

# **Alden Community Education Catalog**

## **Spring 2024**

# Alden Central Schools

## Community Education Program

The spring session begins Monday, February 5, 2024. Evening classes held on school grounds will not be in session when school is closed for a holiday or a snow day.

**Scheduled holidays for the semester are:**  
**February 19 – February 23 – Winter Recess**  
**April 1 – April 9 – Spring Recess**

**School Closing:** If it should be necessary to close because of inclement weather, the announcement will be made over WBEN and WGR radio stations. Every attempt will be made to reschedule cancelled classes. **You will not be notified individually if school is unexpectedly closed.**

Register by completing the form on the last page of this booklet. Register by mail or in person at the High School Office, Monday – Friday, 8:30AM – 3:00 PM. Enter at “Door A.” If registering by mail, please enclose a check or money order with your completed registration form. **Please write a separate check for each course.** Registration forms may be duplicated. **Make checks payable to Alden Community Education.**

**Mail to:**  
**Alden Community Education**  
**High School Office**  
**13190 Park Street**  
**Alden, NY 14004**

**Evening walk-in registration will be held on Wednesday, January 31 from 5:30 – 7:00 PM in the High School (near the front entrance). Enter at “Door B.”**

If registering in person, course fees must be paid at that time. You may pay by cash, check or money order. **If paying by check, please write a separate check for each course.** Sorry, no telephone registration will be accepted. We do not accept credit cards.

**Course cancellations:** A minimum number of students will be required for each class. If your course is cancelled due to insufficient registration, you will receive notification by telephone or mail and you will receive a full refund in the mail. No news is good news! If you have registered for a course, please report to the course as scheduled.

**No notification of confirmation will be sent.** You will not be called unless your course is cancelled or to advise you of any changes. You may call the Community Education office if you wish to confirm your registration (716-937-9116, x4124).

**REGISTRATION DEADLINE IS TWO WEEKS PRIOR TO CLASS START DATE!**

**Withdrawals/Refunds: No fees will be refunded for any reason unless a course is cancelled.**

**Non-Alden School District Residents are required to pay an additional \$5.00 registration fee per person per class.**

**Materials:** Students are responsible for the cost of materials where they are required. Lab/material fees are payable to the instructor on the first night of the course and are noted in the class description. **Please do not enclose material fees with your registration.**

**Unless otherwise noted, all courses meet during the evening at the High School. Enter the high school at “Door B.”**

**For additional information please call Michelle Gadd, Community Education Coordinator, at 716-937-9116, ext. 4124**

# MONEY MATTERS

## PROTECTING YOUR MONEY FROM MEDICAID AND NURSING HOME EVENTS

**Monday, May 15, 6:00 – 8:00pm (1 class)**

**Room – 110**

This Medicaid and Nursing Home Risk Avoidance Educational class can be a valuable resource for individuals and families looking to protect their home, money, and retirement assets.

At the end of this educational class, you will have the ability to set up a plan to avoid or reduce probate, taxes, Medicaid & Nursing Home Risk, avoiding impoverishing your spouse and affecting your children and grandchildren's financial future. Continuously educate yourself about Medicaid risk avoidance. The more you understand, the better equipped you'll be to make informed decisions.

**Instructor – Lester Robinson, CLTC**

**Fee: \$15.00**

## WILLS, TRUSTS, AND ESTATES

**Monday, April 22, 6:30 - 7:30 (1 class)**

**Room- 110**

This class will cover what everyone needs to know about Estate planning. Often when one is planning their legacy, they will wonder how their assets will be transferred when they're gone. They will often ask; Do I need a will? How do beneficiary designations work? Do I need trust, and if so, what kind do I need? How do taxes factor into estate planning? What should I do for Long Term Care? What does Medicaid Cover? Should I have a Power of Attorney? Get answers to these questions and more, to help make estate planning easier.

**Instructor - Matthew McAnulty**

**Fee: \$12.00**

## SOCIAL SECURITY & MEDICARE PLANNING

**Monday, May 13, 6:30 – 7:30 (1 class)**

**Room - 110**

This class will cover what everyone needs to know about Social Security & Medicare. Often when one is planning to retire, he/she ponders, will my Social Security be taxed? When should I take Social Security? Will my spouse receive benefits? Can I receive benefits from an ex-spouse? Will working affect my Social-Security Benefit? What does Medicare Cover? When can I enroll in Medicare? Get answers to these questions and more, to help make the best Social Security and Medicare decision for you!

**Instructor – Matthew McAnulty**

**Fee: \$12.00**

## UNDERSTANDING MEDICARE

**Tuesday, February 27 or Thursday, April 25 6:00pm**

**Room 110**

Medicare is Confusing! What is PARTS A, B, C & D? When do I have to enroll? What will I pay? What is a Medicare Advantage Plan? What is a Medicare Supplement Plan? What about late enrollment penalties, Extra Help, EPIC or Medicare Savings Programs? What kind of plans might work best for me? This education-only event will help people understand how the Medicare program works and provide a general overview of the variety of Medicare insurance products available to beneficiaries. Please note the date on the registration form.

**Instructor – Jason Myers**

**Fee: \$12.00**

## TAX PLANNING IN RETIREMENT

**Thursday, May 2, 6:30 -7:30 (1 class)**

**Room - 110**

This class will cover what everyone needs to know about taxes in retirement. When someone plans on retiring, or is already retired, they will often ask; is my social security taxable? How is my pension taxed? How do taxes affect my retirement account distributions? What are required

minimum distributions? If I have an annuity, will that be taxed? What type of accounts are taxable, maybe taxable, and never taxable? How are inheritances taxes to my heirs? Get answers to these questions and more, to help make retiring easier.

**Instructor- Matthew McNulty**

**Fee: \$15.00**

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**No notice of confirmation will be sent.  
You will not be called unless  
your course is cancelled.  
Please call 716-937-9116, ext. 4124 if you wish  
to confirm your registration.**

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# Trips and Tours

We are pleased to offer the following trips and tours with Buffalo Niagara Scenic Excursions, formally Know How Tours. Plan a fun outing with family or friends and leave all the arrangements to us! Just show up, ready for adventure and enjoy the day! All trips that include show tickets are assured good seating. You will receive confirmation of your trip directly from Scenic Excursions. For all trips you may leave from either the **Eastern Hills Mall, 4545 Transit Road, Williamsville, 14221 (EH)** or the **Tops Market at 355 Orchard Park Rd. next to Kmart in West Seneca (TP)**. Please note the trip you are registering for on the “course selection” portion of the registration form.

