11/26 (no classes 10/08, 11/12, 11/22)
No. of weeks: 8
Fee: First Time Students -\$60
Previous Students - \$40
Pay the instructor - cash only \$5/class
Room: High School Wellness Room
Instructor: Tim Hitzges

GENTLE FLOW YOGA - This traditional Hatha yoga class will be at a slower, gentler, less aggressive pace incorporating the breath with movement. After warming up with various stretches and exercises, we will be focused on practicing a couple different sun salutations as well as an occasional moon salutation. We will then practice various basic balancing and standing postures; cool down stretches and yoga poses (asana) before we settle down to a lengthy final relaxation. This class is good for all levels, using modifications to suit your own personal level. Items needed: yoga sticky mat, a small pillow or towel rolled up and a blanket. LIMIT 25 students.

Day & Time: Wed. - 7:00 p.m. - 8:00 p.m.
Dates: 9/19 - 11/14 (no class 10/10)
No of weeks: 8
Fee: \$78
Room: HS Media Center, 2nd Floor
Instructor: Joan Giazzon, Certified Yoga Instructor

FIT KIDZ BOOTCAMP ABC's-Empower your children to embrace exercise while having fun and learning the ABC's of Fitness....**A**gility, **B**alance, **C**oordination and **S**trength. Fit Kidz BootCamp ABC'S classes will include the fundamentals of fitness as well as the following components: Introduction to the basics of fitness & nutrition, Warm Up & Stretch, Games & Activities, Cardio, endurance, strength & motor skills development, Drills & fitness games.

Day & Time: Tues. - 3:40 p.m. - 4:40 p.m.
Dates: 9/25 - 10/30
No. of Classes: 6
Fee: \$59
Room: Fricano Red Gym
Instructor: Sheila's Fitness JAM

MUSCLE FLEX - The best 30 minute workout-It's quick.It Works! Challenge every muscle group in JUST 30. Strength training is an essential part of any balanced workout. This half hour class targets every muscle group while taking the drudgery out of weight training. This fun, group, strength training class will beautifully tone your muscles, increase strength, improve bone density and increase your metabolism. As we age, our metabolism slows down, making it extremely difficult to lose weight and keep it off. FLEX is FUN, AND it WORKS! Weights are provided. **Sheila's FitnessJAM is a provider for BCBS of WNY. All classes may be discounted or free with your Health Insurance. You MUST call 633-1833 before you register to see if you qualify**

Date & Time: Wed. - 6:00 p.m. - 6:30 p.m.
Dates: 9/26 - 11/14
No of classes: 8
Fee: \$70
Room: RIS Yellow Gym
Instructor: Sheila's FitnessJAM staff

SHEILA'S AEROBIC JAZZ - Get a dancer's body. Aerobic Jazz will beautifully tone your muscles, improve flexibility and bone density, increase strength and your metabolism. Dance your way to fitness with this program that's uses GREAT music and has easy to follow, choreographed routines. The use of light weights, cool down, stretch and abdominal work make this THE total body workout. Please bring water bottle, mat, and 1# or 2# weights. Class is staffed by Sheila's Fitness JAM. Class meets 2X / week.

Date & Time: Tues & Thurs. - 6:00 p.m. - 7:00 p.m.
Dates: 9/25 - 10/25
No of classes: 10
Fee: \$85
Room: RIS Yellow Gym
Instructor: Sheila's FitnessJAM staff

WALK 15 - This class is designed for those who are ready to amp up their workout a little. This exercise is set to music and unlike regular walking, it uses up to 79 pairs of muscles! It will improve your cardiovascular health and burn calories and body fat. We will be using firm bands which will improve flexibility as well as strengthen and tone muscles. The resulting increase in lean muscle mass helps you sustain weight loss because you will burn more calories everyday. The beat of the music will count our steps and by the end of the session we will have walked 3 miles. This is a fun way to get cardio and strength training done in one workout. You can do This! Bring your friends and family with you. This course requires a firm band. Bring yours or I will have them available to purchase for \$5.

Day & Time: Mon. - 6:00 p.m. - 7:00 p.m.
Dates: 9/24 - 11/26 (no class on 10/8 & 11/12)
No. of Weeks: 8
Fee: \$60
Room: RIS Blue Gym
Instructors: Linda Feagin - Walk 15 Master level instructor

PIYO -PIYO is a strength, stretch and flexibility workout promising to deliver the combined results of yoga, pilates, and interval training. PIYO is powerful, dynamic and will get your body working at a high intensity to incinerate calories, torch body fat and generate long, lean muscle mass. PIYO is upbeat, high energy and lots of fun! The workouts are low impact, easy on the joints, and there are no weights or jumping involved. PIYO is a unique fitness program that delivers a transformed body in a way that no other program can do.

Date & Time: Mon. - 6:00 p.m. - 7:00 p.m.
Dates: 9/24 - 11/26 (no classes 10/8 & 11/12)
No of weeks: 8
Fee: \$69
Room: RIS Yellow Gym
Instructor: Heather Dragon - PIYO Certified Instructor

INSANITY LIVE -Insanity LIVE classes will get you into the BEST shape of your life! Come join our fun, friendly Insanity LIVE class. We will keep you motivated to be able to complete each exercise. You will push yourself to do more & feel fantastic. Insanity LIVE is a predesigned, athletic, drill based interval workout. Insanity workouts push you to new training heights resulting in more calories burned & faster results. I will show modifications for some of the harder exercises so you can finish a whole class & progress to the harder exercises & YES you still get a great workout. Suitable for ALL abilities (beginners & more experienced) **BELIEVE YOU CAN!**

Date & Time: Mon. - 7:15 p.m. - 8:15 p.m.
Dates: 9/24 - 11/26 (no classes 10/8 & 11/12)
No of weeks: 8
Fee: \$69
Room: RIS Yellow Gym
Instructor: Heather Dragon - Insanity Certified Instructor

TURBO KICK LIVE - Turbo Kick Live combines traditional kickboxing moves with high intensity interval training for a crazy calorie burn. You will incorporate real kickboxing moves with proper form and technique to get totally sculpted without the gloves or bags. Even though we are using HIIT 9High Intensity interval training, this workout feels like a PARTY! You will leave class dripping sweatbands, ready to conquer anything.

