C.S Adult/Comm

Winter Adult/Community Education Program - 2018

BCS ADULT/COMMUNITY EDUCATION PROGRAM

Director of Adult/Community Education: James Cantella: 716-795-3203 ext. 7315, jcantella@barkercsd.net

Classes begin January 22nd
Classes end March 22nd
No classes:
February 19th - 23rd

Ongoing registrations will be honored unless class has been canceled. Please register early to ensure that classes are not canceled due to low enrollment.

Special Programs

AARP SMART DRIVER COURSE

H. S. Cafeteria

Monday AND Tuesday, March 5th & 6th, 6:00 - 9:00 PM

The new and improved AARP Smart DriverTM Course has been adjusted to include a focus on areas where drivers could benefit from additional training. This program is beneficial for all ages! A minimum of 15 people are required to hold this class. Participants must attend both evenings to qualify for discounts. Participants of the course will qualify for a discount on their automobile insurance. Check with your insurance provider for specifics. Limited to the first 40 registrations.

Instructor: George Laskey

Cost: \$20 AARP Members/\$25 Non-Members

2 Classes

Checks made payable to: AARP - NOT to BCS

RIBBON BOX QUILT

Room 183

Saturday, January 27th, 9:00 AM - 3:00 PM

Ribbon box quilt – 55" x 63". A nice size lap quilt featuring 12 different prints and a solid background (white/cream). Sewing machine and all supplies are needed. Please request pattern by e-mail to istoll@barkercsd.net prior to class.

Instructor: Janice Stoll Fee: \$15.00 1 Day Class

BLACK & WHITE STAR

Room 183

Saturday February 24th, 9:00 AM - 3:00 PM

Make this beautiful star quilt using ½ square triangles in shades of the same color offset by white/cream background. You determine size, can be a pillow, table topper, quilt of any size. Just keep building the star. Sewing machine and all supplies are needed. Materials to be determined based on size of project, contact instructor for help via email at: istoll@barkercsd.net.

Instructor: Janice Stoll Fee: \$15.00 1 Day Class

Regular Classes

ANTIQUE AUTO RESTORATION

Room 161

Tuesdays 4:00 – 6:00 PM NO CLASS 02/20

Come and explore the various techniques used to accomplish sheet metal work, welding, painting, cleaning and other tasks necessary to restore antique automobiles. No formal instruction given. There will be a charge for all materials used. LAB FEE: Participants will be charged for, and will be responsible for all supplies used in course. Instructor: Tom Mallon \$30.00 (seniors \$15.00) 8 Weeks

BASKETBALL

H. S. Gym

Mondays and Wednesdays 7:00 – 9:00 PM

NO CLASS 2/19 & 2/21

Competitive basketball for the recent and not-so-recent player. A congenial atmosphere is maintained to insure that all participants have an enjoyable evening. No instruction will be provided. **NO STUDENTS. MUST BE REGISTERED TO PARTICIPATE.**

Instructor: Jared Morgan

\$40.00 (seniors \$20.00)

8 Weeks



BEGINNER KNITTING Tuesdays 6:00 - 8:00 PM Room 183 NO CLASS 2/20

Learn the creative and fun activity of knitting! Each week will focus on a different topic, including tools, stitches, patterns and history. You will need to bring a pair of single-point knitting needles and a skein of yarn (any size will do for this first practice session). We will discuss additional materials you will need to buy for a specific project that you will make during the remainder of classes.

Instructor: Karen Davis \$30.00 (seniors \$15.00) 8 Weeks

BODY SCULPTING Elementary Gym Tuesdays and Thursdays 7:30 - 8:30 PM NO CLASSES 2/20 &2/22

This fast-paced class will help you strengthen, tone and shape your body. Following the interval training concept, low impact movements are alternated with weight-bearing exercises to challenge and meet your fitness goals. You will need a mat and weights. Trisha is a certified and experienced fitness instructor.

Instructor: Trisha Mathison \$40.00 (seniors \$20.00) 8 Weeks

CERAMICS FOR BEGINNERS

Room 181

Pool

Wednesdays 6:00 - 8:00 PM

STARTS March 14th. Only meets March 14th, 21st, 28th and April 11th

Create functional and decorative pieces with a variety of hand-building techniques. Class is for beginners; no experience is necessary. There is a \$20 lab fee for materials.