## **ST. PATRICK’S DAY BLARNEY – drive on own**

**Tuesday, March 13**

**Cost: \$65.00 per person**

It's a Scenic Excursions exclusive event! We're ALL Irish during the St. Patrick's Day holiday time of year! Last event was a sell-out - so do not delay in booking your tickets! Dress in green and head to SEAN PATRICK'S IRISH RESTAURANT for a delicious SIT-DOWN LUNCHEON.

Following lunch, enjoy an afternoon show starring THE BLARNEY BUNCH BAND. Whether you're Irish all year or just for a day, this musical celebration is sure to bring out your green! For nearly thirty years, The Blarney Bunch has been entertaining throughout Western New York. Specializing in traditional Irish music and throwing in some rock and country just to mix it up. With their love and ability to play all types of music - this day is sure to show every one of all ages a great time. Cash bar available.

Arrive & doors open at 11:30 for seating at Sean Patrick's Restaurant, 3480 Millersport Hwy., Getzville NY

LUNCH 12 NOON      SHOW 1:30-3:00 PM      DEPART 3:00 PM

CHOOSE ONE ENTREE WHEN MAKING RESERVATION: please note on registration form

- Corned beef with cabbage
- Chicken Piccata (light lemon wine sauce)
- Baked haddock

## **“LOVE ME TENDER” ELVIS TRIBUTE SHOW- SENECA NIAGARA**

**Monday, March 25**

**Cost: \$89.00 per person**

We're off to SENECA NIAGARA CASINO for the matinee show, LOVE ME TENDER, AN ELVIS TRIBUTE SHOW, STARRING TERRY BUCHWALD. This great day out includes motor coach transportation, a FANTASTIC MATINEE SHOW at SENECA NIAGARA'S BEAR'S DEN SHOWROOM, \$20 SLOT PLAY, and \$10.00 SENECA DINING DOLLARS! Terry is a well-known tribute artist and recording artist from Western New York, who has earned the distinction of being named one of the top tribute artists in the United States by the LA Times. Audiences across the nation are astonished by his dynamic voice and striking resemblance to Elvis. By all accounts, Terry has the looks, the moves, and the voice of the legendary "King." It's an ALL-NEW show for this "Love Me Tender" Elvis Tribute Show. Come and be entertained, dance and sing along! It's a show you don't want to miss! Limited availability – be sure to book early!!! Spend the afternoon at SENECA NIAGARA CASINO offering exhilarating gaming with the hottest slots and action-packed games. Must arrive and depart via motor coach. Must be 21 years of age.

Valid, Government issued photo ID is required to receive casino incentive.

**Depart: EH 8:30am TP: 8:00am**

**Return: TP: 9:00pm EH: 8:30pm**

## **“MAMA MIA” – SHEA’S BUFFALO THEATRE**

**Sunday, April 14**

**Cost: \$199.00 per person**

Travel to PEARL STREET GRILLE, located in downtown Buffalo for a SIT-DOWN LUNCHEON. Following our meal, travel to Shea’s Buffalo Theater for the Matinee Show, MAMMA MIA. A mother, a daughter, 3 possible dads, and a trip down the aisle you’ll never forget! Set on a Greek island paradise where the sun always shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA. On the eve of her wedding, a daughter’s quest to discover the father she’s never known brings three men from her mother’s past back to the island they last visited decades ago. For nearly 25 years, people all around the world have fallen in love with the characters, the story, and the music that make MAMMA MIA! the ultimate feel-good show.

CHOOSE ONE ENTRÉE: please note on registration form

Beer braised pot roast with smashed potatoes and mushroom gravy

Char-grilled chicken served on mixed greens with bacon, jack cheese, tomato, and choice of dressing.

Beer battered fish fry served with pub fries and tartar sauce.

**Depart: TP 10:00 am EH 10:30 am Return: TP 5:00 pm EH 4:30 pm**

## **AMISH IN CHERRY CREEK**

**Wednesday, May 22**

**Cost: \$139.00 per person**

Take a trip back in time with a visit through the Old Order Amish Community in the CHERRY CREEK & CONEWANGO VALLEY. They live without all the modern conveniences such as electricity, telephone, and cars. Their lifestyle separates them from the modern world. They emphasize humility, faith, honesty, and hard work. They are recognized by their plain dress and travel by horse and buggy. Our day begins with meeting a step on guide. Along the way, you’ll visit sites, shopping delights, and bring home special treats. From an Alpaca Farm and gift shop, Amish quilt shop (accepts cash only), lunch at the South Dayton Hotel, visit to an Amish Greenhouse, the Valley View Cheese shop as well as an in-home visit to an Amish Bakery.

CHOOSE ONE ENTRÉE: please note on registration form

Roast Beef with mashed potatoes

Fish Fry with coleslaw and homemade potato salad

Chicken parmesan served on side of spaghetti

**Depart: EH 8:30am TP 9:00 am Return: TP 5:00 pm EH 5:30pm**

## **SYRUP & SLOTS**

**Thursday, June 13**

**Cost: \$79.00 per person**

Off to the Southern tier to experience a fantastic restaurant featuring homemade maple syrup. Enjoy the scenery as you travel to SPRAGUE’S MAPLE FARMS. Sprague’s is a great place to visit year ’round. Enjoy BREAKFAST at this popular restaurant. Continue on to enjoy the SLOTS at the SENECA ALLEGANY CASINO. With 68,000 sq. feet of world-class gaming, thousands of reel-spinning video slot machines and favorite table games. The casino also features Turtle Island, the non-smoking casino, a high limit slot and table games area, the Poker Room and The Casino Bar. RECEIVE \$25 IN FREE SLOT PLAY AND \$5 IN SENECA DINING DOLLARS during your casino stay.

Bring along or register for a Seneca Players card to receive the incentive. Bring a valid state or federally issued I.D. (passport or driver’s license) along with your Seneca Social card if you have one. Incentive is not given without valid identification. The casino incentive is the offering of the casino, and as such, is subject to change without notice.