Day & Time: Thurs. - 6:00 p.m. - 7:00 p.m.
Dates: 9/27 - 11/15
No of weeks: 8
Fee: \$69
Room: RIS Blue Gym
Instructor: Miranda Pachan - Certified Instructor

SPECIAL INTEREST

THE COLLABORATORY CAFE @ STARPOINT-The Col-Laboratory Cafe @ Starpoint will continue to be offered weekly during the afternoon and evenings, Tuesday-Thursday on a rotating basis beginning this fall. This computer lab resource will offer parents, students and district residents the ability to access computer, internet, and printing resources in a collaborative computer lab environment during after school and evening hours. An instructor will be present to assist and guide students, parents and residents with network access, passwords, project development, student collaboration, web resources, eSchool Parent Portal, Google Classroom, Google for Education Suite and other electronic web based resources. In addition, an online help center will be established for parents to assist with gaining access to eSchool Parent Portal and other SCSD parent communication resources. You DO NOT need to sign up for this weekly offering. Just stop by Regan Intermediate School room D30 during the scheduled dates and times. **Check the Starpoint Central School District Community Education website, Facebook and Twitter sites for more information and a monthly schedule of operating hours.**

Dates: 9/24 - 12/13
Operating days: 1X/week rotating Tuesday-Thursday
Operating hours: 4 hours rotating from 2:30-8:00pm
Instructor: Rich Vittoria, Elementary Teacher - Starpoint Central School District

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!**

Day & Time: Wed - 3:20 p.m. - 4:20 p.m.
Dates: **Session 1 - FRICANO - 10/3 - 11/7**
Day & Time: Thurs - 3:20 p.m. - 4:20 p.m.
Dates: **Session 2 - FRICANO-10/18-11/29 (no class 11/22)**
Room: Fricano LMC - Fricano students only
Day & Time: Tues. - 3:20 p.m. - 4:20 p.m.
Dates: **RIS - 10/2 - 11/6**
Room: RIS B-1 - Regan students only
No. of weeks: 6
Fee: \$70
Instructor: Jennifer Zakrzewski, Katie Struckmann

SPANISH FOR THE ELEMENTARY YEARS (K-5) - This class is an educationally oriented fun and interactive program designed specifically for the K-5 elementary student. The unique curriculum features foundation vocabulary introduced through games, singing and hands-on activities. Students are able to speak compound words and begin forming simple sentences. Join the fun!

PLEASE SIGN UP EARLY, FIRST COME, FIRST SERVED.

Day & Time: Mon. - 3:20 p.m. - 4:00 p.m.
Dates: 10/22 - 12/3 (no class 11/12)
OR
2/4 - 3/18 (no class 2/18)
No. of weeks: 6
Fee: \$73
Room: RIS R-3 (music wing)
Instructor: Culture Kids Teaching Team

BEGINNER ITALIAN LANGUAGE FOR ADULTS - Grammar, pronunciation, accent, reading, writing, aural comprehension, speaking formal and informal forms, weather, calendar, time, numbers, etiquette. In six weeks students will be able to conjugate and use verbs from all three conjugations. Students will be forming grammatically correct phrases from the end of the first class meeting. Italian culture and travel interests. Instructor has studied Italian language for 25 years. He has made numerous trips to Italy to perform concerts and to study Italian art history and cooking.

Day and Time: Thurs - 7:00 p.m. - 8:00 p.m.
Date: 9/27 - 11/1
No. of Classes: 6
Fee: \$90
Room: RIS Library
Instructor: Larry Cheeley

ITALIAN II This course will review Italian I concepts and proceed to "passato prossimo".

Day & Time: Thur. - 7:00 p.m. - 8:00 p.m.
Dates: 11/8 - 12/13 (no class 11/22)
No. of Classes: 6
Fee: \$90
Room: RIS LIBRARY
Instructor: Larry Cheeley

TRAVEL TO ITALY - We will address your questions and concerns regarding your upcoming or dreamed of, trip to Italy. How to avoid the many aggravations inherent in European travel as well as how to travel cheaply, how to decide whether to go on a tour or independently, personal security, packing, weather, itinerary, transportation, money, hotels, health, language, manners, etc. Instructor has made numerous trips and is very familiar with: Milan, Torino, Venice, Florence, Cinque Terre, Rome, Sorrento, Almalfi, Capti.

Day & Time: Thur. - 8:00 p.m. - 9:00 p.m.
Dates: 10/11
No. of Classes: 1
Fee: \$40
Room: RIS LIBRARY
Instructor: Larry Cheeley

HOW TO SAVE \$2000+ ON YOUR EUROPEAN TOUR - The average 10 day commercial European tour is now over \$4000/person. If you can save 50% (and you can) save \$200 (\$400/couple). This class is all about the money! Using techniques and strategies I have refined over the last 25 years, travelers can replicate and even enhance a European trip for about 1/2 the commercial tour companies prices. In this class we will minutely analyze a typical commercial tour - features and costs (what do those optional excursions really cost?) and explain how to design your trip at a substantial savings. Including: lodging, new options recently available including sleep for free! The plane ticket problem - how to buy tickets both conventionally and unconventionally. Economical and fast travel options within Europe. Itinerary strategies and tricks. Cheap eats. Security Researching your destinations. Customizing a trip for your specific needs and interests.