Instructor: Krista Beth Feltz \$20.00 (seniors \$10.00) 4 Weeks

FAMILY SWIM

Mondays and Wednesdays 6:30 - 7:30 PM NO CLASSES 2/19, 2/21 and 3/5, MAKEUP DATE 3/26

This is an activity for the whole family to "jump into." All families must register for the program and children must be accompanied by an adult in the pool area. We need 12 families registered to offer this activity.

Instructor: Staff \$40.00 per family No Senior Discount 8 weeks

FINANCIAL CPR



Room 179 (CAD Lab)

Tuesdays 7:00 - 9:00 PM NO CLASS 2/20

Is your credit less than stellar? Would you like to pull your score up and at the same time reduce your debt and increase your savings? Do you have goals of buying a house or saving for retirement that have been put off for too long? Marlene Ware is a certified credit counselor and financial coach with 12 years of experience. Participants will pull credit reports, understand what is impacting their scores, and prepare an achievable plan for a positive financial future.

Instructor: Marlene Ware Fee: \$20 8 Weeks

GREETING CARD CLASS

Room 183 Wednesdays, 6:00 - 8:00 PM STARTS January 24th, Only meets January 24th, February 7th, 21st, March 7th, 21st

Come join us and make greeting cards. Cards will be demonstrated using various techniques, styles, and sentiments from the current Stampin' Up catalogs. All the materials will be provided to make 8 complete cards with envelopes (4 different cards, 2 of each design). You will need to bring two-sided tape/runner with refills and scissors. Tape can also be purchased for an additional \$2 at the class. Each week will be new designs. Lab fee-\$12 per class.

Instructor: Laura Moore Cost: \$14 (Seniors \$7.00) 4 weeks

HALL WALKING

Mondays - Thursdays 6:00 - 8:00 PM

NO CLASSES 2/19 - 2/23

What better way to exercise than walking! Come walk with us in the halls of Barker Central School. Please wear comfortable clothing and good, comfortable walking shoes or sneakers. You may bring a water bottle, or water fountains are available. This exercise is designed for all ages and levels. Coat hooks are available by room 161 near the art rooms with the skylights.

No Instructor Free 8 weeks

PM WORKOUT Weight Room Mondays and Wednesdays 7:00 - 9:00 PM NO CLASSES 2/19 & 2/21

Reshape your body while using this state-of-the-art equipment: treadmills, elliptical cross trainer, stair climber, exercise bikes, free weights, and strength training equipment. Participants may come one night or both nights, depending on your schedule. Minimum of 6 registered needed to hold class.

Instructor: Ginny Hambruch/Amber Cleveland \$40.00 (seniors \$20.00) 8 weeks

STRETCH AND TONE YOUR BODY

Elementary Gym

Room 160

Tuesdays and Thursdays 6:30 - 7:30 PM NO CLASSES 2/20 & 2/22

This class is for everyone - men and women! Do you want to feel better, get active and have fun too? Come join Trisha for this class that focuses on stretching, joint movement, flexibility, and strength training. All exercises are done standing or sitting in a chair. There is no exercising on the floor. We have a good time socializing and exercising. Trish is a certified fitness instructor. Minimum of 6 registered needed to hold class. Instructor: Trisha Mathison \$40.00 (seniors \$20.00)

STAINED GLASS

NO CLASS 2/22

Thursdays 6:30 - 8:30 PM

Learn the basic techniques of working with stained glass to create beautiful objects for yourself, home, or as gifts. There is a \$15 lab fee for materials used.

Instructor: Laura Diez \$30.00 (seniors \$15.00) 8 weeks VOLLEYBALL HS Gym

Tuesdays and Thursdays 7:00 – 9:00 PM STARTS Tuesday, February 27th

Mixed volleyball for all skill level players. A pleasant environment is maintained to insure that all participants have an enjoyable evening. **NO STUDENTS. MUST BE REGISTERED TO PARTICIPATE.**

Instructor: Jim Harris \$20.00 (seniors \$10.00) 4 weeks

Pool

WATER AEROBICS

Mondays and Wednesdays 5:30 - 6:30 PM NO CLASSES 2/19, 2/21 and 3/5, MAKEUP DATE 3/26

This water aerobics class will instruct participants through very low impact aerobic exercise that encourages cardiovascular fitness. Come firm and tone those muscles through water resistance workouts using rhythmic exercises put to music for you. Instructors are certified lifeguards. All workouts will be in the shallow end of the pool and the class size is limited to 30 participants.