CHOOSE ONE ENTRÉE WHEN MAKING RESERVATION: please note on registration

•(Mainline) Pancakes with eggs & meat

•Texas size french toast with meat

•Sausage gravy & biscuits served with Home Fries

**Depart: TP: 9:00am EH: 8:30am Return: TP: 6:30pm EH: 7:00pm**

## **TURNING STONE CASINO**

**Saturday, June 22**

**Cost: \$89.00 per person**

Try your luck at Turning Stone Casino Res in Verona, NY. It's just a short, comfortable ride along the NYS Thruway to one of New York's premier casino resorts. Enjoy gaming or bingo and you choose your incentive. Try your luck at over 80 table games and 2,400 cash slot machines. Match wits with friendly competition at the great poker room. If Bingo is your game, - enjoy fantastic high-stakes bingo – Turning Stone is rated one of the top ten Bingo halls in North America and features both smoking and non-smoking halls. There are many eateries to choose from, two beautiful spas, great shopping opportunities, and more! There is something for everyone at Turning Stone Casino Resort & Bingo! Must be 21 years of age. Valid Government issued identification required at the casino to receive the incentive. The casino bonus is that of the casino and is subject to change without notice.

PLEASE PROVIDE EITHER YOUR TURNING STONE CASINO PLAYERS CLUB CARD NUMBER OR YOUR DATE OF BIRTH AT TIME OF BOOKING FOR THE CASINO MANIFEST. CHOOSE YOUR INCENTIVE WHEN MAKING YOUR RESERVATION:

- CASINO: \$25 FREE PLAY, \$5 MEAL CREDIT
- BINGO: \$25 BINGO BUCKS, \$5 MEAL CREDIT

**Depart: EH: 7:30am TP: 7:00am**

**Return: TP: 9:00pm EH: 8:30pm**

**“TP” – Tops Plaza 355 Orchard Park Rd, West Seneca**

**“EH” - Eastern Hills Mall**

## **Questions?**

**Alden Community Education**

**716-937-9116, ext. 4124**

**Or**

**mgadd@aldenschools.org**

# GET CREATIVE



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## ADULT & ME COOKIE DECORATING

**Wednesday, May 8 6:00 – 8:00**

**Room- High School Cafeteria**

Have you ever wanted to learn the art of cookie decorating to make your cookies look as beautiful as in a magazine? If you don't know where to start, or royal icing frightens you, this class is for you! I will teach you about frosting consistency, how to use tools that will make your cookie decorating easier and different frosting techniques. This class is for a child & an adult. Cost is per pair. Additional child cost \$28. Maximum 2 children per adult.

**Instructor- Kristi Bean 716 Cookie, dips & kits**

**Fee: \$65 per pair/\$28 additional child**

## FLORAL WORKSHOP

**Thursday, March 28 or Wednesday, April 17 6:30-8:30pm Room- High School Cafeteria**

A hands-on workshop with how-to tips and tricks to creating your own beautiful fresh floral masterpiece. Thursday, 3/28 Spring Basket: Design a fresh floral centerpiece just in time to display for Easter. Wednesday 4/17 colorful vase: create a vased arrangement full of color using a wide variety of fresh flowers. Please put date on registration form.

**Instructor- Darci Bogumil**

**Fee: \$60.00 per class**

## ROVING GLASS CLASS

**Tuesdays, 6:00-8:00**

**Room- 109**

**March 12- Hot Air Balloon, March 19- Heart, March 26- Sea Turtle, April 9- Sunflower, April 16- Bird**

Create a 5x7 picture using stained glass nippers and glue. Please specify which date or dates you will be attending on the registration form.

**Instructor- Gail Schneider**

**Fee: \$35.00 per class**

## DIY GARDEN DESIGN

**Wednesday, April 24 6:30 – 8:30**

**Room – 120**

“Garden Design for the DIY’er”. Take the guesswork out of gardening! Nora Saintz is excited to provide her years of professional experience to help local homeowners create successful gardens. This course provides practical, easy-to-follow advice that makes gardening accessible to all. Course topics include: Landscape design fundamentals · Plant combination ideas for container gardens · Solutions for wet, shady, and other difficult-to-plant areas · Low-maintenance, deer-resistant plant options. Participants are encouraged to bring in photos of their yards for specific design advice. A Q&A session will be held at the end to cover any garden-related topics not covered during class.

**Instructor- Nora Saintz**

**Fee: \$40.00**



**Please note – Non-residents of Alden School District are required to pay an additional \$5.00 registration fee per person per course.**

**BASIC KNITTING**

**Thursday, February 15, 6:00-9:00pm** **Room- 110**  
Have you always wanted to learn how to knit? In this course you will learn basic knitting techniques. Learning how to cast on, simple stitches, casting off and following a basic pattern will be the goal of this course.  
**Instructor- Helen Gillette** **Fee: \$55.00**

**BEGINNER PAINTED STAINED GLASS**

**Thursday, February 15, 6:00-9:00pm** **Room- 111**  
Students will learn basic color theory on glass, with emphasis on preparing, leading and coloring on plate glass.  
**Instructor- Heather Whitney** **Fee: \$55.00**

**INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE**

**Monday, April 8 6:30-9:30pm**  
In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction. Topics include: How chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid “counting”, how to simplify over 12,000 complex chords and more!  
**Instructor: Craig Coffman** **Fee: \$59.00**

**INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE**

**Tuesday, April 9, 6:30-9:30pm**  
Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it. This crash course will teach you some basic chords and get you to play along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without

any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. For ages 13+. Topics include: how chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar (things to avoid), how to play along with simple tunes and more!

**Instructor: Craig Coffman**

**Fee: \$59.00**

### **SINGING LESSONS FOR EVERYONE- Online Course**

Do what you love to do – BETTER! Learn to bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages. Lessons are 30 minutes of private instruction. Call 716-821-1404 for additional information or email at [HolistidArts@hotmail.com](mailto:HolistidArts@hotmail.com). Introductory price for Community Education Students: **\$135.00 for 5 lessons. 5- week session** – flexible scheduling!

**Instructor – Jesse Wicher**

**Sorry – we do not accept credit cards or telephone registrations.**

**Do you have a skill to share? We are always looking for new instructors with interesting skills or talent to share with our community. Call 716-937-9116, ext. 4124 for more information.**

# SPECIAL INTEREST

**Please note – Non-Alden School District residents are required to pay an additional \$5.00 registration fee per person per course.**

## **REAL ESTATE 101**

**Wednesday, March 6, 6:00pm**

**Room -109**

Welcome to Real Estate 101, where Chase Eastland, a licensed real estate salesperson with Metro Roberts, will do a crash course on how to buy and sell property. Chase will also go over mortgages and how you get approved to put offers in on available listings.