Day and Time: Thurs. - 8:00 p.m. - 9:00 p.m.
Date: 9/27
No. of Classes: 1
Fee: \$40
Room: RIS Library
Instructor: Larry Cheeley

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: 10/17
No. of classes: 1
Fee: \$60
Room: Middle School F-12
Instructors: Tim Miller, Certified Instructor, The Safety Company

BABYSITTER'S TRAINING – This 5 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. Students should bring a bag lunch to class.

Day & Time: Sat. – 9:00 a.m. - 2:00 p.m.
Date: 12/8
No. of Classes: 1
Fee: \$72
Room: Middle School F-12
Instructor: Tim Miller, Certified Instructor
The Safety Company

SAT TEST PREPARATION COURSE -Are you ready to start thinking about your future? Do you want to give yourself the best chance at getting into the college of your choice? Then you need to start preparing for the SAT! This SAT prep course will help you prepare for SAT content (reading, writing and language, math) and offer test-taking strategies designed to maximize your score. This course is now being taught by Mr. Daugherty and Mr. Bielec, two Starpoint High School teachers with experience in SAT prep. Mr. Daugherty is a certified Math/Physics teacher who will focus on the math content area. The math focus will be on using sample questions paired with immediate feedback along with calculator troubleshooting strategies. Mr. Bielec has been teaching ELA for nine years and SAT prep for the last three.

Day & Time: Wed. 7:00 p.m. - 9:00 p.m.
Dates: 9/19 - 10/24
No. of Classes: 6
Fee: \$100
Room: High School L-14
Instructor: Jusin Daugherty and Scott Bielec
Starpoint Teachers

4-HOUR ACT BOOT CAMP- Get a jump start on your ACT test preparation! The ACT test is held in equal esteem as the SAT test by most colleges and universities. This comprehensive review course introduces students to the ACT test and includes: 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 **2018 ACT test dates:** April 14, June 9, July 14, Sept. 8, Oct. 20 & Dec. 8. Students are welcome to bring a snack or lunch to class.

Day & Time: Mon & Wed.- 6:00 p.m. - 8:00 p.m.
Dates: 12/3 & 12/5
No. of Classes: 2
Fee: \$67
Room: Middle School F-12
Instructor: All Pro Tutoring

9-HOUR ACT TEST PREPARATION COURSE- Did you know that the ACT test is held in equal esteem as the SAT test by most colleges and universities? This course offers an in depth study of the ACT test. Includes: classroom instruction, test-taking strategies, testing information, study materials including the new writing format and a free simulated ACT test. For the simulated test schedule and registration information visit: www.allprotutoring.com. **2018 ACT test dates:** April 14, June 9, July 14, Sept. 8, Oct. 20 & Dec. 8. Students are welcome to bring a snack or lunch to class.

Day & Time: Thurs/Tues/Thurs - 6:00 p.m. - 9:00 p.m.
Dates: 10/18, 10/23 & 10/25
No. of Classes: 3
Fee: \$127
Room: Middle School F-2
Instructor: 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 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 or lunch to class.

Day & Time: Sat - 10:00 a.m. - 12:30 p.m.
Date: 9/29
No. of Classes: 1
Fee: \$57
Room: Middle School F-14
Instructor: All Pro Tutoring

FREE! SEND YOUR KIDS TO COLLEGE SEMINAR -Did you know that less than 33% of 4-yr college students graduate in four years? Mistakes in college planning could cost you thousands of dollars! Please join our team of experts for a 90-minute discussion on your best approach to the college scene. Send Your Kids to college is a non-profit organization designed to assist you with every step of the college way. 1) Natalie Beilein will discuss the Indigo Assessment for finding and applying to the college that best suits your needs and interests. 2) Denise Breier and Jackie Sheehan from All-Pro Tutoring and Test Prep will help you establish a time line for academic preparation for college admission tests, and discuss why it is important to prepare for the SAT and ACT tests. 3) Jeff Boron is a certified college planning specialist and will discuss strategies to reduce the cost of college, including information about the SAGE Scholars tuition rewards program. You will earn 500 SAGE Scholars points just for attending the seminar; that is equal to \$500 in tuition rewards! Attend to find out how you can earn more SAGE Scholars tuition points.

Day & Time: Sat. – 10:00 a.m. - 11:30 a.m.
Date: 10/27
No. of Classes: 1
Fee: Free
Room: Middle School – F-14
Instructor: All Pro Tutoring

COLLEGE - GETTING THERE FROM HERE -Whether your children or grandchildren are learning to crawl or drive, you can help make a college education a reality. Join us for our college saving presentation as we discuss: Questions to consider as you establish a college savings goal. Strategies to help reach your goal. Features and benefits of various education savings plans.

Day & Time: Tues. – 6:00 p.m. – 8:00 p.m.
Dates: 9/25
No. of classes: 1
Fee: \$10
Room: Middle School F-10
Instructor: Ken Fisher

PLANNING FOR LONGEVITY -- Because of today's medical science, we're all living longer lives. Long-term care issues are now the biggest threat to a successful retirement. Get objective answers about the pros and cons of a variety of long-term care issues from this local area Community Education classes.

A PROGRAM FOR RETIREES -Having additional income, paying less tax and helping your church -That's what some people might call having a Royal Flush! Your next egg prudently holds a balance of Growth Assets and Income assets. Learn how to re-allocate your Income assets so they can provide you with an increased, fixed and guaranteed amount every year for Life while your Growth assets remain invested. This additional income could provide more security for your family, allow you to use it on things you love and bring more comfort to your life. You might consider and increased donation to your Church, your favorite charity or your alma mater. The new 2018 tax law provides married couples a \$24,000 standard tax deduction. This prevents most people from itemizing deductions. Learn about a new strategy which allows you to use your RMD's to make charitable donations. This will reduce you Adjusted Gross Income which in turn lowers your taxes.

