

Community Education Program



STARPOINT CENTRAL SCHOOL

New Inside:

Rehabilitating Wildlife
Tai Chi
Wine Tasting or Wine Pairing
Introduction to Firearms
Financial Classes
Scuba
Trips & Tours

SPRING 2019

Dates: 2/25/19 to 6/09/19

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

Hello, and welcome back to another semester of Starpoint Community Ed. We hope you find our course offerings interesting and varied. Course offerings are intended for people 18 years of age or older, unless otherwise indicated. Rooms are subject to change based on class size and technology needs.

Registration

You can register for a course three ways:

- *Online (starpointcsd.org → parents & community→ community ed)
- *Mail (form is below).
- *In person at the Business Office in the Administrative Wing of the District (located at Driveway C). 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.
- *Please do NOT call to register!
- *Register early. Some classes fill up quickly, and they 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 the course does not run due to low enrollment, we will contact you and give you a full refund.
- *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. Do not send lab or supply fees in with your registration money.

School Closing

There will be no classes held on 2/18, 4/15 - 4/26 & 5/24-5/27/19 due to school holidays. 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.

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 Business Office. You must be 62+ and a district resident to qualify.

If you have an expertise, interest, or skill in teaching a class, we would love to hear from you! Call Michael Moran at 210-2333, or email mmoran@starpointcsd.org. For further information, call Ms. Fran Morgan at 210-2348 or email at fmorgan@starpointcsd.org.

“How did you hear about this program?” _____

Mail registration form to: Starpoint Central, Community Education Registration Form,
4363 Mapleton Road, Lockport, NY 14094
Phone: (716) 210-2348 Fax: (716) 210-2358

Last Name _____ First Name _____
 No. and Street _____
 City and State _____ Zip Code _____
 Home Phone _____ Daytime Phone _____
 E-Mail Address _____

| CLASS NAME AND DESCRIPTION | FEE |
|----------------------------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |

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 Ciralo, Jennifer Bull, Diega Ciralo, Dominic Ciralo, Bryar Confer, Ashleigh Cottrell, Lynn Dayfert, Robbie Luckman, Megan McKie and Tim Olson.

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 Ciralo at 716-297-6005, if you do not see a class that fits your schedule or is full.

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. – 7:00 p.m. - 8:00 p.m.
Dates: 2/26 - 5/14 (no classes 4/16 & 4/23)
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: Tues. – 6:00 p.m. - 7:00 p.m.
Dates: 2/26 - 5/14 (no classes 4/16 & 4/23)
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 14 STUDENTS PER CLASS.**

Day & Time: Mon. – 6:00 p.m. - 7:00 p.m.
Dates: 2/25 – 5/13 (no classes 4/15 & 4/22)
Day & Time: Wed. - 6:00 p.m. - 7:00 p.m.
Dates: 2/27 - 5/15 (no classes 4/17 & 4/24)
Day & Time: Fri. - 6:00 p.m. - 7:00 p.m.
Dates: 3/1 - 5/17 (no classes 4/19 & 4/26)
No. of Weeks: 10
Fee: \$85
Place: Pool

FUNDAMENTAL AQUATIC SKILLS – LEVEL II – Beginner -- This program is to provide children (ages 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, 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 from the previous semester, please bring them to the first class. **LIMIT 14 STUDENTS on WED, LIMIT 8 ON FRI.**

Day & Time: Wed. - 7:00 p.m. - 8:00 p.m.
Dates: 2/27 - 5/15 (no classes 4/17 & 4/24)
Day & Time: Fri. - 7:00 p.m. - 8:00 p.m.
Dates: 3/1 - 5/17 (no classes 4/19 & 4/26)
No. of Weeks: 10
Fee: \$85
Place: Pool

FUNDAMENTAL AQUATIC SKILLS –LEVEL II – Advanced -- This program is designed for those students ages 6-12 who have only a few skills to finish at this level. An emphasis will be put upon the frontcrawl, backcrawl, deep water swimming and water safety. Students must be able to swim unassisted on their front and back and have few skills to complete 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 the previous semester, please bring them to the first class. **LIMIT 14 STUDENTS PER CLASS.**

Day & Time: Mon. – 7:00 p.m. - 8:00 p.m.
Dates: 2/25 – 5/13 (no classes 4/15 & 4/22)
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 16 STUDENTS.**

Day & Time: Fri. – 7:00 p.m. - 8:00 p.m.
Dates: 3/1 - 5/17 (no classes 4/19 & 4/26)
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 16 STUDENTS.**

Day & Time: Fri. – 8:00 p.m. - 9:00 p.m.
Dates: 3/1 - 5/17 (no classes 4/19 & 4/26)
No. of Weeks: 10
Fee: \$85
Place: Pool

FOOD AND DRINK

03/16 - SAUCE CLASS - All purpose red sauce, rosemary and pancetta, onion and garlic, Bolognese, Italian gravy, Alfredo, tomato and ricotta, onion butter sauce, Amatriciana, putanesca, carbonara, building flavor with battuto and soffritto. Students choice!

03/23 - PASTA BY HAND - How to make pasta at home without a pasta machine. How to cook pasta al dente. Tagliatelle, ravioli, fettuccine, tomato pasta, herb pasta, pappardelle, tortelli, pansotti.