**Instructor- Chase Eastland**

**Fee: \$10.00**

## **REAL ESTATE 102**

**Wednesday, March 13, 6:00pm**

**Room- 109**

We will briefly discuss everything we touched on during Real Estate 101 and then focus on questions, concerns, and specific situational examples guided by the class. We will also touch on how to invest in real estate. You do not need to attend 101 to attend this class.

**Instructor- Chase Eastland**

**Fee: \$10.00**

## **ONLINE SEND YOUR KIDS TO COLLEGE PRESENTATION**

**Wednesday, April 24 6:00-7:00**

Did you know that less than 33% of 4-year college students graduate in four years? Mistakes in college planning could cost you thousands of dollars! Please join our team of experts for a one-hour discussion on the best approach to college planning. Send Your Kids to College is a non-profit organization. There is no obligation to purchase anything. Topics discussed include: Choosing the right college major and the best approach in applying to colleges. Timeline for ACT and SAT test preparation and why it is important to prepare for these admission tests. Strategies

to reduce the cost of college, available scholarships, and The SAGE Scholars tuition rewards program. Attendees will earn 500 SAGE Scholars points just for attending the seminar. That is equal to \$500 in tuition rewards! One day prior to the presentation an email containing the login information will be sent to the email address listed on the registration form.

Visit [www.allprotutoring.com](http://www.allprotutoring.com) for more information.

**Instructor- All Pro Tutoring and Test Preparation Staff**

**Fee: \$10.00**

#### **4-HOUR SAT BOOT CAMP**

**Tuesday & Thursday, April 30 & May 2, 6:00 – 8:00 (2 classes)**

**Room - 120**

Get a jump start on your SAT test preparation! While many colleges have gone test optional, the early data has shown that students who submit SAT or ACT test scores have an admissions advantage. This comprehensive course introduces students to the SAT test with emphasis on test-taking strategies, testing information, how to best prepare for the SAT test, and practice questions in each subject. Course includes workbook/study materials and a free simulated SAT test. For the simulated test schedule and registration information visit: [www.allprotutoring.com](http://www.allprotutoring.com). One day prior to the start of class an email containing class login information and class materials will be sent to the email listed on the registration form. Test dates are October 7, November 4 & December 2. Please register early.

**Instructor – All Pro Tutoring and Test Preparation Staff**

**Fee: \$75.00**

#### **WRITING THE COLLEGE APPLICATION ESSAY**

**Wednesday, May 1 6:00 – 8:30 (1 class)**

**Room - 120**

Do you want to ace your 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. Please register early.

**Instructor – All Pro Tutoring and Test Preparation Staff**

**Fee: \$75.00**

#### **4-HOUR ACT BOOT CAMP**

**Tuesday & Thursday, March 26 & 28, 6:00 – 8:00 (2 classes)**

**Room - 120**

Get a jump start on your ACT test preparation! While many colleges have gone test optional, the early data has shown that students who submit SAT or ACT test scores have an admissions advantage. 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](http://www.allprotutoring.com). ACT test dates are September 9, October 28 & December 9. Students are welcome to bring a snack to class. Please register early for this class.

**Instructor – All Pro Tutoring and Test Preparation Staff**

**Fee: \$75.00**

**The following classes held by Gina Henry will be held via zoom.  
Once registration is received a zoom link will be emailed to you.**

#### **HOW TO TRAVEL FREE AND MAKE MONEY TRAVELING**

**Saturday, February 3 12:00-3:00pm**

We're back to our travels! Everything is getting more expensive, so how do we make our travel free? Learn how to find the deep travel discounts motivating us to see the world. If you are retired, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she has traveled for free to 100 countries and all 50 states. Plus learn important tips on travel safety, trip insurance, affordable retirement opportunities & other inspirational life enhancing strategies. Earn free airline tickets, hotel nights, tours, cruises & more! Volunteer, fun work-vacations, paid travel, teach English, mystery shopping, importing, drop shipping & remote employment

opportunities. Gina teaches this online class while she is traveling all over the US & worldwide for free. Tuition includes her 100-page digital book "*How to Travel Free*" (a \$39.95 value). Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

**Instructor- Gina Henry**

**Fee: \$49.00**

## **GET PAID TO TEACH ENGLISH**

**in the USA, Overseas & Online - Plus Other Teaching & Administrator Assignments**

**Saturday, February 10 12:00pm-3:00pm**

Learn how Gina has taught her way around the world & paid for vacations and travel to over 98 countries. Teaching English is a high paying career or simply a great way to go on vacation for free. English is the world's business & travel language. Being able to speak English helps people get better paying jobs. If you speak English, you can teach conversational English! You don't have to be certified or speak the local language. Make money from home by teaching English online. Earn a free vacation, 2-month paid summer job, or full-time work that earns up to \$90K a year. Learn the best paying jobs, qualifications, certification programs & specific hiring organizations. Tuition includes instructors 100-page digital book (a \$39.95 value). Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

**Instructor- Gina Henry**

**Fee: \$49.00**

## **THE SECRETS OF TRAVEL-HACKING**

**Free Air, Hotels, & Cash Back**

**Saturday, February 17 12:00pm-3:00pm**

You can earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel and then redeem them for high-value trips. Flights and hotels are typically the most expensive part of your vacation budget. Gina will show you her easy "Beginner Strategy" then graduate you to more advanced strategies that earn you 1 million+ reward points a year. All the major reward programs will be detailed. Also learn tips for flying business and first class. Gina Henry, founder of Go Global, Inc, has been a professional traveler for over 26 years and earns 15 free airline tickets and dozens of free hotel nights each year. Tuition includes instructors 100-page digital book "The Secrets of Traveling Hacking - Free Air, Hotels & Cash Back" (a \$39.95 value). Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

**Instructor- Gina Henry**

**Fee: \$49.00**

## **GET PAID TO BE A TOUR GUIDE & TRAVEL FREE**

**Saturday, April 6 12:00pm- 3:00pm**

Many well-paying professional jobs are now available, both domestically & internationally! We are getting back to our travels and many Americans are motivated to travel all across the USA & worldwide. Before Covid foreign tourists found America to be a great value and this is returning quickly. Many people will not travel unless they book a tour, take a cruise or travel with you or their friend who knows the destination. Travel & tourism is the world's fastest growing industry, and relatively recession proof. If you love to travel, earn income as a tour director. Work part-time or full-time leading tours for major companies. Plus, get a FREE tour by promoting trips for tour companies or putting trips together for friends, family or groups. Work for a company or start your own business. Learn the qualifications needed, the "Five Easy Ways to Get a Job In the Tour Industry", how to start your own tour company (with little investment), how to design excellent tours & negotiate group discounts, tour director salaries, and "101 Ways To Promote Your Tour & Make It A Success". Instructor, Gina Henry, founder of Go Global, Inc., leads tours worldwide for major tour companies as well as her own tour business of 30 years. She is an INTERNATIONAL TOUR MANAGEMENT INSTITUTE (ITMI) certified tour director & teaches travel classes nationwide. Tuition includes instructors 100-page digital book "GET PAID TO BE A TOUR GUIDE & TRAVEL FREE" (a \$39.95 value) which provides names, phone numbers, and websites of all of the contacts you need to put this practical information to use). Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