Day & Time: Thurs. - 6:30 p.m. - 8:30 p.m.
Date: 10/25 OR 11/1
No. of Classes: 1
Fee: \$10
Room: Middle School F-14
Instructor: Sanford G. Seide, CLU, CLTC, LUTCF

SOCIAL SECURITY FOR WOMEN -This workshop is designed for women to understand what they need to know to maximize their retirement income. Some questions we will answer include, how can I maximize my Social Security benefits; are there survivor benefits if my husband or ex-husband dies; are there divorced spouse benefits; how do I coordinate benefits with my spouse; and how will remarriage effect my benefit?

Day & Time: Tues. 6:30 p.m. - 7:30 p.m.
Date: 10/23
No. of Classes: 1
Fee: \$10
Room: Middle School F-6
Instructor: Genna Imbrenda, Financial Services Rep

TEACHERS' AND STATE EMPLOYEES' RETIREMENT SYSTEM OF NEW YORK AND THE 403(B) RETIREMENT PROGRAM -This seminar will cover eligibility for retirement and the explanation of retirement benefits. Also your retirement payout options which include your pension and annuity options and beneficiary options. Lastly, understanding your Social Security Benefits, how to coordinate benefits with your spouse, the impact of the windfall elimination provision and the impact of the government pension offset.

Day & Time: Thurs - 6:00 p.m. - 7:00 p.m.
Date: 10/25
No. of Classes: 1
Fee: \$10
Room: Middle School F-12
Instructor: Genna Imbrenda, Financial Services Rep,

MANAGING HEALTHCARE EXPENSES -At this workshop you will learn: How Medicare enrollment period work - and what you need to do to avoid late enrollment penalties. How much you can expect to pay in health care costs after going onto Medicare. How Medicare works with private insurance to provide comprehensive coverage. Why most people pay too much for private insurance and how you can avoid excess costs. Why you must plan for higher health care costs in retirement - including the possibility of needing long-term care

Day & Time: Thurs. 6:00 p.m. - 7:00 p.m.
Date: 11/1
No. of Classes: 1
Fee: \$10
Room: Middle School F-6
Instructor: Genna Imbrenda, Financial Services Rep

SAVVY IRA PLANNING FOR BABY BOOMERS -At this workshop you will learn: 7 strategies for Savvy IRA planning. 6 Rollover options for your retirement plan funds. 3 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 plans.

Day & Time: Wed - 6:00 p.m. - 7:00 p.m.
Date: 11/7
No. of Classes: 1
Fee: \$10
Room: Middle School F-12
Instructor: Genna Imbrenda, Financial Services Rep,

RETIREMENT BY DESIGN -Thinking of retirement can bring to mind some questions: What will I do when I retire? Am I saving enough? Will I even be able to retire? Join us for a presentation Retirement by Design. We'll discuss how you can translate your vision for retirement into tangible goals. Whether you are 10 or 40 years from retirement, you'll learn investment strategies you can use now to help design the retirement you want tomorrow.

Day & Time: Tues. - 6:00 p.m. - 8:00 p.m.
Date: 11/13
No. of classes: 1
Fee: \$10
Room: Middle School F-10
Instructor: Ken Fisher

DEMYSTIFYING INVESTING - What matters most to you and your family? Saving for a home? Thinking about retirement? Both? Once you have picture of your investment goals, you need a strategy designed to help you get there. We can help. This is a presentation about Demystifying Investing. Whether you're new to investing or you need a refresher, we'll explore the tools and strategies that are available to assist you and your family in working towards your financial goals and we'll help you feel more comfortable with the investing process.

Day & Time: Tues. - 6:00 p.m. - 8:00 p.m.
Date: 10/23
No. of classes: 1
Fee: \$10
Room: Middle School F-10
Instructor: Ken Fisher

PROTECTING YOUR FUTURE WITH LONG TERM CARE PLANNING - Local author Les Robinson CLTC on Long Term Care Planning will show you how to protect your retirement from a nursing and Medicaid Spend Down. Because of today's medical science, we're all living longer lives. Long-term care issues are now the biggest threat to a successful retirement. Get objective answers about the pros and cons of a variety of long-term care issues. Issues discussed are *How to protect your retirement from a nursing home event, *How to protect your personal choices, *Avoid losing your financial independence, *Learn how to avoid the look back period, *How much of your assets are subject to Medicaid recovery, *Learn how to avoid the penalty period, *Learn how to develop a long term care plan.

Day & Time: Thurs. - 6:00 p.m. - 8:00 p.m.
Date: 9/27
No. of classes: 1
Fee: \$10
Room: Middle School F-10
Instructor: Les Robinson, CLTC

INTRO TO DIGITAL PHOTOGRAPHY-You'll explore a broad overview of the basics of digital photography, including equipment, software, and practical uses. We'll discuss different types of digital cameras, from phones and tablets to digital SLR's, all of which offer a wide array of photographic options. We'll also help you decide what type of equipment fits your needs, and you'll have hands-on exercises so you can explore the areas that interest you. A discussion of digital photography wouldn't be complete without digital editing options. We'll explore a number of software packages, and discuss the benefits of using free software compared to buying professional level software. We'll review how to size images for use on your computer, the Internet, and with social media. You'll also get a good instruction to printing images and making decisions about your archival options. Digital photography plays a big part in social media communications and image sharing, and we'll discuss the basics of posting images online and some pros and cons of uploading to the Internet. **Requirements:** a digital camera of some sort, iPad, tablet, phone, point-and-shoot, or DSLR. An Internet account-Google, Dropbox, Snapfish.

Day & Time: Thurs. - 7:00 p.m. - 9:00 p.m.
 Dates: 10/4 - 10/25
 No. of classes: 4
 Fee: \$70
 Room: High School K-27
 Instructor: Paul Reynolds

PISTOL PERMIT CLASS -This 4-hr course is designed to provide the necessary information to apply for a NYS Pistol Permit. Topics will include the application process, rules for safe gun-handling, identification and operation of handguns, and basic shooting techniques. **NO LIVE AMMUNITION OR HANDGUNS ARE ALLOWED ON SCHOOL PROPERTY.** Upon completion, each participant will receive a certificate indicating that they have met the training requirements to apply for a NYS Pistol Permit. This course is presented by an NRA Certified Instructor in cooperation with Niagara Gun Range.