03/30 - ITALIAN BREAD CLASS - Using yeasts and Italian starters (cresciuta and biga) Your choice to make grissini (breadsticks), ciabatta (The slipper), Sicilian sesame bread, focaccia, fried dough, little bears, pan di ramerino (Florentine rolls with raisins and rosemary).

04/06 - EASTER BREAD CLASS - Braided Sicilian bread with colored eggs, Easter dove bread (Colomba di Pasqua). Serpentine (snake shape w/cuccidati filling), pan di ramerino (Florentine rolls with raisins and rosemary)

05/04 - PIZZA & CALZONES - Make your choice of these pizza: Margherita, neapolitan, New York style, Chicago style. Calzones filled with your choice of peppers, mozzarella, onions and ham.

05/11 - TRADITIONAL ITALIAN MEAL - Make an entire traditional Italian meal. antipasti, pasta by hand, meat, bread and dessert. Bruschetta and involtini, gnocchi or pappardele, chicken or ossobuco, gelato/ice cream, grissini (breadsticks).

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

Day & Time: Sat. - 9:30 a.m. - 12:30 p.m.
Fee: \$30 per class
Room: Middle School F-7
Instructor: Larry Cheeley

WINE TASTING - Join Starpoint graduate Larry Manning at his family's winery, Freedom Run, as he takes you on a tour of the facility and walks you through how to sample wines. Freedom Run is a fully-functioning teaching vineyard, featuring a tasting room that sits among the vats of wine being fermented and aged. The Manning family winery has developed a reputation for producing world class wines. Its success is built on quality, consistency and characteristics of the Niagara Escarpment. Come join us and learn how to taste excellence.

Day and Time: Sat. - 4:00 p.m.
Date: 3/2
No. of Classes: 1
Fee: \$20
Room: Freedom Run Winery,
5138 Lower Mountain, Rd, Lockport
Instructor: Larry Manning

New!

WINE AND CHEESE PAIRING - Have you already learned how to taste wines, or did you have so much fun the first time that you are ready for "round 2"? Now that you've tasted all that Freedom Run has to offer from the vines, let's now learn how to pair it up. Join Larry Manning as he gives you a taste of the wines his family's vineyard offers, and accents that flavor with cheese, crackers, and various other side dishes that help make the flavors pop. This is a great way to break out of the winter doldrums with friends, family and great wine!

Day and Time: Sat. - 4:00 p.m.
Date: 5/4
No. of Classes: 1
Fee: \$40
Room: Freedom Run Winery,
5138 Lower Mountain, Rd, Lockport
Instructor: Larry Manning

New!

ARTS & CRAFTS

CANVAS PAINTING - "LILACS" - In this fun, 2 hour (approx.) class you will learn how to paint, using acrylics, in a step-by-step lesson. You will complete a Lilac floral painting to take home and hang on your walls! No experience necessary. Anyone can do it! Everything is provided. Ages 11 and up. Supply fee of \$12 to paid to instructor on the night of class. It is recommended that you wear a smock or old shirt to paint in. Class size limited to 15.

Day & Time: Tues. - 6:00 p.m. - 8:00 p.m.
Date: 4/9
No. of Classes: 1
Fee: \$20
Room: HS L-18
Instructors: Debbi Ferrentino from
A painted canvas Art Studio in Clarence.

CANVAS PAINTING - "SUNSET LIGHTHOUSE" - In this fun, 2 hour (approx.) class you will learn how to paint, using acrylics, in a step-by-step lesson. You will complete a sunset lighthouse seascape painting to take home and hang on your walls! No experience necessary. Anyone can do it! Everything is provided. Ages 11 and up. Supply fee of \$12 to paid to instructor on the night of class. It is recommended that you wear a smock or old shirt to paint in. Class size limited to 15.

Day & Time: Tues. - 6:00 p.m. - 8:00 p.m.
Date: 5/21
No. of Classes: 1
Fee: \$20
Room: HS L-18
Instructors: Debbi Ferrentino from
A painted canvas Art Studio in Clarence.

QUILTING - Scrappy Nine Patch Quilt --It is time to try to make a dent in our scrap piles (or stash). We will make a scrap quilt using fabrics we already have OR perhaps we will trade fabrics with fellow classmates. If you are new to quilt making, this is the perfect class for you. Other class members will have plenty of scraps for you to use. This cheerful quilt will be made with three inch, finished size, nine patch blocks, with yardage from a complementary fabric to set it together in an interesting medallion design. You may always make a smaller project - nine patch blocks lend themselves for many possibilities. If you wish to get a head start on making the blocks, any combination will do (remember, this is scrappy). Simply make nine patch blocks using cut 1 1/2" squares so the blocks will finish 3" (3 1/2" with seam allowances.) There is also a strip piecing method for making 9 patch blocks which works well. Instructions for this method will be discussed in class. Instructions for three sizes of this quilt - wall, throw and twin/double bed size, will be given in class. Materials needed will be discussed in the first class. To see past quilt class projects, access Linda's website: www.hunters-stars.com

Day & Time: Wed. - 6:30 p.m. - 8:30 p.m.
Dates: 3/20-5/22 (no classes 4/17 & 4/24)
No. of classes: 8
Fee: \$35
Room: Middle School F-5
Instructor: Linda Hunter