**Instructor- Gina Henry**

**Fee: \$49.00**

## **WORK REMOTELY & BECOME A DIGITAL NOMAD**

**How to Create Your Money-Making Travel Lifestyle & Work Anywhere**

**Saturday, March 30 12:00pm-3:00pm**

Working remotely is now the thing. Why not add travel to the mix? Join thousands of individuals who are taking their work with them and hitting the road! You can make your travels sustainable by earning a living as you travel. Professional traveler Gina Henry has been doing this for years and shares her wealth of knowledge. Get the “how to” of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a “physical address”, the RV lifestyle, timeshares, international living, long-term rentals, housesitting, and more. Learn the best ways to set up your remote office and get quality Wi-Fi in your hotel, long-term rental, and out of your car or RV. Plus learn about the many remote jobs available. Gina Henry founded Go Global, Inc. 26 years ago and has been location independent and working remotely for the past six years traveling year-round. Tuition includes instructors 100-page digital book "Work Remotely and Become a Digital Nomad" (a \$39.95 value). Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

**Instructor- Gina Henry**

**Fee: \$49.00**

## **MYSTERY SHOPPING - GET PAID TO SHOP**

**Saturday, April 13, 12:00pm – 3:00pm**

Do you like to shop? You can get paid to shop at almost every local store in your area, plus there are many online shopping assignments you can do from home. Mystery shop on vacation all across the USA and in over 70 countries worldwide - FREE hotels, restaurant meals, car rentals, sightseeing tours, etc. Mystery shopping has become the most cost-efficient way for stores & businesses to know their customers and stay in business, especially during these challenging economic times. Learn how to avoid scam companies and work for the best mystery shopping companies that pay the most. Get the names & contact information for the TOP 100 MYSTERY SHOPPING COMPANIES including addresses, websites, and phone numbers to make all these ideas practical. We review actual mystery shopping assignments, so you know exactly what to do, including the paperwork. Get paid or keep the items you buy on assignment. A FREE dinner for two at a nice restaurant, a FREE hotel night, a FREE tank of gas, FREE groceries, FREE dry cleaning & more. Learn how to play up your qualifications for the best assignments, how to fit mystery shopping into your daily schedule, and how to earn the most income. Instructor, Gina Henry has been a professional mystery shopper for over twenty years. She teaches in 90 cities nationwide and wrote the book “How to Travel Free”. Tuition includes instructors 100-page digital book "Mystery Shopping - Get Paid to Shop" (a \$39.95 value). Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

**Instructor- Gina Henry**

**Fee: \$49.00**

**Please write a separate check for each class.**

**Please register early. Insufficient registration may force a class to be canceled. Decisions to “run” or cancel a class based upon enrollment is made one week prior to the first day of class.**

**The following courses offered by Dina DiRoma from Notary Public Central, Inc will be held online. Once registration is complete, you will receive access to the online course via email. The courses can be accessed anytime from any device and are available 24/7 for 90 days from the date of registration.**

#### **ONLINE NOTARY COURSE**

**Course Length: 2.5 hours**

This online training course includes instant access, notary concepts, definition review, sample forms. Notary Law Subsection Review, Notary facts, Notary Prep Test, and one year of customer support.

**Instructor- Dina DiRoma**

**Fee: \$85.00**

#### **BUSINESS STARTUP-ENTREPRENEUR IN THE MAKING**

**Course Length: 60-90 days to complete**

Have you ever dreamed of owning your own company but don't know where or how to begin? Do you want to be in charge of your future and set the rules? Well, there are no shortcuts and easy money, but having a clear-cut way to get there makes all the difference. This course was to start your own business and turn your dreams into reality. This course is results-driven, packed with actionable plans and you set the pace. After completing this course and following all the requirements, your business will be up and running. Topics covered: industry, strategy, costs, infrastructure, website, social media thumbprint, merchandising, gift cards, Groupon, Google, monetize, marketing & advertising, social media marketing essentials and launch. Downloadable Book Included.

**Instructor- Dina DiRoma**

**Fee: \$260.00**

#### **CREATING AN AMAZON, KINDLE & AUDIBLE EMPIRE**

**Course Length: 60-90 days to complete**

Have you ever thought about writing your very own book but thought it was too much work or cost too much money? What if you could write a book, get it in front of millions of readers and it wouldn't cost you a dime or next to nothing? Even better, what if you received commission for every book that was sold from your site? Oh yeah, and once it's done, it will earn you perpetual income forever. Yup, you read it right! Thanks to Kindle, Amazon and Audible for making it all possible and I'm going to show you how. All you need is to be your creative self, read, and take action. Topics covered: Kindle, Amazon, audible explained, requirements & essentials, using Kindle, selecting keywords, choosing a title, selecting a category, page & cover requirements, cover creation, publish, marketing your book, and much more!

**Instructor- Dina DiRoma**

**Fee: \$360.00**

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# Classes for Kids

## CHECKERS LIVE TV

Primary School Music Room

Wednesdays, February 7 – March 6 2:20-3:20pm (no class 2/21)

The creators of The Reading Road Trip, a leading children's literacy program, offers your student a one-of-a-kind educational experience. After viewing our exclusively available virtual show, a live instructor will help students continue the adventure with crafts, songs, games and reading a children's book together.

Instructor – Joey Hamilton

Fee: \$90.00

## BASIC FIRST AID FOR CHILDREN

Thursday, February 15 5:00-6:30pm

Room - 109

This is a 90-minute course for **6-13 year-olds**, which teaches basic First Aid skills. The skills taught include: checking scene safety, use of personal protective equipment, treatment of burns, cuts, sprains, EpiPen use, breathing emergencies, and much more! This course can be taken in conjunction with Safety First and is recommended but not necessary.