Day & Time: Wed - 6:00 p.m. - 10:00 p.m.
 Date: 10/24
 No. of Classes: 1
 Fee: \$55
 Room: Middle School F-14
 Instructor: Jeff Brodsky, Certified Instructor,

SPORTS

SABRETOOTH INSTRUCTIONAL FLOOR HOCKEY (Ages 4-6) A safe and fun alternative to traditional ice hockey, Sabretooth stresses the development of stick handling, passing, and shooting skills as well as basic rules and strategy. Players meet for 60 minutes once a week: 30 minutes for skills and/or conceptual drills and 30 minutes for scrimmage. Sabretooth is not a highly competitive program; fun, skill development and sportsmanship are the important components. A mouth guard must be purchased and is required. All other equipment is provided. A mesh hockey jersey is included in the fee.

Day & Time: Sat. - 1:00 p.m. - 2:00 p.m.
 Dates: 10/6 - 11/17
 No. of Weeks: 7 **SCHEDULE CHANGE**
 Fee: \$67
 Room: RIS Yellow Gym
 Instructor: Tim & Tricia Hirschbeck
 Kids Play Instructional Youth Sports

BLUE & GOLD INSTRUCTIONAL FLOOR HOCKEY LEAGUE (Ages 7-9) -- In the League program, players are placed on a team and play a rotating schedule of games against other KidsPlay teams. Players meet once a week (a 35-45 minute skill session followed by a 50 minute game). Though more advanced skills/strategy is taught at this level, this is not a highly competitive league; fun, skill development and sportsmanship are the important components. Players use the same equipment as is used in school gym classes. A mouth guard is the only required piece of equipment. All other equipment is provided including sticks, eye protection and full goalie equipment. A mesh hockey jersey is included in the fee.

Day & Time: Sat. - 2:00 p.m. - 3:15 p.m..
 Games are on a rotating schedule.
 Dates: 11/10 - 01/12
 No. of Weeks: 7 **SCHEDULE CHANGE**
 Fee: \$77
 Room: RIS Yellow Gym
 Instructor: Tim & Tricia Hirschbeck

PARENT/CHILD SOCCER (Ages 3-4) - Soccer can be a perfect sport for young players ages 3-4 and parents to play together. KidsPlay PC soccer is a parent-child class designed to give young players a fun and interesting introduction to soccer during their formative years. The first 30 minutes of each session focuses on fun instructional games that parents and children can play together. The final 15 minutes is devoted to a "players only" scrimmage. A team shirt is included in the program fee. An active parent or guardian 18 years or older must accompany a child in each session. All players must be of age by the first scheduled class.

Day & Time: Fri. - 6:00 p.m.-6:45 p.m.
 Dates: 10/5 - 11/16
 No. of Classes: 7
 Fee: \$67
 Room: RIS Yellow Gym
 Instructor: Tim & Tricia Hirschbeck
 KidsPlay Instructional Youth Sports

KIDSPLAY SOCCER LEVEL I (Ages 4-6) - Soccer is an ideal sport for very young players. The game is easy to learn and active enough to hold the interest of those with very short attention spans. The philosophy of Level I Soccer stresses skill development and learning in a fun and friendly atmosphere. Half of each class is devoted to skills instruction with the remaining half devoted to a noncompetitive scrimmage. Special focus is placed on the development of strong dribbling and passing skills. A team shirt is included in the program fee.

Day & Time: Thurs. - 6:00 p.m. - 7:00 p.m.
 Dates: 10/4 - 11/15
 Room: High School North Gym

-OR-

Day & Time: Fri. - 6:45 p.m. - 7:45 p.m.
 Dates: 10/5 - 11/16
 Room: RIS Yellow Gym
 No. of Classes: 7
 Fee: \$67
 Instructor: Tim & Tricia Hirschbeck
 KidsPlay Instructional Youth Sports

KIDSPLAY BLUE DIVISION SOCCER LEAGUE (Ages 6-8)

– Blue Division League is designed to help both experienced and inexperienced players develop skills and play games in a fun and challenging environment. Emphasis is placed on learning, building skills, and having fun more than winning or losing. Players are placed on a team and play a rotating schedule of games against other KidsPlay teams. After a basic evaluation session conducted during Week #1, an even amount of experienced and inexperienced players are distributed onto all teams. Players meet once each week for a 30-40 minute training session followed immediately by a game that lasts 45 minutes. Team rosters and a league schedule are distributed at the first practice. All players receive equal amounts of instruction and playing time. Games and practices are coordinated by at least two KidsPlay coaches. A team shirt is included in the program fee.

Day & Time: Thurs. - 7:00 p.m. – 8:15 p.m.
Dates: 10/4 - 11/15
No. of Classes: 7
Fee: \$77
Room: High School North Gym
Instructor: Tim & Tricia Hirschbeck
KidsPlay Instructional Youth Sports

HOT SHOTS 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.

Day & Time: Sat. – 9:30 a.m. - 10:15 a.m.
Dates: 9/29 - 11/3
No. of Classes: 6
Fee: \$74
Room: RIS Yellow Gym
Instructor: Kids Choice Sports

HOTSHOTS -- Introduction to Basketball (Ages 5-7) - Boys and 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 the program fee.