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: 2/28 - 5/2 (no classes 4/18 & 4/25)
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: 2/28 - 5/2 (no classes 4/18 & 4/25)
No. of Classes: 8
Fee: \$60/couple
Room: New Middle School Cafeteria
Instructors: Mary and Bill Morgan

DRIVING

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: 4/6
No. of classes: 1
Fee: \$35
Room: High School Lecture Hall
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: Tues. & Thurs.. 2/26 & 2/28
Session 2: Mon. & Wed. 5/13 & 5/15
No. of classes: 2
Fee: \$40
Room: High School Lecture Hall
Instructor: Jackie Sheehan
Certified Driving Instructor

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: 2/25 – 5/2 (no classes 4/15, 4/18, 4/22 & 4/25)
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: 4/10 - 6/12 (no classes 4/17 & 4/24)
No of weeks: 8
Fee: \$78
Room: HS Media Center, 2nd Floor
Instructor: Joan Giazzon, Certified Yoga Instructor

KIDS YOGA: GRADES PreK-5 - This kids yoga class is based on the Kidding Around Yoga(KAY) system that incorporates cardiovascular conditioning, fun and original music, plus all of the traditional benefits of Yoga: meditation, breathing techniques, peace, and deep relaxation. KAY provides an amazing curriculum designed to motivate children to be active, build confidence, and manage the spectrum of emotions that they experience in their day-to-day activities. KAY is stress management for kids!

Day & Time: Fri. 3:20 p.m. - 4:05 p.m.
Dates: 3/22 - 5/10 (no classes 4/19 & 4/26)
No of Weeks: 6
Fee: \$55
Room: Fricano Yellow Gym
Instructor: Rebecca Howell:
Certified in Kidding Around Yoga

INTRODUCTION TO TAI CHI - The aim of this course is to introduce the participants to the internal martial art of Tai Chi as it is practiced for its many health benefits. In this manner, Tai Chi is a low impact exercise regimen that is useful in improving mobility and balance as well as reducing the effects of daily stress and lowering blood pressure. Tai Chi can be used as a basis for a moving meditation program. The course will begin with Yang Style 12 and 24 form Tai Chi. As the course progresses we will experiment with other styles and modalities to sample what Tai Chi can offer. No prior experience necessary. Comfortable clothes and shoes suggested.

Day & Time: Wed. - 6:00 p.m. - 7:00 p.m.
Dates: 2/27 - 5/1 (no classes 4/17 & 4/24)
No of Weeks: 8
Fee: \$70
Room: Middle School N-23
Instructor: Marshall Roth

New!

20/20/20 -Tones and sculpts your body while burning fat. 20 minutes of Aerobic Jazz, 20 minutes of Muscle Flex weight training and 20 minutes of stretching and floor work. Experience all the great aspects of a balanced workout. Your heart will be pumping and your muscles will be getting strong, more flexible, and lean! Please bring two, 11lb. weights and a mat. Sheila's FitnessJAM is a provider for BCBS of WNY, Independent Health, and Univera. All classes may be discounted or free with your Health Insurance. You MUST call 633-1833 before you register to see if you qualify.

Day & Time: Wed. 6:00 p.m. - 7:00 p.m.
 Dates: 2/27 - 5/15 (no classes 4/17 & 4/23)
 No of Weeks: 10
 Fee: \$75
 Room: RIS Yellow Gym
 Instructor: Sheila's Fitness JAM

ZUMBA - Everybody and every body! Each Zumba class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-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.

Day & Time: Tues. - 6:00 p.m. - 7:00 p.m.
 Dates: 2/26 - 4/30 (no classes 4/16 & 4/23)
 No. of classes: 8
 Fee: \$50
 Room: RIS Yellow Gym
 Instructor: Melissa Durfey - Certified Zumba 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: 2/25 - 4/29 (no classes 4/15 & 4/22)
 No of weeks: 8
 Fee: \$45
 Room: RIS Yellow Gym
 Instructor: Heather Dragon - PIYO Certified Instructor

P90X LIVE -P90X Live is a full body strength-training format featuring blocks of work. Cardio X, Lower Strength, Upper Strength, and X-Core. P90X is suitable for ALL fitness levels because there are modifications for every move. We use weights (dumbbells) or resistance bands to challenge your strength. (You will need to bring your own and go light). This class offers all fitness levels, a truly result-driven method that yields consistent improvement over time.

Date & Time: Mon. - 7:15 p.m. - 8:15 p.m.
 Dates: 2/25 - 4/29 (no classes 4/15 & 4/22)
 No of weeks: 8
 Fee: \$45
 Room: RIS Yellow Gym
 Instructor: Heather Dragon - P90X Certified Instructor

WALK 15 - This class is designed for those who are ready to amp up their workout a little. It is a low impact, multi muscle, calorie torching, walking based workout - with very effective results! All fitness levels can do it! The workout is set to music and we will be logging enough steps to equal a 5K! We will be using firm bands to improve flexibility and strengthen and tone muscles. This is a fun way to get your cardio and strength training in at the same time! You can do this! Bring a friend or family member with you.