Each student will receive a certificate of completion and a compact first aid kit.

Instructor- Domenico Danesi

Fee: \$55.00

## SAFETY FIRST FOR CHILDREN

Thursday, February 15 6:30-8:00pm

Room - 109

This is a 90-minute class for **6-13 year-olds**. The class consists of home alone principles and safety precautions such as: answering the door, answering the phone, 911 calls, house safety, Internet safety, basic First Aid skills, and more! This course can be taken in conjunction with Basic First Aid and is recommended but not necessary.

Each participant will receive a certificate of recognition as well as some free safety materials.

Instructor- Domenico Danesi

Fee: \$55.00

## SPANISH FOR THE ELEMENTARY YEARS

Mondays, 2;20-3:00pm

Primary School Art Room

Session 1: February 12- March 25 (no class 2/19)

Session 2: April 22- June 3

Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-2 student to learn the Spanish language. This unique and exciting program features foundation vocabulary Introduced through games, singing and fun activities. Students can compound words and begin forming simple sentences. Early introduction increases the student's ability to absorb rather than translate the language. **If you have taken a Spanish Club class previously, new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students!** Join in the fun! **Program is held in the school at dismissal.** If you have any questions, contact The Enrichment Company at 1-833-436-7424.

Fee: \$85.00

REGISTER ONLINE AT: [www.TheEnrichmentCompany.com](http://www.TheEnrichmentCompany.com)



**No class confirmations will be sent! You will not be called unless your course is cancelled or to notify you of any changes. You may call the Community Education office if you wish to confirm your registration (937-9116, ext. 4124).**

**Registration must be received two weeks in advance for all classes!**

**You may pay by check, cash, or money order. Sorry – we do not accept credit cards or telephone registrations. If paying by check, please write a separate check for each class. If a class is cancelled, you will receive a refund check in the mail.**

**Evening Walk-In Registration will be held at the high school in the front entrance on Wednesday, January 31 from 5:30 – 7:00 PM. Please enter the school at “Door B.”**

# ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ HEALTH AND SAFETY

## **NYS SAFE BOATING COURSE**

**Tuesday & Thursday, May 21 & May 23, 5:15-9:15pm**

**Room- 120**

This course is taught by a New York State Certified Educator and meets the requirements for a Personal Watercraft (PWC) Boating Safety Course. It is intended to provide a basic knowledge of safe and legal boating practices. This is an 8-hour instructor led workshop, which includes a textbook and a 50 question multiple choice exam, which you **MUST** pass. Satisfactory completion will earn you an official completion certificate, is approved by the AASBLA and meets education requirements for states with boater education laws. Course completion is good for life and is recognized by the US Coast Guard. Participants must be over 10 years of age at the beginning of the course. This certificate may also entitle you to a 15% discount annually on your watercraft insurance. The fee includes all materials, books, and final exam. The state charges \$10 for the certificate which will be paid separately- details given during class. The registration fee **DOES NOT** include the state certificate and is paid directly to NYS upon completion of the course.

**Instructor- Tricia Andrzejewski**

**Fee: \$40.00**

## **ADULT, CHILD, AND INFANT CPR/AED**

**Wednesday, April 17 6:00 – 9:00 (1 class)**

**Room – 109**

Adult, Child, and Infant CPR/AED training course 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. The course is held over one 3- hour training session. Students who complete the program will receive a text and 2- year certification card. The American Safety and Health Institute (ASHI) is a nonprofit association focused on providing the highest quality safety and health training nationwide. It consists of over 35,000 professional safety educators and 5,500 training centers dedicated to improving emergency care. The Isafety Company is the authorized regional training center for ASHI.

**Instructor – Isafety Company**

**Fee: \$59.00**

## **THE CHILD AND BABYSITTING SAFETY COURSE (CABS)**

**Wednesday, April 10 6:00-9:00pm (1 class)**

**Room - 109**

The Child and Babysitting Safety (CABS) course from the American Safety and Health Institute will teach students everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so they can prevent and respond to emergencies. As an American Safety and Health Institute trained babysitter, they'll gain confidence and valuable employment skills to impress parents. Targeted for students 11 – 15 years old, the course is held over two 2 1/2-hour training sessions. Students who successfully complete the program will receive a babysitter's text, first aid kit, a starter package and certification card. The American Safety & Health Institute is a nonprofit association focused on providing the highest quality safety and health training nationwide. It consists of over 35,000 professional safety educators and 5,500 training centers dedicated to improving emergency care.

**Instructor – The American Safety and Health Institute**

**Fee: \$59.00**

**\*See *Kids Classes* for additional Health & Safety offerings for children ages 6-13\***

# WELLNESS CLASSES

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## **INTRODUCTION TO CRYSTAL HEALING**

**Tuesday, February 6, March 5, or April 16**

**Room- 110**

Feeling anxious, depressed, stressed? Want to shake that negativity away but need some help. In this class everyone will learn about different types of crystals and how each one supports healing, physically, emotionally, mentally, and spiritually. The crystals that I will be using and discussing are not the usual crystals that you see at a psychic fair. During this class everyone will get the opportunity to manifest their goals, while using these crystals. This class will include a 20-minute crystal healing mini-session, which will allow you to experience the effects of each crystal. Please put the date you'd like to attend on registration form.

**Instructor- Lynn Chadwick, Healing Body & Soul**

**Fee: \$35.00**

## **PLANT-BASED NUTRITION 101**

**Monday, April 15 6:00-7:30pm**

**Room 109**

Nutrition can be confusing! IN this foundation class, we will discuss macronutrients and the plant-based diet. While not a weight-loss diet where you have to count calories, fat grams, or carbohydrates, you will learn how a plant-based diet can help you achieve and maintain your ideal weight. We will highlight basic facts to help make it easier to understand nutrition.

**Instructor- Marcy Zastrow**

**Fee: \$20.00**

## **PLANT BASED NUTRITION 102**

**Monday, April 29 6-7:30pm**

**Room 109**

This class can be taken after 101 or on its own. We will be discussing non-GMO and organic foods, The Dirty Dozen, The Clean 15, macronutrients, superfoods, and more! By the end of the class, students should have the knowledge to start their plant-based journey.