Day & Time: Sat. - 10:20 a.m. - 11:05 a.m.
Dates: 9/29 - 11/3
No. of Classes: 6
Fee: \$74
Room: RIS Yellow Gym
Instructor: Kids Choice Sports

BOYS BASKETBALL (Grades 3-6) -This program encourages boys to learn the basic skills and principles involved in the game of basketball. Skills such as dribbling, passing, and shooting will be taught followed by a fun scrimmage. This class will enable 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 - 11:15 a.m. - 12:15 p.m.
Date: 9/29 - 11/3
No. of Classes: 6
Fee: \$74
Room: RIS Yellow Gym
Instructor: Kids Choice Sports

NFL FLAG FOOTBALL LEAGUES - (Ages 5-7, 7-9, and 10-12.). NFL Flag Football in 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 vs. 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.

Ages 5-7
Day & Time: Fri. – 5:15 p.m. – 6:45 p.m.
Dates: 9/14- 10/19
No. of Weeks: 6

Ages 7-9
Day & Time: Sat. – 12:00 p.m. – 1:30 p.m.
Dates: 9/15 - 10/27

Ages 9-12
Day & Time: Sat. – 1:30 p.m. – 3:00 p.m.
Dates: 9/15 - 10/27
No. of Weeks: 7
Fee: \$123
Room: Dodge Elementary Field
Instructor: Tim & Tricia Hirschbeck
Kids Play Instructional Youth Sports

NFL FLAG FOOTBALL LEAGUES MODIFIED - (AGES 12-14) NFL Flag is an excellent alternative to full-contact, full equipment, “6 nights a week” youth football leagues. The game is non-contact football with primary emphasis placed on the development of passing, receiving, running and coverage skills. Games are played 5 on 5 with modified rules to heighten skill development and assure equal playing time for all players. KidsPlay NFL Flag is a perfect fit for players (and parents) who love football, but have concerns about exposing young players to tackle football at an early age. 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 4-8 parent coaches providing assistance during training sessions. An NFL team-oriented reversible football jersey and flag belt is included in the fee.

Day & Time: Sat. 3:00 p.m. - 4:30 p.m.
Dates: 9/15 - 10/27
No. of Classes: 7
Fee: \$123
Location: Dodge Elementary Field
1900 Dodge Road, East Amherst
Instructor: KidsPlay Instructional Youth Sports

POWER VOLLEYBALL – This class is not recreational volleyball, though informal, you must be able to bump, set & spike. Carries are not allowed. Teams are made up weekly. Maximum number of students is 18.

Day & Time: Mon. – 7:00 p.m. - 9:00 p.m.
Dates: 9/24 - 12/10 (no classes 10/8 & 11/12)
No. of Weeks: 10
Fee: \$52
Room: High School Gym (North)
Supervisor: Len Binns

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

Day & Time: Tues.– 7:00 p.m. - 9:00 p.m.
Dates: 9/25 - 11/27
No of Weeks: 10
Fee: \$52
Room: High School Gym (North)
Supervisor: Mike & Kathy Eschborn

TRIPS & TOURS

The trips and tours are coordinated and escorted by Know How Tours. Payment/Cancellation -- full payment is due with reservation & includes a \$25 non-refundable cancellation fee. NO REFUND will be given 30 days prior to the departure date unless a replacement is found. If this happens, a full refund minus the \$25 p/p cancellation fee will be given. It's standard procedure for Know How Tours to send out a confirmation after we submit your registration. If you do not receive one, please call Know How Tours at 649-9694 to assure that you're registered.

***PLEASE NOTE: Due to the instability of fuel costs and the weakened US Dollar in Canada, all trip prices are subject to change.**

****ALL OF THE TRIPS LISTED ARE A NON-REFUNDABLE TICKET****

Canadian Travel/Proof of Citizenship all passengers traveling into Canada will be required to present proof of citizenship. **Proof of Citizenship is a valid passport or an enhanced driver's license.** Children must have a birth certificate with the seal and if not traveling with a parent, a notarized permission slip **signed by the parent.** If you have questions, call immigration at 1-905-994-6313.

OKTOBERFEST CABARET LUNCH CRUISE -Head to WATKINS GLEN & board CAPTAIN BILL'S for a TWO-HOUR CRUISE with LUNCH & THEMED ENTERTAINMENT. It's an afternoon of OKTOBERFEST CABARET STYLE. The fall cast will entertain you with these Bavarian favorites ...Beer Barrel Polka, Edelweiss, Cabaret, Happy Wanderer, Lippen Schweigen, Danke Schoen, Lili Marlene, and many more! This afternoon, we will visit LIVELY RUN DAIRY FARM & CREAMERY. In the heart of the Finger Lakes Region on NYC – sits LIVELY RUN DAIRY FARM & CREAMERY in Interlaken, NY. Their standard group tour includes a 10 minute video explaining the history of Lively Run Dairy, the cheese-making process, and more. Additionally, guests get to visit the barn, see the goats and interact with them. Guests will end the tour with a cheese tasting. A fast restroom stop will be made on the way back.

Day & Date: Wed- 10/3
Entree Choice: **CHOOSE ONE ENTREE:**
Bratwurst &Knockwurst in Brown Beer Sauce
Sage Stuffed Chicken
Crab Stuffed Sole
Roast Beef
Eggplant Parmesan
Departs: 9:00 a.m. sharp Eastern Hills Mall
Return: 7:00 p.m
Cost: \$120

AMISH HARVEST - We're heading to MIDDLEFIELD, OH for an AMISH HARVEST TOUR. We will make a coffee/rest stop en route. Meet the STEP ON GUIDE & begin touring. Meet Mrs. Miller. Enjoy PUMPKIN COOKIES AND COFFEE (or tea). Learn about how this family preserves food for her family. Visit her bakery and gift shop and see her secret stash of beautiful homemade quilts, waved rugs, wall hangers and other homemade items. Next, visit D & S AMISH FARM MARKET – The Premier Amish Farm in Middlefield, Ohio. We're off to MIDDLEFIELD SWISS CHEESE HOUSE to taste some samples. Visit the museum and see how the cheese industry has changed over the years. Each person receives a treat to bring home. En route to lunch, we will enjoy a BACKROADS TOUR of the Amish Country. Enjoy a home cooked MEAT LOAF INCLUDED LUNCH serviced with real mashed potatoes, seasonal vegetable, seven layer salad, and of course, Amish pies at Rachael or Ruth Home. This afternoon, visit the RIDGEVIEW FARM & COUNTRY MARKET. Relax as you enjoy a hayride through the fields and look over the valley of fall colors. Learn about the daily operation of a real working farm. A farm grown TREAT is included at this stop. End your tour with a visit to the END OF THE COMMONS. Drop back in time visiting the oldest operating general store in Ohio. A fast food stop (on your own) will be made en route home.