Day & Time: Mon. - 6:00 p.m. - 7:00 p.m.
 Dates: 3/4 - 4/8
 No. of Weeks: 6
 Fee: \$40
 Room: RIS Blue Gym
 Instructors: Linda Feagin - Walk 15 Master level instructor

SPECIAL INTEREST

BEGINNER ITALIAN LANGUAGE FOR ADULTS - Grammar, pronunciation, accent, reading, writing, aural comprehension, speaking formal and informal forms, weather, calendar, time, numbers, and 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 - 6:30 p.m. - 7:45 p.m.
 Date: 2/28 - 4/4
 No. of Classes: 6
 Fee: \$125
 Room: Middle School F-1
 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. This class will focus on Italy

Day & Time: Thur. - 7:45 p.m. - 9:00 p.m.
 Dates: 2/28
 No. of Classes: 1
 Fee: \$40
 Room: Middle School F-1
 Instructor: Larry Cheeley

VISITING EUROPE NUTS AND BOLTS - We will address your questions and concerns regarding your upcoming trip to Europe. How to avoid the pratfalls and frustrations inherent in planning and executing the trip of a lifetime. How to travel cheaply (eat and sleep for free!), Do you go on a tour or independently? Packing, weather, itinerary, money, hotels, health, language. We will discuss security, how to make yourself ironclad, immune to the threat of pickpockets. Travel to and around Europe. This class will focus on Europe.

Day and Time: Thurs. - 7:45 p.m. - 9:00 p.m.
 Date: 3/14
 No. of Classes: 1
 Fee: \$40
 Room: Middle School F-1
 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 \$2000 (\$4000/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. Customizing a trip for your specific needs and interests.

Day and Time: Thurs.- 7:45 p.m. - 9:00 p.m.
Date: 3/28
No. of Classes: 1
Fee: \$40
Room: Middle School F-1
Instructor: Larry Cheeley

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. **2019 ACT test date:** June 8. Students are welcome to bring a snack or lunch to class.

Day & Time: Mon, Wed, & Mon - 5:30 p.m. - 8:30 p.m.
Dates: 4/1, 4/3 & 4/8
No. of Classes: 3
Fee: \$125
Room: Middle School F-12
Instructor: All Pro Tutoring

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. **2019 ACT test date:** June 8. Students are welcome to bring a snack or lunch to class.

Day & Time: Sat. - 10:00 a.m. - 2:00 p.m.
Dates: 6/1
No. of Classes: 1
Fee: \$70
Room: Middle School F-12
Instructor: All Pro Tutoring

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, math, writing and language,) 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: 3/6 - 4/10
No. of Classes: 6
Fee: \$100
Room: High School L-14
Instructor: Jusin Daugherty and Scott Bielec

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.) Danielle DelMonte, PrepStart Consulting, will discuss the best approach in the college-decision process and the importance of strategic planning leading up to and applying to the college that best fits the student. 2.) Denise Breier and Jackie Sheehan, All-Pro Tutoring and Test Prep, will help you establish a timeline for academic preparation for college admission tests and discuss why it is important to prepare for the SAT and ACT tests. 3.) Jeff Boron, The Financial Guys, 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: Wed. - 6:00 p.m. - 8:30 p.m.
Date: 4/10
No. of Classes: 1
Fee: Free
Room: Middle School F-14
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: Wed. - 6:00 p.m. - 8:30 p.m.
Date: 5/8
No. of Classes: 1
Fee: \$55
Room: Middle School F-14
Instructor: All Pro Tutoring

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. 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: 3/9
No. of Classes: 1
Fee: \$60
Room: Middle School F-12
Instructor: Tim Miller, Certified Instructor
The Safety Company

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 2 year certification card.

Day & Time: Thurs. – 6:00 p.m. - 9:00 p.m.
Dates: 3/7
No. of classes: 1
Fee: \$50
Room: Middle School F-12
Instructors: Tim Miller, Certified Instructor, The Safety Company

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 good instructions 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. Minimum of 4 students to run class.

Day & Time: Thurs. – 7:00 p.m. – 9:00 p.m.
Dates: 5/2 - 5/23
No. of classes: 4
Fee: \$50
Room: High School K-27
Instructor: Paul Reynolds

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 CultureKids 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 offered at dismissal in the school. **PLEASE SIGN UP EARLY, FIRST COME, FIRST SERVE. YOU MUST REGISTER WITH CULTUREKIDS. DO NOT SEND REGISTRATION TO SCHOOL. REGISTER ON LINE AT www.CultureKidsClub.com**

Day & Time: Mon - 3:20 p.m. - 4:20 p.m.
Date: 4/8 - 6/3 (no class 4/15, 4/22 & 5/27)
No. of Classes: 6
Fee: \$70
Room: RIS R-3 (music wing)
Instructor: CultureKids Teaching Team

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: **FRICANO** - 5/1 - 6/5
Room: Fricano Auditoria - Fricano students only
Day & Time: Tues. - 3:20 p.m. - 4:20 p.m.
Dates: **RIS** - 4/30 - 6/4
Room: RIS B-1 - Regan students only
No. of weeks: 6
Fee: \$70
Instructor: Jennifer Zakrzewski, Katie Struckmann

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: Session I - 2/16 & 2/23
Session 2: 3/2, 3/9 & 3/16
No. of classes: 5
Fee: \$100 for the 5 classes
Room: Middle School F-1
Instructor: Jacalyn Perry - President. of AWARE

New!