**Instructor- Marcy Zastrow**

**Fee: \$20.00**

**The following courses offered by Jesse Wicher will be held online via Zoom. Upon registration for your class, you will be emailed a unique Zoom web link invitation that you can click to automatically join the class at the scheduled class time via computer. No other action is required! If you wish to join the class on your smartphone or tablet, you will first need to download the free Zoom app and set up your free Zoom account in order to join using the web link invitation.**

## **SECRETS OF HAPPINESS**

**Tuesdays, February 27- March 26, 7:00-9:00pm**

Learn to believe in the happiness you want for your life, all over again! Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Through the practice of time-honored techniques, you will experience your life-transforming power to choose happiness in any situation, reconnect with the spontaneity and wisdom of your inner-child, overcome limiting fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Come learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy!

**Instructor- Jesse Wicher**

**Fee: \$155.00**

## **EMOTIONAL RELEASE FOR INNER PEACE**

**Monday, February 26, 6:30 – 9:00 (1 class)**

Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and sabotage our inner peace. In this single evening course, you will learn simple yet effective techniques for getting in touch with, understanding, accepting, and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.

**Instructor – Jesse Wicher**

**Fee: \$45.00**

## **DEVELOPING YOUR INTUITION**

**Thursdays, February 29 – March 28, 7:00 – 9:00 (5 classes)**

Think you're not intuitive? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates. Come experience the freedom and fun of opening to your inner gifts as you grow in your spiritual connection. For additional information contact Jesse at 716 821-1404 or [HolisticArts@hotmail.com](mailto:HolisticArts@hotmail.com).

**Instructor – Jesse Wicher**

**Fee: \$155.00**

## **MEDITATION FOR RELAXATION AND PERSONAL HEALING**

**Wednesdays February 28-March 27 7:00-9:00pm (5 classes)**

Do you suffer from stress, anxiety, sleeplessness- or even high-blood pressure or hypertension? Does your mind never stop going? Meditation can help! Meditation is a simple, easy to learn practice that involves focusing your thoughts and your breathing to help you relax into the present moment. Studies show that regular meditation can help promote increased mental clarity and emotional balance, reduce physical effects of stress, and create a greater sense of well-being. In this interactive course, you will learn the empowering concepts and techniques for successful personal meditation and will find support in crafting your own meditation regimen. Come experience for yourself the abundance of inner peace, personal health and spiritual connection that come from meditation.

**Instructor- Jesse Wicher**

**Fee: \$155.00**



# GET FIT!

## **HALLWALKERS**

**Monday – Friday, 5:00 – 9:00 PM, High School**

**Monday – Friday, 6:00 – 9:00 PM Alden Primary School**

**No Fee**

Walk with your neighbors and friends in the hallways of Alden High School or Alden Primary. Whether you enjoy an easy stroll or a brisk walk for your regular exercise, school offers the perfect clean, dry and safe setting, regardless of the weather! Pick up your walking pass at the high school office between 8:30 – 3:30. Open to Alden School District residents only. No children please. Note: Access may be restricted due to scheduled events or maintenance issues. For hall walking at the high school, enter at “door B.” Please carry your hall walking pass with you when you walk.

**The following classes are taught by Coreen Wozniak of Coreen Wozniak’s  
Balanced Fitness LLC  
12444 Broadway, Alden (corner of Broadway/Sandridge)**

**8- week session February 5 – March 30**

**1 class/week \$106**

**2 classes/week \$176**

**7-week session April 8 – May 25**

**1 class per week: \$94**

**2 classes per week: \$155**

**Please specify class/classes and times on registration form**

## **TOTAL TONE**

**Saturdays, 7:30am**

Mold your body in this class by using weights, tubes, and your own body weight. You will gain strength, tone your muscles, and feel lean without bulking up. Be ready to work hard and focus on your goals! Wear sneakers and bring a mat, light weights (5-8 lbs.) and water.

## **GENTLE HATHA YOGA**

**Tuesdays, 4:30pm, Thursdays, 4:30pm**

Beginners welcome! Hatha yoga practices are designed to align & calm your body, mind, and spirit. Yoga helps improve strength, concentration & flexibility. Relaxation & meditation complete the end of each class allowing your mind and body to feel renewed & restored.

## **MINDFUL IN MOTION YOGA**

**Thursdays, 7:00pm**

All-level means this class is accessible to most everyone, so long as you're capable of getting up and down from a mat on the floor, with modifications taught to raise the spiciness level up or down to your satisfaction. Beginners are welcome! Hatha yoga practices are designed to align and calm your body, mind and spirit. Yoga helps improve strength, concentration and flexibility. Relaxation and meditation complete the end of each class allowing your mind and body to feel renewed and restored. (Yoga mat required)

## **POWER FUSION YOGA/WARM YOGA 75 DEGREES**

**Wednesdays, 7:00pm**

Warm up & build heat with Sun Solutions, flow through several poses, including core and finish with relaxation or mediation. Yoga helps improve strength, concentration, relieves stress & enhances flexibility. (Warm yoga class is held in a room heated between 70-75 degrees to help muscles warm up faster, & increase sweat to aid in detox. This class is not for people who have high blood pressure, are pregnant or someone that has not taken yoga before).

## **CARDIO BURN, TONE & STABILITY**

**Thursdays, 5:45pm**

Challenge yourself using a variety of equipment such as steps, tubes, weights and your own body weight. Intervals vary from moderate to intense training your entire body and mind to focus on the goal and transition to each level. (Sneakers required)

## **ZUMBA**

**Saturdays, 8:45am**

Perfect for everybody! Each Zumba class is designed to bring people together to sweat it out. Zumba mixes low-intensity & high intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin & World rhythms take over, you will see why Zumba Fitness classes are often called exercise in disguise! Multi-level Class. (sneakers required)

## **VITALITY YOGA**

**Saturdays, 9:45am**

Start your Saturday feeling energized and strong. You will link and hold classic poses to enhance vitality. (Yoga mat required)

## **BARRE ABOVE**

**Mondays 4:30pm, Fridays 8:00am**

Low impact workout incorporating dance, Pilates, yoga and strength training. Fun upbeat music will get your heart pumping and the use of light weights and bands will strengthen and tone your muscles.

## **SWEATBOX**

**Mondays 5:45pm, Tuesdays 5:45am, Thursdays 5:45am**

Intervals range from 20 seconds to 3:00 minutes with varying intensity. Variations blend cardio endurance, strength, agility, core, flexibility and more. Cardio endurance and strength combined or as a stand-alone component. Strength exercises are performed with weights, resistant bands and body weight. This multi-level class can be customized for most fitness levels. (Weights, mat, sneakers & water required). Some formats use a STEP during class.