Day & Date: Tues - 10/23
Departs: 7:00 a.m. sharp Eastern Hills Mall
Return: 9:00 p.m.
Cost: \$110

MAMMA MIA! -"HITS FROM THE BROADWAY MUSICAL & MOVIE -Travel to the SENECA NIAGARA CASINO for a MATINEE SHOW EVENT – "MAMMA MIA!". DANCING DREAM, is an amazing group playing tribute to the smash Broadway hit MAMMA MIA and the music behind the famed musical – ABBA. DANCING DREAM electrifies audiences of all ages with the musical hits from Mamma Mia such as: "Mamma Mia", "Dancing Queen", "Take A Chance" "Super Trouper" "Does Your Mother Know" and so many more. With the recent popularity of "Mamma Mia the musical and the movie, this group will transport audiences to a happy, groovy place with beautiful harmonies, elaborate costumes, and exciting choreography. SEATING IN EVENT CENTER IS GENERAL SEATING. FIRST COME FIRST SERVE. YOU WILL RECEIVE TICKET TO THE 2:00 PM SHOW, \$20 SENECA SLOT DOLLARS & FREE BUFFET FOOD VOUCHER. VALID PHOTO ID REQUIRED TO RECEIVE CASINO INCENTIVE. (PASSPORT OR DRIVER'S LICENSE) BRING YOUR SENECA PLAYERS CARD IF YOU HAVE ONE.

Day & Date: Tues - 10/30
Departs: 9:30 a.m. sharp Eastern Hills Mall
Return: 4:30 p.m.
Cost: \$87

CHRISTKINDL MARKET -FESTIVAL OF TREES - A German Christmas. Travel to the quaint town of Canandaigua, to the GRANGER HOMESTEAD for their annual FESTIVAL OF TREES & CHRISTKINDL MARKET. A visit to the 1816 former home of the Granger Family, will certainly put you in the Holiday Spirit! The Mansion is decorated with over 100 entries including Holiday Trees, Wreaths, Mantel Displays, Table Decorations, Quilts, Stockings, & Floral Arrangements. The CHRISTKINDL MARKET, is a holiday Craft Show held on the Granger grounds & in the Carriage Museum. Over 100 juried artisans will participate in this European inspired Christmas Market that takes place in large heated tents. Savor the aroma of roasted nuts, bratwurst and Gideon's Grog (Hot Spiced Wine). Grab a bite to eat on your own surrounded by holiday decorations & music. Your combo ticket allows you entrance into all activities throughout the Granger Homestead.

Day & Date: Sat - 11/10
Departs: 9:30 a.m. sharp Eastern Hills Mall
Return: 5:30 p.m.
Cost: \$70

GROVE CITY OUTLET -Enjoy a MUFFIN & JUICE on your way to GROVE CITY, rated as one of the top 20 Outlet Centers in the US. With over 140 Brand Named Outlets, customers save from 25% - 75% off everyday retail prices making it a "Bargain Shoppers Paradise"! Plus there is NO TAX on clothing in PA! Shop include: Adidas, Aerie by American Eagle, Aeropostale, Banana Republic, Brooks Bros., Calvin Klein, Charlotte Russe, The Children's Place, Coach, Gap Outlet, Guess, Gymboree, J Crew, Jones New York, Le Gourmet Chef, New York & Co., Old Navy, Payless, Polo by Ralph Lauren, Sketchers, Nike, Tommy Hilfiger, and MORE! Upon arrival at the Mall, receive a SHOPPING BAG, a DIRECTORY and DISCOUNT CARD & COUPON BOOK for various stores. Enjoy lunch on your own at the food court. A quick restroom stop will be made on the way down and back.

Day & Date: Sat - 11/10
 Departs: 7:30 a.m. sharp Eastern Hills Mall
 Return: 9:30 p.m.
 Cost: \$60

CORNING MUSEUM - MAKE YOUR OWN HOLIDAY ORNAMENT -Begin the day as we travel the scenic route to Corning, NY. We will make a snack /coffee/breakfast stop en route at own expense) It's a beautiful time of year to enjoy the fall colors at its best. Upon arrival, enjoy a SIT DOWN SERVED LUNCH IS INCLUDED for our group. Following LUNCH, a docent will lead us on a GUIDED TOUR of the CORNING MUSEUM OF GLASS. Our group will be split in groups today. You will have time to continue to explore the museum - see the Movie, Hot Glass Show & visit the Gift shop. You will have FUN WITH THE GLASS activity. Participate in the "Hands-On" workshop, and MAKE YOUR OWN GLASS HOLIDAY ORNAMENT. The groups will switch and enjoy the other activity before we set forth for home. THIS TOUR IS SURE TO BE A SELL-OUT! BOOK EARLY!!! NOTE: **YOUR GLASS WORK MUST "CURE" OVERNIGHT & WILL BE SHIPPED TO OUR HAMBURG OFFICE WHERE YOU CAN PICK IT UP. OR PICK UP AT THE NOVEMBER B LINE MEETING IN AMHERST. WE WILL SEND YOU A POST CARD WHEN THE ORNAMENTS ARRIVE!**