SCUBA -Have you ever wanted to learn how to scuba dive? Have you been on a trip and watched people diving and wondered how fun it would be? Learn how to this year with PADI dive classes. We are teaching one of the only PADI certified courses in western New York. If you're going to learn how to scuba dive, get certified through the largest diving organization in the world. This class is for both beginners AND already certified divers looking to advance your skills

Day & Time: Sat. - 2:00 p.m. - 6:00 p.m.
Date: 2/23 - 4/13 **OR**
5/4 - 6/22
No. of Classes: 8
Fee: \$225
Room: Pool & F-2
Instructor: Matt Carroll

New!

INTRODUCTION TO FIREARMS - Do you have a desire to punch holes in paper, pulverize clay birds or provide organic protein for the table through hunting? This course will teach you the fundamentals of safe firearm use and handling. .22 rifles and shotguns will be supplied along with ammo. Ages 12-100. Under 18 must be accompanied by a parent or legal guardian. 6 - one hour sessions. Limited to 15 students

Day & Time: Wed. - 7:00 p.m. - 8:00 p.m.
 Date: 3/6 - 4/10
 No. of Classes: 6
 Fee: \$40
 Room: Tonawanda Sportsmans Club
 Instructor: Jim Trotzman

New!

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: 5/8
 No. of Classes: 1
 Fee: \$55
 Room: Middle School F-14
 Instructor: Jeff Brodsky, Certified Instructor, Niagara Gun Range

FINANCIAL PLANNING

FINANCIAL WELLNESS 101 - Learn how to financially plan for: Emergencies, protection for family, home purchase/remodel, college education, wedding, vacation home and comfortable retirement.

Day & Time: Tues.- 6:00 p.m. - 7:00 p.m.
 Dates: 3/6
 No. of classes: 1
 Fee: \$10
 Room: Middle School F-13
 Instructor: Genna Imbrenda, Financial Services Rep,

SAVVY SOCIAL SECURITY - At this workshop you will learn:
 *5 factors to consider when deciding when to apply for benefits.
 *Why you should always check your earnings record for accuracy,
 *How to coordinate benefits with your spouse, *How to minimize taxes on Social Security benefits, and *How to coordinate Social Security with your other sources of retirement income.

Day & Time: Thurs.- 6:00 p.m. - 7:00 p.m.
 Dates: 3/14
 No. of classes: 1
 Fee: \$10
 Room: Middle School F-13
 Instructor: Genna Imbrenda, Financial Services Rep,

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 remarrying effect my benefit?

Day & Time: Tues. - 6:00 p.m. - 7:00 p.m.
 Date: 4/9
 No. of Classes: 1
 Fee: \$10
 Room: Middle School F-12
 Instructor: Genna Imbrenda, Financial Services Rep

NEW YORK STATE TEACHERS RETIREMENT SYSTEM- At this workshop you will learn: *Explanation of Retirement Benefits - Eligibility for retirement - Explaining the terms. *Retirement Benefit Payout Options - Pensions and annuity options - Beneficiary options *Understanding your Social Security Benefits.

Day & Time: Wed. - 6:00 p.m. - 7:00 p.m.
 Date: 5/8
 No. of Classes: 1
 Fee: \$10
 Room: Middle School F-12
 Instructor: Genna Imbrenda, Financial Services Rep,

YOUNG FAMILIES - BLUEPRINT FOR FINANCIAL SUCCESS - Perhaps like most parents, you have had some financial conversations with your kids. This seminar provides an opportunity for parents to learn ways to help kids successfully navigate the pitfalls of managing money and how to best teach children smart financial habits. Parents may even learn a few things themselves! From helpful tips to valuable conversation starters, these are smart lessons that can help your children for a lifetime.

Day & Time: Mon. - 7:00 p.m. - 8:00 p.m.
 Date: 5/6
 No. of Classes: 1
 Fee: \$10
 Room: Middle School F-13
 Instructor: Kathleen Flynn

ORGANIZE YOUR FINANCIAL LIFE - Are you looking for more order in your life? Being organized is one of the keys to efficiency, but most people would find it challenging to locate their critical documents when they needed them most. This educational seminar is designed to help. **Organize** your financial health, and personal documents with New York Life's LifeFolio Kit, provided to all attendees. **Discover** potential gaps in your estate plan, as well as where you may find help filling them in. **Review and evaluate** your overall financial goals. **Have** a financial conversation with your family.

Day & Time: Wed. - 6:00 p.m. - 7:00 p.m.
 Date: 3/20
 No. of Classes: 1
 Fee: \$10
 Room: Middle School F-13
 Instructor: Kathleen Flynn

BEGINNING MEDICARE - YOUR 64 1/2 BIRTHDAY - When you turn 65, you become eligible for Medicare - which means the time is now to compare your plan choices. This is an educational seminar where you will learn all about your Medicare choices. 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, or simply looking to learn more. 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. - 6:00 p.m. - 7:30 p.m.
 Date: 2/27 OR 4/3 OR 6/5
 No. of Classes: 1
 Fee: \$10
 Room: Middle School F-13
 Instructor: Kathleen Flynn

A CLASS FOR RETIREES, 70 1/2 OR OLDER - (Those taking RMD's from their IRA). The new tax laws have created new planning opportunities for you to increase your income, Help your congregation, charities and lower your taxes. The new law provides married couples a 24,000 standard tax deduction. This prevents most people from itemizing deductions (no more saving receipts). Learn how the law allows you to use your IRA- RMD's to make charitable donations and not have them included in your income. This is a win for you and the charities! The charities have to be 501 (c) (3) organizations. Donor advised, and private foundations do not qualify. Also learn how to prudently reposition some of your nest egg income (safe money) assets. This strategy can provide you with an income stream that is fixed and guaranteed for life* while your growth (risk) assets remain invested. You don't want to be full of life and out of money. This additional income could provide more security for your family, allow you to do more things you love and bring more comfort to your life.