## **TONING CURVES**

**Mondays, 6:00am**

Dance & move while you sculpt your body with light weights, bands & your own body weight. This class flows through choreography that may include movements from Pilates, dance, yoga, ballet, athletic training, and traditional fitness moves. This class will keep you moving while you gain strength and sweat. Multi-level class. (Yoga mat, light weights, Sneaker & water required).

## **CARDIO JAZZ**

**Tuesdays, 11:15am**

is a fun, easy to follow dance class for all ages and body types. You will be energized by the choreography and fun mix of music from "oldies" to current artists. The class includes a warmup, light weights, dancing, stretching and a floor abdominal workout that will leave you feeling fit and refreshed. Multi-Level Class (Sneakers, mat, light weights and water required).

## **CUT & CORE**

**Wednesdays, 6:00am (30-minute class)**

You will be challenged with changing interval times, intensity and skills during this 30 min class. Work on strength, muscle endurance, core and balance. A great way to cross train for any fitness program. Exercise can be customized for most fitness levels and intensity. (Weights, resistant band, fitness ball, mat & sneakers).

## **LEAN MUSCLES**

**Wednesdays, 5:45pm**

is a class designed to increase physical strength through weight bearing and resistance. All major muscle groups are worked from head to toe. Fun music and easy to follow choreography will leave you feeling toned and strong. Multi-Level Class (Sneakers, mat, light weights and water required).



# DRIVING COURSES

## DEFENSIVE DRIVING COURSE

**Tuesday & Thursday, May 7 & May 9, 6:00-9:00pm**

**Room 120**

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

**Instructor- Jackie Sheehan**

**Fee: \$50.00**

**Please register early. Insufficient registration may force a class to be canceled. Decisions to “run” or cancel a class based upon enrollment is made one week prior to the first day of class.**



# SWIMMING CLASSES



## SWIMMING AND WATER SAFETY CLASSES

All swimming courses will be taught and supervised in conjunction with the Swimming and Water Safety courses of the American Red Cross. The American Red Cross offers comprehensive, developmentally appropriate Swimming and Water Safety courses that teach you, your child or other family members how to swim skillfully and safely, and think and act safely in, on and around the water. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisites. Pool rules must be obeyed by all participants to ensure swimmer safety. No running on deck, no gum, no jewelry. Pool personnel are not responsible for lost items. Swimmers of all ages use the pool and the locker rooms – please be respectful of each other.

**Important! Please register early. Due to staff shortages, registration is limited. Registrations are taken on a first come, first served basis. Note the swim level you are registering for on the registration form.**

**Locker Room Rules:** There are to be no boys or men over toddler age in the women's locker room. There are to be no women or girls over toddler age in the men's locker room. If your child needs assistance, please ask a Lifeguard.

**All swim classes will be held on the following dates:**

**6-week session: Thursdays, March 14 - April 25 (no class 4/3)**

**(March 14, March 21, March 27, April 11, April 18 April 25)**

**please note: no classes on Thursday, 3/28, this week's class will be held on  
Wednesday, 3/27**

### **PARENT AND CHILD AQUATICS– (8 months to about 3 years)**

**5:00-5:30pm**

**Fee: \$55.00**

The parents and children will participate in fun activities run by our lifeguarding staff and will teach children how to blow bubbles while in the water, float, and kick. They will also learn water safety skills. When children no longer need parental assistance while in the water, they are ready to advance to Level 1. Please- no arm floaties. Back bubbles required. It is mandatory that an adult accompany a child in the water.

### **SWIM LESSONS FOR CHILDREN Levels 1-2**

**5:30-6:30pm**

**Fee: \$55.00**

#### **Level 1 – Introduction to Water Skills:**

Take place in the shallow end. Level 1 is an entry level course that teaches your child to get acclimated to the water. Age range is 3-6 years.

#### **Level 2 – Fundamental Aquatic Skills:**

Is an addition to Level 1, introducing more advanced skill sets. Age range 4-7 years.

### **SWIM LESSONS FOR CHILDREN Levels 3-5**

**6:30-7:30pm**

**Fee: \$55.00**

#### **Level 3, 4, & 5 – Stroke Development:**

Are held in the deep end. Levels 3, 4, & 5 are all based on stroke development. Age range for level 3 is 7-9 years. Age range for level 4 & 5 is roughly 9- 12 years unless stated otherwise by our lifeguard staff.

**Please indicate the level on the registration form. Use the description above to determine an appropriate level. Changes may be made first class, if deemed necessary by the Aquatic Supervisor.**

### **WATER AEROBICS**

**7:30-8:15pm**

**Fee: \$55.00**

Let's get back into shape! In this program participants – regardless of age- are welcome to walk, run, use weights and even swim while getting a great workout. This is a low-impact program, but your heart will be pumping by the end of class.

**For the safety of your child, please register 2 weeks before the start of swim lessons so each level can be properly staffed.**

Evening walk-in registration will be  
held at the high school in the front  
entrance on  
Wednesday, January 31  
5:30 - 7:00 PM.  
Enter at "Door B"

Registration: Please complete this form and return to: Alden Community Education  
13190 Park Street  
Alden, NY 14004

REGISTRATION DEADLINE IS TWO WEEKS PRIOR TO CLASS START DATE!

Name: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Course Selections:

1. \_\_\_\_\_ Session: \_\_\_\_\_ Fee: \_\_\_\_\_
2. \_\_\_\_\_ Session: \_\_\_\_\_ Fee: \_\_\_\_\_
3. \_\_\_\_\_ Session: \_\_\_\_\_ Fee: \_\_\_\_\_

Method of Payment: Cash \_\_\_\_\_ \*Check \_\_\_\_\_ Money Order \_\_\_\_\_  
\*Separate check for each course payable to Alden Community Education

Registration: Please complete this form and return to: Alden Community Education  
13190 Park Street  
Alden, NY 14004

REGISTRATION DEADLINE IS TWO WEEKS PRIOR TO CLASS START DATE!

Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Course Selections:

1. \_\_\_\_\_ Session: \_\_\_\_\_ Fee: \_\_\_\_\_
2. \_\_\_\_\_ Session: \_\_\_\_\_ Fee: \_\_\_\_\_
3. \_\_\_\_\_ Session: \_\_\_\_\_ Fee: \_\_\_\_\_

Method of Payment: Cash \_\_\_\_\_ \*Check \_\_\_\_\_ Money Order \_\_\_\_\_  
\*Separate check for each course payable to Alden Community Education

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