Day & Date: Sun- 11/18
 Entree Choice: **CHOOSE ONE ENTREE:**
 Pan Seared Boneless Chicken
 Vegetable Lasagna
 Beef Medallions with Mushroom Wine Sauce
 Departs: 8:30 a.m. sharp Eastern Hills Mall
 Return: 8:00 p.m.
 Cost: \$130

MACY'S DAY PARADE - NEW YORK CITY -Travel to the BIG APPLE aboard a luxury motor coach. We'll make a rest stop along the way. For 90 years, The MACY'S THANKSGIVING DAY PARADE has entertained people of all ages as the official introduction of the holidays. Know How Tours is pleased to bring this famous event to our tour schedule. Our group will enjoy a FULL BREAKFAST at the HARD ROCK CAFE. Our NYC representative will walk our group down to the parade route where you'll have time on your own to enjoy the parade & sightsee until 7:00 pm (Columbus Circle Pick up). To make the most of your visit, we'll include maps and attraction information two weeks prior to your departure.

Day & Date: Thurs. - 11/22
 Departs: Wed. 11:00 p.m. Eastern Hills Mall
 Thurs NYC: Approx. 7:00 a.m. - 7:00 p.m.
 Return Friday: Approx. 2:30 a.m.
 Cost: \$141

AN ALL AMERICAN CHRISTMAS - Starring Nashville recording Artist, Ricky Lee -Dine at the beautiful, fully decorated **SALVATORE'S ITALIAN GARDENS** before you experience a fantastic show, AN ALL AMERICAN CHRISTMAS starring Nashville recording artist, RICKY LEE. If you've gotten the chance to see Ricky Lee, he is one of the most energetic & personal performers on the scene which has gotten him the chance to open shows for some of the biggest names in country music. He has written over 300 songs and at his shows you'll get to see many of the recorded ones that you'll hear including his fantastic Christmas & All American Holiday Collection. IT'S AN "ALL NEW" EXCLUSIVE SHOW FOR THE HOLIDAY SEASON. Come and be entertained, dance and sing along! IT'S AN ALL AMERICAN CHRISTMAS - an uplifting, holiday show that will be one to remember! Book early to avoid disappointment - this event is a sell-out every year. Show appropriate for ALL ages! DOORS OPEN 11:00 AM - BASKET AUCTION tickets available at door with 100% proceeds benefiting BUFFALO NIAGARA HONOR FLIGHT. LUNCH SERVED 12:00 PM SHOW 1:30 PM PRIZES 2:45 PM

Day & Date: Mon- 12/3
 Time: 11:00 a.m.
 Entree Choice: **CHOOSE ONE ENTREE:**
 Chicken Francaise - Lemon Caper Sauce
 Broiled Whitefish
 Vegetarian/Vegan Entree - Pasta Puttanesca
 Cost: \$50

TRANSPORTATION ON OWN FOR THIS EVENT

AMISH CHRISTMAS - Start off with JUICE & a MUFFIN on the way to Middlefield, OH for an AMISH CHRISTMAS TOUR. Meet the STEP ON GUIDE & begin touring throughout MIDDLEFIELD, OH. Enjoy COFFEE & COOKIES IN MRS. MILLER'S HOUSE. Take some fresh baked cookies home with you. Stops include SUNRISE FARM to enjoy samples of hot cider & cookies as you browse their extensive gift shop, FIG TREE BULK FOOD STORE to sample your way through this unique stop. Lunch is a traditional AMISH CHRISTMAS DINNER - Baked Turkey, Mashed Potatoes W/ Gravy, Seasonal Vegetable, 7 Layer Salad, Date Nut Pudding, Homemade Bread & Pies all served Family Style. Visit MARY YODER'S AMISH BAKERY & GIFT SHOP. You will end the day at BUCKEYE CHOCOLATES with a sample & shopping at this family owned company. It's a lovely day for an Amish Christmas. A fast food stop (on your own) will be made en route home

Day & Date: Thurs - 12/6
 Departs: 7:00 a.m. sharp Eastern Hills Mall
 Return: 8:30 p.m.
 Cost: \$110

NEW YORK CITY - Depart Friday Night • Spend 12 Hours Saturday • Return Early Sunday Travel to the BIG APPLE with rest/food stops. Arrive in Mid-Town Manhattan (Rockefeller Center) @ 8:00 am Saturday and have free time until 8:00 pm. To make the best of your time in the City, each person will receive Pamphlets, a Map & other info a few weeks before departure. We advise waiting to purchase any theater tickets until 1 month prior to departure.

Day & Date: Sat. - 12/08
 Departs: Fri. 11:59 p.m. Eastern Hills Mall
 Sat. NYC: Approx. 8:00 a.m. - 8:00 p.m.
 Return Sun: Approx. 3:00 a.m.
 Cost: \$100

REGISTRATION FORM

How did you hear about this program? _____

Mail registration form to: Starpoint Central, Community Education Registration Form,
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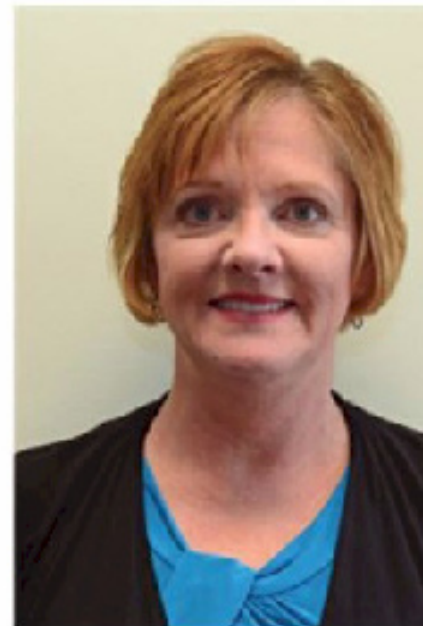
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