Day & Time: Wed. - 6:00 p.m. - 7:00 p.m.
 Date: 3/27
 No. of Classes: 1
 Fee: \$10
 Room: Middle School F-13
 Instructor: Sanford Seide, B.Ed. CLU, CLTC, LUTCF

FUEL FOR YOUR INVESTMENT JOURNEY - Long-term investing is like a journey. Whether you're traveling or investing, you want to prepare for the trip and avoid wasting time and money along the way. We'll examine: the economy, interest rates, and our outlook. Current market trends, ways to prepare for volatility and opportunities in today's market

Day & Time: Tues. - 6:00 p.m. - 8:00 p.m.
 Date: 4/2
 No. of Classes: 1
 Fee: \$10
 Room: Middle School F-13
 Instructor: Ken Fisher

LEAVE IT, MOVE IT, ROLL IT, TAKE IT: - Know your employer retirement plan options and learn: How you handle your 401(k) pension or other employer-sponsored retirement plan when you leave your job is one of the most important financial decisions you can make. The most common distributions options. How to avoid having the IRS withhold 20% of your retirement distribution. How taxes, penalties and investment options factor into your decision.

Day & Time: Wed. - 6:00 p.m. - 8:00 p.m.
 Date: 4/16
 No. of Classes: 1
 Fee: \$10
 Room: Middle School F-13
 Instructor: Ken Fisher

HOW TO PROTECT & PRESERVE YOUR MONEY FROM MEDICAID & A NURSING HOME - • Learn how to reduce the emotional and financial issues of a Medicaid and a Nursing Home Event. •Learn how to keep more of your Money from Medicaid. •Understanding and avoiding the Medicaid Estate Recovery and Medicaid's 5 year look back period. •How to avoid Medicaid spend down mistakes. •What other Long-Term Care Options available. •Maintaining eligibility for Medicaid. •Using the LesLTC process to protect and preserves your money from Medicaid. •Protect your personal choices and financial independence. •Remove the hidden financial threats to your money by Medicaid and inflation.

Day & Time: Wed. - 6:00 p.m. - 8:00 p.m.
 Dates: 5/15
 No. of classes: 1
 Fee: \$10
 Room: Middle School F-12
 Instructors: Lester Robinson, CLTC

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, co-ed program. This class will include some parent participation. A T-shirt is included in the program fee.

Day & Time: Sat. - 10:10 a.m. - 10:55 a.m.
 Dates: 4/6 - 6/1 (no classes 4/20, 4/27 & 5/25)
 No. of Classes: 6
 Fee: \$74
 Room: RIS Yellow Gym
 Instructor: Kids Choice Sports

TODDLER TIME (AGES 2-3) - Toddler Time is an exciting sports-based playgroup in which a variety of age appropriate props are used. In this unique program, you and your child will participate in a variety of sports related games and activities. Kids "learn through play" in a social environment while developing motor skills and coordination, building confidence and much more. But most of all, it's FUN! A t-shirt is included in the program fee. Please bring a size 3 soccer ball, Kids Choice Sports will provide all other equipment.

Day & Time: Sat - 9:15 a.m. - 9:55 a.m.
 Date: 4/6 - 6/1 (no classes 4/20, 4/27 & 5/25)
 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 - 11:00 a.m. - 12:00 p.m.
 Date: 4/6 - 6/1 (no classes 4/20, 4/27 & 5/25)
 No. of Classes: 6
 Fee: \$74
 Room: RIS Yellow Gym
 Instructor: Kids Choice Sports

SABRETOOTH INSTRUCTIONAL FLOOR HOCKEY (Ages 4-6) - A safe and fun alternative to traditional ice hockey, Sabre-tooth 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. Sabre-tooth 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: 2/23 – 4/6
No. of Weeks: 7
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: 2/23 – 4/6
No. of Weeks: 7
Fee: \$77
Room: RIS Yellow Gym
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: 2/28 - 4/11
No. of Classes: 7
Fee: \$77
Room: High School North 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: 2/28 - 4/11
Room: High School North Gym

-OR-
Day & Time: Fri. - 6:45 p.m. - 7:45 p.m.
Dates: 3/1 - 4/12
Room: RIS Yellow Gym
No. of Classes: 7
Fee: \$67
Instructor: Tim & Tricia Hirschbeck
KidsPlay Instructional Youth Sports

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: 3/1 - 4/12
No. of Classes: 7
Fee: \$67
Room: RIS Yellow Gym
Instructor: Tim & Tricia Hirschbeck
KidsPlay Instructional Youth Sports