Instructors: Lynne Wilson and Beth VeRost \$40.00 (seniors \$20.00)

8 weeks

Important Adult/Community Education Information

- <u>Doctor's Certificate of Health</u>: A physical examination is suggested prior to participating in physical fitness classes.
- <u>Eligibility</u>: In general, district residents and non-residents <u>who are 18 years of age or older</u> may enroll. High school students may enroll in any course with instructor approval and parental permission, and the understanding that no credit toward graduation will be granted.
- Senior Citizens: Senior Citizens, residents ages 55 and older, will be provided admission at 50% of the regular fee to all school-sponsored events if they present a Barker Central School District Senior Citizen Card. Non-residents will be required to pay the full admission fee. Registration forms must be submitted. Proof of age is required. In order to take advantage of senior citizen fee discount for courses and some special events, you need a Barker Central School Senior Citizen Card. You may receive this card by coming to the Barker Central School Superintendent's office and registering.
- Registration: Mail registration. Early registration protects against having to cancel due to insufficient registration. Please avoid disappointment by enrolling early. Registrants can assume they are officially registered unless notified and should begin attending classes on the scheduled starting date. You may register at the first session of class.
- Is Class Canceled? Whenever school is closed during the day due to inclement weather, no classes will be held that evening. Listen to local radio stations WBEN-AM 930 or WLVL-AM 1340 or TV Channels 2, 4 or 7 for school closings. If inclement weather begins later in the day, listen to local radio stations for announcements. Whenever possible, we will utilize the Blackboard Connect system to notify registered students in the event of a cancellation as noted above. Please be sure to provide a valid phone number for this purpose. Do not call the school. When a class cannot be held due to an illness or for other reasons, it is the instructor's responsibility to see that class members are notified. Canceled classes will be rescheduled by the instructor.
- Material Cost: Additional fees will be charged in classes where textbooks or materials are used. These are to be paid by the second session.
- **Refunds**: Total refunds will be made only if a class is canceled or filled. Transfer of tuition to another course can be arranged where size of class permits. No transfers after second class meeting. No refunds after classes begin.
- **No Smoking:** Barker Central School is a non-smoking facility.

Looking for new classes! Would you like to teach or share your hobby? To be a teacher for Adult/Community Education once or twice a week, please contact James Cantella at: 716-795-3203 ext. 7315 -or- icantella@barkercsd.net

B.C.S. Adult/Community Education Registration Form

NAME:		
ADDRESS:		
CITY:		ZIP:
HOME PHONE:	WORK PHONE:	CELL PHONE:
EMAIL: (For updated inform	nation and materials)	
COURSES:		
		COST:
		COST:
		COST:
If signing up for a family ses	sion, please include the information below	<i>r</i> :
CHILDREN(S) NAME(S)	;	
Please check the box older with a B.C.S. S	· ·	e eligible for a 50% discount if you are 55 years o

Instructions:

- 1. Completely fill out one form for each person.
- 2. Registration must accompany payment.
- 3. Registrations will be accepted in order of postmark.
- 4. Please include your phone numbers to facilitate contacting you if necessary.
- 5. No refunds issued after classes begin.
- 6. You can assume your registration has been accepted unless you are notified otherwise.
- Make checks payable to: Barker Central School Adult/Community Education unless otherwise noted, and indicate the name of the course or courses on your check. PLEASE DO NOT SEND CASH.
- 8. Mail to:

James Cantella Coordinator of Adult/Community Education Barker Central School District 1628 Quaker Road Barker, NY 14012 Please contact James Cantella,
Coordinator of Adult/Community
Education:
716-795-3203 ext. 7315

jcantella@barkercsd.net
Please check the
District/Community section of
the Barker Central website

www.barkercsd.net

for a complete updated

schedule.

Questions?