SPRING 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. – 5:30 p.m. – 7:00 p.m.
Dates: 5/3- 6/14

Ages 7-9
Day & Time: Sat. – 12:00 p.m. – 1:30 p.m.
Dates: 5/4 - 6/15

Ages 9-12
Day & Time: Sat. – 1:30 p.m. – 3:00 p.m.
Dates: 5/4 - 6/15
No. of Weeks: 7
Fee: \$126
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: 5/4 - 6/15
No. of Classes: 7
Fee: \$126
Location: Dodge Elementary Field
1900 Dodge Road, East Amherst
Instructor: KidsPlay Instructional Youth Sports

FOOTBALL CORE STRENGTH, SKILLS, DRILLS AND CONDITIONING WITH COACH TODD-

This 8 week program will focus on overall physical conditioning and personal skill development utilizing workout stations and group training to enhance young athletes overall physical fitness and skills development. This training is for disciplined athletes who are serious about getting better. The program will teach the student techniques to improve upon their overall physical fitness levels through structured drills and physical training. Pre and post physical fitness strength and agility tests will be administered to measure each student's individual fitness level and progress throughout the course. The skills and drills component will focus on proper stance, balance, coordination and footwork with focus on improving quickness, proper ball handling, passing, catching, and pass route running. Other fundamentals to the game of football will also be explored. A tee-shirt will be provided and is included in the fee. **LIMIT OF 20 STUDENTS PER AGE GROUP.**

Day & Time: Thurs. - 6:00 p.m. - 6:50 p.m. (Ages 8-10)
Thurs. - 7:00 p.m. - 7:50 p.m. (Ages 11-13)
Dates: 2/28 - 5/2 (no classes 4/18 & 4/25)
No. of Weeks: 8
Fee: \$75
Room: Fricano Red Gym
Instructor: Todd Ostrowski - CPR & First Aid certified, PT instructor.

POWER VOLLEYBALL – This class is not recreational volleyball, though informal, you must be able to bump, set and 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: 2/25 - 5/20 (no classes 4/15 & 4/22)
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: 2/26 - 5/21 (no classes 4/16 & 4/23)
No of Weeks: 10
Fee: \$52
Room: High School Gym (North)
Supervisor: Mike & Kathy Eschborn

GOLF – The basic fundamentals for the beginning golfer will be covered. The grip, stance, and basic mechanics of the swing are taught along with the club use, rules etiquette, procedure of play and other facets of the game. Lessons will be taught as a group and then individually for each student. Students will meet at the Paddock Golf Dome, 175 Brompton Rd., Town of Tonawanda. Please bring your clubs and sneakers, no golf shoes are allowed. **Minimum 5, LIMIT 10 STUDENTS. Ages 13 +**

Day & Time: Tues. – 6:00 p.m. – 7:00 p.m.
Dates: 3/12 - 4/9
No. of Weeks: 5
Fee: \$70
Room: Paddock Golf Dome
Instructor: Bobby Hogan
PGA Class A Professional

TRIPS AND TOURS

CANADA BLOOMS - Admission to THE CANADA BLOOMS, TORONTO FLOWER & GARDEN SHOW at the Enercare Center- among the top five in the world, and the largest in Canada. This year's theme is "A FAMILY AFFAIR THEME". Have approx. 5 hrs. to explore the six acres of gardens, that feature Amateur & Professional Competitions, informative lectures & demonstrations. 200 garden retailers will be in the adjacent Marketplace. Food is available on-site, bring your own, or enjoy one of the nearby restaurants. Plants with proper documentation may be purchased & brought into the States. Or, if you do not plan on going to the show, enjoy the time in Toronto exploring the city and its wonders. **PROOF OF CITIZENSHIP REQUIRED.**

Day & Date: Sat. – 3/9
Departs: 8:30 a.m. sharp Eastern Hills Mall
Return: 7:30 p.m.
Cost: \$79

GETTING MOMMA MARRIED - We're off to Erie, PA for the hilarious show at the ever-popular STATION DINNER THEATER for the popular show "GETTING MOMMA MARRIED." When Ann Finnelly's second husband left her five years ago for a younger woman, she swore off men forever. Instead of a man, she involves herself with house plants, bridge, puzzles, murder mysteries and the like. Daughter Julie, twenty, married to the "unemployable", plans to change all that and encourages her mom to take on several suitors. First there is Ed Finnelly, her first husband who she's not seen in thirty years and who's still dumb as ever. Then Mr. Apollo, an amorous, ouzo-drinking, bull-in-a-china-shop Greek mailman. Finally, there's last husband Jack Stanton, whose younger woman left him for another man and he's as lonely without Ann as she appears to be without him. But they've got a lot to come to terms with before the kiss that brings them magically back into one another's arms. And Julie couldn't be happier – seeing her parents reunited. A warm loving comedy filled with funny situations and delightful characters. The final stop is at 5 & 20 SPIRITS AND BREWING owned by the Mazza Family for three included tastings to set the tone for our fun filled comedy "spirit". It's sure to be a fun filled day!

Day & Date: Wed. - 3/13
Departs: 10:00 a.m. Eastern Hills Mall
Return: 7:30 p.m..
Cost: \$105

FINNEGAN'S FAREWELL - It's time to say goodbye to Patrick James Finnegan, a mailman who won 2.5 million dollars playing the slots in Atlantic City and then promptly dropped dead. Eat, drink and be merry with Paddy's family at this authentic Irish-American wake, complete with traditional Irish drinking songs and some lively step dancing. Produced by LANCASTER REGIONAL PLAYERS and held at RIPA'S RESTAURANT in Lancaster...you're sure to have an Irish good time at this interactive comedy show including an early dinner. A cash bar is available. Don't miss Western New York's number one entertainment destination!

Day & Date: Sun. - 3/17
Departs: 2:00 p.m. Eastern Hills Mall
Return: 5:30 p.m..
Cost: \$109

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 p.m.. To make the best of your time in the City, each person will receive pamphlets, a map and other info a few weeks before departure. We advise waiting to purchase any theater tickets until 1 month prior to departure. **12 HOURS IN THE CITY**

Day & Date: Fri. - 4/26
Departs: 11:59 p.m. Eastern Hills Mall
Saturday: •8:00AM Approx. arrival in NYC
8:00PM Depart NYC
Return: Sun. 3:00 a.m.
Cost: \$105

"MURDER AT LOST MEMORIES MANOR" - We will travel to downtown Buffalo's newly restored 115 year old landmark THE BARREL FACTORY in Buffalo's legendary Old First Ward, featuring the Lakeward Spirits craft distillery, Pressure Drop Brewing craft brewery, Bar Cultivar, and much more! Enjoy not only the fantastic atmosphere but this NEW interactive, hilarious comedy murder mystery, MURDER AT LOST MEMORIES MANOR. Your experience begins upon arrival. Enjoy a delicious BUFFET LUNCHEON before our mystery continues! Join us (and bring your friends) for this "NEW" 'Who Done it' set at "Lost Memories Manor". This lively retirement community is home to a host of comic characters, and quite possibly a murderer! Look for clues, question the suspects and solve the mystery in this improvisational killer comedy. Stop at the DISTILLERY AND TASTING ROOM where you will be able to sample and purchase some of the finest craft spirits in New York State! Small groups welcome! The mystery continues as we make a "mystery stop" en route home to complete our day.

Day & Date: Tues. - 4/30
Departs: 9:30 p.m. Eastern Hills Mall
Return: 5:30 p.m..
Cost: \$105

SEVENTIES FLASHBACK REUNION - a musical comedy look at the "seventies!". Join high school teacher, Gabe Otter (remember Welcome back Kotter?) as he explores all that was the "Me Decade." A salute to the pop culture, music, movies, TV, and news events that made up this "wild and crazy" decade of "I can't believe I ate the whole thing" and "Disco Duck". "Don't be such a spaz!" You will certainly dig this dinner show which includes a themed family-style meal. Following the show, we will travel to nearby North East, PA. Visit MASON FARMS- Shop for farm fresh produce in season, garden and nursery items. Gift shop and Christmas shop open year round. A cash bar and soft drinks available for purchase at Dinner Theater. A standard meal gratuity is included in the tour package.

Day & Date: Wed. - 5/22
Departs: 10:00 a.m. Eastern Hills Mall
Return: 8:00 p.m..
Cost: \$109

A DAY IN ST. JACOBS - MUFFIN & JUICE are included en route to our destination. Acquaint yourself with a gentler time in ST. JACOBS COUNTRY. We visit the VILLAGE OF ST. JACOBS (on your own). Spend the day exploring the unique 100+ Specialty Shops and restaurants. Visit these locations -Mennonite Church, Quilts for the World, The School House Theatre, St James Lutheran Church, Quilt Essentials, Merchant Market or The Trunk Show. En route home, we will make a stop at the Peace Bridge Duty Free Store. For More information visit www.stjacobs.com/ events (subject to change slightly). Additional Quilt and Fibre Art Festival information and an event schedule will be provided on the bus on the day of the tour.

Day & Date: Thurs. - 5/23
Departs: 7:30 a.m. Eastern Hills Mall
Return: 7:30 p.m..
Cost: \$65

YANKEES IN CLEVELAND - Spend a great sporting afternoon enjoying a YANKEES GAME IN CLEVELAND (1:10 pm game). Trip includes ROUND TRIP MOTOR COACH TRANSPORTATION, Tour Host/Hostess, \$15.00 FOOD VOUCHER and game ticket (Section 311). The voucher is loaded directly onto the game ticket for your convenience. (VOUCHER - use towards nachos, popcorn, peanuts, hot dogs, & Pepsi products). A rest/food stop will be made on the way down and back. . Sunscreen and hats recommended. Dress for weather. There are escalators to take fans up to the Family Deck section 309. It's a great day at the ball park!

Day & Date: Sun. - 6/9
Departs: 8:00 a.m. Eastern Hills Mall
Return: 8:30 p.m..
Cost: \$109

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 are registered.***PLEASE NOTE: Due to the instability of fuel costs, 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.



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Summer @ Starpoint!

We are excited to be expanding our offerings for the summer. Check out our website & look for the flier in June. Course offerings include new STEM & tech classes, athletic camps, academic classes, and our popular theater camp

[If you would like to teach a Community Education course or have an idea for a new course, please call 210-2348.]

